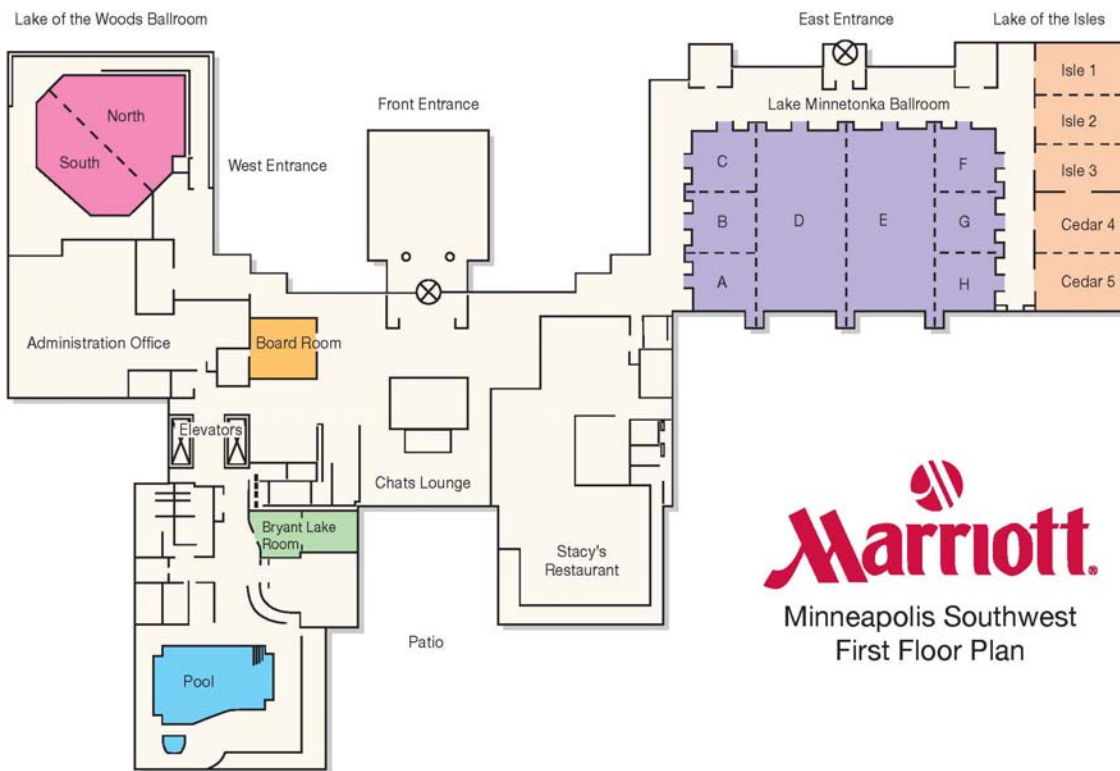


April 5-6, 2013



Hotel Floorplan



Marriott.
Minneapolis Southwest
First Floor Plan



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Schedule at a Glance

Friday, April 5, 2013

| | |
|-------------------|--|
| 7:00am – 8:00am | Registration and Continental Breakfast |
| 8:00am – 9:30am | <u>Welcome and Opening Keynote:</u> Suzanne Bennett Johnson, Ph.D. (President, APA) |
| 9:30am – 9:45am | Break and Exhibit Viewing |
| 9:45am – 11:00am | Concurrent Breakout Sessions |
| 11:15am – 12:30pm | Awards and Elder Recognition Luncheon |
| 12:30pm – 1:00pm | Dessert Break, Exhibit and Poster Session Viewing |
| 1:00pm – 2:15pm | Concurrent Breakout Sessions |
| 2:15pm – 2:30pm | Break and Exhibit Viewing |
| 2:30pm – 3:40pm | Concurrent Breakout Sessions |
| 3:45pm – 5:00pm | Concurrent Breakout Sessions |
| 5:00pm – 6:00pm | Reception |

Saturday, April 6, 2013

| | |
|-----------------|--|
| 7:00am – 7:30am | Registration and Continental Breakfast |
| 7:30am – 8:00am | MPA Business Meeting |
| 8:00am – 9:15am | <u>Keynote:</u> Randy Phelps |
| 9:15am – 9:30am | Break and Exhibit Viewing |



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Saturday, April 6, 2013 - Continued

| | |
|-------------------|---|
| 9:30am – 10:45am | Concurrent Breakout Sessions |
| 10:45am – 11:00am | Break and Exhibit Viewing |
| 11:00am – 12:15pm | Concurrent Breakout Sessions |
| 12:15pm – 1:30pm | Academic Awards & Volunteer Recognition Luncheon |
| 1:30pm – 2:15pm | Dessert Break, Exhibit and Poster Session Viewing |
| 2:15pm – 3:30pm | Concurrent Breakout Sessions |
| 3:30pm – 3:45pm | Break and Exhibit Viewing |
| 3:45pm – 5:00pm | Concurrent Breakout Sessions |

CEU credits: 13.5 hours max for entire convention – 6.5hrs on Friday and 7hrs on Saturday

Session Detail

Welcome and Keynote Presentation—Friday, April 5th—8:00am—9:30am

Psychology's Paradigm Shift: Can Psychology Successfully Transition from a Mental Health to a Health Profession? Lake Minnetonka Ballroom A-E

Speaker: Suzanne Bennett Johnson, Ph.D. – President of APA

US health care is undergoing a profound paradigm shift from a biomedical model characterized by mind-body dualism to integrated patient-centered care based on the biopsychosocial model. Under the influence of the biomedical model, professional psychology became primarily mental health focused and often operated outside of the larger healthcare system. The paradigm shift within medicine to a biopsychosocial approach offers many opportunities for psychology to become partners in the larger health arena. To do so, psychology must meet the challenges of transitioning from a mental health to a health profession.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Objectives:

