



# Oregon Psychological Association

## 2009 Annual Conference

- *Making Connections*
- *Creating Opportunities*
- *Gaining Insight*

**May 8 – 9, 2009**

*HILTON EUGENE & CONFERENCE CENTER – EUGENE, OR*



# Oregon Psychological Association

## 2009 Annual Conference

May 8-9, 2009

Hilton Eugene & Conference Center – Eugene, OR

### Schedule of Events\*

**FRIDAY, MAY 8**

8:00 – 8:45 am

#### Continental Breakfast with Tabletop Exhibits

While you are enjoying your continental breakfast and visiting with colleagues and friends, meet with exhibitors and learn about new products and services that can be of help to you.

8:45 – 9:00 am

#### Welcome & Opening Remarks by Conference Chair Marcia Wood, PhD

9:00 am – Noon

#### General Session: The Art & Science of Couples Therapy

*By William Bumberry, PhD, Senior Certified Gottman Couples Therapist*

When couples begin therapy, they typically sting with pain and despair. They look to you to resolve chronic conflicts, fix their partners and rebuild their connection. While there are many approaches to working with couples, few of them are grounded in research or empirically supported. Now, based on Dr. John Gottman's 35 years of compelling research with over 3,000 couples, there's a practical and highly effective approach to helping distressed couples. In this session, Dr. William Bumberry will present the Gottman Method Couples Therapy (GMCT), a research-based approach for helping couples compassionately manage conflict, deepen their friendship and intimacy and create a compelling vision for their future. You'll learn how to assess couples, as well as how to utilize a variety of highly focused interventions to resolve the difficulties that have captured them. Videotapes of real therapy sessions will demonstrate how to use these techniques in your own practice.

*William Bumberry, PhD is a clinical psychologist with more than 25 years experience working with couples. He is a Senior Certified Gottman Couples Therapist, a member of the Gottman Institute Speaker Bureau and regularly supervises clinicians pursuing Gottman Method Certification. He is a member of the American Psychological Association and is an Adjunct Instructor in the Department of Psychology at St. Louis University. Dr. Bumberry has presented at numerous conferences, including the American Association for Marriage and Family Therapy and the Psychotherapy Networker Symposium. His areas of expertise include helping couples resolve chronic conflict, build resilient friendships and find deeper levels of intimacy in their relationships. Dr. Bumberry is an experienced, clear, energetic speaker with the ability to present complicated material in a practical, easy to use manner. He is co-author of *Dancing with the Family: A Symbolic-Experiential Approach*, and *A Different Kind of Caring and Reshaping Family Relationships: The Symbolic Therapy of Carl Whitaker*.*

Noon – 1:30 pm

#### Lunch & Awards Presentations

1:30 – 3:00 pm

#### Breakout Sessions A (Please choose one)

##### A1. Interventions: Constructive Conflict

*By William Bumberry, PhD, Senior Certified Gottman Couples Therapist*

This session will focus on the core Gottman methods for working with conflict. Central to this process is facilitating clear communication, regulating physiology, eliminating the 4 Horsemen, breaking impasses/ revealing dreams and recovering from fights. Therapy videotapes will show how to do the interventions.

##### A2. Latino Children & Families in Oregon: Challenges & Promises

*By Charles Martinez, Jr., PhD & Heather McClure, PhD, University of Oregon Department of Anthropology, and both of the Oregon Social Learning Center Latino Research Team*

Latinos are the fastest growing racial/ethnic subgroup in the United States and in Oregon, yet our understanding about the strengths and challenges faced by Latinos in emerging communities has lagged behind. Drawing from research designed to understand how acculturation factors are linked to behavioral and emotional health among Latino families in Oregon, this session will cover the following: discuss psychosocial stress and its implications for Latino mental and physical health; identify key sociocontextual and family-level factors that promote positive outcomes; and propose culturally specific intervention approaches that are likely to strengthen outcomes for Latino families.

### **A3. OBPE Town Hall**

*By Susan Latham, OBPE Board Chair, Public Member; Benson Schaeffer, PhD, OBPE Board Vice Chair, OBPE liaison to OPA; Terrel Templeman, PhD; David Wade, PsyD; Shane Haydon, PhD; Nancy Taylor Kemp, PhD; Kent Anderson, JD, Public Member; Debra Orman McHugh, Executive Director and Karen Berry, Investigator*

This panel presentation by OBPE board members and staff will brief attendees on the latest OPBE initiatives and challenges (progress with the Jurisprudence exam, legislative outcomes for 2009, and more). The panel will leave time for questions and dialogue with attendees.

