



San Diego
Psychological
Association

FALL CONFERENCE 2020
OCTOBER 23-24, 2020

SYSTEMIC RACISM'S BITTER PILL:
A CLOSER LOOK AT HEALTH DISPARITIES
11.5 CEs

4699 Murphy Canyon Road, Suite 105, San Diego, CA 92123

www.sdpsych.org

SDPA FALL CONFERENCE 2020

SYSTEMIC RACISM'S BITTER PILL: A CLOSER LOOK AT HEALTH DISPARITIES

Friday, October 23, 2020 Agenda

8:30 am - 10:00 am ¡Que Padre! An Intersectional, Strengths-Based Lens on Research and Practice with New Latino Fathers 1.5 CEs

Presented by Daniel Singley, Ph.D. ABPP & Jonathan Marquez, Ph.D.

10:00 am - 10:30 am Break

10:30 am - 12:00 pm Understanding Mechanisms that are Associated with Increased Health Risks for African Americans 1.5 CEs

Presented by Ezemanari M. Obasi, Ph.D.

12:00 pm - 1:00 pm Lunch Break

1:00 pm - 2:30 pm A Crisis of Access to Service: A New Specialty and the Advancement of Prescriptive Authority for Psychologists 1.5 CEs

Presented by Alan Lincoln, Ph.D., MSCP, BCBA-D & Judith Steinman, Ph.D.

2:30 pm - 3:00 pm Break

3:00 pm - 4:30 pm The Ethnohistoric Legacy of Slavery in America as a Root Cause of Health Inequities for African Americans and Post Traumatic Slavery Disorder (PTSD) 1.5 CEs

Presented by Rodney G. Hood, MD, FACP

Saturday, October 24, 2020 Agenda

10:00 am - 12:00 pm Post Traumatic Slave Syndrome 2 CEs

Presented by Joy DeGruy, Ph.D.

12:00 pm - 1:00 pm Lunch Break

1:00 pm - 2:30 pm Racial Trauma and African-American Men 1.5 CEs

Presented by Yamonte Cooper, Ed.D., LPCC, NCC, CST

2:30 pm - 3:00 pm Break

3:00 pm - 5:00 pm Culture Specific Models of Service Delivery & Practice 2 CEs

Presented by Joy DeGruy, Ph.D.

**A Special Thank You
to our Exhibitor**

Help Therapy is the only organization that offers flexible and accessible mental health services from hundreds of high-quality providers across four care setting options (in-home, in-facility, in-office, and telehealth), in an effort to provide therapy solutions for patients of all ages, backgrounds, and personal treatment needs. For mental health providers, Help Therapy offers full administrative support including billing, referrals, marketing, credentialing and compliance know-how while still allowing them to operate as a private practice. We strive to free them of these burdens and allow them to focus purely on delivering exceptional care to patients.

The logo for Help Therapy features the word "Help" in a blue serif font and "Therapy" in a gold serif font. A stylized gold figure of a person with arms raised is positioned between the two words, with its body forming the letter 'T' in "Therapy".

Help Therapy

HELP THERAPY

<https://www.helptherapy.com>

info@helptherapy.com

858-481-8827

¡Que Padre! An Intersectional, Strengths-Based Lens on Research and Practice with New Latino Fathers 1.5 CEs

Daniel Singley, Ph.D. ABPP & Jonathan Marquez, Ph.D.

October 23, 2020

8:30 am - 10:00 am

Quality father involvement during early childhood is associated with positive social (e.g., prosocial skills; Lindsey, Cremeens, & Caldera, 2010), emotional (e.g., self-regulation, externalizing behaviors; Paquette & Dumont, 2013; Ramchandani et al., 2013), and cognitive (e.g., executive function; Bronte-Tinkew, Carrano, Horowitz, & Kinukawa, 2008; Meuwissen & Englund, 2016) outcomes for children. Variations in father involvement due to child, familial, societal, and cultural factors indicate the need for further attention given to diverse groups of fathers (Cabrera, Hofferth, & Chae, 2011). Father involvement is known to vary by child, familial, societal, and cultural factors, emphasizing the need for further research with specific populations of fathers, including Latino fathers. Addressing this need, we examined the psychometric properties of a multidimensional measurement of father involvement with infants, the Paternal Involvement with Infants Scale (PIWIS), with Latino fathers of infants. We will review findings from our program of research regarding paternal mental health and involvement with infants and partners through the lens of feminist intersectionality. We will also review our research findings regarding the use of hope theory and assessment with Latino fathers as a means to enhance participants' awareness of the nuanced issues and strengths during the transition to fatherhood.



