

Conference Program and Schedule

Integration of Behavioral Health in Medical Systems: Health Care Reform and Opportunities for Clinical, Behavioral Health, and Medical Psychologists

SATURDAY
October 9, 2010

7:30 AM: **Onsite Registration and Coffee**

8:15 AM: **Welcome and Introductions**

8:30 AM: Keynote Address: Nicholas Cummings
Integration of Behavioral Health in Medical Systems: Health Care Reform and Opportunities for Behavioral Health/Medical Psychology Specialists

10:00 AM:

Session #1: David Kipper, John Reeves, Howard Rubin and Terry Soter
Integration of Behavioral Health and Medical Psychology Into Primary and Specialty Care

NOON LUNCH BREAK NOON--1:30 PM

Afternoon Sessions

1:30PM--3:30PM

Session #2: Panel Discussion: John Caccavale, Michael Baer and Larry Waldman
Fee Based Practice Opportunities Under The New National Healthcare Reform Bill
Healthcare reform can be either a boom or bust for clinical psychology. The success to clinicians will depend on what we know about the opportunities that are presented to psychologists contained within the complex language of the bill. The panel will discuss the many benefits to psychologists and our patients including what traditional behavioral health services will be covered, what new services will be reimbursed, and the return of fee-based services that will result from the bill's passage. Dr. Waldman will present his methods, and more, for developing a successful fee based practice.

Session #3: Levon Margolin, Nicholas Cummings and Ron O'Donnell
Student/Intern Forum: Pre and Post Doc Internship Training: Behavioral Health Opportunities in Medical Systems

Emerging healthcare reform is squarely aimed at *cost control* by improved management of chronic disease in primary care, increased use of evidence-based treatment, decreased waste and improved efficiency, and new payment mechanisms such as pay for performance incentives. Providers are called upon to be accountable for the clinical and *financial* results of treatment. In addition, further decreases in provider reimbursement

are planned. Traditional doctoral training in behavioral health is unprepared and unresponsive to the demands for the 21st century behavioral care provider. We need to replace the rigid and often irrelevant APA curriculum and training model that now requires an average of nearly 10 years to become a licensed doctoral level psychologist. The Arizona State University Doctor of Behavioral Health program represents the culminating vision of Nicholas Cummings to provide an applied doctorate in integrated care designed to meet the demands for behavioral care providers in the era of healthcare reform.

Session #4: James Childerston

Sex, Drugs and the Hormones Roll: Medical Psychology Opportunities to Treat the "Viagra Generation"

As the Baby Boomers become the “Viagra Generation” there are significant practice opportunities available for Medical Psychologists who can sensitively treat the sexual challenges that come with aging. In our sexually charged culture where there is little tolerance for problems in the bedroom, psychologists and their patients need guidance and information to discern “fact” from “fiction” in the rapidly developing science of sexual pharmacology. This workshop will present recent advances in treating sexual dysfunction and will also address the sexual responses of the human body as it is influenced by hormones and adjunctive hormonal therapies. It will also address how a better understanding of neuroscience can help patients discover keys to building better relationships.

3:40PM--5:40PM

Session #5: David Clayman

Forensic Psychology: The Justice, Legal, and Medico- Legal Systems

While not for everyone, developing the knowledge and skills to establish a forensic practice can offer an exciting and meaningful way to use all aspects of clinical training and experience. This is a specialty that can be the bulk of one’s work or a valuable addition to an established practice. To be successful necessitates a change in perspective, new areas of skills and knowledge and a willingness to learn to work in the legal arena. Probably no other undertaking offers psychologists the opportunity to demonstrate expertise that is an alternative to traditional roles and that has a profound impact on individuals and society. The use of research will be emphasized along with adherence to applicable ethical and practice guidelines. Problems involved with psychodiagnostics will be examined. Ways to enhance one’s standing as a forensic psychologist will be discussed including interacting with officers of the court, getting through a deposition and testifying. Practice management issues will be reviewed that will help establish an efficient and responsive process that will best assure success. Various means by which you can market your services will be explored including branding and meeting customer service expectations.

Session #6: John Reeves and Howard RubinMedical Psychology: Evaluation and Preparation for Surgery

Dr. John Reeves and Dr. Howard Rubin will discuss four areas where psychologists can collaborate with general bariatric, plastic, orthopedic and neurosurgery. They will provide overviews of Pre-surgical Psychological Preparation and Pre-surgical Psychological Evaluations for patients being evaluated for spine surgery, bariatric weight loss surgery, and cosmetic surgery. Pre-surgical Psychological Preparation for surgery has yielded a large body of empirical evidence showing not only decreased surgical distress but improved surgical outcome and wound healing. In addition patients have been shown to require less intra-operative anesthesia and post-operative analgesics. Dr. Reeves will also discuss Pre-surgical Psychological Evaluations in candidates for spine surgery. Dr. Rubin will also discuss Pre-surgical Psychological Evaluations for candidates requiring gastric banding and gastric bypass surgery. These evaluations have been empirically shown to predict surgical outcome equal to or better than physical findings and imagining. The collaborative process will be emphasized and the qualifications needed to conduct these procedures will be discussed.

