



# ON THE CUTTING EDGE

## MPA'S 2020 UNCONVENTIONAL CONVENTION

### A Virtual Learning Series

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Registration fees include attending Live via Zoom online or On-demand recording after the program is presented live.	MPA MEMBER	NON-MEMBER	STUDENT MEMBER	STUDENT NON-MEMBER	AMOUNT
<p>***** <b>BEST DEAL!</b> *****</p> <p><b>COMPLETE CONVENTION REGISTRATION</b> INCLUDES: All 5 CE programs (10 CEs) <b>Up to 10 CE hours</b></p>	\$275	\$400	\$30	\$60	\$ _____
<b>Individual CE PROGRAMS may be purchased separately, or with FULL Convention Registration</b>					
<p><b>CE Program I – (1.5 CE hours)</b> <b>Chronic Pain: An Update on the State of the Science</b> <i>Cynthia Karlson, Ph.D., Matt Morris, Ph.D., &amp; Hannah Ford, Ph.D.</i></p>	\$50	\$75	\$ _____		
<p><b>CE Program II – (2.0 CE hours)</b> <b>Suicide Assessment &amp; Intervention: Integrating and Applying Theoretical and Evidence-based Models</b> <i>Michael Prazak, Ph.D.</i></p>	\$75	\$100	\$ _____		
<p><b>CE Program III – (3.0 CE hours)</b> <b>Suicide Postvention</b> <i>Michael Nadorff, Ph.D.</i></p>	\$100	\$125	\$ _____		
<p><b>CE Program IV – (1.5 CE hours)</b> <b>Psychological Functioning, Health Behaviors, and Cardiometabolic Outcomes: Research Findings from Across the Lifespan</b> <i>Crystal Lim, Ph.D., Aaron Lee, Ph.D.</i></p>	\$50	\$75	\$ _____		
<p><b>CE Program V – (2.0 CE hours)</b> <b>Nightmare Treatment</b> <i>Michael Nadorff, Ph.D.</i></p>	\$75	\$100	\$ _____		
			<b>Total Due:</b>		
			\$ _____		

Mail: MPA, P.O. Box 16826, Jackson, MS 39236 or Email: [info@mpassoc.org](mailto:info@mpassoc.org)  
To register and pay by credit card go to [www.mpassoc.org](http://www.mpassoc.org).

# **HOW DOES A VIRTUAL CONVENTION WORK?**

You can attend the MPA virtual conference from the comfort of your home or from your office as long as you have an internet connection. You will be able to join the presentation, see the presentation slides, and listen to the audio on your computer or electronic device (i.e. tablet, phone, etc). If joining live, you will be able to interact virtually with the presenter and ask questions. Registrants will be provided with login information once they register and submit payment. The presentations will also be archived and available to view on demand for those who cannot join the live presentation.

## **CONTINUING EDUCATION**

MPA is approved by the MS Board of Psychology to sponsor Continuing Education for Psychologists. MPA maintains responsibility for this program and its contents. Earn up to 10.0 CE credits with MPA Convention Programs.

Mississippi Psychological Association  
P.O. Box 16826, Jackson, MS 39236  
[www.mpassoc.org](http://www.mpassoc.org)

Executive Director: Amy Wilson

Email: [mpa@mpassoc.org](mailto:mpa@mpassoc.org)

MPA President: Kristen Alston, Ph.D.

Email: [kalston@umc.edu](mailto:kalston@umc.edu)

MPA Past President/Convention Chair: Ethel Hetrick, Ph.D.

Email: [ethelhetrick@gmail.com](mailto:ethelhetrick@gmail.com)

Visit Website for the Following

- Online Registration
- CE Sessions Descriptions & Objectives
- CE Speaker Bios
- Other Session Descriptions

## CE Program I (1.5 CE hours)

### Chronic Pain: An Update on the State of the Science

#### Session Description:

Chronic pain is common across both pediatric and adults populations. Chronic pain affects not only individuals and families but is increasingly being recognized as a public health concern due to reduction in productivity, disability, and the increasing rate of opioid dependence. As a result, psychologists are increasingly called to help manage symptoms of pain, especially as providers and patients seek alternatives to opioid treatments. The overall purpose of this presentation is to provide an update on the state of the evidence in the area of chronic pain, including understanding of the development and maintenance of chronic pain and learning about advances in treatment.

