
LOOKING AHEAD:

A FOCUS ON TRANSFORMATION



Illinois
Psychological
Association
www.IllinoisPsychology.org

67 E. Madison, Suite 1904
Chicago, IL 60603

NOVEMBER 11-13, 2021
IPA ANNUAL CONVENTION (VIRTUAL)



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2021 IPA VIRTUAL CONVENTION AT A GLANCE:

Thursday November 11, 2021

9:00 AM – 10:30 AM

PROGRAM 1 (1.5 Continuing Education Credits)
A YEAR OF REVELATION AND REVOLUTION

10:30 AM – 10:45 AM: Break

10:45 AM – 12:15 PM

PROGRAM 2 (1.5 Continuing Education Credits)
UNDERSTANDING AND WRITING MENTAL HEALTH LETTERS FOR GENDER-AFFIRMING SURGERY

12:15 PM – 1:00 PM:

Lunch Break with Sponsor Slides

1:00 PM – 2:30 PM

PROGRAM 3 (1.5 Continuing Education Credits)
THE HIDDEN SCARS OF BIRTH: POSTPARTUM PTSD

1:00 PM – 2:30 PM

PROGRAM 4 (1.5 Continuing Education Credits)
CURRENT INFORMATION ON OPTUM TELEHEALTH WITHIN ILLINOIS CLINICAL PRACTICE WITH Q&A

2:30 PM – 2:45 PM: Break

2:45 PM – 4:15 PM

PROGRAM 5 (1.5 Continuing Education Credits)
FAMILY LEAVE AND COVERAGE: TRANSFORMING CLIENT WORK THROUGH CLINICIAN TRANSITIONS

4:15 PM – 4:30 PM: Break

4:30 PM – 6:00 PM

PROGRAM 6 (1.5 Continuing Education Credits)
UNTREATED MENTAL HEALTH TRAUMA CREATES BIAS IN THE CHILD WELFARE SYSTEM

4:30 PM – 6:00 PM

PROGRAM 7 (1.5 Continuing Education Credits)
CHANGING JOBS, CHANGING LIVES

Friday November 12, 2021

8:00 AM – 8:45 AM

ANNUAL IPA ALL-ASSOCIATION MEETING
[VIA ZOOM]

9:00 AM – 10:30 AM

PROGRAM 8 (1.5 Continuing Education Credits)
CONVENTION KEYNOTE: HOW TO SHOW UP AS AN ANTI-RACIST PSYCHOLOGIST & WHY WE'RE COMPELLED TO

Presenter

Kumea Shorter-Gooden, PhD

10:30 AM – 10:45 AM: Break

10:45 AM – 12:15 PM

PROGRAM 9 (1.5 Continuing Education Credits)
AN INTRODUCTION TO THE APA EQUITY, DIVERSITY, AND INCLUSION FRAMEWORK

12:15 PM – 1:00 PM:

Lunch Break with Sponsor Slides

1:00 PM – 4:15 PM

PROGRAM 10 (3 Continuing Education Credits—meets the ethics continuing education requirement for licensed clinical psychologists)
ETHICAL CHALLENGES IN THE FACE OF SOCIETAL TRANSFORMATION

1:00 PM – 2:30 PM

PROGRAM 11 (1.5 Continuing Education Credits)
NAVIGATING DOCTORAL TRAINING IN A VIRTUAL WORLD: CHALLENGES IN THE FACE OF SOCIETAL TRANSFORMATION

2:30 PM – 2:45 PM: Break

2:45 PM – 4:15 PM

PROGRAM 12 (1.5 Continuing Education Credits)
USING POP CULTURE IN THERAPY

4:15 PM – 4:30 PM: Break

4:30 PM – 6:00 PM

PROGRAM 13 (1.5 Continuing Education Credits)
COVID-19 AND POST-ACUTE SEQUELAE: NEUROPSYCHOLOGICAL/NEUROPSYCHIATRIC SYMPTOMS AND INNOVATIVE REHABILITATION APPROACHES

4:30 PM – 6:00 PM

PROGRAM 14 (1.5 Continuing Education Credits)
THE TRANSFORMATIVE EFFECT OF LEADERSHIP DEVELOPMENT: INDIVIDUAL AND ORGANIZATIONAL

Saturday November 13, 2021

9:00 AM – 10:30 AM

PROGRAM 15 (1.5 Continuing Education Credits)
LEGISLATIVE UPDATE: TELEHEALTH, VICTORIES, AND FUTURE LEGISLATIVE GOALS

10:30 AM – 10:45 AM: Break

10:45 AM – 12:15 PM

PROGRAM 16 (1.5 Continuing Education Credits)
STUDENT PREPARATION FOR SPECIALTY-TRACK TRAINING IN REHABILITATION PSYCHOLOGY AND NEUROPSYCHOLOGY

10:45 AM – 12:15 PM

PROGRAM 17 (1.5 Continuing Education Credits)
BY-STANDER TO UP-STANDER TRAINING UPDATE FOR 2021

12:15 PM – 1:00 PM:

Lunch Break with Sponsor Slides

1:00 PM – 2:30 PM

PROGRAM 18 (1.5 Continuing Education Credits)
PSYCHOLOGIST AND PATIENT PERSPECTIVES OF SARS-COV-2: A YEAR OF JOURNALING

