

2010 Annual Conference

May 7-8, 2010

Connections

Opportunity

Insight

Oregon Convention Center - Portland, OR



Oregon Psychological Association

2010 Annual Conference

May 7-8, 2010

Oregon Convention Center - Portland, Oregon

Schedule of Events*

FRIDAY, MAY 7

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 am – 9:00 am

Welcome & Opening Remarks by Conference Chair Douglas Marlow, PhD

9:00 am – Noon

General Session: Don't Ask Me To Forgive You! A Radical Approach to Healing Interpersonal Wounds

By Janis Abrahms Spring, PhD, ABPP

We've been taught that forgiveness is good for us and that good people forgive – but is this true? In real life, hurt parties often choke on the concept of forgiveness, particularly when the offender isn't sorry for the harm they caused. In this General Session, Dr. Spring will address such sensitive subjects as:

- What does it mean to forgive? How do we translate this soft, inspirational concept into practice?
- When is forgiveness cheap and unhealthy?
- Is there some way of healing oneself – without forgiving an unrepentant offender?
- How do we forgive someone who has never apologized for his or her offense, and now is dead?
- Why is it so hard to apologize?
- When does it make sense to cut the offender out of our life, and how does this decision affect our healing process?
- Are some injuries simply unforgivable?

Drawing on more than three decades of private practice and her award-winning book, *How Can I Forgive You?* (finalist, best psychology book, Books for a Better Life Award), Dr. Spring will teach concrete strategies for redressing our patients' relationship wounds – and our own.

Participants will learn:

- to challenge popular assumptions about what it means to forgive;
- to provide hurt parties with a radical, new alternative which allows them to become physically and spiritually healthy – without forgiving an unapologetic offender;
- to compare four different responses to interpersonal injury and to identify what makes two of them dysfunctional and two of them healthy

*Janis Abrahms Spring, PhD, ABPP, is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. She is author of the best-selling books, *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful*; and *How Can I Forgive You? The Courage to Forgive, The Freedom Not To* (which have sold more than 450,000 copies and are published in 14 countries), and her latest, *Life with Pop: Lessons on Caring for an Aging Parent*. In private practice for over three decades, Dr. Spring is a Diplomate in Clinical Psychology, a recipient of the Connecticut Psychological Association's Award for Distinguished Contribution to the Practice of Psychology, and a former clinical supervisor in the Department of Psychology at Yale University. The originality and clinical richness of her work make her a popular media guest on programs such as NPR and Good Morning America, and she trains thousands of therapists each year at professional venues such as The Smithsonian Institute, Smith College, and The Ackerman Institute. Visit her web site at: www.janispring.com.*

Noon – 1:30 pm

Lunch & Awards Presentations

1:30 – 3:00 pm

Breakout Sessions A (Please choose one)

A1. How Can I Forgive You? The Intimate Dance Of Forgiveness – Part 1

By Janis Abrahms Spring, PhD, ABPP

Through case examples and demonstration, you will learn how to help offenders perform bold, humble, heartfelt, concrete acts of repair to earn forgiveness, such as listening with an open heart to the pain they caused, delivering a meaningful apology, taking responsibility for their share of the offense, and rebuilding trust.

A2. OBPE Town Hall

By Susan Latham, OBPE Board Chair, Public Member; Nancy Taylor Kemp, PhD, OBPE Board Vice Chair, Linda Sherman, PhD; David Wade, PsyD; Robin Shallcross, PhD; Shane Haydon, PhD; OBPE liaison to OPA; Kent Anderson, Public Member; and Debra Orman McHugh, Executive Director.

This panel presentation by OBPE board members and staff will brief attendees on the latest OPBE initiatives and challenges. The panel will leave time for questions and dialogue with attendees.

