



FALL CONFERENCE

2024

Virginia Academy of Clinical Psychologists



**JOIN US AT THE BEACH
OCTOBER 17 - 19, 2024**

REGISTRATION DETAILS

VACP MEMBER - \$295

NON-VACP MEMBER - \$395

Early Bird Registration Deadline:

September 21, 2024 - after this date, a \$25 late fee will apply

Registration Deadline:

October 6, 2024

Register Online:

www.vapsych.org/fall

KEYNOTE SPEAKER

Beth N. Rom-Rymer, Ph.D.

FEATURED SPEAKERS

Jonathan DeRight, Ph.D., ABPP

Edward A. Peck, III, Ph.D.

Rachel W. Friendly, Ph.D.

Peter L. Sheras, Ph.D., ABPP

Phyllis R. Koch-Sheras, Ph.D.

Lindsey A. Harvell-Bowman, Ph.D.

Kenneth L. Critchfield, Ph.D.

Ed Tiller, Ph.D.

James Morris, Ph.D.

Jeremy Walden, Psy.D.

Gary A. Sibcy, II, Ph.D.

This year's theme is "The Role of Clinical Psychologists in the Future of Health Care" and 11 CE Hours will be offered.

SCHEDULE OF EVENTS

Friday, October 18

7:45 am	Registration
8:00 am - 9:15 am	Breakfast and Course 1: <i>APA Breakfast & Learn</i>
9:15 am - 9:30 am	Break
9:30 am - 12:15 pm	Course 2: <i>Integrating Artificial Intelligence into Clinical Psychology</i>
12:15 pm - 1:15 pm	VACP Lunch and Business Meeting (VACP members only)
1:15 pm - 2:15 pm	Course 3: <i>Celebrating Gender Expansiveness: Taking Gender-Affirming Care Beyond Treatment of Gender Dysphoria</i>
2:15 pm - 2:30 pm	Break
2:30 pm - 4:30 pm	Course 4: <i>The Unique Skill of Couples Therapy</i>
4:30 pm - 4:45 pm	Break
4:45 pm - 5:45 pm	Course 5: <i>Existential & Attachment-Based Approaches to Suicidality: Exploring the Importance of Cognitive Distortion in Therapy Processes</i>
5:45 pm - 6:45 pm	Reception / Networking Event
6:45 pm	Dinner on your own

Saturday, October 19

7:30 am	Registration
7:45 am - 9:45 am	Breakfast and Course 6: <i>Decreasing Polypharmacy: Therapist and Prescriber Working Together</i>
9:45 am - 10:00 am	Break and Hotel Check Out
10:00 am - 12:00 pm	Course 7: <i>Conversation with the Virginia Board of Psychology*</i>

*Denotes Ethics Credit

POLICIES

Refund Policy: Before October 6, full refunds will be provided upon written request. After October 6, no refunds will be provided for any reason.

Special Dietary Needs: Any member with special dietary needs must contact the VACP office by October 6 so that we may accommodate your request.

ADA Compliance: Any member needing additional assistance in order to take part in the conference is asked to notify the VACP Central Office by October 6 with any necessary accommodations so that VACP may try to make any necessary arrangements.

COURSE INFORMATION

Course 1: APA Breakfast & Learn

(1 hour CE)

BETH N. ROM-RYMER, PH.D. – KEYNOTE SPEAKER

We will detail the steps to passing Prescriptive Authority in Illinois, an example of highly complex legislation; the burgeoning literature that supports the effectiveness of this new specialized field in psychology; the window to the future that prescriptive authority offers to clinicians; the potential for partnership that creates synergistic benefits for all clinicians.

Objectives:

1. Learning the critical steps to legislative passage of a Prescriptive Authority bill.
2. Understanding the road to education and training for a prescribing psychologist.
3. Understanding the early research findings on Prescriptive Authority.
4. Appreciating the opportunities for partnership with prescribing psychologists.

Course 2: Integrating Artificial Intelligence into Clinical Psychology

(3 hours CE)

JONATHAN DERIGHT, PH.D., ABPP AND EDWARD. A. PECK, III, PH.D.

