

DIVISION OF INDEPENDENT PROFESSIONAL PRACTICE
2018 PRACTICE CONFERENCE

SATURDAY, FEBRUARY 17
THE FRIDAY CENTER - CHAPEL HILL, NC

MORNING WORKSHOPS: 9:00 AM - 12:15 PM

THE ETHICS OF MICROAGGRESSION & CULTIVATING CULTURAL HUMILITY IN CLINICAL PRACTICE*
THERESA PALMER, LCSW, LMFT

** Workshop not intended to meet ethics requirement.*

MAPPING YOUR RETIREMENT: APPLYING THE PSYCHOLOGY OF TRANSITION

STEVE MULLINIX, PH.D.
MAREAH STEKETEE, PH.D.

AFTERNOON WORKSHOPS: 1:30 PM - 4:45 PM

MINDFULNESS AND NEUROSCIENCE:

EVERYTHING YOU WANTED TO KNOW ABOUT BRAIN PHYSIOLOGY BUT WERE AFRAID TO ASK
KRISTIN DALEY, PH.D., CBSM

THE HEALTH INFORMATION EXCHANGE - GETTING READY TO CONNECT

ALICE MILLER
MARK DUNNAGAN

DIPP MEMBERSHIP LUNCHEON

**THE COURSES OFFERED FOR CREDIT ARE INTENDED TO MEET CATEGORY 'A' CRITERIA UNDER THE RULES OF THE
NORTH CAROLINA PSYCHOLOGY BOARD.**

~AN OPPORTUNITY TO EARN SIX HOURS OF CATEGORY "A" CONTINUING EDUCATION CREDIT ~

Participants may attend ONE morning workshop & ONE afternoon workshop.

MORNING WORKSHOPS: 9:00 AM - 12:15 PM

The Ethics of Microaggression & Cultivating Cultural Humility in Clinical Practice*

Theresa Palmer, LCSW, LMFT
Clinical Assistant Professor, UNC-Chapel Hill

****Workshop not intended to meet ethics requirement.***

Microaggressions have been defined as brief everyday exchanges, often unintentional and automatic, that send negative messages to individuals because of their group membership (e.g., due to race, gender, sexual orientation, age, disability). The term microaggression is an emerging one in the helping professions and can be useful in understanding barriers to a well-intentioned clinician's ability to cultivate cultural humility as well as engage therapeutically with clients across a spectrum of differences. Throughout the various clinical codes of ethics, including the American Psychological Association's *Ethical Principles and Code of Conduct*, there is a universal mandate to provide culturally sensitive care to clients. Yet, when microaggressions are unknowingly committed by the helping professional, communication suffers and credibility is lost with the client, which impedes the therapeutic process and may lead to early termination of services. Clinicians are therefore ethically compelled to enhance their understanding of microaggressions, work to minimize their occurrence when interacting with clients, and cultivate a sense of cultural humility. Clinicians engage with a cross-section of society and therefore have a particular need to understand what microaggressions are, how they impact clients, and how they themselves have experienced or perpetuated microaggressions.

By the end of this Workshop, participants will be able to:

1. explain the term Microaggression and its application across a spectrum of differences (e.g., race, gender, sexual orientation);
2. classify specific sections in the American Psychological Association's *Ethical Principles and Code of Conduct* relevant to the importance of understanding and attending to microaggressions as well as the cultivation of cultural humility;
3. define at least three benefits of attending to microaggressions occurring in clinical practice; and
4. describe at least four strategies for cultivating cultural humility as well as responding when the clinician has engaged in a microaggression.

Instructional Level: Basic

Educational Format: Lecture, video clips, discussion

About the Presenter

M. Theresa Palmer, LCSW, LMFT is a Licensed Clinical Social Worker, Licensed Marriage and Family Therapist, and an Approved Supervisor by the American Association for Marriage and Family Therapy. She is also a Clinical Assistant Professor for the University of North Carolina at Chapel Hill's School of Social Work. In addition, she provides clinical supervision to associate-licensed clinicians in social work, counseling, as well as marriage & family therapy. In teaching as well as providing therapy and supervision, she uses a systems-oriented, strengths-based perspective. She also has experienced the transformative power of attending to issues of privilege and power in these settings, particularly in the course she teaches to graduate students on *Confronting Oppression and Institutional Discrimination*.

Mapping Your Retirement: Applying the Psychology of Transition

Steven D. Mullinix, Ph.D.