A3. Sublimation & Differentiation-Based Therapy with Unremitting Sexual Fantasy, Porn & Affairs

By Chris Allen, PhD

Some sexual fantasy goes away when asked to do so, while some types of sexual fantasy and interest in pornography or novel sexual partners are treatment-resistant and create a great deal of confusion for clients and psychotherapists. Working with unremitting sexual fascinations is a learning process and awareness process for many clients, and with the help of psychotherapy, forces a deeper focus on the development of the self. For many clients, the chosen avenue of self-development is their troublesome sexual interests, relating in part to why these interests refuse to be eliminated. Differentiation-based psychotherapy with couples or individuals is an effective tool for reconditioning sexual interests and behavior. Sublimation-based psychotherapy, when mixed with channel awareness (just where should I sublimate my energy?), self-awareness, and effective behavioral programs are also effective. This program will use mixed-media to present and illustrate effective clinical interventions for common patterns of unremitting sexual fantasy and sexual fascination.

3:00 – 3:15 pm

Break with Tabletop Exhibits

3:15 – 4:45 pm

Breakout Sessions B (Please choose one)

B1. How Can I Forgive You? The Intimate Dance Of Forgiveness – Part 2

By Janis Abrahms Spring, PhD, ABPP

In this session, you will learn how to help hurt parties foster the forgiveness process. Dr. Spring will demonstrate how hurt parties can communicate their hurt constructively, “locate their pain” and what they need to heal, and create opportunities for the apologetic offender to make good.

B2. Brain-Behavior Relationships: A Review of Recent Research in Child Neuroscience

By Nancy Loss, PhD and Fredericka Hoeveler, PsyD

Research in child neuroscience has documented some fascinating findings having to do with subcortical structures and cognition and sensorimotor gating among others. This session will review the current findings and look at how these findings change our thinking about the work that we do.

B3. New and Revised APA Practice Guidelines: A Resource for Your Practice

By Cynthia Sturm, PhD and Julie Frederick, PhD

Practice guidelines are aspirational documents that complement the APA Ethics Code with more in-depth “guidance” in common practice areas. This presentation will review changes in the APA Record Keeping Guidelines (revised 2007), recent guidelines related to Child Custody Evaluations, Psychological Practice with Girls and Women, and the new Practice Guidelines Regarding Psychologists’ Involvement in Pharmacological Issues. Strategies for implementing guidelines through self-study or in case-focused study groups will be outlined.

5:00 – 7:00 pm

OPA Reception

OPA Reception and Legislator Meet & Greet

Join fellow OPA attendees for this special event in the unique Skyview Terrace of the Oregon Convention Center. This reception is also an opportunity for psychologists to meet and mingle with some of our state legislators in a casual reception setting. Light hors d’oeuvres and a beverage will be available compliments of OPA and the Psychologists of Oregon Political Action Committee (POPAC). Don’t miss this opportunity to meet colleagues and legislators from across the state or just enjoy a relaxing pause between conference and your dinner plans.

8:00 – 8:30 am**Continental Breakfast with Tabletop Exhibits & Student Poster Sessions****8:30 – 10:00 am****Expanding Practice Opportunities & the Bright Future of Psychology***By Morgan Sammons, PhD, ABPP*

This presentation will enumerate positive action strategies for the growth of the profession and the advocacy and educational efforts needed to obtain them. The presenter will survey opportunities in the profession and, using the primary examples of prescriptive authority and integrated healthcare delivery, outline strategies for achieving growth in the psychology workforce.

Morgan Sammons received his undergraduate education at Georgetown University and his doctorate in counseling psychology from Arizona State University. He is currently Systemwide Dean of the California School of Professional Psychology at Alliant International University. He is a retired Captain in the US Navy. In his 20 year naval career, he served as the Navy's Clinical Psychology Specialty Leader and Special Assistant to the Navy Surgeon General for Mental Health and Traumatic Brain Injury issues and in a number of positions both in the US and abroad. He is a prescribing psychologist and one of the first graduates of the Department of Defense's Psychopharmacology Demonstration Project. Dr. Sammons is a Fellow of the American Psychological Association (Divisions 18, 19, 28, 31, 42, and 55). He is immediate past-President of the National Register of Health Service Providers in Psychology, president of APA's division 55, and immediate past Chair of the California Psychological Association's Division 5 (Psychopharmacology). He is a former member of the APA's Policy and Planning board, and Committee on Rural Health, and a past president of the Maryland Psychological Association. He has served on the Council of Representatives of the APA. He is a diplomate of the American Board of Professional Psychology (Clinical). He contributes frequently to the professional literature. He is an associate editor of the APA journal Psychological Services. He lectures extensively on issues pertaining to prescriptive authority and the professional practice of psychology.

