

AMCAP SPRING CONVENTION 2004
Joseph Smith Memorial Building
15 East South Temple — 9th Floor, SLC, UT CE Credits available

**Creating Connections: Clients, Therapists, and Support Systems
Finding Purpose Through Connection**

Convention Chairs: Douglas Craig, Ph.D. & Kristine Plummer, LCSW

Thursday, April 1, 2004

8:00-8:30 am **Registration and CE Check-in**

8:30-8:45 am **Welcome and Convention Theme Introduction:** *Doug Craig, Ph.D.*

8:45-9:45 am **Keynote Address:** "Empathy: A Key to Healing in the LDS Community & the Obstacles to Achieving It"
Allen and Marian Bergin

9:45-10:00 am **Demonstration of the AMCAP Website,** *Rick Hawks, Ed.D.*

10:00-10:15 am **Break**

10:15-11:15 am **Concurrent Workshops**

1. "From Relationship Ruts to Reciprocal Influence and Responsiveness" *Mark Chamberlain, Ph.D.* Under stress, we humans naturally gravitate toward the extremes of domination, deference, or disengagement in relationships. Marsha Linehan and others have shown that remaining in relationship ruts of this kind tends to keep us stuck in other ways and in other areas of life as well. However, if we open ourselves up to reciprocal influence and responsiveness in relationships, we will grow in ways that are unique and "customized" to our individual weaknesses and needs (Jon Kabat-Zinn). In this way, relationships can become a unique opportunity for-and indeed a primary avenue of-personal growth.
2. "Having a Say: Specific Treatment Plans That Connect the Client to the Healing Journey" *Barbara Gearig, CSW* Positive reinforcement of desirable behavior is a staple principle that is often underused when working with adults. Using a specific treatment plan that formalizes therapy objectives and goals can provide a mode of administering positive reinforcement by the client as well as by the therapist. Another principle that facilitates successful treatment is accountability. Many researchers have found that workbooks, 'buddies,' and 'sponsors' maintain clients' focus on change rather than the retelling of their story again and again. By revisiting the treatment plan at pivotal points, the client is able to acknowledge and account for their progress and gain more confidence in their ability to overcome the negative effects of difficult past experiences.
3. "Facts and Fiction: LDS Women, Depression, and Religiosity" *Sherrie Mills Johnson, Ph.D.* This research compares life satisfaction in two samples of women from The Church of Jesus Christ of Latter-day Saints (LDS) with women from the National Survey of Families and Households (NSFH). Results show the LDS women to be highly religious, with similar levels of life satisfaction, lower levels of mental depression, and lower levels of self-esteem than the NSFH women. In addition, a model using only the LDS women tested the effects of personal, private and experiential religiosity on various facets of satisfaction and mental well-being. Results show that among those with higher religiosity experiential religiosity was significant in predicting self-esteem, life satisfaction, marital satisfaction, marital satisfaction. Moreover, higher religiosity had an inverse relationship to mental illness.

11:15-11:30 pm **Break**

11:30-12:30 pm **Concurrent Workshops**

1. "Conflict-free Marriage, Fantasy or Reality?" *Russell Seigenberg, Ph.D.* Traditionally, marital therapy has focused on communication, expression of feelings, meeting emotional needs, and increasing the frequency of positive behavior. However, given John Gottman's research on the destabilizing effects of 4 conflict behaviors, it appears that the most important factor in saving marriages may be in reducing conflict as well as increasing the ratio of positive behaviors. The "Covenant Model" for marital change accomplishes these two goals by helping the couple first establish the value system by which they desire their marriage to be conducted. The three main areas emphasized for covenant marriages are respect, responsibility and love. The spouses then agree to perform certain behaviors. Perfect compliance is not required, but effort and a willing attitude are necessary.
2. "Total Team Approach: Avoiding Straightening Deckchairs on the Titanic" *Noel C. Gill, Ph.D.* Research shows that weekly, one hour, individual therapy sessions are often ineffective in complex cases. A number of models have shown great promise in "breaking pathologic cycles" and sustaining progress. This presentation will identify several of these collaborative models. Examples will come from a wide variety of resources and disciplines, including 1) Local Community Interagency programs, 2) Skills and Pills" Approaches (medication management and effective psychotherapeutic intervention), 3) Clinical teaming (coordinated efforts of various disciplines including primary therapists, Medication Management team, Case Managers, Skill Development Specialists, Respite Care Providers, Support Groups, Sponsors, Group therapists, Marital and family therapists, Substance abuse staff etc.), 4) Religion- based models (e.g., the expanded ward correlation committee (LDS), and 5) Extended Family Supports Systems.

