

AMCAP SPRING CONVENTION 2005

Joseph Smith Memorial Building
15 East South Temple — 9th Floor, SLC, UT CE Credits available

The Challenge of Change

Convention Chair: Kristine Plummer, LCSW
Convention Co-Chairs: Douglas Brinley, Ph.D & Shane Adamson, LCSW

Wednesday, March 30, 2005

8:30am-3:30 pm Pre-Convention Workshop (lunch provided) –

- “The Power to Change: Helping Clients Overcome Destructive Habits”** *Mark Chamberlain, Ph.D.*
Cutting-edge research is revealing the factors that shift us from rational thinking to emotional decision-making. This shifting mechanism operates behind the scenes of many of the symptoms that otherwise defy logic and violate clients’ stated goals and values. Fortunately, state of the art techniques have proven effective at helping clients 1) recognize the emotional “bail” that draws them out of their usual high-functioning mode, 2) identify and record their emotion-saturated thoughts, and 3) resist the impulsive actions that such lapses in rationality otherwise generate.
Psych Credit: 6.0; NBCC Credit Hours: 6.0; CBBS Credit Hours: 6.0; NASW Credit Hours: Pending Level of Learning: Intermediate
- “The Rules of Change – Towards a Theory of Intervention”** *Harry Merl, MD, Psychiatry*
Change is something that happens universally and on every scale. Change is governed by simple, easily identifiable rules that can be followed resulting in successful change and adaptation. Backed by findings of neurobehavioral research, this workshop presents the theory and practice of change principles as well as effective methods for introducing and implementing change with clients.
Psych Credit: 6.0; NBCC Credit Hours: 6.0; CBBS Credit Hours: 6.0; NASW Credit Hours: Pending Level of Learning: Intermediate
- “Linking LDS Values, Spiritual Maturity, and Sexual Health”** *Dr. Greg McGreer, Ph.D, LCSW, Karen Brash McGreer, RN, MFT*
Many Latter-day Saints are reluctant to seek counseling for sexual concerns, even in the face of tremendous frustration, deprivation, and painful marital rupture. Two LDS Sex Therapists will offer an integrated view of healthy sexuality which is compatible with spiritual principles. They will be presenting an overview of post-modern sex therapy with state-of-the-art treatment of the pervasive sexual dysfunctions. Knowledge, skills, and attitudes will be enhanced through group discussion and lecture.
Psych Credit: 6.0; NBCC Credit Hours: 6.0; CBBS Credit Hours: 6.0; NASW Credit Hours: Pending Level of Learning: Intermediate

Thursday, March 31, 2005

8:00-8:30 am Registration and CE Check-in

8:30 am Welcome and Invocation

8:30-8:45 am **Convention Theme Introduction:** *Kris Plummer, LCSW convention chair*
Musical Number: Brittney Radman – Harp

8:45-9:45 am **Keynote Address:** “Change: A Personal Perspective” *Virginia Hinckley Pearce, MSW*
As we deal with change on a personal level we each long for it—our own change—to be better, different, free from the same old debilitating patterns. On the other hand we find ourselves reeling with the fact that changes in our environments require constant personal shifts from each of us—ones we do not long for. How does the gospel of Jesus Christ create a personal underpinning for us regarding change?
Psych Credit: 0; NBCC Credit Hours: 0; CBBS Credit Hours: 0; NASW Credit Hours: Pending Level of Learning: Beginning

9:45-10:45 am **Plenary:** “Personal Journey of a “Seasoned” Clinician/Teacher/Researcher: An Unvarnished Overview” *Victor B. Cline, Ph.D*
This presentation will give an overview of what Dr. Cline has found “works” in helping people change, getting published, dealing with office politics, making difficult decisions, testifying in court as an expert witness, mistakes that wouldn’t be repeated again, spiritual issues that challenge one’s identity, marriage, family and other clinical and personal issues that never get published or disseminated in its pure and unvarnished state.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending Level of Learning: Intermediate

10:45-11:00 am Break

11:00-12:00 pm **Concurrent Workshops (1 hour)**

- “Unlocking the Complexities of Change”** *LoriLee Critchfield, Ph.D.*
Every culture has a story, a cosmic world view, within which all things are understood and evaluated. Complexity or chaos theory, a new story, provides an opportunity to consider alternative ways for understanding and treating our clients. Viewing inner conflict as part of the continual process of transformation allows for those interested in change to restore meaning to the treatment experience and reminds us that we are always in a process of being created and reconstructed.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending Level of Learning: Advanced
- “Understanding the Changing Views in Psychopathology Research”** *Jacob Z. Hess, Ph.D Candidate*
As the burden of mental and emotional problems continues growing nationally, the need for increasingly effective intervention intensifies. Ongoing research in the etiology and treatment of these problems, however, has exposed some basic, unresolved issues. This presentation draws on an updated review of the research to examine these disputes in the literature.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending Level of Learning: Advanced

