



VACP

Virginia Academy of Clinical Psychologists

2024 Spring Convention

April 18 - 20, 2024 Hotel 24 South
24 S Market St
12 hours CE Credit Staunton, VA

HOTEL ROOM RESERVATIONS

\$145.00* / night

Rates Available Thursday & Friday
All guestroom rates are subject to state and local taxes. Discounted room rates available until March 18, 2023.

Call **540-885-4848** and **mention VACP** to make your reservations or reserve online by [clicking here](#).

REGISTRATION FEES

- Clinical Psychologist - \$295
- VACP Student Member - \$195
- Student (Undergrad) - \$30
- VAPS Member - \$75

\$25 Late fee for all registrations received after March 22, 2024.

REGISTRATION DEADLINE April 4, 2024

Please join us for the Virginia Academy of Clinical Psychologists (VACP) Spring Conference, April 18 to 20, 2024, at Hotel 24 South in Staunton, Va. The theme of the Spring conference is “The Impact of Small t/Little t Traumas on Emotional and Psychological Wellbeing.”

A Note from Ridjie Chery, Psy.D., LCP

This conference aims to explore and examine the effects of less overtly distressing traumas on individuals’ emotional and psychological well-being. It will delve into the understanding of how these seemingly minor traumas can have a significant impact on mental health and the implications for assessment, treatment, and support. The conference will bring together researchers, clinicians, and professionals in the field to share knowledge, insights, and best practices in working with individuals affected by small “t” traumas.

Register online at https://www.vapsych.org/spring_2024

Schedule of Events

THURSDAY, APRIL 18

7:00 pm - 10:00 pm Board of Directors Meeting

FRIDAY, APRIL 19

**Restricted to VACP Registrants

7:30 am – 8:30 am Breakfast, Exhibits and Registration

8:30 am – 9:30 am VACP General Membership Meeting (*members only*)

9:00 am – 12:00 pm Student Paper Sessions 1 and 2 (VAPS)

9:30 am – 9:45 am Welcome and Announcements**

9:45 am – 10:45 am Course 1: Therapy to Enhance the Caregiver’s Caregiving**

10:00 am – 12:00 pm Student Poster Session 1 (VAPS)

10:45 am – 11:00 am Break

11:00 am – 12:00 pm Course 2: Overview of Trauma Focused Cognitive Behavioral Therapy (Intro)**

12:00 pm – 1:00 pm VACP Luncheon** (*Limited to first 60 registrants*)

1:00 pm – 2:00 pm Course 3: The Complex and Differing Roles of Trauma in Borderline Personality Disorder and Bipolar Disorder (Intermediate)**

1:00 pm – 3:00 pm Student Poster Session 2 (VAPS)

2:00 pm – 4:00 pm Course 4: Board of Psychology Conversation Hour** *Qualifies for “Ethics Credit”*

2:00 pm – 4:00 pm Student Paper Sessions 3 and 4 (VAPS)

4:00 pm – 4:15 pm Break

4:00 pm – 6:00 pm VAPS Meeting

4:15 pm – 5:15 pm Course 5: From Shame to Acceptance: Helping Patients Manage Internalized Weight Stigma in Clinical Practice

5:30 pm – 6:30 pm VACP Reception**

Dinner is on your own

SATURDAY, APRIL 20

7:45 am – 8:15 am Breakfast and Registration *Qualifies for “Ethics Credit”*

8:15 am – 10:15 am Course 6: Sequence XII: Navigating Challenging Conversations: Ethics and Risk Management *Qualifies for “Ethics Credit”*

10:15 am – 10:30 am Break and Hotel Check Out *Qualifies for “Ethics Credit”*

10:30 am – 12:30 pm Course 7: Sequence XII (continued)

12:30 pm – 1:30 pm Lunch

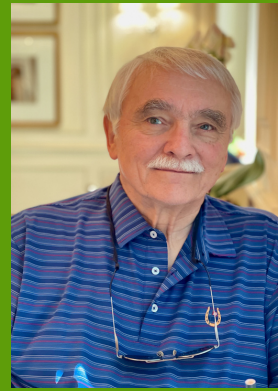
1:30 pm – 3:30 pm Course 8: Sequence XII (continued)

Register online at https://www.vapsych.org/spring_2024

Course 1

Therapy to Enhance the Caregiver's Caregiving

Presented by: Edward H. Tiller Ph.D. (Williamsburg Centre for Therapy)



As we age our physical and cognitive functioning may become significantly impaired (Dementia) resulting in needing caregiving by others. Frequently the caregiver is one's spouse or adult daughter/son. Caregiving is a very challenging responsibility. It typically requires years of committed effort. Caregivers often feel, and find themselves, very alone in their daily 24/7 commitment. It can be physically, emotionally and intellectually exhausting.

