



Fall Conference
October 14 - 15, 2022
Virginia Beach, VA

Hilton Oceanfront Hotel
3001 Atlantic Ave
Virginia Beach VA 23451

[Conference Registration](http://www.vapsych.org/fall-reg)

www.vapsych.org/fall-reg

[Hotel Room Reservation Link](https://tinyurl.com/sw4p7w2c)

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Schedule of Events

THURSDAY, OCTOBER 13, 2022

7:30 pm – 10:00 pm VACP Board of Directors Meeting and Dinner

FRIDAY, OCTOBER 14, 2022

8:00 am – 8:30 am Registration and Continental Breakfast

8:30 am – 9:30 am Self-Care across the Career Span Panel Discussion (1 Hour CE)

9:30 am – 9:45 am Break and Networking

9:45 am – 10:45 am Threat Assessment: A Behavior-Based Approach to Preventing Targeted Violence (1 Hour CE)

10:45 am – 11:00 am Break and Networking

11:00 am – 12:00 pm The Audacity to Persevere: Black Women and Self-Care (1 Hour CE)

12:00 pm – 2:00 pm VACP Luncheon and General Membership Meeting with Special Presentation VACP President, Dr. Ed Tiller
Psychology Associate - Masters level licensing - meeting the unmet public demand for treating specific disorders. (1 Hour CE)

2:00 pm – 3:00 pm Channeling Strength-Based Approaches Employed by Solid Organ Transplant Recipients (1 Hour CE)

3:00 pm – 3:15 pm Break and Networking

3:15 pm – 5:15 pm Behavioral Threat Assessment to Prevent Violence (2 Hours CE)

6:00 pm – 8:00 pm Reception at Beachside Social (4 min walk from hotel)

6:30 pm Dinner on your own

SATURDAY, OCTOBER 15, 2022

7:30 am – 8:00 am Registration

8:00 am – 9:30 am Board of Psychology Conversation Hour** (1.5 Hours CE)

9:30 am – 9:45 am Break and Networking

9:45 am – 10:45 am Building Resilience One Challenge at a Time (1 Hour CE)

10:45 am – 11:00 am Break and Networking

11:00 am – 12:00 pm VACP's Legislative Advocacy for Ensuring Continuing Telemental Health (1 Hour CE)

**Qualifies for "Ethics Credit"

Conference Information

Please join us for VACP's Fall Conference, scheduled for October 14 and 15, 2022, in Virginia Beach, Virginia. The theme of the Fall conference: "Practice what we preach, in terms of our mental health and self-care practices."

We are facing a national mental health crisis caused by a constant stream of dilemmas without a break over the last two years. The COVID-19 pandemic had a substantial impact on the lives of all Americans, causing disruption in work, education, health care, the economy, and relationships. Depression, anxiety, unstable moods, social isolation, and existential fear have shattered our sense of peace and exhausted our mental resources. Stress caused by the pandemic has been compounded by societal stressors that have been prevalent in the past several years. The majority of adults raise concerns about health care and chronic medical illnesses, job stability, mass shootings/school shootings, climate change issues, rising suicide rates, immigration, widespread sexual harassment/assault, changes in abortion laws, discrimination/racism, opioid/heroin epidemic, cost of living issues, concerns about the economy, and the growing need for mental health providers in our field. These issues are not unique to a particular group of people but have been pervasive in our communities. Therefore, it is increasingly more important for clinicians to practice and model self-care, essentially practicing what we preach.

Therapists' personal self-care/mental wellness practices can impact several areas of functioning, including empathy for clients, therapeutic understanding, therapist skills, and self-awareness. When "we" are healthy, we model healthy coping skills and self-care practices for our clients and the communities we serve. Mental Health is even more important during these trying times of great stress, across gender, age, and socioeconomic status. Mental well-being can significantly impact our psychological, emotional, and social well-being, directly affecting how we feel and act daily. Mental health is a major factor when we make difficult choices, deal with stress, and relate to others in our world.

The goal is for attendees to gain awareness and competencies beyond the idea that self-care/mental well-being should be an aspirational goal but an ethical imperative to inform our clinical decision-making. We are thrilled to have an outstanding program of presenters, including speakers from the board of psychology, presenting on regulation changes, with a particular focus on the standards of practice. The Fall Conference will offer several other beneficial presentations including, legislative advocacy for ensuring continuing telemental health, a self-care across the career span panel discussion with graduate school students, unmet practitioner demands for specified psychological services, strength-based approaches to treating chronic conditions, behavioral threat assessment to prevent violence, building resilience in our field, how to use a multidisciplinary approach to identify those at risk for threatening behaviors, black women and self-care, and the mental health consequences of overturning Roe v Wade.

"The more you know yourself, the more patience you have for what you see in others" -Erik Erikson. I look forward to yet another opportunity for learning, serving our communities together, and advancing the field of psychology.

Warm Regards,
Ridjie Chery, Psy.D., LCP, Continuing Education Committee Chair

Lodging Information

Please make your lodging reservations by **Thursday, September 22nd** to receive the discounted rate of **\$169*** for city view or **\$189*** for partial ocean view. Call (757) 213-3000 and mention VA Academy of Clinical Psychologists 2022 Virginia Beach Retreat or visit <https://tinyurl.com/sw4p7w2c> to book online. ***plus state and local taxes**

Register online at
www.vapsych.org/fall-reg

2 Day Registration	\$250
1 Day (Friday)	\$150
1 Day Saturday	\$100
Spouse/Guest*	\$ 50

*Includes 2 Continental

Breakfasts and evening reception

Non-Member Surcharge	\$100
Late Fee Surcharge	\$ 25

**For Registrations after 9/22

Refund Policy: Before October 1st, full refunds will be provided upon written request. After October 1st no refunds will be provided for any reason.

Special Dietary Needs: Any member with special dietary needs must contact the VACP office by October 1st so that we may accommodate your request.

ADA Compliance: Any member needing additional assistance to take part in the conference is asked to notify the VACP office by October 1st with any necessary accommodations so that VACP may try to make the appropriate arrangements.

General Membership Notice: In accordance with the VACP Bylaws, the membership of VACP will gather on Friday October 14th to conduct business on behalf of the organization. All members in good standing are invited to attend.

Course Descriptions & Speaker Bios

Self-Care Across the Career Span Panel Discussion - A panel with a current graduate student and early, mid, and late career Clinical Psychologists will discuss aspects of self-care. Topics include experiences maintaining self-care in a high stress career, barriers to implementing consistent self-care, and ideas for more consistently addressing self-care. Each topic will be addressed by various members to show how concerns and solutions can vary across the career span.



Dr. 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.

Threat Assessment: A Behavior-Based Approach to Preventing Targeted Violence - For over 20 years, the U.S. Secret Service National Threat Assessment Center (NTAC) has conducted research on the thinking and behaviors of those who commit acts of targeted violence, in an effort to prevent future tragedies. This presentation will review findings and recommendations from its research and will focus on how communities can use a multidisciplinary approach to identify, assess, and intervene with individuals exhibiting concerning or threatening behaviors



Dr. Alathari is the Chief of the U.S. Secret Service National Threat Assessment Center (NTAC), where she oversees the center's targeted violence behavioral research program. The findings from these projects have identified behaviors, motives, and triggers of individuals who engage in various forms of targeted violence to include school violence, workplace violence, terrorism, attacks against government officials and facilities, and mass attacks in public spaces. Dr. Alathari also oversees NTAC's training and consultation programs. She has testified before congress, frequently presents on threat assessment, and provides guidance to government agencies, K-12 schools, universities, and corporations on threat cases and establishing threat assessment programs. Dr. Alathari was named a 2020 Safety, Security and International Affairs Finalist for the Samuel J. Heyman Service to America Medals, and was the recipient of the 2022 DHS Secretary's Award for Innovation, 2019 DHS Secretary's Meritorious Service Award, 2019 Secret Service Director's Team Impact Award, and the 2015 DHS Law Enforcement Information Sharing (LEIS) Visionary Award. Dr. Alathari's previous experience includes mental health treatment, behavior analysis, and crisis intervention. Immediately prior to joining the U.S. Secret Service, Dr. Alathari worked at the Northern Virginia Mental Health Institute, an inpatient state psychiatric facility, where she oversaw the behavior management program for patients who posed a risk for violence, self-harm, and suicide. Dr. Alathari earned a Ph.D. in Cognitive Neuropsychology from The George Washington University.