3. "The Symbolic Universe of Latter-day Saints: Do We Believe the Wealthy are More Righteous? - an Empirical Study of Utah County Mormons" *John M. Rector, Ph.D.*

This presentation will elucidate the findings from a research study conducted in 1997. This study was conducted in order to determine if members of the Church of Jesus Christ of Latter-day Saints (LDS) living in Utah County, Utah, make attributions consistent with the idea that wealth and righteousness are related. Results indicated that Church members are more likely to attribute righteousness to a wealthy church member than a poor one. Potential reasons for these findings are explored, along with the ramifications such beliefs might have for members of the LDS Church.

12:30-1:45 pm **Lunch – Elder Alexander B. Morrison will receive the Distinguished Service to Humanity Award**

1:45 - 2:45 pm **Concurrent Workshops**

1. "Treatment for Online Sexual Problems: Preparing People to Change" *Rory C. Reid, MSW, CSW*

An increasing number of individuals are seeking treatment for issues related to online sexual problems. Research suggests several factors are important in facilitating positive treatment outcomes including: (1) the alliance between client and therapist, (2) the client's degree of motivation to change, and (3) the client's social support network. This workshop will introduce three instruments used to assess these three important factors. In particular, administration, scoring, and interpretation of the following tools will be discussed: 1) the Stages of Change Scale (SCS), (2) the Outcome Questionnaire (OQ-45.2), and the Helping Alliance Questionnaire-II (HAQ-II). Implications for practice will also be explored, including a brief discussion about Motivational Interviewing (MI) and resolving strains or ruptures in the therapeutic alliance.

2. "Seeking Congruence in Purpose between Theoretical Models and Clients' Religious Values"

Tera B. Duncan, M.A., MHE

Counselors and psychotherapists go through a decision making process when creating an eclectic therapy to provide their religious clients. This presentation is designed to facilitate critical thinking when determining the criteria from which to choose certain principles and techniques taken from psychological theories. I propose teleology (the purposes behind the theories) be included in the criteria for customizing eclectic therapy, especially in working with religious clients. I briefly analyze some of the major psychological theories on the basis of teleology. I include psychodynamic, behavioral, cognitive, humanistic, and systems theories. I compare each theory's purpose to LDS religious values: how they are complimentary and how they are conflicting.

3. "Using LDS Scripture to Facilitate Therapeutic Change" *Scot M. Allgood, Ph.D*

Therapists' awareness of the value of using spiritual resources in therapy is increasing. Most writers on the subject come from a very general perspective rather than identify specific doctrines or beliefs. For clients struggling with problems, a simple injunction to read the scriptures and pray more can increase levels of distress. Using principles from the brief therapy solution-focused approach, therapists can assist clients to directly apply specific beliefs and doctrine to their specific problem. The presenter identifies three specific ways of using LDS scripture including 1) directed reading on client-chosen topics, 2) increased client understanding of their relationship to the Lord, and 3) therapist reading to heighten understanding of the processes of change.

2:45 - 3:00 pm **Break**

3:00 - 4:00 pm **Plenary Speaker: "Family Connections: Resources to Help Individuals and Families in Times of Distress and Trial" – Ardeth Kapp**

4:00 - 4:10 pm **Concluding Remarks** *Kris Plummer, LCSW*

4:10 pm **Benediction**

Friday, April 2, 2004

8:00 - 8:15 am **Registration and CE Check-in**

8:15 - 8:30 am **Welcome:** *Doug Craig, Ph.D.*

8:30 - 9:30 am **Keynote Address: "The Spiritual Context of Psychological Care"** *A. Dean Byrd, Ph.D., MBA, MPH*

Facilitating spiritual resources is essential in providing psychological care to people of faith. This facilitation occurs in the context of human relationships as well as relationships with Deity. This presentation will explore the identification, access and utilization of spiritual resources in the context of interpersonal theory, therapy, and research. Emphasis will be placed on practice indications and contraindications. Efforts will be made to identify the characteristics of the patient, the therapist and the setting in order to encourage meaningful connections that are essential to the psychological care of the religious patient. Bridges (connections) between religious principles and psychological interventions will be addressed, accompanied by case examples.

9:30 - 9:45 am **Break**

9:45-11:15 am **Plenary Session "Mental Health Services for Missionaries: Pre-mission to Release"** *Brent Scharman, Ph.D., Richard Ferre, MD, Leland Hardy, MSW/MPA, Brad Burton, MA, Dennis Perkins, LCSW, J. Vance Hendricks, Ed.D.*

In this presentation an overview will be given of services currently being provided to missionaries. Missionary preparation, pre-screening, treatment in the MTC, treatment in the field, and treatment for early returning missionaries will be discussed. In addition, an overview will be given of recommendations from the Missionary Department regarding 'raising the bar' as it relates to mental health issues, amount of treatment to be offered

to missionaries who are currently serving, and guidelines concerning the use of psychotropic medications. The missionary clinic, which has been established by LDS Family Services, will also be discussed.