3. "At-one-ment vs. Enmeshment: Facilitating True Intimacy and Therapeutic Change" *Jeremy Bartz, Kara Harmon Ph.D. Candidates*
This workshop will focus on understanding the difference between enmeshment and at-one-ment, as well as how to detect enmeshment in relationships, how to create a therapeutic alliance that is "at-one", how to help clients change their way of relating from enmeshed patterns to "at-one" relationships. An interactive activity aimed at teaching participants how to facilitate meta-empathic counseling moments will be a feature of the workshop.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending Level of Learning: Intermediate
4. "Sensory Treatment Process to Facilitate Change in Traumatized Clients...all things wherewith you have been afflicted shall work together for your good...DC 98:1" *Barbara J. Gearig, CSW, CTLC, PC*
This workshop will review the specific assessment and intervention strategies pertinent to trauma treatment, including PTSD. The applied research of David Grill, currently the Clinical Director of Treatment Center for Traumatic Life Experiences, and structured sensory intervention will be the focus.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending Level of Learning: Intermediate

12:00-1:15 pm **Lunch – Presidential Report – Marleen Williams, Ph.D. outgoing AMCAP president**
Distinguished Service to AMCAP Award to Marleen Williams and Noel C. Gill

1:30 – 3:20 pm **Concurrent Workshops (2 hour)**

1. "Fostering Adolescent Resiliency: Multiple Interventions for the Change Process" *Garison L. Jeppesen, LCSW*
This session provides a brief overview of a research-based program implementation of a theoretically based model centered around the "Seven Resiliency Traits." Many practical interventions will be presented to the professional audience based on a current research study being conducted with adolescents with identified substance abuse issues.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Intermediate
2. A. "Growing our Perspectives: Doing Counseling and Therapy with an Increasingly Multicultural and International LDS Population" *Barbara Morrell, Ph.D.*
As the membership of the Church of Jesus Christ of Latter-day Saints broadens to all nations and peoples, the clientele of LDS counselors and therapists will become increasingly diverse. It is important that we adapt and increase our understanding and ability to work with these individuals and families from across the globe and from diverse cultures in the U.S. This presentation will address the challenges faced in working with diverse populations.
- B. "Coming to America: Helping Immigrant Couples and Families Face the Challenges of Change" *Christina J. Gonzales, LMHC, NCC*
This workshop will look at family immigration and the challenges that immigrant couples and families face, particularly those from Latin America, as well as the role that mental health professionals and the religious community can play in this major transition. In addition, unique issues and solutions related to the immigrant families and couples within the LDS church context will be addressed.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Intermediate
3. "Dialectical Behavior Therapy (DBT) in Individual Psychotherapy: A Challenge to Change" *Carol Ann Conrad, MS.*
This workshop will: address how DBT can enhance the client and therapist's motivation for change and the dialectic of accepting things as they are; explore the three main underlying dialectical challenges to change facing clients (2 Nephi 2:11); address the need for extra self-care, watching for pejorative attitudes toward the client, gaining support through consultation, using the skills and staying "one step ahead" of the client (D&C 10:4) and expand on the deeper scriptural foundation for DBT.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Intermediate

3:20 - 3:30 pm **Break**

3:30 - 4:30 pm **Panel Discussion "Mining LDS Epidemiological Data: Risk of Anxiety and Depressive Disorders with Individuals and Families Undergoing Workup or Treatment for Medical Disease"** *The DMBA Working Group: Ray M. Merrill, Ph. D, MPH; J. Lynn Lyon, MD, MPH.; George White, Ph. D; A. Dean Byrd, Ph. D., MBA, MPH; Stephen Alder, Ph.D; Justin Brown, MPH; Randy Baker, MP*
This presentation examines the potential of epidemiological data mined from this database. Implications for mental health professionals working with medical conditions will be explored with special emphasis on potential roles for AMCAP professionals when working with individuals with medical diseases.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending Level of Learning: Intermediate

4:30 pm **Concluding Remarks, Doug Brinley Ph.D.**
Benediction

Dinner on own

6:00-6:30 pm **Evening Social Network with other AMCAP members and spouses**

6:30-8:00 pm **Marriage Enrichment Seminar- Greg McGreer and Karen Brash McGreer**
See additional page
Psych Credit: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending Level of Learning: Intermediate

