



# Virtual Learning

*VACP Fall Conference October 16-17, 2021*  
*10.5 Hours CE*

**VACP FALL CONFERENCE SHIFTS TO VIRTUAL FORMAT IN RESPONSE TO SURGING COVID-19 NUMBERS**

**Message from the VACP President:**

To our VACP members,

After careful consideration and debate the VACP Board of Directors has determined that the in person VACP Fall Conference scheduled for October 16-17, 2021 will be moved to a 100% virtual format. With the resurgence COVID-19 across many areas of the state the leadership felt it was prudent to keep the membership's health and safety as the number one priority. Although the VACP leadership is disappointed to make this change at such a late date they felt that it was the most responsible thing to do. As a reminder, a live virtual conference will fulfill a requirement for "face-to-face" CE hours. Additionally VACP will still hold a business meeting to address bylaws changes, reports from the VACP leadership and to receive commentary from the general membership.

Kindly, Ed Tiller, VACP President

## **SATURDAY SCHEDULE OF EVENTS**

8:00 – 8:15 am	Welcome and Announcements
8:15 – 10:15 am	Sequence XI: Risk Management and Vulnerabilities: Yours, Mine, and Ours (Part I)
10:15 – 10:30 am	Break
10:30 – 12:30 pm	Sequence XI: Risk Management and Vulnerabilities: Yours, Mine, and Ours (Part II)
12:30 – 12:45 pm	Break
12:45 – 1:45 pm	Lunch and General Membership Meeting
1:45 – 2:00 pm	Break
2:00 – 4:00 pm	Sequence XI: Risk Management and Vulnerabilities: Yours, Mine, and Ours (Part III)
4:00 – 4:15 pm	Break
4:15 – 5:15 pm	Burnout and Wellness Promotion for Clinical Psychologists

## **SUNDAY SCHEDULE OF EVENTS**

8:00 – 9:30 am	Child-Adult Relationship Enhancement (CARE)
9:30 – 9:45 am	Break
9:45 – 10:45 am	Therapy for Sexual & Relationship Addiction
10:45 – 11:00 am	Break
11:00 – 12:00 pm	Upgrades for Veterans with Less Than Honorable Discharges

## Sequence XI: Risk Management & Vulnerabilities: Yours, Mine, & Ours

For close to 30 years, The Trust has been providing continuing education workshops and individual consultations with a focus on improving psychologists' risk management skills and strategies. These workshops have evolved from basic concepts and strategies, to a more applied, integrated, and strategic approach to help you protect yourself from adverse disciplinary and legal actions and to support competent practice. For this newest workshop, The Trust Risk Management Consultants have continued to review data from nearly 90,000 consultations provided to date, along with relevant research, to determine the problems practitioners often confront, and potential strategies for addressing them. The topics in this new workshop will include an updated review of decision science and its implications for bias and vulnerability in clinical, ethical and risk management decision making, strategies for reducing the impact of these vulnerabilities, issues arising in remote services (during and beyond the pandemic), addressing boundaries in advocacy by professionals on behalf of their clients/patients, and the risk-management implications of self-care (or its absence) for psychologists.

### **Objectives:**

- Describe three general challenges to unbiased decision-making
- Identify three vulnerabilities that can affect clinician decision-making, in particular
- List four strategies to address decision-making bias and improve ethical and risk management choices
- Summarize three risk-related aspects to remote service provision
- Differentiate general areas in which professional advocacy is and is not appropriate
- Identify two issues when psychotherapy patients make quasi-forensic requests
- Evaluate three methods of engaging in self-care to support better practice and risk-management

### **Continuing Education Credits:**

*Sequence XI: Risk Management and Vulnerabilities: Yours, Mine, and Ours* is sponsored by The Trust. The Trust is approved by the American Psychological Association to sponsor continuing education for psychologists. The Trust maintains responsibility for this program and its content.

**IMPORTANT NOTICE:** Those who attend the workshop and complete the Trust evaluation form will receive six continuing education credits. Please note that APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the scheduled start time or leaving before the workshop is completed will not receive CE credits and will not be eligible for the 15% premium discount described below.



