



Neuropsychological Problems Encountered in Clinical Practice: Two Workshops

Friday February 28 and/or March 27, 2020

Six Continuing Education Credits for Each Workshop

**Illinois Psychological Association
18th Floor Conference Room
67 East Madison St.
Chicago, Illinois
312-372-7610 x201**

**Sponsored by:
Illinois Psychological Association**

**Workshop I
Friday, February 28, 2020
9:00 AM to 4:30 PM**

About the Workshop

Part 1 - Dementia and Delirium in Older Adults: Psychological Assessment and Intervention for Neurocognitive, Psychological, and Behavioral Symptoms – Samantha Stern, PhD

Description

Given the rapidly increasing aging population in the U.S., there is a growing need for psychologists to understand and address conditions which are key issues for older adults. Delirium and dementia are two such conditions, and there is an estimated 33-45% cumulative incidence of dementia across individuals after age 65. This presentation will provide a brief overview of delirium and the most common forms of dementia with a specific focus on differentiation, associated neurocognitive, psychological, and behavioral symptoms, as well as the role of psychologists and neuropsychologists in providing assessment and intervention within a medical setting.

Learning Objectives

1. Participants will list 3 common signs and symptoms of delirium as well as leveraging psychologists' knowledge to make recommendations for delirium management strategies.
2. Participants will list the most common forms of dementia and their associated neurocognitive, psychological, and behavioral symptoms.
3. Participants will discuss the role of psychologists within the context of dementia care.

About the Presenter

Dr. Stern is a 2nd year Clinical Neuropsychology Postdoctoral Fellow at the University of Illinois at Chicago in the department of psychiatry. She completed her PhD in clinical psychology and rehabilitation psychology from the Illinois Institute of Technology followed by her predoctoral clinical psychology internship in neuropsychology/behavioral medicine at the University of Washington in Seattle, WA. Her clinical interests include neuropsychological assessment of adults with various neurological and psychiatric conditions such as dementia, movement disorders, multiple sclerosis, traumatic brain injury, and vascular disease. She also has expertise delivering psychotherapeutic and cognitive rehabilitation interventions with individuals with chronic illness/disability. Her research interests include psychosocial

adjustment to disability due to neurological illness and cognitive decline, neuropsychological testing issues (i.e., performance validity), and cognitive impairment related to neurological disease.

Part 2 - Neurocognitive and Psychological Sequelae in Epilepsy – Jason R. Soble, PhD, ABPP

Description of Program

Epilepsy is among one of the most frequently diagnosed neurological disorders and often is associated with significant mental health comorbidities. This presentation will provide a brief overview of epilepsy with specific focus on common neurocognitive and psychological sequelae, as well as review the role psychologists and neuropsychologists play in assessment and intervention as part of multidisciplinary epilepsy care.

Learning Objectives

1. Participants will differentiate seizures versus epilepsy.
2. Participants will discuss common cognitive and mental health comorbidities associated with epilepsy
3. Participants will explain the psychologists' role within the context of multidisciplinary epilepsy care

About the Presenter

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Dr. Soble is a board-certified Clinical Neuropsychologist and Assistant Professor of Clinical Psychiatry and Neurology at UIC. He completed his doctorate at the University of Illinois at Urbana-Champaign followed by his Clinical Psychology internship and Clinical Neuropsychology postdoctoral fellowship at the James A. Haley VA Hospital in Tampa, FL. While on fellowship, he also trained at the University of South Florida/Tampa General Hospital Comprehensive Epilepsy Program. Prior to joining the faculty at UIC, he was a Staff Neuropsychologist at the South Texas Veterans Healthcare System in San Antonio, TX. His clinical interests include neuropsychological assessment of adults with dementia, complex neuropsychiatric disorders, traumatic brain injury, epilepsy, and ADHD, as well as personality assessment and working with veteran and active duty military populations. His research broadly investigates the psychometric and diagnostic properties and clinical utility of neuropsychological tests, particularly objective performance and symptom validity tests, as well as the neuropsychiatric sequelae associated with traumatic brain injury and electrical shock injuries.

