



# Can We Talk?

*Connection • Compassion • Communication*

**WSPA 2017 Fall Convention**

November 3-5, 2017  
Hilton Hotel in Bellevue, WA



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## Welcome!

On behalf of the Washington State Psychological Association Board of Trustees, I would like to welcome you to the 2017 WSPA Fall Convention. This year, we celebrate our 70th Anniversary as the state's largest professional psychological association. With that in mind we set out to make this year's convention one to be remembered with timely and topical workshops aimed at Early Career Psychologists as well as two ethics workshops. This year all evaluations will be done online; visit our website and look for the Convention Evaluation button.

Besides the workshops, there are three events on Friday that are also included during the convention: A breakfast and CE workshop welcoming newly licensed and early career psychologists, the annual Washington Psychologist Awards, and a student poster session. On Saturday, we host our annual Stakeholder's meeting.

This year we are honored to have Dr. Russell Kolts as our keynote speaker. He is a licensed clinical psychologist and professor of psychology at Eastern Washington University and pioneered the application of compassion-focused therapy (CFT) to the treatment of problematic anger.

I'd like to thank our two convention sponsors, The Trust and Therapy Notes as well as our exhibitors and program advertisers. In addition, a big thank you goes out to my office staff and the WSPA Board of Trustees for their endless support in organizing the convention.

Thank you again for attending our 2017 convention and I hope to see you at our 2018 fall convention. Also, thank you to all new and renewing WSPA members for your continued membership as we approach our 75th Silver Anniversary in 2022.

A handwritten signature in black ink.

Marvo Reguindin  
Executive Director

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Governor



## *Greetings from the Governor*

November 3 – 5, 2017

I am pleased to extend warm greetings to all of those attending the Washington State Psychological Association's (WSPA) 2017 Fall Convention.

This annual event is an excellent opportunity for continuing education, information exchange and networking with your peers from across the state. WSPA serves as the representative voice for the field of psychology in Washington, including practicing psychologists and academic experts, and I am confident that you will all find this year's planned sessions and activities to be informative and well worth the time you have invested.

I'd like to take this opportunity to congratulate WSPA on its 70<sup>th</sup> anniversary. I applaud your commitment to excellence, diversity and inclusion and know that your membership plays an important role in improving health and quality of life for Washingtonians across our state.

Thank you for coming, and please accept my best wishes for a rewarding and productive meeting.

Very truly yours,

A handwritten signature in black ink, appearing to read "Jay Inslee".

Jay Inslee  
Governor



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

November 3, 2017



Washington State Psychological Association Board of Trustees  
9 South Washington  
Suite 201  
Spokane, WA 99201

Dear WSPA Board of Trustees:

I am writing to send my warmest congratulations to the Washington State Psychological Association on the occasion of WSPA's 70<sup>th</sup> anniversary and Fall Convention. The American Psychological Association is proud of the work WSPA has done for seven decades to support psychologists, to promote the discipline of psychology and to ensure the continued advancement of knowledge within our field. Your willingness to put the residents of your state as your primary concern has been a beacon for all state and provincial psychological associations.

I do want to take a moment also to mention that two of my long-time colleagues reside in your wonderful state and are both WSPA members. We are proud of recent APA Past-President Barry Anton. Dr. Anton has given his life to the service of our profession. I am proud to call him my friend. Also, like me of Cuban descent and a clinical psychologist is the president of one of our great universities in the U.S., the University of Washington. Ana Mari Cauce is a great beacon for all of psychology.

WSPA is a valued partner in our quest to promote, support and defend the profession of psychology. APA salutes WSPA for its service and looks forward to many more years of working together to advance psychology to benefit society and improve people's lives. Again, congratulations and well done!

