



VACP

Virginia Academy of Clinical Psychologists

Offered in
Conjunction with



Spring Convention & Educational Conference

****IMPORTANT DATES****

March 28, 2018

- Hotel Room Reservation Deadline Call 1-800-HILTONS and mention VACP's or visit <https://aws.passkey.com/e/49551221>
- Early Bird Registration Deadline *After this date a \$25 late fee will apply

April 6, 2018

- Final Postmark date for Registration by mail or fax.
*After this date, bring registration with you to the Conference Registration Desk. Late Fee will apply.

April 19-20, 2018

**Hotel Roanoke
Roanoke, VA**

Understanding Fees and CE Credits

Va Board of Psychology CE:

- Refers to courses considered eligible for CE credit by Virginia Board of Psychology.

"Ethics" Credit:

- Ethics Credit means a course which emphasizes the "ethics, standards of practice or laws governing the profession of psychology." 1.5 Hours of "Ethics" Credit are required each year for Virginia Board of Psychology licensure renewal.

Fees:

- The general registration (conference) fee, including for student members, is an all-inclusive fee for the conference. Late fees apply to all registrants after March 28th.

CE Verification:

- To obtain CE credit, registrant attend the entire course and have their course card stamped at the conclusion
- Registrant must make sure name and address are clearly printed on their course card.
- At end of course, course monitor must stamp top portion of card. This remains with the registrant as proof of attendance. No additional "certificates" will be mailed.
- No partial credit for any course will be given. To obtain credit you must attend the ENTIRE course. Attendance will be monitored.
- Reprints of CE certificates are available to members at no cost. Non-members must pay \$5 per course card for re-prints of CE certificates.

VACP welcomes the Virginia Association for Psychological Science (VAPS) and students of psychology as part of its Spring Conference. Please enjoy student posters and their presentations as noted on the schedule.

The Hotel Roanoke and Conference Canter

The Hotel Roanoke & Conference Center is a luxury hotel located in the Gainsboro neighborhood of Roanoke, Virginia. Originally built in 1882, the hotel has been renovated many times. It is currently owned by Virginia Tech and operated under the Curio - A Collection by Hilton brand. It was added to the National Register of Historic Places in 1996.

Room Reservations at the Hotel Roanoke

*VACP has reserved a limited number of sleeping rooms. Make your reservation immediately to ensure availability.

Rate: \$155/night (\$10 per additional guest over double occupancy.)
Subject to all applicable taxes and fees. One nights deposit required at time of booking. Room Reservations must be received by March 28, 2018

Hotel Room Reservation: Call 1-800-HILTONS and mention VACP's or visit <https://aws.passkey.com/e/49551221>

Parking: Self-Parking \$10 or Valet \$16 per day

(VACP complies with the Americans with Disabilities act. Special assistance request must be received no later than March 28, 2018.)

Virginia Academy of Clinical Psychologists Conference Registration Sheet

General Conference Registration Required in Order to Attend Any Course or Workshop

- \$___ \$275 **VACP Member General Registration**
(includes all CE functions, meal functions, and social functions)
- ___ **VACP Luncheon and General Membership Meeting**
(Free with VACP Member General Registration. Registration required.)
- \$___ \$375 **Non-VACP Member General Registration**
(to obtain discounted rate, join VACP prior to conference)
- \$___ \$25 **Student General Registration (Undergraduate and Post-Graduate)**
(Required of all students attending the conference. Registration valid Thursday Only. Does not include any VACP Courses. If student members desire to take courses, register as a VACP Non-Member). VAPS membership is a separate fee that must be paid directly to VAPS.
- \$___ \$75 **Virginia Association for Psychological Science Members (VAPS)**
(Required of all VAPS members attending the conference. Registration valid Thursday Only. Does not include any VACP Courses. If VAPS members desire to take CE courses, register as a VACP Non-Member)
- \$___ **VPF Voluntary Contribution to the Virginia Psychological Foundation** (\$25 suggested contribution)
- \$___ **VPLAN Voluntary Contribution to Virginia Psychologists for Legislative Action Now (VPLAN)**
(VACP's Political action committee)
- \$___ **VACP Conference Contribution** (Helps VACP subsidize students cost at conference)
- \$___ **LATE FEE-\$25** (if Registration is not Postmarked/faxed to VACP office on/before **March 28, Students NOT exempt**)
**** (After April 6, 2018: Registration at the door only, please see the conference registration desk) ****
- \$___ **TOTAL-** For general conference registration, meals, continuing education presentations and contributions.

