

Division of Independent Professional Practice
2019 Practice Conference
Saturday, February 16, 2019
The William and Ida Friday Center for Continuing Education - Chapel Hill, NC

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

Treatment For Opioid Dependence

Reynolds Craig Clodfelter, Jr., PsyD

Recordkeeping in the Digital Age: All Roads Lead to EHR and the Cloud

Charles L. Cooper, PhD

Susan Hurt, JD, PhD

DIPP MEMBERSHIP LUNCHEON: 12:15 pm – 1:30 pm

Afternoon Workshops: 1:30 pm - 4:45 pm

Applying Positive Psychology – Self Care and Treatment Strategies

Gary S. Indenbaum, PhD

Donald F. Azevedo, PhD

An Introduction to Cognitive-Behavior Therapy and Mindfulness Meditation Training for ADHD in Adulthood: Two Treatment Approaches for Your Clinical Practice

John Mitchell, PhD

The courses offered for credit are intended to meet Category 'A' criteria under the rules of the NC Psychology Board.

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



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

Participants may attend one morning workshop and one afternoon workshop.

Treatment for Opioid Dependence

Reynolds C. Clodfelter, Jr., PsyD
President/CEO, SouthLight, Inc.

This workshop is designed to introduce first line and best practices treatments for Opioid Use Disorder (OUD). Current research in evidence-based practices and clinical treatment approaches will be discussed. These will include cognitive-behavioral and other psychological approaches as well as medicinal care for OUD.

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

1. Identify OUD symptoms and effectively diagnose the disorder;
2. Identify and list first line and best practices treatment approaches for OUD;
3. List at least 3 professional community resources for helping patients and/or families address opioid use concerns or disorders; and
4. Understand the neurobiology of opioid dependence.

Instructional Level: Basic and Intermediate

Educational Format: Lecture, discussion, and interactive presentation.

About the Presenter:



Reynolds C. Clodfelter, Jr., PsyD

Dr. Clodfelter is a licensed psychologist in the state of North Carolina and an addictions specialist. He completed his undergraduate work at Wake Forest University, masters at Emory University, and doctoral degree at the Georgia School of Professional Psychology in Atlanta. He completed a two-year post-doctoral fellowship in Addiction Medicine at Columbia University in New York and remained there as an assistant professor.

Dr. Clodfelter is the President and Chief Executive Officer for SouthLight Healthcare, a private not-for-profit, behavioral healthcare provider. Prior to his appointment as President of SouthLight Healthcare, he served as Director of Research and Clinical Supervisor for the organization. In addition to his leadership role, Dr. Clodfelter concentrates on clinical practice and research in the substance use disorders field. As an expert in addictions, he consults with state and local health officials and community leaders to ensure high quality behavioral healthcare solutions and policies to address the opioid epidemic.

Recordkeeping in the Digital Age: All Roads Lead to EHR and the Cloud

Charles L. Cooper, PhD

Director of Professional Affairs, NCPA Division of Independent Professional Practice
Private Practice, HRC Behavioral Health & Psychiatry, PA

Susan Hurt, JD, PhD

Private Practice, Clinical and Forensic Psychological Services
Forensic Services Unit, Central Regional Hospital

This workshop is designed to address the many interrelated issues having to do with record-keeping in a “digital age” which features increasingly sophisticated digital tools associated with electronic health records systems, potential clinical and economic advantages of using such systems, and growing requirements to share health information outside the provider’s own practice setting. These developments are posing a raft of clinical, ethical, legal, financial, and technical issues that lie well outside the standard training of most clinicians.

To focus the discussion of these issues and help prepare participants to address new requirements by the NC General Assembly, this workshop will center its attention on the NC Health Information Exchange (NCHIE). This is particularly relevant now because all health care providers who receive state funds (e.g., Medicaid, NC Health Choice, State Health Plan, etc.) for the provision of health care services must connect to NC HealthConnex by specific dates in order to continue to receive payments for services provided. The deadline is currently set for June 1, 2019 for most psychological services.

The workshop will therefore offer an overview of the NCHIE, discuss the steps that are required for participation in it, provide tools for decision-making regarding necessary equipment, offer opportunity to assess (and for some) begin completion of the required legal agreement, and review participation pros, cons, and opt-out provisions.

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

1. Develop a practical decision tree and timeline for adaptation to an electronic health record;
2. Articulate the advantages and disadvantages of separable psychotherapy notes and the types of information or observations appropriate for separable psychotherapy notes;
3. Develop a decision-tree for participation in the Health Information Exchange (HIE), based on the anticipated deadline and associated requirements;
4. Complete most sections of a sample participation agreement (submission only) for the HIE; and
5. Develop practice plans for implementing informed consent, confidentiality concerns, opt-out provision, and concerns for specialized information (such as 42 CFR Part 2 substance-use related data) in the age of digital records and the information super-highway.

Instructional Level: Basic and Intermediate

Educational Format: Lecture, PowerPoint, practical exercises in planning & form preparation, scripted Q&A with and HIE expert, & panel discussion.



