



Illinois Psychological Association

2023 Annual Convention

Oct 26-27 2023

Doubletree North Shore Hotel, Skokie, Illinois



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Convention at a Glance:

Thursday

OCTOBER 26, 2023 | 8:00 AM – 6:15 PM

7:45 AM – 5:30 PM REGISTRATION

8:00 AM – 9:00 AM CONTINENTAL BREAKFAST

9:00 AM – 10:30 AM

PROGRAM 1

Considerations for Working With The Foster Care Population

9:00 AM – 10:30 AM

PROGRAM 2

Applications of AI and ChatGPT to Clinical and Consulting Psychology

9:00 AM – 10:30 AM

PROGRAM 3

A Therapeutic Model for Helping Couples Recover From Infidelity

10:30 AM – 10:45 AM BREAK

10:45 AM – 12:15 PM

PROGRAM 4

From Burnout to Brilliance: Thriving as an Early Career Psychologist

10:45 AM – 12:15 PM

PROGRAM 5

Intellectual Disability and Multicultural Assessments in Clinical and Forensic Contexts

10:45 AM – 12:15 PM

PROGRAM 6

Clinical Psychology Training Post-Pandemic Crisis: Considerations, Improvements and Challenges

12:15 PM – 1:00 PM LUNCH BREAK

1:15 PM – 2:45 PM

PROGRAM 7

Strategies to Mitigate Effects of Implicit Bias in Clinical Settings

1:15 PM – 2:45 PM

PROGRAM 8

What Psychologists Need to Know in a Post-Roe World

1:15 PM – 2:45 PM

PROGRAM 9

Case Collaboration-A Multimodal Trauma Informed Approach for Marginalized Communities

2:45 PM – 3:00 PM BREAK

Sponsored by: Midwestern University

3:00 PM – 4:30 PM

PROGRAM 10

Where Did I Put My Keys? The Differential Diagnosis and Treatment of Alzheimer's Disease and Other Dementias

3:00 PM – 4:30 PM

PROGRAM 11

Psychology Meets Public Service: Trauma-Informed Policing in Kenya

3:00 PM – 4:30 PM

PROGRAM 12

Engaging Men in Psychotherapy

4:30 PM – 4:45 PM BREAK

4:45 PM – 6:15 PM

PROGRAM 13

Practical Advice for Professional Survival in an Evolving Healthcare Environment

4:45 PM – 6:15 PM

PROGRAM 14

Kids in Crisis: The Importance of Integrated and Actionable Assessments

4:45 PM – 6:15 PM

PROGRAM 15

Generational Trauma in Latin Immigrants

Friday

OCTOBER 27, 2023 | 8:00 AM – 7:00 PM

7:45 AM – 5:15 PM REGISTRATION

8:00 AM – 9:00 AM CONTINENTAL BREAKFAST

Sponsored by: The Trust

9:00 AM – 10:30 AM

PROGRAM 16

Hate: Therapeutic Strategies for Victims and Haters

9:00 AM – 10:30 AM

PROGRAM 17

Utilizing WPATH Standards of Care 8 for Gender Affirming Surgery Assessment

Student Poster Presentation

The Illinois Psychological Association Graduate Student Section (IPAGS) will be hosting Student Poster Presentation Competition on Friday at 5:15 pm. Awards will be presented at 6:30 pm. We hope you will attend.

9:00 AM – 10:30 AM

PROGRAM 18

Why Psychology is Harder than It Looks

10:30 AM – 10:45 AM BREAK

10:45 AM – 12:15 PM

PROGRAM 19

CONVENTION KEYNOTE

Roses Still Growing From Concrete: Recognizing and Rallying Urban Youth Resilience Through Rap Music

JALEEL ABDUL-ADIL, PHD

12:30PM – 1:45PM

IPA Annual Awards Luncheon

Presidents Address

Awards

2:00 PM – 3:30 PM

PROGRAM 20

IPA's Legislative Committee: Advocacy in Action

2:00 PM – 3:30 PM

PROGRAM 21

Applying an Intersectionality Framework to Mental Health Care

2:00 PM – 5:15 PM

PROGRAM 22

Caring for Patients Versus Taking Care of Them: Ethical Considerations

3:30 PM – 3:45 PM BREAK

Sponsored by: Skyway Behavioral Health

3:45 PM – 5:15 PM

PROGRAM 23

The Role of eHealth Interventions in Health Behavior Change

3:45 PM – 5:15 PM

PROGRAM 24

Suicide Risk Assessment in Youth

5:15 PM – 6:30 PM

Student Poster Presentation Competition

5:15 PM – 7:00 PM

President's Reception

Welcome to the 2023 Illinois Psychological Association Convention!

Dear IPA Members and Colleagues, Welcome to the annual IPA Convention.

On behalf of the IPA leadership, I want to express how much I appreciate your attendance at our annual meeting. I hope you will find this year's program diverse, vital, and engaging. I must start by first acknowledging the work of my Co-Chair, President-Elect of IPA, Dr. Sue Bae as well as the work of our entire steering committee Drs. Erin Alexander, Kimberly Baker, Abby Brown, Andrea Graves, Lisa Page, Laura Pappa, Derek Phillips, Daniel Polonsky, and Hayley Beth Van Serke, Susan Zoline, as well as Claire McIntosh.

We are only recently out of the Public Health Emergency. Much about how we practice and how we congregate remains unclear and the best practices for doing so are changing day by day. We're attempting to heed best practices and the desires of many of our members and have our first in-person convention since 2019 so we can share the education and engagement that so many of us treasure about IPA. Experts believe that an updated COVID-19 vaccine that protects against the current variants will be available 1 month before our meeting. We'll have masks on site for anyone who wants to wear one, and we'll also have color coding available for nametags for participants to let others know how much distance they'd like. We'll also do all we can to be responsive and adaptive as needed.

We've taken the extra step this year of having each Section of IPA create their own programming to ensure that the convention reflects section members' interests while also speaking to the general membership. We've very happily secured a keynote presentation from Dr. Jaleel Abdul-Adil who's been actively providing culturally-appropriate and clinically-expansive applications of psychology in his work with traumatized youth for years now. We are confident that there will be much in the program that is engaging and novel. Also, almost every hour of the convention you attend will be available for Continuing Education Credits, including state mandated credits on Ethics, Implicit Bias, and Alzheimer's Disease.

