



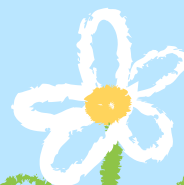
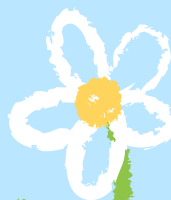
NORTH CAROLINA
PSYCHOLOGICAL
ASSOCIATION



APRIL 12 & 13, 2024

SPRING Conference

VIRTUAL CONFERENCE VIA ZOOM



Sponsored By:



About the Event

Our 2024 Spring Conference will be held virtually via Zoom on Friday, April 12, 2024 and Saturday, April 13, 2024.

Morning workshops begin at 9:00am and end at 12:15pm with a 15 minute break built-in.

Afternoon workshops begin at 1:30pm and end at 4:45pm with a 15 minute break built-in.

Special thank yous to our CE committee:

Andrew B. Goff, PhD Chair

Hannah Allen, PhD

Marvella A. Bowman, PhD, HSP-P

Lindsey Copeland, PhD

Catherine Forneris, PhD, JD

Stephanie Langston, PhD

Joanna L. Mussey, PhD

Friday Morning #1

The Future is Now: How digital interventions could address the mental health crisis

with Vaile Wright, PhD, Senior Director, Health Care Innovation,
American Psychological Association

Mental health digital therapeutics involve the use of software programs to deliver evidence-based and validated interventions to treat mental and behavioral health disorders, such as chronic insomnia, panic, and substance use disorders. They are not direct-to-consumer apps and require a prescription or order by a licensed practitioner as part of a treatment plan. They have the potential to increase and expand access and options to care and improve population health and health equity. However, regulatory confusion and reimbursement barriers potentially stand in the way of scalable dissemination and implementation. This program will describe this emerging technology and the evidence supporting its use, its potential to increase access to care and improve health equity, and what is being done to address the existing barriers within healthcare.

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

1. describe what digital therapeutics are and how they are different from wellness apps,
2. summarize how digital therapeutics can expand access and health equity to marginalized populations, and
3. list the regulatory and reimbursement barriers to full health care implementation for digital therapeutics.

Instructional Level: Intermediate

Educational Format: lecture

Instructor: Vaile Wright, PhD is the Senior Director for the Office of Health Care Innovation at the American Psychological Association. She is a licensed psychologist and researcher focusing on developing strategies to leverage technology and data to address issues within health care including increasing access, measuring care, improving efficiencies and optimizing treatment delivery at both the individual and systems level. She has maintained an active line of research with peer-reviewed articles in multiple journals and serves as a media spokesperson for APA.

References: Available upon request.



Friday Morning #2

Autism in Females: What do we know and where do we go?

with Clare Harrop, PhD, Assistant Professor – University of North Carolina at Chapel Hill

While rates of autism diagnoses have steadily increased over the past two decades, females are still diagnosed at lower rates than males. In recent years, understanding autism in individuals assigned female at birth has become both a research and clinical priority. The purpose of this workshop is to provide a broad overview of autism in females. Content will span up to date research, including the diagnostic rates of individuals in North Carolina, and opportunities to generate examples based on prompts. The speaker will also discuss common myths and misconceptions about autism in females and provide strategies for feeling more confident when assessing females suspected as being autistic.

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

1. discuss the rates of autism diagnoses in females in the US and NC,
2. describe differences between males and females that may impact autism diagnoses, and
3. identify strategies to improve recognition and diagnosis for females.

Instructional Level: Intermediate

Educational Format: lecture with discussion

Instructor: Clare Harrop, Ph.D., is an Assistant Professor in the Department of Health Sciences in the UNC-Chapel Hill School of Medicine, and investigator with both the Carolina Institute for Developmental Disabilities (CIDD) and Frank Porter Graham Child Development Institute. Dr. Harrop is a developmental psychologist who specializes in the application of multimodal and multi-informant approaches to characterize developmental trajectories in autism, with a large focus on the interplay between assigned sex and gender. Her research uses robust longitudinal methods and currently spans early childhood through to older adults. Dr. Harrop's research has been funded through NICHD, NCATS, NIMH, the Eagles Autism Foundation, Autism Speaks and Autism Science Foundation. Dr. Harrop was selected as an NIH Future Research Leader in 2020 and 2021. Dr. Harrop was also selected as an NIH Future Research Leader in 2022.

