



2012 Education & Training Schedule

Register online at www.mnpsych.org

Friday Forums co-sponsored with Metropolitan State University Psychology Department



5353 Wayzata Blvd, Suite 350
Minneapolis, MN 55416

P: (952) 564-3048
W: www.mnpsych.org

Please note MPA's new contact
information above, effective
January 1, 2012.

Program Information

Event Times

First Friday Forums and Friday Forum Encores

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

Distinguished Scholar Lecture

Registration: 7 p.m.;
Program: 7:30 to 9 p.m.

Program Key



First Friday
Forum



Diversity
Program



Friday Forum
Encore



Distinguished
Scholar Lecture

For additions and updates to the 2012 continuing education calendar, please check www.mnpsych.org.



January 6, 2012: First Friday Forum Exposure Therapy for Child Anxiety: Basics and Beyond

Stephen Whiteside, Ph.D., LP

Although anxiety disorders are the most common disorders in childhood, few of these children receive effective treatment. Providing high quality evidence-based treatment requires expertise in the use of exposure procedures. This workshop is designed for participants to learn how to use exposure therapy techniques—the intervention most associated with improvement in anxiety symptoms. After reviewing the cognitive-behavioral model of anxiety and rationale for exposure, the bulk of the workshop will focus on how to apply exposure techniques (situational, in vivo, interoceptive) to help children and families manage a wide array of problems with pathological fear and anxiety, such as phobias, obsessions and compulsions, panic attacks and agoraphobia, posttraumatic stress symptoms, and chronic worry. Instruction will go beyond general principles to providing vivid illustrations through case examples and recorded therapy sessions. Audience participation will be incorporated throughout the presentation to develop participants' ability to design therapeutic exposure exercises. Common pitfalls in treatment planning and implementing exposure therapy will be discussed, such as failure to provide an adequate treatment rationale, noncompliance with treatment instructions, and extreme anxiety during exposure. The workshop will also cover how to apply exposure to more complicated cases and ethical issues surrounding the use of exposure.



February 3, 2012: First Friday Forum Successful Parenting in the Black Community from Birth to Adulthood

Harriett Copher Haynes, Ph.D., LP; Willie Garrett, MS, LP; Bill Allen, Ph.D., LMFT; and Willie Winston, Ph.D.

A reception will follow the event, honoring Harvey Linder, Ph.D., LP, 2012 recipient of the MPA Diversity Committee Award for Outstanding Career Achievement in Black Psychology.

Historically, African American parents raised healthy and successful children. Today's "at risk kids" are a modern phenomenon, a result of social changes in the United States. Black parents raised successful children despite ever-present negative influences both internal and external to their community. Today, successful black parents are virtually invisible in the media, but offer key strategies for helping all families to raise resilient children. A panel of professionals will present on successful parenting from childhood to adulthood. Topics will include the characteristics of healthy black families, raising resilient children, identifying gifted black children, interracial families, adoption, and adult children.



March 2, 2012: First Friday Forum Addressing Bullying and Related Problems in Children & Adolescents

Bridget K. Biggs, Ph.D., LP, ABPP

This presentation aims to help participants understand the complex factors that often contribute to bullying and the problems that are commonly experienced by children and adolescents who are involved in bullying as aggressors, victims, or both. Participants will also learn about school, group, and individual approaches to preventing and treating bullying and victimization, with emphasis on working with individual children and adolescents involved in bullying.



March 16, 2012: Friday Forum Encore Positions of Power, Positions of Abuse

Mic Hunter, Psy.D., LP, LMFT

Psychologists regularly treat clients who were emotionally, physically, sexually, or spiritually abused by persons who misused their positions of authority to meet their own desires at the expense of those subordinate to them. The presenter will describe the psychological dynamics present in various settings where abuse takes place, and the impact on the victims. At the conclusion of the forum, participants should be able to describe the common characteristics found in institutions of power differentials.



April 11, 2012: Distinguished Scholar Lecture Environmental Influences and Community Interventions to Change Food Choices

Simone French, Ph.D.

The food environment has changed dramatically in the past 30 years and is widely recognized as contributing to the obesity epidemic in the U.S. and worldwide. Food availability, portion size, pricing and marketing practices are aspects of the food environment that contribute to food choices. Community-based interventions have evaluated the effects of these environmental influences on population food choices. The results of several community-based interventions that examined the effects of food availability, portion size, pricing and point-of-purchase labeling will be presented. Policy implications are discussed. In addition, pilot data from a seven-year intervention to prevent obesity among preschool children from low-income families will be presented. This study is one of four funded by National Heart, Blood, and Lung Institute/National Institute of Child Health and Human Development to evaluate novel comprehensive multi-level interventions to prevent childhood obesity.

