

NORTH CAROLINA PSYCHOLOGICAL FOUNDATION

**FRIDAY, SEPTEMBER 11 &
SATURDAY, SEPTEMBER 12**

VIRTUAL FALL 2020 CONFERENCE



ABOUT THE EVENT

SPECIAL THANK YOUS TO OUR CE COMMITTEE

Catherine Forneris, PhD, JD, Chair
Donna Arendshorst, PhD
Chelsea M. Bartel, PhD
Suzanne Bates, PhD
Lindsey Copeland, PhD
Jennifer Funaro, MA
Andrew Goff, PhD
Joanna L. Mussey, PhD

Our 2020 Fall Conference will be held virtually via Zoom on Friday, September 11, 2020 and Saturday, September 12, 2020.

Morning workshops begin at 9:00am and end at 12:15pm.

Afternoon workshops begin at 1:30pm and end at 4:45pm.

FRIDAY MORNING & AFTERNOON #1

Schema Therapy

If you choose this option, it is a 6 hour course to be held in the morning and afternoon.

Peregrine M. Kavros, PhDm MBA, MDiv

Schema Therapy is an integrative 3rd wave Cognitive Therapy. The treatment model blends aspects of cognitive behavioral, experiential, attachment, developmental, object relations, psychoanalytic, emotionally focused therapy, acceptance and commitment therapy, and mindfulness. While treatment goals vary the theoretical approach is designed to ameliorate long standing emotional and behavioral difficulties originating in childhood and adolescence, which impact personality.

Schema Therapy was developed by Dr. Jeffrey Young for clients who did not respond to Cognitive Behavioral Therapy. These clients often presented with chronic, rigid and complex psychological issues. The integrated treatment model highlighting experiential techniques, safety, and a conceptualization of the therapeutic relationship, which is supported by evidence-based research, provides a structured framework that facilitates change.

By the end of the workshop, participants will be able to:

1. identify and describe how Schemas may develop over the course of one's life by listing the five core emotional needs of a child/adolescent;
 2. describe how maladaptive Schemas form by illustrating the interaction between the child/adolescent's innate temperament and early environment, their experience of attachment and whether the engagement results in frustration or gratification;
 3. describing the three reactions or coping styles by illustrating the way in which the nervous system responds to a situation perceived as threatening;
 4. describe the two factors that will assist a client in identifying the presence of a maladaptive (behavioral patterns) mode by noting the variance in experience and expression of affect;
 5. illustrate two ways in which a client can overcome avoidance of trigger situations by describing the use of a Self-Monitoring Form;
 6. demonstrate how the Therapeutic Relationship can be used as a conduit for emotional and behavioral change by describing the impact of the client's emotional, cognitive and behavioral presentation on the therapist;
 7. demonstrate Imagery Rescripting by utilizing a vignette provided by the instructor that counsels a client trying to affect an emotional and/or cognitive shift in one of the client's relationships or perception of a situation;
 8. demonstrate how the use of an affect bridge will assist clients in accessing memories across the developmental age span by utilizing a vignette provided by the instructor that supports and integrates thoughts and feelings influencing a current perception;
 9. describe one of the benefits of empathic confrontation with clients by comparing the outcomes of clients who either avoid or enact conflict;
 10. demonstrate the use and benefit of a Schema Mode Diary with a client to aid them in the identification of Schema Mode Cycles;
 11. demonstrate a Schema Flash Card by utilizing a vignette provided by the instructor that counsels a client trying to affect an emotional and/or cognitive shift in one of the client's relationships.
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Instructional Level: Basic, Intermediate, and Advanced

Educational Format: Lecture, Case Vignettes, Discussion

Instructor:

Peregrine M. Kavros, PhD, MBA, MDiv is the Director of the Schema Therapy Institute Southeast, located in Hillsborough, NC where she also maintains a private practice. As a certified Schema Therapist Advanced Trainer/Supervisor, Dr. Kavros is committed to introducing North Carolina therapists to Schema Therapy. She is certified as a Sex Therapist by AASECT (American Association of Sex Educators, Counselors, and Therapists), and an ordained Episcopal Priest. Dr. Kavros is a pastoral associate at St. Matthew's Episcopal Church in Hillsborough. Her fascination with Schema Therapy evolved out of her private practice in New York City when working with clients challenged by complex psychological and sexual problems, and health concerns. Prior to Dr. Kavros' move to North Carolina in 2015, she held academic appointments at Columbia University and at the New York University Langone Medical Center. She has published in peer reviewed journals and has authored book chapters. She serves on the Thics and Conflict Resolution Committee of the International Society of Schema Therapy. Dr. Kavros is a member of the North Carolina Psychological Association.