Objectives:

1) Dementia is a general term used to describe the symptoms of mental and physical decline that characterize Alzheimer's and other neurological disorders. Middle stage Alzheimer's is the longest stage and it can last for many years. Name three symptoms of this stage. 2) Besides loneliness and mild depression, what other negative emotion frequently accompanies caregiving?

Dr Tiller 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 with 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.

Course 2

Overview of Trauma Focused Cognitive Behavioral Therapy (Intro)

Presented by: Alicia Meyer, Ph.D. (Executive Director, Alicia's Place)

This is an overview of TF-CBT, which is a trauma informed treatment for children between the ages of 3-18.

Objectives:

1) Identify at least 3 ways that trauma impacts child development. 2) Describe 2-3 strategies/techniques to accomplish the goals of the Stabilization phase. 3) Describe 2-3 methods/media to accomplish the Trauma Narrative.

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 was the Mental Health Director of the Child Abuse Program at the Children's Hospital of the King's Daughters (CHKD) and completed her studies to become a National Trainer in Trauma Focused – Cognitive Behavioral Therapy (TF-CBT). She is also a certified therapist and Global trainer in Parent-Child Interaction Therapy (PCIT). Simultaneously, Dr. Meyer founded Alicia's Place, a non-profit agency that utilizes a cognitive-behavioral, multi-systemic, empirically-validated approach to the psychological assessment and treatment of trauma survivors. Dr. Meyer is also the president of the Virginia Academy of Clinical Psychologists.

Course 3

The Complex and Differing roles of Trauma in Borderline Personality Disorder and Bipolar Disorder (Intermediate)

Presented by: William Moncure, M.A., (Psy.D. Candidate, JMU)



What role does trauma play in the etiology and pathogenesis of Borderline Personality Disorder and Bipolar Disorder? Although Borderline Personality Disorder is more closely associated with a history of trauma in the literature, many individuals with Bipolar Disorder also report a trauma history. This presentation will discuss the overall role of trauma in Borderline Personality Disorder and Bipolar Disorder, and how knowledge of trauma history and presentation may be useful in differential diagnosis.

Objectives:

1) Helping clinicians in practice understand the role of trauma in both Bipolar Disorder and Borderline Personality Disorder. 2) Describing how patient trauma history may be useful in differential diagnosis. 3) Identifying how using a trauma-informed approach can impact the trajectory of these the disorders over time.

My clinical interests involve working with individuals with severe mental illnesses, addictions, and mood disorders. I have worked in inpatient settings with adolescent, adult, and geriatric populations, as well as in a rehabilitation center for addiction treatment, intensive outpatient, and outpatient settings. I completed a Master's degree in Mental Health Counseling, a Graduate Certificate in Addiction Counseling, and I am currently completing my Doctorate in Clinical Psychology at James Madison University. My dissertation work focuses on differential diagnosis between personality disorders and mood disorders. I have previously given presentations on ethics in the use of restraints in psychiatric hospitals, group therapy for addictions, and differential diagnosis. In the future I hope to continue my dissertation research, and eventually transition into outpatient practice.



Course 4

Board of Psychology Conversation Hour

Presented by: Aliya Chapman, Ph.D. (Board Vice-Chair)

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 two issues currently under discussion in the Virginia Board of Psychology. 2) Identify how to find out specific and detailed information online about upcoming changes to psychology licensure.

Dr. Chapman is a Licensed Clinical Psychologist and a graduate of George Mason University in Fairfax, VA. She has served on the Virginia Board of Psychology since mid-2020 in addition to her private practice work in Blacksburg, VA. Dr. Chapman also serves the Virginia Academy of Clinical Psychologists (VACP) as the current Newsletter Co-Editor.

Course 5

From Shame to Acceptance: Helping Patients Manage Internalized Weight Stigma in Clinical Practice

Presented by: Lauren Ehrlich, PhD; University of Virginia School of Medicine

Over 40% of the adult U.S. population is considered overweight or obese based on BMI estimates (Hales et al., 2020). Much attention is given to obesity treatment and weight management. Weight stigma refers to the social devaluation of an individual due to their excess body weight, which leads to negative attitudes, stereotypes, and discrimination. This presentation will highlight acceptance-based interventions and their evidence base for reducing the impact of internalized weight stigma.

Objectives:

1) Participants will gain an understanding of the definitions of internalized weight stigma and its impact on wellbeing and functioning. 2) Participants will learn strategies to help patients manage weight and body image concerns. 3) Participants will be better able to identify and combat their own weight bias.



