

AMCAP FALL CONVENTION 2007
Joseph Smith Memorial Building
15 East South Temple, 9th Floor, SLC, UT CE Credits available

**BODY, MIND, SPIRIT:
New Developments in Mental Health Practice**

Convention Chair: Kristin Hansen, Ph.D.

Convention Co-Chair: Dean Byrd, Ph.D.

Thursday, October 4th, 2007

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

8:30 am **Welcome:** *Kristin Hansen, Ph.D.*, Convention Chair

8:35 - 8:50 am Opening Prayer, Music (Darin Southam), Convention theme: Kristin Hansen, Ph.D.



8:50 – 9:45 am **Keynote Address: Trumping the Carnal Man** *Susan Easton Black, Ed.D., Harvey Black, Ph.D.*

Identifying and discussing spiritual values can be a useful way for spiritually-oriented clients to discover their identity and heritage. That sense of purpose—that sense of confidence—enables clients to move forward in the storms of life. Helping clients to make meaning and develop a sense of purpose can bring happiness in life. In so doing, clients can trump the loud, irritating voice of carnality for a purposeful life filled with love.

Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0

Level of Learning: Intermediate

9:45- 11:10 am **Plenary: Turning Freud Upside Down Panel** *Richard Williams, Ph.D., Aaron Jackson, Ph.D. and Lane Fischer, Ph.D.*

In a previous AMCAP journal volume, we outlined a set of philosophical disparities between mainstream psychology and Christianity and suggested alternatives for approaching psychotherapy from a Christian perspective. This plenary will address new ideas such as: How is counseling within a Christian philosophy different from being a good Christian in any other setting? Differences between being righteous and being socially and emotionally well. What is the connection between one's human relationships and one's relationship with God?

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate

11:10- 11:25 am **Break**

11:25-12:45 pm **Concurrent Workshops**



1. **Turning Freud Upside Down- Panel** *Richard Williams, Ph.D. and Robert Gleave, Ph.D.*

One of 4 workshops to delve deeply into questions raised during the plenary address toward a Christian-friendly Psychotherapy. Discussion topics: 1) exploration of the paradox of agency vs. determinism; and 2) exploration and suggested resolution of the tension between forgiveness and justice for clients who struggle with experiences of trauma/offenses and are unable to move on in their lives without discounting themselves.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate



2. **Remembering Differently The Relationship Between Meaning and Healing in Therapy** *Randy Moss, Ph.D.*

Every action, every thought is full of meaning. Meaning, arising from experience and culture, defines the path of healing. Therapeutic relationships provide the forum for articulating kinships among life events, meaning, distress and ultimate healing. We will explore Kleinman's work and various worldviews connecting meaning attribution and the course of illness and healing. Techniques from various schools of therapy will be applied and will be discussed to inform person-centered, growth oriented, healing relationships.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate



3. **Attention Deficit/Hyperactive Disorder: Old Questions New Answers** *W. Dean Belnap MD, FAAP & FAPA*

The most common childhood psychiatric disorder is increasingly understood to be brain malfunction. Different forms of the disorder may have different biological roots. New versions of older drugs are being considered. New methods of therapy beyond the use of medications are gaining increased interest, power and effectiveness. Old and new concerns about the risk of drugs are raised, and there is now some evidence for alternative treatments. Biofeedback has been with us for a number of decades, but the new instrumentation and methodology of measuring brainwaves has made this a very significant treatment, which perhaps could be a dominant treatment of ADHD in the future.

Psych Credit: 1.5; NBCC Credit Hours: 1.5 ; CBBS Credit Hours: 1.5 ; NASW Credit Hours: 1.5

Level of Learning: Advanced



4. **Enneagram and Self Development Personally and Professionally** *William Ng, MSW, RSW*

Enneagram, an ancient wisdom in oral tradition, is for growth through self-awareness. It helps build the self psychologically and spiritually,

Academic Emphasis

Clinical Emphasis

and bridge the two. Its history and use, though briefly presented, are crucial to digest. A systematical overview of Enneagram and its nine major ennea-types will be delineated. Wings and non-wing for each of nine ennea-types will be introduced to make up 27 characters. The path for self-development will be mapped. Regression and progression of the ennea-types will be addressed.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate

12:45–1:45 pm **Lunch**
1:30- 2:00 pm Networking, Bookstore

2:00 – 3: 20 pm **Concurrent Workshops**



1. **Overcoming through suffering: Acceptance and Commitment Therapy in a religious context**

Mike Buxton, Ph.D., Kirk Dougher, Ph.D., Jane Lawson, Ph.D., and Rick Moody, Ph.D.

