



VACP

Virginia Academy of Clinical Psychologists

Offered in
Conjunction with



****IMPORTANT DATES****

March 28, 2017

- Hotel Room Reservation Deadline Call 1-800-HILTONS and mention VACP's group code "ACP" to ensure that you receive the group rate. Or visit the VACP website at www.vapsych.org to reserve your room online.
- Early Bird Registration Deadline *After this date a \$25 late fee will apply

April 14, 2017

- 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 27-28, 2017

**Hilton Norfolk
The Main**

Spring Convention & Educational Conference

**Developmental Issues
Across the Lifespan**

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.

Hilton Norfolk The Main

A new landmark hotel in downtown Norfolk

At the corner of Main and Granby streets, in downtown Norfolk, discover Hilton Norfolk The Main hotel. Situated within walking distance to over 50 restaurants and 9 miles from Norfolk International Airport, we make it easy to explore the vibrant city of Norfolk. Get in a morning run along the beautiful Elizabeth River or take in the river traffic on a peaceful stroll. Catch a concert or sporting event at Scope, a premier entertainment venue just minutes away. Cheer on The Tides at Harbor Park, less than 1 mile from our hotel.

Room Reservations at the Hilton Norfolk The Main

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

Rate: \$159/night (Includes Complimentary Self-Parking)
Reservations can be made by dialing 1-800-HILTONS
Mention the group code ACP to ensure that you receive the group rate. Rooms are subject to tax at 14% per room, per day and a \$2 per day lodging fee.

Room Reservations must be received by April 5, 2017

(VACP complies with the Americans with Disabilities act. Special assistance request must be received no later than March 28, 2017.)

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 14, 2017: 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, 2017.*

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 _____ Exp. Date: _____ / _____

Authorized Signature: (Required for Credit Card Charges) _____

REGISTER ONLINE AT www.vapsych.org or by credit card, MAIL (both sides of form) 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 14th, no refunds will be provided for any reason.

Wednesday April 26, 2017

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

Thursday April 27, 2017

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

7:00 am – 4:30 pm **Registration**

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

8:00 am – 8:05 am **Presidents Welcome, Dr. Robin Haight, VACP President**

8:05 am – 11:00 am **Expanding The Quality of Treatment (Therapy & Medication) Across the Age Spectrum**

Moderator: Ed Tiller, Ph.D., Williamsburg Centre for Therapy

Panelists: Anita L. Auerbach, Ph.D., Founder/Director of Commonwealth Psychological Associates PLC, Clinical Professor at George Washington University Graduate School of Psychology & School of Medicine, VPA Past President; Robert L. Gervy, Ph.D., Medical Psychologist, Gervy and Associates LLC New Orleans LA; Jim Morris, Ph.D., Dominion Behavioral Healthcare; and Gretchen LeFever Watson, Ph.D., President at Safety & Leadership Solutions, Adjunct Professor Old Dominion University.

As the delivery of mental health care changes, more primary care providers are embracing a coordinated approach. This team approach relies on the Clinical Psychologist providing mental health services and consultation with the patient's physician about medication. With Clinical Psychologists collaborating with Pediatricians, Family Practitioners and Geriatricians, it's imperative for us to understand the appropriate use of medications for treating various conditions based on patient diagnosis and age. Because they significantly impact a patient's behavior/well-being, it is also highly desirable for us to have a working knowledge of the effects of polypharmacy, medication withdrawal and drug interactions. This seminar will include panel and participant discussion. Learning objectives: 1. Discuss ethical factors therapists need to consider when treating a client presenting with impaired behavior/well-being most likely resulting from polypharmacy; 2. Describe some of the factors that influence a clinician to recommend that a client stop taking a medication, and describe how to do such collegially; and 3. Discuss the responsibilities a therapist assumes if a client is stopping a medication taken for years, no matter if it's seen as potentially addictive (benzodiazepines) or not (antidepressants). ***~Qualifies for 3 Hour CE Credit****

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

11:00 am – 12:00 noon **Developmental Consequences of Seizures in Children**

Jennifer Flaherty, Ph.D., Neuropsychology Program, Eastern Virginia Medical School

This presentation will focus on the neuropsychological effects of seizures in children and adolescents. As a result of this presentation, participants will: 1. Describe common neuropsychological impairments from seizures in children and adolescents 2. Discuss the features of common epilepsy syndromes in children and adolescents. ***~Qualifies for 1 Hour CE Credit***

