

# SVPA ANNUAL CONFERENCE

# 2016

# OCTOBER 7

## HILTON SACRAMENTO ARDEN WEST

**9AM - 5PM** (CONTINENTAL BREAKFAST AND  
REGISTRATION STARTING AT 8 AM)

REGISTER AND FIND MORE INFORMATION:  
[www.sacramentovalleypsychologist.com](http://www.sacramentovalleypsychologist.com)



**SACRAMENTO VALLEY  
PSYCHOLOGICAL ASSOCIATION**  
ADVANCING EXCELLENCE • CREATING OPPORTUNITIES • INVESTING IN YOU

## PSYCHOLOGY IN THE SACRAMENTO VALLEY: CUTTING EDGE INNOVATIONS AND COMMUNITY CONNECTIONS

6 CE's available for Psychologists,  
LMFT's, and LCSW's.

**Full Members** \$175

**Student Members** \$75

**Associate Members** \$175  
(LMFT, LCSW, MA, etc.)

**Non-member** (conference only) \$225

**Non-member** (conference plus  
membership through 2017) \$250

**Student Non-Members** \$100

**REGISTER  
NOW!**



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## PSYCHOLOGY IN THE SACRAMENTO VALLEY: CUTTING EDGE

### DESCRIPTION

Tradition. The Sacramento Valley Psychological Association continues its tradition of presenting influential voices to understand current states and future directions in mental healthcare. Hear our region's own thought-leaders, action planners, and local innovators who are creating the future of healthcare, right here in Sacramento California. The 2016 SVPA Annual Conference is the place where mental health professionals come together to network, learn about current state of mental health in the valley, and have fun. Conference participants are from community health settings, academics, corporate and private practice; including PhDs, PsyDs, EdDs, LCSWs and MFTs.

Schedule. The morning begins with a summit on the current state of regional mental health care. The keynote speaker provides a perspective on how psychologists can best address local patients needs, followed by a panel discussion with community representatives. Next, attendees select three of nine targeted educational sessions. The social/networking hour commences immediately afterwards.

### TARGET AUDIENCE

This activity is designed for psychologists, licensed clinical social workers and marriage and family therapists.

### WHY YOU SHOULD ATTEND

This conference is designed to improve competence in multicultural therapeutic process, psychotherapy in general, and in dealing with aspects of suicide.

### ACCREDITATION & CREDIT DESIGNATION

Accreditation. The Sacramento Valley Psychological Association (SVPA) is accredited by the California Psychological Association (CPA) to offer Continuing Education credit for psychologists (6 CE), social workers (6CE), and marriage and family therapists (6 CE).

Determination of credit is pending approval at this time.

Confirmation of registration will be sent via email within 5 days of registration. Tuition includes breakfast, refreshment breaks, lunch,

electronic syllabus. Tuition may be paid by check, or credit card.

Cash is not accepted. SVPA reserves the right to cancel this conference. In such a case, full refund will be given.

Satisfactory Completion: Participants must have paid tuition fee, signed in, attended the entire conference day, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or sign out will result in forfeiture of credit for the entire course.

**No exceptions will be made. Partial credit is not available.**

### CANCELLATION AND REFUND POLICY

A refund of tuition, less \$75 administrative fee, will be allowed if requested in writing by September 23, 2016. No refunds will be provided after this date.

### LOCATION

Hilton Sacramento Arden West is located at 2200 Harvard St, Sacramento, CA 95815.

