



Alaska Psychological Association
2009 CE CONFERENCE
Saturday, March 28, 2009
8am to 8pm
At: University of Alaska Room SSB119

A One Day Conference (11 possible Continuing Education Credits - or attend individual 2 hour workshops). Sponsored by Alaska Psychological Association and the University of Alaska Anchorage Psychology Department. AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program. Eleven (11) possible continuing education credits will be available to participants. Each workshop must be attended in full and will require separate sign in and survey completion.

Workshop Summaries

➤ **8:00-9:50 (2 Culture CEs)**

YOU HAVE NO IDEA: The Challenges of Working with People in Poverty - Counselors and psychotherapists, by education and occupation, usually belong to the middle class. In contrast, an increasing number of clients live in poverty and experience an interconnected set of problems that psychotherapy was not designed to fix. This workshop describes a strengths based approach for working with individuals and families affected by limited education, unemployment, public assistance, poor health care, abuse, imprisonment, substance abuse, and discrimination. Specific strategies will be described for developing a compassionate connection and addressing the complexity of problems that face many people living in poverty.

About the Speaker

Pamela Hays, PhD, is a licensed psychologist, author of *Addressing Cultural Complexities in Practice*, and co-editor of *Culturally Responsive Cognitive-Behavioral Therapy*. From 1987-88, she served as a National Institute of Mental Health postdoctoral fellow at the University of Rochester School of Medicine. From 1989-2000, she worked as a core faculty member of the graduate psychology program at Antioch University Seattle. In 2000, she returned to Alaska where she now works as a consultant for the Kenaitze Tribe's Nakenu Family Center, and as a clinician and supervisor for Cottonwood Behavioral Health in Soldotna. She also serves on the Board of Directors of the Alaska State Psychological Association, and conducts workshops internationally.

➤ **10:00 - 12:00 (2 Ethics CEs)**

Ethical Challenges in Working with Foreign Born Clients - The presenter will discuss the different foreign born clients currently in Anchorage who may present for services. The challenges these clients face in their lives in Alaska will be explored. The ethical dilemmas common to working with these clients will then be highlighted for group discussion. Some resources for providing more culturally relevant and sensitive services will be provided. The goal of the session is for participants to leave with:

1. An increased understanding of the foreign born groups coming to Alaska
2. A better grasp of the particular challenges these groups face in their adjustment and acculturation process
3. Clarity regarding the ethical issues that arise in providing services to these community members
4. A set of resources to assist in responding to the needs of the foreign born community members in a culturally sensitive manner.

About the Speaker

Karen A. Ferguson, Ph.D., an Alaska licensed clinical psychologist, is the Director of the federally and state funded Refugee Assistance & Immigration Services program of Catholic Social Services. This program is the only refugee resettlement service in Alaska and provides a wide range of social service assistance to refugees, asylees and immigrants resettling throughout the state. Dr. Ferguson also serves as the State Refugee Coordinator for Alaska. Throughout her career, Dr. Ferguson has provided services and programs for culturally diverse populations in the South Pacific islands, with Alaska Native and American Indians and through her work with immigrants and refugees. Dr. Ferguson serves on the Alaska Psychological Association Board and is the Social Services representative on the Alaska Anti-Trafficking Task Force.

➤ **12:00-1:00 - Lunch (on your own)**

➤ **1:00-3:50 (3 Ethics CEs)**

Ethical decision-making in therapy: When complicating factors enter the treatment

Objectives:

- Learn how to analyze complex treatment cases in terms of 5 foundational ethical principles in conjunction with professional ethics code
- Learn a model for ethical decision making
- See how the model applies to a case study

Confronting real life ethical dilemmas is never an easy task and requires a framework in which to conceptualize and understand available options and how to make a sound decision. This 2-hour presentation will introduce a model for making ethical decisions that is proven effective. Drawing upon the 5 ethical principles, participants will work with real life case material, analyze core beliefs, discern fact from opinion, and conceptualize a plan based on clinical issues.

About the Speakers - Richard F. Lazur, Psy.D. & Gloria Eldridge, Ph.D., Licensed Psychologists

Gloria Eldridge, Ph.D., is a faculty member in the Department of Psychology at UAA. Her research interests are in the ethical implications of research in correctional systems. She is an accredited trainer with the HIV Office for Psychology Education (HOPE) at the American Psychological Association and has been delivering the HOPE APA workshop on ethical decision-making for 10 years.

Richard F. Lazur, Psy.D. With more than 20 years experience as a licensed psychologist, Dr. Lazur now works with couples in high-conflict parallel parenting, custody, and collaborative divorce negotiations, performs psychological evaluations, and testifies as an expert witness. Specializing in long-term intensive psychotherapy and the treatment of personality disorders in his private practice, Dr. Lazur is the primary mental health clinician for the Alaskan AIDS Assistance Association, is a Department of Corrections approved Supervisor for Sex Offender Treatment, and has consulted with Mental Health programs in the Bush. He has served as President of the Alaska Psychological Association and taught at both the undergraduate and graduate levels.

➤ **4:00-5:50**

Recession Proof Your Practice with Groups - The presenter will discuss offering group psychotherapy in private practice. Topics of discussion include recruiting, setting fees, preparing participants, using consultation or supervision, short term or long term, target populations, voluntary vs. mandated, referral sources.

About the Speaker

Ann Stockman, MSW, PhD is a licensed psychologist, a member of the Academy of Certified Social Workers. She has a private practice in Anchorage in which she offers group, couples, family, individual psychotherapy for adults and adolescents as well as clinical consultation, licensing supervision and business consultation. She also offers training and consultation for modern analytic and Lacanian Psychoanalysis.

➤ **6:00-8:00**

Play Therapy Techniques - Al Levy will describe and demonstrate using common games to teach values to children in directed play therapy as well as the application of a unique and simple game in establishing rapport and aiding in initial assessment of children and teens. Patt Sandberg will review essentials of nondirective play therapy and discuss teaching 1,2,3 Magic (Phelan) techniques to parents.

About the Speakers

Al Levy, MS, LPA is a licensed psychological associate in Anchorage. He offers individual, couples, family and group psychotherapy in private practice in Anchorage. Al specializes in parenting training, trauma and abuse counseling, relationship and marital issues, divorce and custody, domestic violence and its effects on children, delinquency and school expulsion evaluations and consultation.

Patricia Sandberg, PhD is a clinical psychologist and associate professor of psychology at UAA. She teaches full time in the MS Clinical Psychology graduate program and sees individuals, families and children in private practice.

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Fees and Registration

Full Day Conference = 11 hours CE (must attend all workshops in full)

_____ \$125 AK-PA Members

_____ \$150 Non-AKPA Members

_____ \$25 Students

Each Workshop may be attended separately (must attend workshop in full)

_____ \$30 each workshop AK-PA Members

_____ \$40 each workshop Non-AK-PA Members

_____ \$10 each workshop Students

Name: _____

Mailing address: _____

Contact phone and Email address: _____

Payment:

_____ Check (Made out to AK-PA)

_____ Credit Card (Visa or Mastercard only)

Card Number and Expiration Date: _____

Signature: _____

Please mail this form and payment to:
AK-PA
P.O. Box 241292
Anchorage, Alaska 99524-1292

* UAA SSB (Social Science Building) 119 is in the building attached to the library on its east and the parking garage on its west across from Providence Hospital. It is the smaller classroom across from the Starbucks coffee shop outside the library entrance. Parking in the lots or garage is free on Saturday.