



DELAWARE PSYCHOLOGICAL
ASSOCIATION

**Sponsored by the
Delaware Psychological Association**

NOVEMBER 8, 2019

**A NEW THERAPY FOR EACH PATIENT:
EVIDENCE-BASED RELATIONSHIPS
AND RESPONSIVENESS**

Presented by

JOHN C. NORCROSS, Ph.D., ABPP



NOVEMBER 9, 2019

**PTSD TREATMENT GUIDELINES
AND CLINICAL CARE**

Presented by

CHRISTINE A. COURTOIS, Ph.D., ABPP



Bethany Beach Ocean Suites
Bethany Beach, Delaware

Friday Workshop – 6 CE Credits | Saturday Workshop – 3 CE Credits

PROGRAM DESCRIPTION

Psychotherapy will maximize its effectiveness by harvesting the most powerful sources of change: the therapeutic relationship and the patient. This workshop provides integrative methods for adapting/tailoring psychological treatments to individual clients and their singular contexts. We begin by reviewing those relationship elements that actually work and those that do not according to the meta-analytic research. Then learn to reliably assess and rapidly apply 5+ evidence-based methods to fit the entire patient: treatment preferences, stages of change, coping style, reactance level, cultural identity, and attachment style. Such transdiagnostic matching demonstrably accelerates the therapy process, reduces premature dropouts, and improves patient outcomes.

LEARNING OBJECTIVES

DAY 1

Friday, November 8th

At end of the workshop, participants will be able to:

1. Identify at least 4 elements of the therapy relationship that enhance patient success
2. Recognize 3 discredited relationship behaviors
3. Determine a client's treatment and relationship preferences in ways that improve outcomes
4. Assess reliably a client's stage of change within one minute and tailor treatment to that stage
5. Tailor therapy to a patient's reactance level, thereby decreasing dropouts
6. Learn the most potent forms of cultural adaptations in psychotherapy

That is, "personalize" psychotherapy for each patient.

ABOUT THE PRESENTER

An internationally recognized authority on behavior change and psychotherapy, **John C. Norcross, Ph.D., ABPP**, is Distinguished Professor of Psychology at the University of Scranton, Adjunct Professor of Psychiatry at SUNY Upstate Medical University, and a board-certified clinical psychologist. Author of more than 400 scholarly publications, Dr. Norcross has co-written or edited 22 books, most of them in multiple editions. These include the 5-volume *APA Handbook of Clinical Psychology, Psychotherapy Relationships that Work, Handbook of Psychotherapy Integration, Clinician's Guide to Evidence-Based Practice in Behavioral Health, Self-Help that Works, Leaving It at the Office: Psychotherapist Self-Care, the Insider's Guide to Graduate Programs in Clinical & Counseling Psychology, and Systems of Psychotherapy: A Transtheoretical Analysis*, now in its 9th edition. He also published the acclaimed self-



help books, *Changeology* and *Changing for Good* (with Prochaska & DiClemente). Dr. Norcross has been elected president of the American Psychological Association (APA) Division of Clinical Psychology, the APA Division of Psychotherapy, the International Society of Clinical Psychology, and the Society for the Exploration of Psychotherapy Integration. He has served on the Board of Directors of the National Register of Health Service Psychologists as well as on APA's governing Council of Representatives. Dr. Norcross edited the *Journal of Clinical Psychology: In Session* for a decade and has been on the

editorial boards of a dozen journals. Dr. Norcross has also served as a clinical and research consultant to a number of organizations, including the National Institutes of Health and pharmaceutical companies. A Fellow of 10 professional associations, he has been honored with APA's Distinguished Career Contributions to Education & Training Award, the Pennsylvania Professor of the Year from the Carnegie Foundation, the Rosalee Weiss Award from the American Psychological Foundation, and election to the National Academies of Practice. His work has been featured in hundreds of media interviews, and he has appeared dozens of times on national television shows, such as the *Today Show*, *CBS Sunday Morning*, and *Good Morning America*. An engaging teacher and clinician, John has conducted workshops and lectures in 40 countries. He lives in the northeast Pennsylvania with his wife, two grown children, and their two grandkids.

