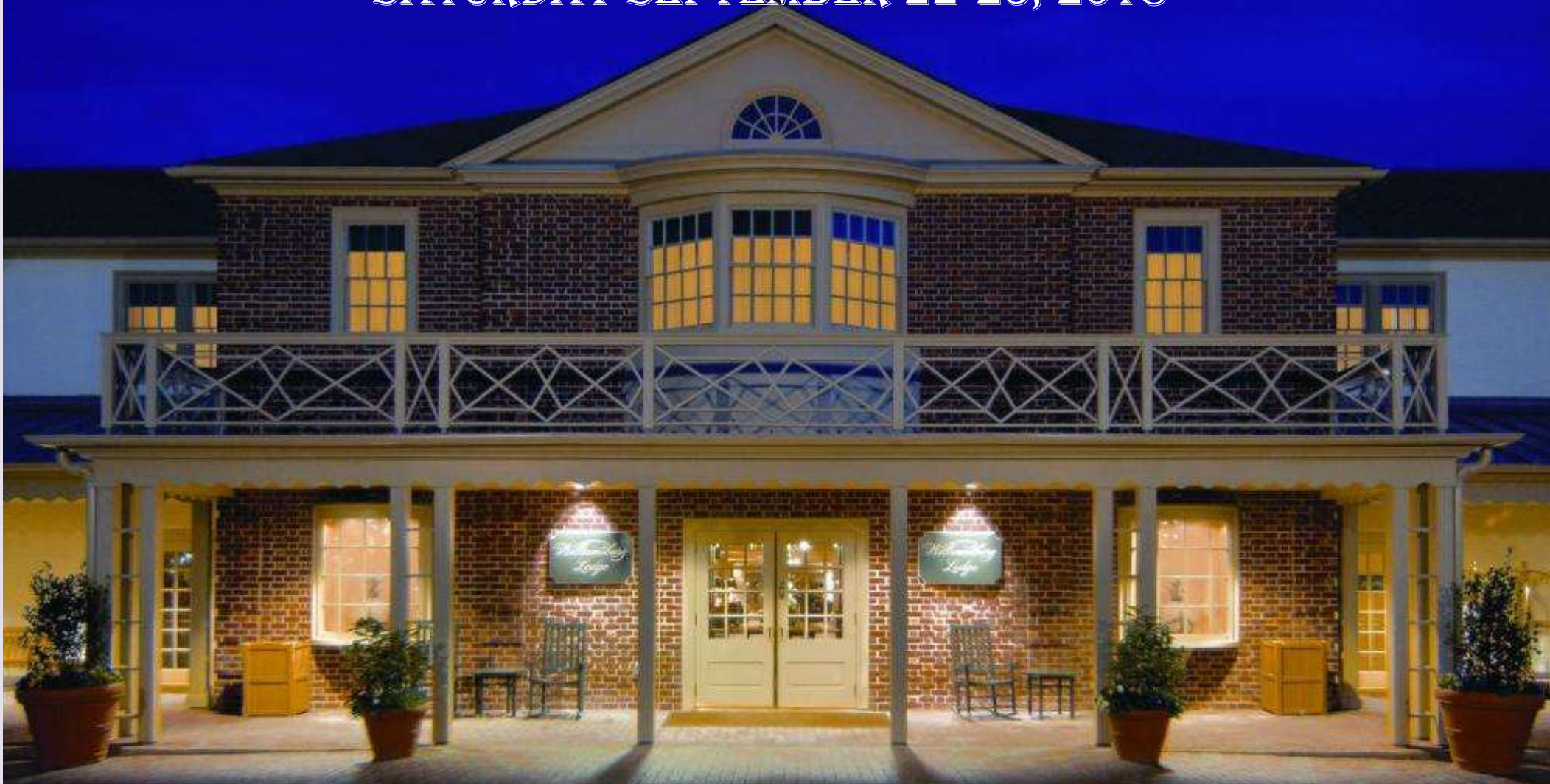


# VACP FALL SYMPOSIUM

SATURDAY SEPTEMBER 22-23, 2018



## WILLIAMSBURG LODGE

WILLIAMSBURG, VA



## Welcome! Please Join Us for VACP's Fall 2018 Symposium

The theme of the Fall 2018 Symposium is *beyond the 50-minute hour*. Psychologists are increasingly working in non-traditional settings such as being embedded in ERs or consulting with businesses. With so much to offer, psychologists are highly sought after team members. In this quickly changing world, your VACP aims to prepare you with the knowledge, skills and awareness to seamlessly navigate across various settings.

Over the weekend, we will have the opportunity to discuss and explore a wide array of topics, which likely has impacted your clinical practice at some point. From navigating legal challenges to assisting parents in the social media age, we hope that you will leave the Fall Symposium more aware and appreciative of the breadth of our field.