### PHOTO RELEASE:

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## PSYCHOLOGY IN THE SACRAMENTO VALLEY: OCTOBER 7 2016 SCHEDULE

### 2016 CONFERENCE SCHEDULE

8:00-9:00	Registration & Breakfast		
9:00-10:30 <i>Session 1: Keynote</i>	<b>Making the Community Connection in Sacramento: Opportunities in Mental Health</b> Jonathan Porteus, PhD Panel: Jonathan Porteus, PhD, Le Ondra Clark Harvey, PhD & Taisha Caldwell-Harvey, PhD		
10:30-11:00 <i>Networking</i>	Break/Networking/Exhibits		
11-12:30 <i>Session 2</i>	Means Restriction: Talking About the Tools of Suicide With Patients (Joseph H. Obegi, PsyD)	Digital Decisions in Psychotherapy: Ethical Use of Social Media and Electronic Systems (Margaret Bezmalinovic, PsyD, Catherine Cohen, PsyD)	Addressing Cultural Disconnect in Therapy: Strategies for Working with Multicultural Ruptures (Sheetal Shah, PhD, Bedford Palmer II, PhD, Shyma El Sayed, PsyD, Malakai Coté, PhD)
12:30-1:30 <i>Lunch</i>	• Lunch, Exhibits		
1:30-3:00 <i>Session 3</i>	Cultivating Empowerment: Preventing Suicide in the LGBTQ Community Using Affirmative Therapy (Rick Grant-Coons, PsyD)	Namaste Nourish: Eating Disorder Recovery Groups Using Yoga (Katie Cougevan, PhD)	Providing Bilingual Therapy: Clinical Competencies and Patient Needs (Cyrus Moazum, PhD, Jeff Reznicek-Parrado, PhD, Luis Rodriguez, LMFT, Esmeralda Zamudio, PsyD)
3:00-3:15	Break		
3:15-4:45 <i>Session 4</i>	California's New End-of-Life Option Act: How Will it Impact Psychologists? (Elizabeth Winkleman, JD, PhD)	Learning to Breathe Underwater: A Workshop on Compassion for Professionals (Sean Cook, PsyD, Luana Coloma Cook, PsyD)	How Do You Build Peer Consultation into Your Practice: Four Perspectives (Cathy Neuhauser, PhD, Katie Polsky, PhD, Christopher Mathe, PhD, Guy Washington, PsyD)
4:45-5:00 <i>Review</i>	Checkout/Pick up CE certificates		
5:00-6:30	Informal Networking/Social Hour		

## PRESENTING FACULTY



**KEYNOTE SPEAKER: Jonathan Porteus, PhD** is well known in northern California; he is the CEO of WellSpace Health which has served Sacramento's low-income and underserved individuals and families since 1953. WellSpace Health is the only 'full' FQHC serving the Sacramento region.

**Le Ondra Clark Harvey, Ph.D.** is the Chief Consultant, Assembly Committee on Business and Professions at California State Assembly. Dr. Clark Harvey is a health policy consultant who analyzes legislation that affects health care professionals. Dr. Clark Harvey earned her doctorate in psychology and is trained as a psychologist.



**Taisha Caldwell-Harvey, Ph.D.** completed her B.A. in Sociology from Spelman College, M.A. and Ph.D. in Counseling Psychology from Southern Illinois University, and a postdoctoral fellowship at the University of California Irvine. Currently, Dr. Caldwell-Harvey serves as the Mental Health Program Manager/Clinical Coordinator for the University of California Office of the President and responsibilities include clinical coordination and program evaluation, researching best practices.

**Margaret Bezmalinovic, Psy.D** is currently in private practice in Sacramento, CA, a clinical instructor for University of California Davis Medical System in the Physical Medicine and Rehabilitation Department, and a volunteer lecturer for the Child and Adolescent Psychiatric Services in Sacramento County.



**Catherine Cohen, Psy.D.** Dr. Cohen has a private practice in Midtown, Sacramento. Special areas of focus have included work with abuse and trauma survivors, relationship and intimacy issues, work concerns, identity and development issues, chronic illness and health, as well as learning disability evaluations and ADHD evaluations.

**Luana Coloma Cook, Psy.D.** is a licensed clinical psychologist who has spent her professional career collaborating with families and educators. Luana has a private practice in Midtown Sacramento where she specializes in supporting couples, families, parents, children/adolescents, and teachers to develop brain-based knowledge, attachment-wise caregiving, and compassion.



**Sean Cook, Psy.D.** is a licensed psychologist and owner of Three Rivers Mindfulness Training and Psychotherapy—a small group practice serving children, teens, families, adults, and couples in Sacramento and Davis. He specializes in mindfulness training and attachment-based approaches to relationship distress, depression, and anxiety. He is a certified Emotionally Focused Couples Therapist (EFT) and a trained Mindful Self-Compassion (MSC) teacher.



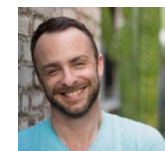
**Malakai Coté, Ph.D.** is a Licensed Psychologist in Independent Practice and received his doctorate in Counseling Psychology from University of Oregon. Dr. Coté is an expert in college student mental health and wellness as a clinician and research consultant. Dr. Coté is also a trained yoga teacher and he integrates mindfulness-based approaches into his work with clients.

