

# American Psychotherapy Association

## Friday, August 7<sup>th</sup> -Schedule is subject to change without notice"

**START TIME**

**GSA Lounge North section**

07:30 am.....

08:00 am.....

08:30 am "Upstairs/Downstairs: Understanding Your Brain As An Office Building"...

09:00 am.....

09:30 am Chrys Parker

10:00 am Break (09:45 am to 10:00 am)

10:30 am The Dynamics of Family and Domestic Violence and PTSD

11:00 am.....

11:30 am Chrys Parker

11:00 am.....

11:30 am.....

12:00 am.....

12:30 pm Awards ceremony - Lifetime Achievement (MCC Theater)

12:30 pm.....

Lunch Break - Food court and shops on campus

01:00 pm.....

01:30 pm Peak Performance & Psychotherapists: Are you an AVERAGE therapist or a PEAK PERFORMER?

02:00 pm.....

02:30 pm Robert McCarthy

02:30 pm.....

03:00 pm.....

03:30 pm.....

04:00 pm Break (04:00 pm to 04:15 pm)

04:30 pm Eliminating the Basis of Insecurities

05:00 pm.....

05:30 pm Dollie Mercedes

05:30 pm.....

06:00 pm Beach Banquet 05:45pm until 7:45 (1 mile East. self transportation)

# American Psychotherapy Association

## Saturday, August 8<sup>th</sup> -Schedule is subject to change without notice"

START TIME	GSA Lounge North section	GSA Lounge South section
07:30 am		
08:00 am		
08:30 am		
09:00 am	Conscience Sensitive Approaches  Matthew R. Galvin, Margaret (Meg) Gaffney, Erin Greer	Treasure Hunting in the Caves of the Shadow: Utilization of the grandiosity and victim complexes in the work with couples and resistance  Bruce Gregory, Birgitta Gregory
09:30 am		
10:00 am		
10:30 am		
11:00 am		
11:30 am		
12:00 am	Awards ceremony - Lifetime Achievement (MCC Theater) Lunch Break - Food court and shops on campus	
12:30 pm		
01:00 pm	Self-Care for Helping Professionals  Nicki Pike	New Cutting Edge Discoveries regarding the Brain: Practical Applications Dr. Donald Edward Goff
01:30 pm		
02:00 pm		Break (03:15 pm to 3:30 pm)
02:30 pm		
03:00 pm		The Psychological Impact of Betrayal  Reuben Vaisman-Tzachor
03:30 pm		
04:00 pm		
04:30 pm		
05:00 pm		
05:30 pm		
06:00 pm		

BE AWARE THAT THE APA'S GSA LOUNGE IS LOCATED UPSTAIRS

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### **Assessment of “Shadow Variables” in Clinical Mental Health Training Programs**

(2 hrs) APA

Presenter: Kenneth Miller

Abstract: Students enrolled in clinical mental health training programs are required to demonstrate strong academic performance, mastery of well-defined knowledge domains and clinical skill sets, compliance with ethical standards and laws, and abilities to develop and maintain therapeutic relationships. However, even when students demonstrate such abilities, many do not perform effectively in clinical roles. With limited knowledge of the reasons for such failures, trainers and researchers have worked to identify “shadow variables” that influence the development of clinical competence, but which are not systematically assessed in mental health training programs. This search has produced research findings, which reveal the critical roles of (a) dispositions, and (b) cultural attitudes/behaviors in the development of clinical competence. Presenters will discuss the development of instruments designed to assess these variables. The Professional Dispositions Scale-Counseling Student Version (PDS-CSV) is a 74-item instrument designed to collect demographic data, determine the extent to which counseling program students endorse 59 dispositional elements for both counseling program peers and faculty, and identify the ratios of Suitable/Unsuitable students and faculty in their counselor education programs. The Professional Dispositions Scale-Counseling Faculty Version (PDS-CFV) is a 76-item instrument designed to collect the same data from a faculty perspective. The Survey of Cultural Attitudes and Behaviors (SCAB) is a 51-item instrument designed to measure three dimensions of cultural functioning (attitudes, behaviors, and perceptions of institutional support for culture-fair policies) across four cultural domains: race, sex, sexual orientation, and social class. Presenters will report results of studies using these instruments with national cluster samples of counselor educators and counseling students. They argue for ongoing development of psychometrically sound and legally defensible measures of these variables for systematic use in admissions, retention, and dismissal decisions in clinical mental health training programs.

