

MPA Education and Training Schedule 2010

Presented by the
Minnesota Psychological Association



Online at www.mnpsych.org

Friday Forums cosponsored with Metropolitan State University Psychology Department



These symbols denote the following event categories:



First Friday Forum (FFF)



Diversity Program



Friday Forum Encore (FFE)



Distinguished Scholar Lecture (DSL)



Greater Minnesota Forum (GMF)



Full-Day Program

* Descriptions only; registration materials to follow

Continuing education

Friday Forums have been submitted for approval to the MN Board of Psychology for 3.0 continuing education hours. MPA is an approved provider of continuing education with the Minnesota Board of Social Work, approval #CEP-98. Friday Forums contain 3.0 contact hours each, Distinguished Scholar Lectures are submitted for 1.5 CE hours.

Event times

First Friday Forums, Greater Minnesota Forums and Friday Forum Encores

Registration: 8:30 a.m.; Program: 9 a.m. to noon.

For additions and updates to the 2010 continuing education calendar, please check www.mnpsych.org.

Program Descriptions

Friday
Jan. 8, 2010



Registration:
8:30 a.m.

Program:
9 a.m. to noon

Professional Boundary Dilemmas – TV, Movies, & Real Life (First Friday Forum)*

Gary Schoener, M.Eq., LP

Metropolitan State University, St. Paul Campus

Increasingly in works of fiction — the movies, TV — boundary issues between professionals and clients are depicted. Using TV series (e.g. *In Treatment*), training tapes, and movie clips, this session will examine boundary dilemmas faced by clinicians and examine principles in arriving at the best solution.

This session will involve the use of a series of clips from movies, training tapes, and TV series in which boundary dilemmas involving therapists are depicted. These situations will be compared to “real life” situations and then decision-making concerning professional options will be discussed. A variety of situations will be examined — encountering clients in the community, the death of a client (funeral, contact with family, etc.). This discussion will be anchored by an examination of five basic ethical principles that may apply: Beneficence, Nonmaleficence, Autonomy, Fidelity, and Justice. Some legal duties will also be examined, such as confidentiality following the death of a client.

Gary Schoener, M.Eq., LP, is the executive director of the Walk-In Counseling Center, Minneapolis. An expert on professional boundaries and ethical/legal dilemmas, Mr. Schoener trains and consults internationally on these issues and authored a number of publications on related topics. He has testified in civil and administrative actions in the U.S. and Canada in which supervisory responsibility has been a key issue. He is a former member of the APA Task Force on Sexual Impropriety and its Advisory Committee on the Impaired Psychologist. Mr. Schoener has presented workshops on ethics and professional boundaries in a number of states and Canadian Provinces for the past 20 years. He is the only psychologist to be given the title of Traveling Professor of Psychiatry by the Royal New Zealand & Australian Colleges of Psychiatrists, and will be doing a lecture tour of both countries in 2010.

***Note: This Friday Forum is being held the second Friday of the month.**

Friday
Feb. 5, 2010



Registration:
8:30 a.m.

Program:
9 a.m. to noon

Reception:
12 to 12:30 pm.

"At-Risk" to "At Promise": Therapeutic Techniques that work with African American Children and Families

(First Friday Forum)

Pearl Barner, II, Ph.D., LP, Program Chair

Presenters: Ted Thompson, M.Eq., LP; BraVada Garrett-Akinsanya, Ph.D., LP; Willie Garrett, M.A., LP

Metropolitan State University, St. Paul Campus

A reception will follow the event, honoring the 2010 recipient of the MPA Diversity Committee Award for Outstanding Career Achievements in Black Psychology.

This First Friday Forum provides clinicians with "hands-on" strategies for working with African American children, adolescents and adults. Presenters will provide a brief orientation on theory and process, followed by small and large group discussions, experiential exercises and case examples. Role-play, scenarios, and reflective exercises will be utilized to teach how African-centered intervention strategies can be implemented on individual, family and community levels.

Pearl Barner II, Ph.D., LP, has over 25 years of experience, and currently serves as a psychologist at Boynton Health Service Mental Health Clinic at the University of Minnesota, where he provides individual, group and couples therapy to students and supervises advanced practicum students. He also operates a small practice in Minneapolis. From 1999 to 2008, Dr. Barner taught two courses in the African American and African Studies Department at the U of M. Also at the U, Dr. Barner has served as an assistant vice provost for the Office of Multicultural and Academic Affairs, executive director of the Learning Resource Centers, and director of Boynton Mental Health Clinic. Dr. Barner has also served on the Boards of Directors of Hamm Memorial Psychiatric Clinic, The National Association of Black Psychologists, and Model Cities of St. Paul (board chair). He served on the executive council of the Minnesota Psychological Association, and was co-founder and president of Minnesota Association of Black Psychologists.

Ted Thompson, M.Eq., LP, is a psychologist and family therapist in private practice in Minneapolis. He specializes in child and adolescent development and is a frequent presenter for both Hennepin and Ramsey County on issues of cultural identity formation, competence in

the delivery of services with culturally diverse populations and cultural dynamics which affect parenting styles. He works extensively with foster care and adoptive families. He has also focused in the area of addiction recovery and has been a treating clinician for the NFL for over 12 years.

BraVada Garrett-Akinsanya, Ph.D., LP, CAC/BP, is the executive director of the African American Child Wellness Institute and president of Brakins Consulting and Psychological Services. She served as the first African American president of the Minnesota Psychological Association, is a past president of the Minnesota Association of Black Psychologists, and was the founding president of the Multi-Cultural Specialty Providers Mental Health Network. Dr. Garrett-Akinsanya was recently awarded Fellow status by the National Association of Black Psychologists and has received the ABPsi Board Certification in African Centered/Black Psychology (CAC/BP). In 2005 she received a Presidential Citation from the American Psychological Association for her contributions to multicultural psychology.