Charles S. Cooper, PhD

About the Presenters:

Charles Cooper, PhD is the former Executive Director of HRC. He has been in private clinical psychological practice since 1973. Dr. Cooper received his doctorate in clinical psychology from University of North Carolina, Chapel Hill in 1973. He holds a Certificate in Professional Management from the University of North Carolina’s *Young Executive Institute*. Until recent retirement, he served as the Director of Professional Affairs for the North Carolina Psychological Association from 1992 until 2018. He has served on NCPA’s Insurance Committee where he has worked on issues having to do with compliance with the NC Health Information Exchange.

Susan Hurt received her JD from Cornell Law School and practiced law for several years before becoming a psychologist. She received her PhD from the University of Virginia. She currently works as a clinical and forensic psychologist in three settings. Her primary responsibilities include pre-trial evaluations of individuals involved in the criminal justice system (Central Regional Hospital), pre-employment and fitness-for-duty evaluations for police and public safety employees (Law Enforcement Services, Inc.), and individual therapy and parenting capacity evaluations (Clinical and Forensic Psychological Services).



Susan Hurt, JD, PhD

12:15 pm: LUNCH & ANNUAL DIPP MEETING

Lunch and the Annual DIPP Meeting are included in registration, and all conference participants are welcome!



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

Applying Positive Psychology – Self Care and Treatment Strategies

Gary S. Indenbaum, PhD
Private Practice

Donald F. Azevedo, PhD
Private Practice

This workshop will provide an overview of the field of positive psychology, primarily based on the work of Martin E. P. Seligman in his book, *Flourish*. Dr. Seligman refined his view of positive psychology from being primarily about *happiness* as described in his book, *Authentic Happiness*, to being more about the construct of *well-being*. This workshop will present many of the specific strategies that have been used in educational, military, and healthcare settings to improve mental and physical health. We will also review a model of *Positive Psychotherapy*, a therapeutic approach broadly based on the principles of positive psychology that provide an alternate approach to psychotherapy that pays equal attention and effort to negatives and positives. We will discuss how the underlying philosophy and the practical strategies of positive psychology can be applied in our personal lives and in our clinical work.

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

1. Describe the five elements that contribute to *Well-Being* theory;
2. Describe at least three positive psychology exercises; and
3. Describe the *Losado Ratio* and provide an example of how it might affect behavior in a business and clinical setting.

Instructional Level: Basic

Educational Format: Lecture and Discussion.

About the Presenters:



Gary Indenbaum, PhD

Gary S. Indenbaum, PhD has been practicing as a psychologist since 1972 and licensed in North Carolina since 1985. He graduated with his PhD from The American University in Washington, D.C., is a member of the American Psychological Association, the North Carolina Psychological Association, and is past President of NCPA's Division of Independent Professional Practice. He is a Licensed Psychologist and Health Services Provider in North Carolina and a certified examiner with the North Carolina Child Mental Health Evaluation Program. His 45 years of clinical experience has included work in psychiatric, medical, rehabilitation, and private practice settings. His professional experiences have included work with all age groups from young children to older adults, couples, families in crisis, as well as the fields of forensic psychology and clinical neuropsychology. Dr. Indenbaum is the founder of Counseling & Psychology Resources, a private practice in Hickory, North Carolina and is co-director of Employee Assistance Resources, a company that provides employee assistance services to manufacturing, educational, health care, and public service companies.



Don Azevedo, PhD

Don Fernando Azevedo received his PhD in Clinical Psychology from the University of Tennessee in 1988. He left graduate school with a strong desire to strengthen marriages and families.

Dr. Azevedo worked as a clinician for more than 25 years in a variety of locations from war zones with the 101st Airborne Division in Desert Storm, to hospitals, to private practice. In early 2000, he accepted a challenge to enter the corporate world to find another way to apply psychological thought to the human condition.

In 2016, he founded Azevedo Family Psychology to evolve his positive, life affirming approach to delivering coaching and psychotherapy. In all the years of helping marriage, he also saw the devastation of divorce when done harshly. He has recently developed skills in Discernment Counseling, to help marriages on the brink of divorce engage in the crucial conversations necessary to decide with confidence to undergo time-limited, focused, and behaviorally based marital therapy or to divorce in the most supportive way possible such that the two families that emerge from the divorce can live in peace and dignity. He supports marriages and families in the workforce by delivering keynote speeches, seminars, and coaching to corporations on emotionally literate leadership. Along with his colleague, Dr. Don Adams, he has developed a new intervention strategy for relationships entitled The Emotionally Literate Couple. He lives in Cary, North Carolina with his wife of thirty-two years. He has two adult children who live in North Carolina.