Room: "GSA Lounge" - North lecture section

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## Conscience Sensitive Approaches (3 hrs) APA

Presenters: Matthew R. Galvin, Margaret (Meg) Gaffney, Erin Greer

Abstract:

- a) Overview of the Indiana University Conscience Project 1982-2015 highlighting
  - Research studies of conscience formation and functioning in relative advantage during the youth span
  - Stages
  - Domains and Intrinsic values
  - Research studies of conscience formation and functioning in adversity during the youth span
  - Time line for development of conscience sensitive approaches to:
    - Psychiatric diagnoses in youth,
    - Moral education,
    - Professional ethics
    - Psychotherapy
      - Freely available resources
- b) Conscience Sensitive Tasks
  - Moral Imagination
  - Moralized Attachment
  - Moral Emotional Responsiveness
  - Moral Valuation
  - Moral Volition
- c) Conscience Sensitive Approaches to Psychiatric Assessment
- d) Conscience Sensitive Approaches to Moral Education through Literature and Teaching Professional Ethics

Room: "GSA Lounge" - North lecture section

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## Eliminating the Basis of Insecurities (1.25 hrs) APA

Presenter: Dollie Mercedes

Abstract: Many people are hindered from achieving all they aspire to because of underlying obstacles that are not all that obvious. Through my counseling experience I have discovered the most subtle and

powerful obstacles to their success. I have also learned techniques to ameliorate them and I wish to share them.

Room: "GSA Lounge" - North lecture section

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## New Cutting Edge Discoveries regarding the Brain: Practical Applications (1.5 hrs) APA

Presenter: Dr. Donald Edward Goff

Abstract: The discoveries about the brain are not only interesting and promising, but no matter what **theoretic approach is used, the practical tools and insights from brain research can amplify one's ability to benefit self and others.** This presentation is designed to provide participants with a number useful and unique techniques that are in harmony with the latest discoveries. This is a practical presentation applicable to a wide variety of disorders, not a lecture on neurophysics.

Room: "GSA Lounge" - South lecture section

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## Peak Performance & Psychotherapists: Are you an AVERAGE therapist or a PEAK PERFORMER?(3 hrs) APA

Presenter: Robert McCarthy

Abstract: This program will provide a review of factors that differentiate the peak performer psychotherapist from average clinicians, with particular emphasis on ways in which clinicians might improve themselves and move toward becoming a peak performer. During the workshop, participants are strongly encouraged to bring up questions about these distinguishing characteristics, as well as raise questions about their own treatment cases and practice experience that might add to our collective discussion. There is absolutely no question that the field of professional psychotherapy needs to further research these issues, and discover professional courses and experiences that might move psychotherapy students in the direction of becoming a peak performer.

Room: "GSA Lounge" - North lecture section

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## Self-Care for Helping Professionals (2 hrs) APA

Presenter: Nicki Pike

Abstract: As helping professionals, our education focuses on how to assist others when their lives have been impacted by trauma, pain and personal crisis. We learn how to be selfless and strong for others. The very personality traits that make us well suited to be helping professionals also are the traits that leave us vulnerable for experiencing vicarious trauma, compassion fatigue and burnout. Our training does not address personal or professional self-care. We are not taught how to avoid the pitfalls our professions pose to our health, relationships and overall sense of well-being. During this lecture the attendee will learn how to identify, avoid and cope with vicarious trauma, compassion fatigue and burnout. This presentation will explore the primary components of self-care, and present concrete and specific techniques to help us cope with the inherit challenges of being a helping professional.

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## **The Dynamics of Family and Domestic Violence and PTSD (2 hrs) APA**

Presenter: Chrys Parker

Abstract: In their outstanding book on PTSD, "*I Always Sit With My Back To The Wall*", Rev. Dr. Parker and her colleague Dr. Harry Croft, M.D., revolutionized contemporary understandings of PTSD. Parker debunks the myth that PTSD is simply an assortment of anti-social behaviors that can be cognitively "relearned". Instead, she helps professional learners to understand precisely why PTSD cannot be understood or effectively treated cognitively, without a simultaneous and thorough grasp of the processes which underlie it neuro-physiologically. Nowhere is this information more essential than in clinicians' work with family and intimate partner relationships, in which PTSD often wreaks havoc, leading to dangerous and sometimes fatal consequences.

This presentation is the follow-on to Parker's initial presentation, "Upstairs/Downstairs: The Architecture of the Trauma-Impacted Brain." Building upon essential learnings acquired in the first presentation, Parker moves forward in this session, to fill the many "gaps" which exist in our understanding about the bilateral processes which contribute to PTSD-related domestic and family violence.