After a couple of busy days of continuing education, you are invited to The President's Reception and Student Poster Presentation on Friday evening. This will be a fun and relaxing social time with hors d'oeuvres, drinks, and catching up with colleagues.



Colin Ennis, PsyD

*President and Convention Committee Co-Chair
Illinois Psychological Association*

Dear Convention Attendees,

We're back (in-person)! I am personally looking forward to this year's convention after 3 years of holding the convention online. Drs. Colin Ennis and Sue Bae worked thoughtfully with IPA Leadership and the Convention Planning Committee to select programs for this year's convention. Our *Call for Programs* generated a wealth of excellent proposals, unfortunately due to hotel space limitation we are unable to accept them all.

Our Keynote presenter is **Dr. Jaleel Abdul-Adil** who has presented extensively on contextually appropriate interventions with urban youth. He will present on Friday October 27th. Dr. Abdul-Adil's presentation is titled "Roses Still Growing from Concrete; Recognizing and Guiding Urban Youth Resilience."

If you attend the convention, you can obtain continuing education requirements for licensure, including three hours of ethics, and the newly mandated training for both Alzheimer's and Implicit Bias Awareness.

Sponsors and exhibitors are eager to participate in the in-person convention resulting in a diverse range of exhibitors. Please set aside time to meet with them and learn about their services. Come join us on Friday evening at our President's Reception to unwind, meet with colleagues and friends, and make new ones. You will be able to walk through the Student Poster Session being held in conjunction with the reception. Students are eager to hear your feedback.

Perhaps there are some of you reading this message who are not currently members of IPA but are interested in what we have to offer. The IPA central office fields many inquiries from members and you too could benefit from this service. I can say that IPA members are better informed than non-member counterparts. The IPA community joined together as a source of support and advocacy for navigating the ethical, legal, and logistical concerns of clinical practice during a global crisis. We anticipate that this social isolation may result in permanent changes in the way you work

in the future and the IPA will be there to guide you through those changes as they happen.

In addition, our Healthcare Reimbursement Committee, Ethics Committee, and Ascend Billing Consultation Service are just a few of the resources available as member benefits. Members are enrolled in the IPA listserv, which gives members immediate information on important issues affecting psychologists as well as a platform to communicate with other members. If interested, IPA can launch you into a leadership position in the profession where you can directly make a difference. Information about the IPA Leadership Development Program is on page 25. You can join IPA by clicking on the link on page 6.

As a welcome back we are offering attendees a complimentary professional headshot session sponsored by The Trust. Professional photographer, Allan Landau, will be set up in the exhibit area on Thursday and Friday.

Take time at the convention to catch up with colleagues and enjoy some social time together in between learning. See you in October!



Marsha Karey

*Executive Director
Illinois Psychological Association*

Thank you

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CLICK ON THEIR ADS.**



Registration Information

Deadline Dates

**NEW! EARLY BIRD PRICING ENDS
SEPTEMBER 23, 2023**

OCTOBER 3, 2023

Request for Special Arrangements for
Persons with Disabilities: Contact the
IPA office: (312) 372-7610 x201.

OCTOBER 12, 2023

Pre-Registration Discount Deadline

Cancellation/Refund Policy

Written cancellations must be received by
October 19, 2023, to receive a refund.
There will be a \$35.00 cancellation fee.
**No refunds will be given for non-attendance
or cancellation after October 19.**

CONVENTION TIMES

THURSDAY, OCTOBER 26, 2023

9:00 AM – 6:15 PM **WORKSHOPS**
8:00 AM – 4:30 PM **EXHIBITS**

FRIDAY, OCTOBER 27, 2023

9:00 AM – 5:15 PM **WORKSHOPS**
8:00 AM – 4:00 PM **EXHIBITS**

5:15 PM – 6:30 PM

**STUDENT POSTER PRESENTATION
AND JUDGING** (open to all)

5:15 PM – 7:00 PM

PRESIDENTS RECEPTION (open to all)

ON SITE CONVENTION

REGISTRATION DESK HOURS

THURSDAY, OCTOBER 26, 2023

7:45 AM – 5:30 PM

FRIDAY, OCTOBER 27, 2023

7:45 AM – 5:15 PM

TO REGISTER ONLINE CLICK HERE



Illinois Psychological Association Annual Convention

October 26-27, 2023

Registration Receipt

Date Paid _____

Amount Paid _____

Method of Payment

Check #: _____ Master Card Visa American Express

Please Note:

You will not receive confirmation of registration before the conference. However,
if there is a discrepancy when you arrive for the program, someone will be available to
ensure you are able to attend and that the discrepancy is resolved.

Thank you for helping us keep our costs down by not requiring a confirmation of registration.

SAVE THIS AS YOUR RECORD OF PAYMENT.

IPA 2023 CONVENTION REGISTRATION FORM

October 26-27th, 2023

Please click here to [REGISTER ON-LINE](#) or you may copy this form scan and email to mkarey@illinoispsychology.org. (Please print the following information if emailing.)

Name: _____ Highest Degree: _____

Organization/Affiliation: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

Email Address _____

CIRCLE REGISTRATION CHOICES

	EARLY BIRD REGISTRATION RECEIVED BY September 23	Registration Received by: October 12th	After October 12, or On-site
THURSDAY and Friday PROGRAM Package			
IPA Members or Affiliates	\$300	\$340	\$360
Non-members	\$350	\$380	\$400
IPAGS TWO DAY PACKAGE—IPAGS Student Member Special: Thursday and Friday Programs -- \$25/*\$35 (*with lunch)			
THURSDAY WORKSHOP ONLY (Includes Lunch)			
IPA Members or Affiliates	\$165	\$185	\$195
Non-members	\$185	\$205	\$215
Non-Student Members	\$45	\$55	\$65
FRIDAY PROGRAMS ONLY (Includes Lunch)			
IPA Members or Affiliates	\$175	\$190	\$200
Non-members	\$195	\$210	\$225
Non-Student Members (no lunch/lunch included*)	\$35/*\$50	\$45/*\$55	\$55/*\$65

TOTAL CONFERENCE FEES: _____

I prefer a vegetarian lunch I am a new IPA member (joined after 1/1/2023)

VISA/MASTER CARD/AMEX CARD # _____ Expiration Date: _____ Billing Zip Code: _____

Name on Card: _____ Signature: _____

YOUR PROGRAM CHOICES: Check the number of programs you plan to attend on Thursday and Friday.
This information will help determine meeting room size. Refer to program numbers listed with program titles.