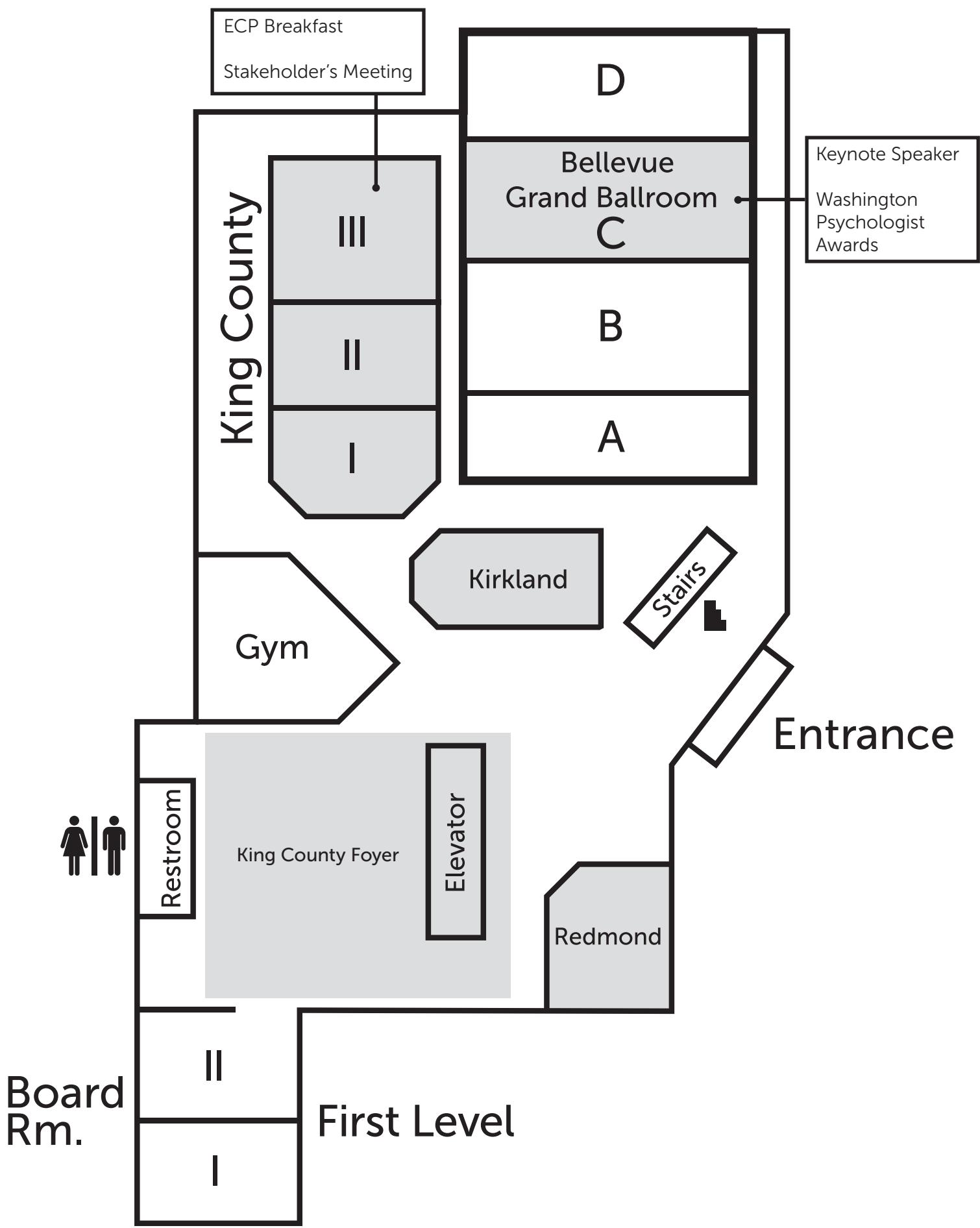
Sincerely,

*Antonio E. Puente*

Antonio E. Puente, PhD  
President

# WSPA 2017 Fall Convention Schedule

Friday, Nov. 3	Redmond	Kirkland	King County III
7:30 am - 9:00 am			ECP Welcome Breakfast
8:00 am - 9:00 am	Registration (King County I)/Breakfast (King County Foyer)		
9:00 am - 10:30 am	Welcome/Keynote Speaker Dr. Russell L. Kolts (Grand Ballroom C)		
10:30 am - 10:50 am	Break and Exhibitors/Poster Session (King County Foyer)		
10:50 am - 12:20 pm	<b>Risk Factors and Treatments for Seasonal Affective Disorder</b> Dr. Jennifer Rough		<b>The Duty to Protect:</b> Dr. G. Andrew H. Benjamin
12:30 pm - 2:00 pm	Lunch - on your own		
2:00 pm - 3:30 pm	<b>Technology in Clinical Practice</b> Dr. Sara Smucker Barnwell		<b>Helping Parents Manage Child ADHD</b> Dr. Erin Schoenfelder Gonzalez
3:30 pm - 3:50 pm	Break and Exhibitors (King County Foyer)		
3:50 pm - 5:20 pm	<b>Basics of Private Practice</b> Dr. Samantha Slaughter	<b>The Forensic Psychological Evaluation as a Tool for Social Justice</b> Dr. Claudia Antuña	<b>More than Al-Anon and Nar-Anon</b> Dr. Christeine Terry
5:30 pm - 7:00 pm	Awards Reception (Grand Ballroom C)		
Saturday, Nov. 4th	Redmond	Kirkland	King County III
8:00 am - 9:00 am	Registration/Breakfast in King County Foyer		
9:00 am - 10:30 am	<b>Affirmative Mental Health Care for Transgender Clients</b> Dr. Matt Goldenberg	<b>Practice Check-Up, Part 2</b> Dr. Lucy Homans	<b>Mindfulness and Acceptance-based Therapies for Children and Their Parents</b> Dr. Christopher McCurry
10:30 am - 10:50 am	Break and Exhibitors (King County Foyer)		
10:50 am - 12:20 pm	<b>Affirmative Mental Health Care for Transgender Clients - Continued</b>	<b>Practice Check-Up, Part 2 - Continued</b>	<b>Mindfulness and Acceptance-based Therapies for Children and Their Parents - Continued</b>
12:30 pm- 2:00 pm	Lunch - on your own		
2:00 pm - 3:30 pm	<b>Psychopharmacology for Psychologists</b> Dr. David S. Shearer	<b>WA's Death With Dignity Law</b> Dr. Judith Gordon and Dr. Dwight Moore	<b>Cannabis Use &amp; Mental Health</b> Dr. Kendall Browne
3:30 pm - 3:50 pm	Break and Exhibitors (King County Foyer)		
3:50 pm - 5:20 pm	<b>Psychopharmacology for Psychologists - Continued</b>	<b>WA's Death With Dignity Law Continued</b>	<b>Cannabis Use &amp; Mental Health Continued</b>
5:30 pm - 6:30 pm	DPA update/Stakeholders meeting (King County III)		
Sunday, Nov. 5th			
King County I - III 9:00 am - 12:00 pm	<b>Ethics &amp; the Law: Complications in Communications with Clinical and Forensic Clients</b> - Dr. Jeff Younggren		
12:00 pm - 12:30 pm	Boxed lunch provided		
King County I - III 1:00 pm - 3:30 pm	<b>Ethics &amp; the Law: Complications in Communications with Clinical and Forensic Clients</b> - Continued		



