



Charting a Path Forward:

*Psychology's Evolving Role
in a Post-Pandemic World*

November 10, 11, & 12, 2022
IPA Annual Convention (Virtual)



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Psychological
Association
www.IllinoisPsychology.org

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Charting a Path Forward:

Psychology's evolving role in a post-pandemic world



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2022 IPA VIRTUAL CONVENTION AT A GLANCE:

Thursday

NOVEMBER 10, 2022 • 9:00 AM – 6:00 PM

9:00 AM – 10:30 AM

PROGRAM 1 (1.5 continuing education credits)

Addressing the prioritizing of quality measurements in clinical practice and future developments in telehealth

10:30 AM – 10:45 AM • **Break**

10:45 AM – 12:15 PM

PROGRAM 2 (1.5 continuing education credits)

Advanced skills for working with transgender and gender diverse youth and families

12:15 PM – 1:00 PM

Lunch Break with Sponsor Slides

1:00 PM – 4:15 PM

PROGRAM 3 (3 continuing education credits)

The behavioral health consequences of the COVID-19 pandemic

2:30 PM – 2:45 PM • **Break**

2:45 PM – 4:15 PM

PROGRAM 4 (1.5 continuing education credits)

Closing the gap: The benefits of prescribing psychologists in mental health care

4:15 PM – 4:30 PM • **Break**

4:30 PM – 6:00 PM

PROGRAM 5 (1.5 continuing education credits)

Understanding patients' financial stress in the aftermath of a pandemic

Friday

NOVEMBER 11, 2022 • 8:00 AM – 6:00 PM

8:00 AM – 8:45 AM

Annual IPA All-Association Meeting Via Zoom

9:00 AM – 10:30 AM

PROGRAM 6 (1.5 continuing education credits)

CONVENTION KEYNOTE

Susan Clayton, PhD

Psychology and climate change: What we know and where to go from here

10:30 AM – 10:45 AM • **Break**

10:45 AM – 12:15 PM

PROGRAM 7 (1.5 continuing education credits)

Virtual psychotherapy: Basic and innovative approaches for excellent patient experience and outcome

12:15 PM – 1:00 PM

Lunch Break with Sponsor Slides

1:00 PM – 4:15 PM

PROGRAM 8 (3 continuing education credits—meets the ethics CE requirement for licensed clinical psychologists)

Not our supervisors' profession: Ethical considerations for psychologists in a changing world

1:00 PM – 2:30 PM

PROGRAM 9 (1.5 continuing education credits)

Psychologists' evolving role in treating clients with weight concerns

2:30 PM – 2:45 PM • **Break**

2:45 PM – 4:15 PM

PROGRAM 10 (1.5 continuing education credits)

In-person psychotherapy and telemental health: Psychological and neurobiological considerations

4:15 PM – 4:30 PM • **Break**

4:30 PM – 6:00 PM

PROGRAM 11 (1.5 continuing education credits)

Re-envisioning your practice through a Diversity, Equity, and Inclusion (DEI) lens

Saturday

NOVEMBER 12, 2022 • 9:00 AM – 6:00 PM

9:00 AM – 10:30 AM

PROGRAM 12 (1.5 continuing education credits)

How to meet the needs of patients in the virtual world using a polyvagal-informed approach

10:30 AM – 10:45 AM • **Break**

10:45 AM – 12:45 PM

PROGRAM 13 (1.5 continuing education credits)

Your IPA Legislative Committee: Advocates in action

12:15 PM – 1:00 PM

Lunch Break with Sponsor Slides

1:00 PM – 2:30 PM

PROGRAM 14 (1.5 continuing education credits)

Addressing the long-term impacts of COVID-19: A psychological perspective

2:30 PM – 2:45 PM • **Break**

2:45 PM – 4:15 PM

PROGRAM 15 (1.5 continuing education credits)

Ask the experts: Cutting edge legal and state advocacy issues for the states

4:15 PM – 4:30 PM • **Break**

4:30 PM – 6:00 PM

PROGRAM 16 (1.5 continuing education credits)

The impact of COVID-19 on risk perception and factors that promote preventative behavior

Student Poster Presentation

The Illinois Psychological Association Graduate Student Section (IPAGS) will be hosting a student poster presentation for the upcoming IPA Convention 2022. With the IPA Convention being held virtually again this year, we are asking all students to submit a two- to three-minute recorded presentation of their poster. All poster presentations will be open to the public one week prior (November 3, 2022) 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,

Welcome to the 2022 Illinois Psychological Association Convention!

