

Maintaining Professional Competence

DAY ONE AM

8:30AM-12:30PM

Before You Panic. . . Guidelines for Resolving Ethical Dilemmas

Faculty: Anne Hess PhD, Lisa Obstfeld, Ph.D., Farhana Shah, Ph.D. and Meg Zellinger, Ph.D.
Intermediate 4 CE credits

When ethical dilemmas arise, psychologists need to recognize the potential conflict and choose a course of action using clinical judgment, relevant ethical guidelines, and state regulations and statutes. This workshop will demonstrate how a MePA Ethics Committee consultation works using clinical vignettes from assessment and therapy. Using scenarios drawn from common dilemmas faced by practitioners, the presenters will explore with participants whether a consultation is needed and how to frame the ethical question in order to make the best use of a consultation.

Objectives: At the end of the workshop participants will be able to :

- identify whether an ethics consultation is needed
- how to frame a question to the ethics committee or consultant if a consult is needed,
- understand the process of consultation on ethics questions

DAY ONE PM

1:30PM-4:30PM

What is ACT? A Brief Introduction to Acceptance & Commitment Therapy

Faculty: Joel Guarna, PhD and Elizabeth Kubik, PhD

Intermediate 3 CE credits

Acceptance & Commitment Therapy (ACT) is a contemporary form of Cognitive-Behavioral Therapy (CBT) that has shown much promise in helping clients with a wide range of

emotional and behavioral difficulties. Using a combination of didactic presentation and experiential exercises, this brief workshop will introduce participants to the ACT model . Attendees will leave this training with a basic understanding of ACT approaches to therapy and reasons to consider learning more.

Objectives: At the end of the workshop participants will be able to :

- summarize the ACT model of human suffering including the roles of experiential avoidance and cognitive fusion
- summarize how ACT therapy goals differ from those most traditional cognitive and behavioral therapies (and the presenting goals of most of our clients).
- practice a values intervention you can use for yourself and your clients.

DAY ONE PM

1:30PM-4:30PM

Cognitive Effects of Chemotherapy: Update and Management for Psychologists

Faculty: Robert J. Ferguson, Ph.D.

Intermediate 3 CE credits

This workshop will introduce neuropsychologists, psychologists and others who work with cancer patients to the problem of late cognitive effects of cancer chemotherapy. With advancement of early detection and aggressive treatment, over 10 million Americans are cancer survivors. However, with this success comes a host of chronic problems such as pain, physical impairment or cognitive problems that can adversely affect overall function and well-being. This workshop will review the background research history of cognitive effects of chemotherapy, development of treatments and identify practical “how to” guides on assessment and management.

Objectives: At the end of the workshop participants will:

- identify prevalence estimates of chemotherapy cognitive impairment and 3 reasons why estimates vary.
- identify at least 3 commonly used drugs used in cancer treatment and 2 hypothesized mechanisms of chemotherapy-cognitive change
- identify proposed management strategies and name at least one advantage and disadvantage of each .

DAY TWO AM

9:00AM-12:00PM

The Future of Psychology Practice: Possibilities and Options

Faculty: Jean A. Carter, PhD

Beginner 3 CE Credits

This presentation offers participants an opportunity to look at several dimensions of what the future of psychology practice may include and what practitioners can prepare for. Particular areas of emphasis will be the increasingly diverse population in the US, implications of health care reform for services and service delivery, and the implication of evidence based practice and outcomes measurement as we look ahead at changes in the roles of psychology practitioners.

Objectives: At the end of the workshop participants will:

- be aware of future applications of psychological services to meet the needs of our changing population
- be familiar with the impact of health care reform on patients and services
- be aware of approaches to the integration of evidence and use of outcome measurement in psychological services .

DAY TWO

9:00AM-12:00PM

Concussive Injuries Among

Returning Military Veterans and Victims of Multiple Injuries

Faculty: Mark Lovell PhD and Elizabeth Pearson PhD

Intermediate 3 CE Credits

Dr. Lovell and Dr. Pearson will present information on the specific challenges and strategies of assessment and intervention for concussive injuries among returning veterans and the clinical correlates between military veterans and victims of repetitive brain injuries.

Objectives: At the end of this workshop, the participant will be able to:

- recognize the neurometabolic basis of concussion.
- recognize the complex relationships between PTSD, TBI and depression among persons with multiple concussive injuries.

DAY TWO PM

1:30-4:30PM

Ethical Considerations in Constructing a Supervisory Relationship

Faculty: Steven C. Atkins, Psy.D.