Please note: this is a 6 hour course. You must attend both the morning and afternoon to receive full credit. Partial credit is not offered.

FRIDAY MORNING #2

Disaster Mental Health in the Age of COVID-19

Tatyana Kholodkov, PhD, and Andy Short, PhD, PhD

This presentation will focus on concepts and techniques of disaster mental health (DMH) using examples from recent disaster responses. The class will orient participants to the Red Cross model of mental health in disaster response, and help clinicians differentiate between delivering services in their typical settings versus using their clinical skills in disaster contexts. The presentation also addresses unique aspects of disaster response during COVID-19, and the importance of understanding the impact of global trauma events on clients and service providers alike.

By the end of the workshop, participants will be able to:

COMING SOON

Instructional Level: Intermediate

Educational Format: Lecture, Small Group Processing, Discussion, Case Vignettes

Instructors:

Tatyana Kholodkov, Ph.D., is a licensed psychologist and

owner of Project Yes, PLLC, a psychotherapy group practice focused on mind-body wellness. She is the co-chair of the Disaster Response Task Force for the NC Psychological Association and an active member in disaster services for the American Red Cross. Tatyana has deployed to numerous national disasters and has served as a lead of the disaster mental health response teams, including coordinating efforts during Hurricane Florence. She supervises a disaster action team that responds to local disasters such as house fires or storm damage. Tatyana is also an instructor for Red Cross disaster courses, and provides trainings regionally on stress reduction for workforces. In her practice, Tatyana specializes in evidence-based treatment for trauma and anxiety, and the impact of stress on mental and physical well-being.

Andrew Short, PhD, is a Clinical Psychologist who specializes in mental health intervention in disaster and in child clinical psychology. He is Co-Chair of the Disaster Response Task Force of the NC Psychological Foundation, which provides leadership in mental health responses to disaster. He is Co-Coordinator of the NC Disaster Response Network, a network of mental health professionals who respond in disasters. The Task Force and Network include members from each of the licensed mental health professions that serve in response to disaster as well as representatives of other organizations, including the American Red Cross, the NC Division of MHDDSA and Disability Rights NC.

Dr. Short is a Licensed Psychologist and was formerly Clinical Associate Professor of Psychiatry at UNC-Chapel Hill. He is retired from a private practice that focused on learning and behavioral/emotional problems of children and adolescents and individuals with Autism Spectrum Disorders. He has served as a mental health responder and supervisor with the American Red Cross (ARC) in

local, state and national disaster operations. Dr. Short has worked in shelters and consulted in community response sites in Florida and in North Carolina. He has presented on mental health intervention in disaster and conducted training in disaster mental health.

FRIDAY AFTERNOON #3

Psychologist Self-Care in an Unsettled World

Amanda Price, PhD and Kristen Wynns, PhD
(Members of NCPA's Colleague Assistance Committee)

These are extraordinary times for all of us --- a pandemic, the likes of which we've never seen in our lifetimes, the resulting reorganizing of ours and our families' lives, the pace of change in the shift to teletherapy within the constraints of HIPAA, the continuing escalation of police violence against people of color (and people demonstrating against that violence), a renewed and stronger questioning of white privilege with challenges to racist policies and symbols, and an upcoming National and State election, the results of which will have decades of impact.

This three-hour workshop will provide opportunities for self-reflection and assessment of the presence and impact of current stressors on our personal and professional lives, training on timely strategies to enhance self-care and resilience during this unique period, reminders about the stress-distress continuum, and a safe venue to talk and learn from colleagues about how they are responding to the changes brought by the pandemic and the challenges "re-revealed" by the Black Lives Matter Movement.

By the end of the workshop, participants will be able to:

1. assess current stress levels and identify how their long-term health may be affected by that stress
2. identify at least three (3) strategies that can minimize stress from factors currently impacting their life
3. identify individual steps for continued learning about current issues affecting their personal and professional environments so as to build understanding and resiliency.