On behalf of IPA leadership, staff, and the 2022 Convention Committee, thank you for your continued support of the IPA. I especially thank you for choosing to attend this year's convention: ***Charting a Path Forward: Psychology's Evolving Role in a Post-Pandemic World***. This is IPA's third fully virtual convention and live webinar event. Knowing the many options available for 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 and early career psychologist members, as well as members from across the state of Illinois, who may be more easily able attend due to the virtual platform. Welcome!

Our society and profession continue to be impacted by the COVID-19 pandemic in ways we couldn't have imagined prior to March 2020. Due to this continued impact, we had to, yet again, decide whether to hold the convention virtually or in-person. Given the success of our virtual conventions the past two years, and the continued uncertainty of the pandemic, we made the hard decision to remain virtual for a third year. While it was disappointing to accept that we would not be gathering in person once again, it was reassuring that virtual conventions bring

increased accessibility and options that were not available to us in past years, which can bring even more of us together virtually.

As was the case last year, we continue to offer more options for learning and thus more flexibility to obtain continuing education (CE) credits while potentially seeing patients throughout the convention. We have some concurrent workshops to meet the needs of more psychologists, while offering more opportunities for our members to share their expertise. This year we are thrilled to highlight our keynote presenter, Dr. Susan Clayton. In the spirit of this year's theme of new paths and evolving roles in psychology, Dr. Clayton will be speaking about how psychology can help change the course of climate change and specifically how we can promote sustainable behavior change in the context of climate change. You may have even seen Dr. Clayton speak on this topic in the past as a guest on ***The Late Show with Stephen Colbert!***

Like last year's convention, your CE 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. Keep in mind the continuing education credits you obtain will be applied to your 2022-2024 CE licensure requirements.

I wish to thank the 2022 Convention Committee members Drs. Abby Brown, Colin Ennis, Daniel Brewer, Erin Alexander, Blair Brown, Morgan Ferris-Johnston, and Hayley Bemel, as well as our IPAGS members, 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 also want to recognize the Continuing Education Committee for their support and hard work. I wish to thank IPA Executive Director, Ms. Marsha Karey, and IPA Legislative Liaison, 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 our path forward as a field. We sincerely hope you will consider joining us for all three days of programming, where you could earn up to 22.5 hours of continuing education credit!

Sincerely,

Derek C. Phillips, PsyD, MSCP, ABMP
President and Convention Committee Chair
Illinois Psychological Association



FROM OUR EXECUTIVE DIRECTOR

Dear Convention Attendees,

As the Executive Director of IPA, it is a pleasure to coordinate this year's virtual convention with Dr. Derek Phillips. Dr. Phillips and his Convention Planning Committee have worked hard to put together a broad scope of programs. Unfortunately, due to the uncertainty of the pandemic, Dr. Phillips, the Convention Planning Committee, and IPA Leadership had to make the difficult decision to hold the convention online for the third year in a row. The safety of our attendees, presenters and staff is 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 day of programming is 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 the 2022-24 licensing period. Attend the entire convention and you will earn 22.5 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 Keynote Program. A Zoom link will be available on the IPA website, as well as through email announcements. All are welcome to attend. Student Poster Presentation information can be found in the **Convention at a Glance** located on page 1 as well as in email announcements.