Dr. Singley is a San Diego-based board certified psychologist and Director of The Center for Men's Excellence. His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. Dr. Singley won the American Psychological Association's 2017 Practitioner of the Year Award from the Division on Men & Masculinities. He is Past President of the APA's Section on Positive Psychology and currently serves on the Board of the APA's Society for the Psychological Study of Men and Masculinities as well as Postpartum Support International. He conducts trainings and presentations around

the country to assist individuals and organizations to enhance their level of father inclusiveness and founded the grant-funded Basic Training for New Dads, Inc nonprofit and Padre Cadre social networking application just for dads in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners.



family.

Dr. Marquez is a San Diego-based licensed psychologist (PSY31865) and staff psychologist at The Center for Men's Excellence. His research focuses on health psychology, which aims to strengthen the mind-body connection with a holistic, yet individualized approach. His practice concentrates on men's health psychology, fathers' perinatal difficulties, and experiences in early fatherhood. Dr. Marquez primarily works with adults using evidence-based treatment methods, such as Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Dr. Marquez lives in San Diego with his wife and two small children. He enjoys sports, traveling, and spending time with his

Understanding Mechanisms that are Associated with Increased Health Risks for African Americans 1.5 CEs

Ezemanari M. Obasi, Ph.D.

October 23, 2020

10:30 am - 12:00 pm

African Americans are disproportionately exposed to chronic stress by way of high levels of racism, discrimination, violence, crime, neighborhood disorganization, unemployment, financial strain, and low-to-no socioeconomic status. Furthermore, they tend to lead the nation in their lack of access to health insurance, healthcare facilities, safe green space, and high-quality nutrition. Persistent exposure to chronic stress causes 'wear-and-tear' on the body's regulatory system and compromises its capacity to effectively recover from incessant exposure to environmental stressors. The dysregulated stress response - combined with the lack of resources to transcend this public-health crises - places African Americans at-risk for disproportionate levels of substance use, mental health challenges, and associated outcomes like violence (e.g., homicide, suicide, child abuse, and domestic violence), injuries (e.g., crashes, falls, burns, and drowning), and health disparities (e.g., asthma, cancers, chronic liver disease, diabetes, gastritis, hypertension, meningitis, myocardial infarction, obesity, pancreatitis, stroke, STDs, etc.). The purpose of this course is to provide an intermediate introduction into understanding mechanisms that are associated with increased health risks and outcomes for African Americans. More specifically, it will (1) provide a summary of health disparities experienced in the African American community; (2) describe biological mechanisms that predict health risks and outcomes; (3) detail root causes of the social determinants of health; (4) review cultural predictors of health behaviors; and (5) identify ways in which psychologists can advance health equity science and disease prevention. Given the intersectionality between today's COVID-19 pandemic, unemployment rates, and the racial awakening taking hold in the U.S., it is imperative for psychologists to leverage their disciplinary expertise and advance cutting-edge health-equity science that informs novel prevention, early detection, diagnosis, and intervention strategies that mitigate a broad range of health challenges experienced by members of the African American community.



Dr. Ezemenari M. Obasi earned a B.S. degree in Physics at the University of California - Irvine. He then went on to earn a Ph.D. in Psychology from the Counseling Psychology program at The Ohio State University, while also obtaining a minor in quantitative psychology in psychometrics and data analysis. He completed his pre-doctoral internship at Harvard Medical School: McLean Hospital. Dr. