

October 29-30

Cambria Hotel & Suites 825 East Beaton Dr
West Fargo, ND 701-551-0120

Also Available: Online Registration
and pay by credit card at www.ndpsych.org

NOTE: NEW
LOCATION



Thursday:

More than Managing:

Living Well with Chronic Pain

Presenter: Mary Davis, PhD

Friday:

Clinical Supervision:

Ethics & Professional Standards

Presenters: Stacey Benson, PsyD and April Bradley, PhD

ABOUT THURSDAY WORKSHOP

Psychological approaches to the treatment of chronic pain conditions have traditionally focused changing the behavioral, social, and cognitive factors that fuel pain and limit functioning. Thus, the target for treatment has been primarily symptom management, very much in line with a medical model. More recent approaches, though, have included an emphasis on the value of broadening and building the capacity for positive emotion and social bonds, to more explicitly boost well-being and life satisfaction. This contemporary work draws on the growing influence of “positive psychology” to highlight the value of paying attention to the enjoyable and meaningful aspects of life in our efforts to help clients. This workshop is designed to provide background knowledge regarding the biopsychosocial aspects of chronic pain, and to develop participants’ understanding of and skill applying cognitive-behavioral (CBT) and mindfulness-based (MB) techniques in treatment of chronic pain. The program will begin with a broad overview of the factors that contribute to chronic pain and its associated mood and interpersonal problems. Discussion will then turn to how CBT and MB approaches identify and address the problems experienced by pain patients. To maximize the opportunity for workshop participants to gain experience in applying key skills, sample case vignettes, experiential activities, practice exercises, and question and answer periods will be integrated throughout the workshop.

Conference Details

NOTE: Participants arriving more than 15 minutes after the scheduled starting time of the workshops or departing prior to the end of the workshops will not receive CE credits

THURSDAY WORKSHOP PRESENTER

Mary Davis is a Professor in the Department of Psychology and Interim Director of the Center for Veterans' Wellness Research at Arizona State University. During the past 20 years in her work as a clinical health psychologist, she has been interested in identifying and building key sources of resilience for adults with chronic pain. Three aspects of resilience hold special promise: Bolstering a sense of mastery, developing a greater capacity to contain negative emotions during times of pain and stress, and boosting positive social bonds. She has conducted empirical research to examine whether cognitive-behavioral and mindfulness-based treatments that promote these resilience resources help individuals thrive despite their chronic pain, recover from traumatic stress, and rebound from depression. Her work includes determining the effects of these interventions on emotional and social health and day-to-day functioning, but also on physiological markers of risk and resilience, including heart rate variability and blood pressure, stress hormones, and inflammatory factors.

SCHEDULE FOR THURSDAY:

8:30-9:00 - *Registration & Continental Breakfast*
9:00-10:30 - Session 1
10:30-10:45 - *Refreshment & Networking Break*
10:45-Noon - Session 2
Noon-1:00 - *Lunch Buffet (included in registration fee)*
1:00 – 2:30 - Session 3
2:30-2:45 - *Refreshment & Networking Break*
2:45-4:15 - Session 4
4:30-5:30 - NDPA Annual Meeting

SCHEDULE FOR FRIDAY:

8:00-8:30 - *Registration & Continental Breakfast*
8:30 - 10:00 - Session 1
10:00 - 10:15 - *Break*
10:15 – Noon - Session 2

NDPA Annual Meeting 4:30pm Thursday Afternoon

FRIDAY WORKSHOP DETAILS

Clinical Supervision: Ethics and Professional Standards

This advanced workshop will review APA, North Dakota, and Minnesota guidelines for conducting clinical supervision. Many common ethical dilemmas that arise in the context of supervision will also be discussed

Dr. April Bradley is a licensed clinical psychologist and associate professor in clinical and forensic psychology at the University of North Dakota. She supervises graduate student clinicians, psychology residents, and conducts research on child forensics and sex-related crime. She is the owner of the Family Institute, PC, in Grand Forks and Fargo and conducts clinical work with children, adults, couples, and families.

Dr. Stacey Benson is a licensed clinical psychologist. Over her career she has supervised psychologists, psychology residents, social workers, LPCC's, LMFT's, and students. She helped create the first APPIC, then APA approved internship in North Dakota and served as its Director of Training. She teaches at NDSU, is the CEO of Benson Psychological Services and CEO of Sex Offender Treatment and Assessment of ND.

Conference Registration

NOTE: Participants arriving more than 15 minutes after the scheduled starting time of the workshops or departing prior to the end of the workshops will not receive CE credits.

	Postmarked	Before	After
		Oct. 9	Oct. 9

■ NDPA Members

Thursday Workshop.....	\$165.00	\$195.00	
Friday Conference	\$165.00	\$195.00	
Both Thursday & Friday.....	\$265.00	\$310.00	

■ Non-Members

Thursday Workshop.....	\$195.00	\$215.00	
Friday Conference	\$195.00	\$215.00	
Both Thursday & Friday.....	\$310.00	\$345.00	

■ NDPA Student Members Only

Thursday Workshop.....	\$35.00	\$65.00	
Friday Conference	\$35.00	\$65.00	
Both Thursday & Friday.....	\$55.00	\$105.00	

TOTAL ENCLOSED* _____

Name _____
LAST FIRST MI DEGREE

Preferred Mailing Address _____
AGENCY (IF APPLICABLE)

STREET OR BOX

Check if new address

CITY STATE OR PROVINCE ZIP CODE

Profession _____

Daytime Phone _____

Email Address _____

***Check or money order payable to NDPA must be enclosed. Vouchers not accepted.
 To register online and pay by credit card go to www.ndpsych.org.**

Mail to: John Collins, Registrar Foster County Clinic, PO Box 79, Carrington, ND 58421, (701) 652-7196

P.O. Box 7370, Bismarck, ND 58501-7370

ADDRESS SERVICE REQUESTED

ACCESSIBILITY

NDPA will attempt to make this event accessible to all individuals. Please describe access requirements in writing and send to the Conference Chair no less than two weeks in advance of this event.

CANCELLATION POLICY

Workshop registration cancellations postmarked by October 10 will result in a refund, less \$50.00 administrative charge. All requests must be made in writing to the Conference Chair, PO Box 7370, Bismarck, ND 58507

No refunds will be issued after October 10

FULL REFUNDS WILL ONLY BE MADE IN THE EVENT THE CONFERENCE CANNOT BE HELD DUE TO INCLEMENT WEATHER.

REGISTRAR

John Collins, Registrar
P.O. Box 79
Carrington, ND 58421
(701) 652-7196

C.E. CREDIT

NDSBPE approval has been granted for NDPA workshops. All participants will receive course completion certificates.

ROOM RESERVATIONS:

Contact the Cambria Hotel West Fargo, directly at 701-551-0120
Room block and rate expires: October 2, 2015

**MARK
YOUR
CALENDARS**

NDPA FUTURE CONFERENCES

- ▶ May 5-6, 2016 Spring Conference - (TBA, Fargo)
- ▶ October 27-28, 2016 Fall Conference - (TBA, Fargo)