

April 13 - 15, 2023
13 hours CE Credit

The Westin Alexandria Old Town
Alexandria, VA



Please join us for the Virginia Academy of Clinical Psychologists (VACP) Spring Conference, scheduled for April 13 to 15, 2023, at the Westin in Old Town Alexandria. The theme of the Spring conference: "Diversity in trauma, where does resilience fit in?"

Given that trauma is so prevalent in the communities we serve, healthcare professionals must display a capacity for effectively providing trauma-informed assessment and intervention that acknowledges, respects, and integrates patients' cultural beliefs, values, and practices. Although the literature supports a universal biological response to trauma, cultural factors can influence the biopsychosocial aspects of trauma and consequentially traumatic stress reactions. Specifically, cultural factors play a critical role in vulnerability to traumatic stress, stress experience and expression, and treatment response.

The goal is for attendees to engage in thought-provoking discussions in an inclusive space designed to encourage networking, learning, and sharing of cross-cultural experiences through various methods, strategies, and research. The VACP aims to improve the outcomes of patients and families coping with the consequences of trauma and associated developmental/mental health-related issues. We are thrilled to have a high-quality, expert-led training experience that offers an exceptional set of presenters. The Spring Conference will offer several beneficial presentations, including approaches to boost resilience in vulnerable populations, formation of racial trauma in African Americans, state of toxic stress and resilience: policy and practice, trauma related to the medical psychology field, military trauma, and thriving while black. Lastly, we offer a HIPAA course on compliance and cybersecurity to satisfy the ethics credit.

"No experience is a cause of success or failure. We do not suffer from the shock of our experiences, so-called trauma- but we make out of them just what suits our purposes"
- Alfred Adler.

I look forward to yet another opportunity for learning, serving our communities together, and advancing the field of psychology.

Warm Regards,

Ridjie Chery, Psy.D., LCP, Continuing Education Committee Chair

HOTEL ROOM RESERVATIONS

\$195.00* / night

Rates Available Thursday & Friday

All guestroom rates are subject to state and local taxes, currently 15.5% plus \$1.25 per night. Discounted room rates available until March 23, 2023.

Call 866-837-4210 and mention VACP to make your reservations or visit www.vapsych.org/hotel to make your reservations online.

REGISTRATION FEES

- VACP Member - \$275
- Non-VACP Member - \$375
- VACP or VAPS Student - \$30
- VAPS Member - \$75

\$25 Late fee for **all** registrations received after March 23, 2023

REGISTRATION DEADLINE
April 3, 2023

REGISTER ONLINE AT
<http://www.vapsych.org/spring2023>

SCHEDULE OF EVENTS

THURSDAY, April 13

6:30 pm – 9:30 pm Board of Directors Dinner Meeting

FRIDAY, April 14

7:45 am – 9:00 am	Registration	
7:45 am – 8:00 am	Welcome and Announcements	
8:00 am – 9:45 am	Breakfast & Course 1: <i>Adding Another Tool</i>	2 hours CE credit
9:00 am – 12:00 pm	Student Papers - Sessions 1 & 2	
9:45 am – 10:00 am	Break	
10:00 am – 12:00 pm	Course 2: <i>When Pre-Trauma Still Means Trauma: Approaches to Boost Resilience in Vulnerable Populations</i>	2 hours CE credit
10:00 am – 12:00 pm	Student Poster Sessions - Session 1	
12:00 pm – 1:00 pm	VACP Luncheon and General Membership Meeting	**Restricted to VACP Members
1:00 pm – 3:00 pm	Student Poster Sessions - Session 2	
1:00 pm – 4:00 pm	Course 3: <i>From Birth to Trauma: Psychology, Race and Treatment</i>	3 hours CE credit
2:00 pm – 4:00 pm	Student Papers - Sessions 3 & 4	
4:00 pm – 4:15 pm	Break	
4:00 pm – 6:00 pm	VAPS Meeting	
4:15 pm – 5:15 pm	Course 4: <i>TBI and Associated Mental Health Conditions in the Military: The Importance of Considering Symptom Heterogeneity in Patient-Centric Care</i>	1 hour CE credit
5:15 pm – 6:15 pm	VACP Member Reception	**Restricted to VACP Members
	<i>Dinner on your own</i>	