**Katie Cougevan, Ph.D.** has worked as the Eating Disorder Coordinator for UC Davis for 10 years. She is also a 2,000 hour certified yoga instructor and facilitator for Namaste Nourish- yoga recovery for eating disorders. She is excited to bring the trainings from the Inner Door Center into awareness with a presentation on yoga and eating disorder groups.



**Shyma El Sayed, Psy.D.** is a Licensed Clinical Psychologist with a private practice in downtown, Sacramento, CA called think.paint.feel: creative psychological services where she integrates traditional talk therapy with creative modalities in order to enhance the expressive experience.

**Rick Grant-Coons, Psy.D.** trained at several community agencies including AIDS Project Los Angeles, Los Angeles LGBT Center, South Central Training Consortium and The Los Angeles Children's Hospital-High Risk Youth Program. Currently, Dr. Grant-Coons has his private practice, Empowered Living Therapy, in Sacramento and is helping to develop mental health and suicide prevention programs for the LGBTQ communities.



**Chris Mathe, Ph.D., MBA** has been a perpetual student with BAs in Political Science and Economics, Masters in Business Administration and in Clinical Psychology, and another year towards a PhD in Change in Human Systems. I completed my PhD in Clinical Psychology. I am also a coach and counselor with the Authentic Leadership Center.



**Cyrus Moazum, Ph.D.** has been a Clinical and Forensic psychologist over the past 22 years in Sacramento County. Past roles were Chief Psychologist and Chief of Mental Health in California Department of Correction and Rehabilitation and commissioner of Sacramento County Adult and Aging Commission. As an Adjunct Professor in Alliant International University he taught Psychological Forensic Assessment and Multicultural Therapy (MCT).



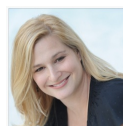
**Cathy G. Neuhauser, Ph.D.** has been in private practice in Woodland and in Davis since 1984. Her special interests as a psychotherapist include: adult survivors of childhood trauma (including those with Dissociative Identity Disorder); adults with Eating Disorders; and children with Attention Deficit Disorders.

**Joseph H. Obegi Psy.D.** is a Senior Psychologist Supervisor with the California Department of Corrections and Rehabilitation where he manages inpatient and patient mental health services. In the community, he provides training and consultation in suicide risk assessment and intervention, has part-time practice specializing in co-occurring disorders, and writes about suicide risk assessment and attachment theory.



**Bedford Palmer, Ph.D.** has worked as a teacher in the inner city; an outreach officer and adviser for first generation, low income, minority and disabled students; as head residential adviser for the Cal State Long Beach Upward Bound Program; and has served on the board of directors for the Association of Black Psychologists. Currently Dr. Palmer is an assistant professor in the counseling department at Saint Mary's College of California, he has a private practice in Oakland, and cohosts the Naming It podcast.

**Katie S. Polsky, Ph.D.** is a licensed clinical psychologist and the Director of Vantage Point Center for Psychotherapy which specializes in the treatment of Eating Disorders, and OCD/Anxiety Disorders, and trauma in Sacramento, CA. Dr. Polsky has worked in all levels of eating disorder and anxiety treatment care including: residential, PHP, and IOP's as well as on college campuses.



**Jeff Reznicek-Parrado, Ph.D.** earned his Ph.D. in counseling psychology from the University of Nebraska-Lincoln. He works full-time in a private group practice in Sacramento and Davis (Three Rivers Mindfulness Training & Psychotherapy). Dr. Reznicek specializes in EFT couple's counseling, and mindfulness-based approaches in the treatment of anxiety and depression.

**Luis Rodriguez, LMFT** is a Licensed Marriage and Family Therapist and Certified Employee Assistance Professional. He holds a Master's of Arts in Counseling Psychology and Master's in Public Administration from the University of San Francisco. Luis has a private practice in Elk Grove and Galt, CA providing individual, couples and family therapy to Spanish and English speaking clients. Luis has also worked for the Mental Health Services Oversight and Accountability Commission on the Cultural and Linguistic Competency Committee.



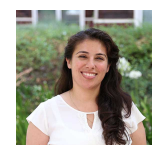
**Sheetal Shah, Ph.D.** is a psychologist at University of California, Davis. She works with the Community Advising Network, outreaching to underserved, underrepresented and multicultural populations with the intent of reducing mental health stigma. In addition, Dr. Shah is an Adjunct professor at the Clinical Psy.D. program at Alliant International University, Sacramento, having served as a Assistant Professor there in the past.