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 join the IPA link in this brochure. IPA members receive discounted pricing at conventions and future webinars. Members also have access to our active listserv, Healthcare Reimbursement Committee, free 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. Thank you again to Dr. Phillips for his support and involvement all along the way. Gratitude to Drs. Susan O'Grady, Director of Professional Affairs and IPA Continuing Education Chair, and Lynda Behrendt,

Continuing Education Co-chair who reviewed program learning objectives. Their time commitment to attend tech runs with presenters and for moderating many of the programs you will be attending is greatly appreciated. Dr. Terrence Koller's behind-the-scenes assistance and the many tasks he takes on is invaluable. Lastly a big thank you to our presenters, who spent extra time preparing their presentations for the virtual format and participated in tech runs with our webinar 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 miss seeing you! Fingers crossed in 2023 we can be together in person!

My warmest regards,

Marsha Karey
Executive Director
Illinois Psychological Association

Thank you

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How to Register:

Please read the below **important information** before you register:

Suggested Browser

We suggest you use the **Google Chrome** browser to view the webinar. Perform a Google search of "Download Chrome" to obtain the free browser. **Mozilla Firefox** will provide a good user experience as well, should you need a secondary browser.



Registration Confirmation

Your registration email confirmation and webinar link will be sent from registration@beaconlive.com. Please check your spam and junk email if you do not receive the email 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 each workshop you plan 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.



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. You must register with Beacon. 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

To receive continuing education credit, 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 pop-ups, please enable pop-ups 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 have trouble with the evaluation, your unique link to the CE process for that session will be sent to you via email the following day. You can reach out to support for assistance if required.

CONVENTION TIMES

Thursday • November 10, 2022
9:00 AM – 6:00 PM

Friday • November 11, 2022
8:00 AM – 6:00 PM

Saturday • November 12, 2022
9:00 AM – 6:00 PM

DEADLINE DATES

OCTOBER 14, 2022

To request for Special Arrangements for Persons with Disabilities contact the IPA office at 312/372-7610 x201

OCTOBER 21, 2022

Pre-Registration Discount Deadline

NOVEMBER 7, 2022

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 3 business days of the event.

For assistance or to cancel registration click here: support@beaconlive.com or call Beacon Support: 800-297-2901.

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, 2022.

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 the member benefit of reduced convention registration fees.

JOIN IPA

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

Program Learning Objectives:

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

Thursday NOVEMBER 10, 2022

1 Addressing the prioritizing of quality measurements in clinical practice and future developments in telehealth

- Participants will be able to state two values of including relevant assessments in their clinical health records.
- Participants will be able to identify two specific quality measures that are of practical use in their clinical practice.

2 Advanced skills for working with transgender and gender diverse youth and families

- Participants will be able to identify two ways to prepare families for working with medical systems and decision-making around gender-affirming medical care.
- Participants will be able to identify two clinical skills and interventions to use with youth and families related to medical transitions.

3 The behavioral health consequences of the COVID-19 pandemic

- Participants will be able to discuss the history of pandemics and their impact on society.
- Participants will be able to identify two bio-psycho-social-spiritual impacts of COVID-19.
- Participants will be able to explain two impacts of public policy implemented during the pandemic.
- Participants will be able to explain two long term behavioral, medical, neurological, and sensory impacts of those infected with the virus.
- Participants will be able to discuss two implications of providing behavioral health care post-pandemic.

4 Closing the gap: The benefits of prescribing psychologists in mental health care

- Participants will gain an increased understanding of the disparities between various demographic

groups and access to mental health care, including how these disparities have been amplified by the pandemic.

- Participants will gain an increased knowledge about the educational and training background of prescribing psychologists in Illinois. They will obtain an increased understanding of the impact prescribing psychologists can have on mental health disparities.

5 Understanding patients' financial stress in the aftermath of a pandemic

- Participants will identify, define, and discuss financial stress as a psychosocial stressor.
- Participants will be able to apply at least two theoretical frameworks to the assessment and treatment of financial stress.
- Participants will be able to identify at least two psychosocial stressors for populations who are LIEM and members of other diverse groups.

Friday NOVEMBER 11, 2022

6 Psychology and climate change: What we know and where to go from here

- Participants will be able to explain at least two lines of research that are relevant to climate change.
- Participants will be able to discuss two ways in which climate change will impact mental health and wellbeing.