SATURDAY, April 15

8:00 am – 9:00 am	Registration & Continental Breakfast	
8:45 am – 9:00 am	Welcome and Announcements	
9:00 am – 10:00 am	Course 5: <i>Compliance vs. Security: Why You Need Both to be HIPAA Compliant</i>	1 hour CE credit
10:00 am – 10:30 am	Break	
10:30 am – 12:30 pm	Course 6: <i>The State of Toxic Stress and Resilience Research: Policy and Practice Implications</i>	2 hours CE credit
12:30 pm – 1:30 pm	Lunch	
1:30 pm – 3:30 pm	Course 7: <i>Thriving While Black: Race-Based Stress, Trauma and Resilience Within the Black Community</i>	2 hours CE credit

Refund Policy: Before March 23, full refunds will be provided upon written request. After March 23, no refunds will be provided for any reason.

Special Dietary Needs: Any member with special dietary needs must contact the VACP office by March 23 so that we may accommodate your request.

ADA Compliance: Any member needed additional assistance in order to take part in the conference is asked to notify the VACP Central Office by March 23 with any necessary accommodations so that VACP may try to make any necessary arrangements.

General Membership Notice: In accordance with the VACP Bylaws, the membership of VACP will gather on Friday, April 14th to conduct business on behalf of the organization. All members in good standing are invited to attend.

Course 1: Adding Another Tool

Presented by: Glenn A. Ally, Ph.D., MP, Advanced Practice Medical Psychologist

This presentation will discuss the prescriptive authority movement for specially trained psychologists and how these psychologists have been helping the people of Louisiana and beyond. Dr. Ally will discuss some of the settings in which Louisiana Medical Psychologists have been assisting a variety of patients in a variety of settings. He will also discuss medical psychologists enhancing resilience in times of crisis.

Objectives:

- Learn about the beginnings of the prescriptive authority movement.
- Learn about Medical Psychology in Louisiana
- Learn about settings in which Medical Psychologists provide services
- Learn which states currently have statutes allowing specially trained psychologists to prescribe



After 40 years, Dr. Glenn Ally retired from hospital practice and private practice. Trained as a neuropsychologist, he became a Medical Psychologist in 2005 and has had prescriptive authority in Louisiana for the past 18 years. He has experience in a variety of settings, including a medical staff membership at general hospitals, free standing rehabilitation hospitals, and a large cancer center. For the past 15 years, Dr. Ally has provided services at a community mental health center (CMHC) serving a seven parish (county) area.

Dr. Ally has served in APA in various capacities - as Council Representative, Board Member of the Practice Directorate, and Past-President of Division 55. He is a Past-President of the Louisiana Psychological Association (LPA) and currently serves as President of the Louisiana Academy of Medical Psychologists (LAMP). Dr. Ally also is currently Secretary of the Medical Psychology Advisory Committee to the Louisiana State Board of Medical Examiners (LSBME). He has been involved with the RxP movement in several states and was instrumental in passing RxP statutes in Louisiana in 2004 and 2009.

Course 2: When Pre-Trauma Still Means Trauma: Approaches to Boost Resilience in Vulnerable Populations

Presented by: Juan C. Silva, PhD Licensed Clinical Psychologist, President of Silva Consulting International, PLLC

Successful integration of past traumatic material into the present is frequently a desired treatment outcome shared by multiple and – at times competing – treatment approaches. Nevertheless, factors such as inadequate English proficiency in immigrants; immigration status; discrimination; unsafe water, schools, housing, and neighborhoods; low-income status and poverty; and being a person of color usually place these clients into quasi-childlike predicaments that compromise their self-efficacy, independence, resilience, and eventually treatment outcomes. Chronic poverty, fear of gun violence, distrust in law enforcement, food insecurity, and perceived lack of social justice engender generational trauma, not just individual trauma. Not only should an effective treatment modality help the vulnerable client successfully process conflictive material but also facilitate the client's use of adult capabilities to spring them back into pre-trauma levels of resilience. In hopes of creating resilient communities, however, chronic traumatization of vulnerable groups may warrant multi-layer responses, much larger than those designed in private practice.