- THURSDAY A.M. 1 2 3 4 5 6
 THURSDAY P.M. 7 8 9 10 11 12 13 14 15
 FRIDAY A.M. 16 17 18 19 (Keynote)
 FRIDAY A.M. 20 21 22 23 24

If paying by check, make check payable to: **Illinois Psychological Association Convention** and mail with this form to:

Marsha Karey
 Illinois Psychological Association
 1513 Madison Court North, Buffalo Grove, IL Phone: 312/372-7610 x 201

Arrangements for Persons with Disabilities

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, please contact Marsha Karey, 312/372-7610, x201, to discuss what accommodations can be provided by October 23, 2022.

All questions, concerns, or complaints should be directed to Marsha Karey.

Program Responsibility

There is no commercial support for this program, nor are there any relationships between IPA, CE Sponsor, presenting organization, presenter, program content, research, grants or other funding that could reasonably be construed as conflicts of interest.

Continuing Education Criteria

These sessions are sponsored by the Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

Not a member
of the IPA?
JOIN NOW.

You will receive the member benefit of
reduced convention registration fees.

JOIN IPA

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Ascend Practice Management
Ascension Illinois Behavioral Health
Beyond Booksmart
Brehm Preparatory School
Chicago School of Professional Psychology
Hansen & Cleary
IPA Academic Section
IPA Behavioral Health & Neuropsychology Section
IPA Clinical Practice Section
IPA Early Career Psychologist
IPA Military Section
IPA Organizational & Business Consulting Section
IPA Section on Ethnic Minority Affairs
IPA Social Responsibility Section
IPA Women's Section
IPA Sexual Orientation and Gender Diversity Section
Midwestern University
National Louis University
National Register
OPTIONS Transitions to Independence
The Rorschach Performance Assessment System (R-PAS)
Sarah Bush Lincoln Health Center
Shared Vision Psychological Services
Skyway Behavioral Health
The Trust
Wexford Health Sources, Inc.

Exhibitor Information

The exhibits of the IPA convention represent a diverse range of ideas, techniques, and equipment. The use of these products should be guided by the APA ethical principles of psychologists. IPA is not responsible for the products and services displayed.

VISIT THE EXHIBIT BOOTHS

THURSDAY 8:00 AM – 5:00 PM
FRIDAY 8:00 AM – 5:00 PM

The following are the exhibitors at the time of printing.

Please extend your gratitude to these supporters of the Illinois Psychological Association by visiting their booths.

Allendale Association
Ascend Practice Management
Ascension Illinois Behavioral Health
Beyond Booksmart
Compass Health
Deer Oaks Behavioral Health Solutions
Juniper Center
National Louis University

National Register
Relief Mental Health
Synchrony Brain Health
Wexford Health Sources, Inc.
Wilson-Esler

There will be additional exhibitors that joined the convention after the brochure was produced.



Convention Location and Hotel Information

Double Tree Northshore
9599 Skokie Boulevard
Skokie IL 60077
847-679-7000

Book your room early!

IPA Room rate cut-off date for the Doubletree North Shore is **October 4, 2023**.

BOOK NOW! CLICK HERE

Learning Objectives

The following learning objectives describe the knowledge and/or skill participants will acquire from each session.

Thursday OCTOBER 26, 2023

1 Considerations for Working with the Foster Care Population

- Attendees will deepen their understanding of the unique needs of youth in care.
- Attendees will broaden their views on ways in which they can best support youth in care and their families.

2 Applications of AI and ChatGPT to Clinical and Consulting Psychology

- Attendees will be able to describe what AI is.
- Attendees will be able to give examples of how AI can be applied to clinical care and organizational consulting.

3 A Therapeutic Model for Helping Couples Recover from Infidelity

- Attendees will be able to identify the key cognitive and emotional factors to be addressed in working with couples in recovery after infidelity.
- Attendees will be able to describe three therapeutic approaches to assist couples in affair recovery.

4 From Burnout to Brilliance: Thriving as an Early Career Psychologist

- Attendees will identify the signs and symptoms of burnout in early career psychologists and describe the factors that contribute to burnout in mental health professions.
- Attendees will apply self-reflection and self-awareness techniques to identify areas of person and professional growth related to managing burnout and promoting self-care in the context of clinical practice.

5 Intellectual Disability and Multicultural Assessments in Clinical and Forensics Contexts

- Attendees will be able to describe how to avoid common pitfalls in evaluating intellectual disability.
- Attendees will be able to apply their evaluation methodology in a culturally-appropriate fashion.
- Attendees will be able to identify the many factors that impact the interpretation of IQ scores.

6 Clinical Psychology Training Post-Pandemic Crisis: Considerations, Improvements and Challenges

- Attendees will unpack APA expectation of graduate program training in a post-covid environment.
- Attendees will identify two improvements and two challenges that the rapid implementation of virtual training imposed upon our field.

7 Strategies to Mitigate Effects of Implicit Bias in Clinical Settings

- Attendees will be able to define implicit bias and microaggressions.
- Attendees will be able to identify strategies to mitigate implicit bias in the therapeutic relationship.
- Attendees will be able to identify the possible harmful effects of implicit bias on the therapeutic relationship.

8 What Psychologists Need to Know in a Post-Roe World

- Attendees will be able to discuss what constitutes an abortion in terms of procedure and circumstance.
- Attendees will be able to discern the potential mental health and social consequences of abortion.
- Attendees will be able to identify potential risks and strategies for clinicians discussing abortion with their clients both presently and in the future.

9 Case collaboration: A multimodal Trauma Informed Approach for Marginalized Communities

- Attendees will be able to describe two types of treatment for marginalized populations with complex PTSD.
- Attendees will be able to identify two benefits of incorporating contemporary trauma-informed treatments for clients in marginalized communities.

