



Virginia Academy of Clinical Psychologists

Fall Symposium

Hilton Richmond

Glen Allen, VA

November 5-6, 2016

***Multiculturalism & Diversity: Strategies for
Increasing Competence and Expanding Practice***



WELCOME

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."

Please join us for VACP's Fall Symposium, which will take place on November 5-6, 2016, at the Hilton Short Pump Hotel & Spa in Richmond, Virginia. An overarching goal of the symposium is that attendees will leave with enhanced multicultural competencies, including new skills in working with diverse individuals. Further, we hope to provide a safe environment where we can explore and reflect upon our own worldviews and engage in much needed dialogue regarding diversity, privilege, oppression, advocacy, and social justice.

Finally, the VACP Fall Symposium will include space for networking and social events, which will allow for building and strengthening professional relationships.

~Dr. Alexis Zornitta
VACP Fall Symposium Chair

Schedule at a Glance

Saturday, November 5

8:00 am - 9:00 am	Registration & Continental Breakfast
9:00 am - 9:10 am	President's Welcome
9:10 am - 10:10 am	Hot Topics Impacting Your Future
10:10 am - 10:20 am	Intermission
10:20 am - 11:20 am	Disability: Strategies for Increasing Cultural Competence with the "Hidden Minority"
11:20 am - 11:30 am	Intermission
11:30 am - 12:30 pm	Opportunities and Challenges in Delivering Telemental Health Services to Small Rural Communities
12:30 pm - 7:45 pm	Free Time
7:45 pm - 10:45 pm	Casino Night Social

Sunday, November 6

7:30 am - 8:15 am	Continental Breakfast
8:10 am - 10:00 am	The American Experience: Promoting the well being of Arab and Muslim Patients
10:00 am - 10:15 am	Intermission
10:15 am - 11:15 am	An Introduction to Providing Clinical Care to LGBT Clients
11:15 am - 11:30 am	Intermission and Hotel Check Out
11:30 am - 12:30 pm	Affirming LGBT Patients in Outpatient and Residential Treatment
12:30 pm	Departures

Highlights Include

7 Hours CE
2 Continental Breakfasts
Casino Night

DETAILED SCHEDULE

Saturday, Nov 5

08:00 am – 09:00 am Registration and Continental Breakfast (Sponsored by Therapy Notes)

09:00 am – 9:10 am President's Welcome, Robin Haight, Psy.D.

9:10 am – 10:10 am Hot Topics Impacting Your Future

~Members of the Virginia Board of Psychology

Members and staff of the Virginia Board of Psychology will discuss topics including, but not limited to, proposed regulations, new legislation, the disciplinary process, and emerging issues such as teletherapy. This group discussion will feature discussions of topics of direct impact on clinical psychology and patient care. Audience questions will guide depth of discussion of specific issues. Objective: Participants will be able to list current issues being discussed by the Board of Psychology and the impact on their practice.

1 Hr.
CE

Qualifies
for "Ethics"
Credit

10:10 am – 10:20 am Intermission

10:20 am – 11:20 am Disability: Strategies for Increasing Cultural Competence with the "Hidden Minority"

~Andrea Konig, Ph.D.

Individuals with disabilities are the largest minority group in the US and most also have membership in other underrepresented groups. The learning objectives of this presentation are to introduce several models of disability, discuss why developing cultural competence to work with individuals with disabilities is important, and identify steps providers can take to increase cultural competency to work with this population.

1 Hr.
CE

11:20 am – 11:30 pm Intermission

11:30 am – 12:30 pm Opportunities and Challenges in Delivering Telemental Health Services to Small Rural Communities

~Christa Marshall, Psy.D. & Janette Hamilton, M.S.

The wars in Iraq and Afghanistan relied more heavily on military Reserve and National Guard members than in previous conflicts. As a result, when Veterans returned home, they returned to rural areas in record numbers. This presentation will discuss the unique needs and challenges of Veterans living in rural areas and how the VA is using telehealth services to address those needs. Learning objectives: 1. participants will be able to identify the barriers for Veterans who live in rural areas to receive needed mental health care; and 2. participants will develop an understanding of clinical opportunities, challenges, and outcomes when services are delivered via telehealth.

1 Hr.
CE

12:30 pm – 07:45 pm Free time to network, enjoy fellowship, visit Short Pump, Richmond and Surrounding Areas
Dinner on your own.

07:45 pm – 10:45 pm VACP Casino Night and Social

Join us for an evening of good friends, good fun and friendly games at the VACP Casino Night. Bring your game face for a truly memorable evening. No real money allowed. Prizes will be given away at the end of the evening. Open bar and lite snacks will be provided. Free lessons for novices.