References: Available upon request.



Friday Afternoon #3

Women's mental health across the lifespan: Understanding causes of depression and anxiety during sensitive windows and developing an empirically based practice

with Crystal Edler Schiller, PhD

Associate Professor of Psychiatry

Associate Director of the UNC Center for Women's Mood Disorders

Women are twice as likely as men to receive a diagnosis of depression. Increased depression risk begins during puberty and persists through menopause, leading many to speculate about the role of reproductive hormones. Our research and that of others has demonstrated that reproductive hormones trigger depression and anxiety in some women across the reproductive lifespan and that the effects of hormones on mood can be detected at the level of neural circuits and individual neurons. Despite the powerful biological and behavioral effects of hormones on the brain, behavioral treatments alone and in combination with medication promote symptom remission. This presentation will focus on the latest research on how reproductive hormones trigger depression and anxiety during sensitive windows (i.e., puberty, menses, peripartum, and perimenopause) and how psychotherapy can be used to target these symptoms.

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

1. describe 3 ways in which ovarian hormones regulate mood across the reproductive lifespan,
2. identify 3 evidence-based therapies and 2 other treatments (e.g., medication) that reduce reproductive-related mood symptoms, and
3. identify 3 behavioral treatment targets for intervention in perinatal and perimenopausal depression

Instructional Level: Intermediate

Educational Format: Interactive lecture, discussion, and small group format

Instructor:

Dr. Schiller is a licensed clinical psychologist with expertise in reproductive-related mood and anxiety disorders. She is the Associate Director of Behavior Therapy and Reproductive Science for the UNC Center for Women's Mood Disorders and Director of the UNC School of Medicine Psychology Internship Program.

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Her research focuses on the use of experimental models to determine the effects of reproductive hormones on brain function and affective symptoms in women, and she also contributes to team science to advance novel therapeutics for people with mental illness. She completed doctoral training in adult psychopathology at the University of Iowa, T32-funded post-doctoral training in reproductive-hormone related mood disorders and affective neuroscience at UNC-Chapel Hill, and NIH-funded K23 career development training focused on the effects of estrogen on the neural reward system in perimenopause. Dr. Schiller is currently conducting a NIMH R01-funded investigation of the neuroendocrinology of anhedonia and psychosis in perimenopause. As a clinician, she provides diagnostic evaluations and evidence-based therapies for individuals with mood and anxiety disorders, and she teaches psychology graduate students, interns, and postdoctoral fellows to identify and treat perinatal mood and anxiety disorders. She is dedicated to understanding the neuroendocrinology of mood disorders in diverse populations to enable early identification and treatment that is affordable, scalable, accessible, and culturally competent.

References: Available upon request.

Friday Afternoon #4

Mental Health in Corrections: Caring for Currently and Formerly Incarcerated Individuals in North Carolina

with **Marvella A. Bowman, PhD, HSPP**, Behavioral Health Training Director, NC Department of Adult Correction

Mary Grillo, MSW, LCSW, Clinical Social Work Supervisor, NC Department of Adult Correction, and

Brittany (Brit) Pereira, PsyD, Forensic Psychology Postdoctoral Fellow, Eastern State Hospital

This workshop is designed to introduce participants to mental healthcare considerations for individuals who are (or were formerly) incarcerated. We will discuss the most commonly diagnosed mental health disorders, methods of identification and treatment of these disorders, and processes for ensuring care upon release. A former intern will share experiences working in the prison system and provide recommendations for practitioners who may work with currently or formerly incarcerated individuals.

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

1. identify at least 3 commonly diagnosed mental health disorders among incarcerated individuals in NC state prison system,
2. describe implications for continuity of care, including reentry challenges and aftercare planning, and
3. discuss the benefits and challenges of working in correctional settings.