Objectives:

- Attendees will be able to identify at least three factors that undermine resilience and expose vulnerable clients to individual and generational trauma.
- Attendees will be able to identify at least three measures that boost resilience and protect vulnerable clients against individual and generational trauma.

Dr. Silva is a licensed clinical psychologist in private practice since 2002 who has been in the mental health field for more than thirty years under different capacities. His roles include clinician, grass-roots organizer, manager, trainer, and research analyst, among others. He is the former director of the behavioral health division at Baltimore Medical System, the largest federally qualified health center in the state of Maryland. His areas of interest include the use of EMDR as an effective treatment modality of PTSD, the intersect between individual and collective experiences of trauma, resilience, and the psychology of men. Dr. Silva has evaluated and treated hundreds of clients through the years and currently provides witness, expert testimony in courts involving trauma and immigration matters. He has written 1,500+ immigration-related reports in the past eleven years including but not limited to asylum, extreme hardship, and deportation cases. Throughout his career, he has trained multiple audiences – especially law enforcement – in the safe and effective management of vulnerable populations including the homeless and people with addictions and mental illness. He practices in Herndon, VA.



Course 3: From Birth to Trauma: Psychology, Race and Treatment

Presented by: Linda Fleming McGhee, J.D., Psy.D., McGhee and Associates, LLC

This course will address the formation of racial trauma in African Americans. The session will trace the path from black socialization around issues of race and how this often culminates in oppression and trauma. The impact of such trauma is far-reaching and impacts most aspects of life for African Americans, including mental health. We will then look at how the field of psychology has incorporated race, often in a way that either ignored race, over-pathologized blacks, or otherwise played into existing stereotypes. The course will then turn to race in the treatment room.

Objectives:

- The course will outline the developmental formation of racial trauma from race socialization and awareness to oppression and trauma.
- The course will also equip the clinician to identify racial trauma and the impact on the psyche and functioning of African Americans.
- We will identify how the field of psychology often reflected the same biases demonstrated in other parts of society and how this is evolving.
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Linda McGhee is a clinical psychologist, attorney and nationally recognized mental health expert and speaker. McGhee has been featured in the Washington Post, New York Times, Huffington Post, and Grown and Flown. She hosts “Good Mental Health on Radio One” which raises awareness around mental health. She is a regular contributor to the Son Rise Project, an Oprah Winfrey Network podcast that supports families of black teenagers and young adults with mental illness. McGhee act as a mental health expert for the Steve Fund, an organization devoted to mental health for college students of color. She has recently provided for Washingtonian magazine commentary on the intersection of racial trauma, COVID-19 and the mass protests.

She has served on the clinical faculty at the Washington School of Psychiatry and is a former Adjunct Professor at George Washington University and the Chicago School of Professional Psychology. McGhee currently serves as the Past President of the Maryland Psychological Association. She is a compassionate leader who seeks to bridge differences and shed light. Her strength lies in her ability to promote healthy discussions on sensitive issues.

Course 4: TBI and Associated Mental Health Conditions in the Military: The Importance of Considering Symptom Heterogeneity in Patient-Centric Care

Presented by: Treven C. Pickett, Psy.D., ABPP, Department Chief, Research, National Intrepid Center of Excellence, (NICoE),
Walter Reed National Military Medical Center

The recent succession of military conflicts—Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF), and Operation New Dawn (OND)—represents the longest sustained military operation in United States history. Over 2 million have deployed averaging over 1 deployment per service member. OEF/OIF/OND conflicts resulted in a high incidence of traumatic brain injury (TBI). A 2013 report from VA found that, from 2007–2013, 185,437 veterans self-reported a history of TBI on a brief screening instrument. As of December 2014, 57.2% (662,722) OEF/OIF veterans received at least a provisional mental health diagnosis, with the most common conditions being PTSD (55%), depressive disorders (45%), and anxiety disorders other than PTSD (43%).

