

SEPTEMBER 30, 2016

Barry J. Jacobs, PsyD, and Julia L. Mayer, PsyD
CARING FOR FAMILY CAREGIVERS: A STRENGTH-
AND MEANING-BASED PSYCHOTHERAPY

In a ground-breaking *Journal of the American Medical Association* article published in 1999, social psychologist Richard Schulz wrote that older adults who were highly stressed, caring for spouses with Alzheimer's dementia, had a 63 percent higher mortality rate than non-caregiving peers. This statistic had a galvanizing effect on what was then a nascent family caregiving movement. Caregivers were suddenly seen as an at-risk population. On the basis of that finding and others, President Bill Clinton signed legislation in 2000 launching the National Family Caregiver Support Program. Monies were made available from public and private funders for psychologists and other researchers to study how to best support family caregivers to avoid untoward effects.

But subsequent studies have not borne out that family caregivers are at higher physical and psychological risk. To the contrary, a growing body of research (e.g., Roth, Haley, 2013) suggest caregivers may live longer than non-caregiving peers. And, anecdotal evidence suggests caregivers can derive important benefits from their essential work, including personal and spiritual growth, an enhanced sense of purpose, and greater family closeness.

In this presentation, Drs. Jacobs and Mayer, psychologists with extensive personal and clinical experience in caregiving that serves as the basis of their new book, *AARP Meditations for Caregivers—Practical, Emotional and Spiritual Support for You and Your Family*, will provide an overview of the extensive caregiving research. They will then outline specific psychotherapeutic techniques to help family caregivers glean positive meanings, reduce family conflict and gain greater self-appreciation. To illustrate clinical points, they will use several transcripts from psychotherapy cases with caregivers in different family constellations coping with various medical conditions. The presenters will use the clinical and empirical literature as well as practice knowledge in this area to inform guidelines for best practice.

- Schulz, R. & Beach, SR (1999). Caregiving as a risk factor for mortality: the Caregiver Health Effects Study., *JAMA*, Dec. 15, 282(23): 2215-9.
- Roth, D. L., Haley, W. E., Hovater, M., Perkins, M., Wadley, V. G., & Judd, S. (2013). Family caregiving and all-cause mortality: Findings from a population-based propensity-matched analysis. *American Journal of Epidemiology*, 178, 1571-1578.

Educational Objectives:

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

- Discuss research findings on the effects of caregiving on family caregivers and the effectiveness of caregiver support strategies.
- Describe the diversity of the 43 million Americans currently engaged in caring for ill or aging family members.
- Delineate the "Honoring the Mission" intervention for soliciting caregiver's sense of purpose and meaning.
- Apply mindfulness techniques for fostering caregiver resiliency.
- Describe how increased insight and affect tolerance can promote positive caregiving and reshape previously negative family relationships

Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals

Level of Instruction: Intermediate
Number of CE Hours/Credits Offered: 2.0 Cost: Free

ABOUT THE SPEAKER: Barry J. Jacobs, PsyD, is a clinical psychologist, family therapist and the director of behavioral sciences for the Crozer-Keystone Family Medicine Residency Program in Springfield, Pennsylvania. He is the co-author with Julia L. Mayer of *AARP Meditations for Caregivers—Practical, Emotional and Spiritual Support for You and Your Family*. He is also the author of *The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent*. Dr. Jacobs has given more than 400 presentations on family caregiving for family caregivers, community groups, and medical and mental health professionals. He is the national spokesperson on caregiving for the American Heart Association and an honorary board member of the Well Spouse Association. He has served on the expert panel for the Caregiver Crisis Great Challenge for TEDMED.com and as a board member of the Collaborative Family Healthcare Association. He has held adjunct faculty positions at the Temple University School of Medicine, the University of Pennsylvania School of Nursing, and the Department of Psychology of the Philadelphia College of Osteopathic Medicine. A columnist on family caregiving topics for AARP.org, Dr. Jacobs received his bachelor's degree from Brown University and his doctorate in psychology from Hahnemann and Widener Universities.

Julia L. Mayer, PsyD, is a clinical psychologist who has been counseling individuals and couples for almost 25 years. Dr. Mayer has a private practice in Media, Pennsylvania, where she specializes in women's issues, including caregiving and other relationship concerns. She has held adjunct teaching positions at the Institute for Graduate Clinical Psychology of Widener University and in Widener University's undergraduate programs. She was also an instructor for the master's program in Creative Arts Therapy at Hahnemann University, teaching courses on human development and psychoanalytic theory. Her novel, *A Fleeting State of Mind*, was published in 2014. Dr. Mayer received her bachelor's degree from the University of Pennsylvania and her doctorate in psychology from Widener University.