Clients come into treatment because their pain has reached a level that they consider unbearable. For many, this means treading a path fraught with pain and suffering as they struggle to regain their lives. It is through this process that clients report a growing sense of personal connectedness with themselves—their emotions and values, and with other people. Concepts and therapeutic techniques from Acceptance and Commitment Therapy (ACT) will be discussed that help therapists assist clients' work through suffering to change.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate



2. **Retraining the Brain:Neurofeedback for Psychological & Medical Problems** *D. Corydon Hammond, Ph.D., ABPH, ECNS, BCIA-EEG*

A powerful, innovative technique for influencing mind-body problems is neurofeedback (EEG biofeedback). It allows us to literally retrain brainwave patterns associated with problems such as depression, alcoholism and substance abuse, ADD/ADHD, learning disabilities, anxiety, insomnia, headaches and migraines, concussions and head injuries, stroke, uncontrolled epilepsy, fibromyalgia, chronic fatigue, problems with physical balance, and for countering cognitive decline associated with aging. This workshop will introduce participants to the brain patterns associated with many of these conditions, and provide an introduction to neurofeedback with a demonstration.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate



3. **Be Still and Know: Bringing Mindfulness, Meditation, & Body Awareness into LDS Mental Health Practice** *Tamera Smith Allred, MA*

LDS Mental Health Practitioners can help their clients heal from trauma, learn how to be less reactive, expand choice by increasing personal awareness, and cultivate more self-forgiveness and compassion by applying a Christian values perspective to contemporary mindfulness, meditation, and body awareness practices. This presentation illustrates the efficacy of using mindfulness, meditation, and body awareness practices in counseling; and offers practical tools and methods to assist clients in using these practices to their benefit.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate



4. **Turning Freud Upside Down- Panel** *Tim Smith, Ph.D., Matthew Draper, Ph.D., and Aaron Jackson, Ph.D.*

One of 4 workshops to delve deeply into questions raised during the plenary address toward a Christian-friendly Psychotherapy. The following topics will be discussed: 1) how to live harmoniously with uncertainty and faith; 2) how counseling within a Christian philosophy is different from being a good Christian.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate

3:20- 3:30 pm **Break**



3:30–4:30 pm **Plenary: Therapeutic Dimensions of Treating LDS Clients: LDS Doctrine as Help or Hindrance to Therapeutic**

Douglas Brinley, Ph.D.

The success of therapeutic intervention is greatly affected by the belief system of the client. Where spiritually-oriented clients have strong values, failure to achieve spiritual ideals can cause mental health issues to arise that require that the therapist is aware of the client's doctrinal orientation.

Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0

Level of Learning: Intermediate

4:30 pm Closing Remarks & Closing Prayer

Friday October 5, 2007

7:00 am **Area Coordinator Meeting** *Shane Adamson* An early morning meeting at the JSMB for AMCAP area coordinators

8:00 – 8:30 am Registration and CE-check in

8:30 – 8:40 am Welcome: Dean Byrd, Ph.D., Convention Co-chair. Musical numbers by Carrie Wrigley

8:40- 9: 40 am **Bringing Light to the Darkness: Helping Latter-day Saints Understand Mental Illness**

Marleen S. Williams, Ph.D. and John Livingstone, Ed.D.

Myths and folklore about mental illnesses keep many Latter Day Saints from seeking appropriate treatment. LDS clinicians often need to



Academic Emphasis



Clinical Emphasis



educate clients and their families concerning how mental illness differs from "problems in living" or spiritual concerns and problems. This presentation will provide information to help explain the causes of mental illness and why biological treatments such as medication are often necessary. It will also present LDS resources, which confront myths that interfere with treatment.

Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0

Level of Learning: Intermediate

9:40– 11:00 am **Plenary: "A Profession in Transition – Therapy and Beyond"** *David Whitehouse, MD, MBA*

This session will focus on giving attendees a historical perspective of the era of managed care and its impact on service delivery and focus. Attendees will be able to describe how an initial cost only focus, gave way to concerns about quality. Attendees will understand how in the attempt to come up with new solutions, advances in quality and creativity brought improvements but at a cost to health care access and an increasing mind body disintegration. This session will describe the implications of the current system on therapy delivery and service and present new solutions and approaches to therapy stressing hardiness, resilience and an ecological model of health.

Psych Credit: 1.5; NBCC Credit Hours: 1.5 CBBS Credit Hours: 1.5 NASW Credit Hours: 1.5

Level of Learning: Intermediate

11:00 – 11:15 pm **Break**

11:15- 12:35 pm **Concurrent Workshops**

1. **"The Fundamentals of Dialectical Behavior Therapy"** *Dianne Nielsen, Ph.D. and Marleen S. Williams, Ph.D.*

Dialectic Behavior Therapy (DBT) was developed to treat Borderline Personality Disorder. This approach adds several components to cognitive behavior therapy. First, DBT is centered in a dialectic worldview, including a balance between client validation and encouragement toward change. A second important aspect of DBT is the emphasis on developing skills, with training and practice in areas of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. DBT theory and skills will be taught.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate

2. **Meditation, Affect Regulation and Free Will** *Kaye Espenschied Smith, LCSW*

Will focus on the use of meditation and visualization to stabilize affect enabling the client to review negative life experiences without collapsing into the negative emotions normally associated with the events. This allows the client to experience options which previously seemed unavailable to them. Participants will leave with new theoretical understandings of choice and free will, their own in class experience with the mind-body modalities, suggested readings, and therapeutic examples.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5

Level of Learning: Intermediate

3. **The Body, Mind and Spirit of LDS Single Adults: How Therapists Can Help** *Christine Packard, MC, LPC*

Many LDS young single adults seek assistance from therapists as they experience anxiety, depression, and addictive behaviors in response to disappointment with the course of their lives. Understanding singles' concerns, therapists can teach skills for coping with ambiguous loss, support independent and mature lifestyle choices, strengthen spiritual supports and encourage the development of object permanence with God. Therapists can help singles create meaning in a life that is unfolding differently than they had planned.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending

Level of Learning: Intermediate

4. **Turning Freud Upside Down- Panel"** *Randy Moss, Ph.D., Lane Fischer, Ph.D., and Ed Gantt, Ph.D./Stan Knapp, Ph.D.*

One of 4 workshops to delve deeply into questions raised during the plenary address toward a Christian-friendly Psychotherapy. Topics to be discussed: 1) exploration of the tension between neural determinism and moral agency; 2) explication of egoism vs. commitment in marriage in relation to Christian covenants.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending

Level of Learning: Intermediate

12:35 – 1:30 pm **Lunch- Awards** AMCAP Service Awards presented to:

Rachel Crook Lyon, Ph.D., John Rector, Ph.D, David Weber, LCSW, MS, Kari O'Grady

Board Candidate Speeches:

Michael Boman, LCSW, LoriLee Critchfield, Ph.D., Michael D. Howard, Ed.D. & Dianne L. Nielsen, Ph.D.

1:30 – 2:00 pm **Poster Session**

2:00– 3:20 pm **Concurrent Workshops**

1. **The Use of Mind/body Interventions to Reduce the Symptoms of Stress**

Edward W. Kinghorn, Ph.D., Paul Buckingham, Ph.D., & M. Gawain Wells, Ph.D.

Increased numbers of international students are experiencing physical symptoms that are associated with psychological stress. The purpose of the presentation is to briefly review the literature on the neurological effects of stress and make practical applications to difficult-to-treat university students. Mind /Body (Diaphragmatic breathing, Progressive muscle relaxation, and Mindfulness Meditation) treatment interventions may be an excellent alternative treatment for reducing the symptoms of stress in Pacific Island and Asian populations.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending

Level of Learning: Intermediate

2. **Biochemistry, genetics, and mothers: Factors influencing psychopathology and change** *J. Dee Higley, Ph.D.*