Willie B. Garrett, M.S., LP, has over 25 years of experience in behavioral health as both a practitioner and consultant. He is also a Certified Employee Assistance Professional (CEAP) with a doctorate in Organization Development from the University of Minnesota. Mr. Garrett is a past president of the Minnesota Association of Black Psychologists, and former chief professional officer of the Minnesota Psychological Association. He is a former president of the Board of Directors of Adoptive Families of America, and a former board member of the Employee Assistance Society of North America. He is currently on the board of Capella University, and maintains a behavioral health consulting and private practice. Mr. Garrett also works at the Open Cities Health Center providing integrated behavioral healthcare to underserved and multicultural populations.

Friday
Feb. 19, 2010

ENCORE!

Registration:
8:30 a.m.

Program:
9 a.m. to noon

What Psychologists Need to Know About Psychotropic Medications: Marketing and Misinformation vs. Science (Friday Forum Encore)

Glen Spielmans, Ph.D.

Metropolitan State University, Midway Campus

With psychoactive medications continuing to increase in popularity, all mental health practitioners, prescribing and non-prescribing, should be critical consumers of research on the effectiveness and safety of medications. Psychotropic drugs are often touted in press releases, news

reports, and journal articles as safe and effective for a variety of conditions. However, due to poor research design, overly optimistic interpretations of evidence, and misleading marketing efforts, medications have been portrayed in an unrealistically positive light that often differs substantially from the evidence base. This presentation will discuss various ways in which marketing concerns influence the dissemination of research findings, and how psychologists can accurately assess the evidence base regarding various medications. Real-life clinical implications will also be discussed, addressing how, based on a more realistic appraisal of the clinical evidence, psychologists may more effectively collaborate with physicians and advocate that their clients receive treatments which are based on the most solid evidentiary foundation.

Glen Spielmans, Ph.D., is an associate professor of psychology at Metropolitan State University in St. Paul, MN. He is interested in evidence-based treatments, and has performed meta-analytic research to investigate the degree to which clinical trial results support the efficacy of various psychotherapies for a variety of conditions. Dr. Spielmans has also conducted several studies that have investigated the inappropriate marketing of psychiatric medications.

Friday
Mar. 5, 2010



When the Life (or Death) of a Psychotherapist Interrupts Treatment (First Friday Forum)

Janet Thomas, Psy.D., LP

Metropolitan State University, St. Paul Campus

Registration:

8:30 a.m.

Program:

9 a.m. to noon

When life events result in a sudden, temporary or permanent absence from practice, psychologists are responsible for managing both clinical and practical repercussions. Acute or chronic illness, injury, death, and personal crises are examples of such life events. When they occur, psychologists are faced with complex dilemmas about self-disclosure to clients, as well as practical questions such as who will notify clients, cancel appointments, handle billing and insurance issues, and manage client records, should the absence be extended or permanent. This forum will allow participants to begin the process of developing a practice management plan that could be implemented if needed.

Janet T. Thomas, Psy.D., LP, is in private practice in St. Paul where she provides psychotherapy, assessment, ethics consultation, and supervision. She has taught graduate courses, including professional ethics and supervision, and has published and presented on these topics. She is the author of *The Ethics of Supervision and Consultation: Practical Guidance for Mental Health Professionals* (2010), published by APA.

Friday
Mar. 19, 2010



Registration:
8:30 a.m.

Program:
9 a.m. to noon

The Origins of Perfectionism and the Road to Recovery (Greater Minnesota Forum)

Thomas Greenspon, Ph.D., LP, LMFT

Olmsted Community Hospital, Rochester, MN

Perfectionism, an emotional burden that interferes with performance, saps energy, and makes intimacy difficult, is described by a set of related behaviors, cognitions, and affects. Greenspon makes a distinction between perfectionism and the pursuit of excellence. Various ways of understanding the origins of perfectionism are described, leading to a psychodynamic formulation based on the meaning a perfectionist gives to mistakes. Perfection is pursued as the cure for a sense of defectiveness and personal unacceptability. Clinical vignettes are added to current research on perfectionism to support this view. Given this framework, an approach is described that can be used in various forms in psychotherapy, parenting, and teaching environments to launch what is described as a process of recovery from perfectionism.

Thomas Greenspon, Ph.D., LP, LMFT, is in private practice in Minneapolis. He earned his B.A. from Yale, and a Ph.D. in psychology from the University of Illinois in 1968. After a postdoctoral fellowship at the University of Rochester, NY, he joined the faculty of the Medical Center at the University of Alabama in Birmingham, where he was involved in teaching, research, and counseling until moving to the Twin Cities in 1977. Dr. Greenspon lectures and writes on a variety of topics including couples' and family relationships, and the emotional needs of gifted children and adults. He has authored a monograph on adolescent-adult relationships for the Unitarian Universalist Association entitled *Human Connections*, and a number of his articles have appeared in professional journals. His first book, *Freeing Our Families From Perfectionism*, has won the National Parenting Gold Award and a Parent's Choice Award.

Friday
Apr. 2, 2010



Registration:
8:30 a.m.