1:00 PM – 2:30 PM

PROGRAM 19 (1.5 Continuing Education Credits)
MENTAL HEALTH SCREENING & TELEHEALTH: HOW IT'S REVOLUTIONIZING REMOTE CARE

2:30 PM – 2:45 PM: Break

2:45 PM – 4:15 PM

PROGRAM 20 (1.5 Continuing Education Credits)
CULTURALLY RESPONSIVE CLINICAL SUPERVISION: 10 SERIES PODCAST

2:45 PM – 4:15 PM

PROGRAM 21 (1.5 Continuing Education Credits)
WHITE PRIVILEGE, DISARMING HATE, AND THE INCLUSION PARADOX

4:15 PM – 4:30 PM: Break

4:30 PM – 6:00 PM

PROGRAM 22 (1.5 Continuing Education Credits)
ADOLESCENTS' UNDERSTANDING OF AUTISM SPECTRUM DISORDER (ASD) SOCIAL STIGMA

Student Poster Presentation

The Illinois Psychological Association Graduate Student Section (IPAGS) will be hosting a student poster presentation for the upcoming IPA Convention 2021. With the IPA Convention being held virtually again this year, we are asking all students to submit a 2-3 minute recorded presentation of their poster. All poster presentations will be open to the public one week prior (**November 6, 2021**) to the start of the convention. Awards will also be presented during the convention. Please email ipags.section@gmail.com for further information and details about possible awards.

Welcome!

FROM IPA PRESIDENT



Dear IPA Members and Colleagues,

Hello and welcome to the 2021 Illinois Psychological Association ANNUAL CONVENTION!

On behalf of IPA leadership, staff, and the 2021 Convention Committee, thank you for your continued support of the IPA. And thank you for choosing to virtually attend this year's convention: **Looking Ahead: A Focus on Transformation**. This is IPA's second fully virtual convention and live webinar event. Knowing you have many options when you consider professional development opportunities, we cannot thank you enough for choosing to attend our convention and trusting the value and high quality we bring to our programs. We truly hope this will be an experience that provides thought-provoking and enlightening professional learning opportunities for each and every one of you. I am especially thrilled to welcome our graduate student members and early and mid-career psychologist members, and members from across the state of Illinois, who may be able to more easily attend convention due to our virtual platform. Welcome!

It is hard to believe what the last year and a half has been like for so many of us, and how our profession has been impacted. Yet again, we had to decide whether to run the convention virtually for the second time. Given the success of our very first virtual convention, and the continued uncertainty of the COVID-19 pandemic, we made the hard decision to remain virtual this year. While it was disappointing to accept we would not be gathering in person once again, it was also exciting to know a virtual convention can bring accessibility and options that perhaps were not available to us in the past, which can bring even more of us together virtually.

In the spirit of this year's theme of transformation, we decided to use this as an opportunity to enhance the quality of the convention even further by offering even more programs, so that you have more options for learning and more flexibility to obtain continuing education (CE) credits while potentially seeing patients throughout the convention. We will have multiple concurrent workshops to meet the needs of more psychologists, while offering more opportunities for our presenters to share their expertise. This year we are thrilled to highlight our keynote presenter, Dr. Kumea Shorter-Gooden, who will be speaking about how to get started and sustain anti-racist work as psychologists, an event that is sure to transform how we navigate personal and professional experiences in ways we cannot imagine.

Like last year's convention, your continuing education certificates will be awarded based on confirmation of your attendance of a workshop, so attend as many workshops as is comfortable for you within your days of registration. We hope you will keep an open mind as we all try something new, together. Keep in mind the continuing education credits you obtain will be applied to your 2020-2022 continuing education licensure requirements.

I wish to thank the 2021 IPA Convention Committee members Drs. Daniel Brewer, Derek Phillips, Erin Alexander, Blair Brown, and Hayley Bemel, as well as our IPAGS Chair, Aya Haneda and additional IPAGS leaders, Morgan Ferris, Daniel Polonsky and Maggie Collins, for their tireless work and support in making this event possible. It has been a true pleasure to work alongside you all during this process. I want to recognize the Continuing Education Committee for their support. I also wish to thank Ms. Marsha Karey and Dr. Terrence Koller for their guidance and endless commitment to the IPA and the planning of this year's convention.

The committee worked hard to craft an exciting lineup of diverse programs that addresses many aspects of transformation. We sincerely hope you will consider joining us for all three days of programing where you could earn more than 22 hours of continuing education credit.

Sincerely,

Abby Brown, PsyD

*President and 2021 Convention Committee Chair
Illinois Psychological Association*

FROM OUR EXECUTIVE DIRECTOR



Dear Convention Attendees,

As the Executive Director of IPA, it has been a pleasure to work with Dr. Abby Brown on this year's virtual convention. Dr. Brown and her Convention Planning Committee have worked hard to put together a broad scope of programs. Unfortunately, due to the uncertainty of the pandemic, Dr. Brown, the Convention Planning Committee, and IPA Leadership had to make the difficult decision to hold the convention online for the second year in a row. This decision had to be made some time ago to allow for planning and coordinating the convention virtually. The safety of our attendees, presenters and staff was our focus.

Please take full advantage of the opportunities offered at this year's virtual convention. You can register for the three-day package or each day individually. A link for each individual program will be provided, giving you the choice and flexibility to attend all programs or only the ones you choose. The registration fee covers the day's programming, whether you attend all the programs for that day or only a few, just as you might at an in-person event.

