

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, January 6, 2017

Presenters: Ashley Junghans-Rutelonis, Ph.D. and Cynthia Harbeck-Weber, Ph.D., LP, ABPP

Title: Improving Functioning in Pediatric Chronic Pain Patients

Registration: 8:30 – 9:00 a.m.

Program: 9:00 a.m. – 12 p.m.

Location: Metropolitan State University

St. Paul Campus Auditorium

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

About the Program:

This program qualifies for 3.0 continuing education credits.

Pain is a part of every child's life experience. Unfortunately, for many children, pain becomes chronic, and can have a significant impact on normal development. Chronic pain is often challenging to treat and merits interdisciplinary treatment, including psychological interventions. Specifically, cognitive behavioral treatments (CBT) have now acquired a large evidence base demonstrating excellent efficacy in treating children and adolescents with different chronic pain conditions. CBT is used to help children and their parents learn ways of thinking and behaving to minimize pain and the negative effects of chronic pain. In this workshop, the presenters will focus on building skills in pain management for the child/pediatric psychologist who understands CBT principles but does not have specialized training in pain. The session will include instruction in methods for conducting a thorough psychosocial assessment, developing a treatment plan, and setting treatment goals with children and their parents. Building from the psychosocial assessment, training in several psychological techniques for chronic pain management will be presented. These techniques include biobehavioral strategies to promote relaxation, parent interventions, and lifestyle interventions such as returning to school. In addition, the presenters will discuss which patients are likely to need an intensive pain rehabilitation program and describe one such program, the Mayo Clinic Pediatric Pain Rehabilitation Center. Case vignettes will be used to highlight principles in assessment and interventions with youth with chronic pain. Audience participation and discussion will be encouraged to enhance learning.

Participants will be able to:

1. Describe assessment methods and measures to utilize for children and adolescents with chronic pain.
2. Apply effective CBT strategies to the population of children and adolescents with chronic pain.
3. Review effective behavioral management skills for parents of children and adolescents with chronic pain.
4. Recognize when to refer children to an intensive interdisciplinary pain rehabilitation program and describe effective components of an intensive pain rehabilitation program.

About the Presenters:

Ashley Junghans-Rutelonis, Ph.D., is a medical psychology fellow in the Department of Psychology and Psychiatry at Mayo Clinic. Her research and clinical work focus on child adjustment to and functioning with chronic illness. Dr. Junghans-Rutelonis is currently focused on examining physical activity and sleep among youth who experience chronic pain. She earned her doctorate in Clinical Child Psychology at Oklahoma State University in 2013.

Cynthia Harbeck-Weber, Ph.D., LP, ABPP, is a psychologist at the Mayo Clinic Pediatric Pain Rehabilitation Center in Rochester, Minnesota. Her current clinical work, teaching, and research focus on helping teenagers and young adults live a full active life despite having chronic pain. Dr. Harbeck-Weber earned her doctorate in Clinical Psychology at the University of Missouri-Columbia (1990) while researching children's understanding of pain.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About First Friday Forums:

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

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

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, e-mail or telephone only if your registration is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



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 one day before the program. No refund or transfer is given the day of the program.

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 the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.

MPA First Friday Forum • January 6, 2017

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

If you register **by** December 23, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** December 23, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

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or Register online @ www.mnpsych.org

Return To:

Minnesota Psychological Association

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



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LOCATION: Metropolitan State St. Paul Campus Auditorium

Directions

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

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)

These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.