10:00 – 10:30 am**Break with Tabletop Exhibits & Student Poster Sessions****10:30 am – Noon****Breakout Sessions C (Please choose one)****C1. OPA Colleague Assistance Committee Program***By Chris Allen, PhD and Lori Queen, PhD*

This multi-media presentation will include video, discussion, and presentations from Oregon psychologists discussing stories of past and present, regarding occupational vulnerabilities. We will address the stress-distress-impairment continuum and types of assistance needed in each phase of the continuum. This year marks the completion of two surveys completed on the morale of Oregon psychologists, and we will discuss our history and progress in Oregon and nationally, in decreasing the fear and barriers to seeking support, and enhancing the culture of support among the psychologist community.

Session chaired by Chris Allen Ph.D., Lori Queen Ph.D.

C2. Neuropsychology of Aggression of Violence*By Rich Kolbell, PhD, ABPP/CN*

This presentation will provide an overview of neurobiological foundations and neuropsychological function in patients with aggressive and violent behaviors. Implications for assessment, intervention, and applications in a forensic setting will be discussed.

C3. Cognitive Therapy for Psychosis*By Ron Unger, LCSW*

Cognitive therapy for psychosis is a practical and effective method to help people reduce problems associated with psychotic experiences and beliefs. The strategies used are similar in many respects to cognitive methods for reducing depression and anxiety. Through this therapy, people are empowered to take a greater role in their own recovery and are no longer forced to rely entirely on the often limited effectiveness of medications for symptom reduction. This session will focus on the style and essential steps used in cognitive therapy with psychotic symptoms.

Noon – 1:30 pm**Lunch & Awards Presentations**

1:30 – 3:00 pm

Breakout Sessions D (Please choose one)

D1. Processing Ethical Dilemmas

By Members of the OPA Ethics Committee

This session will provide education about effective ethical decision-making models and a chance to practice them. Think through ethically challenging vignettes with colleagues in a small group format and participate in processing ethical issues. Groups will be facilitated by members of OPA's Ethics Committee.

D2. Emotion Focused Couple Therapy: Using Emotions as a Pathway to Change

By Jamie Levin-Edwards, PsyD

Emotion focused couple therapy (EFT-C) is one of the leading evidence-based couple therapy models. It is a short term, focused treatment that blends experiential and interactional systemic approaches to help partners reprocess their experiences and reorganize interactions to create a secure bond. This presentation will provide an overview of EFT-C and discuss the strengths and theoretical assumptions of the model, provide an overview of the stages and steps of treatment, and describe the primary therapeutic tasks and interventions. A recorded segment of a couple therapy session in the early stage of treatment will be viewed.

D3. Cultural Competence and the Treatment of Trauma

By Fabiana Wallis, PhD

This presentation will review central issues in the literature regarding the intersection between diversity and the treatment of psychological trauma. Despite clinical and research significance of trauma and culture/diversity, these have not been comprehensively addressed nor integrated into academic training of mental health providers. This presentation will provide guidelines for both clinicians and researchers to effectively integrate diversity and trauma in their work.

3:00 – 3:30 pm

Break with Tabletop Exhibits & Poster Sessions

3:30 – 5:00 pm

Breakout Sessions E (Please choose one)

E1. Ethical and Legal Issues in Mental Health Practice: New Developments, Controversies, and Implications for Practice

By Paul Cooney, JD, OPA Legal Counsel, and Eric Johnson, PhD, ABPP, OPA Professional Affairs Committee

This session will provide an update on ethical and legal issues facing mental health practitioners in Oregon. Topics to be covered include: new Oregon and Federal laws (including mandatory reporting of unprofessional conduct and "red flag rules"), documentation issues and strategies, release of records, and mandatory and discretionary reporting of abuse.

E2. Sexuality Training from a Sexological Perspective

By Sheila Silver, MA, DHS, ACS

This presentation will offer advanced sexuality training. It will focus on the sexual attitudes, education, and biases we bring to our clinical work, as well as offer some practical education, including how to take a comprehensive sex history, important resources for psychologists, how to use pleasure as a theoretical orientation rather than dysfunction, and some "basics" about alternative sexuality. This presentation will be valuable to experienced psychologists who currently work with adult clients around sexual issues, as well as those who are hesitant to bring up the topic.