Instructional Level: Basic

Educational Format: Lecture, Small Group Interaction and Discussion, Self-Assessment Questionnaires, Experiential Self-Care Exercises

Instructors:

Amanda Price, PhD is founder and owner of Amanda L. Price, Ph.D., PLLC in North Raleigh. She is a graduate of Wake Forest University and holds a Masters and Doctoral degree from the University of Tennessee. She completed a post-doctoral fellowship in Occupational Mental Health at Duke University Medical Center. Dr. Price's private practice includes working with clients 16 and older and specializes in anxiety disorders, relationships, parent guidance, life transitions, stress in the workplace and those learning to cope with medical conditions. She is a member of the North Carolina Psychological Association and has been a member of the Colleague Assistance Committee for 4 years.





Kristen Wynns, PhD is a licensed psychologist and co-chair of NCPA's Colleague Assistance Committee. She is also the owner of Wynns Family Psychology, a child/adolescent specialty private practice with offices in Cary, Raleigh, and Greensboro. She is frequently sought out as a local media expert on child psychology and parenting issues. She is the author of [The No Wimpy Parenting Handbook](#), available on Amazon. Visit WynnsFamilyPsychology.com or NoWimpyParenting.com to learn more.

SATURDAY MORNING #4

Co-Parenting in a Pandemic: Clinical, Legal, and Other Practical Issues

This workshop is intended to meet the Category A requirement for 3 hours of legal/ethical CE.

Katrina Kuzyszyn-Jones, PsyD

Co-parenting is difficult enough to navigate, for parents and the therapists involved. However, there are new issues that arise when parents have a difference of opinion about how to navigate these difficult times. This program will discuss information provided by the legal community regarding expectations of parents and strategies for navigating decision making as a therapist working with the children and/or parents.

By the end of the workshop, participants will be able to:

1. describe the NC Court guidelines regarding what is expected of parents regarding their custody orders and separation agreements,
2. explain the strategies that are useful to co-parents during a pandemic; and
3. develop a quick reference tool regarding the issues to give to clients.

Instructional Level: Intermediate

Educational Format: Lecture, Case Studies, and Interactive Discussion

Instructor:

Katrina Kuzyszyn-Jones, PsyD has a Master's in Forensic Psychology and Doctorate in Clinical Psychology. She began her career working with families of divorce in 2004 during her practicum at the University of North Carolina-Chapel Hill's Forensic Psychiatry Service. Since 2007, she has developed expertise working with children, adolescents and parents experiencing separation and divorce. She offers a wide range of Alternative Dispute Resolution services such as mediation, parenting plan consultation, collaborative divorce roles, and co-parenting. She also offers parenting coordination, individual and family therapy, reunification therapy, psychological evaluations, custody evaluations, and substance abuse evaluations.



SATURDAY MORNING #5

Changing the Worried Mind

Reid Wilson, PhD

Those suffering from generalized anxiety disorder (GAD) are like worry-making machines who become anxious about topics that can concern any of us: money, work, family, our health. The noise of worry is like a boombox in their heads with no off-switch. You will learn how to shift clients' relationship with their fears and override the responses that perpetuate them. You'll explore paradoxical strategies to help clients transform their anxieties and worries from intimidating threats into challenges that they can meet and conquer. The goal is to persuade clients to adopt a self-help protocol to voluntarily, purposely and aggressively seek out the unneeded worries of GAD head-on and dispatch with them rather than trying to avoid them.

By the end of the workshop, participants will be able to:

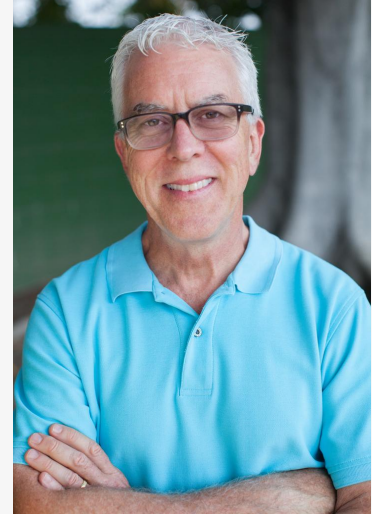
1. identify the common frames of reference and ensuing actions that limit anxious clients' ability to generate change;
2. collaboratively create a therapeutic frame of reference for any anxiously worried client;
3. discuss and practice how to train any anxiously worried client in activating a new attitude during behavioral practice.