10 Where Did I Put My Keys? The Differential Diagnosis and Treatment of Alzheimer's Disease and Related Dementias

- Attendees will be able to describe two symptoms that differentiate Dementia caused by Alzheimer's Disease version other etiologies.
- Attendees will list three common behaviors observable in dementia.
- Attendees will understand when referral to a specialist is appropriate.
- Attendees will be able to list two management care planning goals for family members.

11 Psychology Meets Public Service: Trauma-Informed Policing in Kenya

- Attendees will be able to engage with clinical psychology tools applied to a non-clinical environment.
- Attendees will understand the process of working within public service systems to enhance mental health.

12 Engaging Men in Psychotherapy

- Attendees will be able to describe at least two cultural messages men often receive that impact emotional, expression, relational functioning and treatment engagement.
- Attendees will be able to identify common portals to deepening men's emotional engagement in treatment and in important relationships.

13 Practical Advice for Professional Survival in an Evolving Healthcare Environment

- Attendees will be able to list three of the eight major challenges to behavioral health integration as listed in the HH 2022 whitepaper regarding integrated behavioral health and provider shortages.
- Attendees will be able to select one of the following as true of "Z" codes?
 - Z codes are new diagnostic categories defining psychological emergencies.
 - Z codes are value labels assigned to the quality of a psychologist's services.
 - Z codes refer to social determinants of health categories.

14 Kids in Crisis: The Importance of Integrated and Actionable Assessments

- Attendees will be able to articulate how and why to assess family when evaluating youth.
- Attendees will be able to identify specific interventions that can be offered at the time of initial evaluation that reduces the risk a mental health crisis.
- Attendees will be able to explain the role of mental fitness and family interventions in the initial treatment of youth at the time of intake.

15 Generational Trauma in Latin Immigrants

- Attendees will understand trauma experienced by immigrant families and communities.
- Attendees will be able to acknowledge generational trauma to Latin clients.

Friday OCTOBER 27, 2023

16 Hate: Therapeutic Strategies for Victims and Haters

- Attendees will be able to formulate two ways of understanding patient expressions of antisemitism or racial hatred.
- Attendees will be able to demonstrate the psychologist's role in working with victims and haters via identifying three strategies to assist patients who have experienced bigotry or racial hatred.

17 Utilizing WPATH Standards of Care 8 for Gender Affirming Surgery

- Attendees will understand the WPATH SOCB guidelines need to affirmatively assess and craft behavioral health letters of support for Trans and Gender Expansive Adults (19 and older) who are seeking access to gender confirmation surgeries.
- Attendees will build skills in working collaboratively with clients of all gender identities to address the WPATH SOCB guidelines for letter assessment that reduces gatekeeping, demonstrates medical necessity, and affirms TGNC folks' access to care.

18 Why Psychology is Harder than It Looks

- Attendees will identify eleven dualities that characterize the study and practice of psychology
- Attendees will identify their own position with respect to the identified dualities and how this influences their own work as a psychologist.

19 CONVENTION KEYNOTE

Roses still growing from concrete: Recognizing and Rallying Urban Youth Resilience Through Rap Music

- Attendees will be able to describe basic components and themes in contemporary Rap music and Hip-Hop culture.
- Attendees will be able to apply key themes from major genres of Rap music and Hip-Hop culture to trauma-informed youth violence prevention and intervention programs, especially for high-risk urban adolescents from racial, ethnic, and linguistic minority urban communities.

- Attendees will be able to demonstrate media literacy by comparing and contrasting different genres of Rap music toward promoting critical thinking skills and prosocial behavioral practices that pertain to youth program participants.

20 Your IPA Legislative Committee: Advocates in Action

- Attendees will learn how the Legislative Committee works with lobbyists and legislators to protect the profession of psychology in Illinois.
- Attendees will learn about the advances and protections (wins) that occurred during the 2022-2023 legislative session.
- Attendees will learn about the priorities of IPA members that may help inform future Legislative Committee action.

21 Applying an Intersectionality Framework to Mental Health Care

- Attendees will be able to describe intersectionality and its six core tenets as outlined by Dr. Patricia Hill Collins.
- Attendees will be able to identify several challenges to applying an intersectionality framework to mental health care.
- Attendees will be able to articulate at least three strategies to incorporate intersectionality into their clinical practice.

22 Caring for Patients Versus Taking Care of Them: Ethical Considerations

- Attendees will be able to demonstrate nuanced ethical decision-making skills when faced with clinical scenarios regarding accommodation.
- Attendees will be able to formulate a clinical/ethical stance grounded in critical reflection regarding our role as psychologists.
- Attendees will be able to articulate optimal ways of helping our clients rather than taking care of them.

23 The Role of eHealth Interventions in Health Behavior Change

- Attendees will be able to understand the role of rehabilitation psychologists and neuropsychologists in supporting cancer survivors after chemotherapy, including the types of symptoms and challenges these professionals address and the interventions they use to improve patients' quality of life.
- Attendees will be able to explain the importance of a multidisciplinary approach to cancer care and how rehabilitation psychologists and neuropsychologists can collaborate with other healthcare providers to provide comprehensive, patient-centered care that addresses the unique needs and goals of each patient.

24 Suicide Risk Assessment in Youth

- Attendees will learn about trends in youth suicide.
- Attendees will review and practice using the Columbia Suicide-Severity Rating Scale.
- Attendees will be able to describe and implement safety planning, collaborating with parents, and follow-up intervention to support youth experiencing suicidal ideation.

Program Schedule:

Thursday OCTOBER 26, 2023 | 8:00 AM – 6:15 PM

8:00 AM – 5:30 PM REGISTRATION

8:00 AM – 9:00 AM CONTINENTAL BREAKFAST

9:00 AM – 10:30 AM

Program 1 *1.5 continuing education credits*

Considerations for Working With The Foster Care Population

This presentation will serve as an introductory discussion of important considerations for psychologists who work with children and families engaged in the child welfare system. This discussion aims to increase clinician's awareness of the unique needs and experiences of youth in care and their families.