7 Virtual psychotherapy: Basic innovation for excellent patient experience and outcome

- Participants will be able to identify two basic steps they can advise patients to take to maximize their ability to benefit from virtual

psychotherapy sessions.

- Participants will be able to identify two visual environmental factors that influence the patient experience and outcomes of psychotherapy delivered virtually.

8 Not our supervisors' profession: Ethical considerations for psychologists in a changing world

- Participants will be able to identify three specific ways in which societal and professional 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.

9 Psychologists' evolving role in treating clients with weight concerns

- Participants will be able to describe two ethical concerns in weight loss treatment.
- Participants will learn about the research supporting a Health at Every Size approach and leave with at least two specific skills and ways to incorporate this approach's principles into their daily research and clinical practice.

10 In-person psychotherapy and telemental health: Psychological and neurobiological considerations

- Participants will be able to weigh the convenience of telehealth for clients and practitioners against clinical and risk management factors.
- Participants will be able to factor in two concepts from the neurobiological

- literature related to virtual versus in-person therapy.
- Participants will be able to conceptualize two relational factors related to virtual versus in-person therapy.
 - Participants will be able to carefully assess risk management related to which populations are appropriate for and not appropriate for telemental health.
 - Participants will be able to explain two ways to

11 Re-envisioning your practice through a diversity, equity and inclusion (DEI) lens

- Participants will be able to identify three different ways to initiate a DEI committee.
- Participants will be able identify two solutions to common barriers/challenges of gaining support for your committee.

Saturday NOVEMBER 12, 2022

12 How to meet the needs of patients in the virtual world using a polyvagal-informed approach.

- Participants will gain a better understanding of two pieces of empirical evidence that supports telehealth.
- Participants will develop an understanding of at least two necessary conditions that may contribute to a successful telehealth session through a Polyvagal lens.

14 Addressing the long-term impacts of COVID-19: A psychological perspective

demonstrate confidence in their own ability to contact legislators or respond to calls for action from the Legislative Committee.

- Participants will demonstrate knowledge and the ability to conceptualize and treat long-term impacts of COVID-19 to their practices.
- Participants will be able to identify at least two effects of COVID-19 on the risk perception of at least two specific populations.

- Participants will be able to describe at least two circumstances where a psychologist must report abuse.
- Participants will be able to identify two risk factors for patients seeking in-person services.

16 The impact of COVID-19 on risk perception and factors that promote preventative behavior

- Participants will be able to demonstrate that they learned two forms of risk perception and demonstrate their ability to apply this knowledge to the field and their own practices.
- Participants will be able identify the effects of COVID-19 on risk perception in at least two specific populations.

13 Your IPA Legislative Committee: Advocates in action

- Participants will be able to explain at least two legislative victories the IPA supported this year and their impacts on the profession.
- Participants will be able to identify at least two roles their colleagues play on the IPA Legislative Committee.
- Participants will be able to

15 Ask the experts: Cutting edge legal and state advocacy issues for the states

- Participants will be able to list at least two scenarios that require psychologists to provide a Good Faith Estimate to patients.
- Participants will be able

LYNDA BEHRENDT, PSY.D.

LICENSED CLINICAL PSYCHOLOGIST
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Webinar Schedule:

Thursday NOVEMBER 10, 2022 • 9:00 AM – 6:00 PM

9:00 AM – 10:30 AM

PROGRAM 1 (1.5 continuing education credits)

Addressing the prioritizing of quality measurements in clinical practice and future developments in telehealth

Dr. Allen will provide assessment tools to providers to assist in clinical patient care.

The use of quality clinical measurements both assists the patient in understanding their care, but it also adds to the providers information of the patient's progress.

The program will also address pertinent challenges with the inclusion of quality measurements. Mr. Kennedy will address what telehealth will look like as we approach the estimated end of the Public Health

Epidemic (PHE), which is estimated to occur at the end of 2022. He will review the changes in mental health services within Medicare that have occurred this year. He will also discuss the telehealth changes that will need to occur in 2023.