Program:
9 a.m. to noon

Transforming Anxiety and Depression through Emotional Mindfulness

(First Friday Forum)

Ronald Frederick, Ph.D., LP

Metropolitan State University, St. Paul Campus

While the problems that clients bring to therapy are varied, there is often a common underlying factor. Whether it is the emotional experience of love, joy, anger, sadness, or pride, their inborn ability to be

present with and make good use of their feelings is being constricted by fear—and it is a reflexive avoidance of their feelings that is thwarting their development and impairing their mental health. Based on current research in the areas of attachment, affect regulation, and neuroplasticity, this workshop illustrates how we become afraid of our feelings and learn to avoid them, but how with new experiences in which our emotions are experienced as positive and free from fear, we can actually “rewire” our brain and restore vitality and well-being. The presenter will introduce a proven four-step approach to “emotional mindfulness” that incorporates powerful techniques for 1) Increasing awareness; 2) Reducing anxiety and fear; 3) Developing affect tolerance; and 4) Expanding one’s capacity for expression. Through demonstration, video clips, and exercises, you will learn how to integrate these experiential strategies into your practice and help your clients make use of them in their daily lives—thus accelerating their therapeutic progress. Participants will leave this forum with a toolkit to help them and their clients open up to a richer emotional experience and a broader range of personal and relational possibilities.

Ronald Frederick, Ph.D., LP, is a co-founder of the Center for Courageous Living in Minneapolis, and author of the best selling book, *Living Like You Mean It: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want*. Noted for his warmth, humor, and engaging presentation style, he lectures and facilitates workshops nationally. In addition, Dr. Frederick is a senior faculty member of the Accelerated Experiential Dynamic Psychotherapy (AEDP) Institute, as well as the clinical supervisor of Park House, an outpatient program at Abbott Northwestern Hospital in Minneapolis.

April 16-17,
2010



Minnesota Psychological Association 74th Annual Convention: Psychology on the Move: What’s Ahead – *Save the Date!*

**Radisson Hotel and Conference Center, 3131 Campus Drive
Plymouth, Minnesota 55441**

Saturday
April 24, 2010



Registration:
10:30 a.m.

Program:
10:45 a.m. to
noon

Unconscious Behavioral Guidance Systems: The Automaticity of Everyday Life (Distinguished Scholar Lecture)

John A. Bargh, Ph.D.

Macalester College, John B. Davis Auditorium

The various automatic or unconscious influences over social judgment, behavior, and motivation that have been discovered over the past 25 years will be described, followed by a discussion of their likely origins in both evolved motivational structures and the individual person's early experience with the physical world.

John A. Bargh, Ph.D., focuses his research on unconscious mechanisms that underlie social perception, evaluation and preferences, and motivation and goal pursuit in realistic and complex social environments. That each of these basic psychological phenomena occur without the person's intention and awareness, yet have such strong effects on the person's decisions and behavior, has considerable implications for philosophical matters such as free will, and the nature and purpose of consciousness itself.

Dr. Bargh went to graduate school in social psychology at the University of Michigan. He received his Ph.D. in 1981 and that fall moved to NYU as an assistant professor. After 22 years at NYU, Dr. Bargh moved to Yale in 2003. His dissertation received the Society for Experimental Social Psychology (SESP) Dissertation Award in 1982, and in 1989 he received the American Psychological Association (APA) Early Career Award for contributions to psychology. In 2001 he received a Guggenheim Fellowship, and also that year was a Fellow at the Center for Advanced Studies in the Behavioral Sciences. In 2007 Dr. Bargh received the Donald T. Campbell Award from the Society for Personality and Social Psychology for distinguished contributions to social psychology, and later that year received the Scientific Impact Award from the Society for Experimental Social Psychology.

Friday
May 7, 2010



Counseling Teens and Adults with High Functioning Autism Spectrum Disorders: A Neuro-diversity Perspective (First Friday Forum)

Robin McLeod, Ph.D., LP

Metropolitan State University, St. Paul Campus

Registration:

8:30 a.m.

Program:

9 a.m. to noon

Effective psychotherapy with autistic adolescents and adults in mental health care settings requires not only having a thorough understanding of autism spectrum disorders (ASD), but also understanding that traditional treatment interventions often must be modified to be effective. Understanding autism spectrum disorders from a neurodiversity perspective provides clinicians with guiding principles when working with these clients. From this perspective, psychotherapy interventions with adolescents and adults on the autism spectrum will focus primarily on the comorbid conditions that often accompany an ASD diagnosis as well as the challenges inherent in the diagnosis, and appropriate intervention modifications that can be used. Therefore, the goal of this presentation is to increase understanding of neurodiversity counseling perspectives and the accompanying important diagnostic and treatment challenges that mental health care professionals face when working with adolescents and adults who have high functioning autism spectrum disorder diagnoses.

Robin McLeod, Ph.D., LP, is the founder and co-owner of Counseling Psychologists of Woodbury, a group private practice clinic serving the East Metropolitan area since 1995. Dr. McLeod earned doctoral and master's degrees from the Counseling and Student Personnel Psychology program at the University of Minnesota, and a master's degree in Speech Communication at Central Missouri State University. She is a highly sought-after consultant and speaker on the topic of counseling high functioning autistic teens and adults. Her focus is on recognizing and promoting the dignity of all who suffer from the not-so-hidden social biases and presuppositions about people living with this neurological difference. She has provided services to teens and adults on the autism spectrum for several years and is the parent of a teenage son with autism.