Intermediate 3 CE Credits

Through the use of video caveats, Dr. Atkins' interactive presentation will highlight several possible ethical dilemmas within a supervisory relationship. He will draw upon the APA Ethical Codes to help demonstrate ways to delineate ethical resolutions associated with potential ethical dilemmas. Sample contracts will be provided at the end of the presentation for participants to reference when establishing a supervisory relationship.

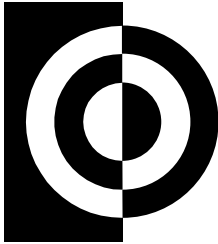
Objectives: At the end of the workshop participants will:

- learn ways to construct a supervisory contract
- can expect to enhance their ability to identify and define salient issues associated with a sound supervisory contract.

The Maine Psychological
Association

presents its

2009 Fall Meeting



***Maintaining
Professional Competence***

The Maine Psychological Association
P.O. Box 5435
Augusta ME 04332

General Information

Fees:

Include breaks, lunches and materials. Students who attend as a guest of a MePA member pay no fee.

Cancellations:

No refunds after 10/30/09.

Continuing Education Credits:

MePA is approved by the Maine Board of Examiners of Psychologists to offer CE credits for psychologists, and maintains responsibility for the program. Contact MePA at 1/800-287-5065 or mepaaug@aol.com for more information.

Accommodations:

We have arranged a rate of \$79 for registrants of the conference at the Comfort Inn, 281 Civic Center Dr. Augusta . Please mention the Maine Psychological Association when making your reservation. **Reservations must be made on or before October 23, 2009 to get the conference rate.** Directions: From South: Take exit 112B off I-95. Take right off exit, hotel is on right. From North: Take exit 112 off I-95. Take right off exit, hotel is on right.

Driving Direction to UMA:

From the North: Take Interstate 95 south to exit 112, turn left off exit ramp. Go about .75 miles and turn right at the UMA entrance sign.

From the South: Take Interstate 95 north to Exit 112 A, turn right off exit ramp. Go about .75 miles and turn right at the UMA entrance sign.

Questions?

Call MePA at 1/800-287-5065 or email at mepaaug@aol.com

Brochure also available on-line at mepa.org.

**Friday and Saturday
November 6 & 7, 2009
University of Maine at
Augusta
Augusta, Maine**

Faculty

Steven C. Atkins, Psy.D. is a clinical psychologist, school consultant and national presenter who specializes in specific learning disabilities, disruptive disorders, and developmental and systemic theory. He holds a position of Adjunct Faculty for Dartmouth Medical School's Child & Adolescent Psychiatry Section. His practice focuses on primary and secondary school-aged children and their families on impulse control and social skills development, while concurrently consulting with community-based and school-based service programs and conducting neurodevelopmental assessments as a member of a multidisciplinary team. Dr. Atkins serves as President of the NHPA, was the Chair of the Ethics Committee for NHPA and he is a member of the American Family Therapy Academy. He is the co-author of three Go Parents! Guides and two of his books have won prestigious national awards, including "Best Parenting Book for 2003" for "Talking to your kids about sex," by the Independent Publishers.

Jean Carter, Ph.D. has been in private practice in Washington DC for 30 years, with special emphasis on serious trauma, grief and loss, and workplace stress. She currently serves on the APA Board of Directors, after having chaired the Committee for the Advancement of Professional Practice of APA and been president of three APA Divisions. She served on APA's Task Force on Evidence Based Practice. She is an associate editor of Professional Psychology: Research and Practice and is on the editorial board of The Counseling Psychologist and Psychotherapy: Theory, Research, Practice, Training.

Robert Ferguson, Ph.D. is a clinical psychologist at the Maine Rehabilitation Outpatient Center and Behavioral Medicine Section at EMMC in Bangor. He is an Adjunct Assistant Professor of Psychiatry at Dartmouth Medical School and Clinical Associate at the University of Maine. His clinical re-

search interests are in cancer survivorship, cognitive effects of chemotherapy and symptom management.

Joel Guarna, Ph.D. is a clinical psychologist in private practice in Portland. Dr. Guarna's areas of clinical interest include Cognitive-Behavioral Therapies (CBT), Acceptance & Commitment Therapy (ACT), mind/body health and behavioral medicine, and treatment of addictions, trauma, anxiety and mood disorders. He was introduced to ACT in 1999 and has attended and given numerous trainings on ACT over the past several years.

Elizabeth Kubik, Ph.D. is a clinical psychologist in private practice in Portland. Dr. Kubik specializes in anxiety and stress management, post-partum depression, and women's wellness/health psychology. She was introduced to ACT during her graduate and postgraduate training and has continued her study of ACT through participation in conferences and consultation groups.