3:00 – 3:15 pm

### **Break with Tabletop Exhibits**

3:15 – 4:45 pm

### **Breakout Sessions B (Please choose one)**

#### **B1. Interventions: Cultivating Intimacy**

*By William Bumberry, PhD, Senior Certified Gottman Couples Therapist*

This session will emphasize how to help couples connect and maintain that connection. The focus will be on deepening how well they know and appreciate one another, as well as on developing a sense of shared meaning and creating a compelling vision for their future.

#### **B2. State of the Art Assessment: Responding to Diversity**

*By Sandra Gonzalez, PsyD, Eleanor Gil-Kashiwabara, PsyD and Shahana Koslofsky, PhD and moderated by Lynn Moore, PhD*

This presentation will review the most up to date information related to conducting assessments with diverse clients. Drawing from case examples with Latino, Native American and multicultural clients we will discuss when and how to ethically use interpreters, review culturally specific tests that are available and what to do when you do not have access to these tests, and examine how to apply ethical principles in a multicultural context.

#### **B3. Working Toward a Paperless Office: A Discussion of Issues Involving Clinical Information Technology**

*By Spencer Griffith, PsyD, Jeffrey Noethe, PhD and Cynthia Sturm, PhD*

This presentation will provide guidance for clinicians considering implementing or revising existing clinical information technology solutions. Practical topics will include creating electronic documents, maintaining electronic records systems, encrypted storage, password security, electronic file organization, secure file deletion, backups to protect against corruption and data loss, and reducing waste. Conceptually, the panel will also define and discuss practice management solutions, electronic health records, and security/privacy issues associated with implementing technology in practice. Finally, attendees will be informed about updated trends in national efforts to create centralized patient information databases. Discussion will include the promises and challenges of such technologies, along with recognition of associated ethical and professional issues.

5:00 – 7:00 pm

### **OPA Reception**

Join fellow OPA attendees for a special reception at Davis Restaurant & Bar. Davis is located close to the Hilton and, has been reserved exclusively for OPA conference attendees and their guests from 5:00 to 7:00 pm on this night. They serve a full menu and bar in a metropolitan-like setting. This is a no-host event and food and drink are plentiful at low cost. Don't miss this opportunity to meet colleagues from across the state or just enjoy a relaxing pause between the conference and your dinner plans.

***SATURDAY, MAY 9***

8:00 – 8:30 am

### **Continental Breakfast with Tabletop Exhibits & Student Poster Sessions**

8:30 – 10:00 am

### **General Session: Working with Lesbian, Gay and Bisexual (LGB) Clients: Suggested Topics**

*By Carol Carver, PhD*

This workshop includes a sampling of specific topics suggested by members of the OPA Listserv. This workshop starts with the assumption that attendees have the "basics" of a working knowledge of the research literature regarding LGB clients. This foundation sets the stage for the consideration of a variety of special topics. These include: 1) Parenting: LGB persons as parents and clients whose parent(s) are LGB; 2) "Questioning" clients, who have uncertainty about their sexual orientation; 3) Understanding bisexuality as a separate identity & complexities of relationships where one member is bisexual and the other member(s) are not; 4) Adolescents and the research on LGB teen suicide; 5) The effects of negative stigma and violence; and 6) "Dating" opportunities in a sexual minority community. It is anticipated that there will be a great deal of interaction with the presenter, as more complex clinical issues are discussed.

Carol A. Carver, PhD has been in private practice in Corvallis, Oregon for 24 years and has been licensed as a psychologist in Oregon since 1981. She received her PhD in Clinical Psychology from the University of Nebraska-Lincoln. She began offering trainings on this topic in 1983, and most recently offered seminars in Philadelphia, Washington state and New Jersey. In 1994, she traveled the state of Washington as part of a series of trainings for mental health professionals and the LGB community, called "Surviving the Anti-Gay Movement". In 1995 she wrote an article for *The Journal of Humanistic Education and Development* ("Where Professional Reality Meets Political Distortion: What Mental Health Professionals Can Do About the Anti-Gay Movement"). In 1997, she received the APA Karl Heiser Award for Advocacy for Professional Psychology. She served seven years on the OPA Board of Directors, serving as President in 2000-2001. In 2008, she received the Distinguished Service Award from the Lane County Psychologists' Association.

