



BRITISH
COLUMBIA
PSYCHOLOGICAL
ASSOCIATION

Summer Psychology Conference

Friday, June 15th & Saturday, June 16th, 2007

Day 1

ACT and Anxiety:

John P. Forsyth, Ph.D.

Co-Sponsored By:

Clinical
Psychology Centre
Simon Fraser University
www.sfu.ca/cpc



Day 2

**MVA Assessments
and Treatment:**

**Grant Iverson, Ph.D.
(Morning)**

**William J. Koch, Ph.D.
(Afternoon)**

Special Lunch Speaker:
Mark Medgyesi, Superintendent of
Motor Vehicles

**Location: SFU Segal Graduate School of Business
500 Granville St (at Pender)**

Register: 604.730.0501



Summer Psychology Conference - Day One

Acceptance and Commitment Therapy for Anxiety Disorders: Transforming Anxious Suffering into a More Vital Life

presented by

John P. Forsyth, Ph.D.

Workshop at a Glance:

Date: June 15, 2007

8:30 am: Registration and Light Breakfast

9:00 am:

Overview: The ACT Model of Human Suffering
ACT #1: Challenging the Struggle and Control Agenda and Letting Go
ACT #2: Self as Context: Acceptance, Mindfulness, and Defusion

12:00 pm: Lunch

1:00 pm:

ACT #3: Values Clarification: What Do I Want Out of This One Crazy Life?
ACT #4: Mindful Exposure and Action in the Service of Living Well

4:30 pm: Adjourn

WORKSHOP DESCRIPTION

This workshop presents a unified Acceptance and Commitment Therapy (ACT, pronounced as one word) treatment protocol for persons suffering from any of the major anxiety disorders. ACT is a newer third-generation evidence-based behavior therapy that balances mindfulness and acceptance processes with commitment and behavior change processes. Within ACT, anxiety and fear are not problems because of their form, frequency, or intensity. Rather, anxiety disorders are thought to result from the application of excessive and inflexible thought and emotion regulation strategies (control, suppression, avoidance, escape) where they are unnecessary, unworkable in the long-run, and get in the way of life activities that clients care deeply about.

ACT, therefore, is about undermining the emotion regulation agenda itself via strategies that foster greater experiential and psychological flexibility. In the process, clients learn that inflexible attempts to manage and control anxiety are the problem, not a solution. And, they learn that there is another way into their lives that does not require them to think and feel well (meaning less anxious) first in order to live well. This is accomplished in treatment by helping clients to:

- (a) confront the costs of experiential avoidance (i.e., anxiety management and control);
- (b) learn new and more compassionate ways of relating with their unpleasant thoughts, feelings, and bodily sensations using mindfulness and acceptance-based strategies;
- (c) clarify their values (i.e., what they care deeply about) while nurturing willingness to be with unpleasant feelings and

thoughts; and

- (d) fostering actions that move them in directions that are consistent with their values.

In short, ACT teaches clients how to be with their hurts and do what works – to live well, richly, and meaningfully, without first having to master and control anxiety and other sources of emotional and psychological pain.

ACT is a process-guided approach to psychological suffering and its alleviation, not a set of intervention technologies matched to specific DSM disorders. Thus, this introductory workshop will build on the ACT model and illustrate its application with an eye on processes that feed and maintain all the major anxiety disorders. It is intended for mental health professionals and graduate students interested in learning more about Acceptance and Commitment Therapy.

ACT experiential exercises (e.g., acceptance, mindfulness) and value-guided behavioral activation strategies will be emphasized throughout the workshop. Some techniques will be demonstrated, and participants will have opportunities to try them out too. Clinical worksheets and other tools will be provided.

LEARNING OBJECTIVES

Attendees Will Learn:

- 1. The ACT model of human suffering.
- 2. How to make experiential avoidance and valued living the explicit treatment targets;
- 3. How to integrate experiential exercises, metaphors, and mindfulness-defusion techniques to foster acceptance as an alternative to symptom mastery and control-oriented interventions;
- 4. How to help anxious clients balance acceptance and change while moving in the direction of their chosen values and life goals.

ABOUT THE PRESENTER

John P. Forsyth, Ph.D. is Associate Professor of Psychology and Director of the Anxiety Disorders Research Program in the Department of Psychology at the University at Albany, State University of New York. He is a clinical psychologist, an internationally recognized



expert in the treatment of anxiety disorders, and a leader in the development of newer acceptance and mindfulness-based behavior therapies. Dr. Forsyth is known for his energy, enthusiasm, and wit, and ability to transform complex theoretical and research topics and distill them into a form that has practical utility. His talks and workshops are consistently praised for their precision, scope, and depth.