The Audacity to Persevere: Black Women and Self-Care - In 1988, acclaimed African-American writer Audre Lorde stated "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." This statement has become a well-known, well-respected observation regarding the challenges many Black women encounter as members of a racialized and gendered society. Events of recent years highlight the necessity for mental health providers to increase their familiarity with some of these challenges, as well as resilience factors, in order to provide culturally appropriate, effective treatment to this population. At the end of this presentation, attendees will be able to identify at least two challenges Black women encounter, both within and outside the Black community, which may interfere in regular self-care practices. They will also be able to name at least two resources mental health providers can use to increase their knowledge regarding the needs and strengths of this population.



Tonya Hucks-Bradshaw, Ph.D. is the owner and sole practitioner of John Henry's Sisters (JHS), PLLC. She provides individual psychotherapy services to members of various populations, with a particular focus on high-functioning Black women working in high-profile, demanding positions. Through JHS, Dr. Hucks-Bradshaw also provides consultative services to businesses and groups on issues pertaining to diversity, equity, and inclusion and mental health. She has worked in private and government institutions, as well as academia. Dr. Hucks-Bradshaw is a former American Psychological Association Minority Fellow and previously served as the mental health expert for BlackDoctor.org.



Dr. Stacy Tylor is a Licensed Clinical Psychologist. Her educational experiences include a bachelor's degree in psychology from Xavier University of Louisiana, a master's degree in marriage and family therapy from Argosy University, and a doctorate's degree in clinical psychology with a concentration in multicultural and community clinical psychology from the APA-accredited California School of Professional Psychology. She completed her pre-doctoral internship at the William Beaumont Army Medical Center at Fort Bliss and her post-doctoral fellowship at Walter Reed National Military Medical Center and Fort Belvoir Community Hospital. Her work experiences include inpatient and outpatient therapy within military installation hospitals and clinics, private practice, military family clinics, and community colleges. Dr. Tylor is the owner of Prosperity Behavioral Healthcare, PLLC in Virginia. She specializes in the treatment of women of color with issues related to trauma, adjustment, anxiety, depression, and suicide. Dr. Tylor has proficiency in matters of psychological and community distress as well as enhancing the psychological well-being of historically underserved, stigmatized, and oppressed groups. Dr. Tylor's therapeutic style is direct but empathic, inclusive, and professional. She fosters a strength-based and collaborative treatment setting where cultural components are respected, and treatment is tailored to fit each individual.

Psychology Associate - Masters level licensing - meeting the unmet public demand for treating specific disorders

- In recent years the demand for Psychological services has significantly increased. Our outpatient practices are unable to meet the daily requests of people seeking help. This provider deficit isn't slowing down, in fact, it's growing! Most VACP members, similar to Clinical Psychologists nationwide, treat Depressive, Anxiety, Trauma and Stressor and Neurocognitive Disorders. Very few VACP members treat Schizophrenia Spectrum & other Psychotic, Substance Related & Addictive, Obsessive Compulsive, Autism Spectrum, Disruptive, Impulse Control & Conduct Disorders. With the serious nationwide deficit of treatment providers, it is extremely difficult for those seeking help to find clinicians that treat these disorders. I propose that VACP support the education and training of Masters Level licensed clinicians, Psychology Associates, whose clinical expertise is directed towards treating these disorders. Consequently, there is a far greater unmet need to find practitioners whose expertise is directed towards treating these latter disorders. I propose that Psychology Associates, specifically educated and trained to treat these disorders, could help meet this great need for effective treatment.



