



Virtual

Timely Topics Symposium

Saturday, February 20, 2021



**NORTH CAROLINA
PSYCHOLOGICAL
ASSOCIATION**



About the Event

*The Timely Topics Symposium will be held virtually on
Saturday, February 20, 2021 via Zoom.*

The morning workshop begins at 9:00am and ends at 12:15pm.

The afternoon workshop begins at 1:30pm and ends at 4:45pm.

Thank You to the NCPA Continuing Education Committee

Catherine Forneris, PhD, JD, Chair

Donna S. Arendshorst, PhD

Chelsea M. Bartel, PhD

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Jennifer Funaro, MA

Andrew Goff, PhD

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MORNING

9:00am - 12:15pm

The Ethics of Telemental Health with Rebecca (Becky) A. Beaton-York, PhD

Many psychologists are confused about what even constitutes telemental health, which is much more far-reaching than many people realized. Basically, if a device requires electricity and you are using it to deliver mental health care, you are practicing telemental health. This includes, phones (voicemail and texting), computers & tablets (email, billing, or storage of files), fax machines, the Internet (cloud storage of records, EHR platforms, billing transactions, videoconferencing, and even recommending apps and websites to clients). There is also a multitude of ethical issues and requirements related to each of these options, and APA's Guidelines for Telepsychology states we need training in telemental health as well as a written Informed Consent that addresses telemental health. This workshop will help clarify numerous concerns and address the ethical requirements and considerations we all need to be making, including updated information regarding crossing state lines and HIPAA compliant requirements that have changed due to COVID-19.

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

1. explain what constitutes Telemental Health,
2. assess the dangers of practicing across state lines and the options available to do so legally, particularly during COVID-19,
3. identify HIPAA compatible video, texting, and emailing and where to go to stay up on the most recent options,
4. summarize what you need to include in your Informed Consent to Treatment regarding Telemental Health,
5. demonstrate ways to respond to and manage emergencies, including a thorough assessment of client fit for Telemental Health; and
6. discuss the ethical considerations of Social Media such as Facebook, Twitter, Instagram, LinkedIn, and Google searches.

Instructional Level: Intermediate

Educational Format: Lecture via webinar and discussion via the chat feature in Zoom

Instructor:

Dr. Beaton-York has been on the Georgia Psychological Association's Ethics Committee since 2010 and Ethics Chair since July 2014. She has taught literally hundreds of ethics workshops over the past 20 years and trained several thousand mental health professionals in TeleMental Health. Just since COVID, she has had over 1500 therapists enroll in her online telemental health webinars. Dr. Beaton-York has also served as an ethics expert in therapy malpractice lawsuits. She is Adjunct Faculty for Emory's Department of Psychology and teaches ethics for their staff and alumni. On a completely different note, you may have seen her on one of the 60 episodes that she filmed as the featured psychologist on TLC's "Hoarding: Buried Alive."



AFTERNOON 1:30pm - 4:45pm

PART 1 OF 3

The Pandemic and the Developing Person: Pathways of Impact of COVID-19 Measures on Mental Health in Children and Adolescents with Elizabeth Conway Williams, PhD, Licensed Psychologist, Hendersonville Pediatrics

The COVID-19 pandemic has had far-reaching consequences for daily functioning and wellbeing. In this one-hour CE, we will review what is known about the impact of COVID-19 on the mental health of young people. We will identify pathways by which COVID-19 has impacted mental health in children and adolescents, including ways that pandemic-related stress interacts with developmental and socio-economic factors. Finally, we will highlight relevant clinical tools and considerations to support adjustment in children and teenagers, both generally and in response to these stress pathways.

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

1. describe current trends in the prevalence of mental health problems in children and adolescents during the COVID-19 Pandemic,
2. identify at least three pathways by which the COVID-19 Pandemic has impacted children, adolescents, and their families,
3. name relevant clinical tools to strengthen resiliency in children and adolescents in the face of ongoing COVID-related stressors.

Instructional Level: Basic

Educational Format: Lecture and discussion

Instructor:

Dr. Elizabeth Williams is an integrated care psychologist serving children, teens, and their families in her practice embedded within Hendersonville Pediatrics in Hendersonville, NC. She is also a founding partner and consultant for Health Integration Consultation Services, whose mission is to facilitate behavioral health integration into medical practices. Dr. Williams received her M.A. and Ph.D. at East Tennessee State University. She spent a year as an Assistant Professor at East Tennessee State University before joining the Hendersonville Pediatrics Behavioral Medicine team in January 2017. She enjoys outreach and is a regular public speaker in her community.