Artificial Intelligence (AI) is here. Many areas of medicine have already begun to integrate concepts like machine learning into clinical practice and research, and psychology is at risk of falling behind. The purpose of this presentation is to familiarize attendees with a general understanding of how AI functions, how AI can be used to enhance clinical practice, what the future may hold with regard to AI in clinical psychology, and the ethics of using AI as a psychologist.

Objectives:

1. Educate attendees on AI Fundamentals: Provide attendees with a clear understanding of how Artificial Intelligence functions.
2. Explore AI Applications in Psychology: Identify at least three specific ways AI can enhance clinical psychology practice, such as improving diagnostics or treatment planning.
3. Discuss Future Implications: Analyze potential future trends of AI in clinical psychology, encouraging attendees to consider how these advancements might reshape their practices over the next five years.
4. Address Ethical Considerations: Engage participants in discussing the ethical implications of using AI in psychology, ensuring they can identify key ethical dilemmas and propose potential solutions.
5. Foster Collaborative Discussion: Create an interactive environment where attendees can share concerns and insights about integrating AI into their clinical work.

COURSE INFORMATION

Course 3: Celebrating Gender Expansiveness: Taking Gender-Affirming Care Beyond Treatment of Gender Dysphoria (1 hour CE)

RACHEL W. FRIENDLY, PH.D.

Treatment of gender expansive clients has become a hot button issue in the past several years. Clinicians are asked to be gatekeepers for identity-affirming and often life-saving medical procedures, and many therapists are, understandably nervous about offering care to this population. But work with trans, nonbinary, and other gender expansive clients can be so rewarding and so meaningful both for the client and the clinician alike. In addition to addressing gender dysphoria, work with this population should involve celebrations of gender euphoria and the freedom that comes with living authentically in our truth. In this session, we will cover the basics of gender-affirming care from a celebratory and gender-alignment lens.

Objectives:

1. Educate on Gender-Affirming Care: Provide a foundational understanding of gender-affirming care principles and practices for trans, nonbinary, and gender-expansive clients.
2. Address Common Concerns: Identify at least three common anxieties clinicians face when working with gender-expansive clients, and discuss strategies to build confidence in providing care.
3. Promote Celebration of Gender Euphoria: Highlight the importance of celebrating gender euphoria and authentic self-expression, encouraging clinicians to integrate these concepts into their therapeutic approaches.
4. Discuss Ethical Considerations: Engage attendees in a dialogue about the ethical responsibilities clinicians have as gatekeepers for identity-affirming medical procedures, fostering a deeper understanding of their role.
5. Foster Peer Support and Resources: Create an interactive discussion space where clinicians can share experiences and resources related to working with gender-expansive clients, aiming for at least two new strategies or referrals for each participant.



COURSE INFORMATION

Course 4: The Unique Skill of Couples Therapy

(2 hours CE)

PETER L. SHERAS, PH.D., ABPP AND PHYLLIS R. KOCH-SHERAS, PH.D.

Effective work with couples is a much-needed skill for modern clinicians to have in the arena of integrated health care. It is more than just teaching good communication skills and problem solving, however. Therapists are often drawn to work with couples without a great deal of training, and it can make the prospect of seeing couples daunting or uncomfortable.

Objectives:

1. Understand the Couple as a Unit: Learn to utilize the concept of the couple as a single entity in therapeutic work, fostering a collaborative approach to understanding relationship dynamics.
2. Identify Key Relationship Tasks: Recognize the four major tasks necessary for creating and maintaining healthy relationships, equipping participants with practical tools for effective counseling.
3. Enhance Therapeutic Skills: Develop strategies to make couples therapy effective and enjoyable, encouraging a positive and engaging environment in sessions.
4. Build Confidence in Couples Work: Address common challenges faced by therapists when working with couples, providing insights and techniques to alleviate discomfort and increase competence.
5. Promote Innovative Approaches: Explore creative interventions and activities that can enhance engagement and communication between couples in therapy.

Course 5: Existential & Attachment-Based Approaches to Suicidality: Exploring the Importance of Cognitive Distortion in Therapy Processes

(1 hour CE)

LINDSEY A. HARVELL-BOWMAN, PH.D. AND KENNETH L. CRITCHFIELD, PH.D.