Sue Bae, PhD

Program Chair; IPA President-Elect

Professor, The Chicago School of Professional Psychology
Private Practice, Sue Bae & Associates

Erin Alexander, PsyD

IPA Section on Ethnic Minority Affairs Chair

Chief Psychologist

Psychology & Psychiatry Program Director, DCFS

University of Illinois Urbana-Champaign, School of Social Work

Erin Telford, PsyD

Private Practice, Oakley Psychological Associates

Adjunct Professor, The Chicago School of Professional Psychology

Kimberly Shore, PsyD

Health Service Manager, YouthCare

9:00 AM – 10:30 AM

Program 2 *1.5 continuing education credits*

Applications of AI and ChatGPT to Clinical and Consulting Psychology

Sponsored by: IPA Organizational & Business Consulting Section

An overview for psychologist on what AI, ChatGPT and other tools are, how they are used, what they are used for, and how they can be applied to clinical and organizational consulting practice. Specific examples will be provided for how AI can assist psychologist and their clients.

Steven Rothke, PhD

Program Chair

IPA Organization & Business Consulting Psychology Chair

Private Practice

Neuropsychological Evaluation, Rehabilitation

Psychology, and Psychological Consultation

Alex Castrounis

Founder & CEO Why of AI

Adjunct for Northwestern University's Kellogg/McCormick MBAi Program

COMPLIMENTARY PROFESSIONAL HEADSHOTS

IPA has arranged to have a professional photographer on site on both convention days to take studio quality headshots suitable for websites, social media platforms and print. **Photo sessions are complimentary to all attendees!** Thank you to our sponsor, The Trust Insurance. The photo area will be set up in the exhibit area on both days. We are very excited to offer this. **Be sure to stop by!**

Sponsored by:



INSURANCE PROGRAMS

www.trustinsurance.com | (800) 477-1200

312.451.2202



ALLAN LANDAU PHOTOGRAPHY

ABOUT THE PHOTOGRAPHER:

Allan Landau has been a commercial photographer for over 30 years. During his career he has won numerous awards including an Award for Excellence in the prestigious Print Magazine Design Annual and the American Society of Print Professionals among others. His areas of expertise are advertising, editorial, corporate and portrait photography.

9:00 AM – 10:30 AM

Program 3

A Therapeutic Model for Helping Couples Recover From Infidelity

Infidelity is one of the most common and painful betrayals couple therapists are called on to address. This workshop presents a model for helping couples heal after infidelity. The model uses cognitive and emotional techniques to address damage to trust, attachment and connection.

Mark Sharp, PhD

Program Chair
Private Practice
Aiki Relationship Institute

10:30 AM – 10:45 AM **BREAK**

10:45 AM – 12:15 PM

Program 4 *1.5 continuing education credits*

From Burnout to Brilliance: Thriving as an Early Career Psychologist

This didactic will explore the prevalence of burnout among early career psychologists and provide evidence-based strategies for managing stress and promoting self-care. Attendees will learn practical tips for setting boundaries, building resilience, and fostering a positive work-life balance to improve their well-being and effectiveness as mental health professionals.

Laura Pappa, PhD

Program Chair
Private Practice
North Suburban Family Psychologist

10:45 AM – 12:15 PM

Program 5 *1.5 continuing education credits*

Intellectual Disability and Multicultural Assessments in Clinical and Forensic Contexts

The DSM-5 changed criteria for intellectual disability. This talk will discuss the differences between the old and new criteria, the implications of such changes in clinical and forensic practice, and common pitfalls made by psychologists when conducting intellectual assessments. Cultural issues will be discussed pertaining to all types of evaluations.

I. Bruce Frumkin, PhD, ABPP

Private Practice
Forensic and Clinical Psychology Associates

10:45 AM – 12:15 PM

Program 6 *1.5 continuing education credits*

Clinical Psychology Training Post-Pandemic Crisis: Considerations, Improvements and Challenges

When the world got turned upside down in 2019, so did the world of clinical training. This presentation will explore the impact of the rapid shift to virtual training, where we are now, and the expectations of this new generation of students who have been trained in this model.

Rachael Nitzarim, PhD

Program Chair
Director of Clinical Training
The Chicago School of Professional Psychology

Garrett Sidor, PsyD

The Chicago School of Professional Psychology

12:15 PM – 1:00 PM **LUNCH BREAK**

LUNCH MENU

Served in the Monaco Ballroom, seating available or grab n' go.

Box Lunches- Assorted Chef Sandwiches and Salad Option

Sandwiches: BEEF & CHEDDAR

Sliced roast beef, cheddar cheese, lettuce, tomato on french bread or TOMATO & MOZZARELLA Tomatoes, mozzarella cheese, spinach with red balsamic dressing on focaccia bread

Sandwich Box Lunch includes fresh fruit cup, chips and Doubletree chocolate chip cookie and soft drink or bottled water

Salad: ASIAN SALAD

Sesame stir-fried shrimp, red & green leaves, sesame seeds, mandarin oranges, carrots, sugar snap peas with sesame ginger vinaigrette

Salad Box Lunch includes, cup of assorted fruit, roll & butter, Doubletree chocolate chip cookie and soft drink or bottled water

1:15 PM – 2:45 PM

Program 7 1.5 continuing education credits

Strategies to Mitigate Effects of Implicit Bias in Clinical Settings

This session will provide an overview of implicit bias and its impact on clinical decision making and treatment outcomes. Experiential activities will cover implicit bias, positionality and intersectionality. Participants will discuss and practice strategies to mitigate the effects of bias in clinical settings. **This program will meet the mandated CE requirement.**

Hayleybeth Van Serke, PsyD

Program Chair

IPA Sexual Orientation & Gender Diversity Section, Chair

Erin Alexander, PsyD

IPA Section on Ethnic Minority Affairs Chair

Chief Psychologist/Program Director—University of Illinois Urbana-Champaign, School of Social Work
DCFS Lead Psychologist

Kim Baker, PsyD

IPA Women's Issue Chair

Private Practice—KB Psychological Practice & Mind Chats Online

Blair Brown, PsyD

IPA North Central Region Representative

Private Practice—LifeStance

1:15 PM – 2:45 PM

Program 8 1.5 continuing education credits

What Psychologists Need to Know in a Post-Roe World

Sponsored by: IPA Women's Issues Section

This program will equip clinicians with information they need to know as they face the clinical, ethical, and legal challenges emerging since the reversal of federal protections for abortion rights in the United States.

