



# SACRAMENTO VALLEY PSYCHOLOGICAL ASSOCIATION

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## From Recovery To Triumph: Healing In The Pandemic Era SVPA's 2023 Conference

May 19, 2023 - Hilton Arden West Hotel  
[www.sacramentovalleypsychologist.com](http://www.sacramentovalleypsychologist.com)

## SVPA 2023 CONFERENCE: FROM RECOVERY TO TRIUMPH: HEALING IN THE PANDEMIC ERA

### DESCRIPTION

Tradition. “**From Recovery To Triumph: Healing In The Pandemic Era**” is SVPA’s 1st in-person conference since 2019 and as such, its theme is on the many faces that the field of psychology has had - and currently has - due to the psychological happenings of the past few years:

- There has been an increased awareness and need for psychologists to serve as leaders in their various communities through prolonged engagement in significant activities to contribute to improving the lives of all. Examples include public service, volunteerism, board membership and other strategic roles often not directly associated with the day-to-day work of psychologists. This is highlighted in APA’s Citizen Psychologist initiative.
- ‘988’ went into effect as the universal 3-digit mental health crisis service number to that people experiencing suicidal crisis or mental health-related distress can access the support and care they need.
- Due to the pandemic elevating disparities in marginalized communities, a focus on Justice, Diversity, Equity, and Inclusion has never been more in-demand. Psychologists have played active roles in helping to dismantle barriers to resources and opportunities in society so that all individuals and communities can live a full & dignified life.
- We have had to embrace and cradle the suffering of others for an extended period of time, all the while holding on to hope ourselves that a lotus would bloom from the mud. Psychologists have found intriguing and diverse ways to tend to themselves in order to mitigate burn-out and compassion fatigue.

Presentations include a number of forensic, clinical, and diversity topics that are important today. Conference participants are from numerous settings, such as community health, academia, and forensic and private practice; which include PhDs, PsyDs, JDs, MDs, and LMFTs.

Schedule. We will have a continental breakfast hour while attendees complete their registration. To begin our conference, we will have a keynote speaker address our entire audience on the transformation of our behavioral health crisis response continuum. Next, attendees

select three of nine targeted educational sessions that are aligned with the focus of the conference. The social/networking hour commences immediately afterwards.

### TARGET AUDIENCE

This activity is designed for psychologists, licensed clinical social workers, licensed marriage and family therapists, and licensed professional clinical counselors.

### WHY YOU SHOULD ATTEND

We are excited to bring together the Sacramento Valley psychological community and highlight local expertise and resources. We aspire to bring learning and information to our members' different areas of practice and interests, while providing a space to build community.

### ACCREDITATION & CREDIT DESIGNATION

Accreditation. CPA is co-sponsoring with Sacramento Valley Psychological Association. The California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. CPA co-sponsored credit is also accepted by the Board of Behavioral Sciences for their licensees. CPA maintains responsibility for this program and its contents. 6 CE credits will be offered for attendance of the entire day only (pending approval).

Confirmation of registration will be sent via email within 5 days of registration. Tuition includes breakfast, refreshment breaks, lunch, electronic syllabus, swag bag, raffle ticket, and entrance to our networking/social hour. Tuition may be paid by check, PayPal, or credit card. Cash is not accepted. SVPA reserves the right to cancel this conference. In such a case, full refund will be given.

Satisfactory Completion: Participants must have paid tuition fee, signed in, attended the entire conference day, completed an evaluation for each presentation attended, and signed out in order to receive a certificate. Failure to sign in or sign out will result in forfeiture of credit for the entire course. **No exceptions will be made. Partial credit is not available.**

### CANCELLATION AND REFUND POLICY

A refund of tuition, based on the following schedule, will be allowed if requested in writing by the associated date. No refunds will be

provided after the final date. By April 21, 2023: 80% refund; By May 5, 2023: 60% refund; By May 16, 2019: 40% refund. No refunds will be given with less than 72 hours notice.

**LOCATION**

Hilton Sacramento Arden West is located at 2200 Harvard St, Sacramento, CA 95815.

**PHOTO RELEASE:**

By registering for or attending this event, you expressly agree that Sacramento Valley Psychological Association (SVPA) reserves the right to publish or otherwise use photographs, videotape, or audio files representing the image, likeness, comments and presentations of

attendees, speakers and guests, obtained during any SVPA event as part of the continued effort(s) to promote SVPA's programs and activities. Further, you expressly waive and release all rights to your image, likeness, comments and presentations obtained during the event, and agree that SVPA will maintain sole ownership and possession of all associated negative, digital, video and/or audio files, film, CD's, photographic prints, etc; and will maintain all rights to publish or otherwise use these images and other files, at our sole discretion and for a period of time determined by us, in future materials, such as press releases, Web sites, brochures, booklets, reports, and exhibits, for the purpose of promoting SVPA and it's programs. SVPA will not sell or otherwise circulate your image, likeness, comments and presentations for any purpose other than as described herein.