Instructional Level: Basic

Educational Format: lecture and discussion

Instructors: **Marvella A. Bowman, PhD, HSP-P** is a doctoral level clinical psychologist, licensed to practice in the states of New York and North Carolina. She currently works in the state prison system, providing supervision to mental health professionals engaged in therapeutic intervention and assessment with incarcerated individuals, as well as staff working with these populations. Her role affords her the opportunity to organize internship and practicum opportunities for those pursuing higher education and careers in correctional mental healthcare, as well as orchestrate the creation of training materials designed to educate staff working in correctional institutions.



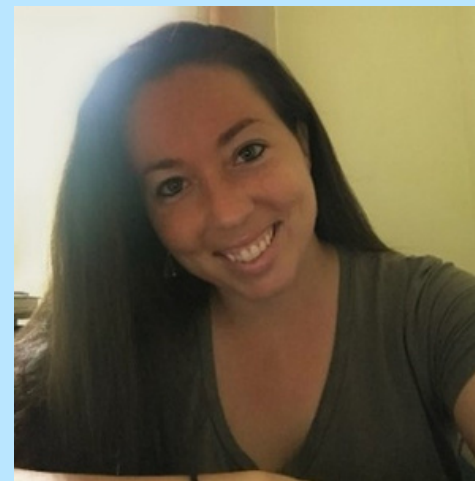
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Prior experiences include providing services in a variety of settings, including a residential treatment facility, a juvenile detention center, a children's hospital, and consulting roles for state agencies. Dr. Bowman currently offers consultation and assessment to those seeking assistance in the community, as well as workshops and presentations on a variety of topics related to behavioral health and well-being.



Mary Grillo, MCW, LCSW is a Licensed Clinical Social Worker. She works in the North Carolina state prison system providing aftercare planning and supervision to social workers. She works on program development to enhance community connections for individuals who are returning to the community with mental illnesses, IDD, and complex medical issues. Prior to her current social work role, she provided social work services as well as individual and group therapy in a variety of settings in addition to prisons. The settings have included forensic units at a state psychiatric hospital, county jails, homeless shelters, and a community clinic focused on treatment for people living with schizophrenia.

Brit Pereira, PsyD primarily conducts forensic evaluations (competency to stand trial, mental state at the time of the offense) as part of the forensic evaluation team at Eastern State Hospital. She also provides group supervision to the master's level psychology providers and conducts psychological testing. Her clinical experiences prior to her current role include working in civil and forensic inpatient settings, intensive outpatient substance use treatment for veterans, outpatient individual therapy and diagnostic assessment with children and adults, and a variety of psychological services in juvenile and adult correctional facilities. She also works as an adjunct instructor for Marymount University in Arlington, VA, primarily teaching psychopathology in the Forensic and Legal Psychology master's program. Dr. Pereira earned her Psy.D. in Clinical Psychology with a forensic emphasis from The Chicago School of Professional Psychology in Washington, D.C.



References: Available upon request.

Saturday Morning #5

Evidence-based Assessment and Intervention Techniques for Children and Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD)

with **Nicholas D. Fogleman, PhD**

Assistant Professor, Department of Psychiatry
Director, UNC ADHD Program

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder characterized by a persistent pattern of inattention, hyperactivity, and impulsivity. ADHD affects 8-12% of youth worldwide, including more than six million youth in the United States alone, and has a stable and persistent course into adulthood. Youth with ADHD often exhibit impaired academic, behavioral, and social functioning, which imposes considerable economic burden on the education, healthcare, and justice systems.

This workshop is designed to review evidence-based assessment and intervention techniques for children and adolescents with ADHD. We will discuss the prevalence, history, and diagnostic criteria of ADHD. We will also discuss how to assess a child/adolescent for ADHD and how to provide interventions to manage ADHD-related behaviors and reduce associated impairment.

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

1. list the six diagnostic criteria for ADHD,
2. list the three components included in an evidence-based assessment for ADHD, and
3. list the three types of interventions that have been shown to reduce ADHD-related behaviors and associated impairment.