Instructional Level: Intermediate

Educational Format: Lecture, PowerPoint, Video demonstration, Q&A

Instructor:

Reid Wilson, PhD is author of [Stopping the Noise in Your Head](#) and [Don't Panic](#); co-author of [Stop Obsessing!](#), and [Anxious Kids, Anxious Parents](#), as well as [Playing with Anxiety](#). He is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA) and Fellow of the Association for Behavioral and Cognitive Therapies (ABCT). In 2014 he received ADAA's highest award, and received the 2019 Service Award by the International OCD Foundation.



SATURDAY AFTERNOON #6

When Pigs, Peacocks, and Ponies Fly: Ethical & Legal Considerations in Providing Letters for Emotional Support Animals

This workshop is intended to meet the Category A requirement for 3 hours of legal/ethical CE.

Catherine A. Forneris, PhD, JD

Animals can play a very important role assisting people with disabilities and as part of therapeutic activities. Most people are aware of the role of service animals, such as guide dogs, but other types of assistance animals may be less familiar. A more recently developed category of assistance animals is the emotional support animal (ESA). These are animals that provide companionship and emotional support for people diagnosed with a psychological disorder. Use of ESAs has been increasing, prompting public skepticism and revisions to airline and housing rules, and clients frequently request ESA letters from their therapists. In this workshop, we will discuss the legal background of ESAs and other types of service animals, and discusses the ethical, legal and practical considerations for therapists considering whether, if and when to write such letters.

By the end of the workshop, participants will be able to:

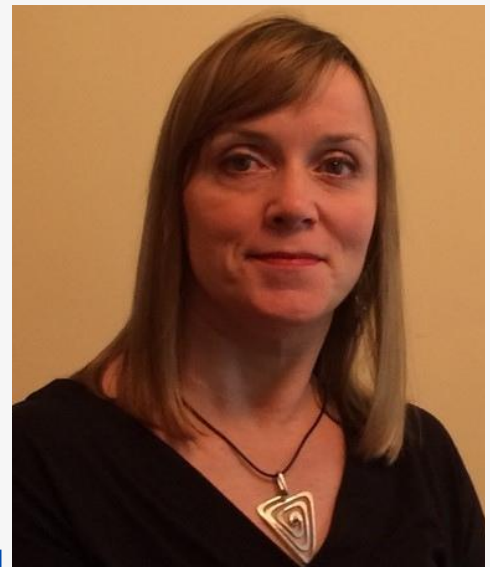
1. state the primary distinctions between ESAs and other types of service/therapy animals;
2. state the potential conflicts that can arise when a practitioner mixes forensic and clinical functions with respect to writing letters for ESAs;
3. state key components of an ESA evaluation;
4. list assessment guidelines for practitioners who
5. choose to make ESA evaluations.

Instructional Level: Intermediate

Educational Format: Lecture, case examples, interactive audience surveys, videos, & discussion

Instructor:

Catherine A. Foreneris, PhD, JD is a Professor in the Department of Psychiatry at the University of North Carolina (UNC) at Chapel Hill. Her undergraduate degree is from Syracuse University and she earned graduate degrees in Biomedical Science and Clinical Psychology from the University at Albany, State University of New York. As a psychologist, she is a board member of the North Carolina Psychological Association, chair of the Continuing Education Committee, and a member of the Legislative Committee. She has co-authored several research articles and been the lead author on several paper presentations on trauma, PTSD, depression, health care utilization, and women's health. The primary focus of her current clinical work is cognitive behavioral therapy with adults, including those with personality disorders. She is also a medical co-director of the UNC Hospitals Beacon Child and Family program which provides a variety of services to employees and patients of all ages and their families who are victims of interpersonal violence. Dr. Forneris completed the part-time Evening Program at North Carolina Central University School of Law, where she received her law degree, with honors, in 2016. She became a member of the North Carolina Bar in 2016. She has a small private practice and works in the areas of estate planning and family law. She is a Parenting Coordinator and is a board member of the Center for Cooperative Parenting.



SATURDAY AFTERNOON #7

Introduction to the MMPI-3

Gail C. Rodin, PhD and Peter Entwistle, PhD

This intermediate-level workshop introduces the MMPI-3, which is scheduled for publication in late August 2020. We will look at how the MMPI-3 has evolved from the MMPI-2 and MMPI-2-RF; examine the new normative sample; and review new test items, validity scales, and substantive scales. We will also review clinical cases/reports and discuss best practices for the newly-available remote digital administration option.

