



Northern Virginia Clinical Psychologists (NVCP)
Presents a 3-CEU Program on Friday, June 3, 2022

Chronic Pain: An Overview of the Utility of Clinical Hypnosis and Pain Reprocessing Therapy

Presenters: Ali Navidi, PsyD, Daniella Deutsch, ASW, & Paulina Assaf, ASW

Date/Time: Friday, June 3, 2022, 11am-4pm EST

Place: Maggiano's Little Italy at Tyson's II Galleria
2001 International Drive, McLean, Virginia 22102. (Phone 703-356-9000)

Cost: \$55.00 for NVCP Members / \$100.00 for non-NVCP Members / \$25.00 for Clinical Students w/ ID

Menu: Family style luncheon to include vegetarian and non-vegetarian selections

Program Schedule:	11:00 am to 11:30 am	Registration, Meet & Greet
	11:30 am to 1:00 pm	Lunch, Networking, Announcements
	1:00 pm to 2:30 pm	Presentation with Dr. Navidi
	2:30 pm to 4:00 pm	Presentation with Ms. Deutsch & Ms. Assaf

Registration: Deadline is 5/30/22. See specific instructions below for registering through VACP.

Program Overview:

The workshop will review the intersection of chronic pain and psychological health, with an emphasis on understanding the utility of two empirically supported psychological treatments. Presenters will share essential knowledge surrounding treating patients with chronic pain, to include discussing comorbidity rates, neuroplasticity, and intervention selection. The program will explore Clinical Hypnosis and Pain Reprocessing Therapy (PRT) as effective interventions for the treatment of various chronic pain conditions.



Learning Objectives:

1. Identify at least three (3) considerations for the treatment of patients with chronic pain.
2. Explain how challenges related to chronic pain can impact psychological health.
3. Describe what clinical hypnosis is in plain language
4. Describe one (1) mechanism for how clinical hypnosis helps individuals with chronic pain
5. Learn tools to determine neuroplastic versus structural pain
6. Learn the key principles of Somatic Tracking – a guided exercise combining mindfulness, safety reappraisal, and positive affect induction.

Speaker Bios:

Ali Navidi, PsyD, is a licensed clinical psychologist with a notable background in using Clinical Hypnosis and other Cognitive Behavioral Therapies to help patients with gastrointestinal (GI) disorders, chronic pain, and other complex medical conditions. Dr. Navidi is a director and co-founder of GI Psychology, a national behavioral health practice specializing in the effective treatment of GI disorders for children through adults. He also maintains a separate private practice in Burke, VA. Dr. Navidi is the founder and past president of the Northern Virginia Society of Clinical Hypnosis (NVSCH) as well as currently volunteers on the Board for Washington Independent Services for Educational Resources (WISER), a group of professionals collaborating to help individuals with learning and accessibility needs.

Daniella Deutsch, ASW received a master's in social work from the University of Southern California. Ms. Deutsch individualizes her treatment approach to meet the needs of each patient. She encourages her patients to relate to themselves with self-compassion while using evidence-based practices to achieve pain reduction and overall mind - body wellness. Ms. Deutsch serves as Lead Trainer at the Pain Reprocessing Therapy (PRT) Center, training other practitioners in PRT by demonstrating a holistic and actionable approach to overcoming chronic pain.

Paulina Assaf, ASW earned her master's degree in social work from the University of Southern California, pursuing a specialty in Social Change and Innovation. She utilizes cognitive behavioral therapy, pain reprocessing therapy, and mindfulness techniques to help clients understand their own mind-body connection in order to deactivate pain signals in the brain. She encourages patients to approach their pain and subsequent healing not with expectation, but rather through a lens of empowerment. Ms. Assaf trains practitioners in PRT at the PRT Center in hopes to alter the landscape of chronic pain treatment and ultimately build a network of certified practitioners to treat the millions who suffer from neuroplastic pain.



Registration Information:

Registration for this program will be processed through Virginia Academy of Clinical Psychologists (VACP). The deadline for registration is 5/30/22 and you will receive a confirmation email. You are encouraged to save this email. Please note that VACP is approved to provide 3 CEs for Virginia licensed clinical psychologists. Other licensing bodies may, or may not, accept VACP CEs. Participants must be present through the entire 1-4pm presentation in order to receive CE credits; partial CE credit is not permitted for late arrivals or early departures. For your awareness, parts of the presentations may be recorded.

Instructions:

1. Visit VACP (www.vapsych.org) and login or create a login (membership is not necessary) **After you are logged in**, click or paste this link: <https://viacp.memberclicks.net/nvcp6-3>
3. Complete information, select membership category, select submit and pay
4. Direct any questions about registration to: VACPoffice@gmail.com
5. Your CE certificate will be available immediately following the event

Northern Virginia Clinical Psychologist (NVCP) is a regional organization of the Virginia Academy of Clinical Psychologists whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at discounted cost CE events, quarterly newsletters, message board forum, and a website (www.nv-cp.org). It is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP or ways you can become involved, please contact Laurentia Ruby at laurentia.ruby@verizon.net, or call 703-839-2523, or visit our website at www.nv-cp.org.

We are currently accepting nominations for several Board positions, as current leaders complete their terms. Please reach out to any Board member for more information!

For questions and concerns beyond registration, please email the NVCP CE Chair, Tiffany Duffing, PhD, at NVCPCEChair@gmail.com. Please be aware that replies may take up to two business days.