E3. Psychotherapy in the Treatment of the Chronic Pain Patient

By Normund Akots, PhD

This session will elaborate on the unique aspects of treating the chronic pain patient with psychotherapy and the type of medical conditions encountered. This presentation will include specific techniques (ie: hypnosis, etc.), psychological testing, and issues associated with medications.

5:00 pm

Conference Concludes

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

General Conference Information

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

There are a variety of lodging options close to the Oregon Convention Center. Here is a list of a few that you can contact if you need lodging, or you can find more options (including in downtown Portland) at the Travel Portland website at www.travelportland.com.

Courtyard by Marriott Portland Lloyd Center / Downtown

The Courtyard by Marriott Lloyd Center is located on the East side of Downtown, three blocks from Oregon Convention Center and two blocks from the light rail.
435 N.E. Wasco St., Portland 503.234.3200

Doubletree Hotel Portland — Lloyd Center

Adjacent to Lloyd Center, Oregon's biggest mall. Easy access to downtown restaurants, attractions and entertainment via MAX light rail. Three blocks to the Oregon Convention Center and four to the Rose Garden arena.
1000 N.E. Multnomah St., Portland – 503.281.6111

Crowne Plaza — Portland Downtown

This hotel features a restaurant, lounge, fitness center and spacious guestrooms. Close to Oregon Convention Center (two blocks) Lloyd Center Mall and MAX light rail.
1441 N.E. Second Ave., Portland - 503.233.2401

La Quinta Inn Portland — Convention Center

Limited-service hotel. 24-hour indoor pool. Walk to Oregon's largest mall and Rose Garden arena. One and a half blocks to the Oregon Convention Center and one block to MAX light rail.
431 N.E. Multnomah St., Portland – 503.233.7933

Red Lion Hotel Portland — Convention Center

Across the street from the Oregon Convention Center. Three blocks to Lloyd Center, Rose Garden arena. Adjacent to MAX light rail.
1021 N.E. Grand Ave., Portland – 503.235.2100

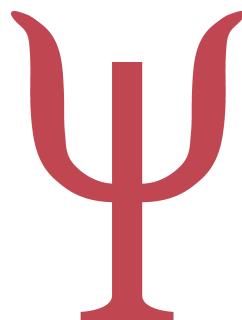
Registration

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 April 30 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 April 30 will receive their total registration fee minus a \$25 administrative processing fee. Cancellations received between May 1 and May 6 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.

147 SE 102nd Avenue • Portland, OR 97216 • 503.253.9155 or 800.541.9798 • info@opa.org • www.opa.org

Oregon
Psychological
Association



OPA 2010 Conference Registration Form

To register for the OPA 2010 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 7 Only	\$180 <input type="checkbox"/>
Saturday, May 8 Only	\$180 <input type="checkbox"/>
Entire conference Friday and Saturday, May 7-8	\$310 <input type="checkbox"/>

OPA Life or Service Member Registration*

Friday, May 7 Only	\$155 <input type="checkbox"/>
Saturday, May 8 Only	\$155 <input type="checkbox"/>
Entire conference Friday and Saturday, May 7-8	\$280 <input type="checkbox"/>

Nonmember Registration**

Friday, May 7 Only	\$255 <input type="checkbox"/>
Saturday, May 8 Only	\$255 <input type="checkbox"/>
Entire conference Friday and Saturday, May 7-8	\$370 <input type="checkbox"/>

Student Registration

Friday, May 7 Only	\$65 <input type="checkbox"/>
Saturday, May 8 Only	\$65 <input type="checkbox"/>
Entire conference Friday and Saturday, May 7-8	\$115 <input type="checkbox"/>

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. Please refer to the brochure for titles of the sessions.

Select one for each session	Friday – May 7				
	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	
	Saturday – May 8				
	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 April 30 will receive their total registration fee minus a \$25 administrative processing fee. Cancellations received between May 1 and May 6 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 April 30. 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. Please keep a copy of your credit card receipt for your records. 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: _____