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

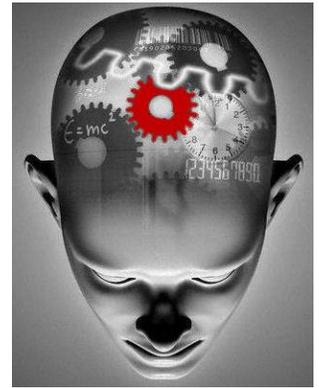
1:00 pm – 3:00 pm **Student Poster Session 2**

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

2:00 pm – 3:00 pm **Poverty in Practice**

Thorayya Said Giovannelli, Psy.D., Hampton VAMC; Abigail Slowik, Psy.D., Hampton VAMC

Millions of Americans live in poverty. Research has shown that poverty impacts physical and mental health in numerous ways. Poverty, especially during childhood, is related to increased obesity rates, reduced frustration tolerance, and increased mortality. Despite the health impacts, this diversity variable has garnered less attention from the psychotherapeutic research and practice communities. We aim to review how poverty, especially in childhood, negatively impacts one's mental and physical health and to explore best practices with individuals experiencing poverty. Learning objectives include: 1. To identify the impact of poverty on physical and psychological health, including health care disparities and differential risk factors; 2. To discuss how poverty in childhood impacts functioning throughout one's life; and 3. To describe models of culturally competent care across SES spectrum. ***~Qualifies for 1 Hour CE Credit***



3:00 pm – 4:30 pm

Psychogenic Non-epileptic Seizures (PNES): Diagnosis, Assessment, and Treatment

Stephanie D. Bajo, Psy.D., Assistant Professor University of Virginia School of Medicine Department of Psychiatry and Neurobehavioral Sciences; Amit A. Shahane, Ph.D, Assistant Professor University of Virginia School of Medicine Department of Psychiatry and Neurobehavioral Sciences.; & Virginia Andersen, Ph.D., Assistant Professor University of Virginia School of Medicine Department of Psychiatry and Neurobehavioral Sciences

Psychogenic Non-epileptic Seizures (PNES) are episodes in which an individual exhibits involuntary seizure-like activity, without associated electrophysiological changes within the brain. PNES is conceptualized as an intense physical manifestation of stress and in many cases fits the diagnostic criteria for Functional Neurological Symptom (Conversion) Disorder in DSM-5 (American Psychiatric Association, 2013). The incidence rate of newly diagnosed PNES has been reported as 4.90/100,000/year, although this rate has been found in upwards of 30% of individuals treated within an epilepsy center setting (Duncan, et al., 2011; Benbadis, et al. 2004). Average time to reach a diagnosis of PNES is 7 years, with many of those individuals having been treated with anti-epileptic drugs for presumed epilepsy (Syed et al., 2010; Reuber, et al., 2002). Common risk factors for PNES include a history of physical, sexual, or emotional abuse, other trauma, co-morbid epileptic seizures, poor coping (i.e., avoidance), and history of psychiatric illness, among others (Reuber, 2008). Standard practice for reaching a diagnosis of PNES includes capturing typical spells on prolonged video-EEG (v-EEG) without finding an electrophysiological correlate to these events, in combination with other comprehensive medical assessment (La France, et al., 2013; Syed et al., 2011). A clinical diagnostic interview with a qualified mental health provider is often very useful in determining whether the individual's non-epileptic spells are truly due to a conversion disorder (i.e., PNES), or rather better accounted for by another psychiatric condition (i.e., panic attacks). The overall aim of this presentation is to discuss/define PNES, review how this disorder is diagnosed/assessed, and perhaps most importantly discuss how PNES can be treated.

~Qualifies for 1.5 Hour CE Credit

4:30 pm – 5:30 pm

Childhood Obesity and Psychological Treatment

Dara Houp, M.A., Regent University; Julia Sadusky, B.A., Regent University; Kathleen Trotta, M.A., Regent University; Amber Perkins, M.S., Regent University

This presentation seeks to address the problem of childhood obesity. Children and adolescents struggling with obesity face numerous psychological concerns. Clinicians must be knowledgeable in the ways physical and mental symptoms interact; exhibit competence in implementing appropriate interventions; and address concerns within the family system. Learning objectives include: 1. Explore co-occurring mental health concerns related with childhood obesity to better understand the problem and population at hand; and 2. Identify treatment approaches to respond effectively to childhood obesity.

~Qualifies for 1 Hour CE Credit

4:30 pm – 7:00 pm

VAPS Meeting

5:30 pm – 6:30 pm

VACP Members Reception

(VACP members receive 1 complimentary drink)

Friday April 28, 2017

7:15 am – 8:00 am

Continental Breakfast & Exhibits

7:15 am – 12:00 noon

Registration

8:00 am– 10:00 am

Two Homes, One Childhood

Robert Emery, Ph.D. Professor University of Virginia.

