

20th ANNUAL SUPERVISOR TRAINING DAY  
PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE  
SCHOOL OF PROFESSIONAL AND APPLIED PSYCHOLOGY  
FRIDAY, NOVEMBER 12, 2021  
LIVE WEBINARS



## Telepsych and PSYPACT

**SESSION I: 9:00AM-12:00PM**

Alex M. Siegel, JD, PhD

Director of Professional Affairs

Association of State and Provincial Psychology Boards

### Program Description

The presentation will cover the need and rationale for allowing psychologists to use electronic communications interjurisdictionally to provide telepsychological services ethically and legally to patients. It will examine the APA Guidelines on Telepsychology with particular focus on competency, informed consent and confidentiality and security of the data as well as the ASPPB Standards on Telepsychology. The presentation will explore the obstacles for interjurisdictional telepsychology practice and offer solutions for the ethical and legal interjurisdictional practice and provide a discussion of ASPPB's E.Passport and the Psychology Interjurisdictional Compact, PSYPACT.

### Educational Objectives

Based on the presentation, the participants will be able to:

- Describe the eight guidelines from the APA Guidelines and ASPPB Standards for Telepsych practice which include diversity, equity, and inclusion considerations.
- Discuss ethical and legal ways to provide interjurisdictional telepsychological services to patients.
- Explain what is required to obtain an E. Passport and practice under the authority of PSYPACT.
- Name the jurisdictions which have adopted PSYPACT

### About the Presenter

Dr. Alex M. Siegel is an attorney and clinical psychologist. Three different Pennsylvania Governors (Ridge, Schweiker and Rendell) appointed Dr. Siegel to the Pennsylvania State Board of Psychology. He served on the Board for 13 years, 6 of which as Chair of the State Board. In 2021, he was awarded a Presidential Citation from the American Psychological Association for his contributions in the area of interjurisdictional practice of telepsychology. Dr. Siegel was elected to the Board of Directors of the Association of State and Provincial Psychology Boards (ASPPB). He was also elected President of ASPPB in 2008. Currently, Dr. Siegel is the Director of Professional Affairs (DPA) for ASPPB. In his role as DPA, he serves as a liaison between ASPPB and state and national psychological associations. He provides training to new members of psychology licensing boards in the U.S. and the colleges of psychology in Canada. He was staff to the APA/ASPPB/APAIT joint task force on telepsychology and to the ASPPB task force on regulations for interjurisdictional telepsychological practice. He was a member of the PSYPACT task force. He is also Chair of the ASPPB Model Act and Regulations Committee (MARC). In addition, Dr. Siegel consults with state governments, attorneys, courts and maintains a small clinical and forensic practice.

## Suggested Readings

- American Psychological Association. (2013). Guidelines for the practice of telepsychology. *American Psychologist*, 68(9), 791-800. <https://doi.org/10.1037/a0035001>
- Association of State and Provincial Psychology Boards. (2016). *Psychology interjurisdictional compact (PSYPACT)*. [https://cdn.ymaws.com/psypact.siteym.com/resource/resmgr/psychology\\_interjurisdiction.pdf](https://cdn.ymaws.com/psypact.siteym.com/resource/resmgr/psychology_interjurisdiction.pdf)
- Campbell, L. F., Millan, F., & Martin, J. N. (2017). *A Telepsychology casebook: Using technology ethically and effectively in your professional practice*. American Psychological Association.
- Psychology Interjurisdictional Compact (PSYPACT) Commission. (2020). *Psychology interjurisdictional compact (PSYPACT) bylaws*. [https://cdn.ymaws.com/psypact.siteym.com/resource/resmgr/bylaws/psypact\\_bylaws\\_updated\\_from\\_.pdf](https://cdn.ymaws.com/psypact.siteym.com/resource/resmgr/bylaws/psypact_bylaws_updated_from_.pdf)



## Positive Psychology during a Pandemic: Strengths, Meaning and Mindfulness

### SESSION II: 1:00-3:00PM

Scott Glassman, PsyD

Clinical Associate Professor, Associate Director of the Mental Health Counseling Program  
School of Professional & Applied Psychology, Philadelphia College of Osteopathic Medicine

## Program Description

The Coronavirus pandemic has been associated with significant increases in rates of depression, anxiety, substance use, and suicidality. This presentation will explore how the field of positive psychology, the study of human flourishing and thriving, can inform a whole-person approach to wellness during challenging times. It will include key findings from research on personal strengths, purpose, gratitude, positive emotions, mindfulness, and engagement in life, while offering practical ways clinicians can integrate positive psychology interventions into therapy. Cross-cultural perspectives on subjective well-being will also be discussed.