Lynda Behrendt, PsyD, Program Chair
Private Practice
IPA Healthcare Reimbursement Committee
Chair & Metropolitan Region Representative



Tom Allen, MD
Executive Medical Director of Behavioral Health, BCBS Illinois



Nathan Kennedy, Jr., CHC, CLP, CPPM, CPC-1, CPMA
AAPC-10 Approved Trainer, Outward Education Consultant National Government Services, Indiana

10:30 AM – 10:45 AM • **Break**

10:45 AM – 12:15 PM

PROGRAM 2 (1.5 continuing education credits)

Advanced skills for working with transgender and gender diverse youth and families

This training will focus on the complexities of working with transgender and gender diverse (TGD) youth and families, especially in the current political climate. This presentation will focus on clinical skills for families trying to navigate the complexities of medical transition and be geared towards clinicians who are familiar with TGD populations.

H. Kinton Rossman, PhD, Program Chair
Private Practice
Clinical Instructor, Feinberg School of Medicine, Northwestern University

12:15 PM – 1:00 PM

Lunch Break with Sponsor Slides

1:00 PM – 4:15 PM

PROGRAM 3 (3 continuing education credits)

The behavioral health consequences of the COVID-19 pandemic

In the course of human history, the COVID-19 pandemic continues to have a significant impact on our way of life. To better understand COVID-19, the history of plagues and pandemics will be examined. The bio-psycho-social-spiritual consequence of this pandemic will be long-hasting with its impact on those who were and are infected with the virus and for all American society in general.

Joseph Troiani, PhD, CADC, Program Chair
Director of Behavioral Health Programs, Will County Health Department
Associate Professor of Clinical Psychology, Adler University

Denise Dailey, PsyD
Postdoctoral Fellow, Road Home Program, Rush University Medical Center

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2:30 PM – 2:45 PM • **Break**

2:45 PM – 4:15 PM

PROGRAM 4 (1.5 continuing education credits)

Closing the gap: The benefits of prescribing psychologists in mental health care

Research suggests there is at least a 25% increase in those seeking treatment since the onset of the pandemic. In Illinois, this rise has further complicated disparities between access to mental health care and access to psychotropic medications. Prescribing psychologists are a beneficial option for those in need of medication management.

Brandi Boan, PsyD, MSCP, Program Chair
Private Practice
Montes Psychiatric Center
IPA North Region Representative

Gretchen Boules, PsyD, MSCP
Private Practice
Program Manager, Prescribing Psychology Fellowship,
Alexian Brothers Center for Mental Health

Genessa Lewis, PsyD, MSCP
Private Practice

Claudia Mosier, PsyD, MSCP
Private Practice
Medical Psychologist, Southern
Psychological Specialists

Beth Rom-Rymer, PhD
Private Practice
Founder & President/CEO, Illinois Association
of Prescribing Psychologists

4:15 PM – 4:30 PM • **Break**

4:30 PM – 6:00 PM

PROGRAM 5 (1.5 continuing education credits)

Understanding patients' financial stress in the aftermath of a pandemic

APA's 2021 Stress in America survey found financial stress topped the list. This presentation explores the impact of financial stress on clients and therapists. APA's guidelines for serving Low-Income and Economically Marginalized (LIEM) populations will be presented. Therapeutic approaches to address financial stress in a culturally competent way will be addressed.

Sandra Burkhardt, PhD, ABPP, Program Chair
Children's Resource Group

Friday NOVEMBER 11, 2022 • 8:00 AM – 6:00 PM

8:00 AM – 8:45 AM

Annual IPA All-Association Meeting Via Zoom

The IPA report, President's address, IPA awards, and student poster winners will be announced, as well as 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.

9:00 AM- 10:30 AM

PROGRAM 6 (1.5 continuing education credits)

CONVENTION KEYNOTE

Invited Presenter

Susan Clayton, PhD

Psychology and climate change: What we know and where to go from here

This presentation will summarize research that informs our understanding of the psychology of climate change; first, how people understand (and misunderstand) the threat, second, how people are affected by climate change and third, what kinds of interventions might serve to promote sustainable behavior change. The presentation will close with a discussion of the role that psychology can and should play going forward.