Sunday, Nov 6

07:30 am – 08:15 am Continental Breakfast

08:10 am – 10:00 am **The American Experience: Promoting the well-being of Arab and Muslim Patients**
~Mona AbuHamda, Psy.D.

Dr. AbuHamda will give us a background about the religious beliefs and cultural norms of Arab-American and Muslim-American patients. She will discuss how cultural traditions and worldviews as well as religious beliefs can impact therapy, and discuss ways to foster the therapeutic relationship and work through psychological issues while respecting the clients' culture. She will also discuss the impact of recent world events on this population, including trauma occurring in countries of origin, as well as the impact that the stressors of immigration can have on this population.

2 Hrs.
CE

10:00 am – 10:15 am Intermission

10:15 am – 11:15 am **An Introduction to Providing Clinical Care to LGBT Clients**
~Tiffany Lange-Altman, Psy.D.

The purpose of this presentation is to: 1) assist mental health professionals in developing greater awareness of the unique needs of the LGBT (lesbian, gay, bisexual, transgender) community, and 2) introduce clinical guidelines for increasing competence with delivery of affirmative therapy. The two learning objectives will be addressed through discussion of the continuums of identity, LGBT terminology, and the healthcare discrepancy. Attendees will be introduced to the concepts of affirmative therapy and mental health evaluations for transgender individuals.

1 Hr.
CE

11:15 am – 11:30 pm Intermission and Hotel Check Out

11:30 am – 12:30 pm **Affirming LGBT Patients in Outpatient and Residential Treatment**

~Gina Raze, Ph.D., Emily Marston, Ph.D., Matthew Jameson, Ph.D.,
& G. Todd Vance, Ph.D.

Learn and join in on this discussion of how psychologists can create welcoming and safe environment for LGBT clients. Topics will include addressing internalized homophobia, prejudice, and discrimination, and the intersection of faith traditions with sexual identity in outpatient mental healthcare, managing the nuances of group residential treatment with LGBT individuals, and teaching affirmative, culturally-sensitive therapy to mental health trainees. Learning objectives: attendees will be able to identify two or more potential barriers to treatment-seeking among LGBT individuals. Attendees will be able to describe three or more clinical situations in which LGBT individuals may fear being ostracized or judged (e.g., a gay male assault survivor in a group treatment).

1 Hr.
CE

12:30 pm Departures

Directions

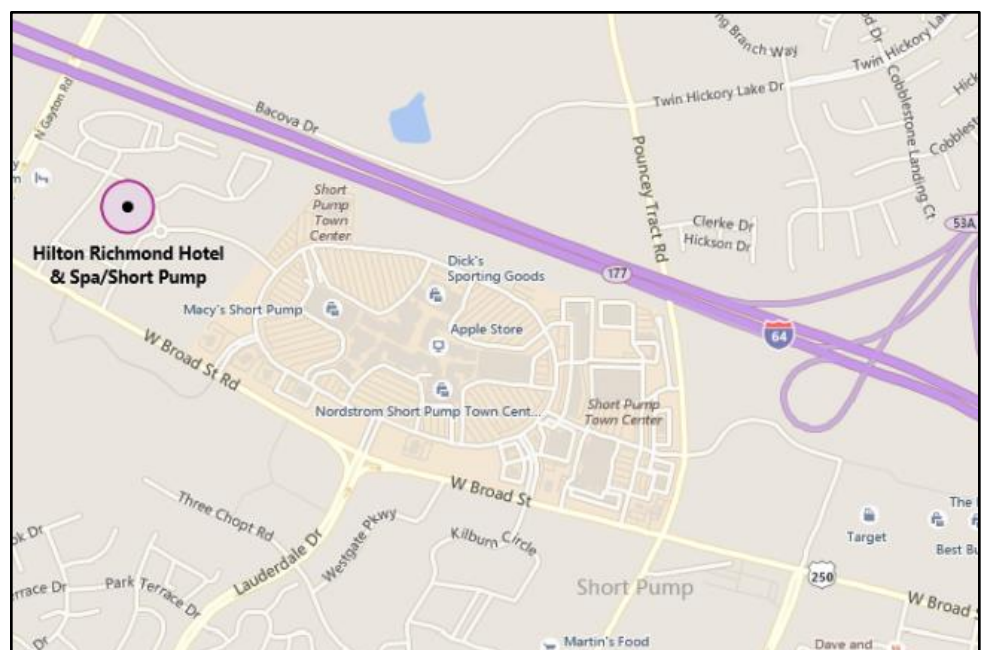
The Hilton Richmond Hotel & Spa is conveniently located in the Short Pump area convenient to Innsbrook & the West End. Access to the hotel is directly off exit 178A from Interstate 64, just West of Interstate 95.

Parking

It's FREE & It's On-Site!