## Friday Workshop Information

### **Keynote Speaker: Russell L. Kolts, Ph.D.**

Time: 9:00 am - 10:30 am

Room: Grand Ballroom C

#### **Biography:**

Dr. Russell Kolts is a licensed clinical psychologist and professor of psychology at Eastern Washington University, where he has taught for the past eighteen years and has received numerous awards, including twice being named the Associated Student Body's *Faculty of the Year* (in 2002 and 2014). Dr. Kolts has authored or coauthored numerous books and scholarly articles, including *CFT Made Simple* and *The Compassionate-Mind Guide to Managing Your Anger*, and has pioneered the application of compassion-focused therapy (CFT) to the treatment of problematic anger. An internationally recognized expert in CFT, he regularly conducts trainings and workshops on compassion and CFT, and has appeared in his own TEDx Talk, entitled "*Anger, Compassion, and What it Means to be Strong.*"

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### **The Duty to Protect: Ethical, Legal, and Professional Considerations**

CE Credits: 1.5

Presenter: G. Andrew H. Benjamin J.D., Ph.D., ABPP

Time: 10:50 am - 12:20 pm

Room: King County III

#### **Biography:**

Dr. Andrew Benjamin has published 63 peer reviewed articles in Psychology, Law, and Psychiatry journals. He is the author of six books published by APA about ethics and the law, and one book published by Sage- Ethics for Psychologists: A Casebook Approach. He is one of the past Presidents of WSPA. (See [wapsych.org](http://wapsych.org) for complete biography information.)

#### **Description:**

Volk v. Washington changed how psychologists in Washington must work with a client who threatens any type of physical violence, even a vague threat of violence. During this two hour workshop participants will learn how to assess the risk of violence, even a vague threat. The workshop will focus on what type of data should be obtained and how to document the assessment adequately. Based upon the assessment, appropriate steps must be

delineated for addressing the risk of violence. Further documentation of these steps as well as a justification for the steps taken must also occur.

#### **Learning Objectives:**

1. In light of the judicial activism that changed to duty to protect in Washington, participants will engage in sufficient assessment of the threats of violence, even vague threats, and its documentation;
  2. Participants will implement appropriate interventions based upon the assessment and create sufficient ongoing documentation of the interventions.
- 

### **Risk Factors and Treatments for Seasonal Affective Disorder**

CE Credits: 1.5

Presenter: Jennifer Rough, Ph.D.

Time: 10:50 am - 12:20 pm

Room: Redmond

#### **Biography:**

Dr. Jennifer Rough is a Licensed Psychologist in Washington State and has extensive clinical and research training in seasonal affective disorder/circadian rhythms, collaborating with SAD experts at Oregon Health & Science University and at the University of Vermont. Dr. Rough conducted an NIH-funded fellowship for her dissertation research on SAD, and has run numerous CBT-SAD therapy groups. (See [wapsych.org](http://wapsych.org) for complete biography information.)

#### **Description:**

Seasonal affective disorder (SAD) is a subtype of Major Depressive Disorder with depressive episodes exclusive to the winter season. SAD affects an estimated 10% of the Seattle population. Historically, SAD has been considered a syndrome of biological rhythms with light therapy as the gold standard treatment. Recent evidence has documented cognitive-behavioral risk factors, and found Cognitive-Behavioral Therapy tailored to SAD to be comparably effective as light therapy for acute treatment, and more effective at 2-yr follow-up. This presentation will review SAD symptoms, SAD assessment measures, SAD risk factors, treatment options with an emphasis on CBT for SAD, discussing unique CBT considerations for SAD.

# **Friday Workshop Information**

## **Learning Objectives:**

1. Assess SAD symptom severity for referral and/or treatment
  2. Understand treatment options: CBT-SAD and light therapy with overview of treatment outcome research
  3. Identify SAD-specific cognitive-behavioral factors and CBT treatment considerations
- 

## **Technology in Clinical Practice**

CE Credits: 1.5

Presenter: Sara Smucker Barnwell, Ph.D.

Time: 2:00 pm - 3:30 pm

Room: Redmond

## **Biography:**

Dr. Sara Smucker Barnwell is a partner at Seattle Psychology and clinical faculty at UW Department of Psychiatry and Behavioral Sciences. (See [wapsych.org](http://wapsych.org) for complete biography information.)

## **Description:**

This 90-minute workshop provides guidance to psychologists interested in delivering psychological services through technology. This workshop is appropriate for individuals incorporating existing technology (e.g., telephones, fax machines) in their practice, those seeking to augment their practice with new technologies (e.g., mobile applications, videoconferencing), and those seeking to cultivate a technology-based practice. Participants will receive an overview of the use of technology in practice, popular types of technologies in practice, key ethical and legal considerations, risk assessment strategies, and considerations for appropriateness of technology-based services. The session will include demonstrations of proper technology use.

## **Learning Objectives:**

At the conclusion of the presentation, participants will be able to:

1. Describe how psychologists employ technology in clinical practice.
2. Identify popular methods for using technology to augment clinical interventions within a psychological practice

3. Recognize key legal and ethical issues to consider when using technology in clinical practice.
  4. Identify common threats to information security, privacy and confidentiality when using technology in clinical practice.
- 

## **Helping Parents Manage Child ADHD**

CE Credits: 1.5

Presenter: Erin Schoenfelder Gonzalez, Ph.D.