Friday
May 21, 2010



Save the Date! The New World Psychology Practice: What Psychologists Need to Know to Thrive in this New Environment

(Full Day Conference)

David Ballard, Psy.D., MBA

Metropolitan State University St. Paul Campus

**Co-sponsored by Metropolitan State University Department of
Psychology**

This presentation assists participants in understanding new methods of practice management, including the use of technology to improve care and workflow. In addition, it addresses goal-setting, creating a business plan, increasing practice flexibility, and exploring methods to increase practice visibility. Upon completion of this conference participants will be able to:

- List potential clinical issues related to use of social networking sites for personal and professional use.
- Understand the privacy implications of electronic health records.
- List appropriate methods for marketing a clinical practice.
- List ways that Personal Health Records might be used in clinically appropriate ways and the safeguards necessary to do so.

David Ballard, Psy.D., is a dynamic and engaging speaker whose wealth of information regarding enhancement of the business side of practice through the use of emerging technologies will leave attendees energized and empowered. His unique style, mixing humor with the concrete presentation of information, makes previously challenging topics accessible to clinicians at all levels of experience. Dr. Ballard's presentation will provide workable solutions for practice management, marketing, and the coming demands for the integration of electronic methods into clinical practice. Through APA's Practice Directorate, he has helped countless psychologists begin to retool their practices.

Friday
June 4, 2010



Registration:
8:30 a.m.

Program:
9 a.m. to noon

Assessing and Reporting Potentially Violent Behavior (First Friday Forum)

Paul Reitman, Ph.D., LP; Thomas A. Pearson, J.D.

Metropolitan State University, St. Paul Campus

This program is co-sponsored with the MPA Division of Forensic Psychology.

This forum will focus on the assessment and reporting of the potential for violence in clients with specific mental disorders. It will address the proper scope of an assessment when violence is indicated or suspected. The presenters will also review the clinical and legal aspects of reporting violence or the potential for violence to persons within the judicial system and to other interested persons. The program will also include case presentations to illustrate the concepts being addressed.

Paul Reitman, Ph.D., LP, has been a forensic psychologist for 20 years in the State of Minnesota. He has also worked on high profile cases in Wisconsin. Dr. Reitman conducts civil commitments for people who have mental illness, chemical dependency, those who are mentally ill and dangerous or sexually dangerous, and sexual psychopathic personalities. Dr. Reitman has an outpatient practice and is a hospital psychologist completing diagnostic assessments. For more than 10 years, he has trained Psy.D. students in diagnostic practicums and advanced practicums in forensic psychology. Dr. Reitman has taught courses at Argosy University in forensic psychology and the assessment of sex offenders.

Thomas A. Pearson, J.D., is a founding member of the law firm of Cronan Pearson Quinlivan, PA, in Minneapolis, and he has been admitted to practice in the state and federal courts in Minnesota for more than 30 years. His practice focus is litigation and administrative law, with special emphasis on personal injury and product liability defense, insurance law, and representation of health professionals. He received his undergraduate degree from the University of Notre Dame in 1975 and his law degree from the University of Denver in 1978. His representation of health professionals includes appearances before various licensing boards in Minnesota. He operates the Legal Consultation Service of the Minnesota Psychological Association. He has served on the ad hoc Public Advisory Committee to the Rules Committee of the Minnesota Board of Psychology.

Friday
Aug. 6, 2010



Registration:
8:30 a.m.

Program:
9 a.m. to noon

Understanding Pediatric Neuropsychology: Implications for Your Practice (First Friday Forum)

Tanya Maines Brown, Ph.D., LP; Michael Zaccariello, Ph.D., LP

Metropolitan State University, St. Paul Campus

Pediatric acquired brain injury (PABI) is the leading cause of disability in children and adolescents in the United States. At Mayo Clinic alone, pediatric specialists and primary care physicians see approximately 1,000 children and adolescents with PABI each year, including traumatic brain injury, brain tumor, stroke, and epilepsy. Pediatric neuropsychologists are often involved in the care of these patients through assessment of cognitive and behavioral functioning, developing recommendations to address challenges identified through the assessment, and assisting with long-term planning. This presentation will: define the role of pediatric neuropsychology in the assessment of children with PABI; describe the elements of a neuropsychological assessment (e.g., tests, procedures); and focus on relevant treatment and rehabilitation needs of these unique patients. The presenters will address reasons to make a referral for testing and differences between a neuropsychological evaluation and other types of psychological/educational testing.

Tanya Maines Brown, Ph.D., LP, is an assistant professor of Psychology and a pediatric neuropsychologist at the Mayo Clinic. Dr. Brown graduated with her Ph.D. in Clinical Psychology from the University of Cincinnati. Her predoctoral internship in child and pediatric psychology was completed at Children's Memorial Hospital in Chicago with additional specialization in pediatric neuropsychology during postdoctoral fellowship at Medical College of Wisconsin in Milwaukee. She also served as Assistant Professor of Pediatrics at The Ohio State University prior to her current position. Dr. Brown conducts assessments of children and adolescents who present with cognitive and behavioral sequelae secondary to various neurologic conditions. Recently, she was awarded an NIH subcontract with Cincinnati Children's Hospital Medical Center to examine the efficacy of an online family problem-solving intervention for children who have sustained a traumatic brain injury. Her other research interests include studying cognitive "late effects" of radiotherapy to treat brain tumors in children, preliminary studies on the cognitive and behavioral effects of deep brain stimulation in a pediatric population, and the longitudinal outcome of children with Neimann-Pick Disease.

Michael Zaccariello, Ph.D., LP, is a pediatric neuropsychologist in the Department of Psychiatry and Psychology at Mayo Clinic-Rochester. He obtained his doctoral degree from Case Western Reserve University in Cleveland, Ohio. Dr. Zaccariello completed a neuropsychology internship at Rush University Medical Center in Chicago, followed by a two-year post-doctoral fellowship in pediatric neuropsychology at the Medical College of Wisconsin in Milwaukee. Dr. Zaccariello conducts comprehensive neuropsychological assessments on children presenting with medical or neurological conditions that affect cognitive, academic, and behavioral/emotional functioning. His research interests center around evidence-based approaches to neuropsychological assessment and statistical approaches to measure cognitive change.