Part 3 - Neuropsychological and Neurobehavioral Consequences of Cerebrovascular Disease: An Overview – Neil H. Pliskin, PhD, ABPP-CN

Description of Program

Cerebrovascular disease refers to a group of conditions, diseases, and disorders that affect the blood vessels and blood supply to the brain. If a blockage (i.e., stroke), malformation, or hemorrhage prevents the brain cells from getting enough oxygen, brain damage can result. Cerebrovascular disease is a leading cause of serious long-term disability, and the second leading cause of death worldwide. Psychologists and neuropsychologists are often called upon after stroke to evaluate the cognitive and psychological status of the stroke survivor, as neuropsychological and neurobehavioral changes often occur. Indeed, psychological care for stroke patients is as essential as physical rehabilitation, particularly as people with stroke and their families endeavor to manage the impact of stroke on their lives in the longer term. This presentation will provide an overview of cerebrovascular disease with specific focus on common neuropsychological and neurobehavioral outcomes that can occur in cerebrovascular conditions.

Learning Objectives:

1. Participants will describe common neurocognitive changes associated with different forms of cerebrovascular disease.
2. Participants will explain typical neurobehavioral and personality changes that occur following stroke.
3. Participants will list relevant literature on effectiveness of cognitive rehabilitation strategies after stroke.

About the Presenter

Dr. Pliskin is Director of the Neurobehavior Program in the Department of Psychiatry at the University of Illinois College of Medicine. He is an advisor to the *AMA/CPT Health Care Professionals Committee* on behalf of the American Psychological Association. He is also a member of the Psychology Licensing Board of the Illinois Department of Professional Regulation.

Part 4 - Sleep Disorders, with an Emphasis on Insomnia, and the Role of the Psychologist in Assessment and Intervention – Steven M. Tovian, PhD, ABPP

Description of Program:

Sleep takes up approximately one-third of our lives. At least it should. While compliance with sleep is at the top of the list for leading a physically and psychologically healthy life style, and sleep problems are the source of considerable co-morbidities with other medical and psychological problems. This presentation will focus on describing sleep disorders with particular emphasis on the problem of insomnia. The role of the psychologist in assessments and interventions of sleep disorders will be discussed as well.

Learning Objectives:

1. Participants will explain the importance of identifying sleep problems.
2. Participants will describe the Medical and psychological effects of sleep disorders
3. Participants will describe the psychological assessment sleep disorders, emphasizing insomnia
4. Participants will list 2 treatment intervention with sleep disorders.

About the Presenter

Dr. Tovian holds a Doctorate from Northwestern University (1977). He is Clinical Professor, Psychiatry and Behavioral Sciences, Feinberg School of Medicine at Northwestern University. He is Board Certified in Clinical Health and Clinical Psychology, American Board of Professional Psychology (ABPP). He is a Fellow of the American Psychology Association, Past President of American Board of Health Psychology, Past Treasurer of the Division of Health Psychology, American Psychological Association, and Past Treasurer of the Association of Psychologists in Academic Health Centers. He is on the Editorial Board, *Journal of Clinical Psychology in Medical Settings* and *Professional Psychology: Research and Practice*. He is Co-Author, *Handbook of Clinical Psychology in Medical Settings* (Plenum, 1991) and *Psychological Assessment in Medical Settings* (Plenum, 1997). He has published over 33 peer-reviewed book chapters and journal articles

Workshop 2
Friday, March 27, 2020
9:00 AM to 4:30 PM

Chicago School of Professional Psychology
325 N. Wells Street
Chicago, Illinois
312-372-7610 x201

Sponsored by:
Illinois Psychological Association

About the Workshop

Part 5 - Cognitive Rehabilitation for Individuals with Acquired Brain Injuries and Anomalies: Implications for Families and Mental Health Providers– Kathy Borchardt, PsyD

Description of Program

The treatment of cognitive impairment is important to the recovery of individuals who have acquired brain injuries, such as through a traumatic injury, stroke, tumors, and repeated seizures. Common deficits after brain injury include difficulties with mental energy, attention, concentration, cognitive processing and speed, memory, language, sensory perception and regulation, planning, problem-solving, social function, behavior control, and emotional functioning. Left untreated, cognitive deficits have a negative impact on personal independence, social interaction, communication, mobility, recreational pursuits, self-care, and academic or vocational pursuits.