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 Children and Youth Division at Eastern State Hospital, Director of Psychological Services at Peninsula Psychiatric Hospital, Senior Clinical Services Consultant at HCA Psychiatric Company, Counselor Training Director, Impaired Professional Program & Adjunct Professor, College of William & Mary. He is the founder and director of Williamsburg Centre for Therapy. He has provided training in Cognitive-Behavioral techniques to parents in clinical and home settings and to clinicians in Virginias' Child Development Centers. He has enhanced student classroom behavior through training teachers to effectively use behavioral techniques in various classroom settings. His clinical skills include using Relationship Therapy, CBT and EMDR to treat various Disorders, especially PTSD, DID, and OCD. He is the current President of the Virginia Academy of Clinical Psychologists.

Channeling Strength-Based Approaches Employed by Solid Organ Transplant Recipients -

Patients with chronic conditions face multiple challenges because of their deteriorating physiological health. This is often accompanied with psychological symptoms such as those associated with anxiety, depression, and post-traumatic stress disorder. Specific to solid organ transplant recipients, psychological sequelae has been linked to medical stress, lifestyle changes, feelings of guilt, and lower quality of life. This emphasizes the need for examining strategies used by transplant recipients and to embolden them to engage in these approaches. The goal of this presentation is to: 1. Provide a brief review of the literature on strength-based approaches used by transplant recipients, 2. To present findings from a mixed methods study that examined strength-based approaches used by liver, lung, and kidney transplant recipients, and 3. To provide recommendations for clinical practice and future research.



Dr. Camilla Nonterah is an assistant professor of health psychology at University of Richmond. She also holds an affiliate position as an assistant clinical professor in the department of psychiatry at Virginia Commonwealth University, School of Medicine. She is a counseling psychologist by training whose research and clinical interests focus on behavioral medicine. Her research focuses primarily on physical and mental health in underserved groups and minoritized populations and is guided by a multicultural framework. Most of her work focuses on the psychosocial aspects of end-stage organ disease and solid organ transplantation by examining health inequities, treatment seeking, and mental health in this area. She is also interested in impact of culture and race on mental and physical health by examining contributors to poor health and psychological dysfunction as well as positive psychology.



Heather Bruschein, PsyD is a licensed clinical psychologist and Assistant Professor in the Department of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine. She provides psychotherapy in the UVA Behavioral Medicine Center and also works with the UVA cystic fibrosis and organ transplant teams. She is a Member at Large for the VACP Board of Directors and also chairs the VACP Political Action Subcommittee (PAC). Her research interests include mental health and cystic fibrosis, mental health and transplant, and telehealth.

Behavioral Threat Assessment to Prevent Violence - Violence risk assessments can be stressful referrals because they seem to require a highly uncertain prediction of violence. Threat assessment offers an alternative approach that is concerned with prevention through risk reduction rather than prediction. This presentation will describe the Comprehensive School Threat Assessment Guidelines (CSTAG), an evidence-based threat assessment protocol model developed at the University of Virginia that has been extensively examined through field tests and controlled studies. Applicable to adults as well as youth, the CSTAG model uses a 5-step decision tree that distinguishes transient threats that are easily resolved from substantive threats that require more extensive assessment, protective action, and safety planning. Participants will be able to distinguish threat assessment from other forms of violence risk assessment in its conceptual orientation and purpose. Participants will also be able to apply principles of threat assessment using the CSTAG model to distinguish transient from substantive threats.



Dewey G. Cornell, Ph.D. is a forensic clinical psychologist and Professor of Education in the School of Education and Human Development at the University of Virginia. He holds the Virgil Ward Chair in Education. Dr. Cornell is Director of the UVA Virginia Youth Violence Project and a faculty associate of Institute of Law, Psychiatry, and Public Policy. During his clinical and academic career, Dr. Cornell has worked with juvenile and adult violent offenders, testified in criminal proceedings and legislative hearings, and consulted on violence prevention efforts. He has authored more than 200 publications in psychology and education, including studies of juvenile homicide, school safety, bullying, and threat assessment. He is the principal author of the Comprehensive School Threat Assessment Guidelines, which is an evidence-based model of school threat assessment used in schools across the United States and Canada. He also led the development of the Authoritative School Climate Survey as a student and staff measure of school climate and safety conditions. He is currently directing studies of school climate and school threat assessment with funding from the U. S. Department of Justice. A major emphasis in his work is the elimination of racial inequities in school discipline and educational outcomes.