AFTERNOON 1:30pm - 4:45pm

PART 2 OF 3

COVID and the Long Haul: What do we know, how do we diagnose and treat it and, where do we go from here?

with Shawn K. Acheson, PhD, Clinical and Forensic Neuropsychologist, Clinical Neuroscience Services of WNC

There is increasing discussion of the long-term consequences of COVID-19 infection, both within clinical and academic circles as well as among those recovering from this novel virus. There are numerous social media groups consisting of 10's of thousands of people suffering long-term effects of the virus. They have become known as COVID long haulers. Many of these long-term consequences are clearly physical manifestations of devastating viral infection (e.g., lung damage and respiratory difficulties). However, there are also reports of significant mental health consequences. These symptoms include cognitive complaints, PTSD, depression, and fatigue, just to name a few. In this one-hour presentation, we will review what is known about this long-haul syndrome, and more importantly, what is not known. We will also consider relevant diagnostic issues and treatment modalities as well as future directions for a better understanding of these long-term effects.

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

1. describe the common long-term mental health manifestations of COVID-19 infection.
2. identify common challenges in the diagnosis of the long-haul syndrome.
3. identify treatment modalities that may be beneficial in facilitating recovery

Instructional Level: Basic

Educational Format: Lecture and discussion

Instructor: Dr. Acheson is a clinical neuropsychologist in western North Carolina where he operates a solo private practice. The bulk of his time is devoted to forensic neuropsychological evaluation and consultation in criminal and civil court. He also provides medico-legal consultation and training to attorneys on the neuropsychological sequelae of acquired brain injury. Dr. Acheson obtained his Ph.D. at Southern Illinois University in Carbondale, IL in 1997. Most of his career has been devoted to education and research at Western Carolina University (1998 – 2008) and then Duke University Medical Center and the Durham VAMC (2007 – 2017).



AFTERNOON 1:30pm - 4:45pm

PART 3 OF 3

Psychological Testing and COVID-19

with Chris Mulchay, PhD, Private Practice, Asheville

Testing psychologists are presented with multiple challenges during this pandemic. They are challenged with learning how to safely and reliably administer psychological tests. They are also challenged with assessing unfamiliar complaints and symptoms sets. This presentation will address safe ways to administer psychological and neuropsychological evaluations. The presentation will also offer suggestions on assessing COVID-19 sequelae.

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

1. describe reliable methods for administering psychological tests during the pandemic,
2. describe the strengths and limitations of psychological testing via telehealth; and
3. identify common complaints about conducting psychological testing from COVID-19 patients and how to address them.

Instructional Level: Basic

Educational Format: Lecture and discussion

Instructor:

Christopher Mulchay is a licensed psychologist specializing in matters related to family law and psychological evaluation. Dr. Mulchay's practice includes evaluation and consultation services pertaining to child custody matters to attorneys and courts. He conducts child custody evaluations, parental capacity evaluations, psychological evaluations, and neuropsychological evaluations. Dr. Mulchay serves as the president for his local psychological association. He also serves on the board of directors of the International Council of Psychologist. Dr. Mulchay has presented on the emerging field of gathering forensic data via telehealth. Dr. Mulchay has presented on human rights panels in Japan, Canada, and Mexico.



Virtual Conference Information

Date and Time

Saturday, February 20, 2021

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

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

Registration Deadline and Refund Policy:

Preregistration is required. You must register by Wednesday, February 17, 2021 at 11:55pm. No refunds on or after Wednesday, February 17. A \$20 processing fee will be subtracted from all refunds.

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.

Both the morning and afternoon workshops will provide you with 3 hours of Category A continuing education.

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. No partial credit given.



Registration Form

Registration Deadline is Wednesday, February 17 at 11:55pm

Name:

Degree:

Profession:

Email:

Phone:

Morning:

_____ Telepsychology

Afternoon:

_____ Hot Topics Related to COVID-19 and Mental Health

Cost:

NCPA Members: Full Day - \$125; Half Day - \$65

Non-NCPA Members: Full Day - \$155; Half Day - \$85

Payment

Register and pay online now at www.ncpsychology.org

or

Make a check payable to NCPA

Mailing address:

NCPA

PMB#176

9660 Falls of Neuse Road, Suite 138

Raleigh, NC 27615

To pay via credit card, please register online.

You may also register online at
www.ncpsychology.org

STAFF

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