Dr. Lauren Ehrlich is an assistant professor of Psychiatry & Neurobehavioral Sciences at the University of Virginia School of Medicine, where she completed her postdoctoral fellowship in 2021. She recently returned to the University of Virginia after spending two years at Dartmouth Health in Lebanon, NH. She completed her undergraduate work at the University of Notre Dame and earned her graduate degree at the University at Albany, SUNY in upstate New York. Dr. Ehrlich is a clinical health psychologist who specializes in helping patients make health behavior changes, particularly related to their eating. She is passionate about helping patients heal their relationships with food and their bodies.

Save the Date!

**October 17 - 19, 2024 | VACP Fall Conference
Hilton Virginia Beach Oceanfront**

Refund Policy: Before March 22nd, full refunds will be provided upon written request. After March 22nd, no refunds will be provided for any reason.

Special Dietary Needs: Any member with special dietary needs must contact the VACP office by March 22nd so that we may accommodate your request.

ADA Compliance: Any member needed additional assistance in order to take part in the conference is asked to notify the VACP Central Office by March 22nd with any necessary accommodations so that VACP may try to make any necessary arrangements.

Continuing Education Credits: 12 hours of CE credit are available, 8 of which qualify for Ethics Credit. All courses qualify for Virginia Board of Psychology and APA CE Criteria.

General Membership Notice: In accordance with the VACP Bylaws, the membership of VACP will gather on Friday, April 19th to conduct business on behalf of the organization. All members in good standing are invited to attend.

Courses 6 - 8

Sequence XII: Navigating Challenging Conversations: Ethics and Risk Management

Presented by: Marc A. Martinez, PhD, The Trust



For over two decades, The Trust has worked to educate and support psychologists in improving their ethics and risk management skills and strategies by providing live workshops, webinars, risk management consultation, and expanding resources. This 12th workshop in our Sequence series continues to emphasize applied, integrated and strategic methods to help you stay grounded in ethical principles and practices and to protect yourself from adverse disciplinary and legal actions.

The Trust Risk Management Consultants have culled subject matter from some 110,000 consultations provided to date to focus this workshop on problems practitioners often encounter. The overarching theme of Workshop 12 is on the ethics and risk management of navigating various types of challenging conversations that arise in professional practice. Specifically, topics will include: the

possibly impaired or unethical colleague; race and microaggressions; record keeping and the Information Blocking Rule; mandated child abuse reporting; multiple relationships and conflicts of interest in collateral versus conjoint services; managing risks of cross-jurisdictional telepsychology; and the ethics and risk management of responding to patients/clients who engaging in stalking, threatening, or harassing behaviors.

Objectives:

1) Describe at least five basic principles of ethics and risk management, as applied to several specific clinical situations that frequently arise in professional practice; 2) Identify three risk factors and warning signs of distress/impairment in ourselves and our colleagues, and list three primary interventions for managing professional distress/impairment, and delineate two factors to consider when preparing for a conversation with a potentially impaired colleague and for deciding the appropriateness of a formal or informal ethical resolution; 3) Describe two methods for effectively engaging in challenging conversations regarding race and ethnicity with colleagues, supervisors/supervisees, and patients/clients; 4) Define the Information Blocking Rule and explain two strategies for ethically managing risk related to this rule; 5) Identify three types of immunity provisions that protect psychologists who make mandated child abuse reports; and list three steps psychologists can take to minimize their risk in these situations; 6) Apply at least two risk management strategies for decreasing risks when involving collaterals in treatment and/or providing conjoint psychological services; 7) List four broad categories of factors to consider when determining whether to provide cross-jurisdictional telepsychological services; 8) Discuss four strategies for ethically and safely managing patients/clients who exhibit stalking, threatening, or harassing behaviors.

- 6 Continuing Education Credits, 5 in Ethics
- 15% off your Trust Sponsored Professional Liability Policy Premium (*for 2 consecutive years at policy renewal*).

Eligibility for Insurance Premium Discounts: Workshop completion earns 6 CE credits and eligibility to receive a 15% premium discount on your Trust Sponsored Professional Liability Insurance for your next 2 consecutive policy periods. To obtain CE discounts, submit CE certification from an organization approved by APA to offer CE credit (must have been completed within the previous 15 months) with the insurance application. Discounts cannot be combined and are not applicable to Researcher/Academician or Student policies. Group policies become eligible for the CE discount when at least 50% of those insured under the group policy submit CE certification. All applications are individually underwritten and submission of CE certification will not guarantee insurance policy issuance or renewal.