10:00 – 10:30 am

## Break with Tabletop Exhibits & Student Poster Sessions

10:30 am – Noon

## Breakout Sessions C (Please choose one)

### **C1. Sexual Desire: Techniques for Increasing Your Client's Sexual Desire and Relationship Satisfaction**

*By Karlaina Brooke, PsyD and Michael Brooke, PsyD*

A third of women complain about low sexual desire and over 15% of men report the same concern. The two people in a relationship are bound to have differential levels of desire, which often leads to conflict. This presentation will demystify how to explore and treat low sexual desire and differential levels of desire in individual and couples therapy. Causes for low sexual desire will be discussed and resources for improving sexual communication, intimacy, and satisfaction will be provided.

### **C2. Quality Improvement and Pay-For-Performance Programs: The Latest Trend in Behavioral Healthcare**

*By Julie Frederick, PhD, Mark Burton, PsyD, Mark McMinn, PhD and Daryl Quick, PhD*

The OPA Professional Affairs Committee will present a review of quality improvement and pay-for-performance programs. This presentation will define terminology, present resources, and identify implementation and ethical issues. The goal is to aid participants in decisions about participating in quality improvement programs.

### **C3. Motivational Interviewing: Health Behavior Change, Diabetes**

*By Michael Fulop, PsyD*

This presentation will review the psychological literature about motivational interviewing and diabetes. It will focus on how psychologists can use motivational interviewing for health behavior changes and diabetes in particular.

Noon – 1:30 pm

## Lunch & Awards Presentations

1:30 – 3:00 pm

## Breakout Sessions D (Please choose one)

### **D1. A Process Approach to Ethical Dilemmas**

*By Members of the OPA Ethics Committee*

This session will provide small group discussions based on vignettes of ethical situations. Each group will be facilitated by a member of OPA's ethics committee. In addition to determining relevant APA Ethics principles and codes we will emphasize a process approach in dealing with ethical concerns.

### **D2. Mindfulness in Clinical Practice**

*By Larry Christensen, PhD, PsyD, Dawnn McWatters, PsyD, Joseph Rhinewine, PhD, Hank Robb, PhD, ABPP and Robert Beatty, MSW, LLC*

Mindfulness-based approaches are gaining considerable empirical support and popularity within the psychological community. A panel of practitioners, coming from diverse clinical backgrounds and theoretical frameworks, will present on their use of mindfulness in psychotherapy. In addition, research and perspectives on a therapist's personal mindfulness practice will also be briefly discussed.

### **D3. Emerging Research in the Treatment and Evaluation of Male and Female Sexual Offenders**

*By Erica Vo, MS, Michelle Guyton, PhD, Christopher Brown, MS, Andrew Kilgust, BA, Kathryn Marshall, MS, Jacqueline Means, MS, Devon Reck Meyer, MS and John Snyder, MS*

This session will present the results of several studies related to the assessment and treatment of sexual offenders. The session will begin with a general overview of the existing sex offender literature. It will continue with a focus on characteristics of sexual offenders; specifically covering differences in victim

characteristics and personality profiles. The presentation will also focus on risk assessment issues using actuarial measures to predict sexual and violent recidivism. A summary of research findings and current projects will also be discussed.

3:00 – 3:30 pm

## Break with Tabletop Exhibits & Poster Sessions

3:30 – 5:00 pm

## Breakout Sessions E (Please choose one)

### E1. Strategies for Coping with Attorneys, Subpoenas and Litigious Clients

*By Eric Johnson, PhD, ABPP*

This session will address many of the concerns and problems faced by mental health practitioners who must interact with attorneys and the legal system. This talk will provide specific advice and strategies to interact in a professional and collegial way with attorneys, while also protecting the confidentiality of client information and ensuring that the practitioner is not engaging in therapy-incompatible activities on behalf of the attorney or litigious client.

### E2. Forgiveness

*By Lusijah Marx, PsyD*

This session will present an evidence-based approach to forgiveness work. The four stages of the forgiveness process will be covered and case examples of each phase, as well as techniques such as guided imagery to facilitate change, will be presented. This presentation will focus on the works of Dr. Robert Enright from the University of Wisconsin; Dr. Fred Luskin, director of the Stanford University Forgiveness Project; and Dr. Everett L. Worthington, chair of psychology at Virginia Commonwealth University.