10:30 AM – 10:45 AM: BREAK

10:45 AM – 12:15 PM

PROGRAM 7 (1.5 continuing education credits)

Virtual psychotherapy: Basic and innovative approaches for excellent patient experience and outcome

This program includes basic and innovative approaches for excellence in tele-mental health patient experience and outcomes. Basics of tele-mental health will be presented including virtual therapeutic communication and nonverbal environmental factors, spatial proximity, visual cues, and perceived

visual and auditory distances. Innovations apply to several kinds of psychotherapy: psychodynamic, CBT, narrative therapies, and treatment of grief and trauma.

Carroll Craddock, PhD, Program Chair
Private Practice

12:15 PM – 1:00 PM

Lunch Break with Sponsor Slides



Susan Clayton, PhD, is the Whitmore-Williams Professor of Psychology at the College of Wooster in Ohio. She received her B.A. from Carleton College and her PhD from Yale University. Dr. Clayton's research examines people's relationship with the natural environment, how it is socially constructed, and how a healthy relationship with nature can be promoted. She has written about the effects of climate change on mental health and has developed a scale to assess climate anxiety. She is author or editor of six books, including Identity and the Natural Environment, Conservation Psychology, and Psychology and Climate Change, and is currently the editor of the Cambridge Elements series in Applied Social Psychology. A fellow of the American Psychological Association, she is currently a member-at-large of the Association's Board of Directors. She was a lead author on the Sixth Assessment Report of the Intergovernmental Panel on Climate Change.

FRIDAY CONTINUED

1:00 PM – 4:15 PM

PROGRAM 8 (3 continuing education credits—meets the ethics CE requirement for licensed clinical psychologists)

Not our supervisors' profession: Ethical considerations for psychologists in a changing world

The IPA Ethics Committee will discuss historical shifts in our society and profession and the implications of these changes for ethical clinical practice. Topics of focus will include changing roles, boundaries, pressures, client expectations, and treatment modalities. Case vignettes will be utilized to highlight guidelines for prudent practice.

Susan Zoline, PhD, Program Chair
Clinical Faculty, Adler University

Paul Cantz, PsyD, ABPP
Director of Clinical Training & Associate Professor, Adler University
Clinical Assistant Professor, University of Illinois at Chicago College of Medicine
Private Practice

Scott Hammer, JD
Of Counsel
Wilson, Elser, Moskowitz, Edelman, & Dicker, LLP

Margo Jacquot, PsyD
Private Practice
IPA Secretary

Peter Perrotta, PhD
Private Practice

Ann Sauer, PhD, ABPP
Program Director & Associate Professor, Northwestern University

Abigail Sivan, PhD
Private Practice
Associate Professor, Feinberg School of Medicine, Northwestern University

1:00 PM – 2:30 PM

PROGRAM 9 (1.5 continuing education credits)

Psychologists' evolving role in treating clients with weight concerns

Conventional wisdom dictates that we can best help our clients by supporting their weight loss efforts. However, weight loss interventions, which are damaging and ineffective, raise serious ethical concerns. A paradigm shift is needed toward a weight-neutral, size-inclusive approach to treatment. The Health at

Every Size (HAES) framework provides a weight-neutral context for treatment.

Catharine Devlin, PsyD, Program Chair
Private Practice

Andrea Seefeldt, PsyD
Private Practice

2:30 PM – 2:45 PM • **Break**

2:45 PM – 4:15 PM

PROGRAM 10 (1.5 continuing education credits)

In-person psychotherapy and telemental health: Psychological and neurobiological considerations

Telehealth facilitates continuation of care and accessibility to treatment. Our geographic reach to underserved communities expanded. How do we weigh the possible "cost" of losing face-to-face contact versus risk of COVID-19 transmission in the office, including a lack of co-regulation and reduced clinical information. The program will look at the appropriateness



Yellowbrick's mission is to serve as the national leader and resource for the psychiatric treatment of emerging adults. Treatment at Yellowbrick is modeled on brain-based and trauma-informed research and clinical wisdom.

