

Two Excellent Presentations, One low price* when you register for both by May 21, 2018

* \$ 200 AMHA-Oregon Members, \$260 Non-members

Both events at: Lakewood Center for the Arts · 368 S. State Street · Lake Oswego, OR 97034
Registration & Breakfast Networking 8 am · Enjoy conversation and food before the workshop begins.
Workshops begin promptly at 9 am · No food or drink allowed in the theatre.
Lunch 12:30-1:30 pm is included in your registration fee. Program times 9 am to 4:30 pm - 6 hours CE
Registration for each event is limited to 120 people.

JUNE 1, 2018

Diving Into Telemental Health: Legal-Ethical and Practical Considerations

Presenter: Roy Huggins LPC, NCC

Objectives:

- Determine what the clinician needs to do to achieve compliance with the HIPAA Security Rule.
- Implement simple security measures to prevent the most common causes of security breaches.
- Explain how to ensure client privacy and maintain HIPAA compliance in telemental health practice contexts.
- Recognize effective, ethical, and HIPAA-secure technology and tools for use in telemental health practice.
- List specific techniques and skills for effective interaction with clients over a video medium.
- Describe specific actions to take to ensure success in each telemental health session and client relationship.

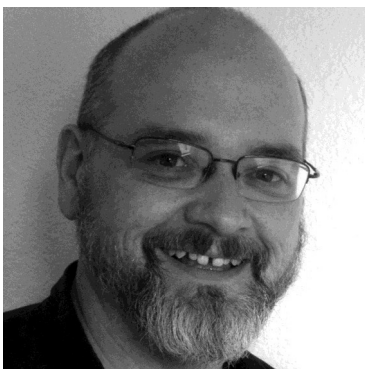
Broad Overview (6 hr CE includes 3 hrs Ethics):

This training program will start with a high-level overview of the full HIPAA Security compliance process explained in language that makes sense to mental health professionals, while also exploring the “low-hanging fruit” of compliance activities. Handouts will be used to guide attendees to further resources.

Next, attendees will be introduced to methods and best practices for choosing appropriate telemental health technology that is both HIPAA-secure and effective for the solo or small mental health practice.

The training will transition into an overview of essential legal-ethical telemental health considerations including jurisdictional issues and emerging telemental health standards, with a focus on Oregon psychologists, counselors/therapists, and clinical social workers. Attendees will get an overview of standards and techniques for using the videoconferencing platform, including several example videos.

Finally, we will step through a description of a sample intake session, everyday session, and termination session performed remotely over videoconferencing, with discussion of the standards involved.



Roy Huggins, LPC NCC, is a counselor in private practice who also directs Person-Centered Tech. Roy worked as a professional Web developer for 7 years before changing paths, and makes it his mission to grow clinicians’ understanding of the Internet and other electronic communications mediums for the future of our practices and our professions. Roy is an adjunct instructor at the Portland State University Counseling program where he teaches Ethics, and is a member of the Zur Institute advisory board. He has acted as a subject matter expert on HIPAA, security and clinical use of technology for Counseling licensure boards and both state and national mental health professional organizations. He has co-authored or authored 2 book chapters, and he routinely consults with mental health colleagues on ethical and practical issues surrounding tech in clinical practice. He served for 5 years on the board of the Oregon Mental Health Counselors Association and then the Oregon Counseling Association as the Technology Committee Chair. He really likes this stuff.

October 12, 2018

Moving Beyond Words: An Evidence Based Practice for Skillful Relationships

Presenter: Katherine Calvert, LCSW 6 hrs CE

Katherine Calvert, LCSW is pleased to introduce the concepts and strategies of Radically Open-DBT, an evidence-based treatment developed by Thomas Lynch, Ph.D. RO-DBT is a new treatment both similar and dissimilar to its predecessors, and supported by 20 years of clinical research.

RO-DBT targets problems of excessive self-control (Over Control) and includes influences of dialectical philosophy, dialectical behavior therapy, mindfulness-based approaches, cognitive behavior therapy, Gestalt therapy, motivational interviewing, basic emotion theory, affective neuroscience, personality and developmental theories, evolutionary theory and Malamati Sufism.