The continuing education hours you earn at this convention will apply to those required by the State for your next licensing period. Attend the entire convention and you will earn 22 continuing education credits.

Registration buttons are provided on page 4. **Please take time to read the important registration information that is on the registration page.**

The IPA Annual All Association Meeting will be held via Zoom on Friday morning before the first program begins that day. Information about the meeting and the Zoom link will be available soon on the IPA website, as well as through email announcements. All are welcome to attend. More information is on the IPA website home page.

Information on the Student Poster Presentations can be found in the **Convention at a Glance** located on page 1.

Perhaps some of you reading this message are not currently members of IPA but are interested in what we have to offer. With a robust professional association to represent you, we can advocate for laws and regulations to adapt to changes in the best practices of delivering mental health care. If you are interested in joining, there is a link in this brochure. IPA members receive discounted pricing on conventions and future webinars. Members also have access to our listserv, Healthcare Reimbursement Committee, Ethics Committee consults and HMS Midwest Billing consultation services. These are just a few resources available as member benefits. IPA can also launch you into a leadership position in the profession where you can directly make a difference.

There are many people to acknowledge who worked on this year's virtual conference. Thanks to Dr. Abby Brown for her support and involvement all along the way. Thanks also to Drs. Susan O'Grady, IPA Continuing Education Chair and Lynda Behrendt CE Co-chair who reviewed program learning objectives and for their time commitment to attend tech runs with presenters and for moderating many of the programs you will be attending. I also would like to express my gratitude to Zino Ukulu, IPA intern who assisted me "virtually" with preconference tasks and to Dr. Terry Koller for his behind-the-scenes assistance and the many tasks he takes on. Lastly a big thank you to our presenters, who spent extra time preparing their presentations for the virtual format and participating in tech runs with the webinar host provider.

It is surely disappointing that we will not be meeting in person again this year. I know so many of you look forward to visiting with colleagues at this annual event. I know I will miss seeing you! Hopefully in 2022 we can be together in person!

My warmest regards,

Marsha Karey
Executive Director
Illinois Psychological Association

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How to Register:

IMPORTANT INFORMATION

Please read before you register:

Suggested Browser

We suggest you use the Chrome browser to view the webinar. Do a Google search, "**Download Chrome**", to obtain the free browser



each workshop you planned to attend. This information is not transferable and cannot be shared.

Signing into Webinars/Programs

On each convention day that you attend please sign in at least 15 minutes before the beginning of the event. A slide will be visible stating that the event has not yet started. Events will start at their scheduled times, so please remain on this screen until the presentation begins. You must attend the entire session to obtain continuing education credit.



Have the support number or email handy if you experience technical issues. This will be included in the registration email. It will be in the confirmation and reminder emails.

Registration Confirmation

Your registration email confirmation and webinar link will be sent by **registration@beaconlive**. Please check your spam and junk email if you do not receive shortly after you register.



Make sure you look for your confirmation in the email you used when registering.

Your confirmation will provide the webinar link, ID and pin for

To register for the convention please click on the buttons below. Keep in mind that the IPA is not handling registration. Do not contact the IPA office to register. You must register by clicking on the below buttons of your choice, this will bring you to Beacon's registration landing page.

THREE DAY REGISTRATION PACKAGE

THURSDAY ONLY

FRIDAY ONLY

SATURDAY ONLY

Obtaining Continuing Education Certificates

In order to receive Continuing Education, you must be viewing the presentation; audio only will not qualify for CE.

Make sure you have blocked time on this day to take the webinar, so you do not need to switch devices. There are prompts throughout to make sure you are in attendance.

Prompts will appear during the webinar for attendance confirmation. Please **click** on all participation verification alerts during the

program to confirm your attendance. Do not type "yes", just click on the button marked OK. You must attend the entire session and your attendance is electronically verified.

To ensure you see the popups, please enable popups for these events.

Immediately after the program ends, a link to complete the certification process will appear. Please complete the evaluation. Once you complete the

evaluation and it is submitted and your attendance verified, your continuing education form will be emailed to you.

If you are unable complete the certificate process immediately after the session, you will receive an email the following day with the link allowing you to complete the process. If you are signed up for the next session don't delay and continue with the next program you signed up for.

Convention Times

Thursday • November 11, 2021
9:00 AM – 6:00 PM
Friday • November 12, 2021
9:00 AM – 6:00 PM
Saturday • November 13, 2021
9:00 AM – 6:00 PM

Deadline Dates

OCTOBER 12, 2021

Request for Special Arrangements for Persons with Disabilities

Contact the IPA office:
312/372-7610 x201

OCTOBER 23, 2021

Pre-Registration Discount Deadline

NOVEMBER 1, 2021

Final Day for Refunds (a \$30 processing fee will be charged)

Cancellation and Refund Policy

There will be \$30 processing fee to change or cancel your registration. No changes or refunds will be allowed within 5 business days of the event.

Keep in mind that the IPA is not handling registration. Do not contact the IPA office. You must register with Beacon; the links are below.

Arrangements for Persons with Disabilities

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, please contact Marsha Karey, 312/372-7610, x201, to discuss what accommodations can be provided by October 23, 2021.

All questions, concerns, or complaints should be directed to Marsha Karey.

Program Responsibility

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

Continuing Education Criteria

These webinars 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.