Save the Date:

MPA 76th Annual Convention

Critical Issues: Addressing Change in Psychology, the Mental Health Community, and Society

Friday, April 20 – Saturday, April 21, 2012

Minneapolis Marriott Southwest,
5801 Opus Parkway, Minnetonka, MN 55343



May 4, 2012: First Friday Forum
Comprehensive Behavioral Intervention for Tics

Douglas W. Woods, Ph.D.

The CBIT presentation offers authoritative information on Tourette Syndrome and its common co-morbid conditions. CBIT combines elements of habit reversal training with psychoeducation and function-based behavioral interventions. Dr. Woods will provide an overview of the research data supporting CBIT as an effective intervention for patients with tics. The presentation will offer a detailed description and example of the CBIT treatment protocol.



June 1, 2012: First Friday Forum
Attachments Past and Present: Updates and Insights from Research, Practice and Everyday Observations

Marti Erickson, Ph.D.

In this interactive forum, Dr. Erickson draws on 35 years of research on attachment, including the groundbreaking Minnesota longitudinal study led by professors Byron Egeland, Alan Sroufe and others; 25 years of implementing and evaluating attachment-based interventions with high-risk parents and children; and extensive experience using media to inform and support parents. First, Dr. Erickson will highlight findings on the role of attachment in human development and factors shown to influence the quality of parent-child attachment, with an emphasis on recent insights about parental "state of mind" about remembered attachment history. Then, using examples from work with culturally diverse families facing various kinds of risk (including premature birth, maternal depression, and parental history of abuse), she will focus on practical implications of attachment research and the importance of reflective practice. Finally, with an eye toward recent societal changes and parenting trends, including popular notions about attachment, Dr. Erickson will invite participants to explore how current trends may be working for or against optimal attachment among parents and children today and how we, as psychologists and related professionals, might address some of those trends in practice and advocacy.



August 10, 2012: Friday Forum Encore
The Nuts and Bolts of CBT for Insomnia

Don Townsend, Ph.D., LP, CBISM

Research shows that insomnia and sleep disorders are both predisposing factors for mental health problems and consequences of mental health issues. Treating both psychological and sleep disorders is important and can yield significant gains in therapy. Cognitive Behavioral Therapy for Insomnia (CBTI) is the most effective treatment for insomnia. As such, the focus of this presentation will be on basic cognitive behavioral strategies in treating insomnia using didactics, case examples, and a detailed design of a typical CBTI plan with steps for individualization for a variety of confounding factors. Case studies, interventions and problem solving using CBTI strategies will address: sleep restriction, stimulus control, cognitive restructuring and sleep hygiene. The use of hypnotics as both a help and hindrance of a CBTI plan will also be discussed.

Save the Date: APAIT
September 7, 2012:

Adventures on the Electronic Frontier: Ethics and Risk Management in the Digital Era

Eric Harris, Ed.D., J.D.

Save the Date:

4th Annual Rural & Greater Minnesota Conference

September 14, 2012



October 5, 2012: First Friday Forum
APA-Cited Research in Support of Same-Sex Marriage

Katherine Spencer, Ph.D., LP

In August 2011, the American Psychological Association voted to officially take the stance that measures against same-sex marriage are harmful to same-sex couples. The governing body for psychologists has taken the position that psychologists should advocate for marriage parity for same-sex couples. Relying on a large body of research into the experiences of same-sex couples and lesbian, gay, and bisexually identified people (LGB) in the U.S., APA clearly stated that anti-gay marriage legislation can be psychologically harmful to same-sex couples and contribute to stigma. APA laid out several key points, drawn from several decades of research on LGB experiences that document the impact of stigma, prejudice, and discrimination on LGB individuals, couples, and families, as well as research into the stability and longevity of LGB partnerships and families.

In this forum, we will examine the research used by APA to support the resolutions in support of same-sex marriage, and delve deeper into the issues facing same-sex couples and families. Topics will include defining minority stress and microaggressions LGB individuals face on a daily basis and how this affects same sex relationships, assumptions about LGB couples and families and how this impacts psychotherapy with LGB clients, and information on LGB families. We will explore how to build resiliency in LGB relationships and families, and specific interventions for working with LGB couples.



October 10, 2012: Distinguished Scholar Lecture
Health Anxiety and Hypochondriasis: A Cognitive-Behavioral Approach

Jonathan S. Abramowitz, Ph.D.

In this talk we will cover the nature and treatment of hypochondriasis from a cognitive-behavioral perspective in which it is conceptualized as a form of health anxiety. The symptoms of health anxiety will be reviewed, and an empirically supported cognitive-behavioral model of the problem will be outlined. Cognitive-behavioral assessment and treatment derived from the conceptual model will then be described, and evidence for its efficacy presented.



November 2, 2012: First Friday Forum
Therapeutic Assessment: Basic Constructs and Applications

Raja M. David, Psy.D., LP

Therapeutic assessment is a semi-structured approach to evaluations that is also a short-term therapeutic intervention. The session will cover the history of this approach and what the research indicates about potential benefits to clients. An overview of Therapeutic Assessment will be presented, so clinicians understand the terms inherent in this approach as well as the structure of this intervention.

