

Conference Program and Schedule

Theme: The Scientific Basis For Integrated Mental & Behavioral Healthcare

SATURDAY October 15, 2011

7:30 AM: Onsite Registration and Sponsored Breakfast

8:15 AM: Welcome and Introductions

9:00 AM: - 11:00AM General Session (2 CE Units)

Behavioral Health Care Delivery in the NEW AGE: Scientific Basis for Integration into Medicine and Surgery

Panel Presentation: David Kipper, Howard Rubin and Jerry Morris

Dr. Kipper will discuss his experiences integrating behavioral health into primary care practice, especially with people suffering from life style medical issues (e.g. addictions) and the importance of a health or wellness perspective in caring for his patients with mental, emotional, and behavior disorders, and chronic pain. Dr. Rubin will discuss the similar issues but from the behavioral health perspective and all presenters will include HOW TO integrate in addition to the evidence base supporting integration. Dr. Morris will present a systems approach including but not limited to the evidence used by government agencies supporting integrating behavioral health into the ACO and Medical Homes models.

11:00 AM - 1:00 AM

Life Style Medicine Treatment & Practice For Psychologists

Presenters: John Caccavale, Elle C. Walker & James Larry Thomas

Discussant: Nicholas Cummings

Lifestyle medicine (LSM) treats illness largely through behavioral strategies. There is considerable evidence demonstrating the effectiveness of lifestyle treatments for many major disease categories. Psychologists are natural providers of lifestyle strategies but have not typically looked at LSM as a practice opportunity. This session will review the research literature on the effective treatments that have emerged in LSM and ones that psychologists can accommodate into practice. Successful treatment strategies for a number of disorders commonly seen in medical practice but ones that can utilize the services of psychologists will be presented. With the full implementation of the Affordable Care Act by 2014, LSM treatments has the potential to bring behavioral health specialists full integration into the healthcare system and to be in a position to accommodate a new population of patients seeking non-drug based treatments.

Advanced Evidenced Based Practices in ADHD Assessment (2 CE Units)

Presenter: Thomas Pedigo

Evidenced based approaches to assessment have been advocated widely, however, differences exist in the process as it is applied across individuals and professions. There is a need in psychology to clearly delineate how evidenced based practices, as applied from the medical professions, differ from it's application in psychology and to demonstrate how the best of both approaches can be efficiently integrated to improve diagnostic outcomes. The focus of this workshop is to demonstrate how to combine multiple sources of evidence, in a statistically significant way to improve assessment accuracy. Specifically, we will explore how using the concepts of Sensitivity and Specificity, Positive and Negative Predictive Power allows one to calculate Diagnostic Likelihood Ratios that can be applied with a nomogram. To illustrate how the incremental process is applied we will demonstrate the Target Tests of Executive Functioning used incrementally with behavior ratings, including supportive psychometric review and case studies.

NOON LUNCH BREAK 1:00 PM--2:30 PM

Special Announcement: The Nicholas & Dorothy Cummings Foundation will announce and present the 14th Cummings PSYCHE Award. Conference attendees are invited to the lunch and presentation, which will be sponsored by the Cummings Foundation.

Afternoon Sessions Begin: 3:00--5:00 PM

The Forensic Practice of Disability Evaluations and Independent Psychological Evaluations

Presenter: David Clayman

Conducting disability evaluations presents great opportunities for clinical psychologists trained in Integrated Behavioral Health. The bio-psycho-social approach is essential in providing insurance carriers, human resource directors, lawyers and others with comprehensive, integrated and functionally-oriented evaluations. By addressing the interaction among all factors, psychologists are able to provide a unique perspective that meets the standards of practice set forth by experts in the field. This workshop will focus on the role and function of psychologists as compared to other professionals. Ways in which to approach referral sources will be presented. The format of reports and the types of information that should be included will be addressed. Understanding the differences in demands presented by Social Security, workers compensation, insurance companies and lawyers will be emphasized. Extensive case examples will be used. Participants will be asked to process cases from an integrated perspective.