### E3. Unlocking the Brain's Potential: An Introduction to Neurofeedback

*By Matthew Fleischman, PhD*

Neurofeedback is an evidence-based approach to a wide variety of mental disorders, including ADHD, Anxiety Disorders, PTSD, Learning Disorders, Autism Spectrum Disorders and Migraines. Fully grounded in current neuroscience, it is a treatment ideally suited to clinical psychologists in that it truly marries the link between brain and behavior. This presentation will include an explanation of the underlying theory, a demonstration of the process, a review of the supporting research, a discussion of the current controversies and suggestions for where attendees can get further information.

5:00 pm

## Conference Concludes

*\*Conference schedule, topics and speakers subject to change*

## CE Credit Information

Attendees who attend the entire conference are eligible for up to 12 CE hours. OPA is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. OPA maintains responsibility for the program and its content. Letters of completion will be awarded to participants who attend the entire part of the conference they registered for. No partial credits will be given. These workshops should meet approval for Oregon licensed social workers' and LPC's continuing education requirements. Oregon licensed psychologists should consult the official continuing education guidelines produced by the Oregon Board of Psychologist Examiners and note that there is no pre-certification of continuing education credit by the Oregon Board of Psychologist Examiners.

## Lodging

Hilton Eugene & Conference Center  
66 East 6th Avenue  
Eugene, Oregon 97401  
800.937.6660 or 541.342.2000 for reservations

Adjacent to the Hult Center for the Performing Arts and within walking distance of 150 unique shops and restaurants, the Hilton Eugene and Conference Center is ideally situated in the heart of Downtown Eugene. The hotel is twelve miles from the airport and only five blocks from the Railroad Terminal. A 2-hour drive from the Portland Airport (approximately 124 miles), the Eugene Hilton and Conference Center is our selected host facility for the OPA Annual Conference.

# General Conference Information

All rooms at the Hilton Eugene and Conference are located in the same building as the conference rooms and feature private bathrooms, a color cable television, a radio alarm clock, and equipped with up-to-the-minute business amenities including two line phones with voice mail and data ports. The Hilton also features an indoor swimming pool and enclosed jacuzzi, an exercise facility, complimentary airport shuttle transportation, and more. Guests can enjoy Skinner's Restaurant or enjoy a beverage in the hotel's relaxing lobby bar. Parking is available in the Hilton garage for \$9. Check-in time is: 4:00 pm. Check-out time is: 12:00 noon.

To make your lodging reservation, please call the Eugene Hilton directly at 800.937.6660 and ask for the Oregon Psychological Association room block. **Reservations must be made by April 13, 2009 to ensure the group rate.** After that date, reservations are on a space and rate available basis. Once the OPA room block becomes full, reservations may not be able to be accommodated. We recommend making your reservations at once to ensure availability and the group rate.

Our special group rates are as follows and are subject to the prevailing county tax, currently 10.5%. Room rates are per room, per night.

Standard Guestroom – single or double occupancy: \$119

Please contact the hotel for their policies on cancellations and early departures.

Directions to the Hilton: From Interstate 5: Take exit 194B onto I-105 Follow I-105 until it ends at Jefferson Street Take left hand exit onto 7th Avenue as freeway ends. Turn left on Oak Street. Turn left on 6th Avenue.

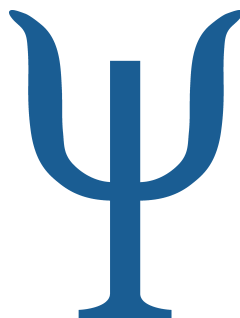
## Registration

Space is limited. Early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis. Registrations received on or before May 1 will receive a letter confirming their registration. In the event of inadequate registration, weather problems or other events beyond OPA's control, the conference may be moved or cancelled. Should this occur, an attempt will be made to contact all registrants and fees will be refunded.

Cancellations received on or before May 1 will receive their total registration fee minus a \$25 administrative processing fee. Cancellations received after May 1 will receive a 50% refund of their total registration fee. There will be no reduction in fees for partial attendance. No shows and same day cancellations will not be refunded any registration fees. You can also register for the conference online at [www.opa.org](http://www.opa.org).

## Oregon Psychological Association

147 SE 102nd Avenue • Portland, OR 97216 • 503.253.9155 or 800.541.9798 • [info@opa.org](mailto:info@opa.org) • [www.opa.org](http://www.opa.org)



# OPA 2009 Conference Registration Form

To register for the OPA 2009 Annual Conference, please fill out the following registration form in its entirety and send with payment to OPA. Registration for members and nonmembers includes conference sessions and handouts (if applicable), breaks and indicated meals for the days registered. Additional or extra meal tickets for spouses, companions or special guests can be purchased for Friday and Saturday lunches.