2023 CONFERENCE SCHEDULE

8:00-9:00	Registration & Breakfast		
9:00-10:30 <i>Session 1: Welcome &amp; Keynote</i>	<b>Transforming Our Behavioral Health Crisis Response Continuum</b> Jonathan Porteus, Ph.D.		
10:30-11:00 <i>Networking</i>	Break/Networking/Exhibits		
11-12:30 <i>Session 2</i>	Forensic Psychology: An Overview of the Application of Psychological Principles Across the Legal Realm By: Dr.'s Miller, Ramezani, Atwal & Ball	When Psychologists Retire: A Moderated Panel Discussion with our Elder SVPA Psychologist Past Presidents- Experiences, Identity, and What's Next! By: Dr's Cohen, Horn, Neuman, Nichols, Jaeger, & Erickson	The Ins and Outs of ERP: Crafting Evidence-Based Exposures for Even the Most Difficult Childhood Fears By: Dawn Huebner, Ph.D.
12:30-1:30 <i>Lunch</i>	• Lunch, Exhibits, Student Research Poster Session		
1:30-3:00 <i>Session 3</i>	Forensic Psychology in Immigration and Criminal Legal Settings: A Discussion of Challenges and Changes in the Pandemic Era By: Dr.'s Cunningham, Flores, & Howard Elizabeth Madsen, JD	Psychologists and Our Unique Role Within the Healing Professions: Influences on the Medical System By: Andrew Smith, PhD & Robert Assibey, M.D.	Interweaving Mindfulness and Self-Compassion Practices: Application to ADHD By: Margaret Lee, PsyD & Amir Ramezani, PhD
3:00-3:15	Break		
3:15-4:45 <i>Session 4</i>	Mental Health Diversion: A Hypothetical Case Study from the Perspective of an Attorney and a Forensic Psychologist By: Kishwer Vikaas, JD & Sharon Howard, PhD	Clinical Considerations for Working With Families & Caregivers of Transgender & Gender Diverse Youth By: Trisha Wallis, PsyD, LCSW	Current State of Mental Health: Impact of COVID-19 and Resulting Social Shifts on Trauma Symptoms and Treatment By: Jane Texeira, LMFT
4:45-5:00 <i>Review</i>	Checkout/Pick up CE certificates		

## SVPA 2023 CONFERENCE: PRESENTING FACULTY

### KEYNOTE SPEAKER: Jonathan Porteus, Ph.D.



A Licensed Clinical Psychologist and Addictionologist, Dr. Porteus has extensive experience in health and behavioral health integration, evidence-based practice and clinical research and evaluation. He also has extensive experience in program development including outpatient, residential, and systems-level interventions (e.g. creation of trauma-informed initial assessment for NY State Office of Mental Health psychiatric facilities). His clinical practice includes addiction, compulsive behavior and suicidal crisis, trauma practice, integrated behavioral health, primary care,

and behavioral health treatment across all levels care. As a trainer, Dr. Porteus has conducted training in Motivational Interviewing, behavioral interventions around compulsive behavior, PTSD, complex trauma, chronic medical conditions and co-occurring disorders treatment and built the Outpatient Drug Treatment system for the Republic of Vietnam. Dr Porteus has taught graduate school for over a decade, was an Adjunct Professor at Adelphi University, tenured Professor at CSU Sacramento and has variously lectured and presented to organizations and professional groups.

Dr. Porteus brings unique perspectives to the understanding of health care and delivery in the Sacramento region. He began his work with WellSpace Health – then The Effort - as Clinical Director in 2002. He has been Chief Executive Officer since 1/1/11 and has received accolades for his innovation and systems integration work developing a ‘blanket of care’ comprising a network of Federally Qualified Community Health Centers in a region with a historically tattered ‘safety net.’ In his time as CEO, Dr. Porteus has overseen the creation of a network of regional Community Health Centers interwoven with an extensive residential and outpatient behavioral health system, and a Crisis Response Continuum including California’s second largest 988 / Suicide Prevention and Mental Health Crisis Centers.

WellSpace Health is a non-profit community health system providing comprehensive medical, dental, behavioral health, and innovative supportive services to vulnerable people and underserved neighborhoods in the greater Sacramento region. With a mission of achieving regional health through high quality comprehensive care, WellSpace Health provided care to 125,000 people in 2021 through more than 400,000 encounters. On any given day, 1,400 people receive care from WellSpace Health, all of whom are considered to be low-income. 15% of patients remain uninsured. 5% (approximately 6,500) are experiencing homelessness. We believe everyone deserves to be seen.

#### Professional and Board Appointments

- CEO, WellSpace Health
- CEO, WellSpace Nexus
- Board Chair, Strategies For Change
- Board Member, Sacramento Steps Forward
- Commissioner, Sacramento County Health Authority Commission
- Chair, Sacramento County Managed Dental Advisory Committee
- Board Member, California Primary Care Association
- Board Member, Central Valley Health Network (Past President)
- Member, California Department of Health Care Services Behavioral Health Stakeholder Advisory Committee
- Past Member, Sacramento Police Department Procedural Justice Advisory Committee

## SVPA 2023 CONFERENCE: PRESENTING FACULTY



**Robert Assibey, M.D.** - bio needed



**Brittany Cunningham, Ph.D.** is a licensed clinical psychologist providing direct clinical services at the Department of State Hospitals in Napa. She provides competency assessments and supports individuals access appropriate means of care via mental health diversion. She has experience working with adult as well as juvenile offenders.



