

*Southern
Arizona
Psychological
Associations*

**2012 SPRING CE
LUNCHEONS**

February Luncheon

Identifying and Treating Mood Disorders
In Patients Who Have Experienced Trau-
matic Brain Injury (TBI)
Presented by: Anne G. Scott, Ph.D.
Tuesday, February 21, 2012

March Luncheon

Early Intervention for Psychosis
Presented by: Nick Breitborde, Ph.D.
Tuesday, March 20, 2012

April Luncheon

Contemporary Training in Clinical Psy-
chology
Presented by: David Sbarra, Ph.D. & Al-
fred W. Kaszniak,
Tuesday, April 17, 2012

**Join us at 11:30am to view the S. Arizona
Regional Science & Engineering Fair
winners of the Social & Behavioral
Science category.**

May Luncheon

Psychological Predictors of Depression in
Chronic Illness
Presented by: Zachary M. Shnek, Ph.D.
Tuesday, May 15, 2012

SAVE MONEY—PAY IN ADVANCE

Payment must be received by February 1, 2012
in order to receive discount to attend ALL FOUR
luncheons. The deadline to register for each meal
is the Thursday evening before the Luncheon.

Member	\$68.00
Non-Member	\$80.00

Payment with RSVP to Dr. Beldotti

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

Patricia Beldotti, Ph.D.
606 N. Firestar Dr.
Tucson, AZ 85745
520-282-2590

**About *Southern Arizona
Psychological Association's***

Continuing Education

The Southern Arizona Psychological Asso-
ciation (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
John G. Carlson (Jac), Ph.D., at
carlsonj003@comcast.net.

SAPA 2012

SPRING 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:

Patricia Beldotti, Psy.D.
606 N. Firestar Dr.
Tucson, AZ 85745

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

Register for all 4 and save time and money!

Holly Jindrick, Psy.D.
120 S. Houghton Rd., #138-200
Tucson, AZ 85748

Southern Arizona Psychological Association

SAPA 2012 SPRING CE LUNCHEONS

IDENTIFYING & TREATING MOOD DISORDERS IN PATIENTS WHO HAVE EXPERIENCED TRAUMATIC BRAIN INJURY (TBI)

Presented by: Anne G. Scott, Ph.D.
Tuesday, February 21, 2012

This presentation will help you to:

1. Identify level of head trauma a patient has experienced and determine an appropriate treatment approach
2. Describe how experiencing a TBI may impact a person mentally/psychologically and functionally
3. Adjust psychological intervention so that it is effective with this population

Information on traumatic brain trauma (TBI) is based on extensive research both inside and outside the VA, using data from both civilian and military populations. The treatment approach developed for this population was a result of participation in *Training for Cognitive Behavior Therapy program* (which was done in conjunction with the Beck Institute) through the VA as part of a national initiative to offer empirically supported treatment training to mental health providers.

Since not all TBIs are the same it is important to determine the patient's strengths and limitations before beginning any treatment in order for it to be effective. Emphasis must also be made on determining level of suicidality since this may be more difficult to determine in this population.

EARLY INTERVENTION FOR PSYCHOSIS

Presented by: Nick Breitborde, Ph.D.
Tuesday, March 20, 2012

This presentation will help you to:

1. Summarize the benefits of early intervention for psychotic disorders.
2. Identify the early warning signs of a burgeoning psychotic illness.
3. Recognize the importance of psychosocial interventions for individuals early in the course of psychotic illness.

There is growing international support for the benefits of early intervention for psychotic disorders. Clinical services organized around the principal of providing comprehensive phase-specific care and/or reducing the duration between the onset of psychotic symptoms and the receipt of treatment have shown promise with regard to producing better clinical outcomes for individuals with first-episode psychosis. The success of such clinical programs has sparked major health services reform throughout the world, including the development of a national early intervention service network in the UK and the dedication of 40 million dollars by the US National Institute of Mental Health for the completion of the Recovery After an Initial Schizophrenic Episode (RAISE) initiative.

CONTEMPORARY TRAINING IN CLINICAL PSYCHOLOGY

Presented by: David Sbarra, Ph.D. and
Alfred W. Kaszniak, Ph.D.
Tuesday, April 17, 2012

This presentation will help you to:

1. Summarize the scope of current training in clinical psychology and clinical science.
2. Describe the types of experiences that prepare undergraduate students for contemporary training in clinical psychology.
3. Summarize key features of the new accreditation system in clinical psychology: The Psychological Clinical Science Accreditation System.

This talk will focus on the UA Psychology Department's selection criteria for incoming graduate students, our training curriculum, and broad issues of accreditation in clinical psychology. The primary goal is to deepen the understanding of current training issues in the field and how these developments alter the preparedness of graduates to complete different types of professional activities. With respect to applicant preparedness, we discuss new developments in biological sciences and neurosciences that require advanced exposure prior to graduate school. With respect our curriculum, we outline the scope and extent of our research and clinical training, and underscore the individualized and flexible structure of our mentorship-based training program. Finally, with respect to accreditation issues,

we introduce and discuss the newly developed Psychological Clinical Science Accreditation System and its role in advancing the science of clinical psychology.

PSYCHOLOGICAL PREDICTORS OF DEPRESSION IN CHRONIC ILLNESS

Presented by: Zachary M. Shnek, Ph.D.
Tuesday, May 15, 2012

This intermediate presentation will help you to:

1. Describe the psychological effects of multiple sclerosis (MS), spinal cord injuries, and heart disease on affected individuals.
2. Describe the psychological factors of learned helplessness, cognitive distortions, and self-efficacy
3. and their relationships to depressive symptoms.
4. Discuss psychological interventions that are specifically designed for MS, spinal cord injury, and heart disease individuals presenting with depressive symptoms.

Chronic conditions such as multiple sclerosis, spinal cord injuries, and heart disease can have profound psychological and social consequences for affected individuals and their loved ones. Coping with the day-to-day effects of these chronic conditions can often lead to high levels of stress, anxiety, and depression. Previous research with various chronic illness populations has shown that certain beliefs and attitudes that people have are significantly related to depressive symptoms, and can determine not only how affected individuals feel, but can also determine how well they do. In my presentation, I will discuss two studies which we have conducted that examined the relationships between the psychological factors of learned helplessness, cognitive distortions, self-efficacy, optimism, and depressive symptoms in individuals with multiple sclerosis, spinal cord injuries, and heart disease. Results of these studies will be discussed as well as clinical implications for the psychological treatment of those individuals presenting with depressive symptoms.

CHECK OUT OUR
WEBSITE @
sapaonline.org

REGISTRATION

Check those you will attend.

- Identifying & Treating Mood Disorders in Patients Who Have Experienced Traumatic Brain Injury**
Presented by Anne Scott, Ph.D.
February 21, 2012 1 CE Credit
- Early Intervention for Psychosis**
Presented by Nick Breitborde, Ph.D.
March 20, 2012 1 CE Credit
- Contemporary Training In Clinical Psychology**
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Alfred Kaszniak, Ph.D.
April 17, 2012 1 CE Credit
- Psychological Predictors of Depression in Chronic Illness**
Presented by Zachary Shnek, Ph.D.
May 15, 2012 1 CE Credit

- ATTEND ALL FOUR LUNCHEONS** by Feb. 1, 2012
Members mail: \$68
Non-Members mail: \$80

All fees include meals. If you require any special accommodations for any of these programs, please call Patricia Beldotti at 520-282-2590. **The deadline to register for each meal is the Thursday evening 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:

Patricia Beldotti, Psy.D.
606 N. Firestar Drive
Tucson, AZ 85745