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Not a member of the IPA?
JOIN IPA AND REGISTER FOR THE CONVENTION!

You will receive member benefit of reduced convention registration fees.

[JOIN IPA](#)

If you are not a member see page 20 for more information.

- 
- ★ **What can you outsource?**
 - ★ **When is the right time to hire clinicians?**
 - ★ **How do you reclaim work/life balance?**

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Program Learning Objectives:

The following learning objectives describe the knowledge and/or skill participants will acquire from each session.

Thursday, November 11, 2021

1 A year of revelation and revolution

- Participants will be able to identify two benefits of utilizing a consultation group when undertaking major changes in private practice such as the COVID-19 crisis.
- Participants will be able to identify two practical application and transformational benefits of telepsychology for trauma-impacted clients in the BIPOC and LGBTQ communities.

2 Understanding and writing mental health letters for gender-affirming surgery

- Participants will be able to describe at least two eligibility criteria set forth in the World Professional Association for Transgender Health Standards of Care Version 7 for gender-affirming surgery.
- Participants will be able to understand at least two components of a mental health letter of readiness for gender-affirming surgery.

3 The hidden scars of birth: Postpartum PTSD

- Participants will be able to identify two symptoms, risk factors and protective factors of PP-PTSD
- Participants will be able to describe two key differences of PP-PTSD in racial and sexual minority communities.

4 Current Information on OPTUM Telehealth within Illinois Clinical Practice with Q&A

- Participants will be able to describe at least three valid/reliable professional resources to guide/inform HIPAA-compliant clinical telepsychology practice.
- Participants will be able to identify three key reimbursement considerations when submitting telehealth claims due to rapidly changing situation of telehealth, especially cost-sharing waivers.
- Participants will be able to list and identify two clinical outcomes associated with ease of access and coordination of care related to telehealth.

5 Family leave and coverage: Transforming client work through clinician transitions

- Participants will be able to describe two best practices for planning and logistics in making temporary clinical practice transitions and typical interpersonal experiences of primary and coverage clinicians.
- Participants will be able to identify two ways that temporary therapist transitions may enhance client conceptualization and growth through at least two theoretical lenses.

6 Untreated mental health trauma creates bias in the child welfare system

- Participants will be able to identify two symptoms of trauma in mother and fathers with mental illness in the child welfare system.
- Participants will be able to identify two systemic environmental, cultural, socio-economic, and behavioral issues that contribute to the legal systems decisions on child welfare placement.
- Participants will be able to identify two evidence-based treatment methods that enhance child-parent welfare and well-being in disadvantaged communities.
- Participants will be able to identify two ways to evaluate child welfare cases to remove bias due to race, socio-economic circumstances and mental illness of the parent-child participants.

7 Changing jobs, changing lives

- Participants will be able to describe two mental health issues that people in career transition face.
- Participants will name two of the best assessments for people in career transition.
- Participants will be able to describe one framework to start a career transition assessment and coaching.

Friday, November 12, 2021

8 Keynote: How to show up as an anti-racist psychologist and why we're compelled to.

- Participants will be able to understand the definition of racial reconciliation.
- Participants will be able to describe three different levels of racism – individual, interpersonal and institutional and discuss one strategy that psychologists can employ to confront each of them.
- Participants will be able to describe one anti-racist strategy that they can use in their practice, research or teaching.

9 An introduction to the APA equity, diversity, and inclusion EDI framework

- Participants will be able to describe the history and rationale of the EDI Framework.
- Participants will be able to describe two key components of the EDI Framework and how it relates to our work as psychologists.

10 Ethical challenges in the face of societal transformation

- Participants will be able to identify three specific ways in which societal changes have created new ethical dilemmas for psychologists.

- Participants will be able to describe two ethical principles or standards relevant to clinical practice in response to societal transformation.
- Participants will be able to discuss two guidelines for ethical practice as a psychologist in a post-pandemic world.

11 IPAGS: Navigating doctoral training in a virtual world: Challenges in the face of societal transformation

- Participants will be able to identify two of the most prominent challenges to clinical training, academic instruction, internships, and research that arose as a result of COVID-19.

- Participants will be able to discuss two expansions of tele-education and telehealth practices and roles training directors and supervisors can take to support students and trainees.
- Participants will be able to recognize two ways to utilize a community focused and student-centered approach in their practice and teaching, facilitate equity, and identify ethical concerns and principles to apply to their practice.

12 Using pop culture in therapy

- Participants will learn about the existing evidence base for the use of pop culture media in therapy.

- Participants will learn about two specific therapy techniques based in pop culture, and what problem areas they have been used to address.
- Participants will learn two ways in which pop culture-based techniques fit into established therapeutic approaches, including CBT, DBT, Interpersonal Therapy, and Narrative Therapy.

13 COVID-19 and post-acute sequelae: Neuropsychological/neuropsychiatric symptoms and innovative rehabilitation approaches

- Participants will be able to list two common acute and post-acute COVID-19 neurocognitive and behavioral health challenges faced by individuals who had been diagnosed with COVID-19.

- Participants will be able to name two strategies that are currently recommended for the rehabilitation of neurocognitive and behavioral health sequelae from acute and post-acute COVID-19 infections.

14 The Transformative Effect of Leadership Development: Individual and Organizational

- Participants can list two ways leadership development transforms an organization or association.
- Participants can list two ways leadership development transforms and individual's sense of self personally and professionally.