Private Practice, HRC Behavioral Health & Psychiatry, PA - Chapel Hill and Raleigh, NC

Mareah C. Steketee, Ph.D.

Private Practice, HRC Behavioral Health & Psychiatry, PA - Chapel Hill and Raleigh, NC

This presentation will provide a conceptual overview of the psychological issues in retirement and will actively engage participants in thinking about this life transition for themselves. As a result of this workshop, participants will be able to identify concerns, anticipate changes that may occur in their lives because of their move to retirement and develop action steps to promote a successful retirement transition.

Secondly, the workshop will provide participants with information, concepts, and resources that will be helpful in discussing the retirement transition with clients and patients.

The workshop will involve lecture, individual assessment, and reflection, and small group exercises to actively engage participants in charting their next steps and tasks as they plan for retirement.

By the end of this Workshop, participants will be able to:

1. discuss how the concept of "retirement" developed;
2. identify what gives meaning to their life now and anticipate how that may change in the transition to retirement;
3. describe at least two possible "pathways" they might likely take in the retirement transition; and
4. write key next steps in their planning for retirement.

Instructional Level: Basic

Educational Format: Lecture, individual assessment and reflection, and group discussion

NOTE: This workshop uniquely lends itself to inviting spouses, partners, and significant others.

About the Presenters

Steve Mullinix, Ph.D. is a NC Licensed Psychologist and career development professional with HRC Behavioral Health and Psychiatry, PA, a 30-clinician group practice serving the Raleigh-Durham-Chapel Hill area of North Carolina. He has been with HRC since 1990 and served as Chair of the Board from 2000 to 2011. Steve received his Ph.D. in Counseling Psychology from the University of North Carolina at Chapel Hill in 1978. Prior to joining HRC in 1990, he served 4 years as Director of the Counseling Center at Marquette University in Milwaukee and then 8 years as Director and Psychologist at the University of Pennsylvania Counseling Service in Philadelphia.

Dr. Mullinix has nearly 30 years of experience providing expert career counseling and career development coaching for mid to late career decisions for individuals and couples. He is also a nationally recognized speaker on developing resilience for health professionals as well as managing stress during the job search.

In 2010, Steve received statewide awards from both the NC Career Development Association and the NC Psychological Association for significant contributions to the field of professional psychology and career development.

In addition, Steve is a Veteran of the United States Army. While serving his country in Vietnam, he flew UH-1 helicopters in the Republic of South Vietnam during 1971-72.

Mareah Stekete, Ph.D. is a licensed clinical psychologist with HRC Behavioral Health & Psychiatry, PA, with offices in Chapel Hill and Raleigh and specialty training in neuropsychology and Dialectical Behavior Therapy. She has served as Chairperson of the HRC Board since 2010.

Dr. Stekete received her Ph.D. from the California School of Professional Psychology, Alameda in Clinical Psychology and Neuropsychology in 1992. She then completed a year of pre-doctoral clinical internship followed by a year of post-doctoral fellowship in neuropsychological research at UNC-Chapel Hill. Her second year of post-doctoral neuropsychology fellowship was completed in the Rehabilitation Unit at Duke University Medical Center. She was a Clinical Associate Professor at UNC-Chapel Hill in the Department of Psychology for eight years and maintained an appointment at Duke University as an Adjunct Associate in Medical Psychology, Department of Psychiatry & Behavioral Sciences for 15 years.

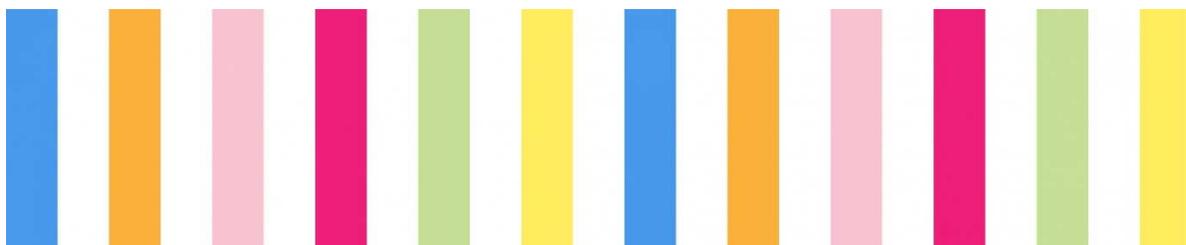
In her current practice, Dr. Stekete offers neuropsychological and psychological evaluations as well as DBT Skills Groups, DBT Skills Groups for University students (DBT-U), DBT Graduate Groups, DBT-Substance Use Groups, and DBT Training Teams for therapists.

