

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, February 4, 2022

Building Bridges vs. Dams; An Intro to Addressing Mental Health Issues in the Workplace

Beryl L. Wingate, Psy.D., LP

Program:

9:00 a.m. – 12:00 p.m.

Awards Program (optional):

12:00 p.m. – 12:15 p.m.

Location:

Registrants will receive a Zoom link to access the webinar online.

Introductory: Assumes post-doctoral education status and limited familiarity with topic.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

ABOUT THE PROGRAM:

This program qualifies for 3.0 continuing education credits.

The strains of a global pandemic, surges in social justice movements, and devastating losses from natural disasters have all contributed to amplified attention given to mental health concerns. Given the resulting blending of home and work-life boundaries, addressing these concerns in the workplace has taken on renewed priority and significance. Fortunately, many employers have rallied to the call and reinforced messages of available resources and well-intentioned encouragement of self-care, yet challenges persist with these efforts. Mental health professionals have several opportunities to apply the science of psychology in the workplace. Their efforts can contribute to the employee experience in many areas, some which have been recognized by the American Psychological Association (APA.) APA even has an initiative within its Public Education Directorate devoted to resources to foster the Psychologically Healthy Workplace. This session will introduce attendees to some of the areas where mental health professionals apply psychology, focusing on the activities of many internal corporate employee assistance programs.

Participants will be able to:

1. Identify three major areas of focus where mental health professionals apply psychology in the workplace

2. List three basic functions of an internal corporate Employee Assistance Program (EAP)
3. Describe three major psychological practice contributions to addressing the mental health of African American employees

ABOUT THE PRESENTER:

Beryl L. Wingate, Psy.D., LP, received her Psy.D. in Counseling Psychology from the University of St. Thomas and works as a Global Consultant in the Medtronic Employee Assistance Program out of Minneapolis, Minnesota. She has over 30 years of experience providing consultation to employees, leaders, and teams in the private, public, government, and academic sectors. Dr. Wingate has been an active member in Minnesota Psychological Association (MPA), Minnesota Association of Black Psychologists, and the American Psychological Association (APA) psychological professional organizations where she served in governance and executive committees. In February 2021, Dr. Wingate received the MPA John M. Taborn award for Outstanding Contributions to Psychology by a Person of African Descent. She has presented at local and national conferences and enjoys the arts.

The speaker has indicated no conflicts of interest.

PLEASE NOTE: You must attend the full program to get continuing education credit for the event.

A presentation will follow the event honoring Bryana French, Ph.D., LP, with the John M. Taborn Award for Outstanding Contributions to Psychology by a Person of African Descent.

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



MPA Friday Forum Encore • February 4, 2022

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

Registration is available until the event begins.

Fee: MPA member: **\$60** Non-member: **\$95** Student: **\$15** Retired-member: **\$30** (No CE Credit)*

**Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number: _____ Exp. Date: _____ Security Code: _____

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Cardholder Signature: _____

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Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

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4248 Park Glen Road
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