Objectives:

- Describe TBI in association with OEF/OIF/OND Conflicts
- Describe Psychological Health Conditions associated with OEF/OIF/OND Conflicts
- Raise awareness about symptom heterogeneity within diagnostic categories
- Raise awareness about patient-centric assessment and treatment approaches
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Treven Pickett, PsyD, ABPP is the Department Chief, Research, for the National Intrepid Center of Excellence (NICoE) Directorate, Walter Reed National Military Medical Center (WRNMMC), Bethesda, Maryland. In this role he oversees the development and management of an advanced neurological and behavioral science research program. Dr. Pickett is a neuropsychologist and board-certified rehabilitation psychologist with clinical and research background relevant to traumatic brain injury (TBI). He served 16-years with the Department of Veterans Affairs prior to arriving at NICoE. His professional background includes clinical, research, and administrative roles within the Defense and Veterans Brain Injury Center (DVBIC), VA Polytrauma System of Care, and VA Mental Health Services. Dr. Pickett received a terminal master’s degree in experimental psychology from Old Dominion University (1998) and a doctorate in clinical psychology from the Virginia Consortium Program in Clinical Psychology (2001). He completed fellowships at the Concussion Care Centre of Virginia, the Department of Clinical and Health Psychology at the University of Florida, and with the VA Brain Rehabilitation Center at the Gainesville VA Medical Center.



Course 5: Compliance vs. Security: Why You Need Both to be HIPAA Compliant

Presented by: Kelly Koch, Senior Compliance Account Manager & Director of Dental Relations, Compliancy Group

Since its inception, HIPAA has become an important part of an organization's culture, affecting how business is conducted, and how a practice can be run. Throughout the years, HIPAA law has been modified, and as such, it is essential to keep up-to-date with the latest regulatory changes.

In this course, you will learn the ins and outs of compliance and cybersecurity -- and why both are necessary for patient privacy and your practice's security. We will simplify HIPAA compliance, walking you through the full extent of the regulation, and provide you with actionable tips that you can implement within your practice today.

Objectives:

- Why compliance and security are BOTH required for HIPAA compliance
- How HIPAA and security help protect your patients
- What you can implement in your practice now to avoid breaches and fines



Kelly has over 25 years of customer service experience, including a background in retail banking and accounting. She is currently a Senior Compliance Account Manager and Director of Dental Relations for Compliancy Group, where she advises ADA Members on HIPAA compliance. Kelly's extensive experience in security provides her with a unique understanding into the world of HIPAA compliance. Through this experience, she effectively communicates the government regulation and necessary standards of HIPAA to dental practices and other healthcare organizations, breaking down the complexities of the law.

In her spare time, Kelly is actively involved in the non-profit organization Pull-Thru Network (PTN), which raises awareness and education for children and families affected by ARM, IA, VACTERL syndrome, and other birth defects.

Course 6: The State of Toxic Stress and Resilience Research: Policy and Practice Implications

Presented by: Joan Kaufman, Ph.D., KSADS-COMP, LLC, Professor of Psychiatry (Emeritus, PAR), Johns Hopkins School of Medicine

Over the past two decades, research has documented that a broad range of negative outcomes are associated with the two ACEs: Adverse Childhood Experiences (e.g., child maltreatment) and Adverse Community Environments (e.g., discrimination, community violence). The pandemic and the deaths of George Floyd, Rayshard Brooks, and others has further highlighted profound racial disparities and unresolved issues of systemic racism in this country. In this lecture, the broad range of negative mental and physical health outcomes associated with the two ACEs are reviewed, and emerging data on the mechanisms by which these experiences 'get under the skin' and can be transmitted transgenerationally to confer risk for these outcomes are discussed. Key factors for promoting resilience and recovery will then be delineated, together with specific policy and practice recommendations.

Objectives:

- Delineate the broad range of negative sequelae associated with the two ACEs.
- Describe mechanisms by which the ACEs 'get under the skin' to confer risk for deleterious mental and physical health outcomes.
- List key factors associated with promoting resilience and recovery.

Dr. Kaufman received her Ph.D. in Clinical Psychology from Yale University where she served on faculty in the Department of Psychiatry from 1998-2015. In 2015 she was recruited to Baltimore to serve as Director of Research at the Center for Child and Family Traumatic Stress at Kennedy Krieger Institute (KKI). She also held an appointment as a Professor of Psychiatry at Johns Hopkins School of Medicine. Dr. Kaufman left KKI and academic medicine in August of 2022.