Time: 2:00 pm - 3:30 pm

Room: King County III

## **Biography:**

Dr. Erin Schoenfelder Gonzalez is an Attending Psychologist and Director of Behavioral Treatments in the Program to Enhance Attention, Regulation, and Learning (PEARL Clinic) at Seattle Children's Hospital. She is also an Assistant Professor at University of Washington School of Medicine. Her clinical work focuses on assessment of ADHD and implementing behavioral treatments. (See [wapsych.org](http://wapsych.org) for complete biography information.)

## **Description:**

ADHD and disruptive behavior disorders are commonly treated with medication, and evidence-based behavioral treatments are often hard to access in the community. Parent Behavior Management Training is an intervention with strong empirical support that can be implemented by clinicians in a variety of settings to improve child and family functioning. This training will teach skills to help parents of children with ADHD improve relationships, increase child independence and task-completion, and manage challenging behaviors.

## **Learning Objectives:**

1. Know which behavioral interventions are evidence-based and how they improve outcomes for children and families.
2. Conceptualize and teach the rationale and conceptual framework for parent behavior management training.
3. Implement parent behavior management skills training with parents of children with ADHD and disruptive behaviors.

## **Friday Workshop Information**

### **The Basics of Opening a Private Practice: Clinical, Ethical, and Management Considerations**

CE Credits: 1.5

Presenter: Samantha Slaughter, Psy.D.

Time: 3:50 pm - 5:20 pm

Room: Redmond

#### **Biography:**

Dr. Samantha Slaughter is a business consultant, licensed psychologist, and CEO of Integrative Psychological Services of Seattle, a group practice integrating physical health with psychological work. She serves as the APA Federal Advocacy Coordinator for Washington State and Chair for WSPA's Advisory Committee. She was honored by WSPA most recently in 2015, receiving the G. Andrew H. Benjamin Award in recognition of her contributions to WSPA.

#### **Description:**

Thinking about private practice, but not sure where to start? The goal of this presentation is to leave you with more answers than questions. This presentation will cover the important facets of starting and growing a private practice, including the basic steps for start-up or growth, individual versus group practice, the current models of integrated care, and ethical considerations. Attend this presentation if you are new to private practice or considering how to move from institutional work to private practice.

#### **Learning Objectives:**

1. Describe the basic steps to create a solo or group practice
2. Demonstrate an awareness of the current models of integrated care
3. Increase their knowledge of the ethical considerations of starting a private practice

### **The Forensic Psychological Evaluation as a Tool for Social Justice**

CE Credits: 1.5

Presenter: Claudette Antuña, Psy.D, MHSA , MSW

Time: 3:50 pm - 5:20 pm

Room: Kirkland

#### **Biography:**

Dr. Claudia Antuña is a bilingual and bi-cultural (Spanish-English) clinician. She is considered an expert by Immigration Court and has provided over 700 forensic psychological evaluations and testimony in at least one third of those cases. In 2015 she received an APA Division 52 (International) award for outstanding dedication and services to undocumented immigrants and later that year Washington State Psychological Association Awarded her with the Social Issues Award for services provided to the community. She is currently the Professional Development Coordinator for the National Latina/o Psychological Association, Immigration Chair for Division 52 (International) and APA Diversity Delegate for the State of Washington. She is also a member of APA's Immigration work group.

#### **Description:**

This presentation will address the need that immigration attorneys have for culturally competent forensic evaluations from Psychologists and other mental health practitioners. These individuals qualify and are seeking legal relief with their claims for asylum, withholding of removal, convention against torture, adjustment of status, cancellation of removal, hardship, unaccompanied minors, violence against women, competency, human trafficking, victims of a crime, disability waivers, etc.

#### **Learning Objectives:**

1. Describe the elements of a successful forensic psychological evaluations for Asylum, Competency, UVISA, VA WA
2. Illustrate the best practices in understanding and using a language interpreter
3. Demonstrate critical skills needed in preparing the clinician to testify in Immigration Court

## Friday Workshop Information

### More than Al-Anon and Nar-Anon: Therapeutic Approaches and Techniques to Help Families of Loved Ones with Addictions

CE Credits: 1.5

Presenter: Christeine Terry, Ph.D.

Time: 3:50 pm - 5:20 pm

Room: King County III

#### Biography:

Dr. Christeine Terry is a licensed psychologist specializing in evidence based treatments for substance use disorders for adults and families in private practice and Northwest Hospital. She received her degree from the University of Washington where she received extensive training in Cognitive Behavioral Therapies for SUDs, mood, and anxiety disorders.

#### Description:

This 1.5 hour workshop will introduce providers to effective strategies for helping family members and spouses of loved ones with Substance Use Disorders (SUDs). Three treatment options for working with family members: peer self-help groups, interventions, and Community Reinforcement and Family Training (CRAFT) will be presented. The research evidence on the effectiveness of each option will be reviewed and the benefits and difficulties of pursuing each treatment option will be examined. Participants will receive resources about each treatment option that they can offer and discuss with their clients. Additionally, participants will learn strategies to better support their clients who have loved ones with SUDs, as well as communication strategies their clients can use to address their loved ones with SUDs.

#### Learning Objectives:

1. Identify 3 treatment options for clients with loved ones with Substance Use Disorders (SUDs) and the research support on the effectiveness of each treatment option.
2. Assess which treatment option to pursue with a client based on the benefits and difficulties of each treatment option, as well as the client's goals regarding their loved one with SUD.
3. Use and teach clients effective strategies for coping with a loved one with SUD.
4. Access and provide resources to clients with loved ones with SUDs.