*For special dietary needs,
please contact the VACP
Office no later than
March 28, 2018.*

Name (As it will appear on your name badge): _____ Degree _____

Affiliation/School: _____

Address: _____

Phone Number: (_____) _____ - _____ Fax Number: (_____) _____ - _____

Make Checks Payable to VACP or complete information for payment by MasterCard or Visa

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

Account Number _____ CVV: _____ Exp. Date: _____/_____/_____

Authorized Signature: (Required for Credit Card Charges) _____

REGISTER ONLINE AT www.vapsych.org or by credit card, MAIL to VACP office or FAX to VACP at 804-643-0311
If registering by check: Send Payment & registration form to: Virginia Academy of Clinical Psychologists
4461 Cox Road, Suite 110
Glen Allen, VA 20360

(For VACP Office Use Only- Copy to be provided at registration to serve as receipt)

Received From: _____ Date Received: _____

Total Amount Received: \$ _____ Paid by Check # _____ OR Paid by Credit Card _____

Refund Policy: Before March 28th, full refunds will be provided upon written request. Before April 6th, partial refunds will be provided upon written request. After April 12th, no refunds will be provided for any reason.

Wednesday April 18, 2018

6:45 pm – 9:30 pm **VACP Executive Council Meeting**

Thursday April 19, 2019

7:45 am – 8:00 am **Continental Breakfast and Exhibits**

7:45 am – 3:00 pm **Registration**

8:00 am – 12:00 pm **Student Paper Session 1 & 2**

9:00 am – 9:05 am **President's Welcome, Dr. Treven Pickett**

9:05 am – 12:00 pm **Your Virginia Board of Psychology: Emerging Hot Topics in Ethics and Professional Regulation**

~Members of the Virginia Board of Psychology

The Virginia Board of Psychology holds an annual discussion hour at VACP conferences. This year, in addition to the usual Q&A session, Board and staff members, and other psychologists as appropriate, will review current developments. Topics that will be covered in this extended presentation include, but are not limited to, national trends, proposed revisions to regulations, guidance documents in development, and related issues including the provision of telehealth, the confidentiality portion of the Virginia Code, workforce reports, use of social media, and possible future projects.

*~Qualifies for 3 Hour CE Credit**

10:00 am – 12:00 pm **Student Poster Session 1**

12:00 noon – 1:45 pm **VACP Luncheon and General Membership Meeting**

1:00 pm – 3:00 pm **Student Poster Session 2**

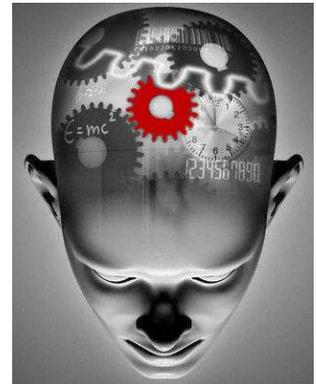
2:00 pm – 4:30 pm **Student Paper Session 3 & 4**

2:00 pm – 3:00 pm **Yoga Therapy for Chronic Pain Management**

Dilip Sarkar, MD, FACS, CAP, C-IAYT

Yoga Therapy has evolved as one of the most reliable, authentic and efficient health care systems available in society today and an increasing number of people are practicing yoga therapy for therapeutic purposes. Questions arise on how can yoga, which is seen as a practice of complicated yoga postures be useful for patients suffering from chronic pain. Evidence based yoga therapy as a treatment, is demonstrating efficacy and effectiveness of yoga in chronic pain management. Scientific research on yoga therapy is exploring the application of yoga therapy in clinical practice and the mechanism of underlying benefits. Dr. Dilip Sarkar will explain the mechanism of action of yoga therapy and will demonstrate how yoga can be practiced by anyone and in any condition and with regularity, commitment and perseverance, one can manage chronic pain and reverse any chronic disease.

~Qualifies for 1 Hour CE Credit



Friday April 20, 2018 (continued)

11:00 am – 12:00 pm A Group Based Harm Reduction Approach to Veterans’ Alcohol Consumption in Primary Care

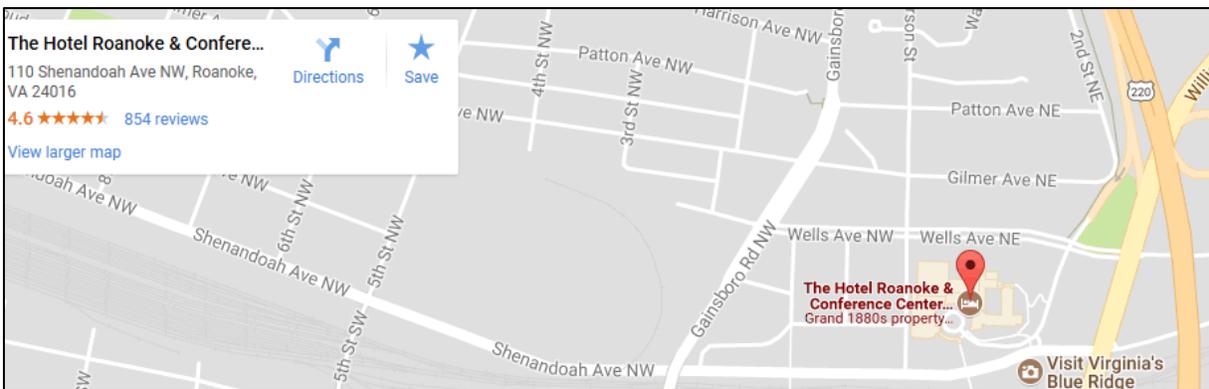
Cristina Valdivieso Bain, MA, Virginia Consortium Program in Clinical Psychology