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of telehealth for unstable populations.

Sarah Warren, PhD, Program Chair
Private Practice

Bryn Jessup, PhD
Private Practice

Logan Stohle, PsyD
Private Practice

4:15 PM – 4:30 PM • **Break**

4:30 PM – 6:00 PM

PROGRAM 11 (1.5 continuing education credits)

Re-envisioning your practice through a Diversity, Equity, and Inclusion (DEI) lens

As society increases awareness of the essential function of Diversity, Equity, and Inclusion (DEI) in the workplace, many are challenged to start DEI committees without

knowing where to begin. This presentation will utilize a DEI lens to review your current infusion of DEI and provide additional resources for starting/enriching DEI-focused groups in your practices and organizations.

Blair Brown, PsyD, Program Chair
*Regional Clinical Director, LifeStance Health
IPA North Central Region Representative*

Vicki Bolina, PsyD
Site Director & National DEI Director, LifeStance Health

Saturday NOVEMBER 12, 2022 • 9:00 AM – 6:00 PM

9:00 AM – 10:30 AM

PROGRAM 12 (1.5 continuing education credits)

How to meet the needs of patients in the virtual world using a polyvagal-informed approach

Psychotherapy continues to evolve as we encounter a new reality post-COVID for physicians, psychologists, and therapists alike. We will present how practitioners can be effective “through” a screen while doing therapy. Empirical evidence on the efficacy of telehealth will be presented. One major modality that shows great promise when working with patients via telehealth will be discussed: Polyvagal Informed Therapy. Three simple ways strategies to approach telehealth sessions through a polyvagal lens will be presented.

Derek Phillips, PsyD, MSCP, ABMP, Program Chair
*Clinical Neuropsychologist/Prescribing Psychologist, Sarah Bush Lincoln Health Center
Executive Director, MS in Clinical Psychopharmacology, Fairleigh Dickinson University
IPA President*

Ramon Diaz, Jr., MA, LPC
Staff Therapist, Sprout Family Clinics

10:30 AM – 10:45 AM • **Break**

10:45 AM – 12:45 PM

PROGRAM 13 (1.5 continuing education credits)

Your IPA Legislative Committee: Advocates in action

This program will introduce the Legislative Committee, describing various roles people play to advocate for IPA; highlight legislative victories of the 2021-2022 legislative session; present legislative initiatives for the upcoming session, and give a primer on best practices for communicating with legislators.

Gregory Sarlo, PsyD, Program Co-Chair
*Private Practice
Director of Training, IPA Psychology Internship Consortium
IPA Legislative Committee Co-Chair*

Kristina Pecora, PsyD, MAPP, Program Co-Chair
*Private Practice
Senior Program Officer, Border Security*

*Training Program, U.S. Institute of Peace
IPA Legislative Committee Co-Chair &
Federal Advocacy Coordinator*

Terrence Koller, PhD, ABPP
*Private Practice
IPA Legislative Liaison*

Jane Conron, PhD
*Private Practice
Clinical Instructor, Feinberg School of Medicine, Northwestern University*

Margo Jacquot, PsyD
*Private Practice
IPA Secretary*

Joshua Wolff, PhD
Adjunct Professor, Adler University

Ryan Taylor, JD
*Associate, Taylor Uhe, LLC
IPA Lobbyist*

12:15 PM – 1:00 PM

Lunch Break with Sponsor Slides



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SATURDAY CONTINUED

1:00 PM – 2:30 PM

PROGRAM 14 (1.5 continuing education credits)

Addressing the long-term impacts of COVID-19: A psychological perspective

COVID-19 has led to significant prolonged exposure to stress and has had a social and psychological impact on people. Research has placed emphasis on identifying populations that may be more at risk for long-term consequences. We will review the current literature on the health and psychological effects of COVID-19 to specific populations.