Katherine Calvert has adapted the concepts, strategies and materials of RO-DBT to teach a skills-based approach to couples struggling in relationship. The skills target relationship ruptures such as going silent, withdrawing, stonewalling, or excessive criticism and blame, while they improve self-understanding, communication and interpersonal safety. Couples report less reactivity and deeper sense of connection. The core tenets of RO-DBT include (but are not limited to):

- Psychological well-being involves the confluence of three factors: openness (receptivity), flexibility and social connectedness. The term radical openness represents the confluence of these three capacities.
- Social signaling matters. In disorders of overcontrol, deficits in prosocial signaling are posited to be the core source of OC clients' loneliness.
- Radical openness assumes that we don't see things as they are but rather as we are.
- Radical openness and self-enquiry are experiential and cannot be grasped on an exclusively intellectual basis. Therapists need to practice radical openness themselves in order to model it for their clients.

Workshop attendees will be able to:

- Describe the neuro-bio-social theory of over and under control (OC-UC)
- List the 5 Neural Substrates involved in the Brain-Behavioral Model of Emotion
- Assess a client coping styles of over control (OC) or under control (UC)
- Integrate the neuro-bio-social theory of over and under control (OC-UC) for work with couples
- Discuss how changing physiology can change couple's interaction when distressed
- Practice interactive exercises that can be used with clients
- Explain three ways to activate Social Safety.
- Teach Loving Kindness Meditation to trigger safety cues with couples
- Use targeted interventions for relational rupture and repair.



Katherine Calvert, LCSW, is in private practice and specializes in couple's work, targeting each individual's habitual pattern of coping with distress that leads to eventual rupture in relationship. Katherine helps couples define the impact of their defensive patterns on their relationship and offers skills to open the couple to growth and increased intimacy.

Katherine received a Master of Social Work from Portland State University and is intensively trained in Dialectical Behavior Therapy, Radically Open DBT, EMDR, Sensorimotor Psychotherapy, Gottman Couples Therapy, and is a certified Imago Couples Therapist. Katherine has presented her unique approach to a regional meeting of Imago therapists in New York City as well as to an Imago International Conference in Vancouver, BC.

These CE programs are co-sponsored by AMHA-Oregon and Mentor Research Institute.

Mentor Research Institute is approved by the American Psychological Association to sponsor continuing education for psychologists.

Mentor Research Institute maintains responsibility for the programs and their content.

If you are reading this brochure without the registration form - go to www.AMHA-OR.org -- Professional Training page. Or call 503-222-0332 and AMHA will FAX a copy.

6/1/18 Diving Into Telemental Health: Legal-Ethical and Practical Considerations

6 hrs CE-incl.3 hrs Ethics CE · Co-sponsored by Mentor Research Institute & AMHA-Oregon · Phone: 503-222-0332
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10/12/18 Moving Beyond Words: An Evidence Based Practice for Skillful Relationships

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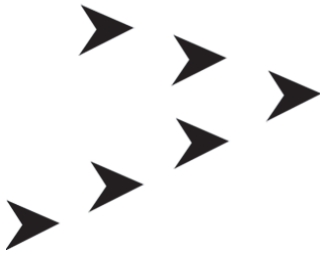
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Register on line at www.amha-or.org/professional_training

Cancellation requires 48 hour notice.

Refund policy: \$20 processing fee for all cancelled registrations.



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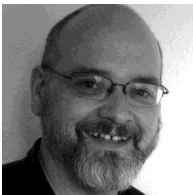
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→EXPAND YOUR EXPERTISE →EXPAND YOUR PRACTICE

JUNE 1, 2018

Diving Into Telemental Health: Legal-Ethical and Practical Considerations

Presenter: Roy Huggins, LPC, NCC



- ◆ Expand your clinical options.
- ◆ Meet clients when weather, traffic or travel are barriers to care.
- ◆ Use your practice tech with peace of mind in your office and online.

OCTOBER 12, 2018

Moving Beyond Words: An Evidence Based Practice for Skillful Relationships

Presenter: Katherine Calvert, LCSW



- ◆ Skills-based approach to couples struggling in relationship.
- ◆ Improve self-understanding, communication and interpersonal safety.
- ◆ Couples report less reactivity and deeper sense of connection.