

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

## FIRST FRIDAY FORUM

### Friday, September 6, 2019

#### Implementing Behavioral Activation Across Mental Health Settings

*Ajeng J. Puspitasari, Ph.D., LP; Tayler M. Kelly, LICSW, MSW; Kate Schak, M.D.*

**Registration:**

8:30 – 9:00 a.m.

**Program:**

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level  
and is designed for psychologists and other  
mental health professionals.*

**Location:**

Metropolitan State University – St. Paul Campus Auditorium  
700 East Seventh St., St. Paul, MN 55106

### About the Program:

*This program qualifies for 3.0 continuing education credits.*

People who suffer from depression and other co-morbid conditions, such as anxiety, often disengage from meaningful activities in their daily lives. In turn, disengagement, avoidance, and social isolation can perpetuate symptoms of depression and other common mental illnesses. Behavioral activation is an evidence-based psychotherapy that has been shown to be effective for people across developmental ages who suffer from depression and co-morbid conditions. BA has been tested worldwide across diverse mental health settings. While BA can be delivered as a stand-alone treatment, its strategies are components of many other evidence-based psychotherapy, such as CBT and ACT.

This workshop focuses on core components of BA, which include providing BA rationale, assessment, activity scheduling, and strategies for unsuccessfully activation. Strategies to cope with difficult thoughts or rumination that may hinder activation will be presented. Lastly, implementation strategies to use BA in diverse clinical practices (e.g., partial hospitalization, inpatient psychiatry, and residential treatment) will be discussed. This workshop uses active learning components where modeling will be presented by the facilitators, and attendees are encouraged to engage in experiential exercises to facilitate learning.

**Participants will be able to:**

1. Demonstrate five core Behavioral Activation strategies
2. Demonstrate strategies to cope with difficult thoughts and rumination
3. Describe implementation strategies to facilitate Behavioral Activation adoption and adaptation in diverse clinical practice

### About the Presenters:

**Ajeng J. Puspitasari, Ph.D., LP**, received a doctoral degree in Clinical Psychology at the University of Wisconsin-Milwaukee. Dr. Puspitasari is currently a Clinical Director for a residential treatment program and day program for adults with serious mental illness at the Mayo Clinic. Dr. Puspitasari has given multiple Behavioral Activation trainings and presentations within the United States and Internationally.

**Tayler M. Kelly, LICSW, MSW**, is a Licensed Independent Clinical Social Worker providing psychotherapy at the Mayo Clinic in the Adult Transitions Program. With a Master's Degree in social work, she has worked both in the inpatient psychiatric setting and the intensive outpatient setting providing therapy to adults with severe psychiatric illnesses. Research areas of interest include Behavioral therapies (BA, DBT, ACT) and Implementation Science.

**Kate Schak, M.D.**, received a medical degree from Case Western Reserve University. Dr. Schak is a board certified psychiatrist with a sub-specialty in child and adolescent psychiatry and serves as a Medical Director of an acute psychiatry unit, Medical Director of the Adult Transitions Program, and Co-Chair of the Division of Psychiatry and Psychology at Mayo Clinic in Rochester, Minnesota. She has a particular interest in taking care of chronically and acutely ill psychiatric patients.

**PLEASE NOTE:** *You must attend the full 3-hour program to get continuing education credit for the event.*

### 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.

**EARLY BIRD SPECIAL FEES:** Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

**REGULAR REGISTRATION:** Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

**CONFIRMATION/CANCELLATION:** Registrations are confirmed by receipt of forms on a first-come, first-served basis. 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.

**ACCESSIBILITY ACCOMMODATIONS:** If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).



**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.

**WEATHER-RELATED CANCELLATION POLICY:** On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, [www.metrostate.edu](http://www.metrostate.edu). Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

# MPA First Friday Forum • Friday, September 6, 2019

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

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

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

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

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

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

If you register **by** August 30, select the **Early Bird Registration** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

If you register **after** August 30, select the **Regular Registration** Fee:  MPA member: **\$55**  Non-member: **\$75**  Student: **\$25**

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

Check (made payable to MPA)  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: \_\_\_\_\_

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

or Register online @ [www.mnpsych.org](http://www.mnpsych.org)

## Return To:

### Minnesota Psychological Association

4248 Park Glen Road

Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



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## LOCATION: Metropolitan State St. Paul Campus Auditorium

### Directions

**From west:** I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

**From east:** I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

### Bus

**Bus Route:** 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)  
These buses may have any terminal letter.

### Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

### Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).