11:15 -11:30 am **Break**

11:30 -12:30 pm **Concurrent Workshops**

1. "Holy Relationships: Promoting Healing Through Spiritual Connections" *Ryan J. Hulbert, Ph.D*
This presentation will examine the essence of Martin Buber's classic work I and Thou: namely, "The close association of the relation to God with the relation to one's fellow-men." Whether a therapist views and interacts with a client as an it (thing), and I (person), or as a Thou (spirit brother or sister), depends largely on the overall balance and health of the therapist at the time of the interaction. Deep and meaningful healing takes place through Thou-Thou interactions. A model of three levels of human interaction will be described, along with practical suggestions to gradually learn from experience to have our interactions in general be more influenced by the healing power of charity.
2. "The Why Try Program- An Innovative Program for At-Risk Youth" *Lorneta H. Ferguson, MSW*
"The Why Try Program," developed by Christian Moore, LCSW, is currently used by K-12 schools, educational institutions, group homes, mental health agencies and youth correction facilities as a means to teach youth valuable life skills. I will provide an overview of the program and present empirical support based on data from the Alpine School District. This innovative program can be taught to youth on an individual basis as well as in group settings. I have successfully used the program with adults and youth in individual counseling, therapy groups, and parent education. It is easy to incorporate into existing programs and is user friendly.
3. "Spirituality and Dreams in Psychotherapy" *Rachel Crook Lyon, Ph.D. and Christian L. Wimmer, B.A.*
Many spiritual traditions view dreams as sacred communication (Van de Castle, 1994). In light of this fact, exploring client dreams can offer therapeutic benefit. Hill offers a three-stage model of dream interpretation that integrates Freudian, Jungian, experiential and behavioral theoretical tenets. The model assumes (a) dreams reflect waking life rather than unconscious conflicts; (b) dreams are personal and thus cannot be interpreted with a dream dictionary; (c) the therapist collaborates with the dreamer to find meaning in the dream; (d) working with dreams includes both cognitive and affective components; and (e) exploration, insight, and action are requisite stages of dream interpretation. Treatment outcome studies demonstrate that dream work is effective (Hill & Goates, 2003). Moreover, clients rate dream sessions higher in depth, insight, and working alliance than regular therapy sessions (Hill, Diemer, Hess, Hillyer, & Seeman, 1993; Wonnell & Hill, 2000).

12:30-1:30 pm **Lunch**

1:30 - 2:00 pm **Student Poster Session**

2:00 - 3:00 pm **Plenary Speaker: "Leveling the Playing Field: Intervening with Spousal Issues at their Level of Impact"**
Lili Anderson, Ph.D. & Chris Anderson, LCSW

Spouses in marital therapy regularly attempt to minimize their own harmful behaviors while maximizing the harmful behaviors of their partner. It is not uncommon, however, that one partner's behaviors (e.g. abuse, infidelity, addictions, etc.) have more destructive impact than the other's problem behaviors (e.g. disorganization, not cleaning house, etc.). Intervention in such cases, to be effective, must first take into account the differential capacity of each spouse's issues for relationship damage and then focus on creating a "level playing field," including the need for appropriate contrition and restitution from the minimizing partner. A three-realm model will be presented as a tool for facilitating evaluation and utilization of this kind of intervention.

3:00 pm **Concluding Remarks** *Kristine Plummer, LCSW*

3:10 pm **Benediction**

3:45 pm **AMCAP Board Meeting**

Parking validations available at the registration table for the Joseph Smith Memorial Building parking lot only

AMCAP is approved by the American Psychological Association to offer continuing education credits for psychologists. AMCAP maintains responsibility for the program. (CE Sponsor # 1129). Total number of credits available for this conference: 8.5 hrs (4.0 on Thursday and 4.5 on Friday)

AMCAP is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Provider # 5727). Total number of CE credits available for this conference: 8.5 hrs (4.0 on Thursday, 4.5 on Friday)

Courses meet the qualifications for 8.5 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (Provider #1889)

Number of credits pending for NASW. (AMCAP is recommending 8.5 Hours)

AMCAP Fall 2004 Convention September 30- October 1, 2004
Building Upon a Foundation of Truth

Presentation Summary, Learning Objectives, Presenter Bio-sketch, CE Credit Hours and Level of Learning can be found on the AMCAP website, www.amcap.net