Friday
Aug. 20, 2010



Assessing and Reporting Potentially Violent Behavior (Greater Minnesota Forum)

Paul Reitman, Ph.D., LP; Thomas A. Pearson, J.D.

St. Luke's Hospital, Duluth, MN

This program is co-sponsored with the MPA Division of Forensic Psychology.

Registration:
8:30 a.m.

Program:
9 a.m. to noon

This forum will focus on the assessment and reporting of the potential for violence in clients with specific mental disorders. It will address the proper scope of an assessment when violence is indicated or suspected. The presenters will also review the clinical and legal aspects of reporting violence or the potential for violence to persons within the judicial system and to other interested persons. The program will also include case presentations to illustrate the concepts being addressed.

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Thomas A. Pearson, J.D., is a founding member of the law firm of Cronan Pearson Quinlivan, PA, in Minneapolis, and he has been admitted to practice in the state and federal courts in Minnesota for more than 30

years. His practice focus is litigation and administrative law, with special emphasis on personal injury and product liability defense, insurance law, and representation of health professionals. He received his undergraduate degree from the University of Notre Dame in 1975 and his law degree from the University of Denver in 1978. His representation of health professionals includes appearances before various licensing boards in Minnesota. He operates the Legal Consultation Service of the Minnesota Psychological Association. He has served on the ad hoc Public Advisory Committee to the Rules Committee of the Minnesota Board of Psychology.

Friday
Sept. 3, 2010



Part 1: Autism and the Brain: Linking Brain Based Research with Education and Treatment for Students with Autism Spectrum Disorder (ASD)* (First Friday Forum)

Renaë Ouillette M.A., S.Psy.S.

Metropolitan State University, St. Paul Campus

Registration:
8:30 a.m.

Part 1:
9 a.m. to noon

Optional Lunch:
Noon to 1 p.m.

Part 2:
1 to 4 p.m.

Autism is a neurobiological disorder that has its basis in brain functioning. This video PowerPoint-illustrated presentation will share information identifying a range of the underlying core brain-based deficits impacted in children and adolescents with Autism Spectrum Disorders and developing related strategies for education, management and treatment.

Renaë M. Ouillette, M.A., S.Psy.S., has been the Director of Special Services for the Lakeville Area Public Schools, a district of 11,000 students, since 2002. She oversees special education services for learners ages Birth-21 years as well as K-12 programming for English Language Learners. She is a former school psychologist and autism resource specialist. Renaë served as a member of the Minnesota Autism Network from 1997 to 2002 and assisted in the development of the state's current criteria for Autism Spectrum Disorders. She has conducted trainings on identifying and teaching children with autism across the state and served as an adjunct instructor in the autism certificate program at Hamline University. Ms. Ouillette has a master's degree in general psychology and a specialist degree in school psychology.

*** This is a two-part presentation. You may register for either or both presentations.**

Please indicate on the registration form which parts you are attending.

Friday
Sept. 3, 2010



Optional Lunch:

Noon to 1 p.m.

Part 2:

1 to 4 p.m.

* This is a two-part presentation. You may register for either or both presentations.

Please indicate on the registration form which parts you are attending.

Part 2: Case Studies in Asperger's Syndrome* (First Friday Forum)

Sheila Merzer, M.A., LP

Metropolitan State University, St. Paul Campus

Children and adolescents with Asperger's Syndrome present with a constellation of cognitive strengths and challenges in social/pragmatic communication, information processing and reasoning skills. Because of their often superior memory based skills, the hidden deficits of these children are often not identified and/or are masked by their challenging behaviors. This presentation will use video illustrated case studies to demonstrate strategies for identifying the underlying processing and reasoning challenges of individual children/adolescents and translating these into interventions to promote growth.

Sheila Merzer, M.A., LP, has worked in the field of autism since 1972. She co-directed a day treatment program for children with autism and related disorders for 12 years prior to opening her private practice in 1990. In her private practice, she specializes in providing assessment, school consultation and inservice training related to providing services for children with Autism Spectrum Disorders. She has presented at regional, national and international conferences.

Friday
Oct. 1, 2010



Registration:
8:30 a.m.

Program:
9 a.m. to noon

The Origins of Perfectionism and the Road to Recovery (First Friday Forum)

Thomas Greenspon, Ph.D., LP, LMFT

Metropolitan State University, St. Paul Campus

Perfectionism, an emotional burden that interferes with performance, saps energy, and makes intimacy difficult, is described by a set of related behaviors, cognitions, and affects. Greenspon makes a distinction between perfectionism and the pursuit of excellence. Various ways of understanding the origins of perfectionism are described, leading to a psychodynamic formulation based on the meaning a perfectionist gives to mistakes. Perfection is pursued as the cure for a sense of defectiveness and personal unacceptability. Clinical vignettes are added to current research on perfectionism to support this view. Given this framework, an approach is described that can be used in various forms

in psychotherapy, parenting, and teaching environments to launch what is described as a process of recovery from perfectionism.