**Baljit Atwal, Ph.D.** provides forensic and clinical psychological services to the community. In addition to the help she provides to individuals, couples, and families through her clinical psychology practice, she works regularly with professional licensing boards and courts in her forensic practice. Dr. Atwal has provided forensic evaluations, professional consultation, and expert testimony in many areas.



**Michael Erickson, Ph.D.** - bio needed



**Anghesenamun Ball, Psy.D.** is a licensed clinical psychologist and aspiring board certified clinical neuropsychologist. She is the founder/ director of Being, A Psychological Corporation, a boutique mental health clinic specializing in psychotherapy, neuro/psychological assessment, and co-parenting support for individuals across the lifespan. Additionally, Dr. Ball is the Interim President of the SVPA Forensic Division and past president of the Northern California Neuropsychology forum.



**Marta Flores, Psy.D.** is a bilingual clinical psychologist specializing in adult clinical care. She oversees a team of psychologists, interns, and practicum students within Marin County's Behavioral Health and Recovery services. She is adept at providing clinical services and psychological assessment with Spanish speaking clientele. In addition to her work with Marin county Marta holds a small private practice in the Bay Area.



**Catherine Cohen, Psy.D.** - bio needed



**Jacqueline B. Horn, Ph.D.** - bio needed



**Sharon Howard, Ph.D.** is a clinical and forensic psychologist in the Sacramento region. She specializes in forensic evaluations including competency to stand trial, not guilty by reason of insanity, mental health diversion, juvenile transfer hearings, and immigration cases. She is a graduate of the University of Texas and the University of Kansas but considers California home.



**Dawn Huebner, Ph.D.** is a psychologist, parent coach, and the author of 14 books for children including bestsellers *What to Do When You Worry Too Much* and *Outsmarting Worry*. Her newest book, *The A-Z Guide to Exposure*, co-authored with Dr. Erin Neely, is a nuts-and-bolts how-to guide, including ERP lists for 75 childhood fears. Dr. Huebner's books are practical and relatable, selling well over a million copies in 23 languages. Educated at The University of Michigan and in practice for over 35 years, Dr.

Huebner serves as a media consultant on issues related to childhood anxiety. She speaks frequently to parenting and professional groups. Dr. Huebner's TEDx talk, *Re-thinking Anxiety*, has been viewed over a million times.

**Kathryn Jaeger, Ph.D.** - photo & bio needed



**Margaret Lee, Psy.D.** is a licensed clinical

psychologist and mindfulness meditation practitioner, who currently counsels law students as the embedded Psychologist at UC Davis School of Law. In this role since 2017, she has brought mindfulness practices, such as weekly meditation, a mindfulness workshop and an ADHD workshop specifically designed for law students, to help students acquire healthy self-care habits. She is an ADHD-Certified Clinical Services Provider and has served as adjunct faculty at Alliant International University, San Diego, where she graduated in 2001 with a PsyD in Clinical Psychology. Prior to UC Davis, Dr. Lee has had extensive clinical experience in a variety of settings, including working with refugees and torture survivors from around the world, who inspired her to embark on her own mindfulness journey. Since 2009, Dr. Lee has studied and practiced under various Buddhist traditions, attended multiple day retreats, and currently sits weekly with a local sangha in the Zen tradition of Thich Nhat Hahn.



**Elizabeth Madsen, J.D.** is the Mental Health Supervisor of the Placer Public Defender Office. She has spent many years advocating for and participating in mental health organizations. She is described by most as a passionate advocate with little to no work life balance. She has a steadfast passion for clean advocacy, effecting positive change, and serving our community.



**Kimberly Miller, Ph.D., ABPP-CN** is board-certified neuropsychologist with specialized clinical experience in acquired brain injury in both adults and children. She is an Associate Clinical Professor at UC Davis School of Medicine, Department of Neurology and former Assistant Professor at UC Berkeley, Department of Clinical Sciences. Dr. Miller serves as an expert consultant to the Ca Board of Psychology and to Shriners Hospitals for Children.



**Cynthia Neuman, Ph.D.**'s first career was in Marketing Research and Mathematical Statistics at Pacific Telephone Company. She eventually sought a field with a more humanitarian focus and pursued a Ph.D. in Clinical Psychology at the University of Miami. After