1. Describe the impact of the biomedical model on US health care
2. Compare and contrast the components of the biomedical and biopsychosocial model
3. Describe roles and skills expected of a psychologist practicing in integrated, patient-centered care

Continuing Education: 90 Minutes

Concurrent Breakout Sessions – Friday, April 5 – 9:45am – 11:00am

Envisioning Future Collaboration in Healthcare

Lake Minnetonka Ballroom F-H

Speaker: Karen D. Lloyd, PhD, LP and Kari. S. Duong-Topp, PsyD, LP

Health care delivery models have been resistant to change, but change is here and more is coming. Change drivers in the next two years will be healthcare reform, new partnering approaches (ACOs,) technology supporting collaboration between organizations, health system consolidation and the move to ICD-10 and DSM-V. Consider how to pursue purposeful strategies for future success.

Objectives:

At the end of this session, participants will be able to:

- Identify several forces which will impact health care delivery in the next few years
- Consider several likely impacts on behavioral health practices
- Envision opportunities for participation in new models of health care delivery

Continuing Education: 75 minutes

Billing Basics for Busy Psychologists

Lake of the Isles 1-3

Speaker: Richard Sethre, Psy.D., L.P.

This presentation will review: billing programs, how claims are created and submitted, various ways that payers respond, and what to do if the claim is not successful. The information provided will enable participants to have a better understanding of how to file successful claims, how to respond to billing problems, how to objectively monitor a third-party billing service - and even, for smaller practices, to consider the possibility of doing their own billing.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Friday, April 5 – 9:45am – 11:00am - Continued

Objectives:

1. To understand the basic process of how claims are generated, submitted and paid.
2. Be able to identify the 6 basic pieces of data which must be accurately documented in order to have a claim accepted.
3. To understand when secondary claims are necessary, and how to generate them.
4. To understand the basic process of tracking payments.
5. To understand how to respond to denied claims

Continuing Education: 75 Minutes

[Navigating the Pathways to Licensure: Education Training & Experience](#)

Cedar Lake 4-5

Moderator: Angelina M. Barnes, JD

Panelists: Dr. Patricia A. Stankovitch, PsyD, LP, Jessica A. Rundell, MBA, Leo J. Campero, Dr. Rajakumar David, PsyD, LP

The Minnesota Board of Psychology walks participants through the requirements of licensure as a Licensed Psychologist (LP) with an introductory presentation on: educational, examination and general application requirements; board processes; and supervision. This short presentation to be followed by an opportunity for attendees to participate in a question and answer session moderated by the Executive Director of the Board with panelists representing staff, board member, and training director perspectives. Attendees of this session will hear about the Board's Professional Responsibility Examination (PRE), licensure processes under the new administrative rules, and the complex area of post-doctoral supervision in preparation for Minnesota licensure as a Licensed Psychologist.

Continuing Education: 75 minutes

[Adverse Childhood Experiences: Data and Consequences, National and Local](#)

Lake of the Woods North Salon

Speaker: Glenace Edwall Psy.D., Ph.D., LP, M.P.P.

Studies begun at Kaiser Permanente in the mid-1990s documented graded dose-response relationships between Adverse Childhood Experiences (ACEs) and a variety of health and mental health consequences in a large population. More recently, many states including Minnesota have collected data on ACEs and health status for their populations; Minnesota-specific data was just made public in January, 2013. A developmental model based on the effects of toxic stress has been assembled to account for the relationships among ACE scores and outcomes, and is being refined and used educationally by the Centers of Disease Control and Prevention (CDC) and



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Friday, April 5 – 9:45am – 11:00am - Continued

the Harvard Center for the Developing Child, and will be described in this presentation. In addition, several states beginning with Washington have organized community-specific efforts to promote resilience in response to ACEs, and implications of these programs for a Minnesota response will be discussed.

Continuing Education: 75 minutes

Poster Sessions – Friday, April 5 – 12:30pm – 1:00pm – Lake of the Woods South Salon

Determining if Population Density is Related to Physical Activity in Minnesota Adolescents - Jenna L. Buth-Croes, B.A.S.

This is a health psychology-related literature review of the relationship between physical activity and population density in adolescents. The research presented focuses on the impact of one's environment (mainly population density) on an individual's physical activity level. Additionally, the relationship between obesity and physical activity, gender differences, and ethnicity differences will be discussed in the presented research.

Conceptualizing the Treatment of Children Exposed to Complex Trauma - Jessica A. Davis

Children exposed to complex trauma appear to develop a unique set of interpersonal and regulatory abilities that can lead to significant disruption in daily functioning. Current treatments appear better suited to address isolated incidents of trauma exposure. Most proposed treatments for complex trauma are awaiting independent replication, however commonalities in the literature suggest that treatments for this population should be constructed around six core guidelines.

Cross National Master Therapists: Preliminary Results of a Qualitative Meta-Analysis

Salina Renninger, Ph.D., LP / Ashley Sovereign, Psy.D., LP / Len Jennings, Ph.D., LP

Master therapists, those considered "the best of the best" by their colleagues have now been studied in a number of regions worldwide. Beginning with the Jennings and Skovholt (1999) study of Minnesota master therapists, a total of 13 qualitative studies have been completed on master therapists from seven different countries. Preliminary findings from a qualitative meta-analysis of five international studies will be presented. These findings will enrich what we know about these highly regarded therapists.

