

Look for our "Save the Date"
e-mail for the
December 2010

HOLIDAY PARTY



Don't miss SAPA's Annual Dinner

TUESDAY,
JANUARY 18,
2011

COCKTAILS
6:00 - 7:00 PM
DINNER
7:00 - 8:30 PM

Invitations Forthcoming

About Southern Arizona Psychological Association's Continuing Education

The Southern Arizona Psychological Association (SAPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. SAPA maintains responsibility for this program and its content.

Luncheon presentations are offered for 1 CE. Sign-in, presence for the entire presentation, and completion of an evaluation form are required to earn this CE. Questions about any program listed in this brochure may be addressed to Dr. Patricia Strasberg at pstras@cox.net.

Southern Arizona Psychological Associations

2010 FALL CE LUNCHEONS

September Luncheon:

Equine Inspirations: Where the Art of Natural Horsemanship Enriches the Art of Psychotherapy
Tuesday, September 21, 2010

October Luncheon:

Psychopharmacology in Psychotherapy and the Politics of Prescriptive Authority
Tuesday, October 19, 2010



November Luncheon:

Yogic Breathing and Meditation for Stress Relief, Expansion of Consciousness, and as a Therapeutic Tool
Tuesday, November 16, 2010

SAPA 2010 FALL CE LUNCHEONS



**ALL LUNCHEONS
WILL BE HELD AT
THE MANNING HOUSE**
450 West Paseo Redondo
12:00—1:30 p.m.
Lunch is included in the cost.

Mail a check, name(s) and profession(s) of all attending to Maxine Ijams, Ph.D., 3831 W. Corte de Castellon, Tucson, AZ 85745. (520) 743-9035

Your response now allows us to plan a comfortable room and ample cuisine! Come and enjoy the company of your colleagues.

Register for all 3 and save time and money!

REGISTRATION

Check those you will attend.

- Equine Inspiration: Where the Art of Natural Horsemanship Enriches the Art of Psychotherapy*
September 21, 2010 1 CE Credit \$18.00
- Psychopharmacology in Psychotherapy and the Politics of Prescriptive Authority*
October 19, 2010 1 CE Credits \$18.00
- Yogic Breathing and Meditation for Stress Relief, Expansion of Consciousness and as a Therapeutic Tool*
November 16, 2010 1 CE Credit \$18.00

SAVE MONEY—PAY IN ADVANCE	
Pay for ALL three luncheons and receive a discount!	
Member (3 luncheons)	\$51.00
Non-Member (3 luncheons)	\$60.00
Payment with RSVP to Dr. Ijams	
Member	\$18.00/each
Non-Member with RSVP	\$21.00/each
Student Fee	\$7.00/each
Tickets at the Door for all	\$23.00/each

All fees include meals. If you require any special accommodations for any of these programs, please call Maxine Ijams, Ph.D., telephone 743-9035. **The deadline to register for each meal is the Thursday before the Luncheon.** All cancellation requests must be received at least one week before the event. No refunds will be made after this date.

Name (Please include credentials) _____

Address _____

Phone _____

REGISTER BY MAILING THIS FORM WITH A
CHECK MADE OUT TO SAPA TO:

Maxine Ijams, Ph.D.
3831 Corte de Castellon
Tucson, AZ 85745
520.743.9035

SAPA 2010 FALL CE LUNCHEONS

Equine Inspirations: Where the Art of Natural Horsemanship Enriches the Art of Psychotherapy

Presented by:
Nancy Skocy, M.C., L.P.C.
Tuesday, September 21, 2010
12:00—1:30pm

This presentation will help you:

1. Explain core principles of natural horsemanship.
2. Compare relational processes of natural horsemanship and psychotherapy.
3. Discuss application of principles through clinical examples.

As I began studying Natural Horsemanship at the International Savvy Center in Pagosa Springs, Colorado I experienced a profound transformation in my relationship with my horse Dream Cruiser. I realized the professional staff at the International Savvy Center was applying the same principles they were teaching us about horses to the people attending the training. The horses and the people seemed to become more mentally, emotionally and physically fit as the training continued. When I returned home I began utilizing these concepts in my private practice. The patients seemed to become more engaged in their therapy, and I witnessed positive changes in the patients that were unanticipated. In this introductory presentation I will show a short DVD to demonstrate “horsenality”, and we will go over a handout of key concepts followed by a discussion of clinical material.



Psychopharmacology in Psychotherapy and the Politics of Prescriptive Authority

Presented by:
Brian Ramirez, Psy.D., N.P.
Tuesday, October 19, 2010
12:00—1:30pm

This presentation will help you:

1. Recognize and define the common medications used in the treatment of psychiatric disorders and their effects on brain chemistry.
2. List the side effects of psychotropic medications typically observed in clinical practice.
3. Apply basic knowledge of psychopharmacology to the practice psychotherapy.
4. Assess the differences in levels of psychopharmacology training among psychiatrists, prescribing psychologists, psychiatric nurse practitioners, and primary care providers.

Psychopharmacotherapy has become common practice in the treatment of psychiatric disorders, often at the expense of effective psychotherapeutic interventions. This intermediate presentation will provide a brief overview of common psychiatric medications, their effect on neurophysiology, and common side effects typically observed in clinical practice. The integration of medication and psychotherapy as part of a comprehensive approach to treatment will be discussed, and differences in psychopharmacology training and philosophy among mental health disciplines will be reviewed. With the use of pharmacotherapy becoming commonplace in mental health treatment, an increasingly contentious debate has developed regarding which types of mental health professionals should be able to prescribe medication.

Yogic Breathing and Meditation for Stress Relief, Expansion of Consciousness, and as a Therapeutic Tool

Presented by:
James Larson, M.S.
Tuesday, November 16, 2010
12:00—1:30pm

This presentation will help you:

1. Explain how a meditative state of mind differs psycho-physiologically from waking, dreaming, and sleeping.
2. Describe how a meditative state of mind is achieved and what is the value of the experience.
3. Compare how meditation techniques differ.
4. Describe the therapeutic value of meditation and yogic breathing practice.



Research shows many significant physical, mental, and emotional benefits of practicing eastern mind-body techniques such as meditation, yogic breathing, and yoga postures. Millions now practice one or more of these practices and attest to their effectiveness. Today the main focus of these ancient practices is on the reduction of stress and healing of trauma, depression and other physical or mental ailments. Traditionally these practices were used to promote the maximization of human potential, the expansion of consciousness that brings a transformation in one's inner experience and outer perception. As mind-practices have gained widespread acceptance in the west, some of the original understandings and the practices have been diluted. In this introductory presentation all of these issues will be addressed.