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completing a predoctoral internship and a postdoctoral internship in forensic psychology at Patton State Hospital, she became licensed as a psychologist in 1983. Prior to entering private practice, she worked as a Staff Psychologist at Patton State Hospital, The California Medical Facility, and Sutter Memorial Hospital. Her primary private practice specialty was in Forensic Psychology, conducting psychological evaluations for the Criminal, Civil, Dependency and Family Courts; Disability Evaluations; Fitness to Practice Evaluations for licensees of numerous Professional Boards; and as an Expert Reviewer for the Board of Psychology. She also maintained a small psychotherapy practice specializing primarily in women's issues and trauma. Research interests included Rorschach studies with child molesters and with trauma survivors. Dr. Neuman served on the California Psychological Association's Ethics Committee for 8 years. She has been consistently involved with the Sacramento Valley Psychological Association, of which she served as President in 1992, and Co-Chair of the Ethics Education Committee. She was President of SVPA's Forensic Division twice - in 1993 and another year that has been lost to history - several terms as Treasurer, and several terms as Board Member at Large. Quite reluctantly because she did not want to miss a moment of retirement, Dr. Neuman agreed to participate on this panel because she recognized that through retirement, she has learned a number of things that might be of value to psychologists who plan to retire "someday." If she were not attending this panel, she would be walking, doing yoga (a passion since 1972), reading one of the three books she always has in progress, writing emails to friends from coast to coast, traveling, or keeping up with the news as much as she can tolerate. Most importantly, she would be spending time with Richard, her wonderful husband of 37 years.



**Larry Nicholas, Ph.D.** has been enjoying his retirement for the past two years. His private practice focus was mostly forensic since the early 1990's, specifically in the area of family law, which involved interfacing with lawyers and the Family Court as a custody evaluator, mediator, parenting coordinator, co-parenting therapist, reunification

family therapist, and consultant with attorneys. He testified in depositions and court on hundreds of cases. He loved the challenges of this work, even though the work exposed him to Board of Psychology complaints occasionally, and he

enjoyed getting to know most of the Family Law attorneys practicing in the Sacramento area during those years.

He was involved with SVPA and the Forensic Division almost continuously since the early 90's, on occasion as President or on various committees. This volunteer work allowed him to get to know almost all the SVPA members at that time and to develop many professional friendships (which he highly recommended, by the way). He was interested in ethical issues and participated in the CPA and SVPA Ethics Committees for a number of years. As a retiree, he is doing lots of things he didn't have much time for during his career, such as international travel, participating in a curling league, taking tap dance classes, and playing racquetball and pickleball. His wife is a big pickleball player and hotshot dog trainer. She is happy to be retired as well.



**Amir Ramezani, Ph.D.** is a licensed psychologist specializing in neuropsychological assessment, psychotherapy, biofeedback and meditation. Alongside his robust private practice, Dr. Ramezani also provides support at the Center for Cognition and Compassion. Dr. Ramezani is also an associate professor at Alliant University and Volunteer Clinical Professor at UC Davis. He is also the founder and former chair of the SVPA Behavioral Medicine and Neuropsychology Division.



**Andrew Smith, Ph.D. - bio needed**



**Jane Teixeira, LMFT** has been working in Sacramento since 2012. She has worked in direct service and leadership positions in a variety of settings including community mental health programs, school-based programs, and private practice. She has also taught



Master's level courses for MFTs at the University of San Francisco, and last year she wrote a workbook on managing worry and anxiety. She specializes in working with trauma, eating disorders, anxiety, and depression. She is passionate about supporting people in learning and growing along their mental health journeys across the lifespan.



**Kishwer Vikaas, J.D. - bio needed**

lifespan, and LGBTQ+ communities. Dr. Wallis is a proud APA, CPA and SVPA member.



**Trisha Wallis, Psy.D., LCSW, CCHP-MH** has been a civil servant for the State of California for over 15 years, currently focusing her work dedicated to improving transgender and gender diverse (TGD) mental health care across systems by creating innovative programs and policies to improve gender-affirming care. Dr. Wallis was a recipient of the Distinguished Service Medal in 2021 from CA Department of Corrections and Rehabilitation for her work on the Transgender Searches and Housing

Workgroup to address system-wide challenges for the incarcerated TGD population. Dr. Wallis has experience in both jails and prison systems delivering integrated, interdisciplinary and wraparound mental health care while balancing correctional environmental realities. Dr. Wallis is a World Professional Association for Transgender Health (WPATH) Global Health Initiative (GEI) Certified Member which included a two-year program with mentorship, study and examination process which demonstrates her commitment to serving the needs of the TGD community. Dr. Wallis volunteers her time serving on local Sacramento, California non-profit boards to assist with advocacy and support of the TGD & LGBTQ+ community. Dr. Wallis has a mental health and consultation private practice serving TGD people and their families across the

## PROGRAM DESCRIPTIONS

### 9:30AM – 10:30AM Keynote

#### *Transforming Our Behavioral Health Crisis Response Continuum*

Presenter: Jonathan Porteus, Ph.D.

Dr. Jonathan Porteus will discuss the pivotal transformation of our region's behavioral health crisis response continuum with '988. In July 2022, California transformed the way it responds to mental health emergencies to ensure those in crisis receive the urgent care they need. The system uses an easy-to-remember three-digit phone number – 988 – as an alternative to 911 so individuals and their families know and can trust that help is only one call away. '988' takes a monumental step forward in addressing systemic inequities in our mental health system by decriminalizing our response to mental health, dismantling a major source of systemic injustice, and addressing a major driver of homelessness. Call centers connect people calling or using chat or texting. Ultimately, crisis response teams, trained counselors, dispatch and mobile crisis support teams – staffed by mental health professionals and trained peers instead of police officers – will also help a person in crisis. WellSpace Health operates our region's Suicide Prevention and Crisis Line, which answers calls 24 hours a day, 365 days a year. The Call Center is Nationally and Internationally accredited and is a vital member of the National Lifeline network. In implementing '988,' WellSpace Health helps to provide a high-quality mental health crisis response system for the Sacramento community. The goal of this discussion is to: help attendees understand 988 and identify access points in our region's mental health crisis continuum of care; explore ways that previous responses to addressing mental illness led to limited access to treatment as well as over reliance on peace officers and the justice system; and how psychologists can intervene in ways that move away from law enforcement and toward treatment so all people may receive the treatment they deserve.