Sex, Lies and Second Life: Implications For Treatment When The CyberWorld Becomes Addictive

Presenter: James Childerston

Internet usage has reached an all-time high, and some aspects of its use are becoming problematic for patients, parents and practitioners. In this presentation, you will be introduced to the on-line sites that attract millions of users. You will be exposed to social networking sites such as Facebook, virtual reality sites such as Second Life, a CyberSex site, and Massive Multi-User On-line Gaming like Worlds of Warcraft. We will address how this new media impacts marriages and families as it can sometimes distort intimacy and sexuality. We will also explore implications of how living life on-line will impact a new generation of youth. Also discussed will be the challenges for Psychologists who wish to utilize on-line mediums for communicating with patients.

End of Day One

SUNDAY October 16, 2011

8:00 AM - Sponsored Breakfast

8:30 AM - General Session: *The Science Supporting Psychologists As Primary Care Mental Health Providers (2 CE Units)*

Panel: John Caccavale, Nicholas Cummings, Jerry Morris, Howard Rubin, & Jack Wiggins

10:30AM -- 12:30PM

The Course You Never Got In Graduate School Part I (2 CE Units)

Presenter: Larry Waldman

Dr. Waldman is the "psychologist's psychologist." The topics that will be covered in Part I of the workshop include: "Private Practice as a Business" "Re-Developing Your Financial Blueprint" and "Becoming the Expert."

Up-Date and Making Practical Sense of Ethics and Laws for Psychologists -Part I (2 CE Units)

Presenter: Stephen Berger

This presentation is designed to meet the 4 hour license renewal requirement in Ethics and Law for California and most states licensed psychologists. The presentation is organized so as to clarify the status and role of the Board of Psychology within the broader legal structure. The presentation will clarify the concepts of privacy, confidentiality and privilege as these concepts and the laws relating to them tend to be very troublesome for psychologists, causing us to get in legal trouble. With the use of Power Points, these concepts will be distinguished, with emphasis especially on the legal cases of *Griswold*, of *In re Lifschutz*, and of *Jaffee v. Redmond*. **YOU MUST ATTEND BOTH SESSIONS TO MEET THE 4 HOUR CA OR OTHER BOP REQUIREMENT.**

Behavioral Health Practice: Working Together In Integrated Care: Win-Win Models of Collaboration (2 CE Units)

Presenter: Ron O'Donnell

The focus of the DBH is on integrated behavioral care with an emphasis on medical literacy, brief behavioral interventions in primary care, disease management and entrepreneurship. The focus of the presentation will be on win-win models of collaboration between Doctors of Behavioral Health and Psychologists. Examples include: 1) identification of patients by the DBH in primary care that require referral to psychologists and coordination of care; 2) partnerships between the DBH and psychologist on disease management programs that partner with physicians, hospitals and health plans to identify and treat high-risk, high-cost patients, and; 3) Psychologist supervision of DBH students and graduates. These examples will demonstrate the potential for the DBH and psychologist to gain mutual benefit from collaboration that is attuned to the emerging needs of the healthcare reform marketplace.

NOON LUNCH BREAK: 12:30--2:00 PM

2:00--4:00 PM

The Course You Never Got In Graduate School Part II (2 CE Units)

Presenter: Larry Waldman

In Part II of this workshop, Dr. Waldman's topics will include: "Managing Managed Care" "Developing a Cash-Pay Practice", "Utilizing Attorneys as Referral Sources" and "Alternative Methods of Producing Income".

Up-Date and Making Practical Sense of Ethics and Laws for Psychologists -Part II (2 CE Units)

Presenter: Stephen Berger

The concepts and the rules that flow from the cases presented in Part I of the workshop will enable a transition to understanding their practical application to *Tarasoff I* (Duty to Warn) and *Tarasoff II* (Duty to Protect), which has evolved with *Ewing v. Goldstein*, which is almost always not appreciated for its full legal implications. We will conclude with an application of this material to expert testimony (*Frye* and *Daubert* criteria). These topics may seem quite separate and distinct, but are truly highly related. Consequently, the fundamental principle that will run throughout the presentation is the application to everyday practice of these concepts and the ethical and legal rules that apply to us.