Saturday, November 13, 2021

15 Legislative Update: Telehealth, Victories, and Future Legislative Goals

- Participants will be able to describe two laws, which were successfully passed this session that impact the practice of psychology.
- Participants will be able to describe one bill the IPA will introduce in the future.
- Participants will be able to describe two ways they can be involved in legislative advocacy.

16 Student preparation for specialty-track training in rehabilitation psychology and neuropsychology

- Participants will understand at least two types of rehabilitation psychology and neuropsychology specialty internship sites that exist within the Association of Psychology Postdoctoral and Internship Centers (APPIC) network.
- Participants will be able to describe two board certification requirements of both specialties and the ways to meet all board certification requirements through training and supplemental experiences.

17 Bystander to upstander training update for 2021

- Participants will be able to review at least two roots of Bystander to Up-Stander Training/Anti-Bullying principles.
- Participants will be able to cite five to six of the Hollaback "Ds" as strategies.

- Participants will be able to describe two digital training opportunities for themselves, their practices and communities.
- Participants will begin a list of potential applications for Bystander to Up-Stander Training in their practice and/or community.

18 Psychologist and patient perspectives of SARS-CoV-2: A year of journaling

- Participants will be able identify two documented perspectives and lessons learned during the experience of psychotherapy during an unprecedented collective trauma for both patient and psychologist.
- Participants will describe and discuss how findings, observations, and trends from these psychologists' journals contribute to reflections on participant's own work, to research and psychology training programs.

19 Mental health screening and telehealth: How it's revolutionizing remote care

- Participants will be able to describe two values of digital mental health screening & assessment.
- Participants will understand at least two legal, ethical, and clinical implications of administering assessments to clients remotely.

20 Culturally responsive clinical supervision: A 10 series podcast

- Participants will be able to explain two benefits of culturally responsive clinical supervision for both supervisors and trainees.
- Participants will identify at least two strategies that will facilitate culturally responsive clinical supervision.

21 White privilege, disarming hate and the inclusion paradox

- Participants will describe two ways of understanding the meaning of 'White Privilege'.
- Participants will be able to describe two personal biases and where they were learned.
- Participants will be able to create a personal action plan to identify at least two behaviors to decrease and two behaviors to increase ways of disarming hate and being more inclusive.

22 Adolescents' understanding of Autism Spectrum Disorder (ASD) social stigma

- Participants will describe two impacts social stigma has on those with Autism Spectrum Disorder.
- Participants will be able to describe two reasons a psychoeducational-based program that educates individuals on Autism Spectrum Disorder and the social stigma for those with this condition is needed.

Webinar Schedule:

Thursday November 11, 2021 • 9:00 AM – 6:00 PM

9:00 AM – 10:30 AM

1 A Year of Revelation and Revolution

1.5 Continuing Education Credits

This has been both a revelatory and revolutionary year. Please join in a conversation with three psychologists who were initially apprehensive of being online, but through their work with traumatized clients of color and LGBTQ communities, a metamorphosis occurred, not only in themselves, but in their clients.

Jenine Chiles, PsyD, Program Chair
The Chicago School of Professional Psychology

Manisha Dayal, PsyD
Private Practice

Edward Fajardo, PsyD
Private Practice

10:30 AM – 10:45 AM • BREAK

10:45 AM – 12:15 PM

2 Understanding and Writing Mental Health Letters for Gender-Affirming Surgery

1.5 Continuing Education Credits

There are specific transgender health standards of care, which specify criteria for eligibility for gender-affirming surgeries. Separately, there are criteria for surgical readiness. Participants will learn how to apply both eligibility and readiness criteria to create a mental health letter of readiness for gender-affirming surgery.

Judith Wilen, PhD, Program Chair
Private Practice and Clinical Instructor in the Department of Psychiatry and Behavioral Sciences, Psychology Division, Feinberg School of Medicine, Northwestern University

Travis Amengual, MD
*Psychiatry Resident PGY-4
Chief Resident of Acute Services
McGaw Health Equity and Advocacy
Clinical Scholar
Northwestern University, McGaw Medical Center*

Kaitlyn Kunstman, MD

*Psychiatry Resident PGY-4
Chief Resident of Education
McGaw Medical Education Clinical Scholar
Northwestern University, McGaw Medical Center*

12:15 PM – 1:00 PM • LUNCH BREAK
WITH SPONSOR SLIDES

1:00 PM – 2:30 PM

3 The Hidden Scars of Birth: Postpartum PTSD

1.5 Continuing Education Credits

This symposium will provide an overview of the sequelae that can ensue from a traumatic birth. It will cover the prevalence of postpartum PTSD (PP-PTSD), common risk factors, protective factors, and treatment options. The symposium will also highlight various aspects of PP-PTSD in racial and sexual minority communities.

Jessica Punzo, PsyD, Program Chair
Middle Path Psychotherapy, LLC

1:00 PM – 2:30 PM

4 Current Information on OPTUM Telehealth within Illinois Clinical Practice with Q&A

1.5 Continuing Education Credits

Changes in telehealth practice and billing reimbursement during COVID-19 have come fast. Only the setting is different; the benefits, member cost share, services offered, and provider reimbursement all continue to be the same for Optum members through their routine behavioral health. Telehealth has been shown to successfully impact issues of access, quality, engagement, coordination of care, and cost effectiveness.