Hotel Address

12042 West Broad Street
Richmond, VA 23233





Aura Spa & Salon

Aura Spa and Salon is a relaxing getaway for Hilton Richmond Hotel & Spa/Short Pump Guests and the residents of Richmond. This four-star salon and spa offers a variety of services using some of the best, body, hair, and facial products on the market. The salon is full-service and offers cutting, styling, coloring, highlighting, and straightening for all hair types. The spa features five treatment rooms, including two couple's suites and a massage room with a steam shower.

To book a spa appointment, please call (804) 622-6000.

Spa Features

- Two couple's suites treatment rooms
- One dedicated skincare treatment room
- One dual-purpose treatment room
- One signature enhancement massage room with a chromatherapy steam shower
- Four manicure and pedicure stations

- Two hair stations
- Two dressing rooms with lockers and basic amenities
- Outdoor patio with a fire pit
- Robes and slippers

Spa Menu Overview

- Massage therapy with organic body oil
- Body scrubs and wraps
- Master esthetics
- Full body waxing
- Natural nail care services
- Make-up application

Amenities and Services

Whether you are conducting business, keeping up with a fitness routine or looking to spend quality time with your family, Hilton Richmond Hotel & Spa/Short Pump is here to make the most of your stay by offering the services you need, the amenities you expect, and the extras you deserve.

For Your Business Convenience

The hotel offers an extensive assortment of business amenities including A/V equipment rental and video conferencing.

- Audio/Visual Equipment Rental
- Business Center
- Express Mail
- Fax
- Meeting Rooms
- Modem
- Paging Equipment Rental
- Printer
- Telex
- Video Conferencing Available
- Video Messaging



SYMPOSIUM REGISTRATION FORM

___ **\$195 Per Attendee:** (Includes 7 Hours CE, 2 Breakfast, and Casino Night Social)

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

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

- ___ Saturday Continental Breakfast
- ___ Saturday CE Presentations
- ___ Saturday Casino Night and Social
- ___ Sunday Continental Breakfast
- ___ Sunday CE Presentations

___ **\$35 Per Spouse/Guest:** (Includes Casino Night Social Only. Advance Registration Required)

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

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

___ **\$25 Late Fee (Per Person)** for any registration received after October 13

___ **\$ TOTAL**

Payment Information

Mark Choice with an "x"

___ Pay by Check ___ Pay by Credit Card (MasterCard/Visa)

Check Number: _____

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

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

Full Billing Address _____

Authorized Signature: _____ (Required for Credit Card Charges)

If registering by credit card, MAIL (both sides of form) to VACP office or scan and email to VACPOffice@gmail.com or fax to 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 23060

Refund Policy: Before Oct 13, ^{Full} Refunds will be provided upon written request. After Oct 13, No Refunds will be provided for any reason.

Special Dietary Needs: Any member with special dietary needs must contact the VACP office by Oct. 13 so that we may try to accommodate your request. Special dietary requirements must be medically justifiable rather than personal preference.

Room Reservations Information

- **Call 1-800-445-8667 and Mention the "Virginia Academy of Clinical Psychologists"**
- **Discounted Room Rate: \$145/Night (Run of the House Room)**
All rooms are for daily, single or double occupancy and are subject to taxes applicable at the time of your stay (currently 13.3%)
- **Room Reservation Deadline is Friday October 13, 2016**
- **Check-in time is 3:00 pm and Check out time is 12:00 pm**
All Room Reservations Include:
Complimentary Self-Parking
Complimentary Access to fitness center
Complimentary Wireless Internet (Guest Rooms and Meeting Space)
No Resort Fee

Things To Do - Shopping

J.CREW

★ macy's

ANN TAYLOR



SAXON

POTTERY BARN

BANANA REPUBLIC

Brookstone

Crate&Barrel



Dillard's



EXPRESS

NORDSTROM



GYMBOREE

URBAN OUTFITTERS

L.L.Bean

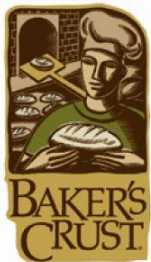
Lilly Pulitzer

ORVIS



WILLIAMS-SONOMA

Dining



THE BOATHOUSE



california
PIZZA KITCHEN

The Cheesecake Factory



Lehja
India Delicious!

MAGGIANO'S
LITTLE ITALY



TEXAS de BRAZIL
CHURRASCARIA STEAKHOUSE





TherapyNotesTM

Online Practice Management for Behavioral Health

Exclusive Offer for VACP Conference Attendees:

2 FREE MONTHS

Use Promo Code: VACPCONV16

Offer Expires: 2/1/2017

www.TherapyNotes.com

***Multiculturalism & Diversity: Strategies for
Increasing Competence and Expanding Practice***



4461 Cox Road
Suite 110
Glen Allen VA 23060