End of Conference

Presenter Biographies

Stephen Berger, Ph.D., ABPP

Dr. Berger received his Ph.D. from the University of Miami in Florida in 1971. His internship was at Camarillo State Hospital in California where he was selected as Intern of the Year. He served on the faculty of the University of Southern California from 1971-1978. He was primarily responsible for the graduate course in Psychological Assessment and taught and supervised psychotherapy courses and training, as well Master's Theses and Doctoral Dissertations. He has taught graduate psychology courses for the California School of Professional Psychology, the California Graduate Institute, and most recently for Argosy University in Orange County including courses on Law and Ethics, Consultation and Supervision, Psychotherapy and several Forensic Psychology courses. He is now on the Core Faculty of the PsyD program at Argosy. He has more than 100 invited addresses, workshops conducted, presentations at State, Regional and at APA Conventions, as well as peer reviewed journal and book chapter publications. He was one of the 8 individually named psychologist plaintiff's in the famous *CAPP v. Rank* case in which the California Supreme Court affirmed the California statute that granted independent hospital practice rights for Clinical Psychologists.

John L. Caccavale, Ph.D., M.S.C.P., ABMP

Dr. Caccavale is a California licensed clinical psychologist and the executive director of NAPPP. He is a diplomate of the American Board of Medical Psychology. Dr. Caccavale is a long time advocate for the advancement of clinical and medical psychology and its inclusion into primary behavioral healthcare. Dr. Caccavale serves on a number of professional boards including the American Board of Medical Psychology, the National Institute of Behavioral Health Quality and the American Board of Behavioral health Practice. He is the Chair of the Behavioral Health Committee of Orange County Medical Reserve Corp. He has published numerous articles and book reviews on a wide array of subjects but, in recent years, has confined his writings to the current issues facing the profession. Although mostly retired from active practice, Dr. Caccavale continues to do some consulting and evaluation.

James Childerston, Ph.D., ABMP

Dr. Childerston is a clinical psychologist specializing in a broad spectrum of psychological disciplines including individual and couples therapy, as well as medical and pharmacological consulting. His principal areas of expertise include problems associated with anxiety, depression, sexual dysfunction, sexuality and aging, and marital concerns. He is board certified in medical psychology, psychopharmacology, and sex therapy. He serves as the past president of the Academy of Medical Psychology and is on the faculty of the Institute for Sexual Wholeness.

David Clayman, Ph.D.

Dr. Clayman received his Doctorate in Clinical Psychology from the University of Vermont where he specialized in what was then called "Medical Psychology". Extensive experience was gained in working with various medical populations including patients on the rehabilitation unit. Actively involved in founding the Division of Health Psychology and the Society of Behavioral Medicine, he has focused on applied issues rather than more academically oriented undertakings. As the Coordinator of the Consultation/Liaison at a major medical center, he established psychology as an integral part of the healthcare team. During the past 34 years, he has developed an extensive forensic practice that involves a good deal of civil litigation and disability evaluations that demand and understanding and application of integrated health psychology theories and practices. For several years he served as a medical expert for the Office of Hearings and Appeals of the Social Security Administration providing expert testimony on thousands of disability cases. He is currently the Director/Owner of Clayman & Associates, PLLC which is a Clinical and Forensic Psychology practice located in Charleston, West Virginia. He provides consultative services and expert testimony to lawyers throughout the United States.

Nicholas A. Cummings, Ph.D., Sc.D.

Dr. Cummings is a psychologist who has been predicting the course of psychology for the past 50 years, and has innovated steps to enhance the profession along the way. In the 1950s he wrote the first comprehensive prepaid psychotherapy insurance benefit and through his medical cost offset research convinced third party payors to include psychotherapy as a covered benefit. His pioneering "intermittent, focused psychotherapy throughout the life cycle" is the way most psychologists practice today. He was active with the Dirty Dozen for 30 years, founded the professional school movement through the four campuses of the California School of Professional Psychology, created the nation's only psychology-driven national healthcare company which grew to 25 million covered lives and in which psychiatric/medical directors reported to psychologists, and a host of other innovations too numerous to mention. He served as President of the APA, has six honorary doctorates, and holds every honor the profession can bestow, including the Gold Medal. In predicting the necessity of professional psychology to become integrated into mainstream healthcare for its survival, in 2008 he founded the Doctor of Behavioral Health program at Arizona State University. For 44 years in spite of everything else he was doing, he maintained a psychotherapy practice of no less than 40 to 50 patients per week. At the present time he is President of the Cummings Foundation for Behavioral Health, Distinguished Professor at the University of Nevada, Reno, and is Founding Chair of CareIntegra. Dr. Cummings is a founding member of NAPPP and serves on the executive board.

