

# MINNESOTA PSYCHOLOGICAL ASSOCIATION 84TH ANNUAL (VIRTUAL) CONFERENCE

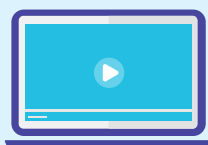


Friday, April 24, 2020 | 8:00 a.m. - 4:30 p.m.

## SCHEDULE AND AGENDA

*\*CE credits not awarded for these activities.*

8:00 – 9:30 a.m.	<b>Identifying and Addressing Therapist Burnout, Compassion Fatigue and Moral Injury</b> Nate Page, Ph.D., LP
9:30 – 9:45 a.m.	<b>Break*</b>
9:45 – 11:15 a.m.	<b>Jumpstarting a Telehealth Practice</b> Richard Sethre, Psy.D., LP; Dana Fox, Ph.D., LP.
11:15 – 11:30 a.m.	<b>Break*</b>
11:30 a.m. – 1:00 p.m.	<b>“My Surgeon Read My Therapy Notes?”: Ethical Dilemmas in Integrated Healthcare Settings</b> Efrat Eichenbaum, Ph.D., LP; Andrea Zuellig, Ph.D., LP; Signe L. Nestingen, Psy.D., LP LMFT
1:00 – 1:30 p.m.	<b>Lunch*</b>
1:30 – 4:30 p.m.	<b>Stress and Anxiety During Uncertain Times: COVID-19 and Climate Change as Opportunities for Effective Coping</b> Kristi E. White, Ph.D., LP



**EARN 7.5 CONTINUING EDUCATION CREDITS!**

## IDENTIFYING AND ADDRESSING THERAPIST BURNOUT, COMPASSION FATIGUE AND MORAL INJURY

NATE PAGE, PH.D., LP

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

This session is designed for individuals wanting to better understand their own current experiences of burnout, compassion fatigue, and/or moral injury as well as their risks for the future. Participants will have the opportunity to complete and interpret burnout and compassion fatigue self assessments, learn a model of burnout, and also explore prevention strategies and recovery interventions for therapists. There will be space for participants to share personal journeys with burnout, compassion fatigue and/or moral injury.

### **PARTICIPANTS WILL BE ABLE TO:**

1. Recognize your own symptoms of burnout, compassion fatigue and/or moral injury (and compare to symptoms of other participants that are willing to share).
2. List the five stages of a burnout model.
3. Strategize personal prevention strategies and recovery interventions according to your life and work contexts.

### **ABOUT THE PRESENTER:**

**Nate Page, Ph.D., LP**, is a licensed psychologist at Carleton College in Northfield, MN. Much of his work focuses on burnout among college students and group therapy. He is the director of the Carleton Phoenix Project, which provides opportunities for students, faculty and staff to openly address issues surrounding perfectionism.

## JUMPSTARTING A TELEHEALTH PRACTICE

RICHARD SETHRE, PSY.D., LP; DANA FOX, PH.D., LP.

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

Starting a telepsychology practice requires more than selecting a telehealth video platform. This presentation will review all of the basic information that you need to know to get started, including tips for selecting a video platform, ethical and professional practice requirements, malpractice and insurance company requirements, technology issues and skills that are unique to providing telepsychology appointments. At the end of this session, participants will be able to:

1. List the first basic steps necessary to start a telepsychology practice.
2. Describe what regulators, malpractice companies and insurance companies typically require to be in compliance with their telehealth policies.
3. Describe the billing issues for telepsychology.

### **ABOUT THE PRESENTERS:**

**Richard Sethre, Psy.D., LP**, has a Doctor of Psychology degree from the University of San Diego, California, with specialization in Marriage and Family Therapy. Dr. Sethre has an independent practice with a focus on health care psychology and consulting services. He has an active social media presence. He posts regularly on his website blog about interesting, creative and controversial topics related to the practice of psychology.

**Dana Fox, Ph.D., LP**, has a Ph.D. from the University of Minnesota and an undergraduate degree is from the University of Pennsylvania. She is currently in private practice, previously was employed for many years as Director of Government Programs for Medica Behavioral Health (MBH), a division of OPTUM. She has significant knowledge of managed care operations as well as insurance billing and coding issues. For several years, the MBH Claims team reported to her. Prior to her work in managed care, she served as a Program Director at Washburn Center for Children as well as a supervisor of several children's day treatment programs. Dana Fox is a long-time member of Minnesota Psychological Association and a well-regarded psychotherapist in the Twin Cities.

## “MY SURGEON READ MY THERAPY NOTES?”: ETHICAL DILEMMAS IN INTEGRATED HEALTHCARE SETTINGS

EFRAT EICHENBAUM, PH.D., LP; ANDREA ZUELLIG, PH.D., LP; SIGNE L. NESTINGEN, PSY.D., LP LMFT

**Intermediate: Assumes post-doctoral education status and general familiarity with topic.**

Psychologists working in integrated care settings are faced with ethical dilemmas unique to an interdisciplinary environment (e.g., Kerkhoff & Hanson, 2015; Taylor, 2001; Darnall, Carr, & Schatman, 2016). Ethical challenges include maintenance of informed consent and privacy within an interdisciplinary environment (e.g., “My surgeon read my psych notes?”), navigating differing ethical requirements among different disciplines (“Who’s the mandated reporter?”), and managing family members’ involvement in patients’ care (“Should I do bedside therapy when the family’s in the room?”). We will present a model of ethical decision-making for psychologists in integrated settings (Kerkhoff & Hanson, 2013) and discuss specific applications of this model using several deidentified case examples from our work in interdisciplinary settings. Practice settings discussed will include a chronic pain clinic, hospital consultation/liaison service, and an eating disorders program. Group discussion of cases will be encouraged, and participants will have an opportunity to ask questions about ethical dilemmas within their integrated practice settings.