Instructional Level: Basic

Educational Format: Lecture, discussion, and small group exercises

Instructor: Dr. Fogleman is a child clinical psychologist and assistant professor in the Department of Psychiatry at UNC School of Medicine with appointments at the Carolina Institute for Developmental Disabilities and Department of Psychology and Neuroscience. He also serves as the director of the UNC ADHD Program and is a principal investigator in the Cohen Lab, located in the Department of Psychology and Neuroscience.

Dr. Fogleman has received extensive training in evidenced-based assessment and intervention techniques for children and adolescents with ADHD, and he prioritizes collaboration across parents, teachers, and primary care providers to manage ADHD-related behaviors and reduce associated impairment. Prior to becoming a child clinical psychologist, Dr. Fogleman served as a sixth grade science teacher in Warren County, NC.

References: Available upon request.



Saturday Morning #6

Legal and Ethical Aspects of Leaving a Psychology Practice

with Steve Shaber, JD

The process of leaving a psychology practice is complex and requires attention to a psychologist's ethical responsibilities and to the law. This workshop will provide concrete guidance that will help psychologists avoid licensing board complaints and liability issues. It will focus on setting up a practice with an eye toward someday closing it, non-compete and non-solicitation agreements, contractual and lease obligations, keeping and maintaining records, evaluating and purchasing end-of-practice tail insurance, statutes of limitations, and more.

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

1. describe legal requirements associated with leaving or closing an ongoing practice,
2. describe a psychologist's ethical responsibilities to patients when leaving or closing a practice,
3. describe a psychologist's ethical responsibilities to co-owners and colleagues when leaving a practice, and
4. describe best ("wise") practices for minimizing personal risk upon leaving or closing a practice.

Instructional Level: Basic

Educational Format: Lecture

Instructor: Steve has spent his entire career in health law – first with the North Carolina Attorney General's Office and, since 1985, in private practice. His clients range from large hospitals to sole practitioners. Most of his work focuses on Medicare and Medicaid fraud & abuse, provider reimbursement, false claims, hospital medical staff matters, and professional licensing board cases. He also advises physicians with business and contract matters. His cases have involved patient deaths, large-dollar claims for recoupment, and other urgent matters. Steve has also helped providers with a number of innovative business transactions. He speaks frequently to various professional organizations, including the North Carolina Psychological Association, the North Carolina Medical Society, the North Carolina Medical Group Managers Association, and the North Carolina Hospital Association.



While a N.C. Assistant Attorney General, he represented the State in federal class action lawsuits involving hundreds of millions of dollars for Medicare, mental health, and other programs of public assistance. He successfully argued *Lassiter vs. Department of Social Services* in the United States Supreme Court, on behalf of the State as amicus curiae.

References: Available upon request.

Saturday Afternoon #7

400,000 US Children are in Foster Care: How Psychology Can Change Their Lives

with Connie M. Brooks, PhD, Clinical Professor

This presentation is designed to introduce participants to working with youth in the foster care system with a focus on psychological testing/evaluation. Time will be spent discussing components of the foster care system and its legal counterparts, the roles and responsibilities of key players in the lives of foster youth, and best practice evaluation of foster children.

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

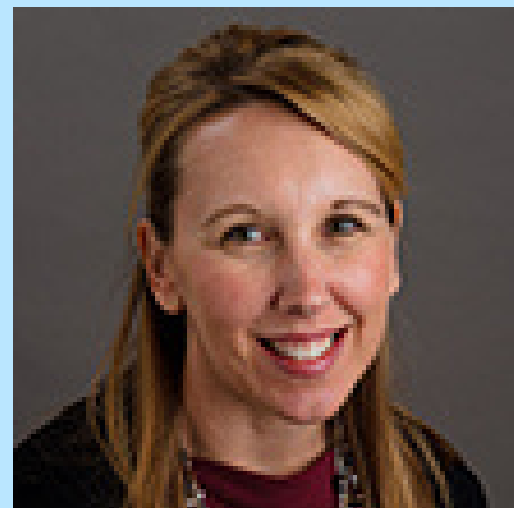
1. define the roles and responsibilities of the guardian ad litem, case worker/manager, foster parent, and biological parent,
2. list three empirically-sound measures of trauma appropriate for evaluation of a child in foster care,
3. identify at least three overlapping symptoms of Posttraumatic Stress Disorder from other common diagnoses for children in foster care (Reactive Attachment Disorder, Oppositional Defiant Disorder, Major Depressive Disorder).