David Kipper, M.D.

Dr. Kipper was born and raised in Los Angeles and attended medical school at the University of California at Los Angeles. He has practiced internal medicine in Beverly Hills for three decades and co-founded the Medical Group of Beverly Hills in 1987, which is the largest multispecialty group in the community. Dr. Kipper is a member of the California Society of Addiction Medicine and the American Society of Addiction Medicine. Dr. Kipper is completing a book on the newly discovered origins and most advanced treatments of addictive disorders and he hosts a weekly interactive radio program on KABC about addiction. Dr. Kipper has created a Project dedicated to providing addiction care to those afflicted and without the awareness of and adequate resources to enter expensive treatment programs. Dr. Kipper has published numerous articles on health and health care policy and has been asked to appear as an expert commentator on all major networks on issues relating to internal medicine, addiction, and health care.

Jerry Morris, Psy.D., ABMP, ABBHP, ABPP

Dr. Morris is a clinical psychologist who is also board certified in Medical Psychology, Family Psychology, School Psychology, Case Management, and holds the APA National College of Psychology Certification in the Treatment of Alcohol and other Psychoactive Substance Abuse. He is the current president of the Academy of Medical Psychology. He is the author of books and numerous scientific and professional papers in the area of psychology, management, and economics. Dr. Morris is the President and Clinical Director of CMHC, Inc. Nevada MO, a comprehensive community mental health center serving Western Missouri. He has developed and owned psychiatric hospitals and other healthcare facilities. He has served as graduate and undergraduate faculty in psychology, economics, and management. Dr. Morris is on the board of directors of NAPPP, ABMP Medical Psychology Board, and he has served on APA Council, and Rural and Finance Committees, and was the Division 42. Hospital and Healthcare Facilities Committee Chair for 11 years. Dr. Morris was President of the Missouri Psychological Association and served on the board for 8 years. He owns and operates a healthcare management consulting business, Morris & Morris, Inc. and serves as a CMS facilities monitor and consultant to Government and private healthcare facilities. Dr. Morris is a past executive director of NAPPP.

Ronald O'Donnell, Ph.D.

Dr. O'Donnell is a clinical psychologist and Director of the innovative new Doctor of Behavioral Health (DBH) degree program at Arizona State University. The DBH is an applied doctorate designed as an upgrade for master's level behavioral clinicians interested in integrated behavioral care in primary care and other medical settings. Prior to his current position Dr. O'Donnell spent over a decade in health plans as a director of case management, disease management and health coaching programs comprised of behavioral clinicians, physicians, nurses and dietitians designed to improve the outcome for patients with co-morbid medical and behavioral chronic illness. This included both "build" and "buy" program design, including work with nationally recognized disease management and health promotion vendors. He spent nearly a decade as a clinical director for HMO staff model mental health and substance abuse treatment centers closely allied to primary care offices. Early in his career he directed and treated seriously and persistently mentally ill in a state hospital and community mental health care center settings. Dr. O'Donnell has dedicated his career to integrated behavioral care, using outcomes management to demonstrate the value-added proposition for behavioral care, and interdisciplinary collaboration.

Thomas Pedigo, Ph.D., ABMP

Dr. Thomas K. Pedigo is the director and owner of the Savannah Child Study Center a multi-specialty center providing clinical mental health, medical and psychoeducational services to children and their families. Dr. Pedigo is a licensed psychologist in the state of Georgia and is a Board Certified Medical psychologist by the American Academy and Board of Medical Psychology. Dr Pedigo is also a Nationally Certified School Psychologist. During the past several years he has presented widely to multiple professional organizations in the areas of Evidenced Based Assessment and the use of executive measures in the identification of executive disorders. Dr. Pedigo is the clinical author of the Pediatric Attention Disorders Diagnostic Screener and the Target Tests of Executive Functions published by Targeted Testing Inc.