### 10:30AM-11:00AM – BREAK Break/Networking/Exhibits

### 11:00AM – 12:30PM

#### Room A

#### *The Ins and Outs of ERP: Crafting Evidence-Based Exposures for Even the Most Difficult Childhood Fears*

Presenter: Dawn Huebner, Ph.D.

#### *What we resist, persists. (Carl Jung)*

Research has repeatedly and consistently supported the efficacy of exposure and ERP in the treatment of anxiety and OCD. Anything safe that a child is resisting, running away from, stymied by, or stuck on can be treated with ERP. And yet, this highly effective tool remains under-utilized. That's unfortunate, especially since childhood anxiety is on the rise and child therapists are in short supply.

Gaining confidence in the use of ERP, and using it productively, means going beyond a surface level understanding, learning not only the science but also the art of finding the right target, in the right dose, at the right time. And then there is the response prevention side of the equation, sometimes overlooked but especially important since, by the time children get to therapy, safety behaviors are often firmly entrenched. It can all seem rather hopeless, especially with harder-to-treat forms of anxiety such as perfectionism, intrusive thoughts, and just-right OCD. But there is hope. In this workshop, you will learn the science behind, and the art of, exposure, when to use it, how to explain it, and, importantly, how to craft evidence-based, age-appropriate, creative exposures to treat virtually any childhood fear. The trick is getting children to lean into their uncertainty, and parents to tolerate the ensuing discomfort. Everything flows from there.

## Room B

### *When Psychologists Retire: A Moderated Panel Discussion with our Elder SVPA Psychologist Past Presidents- Experiences, Identity, and What's Next!*

Presenters: Catherine Cohen, Psy.D., Jacqueline B. Horn, Ph.D., Cynthia Neuman, Ph.D., Larry Nicholas, Ph.D., Kathryn Jaeger, Ph.D., Michael Erickson, Ph.D.

Whether you are newly starting out in the field, mid-stage career, or leaning towards closing up shop, "Psychologist" is an identity unique to none other. This panel discussion is for you. Let's listen to former SVPA presidents and seasoned psychologists guide us on topics such as healthy aging, lifelong development and the psychologist identity, retirement decisions, ageism, and how to promote wellness for the older adults inside our profession. Learn about the recent board decision which provides options for your license. The panel discussion will be moderated by Dr. Catherine Cohen, who is a Past-President of the Sacramento Valley Psychological Association and currently serves as the SVPA Ethics Committee Chair and Liaison to Forensic Division. The goal of this discussion is to help attendees identify at least three considerations to make when closing down their professional practice, list at least three ways to stay connected to the profession of psychology when they are no longer providing psychological services, and to describe 'ageism' and list ways to seek social support. Additionally, attendees will have an opportunity to ask questions of the panelists in order to gain perspective from some of our community's highly experienced and very knowledgeable psychologists that have left their mark on the Sacramento psychological community.

## Room C

### *Forensic Psychology: An Overview of the Application of Psychological Principles Across the Legal Realm*

Presenters: Kimberly Miller, Ph.D., ABPP-CN, Amir Ramezani, Ph.D., Baljit Atwal, Ph.D., Anghesenamun Ball, Psy.D.

Forensic psychologists have been working within civil and criminal courts for many years. Their involvement in legal case work can mean a multitude of outcomes for those involved. Understanding the role of a forensic psychologist, in legal proceedings or legal work outside of the courtroom, can support

clinicians interested in joining the field avoid pitfalls such as adversarial allegiance (Murrie & Boccaccini 2015) which has been noted at least 23.5% of expert witnesses (Neal, et.al., 2022). The field of psychology has called for more transparency and accessibility in our work as it relates to research data, assessment tools, and communication of our findings (McAuliff, et. al., 2022). Like technology, the legal realm is constantly advancing, although alignment amongst the different branches feels siloed at best. Changes in one area of the legal world don't always correlate with another and the advances in psychology are not always readily accepted in forensic science. The Forensic psychologist must understand how to remain vigilant, flexible, objective, and competent in order to remain effective.

The goal of the discussion will be to introduce attendees to the various psycholegal duties a forensic practitioner may hold. By providing clarity into the various divisions of the legal realm will ensure participants can identify the differences between civil and common/criminal law; understand the intersections between clinical and forensic psychology; identify at least three roles that a forensic practitioner can take; identify the purpose of the forensic practitioner's involvement and their impact on decision making; and, develop a cursory understanding of the Specialty Guidelines for Forensic Psychology.