IMPORTANT NOTICE: Sequence XII: Navigating Challenging Conversations: Ethics and Risk Management 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. 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 above.

Dr. Marc A. Martinez received his B.A. from Cornell University and his M.S. and Ph.D. from the University of Georgia. He completed an APA-accredited predoctoral internship and a postdoctoral fellowship at Georgia Regional Hospital in Atlanta. In 2011, Dr. Martinez became board certified by the American Board of Professional Psychology in Forensic Psychology. Dr. Martinez is currently a licensed psychologist in Indiana as a Health Service Provider in Psychology, Ohio, and New York. He also has authority to Practice Interjurisdictional Telepsychology (APIT) and Temporary Authorization to Practice (TAP) under PSYPACT.

Dr. Martinez has been an ethics and risk management consultant to mental health professionals for The Trust's professional liability insurance program since 2020. Dr. Martinez founded his private practice, Clinical and Forensic Psychology Services, in 2012 through which he provides a variety of forensic and clinical services, including evaluations and consultations related to competency to stand trial, criminal responsibility/insanity defense, sexual recidivism risk (including civil commitment of individuals who commit sexual offenses), violence recidivism risk, and disability determinations. Prior to establishing his private practice, Dr. Martinez worked as the lead forensic psychologist for a secured forensic unit at a state psychiatric hospital in Georgia and as an independent examiner for New York State's Bureau of Sex Offender Evaluation and Treatment.





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² Inflation Safeguard offers additional insurance coverage and the premium will be added to your bill.


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2024 Spring Conference Registration

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

Attendee Name: _____ (will be used for name badge)
Dietary / ADA Considerations: _____ (Please submit by March 22)
Phone: _____ Cell: _____ Email: _____
Emergency Contact: _____ Phone: _____

Daily Registration Fees (Includes all CE and meals listed below. Must register for meals by April 4th. No exceptions.)

- \$295 VACP Member General Registration** - Includes all CE, Friday and Saturday breakfasts, Friday and Saturday lunches, and Friday reception.
- \$395 Non-VACP Member General Registration** - Includes all CE, Friday and Saturday breakfasts, and Saturday lunch.
- \$195 VACP Student Member General Registration** - Includes all CE, Friday and Saturday breakfasts, Friday and Saturday lunches, and Friday reception.

The following events may be 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 Member Luncheon (Limited to first 60 members) | <input type="checkbox"/> Saturday Lunch |
| <input type="checkbox"/> Friday VACP Reception | |

- \$30 Student General Registration (Undergraduate and Graduate)** - Includes Friday breakfast (Registration is required of ALL students attending the conference. Registration is valid Friday only and does not include any VACP Courses. If student members desire to take courses, please register as a Non-VACP Member). VAPS membership is a separate process that must be completed on the VAPS web site.
- \$75 Virginia Association for Psychological Science Members (VAPS)** - Includes Friday breakfast (Registration is required of ALL VAPS members attending the conference. Registration is valid Friday only and does not include any VACP Courses. If VAPS members desire to take CE courses, please register as a Non-VACP Member.) VAPS membership is a separate fee that must be paid directly to VAPS.

The following event is included in your registration, please indicate if you will be attending:

- Friday Breakfast

- \$25 Late Fee** - Applies if registering after March 22, 2024.

\$ _____ **Total Registration Fees**



To contribute to VACP's PAC, V-Plan, visit www.vapsych.org/donate or scan this QR Code:

- 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, fax it to 804-643-0311, or email it to VACPoffice@gmail.com.



Inaugural R-PAS® Multimethod Assessment Conference 2024 in Virginia

We are excited to announce the Inaugural Rorschach Performance Assessment System® (R-PAS) Multimethod Assessment Conference!

When?

May 16-18th, 2024

- Pre-conference workshop day: Thursday, May 16
- 2-day conference: Friday and Saturday, May 17-18

Where?

Hilton Garden Inn Virginia Beach Oceanfront, VA



What is this conference about?

This conference is centered around multimethod assessment with a focus on the Rorschach Performance Assessment System (R-PAS). The goal of the conference is to bring R-PAS clinicians, researchers, trainers, and students together from across the globe.

Highlights

- Up to 19 CEs available for workshops and conference sessions!
- 6 Pre-Conference Workshops
- 62 presentations from 11 countries (Argentina, Belgium, Brazil, Hungary, Israel, Italy, Japan, Mexico, Slovenia, Switzerland, U.S.)
 - Research and case presentations
 - Symposia
 - Roundtable
- Opening and Closing Plenaries by the R-PAS Developers and Authors
- Friday Reception with Free Drinks and Appetizers

New to R-PAS?