#### Learning Objectives:

1. To provide an overview and update on the currently accepted central sensitization model of chronic pain
2. To describe the prevalence and determinants of racial/ethnic disparities in chronic pain, including the influence of stressful and traumatic life events
3. To provide an overview of multi-disciplinary treatment of pain management, including learning about non-opioid medication alternatives, alternative therapies, and the latest evidence on psychological interventions

**Presenters: Cynthia Karlson, Ph.D., Matt Morris, Ph.D., & Hannah Ford, Ph.D.**

Dr. Karlson completed her Ph.D. in clinical health psychology from the University of Kansas in Lawrence, KS. She completed her pre-doctoral internship and post-doctoral fellowship at the University of Mississippi Medical Center (UMMC) in Jackson, MS. Dr. Karlson's clinical interests include psychosocial adjustment and neurocognitive concerns of children with cancer and sickle cell disease. Her research program focuses on chronic pain and sleep disturbance in children with chronic medical conditions.

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## CE Program II (2.0 CE hours)

### **Suicide Assessment & Intervention: Integrating and Apply Theoretical and Evidenced-based Models**

#### **Session Description:**

The purpose of this presentation is to acquaint participants with both theoretical and empirical evidence bases for suicide assessment and treatment. While historically much of contemporary suicide clinical practice has been largely atheoretical, several established models provide helpful, informative, and practical insights to improve the effectiveness of suicide interventions for the practicing clinician. This presentation will explore each point of assessment and corresponding treatment for two primary models of suicidal behavior, as well as two primary models of treatment-oriented approaches. Research and clinical guidelines provided by Nock, Joiner, Jobes, and related key clinicians to provide an integrated, evidenced-based, and clinically-useful model will be presented.

#### **Learning Objectives:**

1. To increase understanding of contemporary models of suicide assessment and intervention, resources to improve their practice related to suicide intervention
2. To gain a more thorough understanding of risk and protective factors to improve the accuracy and effectiveness of their assessment and corresponding treatment plans, and improved confidence and ability when interacting with suicidal clients
3. To improve understanding of specific assessment tools when working with individuals in crisis, familiarity with guidelines in documentation and treatment to ensure ethical and competent care, and the ability to integrate relevant research and practice guidelines in their treatment of suicidal clients

#### **Presenter: Michael Prazak, Ph.D.**

Michael Prazak, Ph.D. is a staff psychologist at the Gulf Coast VHCS. He provides individual therapy, group therapy, and assessment in the outpatient mental health clinic. His primary area of training and expertise is in the area of SMI, with a focus on suicidality in particular. Research and clinical experiences leading to knowledge of evidenced-based care for suicidality will be shared in this presentation.

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## CE Program III (3.0 CE hours)

### Suicide Postvention

#### Session Description:

Research has demonstrated that the weeks following a friend or loved one are not only very difficult for those who are left behind, but they are also associated with increased risk of additional deaths by suicide. However, few organizations have plans in place for how to deal with this situation, and mental health providers are often not aware of the latest literature on the role mental health providers play. To help address this gap, the American Foundation for Suicide Prevention and the Suicide Prevention Resource Center created “After a Suicide: A Toolkit for Schools” in 2011 in which the suicide postvention literature was reviewed and recommendations were formed. Our training has taken this manual and modified it into a training while also building in the most recent research. For the proposed session, although I will discuss suicide postvention broadly, I will specifically go into the role psychologists play based upon the most recent literature. By the end of the training participants should be able to aid local schools and organizations in the development of postvention plans also will know the best practice recommendations in how to respond to a suicide.

#### Learning Objectives:

1. To describe how suicide rates have changed in the last decade in the United States
2. To discuss the latest postvention recommendations for after a suicide death
3. To apply these recommendations in their organizations and communities to ensure that their response is in line with best practice.

#### Presenter: *Michael Nadorff, Ph.D.*

Dr. Michael Nadorff is an associate professor of psychology and director of clinical training at Mississippi State University, where he studies the association between sleep and suicidal behavior across the lifespan. He received his bachelor's degree in psychology and computer applications from the University of Notre Dame in 2007 and is PhD in clinical psychology from West Virginia University in 2012. He has more than 60 peer reviewed manuscripts either published or in-press and he has received more than \$3.4 million in external funding from NIMH, SAMHSA, and the MS Department of Mental Health.