Thomas Greenspon, Ph.D., LP, LMFT, is in private practice in Minneapolis. He earned his B.A. from Yale, and a Ph.D. in psychology from the University of Illinois in 1968. After a postdoctoral fellowship at the University of Rochester, NY, he joined the faculty of the Medical Center at the University of Alabama in Birmingham, where he was involved in teaching, research, and counseling until moving to the Twin Cities in 1977. Dr. Greenspon lectures and writes on a variety of topics including couples' and family relationships, and the emotional needs of gifted children and adults. He has authored a monograph on adolescent-adult relationships for the Unitarian Universalist Association entitled *Human Connections*, and a number of his articles have appeared in professional journals. His first book, *Freeing Our Families From Perfectionism*, has won the National Parenting Gold Award and a Parent's Choice Award.

Friday
Oct. 15, 2010

Save the Date! **Electronic Health Records: The Basics** **Psychologists Need to Know**

Although this Friday Forum is not an Encore, it does follow up on themes covered by previous forums and other programs.

Office of Health Information Technology
Minnesota Department of Health Representative

Metropolitan State University, Midway Campus

Registration:
8:30 a.m.

Program:
9 a.m. to noon

The requirement to use electronic health records (EHR) will be upon us before we know it. Psychologists have many concerns about their use with regard to privacy issues, safety of protected health information, and what will be disclosed to other providers. Questions loom about what constitutes an effective EHR for a psychology practice, what sorts of costs are involved, and how and when a particular product should be chosen. This presentation will guide psychologists in understanding the basics of electronic health records to help in research and choosing an appropriate tool. Following this presentation, attendees will be able to describe the privacy concerns related to the use of electronic health records and two remedies.

Friday
Nov. 5, 2010



Psychological and Behavioral Considerations in the Treatment of Obesity and Bariatric Surgery (First Friday Forum)

Karen Grothe, Ph.D.; Susan Himes, Ph.D.

Metropolitan State University, St. Paul Campus

Registration:
8:30 a.m.

Program:
9 a.m. to noon

This forum will focus on behavioral weight management intervention for obesity, diagnosis and treatment of binge eating disorder, and psychological aspects of bariatric surgery. The program will be applicable to mental health providers interested in assisting patients with health behavior change specific to weight and those working with pre- or post-surgical bariatric patients. Presenters will provide an overview of the empirical literature in these areas supplemented by clinical examples.

Karen B. Grothe, Ph.D., is a consultant in the Department of Psychiatry and Psychology, Mayo Clinic Rochester. She received her Ph.D. in Clinical Psychology with an emphasis in Health Psychology from Louisiana State University in 2005. Dr. Grothe completed her internship and post-doctoral training at the University of Mississippi Medical Center and joined Mayo Clinic in 2008. Her clinical activities focus primarily on pre- and post-surgical psychological assessment and treatment of bariatric patients. Dr. Grothe's current research interests focus on psychological and behavioral factors that impact obesity and bariatric surgery outcome, sedentary behavior, health disparities, and psychosocial factors related to cardiovascular disease.

Susan Himes, Ph.D., is a postdoctoral fellow in the Department of Psychiatry and Psychology, Mayo Clinic Rochester. She received her bachelor's in Psychology from Oklahoma State University and her Ph.D. in Clinical Psychology from the University of South Florida in 2009. She completed her internship at Temple University Health Sciences Center and joined Mayo Clinic in 2009. Her clinical activities and research interests focus on obesity, bariatric surgery, eating disorders, and body image.

Friday
Nov. 19, 2010



Registration:

8 a.m.

Program:

8:30 a.m. –
4 p.m.

Save the Date! MPA APAIT: Ethical Decision Making and Risk Management in Clinical Practice

(Full Day Conference)

Jeffrey N. Younggren, Ph.D., ABPP

Location to be announced

Today, psychologists practice with increased ethical and legal attention in order to reduce the likelihood that disciplinary complaints or malpractice suits may be filed against them.

Psychologists must learn new strategies on how to deal with these challenges should they occur. Many “rule based” risk management strategies have been developed to give psychologists concrete guidance for dealing with potential disciplinary actions and civil suits. Consequently, some psychologists have lost sight of the fundamentals of ethical decision making and clamor for “cookbook approaches” to risk management. In their desire to solve any problem quickly, they no longer engage in an active decision-making process when faced with difficult issues.

This conference focuses on the fundamental “how tos” of ethical decision making when confronted by ethical dilemmas. Attendees will become familiar with the fundamental tenets of health care ethics and how they apply to the practice of psychology. They will also review the basic legal strategies and ethical principles that apply to psychological practice. Finally, all participants will have the opportunity to apply the principles to specific ethical dilemmas in small group discussions. These discussions will focus on resolving specific case examples in a fashion consistent with the fundamentals of good clinical practice.

Jeffrey N. Younggren, Ph.D., ABPP, is a Fellow of the American Psychological Association and a Distinguished Member of the National Academy of Practice. Dr. Younggren is a clinical and forensic psychologist who practices in Rolling Hills Estates, California. He also is a clinical professor at the University of California, Los Angeles, School of Medicine. Dr. Younggren served as a member and chair of the Ethics Committees of the California Psychological Association and the American Psychological Association. He consults to various licensing boards on ethics and standards of care, and he qualifies as an expert in criminal, civil, and administrative proceedings. Recently, Dr. Younggren testified regarding

the fallibility of memory secondary to trauma and post traumatic stress disorder before the United Nations Bosnian War Crimes Tribunal in the Hague.

Friday
Dec. 3, 2010



What Brain Science Tells Us About Raising Smart, Healthy Kids (First Friday Forum)

David Walsh, Ph.D., LP

Metropolitan State University, St. Paul Campus

Registration:

8:30 a.m.

