

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
UPPER DARBY, PA
PERMIT NO. 167

PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE

Department of Psychology – Continuing Education

Rowland Hall

4190 City Avenue

Philadelphia PA 19131-1693



PHILADELPHIA
COLLEGE OF
OSTEOPATHIC
MEDICINE

DEPARTMENT
OF PSYCHOLOGY
CONTINUING
EDUCATION

FALL 2017
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

Please submit your registration online by visiting ContEd.pcom.edu and click the "View Catalog" button.

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: \$5.00

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

Those attending 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. PCOM's Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. PCOM's Department of Psychology maintains responsibility for this program and its content.

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

LICENSED SOCIAL WORKERS: 2.0 CE hours/credits per event. PCOM's Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. PCOM's Department of Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts continuing education hours/credits for social workers from providers that are approved by the American Psychological Association to sponsor continuing education for psychologists. 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.

Director of Continuing Education

Robert A. DiTomasso, PhD, ABPP

Associate Director of Continuing Education

Bruce S. Zahn, EdD, ABPP

Continuing Education Student Advisory Committee

Mark Cassano, PsyD '17
John Michael Della Porta, PsyD '17

Coordinator for Continuing Education

Rachel J. Cuffeld-Gaymon, MBA

FALL 2017

ROVINSKY FAMILY LECTURESHIP

Philadelphia College of Osteopathic Medicine's 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 healthcare 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.



OCTOBER 27, 2017

Torrey A. Creed, PhD

TOOLS OF THE TRADE: INTEGRATING WORKSHEETS TO SUPPORT KEY CBT INTERVENTIONS

There are many, many tools in a CBT clinician's tool box—so why do so many of us resort to using the same three or four interventions in our sessions? Often, clinicians find a few interventions that they feel very comfortable with, and use those regularly instead of accessing the many available CBT interventions. This workshop will emphasize the advantages of integrating CBT worksheets regularly in session as a tool to enhance the CBT skills of both the clinician and people participating in services. The emphasis will be on the use of specific worksheets and tools for use in fostering recovery among people with anxiety, depression and other common challenges. Participants will have access to the worksheets that are presented for their use post-workshop. Discussion will include use of workshops in individual and group CBT sessions with experiential exercises for hands-on learning. The presenter will use the clinical and empirical literature as well as practice knowledge in this area to inform guidelines for best practice.

Target Audience: Doctoral-Level Psychologists and Other Mental Health Professionals

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

Educational Objectives:

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

- Identify the advantages for clinicians of integrating worksheets into CBT sessions;
- Explain to a client the rationale for integrating worksheets into CBT sessions;
- Demonstrate the use of a specific CBT worksheet to foster wellness with a person seeking services for anxiety;
- Demonstrate the use of a specific CBT worksheet to foster wellness with a person seeking services for depression; and
- Discuss the application of worksheets to diverse populations.

ABOUT THE SPEAKER: Torrey A. Creed, PhD, is an assistant professor at the University of Pennsylvania's Perelman School of Medicine, where she leads a training and research program that combines the state of the science in a transdiagnostic CBT with an innovative approach to the needs of underserved, inner-city, low-income public mental health organizations. This program, known as The Beck Community Initiative, is one of the largest academic-community implementation partnerships in the United States, resulting in close to a thousand community providers trained in CBT. Dr. Creed is also a faculty member of the Beck Institute, traveling nationally and internationally to lecture about the implementation and practice of CBT in diverse populations. Dr. Creed's primary research interests are the effective dissemination and implementation of CBT in community care, CBT with children, adolescents and families, and the integration of CBT with principles of recovery.

SUGGESTED READINGS:

Creed, TA, Reisweber, J., & Beck, AT (2011) *Cognitive Therapy for Adolescents in School Settings*. Guilford Press: NY

Creed, T.A., Frankel, S.A., German, R., Green, K.L., Jager-Hyman, S., Pontoski, K., Adler, A., Wolk, C.B., Stirman, S.W., Waltman, S.H., Williston, M.A., Sherrill, R., Evans, A.C., & Beck, A.T. (2016). Implementation of transdiagnostic cognitive therapy in diverse community settings: The Beck Community Initiative. *Journal of Consulting and Community Psychology*.

NOVEMBER 17, 2017

Patricia Hillis-Clark, PsyD, BCBA

IDENTIFICATION, TREATMENT AND RECOVERY FOR SEXUALLY EXPLOITED AND TRAFFICKED CHILDREN

In this presentation, Dr. Hillis-Clark will offer an overview of sexual exploitation and how it differs from prostitution. The presenter will discuss terms and definitions, national trafficking routes, and the demand for the sale of children and youth; she will provide information about the myths and stereotypes associated with trafficking victims. The presenter will also review pathways and precursors to commercial and sexual exploitation of youth including an overview of the risk factors that predispose youth to being trafficked and the continuum of sexual abuse. The impact of sexual exploitation will be explored including the socio-economic costs of violence, cultural factors and the physical and psychological impact for victims. The presentation will conclude with an overview of the process of identifying victims and engaging them in recovery. Emphasis will be placed on identifying the needs of victims, the do's and don'ts of appropriate engagement, and a review of interventions. The presenter will use the clinical and empirical literature as well as practice knowledge in this area to inform guidelines for best practice.