Anne Hess, Ph.D., ABPP is a board certified clinical neuropsychologist, recently retired; former chair of Board of Examiners of Psychologists; worked with the APA Ethics Committee for almost 20 years, and was a Member of APA Ethics Committee from 2002-2004. She is a former president of MePA and an adjunct faculty of University of Maine Psychology Dept.

Lisa Obstfeld, Ph.D. is a recently retired private practice psychologist. She has been a member of the MePA Ethics Committee for over a decade. She practiced in Reno, Nevada for 7 years, and in 1990 relocated to Aroostook County, where she maintained her adult practice until her retirement in 2008.

Mark R. Lovell, Ph.D. is the Director of the UPMC Sports Medicine Concussion Program and developer of the ImPACT program. Dr. Lovell is an internationally recognized expert on mild traumatic brain injury and founded the neuropsychological testing programs for the NFL, the National Hockey League, Indianapolis Racing League, the US Ski team. Dr. Lovell also serves as a consultant to Major League Soccer, the Pittsburgh Steelers and the Pittsburgh Penguins. In addition to his work in sports-related brain injury, Dr. Lovell is actively involved in clinical research aimed at better understanding recovery from brain injury in military personnel. He is currently an investigator for a Department of Defense study utilizing functional brain imaging in patients who have suffered an mTBI or have symptoms of post-traumatic stress disorder.

Elizabeth Pearson, Ph.D. is the Director of the Maine National Guard TBI Screening Project and a Program Manager at Dartmouth Medical School. Dr. Pearson's research focus is trauma related concussive injuries among domestic violence victims and the correlates between victims of domestic violence and military service members. She has extensive clinical experience working with victims of violence with repetitive brain injuries and the complex challenges they face in receiving services from clinical, social and legal systems of care.

Farhana Shah, Ph.D. is in private practice at Sonnet Psychological in Freeport and Gardiner. She completed her doctorate in clinical psychology at the University of Memphis, with an emphasis on assessing and treating children with developmental disabilities. She specializes in the assessment of young children and in the treatment of Anxiety and Autism spectrum disorders.

Agenda

Friday, November 6, 2009

- 8:00AM** Registration/Continental Breakfast
8:30AM Before You Panic. . . Guidelines for Resolving Ethical Dilemmas
10:00AM Break
12:30PM Luncheon/Small Groups
1:30PM What is ACT? A Brief Introduction to Acceptance & Commitment Therapy
1:30PM Cognitive Effects of Chemotherapy: Update and Management for Psychologists
3:00PM Break
4:30PM Adjourn
4:45PM Reception/Student Poster Session

Saturday, November 7, 2009

- 8:30AM** Registration/Continental Breakfast/Women in Psychology Meeting
9:00AM The Future of Psychology Practice: Possibilities and Options
9:00AM Concussive Injuries among Returning Military Veterans and Victims of Multiple Injuries
10:30AM Break
12:00PM Lunch/MePA Business Meeting
1:30PM Ethical Considerations in Constructing a Supervisory Relationship
4:30 PM Adjourn

Maintaining Professional Competence

Sign up for:

	MePa Member	Non- member	Student
<input type="checkbox"/> Friday and Saturday	\$239	\$289	\$99
<input type="checkbox"/> Friday only	\$130	\$150	\$50
<input type="checkbox"/> Friday AM only	\$ 70	\$ 90	\$25
<input type="checkbox"/> Friday PM <i>What is ACT? Only</i>	\$ 70	\$90	\$25
<input type="checkbox"/> Friday PM <i>Cognitive Effects of Chemo only</i>	\$ 70	\$90	\$25
<input type="checkbox"/> Saturday only	\$130	\$150	\$50
<input type="checkbox"/> Saturday AM <i>Future of Psych only</i>	\$70	\$90	\$25
<input type="checkbox"/> Saturday AM <i>Returning Veterans only</i>	\$70	\$90	\$25
<input type="checkbox"/> Saturday PM	\$70	\$90	\$25

I have special dietary needs.
(Please specify)

I will be bringing a student
(name) _____
 free of charge.
(see General Information).

Method of Payment

Check (made payable to "MePA")

VISA/Mastercharge

Total _____

Credit Card #

Signature

Expiration Date

Name

Address

City/Zip

Telephone

Email

**Please join us
 for the**

**Maine
 Psychological
 Association
 Reception
 and
 Student Poster Session**

**Refreshments
 and Bar**

**Friday November 6,
 2009
 4:45-5:30PM**

**Randall Student Technology
 Center
 Second Floor Lobby
 University of Maine at Augusta**