**Guy E. Washington, Psy.D.** began working for CDCR in 07/2006 and continued with CDCR until recently. Dr. Washington now works as a forensic psychologist/evaluator (Independent Contractor) for the Department of State Hospitals with the Mentally Disordered Offenders Program.



**Elizabeth Winkelman, JD, Ph.D.** is the Director of Professional Affairs at the California Psychological Association. From 2014 to 2015, Dr. Winkelman worked as a Practice and Risk Management Consultant for The Trust. From 2005 to 2013, she worked at the American Psychological Association, where she most recently served as Director of Legal and Professional Affairs. She has written on topics including confidentiality, duty to protect, harassment by clients, professional wills, treatment of minors, child abuse reporting and inter-jurisdictional telehealth. She received her JD from Columbia University School of Law and her PhD in Clinical Psychology from The New School for Social Research.

**M. Esmeralda Zamudio, Psy.D.** earned her Bachelors of Art degree from San Francisco State University with a minor in Raza Studies and Human Sexuality. Her professional interests are Chicana/Latina students, AB540 & Undocumented populations, Social Justice, Traditional methods of healing, First generation college students, LGBTQ identities, Intersections of identity, ecological framework, self psychology.



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## PROGRAM DESCRIPTIONS

### 9:00 – 10:30 Keynote and Panel

Jonathan Porteus, PhD, Le Ondra Harvey, PhD and Taisha Caldwell-Harvey will highlight the role of community psychology in Sacramento and will provide an analysis on the systemic mental health problems of cities such as Sacramento, that need to be solved. Issues such as homelessness, the issues related to overcrowding of emergency rooms with psychiatric patients, and both university and community mental health resources are explained. The psychologists' roles and responsibilities regarding organizational and systemic issues as well as resolution of these issues will be discussed.

### 11:00 – 12:30

#### *Means Restriction: Talking About the Tools of Suicide with Patients*

Presenter: Joseph H. Obegi, Psy.D.

Joseph Obegi, PsyD will present issues related to suicidal thinking and behavior with key ways to reduce suicidal risk. Suicidal thinking and behavior are the most dangerous symptoms a clinician will encounter. A key way to reduce risk of suicide is means restriction counseling: Assessing whether your at-risk patients have access to lethal ways of killing themselves and taking steps to limit access until the suicidal crisis passes will be discussed. This course reviews the research and scientific basis for limiting access to lethal means. Myths about suicide and lethal means will be reviewed. This course will introduce ways clinicians can engage patients and the families in making the environment safer, including the benefits of reducing access to lethal means.

#### *Digital Decisions in Psychotherapy: Ethical use of Social Media and Electronic Systems*

Presenters: Margaret Bezmalinovic, Psy.D. & Catherine Cohen, Psy.D.

Margaret Bezmalinovic, PsyD & Catherine Cohen, PsyD will present issues regarding the use of technology in private practice, as a certain area of interest for psychologists and other mental health clinicians. In the current landscape, clinicians in private practice must be mindful of ethical principles, state laws, and practice standards. This presentation will provide an overview of current thinking and best practices as well as demonstrations of pros/cons in a series of realistic scenarios faced by clinicians regardless of technological savvy. Participants will leave prepared to develop and implement their own technology policies for social media, web presence, and telecommunications.

#### *Addressing Cultural Disconnect in Therapy: Strategies for Working with Multicultural Ruptures*

Panelists: Sheetal Shah, Ph.D., Bedford Palmer, Ph.D., Shyma El Sayed, Psy.D., Malakai Coté, Ph.D.

Moderator: Ryan Cheperka, Ph.D.

Panelists will discuss multicultural ruptures in the therapeutic relationship, such as microaggressions and the crucial role of "disconnections" within relationships, particularly when multicultural differences, stratifications, and privilege are involved. Panelists will share theoretical perspectives, such as Relational Cultural Therapy, case examples, and strategies for working with multicultural ruptures that arise from power and cultural differences in therapy. These skills are essential for providing ethical and multi-culturally competent treatment.

### 1:30 – 3:00

#### *Cultivating Empowerment: Preventing Suicide in the LGBTQ Community using Affirmative Therapy*

Presenter: Rick Grant-Coons, Psy.D.