Summer Psychology Conference - Day Two

Morning: Mild Traumatic Brain Injury and the Persistent Post-Concussion Syndrome

presented by
Grant Iverson, Ph.D.

Workshop at a Glance:

Date: June 16, 2007

8:30 am: Registration and Light Breakfast

9:00 am: Morning Workshop
Mild Traumatic Brain Injury and the Persistent Post -
Concussion Syndrome with Grant Iverson, Ph.D.

12:00 pm: Lunch (Speaker: Mark Medgyesi)

1:30 pm: Afternoon Workshop
Assessment and Treatment of Posttraumatic Stress Disorder
and Comorbid Conditions following MVAs with William
Koch, Ph.D.

4:30 pm: Adjourn

pathophysiology, neuropsychological outcome, and the persistent post-concussion syndrome will be integrated into the body of existing literature. The MTBI literature is enormous, complex, methodologically flawed, and controversial. There have been dozens of studies relating to pathophysiology, neuropsychological outcome, and the postconcussion syndrome published during the past few years. Several major reviews and meta-analyses also have been published. Some of the most interesting prospective research has been done with athletes. This diverse literature will be reviewed in this workshop.

LEARNING OBJECTIVES

1. To appreciate the literature on sport-related concussion, from acute effects to recovery times.
2. To review the pathoanatomy and pathophysiology of mild traumatic brain injury.
3. To understand the relation between injury severity criteria and short-, medium-, and long-term outcome from mild traumatic brain injury.
4. To examine the diagnostic criteria for Post-Concussion Syndrome, and to appreciate the complexities associated with the diagnosis, and misdiagnosis, of this condition.
5. To conceptualize poor outcome following a mild traumatic brain injury from a biopsychosocial perspective.

WORKSHOP DESCRIPTION

Please Note: This workshop is restricted to R. Psychs and Graduate Students of psychology only.

The cognitive and neurobehavioral sequelae associated with mild traumatic brain injury (MTBI) are self-limiting and reasonably predictable. MTBIs are characterized by immediate physiological changes conceptualized as a multilayered neurometabolic cascade in which affected cells typically recover, although under certain circumstances a small number might degenerate and die. The primary pathophysiologies include ionic shifts, abnormal energy metabolism, diminished cerebral blood flow, and impaired neurotransmission. During the first week post injury the brain undergoes a dynamic restorative process. Athletes typically return to pre-injury functioning (assessed using symptom ratings or brief neuropsychological measures) within 5-28 days. Trauma patients usually take longer to return to their pre-injury functioning. In trauma patients, recovery can be incomplete and can be complicated by pre-existing psychiatric or substance abuse problems, poor general health, concurrent orthopedic injuries, or co-morbid problems (e.g., chronic pain, depression, substance abuse, life stress, unemployment, and protracted litigation).

The focus of this workshop is outcome from mild traumatic brain injury. Recent literature relating to

ABOUT THE PRESENTER

Dr. Grant Iverson is a Professor in the Faculty of Medicine, Department of Psychiatry at The University of British Columbia. He is a Registered Psychologist in British Columbia. His clinical practice, teaching, and research are predominately in the area of clinical and forensic neuropsychology. He is an active clinical researcher in the areas of traumatic brain injury, depression, neuropsychiatry, and neuropsychological assessment (more than 140 published articles). Professor Iverson was the recipient of the National Academy of Neuropsychology's Early Career Award for Contributions to Clinical Neuropsychology – 2000.





Summer Psychology Conference - Day Two

Afternoon:

Assessment and Treatment of Posttraumatic Stress Disorder and Comorbid Emotional Conditions Following MVAs

presented by

William J. Koch, Ph.D.

WORKSHOP DESCRIPTION

Please Note: This workshop is restricted to R. Psychs and Graduate Students of psychology only.

This is a one-half day workshop that discusses common emotional conditions following motor vehicle accidents (MVAs), centering on Posttraumatic Stress Disorder, but including common comorbid anxiety and mood conditions. The workshop begins with a discussion of the prevalence and interrelationships among different emotional problems following MVAs, and assessment strategies for detecting clinically significant problems and client characteristics that may maintain problems. The second half of the workshop focuses on case formulation for treatment purposes and different cognitive behavioural treatment strategies. Individual cases assessed and/or treated by the presenter will illustrate issues in assessment, common and uncommon presentations, and sequencing of treatment components.