Yoga for Participants in an Inpatient Sexual Offender Treatment Program - Tera J. Jansen, MA / Amy C. Moran, MA, RYT

Alpha Human Services is a non-profit, residential treatment facility for individuals charged with a criminal sexual offense. In 2012, a brief Mindful Hatha Yoga series was offered within the context of the program to determine whether offering yoga classes at this facility was both acceptable and feasible. Program evaluation data collected before and after a 5-week yoga series and at 3-month follow-up suggest that participants in the yoga class experienced benefits associated with the practice.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Poster Sessions – Friday, April 5 – 12:30pm – 1:00pm - Continued

Virtual Reality Therapy for Combat-Related PTSD: A Methodological Review

Terry L. Poe / Dustin A Coyle / Tiffany R Milana Shrode/ Erin A. Brennan / Jeffrey T. McLeod / Regilda Anne A. Romero

The development and evaluation of innovative approaches to treat combat-related PTSD is crucial. Many service members fail to make lasting improvements with treatment or are resistant to treatment altogether. This methodological review aimed to identify main findings and critically evaluate literature that examined the effectiveness and utility of virtual reality exposure therapy (VRET) for the treatment of combat-related PTSD. The presentation reviewed methodological limitations that are helpful in understanding outcomes of PTSD treatment.

A Review of Cultural Disparities Regarding Suicidal Behavior in At Risk Populations - Emma R. Hamilton

Suicide is a ubiquitous phenomenon that permeates all cultures and socioeconomic strata. Distinct ethnic groups show unique patterns of suicidal behavior. Certain 'at risk' groups possess risk and protective factors that differentially affect the likelihood of death by suicide. Greater efforts should be made to actively recognize risk factors in certain ethnic groups, and mental health practitioners should focus on culturally sensitive incorporation of protective factors into suicide intervention.

Equine-Facilitated Psychotherapy as a Complimentary Intervention for Substance Use Disorders - Carissa K. Brandt

The incorporation of equines into the treatment of individuals with psychological, emotional, or behavioral difficulties is commonly referred to as equine-facilitated psychotherapy (EFP). EFP is frequently used as a complimentary intervention to empirically supported therapeutic interventions. During EFP, horses support clients' development of positive behavior and emotional wellness through a variety of activities. Treatment goals of EFP emphasize the development of coping resources, problem solving strategies, communication skills, and positive social relationships.

Measures of Spiritual Growth in a Christian Institution - Rebekah A. Carrizales

The present study seeks to explore a relationship between time spent at a Christian College and spiritual growth. The Brief Measure of Religiousness/Spirituality (BMMRS) and a demographic questionnaire were the assessments used to gather data. The results showed that there was a positive correlation between Organizational Religiousness and number of semesters completed at Northwestern College. There was a negative correlation between Religious Support and number of semesters completed at Northwestern College.

Spirituality and Everyday Life: Crossing Cultures - Kelsey K. Timm

The present study set out to determine if a relationship exists between cross-cultural experience, in the form of short-term mission trips and study abroad programs, and measures of religiousness and spirituality. Seventy-five individuals were surveyed as a part of a larger study and the results yielded few significant relationships. Further research is needed and planned to determine the reasons this may have happened as well as what other factors may influence individuals' spirituality.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Poster Sessions – Friday, April 5 – 12:30pm – 1:00pm - Continued

A Need for and Educational Curriculum on Secondary Trauma – Christina Gill

Clearly explain the importance and need for an educational curriculum covering secondary trauma for students in order to Do No Harm. Explain what secondary trauma is and how prevalent it is. Describe the symptoms, warning signs, and ways to prevent or reduce the significance of symptoms. Enhance the need for self-care and supportive supervisors for students. Discuss some considerations of what a course like this may include. Be open to feedback and suggestions from others.

Concurrent Breakout Sessions – Friday, April 5 - 1:00pm – 2:15pm

Electronic Health Records: A Place to Start

Lake Minnetonka Ballroom F-H

Leader: Carolyn D Parsons, PsyD

Facilitator: Janet T. Thomas, Psy.D.

Panelists: Jean A. Christensen, PsyD, Solome Tibebe, BA, Cynthia Peterson, MAC, MA, Rich Duus, PhD

As of 1/1/2015 all health providers in Minnesota will be required to have electronic health records. Although behavioral health providers are not included in federal regulations, they are included in the state regulations. All of the actual requirements by Minnesota are not yet defined, which has added to the confusion. MPA formed a Electronic Health Records Task Force to examine the issues. Members of the EHR Task Force will discuss the legislation and known expectations. Since much of the terminology is new, there will be a handout providing definitions of terms and helpful websites. Task force members will discuss the types of EHR's available and the pro's and con's. The types of features available will be introduced and a list of known behavioral health venders provided. The workshop will end with the audience being encouraged to share their experiences with EHR's. There will be time for questions and answers.

Objectives:

This workshop presenters will:

1. Identify the terminology associated with electronic records
2. Discuss relevant legislative requirements for electronic records affecting psychologists.
3. Outline factors that psychologists should consider when selecting an electronic records system.
4. Provide opportunities for participants to share their experiences with electronic records.

Continuing Education: 75 Minutes



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Friday, April 5 - 1:00pm – 2:15pm - Continued

[The Right to Wellness: Psychologists Roles as Allies in Reducing Health Disparities](#)

Lake of the Isles 1-3

Speaker: BraVada Garrett-Akinsanya, Ph.D., L.P., CAC/BP

This program is designed to address the important role of psychologists in promoting improved health and wellness outcomes for all groups. Our skills in behavioral health are needed and those who work cross-culturally are even more important in terms of how they choose to assist communities of color. This presentation describes wellness as a social justice issue within the context of socio-cultural power dynamics. Program participants will be challenged to examine their cross-cultural alliances, strategies of intervention and commitment to the health and well-being of all Americans.