## **12:30PM - 1:30PM LUNCH/EXHIBITS/ STUDENT RESEARCH POSTER SESSION**

## **1:30PM – 3:00PM**

## Room A

### *Interweaving Mindfulness and Self-Compassion Practices: Application to ADHD*

Presenters: Margaret Lee, Psy.D. and Amir Ramezani, Ph.D.

This workshop was designed to showcase the innovative use of mindfulness and self-compassion practices in application to specific clinical populations. The co-presenters will tell their own stories of how their personal mindfulness journeys transformed their clinical practices, leading to creative interventions with the clients they serve. They will focus on a client population they both know well - individuals with ADHD. In this workshop, you will learn about the

development of third wave therapies that include mindfulness interventions, and how these interventions can be applied to treating executive function deficits in adults with ADHD. You will hear about an innovative ADHD workshop designed for law students, and use of mindfulness with physiological monitoring for people with chronic medical conditions and ADHD. A guided, experiential self-compassion and meditation practice will be conducted, which can be added to your personal and/or clinical repertoires. We hope you will be inspired to use self-compassion and mindfulness practices for yourself and your clients.

## Room B

### *Psychologists and Our Unique Role Within the Healing Professions: Influences on the Medical System*

Presenters: Andrew Smith, Ph.D. and Robert Assibey, M.D.

In 2019, 19% of U.S. adults received some mental health treatment within the previous 12 months, yet more than half of Americans with mental illness did not receive any treatment. The COVID-19 pandemic shined a spotlight on the growing mental health care disparities according to gender and ethnicity. For example, 25.6% of women received care as opposed to 14.6% of men, and 24.4% of Caucasian adults received care as opposed to 15.3% of Black adults, 12.6% of Hispanic adults, and 7.7% of Asian adults (CDC.gov). However, most of us working in the field already knew this country's mental healthcare system is in major need of an overhaul. Many patients are unable to access mental health services and those who do often have to pay out of pocket for these services. It may be that the traditional psychotherapy model is on its way to becoming a luxury for those who can afford private pay or the lucky few who can get in with a qualified provider. In this presentation, Dr. Smith will focus on the need for psychologists to branch out from the traditional models of health care which contain an over-emphasis on the biomedical model in physician training and practice and neglects the influence of psychological and social factors that impact and are impacted by physical illness and the biomedical treatment model (e.g. depression, racism, poverty, illiteracy). The biomedical model posits that the source of a person's suffering lies within the body (e.g. genetic predispositions) as well as the body's reaction to the environment (e.g. toxins introduced into the system, motor vehicle accidents). The biomedical model has also been an influential part of why the healthcare system has

over-emphasized testing and treatment of conditions and de-emphasized the context behind the conditions, thus driving up healthcare costs. It is one of the main reasons for healthcare systems' reduction in allotted time spent per visit for physicians and the growing reliance on medication interventions. In this presentation, you will learn why psychologists are uniquely suited within the healing professions to influence the medical system on a micro- and macro level toward more compassionate and effective care for those struggling with mental illness. Dr. Smith will share some of his insights gleaned from twelve years of being a "square peg in a round hole" on how to survive and thrive in a system that does not always value the mental health professionals working within it. He will also present some of the recent research demonstrating the mind/body/social connections of illness and wellness, and will present case examples to illustrate these concepts. Those not directly working in a medical setting will also learn some practical tools for effectively working with physicians with whom they share a patient, as well as learning some "workarounds" when there is a not-uncommon disconnect in ability to communicate with a medical provider to provide integrated care. This talk will be co-facilitated with Robert Assibey, MD. Dr. Assibey is a family medicine provider and faculty at a UC Davis hospital affiliate residency program. Dr. Assibey will share the physician perspective on working from a biopsychosocial lens within a biomedical system and offer his own tips for how mental health professionals can work effectively to affect change within their patients and the healthcare system.

## Room C

### *Forensic Psychology in Immigration and Criminal Legal Settings: A Discussion of Challenges and Changes in the Pandemic Era*

Presenters: Brittany Cunningham, Ph.D., Marta Flores, Psy.D., Sharon P. Howard, Ph.D., Elizabeth Madsen, J.D.

Forensic evaluations for immigration proceedings is an ever-evolving specialty area of practice. During the pandemic era, shifts in immigration patterns and federal policies has led to increased demand. These evaluations can be very complex, and there is a need to articulate ethical issues and best practices (Mercado et al, 2022). Changes in legal statutes and case law has also led to changes for forensic evaluations conducted in criminal settings. A shortage of forensic evaluators, increased demand for forensic evaluations, and a stressed

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treatment system for individuals involved in the legal system has created unique challenges. With competency to stand trial evaluations, there is an ongoing need for evaluations that address relevant legal standards (Zapf and Beltroni, 2023). Similarly, case law has evolved on legal determinations of “dangerousness” and this creates challenges for forensic evaluators who may lack psychological instruments appropriate to relevant case law (Slobogin, 2021). The goal of the panel discussion is to bring together the perspective of both forensic psychologists and attorneys in order to describe the changing landscape and identify best practices.