Instructional Level: Basic

Educational Format: lecture, discussion, and case studies

Instructor: Dr. Brooks is a practicing clinical psychologist for the past 17 years and is currently the Director of Health Professions and the Missouri LEND Director at the Thompson Center for Autism and Neurodevelopment. Since prior to graduate school, she has worked with youth and their caregivers involved with the foster care system and has presented on complex trauma, foster youth, and court testimony to a variety of audiences. She recently launched a foster care autism clinic to serve this unique population and oversees a research lab of trainees studying this evaluation process and outcomes.

References: Available upon request.



Saturday Afternoon #8

Creating Safe Spaces: Trans/ Non Binary Folx

with Dana M. Cea (she/they) PhD, MS, CPSS, CRC, LCMHC, NCC

This interactive presentation covers general terms related to the trans/ non binary community, mental health for the trans/ non binary community, actionable steps you can take to support the trans/ non binary community, and interventions for working with the trans/ non binary community. Key to the presentation are two activities to increase mental health providers' self-awareness during which breakout sessions will be used.

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

1. list two ways to increase your own self-awareness related to sex and gender,
2. explain three affirming theories and principles to use when working with trans/ non binary clients,
3. list two techniques you can use to support trans/ non binary clients; and
4. differentiate between appropriate and inappropriate approaches to supporting the trans/ non binary community regarding mental health.

Instructional Level: Intermediate

Educational Format: lecture, discussion, and small group exercises

Instructor: Dana M. Cea (she/they) is a volunteer for the National Alliance on Mental Illness and the American Foundation for Suicide Prevention, a rehabilitation counselor, mental health professional, and a teacher/ trainer. She enjoys working with disabled, LGBTQ+, and neurodivergent folx. Dana lives with mental health disorders, her spouse, and their three dogs.

References: Available upon request.



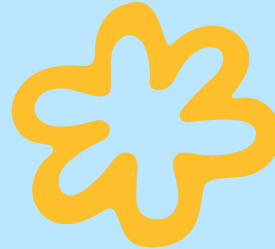
Virtual Conference Information

Date and Time:

Friday, April 12, 2024

Saturday, April 13, 2024

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



12:15pm – 1:30pm: Lunch 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, April 10 at 11:55pm. No refunds on or after Monday, April 8. All refunds are minus a \$25 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.

Each workshop is offered for 3 hours of Category A CE credit.

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.

[Click here to register online now.](#)

Registration Form – [Click here to register online](#)

Registration Deadline is Wednesday, April 10 at 11:55pm

Name:

Degree:

Profession:

Email:

Phone:

Friday, April 12

_____ **#1 The Future is Now: How digital interventions could address the mental health crisis (3 hours Category A)**

_____ **#2 Autism in Females: What do we know and where do we go? (3 hours Category A)**

_____ **#3 Women's mental health across the lifespan: Understanding causes of depression and anxiety during sensitive windows and developing an empirically based practice (3 hours Category A)**

_____ **#4 Mental Health in Corrections: Caring for Currently and Formerly Incarcerated Individuals in North Carolina (3 hours Category A)**

Saturday, April 13

_____ **#5 Evidence-based Assessment and Intervention Techniques for Children and Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD) with Nick Fogleman, PhD (3 hours Category A)**

_____ **#6 Legal and Ethical Aspects of Leaving a Psychology Practice (3 hours ETHICS Category A)**

_____ **#7 400,000 US Children are in Foster Care: How Psychology can Change Their Lives (3 hours Category A)**

_____ **#8 Creating Safe Space: Trans/Non Binary Folks (3 hours Category A)**

Cost:

NCPA Members

Non-NCPA Members

One Full Day – \$135

One Full Day – \$185

Half-Day – \$75

Half-Day – \$105

Both Days – \$245

Both Days – \$305