Dr. Kaufman's research was predominantly in the area of child abuse and neglect, spanned from neurobiology to social policy, and used tools from psychology, genetics, and neuroscience to understand resilience and mechanisms of disease risk associated with early adversity. She also authored the book *Broken Three Times: A Story of Child Abuse in America* (Oxford University Press). The book is a narrative non-fiction story that follows one family through the child welfare system, with each chapter providing launching points for discussing state-of-the-art policy, practice, and scientific updates. Dr. Kaufman is also first author on the paper-and-pencil KSADS child psychiatric diagnostic interview which has been translated into more than 30 languages, and she served as co-Principal Investigator on the grants funded to update the KSADS to the web-based computer-administered format.

Course 7: Thriving While Black: Race-Based Stress, Trauma and Resilience Within the Black Community

**Presented by: Tonya C. Hucks-Bradshaw, Ph.D., John Henry's Sisters, PLLC
Stacy Tylor, Psy.D., Prosperity Behavioral Health, PLLC**

Since the first Africans were brought to this land via the Trans-Atlantic Slave Trade, members of this community have been exposed to unfathomable traumatic events and systemic inequities. Despite historical abuses that continue to negatively impact the present day lives of these individuals, they continue to demonstrate unmatched resilience, love, and hope.

Objectives:

- Name at least two major historical events that have present-day implications for members of the Black community.
- of prejudicial and systemic challenges.



Tonya Hucks-Bradshaw, Ph.D. is the owner and sole practitioner of John Henry's Sisters (JHS), PLLC. She provides individual psychotherapy services to members of various populations, with a particular focus on high-functioning Black women working in high-profile, demanding positions. Through JHS, Dr. Hucks-Bradshaw also provides consultative services to businesses and groups on issues pertaining to diversity, equity, and inclusion and mental health. She has worked in private and government institutions, as well as academia. Dr. Hucks-Bradshaw is a former American Psychological Association Minority Fellow and previously served as the mental health expert for BlackDoctor.org.

Dr. Stacy Tylor is a Licensed Clinical Psychologist. Her educational experiences include a bachelor's degree in psychology from Xavier University of Louisiana, a master's degree in marriage and family therapy from Argosy University, and a doctorate's degree in clinical psychology with a concentration in multicultural and community clinical psychology from the APA-accredited California School of Professional Psychology. She completed her pre-doctoral internship at the William Beaumont Army Medical Center at Fort Bliss and her post-doctoral fellowship at Walter Reed National Military Medical Center and Fort Belvoir Community Hospital. Her work experiences include inpatient and outpatient therapy within military installation hospitals and clinics, private practice, military family clinics, and community colleges. Dr. Tylor is the owner of Prosperity Behavioral Healthcare, PLLC in Virginia. She specializes in the treatment of women of color with issues related to trauma, adjustment, anxiety, depression, and suicide. Dr. Tylor has proficiency in matters of psychological and community distress as well as enhancing the psychological well-being of historically underserved, stigmatized, and oppressed groups. Dr. Tylor's therapeutic style is direct but empathic, inclusive, and professional. She fosters a strength-based and collaborative treatment setting where cultural components are respected, and treatment is tailored to fit each individual.



LODGING INFORMATION:

**The Westin Alexandria Old Town
400 Courthouse Square ▪ Alexandria, VA 22314**

\$195.00* / night

Rates Available Thursday & Friday Nights

**Discounted room rates available until
March 23, 2023.**

**Call 866-837-4210 and mention VACP to make your reservations, or visit
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***All guestroom rates are subject to state and local taxes, currently 15.5% + \$1.25/night.**



VACP

Virginia Academy of Clinical Psychologists



Register Online at www.vapsych.org/spring2023 or complete and return the form below.