### **PARTICIPANTS WILL BE ABLE TO:**

1. Identify common ethical dilemmas that confront psychologists in integrated care settings using the Ethical Principles of Psychologists and Code of Conduct (APA, 2017).
2. Identify and apply an ethical decision making model to ethical issues in integrated care settings.
3. Identify resources for assistance with ethical issues/questions in an integrated care setting.

### **ABOUT THE PRESENTERS:**

**Dr. Eichenbaum** is a fellowship-trained rehabilitation psychologist who specializes in evidence-based practices for persons with disability and chronic health conditions. Dr. Eichenbaum is a pain psychologist at United Pain Center, Part of Allina Health. She previously established and managed a consultation/ liaison psychology service at North Memorial Health Hospital, providing empirically supported psychology services throughout the medical center. Dr. Eichenbaum is actively involved in APA Division 22 (Rehabilitation Psychology), currently serving as the chair of the division’s Practice Committee. She is also a member of the MPA Ethics Committee.

**Andrea Zuellig, Ph.D., LP** works at the Melrose Center, an eating disorders treatment center. There, she conducts individual, family, couples, and group therapy in the inpatient, residential, and partial day treatment programs, as well as in the Type I Diabetes/ED and ED/Substance Abuse tracks. She is also the lead for the Binge Eating Disorder program, and serves on Park Nicollet’s Behavioral Quality Control Committee. Andrea was the chair of the MPA Ethics Committee for 2018 and 2019.

**Signe Nestingen Psy.D., LP, LMFT** is a core faculty member and Director of Clinical Training the Doctoral of Psychology in Counseling Psychology at Saint Mary’s University on Minnesota. In conjunction with her teaching Dr. Nestingen has a clinical private practice, provides mental health consultation in various settings, and offers public speeches to lay audiences on topics related to psychology.

## STRESS AND ANXIETY DURING UNCERTAIN TIMES: COVID-19 AND CLIMATE CHANGE AS OPPORTUNITIES FOR EFFECTIVE COPING

KRISTI E. WHITE, PH.D., LP

**Intermediate: Assumes post-doctoral education status and general familiarity with topic.**

Stress and anxiety are common during times of uncertainty. Whether it is a significant life event, a medical diagnosis, a trauma, or a tragic loss, unexpected stressors can elicit a variety of emotional and behavioral responses. Often, stress and anxiety reactions can be helpful, particularly if they mobilize meaningful action and adaptive coping responses. However, if left unchecked, stress and anxiety can quickly spiral into panic, immobilization, impulsivity, and fear reactivity. Additionally, stress and anxiety can be particularly challenging during times of uncertainty for marginalized groups who already experience worse physical and mental health outcomes than their more privileged counterparts due to systemic factors such as racism, discrimination, and inequitable access to resources. This presentation will highlight the concurrent stressors of the COVID-19 pandemic and global climate change as opportunities to cope effectively with uncertainty including attending to the unique challenges faced by oppressed groups. Upon completion of this presentation, attendees will be able to describe the connections between COVID-19 and climate change, will be able to recognize the health disparities that are exacerbated by these crises, and will be able to list practical steps they can take for their own self-care and clinical practice to better manage stress and anxiety during times of uncertainty.

### **PARTICIPANTS WILL BE ABLE TO:**

1. Describe the connections between COVID-19 and climate change.

2. Recognize the disparities experienced by marginalized groups that are exacerbated by COVID-19 and climate change.
3. List practical steps for one’s own self-care and clinical practice to better manage stress and anxiety during times of uncertainty.

### **ABOUT THE PRESENTER:**

**Dr. White** is a clinical health psychologist practicing in primary care at Hennepin Healthcare. She specializes in health psychology and behavioral medicine with clinical expertise in stress-related and inflammatory diseases, diabetes, obesity, and health disparities. Dr. White also has a strong interest in the overlap between health psychology, behavioral medicine, and environmental sustainability. Specifically, her interests are focused on environmental justice, the stress-reducing and health promoting effects of restorative natural environments, the role of environmental sustainability in human well-being, and the symbiotic relationship between humans and the natural environment. She is currently the Programs and Education Chair of Hennepin Healthcare’s Sustainability Committee. Dr. White also has a passion for improving health equity and reducing health disparities in the state of Minnesota. Overall, Dr. White hopes to dedicate her career to helping patients, communities, and environments thrive by dismantling systemic inequities and by being a responsible steward for current and future generations.



# MINNESOTA PSYCHOLOGICAL ASSOCIATION

## 84TH ANNUAL (VIRTUAL) CONFERENCE

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### REGISTRATION FORM\*

\* Must be emailed to [info@mnpysch.org](mailto:info@mnpysch.org) or use online registration form

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

Institution/Agency: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

#### MEMBER REGISTRATION FEE:

##### PER CREDIT REGISTRATION

CE	MEMBER RATE	NON-MEMBER	STUDENT
1.5	\$30	\$45	\$10
3	\$60	\$90	\$25
7.5	\$125	\$200	\$50

Special dietary requests: \_\_\_\_\_

Total Amount: \$ \_\_\_\_\_

Visa  MC  American Express

*All credit card fields are required*

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Cardholder Name (print): \_\_\_\_\_

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

Credit card billing address:  Same as above

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

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



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Minnesota Psychological Association



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

**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. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

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