Experiential small and large group exercises will be used to reflect upon case examples. Participants will learn: (1) To identify models of systemically Shared and Abused Power and its impact on health disparities; (2) To define and identify the major causes of health disparities and the challenges in eliminating them in underserved populations; (3) To discuss psychology's strengths in improving health and reducing health disparities among diverse populations and to identify the problem as not just a "people of color" issue; and (4) To discuss the support needs of psychologists to more effectively serve underserved populations. Finally, participants will leave feeling affirmed and motivated to continue to journey of doing what we do best—helping communities claim their personal power and responsibility for wellness.

Continuing Education: 75 minutes

[Envisioning Your Future: Many Possible Paths](#)

Cedar Lake 4-5

Speakers: Salina Renninger, Ph.D., LP, Cynthia Fuller, Ph.D. LP, Jennifer Engler, Psy.D., LP

New graduates in counseling and clinical psychology are eligible to for a variety of positions, but may be stymied on how best to match their existing strengths and skills to the range of jobs available. This presentation will assist new graduates and early career professionals with identifying their core abilities and determining how those abilities can transfer across work settings and specialties, as well as how to make this case to potential employers.

Continuing Education: 75 Minutes

[Hypnosis and Mindfulness](#)

Lake of the Woods North Salon

Speaker: Scott Kamilar, Ph.D.

Recently Michael Yapko, in Hypnosis and Mindfulness, initiated a dialogue between these two ancient and powerful approaches to change. This presentation will compare and contrast the two approaches, give participants an experience of each, and suggest guidelines for utilizing hypnosis and mindfulness in clinical work.

Continuing Education: 75 minutes



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Friday, April 5 – 2:30pm – 3:40pm

Diversity Issues in Health Care Reform: Access, Prevention, and Training – Part 1 Lake Minnetonka Ballroom F-H

Moderator: Consuelo E. Cavalieri, Ph.D.

Panelists: David Nathan, M.A., Nirja M. Parekh, Talee Vang

This presentation will provide an overview of the anticipated changes to mental health service delivery that are expected to take place as the Affordable Care Act (ACA) is implemented. We will focus on the implications of the ACA for addressing mental health care disparities and access, culturally competent mental health care, and prevention of mental health problems. The implications for training and practice in the new practice landscape will be discussed.

Continuing Education: **To receive credit, both Parts I and II must be completed.** For Parts I and II, 145 minutes.

Psychological Assessment of Candidates for Bariatric Surgery

Lake of the Isles 1-3

Speakers: Richard Sethre, Psy.D., L.P.

Statistics from the C.D.C. document that about 38% of adults and 17% of youth in the US are overweight to the point of having significant health risks. Many of them will consider bariatric surgery. This presentation will provide an overview by a bariatric surgeon of current surgical options and what surgeons are looking for in a pre-surgery psychological assessment, a recommended protocol for psychological screening, and case presentations illustrating positive and suboptimal outcomes.

Continuing Education: 70 minutes

A Brief Four-Step Process for Couples Therapy – Part 1

Cedar Lake 4-5

Speaker: Paul Steven Springstead, Psy.D., A.B.P.P.

Learn step by step a brief and practical four-step process to help troubled couples which was developed by Dr. Springstead over 14 years while working at a community mental health center. These steps will be illustrated by viewing actual videotape segments of couples' therapy. A recent client satisfaction survey found that for those seeing relationship help, 88% reported this four-step process was helpful.

Continuing Education: **To receive credit, both Parts I and II must be completed.** For Parts I and II, 145 minutes.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Friday, April 5 – 2:30pm – 3:40pm - Continued

[Undiagnosed Post Traumatic Stress Disorder in African Americans](#)

Lake of the Woods North Salon

Speaker: Willie B. Garrett, MS, Ed.D.

PTSD is generally defined by the DSM-IV as an intense emotional reaction to exposure to five types of potentially life threatening events. Some African Americans present PTSD symptoms without a history of direct exposure to the five types of precipitating events. Often the symptoms of PTSD in African Americans are “invisible” unless one learns to recognize them. Black persons with PTSD are often untreated and end up in the correctional system, child protection or social services. This presentation will reframe and redefine the common PTSD symptoms to include the forms often seen in African Americans. The workshop will be a combination of a PowerPoint, and participant discussion and sharing.

Objectives:

1. Participants will learn about DSM-IV PTSD symptoms.
2. Participants will learn to understand what PTSD looks like in African Americans.
3. Participants will learn some culturally specific treatment methods.
4. Participants will learn how to differentiate PTSD in African Americans from client resistance, avoidance, anger, and indifference.
5. Participants will learn to find the strengths of African American Clients.

Continuing Education: 70 minutes

Concurrent Breakout Sessions – Friday, April 5 – 3:45pm – 5:00pm

[Diversity Issues in Health Care Reform: Access, Prevention, and Training – Part 2](#) Lake Minnetonka Ballroom F-H

Moderator: Consuelo E. Cavalieri, Ph.D.

Panelists: David Nathan, M.A., Nirja M. Parekh, Talee Vang

This presentation will provide an overview of the anticipated changes to mental health service delivery that are expected to take place as the Affordable Care Act (ACA) is implemented. We will focus on the implications of the ACA for addressing mental health care disparities and access, culturally competent mental health care, and prevention of mental health problems. The implications for training and practice in the new practice landscape will be discussed.

Continuing Education: **To receive credit, both Parts I and II must be completed.** For Parts I and II, 145 minutes.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Friday, April 5 – 3:45pm – 5:00pm - Continued

Developing and Maintaining a Private Practice in MN

Lake of the Isles 1-3

Moderator: Mary Louise Stevens, Ph.D.