- \$275 VACP Member General Registration** - Includes all CE, Friday and Saturday breakfasts, Friday and Saturday lunches, and Friday reception.
- \$375 Non-VACP Member General Registration** - Includes all CE, Friday and Saturday breakfasts, and Saturday lunch.
- \$175 VACP Student Member General Registration** - Includes all CE, Friday and Saturday breakfasts, Friday and Saturday lunches, and Friday reception.
- \$30 Student General Registration (Undergraduate and Graduate)** - Includes Friday breakfast (Registration is required of ALL students attending the conference. Registration is valid *Friday only* and does not include any VACP Courses. If student members desire to take courses, please register as a Non-VACP Member). **VAPS membership is a separate process that must be completed on the VAPS web site.**
- \$75 Virginia Association for Psychological Science Members (VAPS)** - Includes Friday breakfast (Registration is required of ALL VAPS members attending the conference. Registration is valid Friday only and does not include any VACP Courses. If VAPS members desire to take CE courses, please register as a Non-VACP Member.) **VAPS membership is a separate fee that must be paid directly to VAPS.**

Attendee Name: _____ (Will be used for Name Badge)

Dietary / ADA Considerations: _____ (Please submit by March 23)

Check off all events you will attend. Please see registration descriptions above for which events are included.

- | | |
|----------------------------------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Friday Breakfast | <input type="checkbox"/> Saturday Breakfast |
| <input type="checkbox"/> Friday CE Presentations | <input type="checkbox"/> Saturday CE Presentations |
| <input type="checkbox"/> Friday VACP Membership Luncheon (must be a VACP member) | <input type="checkbox"/> Saturday Lunch |
| <input type="checkbox"/> Friday VACP Reception (must be a VACP member) | |

\$25 Late Fee (Per Person) for any registration received after March 23, 2023.

\$_____ TOTAL

Payment Information Pay by Check Pay by Credit Card (MasterCard/Visa/American Express)

Printed Name on Card _____ MasterCard/Visa (Circle One)

Account Number _____ Exp. Date: _____

Full Billing Address _____ CVV Code: _____

Authorized Signature: _____ (Required for Credit Card Charges)

If registering by credit card, mail completed registration form to the VACP office: P.O. Box 29069, Henrico VA 23242, fax it to 804-643-0311, or email it to VACPOffice@gmail.com.

Pre-register by April 3rd. After this date, registration must be done on-site.

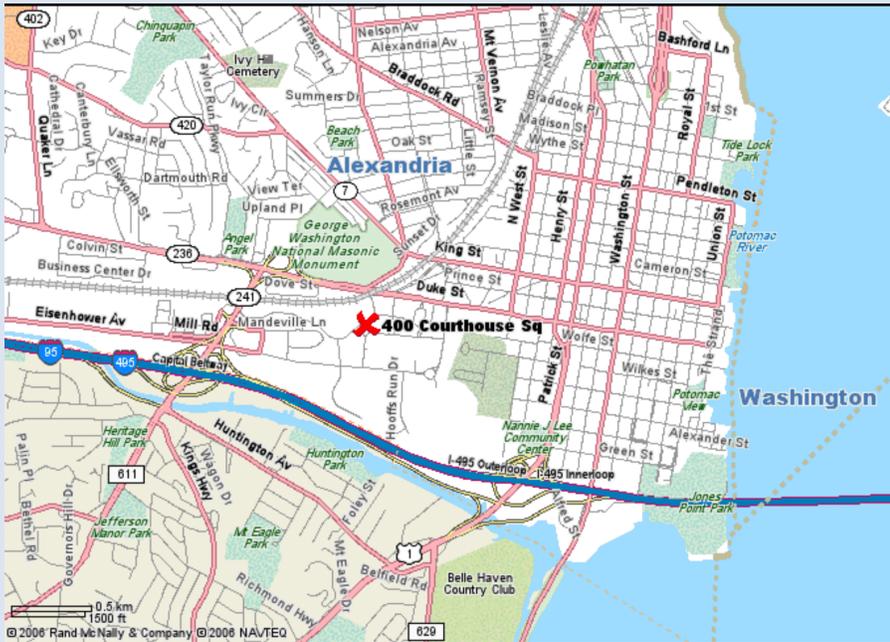


P.O. Box 29069
Henrico VA 23242-0069

SAVE THE DATE!
2023 VACP Fall Conference
October 12-14
Hilton Richmond Downtown

**Contribute to V-Plan,
VACP's Political Action Committee!**

Donations may be made online at www.vapsych.org/donate
or scan this QR code



**VACP Spring
Convention
April 13-15
Alexandria, VA**

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