However, please do not believe that the Symposium is *all* work! There will be ample opportunities to network, catch up, and just have fun. As you can see in the program, VACP always has a few surprises up its sleeve. In an era where we feel increasingly untethered and disconnected, the Fall Symposium offers tangible experiences to engage with your peers.

VACP aims to provide relevant information from the experts in their fields. In addition to that, we want to ensure that this community of scholars continues and thrives. Please join us for the Fall VACP Symposium in beautiful Williamsburg, VA. We hope to see you there!

Thorayya Said Giovannelli, PsyD  
VACP CE Committee Chair

<u>Schedule at a Glance</u>	
<u>Friday September 21</u>	
7:00 pm - 9:30 pm	Board of Directors Meeting
<u>Saturday September 22</u>	
7:15 am - 8:00 am	Registration, Exhibits and Continental Breakfast
8:00 am - 9:00 am	The Essential Techniques of Family Therapy
9:00 am - 11:00 am	Navigating the Legal Minefield: How to Deal with Subpoenas, Court Testimony and Other Legal Irritants.
11:00 am - 12:00 pm	Cognitive Behavioral Analysis System of Psychotherapy: Treatment for Persistent Depressive Disorder.
2:30 pm - 4:30 pm	Sailing Adventure on the Alliance Tall Ship
4:30 pm - 8:00 pm	Free time for Networking and Dinner
5:00 pm - 6:00 pm	Group Discussion - Will RxP Benefit Patients? (optional - no CE)
8:00 pm - 9:30 pm	Drinks with Shrinks
<u>Sunday September 23</u>	
7:15 am - 8:00 am	Registration, Exhibits and Continental Breakfast
8:00 am - 10:00 am	Parenting in the Age of Social Media: Facilitating Healthy Connections
10:00 am - 12:00 pm	Psychological Concerns of High Risk Pregnancy and the Impact on Human Connection
12:00 pm	Departures
TOTAL CE Hours: 8 Available	
<u>Highlights Include</u>	
8 Hours CE	
2 Breakfasts	
Drinks with Shrinks	
Exhibits	
Tall Ship Cruise on York River	

# DETAILED SCHEDULE

## Friday September 21

7:00 pm - 9:30 pm      **Board of Directors Meeting**

## Saturday September 22

7:15 am - 8:00 am      **Registration, Exhibits and Continental Breakfast**

8:00 am – 9:00 am      **The Essential Techniques of Family Therapy** (1 Hour CE)  
~Dr. Michael Nichols

*Dr. Michael Nichols will explain how to assess couples and families in a family systems perspective. How to develop a therapeutic alliance, and how by using enactments to discover problematic patterns of interactions that are keeping couples and families stuck. And finally how to enlist clients' cooperation in resolving these impasses*

9:00 am – 11:00 am      **Navigating the Legal Minefield: How to Deal with Subpoenas, Court Testimony, and Other Legal Irritants** (2 Hours CE)

~ Linda M. Ross, Esq & Weare A. Zwemer, Ph.D.

*Summary/Goals of our presentation are as follows: Provide attendees with an understanding of the legal requirements for and ethical considerations in responding to subpoenas; offer attendees a guideline for responding to legal demands within the constraints of HIPAA; define and differentiate the roles mental health professionals may play in litigated cases and the nature and scope of information each role can validly provide; and demonstrate effective testimony in court, as an expert or fact witness, while avoiding common ethical pitfalls*

11:00 am – 12:00 pm      **Cognitive Behavioral Analysis System of Psychotherapy: Treatment for Persistent Depressive Disorder** (1 Hour CE)

~J. Kim Penberthy, Ph.D., Dept. of Psychiatry & Neurobehavioral Sciences, UVA School of Medicine  
Andrea Konig, Ph.D. Pediatric Psychologist, Bon Secours Virginia Health System

*Persistent or chronic depression is one of the most challenging psychological disorders to treat, and traditional therapies and pharmacotherapies have provided only limited ability to provide full recovery for these patients. We will provide an introduction to the theory and practice of Cognitive Behavioral Analysis System of Psychotherapy (CBASP), an evidenced-based third-wave psychotherapy for persistent depression. CBASP is the only psychotherapy model developed specifically for persistent depressive disorder, with clinical trials demonstrating its effectiveness. This workshop will provide an introduction to the theory of CBASP and hands-on practice and role-play using CBASP techniques. Video or live demonstrations will be provided prior to role-play of each strategy. CBASP targets interpersonal avoidance and teaches coping skills by promoting felt safety with the therapist, while increasing the patient's ability to recognize and begin to change the consequences of their behavior on others (interpersonal mindfulness), termed 'perceived functionality' in CBASP.*

12:00 pm – 2:30 pm      **Lunch on your Own**

2:30 pm – 4:30 pm      **Sailing on the Yorktown River aboard the Alliance Tall Ship**