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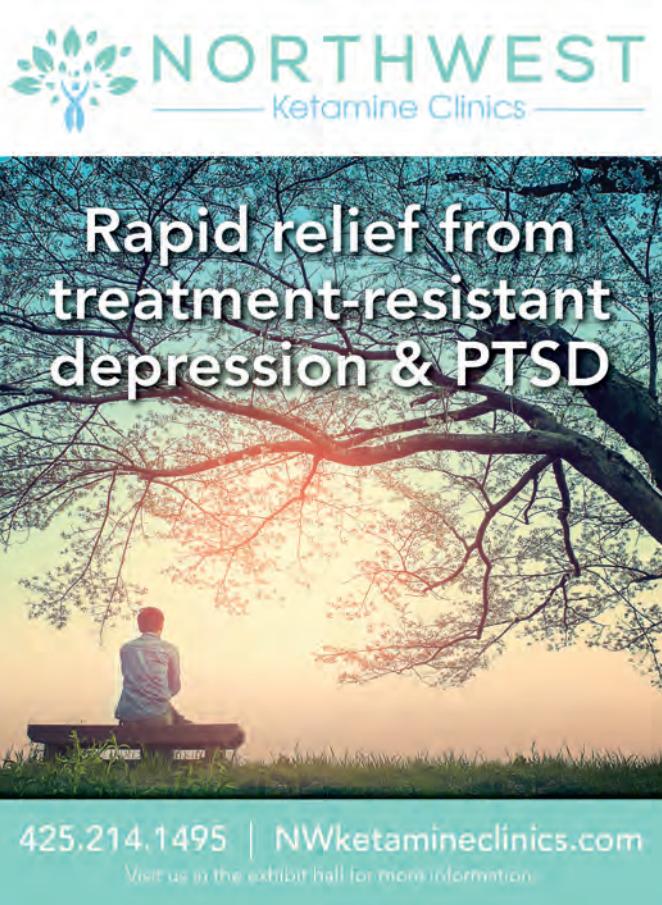


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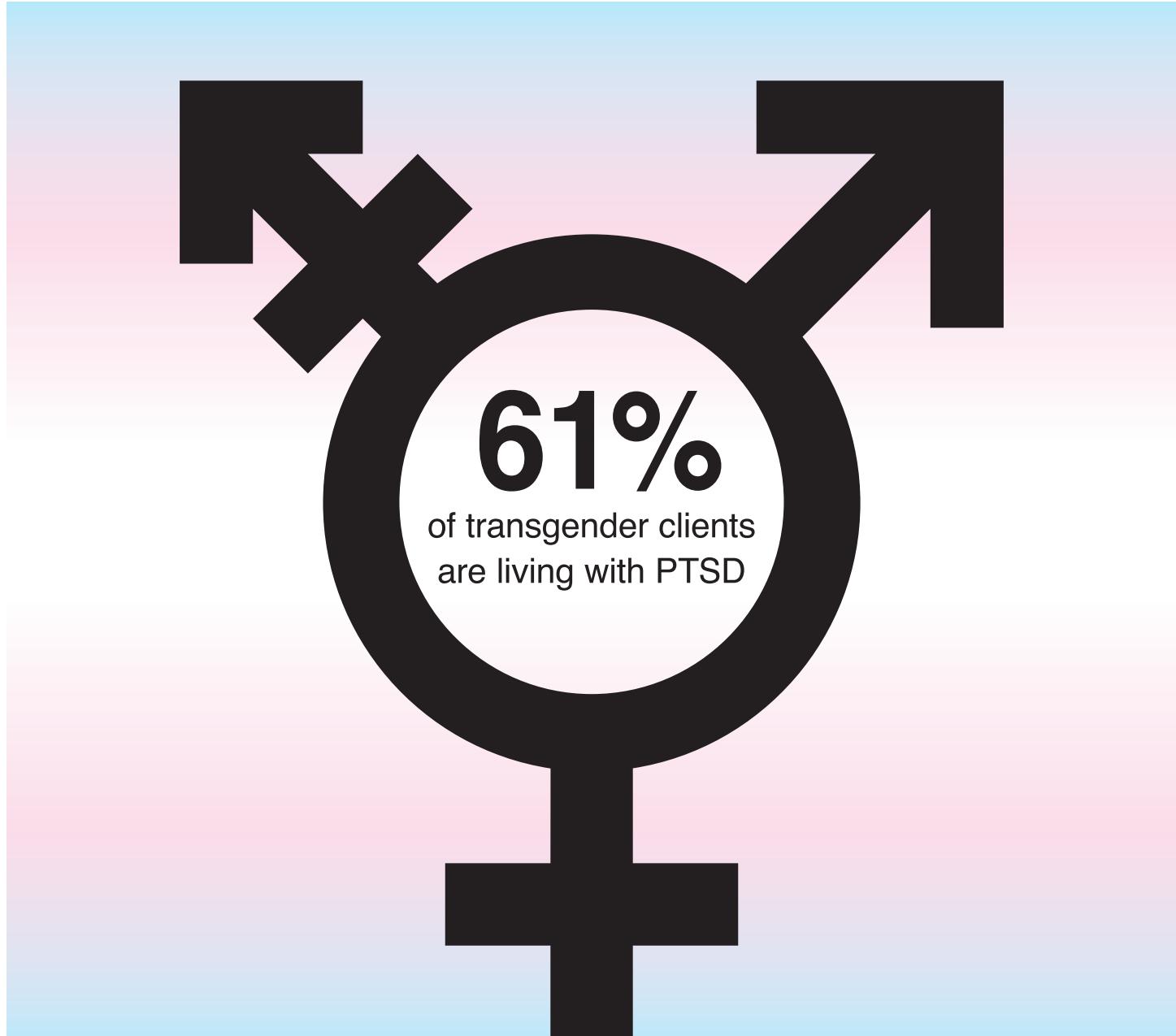
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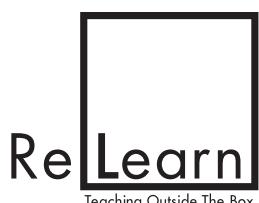
United Psychologists Political Action Committee



