

1. "Healing Trauma by Accessing Body and Mind Sensory Cues" *Barbara Gearig, LCSW, CTLC, PC*
Over the last 30 years with the creation and improvement of methods to 'map' the brain, we are better able to understand the effects of trauma upon the body and mind. More recently, the use of body and mind cues has developed with some promising results. This approach uses the body cues that are manifested in somatic responses, to bypass the freeze reaction that occurs with trauma. This freeze reaction results in the shutting down of the higher levels of the brain and the inhibiting of some body functions
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0 Level of Learning: Intermediate

 2. "There is a Balm in Gilead-The Sometimes Miraculous Modern Mental Medicines" *Louis Moench, Jr., M.D., Psychiatrist*
In 30 years of AMCAP since 1975 the place of Pharma in the treatment of mentally ill clients/patients has expanded substantially. Are you knowledgeable about the medications they take in 2005? Do you recognize their names and purposes? Are you aware of what may be prescribed if you make a referral for medication management? Why has the Food and Drug Administration issued new "black box warnings" for several mainstay medications. Is everything that was once good for you now bad for you? This presentation seeks to shed light and knowledge without—heaven forbid—turning you into a pharmacologist.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0 Level of Learning: Intermediate

 3. "Counseling LDS (and Non-LDS) Clients with Verbal and Emotional Abuse Issues: A Perspective." *Larry Jacobson, M.S, LPC.*
Laws against physical and sexual abuse exist in most states, but what about verbal, emotional, or mental abuse? These are most often precursors to the other forms of abuse, yet they are difficult to legislate. How do you recognize and treat perpetrators and victims of this abuse? Research data, counsel from Church leaders, case studies, and counseling methods in dealing with verbal and emotional abuse will be addressed.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0 Level of Learning: Intermediate

 4. "Achieving Peace in Troubled Times: Coping Skills that Work" *Noel C. Gill, Ph.D*
The model was developed while working in disaster counseling training and coping skills support groups. The discussion will identify effective strategies in coping with loss and adversity. Topics include developing resiliency, eliminating self-defeating behaviors, stress management, conflict resolution, dealing with losses and grieving, cognitive distortions, stages of recovery and healing, achieving balance, and developing positive attitudes.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0 Level of Learning: Intermediate
- 3:45 - 3:55 pm **Break**
- 3:55 - 4:40 pm **Plenary: "Training the Trainers: LDS Charities/LDS Family Services Project – Tsunami Relief" *Dennis Ashton, LCSW/DAPA, LDS Family Services***
In partnership with LDS Charities, Christian Anderson and Dennis Ashton were commissioned to provide trauma and loss recovery training to a team of eighteen professionals in Indonesia following the tsunami of December 26th. Over 300,000 people lost their lives in that disaster. This presentation includes a report of events and progress in training professional counselors to work with villagers affected by this tragedy
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0 Level of Learning: Intermediate
- 4:40- 4:45 pm **Concluding Remarks, *Doug Brinley Ph.D.***
Benediction

Friday, September 30, 2005

- 7:00- 8:00 am **Early Morning Session: "Destructive Trends in Mental Health" *A. Dean Byrd, Ph.D., MBA, MPH***
Participants will be limited to 12 and advance registration is required. Preferences will be given to those who travel from outside the Wasatch Front
In a recent book published by Routledge, prominent APA psychologists, Drs. Rogers Wright and Nicholas Cummings, provide evidence for some destructive trends in mental health. This presentation will focus on these trends, examine the evidence and discuss the importance of evidence-based practice in mental health. Practitioners must be able to integrate science into their practices to insure that clients are fully informed about treatment options and data supporting those options. Email the AMCAP office if you would like to attend this presentation. Held in the Thrasher Research Fund office.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: pending Level of Learning: Intermediate
- 8:00 - 8:15 am **Registration and CE Check-in**
- 8:30 - 8:45 am **Welcome & Musical number:**
- 8:45 - 9:35 am **Plenary: "Wonderful Counselor" – Jesus Christ as an Agent of Change " *Robert Millet, Ph.D., Brigham Young University***
Jesus Christ had a unique capacity to discern, diagnose, empathize, and empower---to lift, lighten the burdens, heal the wounded souls, and settle the troubled minds of those among whom he ministered. From the New Testament and Book of Mormon we discover some powerful "tools of the trade" employed by the Master, tools that modern counselors would do well to emulate and embody
Psych Credit: 0.0; NBCC Credit Hours: 0.0; CBBS Credit Hours: 0.0; NASW Credit Hours: 0.0 Level of Learning: Beginning
- 9:35 –9:50 am **Break**
- 9:50 -10:50 am **Plenary: "Clinical Neuroscience: Neuroimaging and Mental Health" *Erin Bigler, Ph.D., Brigham Young University***
Neuroscience now has the tools to study in vivo cognitive processes in the human brain. This lecture will review current neuroimaging methods to investigate human cognition and the application of these imaging methods in neurological and neuropsychiatric disorders. Neuroimaging methods are also being applied in psychotherapeutic settings and the role of neuroimaging findings in understanding the biological basis of the psychotherapeutic process will be discussed.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 1.0 Level of Learning: Advanced
- 11:00-11:55 am **Concurrent Workshops**
1. "Building your Private Practice" *Wandal Winn, M.D. Psychiatrist, Becky Gray, Office manager, Shane Adamson. LCSW.*
This presentation is designed to help those who run their own practices and will present ideas on obtaining clients, retaining clients, insurance issues, collection issues, and other practical ways of maximizing income and efficiency in a practice. Specifically, the presenters will identify the 10 most common mistakes in office practice; discuss the merits of having an office manager, and present information on reducing private practitioners' malpractice profiles. In addition, presenters will