Board of Psychology Conversation Hour - Members and Staff from the Virginia Board of Psychology will hold a conversation hour focusing on issues of importance for VACP members, including the newly approved updates/changes to the regulations, with particular focus on the Standards of Practice section. Questions from the audience will be encouraged and incorporated into the presentation. The objectives of the program include the following: participants will be able to describe at least three significant issues being discussed/considered by the Virginia Board of Psychology and participants will be able to outline the major changes to the Regulations Governing the Practice of Psychology in Virginia.

Building Resilience One Challenge at a Time - Mental health care work is challenging and stressful, especially now, and especially for some. Many of our clinicians are burdened with pre-existing stressors such as discrimination, violence, poverty, and then encounter additional stress daily at work. This program will review the components of resilience and vulnerability as well as the impact of prolonged stress on functioning. I will also explore an approach to resilience that focuses on meeting the five needs of humans who are experiencing chronic stress, and teaching specific empirically based and demonstrated effective strategies to promote resilience by addressing these needs or challenges.1. Define resilience and its components2. List the five human needs/challenges in times of stress3. Describe strategies to address these challenges



J. Kim Penberthy, Ph.D., ABPP attended Wake Forest University and majored in psychology and biology. After graduation, she helped conduct research at the Center for Alcohol Studies at UNC-Chapel Hill School of Medicine. She then returned to graduate school at Wake Forest University where she obtained a master's degree in experimental psychology with a focus on evaluative conditioning and the power of human learning potential. She worked at the Duke Cancer Center helping in psychosocial support of patients before obtaining her Ph.D. in clinical psychology at Virginia Commonwealth University. Dr Penberthy completed her internship in clinical psychology in the Department of Psychiatry & Behavioral Sciences at the Eastern Virginia School of Medicine in Norfolk, VA. She went on to complete her fellowship in behavioral medicine in the Department of Psychiatry & Neurobehavioral Sciences at the University of Virginia School of Medicine from 1998-2000. Dr. Penberthy has also completed her board certification in clinical psychology, as well as a fellowship in humanism in medicine at UVA. She is trained to work with patients who have chronic medical conditions, such as cancer, diabetes or HIV. Additionally, she is trained to work with people who suffer with addictions, and conducts research exploring effective treatments for people with co-occurring psychological difficulties, addictions and medical conditions. She is a founding member of the UVA Contemplative Sciences Center and studies the therapeutic components of contemplative practices like mindfulness and a variety of psychotherapies. She is also the co-director of the Effective Coping and Communication Skills for Physicians program, which is a national CME program helping to improve the interpersonal skills of physicians. She joined UVA's Department of Psychiatry & Neurobehavioral Sciences in 2000 and is currently the Chester F. Carlson Professor in the Division of Perceptual Studies, where she conducts research exploring the impact of contemplative practices, including mindfulness and meditation. She explores not only the healing abilities of these practices, but also has funded research to explore the positive impact of contemplative practices upon human performance and extraordinary abilities.

VACP's Legislative Advocacy for Ensuring Continuing Telemental Health - Discusses the research related to telehealth and the beginning of widespread usage of virtual therapy with the onset of COVID-19. Discusses why the organization and many therapists wish to continue doing telemental health, and maps out legislative efforts underway. Makes recommendations about what additional legislative advocacy steps might be necessary to ensure continued access to telemental health care.



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 Past President of the Tidewater Academy of Clinical Psychologists and the President-Elect of the Virginia Academy of Clinical Psychologists.