Christina Biedermann, PsyD, ABAP

Program Chair

IPA Women's Issues Section Associate Chair
Adler University

Julie A. Bindeman, PsyD

Co-Director of Integrative Therapy of Greater Washington, Rockville, MD

1:15 PM – 2:45 PM

Program 9 1.5 continuing education credits

Case Collaboration-A Multimodal Trauma Informed Approach for Marginalized Communities

Many marginalized clients have experienced both shock and C-PTSD; a multimodal approach can help facilitate effective treatment outcomes. The presenters will delve deeply into 1-2 case consultations and approach them from a modern-day trauma lens. The audience will learn effective approaches to help clients from marginalized communities.

Jenine Chiles, PsyD

Program Chair

IPA Academic Section Chair

The Chicago School of Professional Psychology

Manisha Dayal, PsyD

IPA Clinical Practice Section Chair

Private Practice

Edward Fajardo, PsyD

Private Practice

2:45 PM – 3:00 PM **BREAK**

Sponsored by: Midwestern University

3:00 PM – 4:30 PM

Program 10 1.5 continuing education credits

Where Did I Put My Keys? The Differential Diagnosis and Treatment of Alzheimer's Disease and Other Dementias

This program meets the license renewal requirement for the diagnosis and treatment of Alzheimer's and dementia.

Dr. Kyle Jennette, PhD will present on how to differentiate mild cognitive impairment (MCI) and major neurocognitive disorder (e.g., dementia). Particular emphasis will be placed on differential diagnosis of cognitive impairment etiology, and the distinguishing characteristics of Alzheimer's disease from other dementias. Through this CE, psychologist will understand when to refer to a specialist, learn care management and planning goals for family members of affected patients, and understand the behavioral characteristics of common dementia syndromes.

Lynda Behrendt, PsyD

Program Chair

IPA Metropolitan Region Representative & Continuing Education Co-Chair
Private Practice

Kyle Jennette, PhD

Clinical Neuropsychologist and Assistant Professor of Clinical Psychiatry and Neurology at the University of Illinois

3:00 PM – 4:30 PM

Program 11 *1.5 continuing education credits*

Psychology Meets Public Service: Trauma-Informed Policing in Kenya

The Trauma-Informed Policing Training Project seeks to enhance the capacity of police officers fighting violent extremism at the Kenyan border by facilitating a) healthy management of personal trauma and b) improved management of community partners using trauma-informed practices. This presentation will provide a brief overview of the program, with active participation in a few exercises. Additionally, it will discuss the first-ever partnership between psychology and the US Institute of Peace, and the impact this can have for future psychologists wanting to partner for (better) public service.

Kristina Pecora, PsyD

Program Chair

IPA Legislative Committee Co-Chair & Federal Advocacy Coordinator
Senior Program Officer, Border Security Training Program; The United States Institute of Peace
Privat Practice–Nvision You, LLC

3:00 PM – 4:30 PM

Program 12 *1.5 continuing education credits*

Engaging Men in Psychotherapy

Data suggest that men are often reluctant to acknowledge mental health concerns or to seek psychotherapy to manage distress. Through use of a case study, this session will consider how to create a welcoming and effective therapeutic environment that facilitates the male patient’s engagement, emotional awareness, and appreciation of vulnerability.

Mitchell W. Hicks, PhD, ABPP

Crosswinds Center

4:30 PM – 4:45 PM BREAK

Sponsored by: Midwestern University

4:45 PM – 6:15 PM

Program 13 *1.5 continuing education credits*

Practical Advice for Professional Survival in an Evolving Healthcare Environment

There are new challenges facing private behavioral health practices in the post-Covid-19 pandemic healthcare system. This program will present options whereby private practices can remain financially and logistically viable in a rapidly changing payor landscape, which is showing movement toward hospital, venture capital, private equity, and other healthcare businesses’ acquisitions of private practices.

Marlin Hoover, PhD, MSCP, ABPP-CL

Program Chair

Hoover & Associates

Emily Hoover, BA, EMHA (Candidate)

Presenter

4:45 PM – 6:15 PM

Program 14 *1.5 continuing education credits*

Kids in Crisis: The Importance of Integrated and Actionable Assessments

Mental health problems become crises the longer youth go without proper treatment. Yet, in an age of sky-rocketing mental illness, clinicians are overwhelmed. This program outlines the importance of early assessment that accurately diagnosis kids and families and points to help at school, home, the community along with the clinic.

Andy Suth, PhD

Program Chair

Director of Clinical Assessment

Ohana Center for Child and Adolescent Behavioral Health

Kirsten Langley, PsyD

The Ginkgo Psychology Group

Irma P. Khelghati, PsyD

The Ginkgo Psychology Group

4:45 PM – 6:15 PM

Program 15 *1.5 continuing education credits*

Generational Trauma in Latin Immigrants

Latin immigrants have experienced challenging events throughout their immigration process, yet, minimal studies acknowledge generational trauma as a factor impacting Latin immigrant cultures. As mental health is still stigmatized within many Latin families and communities, understanding how individuals are affected by generational trauma will help build relationships with Latin clients.

Azalia Torres, MA

Illinois School of Professional Psychology at National Louis University

Leah Horvath, PhD

Program Chair

Program Director, Illinois School of Professional at National Louis University

Friday OCTOBER 27, 2023 | 9:00 AM – 5:15 PM

8:00 AM – 5:15 PM REGISTRATION

8:00 AM – 9:00 AM CONTINENTAL BREAKFAST

Sponsored by: Northwestern University

9:00 AM – 10:30 AM

Program 16 1.5 continuing education credits

Hate: Therapeutic Strategies for Victims and Haters

Sponsored by: IPA Social Responsibility Section

How do I handle it when a patient says something antisemitic? How do I support a patient who has been injured by bigotry? How do we understand embodiments of radical hatred? A panel of psychologists considers the psychodynamic origins and strategies to provide therapeutic experiences around racial and antisemitic hatred/bigotry.