present using technology to leverage practice efficiency, discuss ways to think outside the box, e.g., working outside the office and the 50 minute hour, and define and discuss the "distributed practice" model.

Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: 0.0

Level of Learning: Beginning

2. "Letting Go: The Positive Psychology of Self-Forgiveness" *Wendy Ulrich, Ph.D.*

From the time of Freud, mental health professionals have struggled to help clients unload irrational guilt and excessive shame. The positive psychology movement identifies the ability to forgive as a key capacity for healthy individuals, and self-forgiveness is a key factor in resilience and growth. Clients with obsessive-compulsive or narcissistic traits or with an immature world view have particular difficulty with self-forgiveness. Tools from cognitive-behavior, internal family systems, dialectic, and psychodynamic therapies, can help clients make the difficult but freeing choice to get off the hook of self-blame. Special tools for helping religious clients and compulsive confessors will be discussed.

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

Level of Learning: Intermediate

3. "Perceiving Change as Repentance in Spiritual Clients" *Richard Chidester, Ph.D. Private Practice*

The presenter will discuss how utilizing spiritual beliefs such as faith and repentance may bring about a change in attitude, perception, and heart that in turn fosters a change in behavior for spiritually-oriented clients. In addition, the presenter will discuss how to help spiritually-oriented clients make progressive changes according to their spiritual understanding rather than trying to achieve perfection. Finally, the presenter will focus on how clinicians who are aware of their own behavior and effects on others can more readily facilitate change in others.

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

Level of Learning: Intermediate

4. "Working Playfully with Dysfunctional Patterns" *Mark Chamberlain, Ph.D.; Stephen Havertz, LCSW*

It's tough to keep our wits about us in the heat of the moment. Psychopathology is perpetuated when a reactive mode of functioning is triggered when a higher level of problem-solving is needed. As therapists, we can help clients shift back into a more creative, resourceful, state of mind. Playfulness can serve as a catalyst because it: 1) lightens low moods, 2) encourages a broadening of perspective, 3) interrupts the usual pattern of response, 4) facilitates collaboration and good feelings in working relationships, and 5) highlights inconsistencies and absurdities in reactive patterns

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

Level of Learning: Intermediate

12:00-1:10 pm **Lunch – Election Results- *Distinguished Service to AMCAP Award to Wendy Watson, Ph.D. & Russ Seigenberg, Ph.D.* Presidential Address – 30 Years of AMCAP *John P. Livingstone, Ed.D.***

1:10-1:40 pm **Poster Displays**

1:40-2:50 pm **Plenary: "Demons, Dopamine, and Data: LDS Perspectives on Changes in Understanding Mental Illness the Past 30 Years"** *Marleen Williams, Ph.D, Dianne Nielsen, Ph.D, Anna Mae Jorgensen.*

Theories of mental illness have changed dramatically since the founding of AMCAP. This presentation focuses on advances in science that have changed the way we conceptualize and treat mental illnesses. Neuro-imaging and other advances in research have influenced changes in DSM diagnoses and continue to shape how we view mental disorders. This gives both challenges and advantages for LDS practitioners. Also 'popular culture' myths about LDS people and mental health issues and highlights in research that counter such myths will be discussed.

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

Level of Learning: Intermediate

2:50 –3:00 pm **Break**

3:00- 3:50 pm **Plenary "Replenishing Relationships – Fundamental Principles of Change"** *Scott Anderson, Ph.D.*

What steps are needed to aid relationships to achieve lasting change in relationships? This presentation will focus on relationships of spiritually-oriented clients. Case studies and examples will be presented to illustrate the need for change and the specific skills that help couples change behavior to a more positive model including communication, conflict-resolution, and spiritually-focused skills. This presentation will explore the reality of false expectations of what clients hope to gain from relationships. In addition, strategies for helping clients understand what they bring to relationships will be discussed

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Level of Learning: Intermediate

3:50-4:00 pm **Concluding Remarks- Announcement of Spring Convention *Doug Brinley, Ph.D.* Benediction**

4:15 pm **AMCAP Board Meeting**

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: 10 hrs (6.0 on Thursday and 4.0 on Friday) (11 credits if attending Fridays early morning session)

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: 10 hrs (6.0 on Thursday and 4.0 on Friday) (11 credits if attending Fridays early morning session)

Courses meet the qualifications for 10 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (#1889) (11 credits if attending Fridays early morning session)

N.A.S.W. has approved 10 hours of continuing Education credit for Social Workers. (Fridays early morning session credit is pending)

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

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