Lynda Behrendt, PsyD, Program Chair
Private Practice

Roberta Montemayor
Associate Director of Networks, OPTUM

David Lauter
Director of Provider Relations, OPTUM

2:30 PM – 2:45 PM • BREAK

2:45 PM – 4:15 PM

5 Family Leave and Coverage: Transforming Client Work Through Clinician Transitions

1.5 Continuing Education Credits

When clinicians temporarily leave their practices to care for a child, other family, or themselves, colleagues often provide coverage. We present best practices for transitional logistics, explore the interpersonal experiences of clinicians who provide coverage, and discuss how a temporary shift in therapist may enhance conceptualization and promote client growth.

Christy Reh, PsyD, Program Chair
Marla Vannucci, PhD & Associates

Marla Vannucci, PhD
Marla Vannucci, PhD & Associates

Monica Holliday, PsyD
Adler University

Mandi Ginsburg, PsyD
Marla Vannucci, PhD & Associate

4:15 PM – 4:30 PM • BREAK

4:30 PM – 6:00 PM

6 Untreated Mental Health Trauma Creates Bias in the Child Welfare System

1.5 Continuing Education Credits

When trauma leads to mental health and DCFS intervention, is the state responsible to diagnose and treat the trauma under the ADA? This symposium explores the disproportionate impact of trauma on diverse, underprivileged communities of color and the legal system's successes and failures in the area of child welfare.

Thursday continued

Kalyani Gopal, PhD, HSPP, Program Chair
Mid-America Psychological and
Counseling Services, PC

Jane Conron, PhD
Northwestern University Feinberg
School of Medicine

4:30 PM – 6:00 PM

7 **Changing Jobs, Changing Lives**

1.5 Continuing Education Credits

This presentation and interactive case discussion will demonstrate how participants can help their clients manage crises in

life and career that have accompanied the pandemic and year of social justice reckoning. Participants will come away with theoretical knowledge and practical skills to help clients manage major career transitions.

Collin Ennis, PsyD, Chair
Ennis + Associates Psychology

Friday November 12, 2021 • 8:00 AM – 6:00 PM

8:00 AM – 8:45 AM

Annual IPA All-Association Meeting

[Via Zoom]

IPA report, President's address, IPA awards, student poster winners to be announced and APA updates. All are invited; a Zoom link will be provided for this session only. Look for the link via the IPA website, email announcements, and the IPA listserv.

anti-racist. Dr. Shorter-Gooden will draw on her own experience as a clinical/community psychologist who has worked as a therapist, clinical administrator, faculty member, higher education leader, and organizational consultant. She will explore the history of psychology's anti-racism and social justice efforts and

how we have gotten stuck. She will offer approaches and strategies for psychologists to lean in and engage in this work that is vital for the health and well-being of all of us and that is critical for our time.

10:30 AM – 10:45 AM • BREAK

9:00 AM – 10:30 AM

CONVENTION KEYNOTE

8 **How to Show Up as an Anti-racist Psychologist & Why We're Compelled to**

1.5 Continuing Education Credits

Kumea Shorter-Gooden, PhD
Invited Presenter

This presentation will focus on why psychologists are compelled—by our discipline and profession—to develop our awareness, knowledge, and skills to confront racism. As practitioners, educators, and researchers, we have an opportunity to study and understand the causes, dynamics, and impact of racism and to support individuals, communities, institutions, and the next generation of psychologists in becoming

INVITED PRESENTER

Kumea Shorter-Gooden, PhD

From 2012 to 2016, Dr. Kumea Shorter-Gooden served as the first Chief Diversity Officer and Associate Vice President at the University of Maryland, College Park. Formerly, she served as Associate Provost for International-Multicultural Initiatives at Alliant International University, as Professor

at the California School of Professional Psychology, as Director of the student counseling center at The Claremont Colleges, and as an administrator in two Chicago community mental health centers. She is a licensed psychologist and the co-author of *Shifting: The Double Lives of Black Women in America*, a winner of the 2004 American Book Awards.

A Fellow of Divisions 35 (Society for the Psychology of Women) and 45 (Society for the Psychological Study of Culture, Ethnicity and Race) of the American Psychological Association, Kumea is a thought leader with respect to equity, diversity, inclusion, and justice, and she has provided consultation, training, and coaching to educational institutions, professional associations, and non-profit organizations.

A native of Washington, DC, Kumea was one of two Black girls to integrate The Madeira School in Northern Virginia. She earned a bachelor's degree magna cum laude from Princeton University with its first class of women and a PhD in clinical/community psychology from the University of Maryland, College Park. Kumea is the Principal at Shorter-Gooden Consulting, based in Washington, DC.



Friday continued

10:45 AM – 12:15 PM

9 An Introduction to the APA Equity, Diversity, and Inclusion Framework

1.5 Continuing Education Credits

This program will provide the history, rationale, and guiding principles of the Equity, Diversity, and Inclusion (EDI) Model and engage the audience in a discussion about its applicability to our work as psychologists.