Holly Houston, PhD

Program Chair

IPA Social Responsibility Chair
Anxiety & Stress Center

Gary B. Kamen, PhD

Private Practice

Connie Natvig, PhD

Assistant Professor
Midwestern University

David Oler, PhD

Private Practice

Susan Zoline, PhD

Clinical Faculty, Adler University

9:00 AM – 10:30 AM

Program 17 1.5 continuing education credits

Utilizing WPATH Standards of Care 8 for Gender Affirming Surgery Assessment

Sponsored by: IPA Sexual Orientation & Gender Diversity Section

This presentation discusses the World Professional Association for Transgender Health's (WPATH) updated Standards of Care which aid clinicians in working affirmatively with our Transgender and Gender Diverse (TGD) clients. How to access and provide letters of support for gender affirming surgeries will also be reviewed.

Hayley Van Serke, PsyD

Program Chair

IPA Sexual Orientation & Gender Diversity Section, Chair

Melissa B. Bailey, PsyD

Forest Path Therapy, Inc

9:00 AM – 10:30 AM

Program 18 1.5 continuing education credits

Why Psychology is Harder than It Looks

The difficulties inherent in psychologists' work can be found in the dichotomous nature of many of its perspectives. I will describe eleven dualities that underlie the daily demands and roles of psychologists. Implications and further questions are offered.

Ken Fogel, PsyD, MSCP

Associate Professor

The Chicago School of Professional Psychology

10:30 AM – 10:45 AM BREAK



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10:45 AM – 12:15 PM

Program 19

CONVENTION KEYNOTE

Roses Still Growing From Concrete: Recognizing and Rallying Urban Youth Resilience Through Rap Music

Contemporary Rap music and related Hip-Hop culture comprise a diverse range of themes, messages, and contents that collectively influence urban youth in particular and popular culture in general both in the U.S. and around the world. Careful critique, strategic selection, and expert deployment of prosocial content contained within contemporary Rap/Hip-Hop can enhance the appeal and impact of traditional clinical psychology programming with urban youth and other “pro-Rap” populations. This keynote will illustrate the role of Rap/Hip-Hop in trauma-informed youth prevention and intervention as outlined in the Hip-Hop H.E.A.L.S.! (Helping Everyone Achieve Liberation and Success) program. Broader implications beyond Rap/Hip-Hop for arts-based approaches to enhance traditional clinical psychology techniques will also be addressed during the presentation.



INVITED PRESENTER

Jaleel Abdul-Adil, PhD

Dr. Abdul-Adil's career interest is culturally-sensitive, ecologically-appropriate, and evidence-based practices for low-income urban youth and families. His current research focuses on family-focused interventions for youth with trauma and co-occurring disruptive behavior and community violence exposure that are provided through university-community partnerships, service system collaborations, and national provider networks. Dr. Abdul-Adil is also one of the originators and nationally-renowned experts on the use of modern Rap music and Hip-Hop culture to enrich psychosocial interventions for urban youth.

12:30PM – 1:45PM

AWARDS LUNCH MENU

MEDITERRANEAN SALAD cucumber, tomato, olives, feta, Aegean dressing

MOZZARELLA STUFFED CHICKEN sundried tomato coulis, yukon gold mashed potatoes, green beans with cremini mushrooms | \$34

VEGGIE OPTION:

PORTOBELLO VEGETABLE STACK oven roasted fingerling potatoes, sauce diavolo | \$28 (Dairy and Gluten Free Vegan)

IPA Annual Awards Luncheon

PRESIDENTS ADDRESS

AWARDS

DISTINGUISHED ILLINOIS PSYCHOLOGIST

Derek Phillips, PsyD., MSCP. ABMP

LEGISLATIVE OF THE YEAR AWARDS

Representative Maurice A. West III

Senator Robert Peters

IPAGS JENNIFER MANFRE AWARD

Daniel Polonsky, PsyD

2:00 PM – 3:30 PM

Program 20 *1.5 continuing education credits*

IPA's Legislative Committee: Advocacy in Action

Program Description: Join us for a presentation highlighting the process the Legislative Committee uses to advocate for IPA members and reviewing the year's legislative wins for psychologists in Illinois. Panelists will suggest different ways to get involved in advocating for the profession. During the town hall portion of the presentation, the Committee will discuss legislative priorities for the coming session, including LGBTQ+ rights and protections, and ask membership for their input on additional priorities or issues of note.

Gregory Sarlo

Program Co-Chair

Private Practice

IPA Legislative Co-Chair

Director of Training, IPA Psychology Internship Consortium

Kristina Pecora, PsyD

Private Practice

IPA Legislative Co-Chair

Senior Program Officer, Border Security Training

Program; The United States Institute of Peace

Terrence Koller, PhD, ABPP

Private Practice

IPA Legislative Liaison

Jane Conron, PhD

Private Practice

Clinical Instructor, Feinburg School of Medicine, Northwestern University

Ryan Taylor, JD

Associate, Taylor Uhe, LLC

IPA Lobbyist

2:00 PM – 3:30 PM

Program 21 *1.5 continuing education credits*

Applying an Intersectionality Framework to Mental Health Care

Intersectionality is a powerful framework that highlights how intersecting systems of power influence everyday life. Using this framework can enhance our ability as clinicians to better contextualize treatment for our clients. This program will introduce attendees to intersectionality and offer strategies to apply this framework to clinical practice.

Byron Brooks, PhD

Program Chair

Assistant Professor, Loyola University Chicago

Kay Denis, MPS

Clinical Psychology Doctoral Candidate, Loyola University Chicago

Darnell N. Motley, PhD

Research Assistant Professor, The University of Chicago

2:00 PM – 5:15 PM

Program 22 *(3 continuing education credits—meets the ethics CE requirement for licensed clinical psychologists)*

Caring for Patients Versus Taking Care of Them: Ethical Considerations

The IPA Ethics Committee will discuss ethical tensions in our roles, actions, and decision-making between accommodating versus enabling our clients in areas such as gender affirming care, suicide, and requests for accommodation. Case vignettes will be utilized to highlight guidelines for prudent practice.