Friday, April 1, 2005

8:00 - 8:15 am **Registration and CE Check-in**

8:30 - 8:45 am **Welcome: Kris Plummer**

8:45 - 9:45 am **Keynote Address: "Therapeutic Change & Beliefs" Wendy Watson, Ph.D.,**
Intensive clinical research has identified that beliefs are key to therapeutic change. How can we increase our clinical ability to identify and challenge clients' beliefs that constrain their lives, and to bring forth and solidify facilitating beliefs? What beliefs about therapeutic change itself and about ourselves as clinicians can increase our therapeutic maneuverability and effectiveness? This presentation will address these questions and how we can better understand the reciprocity between beliefs, problems.
Psych Credit: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending Level of Learning: Intermediate

9:45 -10:00 am **Break**

10:00-11:50 pm **Concurrent Workshops (Two Hour)**

1. "Mind Disorders-- Nature or Nurture?" *Dean Belnap, M.D.Psychiatry*
This session provides a discussion of thought patterns and functions of the brain influenced by genetics as well as by environmental experience. Major brain structures and processes integrating to enhance positive and healthy functioning will be addressed as well as a description of the acquisition of new thoughts and behaviors.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Advanced
2. "Making Peace With Limited Change: Treating Personality Disorders" *Christine Packard, MC, LPC*
Personality disorders are often mistaken for other mental health problems. They create difficulty and frustration for therapists stymied by the lack of success and progress experienced in traditional treatment approaches. Through case study, lecture and participant interaction, this workshop will focus on assessment strategies and treatment approaches guided by an awareness of limitations inherent in the change process with personality-disordered clients.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Intermediate
3. "Helping Clients Accept the Truths that Set Them Free" *Chris Anderson LCSW, and Lili Anderson LCSW, PhD*
This workshop explores a therapeutic process combining insight therapy, cognitive reframing techniques, and reality therapy, combined to help clients accept and act on the truths that can free them from dysfunctional behaviors. Attention will also be given to understanding the client's personal spiritual identity and incorporating that dimension in the client's healing process.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Intermediate

12:00-1:00 pm **Lunch -**

1:00-2:50 pm **Concurrent Workshops (2 hour)**

1. "Emotion Focused Therapy and Hypersexual Impulsive Behavior" *Rory C. Reid, CSW, Ph.D Candidate*
This presentation advocates the use of Emotion Focused Therapy as a form of treatment intervention to address maladaptive emotions commonly found in clients with hypersexual impulsive behavior. Discussion and case studies will demonstrate that when a person has acquired more adaptive emotions their need to avoid or escape discomfort through sex will be diminished or extinguished
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Intermediate
2. " Linking Spiritual Values with Spiritual and Sexual Maturity " *Greg McGreer, LCSW, Karen Brash McGreer, RN,MFT*
This workshop will present an overview of a paradigm shift in marital and sex therapy. In the recent past, sexual frustrations were thought to be caused by poor communication, inhibition, inadequate sex education, and lack of skill. The real problem is often a low tolerance of intimate connection between spouses and low levels of personal development. Through case study, lecture and participant discussion, this workshop will integrate spiritual principles with state-of-the-art sex therapy.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Intermediate
3. "James W. Fowler's Empirically-Derived 'Stages of Faith': Implications for Psychotherapy with Religious Clients " *John Rector, Ph.D.*
Participants will develop a working knowledge of the six different stages of faith revealed by Fowler's empirical research. Greater self-awareness and understanding about the different "types" of faith exhibited in human beings, can help clinicians to be not only more enlightened as individuals, but to better understand how their own faith stage impacts how they conduct psychotherapy.
Psych Credit: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending Level of Learning: Advanced

2:50-3:00 am **Break**

3:00 pm **Distinguished Service to Humanity Award to Elder Richard G. Scott**

Plenary Speaker: "Countering Myths and Misconceptions in the Pursuit of Perfection" John Lund, PhD

Clients are often immobilized by misconceptions about mortal perfection. This presentation will address how clinicians can therapeutically challenge clients' unrealistic expectations which often contribute to depression, despair, and hopelessness. Dr. Lund will discuss how truths in the scriptures can counter clients' misunderstandings of religious doctrines which can generate stress.

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

Level of Learning: Intermediate

4:30 pm **Concluding Remarks Doug Brinley, PhD**
Benediction

4:45 pm **AMCAP Board Meeting**

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

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

AMCAP Fall 2005 Convention September 29-30, 2005

AMCAP is approved by the American Psychological Association to offer continuing education credits for psychologists. AMCAP maintains responsibility for the program. Total number of credits available for this conference: 18.5 hrs (6.0 on Wednesday, 6.5 on Thursday and 6.0 on Friday)

AMCAP is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Provider # 5727). Total number of CE credits available for this conference: 18.5 hrs (6.0 on Wednesday, 7.5 on Thursday and 6.0 on Friday)

Courses meet the qualifications for 20.0 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (Provider #1889) Number of credits pending for NASW. (AMCAP is recommending 18.5 hours)