Part 1 of this presentation will provide learners with a detailed, anatomical view of (a) how the human brain, body, and central nervous system respond to traumatic stimuli (b) how reflexive-reactive coping responses become imprinted and habituated, and (c) how these manifest themselves as PTSD in *both* domestic violence perpetrators *and* victims.

Part 2 will examine (a) how families of origin operate as social and biological incubators of PTSD, (b) how PTSD behaviors travel from parent to child, or child to parent, and (c) how family members become reciprocally ensnared in never-ending cycles of traumatic stress reaction, resulting in a pattern of violence and submission. Finally, this program provides new and little-understood explanations for commonly misunderstood patterns of domestic and family violence, and sheds unprecedented light on how these affect interactions with the legal system by both perpetrators and their victims.

Room: "GSA Lounge" - North lecture section

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## **The Psychological Impact of Betrayal (2 Hrs) APA**

Presenter: Reuben Vaisman-Tzachor, Ph.D., FACFEI, DABPS, FAPA, CHS-3

Abstract: Betrayal is a common complaint which motivates both individuals and couples to enter into psychological therapy. Betrayal is oftentimes central to torts and liability cases as well as human rights violations and gives rise to many law suits in our courts system. Institutional betrayal is often considered more damaging in cases where trauma in the workplace, in the military, or in a learning institution was **experienced, leading to prolonged and more difficult recovery. Yet, despite betrayal's ubiquitousness in** everyday human exchange, little is known about the psychological motives and the underpinning of this all too common social and institutional behavior. While sociologists attempted to explain the phenomena based on herd mentality and social desirability motives, their theories fail to encompass the wide range of behaviors subsumed under the term betrayal. Philosophers offered their own ideas about the inherent lack of morality in the betrayal act, which permits the behavioral override of common social conventions **regarding loyalty and honesty. Psychology's contribution to this vexing question has been to suggest that** betrayal occurs when stronger, competing motives interfere with the ordinary willingness of humans to maintain congruence between what they promised and what they actually delivered. All these explanations fall short of encompassing the wide range of experiences that humans count as betrayal, and do even less to guide those charged with rehabilitating the victims of betrayal. This workshop will explore the dimensions of betrayal, the responses of those betrayed, and the ways to bring about resolution to the victims.

Room: **"GSA Lounge" - South lecture section**

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Treasure Hunting in the Caves of the Shadow: Utilization of the grandiosity and victim complexes in the work with couples and resistance **(3 hrs)** APA

Presenter: Bruce Gregory, Birgitta Gregory

Abstract: This workshop will address how the identification, tracking and containment of the grandiosity and victim complexes can be utilized to transform mistrust, resentment, and fear into trusting and mutually satisfying interactions and relationships for couples. The Erickson Resistance **Protocol and Poincare's Four Stage Creative Process** will serve as templates for highlighting key aspects of working with couples from both the perspectives of interventions and the internal states of the professional responsible for the process. The workshop will combine didactic questions and answers and extensive role-playing to demonstrate applications and areas of skill development needed. The central theme of the workshop is to

appreciate the primary variables operating within resistance, and the requisite skills necessary for transforming resistance into receptivity and heightened consciousness.

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### "Upstairs/Downstairs: Understanding Your Brain As An Office Building" Architecture and Function of Trauma-Impacted Neural Anatomy (1.5 hrs) APA

Presenter: Chrys Parker

Abstract: Post traumatic stress disorder (PTSD) cannot be understood or effectively treated without an accurate understanding of the neuro-physiological processes which underlie it. Mental health professionals and their clients are better able to construct plans of care for PTSD if they recognize dysfunctional behaviors for what they actually are: the secondary outgrowth of primary, hardwired neurobiological processes in the brain, body and central nervous system. Over 13,000 mental health, medical, homeland security and military professionals have received the benefits of this highly acclaimed program by nationally known PTSD expert Chrys Parker. In "Upstairs/Downstairs" the neuro-biological roots of post-traumatic stress responses and PTSD are de-mystified and explained in powerfully simple terms. Appropriate for beginner and advanced professionals alike, "Upstairs / Downstairs" is a humorous and entertaining look into the functions of the brain and central nervous system as it (1) encounters, imprints, and responds to traumatic stimuli, and (2) generates the psycho-neuro-endocrine and psycho-neuro-immune responses which lie at the root of the outward behaviors associated with PTSD. This fun and lively live-action demonstration facilitates experiential learning about PTSD, by comparing neurological functions and sequences to the easily-understood departmental activities which occur in the office buildings with which all people are familiar. Brain and central nervous processes are rendered even more easily understood by comparing their functions to the behaviors of well-loved characters in the "M\*A\*S\*H\*" television series.

Room: "GSA Lounge" - North lecture section

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