SUNDAY
October 10, 2010

8:30 AM: Registration and Coffee

General Session: 8:30 AM-10:15 AM: John Caccavale and Jerry Morris
Promoting Practice: How Goes The NAPPP Public Awareness Campaign?

10:30AM-12:30 PM

Session #7: Frank LucchettiPracticing Psychology in the Worker's Compensation System

As a clinical and medical psychologist Frank Lucchetti will emphasize the importance of rehabilitating the injured worker to a life of productivity. The relationship among all parties involved in the workers' compensation settlement should be a primary concern, along with taking precautions to prohibit further impairment during treatment. The mental and emotional hardships that can occur after becoming injured while on the job are significant, yet these aren't always sufficiently recognized. Dr. Lucchetti suggests that all injured workers who suffer a permanent disability receive psychological intervention, as a crucial aspect in formulating life goals to functionally adjust

Session #8: Dave Reinhardt*Examining Medical Causes of Psychological Symptoms: An Orthomolecular and Functional Medicine Approach*

Find out what medical issues may be exacerbating or even causing your patients' presenting symptoms. This workshop will give you a concise guide to understanding the psychological effects of diseases, medications, immune reactions and nutritional deficiencies. Did you know that over 150 commonly prescribed drugs list depressive symptoms as serious and/or common side effects? We'll give you guidance on what to look for, when a specialist referral is needed and what lab tests are typically ordered, from a framework of Functional Medicine (the work of Dr. Mark Hyman) and Orthomolecular Psychiatry, (founded by Dr. Abraham Hoffer). We will help you develop a patient questionnaire to navigate these complex issues.

LUNCH 12:30—1:30PM

Afternoon Sessions

1:40PM--3:40PM

Session #9: Kerby Alvy*Integrating Parent Training and Parent Education Into Psychology Practice and Primary Care*

The quality of parenting that children receive greatly influences their health and psychological status. Problematic parenting causes and/or contributes to a variety of childhood disorders, as well as impacting the health status of the parents. Psychologists can play many important roles in both preventing and treating health problems by adding parent training and parent education to their repertoire of individual, family and community interventions. This workshop focuses on the many roles that psychologists can and are playing as parent trainers and educators, and on the programmatic interventions that psychologists can and are making to improve the health of children, families and entire communities.

Session #10: Ronald O'Donnell*Opportunities in the Disease Management Industry for Psychologists: A Behavioral Health Perspective*

Across the country a veritable army of clinicians are employed by health plans and their vendors as disease managers. These programs typically rely on identifying patients from claims data who account for a high proportion of healthcare costs due to poor management of chronic medical and behavioral conditions. The assumed benefit of these programs is that outreach and telephonic intervention will result in improved health outcomes and decreased overuse of medical services and healthcare costs. Integrated care psychologists can serve as a bridge between the PCP and disease management vendors. Meeting the patient in the primary care office, where trust is high, results in excellent engagement. Brief interventions in primary care that include psychotherapy, telephonic and eHealth case management can rapidly address behavioral issues in chronic disease. Then the patient can be effectively transitioned to a disease management programs from a

trusted provider, rather than the typical vendor cold call. This model can result in a win-win scenario. The disease management vendors will have more patients enroll in and complete their programs; patients will improve and in many cases costs associated with overuse will drop, and; psychologists will become valued for contributing to *cost-savings*.

End of Conference

Presenter Biographies

Kerby Alvy, Ph.D.

Dr. Alvy is the founder and executive director of the Center for the Improvement of Child Caring, a 35-year-old nonprofit organization that has grown to be one of the nation's most productive and influential parenting and parenting education institutions. He is the author of such books as *The Positive Parent: Raising Healthy, Happy and Achieving Children*, *Birth through Adolescence*, *Black Parenting: Strategies for Training*, *The CICC Discovery Tool*, *Parent Training Today*, and *The Power of Positive Parenting*. In addition, Dr. Alvy has designed and authored several parenting skill-building programs like *Confident Parenting*, *Effective Black Parenting* and *Los Ninos Bien Educados*. Dr. Alvy desires to expand the scope, impact and longevity of the organization in order to help establish effective parenting and parenting education as national priorities. The overarching goal is to create the conditions in the United States that will make it possible for it to become the birthright of every child to be raised effectively and sensitively by loving and skillful parents who receive the best possible parenting education and support

Michael Baer, Ph.D., Sc.D.

Dr. Baer earned his Ph. D from the Illinois Institute of Technology in 1971. He is licensed in Illinois, New York, and Florida. He holds diplomats in Forensics, Clinical, Counseling, Psychopharmacology, and Neuropsychology. Dr. Baer has been a board member or chair of 8 national mental health organizations. He has received 14 national professional awards for psychology, psychotherapy and Forensic science. He holds an Honorary Doctor of Science degree from Rice University 2006. He has a strong interest in Hospital Practice for psychologists, and has just completed a program for the Army to prevent PTSD. He is an advisory board member of NAPPP.