This presentation explores the importance and implications of existential and attachment-based approaches in therapy processes. Data from three studies featuring a college undergraduate sample and clinical sample from a local community experiencing SI as well as a college undergraduate sample not experiencing SI. This talk features discussion on whether interventions related to death salience can help ameliorate suicidal ideation and enhance motivation for engaging with meaningful life investments, creating a space for providers to explore their own practices in light of these findings.

Objectives:

1. Explore Existential and Attachment Theories: Provide an overview of existential and attachment-based approaches in therapy, emphasizing their importance and implications for clinical practice.
2. Analyze Study Findings: Present data from three studies, highlighting differences between college undergraduates, a clinical sample experiencing suicidal ideation (SI), and those not experiencing SI.

COURSE INFORMATION

Course 5 (continued)

3. Evaluate Interventions: Discuss whether interventions related to death salience can effectively reduce suicidal ideation and enhance motivation for meaningful life engagement.
4. Promote Self-Reflection among Providers: Encourage therapy providers to reflect on their own clinical practices in light of the findings presented, fostering a deeper understanding of their impact on clients.
5. Facilitate Discussion: Create a space for open dialogue among attendees, allowing them to share insights and strategies for integrating existential and attachment-focused interventions into their work.

Course 6: *Decreasing Polypharmacy: Therapist and Prescriber Working Together*

ED TILLER, PH.D., JAMES MORRIS, PH.D. AND JEREMY WALDEN, PSY.D.

(2 hours CE)

Many patients, especially older adults, have multiple chronic conditions that require ongoing medical treatment that may result in the practice of polypharmacy, typically defined as the concurrent use of 5 or more medications. Polypharmacy usually begins as a well-intentioned effort to manage co-occurring conditions; however, the interaction of these different medications can become a health hazard instead of an optimal solution.

Objectives:

1. Increase Awareness of Polypharmacy in Older Adults: Enhance understanding of the prevalence and implications of polypharmacy among older patients.
2. Identify Risks Associated with Polypharmacy: Recognize the potential health hazards and complications that can arise from the concurrent use of multiple medications.
3. Define Prescribing Boundaries: Establish clear guidelines for appropriate prescribing practices to minimize risks related to polypharmacy.
4. Increase Awareness of Management Strategies: Learn effective strategies for managing polypharmacy to ensure safer medication use among older adults.
5. Identify Ways to Improve Patient Outcomes: Explore practical approaches to enhance patient outcomes through better management of medications.
6. Discuss the Need for Prescribing Authority: Engage in a dialogue about the importance of prescribing authority and the training necessary for effective management of polypharmacy.

General Membership Notice

In accordance with the VACP Bylaws, the membership of VACP will gather on Friday, October 18 to conduct business on behalf of the organization. All members in good standing are invited to attend.

COURSE INFORMATION

Course 7: Conversation with the Virginia Board of Psychology (2 hour course, 1 hour CE*)

ALIYA CHAPMAN, PH.D.

Members and staff of the Virginia Board of Psychology will provide an update on relevant and timely issues under consideration by the Board, including Masters-level licensure and licensing exams. Panelists will answer questions on topics under their purview from the audience.

Objectives:

1. Identify Current Issues: Recognize two key issues currently under discussion by the Virginia Board of Psychology, including Master-level licensure and licensing exams.
2. Access Information Online: Learn how to locate specific and detailed information about upcoming changes to psychology licensure through official online resources.

*Denotes Ethics Credit

SPEAKER BIOS

KEYNOTE SPEAKER

Beth N. Rom-Rymer, Ph.D., is a pioneering psychologist who graduated from Princeton University in 1973 as part of the first class of women. In 1977, she established the Victim-Witness Assistance Unit in Tallahassee, Florida, and worked on the Ted Bundy case. She also co-founded Refuge House, a shelter for domestic violence survivors, serving as its first Board president. In 2000, Dr. Rom-Rymer helped create the field of forensic geriatrics, providing expert testimony on elder abuse in nursing homes and authoring relevant book chapters. Recognizing the need for mental health prescribers, she trained in Clinical Psychopharmacology in the 1990s and became an advocate for psychologists' prescriptive authority, serving as the fourth president of the APA Division 55 (Pharmacotherapy) in 2004.