Professor Emery will present highlights from his new book, *Two Homes, One Childhood*. Learning objectives include: -- An overview of Emery's unique Hierarchy of Children's Needs in Two Homes -- Discussion of different parenting plans, how they affect children and families, how they can be negotiating, and how they can grow and change to fit children's changing developmental needs.

~Qualifies for 2 Hours CE Credit



Robert Emery, Ph.D. is Professor of Psychology and Director of the Center for Children, Families, and the Law at the University of Virginia. He has authored over 150 scientific publications, and several books on divorce including *Marriage, Divorce, and Children's Adjustment*; *Renegotiating Family Relationships: Divorce, Child Custody, and Mediation*; and his guides for parents, *The Truth about Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive* and most recently, *Two Homes, One Childhood: A Parenting Plan to Last a Lifetime*. In addition to his research, Dr. Emery maintains a practice as a clinical psychologist, divorce mediator, and parenting coordinator. He is the father of five children.

10:15 am – 11:15 am



Board of Psychology Conversation Hour

Members of the Virginia Board of Psychology

Group discussion on activities of Virginia Board of Psychology of interest to all of its licensees. Topics may include reasons for disciplinary cases, questions and answers related to continuing education credits, and an update on any regulatory changes being considered by the Board. Participants will be made aware of the status of any proposed Board of Psychology regulatory changes. Participants will be made aware of the status of other emerging issues regarding the practice of Psychology in the Commonwealth.

~Qualifies for 1 Hour CE Credit

11:15 am – 12:45 pm

Lunch on your own – Colleague Networking

12:45 pm – 1:45pm

Suicide, Sex and Social Skills: Psychotherapy and ASD

Donald Oswald, Ph.D., Commonwealth Autism Richmond, VA

The presentation addresses key challenges faced in psychotherapy with individuals with ASD. Evidence-based approaches to such psychotherapy are discussed, along with principles for adapting other common psychotherapeutic approaches. Learning objectives: 1. Participants will identify key challenges to success in psychotherapy with individuals with high functioning autism or Asperger syndrome. 2. Participants will identify principles for an adapted approach to psychotherapy that help to meet the needs of individuals with ASD. 3. Participants will identify psychotherapy interventions for individuals with ASD that are evidence-based or emerging.

~Qualifies for 1 Hour CE Credit

1:45 pm – 2:45 pm

Addressing Dementia and Related Challenges in Older Adults

Tabitha A. Sierra, Psy.D., Hampton VAMC

This seminar will provide information on dementia and pseudo dementia in older adults, as well as how to address challenging behaviors associated with dementia. After this seminar, participants will be able to: 1) recognize the differences between dementia and pseudo dementia; 2) identify challenging behaviors commonly associated with dementia; and 3) identify several methods in which such challenging behaviors can be addressed.

~Qualifies for 1 Hour CE Credit

3:00 pm – 4:00 pm



Psychological Considerations with Dying Clients and Their Caregivers

James L. Werth, Jr., Ph.D., ABPP Stone Mountain Health Services

The purpose of this workshop is to provide participants with a general overview of some of the issues involved when working with individuals who are near the end of life. The following topics will be reviewed: Overview of Dying and Death in the United States, End-of-Life Decision-Making, Diversity Considerations, Advance Directives, Psychological Considerations, Mental Health Symptom Management, Caregiver Concerns, and Ethical Challenges. The proposal author's, who is a member of the APA's current working group on end-of-life issues, will provide an update on the APA's efforts to address end-of-life issues. Objective 1: By the end of this workshop, participants will be able to describe at least three areas to assess with clients who are dying. Objective 2: By the end of this workshop, participants will be able to briefly describe two evidence-based interventions when working with clients who are dying.

~Qualifies for 1 Hour CE Credit

4:00 pm – 5:30 pm

The Role of the Psychologist in End of Life Cancer Care

Louise B. Lubin, Ph.D., Private Practice in Norfolk, VA

Given the prevalence of cancer, therapists will be exposed to patients and/or their families during the course of one's career. Although cancer has become more of a chronic disease, end of life issues will often need to be addressed. The learning objectives for this workshop are: 1. Discuss how personal values about death influence therapeutic ability to work with end of life patients, and clarify how therapists play an important role in end of life care for cancer patients with advanced disease. 2. Apply knowledge of available resources to aid patients in their communication of their end of life wishes to physicians and family, and identify how to create a more open discussion of this topic in our communities.