Panelists: Jonathan Hoistad, Ph.D., Dennis Andersen, MA, Barbara Dorset, Ph.D, Bravada M. Garrett-Akinsanya, Ph.D.

This session will involve a panel of five very experienced practitioners who have maintained a private practice over an extended period of time. They have a wide range of specialty skill areas and work with all ages. Time will be allowed for questions. Anyone considering starting a private practice or who is already in one can potentially benefit from this panel discussion.

Continuing Education: 75 minutes.

A Brief Four-Step Process for Couples Therapy – Part 2

Cedar Lake 4-5

Speaker: Paul Steven Springstead, Psy.D., A.B.P.P.

Learn step by step a brief and practical four-step process to help troubled couples which was developed by Dr. Springstead over 14 years while working at a community mental health center. These steps will be illustrated by viewing actual videotape segments of couples' therapy. A recent client satisfaction survey found that for those seeing relationship help, 88% reported this four-step process was helpful.

Continuing Education: **To receive credit, both Parts I and II must be completed.** For Parts I and II, 145 minutes.

Tips for Novice Practitioners

Lake of the Woods North Salon

Speakers: Rob Cowles and Julia Ziebell

Continuing Education: 75 minutes.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Keynote - Saturday, April 6 —8:00am—9:15am

Advocacy for Professional Psychology in Health Care

Lake Minnetonka Ballroom A-E

Speaker: Randy Phelps, PhD

The health care system in this country is undergoing evolutionary changes which will have a profound impact on the professional practice of psychology. This presentation will address the current state of the system; the drivers of change, including the Affordable Care Act and federal policy; some of the harsh realities of these changes; and APA's advocacy for professional psychology in the system's transformation.

Learning Objectives:

- 1) Describe the key drivers of change in health care and some of the harsh realities facing psychology's practitioners.
- 2) Explain the key elements of the Affordable Care Act and how they will likely impact care delivery systems and financing models.
- 3) Outline APA's advocacy to expand psychology's role within health care and ensure its economic viability.
- 4) Enlist practitioners in advocacy efforts to maximize the opportunities health care transformation can bring for our field.

Continuing Education: 60 minutes.

Concurrent Breakout Sessions – Saturday, April 6 – 9:30am – 10:45am

Psychological and Neuropsychological Evaluations

Lake Minnetonka Ballroom F-H

Speaker: Karen E. Wills, Ph.D., L.P.

Psychological and neuropsychological evaluations (also known as psychological testing, appraisal, or assessment) improve diagnostic clarity, treatment planning, progress measurement, and "quality of life" outcomes for many different mental and physical health conditions. This workshop will explain recent changes in coding, pre-authorization, and billing requirements related to psychological and neuropsychological testing; describe ethical and competent approaches to completing pre-authorization requests related to testing; and anticipate upcoming changes related to implementation of health care reform, as they will affect psychological and neuropsychological testing. As an ABPP Board-Certified neuropsychologist, and board member of the American Academy of Clinical Neuropsychology, the presenter has been working on legislation and policy related to neuropsychological evaluation for over 10 years.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Saturday, April 6 – 9:30am – 10:45am - Continued

This workshop is intended as a practical "how to" as well as informational, and is geared towards post-doctoral students, and practicing psychologists or neuropsychologists, who are actively engaged in conducting or supervising evaluations, including testing, as part of their current practice.

Continuing Education: 75 minutes

Genetic Counselors and Psychologists: An Integrated Model of Care

Lake of the Isles 1-3

Speakers: Krista A. Redlinger-Grosse, ScM and Patricia McCarthy Veach, PhD, LP

Genetic information is increasingly becoming integrated into healthcare. As such, psychologists will more readily be asked to serve clients faced with the implications of genetic information. Whether in coping with a genetic diagnosis, worrying about genetic risk for themselves and family members, or facing decisions regarding genetic testing – genetic medicine is going to impact the work of psychologists. The field of genetic counseling is on the frontline of this work. Genetic counselors are a specialized group of health professionals who help individuals and families understand genetic information and its impact on their lives. Their scope of practice is limited, and thus, an alliance with psychologists who can work with the long-term psychosocial implications of genetic risk is essential. Together they can address the psychosocial issues inherent in genetic information. The purpose of this presentation is to propose an integrative model in which genetic counselors and psychologists work together to serve clients impacted by genetics.

Objectives:

Through lecture, group discussion, and clinical vignettes, this presentation will:

- 1) Describe the field of genetic counseling
- 2) Highlight the complimentary skill sets of psychologists and genetic counselors
- 3) Suggest avenues for clinical and research collaboration

The session is open for those training or working as a healthcare provider.

Continuing Education: 75 minutes



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Saturday, April 6 – 9:30am – 10:45am - Continued

[Impact of School Bullying in Generating OCD, PTSD, and the “Lost Years” Issues](#)

Cedar Lake 4-5

Moderator & Discussion Facilitator: Child Psychologist (& Sumi’s mother): Asha K Mukherjee, PhD, LP

Speaker: Sumi S Mukherjee

This presentation by Sumi Mukherjee, author of the book ‘A Life Interrupted – The Story of My Battle with Bullying and Obsessive Compulsive Disorder’, is about interactions between bullying and OCD. The focus is on bullying can trigger OCD and its impact the way OCD plays out. Sumi has spoken on numerous occasions focusing on impact of bullying on mental health. His book also gives coping tips. No prerequisites for attendance.

Objectives:

To inform the psychological community of the long term mental health issues of an OCD sufferer due to bullying, despite a healthy and fulfilling family foundation and constant support. The media focus, for obvious reasons, has been more on suicides related to bullying. However, greater awareness of the mental health struggles and needs of those who manage to survive, is also vital. It is hoped that even more serious efforts would go into the eradication of youth bullying through alertness among all adults in community.