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Company Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

The above information is a change of address/communications for the OPA database.

Are you a psychologist?  Yes  No

## Registration Packages

*Please check the box for the package for which you are registering*

### OPA Member Registration

- Friday, May 8 Only \$180
- Saturday, May 9 Only \$180
- Entire conference Friday and Saturday, May 8-9 \$310

### OPA Life or Service Member Registration\*

- Friday, May 8 Only \$155
- Saturday, May 9 Only \$155
- Entire conference Friday and Saturday, May 8-9 \$280

### Nonmember Registration\*\*

- Friday, May 8 Only \$255
- Saturday, May 9 Only \$255
- Entire conference Friday and Saturday, May 8-9 \$370

### Student Registration

- Friday, May 8 Only \$65
- Saturday, May 9 Only \$65
- Entire conference Friday and Saturday, May 8-9 \$115

Total Registration Fees \$ \_\_\_\_\_

## Extra Meal Tickets

Extra Friday lunch ticket(s) \_\_\_\_\_ @ \$35 each ..... \$ \_\_\_\_\_

Name(s) for ticket holder \_\_\_\_\_

Extra Saturday lunch ticket(s) \_\_\_\_\_ @ \$35 each ..... \$ \_\_\_\_\_

Name(s) for ticket holder \_\_\_\_\_

## Total Amount Due: \$ \_\_\_\_\_

\*Service member registration applies to committee and board members currently volunteering service to OPA. Please list OPA committee or office on which you currently serve:

\_\_\_\_\_

\*\*Special Membership Opportunity: Nonmembers can return a completed conference registration form and an OPA membership application to receive an additional \$50 discount on new membership. (Applicable only to PML and PMNL membership categories.) Call OPA at 503.253.9155 or 800.541.9798 to request an application.

**Continued on Reverse Side →**

# Special Needs

If you have any special requirements that would necessitate advance planning on our part, please let us know - requests must be made a minimum of 72 hours in advance of the event. (i.e.: handicapped access, vegetarian diet, culturally or medically necessary dietary restrictions, etc.):

## Breakout Session Selections

For planning purposes, please select the choices from the following breakout sessions you plan on attending.

<b>Select one for each session</b>	<b>Friday – May 8</b>					
	1:30 - 3:00 pm	<input type="checkbox"/> A1	<input type="checkbox"/> A2	<input type="checkbox"/> A3		
	3:15 - 4:45 pm	<input type="checkbox"/> B1	<input type="checkbox"/> B2	<input type="checkbox"/> B3		
	<b>Saturday – May 9</b>					
	10:30 am – Noon	<input type="checkbox"/> C1	<input type="checkbox"/> C2	<input type="checkbox"/> C3		
	1:30 – 3:00 pm	<input type="checkbox"/> D1	<input type="checkbox"/> D2	<input type="checkbox"/> D3		
3:30 - 5:00 pm	<input type="checkbox"/> E1	<input type="checkbox"/> E2	<input type="checkbox"/> E3			

## Cancellation Policy

Cancellations received on or before May 1 will receive their total registration fee minus a \$25 administrative processing fee. Cancellations received between May 2 and May 7 will receive a 50% refund of their total registration fee. No shows and same day cancellations will not be refunded any registration fees. There will be no reduction in fees for partial attendance.

## Payment

Payment must accompany registration, and your registration will be confirmed by mail if received by May 1. Payment can be made by check payable to OPA, or by credit card. There will be no reduction in fees for partial attendance.

Please note that when you pay by credit card, the charge will appear on your credit card statement as being credited to Update Management. OPA is managed by Update Management, an association management company. Please do not deny the charge and keep a copy of your credit card receipt for reference. Your credit card verification will be mailed. To pay by credit card, please fill out the information below:

## Please Mail Conference Registration & Payment to:

Oregon Psychological Association (OPA), 147 SE 102nd Avenue, Portland, OR 97216, or Fax to OPA at 503.253.9172

To pay by credit card, please fill out the following information:

Visa

Mastercard

American Express

Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_ Amount authorized: \_\_\_\_\_

Cardholder's name: \_\_\_\_\_

Signature: \_\_\_\_\_

Credit Card Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Is this a corporate card?  Yes  No If yes, please list the corporate Code here: \_\_\_\_\_