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 with his daughter, Dr. Elle Walker.

Michael D. Chafetz, Ph.D., ABPP

Dr. Chafetz is licensed by the State of Louisiana as a Clinical Psychologist and Clinical Neuropsychologist. He is also licensed as a psychologist in Texas. He is Board Certified in Clinical Neuropsychology through the American Board of Professional Psychology. He has provided a state-wide 4-hour CE course in the assessment of dementias, and CE workshops on malingering assessment in Social Security Disability consultations. As a neuropsychologist, Dr. Chafetz provides assessment and intervention for patients and claimants with brain injury, strokes, seizure disorders, MS, and dementing illnesses. He is also involved in assessment of legal cases that involve neuropsychological damages. He has performed neuropsychological autopsies for will contests, and is involved in research and analysis of testamentary capacity, logical memory, and other neuropsychological topics. Dr. Chafetz performs many assessments for state agencies, including Child Protection and the State Rehabilitation Service.

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 President of the Academy of Medical Psychology and is on the faculty of the Institute for Sexual Wholeness.

David Clayman, Ph.D.

David A. Clayman, Ph.D. is the Director of Clayman & Associates, pllc which is a forensically oriented private group practice. He received his degree in Clinical Psychology from University of Vermont in 1975. Initially he specialized in Medical/Health Psychology which was essential in developing his civil litigation practice in which he conducts IPEs . Since 1980, he has been involved in approximately 3000 forensically related evaluations covering a wide array of issues in state and federal courts. As an active participant in the business and legal communities, he uses these contacts to enhance his practice development. Marketing the offerings of his group demands media exposure as well as an aggressive public relations campaigns.

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.

Frank Lucchetti, ED.D., ABMP

Dr. Lucchetti is a Clinical & Medical Psychologist and pioneer in the field of Psychology, Chronic Pain Management, and Life Transitions. Dr. Lucchetti was Founder & Director of North Bay Center for Behavioral Medicine in Napa, CA, Allied Health member of Queen of the Valley Hospital, Napa, CA, Manager Partner of Sonoma Medical Plaza, and former Teacher in Secondary Education and at the University of San Francisco. He is a featured psychologist at KGO-810 radio. Dr. Lucchetti is Board certified in the areas of Chronic Pain Management; Severe Mental Disorders; Psychopharmacology and Medical Psychology. He is a Fellow from the Academy of Medical Psychology.

Levon Margolin

Levon Margolin is a doctoral candidate in Clinical Psychology student and in the process of completing his doctoral degree at Walden University. Levon is currently an intern at Aurora Charter Oak Hospital, a psychiatric hospital in Los Angeles County. After he receives his doctorate, Levon intends to apply his prior knowledge and experience as a successful business person to work on integrating behavioral healthcare into primary and specialty care.

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

Couples and Family Board, the 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.

David Reinhardt, Ph.D., M.S.C.P., ABMP

Dr. Reinhardt is a founding member of NAPPP and currently serves on our Executive Board. He is the managing editor of NAPPP's newsletter, *The Clinical Practitioner*. He is Board certified in Medical Psychology and has degrees in business Administration as well as his Ph.D. in Clinical Psychology from La Jolla University and a post-doctoral Masters of Psychopharmacology from Alliant/CSCP. Dr. Reinhardt is a research scientist, with extensive research on nutrients in mental health and mental health symptoms in physical disorders. In addition to his NAPPP affiliations, he holds memberships in the International Society of Orthomolecular Medicine, the Orthomolecular Health-Medicine Society, the American Society of Clinical Hypnosis, and the Institute of Functional Medicine. Dr. Reinhardt is founder and Director of the Mental Health and Wellness Center, a hospital and skilled nursing focused practice in Southern California, and the Center for Health Science, a behavioral healthcare center in Orange County, California

John Reeves, Ph.D., M.S.C.P.

Dr. Reeves is an Adjunct Professor of psychology, pain medicine and psychopharmacology at the University of California, Los Angeles (UCLA) School of Dentistry, Section of Oral Medicine and Orofacial Pain. He previously served as a Director of Medical Psychology at UCLA's Pain Management Center for ten years and as an Associate Professor of Anesthesiology. For the past 18 years Dr. Reeves also been an attending physician at The Pain Center in the Department of Anesthesiology at Cedars-Sinai Medical Center and a member of the Department of Psychiatry. He has published scientific research and presented on the topics of psychological/ psychophysiological factors in pain and surgery nationally and internationally. He is the co-author of *Preparing for Surgery: A Mind-Body Approach to Enhance Healing and Recovery*. Dr. Reeves is board certified in Health Psychology through the American Board of Professional Psychology

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.

Larry Waldman, Ph.D.

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 25 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.