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## CE Program IV (1.5 CE hours)

### Psychological Functioning, Health Behaviors, and Cardio-metabolic outcomes: Research Findings from Across the Lifespan

#### Session Description:

Mississippi has high rates of poor cardiometabolic health outcomes (e.g., obesity, hypertension, type 2 diabetes). The purpose of this symposium is to review recent research findings in children and adults that examine associations between psychological functioning and health behaviors and cardiometabolic outcomes. This body of research will inform the development of prevention efforts and treatments that are developmentally and culturally appropriate for citizens in Mississippi. The first presentation will be given by Dustin Sarver, Ph.D., which examines associations between ADHD and risk of overweight/obesity in a nationally representative sample. He will also discuss national recommendations regarding health behaviors in children and evaluate associations between health behaviors and risk of overweight/obesity and ADHD. Findings from this study revealed that meeting screen time recommendations was associated with lower risk of obesity for children without ADHD and meeting sleep guidelines was associated with lower risk of obesity for unmedicated youth with ADHD. The second presentation by Crystal Lim, Ph.D., will examine the prevalence of prediabetes and associations with health behaviors in youth attending a multidisciplinary pediatric obesity clinic. These findings, which extend Dr. Sarver's talk, will highlight the medical complications associated with obesity and demonstrate that youth with both obesity and prediabetes eat more meals and engage in more sedentary behavior than youth with obesity and not prediabetes. The third presentation will be given by Aaron Lee, Ph.D., which will build on Drs. Sarver and Lim's presentations by examining aspects of managing type 2 diabetes in adults. Results from this study demonstrate significant associations between autonomy support from family member and friends and diabetes-related self-care activities, such as diet, physical activity, and taking medications, as well as 5-year cardiac risk. Findings from this study suggest that support from family and friends for adults with type 2 diabetes may play an important role in disease related self-management and cardiometabolic outcomes. Patric J., Leukel, B.S., will provide the fourth presentation, which will examine emotion regulation, family involvement, and diabetes distress in adults with type 2 diabetes. It is expected that emotion regulation will be found to moderate the associations between family involvement and diabetes distress. Data collection for this study will be completed by July 2020. Dr. Crystal Lim will serve as the discussant for the symposium. She will review the implications regarding the findings from the presentations and provide directions for clinical practice and research related to psychological functioning, health behaviors, and cardiometabolic outcomes. Implications for the translation of developmentally appropriate and evidenced-based assessment and intervention practices into clinical settings, as well prevention interventions, will be considered.

#### Learning Objectives:

1. To describe associations between health behaviors and cardiometabolic outcomes across the lifespan
2. To explain aspects of psychological functioning that influence health behaviors and cardiometabolic health
3. To discuss implications for clinical practice and research related to psychological functioning, health behaviors, and cardiometabolic outcomes

#### Presenters: Crystal Lim, Ph.D., Aaron Lee, Ph.D.

Dr. Lim is an Associate Professor in the Division of Psychology in the Department of Psychiatry and Human Behavior at UMMC. She also serves as the Training Director of the UMMC Psychology Internship Program, which is accredited by APA. Dr. Lim is a licensed clinical psychologist whose clinical and research interests are in the area of pediatric and child clinical psychology, with a specific focus on pediatric obesity and weight management treatments. Additionally, Dr. Lim is interested in how cultural factors affect the effectiveness of pediatric and child clinical psychology interventions. Dr. Lim has presented at national professional conferences and has published over 40 peer reviewed manuscripts in professional journals.

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## CE Program V (2.0 CE hours)

### Nightmare Treatment

#### Session Description:

Nightmares have been shown to be associated with a myriad of psychopathology including anxiety, PTSD, borderline personality disorder, schizophrenia, and suicide. In work we have in preparation, we have found that inpatients who experience nightmares do not recover as fully as inpatients that do not come in with nightmares. Further, Sjostrom and colleagues (2009) showed that among those who have previously attempted suicide, nightmare sufferers were at four-fold increased risk of another attempt in the next two years after controlling for depression, anxiety, PTSD, and substance use disorders. Thankfully, there are treatments available for nightmare disorder, and a position paper on these treatments was recently published by the American Academy of Sleep Medicine (Morgenthaler, et al., 2018). The treatment that has emerged with the strongest empirical support and the strongest recommendation to date is Imagery Rehearsal Therapy. The proposed presentation will review the literature on nightmare disorder and treatment and will introduce Imagery Rehearsal Therapy for nightmares.

#### Learning Objectives:

1. To discuss nightmare disorder and other disorders that are commonly comorbid
2. To describe Imagery Rehearsal Therapy and its use
3. To use Imagery Rehearsal Therapy in their practice following the training

#### Presenter: Michael Nadorff, Ph.D.

Dr. Michael Nadorff is an associate professor of psychology and director of clinical training at Mississippi State University, where he studies the association between sleep and suicidal behavior across the lifespan. He received his bachelor's degree in psychology and computer applications from the University of Notre Dame in 2007 and his PhD in clinical psychology from West Virginia University in 2012. He has more than 60 peer reviewed manuscripts either published or in-press and he has received more than \$3.4 million in external funding from NIMH, SAMHSA, and the MS Department of Mental Health.

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