Continuing Education: 75 minutes.

Concurrent Breakout Sessions – Saturday, April 6 – 11:00am – 12:15pm

[Promoting Health and Well-Being through Prevention: Opportunities for Psychology in the 21st Century](#)

Lake Minnetonka Ballroom F-H

Speaker: John L. Romano

Historically, prevention of psychological distress and the promotion of individual, systemic, and protective influences to enhance health and well-being have had little emphasis in the education, training, and practice of psychologists. This presentation will advocate for increased emphasis of prevention in the education, training, and practice of psychologists. A review the historical antecedents of prevention in applied psychology along with definitions and terminology relevant to prevention in psychology will be presented. Definitions and concepts that will be reviewed include: US Institute of Medicine’s prevention definition and framework, Romano and Hage’s (2000) prevention framework that goes beyond earlier conceptualizations to include reducing risks and strengthening protections and advocacy for social and public policy changes to promote prevention.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Saturday, April 6 – 11:00am – 12:15pm - Continued

In recent years, there are indications that prevention is moving more into the mainstream of psychology. The presentation will review developments that bode well for psychology and prevention, including:

- Prevention through the US Affordable Health Care Act,
- Proposed American Psychological Association Guidelines for Prevention in Psychology,
- Popularity of concepts from Positive Psychology and other theories, and
- Health and well-being across the life-cycle, especially relevant to an aging population.

Opportunities for prevention in psychology will be highlighted, including prevention funding through state and federal legislation, consultations about prevention interventions with schools and community organizations, and increased sophistication of genetic mapping to predict people at-risk for adverse health outcomes.

Continuing Education: 75 minutes

ADHD & Sleep Disorders: Integrating a Psychological Specialty Into Medicine

Lake of the Isles 1-3

Speaker: Mark A Rosenblum, Psy D, LP, CBSM

Attention Deficit - Hyperactivity Disorder (ADHD) and sleep disorders are conditions that affect both children and adults and psychologists play an integral role in their care. Although there is growing evidence on the co-morbidity between them, integration of their care often goes unmet. This presentation will review the research on ADHD and sleep disorders, provide education and tools for screening for sleep disorders, and ideas on how to integrate the care of them.

Continuing Education: 75 minutes

ACT Parenting Therapy Group with PTSD Clients: Development & Outcomes

Cedar Lake 4-5

Speaker: Robert B. Casselman, Ph.D.

This presentation session will explore a parenting therapy group developed for veterans with PTSD. The session will provide participants with:

- 1) Research on PTSD, parenting, and Acceptance and Commitment Therapy (ACT).
- 2) A description of the development of the parenting therapy group.
- 3) Experiential demonstrations of ACT-based techniques.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Saturday, April 6 – 11:00am – 12:15pm - Continued

- 4) Parenting psychoeducation materials utilized in the group, quantitative and qualitative outcome data from the parenting therapy group.
- 5) Reflections on implications and future directions.

Continuing Education: 75 minutes.

Poster Sessions – 1:15pm – 2:15pm - Saturday, April 6, 2013 – Lake of the Woods South Salon

Determining if Population Density is Related to Physical Activity in Minnesota Adolescents - Jenna L. Buth-Croes, B.A.S.

This is a health psychology-related literature review of the relationship between physical activity and population density in adolescents. The research presented focuses on the impact of one's environment (mainly population density) on an individual's physical activity level. Additionally, the relationship between obesity and physical activity, gender differences, and ethnicity differences will be discussed in the presented research.

Attitudes of College Students Toward Seeking Psychological Help

Joanne M. Quarfoth, Ph.D. / Molly M. Hennessy, B.A. / Hannah O. Aase / Heidi R. Schwartz

This research study investigated attitudes toward seeking help for psychological disorders among undergraduate students attending the University of St. Catherine. 126 students were asked to complete a 24-item survey about attitudes toward seeking help for mental health disorders and additional questions about their knowledge of counseling services on campus. Results suggest that stigmatization of mental health disorders is a major factor in discouraging students from using counseling services, especially among Asian-American and African-American students.

An Examination of Emerging Adults' Career Development - Megan D. Cobb, B.S.

This poster will review existing literature on emerging adulthood, a proposed life stage in which the individual has graduated from adolescence but has not yet accomplished milestones traditionally associated with adulthood (e.g., starting a family, career). It will also provide results and implications of a study that investigated career-related variables (e.g., career decision self-efficacy) among individuals ages 19-25, who either self-identified as adults or did not yet feel they had reached adulthood.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Poster Sessions – 1:15pm – 2:15pm - Saturday, April 6, 2013 - Continued

Student Perceptions of Prescription Drug Use to Improve Academic Performance

Tabitha Grier-Reed, Ph.D., L.P. / Martha Ortiz / Vaibhav Murthy / Cecilia Moulton / Jieyu Jiang / Robert Riordan

This poster represents research conducted under the supervision of Dr. Grier-Reed by an undergraduate research team. The researchers developed an online questionnaire and surveyed 30 college students about using someone else's prescription drugs to enhance academic performance. Researchers hypothesized that most students would not believe that using prescription drugs to enhance academic performance was wrong, and at that least half would admit to engaging in this practice. This hypothesis was partially supported.

Anti-Fat Bias in Psychologists: Does Client Ethnicity Influence Psychologists' Bias? - Lindsay C. Varkula, M.A.