The advertisement for Northwest Ketamine Clinics features a woman sitting on a park bench under a large tree, looking out over a sunset. The text "NORTHWEST Ketamine Clinics" is at the top, followed by "Rapid relief from treatment-resistant depression & PTSD". At the bottom, the phone number "425.214.1495" and website "NWketamineclinics.com" are listed, along with the note "Visit us in the exhibit hall for more information".



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&



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## Saturday Workshop Information

### Practice Check-Up, Part 2

CE Credits: 3.0

Presenter: Lucy Homans, Ed.D.

Time: 9:00 am - 12:20 pm

Room: Kirkland

#### Biography:

Dr. Lucy Homans is a licensed psychologist in Washington State. She is currently the Director of Professional Affairs (DPA) and Legislative Consultant for the Washington State Psychological Association. She has served as DPA since 1992. Dr. Homans received her doctorate in Counseling Psychology from Teachers College, Columbia University in 1982. (See [wapsych.org](http://wapsych.org) for complete biography information.)

#### Description:

Designed to provide you with knowledge and tools to bring your practice “up to code,” Dr. Lucy Homans will discuss practice issues to look for in the next five years. Dr. Homans will answer all of those practice related questions that you have been meaning to ask, but haven’t found the time to do so.

#### Learning Objectives:

1. Write effective treatment records to reduce risk of insurance audits
2. Utilize the ICD-10 code system
3. Use both the Medicare “opt out” and PQRS systems
4. Know what to expect about changes to the clinical practice environment in the next 3 years

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### Mindfulness and Acceptance-based Therapies for Children and Their Parents

CE Credits: 3.0

Presenter: Christopher McCurry, Ph.D.

Time: 9:00 am - 12:20 pm

Room: King County III

#### Biography:

Dr. Chris McCurry is a clinical psychologist in private practice in Seattle, Washington, with over 20 years of experience working with children and their parents. He is the author of Parenting Your Anxious Child With Mindfulness and Acceptance (2009, New Harbinger) and Working With Parents of Anxious Children (2015, Norton). (See [wapsych.org](http://wapsych.org) for complete biography information.)

#### Description:

This workshop presents theory, research and technique from the growing field of mindfulness and acceptance-based treatments as applied to children and their parents. Anchoring the origins of child emotional and behavioral dysregulation in early biology and interpersonal experiences, I will describe Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Mindfulness-based Cognitive Therapy for Children, and similar therapy models as they pertain to working with children and parents. Case examples will demonstrate therapy techniques covering a range of typical presenting problems; e.g., anxiety, ADHD, oppositional and aggressive behaviors, and depression. Handouts and a bibliography with suggested readings and resources will be provided.

#### Learning Objectives:

1. Following this workshop, participants will be able to describe the origins of common child presenting problems in terms of transactions involving temperament traits, cognitive development, and the social environment, especially the parent-child relationship.
2. Participants will assess and critique the literature on mindfulness-based and acceptance-based treatments for common child and adolescent emotional and behavioral issues.
3. Participants will engage in discussion and demonstration of mindfulness and acceptance-based treatment strategies and techniques applicable to children with an emphasis on the parent-child relationship.

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### Brief Introduction: Affirmative Mental Health Care for Transgender Clients

CE Credits: 3.0

Presenter: Matt Goldenberg, Psy.D.

Time: 9:00 am - 12:20 pm

Room: Redmond

#### Biography:

Dr. Matt Goldenberg is a Licensed Psychologist who specializes in gender affirmative care. He has a private practice in Olympia and works with adolescents and adults. He is an adjunct Professor at SPSCC teaching diversity courses within the Psychology department. Dr. Goldenberg also owns Relearn, LLC; learn more at [www.relearnllc.com](http://www.relearnllc.com). (See [wapsych.org](http://wapsych.org) for complete biography information.)

# Saturday Workshop Information

## Description:

This training is designed to increase the ability of mental health professionals to provide culturally relevant care to their transgender and gender nonconforming patients. This interactive learning experience is focused on gender identity, gender roles, and evidence-based care for transgender individuals. No prior experience with transgender patients is required for successful completion of this program.

## Learning Objectives:

1. Become familiar with basic terminology and appropriate application of transgender inclusive language
2. Learn evidence-based approaches for effective work with families of gender nonconforming children
3. Understand the role transphobia plays in the lives of gender nonconforming individuals and their families

## Cannabis Use & Mental Health: Existing Evidence and Clinical Consideration

CE Credits: 3.0

Presenter: Kendall Browne, Ph.D.

Time: 2:00 pm - 5:20 pm

Room: King County III

## Biography:

Dr. Kendall Browne is a staff psychologist with the VA Puget Sound Health Care System and a core investigator within the Center of Excellence in Substance Abuse Treatment and Education. Dr. Browne has research and clinical expertise in the assessment and treatment of substance use disorders and co-occurring PTSD in Veteran populations. (See [wapsych.org](http://wapsych.org) for complete biography information.)