Cognitive rehabilitation is often a component of a comprehensive interdisciplinary approach. The cognitive retraining tools that are used include scientifically designed and researched computer programs, home therapy exercises, and education and training designed to draw out retained abilities or compensate for cognitive deficiencies. Some cognitive rehabilitation treatments are applied using actual functional activities in real-world settings. The goal of most cognitive rehabilitation approaches is to restore emotional, social, academic, vocational, behavioral, and leisure activities, and to learn methods to compensate and adapt to sustained deficits.

Learning Objectives

1. Participants will list 4 common deficits in acquired brain injury
2. Participants will describe the typical impact of acquired brain injuries on the individual, family, social interactions, vocational and academic pursuits, and community functioning
3. Participants will explain the interdisciplinary approach to the treatment of the patient with an acquired brain injury.
4. Participants will explain the important role that mental health services play in the cognitive rehabilitation of a patient with ABI.

About the Presenter

Dr. Kathy Borchardt is a neuropsychologist in private practice, specializing in neuropsychology, pain management, and behavioral medicine. She obtained her Doctorate in Clinical Psychology from The Illinois School of Professional Psychology (ISPP), with Certificates in Behavioral Medicine and Neuropsychology. Her internship was with Ray Graham Association for cognitively challenged children and adults. Her post-doctorate training was completed through Neuropsychological and Rehabilitation Consultants, including rotations at Columbus Hospital Medical Rehabilitation Unit, Hinsdale Hospital Pain Clinic, and DuPage Convalescent Center's Subacute Rehabilitation Unit.

As member of a multidisciplinary treatment team at Hinsdale Hospital, Central DuPage Hospital, and Edward Hospital pain clinics, Dr. Borchardt provided nonpharmacological pain management and

behavioral medicine services, as well as presurgical psychological evaluations on site to patients with chronic pain syndromes and other medical conditions. Currently in private practice, in addition to pain management and behavioral medicine services Dr. Borchardt performs neuropsychological evaluations across all ages, cognitive retraining to people with acquired brain injuries, and advocates for parents and physicians in obtaining needed academic and community services for children, teens, and young adults. Dr. Borchardt regularly presents workshops and seminars on psychological first aid to emergency management agencies, as well as the nonpharmacological treatment of chronic pain, educational advocacy, adult ADHD, and cognitive rehabilitation to community organizations.

Part 6 - Traumatic Brain Injury (TBI): A Primer for Psychologists from the Basics to Recent Advances – Dr. Patricia A. Pimental, Psy.D., ABN, AAPM, FACPN

Program Description:

This program will be a wide-angle view of the impact of traumatic brain injury designed for psychologists in clinical practice. Neurobiological and neuropsychological/cognitive sequelae of TBI, high risk populations, genetic influences, neuropsychological screenings, and pertinent biomarkers will be addressed.

Co-morbid conditions such as depression, mania, anxiety, PTSD, personality changes, sleep disturbance and aggression/violence will be profiled from a differential diagnosis perspective. As time permits, therapeutic accommodation and guidelines for working with patients with TBI will be delineated, as well as increasing awareness of general pharmacological issues, guidelines, and treatment referral options. Finally, participants will be given a number of ecologically useful service delivery rubrics, handouts, guides and booklets procured by the presenter.

Objectives:

1. Participants will be able to define TBI and to identify underlying mechanisms and types of injury
2. Participants will be able to describe neuropsychological/cognitive sequelae of TBI.
3. Participants will be able to describe co-morbid conditions associated with TBI.
4. Participants will describe 2 psychopharmacological guidelines in treating TBI.