Dr. Pancholi is a Clinical and Forensic Neuropsychologist licensed in Virginia. She holds a Doctorate Degree in Clinical Psychology from The Chicago School of Professional Psychology. As part of her specialization in Neuropsychology, Dr. Pancholi has a particular interest in assessment/diagnosis of attentional and learning problems. She is trained in working with culturally diverse adults, adolescents, and children. Dr. Pancholi has over fifteen years of experience in assessing and treating children, adolescents, and adults with a variety of conditions such as Traumatic Brain Injury (TBI), ADHD, Learning Disorders, neurological disorders, PTSD, Mood Disorders, and Anxiety Disorders. She has especially extensive experience in the assessment and treatment of TBI including sports-related concussions. In addition to her own practice, Dr. Pancholi was on staff at the Walter Reed Army Medical Center in the Traumatic Brain Injury Service for close to ten years. Later at Fort Belvoir, she was instrumental in the development of the TBI Clinic at the new Fort Belvoir Community Hospital. She has been published in the area of TBI in numerous peer-reviewed journals and has presented at nationally. Lastly, she is frequently court-appointed as a forensic evaluator and often serves as an Expert Witness/Consultant in military and civilian courts.

VPLAN – DONATE TODAY

Did you know that your ability to practice as a Clinical Psychologists in Virginia is determined by the Virginia General Assembly? That's right.....your profession is legislated by the Delegates and Senators in Richmond. Donating to VPLAN (VACP's Political Action Committee) is one of the easiest ways you can help VACP influence and educate those very legislators who make decisions on your behalf. Please consider donating \$100-\$250 to VACP's Political Action committee today so that your voice is heard in Richmond during the 2022 legislative session!

DONATE BY SCANNING THE QR CODE

****Political Donations are voluntary and may not be considered charitable contributions****



HEY PARTY PEOPLE!



VACP SOCIAL
Friday, October 14
6:00 pm – 8:00 pm

Sponsored By



Beachside Social is a games bar featuring fresh cocktails, craft beer, delicious food, floor shuffleboard, bocce, board games.

Great for drinkers, thinkers, families, groups, singles, doubles, corporate events, earth dwellers, pizza lovers, happy hour enthusiasts, day dreamers, semi-amateur shuffleboarders, beer aficionados, etc. Join us for some great food, drinks and competitive games of shuffleboard!



LOCATION
2728 Atlantic Avenue
Virginia Beach
Virginia
23451



Conference Registration

_____ **2 Day Registration** **\$250**
_____ **Day (Friday)** **\$150**
_____ **Day Saturday** **\$100**

Attendee Name: _____ (Will be used for Name Badge)

Email Address: _____ **Cell Phone:** _____

Check off all events you will attend. All events listed below are included in your registration fee.

____ *Friday Breakfast* ____ *Friday CE Presentations*
____ *Friday Membership Luncheon* ____ *Friday Evening Reception*
____ *Saturday Breakfast* ____ *Saturday CE Presentations*

____ **\$50 Per Spouse/Guest** Includes Friday & Saturday Breakfasts and Friday Night Social. Does not include Friday Luncheon.

Spouse/Guest Name: _____ (Will be used for Name Badge)

____ **\$100 Non-Member Surcharge** (Additional fee required for all Non-VACP members. Not applicable for spouse/guest)

____ **\$25 Late Fee** (Per Person) for any registration received after September 22, 2022

\$ _____ TOTAL

Payment Information ____ *Pay by Check* ____ *Pay by Credit Card (MasterCard/Visa/American Express)*

Printed Name on Card _____ *MasterCard/Visa (Circle One)*

Account Number _____ **Exp. Date:** _____

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Please complete the registration form and submit with payment:

Mail - P.O. Box 29069 • Henrico, VA 23242-0069

Fax - 804-643-0311

Email - VACPOffice@gmail.com.

Pre-register by October 5th. After this date, registration must be done on-site.

[Register online at www.vapsych.org/fall-reg](http://www.vapsych.org/fall-reg)



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SAVE THE DATE

VACP Spring Conference

April 13 - 15, 2023

Westin Hotel, Old Town Alexandria

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CONFERENCE
October 14 - 15
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10.5 Hours CE**

**REGISTER ONLINE at
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