PROGRAM DESCRIPTION

The U.S. health care system increasingly utilizes clinical practice guidelines (CPGs) based on stringent systematic reviews of research findings to inform decision-making about care. There are relatively few guidelines, however, that address mental and behavioral health conditions or that include psychological interventions. To address this, in 2010, the American Psychological Association adopted the Institute of Medicine (IOM) standards for clinical practice guidelines and selected the treatment of PTSD as a topic for review. The resultant recommendations, "Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder in Adults*," were accepted in early 2017, to be accompanied by a companion Professional Practice Guideline (PPG). Professional Practice Guidelines are more broad-based documents that rely on reviews of clinical experience and consensus about the treatment of a population and condition. This guideline comes in addition to 4 others that were recently updated and revised.

The recommendations—along with the strengths and limitations—of the PTSD guidelines will be presented and its findings compared. Major recommendations of Professional Practice Guidelines and other authoritative writing for treatment of all forms of PTSD (including the Dissociative Disorders) ** will also be reviewed.

The orthodoxy of the clinical practice guideline process and its resultant ironic limitations for clinical practice will be addressed, the topic of two recently jointly published special issues of the journals *Practice Innovations and Psychotherapy*, co-edited by the presenter and Dr. Laura Brown, and including a critique by Dr. Norcross and his colleague Dr. Bruce Wampold (articles will be available on the DPA web site). Increasingly, emphasis is being placed on the significance of the relationship for the treatment of traumatized individuals, especially those who were interpersonally victimized. We will provide an overview of evidence-based relationship (EBRs) elements that are important to the success of treatment and have been largely ignored in the PTSD guidelines, linking them to Dr. Norcross' findings and discussion of yesterday's seminar.

Finally, a recent major integrative guideline for complex trauma is about to become widely available that suggests flexible adaptation of treatments to complex trauma cases. Findings will also be discussed, as the document can be considered state-of-the-art.

* Dr. Courtois chaired this panel.

** Dr. Courtois chaired/co-chaired or was a member of a number of these panels.

LEARNING OBJECTIVES

DAY 2

Saturday, November 9th

At end of the workshop, participants will be able to:

1. Attendees will be able to list what treatments for PTSD have an evidence-base at the present time.
2. Attendees will be able to differentiate between a Clinical Practice Guideline and a Professional Practice Guideline.
3. Attendees will be able to list several relational elements that have an evidence base.
4. Attendees will be able to identify several emerging treatments and hybrid models of treatment that are currently available.

ABOUT THE PRESENTER



Christine A. Courtois, PhD, ABPP, is a

board-certified counseling psychologist, recently retired from her clinical practice and now a consultant/trainer on trauma psychology and treatment.

She is a Fellow of the

American Psychological Association, the Maryland Psychological Association, and the International Society for the Study of Trauma and Dissociation (ISSTD). She is a charter member and past president of APA Division 56 (Trauma Psychology) and has served two terms on the Board of Directors of the International Society for Traumatic Stress Studies (ISTSS). She was the founding Associate Editor of *Psychological Trauma: Theory, Research, Practice, & Policy* and chaired the recently released *APA Clinical Practice Guideline for the Treatment of PTSD in Adults*. She has received the APA Award for Distinguished Contributions to Psychology as a Professional Practice, the ISTSS Sarah Haley Award for Clinical Excellence, and most recently the American Board of Professional Psychology Distinguished Service Award to the Profession of Psychology and the APA Division 56 Lifetime Achievement Award. She has written or co-edited ten books and numerous articles on topics of trauma and its treatment.

DPA CONVENTION & PROGRAM AGENDA

FRIDAY, NOVEMBER 8

8:00 – 9:00 AM	Registration and Continental Breakfast
9:00 AM- 12:15 PM	Morning Session (one 15 minute break)
12:15 - 1:15 PM	Lunch
1:15 – 4:30 PM	Afternoon Session (one 15 minute break)
4:30 – 7:00 PM	Poster Presentations, Happy Hour w/ Cocktails & Hors D’oeuvres, Browse Exhibits and Silent Auction

SATURDAY, NOVEMBER 9

7:30 - 9:00 AM	Continental Breakfast (for all conference attendees)
8:00 - 9:00 AM	DPA Annual Meeting (all members invited)
9:00 AM - 12:15 PM	Morning Session (one 15 minute break)

“A New Therapy for Each Patient: Evidence-Based Relationships and Responsiveness” and “PTSD Treatment Guidelines and Clinical Care” are sponsored by the Delaware Psychological Association. 9 CE credits will be offered upon completion of the program. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

IMPORTANT NOTICE:

THOSE WHO ATTEND THE ENTIRE WORKSHOP AND COMPLETE THE APA EVALUATION FORMS WILL RECEIVE NINE CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE ARRIVING MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR LEAVING BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDITS.