Meghan T. Kennedy, PsyD, CCTP, Program Chair
*Behavioral Health Integration Clinician/Team Lead
Edward-Elmhurst Health Pain Management/
Linden Oaks Medical Group
IPA Behavioral Medicine and
Neuropsychology Section Chair*

Elizabeth Kaydanovsky, MA, MSCP
*Illinois School of Professional Psychology
at National Louis University
IPAGS Chair-Elect*

Clare McIntosh, BS

*Illinois School of Professional Psychology
at National Louis University*

Simran Singh, BS

The Chicago School of Professional Psychology

Caroline Campbell, MPsy, MA

The Chicago School of Professional Psychology

Jessica Lanctot, MS, LMFT

Roosevelt University Chicago

Herleena Verraich, MA

The Chicago School of Professional Psychology

2:30 PM – 2:45 PM • **Break**

2:45 PM – 4:15 PM

PROGRAM 15 (1.5 continuing education credits)

Ask the experts: Cutting edge legal and state advocacy issues for the states

This workshop is designed to cover important laws and rules that govern the practice of psychology. The attorneys in the office of Legal & State Advocacy will give presentations on issues of concern impacting psychologists. Audience

members will also have the opportunity to ask questions and engage in thoughtful discussion. Psychologists should walk away with a better understanding of their obligations under the law and the ability to provide good care to their patients in a compliant manner.

Derek Phillips, PsyD, MSCP, ABMP, Program Chair
*Clinical Neuropsychologist/Prescribing Psychologist, Sarah Bush Lincoln Health Center
Executive Director, MS in Clinical Psychopharmacology, Fairleigh Dickinson University
IPA President*

Shirley Ann Higuchi, JD

*Associate Chief for Justice, Legal, & State Advocacy
American Psychological Association*

Alan Nessman, JD

*Senior Special Counsel, Office of Legal & State Advocacy
American Psychological Association*

Connie Galietti, JD

*Director for State Advocacy & Leadership,
Office of Legal & State Advocacy
American Psychological Association*

4:15 PM – 4:30 PM • **Break**

4:30 PM – 6:00 PM

PROGRAM 16 (1.5 continuing education credits)

The impact of COVID-19 on risk perception and factors that promote preventative behavior

People evaluate risks based on individual beliefs, experiences, attitudes, and collective social and cultural factors. Risk perceptions and environmental factors impact the practice of preventative health behaviors. Research has identified how the pandemic impacted risk perception. We will review current literature about the pandemic's effect on preventative health behaviors.

Meghan T. Kennedy, PsyD, CCTP, Program Chair
*Behavioral Health Integration Clinician/Team Lead
Edward-Elmhurst Health Pain Management/
Linden Oaks Medical Group
IPA Behavioral Medicine and
Neuropsychology Section Chair*

Elizabeth Kaydanovsky, MA, MSCP,
*Illinois School of Professional Psychology
at National Louis University
IPAGS Chair-Elect*

Evan Miller, MA

*Illinois School of Professional Psychology
at National Louis University*



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Susan Zoline, PhD, Academic Section Chair

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- IPA speaks for psychology by advocating for the proper care and treatment of those with mental disorders.
- IPA's Regional Representatives to IPA Council assure input in policy development and implementation from all areas of Illinois.
- IPA is the only psychological organization in Illinois 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.

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Are **YOU** interested in IPA Leadership?

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If you answered yes to these questions, please consider making application to the Leadership Development Program of the Illinois Psychological Association.

Overview

The Leadership Development Program (LDP) of the IPA is a program designed to engage and educate future leaders of IPA. Participants will be chosen via application and interview. Acceptance into the program is a one year commitment followed by participation in IPA committee work with the intention to eventually run for an IPA Council position. This is an excellent opportunity to develop leadership skills to be utilized in IPA, as well as in the future for personal and professional application in academic settings, administrative clinical settings or other board positions.

For additional information, contact:

Laura Faynor-Ciha, PhD
Chair, IPA Leadership Development Program
Former IPA President
laura.faynorcihaphd@gmail.com