Howard Rubin, Ph.D., ABMP

Dr. Howard Rubin has been practicing clinical/medical psychology with sub specialties in pain management, sports psychology, and psychopharmacology since 1971. He is a Diplomate and Fellow of the American Academy of Pain Management, has post-doctoral certification in psychopharmacology, and is a board certified medical psychologist. Dr. Rubin was appointed to the U.S. Olympic Team medical staff for the Los Angeles games in 1984. He also served on the medical staff of the Los Angeles Clippers of the National Basketball Association (NBA). Dr. Rubin has published numerous research articles in professional psychology and medical journals, was a member of the first faculty at CSPP in Los Angeles, has made several presentations to professional organizations on such topics as Pain Management, Stress Management, Disaster Response, Child Abuse and Neglect, Hospital Practice, and Drugs, Alcohol, and World Class Athletes. He was the founder of Pain CareCenters of America, Inc., and a founding member of the Center for the Improvement of Child Caring. He has appeared on many local and national radio and television programs including the Today Show. Howard is the Chief Executive Officer of Museum Center Surgery Group, Inc., and Managing Member of National Stand Up Imaging, LLC. Dr. Rubin is on the executive board of NAPPP.

James Lawrence Thomas, PhD

Dr. Thomas is a clinical psychologist and neuropsychologist, on the Faculty of NYU Medical Center for the last 30 years, with seven books to his credit. He has specialized in diagnosing and treating adult ADD, LD and mild head injury for over two decades, and has post-doctoral certificates in group therapy, cognitive therapy, relationship therapy, and neuropsychology. Dr. Thomas has degrees from Yale, UC Berkeley, and CUNY (Clinical Psychology, 1980), is Past President of the Independent Practice Division and the Neuropsychology Division of the New York State Psychological Association (NYSPA). He is on the Board of Directors of the International Dyslexia Association and is a full member of the International Neuropsychology Society, the National Academy of Neuropsychology, the American Psychological Association, is a Lifetime Professional Member of the National Brain Injury Foundation, and a Fellow of the Foundation for Behavioral Health.. He was awarded the Distinguished Service Award by the New York State Psychological Association in June of 2000. In October of 2001, Dr. Thomas was elected as Distinguished Practitioner of Psychology in the National Academies of Practice.

Larry Waldman, Ph.D. ABPP

Dr. Waldman is a licensed clinical psychologist and certified school psychologist in Phoenix, Arizona. He works with children, teens, parents, couples, and adults in a solution-focused manner. In addition to his clinical work, Dr. Waldman was the past president of the Maricopa Psychological Society and was the Director of Psychological Services for Charter Psychiatric Hospital. He is an adjunct professor in the Educational Psychology Department for Northern Arizona University (NAU). In addition to numerous articles which have been published in the local Phoenix media, Dr. Waldman has written three self-help books: "Who's Raising Whom? A Parent's Guide to Effective Child Discipline" (1984), "Coping with Your Adolescent" (1994), and "How Come I Love Him but Can't Live with Him? Making Your Marriage Better" (2004). In March he published "The Graduate Course You Never Had: How to Develop, Manage, and Market a Flourishing Mental Health Practice—With and Without Managed Care" (2010). For the past years Dr. Waldman has spoken across the country to educators, laypersons, and fellow mental health professionals.. He has presented at several state and national conventions. As the founder of the Mental Health Marketing Academy, Dr. Waldman is passionate about teaching mental health practitioners how to successfully develop, manage, and market a private practice. This is Dr. Waldman's second invite to present at this conference. He is a dynamic and entertaining speaker.

Elle C. Walker, Psy.D.

Dr. Walker is a licensed clinical psychologist who practices in Downey, California. She works with and treats many patients who present with sleep disorders and other lifestyle problems. She is the associate editor of The Clinical Practitioner, NAPPP's monthly newsletter. Dr. Walker practice is nicely intergrated with the physicians who work in her area and has vast experience with the integrative aspects of mental and behavioral healthcare. Dr. Walker also is a specialist treating patients who present with post partum disorders.