The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive and competent services to our community.

2019 DPA CONVENTION REGISTRATION

Join Your COLLEAGUES IN BETHANY BEACH – NOVEMBER 8 & 9

(See "THREE EASY WAYS TO REGISTER" below)

NAME (AS IT SHOULD APPEAR ON NAME TAG)

DEGREE/POSITION TITLE

MAILING ADDRESS

E-MAIL ADDRESS

CITY, STATE, ZIP CODE

PHONE NUMBER

REGISTRATION FEES

FULL CONFERENCE PACKAGE (9 CE CREDITS)

INCLUDES PROGRAM ON BOTH DAYS, CONTINENTAL BREAKFASTS, LUNCH AND HAPPY HOUR ON FRIDAY
ADD FRIDAY HAPPY HOUR FOR MY GUEST(S) @ \$40 PER PERSON

DPA Member	Non-Member
\$235.	\$300.

\$ _____	\$ _____
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FRIDAY ONLY – FULL DAY (6 CE CREDITS)

INCLUDES FRIDAY PROGRAM, CONTINENTAL BREAKFAST, AND LUNCH
ADD FRIDAY HAPPY HOUR FOR MYSELF/GUEST @ \$40 PER PERSON

\$180.	\$225.
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\$ _____	\$ _____
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SATURDAY ONLY – HALF DAY (3 CE CREDITS)

ADD FRIDAY HAPPY HOUR FOR MYSELF/GUEST @ \$40 PER PERSON

\$85.	\$105.
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\$ _____	\$ _____
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TOTAL

\$ _____	\$ _____
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SPECIAL DIETARY REQUESTS:

THREE EASY WAYS TO REGISTER!!

- Register online at www.depsych.org
- Telephone the DPA office at 302-475-1574
- Complete and Mail this registration form with your check, MasterCard, Visa or American Express number to:
Delaware Psychological Association
P. O. Box 718
Claymont, DE 19703-0718
Please make checks payable to DPA

DPA Member: (circle one) Yes No

Credit Card #

Expiration Date: CV Code (on back of card)

Today's Date:

MasterCard VISA American Express

Signature

Cancellation Policy

Cancellations received by November 4, 2019 will be refunded in full, less a \$25 administrative fee. No refunds will be granted after November 4, 2019.

HOTEL ACCOMMODATIONS

Hotel accommodations for the 2019 DPA Convention are being provided by:

BETHANY BEACH OCEAN SUITES

99 Hollywood Street
Bethany Beach, Delaware 19930
www.bboceansuites.com

DPA Convention Room Rates: \$159.00 per night

For reservations, call 1-888-236-2427

All reservation requests must be received on or before the cut-off date of 10/16/2019. Requests received after the cutoff date will be honored on a space and rate available basis

Each guest will be responsible for payment of all room, tax and incidental charges. A deposit equal to the first night's accommodation plus tax is required to guarantee reservations at the time of booking. The balance due is accepted upon check in to the hotel and a major credit card is required. The hotel accepts Visa, MasterCard, American Express and Discover. An additional \$20.00 per night in credit will be authorized to cover any incidental charges.

Individual Guest Room Deposit and Cancellation Policy

A deposit equal to the first night's room and tax charge, is required to guarantee each individual's reservation. Such guarantee shall serve to confirm the reservations for the date(s) indicated. Cancellation penalty equal to the first night's accommodation, plus tax, will apply if notice is received later than 72 Hours prior to scheduled arrival date. A cancellation number must also be obtained. Rooms that "no show" on the first day of reservation will result in cancellation of all subsequent room nights blocked and the individual will be charged for the first night stay or forfeit all advance deposits that are being held to secure their reservation.