Save the Date: November 16, 2012 (Tentative)
2012 MPA President's Conference



December 7, 2012: First Friday Forum
Implementing Trauma Focused Cognitive Behavioral Therapy in MN

Abigail Gewirtz, Ph.D., LP; and Dawn Reckinger, MPH, Ph.D.

Dr. Abigail Gewirtz's presentation on Trauma Focused Cognitive Behavioral Therapy will address the current research on TF-CBT and present an overview and discussion of the treatment model and its relation to other trauma informed evidence-based practices for children. Dr. Dawn Reckinger's presentation will focus on the history of training and implementation of TF-CBT in the state of Minnesota and plans for future dissemination of this model.

Event Locations

Metropolitan State University, Midway Campus

[Location for Friday Forum Encores]

1450 Energy Park Drive, Lower Level, Room P*

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.

Macalester College, Weyerhaeuser Administrative Building, Second Floor

[Location for Distinguished Scholar Lectures]

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. For the Weyerhaeuser Administration Building, turn left (south) on Macalester Street and follow signs to visitor parking.

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). Take a left onto Grand Avenue (westbound). For the Weyerhaeuser Administration Building, one block after crossing Snelling Avenue, turn left (south) onto Macalester Street.

Metropolitan State University, St. Paul Campus

[Location for First Friday Forums and Full Day Forums]

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

Friday Forums and conferences are held in the Auditorium.

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.

MPA 2011-2012 Education & Training Committee

Susan T. Rydell, Ph.D., LP (Chair)

Lawrence Foley, Psy.D., LP

Penny Giesbrecht, Psy.D., LP (Friday Forum Coordinator)

Melissa Heinz

Kate Rickord, M.A., LP

Jack Rossmann, Ph.D. (Distinguished Scholar Coordinator)

Mark Stasson, Ph.D.

Stephen Whiteside, Ph.D., LP

Fees & Cancellation Information

Friday Forums & Encores

Early Bird Special Fees: Each Friday Forum is \$60 for MPA members; \$80 for nonmembers; and \$15 for full-time students. Registration fee includes refreshments, program materials, and CE certificate.

Late Registration: Registrations received 48 hours or less prior to the start of any Friday Forum will incur a \$10 late fee.

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.

For full event information, including speaker bios, full day event pricing, pdf registration forms, and online event registration, please visit www.mnpsych.org.

Full Day Program information has not been included in this brochure

Distinguished Scholar Lectures

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).

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.

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 (952) 564-3048 after 7 a.m., where a recorded message will alert you of any cancellation.

MPA Continuing Education Registration Form

SCHEDULE/FEEs:

Friday Forums: Each Friday forum is \$60 for MPA members; \$80 for nonmembers; and \$15 for full-time students. Registration fee includes refreshments, program materials, and CE certificate. Payment less than 48 hours prior to the start time of any Friday Forum will incur a late fee of \$10 (\$5 for students) from regular prices. Volume Discount: Register for four Friday Forums and get the fifth one free! The registration form must include all five forums and full payment. No cancellations, although a transfer can be made by contacting education@mnpsych.org.

FIRST FRIDAY FORUMS

February 3, "Successful Parenting in the Black Community from Birth to Adulthood" — *Copher Haynes, Garrett, Allen, and Winston*

March 2, "Addressing Bullying and Related Problems in Children & Adolescents" — *Biggs*

May 4, "Comprehensive Behavioral Interventions for Tics" — *Woods*

June 1, "Attachments Past and Present" — *Erickson*

FRIDAY FORUM ENCORES

March 16, "Positions of Power" — *Hunter*

August 10, "CBT for Insomnia" — *Townsend*

DISTINGUISHED SCHOLAR LECTURE

April 11, "Environmental Influences and Community Interventions to Change Food Choices" — *French*

No charge for members of the community. For those who need a certificate of attendance: \$20 (\$5 for full-time students).

POLICIES:

Space is available on a first-come basis; space cannot be guaranteed for walk-in registrants. Confirmation/Cancellation: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will NOT receive a written confirmation of your registration. You will be notified by mail or telephone ONLY if your selection is filled or cancelled.

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

Please Note: If paying by credit card, all of the following information must be completed.

Name: _____

Institution/Agency: _____

Address: _____

City/State: _____ Zip: _____

E-mail: _____

Phone: (H) _____

(W) _____

Charge to: Visa MC Am. Ex. Discover

Account# _____

Signature _____

Exp. _____ Three-digit code _____

Return to: Minnesota Psychological Association
5353 Wayzata Blvd, Suite 350
Minneapolis, MN 55416
Fax (952) 252-8096

Or register online at www.mnpsych.org

Program Date	Program Title	Program Presenter	Amount
TOTAL AMOUNT \$			