This study examined psychologists' anti-fat bias toward clients. Original data were collected from a national sample of 196 licensed, currently practicing psychologists. Utilizing a 2 (African American/European American) x 2 (average weight/obese) experimental design manipulating client characteristics, participants randomly read one of four versions of a client vignette. Differences in Global Assessment of Functioning scores, prognosis scores, and alliance ratings (from adapted Working Alliance Inventory-Therapist form) based on manipulated differences in client's weight/ethnicity were examined.

Development of a Psychological Interest Questionnaire (PIQ)

Kenneth Solberg Ph.D., LP / Arneson, Susan M.A., LADC / Auton, Chaunte' / Bont, Anita/ Brown IV, Thomas M.A. / Derus, David MA / Dillon, Kimberly/ Heutmaker, Jessica / Johansen, Michael M.A. / Johnson, Timothy Karsten, Meagan/ Kortuem, Benjamin / Kuenzel, Denae / Merklng, Benjamin / Prozeller, Katherine M.B.A. Schupp, Amber / Swanlund, Cynthia / Waltman, Jennifer M.B.A. / Yang, Judy / Zhuravel, Annet M.A.

A 67 item scale was constructed to assess people's interest in their internal psychological processes. A factor analysis suggested that psychological interests grouped into between three and six dimensions. Correlations with demographic variables and with measures of psychological mindedness, impression management, and emotional intelligence are also reported.

Improving Health Care Outcomes for Sexual Violence Survivors - Heather A. Killeen-Bode, MA

This poster details a webinar that focuses on the short and long term physical health outcomes potentially experienced by survivors of sexual trauma. Targeted at medical professionals, the webinar describes the mechanisms by which trauma can influence physical health, along with the potential triggers that many survivors experience while undergoing medical examinations. Suggested interventions, screening measures, and helpful language that can be used while working with trauma survivors will also be discussed.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Poster Sessions – 1:15pm – 2:15pm - Saturday, April 6, 2013 - Continued

Yoga for Participants in an Inpatient Sexual Offender Treatment Program - Tera J. Jansen, MA / Amy C. Moran, MA, RYT

Alpha Human Services is a non-profit, residential treatment facility for individuals charged with a criminal sexual offense. In 2012, a brief Mindful Hatha Yoga series was offered within the context of the program to determine whether offering yoga classes at this facility was both acceptable and feasible. Program evaluation data collected before and after a 5-week yoga series and at 3-month follow-up suggest that participants in the yoga class experienced benefits associated with the practice.

Spirituality & Substance Use Among College Students - Michelle A. Franzel

The goal of the present study is to explore correlations between religious coping styles with a tendency to use substances and identify the psychological or psychosocial factors involved in this correlation in a sample of college students in a religiously affiliated institution. Eighty-six young-adult participants completed a one-hour battery of testing designed to assess psychological/cognitive functioning, religious organization involvement, spiritual development, and substance use. Results indicated a significant correlation between substance use and spiritual injuries.

African American (AFAM) Networking Group Intervention - Simone Gbolo / Tabitha Grier-Reed, Ph.D., L.P.,

The African American networking group a student support group that combines humanistic and multicultural counseling approaches to support high school students academically and socially. This group meets weekly over the course of the academic year. Students meet in a single gender groups to check in, voice concerns and address conflicts they face at school. The purpose of this research study is help the administrators evaluate this intervention using quantitative and qualitative approaches.

Atheism as a Counseling Issue - Emily M. Madden, M.A.

Atheists may be seen as amoral or nonspiritual but atheism is not synonymous with these terms. Atheists experience stigma if they identify themselves as atheists. They may experience repercussions from disclosing that they are an atheist. Atheism becomes a counseling issue because most training programs do not discuss spirituality and counselors rely on their own beliefs to understand their clients' spirituality. By understanding what atheism is, counselors can help their clients more.

A Review of Cultural Disparities Regarding Suicidal Behavior in At Risk Populations - Emma R. Hamilton

Suicide is a ubiquitous phenomenon that permeates all cultures and socioeconomic strata. Distinct ethnic groups show unique patterns of suicidal behavior. Certain 'at risk' groups possess risk and protective factors that differentially affect the likelihood of death by suicide. Greater efforts should be made to actively recognize risk factors in certain ethnic groups, and mental health practitioners should focus on culturally sensitive incorporation of protective factors into suicide intervention.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Poster Sessions – 1:15pm – 2:15pm - Saturday, April 6, 2013 - Continued

Equine-Facilitated Psychotherapy as a Complimentary Intervention for Substance Use Disorders - Carissa K. Brandt

The incorporation of equines into the treatment of individuals with psychological, emotional, or behavioral difficulties is commonly referred to as equine-facilitated psychotherapy (EFP). EFP is frequently used as a complimentary intervention to empirically supported therapeutic interventions. During EFP, horses support clients' development of positive behavior and emotional wellness through a variety of activities. Treatment goals of EFP emphasize the development of coping resources, problem solving strategies, communication skills, and positive social relationships.

A Comprehensive Study on Psychological Type & Wisdom - Courtney L. Roelandts

Existing literature covers a range of topics regarding wisdom and relevant variables such as age, intelligence, and positive psychology; however, this study sought to add to the research by looking to establish a relationship between wisdom and the psychological traits of introversion and extroversion. Using volunteer participants from Northwestern College in Saint Paul, Minnesota, the study looks for any correlations between psychological type and wisdom using the SAWS, 3DWS, and McCroskey Introversion Scale.

Methodological Review: Siblings' Psychosocial Outcome After Pediatric Traumatic Brain Injury

Jessica Carter / Alise Clark / Katie Isham / Regilda Romero / Jeffrey McLeod

Researchers have examined the effect of traumatic brain injury on the injured individual. However, fewer studies looked at the effect of TBI on siblings. Of 30 studies focusing on the psychosocial effects on families, only 4 studies were accepted into this review. Findings suggest those siblings are affected cognitively, emotionally, behaviorally, and interpersonally. To note, these studies are outdated. More studies should look at siblings as informants to further support in the rehabilitation process.