### **3:00PM - 3:15PM BREAK**

### **3:15PM - 4:45 PM**

#### **Room A**

*Clinical Considerations for Working With Families & Caregivers of Transgender & Gender Diverse Youth*

Presenter: Trisha D. Wallis, Psy.D., LCSW, CCHP-MH

Recent estimates in some studies indicate between 1.2% to 8.4% of children or adolescents identify as transgender, gender diverse, gender incongruence, or have gender ambivalence (Coleman et al, 2022). When children explore their gender or come out as transgender, their caregivers and/or parents are an integral part of the process for these young people and such subsequent gender journey impacts the family system. Supporting the parents and/or caregivers in the exploration and young person’s gender journey is critical as such support will impact the young person and overall health and functioning of the family unit. Being able to discuss accurate scientific evidence in relation to the TGD young people, their caregivers and/or parents is essential as part of the clinical process when working with these families. Part of the understanding of the scientific literature is to be able to dispel myths and rumors such as the idea that the increase of transgender and gender diverse young people is a contagion effect, which has been proven in one study to be inaccurate (Turban et. al., 2022). Understanding the caregiver and/or parental journey and what is important for the psychologist to consider in terms of clinical aspects when working with parents and/or caregivers of TGD young people is instrumental in

supporting these families (Pyne, 2016). This presentation will explore clinical implications for the psychologist to consider, influences and environmental factors that may affect these relationships and mental health treatment, and how psychologists can advocate in and outside of the therapy office for TGD young people and their families. Psychologist participants in this presentation will learn potential strategies to advocate for themselves and their clients when working with TGD young people and their parents and/or caregivers.

#### **Room B**

*Current State of Mental Health: Impact of COVID-19 and Resulting Social Shifts on Trauma Symptoms and Treatment*

Presenter: Jane Teixeira, LMFT

This presentation will explore the impact of pandemic-related social shifts on the experience and treatment of trauma-related symptoms. We will also explore the impact on mental health providers and burnout. Discussion will include trauma-informed approaches to treatment and self-care for providers.

#### **Room C**

*Mental Health Diversion: A Hypothetical Case Study from the Perspective of an Attorney and a Forensic Psychologist*

Presenters: Kishwer Vikaas, J.D. and Sharon P. Howard, Ph.D.

California’s mental health diversion law, PC 1001.36, is increasingly used in pre-trial settings to divert individuals with mental illness away from incarceration and towards treatment. The case law around this statute is ever-evolving, and it is necessary for forensic psychologists to adapt their evaluations to fit the changing legal landscape. Forensic psychologists may be asked to opine on mental state at time of crime, current diagnosis, treatment amenability, and risk to public safety. These are potentially complex issues that may stretch beyond standard psychological tests (Goal, Skeem, & Slobogin, 2021; Helmus & Babchishin, 2017). However, it is still possible to provide helpful information to the court while acknowledging the limits of current research. Forensic psychologists communicate their findings via written report and testimony, and it is important for the communication to be accurate, fair, and relevant to the legal questions (Kukor, 2022).

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## 4:45PM - 5:00PM CHECKOUT/PICK UP CE CERTIFICATES

Turn in all conference evaluations. Must sign out for CE credit.

## 5:00PM - 6:30PM NETWORKING/SOCIAL HOUR

## COURSE OBJECTIVES

### Transforming Our Behavioral Health Crisis Response Continuum

Presenter: Jonathan Porteus, Ph.D.

1. Discuss three ways that previous responses to addressing behavioral health crises have led to criminalization of those with mental illness.
2. Demonstrate knowledge of our region's behavioral health crisis continuum of care by listing two crisis support services and two prevention services.
3. Identify three community resources to utilize as referrals for individuals in experiencing a behavioral health crisis.

### The Ins and Outs of ERP: Crafting Evidence-Based Exposures for Even the Most Difficult Childhood Fears

Presenter: Dawn Huebner, Ph.D.

1. Define safety behaviors and give three examples.
2. List three contraindications when considering ERP.
3. Create a progressive set of challenges for an issue you didn't know how to treat before.

### When Psychologists Retire: A Moderated Panel Discussion with our Elder SVPA Psychologist Past Presidents- Experiences, Identity, and What's Next!

Presenters: Catherine Cohen, Psy.D., Jacqueline B. Horn, Ph.D., Cynthia Neuman, Ph.D., Larry Nicholas, Ph.D., Kathryn Jaeger, Ph.D., Michael Erickson, Ph.D.

1. List three ways to stay connected to the profession of psychology when you are no longer providing psychological services.
2. Describe 'Ageism' and list two ways to seek social support.
3. Identify three considerations to make when closing down your professional practice.

### Forensic Psychology: An Overview of the Application of Psychological Principles Across the Legal Realm

Presenters: Kimberly Miller, Ph.D., ABPP-CN, Amir Ramezani, Ph.D., Baljit Atwal, Ph.D., Anshesnamun Ball, Psy.D.

1. Identify the differences between civil and common/criminal law.
2. Understand the intersections between clinical and forensic psychology.
3. Identify at least three roles that a forensic practitioner can take.
4. Identify the purpose of the forensic practitioner's involvement and their impact on decision-making.
5. Develop a cursory understanding of the Specialty Guidelines for Forensic Psychology.