Academic Emphasis 

Clinical Emphasis 

Clinicians are often quick to ask, what events happened to make this person so pathologically disturbed? They look for stressful or abnormal early events as causative factors. Genetic factors play major roles in psychopathology. Studies in nonhuman primates will show that deficits in serotonin lead to pathological behaviors such as impulsivity, addiction, and anxiety. In many cases, an individual with genes for psychopathology may never develop mental disease if as children they are reared in nurturing, caring families; whereas poor family histories may exaggerate genetic factors, leading to pathological outcomes. New studies showing that psychotherapy actually works by modifying neurobiological structures will be presented.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending Level of Learning: Intermediate

3. **“Journey To Healing Relationships and Overcoming Fear” or “The Gethsemane Map”** *Cynthia Ann Hunt, LCSW*

In this world each of us live in various states of consciousness, seeing life through filters which come from our family of origin, as well as life experiences. Both truth and lies continue to influence loved ones as they are passed down from one generation to the next. We are impacted by our family of origin through the choices and patterns of life they once adopted. These patterns often manifest themselves multigenerationally. The following will be discussed: forgiveness; increasing spiritual and emotional intelligence; suffering, pain and spiritual growth; and the power of being spiritually mindful and how that changes the filter in our mind based on our perception of truth and reality.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5 Level of Learning: Intermediate

4. **Turning Freud Upside Down- Panel** *Kristin Hansen, Ph.D./ Marleen Williams, Ph.D. and Jeffrey Reber, Ph.D.*

One of 4 workshops to delve deeply into questions raised during the plenary address toward a Christian-friendly Psychotherapy. Topics to be discussed: 1) an agency based approach to explicating the differences between Christian righteousness and social/emotional wellness; and 2) Psychology's culture of suspicion: assumptions, alternatives, and psychotherapeutic Implications for practitioners with Christian values.

Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: 1.5 Level of Learning: Intermediate

3:20–4:20 pm **Plenary: Parent Training in a New Key: The Circle of Freedom and Responsibility and Other “one-liners.”**

M. Gawain Wells, Ph.D

Parent management training is one of the few treatments in clinical child psychology to have been empirically demonstrated as effective. However, the majority of such approaches are targeted towards noncompliant, acting out children, partaking heavily of operant behavior modification approaches. While these techniques are certainly useful, this presentation considers a “whole child” approach, integrating attachment theory and values as well as other research relevant to parenting.

Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.5 Level of Learning: Intermediate

4:20 pm Election Results from AMCAP President, Closing Remarks & Benediction

Presentation Summaries, Learning Objectives, Presenter Bio-sketch can be found at www.amcap.net

Parking validations will be available at the registration table for the Joseph Smith Memorial Building, Plaza Hotel, Eagle Gate Terrace and the Regent Street parking facilities. Please come early or take TRAX because parking fills up fast at the JSMB.

The ZCMI & Crossroads parking lots no longer exist.



AMCAP is approved by the American Psychological Association to offer continuing education credits for psychologists. AMCAP maintains responsibility for the program. Total number of credits available for this conference: 13 hrs (6.5 on Thursday, 6.5 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: 13 hrs (6.5 on Thursday and 6.5 on Friday)

Courses meet the qualifications for 13 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (Provider #1889).

Courses have been approved for 13 hours of continuing education credit for Social Workers as required the Utah Chapter, National Association of Social Workers. Total number of credits available for this conference: 13 hrs (6.5 on Thursday, 6.5 on Friday)



AMCAP members who would like to sell/distribute books, CDs, DVDs, Tapes, Brochures or Program Announcements at the AMCAP Bookstore during semi-annual conventions, should forward a request with a copy of the display materials (which can be retrieved at the convention) to: A. Dean Byrd, Ph.D., MBA, MPH (Thrasher Research Fund, Gateway Tower West, Suite 1650, 15 West South Temple Street, Salt Lake City, Utah 84101), email: d.byrd@utah.edu, tel. 801-240-3386). All requests to display need to be sent no later than 30 days prior to the convention. Once reviewed, and a decision made, the requester will receive notification via letter/email.

The AMCAP Summer 2007 Networker is available on our website <http://www.amcap.net/Publications/Sum2007.pdf>
Please contact the AMCAP office if you would like a printed copy sent.

AMCAP Spring 2007 Convention April 3-4, 2008
Healing, Hope and the Spirit of AMCAP