Target Audience: Doctoral-Level Psychologists and Other Mental Health Professionals

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

Educational Objectives:

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

- Describe the difference between sexual exploitation and prostitution;
- Discuss the socio-economic costs of violence and the impact upon victims;
- Discuss cultural considerations relevant to this population;
- Discuss ways in which exploited youth are identified; and
- Describe the needs of victims and treatment interventions.

ABOUT THE SPEAKER: Dr. Patricia Hillis-Clark has worked in the child and adolescent behavioral healthcare field for over 20 years. She has a history of partnering with state and local policy makers to address issues affecting the mental health field and understands the complexities facing psychologists today. Throughout her entire career, she has served in the private non-profit sector. She specializes in working with a highly-traumatized population; including sexually exploited and trafficked youth. Dr. Hillis-Clark's areas of research and development include program evaluation and outcomes monitoring of evidenced based practices. She has served as a past Division 12 reviewer for the Annual Convention Submissions for Presentation and is a member of the Division 12 Committee on Mentorship. Dr. Hillis-Clark received her doctorate in clinical psychology from Chestnut Hill College, and is a board certified behavior analyst.

SUGGESTED READINGS:

Sidun, N. M., Hume, D. L., Alejano-Steele, A., Burke, M. C., Contreras, M., Finckenaue, J. O., ... Alexandra (Sandi) Pierce. (2014). Report of the Task Force on Trafficking of Women and Girls. Washington, DC. Retrieved from <http://www.apa.org/pi/women/programs/trafficking/report.aspx>

Cohen, J. A., Mannarino, A. P., & Kinnish, K. (2017). Trauma-Focused Cognitive Behavioral Therapy for Commercially Sexually Exploited Youth. *Journal of Child and Adolescent Trauma*, 10(2), 175–185.

Hammond, G. C., & McGlone, M. (2014). Entry, Progression, Exit, and Service Provision for Survivors of Sex Trafficking: Implications for Effective Interventions. *Global Social Welfare*, 1(4), 157–168.

Muraya, D. N., & Fry, D. (2016). Aftercare Services for Child Victims of Sex Trafficking: A Systematic Review of Policy and Practice. *Trauma, Violence, & Abuse*, 17(2), 204–220.

DECEMBER 1, 2017

Michelle R. Lent, PhD

PSYCHOSOCIAL FACTORS IN BARIATRIC SURGERY: WHAT YOU NEED TO KNOW AND WHAT YOU NEED TO ASK

This lecture will review the most common bariatric surgery procedures and the role of the psychologist in the integrated health bariatric surgery patient care team. An overview of the essential components of the psychosocial evaluation before bariatric surgery will be provided, as well as recommendations for psychological follow-up care after surgery. Specific emphasis will be placed on the assessment of patient readiness for surgery, as well as understanding of the potential surgical risks and of the post-operative diet and lifestyle. Current research on pre- and post-operative psychosocial factors in bariatric surgery will be discussed, including weight bias, quality of life, socioeconomic and cultural factors and the potential for adverse outcomes. The presenter will use the clinical and empirical literature as well as practice knowledge in this area to inform guidelines for best practice.

Target Audience: Doctoral-Level Psychologists and Other Mental Health Professionals

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

Educational Objectives:

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

- Prepare a clinical psychosocial interview for bariatric surgery candidates;
- Describe the psychosocial factors associated with bariatric surgery outcomes;
- Apply relevant research findings to identify potentially high-risk patients; and;
- Utilize empirical support to enhance patient-provider discussions of post-operative expectations

ABOUT THE SPEAKER: Michelle Lent, PhD, is an associate professor of psychology at Philadelphia College of Osteopathic Medicine and an investigator in Geisinger Health System's Obesity Institute. She received her PhD in clinical psychology (health emphasis) from Yeshiva University and completed her pre-doctoral internship and post-doctoral fellowship in behavioral medicine at Temple University Hospital and the Temple University Center for Obesity Research and Education. Clinically, she specializes in the behavioral treatment of obesity. Her program of research focuses on obesity prevention and treatment in adults and children, with a specific interest in the psychosocial aspects of bariatric surgery. She has published more than 25 peer-reviewed manuscripts on obesity and is currently an investigator on several projects funded by the NIH and the Patient-Centered Outcomes Research Institute.

SUGGESTED READINGS:

Sogg, S., & Mori, D. (2009). Psychosocial evaluation for bariatric surgery: The Boston Interview and opportunities for intervention. *Obes Surg* (2009) 19:369–377.

Lent, M. R., Benotti, P. N., Mirshahi, T., Gerhard, G. S., Strodel, W. E., Petrick, A. T., ... & Zubair, F. (2017). All-Cause and Specific-Cause Mortality Risk After Roux-en-Y Gastric Bypass in Patients With and Without Diabetes. *Diabetes Care*, 40(10), 1379-1385.

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 of PCOM's Department of Psychology CE 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, PCOM's 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.