## Description:

This session will include a brief overview of what is known about cannabis use in individuals diagnosed with posttraumatic stress disorder, anxiety disorders, major depression, and severe mental illness (i.e., prevalence rates, consequences of use.) This workshop will cover psychoeducation topics and resources that can be used in clinical practice, including available screening and assessment tools, and evidence-based treatments for cannabis use disorder. This session will also review basic

information regarding cannabis use and the cannabis plant that may be relevant to psychologists providing clinical (e.g., varying effects, routes of administration).

## Learning Objectives:

1. Learners will develop basic knowledge regarding the prevalence of and Psychoeducation topics and resources that can be used in clinical practice consequences related to cannabis use in individuals with common mental health disorders.
2. Learners will gain basic knowledge of psychoeducation topics and assessment tools that can be used during clinical practice when working with patients considering using or currently using cannabis.
3. Learners will gain basic knowledge of intervention options for individuals with cannabis use disorder.

Washington State Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Washington State Psychological Association maintains responsibility for this program and its content.

The advertisement features a laptop screen displaying a website for a therapy practice. The website has a green header with the text "Your Therapy Practice Name" and "Therapy for Individuals, Couples, & Families". Below the header is a sidebar with links like "Request Appointment", "Contact Me", "Home", "Services Provided", "Common Questions", "Area of Practice", "Appointment Renewal", "Integrative Health", "Links & Resources", "Contact Me", "Privacy & Policy", and "FAQs". To the right of the sidebar is a photo of a smiling woman with long blonde hair wearing a white hat. Below the photo is the slogan "The future depends on what you do in the present". Above the laptop, the "therapysites" logo is displayed next to the Washington State Psychological Association seal. At the bottom of the ad, there is a large orange number "2" followed by the text "Free Months for Members Promo WSPACONF | Exp 11/30". Below the laptop, there are social media icons for Facebook and Twitter, and the text "Follow Us" and "Contact Us 855-376-7592".

## Saturday Workshop Information

### What Every Psychologist Should Know About WA's Death With Dignity Law

CE credits: 3.0

Presenters: Judith Gordon, Ph.D.

and Dwight Moore, Ph.D.

Time: 2:00 pm - 5:20 pm

Room: Kirkland

#### Biography:

Dr. Judith Gordon received her PhD in counseling psychology at UW and is clinical professor in the UW psychology department. She has worked with both APA and WSPA starting in 1996 developing policies on the role of psychology in end of life care, and conducted research with dying individuals choosing physician aid in dying.

Dr. Dwight Moore received his Ph.D. from the University of Minnesota in counseling psychology. He worked as an industrial psychologist for 43 years focusing on leadership training, and worked on the passage of the California End of Life Options Law. He is in private practice and volunteers with End of Life Washington helping people die with dignity.

#### Description:

Sooner or later, most clinicians will encounter clients who are facing chronic or life-threatening illness or death, either their own or of loved ones. Psychologists should understand end of life options, including how the Washington Death With Dignity Law works, demographics and characteristics of Washingtonians wanting this choice, and the role of psychologists when there is a question about decision-making competence or impaired judgment. This workshop will utilize didactic and experiential methods to help participants understand the Washington DWD law and to become familiar with the ethics, opportunities, and personal challenges involved in working with end of life issues.

#### Learning Objectives:

1. Explain how the Washington Death With Dignity law works, including eligibility and safeguards
2. Discuss the distinction between suicide and physician aid in dying, and discuss demographics and characteristics of people using the law
3. Explain the role psychologists can play, the purpose of the psychological evaluation, and the guidelines for evaluations

4. Demonstrate an understanding of the APA ethical principles relevant to end of life care and decision making, including awareness of personal attitudes and beliefs about facing death.
- 

### What You Should Know: Psychopharmacology for Psychologists

CE Credits: 3.0

Presenter Name: David S. Shearer, Ph.D., M.S.

Time: 2:00 pm - 5:20 pm

Room: Redmond

#### Biography:

Dr. David Shearer is a clinical and prescribing psychologist working as a civilian at Madigan Army Medical Center (MAMC) in Tacoma, Washington. He is the Director of Behavioral Sciences and a faculty member for the Department of Family Medicine Residency Program at MAMC and a faculty member of the Army Psychology Internship Program also at Madigan. (See [wapsych.org](http://wapsych.org) for complete biography information.)

#### Description:

This program will address why psychologists should have a general and applicable understanding of psychopharmacology. In pursuit of this goal the presentation will cover topics including: basic psychopharmacology; a review of common psychotropic medications for disorders including mood disorders, anxiety, and insomnia; understanding medical culture and terminology; strategies for communicating effectively with prescribing providers; and other must-know tips and pearls about the medications our patients are taking.

#### Learning Objectives:

1. Participants will be able to identify three reasons describing how a basic understanding of psychopharmacology can enhance psychology practice.
2. Participants will be able to name the principle organ of drug metabolism.
3. Participants will be able to identify at least three common side effects of SSRIs.
4. Participants will be able to identify what percentage of patient with depression reach remission on antidepressant medication.