Rick Grant-Coons, PsyD will present issues regarding suicide and the LGBTQ community. With a suicide death every 12.8 minutes and over a million attempts in the United States every year, suicide impacts every community. This is especially true for the Lesbian, Gay, Bisexual, Transgender, Queer and Questioning communities. Today, more research has shown elevated risk factors specific to these communities due to heterosexist & transphobic abuse that exists in society. LGBTQ Affirmative Therapy is an approach to psychotherapy that is based on the understanding that LGBTQ people are not just tolerated or accepted, but celebrated for their value in any culture. This perspective is essential for effective therapy since it challenges many years of hostility inflicted by the dominate culture. Mental health clinicians trained in LGBTQ Affirmative Therapy and Suicide Prevention can improve their effectiveness for helping LGBTQ clients increase protective factors and resilience while decreasing risk of suicide attempts and death.

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*Namaste Nourish: Eating Disorder Recovery Groups using Yoga*

Presenters: Katie Cougevan, Ph.D.

Katie Cougevan, PhD will present on Yoga and eating disorders. Yoga is a practice of using physical energy that is designed to bring one into closer understanding and mastery of the mind. This presentation will provide a general overview of yoga, the yoga sutras, and pranayama (control of breath) and how all of these can have a profound impact in healing from an eating disorder. This interactive presentation will also offer specific group therapy techniques, derived from a yoga practice and introduced using psychodrama, DBT and ACT concepts. The audience will have an opportunity to participate in a mindfulness exercise, pranayama, experiential activities, and some light yoga (for those who choose to participate).

*Providing Bilingual Therapy: Clinical Competencies and Patient Needs*

Panelists: Cyrus Moazum, Ph.D., Jeff Reznicek-Parrado, Ph.D., Luis Rodriguez, LMFT, M. Esmeralda Zamudio, Psy.D.

The current presentation aims to address current issues for bilingual therapists who provide bilingual treatment in their practices. This will primarily target cultural competencies required for linguistic communities and issues and strategies for doing so. This will include an examination of necessary requirements for language assistance. Sacramento Valley includes a high percentage of non-English speakers, and increase awareness of needs, as well as educate about therapist experiences in providing treatment.

**3:15 - 4:45**

*California's New End of Life Option Act: How Will It Impact Psychologists?*

Presenter: Elizabeth Winkelman, JD, Ph.D.

On June 9, 2016 the California End of Life Option Act (AB-15) took effect. California is now the 5th state in the nation to allow patients to obtain aid-in-dying drugs from a physician. All psychologists, regardless of their personal views on this topic, should be familiar with the basic provisions of this law in order to understand psychologists' roles and to be able to respond to patients' inquiries. This presentation will include the "key features" of this law and its significance for psychologists. The presentation will also address legal, ethical, and professional practice issues associated with AB-15.

*Learning to Breathe Underwater: A Workshop on Self-Compassion for Professionals*

Presenters: Sean Cook, Psy.D. & Luana Coloma Cook, Psy.D.

This presentation will draw from the Mindful Self-Compassion (MSC) program developed by Kristin Neff, Ph.D., and Christopher Germer, Ph.D. Over the past decade an increasingly large body of research by Neff and others has linked self-compassion to trauma resiliency, body satisfaction and appreciation, healthy aging, decreased depression, decreased anxiety, increased relationship satisfaction, and maintenance of health-related behaviors like diet and exercise. This presentation will offer an introduction to self-compassion practice, as well as an exploration of caregiver fatigue and the role that self-compassion can play in preventing burnout. Opportunities for experiential learning will be provided.

*How Do You Build Peer Consultation Into Your Practice?: Four Perspectives*

Panelists: Cathy G. Neuhauser, Ph.D., Katie S. Polsky, Ph.D., Christopher L. Mathe, Ph.D., Guy E. Washington, Psy.D.

Moderator: Amy Ahlfled, Psy.D.

Peer consultation groups provide a forum for practitioners to meet informally with peers and colleagues to discuss clinical and practice issues in a supportive and confidential setting. This panel will discuss how practitioners can benefit from participation in a peer consultation group, various forms the groups can take, and additional considerations related to peer consultation. The panelists are clinical psychologists who work in diverse settings that range from forensic settings to private and group practices who all have had extensive experience as participants and leaders of peer consultation groups. They will describe their philosophy, methodology, and experiences with peer consultation groups. Applicable research studies will be highlighted to provide context and deeper understanding of the peer consultation model. Workshop participants will learn the "nuts and bolts" of setting up and facilitating their own peer consultation groups. Time will be allotted for peer consultation groups to be formed to fit the needs of workshop participants. This workshop is intended for practitioners of all levels from early career clinicians to more seasoned clinicians who are seeking knowledge about how to effectively organize and run peer consultation groups.