4:30 pm – 8:00 pm      **Free Time for Networking and Dinner**

5:00 pm - 6:00 pm      **Group Discussion - Will RxP Benefit Patients? (optional - no CE)**

8:00 pm – 9:00 pm      **Drinks with Shrinks**

## **Symposium Highlights Include**

8 Hours CE  
2 Breakfasts  
Drinks with Shrinks  
Exhibits  
Tall Ship Cruise on York River

## Sunday September 23

7:15 am – 8:00 am      **Registration, Exhibits and Continental Breakfast**

8:00 am – 10:00 am      **Parenting in the Age of Social Media: Facilitating Healthy Connections** (2 Hours CE)  
~ Beatrice Tauber Prior, Psy.D.

*Due to the rapidly evolving technological world psychologists are increasingly asked about the impact of technology on humans. Specifically, parents are asking for guidance on raising children in the age of social media. This training will cover two objectives: (1) The helpful and harmful impact of social media on children (2) How psychologists can help parents facilitate healthy connections with their children to mitigate the negative aspects of social media.*

10:00 am – 12:00 pm      **Psychological Concerns of High Risk Pregnancy & the Impact on Human Connection. (2 Hours CE)**  
~ Keith Bernardo, Ph.D.

*Pregnancies that are termed high-risk can be both physically and psychologically fraught for the parents. This talk will cover what constitutes a high-risk pregnancy, covering types of complications and their frequency. Potential impacts of maternal psychological states and the impact on in utero development will be discussed, as well as bio-behavioral implications of maternal distress and the cascade of events prenatally. Further, this presentation will cover maternal and paternal attachment, and maternal fetal attachment and the ramifications that may occur if there is difficulty attaching to the fetus both during gestation, delivery, and beyond. Case studies will be presented, and the need for this parent-child connection will be discussed in town-hall forum style.*

12:00 pm      **Departures**

**TOTAL CE Hours: 8 Available**

## DIRECTIONS

At exit 238, take ramp right for VA-143 toward  
Camp Peary / Colonial Williamsburg

Bear right onto VA-143 E (.2 Miles)

Turn right onto VA-132 (.5 Miles)

Keep straight onto VA-5 / VA-132 / N Henry St (1.8 Miles)

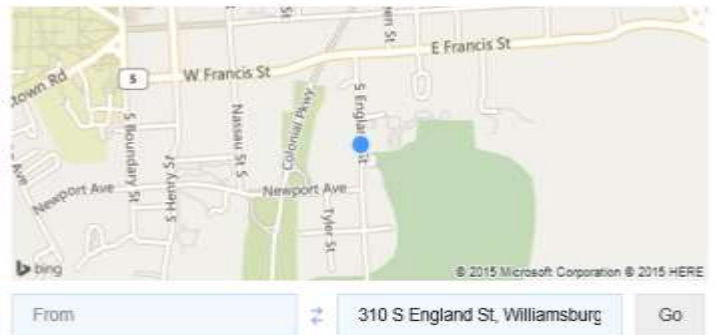
Turn left onto W Francis St (.4 Miles)

Turn right onto S England St (.3 Miles)

Arrive at 310 S England St, Williamsburg, VA 23185 (.1 Miles)

Williamsburg Lodge address

310 S England St,  
Williamsburg, VA 23185



# HOTEL RESERVATION INFORMATION

## Room Reservations Information

- Call 1-800-261-9530 and Mention "VACP" or at  
<https://book.passkey.com/event/49691763/owner/31763/home>

- **Discounted Room Rate: \$189/Night (Deluxe Room)**

All rooms are for daily, single or double occupancy and are subject to taxes applicable at the time of your stay (currently 11% and a \$2.00 per room per night occupancy tax. All room reservations must be accompanied by one night's deposit for room and tax.

- **Room Reservation Deadline is Friday August 17, 2018**
- **Check-in time is 4:00 pm and Check out time is 11:00 am**

### All Room Reservations Include:

Complimentary Self-Parking

Complimentary Access to fitness center

Complimentary Access to Historic Area Shuttles

Complimentary Wireless Internet (Guest Rooms and Meeting Space)

No Resort Fee

## 2018 Fall Symposium Sponsors/Exhibitors



# SYMPOSIUM REGISTRATION FORM

\_\_\_ \$110 For a 1 Day Registration ( \_\_\_ Saturday or \_\_\_ Sunday)

\_\_\_ \$195 For a 2 Day Registration (Receive a \$25 savings by registering for both days!!!!)