## Sunday Workshop Information

### Ethics and the Law: Complications in Communication with Clinical and Forensic Clients

CE Credits: 6.0

Presenter Name: Jeff Younggren, Ph.D., ABPP

Time: 9:00 am - 3:30 pm

Room: King County I - III

#### Biography:

A Fellow of the American Psychological Association (APA) and a Distinguished Member of the National Academies of Practice (NAP), Dr. Jeff Younggren is a clinical and forensic psychologist who practices in Rolling Hills Estates, California. He was a clinical professor at the University of California, Los Angeles, School of Medicine and currently is a clinical professor in the Department of Psychological Sciences at the University of Missouri. Dr. Younggren served as President of APA Division 42 (Psychologists in Independent Practice). He has served on numerous boards and committees, including the Ethics Committees of the California Psychological Association (CPA) and the APA, the APA Committee on Accreditation, and the APA/APLS Committee that drafted the Specialty Guidelines for Forensic Psychology. Dr. Younggren consults to various licensing boards on ethics and standards of care, and qualifies as an expert in criminal, civil and administrative proceedings. For many years before deciding to travel less, he was a favored ethics presenter for The Trust - Professional Liability Insurance for Psychologists.

#### Description:

This workshop will discuss the current high risk contexts for ethics complaints and malpractice liability. Participants will learn new tactics to reduce stress and prevent negative outcomes related to complicated ethical issues and concerns in their interactions with clients. This workshop will review the professional risks and limits that arise when treating therapists who interact with the legal system. It will also review mandated reporting, confidentiality, testimonial limits, and the danger of advocacy in the courtroom. In addition, the workshop will examine the complexity of child custody testimony and the clear differences that exist between forensic child custody evaluations and treatment based testimony. Finally, it will explore the world of healthcare record audits and how much information can be shared from the treatment record with outside agencies including insurance companies.

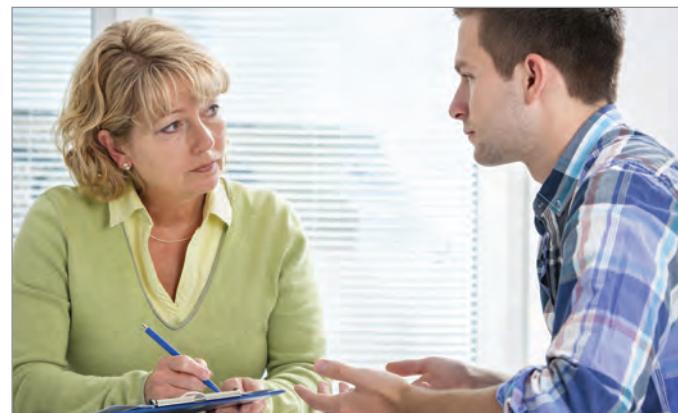
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- This course meets Washington's 4-hour ethics requirement

#### Learning Objectives:

At the end of this seminar, participants will be able to:

1. Summarize the areas of high risk for professional psychology practice.
2. Describe how to implement risk management strategies from a conceptual perspective.
3. Recognize how state mandates impact professional conduct in order to maintain a client oriented approach when dealing with ethical dilemmas.
4. Explain how to place limits on your role when called upon to be part of a legal proceeding.
5. Discuss how to deal with health care record audits.

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Washington State Department of  
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FY18-202 [09-2017]

## Evaluations and Certificates

All CE evaluations will be done online and must be completed by Wednesday, November 8th. We expect that all convention certificates will be emailed out by November 22nd at the very latest.

Visit the homepage of our site, [wapsych.org](http://wapsych.org), and look for the graphic below to go to the evaluations page:

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EVALUATIONS** | **CLICK  
HERE**

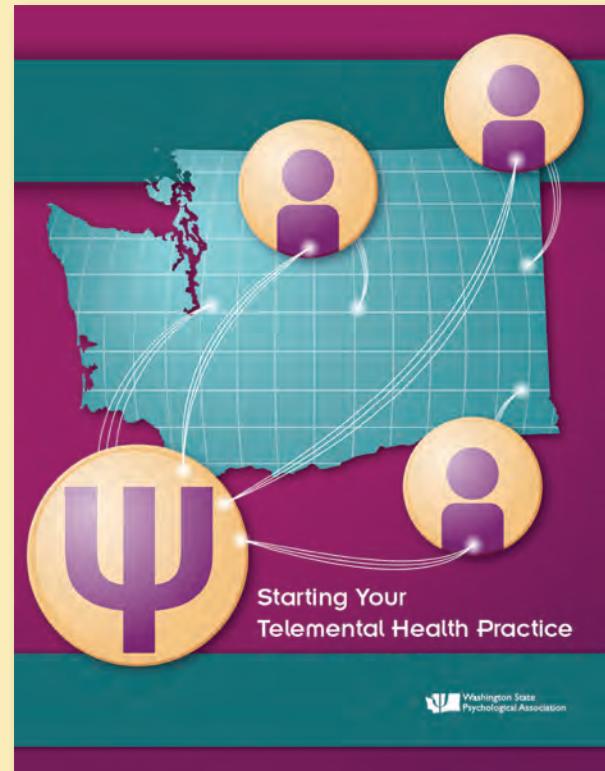
Each workshop evaluation will give you the opportunity to request an expedited certificate if you need it sooner than November 22. Your certificate will list all sessions you completed.

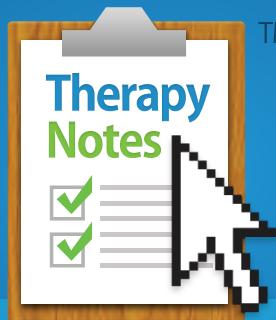
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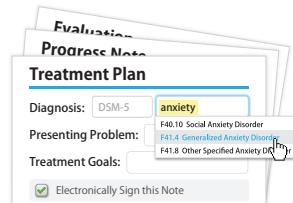
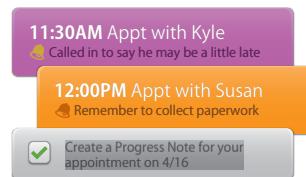


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