Dr. Jonathan DeRight is a board-certified neuropsychologist in the Washington, DC metro area, including Virginia and Maryland. He conducts clinical and forensic evaluations to assess cognitive and emotional issues in adults over 16, focusing on disorders like traumatic brain injury, dementia, and mood disorders. In forensic settings, he evaluates legal matters such as competency to stand trial. Dr. DeRight's certification in clinical neuropsychology reflects his expertise. He also consults on legal cases, including independent medical examinations and capacity assessments. He has a bachelor's degree in neuroscience from the University of Rochester, a Ph.D. from Syracuse University, and completed a postdoctoral fellowship at Johns Hopkins University.

SPEAKER BIOS

Dr. Edward A. “Ted” Peck III received his M.S., and Ph.D. degrees from Tufts University and is Board Certified in Clinical Neuropsychology (ABPP-Cn). He was twice named to the Virginia Board of Psychology. Currently, he is the chair of the Professional Rules & Ethics Committee for the Virginia Academy of Clinical Psychology (VACP). His full-time private practice (Neuropsychological Services of Virginia) is in Richmond.



Dr. Rachel W. Friendly, Ph.D., is a licensed clinical psychologist practicing in CA, MA, VA, and Washington DC. She received her Ph.D. from Clark University and spent the next decade and a half working in university counseling centers, where she served in both staff psychologist and training director roles all over the East and West coasts of the US. She is currently building a private practice based out of

Fairfax, VA, specializing in women’s issues, college and graduate student mental health, and supporting the queer and gender-expansive communities.

Peter Sheras, PhD, ABPP and Phyllis Koch-Sheras, PhD are Licensed Clinical Psychologists practicing in Charlottesville Virginia for more than 40 years. They trained in the Family Study Unit at the VA Medical Center in Palo Alto, California and at the Mental Research Institute. They have written numerous books and articles on couple therapy. They presented workshops for more than 20 years at APA conventions and state associations and have each served as President of the Virginia Psychological Association. Both have served as President of APA Division 46, Media Psychology and Technology. Phyllis served as the Training Director at the University of Virginia Counseling Center until 1982 and has kept an active Independent practice with adults since then. Peter is Professor Emeritus from UVA since 2020 where he taught in the Clinical and School Psychology Program in the School of Education. They are co-founders of a national non-profit organization, Couples Coaching Couples.



Lindsey A. Harvell-Bowman, Ph.D., is an Associate Professor in the Department of Psychology at James Madison University and teaches at the Ferkauf Graduate School of Psychology at Yeshiva University. As a member of the Osage Nation, her research focuses on suicidality, death anxiety, and how mortality impacts advocacy. She serves on the Board of Directors for the International Society for the Science of Existential

Psychology and has been involved with the Ernest Becker Foundation. Dr. Harvell-Bowman co-edited the book *Denying Death* (2016) and authored *The Psychology of Communication Behind Flight Anxiety* (2021). She teaches courses in Quantitative Research Methods, Existential Psychology, and Social Psychology and is currently the Chair of the Institutional Review Board and Director of the Terror Management Laboratory.

SPEAKER BIOS

Kenneth L Critchfield, Ph.D., is a tenured Associate Professor and Program Director of the Clinical Psychology Program at Ferkauf Graduate School of Psychology. He specializes in Interpersonal Reconstructive Therapy (IRT) for severe mental health issues like depression and PTSD. He earned his Ph.D. from the University of Utah in 2002 and completed his internship at the San Francisco VA Medical Center. Dr. Critchfield has co-directed the IRT clinic at the University of Utah and led a psychology program at James Madison University. A Fellow of the APA's Society for Advancement of Psychotherapy, he has held various leadership roles in psychotherapy organizations. He also maintains a psychotherapy practice and provides consultations on research methodology.



Edward H. Tiller, Ph.D., is the immediate past president of VACP. He has been in full-time private practice at Williamsburg Centre For Therapy since 1990. After receiving his PhD at the University of Tennessee in 1970, he accepted a position in the Psychology Department at the University of Richmond. His treatment focus then was on children and adolescents. Over the years, he shifted to working with adults, including those 65+. A significant portion of his patients seek therapy because of dealing with grief, guilt, and/or trauma. Many of these are caregivers.