By the end of the workshop, participants will be able to:

1. describe the MMPI-3 background and development process
2. describe the MMPI-3 normative sample and how it differs from that of the MMPI-2/-2-/RF
3. identify new Validity and Substantive scales
4. understand how to appropriately administer the MMPI-3 remotely using teleconferencing

Instructional Level: Intermediate

Educational Format: Lecture and case studies,

Instructor:

Gail C. Rodin, PhD is a clinical neuropsychologist who lives and works outside Raleigh, NC. She majored in psychology as an undergraduate at Yale University and completed her PhD in clinical psychology at New York University. In 1994, she opened the Center for Attention, Learning, and Memory in Raleigh, through which she offered clinical assessment services and training for fellow professionals. Since 2002, she has worked for Pearson Clinical Assessment, where she is currently the Assessment Consultant for eleven mid-Atlantic states. Dr. Rodin has co-authored chapters on fibromyalgia and chronic fatigue syndrome in women with ADHD, and is currently preparing a new book, [Limbic Life](#). Her clinical interests include developmental learning disorders (ADHD, learning disabilities, and high-functioning autism spectrum disorders); psychopharmacology; and the integration of scientific findings into public policy.



Peter Entwistle, PhD is a Senior Educational Consultant for Pearson Clinical Assessment, having worked for Pearson since July 2008 - Present, and prior to that for The Psychological Corporation from 2002-2008. Previously, he was at the University of Massachusetts-Boston as Program Chair & full-time faculty for 10 years, in the Department of Counseling & School Psychology. For 6 years, he was Pediatric Neuropsychologist at Braintree Hospital, and prior to that Chief of Child Psychology at Pembroke Hospital for 6 years and taught at Northeastern University in Boston in the graduate Program of Counseling Psychology, Special Education & Rehabilitation. Earlier, he was the system-wide School Psychologist for 10 years in the Scituate (MA) Public Schools. He was born in London and received a Bachelor's degree in Sociology (Hons.) from London University, a Master's degree in Education from Harvard, and a PhD in Counseling Psychology from Boston College in 1983. He was first licensed in the Commonwealth of Massachusetts in 1987, as a health service provider in Psychology. He now lives near Washington, DC.



VIRTUAL CONFERENCE INFORMATION

Date and Time:

Friday, September 11, 2020

Saturday, September 12, 2020

9:00am - 12:15pm Morning Workshops
(with a 15 minute break)

12:15pm - 1:30pm Break

1:30pm - 4:45pm Afternoon Workshops
(with a 15 minute break)

Registration Deadline and Refund Policy:

Preregistration is required. You must register by Wednesday, September 9 at 11:55pm. **No refunds on or after Wednesday, September 9.** All refunds are minus a \$20 processing fee.

Continuing Education Information:

These workshops are sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. Workshop #1 is offered for 6 hours of Category A credit. Workshop #s 2, 3, 4, 5, 6, and 7 are offered for 3 hours of Category A credit each.

Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.



REGISTRATION FORM

Registration Deadline is Wednesday, September 9 at 11:55pm

Name:

Degree:

Profession:

Email:

Phone:

Friday, September 11

_____ #1 Schema Therapy 9:00am (6 hours - all day workshop)

_____ #2 Disaster 9:00am (3 hour Friday morning workshop)

_____ #3 Self-Care 1:30pm (3 hour Friday afternoon workshop)
Saturday, September 12

Saturday, September 12

_____ #4 Co-parenting in a Pandemic (3 hour Saturday morning workshop) **meets the legal/ethical requirements*

_____ #5 Changing the Worried Mind (3 hour Saturday morning workshop)

_____ #6 When Pigs, Peacocks, and Ponies Fly (3 hour Saturday afternoon workshop) **meets the legal/ethical requirements*

_____ #7 MMPI-3 (3 hour Saturday afternoon workshop)

Cost:

NCPA Members

Non-NCPA Members

Full Day - \$125

Full Day - \$150

Half Day - \$65

Half Day - \$80

PAYMENT

Check: Make Payable to NCPF

Mailing address:

NCPA, 1004 Dresser Ct., Suite 106, Raleigh, NC 27609

Credit card: (Circle the appropriate one)

VISA MasterCard American Express

Name as it appears on your card:

Credit Card #:

Expiration Date (month and year)

CVV:

Billing address (street, city, state, and zip)

Signature:

You may also register and pay online at www.ncpsychology.org