About the Presenter:

Dr. Pimental received her Doctor of Psychology degree with honors from The Chicago School of Professional Psychology having previously received her BS and MA degrees from Northwestern University in Speech-Language Pathology. She is President and CEO of Neurobehavioral Medicine Consultants, Ltd., an Associate Professor in the Department of Behavioral Sciences, Midwestern University, and a guest lecturer in the Department of Family Practice Medicine at the Chicago College of Osteopathic Medicine at Midwestern University. She served as the Director of the National Academy of Neuropsychology Professional Affairs and Information Committee from 2007 to 2010. Dr. Pimental received an Exceptional Educator Award upon nomination by her students, from the Women in Leadership Committee of the National Academy of Neuropsychology in 2012, the Outstanding Professional Contributions to Neuropsychology Award from the American Board of Professional Neuropsychology (ABN) in 2016, and a Presidential Citation from the Illinois Psychological Association in 2016. She is the senior author of the textbook *Neuropsychological Aspects of Right Brain Injury* and the test *Mini-Inventory of Right Brain Injury* (MIRBI), which is currently in its second edition (MIRBI-2; 2000). She is board certified in neuropsychology (ABN).

Dr. Pimental's recent work is committed to the practice of positive neuropsychology, cognitive health, and wellness. She is a proponent of prevention strategies for cognitive decline throughout the lifespan. Dr. Pimental has researched and developed cutting edge models and programs such as BRAIN SMARTSM WELLNESS PROGRAMS for Cognitive Health, BRAIN SMARTSM CAFÉ 10 WEEK PROGRAM, PEAK PERFORMANCE NEUROPSYCHOLOGY (PPN)SM, and the BESTSM Lifelong Wellness Focus Areas. In 2018, she co-edited a special section on Positive Neuropsychology for the *Journal of Applied Neuropsychology: Adult*. She was also invited to contribute a chapter on Positive Neuropsychology, Cognitive Health and Cognitive Enhancement in the upcoming "Handbook of Wellness Medicine," anticipated in 2019.

Part 7 - Understanding Clients with Headaches – Greg Harms, Psy.D., Diamond Headache Clinic

Description of Program

This presentation will explain the different types of headaches, common medical/pharmacological treatments that clients may talk about, and common psychological factors associated with headaches. The goals of the presentation are to help psychologists better understand the experience of a client who is living with headaches and to provide some tools to effectively work with the client's psychological concerns and treat the headache. This presentation will address some of the common misunderstandings around headaches that clients may hear from others and help participants be able to talk about headaches with clients in a respectful, validating, and informed way. Clients with headaches often have unique psychological issues; this presentation will provide information about what psychologists should assess for and what treatment strategies or referrals may be most helpful.

Objectives:

1. Participants will list 3 different types of headaches and the ways in which they impact client functioning and life experience
2. Participants will explain the role of psychologists may play in treating headaches

About the Presenter

Dr. Harms is a Licensed Clinical Psychologist specializing in health psychology. He is a member of the Illinois and American Psychological Associations, The Society for Health Psychology, and the Association for Behavioral and Cognitive Therapies. Dr. Harms is also a Certified Alcohol and Drug Counselor and has been a mental health practitioner in the Chicagoland area for over 20 years. Dr. Harms received his Bachelor of Arts degree in Psychology from North Park University in Chicago. He received his Master of Science degree in Mental Health Counseling from Capella University in Minneapolis and earned his Doctor of Psychology in Clinical Psychology from the Adler School of Professional Psychology in Chicago. Dr. Harms has received extensive clinical training working with adults, adolescents, and children in inpatient and outpatient medical settings, substance abuse treatment facilities, and community mental health centers. He completed his pre-doctoral internship in health service psychology at Indiana University Health Ball Memorial Hospital and his post-doctoral fellowship in psychology at the Diamond Headache Clinic.