### Interweaving Mindfulness and Self-Compassion Practices: Application to ADHD

Presenters: Margaret Lee, Psy.D. and Amir Ramezani, Ph.D.

1. Describe the evolution of third wave mindfulness practices in mental health treatment and how the clinician's own mindfulness practices inform their delivery of services.
2. Experience a self-compassion exercise and meditation as practices that can be used personally and/or clinically.

3. Describe how mindfulness interventions can be applied innovatively to helping clients with ADHD, as demonstrated in an ADHD workshop for law students and ADHD with chronic medical conditions.

*Psychologists and Our Unique Role Within the Healing Professions: Influences on the Medical System*

Presenters: Andrew Smith, Ph.D. and Robert Assibey, M.D.

1. Describe the bi-directional relationship between health and mental health symptoms.
2. Identify three ways psychologists can work with medical providers to benefit their patients.
3. Identify three examples of patient interventions that apply the biopsychosocial model.

*Forensic Psychology in Immigration and Criminal Legal Settings: A Discussion of Challenges and Changes in the Pandemic Era*

Presenters: Brittany Cunningham, Ph.D., Marta Flores, Psy.D., Sharon P. Howard, Ph.D., Elizabeth Madsen, J.D.

1. Describe the current role of psychologists in immigration proceedings including types of evaluations and cases encountered.
2. Explain how forensic work in criminal cases has changed during the pandemic era due to practical constraints and evolution in legal statutes and case law.
3. Identify best practices with conducting forensic evaluations in criminal cases, with a particular focus on competency to stand trial and assessments of "dangerousness."
4. Describe the potential overlap between immigration and criminal evaluations.

*Clinical Considerations for Working With Families & Caregivers of Transgender & Gender Diverse Youth*

Presenter: Trisha D. Wallis, Psy.D., LCSW, CCHP-MH

1. Describe key elements of the current WPATH Standards of Care 8 when working with transgender & gender diverse (TGD) young people.
2. Identify four clinical considerations when working with parents & caregivers of transgender and gender diverse (TGD) young people.
3. Assess two influences of environmental factors that may impact a parent's &/or caregiver's acceptance process with their TGD young person's transition or gender exploration.
4. Explain three ways in which a psychologist can advocate for TGD young people, their parents & caregivers.

*Current State of Mental Health: Impact of COVID-19 and Resulting Social Shifts on Trauma Symptoms and Treatment*

Presenter: Jane Teixeira, LMFT

1. Identify three social influences on mental health.
2. Describe two treatment approaches for individuals with trauma and PTSD.
3. Demonstrate knowledge of current events and how they may elicit a trauma response in individuals with trauma history.
4. Demonstrate knowledge of the impact of current events and the pandemic on clinician burnout and vicarious trauma.
5. Identify three preventative measures to reduce clinician burnout when working with traumatized individuals.

*Mental Health Diversion: A Hypothetical Case Study from the Perspective of an Attorney and a Forensic Psychologist*

Presenters: Kishwer Vikaas, J.D. and Sharon P. Howard, Ph.D.

1. Describe the PC 1001.36 statute and relevant case law.
2. Explain the types of psychological tests which may be useful, with a particular focus on evaluating risk to public safety.
3. Identify best practices with forensic report writing with mental health diversion cases.

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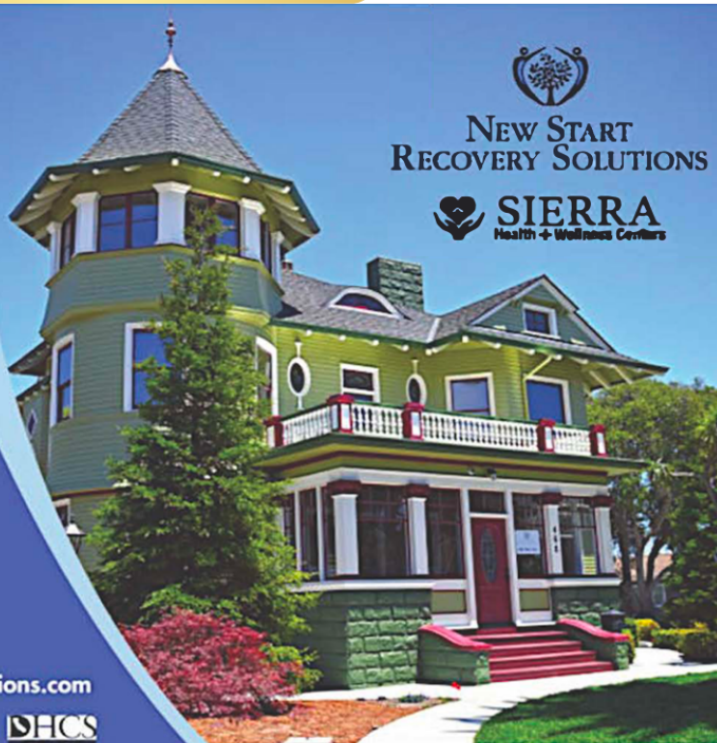
4. Explain how testimony for mental health diversion cases are given in bench trials.



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