She emphasizes mindfulness-based practice in all of her work as well as her personal life. She aspires to live what she advocates for others in her practice. She also enjoys gardening, dancing, reading, travel, the good company of friends and family, and the quiet pursuit of a high quality of life.



**** 12:15 PM: LUNCH & ANNUAL DIPP MEETING ****

Both lunch and the Annual DIPP Meeting are included with registration and open to all conference participants.



Mindfulness and Neuroscience:
Everything You Wanted to Know About Brain Physiology But Were Afraid to Ask

Kristin L. Daley, Ph.D., CBSM
Private Practice, Charlotte

Mindfulness is an important therapeutic technique that has a growing following and a wide variety of clinical applications. This program is meant to be a professional course in the neuroscience behind the efficacy of mindfulness, rather than a basic introduction to mindfulness practice. The program will start with the neuroscience of mindfulness, drawing from both recent imaging studies and affective neuroscience text. We will cover the areas of the brain that are utilized in mindfulness approaches, and the changes that are expected with mindfulness practice.

Practical applications of mindfulness will be presented from two perspectives: general practice and specific clinical presentations. We will engage in mindfulness practice, and review engaging clients in mindfulness practice both in situ and as homework. We will cover expected treatment benefits, essential motivational strategies, and troubleshooting for client challenges.

By the end of the Workshop, participants will be able to:

1. describe the regions of the brain associated with emotional expression and stress response;
2. list the observable changes in neurophysiology associated with specific mindfulness practices;
3. connect specific approaches to mindfulness with specific psychological conditions; and
4. list some of the indications for adding mindfulness practice to psychological treatment.

Instructional Level: Intermediate

Educational Format: Lecture, Discussion

About the Presenter

Dr. Kristin Daley received her doctorate in health psychology from UNC-Charlotte. Her primary passion is working to support the World Health Organization's definition of health: emotional, physical, and social health, through several cognitive behavioral therapeutic approaches including ACT therapy and Dialectical Behavior Therapy (DBT). She started her career working in sleep medicine, continuing in the field while completing her masters and her doctorate. She is one of approximately 200 psychologists who have completed certification in behavioral sleep medicine, and is trained to work with sleep disorders across the age spectrum. Areas of particular passion include: sleep disorders (cognitive behavioral therapy for insomnia- CBT-I, medication tapers, behavioral interventions for pediatric sleep disorders), chronic or severe health conditions (e.g. chronic tinnitus, fibromyalgia, heart disease, cancer, neurological conditions), and psychological conditions that have strong behavioral or physical symptomology, such as anxiety, panic disorder, borderline personality disorder and depression. In her personal life, she is raising three rowdy kids and loves to run as much as she can.



The Health Information Exchange - Getting Ready to Connect

Alice Miller, Business and Outreach Specialist
NC Health Information Exchange Authority

Mark Dunnagan, SAS Institute - Invited Guest

This workshop will present information crucial for any psychologists who works with patients covered by the State Health Plan, Health Choice or Medicaid. Information presented will inform the participants of the legal/legislative requirements and the deadlines through June of 2019 for psychologists and other behavioral health practitioners to be able to serve patients covered by any state-funded health plans. In addition, the value of connection and the requirements for connection will be presented and discussed.

By the end of this Workshop, participants will be able to:

1. describe the value of the Health Information Exchange for patients and practitioners;
2. describe what is needed to comply with North Carolina law to connect to the HIE;
3. list the guidelines for connectivity to be able to see State Health Plan, Health Choice and/or Medicaid patients; and
4. assess the various types of electronic health records that are able to connect to the HIE.

Instructional Level: Basic

Educational Format: Lecture with examples, PowerPoint and interactive discussion

About the Presenter

Alice Miller is the Business and Outreach Specialist for the North Carolina Health Information Exchange Authority (NC HIEA). In her role she works closely with providers across the state to education and assist them in the onboarding process to the state designated health information exchange, NC HealthConnex. She most recently served as the Small Business Ombudsman and Legislative Liaison at the North Carolina Department of Commerce. With a commitment to public service and the citizens of North Carolina, she joined the NC HIEA in 2016 with the commitment of expanding interoperability within the healthcare setting. Alice holds a bachelor's degree in Political Science and Business and is currently pursuing her Master's degree in Clinical Informatics from Duke University.