## Educational Objectives

Based on the presentation, the participants will be able to:

- Apply the Broaden-and-Build Model of Positive Emotions to cognitive-behavioral treatment for depression, using a gratitude-focused intersession activity as an example
- Discuss the relationship between mindfulness, savoring, and flow as pathways to enhanced engagement, meaning, and positive emotions in the activities of daily life
- Describe the Values in Action Classification of Character Strengths, identifying two evidence-based strengths-focused interventions
- Explain cultural differences in findings related to subjective well-being, particularly in the areas of emotion, social norms, and conceptualization of self

## About the Presenter

Scott Glassman, PsyD, is a licensed psychologist in Pennsylvania, Clinical Associate Professor, and Associate Director of the MS Program in Mental Health Counseling at the Philadelphia College of Osteopathic Medicine. Dr. Glassman directs grand-funded wellness initiatives in PCOM's primary care centers where he also trains students, faculty, and staff in Motivational Interviewing (MI). Dr. Glassman has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2012 and has presented on MI regionally and nationally to over 35 different organizations in the medical and behavioral health fields. Dr. Glassman's 7-week positive psychology program "A Happier You" was featured on National Public Radio, Sirius XM Radio, and CBS News. His self-paced guide for the program is due out from New Harbinger Publications in November 2021.

## Suggested Readings

- Smith, J., & Hollinger-Smith, L. (2015). Savoring, resilience, and psychological well-being in older adults. *Aging & Mental Health, 19*, 192-200.
- Change, E. C., Jiang, X., Tian, W., Yi, S., Liu, J., Liang, P., Liang, Y., Lai, S., Shi, X., Li, M., Chang, O. D., & Hirsch, J. K. (2021). Hope as a process in understanding positive mood and suicide protection: A test of the broaden-and-build model. *The Journal of Crisis Intervention and Suicide Prevention*. <http://dx.doi.org/10.1027/0227-5910/a000755>
- Huber, A., Strecker, C., Kachel, T., Hoge, T., & Hofer, S. (2020). Character strengths profiles in medical professionals and their impact on well-being. *Frontiers in Psychology, 11*, 566728.
- Thompson, M. A., Nicholls, A. R., Toner, J., Perry, J. L., & Burke, R. (2021). Pleasant emotions widen thought-action repertoires, develop long-term resources, and improve reaction time performance: A multistudy examination of the Broaden-and-Build theory among athletes. *Journal of Sport & Exercise Psychology, 43*(2), 155-170.
- Hendriks, T., Schotanus-Dijkstra, M., Hassankhan, A., de Jong, J., & Bohlmeijer, E. (2020). The efficacy of multi-component positive psychology interventions: A systematic review and meta-analysis of randomized controlled trials. *Journal of Happiness Studies, 21*(1), 357-390.

Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals  
Level of Instruction: Intermediate  
Number of CE Credits Offered: Session I: 3 Credits; Session II: 2 Credits  
Cost: Free

## CRITERIA FOR EARNING CE

In order to receive CE credit, all participants must sign the attestation regarding attendance, which will be provided after registration. No partial credits are available. At the conclusion of the session you will be provided a link to complete a survey, we hope you will take a few minutes to anonymously provide feedback.

PCOM's School of Professional & Applied Psychology is approved ACT 48 provider by the Pennsylvania Department of Education. This CE event is eligible for ACT 48 credits.



**Psychologists:** Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



**Certified Counselors:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

**Licensed Social Workers:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychology Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

*Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.*

Refund/Cancellation Policy: For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than 3 business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within 3 business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

*Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at [katiega@pcom.edu](mailto:katiega@pcom.edu).*

**Registration** All PCOM clinical supervisors and faculty are invited to attend. Please pass on this invitation to others at your agency who **directly supervise our students in approved practicums/externships or internships.**