Elena McSwain, PsyD, Hampton Veteran Affairs Medical Center Michael Arevalo, MA, Marywood University

Primary care providers are in a unique position to identify individuals with potential alcohol problems and intervene when appropriate (Fleming, 2005). Recognizing problematic drinking is important due to the Veteran population in the United States experiencing higher rates of alcohol consumption compared to civilians (Hoerster et al, 2012). While there are services available to treat more severe alcohol use disorders in Veterans Affairs hospitals, there are often fewer options available for mild to moderate users who are looking to reduce their consumption. In order to fill the identified gap, promote healthy drinking habits, and to help Veterans reduce the harm they experience from drinking, a group was developed and implemented in a primary care mental health clinic. This brief, harm reduction, and individualized feedback approach also aims to prevent the development of more severe alcohol use disorders by giving participants tools to improve control of their consumption. The presentation will include a detailed outline of the group model, pre and post intervention data, as well as, changes in the Veterans’ consumption. Learning Objectives: 1. Discuss issues with alcohol consumption unique to the Veteran population. 2. Learn about brief, harm reduction based methods to addressing mild to moderate alcohol consumption in a primary care setting.

~Qualifies for 1 Hour CE Credit

Directions



From North or South

I-81 Exit 143 (I-581 South) to Exit 5. Cross Wells Avenue and continue to the main entrance of the hotel.

From 460W (Lynchburg)

460 becomes Orange Avenue. Turn left at the traffic light at Williamson Road & Orange Avenue. After the third traffic light, turn right on Shenandoah Avenue. Take the 1st right to main entrance of the hotel.

Things to Do in Virginia's Blue Ridge



There are so many fun things to do in the Roanoke Valley in Virginia's Blue Ridge Mountains. From **galleries** and shows to **sports** and **shopping**, there's always a new experience just moments away.

Roanoke has earned the nickname "Star City of the South" by being the recreational, cultural and business hub of Virginia's Blue Ridge Mountains. The nickname is also attributed to the iconic **Roanoke Star**, which sits atop **Mill Mountain** and overlooks the entire region.

The star can be easily reached via the **Blue Ridge Parkway**, the scenic roadway that winds through the heart of Virginia's Blue Ridge.

The region boasts a unique **railroad heritage**, serving as home to the **Virginia Museum of Transportation** and its incredible collection

of locomotives.

Roanoke and the surrounding cities and counties that make up the Roanoke Valley host more festivals and cultural **events** than any place west of Richmond, and there's a vibrant **nightlife** scene that continues to grow.

With an outstanding offering of cultural activities and **outdoor** opportunities, the only difficult decision will be figuring out which things you won't have time to enjoy during your visit.

From a relaxing time at the **spa** to the excitement of **live sporting events** or a **shopping** spree, it's all part of the fun in Virginia's Blue Ridge!

When you begin your day in the Roanoke Valley, a Blue Ridge Day full of adventure and excitement awaits you.

Visitors to Virginia's Blue Ridge have all kinds of variety of things to see and do. Check out the sections below to get more information!

VPLAN Contributions

Please consider making a voluntary contribution to VPLAN*! Start with just \$25 or \$50, or even \$100. Contributions go to campaigns of State legislators who have a history of supporting clinical psychology and delivery of quality mental health care.

*VPLAN is a political action committee (PAC) registered with Virginia State Board of Elections. Personal or business credit cards acceptable in Virginia for PAC contributions, however contributions are not tax deductible.

Welcome from Dr. Thorayya Said Giovannelli VACP Conference Chair



Please join us for the VACP's Spring Conference, scheduled for April 19th and 20th, 2018, at the Hotel Roanoke. This conference is designed to address topics relevant to all Virginia Psychologists, who treat and assess a diverse clientele. This conference's theme is *care for a changing world* with the overarching goal of enhancing competencies and confidence in working in new, exciting domains. Our commonwealth and nation have seen many changes in recent decades and we hope that you leave the conference more prepared to meet these changes.

We are excited to have the Virginia Board of Psychology as one of our guest presenter. They will be discussing various changes in psychological practice and guidelines in the Commonwealth of Virginia. Also included in the conference is a roundtable discussion on self care as well as a wonderful lineup of speakers who will explore a variety of cutting-edge topics. Thank you to our speakers, to VACP staff and to our board members for making this conference possible.



4461 Cox Road, Suite 110
Glen Allen, VA 23060

Virginia Academy of Clinical Psychologists (VACP)

is the voice of professional clinical psychology within the Commonwealth of Virginia. Its purpose is "the advancement of Clinical Psychology as a science, as a profession, and as a means of promoting human welfare by developing and encouraging high standards of ethics and training; by providing the opportunity for the exchange of experience and research through discussions, presentation and publications; and by educating the public in the purposes and goals of the art and science of the practice of clinical psychology for the promotion of the public welfare."