Dr. Harms specializes in health psychology, individual and group psychotherapy, substance abuse counseling, and psychological and neuropsychological assessment. Dr. Harms takes an active approach with clients to help them manage their pain and live a fulfilling life. Dr. Harms utilizes cognitive and behavioral strategies to help clients change unhelpful behavior patterns and try new strategies to get new outcomes that get them where they want to go in their lives.

Bibliography

Goldberg, T.E., Weinberger, D.R., Berman, K.F., Pliskin, N.H., and Podd, M., Further evidence for dementia of the prefrontal type in schizophrenia: A controlled study of teaching the Wisconsin Card Sorting Test. Archives of General Psychiatry, 44(11), 1008-1014, 1987.

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CONTINUING EDUCATION CREDITS

These neuropsychology workshops are sponsored by the Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

APA CE credits satisfy the continuing education requirements of Illinois Licensed Professional Counselors and Illinois Licensed Clinical Social Workers

Six continuing education credits will be awarded for each workshop day attended

CANCELLATION POLICY

There are generally no refunds for cancellations, but refunds may be made on a case-by-case basis if requested in writing.

Grievances about the workshop may be addressed to the Illinois Psychological Association in writing.

**Illinois Psychological Association
67 East Madison Street Suite 1817
Chicago, Illinois 60603**

LOCATION

Workshop 1: Illinois Psychological Association 18th Floor Building Conference Room

The Illinois Psychological Association will host this workshop at the Illinois Psychological Association 18th Floor Conference Room. 67 East Madison Street, Chicago, Illinois.

The Illinois Psychological Association is located in the Mallers Jewelry Building with on the corner of Madison and Wabash Streets.

Parking

The Illinois Psychological Association does not have parking facilities. However, the building at the 5 South Wabash entrance has valet services and the Grant Park Garage is on Michigan Avenue.

Workshop 2: The Chicago School of Professional Psychology

The Illinois Psychological Association will host this workshop at the Chicago School of Professional Psychology, 325 N. Wells St., Chicago, Illinois.

The Chicago Campus of The Chicago School of Professional Psychology is located directly on the Chicago River. The campus is easily accessible by public transportation or car.

Parking

For those visiting by car, our Chicago Campus does not have on-site parking; however, the Mart Parc Wells Self Park lots are located close to campus. Please obtain a parking pass from the 4th floor reception desk to receive the discounted rates listed below.

Mart Parc Wells Self Park

401 N. Wells
\$16.00 up to 12hrs M-F
\$10.00 after 3pm M-F all day on weekends

Mart Parc Orleans Self Park
437 N. Orleans
\$14.00 up to 12hrs M-F
\$8.00 after 3pm M-F all day on weekends

Arrangements for Persons with Disabilities:

These facilities are accessible. Please contact 312-372-7610 x201 concerning arrangements to facilitate workshop attendance. Arrangements should be made two weeks before the workshop.

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, she/he should contact Marsha Karey two weeks before the workshop to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Ms. Karey (312-372-7610 x201) or mkarey@illinoispsychology.org.

Commercial Support for These Workshops:

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

Friday, February 28 and March 27, 2020

Registration Form:

Name/Degree: _____

Profession : (Psychology, Social Work, etc.) _____

Address: _____

Telephone: _____ email: _____

Workshop 1 Fees

Before February 21, 2020

IPA Members \$140.00
Non-Member \$165.00
IPA Student Members \$20.00

After February 21, 2020 and On-site Registration

IPA Members \$165.00
Non-Member \$190.00
IPA Student Members \$45.00

Workshop 2 Fees

Before March 20, 2020

IPA Members \$140.00
Non-Member \$165.00
IPA Student Members \$20.00

After March 20,, 2020 and On-site Registration

IPA Members \$165.00
Non-Member \$190.00
IPA Student Members \$45.00

Both Workshops—Discounted Fee

Before February 21, 2020

IPA Members \$255.00
Non-Member \$305.00
IPA Student Members \$35.00

After February 21, 2020 and On-site Registration

IPA Members \$280.00
Non-Member \$330.00
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Payment: Check One

Workshop 1 Workshop 2 Both Workshops

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