

**NCPA**

# **TIMELY TOPICS 2023**



**February 18, 2023**

**REGISTER**  
**TODAY**

**ATTEND ALL DAY  
AND EARN**

**3 CE ETHICS**

**Category A credits for  
telehealth in the morning.**

**&**

**3 CE Category A credits in the  
afternoon.**

[www.ncpsychology.org](http://www.ncpsychology.org)

# SATURDAY MORNING (9:00AM TO 12:15PM)

## Conquering the Fear Factor - Ethical Use of Technology in the Age of Telehealth, Open Notes, and Social Media

with **Rob Reinhardt, LCMHCS**

(3 hours of Cat. A ETHICS CE - also counts as your 3 hours of telehealth requirement for PsyPact holders)

When providing quality, convenient care for our clients, it is virtually impossible to avoid the integration of technology. Technology can allow us to work more efficiently, more productively, freeing up more time for our work with clients. Further, it can provide us opportunities to interact with, and gather data from, or share data with our clients even when they are not in session. Using cloud-based technology, we can be more mobile in our work and greatly reduce both our financial and temporal overhead, which means increasing our profit. These benefits are not without challenges, however. There are ethical and legal implications of using technology that must be considered. These considerations along with regulation and compliance challenge grow as quickly as the fast pace of technology. When understood, and addressed appropriately however, those challenges need not lead to fear. This presentation will give an overview of myths and facts regarding our use of technology in behavioral health work. We will address the ethics and legalities of technology use so that Psychology professionals can utilize it with confidence. Special attention will be paid to the latest updates on Telehealth, Open Notes (i.e. Information Blocking), and responsible use of Internet communication technologies.

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

1. identify at least 3 common myths about technology use in the provision of psychological services,
2. state the three components of the PIT principle and how they affect ethical decisions related to online communications, and
3. demonstrate knowledge of at least 3 dangers of discussing clients online as well as specific ways to eliminate or minimize those risks.

**Instructional Level:** Intermediate

**Educational Format:** Lecture and Q&A

**Instructor:**

**Rob Reinhardt, LCMHCS, M.Ed.** has his own successful counseling practice and is CEO of Tame Your Practice. Known for his expertise in reviewing and recommending technology for therapists, Rob previously worked in Information Technology for over ten years and has lived around technology his entire life. With a comprehensive mix of technology, clinical, and business experience he can provide consultation and coaching regarding all facets of private practice. Rob is also the creator of Describe, the popular deck of cards and activities that can be used with individuals, families and groups of all ages. He is also the co-host of the popular podcast, TherapyTech with Rob and Roy, a former column editor for Counseling Today, the professional magazine published by the American Counseling Association, and co-author of the book Private Practice Preparedness: The Health Care Professional's Guide to Closing a Practice Due to Retirement, Death, or Disability. Rob is also a fan of board gaming, ultimate frisbee, travel, and quality time with his family.

Consulting Web Site: [www.tameyourpractice.com](http://www.tameyourpractice.com)

Describe Web Site: [www.describecards.com](http://www.describecards.com)

Private Practice Preparedness Web Site: [www.privatepracticepreparedness.com](http://www.privatepracticepreparedness.com)

Podcast Web Site: [www.therapytechrobroy.com](http://www.therapytechrobroy.com)

Professional Web Site: [www.robreinhardtipc.com](http://www.robreinhardtipc.com)

Private Practice Web Site: [www.serenityspringswellness.com](http://www.serenityspringswellness.com)



# **SATURDAY AFTERNOON (1:30PM TO 4:45PM)**

## **Therapeutic Issues for Sexually Diverse Clients: CNM & BDSM**

**with Dr. Elisabeth “Eli” Sheff**

**CEO & Director of Legal Services, Sheff Consulting**

**(3 hours of Cat. A CE)**

In this presentation Dr. Elisabeth “Eli” Sheff will introduce the six most popular forms of CNM in the United States today, define BDSM (including a brief bit on how diagnostic criteria changed with the publication of the DSM5), and focus on shared issues that occur for practitioners in both of these relational styles such as disclosure, emotional regulation, shame, finding partners, therapeutic competency, therapeutic bias and how these relationship styles can be healthy even if they do not appeal to or work for everyone. This presentation concludes with some current best therapeutic practices for serving these clients with cultural competency and time for questions and discussion.

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

1. identify the six most common forms of consensual nonmonogamies practiced in the United States today,
2. define BDSM, and
3. identify at least three shared therapeutic issues that face practitioners of both CNM and BDSM.

**Instructional Level:** Intermediate

**Educational Format:** Lecture, discussion, and small group exercises

**Instructor:**

**Dr. Elisabeth “Eli” Sheff** is a researcher, expert witness, coach, speaker, and educational consultant. With a PhD in Sociology and certification as a Sexuality Educator from AASECT, Dr. Eli specializes in gender and sexual minority families, consensual non-monogamy, and kink/BDSM. Sheff is the foremost academic expert on polyamorous families with children, and her 25+ year Polyamorous Family Study is the only longitudinal study of poly families with children to date. Dr. Eli has served as faculty at seven universities and currently chairs the CNM Legal Issues Team for the American Psychological Association, Division 44 Committee on CNM. Sheff has published four books and over 25 journal articles and chapters and is currently editing a series of books on relationship and sexual diversity.



## Virtual Conference Information

### **Date and Time:**

Saturday, February 18, 2023

### **9:00am - 12:15pm: Morning Workshop**

(with a 15-minute break)

3 hours of Category A Ethics CE (also counts as your telehealth requirement if you are a PsyPact holder)

12:15pm - 1:30pm: Lunch Break

### **1:30pm - 4:45pm: Afternoon Workshop**

(with a 15-minute break)

3 hours of Category A CE

### **Registration Deadline:**

Preregistration is required. Register by Friday, February 10 at 11:59pm to receive reduced pricing.

Registrations on or after Saturday, February 11 have increased pricing.

**Registration Deadline is Thursday, February 16 at 11:59pm.**

### **Refund Policy:**

No refunds on or after Monday, February 13. 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.

### **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 Thursday, February 16 at 11:59pm**

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

Profession: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**February 18, 2023**

\_\_\_\_\_ **Saturday Morning:**

Conquering the Fear Factor - Ethical Use of Technology in the Age of Telehealth, Open Notes, and Social Media

(3 hours of **Ethics** Category A)

\*Also meets the requirement for those who need telehealth credit

\_\_\_\_\_ **Saturday Afternoon:**

Therapeutic Issues for Sexually Diverse Clients: CNM & BDSM

(3 hours Category A)

**Cost Before Friday, February 10 at 11:59pm:**

**NCPA Members**

Full Day - \$130

Half Day - \$70

**Non-NCPA Members**

Full Day - \$170

Half Day - \$90

**Cost On or After Saturday, February 11 at Midnight:**

**NCPA Members**

Full Day - \$145

Half Day - \$85

**Non-NCPA Members**

Full Day - \$185

Half Day - \$105

Registration Form - Click here to register online