



ipa@iowapsychology.org

Mindfulness and Psychological Assessment in Primary Care:

INTERGRATION, RESEARCH and PRACTICE

April 10-11, 2015

Central College
Maytag Student Center
812 University, Pella, IA 50219

Download Hand-outs and Online Registration at:
www.iowapsychology.org

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 Iowa Psychological Association
18508 Rolfe, IA 50581
48428 290th Ave.
Laurens, IA 50551

IPA SPRING CONFERENCE REGISTRATION - APRIL 10-11, 2015

REGISTRATION FEES: Registration via the IPA website offers the best rate if using a credit card. Go to www.iowapsychology.org

Attendee Status	Friday	Saturday	Both
Membership Rate by Check *	\$150	\$140	\$260
Membership Rate by Credit Card*	\$156	\$145	\$270
Non-Member Rate by Check	\$185	\$175	\$330
Non-Member Rate by Credit Card	\$192	\$182	\$342
Student Rate by Check***	\$45	\$45	\$90
Student Rate by Credit Card***	\$47	\$47	\$94
Lifetime Member Rate by Check****	\$115	\$100	\$205
Lifetime Member Rate by Credit Card****	\$120	\$105	\$213

***This reduced fee extended to Lifetime Members who have inactive licenses.

***IPA Student members do not have to pay conference fee but membership must be in place by February 15, 2015.

* IPA members

Advance registration on or before March 6 is appreciated.

On-site registrants will incur additional fee of \$30 (\$10 students) to cover administrative costs. Luncheon inclusion will not be guaranteed.

www.iowapsychology.org

CANCELLATION POLICY: *(see refund)*

Before March 12 - Full Refund March 12 - March 26 - 50% Refund
After March 26 - No Refund

I am including an additional \$25 in support of grad student lunches for the Saturday poster sessions. My contribution will be matched by a pledge from Dr. Ehly and will allow the IPA to accept more than 10 entries in the contest.

IPA Student Member - Fee waived

Attending Conference: Both Days Friday Only Saturday Only

Registration Payment: (NO PARTIAL-DAY DISCOUNTS) TOTAL DUE: \$ _____

Pay by check to IPA _____ Pay by credit card: VISA MasterCard

Card # _____ Exp. Date _____ Zip Code _____

Signature: _____

Fill out registration on both sides of card, then send this form and payment to:

IPA SPRING CONFERENCE
48428 290th Ave., Rolfe, IA 50581
or fax to (712) 848-3892
or e-mail to ipa@iowapsychology.org

Conference Description: This conference intends to provide practitioners, administrators, students, primary care providers and other interested parties with cutting-edge information about psychological interventions and assessments that enhance the delivery of behavioral health care in primary health care and other practice settings. On Friday Kirk Strosahl, Ph.D., will present a workshop that addresses the ever-growing challenge faced by clinicians in a wide variety of practice settings of how to optimize client outcomes with as few treatment sessions as possible. This workshop will introduce participants to Focused Acceptance and Commitment Therapy (FACT), a brief, contextual behavioral intervention approach rooted in the three principles of acceptance, mindfulness and values based change. Participants will learn about the research pertaining to the clinical impact of brief interventions, rapid response in psychotherapy, client preferences for type and length of therapy, psychotherapy service utilization patterns and dose effect relationships in psychotherapy. The majority of the workshop will be devoted to demonstrating and practicing specific clinical techniques that make up the FACT approach: Focused contextual interviewing skills, using the Four Square and Psychological Flexibility Profile to promote rapid case formulation and treatment targeting, and core interventions such as the Life Path and True North exercises. Teaching methods will involve a combination didactic lectures, experiential exercises, clinical role plays, guided practice and video demonstrations.

On Saturday conference participants will be presented with two tracks: Track One focuses on research and practice of mindfulness approaches to mental health issues both in and outside of primary care settings. Track Two focuses on the practice of psychological assessment in primary care settings, specifically, bariatrics, pediatrics and neurology. Two workshop are devoted to ethics.

Friday CE Objectives:

- Appreciate the evidence pertaining to radical change in therapy
- Experiment with brief approaches to assessment
- Demonstrate brief, accurate case formulation strategies
- Plan powerful interventions to improve client openness, awareness and engagement
- Experiment with intervention tools that work with a wide variety of patients in a wide variety of treatment settings

Saturday Objectives:

- Learn about Mindfulness-Based Stress Reduction
- Be informed about outcome research on Acceptance and Commitment Therapy (ACT) interventions in primary care and other settings
- Be informed of the clinical considerations for conducting pre-operative bariatric surgery evaluations
- Learn non-clinical aspects of working with medical providers
- Participate in ethics presentations on serving small communities and authorship issues.

Continuing Education Information: 12 Continuing Education credits will be awarded and certificates issued. IPA approved provider numbers are: LISW #0014 and LMHC # AW99-8.