Dr. Bryant is a licensed New Hampshire and Massachusetts-based clinical and forensic psychologist, with board certification in Forensic Psychology by the American Board of Professional Psychology. She received her B.A. from the University of West Florida, her M.A. and Ph.D. in clinical psychology from Duquesne University, and completed a forensic postdoctoral fellowship at the University of Massachusetts Medical School Law and Psychiatry Program. Working in both criminal and civil arenas, Dr. Bryant has maintained a private practice in clinical and forensic psychology for nearly two decades and has provided psychological services in a variety of forensic and therapeutic settings. Dr. Bryant is a Fellow with the American Academy of Forensic Psychology, and formerly served as President and Executive Director of the New Hampshire Psychological Association (NHPA). She also served on the NHPA Ethics Committee for over ten years, received the Margaret M. Riggs Award for Distinguished Contribution to Psychology in the State of New Hampshire, and was awarded the Karl F. Heiser APA Presidential Award for Advocacy. Dr. Bryant brings extensive experience in forensic, clinical, and ethical consultation, academic instruction, and professional presentation to her role on the risk management team.

## Burnout and Wellness Promotion for Clinical Psychologists

The presentation will discuss burnout and review incidence, contributing factors, and negative impacts in the mental health field. Dr. Miller will present risk factors for burnout for Clinical Psychologists along with factors that buffer burnout for psychologists. The presentation will explore barriers to wellness and self-care for psychologists and conclude with recommendations for individuals and for the broader field of Clinical Psychologists that can buffer burnout and promote wellness.

### **Objectives:**

- Describe incidence of burnout in the mental health field while explaining contributing and buffering factors
- List and explain options and action steps to potentially increase individual wellness and create a culture of wellness for Clinical Psychologists.

Andrea Miller received her Ph.D. in Counseling Psychology from Virginia Commonwealth University. Dr. Miller taught at Georgia Southwestern State University before transitioning into private practice. She has published in areas of forgiveness and mental and physical health, apology and reproach, and skill-based interventions. Dr. Miller currently practices in Roanoke, Virginia and helped create the nonprofit Psychologists Supporting Psychologists in Training currently serving as Board President.





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## Child-Adult Relationship Enhancement (CARE)

How do I talk to kids? How do I get kids to listen to me?! This presentation discusses specific techniques that adults can employ to build stronger relationships with children. The strategies have been shown to work in parent-child relationships, and they have also been shown to be effective for short interactions. For instance, if a nurse engages in these practices before giving a child a shot, the child is far more likely to comply with the procedure. The strategies discussed were initially based on the Parent-Child Interaction Therapy (PCIT) literature, which is designed for children under the age of 7, and have since been adapted to apply to older children as well.

### Objectives:

- Understand and apply PRIDE skills to improve child-adult relationships.
- Understand and be able to avoid the "don't" skills that often interfere with relationship building.



Alicia Meyer, Ph.D., is a licensed clinical psychologist who has devoted the last decade of her career to the health and well-being of children, families, and trauma survivors. She graduated with honors from Brown University (undergraduate) and earned a specialization in the "Children, Families, and Cultures " track at the Catholic University of America (graduate). She was part of the Minority Fellowship Program and completed her internship at the Medical University of South Carolina (MUSC). Dr. Meyer has held multiple leadership positions in the Child Advocacy Center arena. She is a National Trainer in Trauma-Focused - Cognitive Behavioral Therapy (TF-CBT) and a Global Trainer in Parent-Child Interaction Therapy (PCIT). She is the founder and Executive Director of a non-profit called Alicia's Place. She is the President of the Tidewater Academy of Clinical Psychologists and both the Legislative Advocate and the President-Elect of the Virginia Academy of Clinical Psychologists.

## Therapy for Sexual & Relationship Addiction

Seeking sexual and emotional intimacy from others can function like a mood-altering substance (alcohol, cocaine, etc.) or activity (gambling, shopping). This takes the form of affairs, pornography, voyeurism, exhibitionism, etc. Successful treatment of a marriage or committed relationship partner requires that the addict is confronted about their behavior, seeks treatment for addiction, the partner also enters treatment, and when individual treatment permits, they receive couple counseling.