New users are encouraged to join us at the conference and learn more about R-PAS. We offer numerous free resources for new users on [our website](https://www.r-pas.org).

Contact Us

Please do not hesitate to contact us at info@r-pas.org with any questions.
[Visit our conference website for more information!](https://www.r-pas.org)



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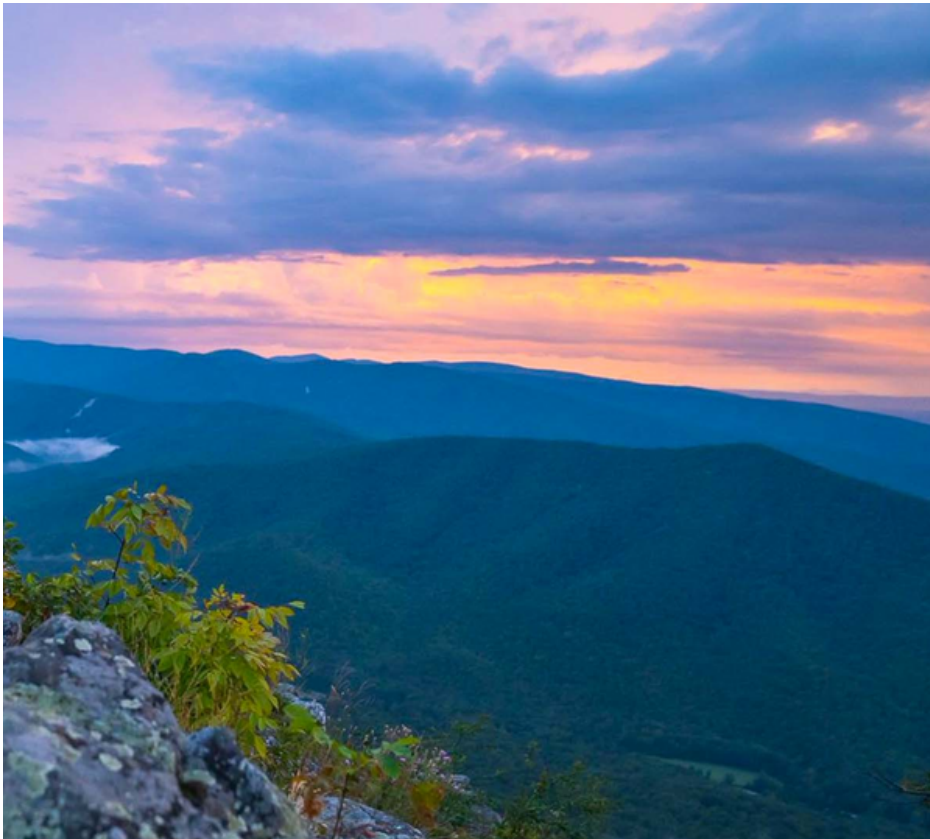


CONTACT US



- 434.485.4436
- APRIL.BAKER@CENTRAHEALTH.COM
- WWW.CENTRAHEALTH.COM/CMG-RECRUITMENT

VACP Spring Conference April 18 - 20, 2024



**Hotel 24 South
24 S Market Street
Staunton, VA**

Register online at
www.VaPsych.org/spring2024

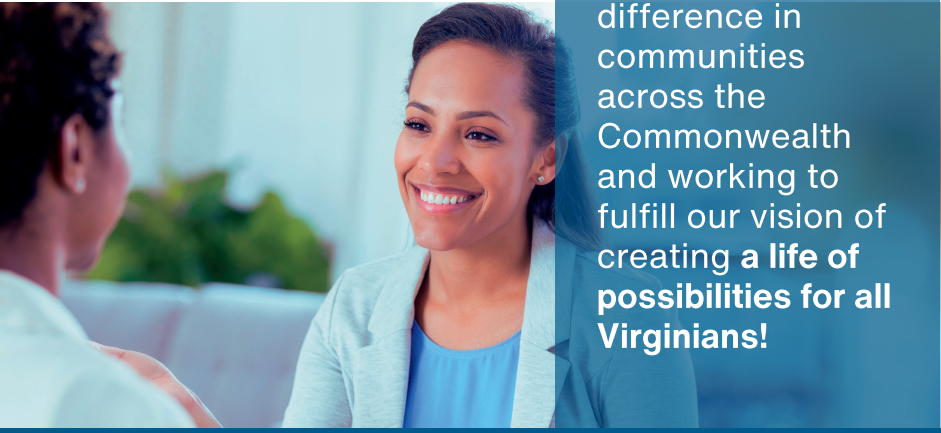
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VACP Fall Conference
October 17 - 19, 2024
at
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