Erin Alexander, PsyD, Program Chair
Psychology & Psychiatry Program Director
Illinois Department of Children and Family Services (DCFS)

Susan Zoline, PhD, Program Chair
Adler University

Paul Cantz, PsyD, ABPP
Adler University

Scott D. Hammer, JD
Wilson Elser Moskowitz Edelman & Dicker, LLP

Margo Jacquot, PsyD
The Juniper Center

Peter Perrotta, PhD
Centers for Family Change

Ann Sauer, PhD, ABPP
Midwestern University

Abigail Sivan, PhD
Northwestern University

Aya Haneda, MA, Program Chair
Roosevelt University

Maggie Collins, MA
Roosevelt University

Angela H. Sun, MA
Roosevelt University

Daniel Polonsky, MA
Adler University

Terrence Koller, PhD, ABPP

2:30 PM – 2:45 PM • BREAK

2:45 PM – 4:15 PM

12 Using Pop Culture in Therapy

1.5 Continuing Education Credits

There is an increasing body of research to support the use of certain pop culture interventions in therapy, including CBT-oriented therapeutic video games and narrative and interpersonal therapy using fandoms and cosplay, relationship, and interpersonal therapy, using tabletop role-playing games like Dungeons and Dragons, and the use of fan fiction as a form of therapeutic journaling. Each of these interventions is a new twist on already established and evidence-based practices. This presentation will discuss ideas for using pop culture-based interventions and how they fit into a treatment plan and will also present an

12:15 PM – 1:00 PM • LUNCH BREAK
WITH SPONSOR SLIDES

1:00 PM – 4:15 PM

10 Ethical Challenges in the Face of Societal Transformation

3 Continuing Education Credits—meets the ethics continuing education requirement for licensed clinical psychologists

How has society changed because of the pandemic and other social forces? What ethical challenges do clinicians face because of these societal transformations? The IPA Ethics Committee will address these questions. Case vignettes will be utilized to highlight guidelines for prudent practice.

1:00 PM – 2:30PM

11 Navigating Doctoral Training in a Virtual World: Challenges in the Face of Societal Transformation

1.5 Continuing Education Credits

This IPAGS-sponsored program will focus on the challenges academic and training programs have faced as they navigate changes because of COVID-19. Further, evidence-based practices to utilize to address supervision and ethical concerns in COVID-19 will be discussed, as well as opportunities for growth in training and practice moving forward.

12

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Friday continued

argument for pop culture as a type of cultural competence that grounds therapy in 21st century cultural and artistic norms.

Aimee Daramus, PsyD, Program Chair
Harold Washington College

4:15 PM – 4:30 PM: BREAK

4:30 PM – 6:00 PM

13 **COVID-19 and Post-Acute Sequelae: Neuropsychological/Neuropsychiatric Symptoms and Innovative Rehabilitation Approaches**

1.5 Continuing Education Credits

COVID-19 has led to lingering post-acute neurocognitive and behavioral health challenges for individuals who had been diagnosed with COVID-19. These neurocognitive deficits have had a negative impact on well-being, activities of daily living, social interactions, recreational pursuits, self-care, and academic or vocational pursuits. Current knowledge regarding neurocognitive deficits and behavioral health challenges, as well as innovative rehabilitation approaches and traditional cognitive rehabilitation strategies designed to address Post-Acute Sequelae of SARS-CoV-2 (PASC) will be reviewed and discussed. Sleep disturbances related to COVID-19 infections and Post-Intensive Care Syndrome will also be addressed.

Kathy Borchardt, PsyD, Program Chair
Katherine Borchardt, PsyD, P.C.

Patricia Pimental, PsyD, ABPN, AAPM, FACPN
Neurobehavioral Medicine Consultants, Ltd.

Lynda Behrendt, PsyD
Private Practice

4:30 PM – 6:00 PM

14 **The Transformative Effect of Leadership Development: Individual and Organizational**

1.5 Continuing Education Credits

In this presentation, the ways in which an organization or association can be transformed by leadership development will be discussed. Additionally, two recent participants in an association leadership development program will discuss the transformative effect this endeavor has had on their professional roles and personal lives and relationships.

Laura Faynor-Ciha, PhD, Program Chair
Private Practice

Sue Bae, PhD
The Chicago School of Professional Psychology

Fahad Khan, PsyD
Khalil Foundation



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Saturday November 13, 2021 • 9:00 AM – 6:00 PM

9:00 AM – 10:30 AM

15 **Legislative Update: Telehealth, Victories, and Future Legislative Goals**

1.5 Continuing Education Credits

Join members of your Legislative Committee as they discuss the major events and victories of the past year, including Telehealth expansion and extension of parity laws in Illinois. Members will speak on how these latest laws will affect you as a practicing psychologist. You will also hear an overview of how the Committee works with lobbyists to advocate for psychology and practicing psychologists, and how you can get more involved in advocating for the profession.

Gregory Sarlo, *PsyD, Program Chair*
Psychological Consultations and IPA
Legislative Committee Co-Chair

Kristina Pecora, *PsyD, Program Chair*
N*Vision You* Holistic Psychotherapy Services
and IPA Legislative Committee Co-Chair

Steven Rothke, *PhD, ABPP*
Independent Practice

Terrence Koller, *PhD, ABPP*
IPA Legislative Liaison

Lynda Behrendt, *PsyD*
Private Practice

Ryan Taylor, *JD*
IPA Lobbyist

10:30 AM – 10:45 AM • BREAK

10:45 AM – 12:15 PM

16 **Student Preparation for Specialty-Track Training in Rehabilitation Psychology and Neuropsychology**

1.5 Continuing Education Credits

This trainee-focused symposium will discuss preparation for specialty internship/postdoctoral training tracks in the fields of rehabilitation psychology and neuropsychology. The number of available internship/postdoctoral sites will be discussed, along with available externship training opportunities in Chicagoland that offer exposure to these fields. Board certification requirements for both specialties will be reviewed.