The Clinical Utility of a Dimensional Trait-Centered Diagnostic Classification - Colleen S. Coyne, B.A.

With the upcoming release of DSM-5, many experts have debated the most optimal taxonomy of personality disorders such as Borderline Personality Disorder (BPD). Though a myriad of dimensional systems have been proposed, the clinical utility of such models has become a concern for clinicians. A review of existing literature promotes the implementation of a dimensional, trait-based model of BPD in order to improve the clinical utility of the DSM.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Saturday, April 6 – 2:15pm – 3:30pm

Mental Health Parity and the Patient Protection and Affordable Care Act: What mental health professions need to know going Forward Lake Minnetonka Ballroom F-H

Speaker: Kitty Westin, M.A., L.P.

Mental Health Parity (MHP) and the Affordable Care Act (ACA) are complex pieces of Federal legislation that were signed into law in 2008 and 2010 respectively. Kitty Westin, a nationally known mental health advocate, has spent hundreds of hours reviewing and analyzing these bills in order to help others understand what is included and what to expect when they are fully implemented. This workshop will provide attendees with a detailed information about how these laws will affect mental health delivery of services across Minnesota and the United States.

Continuing Education: 75 minutes

Fear & Reward Processing: Treatment Implications for those with Co-Occurring Disorders Lake of the Isles 1-3

Speaker: Michael Brunner, Ph.D., LP

In this workshop, I will present findings from the neurosciences, data from patients with mental health and chemical use problems served in a chemical health treatment program, and a model to conceptualize rational use of treatment interventions tailored to the specific needs of these patients. At the conclusion of the workshop, participants will have a practical and sound treatment model they can use with patients that is based on neurobiological realities of the human experience.

Continuing Education: 75 minutes

Veterans Living with Trauma: A Yoga-Based Approach to Symptom Reduction – Part 1 Cedar Lake 4-5

Speakers: Amy Moran, MA, RYT and Casey Linstad, CTRS

The Veterans Yoga Program (VYP) offers trauma-sensitive yoga classes for Veterans at the Minneapolis VA Health Care System. VYP is co-led by a recreation therapist and certified yoga instructor with a background in mental health and research. This collaborative approach to complementary care promotes physical, psychological, and spiritual accessibility of yoga practice. VYP participants report a reduction in trauma-related symptoms.

.Please note that an interactive and accessible yoga experiential activity is a part of this presentation.

Continuing Education: **To receive credit, both Parts I and II must be completed.** For Parts I and II, 145 minutes.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Concurrent Breakout Sessions – Saturday, April 6 – 3:45pm – 5:00pm

Public Service through Science: The MPA Marriage Equality Task Force

Lake Minnetonka Ballroom F-H

Moderator: Margaret C. Charmoli, Ph.D., L.P.

Panelists: Katherine M. Slama, Ph.D., LP, Karen E. Wills, Ph.D., L.P.

Panelists will describe how Minnesota psychologists advocated successfully in 2011-2012 to help defeat a proposed state constitutional amendment to prohibit same-gender marriages. The Marriage Equality Task Force (METF) of the Minnesota Psychological Association (MPA) organized these advocacy efforts. This presentation will share lessons learned about using our science in psychological advocacy. It will describe (a) METF/MPA actions, (b) reactions of METF "participant observers" of the campaign, and (c) reactions of LGBTQ clients. No prerequisites.

Continuing Education: 75 minutes

Analyzing Public Sexual Issues

Lake of the Isles 1-3

Speaker: S. Margretta Dwyer, M.A. L.P.

Research has brought to light unknown facts about sexual problems; experience has brought even more but the public, for the most part is uninformed. Therefore, offending remains an unsolved problem with many myths surrounding it. Newest information regarding sexual treatment and laws are covered in this presentation. What is counterproductive to the issues that face us, and their affect on individual's lives is analyzed. Longterm ramifications in society are critiqued. What responsibility do we have to foster a systemic change and improve sexual health in this area? What can be done?

Veterans Living with Trauma: A Yoga-Based Approach to Symptom Reduction – Part 2

Cedar Lake 4-5

Speakers: Amy Moran, MA, RYT and Casey Linstad, CTRS

The Veterans Yoga Program (VYP) offers trauma-sensitive yoga classes for Veterans at the Minneapolis VA Health Care System. VYP is co-led by a recreation therapist and certified yoga instructor with a background in mental health and research. This collaborative approach to complementary care promotes physical, psychological, and spiritual accessibility of yoga practice. VYP participants report a reduction in trauma-related symptoms.

Continuing Education: **To receive credit, both Parts I and II must be completed.** For Parts I and II, 145 minutes.



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Thank You Sponsors!

Scholarship

Maplewood Psychology

The Emily Program

Reception

Natalis Counseling & Psychology Solutions

Family Innovations

Midwest Center for Personal & Family Development



77th Annual Convention
Surviving & Thriving:
Psychology in the Era of Health Care Reform

April 5-6, 2013



Exhibitor Listing

APA Insurance Trust

Begin Healing, Inc.

Behavior Therapy Solutions of MN

Deer Oaks Behavioral Health

Family Innovations

Healthcare Business Solutions

Midwest Center for Personal & Family Development

MN Board of Psychology

MN Department of Corrections

Natalis Counseling & Psychology Solutions

Park Nicollet Melrose Institute

Pearson

Procentive

Project Turnabout Addiction Recovery Center

The Emily Program

University of MN Dept of Psychology

Wings