OCTOBER 21, 2016

Andrea Fox Boardman, PhD
ADVANCES IN CORRECTIONAL MENTAL HEALTH

In recent years, there has been increasing public and political interest in the mental health of offenders incarcerated in America's criminal justice system. Areas of concern include incarcerated mentally ill offenders, the impact of segregation on mental health, access to evidence-based care, suicide prevention, sexual abuse prevention and intervention and release preparation. An overview of the Federal Bureau of Prisons' policies and procedures related to these topics will be provided. The presenter will use the clinical and empirical literature as well as practice knowledge in this area to inform guidelines for best practice.

Educational Objectives

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

- Discuss the rising tide of public and political interest in the mental health of incarcerated offenders.
- Discuss recent research on the impact of segregation on

mental health, and the corresponding efforts on the part of the Federal Bureau of Prisons to better address these concerns.

- Describe recent advances in the provision of evidence-based care in correctional settings, as it related to both institutional adjustment as well as to recovery and re-entry.
- List initiatives to address suicide prevention and sexual abuse prevention and intervention in correctional settings.

Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals

Level of Instruction: Intermediate
Number of CE Hours/Credits Offered: 2.0 Cost: Free

ABOUT THE SPEAKER: Andrea Fox Boardman, PhD is a licensed psychologist with more than 20 years' experience working for the Department of Justice, Federal Bureau of Prisons. She earned her master of science and doctor of philosophy degrees in clinical psychology at Kent State University and completed her internship at Norristown State Hospital with a primary rotation on the forensic unit there. After working briefly with adjudicated adolescents in community settings in New Jersey, Dr. Boardman joined the Bureau of Prisons in 1996 as a staff psychologist at the Federal Correctional Institution in Fort Dix, New Jersey, the nation's largest low security federal prison. After approximately 18 months, Dr. Boardman was promoted to the position of drug abuse program coordinator at FCI Fort Dix, where she oversaw a 96-bed residential substance abuse treatment program for federal offenders.

In 1999, Dr. Boardman was selected to activate the newly constructed Federal Detention Center in Philadelphia as chief psychologist. She remained in that role for over 16 years, gaining expertise providing mental health services to male and female federal offenders of all security levels, the majority of whom were pretrial detainees. In that setting, Dr. Boardman was responsible for clinical and administrative oversight of all psychology and substance abuse treatment programs as well as the Employee Assistance Program. She was actively involved in the agency's crisis support team and provided care to staff and families in September 2001 in New York City in the aftermath of the terrorist attacks of 9/11 as well as in February 2012 at a penitentiary in central Pennsylvania, where a staff member was murdered by an inmate.

In her current capacity as mental health treatment coordinator for the Bureau of Prisons, Dr. Boardman's primary duties revolve around suicide prevention. She develops and delivers suicide prevention training to the bureau of prisons' staff and visits institutions where inmate suicides have occurred, conducting psychological reconstructions in an effort to determine the circumstances surrounding the death, and to determine what lessons may be learned to aid in strengthening the agency's overall suicide prevention program.

NOVEMBER 18, 2016

Brigette A. Erwin, PhD
EVIDENCE-BASED TREATMENT OF OCD IN
TREATMENT-RESISTANT CHILDREN

Treatment of the anxiety disorders in children is largely effective with an average response rate of 60-74 percent or higher (Connolly & Nanayakkara, 2009; van der Leeden et al., 2011). However, a significant percentage of children, specifically with obsessive-compulsive disorder (OCD), are either non-responders or treatment-resistant. Characteristics

such as a high need for control, treatment refusal, a strong belief in the need to maintain the anxiety disorder, and rigidity in thinking frequently function as barriers to treatment for these children. These characteristics have an effect on the family and community, which can function to reinforce the anxiety disorder. This talk will present basic information regarding the nature of pediatric OCD and the evidence-based treatment of pediatric OCD using exposure with response prevention. Dr. Erwin will present ways in which exposure with response prevention may be tailored to incorporate patient-specific factors, such as control, treatment refusal, and rigidity. In addition, this talk will address ways in which empirically based treatment strategies can be applied across multiple settings in order to maximize compliance and treatment response among treatment-resistant children with OCD. Treatment interventions targeted at parents and family will be described so as to treat factors that function to maintain treatment-resistant pediatric OCD. Treatment interventions targeted at the community and school settings will be presented so as to assist practitioners in designing ways in which practitioners can work effectively with the community and schools to treat treatment-resistant pediatric OCD. The presenter will use the clinical and empirical literature as well as practice knowledge in this area to inform guidelines for best practice.