Program:

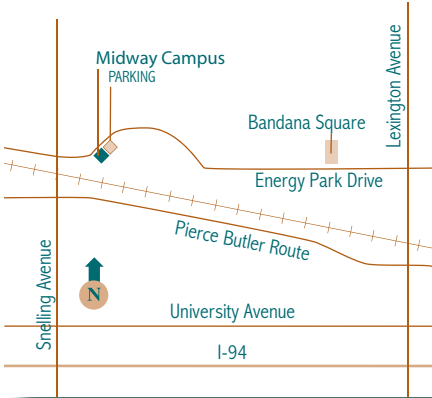
9 a.m. to noon

Advances in brain science are changing our understanding of how the three-pound wonder sitting on top of our shoulders works. Moreover, recent discoveries shed new light on how children's brains develop. Best selling author and psychologist Dr. David Walsh translates the revolutionary new brain science into terms and strategies that psychologists, counselors, teachers, and parents can use.

David Walsh, Ph.D., LP, is one of the most sought-after speakers in America today. President and founder of the National Institute on Media and the Family in Minneapolis, he is an award winning psychologist, author of nine books and a regular guest on national radio and television. His latest book is titled *21st Century Parenting: What Brain Science Tells Us About Raising Smart, Healthy Kids*.

Event Locations

Metropolitan State University, Midway Campus (location for Friday Forum Encores)



1450 Energy Park Drive
Lower Level, Room P*
St. Paul, MN 55108
Phone: (651) 793-1212

I-94 to Snelling Avenue exit, north on Snelling to Energy Park Drive exit; turn left at stop sign and follow road as it curves around to the Energy Technology Center parking lot. *Enter building through East Entrance.

Metropolitan State University, St. Paul Campus

700 E. Seventh St., St. Paul, MN 55106

Friday Forums and conferences are held in the Auditorium, marked with a star on the map below.

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus route: 61, 69 (Minneapolis & St. Paul); 63 (St. Paul). These buses may have any terminal letter.

Parking: Available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$2.50.

Handicapped-accessible parking is readily available in the parking lots adjacent to the St. Paul Campus.



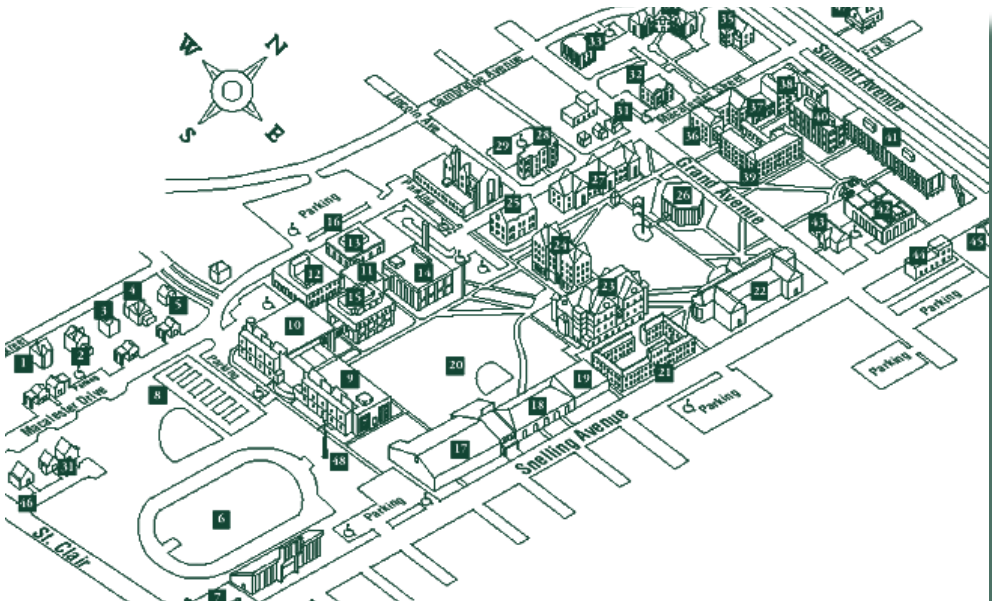
Macalester College

62 Macalester Street, St. Paul

From I-94, exit on Snelling Avenue and go south to Grand Avenue. Turn right (west) on Grand and go one block.

From the north on I-35, take 35E into St. Paul. Exit to I-94 westbound, and follow the directions above.

From the south on I-35, take I-35E into St. Paul. Exit at Ayd Mill Road (exit #104B). At second light, take a left onto Grand Avenue (westbound).





Olmsted Community Hospital, Rochester

1650 Fourth St. SE, Rochester, MN 55904

From Highway 52, take the Civic Center Drive exit. Turn right on Civic Center Drive Northwest and continue for 1.5 miles. Turn right onto Civic Center Drive Northeast and go .2 miles; Civic Center Drive becomes Third Avenue SE. Turn left onto Fourth Street SE, and continue for .8 miles.

St. Luke's Hospital, Duluth (Auditorium)

915 East First St., Duluth, MN 55805

From the Iron Range: Take US Highway 53 to Minnesota Highway 194 (Central Entrance) to Sixth Avenue East to East Fourth Street; then go to 12th Avenue East to First Street.

From the North Shore: Take US Highway 61 (London Road) to 14th Avenue East to First Street.

From South of Duluth and Wisconsin: Take I-35 north to Mesaba Avenue to Second Street to 12th Ave. E. to First Street.