Kathy Borchardt, *PsyD, Program Chair*
Katherine Borchardt, *PsyD, P.C.*

Amanda Wisinger, *MS*
The Chicago School of Professional Psychology

Corinne Guilday, *MA*
The Chicago School of Professional Psychology

Brian Cerny
Illinois Institute of Technology Lewis
College of Human Sciences

Morgan Ferris-Johnston, *MA, MSCP*
Adler University

Jonathan Tsen
Illinois Institute of Technology

10:45 AM – 12:15 PM

17 **By-Stander to Up-Stander Training Update for 2021**

1.5 Continuing Education Credits

A reminder of the 2017 IPA By-stander to Up-Stander Training will be delivered. The Updates to By-stander to Up-Stander Training to date will be emphasized using Hollaback and Dr. Jackson Katz models. A brainstorming exercise using the Dr. Jackson Katz & Hollaback model of 1- Situation Description, 2- Train of thought, 3- Options, and 4- Likely outcomes and risks will be offered virtually.

Bruce Bonecutter, *PhD, Program Chair*
Retired Public Health Psychologist

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Saturday continued

Holly Houston, PhD
Anxiety & Stress Center, P.C.

Lisa Page, PsyD
ACP Consultants

Kalyani Gopal, PhD, HSP
*Mid-America Psychological and
Counseling Services*

Cliff Saper, PhD
Behavioral Medicine AMITA Health

**12:15 PM – 1:00 PM • LUNCH BREAK
WITH SPONSOR SLIDES**

1:00 PM – 2:30 PM

**18 Psychologist and Patient
Perspectives of SARS-CoV-2:
A Year of Journaling**

1.5 Continuing Education Credits

Six Illinois licensed clinical psychologists completed weekly journal entries for one year during the SARS-CoV-2 pandemic. Each entry reflected on current events from the perspective of psychologist and patient (n > 250). We will discuss themes, lessons learned while treating patients during a collective trauma, and options for communicating these results.

Carroll Cradock, PhD, Program Chair
CAC Counseling Group

Blair M. Brown, PsyD
Regional Clinical Director, LifeStance Health

Michelle D. James, PhD
*Oakton Community College, Distinguished
Professor of Psychology
Independent Practice*

1:00 PM – 2:30 PM

**19 Mental Health Screening
& Telehealth: How It's
Revolutionizing Remote Care**

1.5 Continuing Education Credits

Digital mental health screening and assessment has become an increasingly common practice when providing psychological services via telehealth. This paper presentation will present the benefits of routine screening and assessment using digital platforms, and



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Saturday continued

review noteworthy legal, ethical, and clinical considerations when collecting mental health information from clients remotely.

Russell DuBois, PhD, Program Chair
 Director, Clinical Operations & Customer Success, Blueprint Health

2:30 PM – 2:45 PM • BREAK

2:45 PM – 4:15 PM

20 **Culturally Responsive Clinical Supervision: 10 Series Podcast**

1.5 Continuing Education Credits

We produced a 10 series podcast with clinical supervisors around supervising during the COVID-19 pandemic and the Black Lives Matter movement. The interviews focused on providing culturally-responsive clinical supervision. The podcasts may be utilized by supervisors and trainees. We will discuss what we learned from producing them and how they impacted our own perspective on clinical supervision.

Sue Bae, PhD, Program Chair
 The Chicago School of Professional Psychology

Kristin Velazquez Kenefick, PsyD
 The Chicago School of Professional Psychology

Cynthia Lubin Langtiw, PsyD
 The Chicago School of Professional Psychology

2:45 PM – 4:15 PM

21 **White Privilege, Disarming Hate, and the Inclusion Paradox**

1.5 Continuing Education Credits

Even as trained clinicians, there is much that many of us assume or take for granted. The purpose of this interactive presentation is to increase knowledge of our personal biases, learn to disarm hate, and gain greater knowledge of how diversity and inclusion impact private practice to large corporations.

Lisa Page, PsyD
 ACP Consultants

4:15 PM – 4:30 PM • BREAK

4:30 PM – 6:00 PM

22 **Adolescents' Understanding of Autism Spectrum Disorder (ASD) Social Stigma**

1.5 Continuing Education Credits

Attempts to educate individuals on autism spectrum disorder to reduce social stigma have not focused on integrating social stigma and education components. This study aims to examine the influence of a combined social stigma and knowledge group in comparison to three groups. Analyses include descriptive statistics and group comparisons.

Richard Ney, PhD, ABPP, Program Chair
 Midwestern University

Sydney Thompson, MS, MA
 Midwestern University

16

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- IPA's Regional Representatives to IPA Council assure input in policy development and implementation from all areas of Illinois.
- IPA is the only Illinois psychology organization affiliated with the American Psychological Association.
- IPA has eleven special interest sections including an Early Career Psychologist Section.
- IPA promotes participation of graduate students and interns in professional psychology activities at the State level.
- IPA provides liaison services for academic psychologists to facilitate promotion of dialogue on issues of student education and training in psychology.

20

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