Attendee Name: \_\_\_\_\_ (Will be used for Name Badge)

*Check off all events you will attend. Advance Registration required. All events listed below are included in your general registration fee.*

___	Saturday Breakfast	___	Sunday Breakfast
___	Saturday CE Presentations	___	Sunday CE Presentations
___	Saturday Tall Ship Cruise		
___	Saturday "Drinks with Shrinks"		

## **\*\*CRUISE LIMITED TO THE FIRST 45 REGISTRANTS**

\_\_\_ \$40 Per Spouse/Guest: (Includes 2 Breakfast, "Tall Ship Cruise," and Saturday Drinks with Shrinks.)

Spouse/Guest Name: \_\_\_\_\_ (Will be used for Name Badge)

*Check off all events you will attend. Advance Registration required. All events listed below are included in your general registration fee.*

___	Saturday Tall Ship Cruise	___	Colonial Williamsburg Ghost Tour
___	"Drinks with Shrinks"		

\_\_\_ \$75 Additional Non-Member Fee (Additional fee required for all Non-VACP members. Not applicable for spouse/guest)

\_\_\_ \$25 Late Fee (Per Person) for any registration received after August 29, 2018

\_\_\_ \$ TOTAL

## **Payment Information**

Mark Choice with an "x"

\_\_\_ Pay by Check \_\_\_ Pay by Credit Card (MasterCard/Visa)

Check Number: \_\_\_\_\_

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 (both sides of form) to VACP office or scan and email to [VACPOffice@gmail.com](mailto:VACPOffice@gmail.com) or fax to 804-643-0311

If registering by check: Send Payment & registration form to:

Virginia Academy of Clinical Psychologists  
4461 Cox Road, Suite110, Glen Allen, VA 23060

.....  
**Refund Policy:** Before August 29, <sup>Full</sup> Refunds will be provided upon written request. After Aug. 29, No Refunds will be provided for any reason.

Special Dietary Needs: Any member with special dietary needs must contact the VACP office by Aug 29 so that we may accommodate your request.

*Virginia Academy of Clinical Psychologists (VACP) is the voice of professional clinical psychology within the Commonwealth of Virginia. Its purpose is "the advancement of Clinical Psychology as a science, as a profession, and as a means of promoting human welfare by developing and encouraging high standards of ethics and training; by providing the opportunity for the exchange of experience and research through discussions, presentation and publications; and by educating the public in the purposes and goals of the art and science of the practice of clinical psychology for the promotion of the public welfare."*





# Things to Do

## *Explore, Engage, Interact, Unwind*

A Colonial Williamsburg experience is a truly unique one. Guests of all ages will enjoy exploring the Revolutionary City and meeting residents living in this tumultuous period of our nation's history. Our world-class museums offer intriguing exhibits, lively lectures, and hands-on activities for kids. For those looking to relax, we offer convenient hotel and restaurant properties. However you'd like to spend your visit, for the day or for the week—you'll find it here.



### The Revolutionary City

Become part of our city of dreamers, idealists, loyalists, and rebels and look for opportunities to play your role.



### Evening Performances

Add a little drama to your nightlife with 18th-century entertainment, music, and more. →

### The Revolutionary City



### Art Museums



### Historic Jamestowne



### Restaurants



### Shopping



### Wellness & Recreation



Visit <http://www.colonialwilliamsburg.com/do/> for a Full Listing of Attractions in or near Colonial Williamsburg

# *Set Sail aboard the Alliance Tall Ship*

## *September 22<sup>nd</sup> at 2:30 pm in Yorktown, VA*

Step back into history when you join the crew of the Yorktown Schooners Alliance and Serenity. Lend a hand at setting sail, take the helm and steer the ship, or look for dolphins and osprey as you glide along the shores of the York River. You will relive sailings Golden Age as you cruise past the Victory Monument and Battlefield where our country won its independence. Setting sail on the historic waters of Yorktown, VA is a magical experience. Let yourself fall into the rich surrounding history and the majestic ship you're aboard while amongst family and friends – a fresh breeze pulling it all together. It's our passion at Yorktown Sailing Charters to introduce you to the beauty of the waters we've been sailing for over 30 years, give you lifelong memories and keep you coming back for more.

**\*\*CRUISE LIMITED TO THE FIRST 45 REGISTRANTS**



**Address: 425 Water Street, Yorktown, VA 23690**

FROM WILLIAMSBURG- Take Colonial Parkway towards Yorktown (Not towards Jamestown!), Stay on Parkway to the very end – about 20 minutes. At stop sign turn left onto Ballard St. Follow Ballard St. down to Water St., The pier is straight ahead of you at the intersection of Ballard St. and Water St., Turn left on Water St. There is a parking lot on the next block on the left. There is also parking on Ballard St. within the first block up from Water St, across from the Post Office.

**REGISTER ONLINE @ [www.vapsych.org/conventions](http://www.vapsych.org/conventions)**

## **Important Dates:**

**Hotel Registration Deadline: Friday August 17**

**Final Day To Register without a Late Fee: Wednesday August 29**



***4461 Cox Road, Suite 110  
Glen Allen, VA 23060***