



# Neuropsychological Problems Encountered in Clinical Practice: Workshop 2

March 27, 2020 is rescheduled and will be held as a live webinar on  
Friday, August 7th

**Six Continuing Education Credits**

**Sponsored by:**  
**Illinois Psychological Association**  
**Workshop 2**  
**Friday, August 7, 2020**  
**9:00 AM to 4:30 PM**

Cognitive Rehab - Dr. Katherine Borchardt - 9:00-12:15 (part 5)  
Concussions - Dr. Patricia Pimental - 90 minutes 1:15-2:45 (part 6)  
Headaches - Dr. Gregory Harms, Diamond Headache Clinic - 90 minutes 3:00-4:30 (part 7)

## 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 SMART<sup>SM</sup> WELLNESS PROGRAMS for Cognitive Health, BRAIN SMART<sup>SM</sup> CAFÉ 10 WEEK PROGRAM, PEAK PERFORMANCE NEUROPSYCHOLOGY (PPN)<sup>SM</sup>, and the BEST<sup>SM</sup> 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

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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.

**LOCATION:** This workshop is being held as a live webinar only.

## 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](mailto: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.

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**Friday August 7, 2020**

**Register online on the IPA Website or call the IPA Office: 312-372-7620 x 201**

**[www.illinoispsychology.org](http://www.illinoispsychology.org)**

**Workshop 2 Fees**

IPA Members	\$140.00
Non-Member	\$165.00
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