~Qualifies for 1.5 Hours CE Credit

Driving Directions

From East: Take Interstate 64 East toward Richmond. Continue to I-264 West and take Exit 284A (toward Norfolk). Follow Exit 9 to Waterside Drive (left exit). Follow Waterside Drive and take a right on Main Street and hotel one block up on the left.

From North: Take Interstate 95 South toward Richmond. Just before Richmond, take Interstate 295 South (toward Norfolk, Virginia Beach). Bypass Richmond, then merge onto Interstate 64 East. Continue to Interstate 264 West and take Exit 284A (toward Norfolk). Follow Exit 9 to Waterside Drive (left exit). Follow Waterside Drive and take a right on Main Street and hotel one block up on the left.

From West: Take Route 58 East (toward Norfolk). Follow 58 East to Interstate 264 East (toward Norfolk). Go through the downtown tunnel and over the bridge. Follow Exit 9 (left exit) to Waterside Drive exit. Follow Waterside Drive and take a right on Main Street and hotel one block up on the left.

From South: Take Interstate 95 North to Route 58 East (toward Norfolk). Follow Route 58 East to I-264 East (toward Norfolk). Go through the downtown tunnel and over the bridge. Follow Exit 9 (left exit) to Waterside Drive exit. Follow Waterside Drive and take a right on Main Street and hotel one block up on the left.



Acclaimed Norfolk Restaurants & the City's Only Rooftop Garden Lounge

The Main is downtown Norfolk's newest destination for local, chef-inspired fare and scene-making entertainment. For fresh seafood and spirits, experience the chic décor and innovative cuisine of Saltine. Sample the freshest local seafood at the pewter-top sushi bar or host a dinner in the glassed-in private dining room. From its black distressed millwork and globe lighting to mosaic floor, Saltine's upscale atmosphere defines city panache. Take the elevator to the second floor, and enjoy Varia's trattoria-inspired Italian fare, exceptional wines and intimate atmosphere under the glow of the historic chandelier. Experience the backyard garden vibe of Grain, The Main's rooftop bar and patio. Sample regional craft beer, enjoy beautiful views of the Elizabeth River, play lawn chess, or listen to live music at sunset. With a vibrant food and wine scene and three incredible new eateries, "Meet Me at The Main" has a whole new meaning.



Discover Exciting Things to Do in Downtown Norfolk, Virginia

Immersed in the vibrant culture of the city's waterfront, our modern hotel on the corner of Main and Granby Streets is downtown Norfolk's newest destination. Steps away, experience the city's eclectic art scene at Seldon Arcade or the European masterpieces of the Chrysler Museum of Art. Shop over 140 name-brand and designer retailers at the MacArthur Center, then taste chef-inspired fare at over 50 downtown restaurants. Tour Battleship Wisconsin at the Nauticus Maritime Museum or set sail on a relaxing harbor cruise from the Half Moon Cruise Center. From must-visit cultural attractions, to the lively entertainment of Town Point Park, everything is within easy reach.

HILTON NORFOLK THE MAIN RESTAURANTS:

Saltine – Succulent Seafood & Refined Atmosphere

Varia – Old world Romance and Fine Wines

Grain – Rooftop Garden Lounge with River

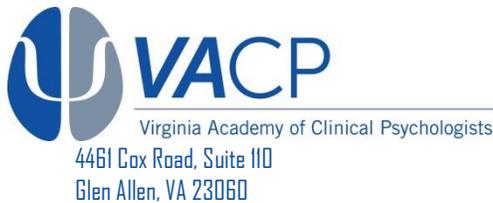
Welcome from Dr. Alexis Zornitta, VACP Conference Chair



Please join us for VACP's Spring Conference, scheduled for April 27 and 28, 2017, at the Hilton Norfolk the Main. This conference is designed to address issues relevant to all of our Virginia Psychologists, who treat and assess a diverse array of clientele. An overarching goal is that attendees will leave with enhanced competencies in working with a wide variety of individuals and developmental issues across the lifespan.

We are excited to have Dr. Emery as our guest speaker, who will be discussing, "Two Homes, One Childhood," based upon his book. Also included in the conference is an ethics panel discussion, as well as the Board of Psychology hour. Finally, we have a wonderful lineup of other seminars that address a variety of developmental issues across the lifespan.

Thank you to Dr. Jennifer Beard for assistance in identifying our wonderful guest speaker! Also, thank you to Dr. Thorayya Giovannelli and Dr. Barbara Smith for assisting with review of proposals for this conference!



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."