Susan S. Zoline, PhD

Program Chair

Professor of Psychology, Adler University

Co-Chair, IPA Ethics Committee

Paul Cantz, PsyD, ABPP

Director of Clinical Training and Professor of Psychology, Adler University

Member, IPA Ethics Committee

Scott D. Hammer, JD

Of Counsel, Wilson Elser Moskowitz Edelman & Dicker LLP

Margo Jacquot, PsyD

The Juniper Center

Member, IPA Ethics Committee

IPA Secretary

Peter Perrotta, PhD

Centers for Family Change

Member IPA Ethics Committee

Ann Sauer, PhD., ABPP

Program Director, Midwestern University

Member, IPA Ethics Committee

Abigail Sivan, PhD

Research Associate Professor, Northwestern University

Co-Chair IPA Ethics Committee

3:30 PM – 3:45 PM BREAK

Sponsored by: Skyway Behavioral Health

3:45 PM – 5:15 PM

Program 23 *1.5 continuing education credits*

The Role of eHealth Interventions in Health Behavior Change

eHealth interventions promote health behavior change by utilizing technology to deliver personalized and interactive interventions. They have shown promising results in promoting healthy behaviors such as physical activity and healthy eating. eHealth interventions offer a convenient and accessible way to improve public health and reduce healthcare costs.

Elizabeth Kaydanovsky-Malkin, MA, MSCP

Program Chair

Illinois School of Professional Psychology at National Louis University

IPA Graduate Student Section Chair

Meghan T. Kennedy, PsyD, CCTP

Behavioral Health Integration Clinical/Team Lead Edward-Elmhurst

Health Pain Management/Linden Oaks Medical Group

Clare McIntosh, MA

Illinois School of Professional Psychology at National Louis University

3:45 PM – 5:15 PM

Program 24 *1.5 continuing education credits*

Suicide Risk Assessment in Youth

The frequency of suicidal ideation and attempts in our children continues to increase at alarming rates, with 1 in 4 adolescents having seriously considered suicide in the past year (YRBS, 2021) Participants will be updated on the trends of youth suicide, and how best to assess it using the Columbia Suicide-Severity Rating Scale.

John Frampton, PhD

Program Chair

Formative Psychological Services

5:15 PM – 6:30 PM

Student Poster Presentation Competition

5:15 PM – 7:00 PM

President's Reception:

This year the student poster boards will be on display during the reception. Please join us! Show your support for our student presenters while enjoying delicious hors d'oeuvres and have a chance to meet with your colleagues and IPA Leadership. Poster Awardees will be announced.



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Laura Faynor-Ciha, PhD, APA Council Representative

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Kimberly Baker, PsyD, Women's Issues Section
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Brandi Boan, PsyD, MSCP, North Region Representative
Blair Brown, PsyD, North Central Region Representative
Keith Buescher, PhD, South Central Region Representative
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Laura Pappa, PhD, Early Career Psychologists Section
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Steven Rothke, PhD, Organizational & Business Consulting Psychology Section
Cliff Saper, PhD, Metropolitan Region Representative
Hayleybeth Van Serke, PsyD, Sexual Orientation and Gender Diversity Section

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Hayleybeth Van Serke, PsyD

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Linda Wright, PsyD

Dr. Theresa M. Schultz, P.C.

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THE ILLINOIS PSYCHOLOGICAL ASSOCIATION WORKS FOR YOU

- IPA is one of the largest state psychological associations in gaining broad legislative recognition for the practice of psychology.
- IPA speaks for psychology by advocating for the proper care and treatment of those with mental disorders.
- IPA's Regional Representatives to IPA Council assure input in policy development and implementation from all areas of Illinois.
- IPA is the only psychological organization in Illinois affiliated with the American Psychological Association.
- IPA has eleven special interest sections, including an Early Career Psychologist Section.
- IPA promotes participation of graduate students and interns in professional psychology activities at the state level.
- IPA provides liaison services for academic psychologists to facilitate promotion of dialogue on issues of student education and training in psychology.

Membership Benefits and Services

Practice Assistance Professional Representation.

Practice/Billing Tip of the Month via the IPA Listserv and IPA Website.

Health Care Reimbursement Committee consultations on claims problems/insurance issues.

Confidential Ethics Committee consultations at no cost.

Access to IPA Listserv, including potential new referrals, practice issues & behavioral health resources.

Updates on legal/regulatory changes affecting IL practice.

Successful Advocacy for Post-Doctoral trainees & graduate students: See Blue Review May 2018 publication on new BCBSIL reimbursement policy for post-doctoral fellows developed by IPA's HCRC with assistance from APA.

Updates on licensing statutes/laws & CE.

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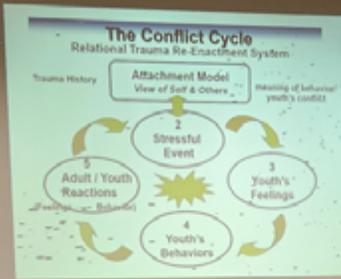


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- Master's level and doctoral level therapy practicum placements
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- Post-doctoral residencies
- Early career Clinical Psychologist positions

*Questions related to the program's accredited status should be directed to the Commission on Accreditation:

For more info,
Scan here!

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If you answered YES to these questions, please consider making application to the Leadership Development Program of the Illinois Psychological Association.

Overview

The Leadership Development Program (LDP) of the IPA is a program designed to engage and educate future leaders of IPA. Participants will be chosen via application and interview. Acceptance into the program is a one year commitment followed by participation in IPA committee work with the intention to eventually run for an IPA Council position. This is an excellent opportunity to develop leadership skills to be utilized in IPA, as well as in the future for personal and professional application in academic settings, administrative clinical settings or other board positions.

- monthly meetings will be held. Some in person, some virtual.
- monthly topics to be covered: leadership assessment with feedback of strengths and areas for development; review of IPA Bylaws, policies and procedures; association history; association finances and fiduciary responsibility; a mock council meeting; mentoring; an association project.

For additional information, contact:

Laura Faynor-Ciha, PhD
Chair, IPA Leadership Development Program and IPA Past President
laura.faynorcihaphd@gmail.com
Cell: 630/988-0489

Marsha Karey
IPA Executive Director
mkarey@illinoispsychology.org
IPA Office phone: 312/372-7610, x201

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