MPA 2009-2010 Education & Training Committee

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Friday Forum Coordinator

Penny Giesbrecht, Psy.D., LP

Distinguished Scholar Lecture Coordinators

R. Brooke Lea, Ph.D. & Jack Rossman, Ph.D.

Friday Forum Special

Register for four Friday Forums and get the fifth one free! This discount applies only to those mailing or faxing in the form on page 26. The registration form must include all five forums and full payment. No cancellations will be accepted, although a forum transfer can be made by contacting Ashley Crunstedt at ashleyc@mnpysch.org.

Join MPA Today!

By joining MPA, you will more than get your dues investment back through savings on quality educational events for the remainder of the year. Please support your professional association and connect to the MPA community by joining today. Check out the Web site for more information and to join online! If you have any questions about membership, please contact Darrin Hubbard at 651-290-7463 or darrinh@mnpysch.org.

Confirmation/Cancellation for all programs

You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled. Space is available on a first-come, first-served basis; space cannot be guaranteed for walk-in registrants.

Friday Forums

Fees: Each Friday Forum is \$40 for MPA members; \$60 for nonmembers; and \$20 for full-time students. Registration fee includes refreshments, program materials, and CE certificate.

Early Bird Special: Payment at least 48 hours prior to the start time of any Friday Forum for which you have registered on page 26 will qualify you for a \$10 discount (\$5 student discount) from the regular prices.

Refund Policy: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least 24 hours before the program. No refund or transfer is given the day of the program.

Distinguished Scholar Lecture

Admission to the Distinguished Scholar lecture is free for all members of the community; preregistration is requested. A small fee will be assessed for individuals who would like to receive a continuing education certificate (\$20 for professionals; \$5 for full-time students).

Weather-Related Cancellation Policy

On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations, including: AM Stations: WCCO-830, KRSI-950, KSTP-1500, KFAN-1130, KDWB-630, WWTC-1280. FM Stations: KQRS-92, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at (651) 203-7249 or 1-800-417-3660 after 7 a.m., where a recorded message will alert you of any cancellation.

MPA E&T Registration 2010 for Friday Forums & Lectures

Please photocopy this form as needed. **Date form completed:** _____

Name: _____

Highest Degree Earned: _____ Licensure: _____

Organization: _____

Address: _____ Please check: Home Work

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Fax: _____

E-mail: _____

Please indicate any special dietary requests: _____

- Type of Registration:** MPA Member Nonmember Full-time student
 Check here to participate in the Friday Forum Special (see page 24 for details).
 Check here for a box lunch for the September 3 event: \$15 (see pages 15 and 16 for details).
 See page 25 for fee information.

Full-Day Events: You may NOT register for full-day conferences with this form.

Program date	Program title (FFF, FFE or DSL ONLY)	Program presenter	Amount
Grand Total			

To receive registration materials (when available) for full-day events, please check the events you are interested in or visit MPA's Web site, www.mnpsych.org:

- MPA 74th Annual Convention (Apr. 16–17, 2010)
- The New World Psychology Practice (May 21, 2010)
- APAIT Ethical Decision Making (Nov. 19, 2010)

Payment: (make checks payable to MN Psychological Association)

- Check Visa/Master Card American Express Discover

Card No.: _____

Expiration date: _____ 3-digit security code: _____

Card holder's name (Print): _____

Signature: _____

Send Registration Form with Payment to:

Minnesota Psychological Association
 1000 Westgate Drive, Suite 252
 St. Paul, MN 55114
 Fax: 651-290-2266 • Phone: 651-203-7249
 Register online at www.mnpsych.org

(For office use only)

initials		fin.
date		
CK/CC		
amt. paid		
bal. due		

Why Join MPA?



Membership in MPA is one of the most valuable investments you will make in your profession. Your investment ensures MPA can continue to protect and preserve your profession, including lobbying at the State Capitol. Help us help you! Minnesota Psychological Association members receive valuable professional and personal benefits:

Connect With Colleagues

- Locate other psychologists through the online Members Only MPA Directory.
- Network with colleagues at MPA events.
- Find an outlet for your talents and develop new relationships through involvement on committees.
- Go online to www.mnpsych.org for a list and descriptions of all the committees and divisions.
- Connect with members who share similar professional interests by joining or creating a division and participating in division listservs.

Shape Your Profession

- Shape the perception of psychology in the eyes of the public by supporting MPA's lobbying efforts.
- Through our experienced and respected voice at the Capitol, MPA helps to shape the legislative agenda.
- Participate in any of MPA's many committees or serve on the Governing Council to influence the future direction of psychology in Minnesota.

Stay Informed

- Get the latest information on a variety of subjects through these MPA events:
 - ♦ Annual Convention
 - ♦ First Friday Forums
 - ♦ President's Conference
 - ♦ Distinguished Scholar Lectures
- Access the forum and blog pages in the Members Only section at www.mnpsych.org.
- Learn about important practice issues, legislative changes and the activities of MPA in the *Minnesota Psychologist*.
- Help your practice grow by participating in the statewide MPA online Psychologist Finder.
- Consult with MPA's Director of Professional Affairs who advocates for psychologists by interfacing with the American Psychological Association, Board of Psychology, the media, third party payers, legislators and government agencies.
- Get answers for your ethical and legal questions using your free ethics committee consultations and one free legal consultation per year.
- Ensure the care of your patients in the event of an unexpected leave from your practice using the *Absence from Practice: Continuity of Care Plan*, available to members only.

Discounts on Every Educational Event

Visit www.mnpsych.org for more information and to join online!



Minnesota Psychological Association

1000 Westgate Drive, Suite 252

St. Paul, MN 55114-1067

Tel: (651) 203-7249

(800) 417-3660 (Minnesota Only)

Fax: (651) 290-2266

www.mnpsych.org

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