CONFERENCE INFORMATION

DATE AND TIME

Saturday, February 17, 2018

8:30 am: Registration and refreshments

9:00 am - 12:15 pm: Morning Workshops

12:15 pm: Lunch & Annual DIPP Meeting (included in registration & open to all conference participants)

1:30 - 4:45 pm: Afternoon Workshops

REGISTRATION DEADLINE AND REFUND POLICY

Pre-registration is required. The deadline for registration is **NOON on Monday, February 12, 2018**. Any registration not received by 12:00 pm on February 12 will be charged an additional \$50 late fee. ***Registration includes refreshments and lunch.*** **Refund Policy:** You will receive a full refund* if you cancel by Thursday, February 8; you will receive a one-half refund* if you cancel before noon on February 12; and no refund after 12:00 noon on Monday, February 12. ***A \$50 processing fee is deducted from *all* refunds.**

FACILITY INFORMATION

The Friday Center is located just off I-40 in Chapel Hill. Use the Highway #54 exit and go approximately one mile toward Chapel Hill. Follow the signs to The Friday Center. Directions are included with the registration confirmation mailed to you, on <https://ncpsychology.org/continuing-education/>, and The Friday Center website: <http://unc.live/2DPUx7l>.

HOTEL INFORMATION

The Courtyard by Marriot Chapel Hill is offering a special group rate of \$139.00 a night to DIPP Conference attendees from February 16 - February 18, 2018. To reserve a room at this rate, you will need to 1) request the **DIPP CONFERENCE block**, and 2) book your room **by January 19, 2018**. To reserve a room at this special rate, please call 919.883.0700 or 1.800.321.2211. To reserve your room online, go to <http://bit.ly/2D7Fk1Y>.

SPECIAL NEEDS

If you have special dietary needs (vegetarian, etc.) or physical (medical issues, etc.), please note this on the registration form. We must receive this information by **February 8, 2018**.

CONTINUING EDUCATION INFORMATION

These workshops are sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. Each workshop is offered for 3 hours of Category 'A' credit.

ATTENDANCE REQUIREMENT FOR WORKSHOP CREDIT

To receive continuing education credit, you must attend the ENTIRE workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. You must be present at the close of the workshop, and sign the sign-in/sign-out sheets. Please do not ask the staff to be excused early. Thank you.

FOR FURTHER INFORMATION

Contact the NCPA Division of Independent Professional Practice:

phone: 919.872.1005 **fax:** 919.872.0805 **email:** carol@ncpsychology.org

2018 NCPA DIPP CONFERENCE: SATURDAY, FEBRUARY 17, 2018

REGISTRATION DEADLINE: FEBRUARY 12, 2018 at NOON

REGISTRATION FORM

Name: _____ Degree: _____
(As Shown On Nametag) First Name Last Name

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____
Email REQUIRED For CE Evaluation

Profession (Psychologist, Social Worker, etc.): _____

Please select ONE morning workshop & ONE afternoon workshop:

MORNING

- Ethics of Microaggression & Cultivating Cultural Humanity
- So You Are Thinking of Retiring from Practice

AFTERNOON

- Mindfulness
- The Health Information Exchange

PLEASE CHECK THE APPROPRIATE REGISTRATION FEE:

- Division Members - \$130 \$ _____
- NCPA Members - \$180 \$ _____
- Early Career Psychologists (For NCPA Members Only) - \$135 \$ _____
- Non-Psychologist Members of Other Professional Associations - \$180 \$ _____
- Psychologist Non-Members & All Others - \$250 \$ _____
- Add \$50 after NOON on MONDAY, FEBRUARY 12, 2018 \$ _____
- TOTAL ENCLOSED** \$ _____

NOTE: Spaces cannot be reserved without payment. Dues must be paid for member rate.

Please indicate any special needs – dietary, physical, etc. – by NOON on 2.12.18

PAYMENT METHOD Please Circle One: Check Visa MasterCard

For credit card payment, please complete the following:

Name as it appears on card _____

Card Number _____

Exp. Date _____ CVV # _____
(3 digits on back of card)

Billing Address _____

City _____ State _____ Zip _____

Signature _____

MAIL THIS FORM with a check payable to NCPA DIPP or with your credit card information to:

NCPA DIPP
1004 Dresser Court, #106
Raleigh, NC 27609

OR FAX to 919.872.0805
EMAIL to carol@ncpsychology.org
Spaces cannot be reserved without payment.