An Introduction to Cognitive-Behavior Therapy and Mindfulness Meditation Training for ADHD in Adulthood: Two Treatment Approaches for Your Clinical Practice

John Mitchell, PhD

Assistant Professor of Psychiatry and Behavioral Sciences, Duke University

Attention-Deficit/Hyperactivity Disorder (ADHD) is traditionally considered a childhood disorder, although the majority of children with the diagnosis carry it into adulthood. Prevalence estimates indicate that ADHD occurs in about 2.8% to 5% of adults, which translates to approximately 8 million adults in the US. Research examining psychosocial treatment options for ADHD in adulthood has expanded over the past 10 years. Along with the accumulating empirical support for some of these treatments, there is a need for clinicians who can provide these treatments to adults diagnosed with ADHD in their communities. This three-hour workshop will introduce two of these treatments: cognitive-behavior therapy (CBT) and mindfulness meditation training. This workshop will combine lecture, group exercises, and discussion to introduce the “how to” aspect of these treatments. Those attending will learn about the current state-of-the-science for both treatment approaches and guidance on using these treatments in their clinical practice.

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

1. Describe ADHD as a psychiatric condition that often persists into adulthood;
2. Establish the evidence-base of cognitive-behavioral therapy for ADHD in adulthood;
3. Establish the evidence-base of mindfulness-based therapy for ADHD in adulthood; and
4. Describe cognitive-behavioral and mindfulness meditation techniques adapted for ADHD in adulthood.

Instructional Level: Basic

Educational Format: Lecture with some discussion and group exercises.

About the Presenter:



John Mitchell, PhD

John Mitchell, PhD, is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. He provides clinical services at the Duke ADHD Program, supervises clinical trainees, delivers workshops on the treatment of ADHD in adulthood, and conducts clinical research involving ADHD in adulthood. Among over 60 peer-reviewed publications and book chapters, he has published on the topic of mindfulness for ADHD, as well as cognitive-behavioral therapy for adults with ADHD. Additional research interests include substance use in ADHD and mobile health (mHealth) interventions for other populations (e.g., cigarette smokers, individuals at risk for HIV infection). Dr. Mitchell has served as principal investigator for research grants provided from the National Institute on Drug Abuse and the National Institute of Allergy and Infectious Disease, as well as funding from the American Professional Society of ADHD and Related Disorders/Pond Family Foundation to conduct a stage I trial of mindfulness meditation training for adults diagnosed with ADHD.

CONFERENCE INFORMATION

DATE AND TIME

Saturday, February 16, 2019

8:00am: Registration and Refreshments (included for all participants)

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

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

1:30pm - 4:45pm: Afternoon Workshops

REGISTRATION DEADLINE AND REFUND POLICY

Pre-registration is required. The deadline for registration is midnight on Tuesday, February 12. Refreshments and lunch are included with registration. Refund Policy: Full refunds for cancellations by

5:00pm on Friday, February 1; one-half refunds for cancellations by midnight on Tuesday, February 12; no refunds for cancellations on or after Wednesday, February 13, 2019. All refunds are minus a \$55 processing fee.

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 posted on the Friday Center website: <https://fridaycenter.unc.edu/map-and-directions/>.

HOTEL INFORMATION

The Courtyard by Marriot Chapel Hill is directly next door to The Friday Center. To reserve a room, please call 919.883.0700 or 1.800.321.2211.

SPECIAL NEEDS

If you have special dietary (vegetarian, etc.) or physical (medical issues, etc.) needs, please note this on the registration form. We must receive this information by **Monday, February 11, 2019**.

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:** karen@ncpsychology.org

2019 NCPA DIPP CONFERENCE - SATURDAY, FEBRUARY 16: REGISTRATION FORM

REGISTRATION DEADLINE: Tuesday, February 12, 2019 at 12:00am

Name: _____ **Degree:** _____
(For Nametag) Name Surname

Address: _____

City: _____ **State:** _____ **Zip:** _____

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

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

Please select one morning workshop and one afternoon workshop.

MORNING

- Treating Opioid Dependence
- Recordkeeping in the Digital Age

AFTERNOON

- Applying Positive Psychology
- CBT & Mindfulness Meditation Training for ADHD

PLEASE CHECK THE APPROPRIATE REGISTRATION FEE:

- Division Members - \$140 \$ _____
- NCPA Members - \$190 \$ _____
- Early Career Psychologists (For NCPA Members Only) - \$145 \$ _____
- Non-Psychologist Members of Other Professional Associations - \$200 \$ _____
- Psychologist Non-Members & All Others - \$260 \$ _____

TOTAL ENCLOSED \$ _____

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

Please indicate any special needs – dietary, physical, etc. by 5:00pm on 2.11.2019

PAYMENT METHOD: Circle One of the Following: 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 _____

Return form via mail, fax, or email:

1. Mail form with check payable to DIPP or with credit card information to DIPP, 1004 Dresser Court, Suite 106, Raleigh, NC 27609
2. Fax form to 919.872.0805 3. Email form to karen@ncpsychlogy.org

FOR OFFICE USE ONLY: Check or Credit Card: _____

Date Received: _____ Initials: _____ Date Processed: _____ Initials: _____