Presenter Bio: Dr. Strosahl is one of the co-founders of Acceptance and Commitment Therapy and is author of the book, “Brief Interventions for Radical Change: Principles and Practice of Focused Acceptance and Commitment Therapy (2012: New Harbinger Publications.) He has worked extensively in brief therapy settings including over 20 years working in primary care settings providing short consultations and interventions for clients with all kinds of presenting problems. He is also co-author of the best-selling, “The Mindfulness and Acceptance Workbook for Depression” (2009: New Harbinger Publications), an ACT based self-help book for readers suffering from depression.

This is a Value Added Conference bringing back “Shrinks on the Links--Again”. Contact Greg Gullickson to sign up ggullickson@mchsi.com

Spring Conference Schedule:

Focused Acceptance and Commitment Therapy: Mastering the Basics	
Kirk Strosahl, Ph.D.	
FRIDAY, APRIL 10, 2015 (6 CEU)	
8:00 a.m.	Plenary: IPA President Kevin Krumvieda, Ph.D., Michele Greiner Ph.D., Jim Thorpe Ph.D., Greg Febbraro, Ph.D., Amy Campbell
8:30 a.m.	Welcome and Introduction: Peggy Fitch, Ph.D., Vice President of Student Affairs and Kevin Krumvieda, Ph.D. IPA President
8:30 a.m.	Introductions, Workshop Objectives, Self-Assessment (Brief Interventions Competency Assessment Tool or BI-CAT)
9:00 a.m.	Brief review of psychotherapy utilization, client preferences and rapid response Overview of psychological flexibility Overview of FACT pillars of flexibility Focused Acceptance and Commitment Therapy: Mastering the Basics Kirk Strosahl, Ph.d.
9:30 a.m.	Introduction of TEAMS Exercise: TEAMS Worksheet Introduction to structured interviewing (Love-Work-Play, Three T's) FACT In-session assessment questions Flexibility Profile / Role Play Small group exercise: Complete Flexibility Profile
10:30 a.m.	Break - Sponsored by The Trust
10:45 a.m.	Technique for Promoting Radical Change: Focusing questions Present moment processing and re-framing FACT change conversations Exercise: Re-frame Reel
12:00 p.m.	Lunch
1:00 p.m.	Case conceptualization: The Four Square Role Play Small Group: Complete Four Square Analysis of Role Play
1:45 p.m.	Role Play Demonstration: True North
2:30 p.m.	Break
2:45 p.m.	Role Play Demonstration: Life Path Dyads: Practice life path or true north interventions
3:30 p.m.	Handling difficult interactions / Exercise: Dealing with Downers
SATURDAY, APRIL 11, 2015 (6 CEU)	
TRACK 1	TRACK II
Mindfulness in Primary Care	Psychological Assessments in Primary Care
8:30 a.m.	Lilian Dindo, Ph.D.: Acceptance and Commitment Training: A brief Therapeutic Approach for Depression and Disability in Medical Settings
	Brandon Davis, Ph.D.: Clinical and ANon-clinical aspects of Assessing and Treating Obesity while Collaborating with Primary Care
10:00 a.m.	Break
10:15 a.m.	Bev Klug, M.A., LMFT: Mindfulness Programs; An Ancient Practice for Modern Times
	Carissa R. Gehl, Ph.D.: Neuropsychology in Primary Care
11:45 a.m.	Lunch
12:45 p.m.	James Marchman, Ph.D.; Amie Langer Zarling, Ph.D., Assistant Professor ISU; Rosaura Orongo-Aguao, M.A., Graduate Student in Clinical Psychology, U of IA; & Emily Kroska, Graduate Student in Clinical Psychology, U of IA: Applying Acceptance and Commitment Therapy with Nontraditional Populations
	Laura Fuller, Ph.D.: Psychological Evaluation of Children and Adolescents in a Primary Care Setting
2:15 p.m.	BREAK – and Poster Awards
2:45 p.m.	Karen Nelson, Ph.D. and Jennifer Bayer, M.S.: Ethical practice within small communities
	Students Meaghan Rowe-Johnson, LaNeisha Waller, and Staci Fosenburg: Navigating Authorship Issues

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HOTEL ACCOMMODATIONS:

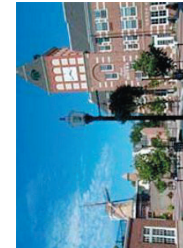
ROYAL AMSTERDAM HOTEL

705 E. 1st Street
Pella, Iowa 50219

877-954-8400 or 641-620-8400

Hotel Rate: \$84
(Request block rate)

Cut-off: March 20, 2015



You will be responsible for making reservations to receive the hotel rate listed above. Be sure to call in and reserve your room early.

SPECIAL NEEDS: REGISTRANTS WITH SPECIAL DISABILITY OR DIETARY NEEDS SHOULD CONTACT THE IPA CENTRAL OFFICE AT 712-848-3595.

Download hand-outs at:
www.iowapsychology.org

MEMBER NAME/DEGREE:

PHONE:

CELL PHONE:

E-MAIL:

NON-MEMBER NAME/DEGREE:

PROFESSION:

ADDRESS:

CITY, STATE, ZIP:

PHONE:

CELL PHONE:

E-MAIL:

(COMPLETE THE REQUIRED INFORMATION ABOVE AND ON REVERSE SIDE)