Educational Objectives

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

- Describe fundamental information regarding the nature and treatment of pediatric OCD.
- Tailor evidence-based interventions to incorporate patient-specific factors such as control, treatment refusal and rigidity.
- Intervene with parents and the family to treat factors that function to maintain treatment-resistant pediatric OCD.
- Design ways in which practitioners can work effectively with the community and schools to treat treatment-resistant pediatric OCD.

Target Audience: Doctoral Level Psychologists and Other Mental Health Practitioners

Level of Instruction: Intermediate
Number of CE Hours/Credits Offered: 2.0 Cost: Free

ABOUT THE SPEAKER: Brigette A. Erwin, PhD, is a licensed psychologist with expertise treating children, adolescents, adults, couples and families affected by anxiety and related disorders. Dr. Erwin is founding director of the Anxiety and OCD Center™, Dr. Erwin Consulting™ and Coaching for Calm and Confidence™. She is publicity chair of the Philadelphia Behavior Therapy Association and consultant to the Saint Charles Borromeo Seminary Admissions Board. She has written numerous professional journal articles and book chapters on the anxiety disorders, and trains other professionals in the treatment of those disorders. She received her PhD from Temple University and completed a National Institute of Mental Health postdoctoral fellowship at the University of Pennsylvania, Perelman School of Medicine. Dr. Erwin has served as director of the OCD Program at the Anxiety and Agoraphobia Treatment Center, and as associate director of the Adult Anxiety Clinic of Temple University.

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**DEPARTMENT
OF PSYCHOLOGY**
CONTINUING
EDUCATION
**FALL 2016
ROVINSKY FAMILY LECTURESHIP**

PCOM is honored to recognize major support from the family of Harvey Rovinsky for the Rovinsky Family Lectureship.

The Department of Psychology appreciates the generous gift from the Rovinsky family, which helps to enhance the speaker series.



REGISTRATION

The Rovinsky Family Lectureship is free of charge, but advance registration is requested. To register, please call the PCOM Department of Psychology at 215-871-6442.

PARKING

PCOM has a parking garage that can be entered from the PCOM driveway off Monument Road, from Stout Road, or from City Avenue. Cost: \$5

READINGS

A brief list of readings for each presentation will be distributed to participants on the evening of the event.

CONTINUING EDUCATION (CE) CREDITS

CRITERIA FOR EARNING CE

For those attending, you must sign into each session, attend each session in its entirety and complete and submit the evaluation form at the conclusion of each session to be awarded a total of 2.0 Continuing Education credits. Partial credits for any given session are not available.

PSYCHOLOGISTS: 2.0 CE hours/credits per event.

The Philadelphia College of Osteopathic Medicine (PCOM) Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The PCOM Department of Psychology maintains responsibility for this program and its content.

NBCC COUNSELORS: 2.0 CE hours/credits per event. The PCOM Department of 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. The PCOM Department of Psychology is solely responsible for all aspects of the programs.

LICENSED SOCIAL WORKERS: 2.0 CE hours/credits per event. The PCOM Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The PCOM Department of 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. Social workers who meet the CE criteria will receive the Certificate of Attendance.*

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FALL 2016

ROVINSKY FAMILY LECTURESHIP

The Department of Psychology cordially invites you to attend our Rovinsky Family Lectureship to learn about current critical issues in clinical practice. Our speakers are experts within the fields of psychology and mental health and provide training for psychologists, social workers, counselors, psychiatrists and health care providers.

LOCATION:

Philadelphia College of Osteopathic Medicine
4170 City Avenue
Rowland Hall 340A

TIME: 6:00 p.m. to 8:00 p.m.
Refreshments will be served.

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. Unless otherwise noted in the promotional materials, all PCOM Department of Psychology Continuing Education programs are free of charge. For any program for which a fee is charged, there is a Refund/Cancellation Policy.

Refund/Cancellation Policy: For any program that has a fee attached, the Department of Psychology requires that notification of cancellation be made no later than three business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within three 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 Rachel Cuffeld-Gaymon, MBA, coordinator of continuing education, at 215-871-6533 or RachelCu@pcom.edu