### Objectives:

- Identify several key components of a sexual/relationship addiction history.
- Identify several key components of addict thinking/behavior supporting this shame-based behavior.

Dr. Ed Tiller earned his Ph.D. from the University of Tennessee. He has worked in a wide variety of settings including as faculty in the Psychology Department at the University of Richmond, Director of the Child and Youth Division at Eastern State Hospital, Director of Psychological Services at Peninsula Psychiatric Hospitals in Hampton and Newport News, as a Senior Consultant for HCA and as the founder and director of a private practice. Dr. Tiller became aware of Sexual and Relationship Addiction in the mid 1980's when he was providing therapy training for clinical staff at Peninsula Psychiatric Hospital's Impaired Professional Program. Sexual co-addiction was interfering with the long-term recovery of several chemically addicted medical professionals in the program. He sought both the education and training that allowed him to develop this treatment specialty. Dr. Tiller established Williamsburg Centre for Therapy in 1990 and is the current President of the Virginia Academy of Clinical Psychologists.



## Upgrades for Veterans with Less Than Honorable Discharges

Many Army veterans have long been plagued by acts of misconduct during active service that have adversely impacted them for years, even a lifetime, after their discharge. Having an Under Other Than Honorable Conditions discharge can block access to VA medical benefits and become a humiliating stain that never gets erased. However, based on more recent Army policy changes, behavior health conditions like PTSD, Military Sexual Trauma (MST), Traumatic Brain Injury (TBI), mood, anxiety, and psychotic disorders can often mitigate for offenses committed by service members such as substance abuse, going AWOL, disrespecting higher ranking NCOs or officers, disobeying orders and even threatening behavior. In addition, a smaller stream of veterans who were honorably discharged are better enabled to apply for medical/behavioral health disabilities that potentially should have been awarded at the time of discharge when military medical records are accessible. At the Army Review Boards Agency (ARBA), clinical psychologists, psychiatrists, and physicians are better equipped to submit medical advisories that will tangibly impact the lives of veterans positively through discharge upgrade recommendations when warranted - this being more often than not. In addition, when discrimination for race, gender, or sexual orientation was part of a soldier's military experience, these can often be considered when assessing psychological conditions, proving to also be mitigating factors for misconduct. This presentation highlights for clinicians a potentially viable pathway for enhancing veteran wellbeing.

### Objectives

- Increase understanding of what behavioral health conditions can best serve to mitigate various forms of misconduct, as well as recognizing when certain behaviors are so egregious that mitigation is not possible or can only be done partially.
- Enhance awareness of the manner in which discrimination, while serving in the Army, can influence mitigation for misconduct.



Dr. Mark J. Hovee, Psy.D., has Political Science degrees from Seattle University (BA, 1979) and Boston College (MA, 1983). He also has Clinical Psychology degrees from George Fox University (MA 1984, Psy.D. 1987). Dr. Hovee was awarded an Advanced Certificate in Peace and Conflict Studies from European Peace University, Austria (2006). He has been in the Army Reserve since 1983 with three years active (1973-76). Dr. Hovee has been on active duty with ARBA since June 2020. He has been with APA since 1991 and is a member of three APA divisions (i.e., Military Psychology, International Psychology, and the Society for Study of Peace, Conflict, and Violence). He is a recent member of the VACP as well.

### Registration Fees

- |                    |       |
|--------------------|-------|
| • 2 Day            | \$195 |
| • 1 Day (Saturday) | \$125 |
| • 1 Day (Sunday)   | \$75  |

\$25 late fee for registrations received after Oct. 6, 2021

**REGISTRATION DEADLINE: OCTOBER 11<sup>TH</sup>**

**[REGISTER ONLINE AT http://www.vapsych.org/fall2021](http://www.vapsych.org/fall2021)**

VACP will send all registrants the appropriate Zoom meeting links approximately 1 week prior to the conference. After registration for the conference, if you have not received your Zoom registration links by October 14, 2021 please contact the VACP office and we will assist you accordingly.