James Morris, Ph.D. is a prescribing Medical and Clinical Psychologist based in Louisiana with over 30 years of experience providing clinical services to adults, children, and adolescents. He completed his doctoral training in clinical psychology and neuroscience at the University of Wyoming, Virginia Commonwealth University, and the University of Virginia, along with specialty training in clinical neuropsychology. Dr. Morris has extensive expertise in pediatric psychology, forensic psychology, and mental health administration. He has also served as a Clinical Associate Professor of Psychiatry at Virginia Commonwealth University. He is a member of the American Psychological Association and the Louisiana Academy of Medical Psychologists.



SPEAKER BIOS



Jeremy Walden, Psy.D. is a Licensed Clinical Psychologist with training from Indiana and Florida, now based in Virginia. He has experience in various clinical settings, including outpatient clinics and correctional facilities, and has helped develop mental health programs. His therapy approach combines cognitive-behavioral and interpersonal theories, using Acceptance and Commitment Therapy (ACT) techniques tailored to individual needs. Dr. Walden has extensive training in trauma interventions. He is the Co-founder and Co-owner of Dougan and Walden Wellness, PLLC, where he provides evidence-based, personalized treatment. Dr. Walden views therapy as a path for problem-solving and personal growth through self-exploration and emotional regulation.

SAVE THE DATE: SPRING 2025 CONFERENCE



April 3 - 5, 2025
Kingsmill Resort | Williamsburg, Va

2024 Fall Conference Registration

Please complete the registration form and submit with payment to:
VACP • P.O. Box 29069 • Henrico, VA 23242-0069 • VACPoffice@gmail.com

Name: _____		
Address: _____		
City: _____	State: _____	Zip: _____
Phone: _____	Cell: _____	Email: _____
Emergency Contact: _____		Phone: _____

Daily Registration Fees (Includes all CE and meals listed below. Must register for meals by October 6th. No exceptions.)

- \$295 General Registration** - Includes all CE, Friday and Saturday Breakfasts, Friday Lunch (*VACP Members only*) and Friday Reception / Networking Event
- \$175 Registration - FRIDAY ONLY** - Includes Friday CE, Breakfast and Lunch (*VACP Members only*)
- \$125 Registration - SATURDAY ONLY** - Includes Saturday CE and Breakfast
- \$100 Non-VACP Member Surcharge** - Additional fee required for all Non-VACP Members.
- \$25 Late Fee** - Applies if registering after September 21, 2024.

The following events are included in your registration, please indicate which you will be attending:

- | | |
|--|--|
| <input type="checkbox"/> Friday Breakfast | <input type="checkbox"/> Saturday Breakfast |
| <input type="checkbox"/> Friday CE Presentations | <input type="checkbox"/> Saturday CE Presentations |
| <input type="checkbox"/> Friday VACP Lunch and Business Meeting (<i>VACP members only</i>) | |
| <input type="checkbox"/> Friday Evening Reception / Networking Event | |

Special Services to Comply with American Disabilities Act:

- Check if you need special services to fully participate. Attach a written description of needs so we may contact you. Please notify the VACP by October 6th.
- Dietary Considerations / Allergies: _____

\$ _____ Total Registration Fees

Pay by Check

Pay by Credit Card (MasterCard/Visa/American Express)

Name on account (print): _____	Exp. Date: _____ / _____	
Card Number: _____	Credit Card CVV code: _____	
Billing Address: _____		
City: _____	State: _____	Zip: _____
Signature (required) _____		Authorized amount \$ _____

**If registering by credit card, mail completed registration form to the VACP office:
P.O. Box 29069, Henrico VA 23242
or fax it to 804-643-0311, or email it to VACPoffice@gmail.com.**



Virginia Academy of Clinical Psychologists

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

LODGING

Hilton Virginia Beach Oceanfront 3001 Atlantic Avenue

City View \$149* per night

Partial Ocean View \$169* per night

Call 757-213-3000 and mention VA Academy of Clinical Psychologists 2024 or visit www.vapsych.org/fall to make your reservations online.

The deadline for reservations at the discounted rate is September 17, 2024.



*Does not include local or state taxes.