LEARNING OBJECTIVES

Following the workshop, participants should:

1. Better understand the characteristics of PTSD following MVAs as well as the comorbid emotional conditions that frequently accompany PTSD.
2. Better understand individual differences in response to MVA trauma.
3. Be able to design an assessment strategy to assess for the presence/absence of PTSD, a number of common comorbid conditions, and individual difference variables that are known to maintain psychological distress in MVA survivors.
4. Be able to develop a coherent cognitive behavioural case formulation for an MVA survivor with PTSD and other comorbid conditions.
5. Be able to describe appropriate cognitive behavioural treatment components for MVA-PTSD and comorbid conditions.

LUNCH SPEAKER:

**Mark Medgyesi,
Superintendent, Motor Vehicles**

Will discuss developments in the Motor Vehicle Act and how they may affect health care providers, specifically Registered Psychologists working in this area.

For more information regarding our presenters, please visit:
[www.psychologists.bc.ca/
summerconferencepresenters.pdf](http://www.psychologists.bc.ca/summerconferencepresenters.pdf)

ABOUT THE PRESENTER

William J. Koch is a clinical and forensic psychologist who specializes in forensic psychology and in cognitive-behavioural therapy for trauma survivors. Dr. Koch is the first author of Koch, W.J., Douglas, K.S., Nicholls, T.L., & O'Neill, M. (2005) *Psychological Injuries: Forensic Assessment, Treatment, and Law*, Oxford University Press. He has also published 41 articles and book chapters, as well as 82 conference presentations. He currently practices in North Vancouver, British Columbia and can be contacted via his website, www.drwilliamkoch.com.



Register: 604.730.0501

Sponsored by:
The BC Psychological Association
204 - 1909 W. Broadway
Vancouver, BC
V6J 1Z3



Summer Psychology Conference - Registration

Location: SFU Segal Graduate School of Business
 500 Granville St (at Pender) SFU Tel: 604-291-5800

| Early Bird Registration* | One Workshop | Both Workshops (save 20%**) |
|--------------------------------|---------------------------|-----------------------------|
| BCPA Members | \$150 + GST = \$159.00 | \$240 + GST = \$254.40 |
| Non - Members | \$200 + GST = \$212.00 | \$320 + GST = \$339.20 |
| BCPA Student & Retired Members | \$75 + GST = \$79.50 | \$120 + GST = \$127.20 |

| Registration after May 18, 2007 | One Workshop | Both Workshops (save 20%**) |
|---------------------------------|---------------------------|-----------------------------|
| BCPA Members | \$173 + GST = \$183.38 | \$277 + GST = \$293.62 |
| Non - Members | \$230 + GST = \$243.80 | \$368 + GST = \$390.08 |
| BCPA Student & Retired Members | \$75 + GST = \$79.50 | \$120 + GST = \$127.50 |

*Registration must be received on or before May 18, 2007 for early bird pricing.

**To receive the 20% discount, both workshops must be attended by the same party. Non-Transferable. Sorry, no exceptions.

4 EASY WAYS TO REGISTER:

1. Online at www.psychologists.bc.ca/upcoming.html and receive \$5 off
2. Fax form to 604-730-0502
3. By phone: Call 604-730-0501
4. Complete and mail this form to:
 BCPA, #204- 1909 West Broadway
 Vancouver, BC V6J 1Z3

METHOD OF PAYMENT

GST #899967350 (All Prices are in CDN Funds)

I am attending:

Day 1(ACT) ___ Day 2(MVA)* ___ Both ___

Total Amount enclosed: \$ _____

Payment Options: (please circle one)

Cheque Visa Mastercard

Card # _____

Expiry Date: _____

Cardholder

Signature: _____

PARTICIPANT INFORMATION

(protected under the BC Personal Information Act)

First Name: _____

Last Name: _____

Organization: _____

Address: _____

City: _____

Postal Code: _____

Day Phone: _____

Email Address: _____

*Workshops on Day 2 are restricted to Registered Psychologists and Graduate Students of psychology only.

CANCELLATION POLICY:

Cancellations must be received in writing by May 25th, 2007. A 20% administration fee will be deducted from all refunds. No refunds will be given after May 25th, 2007.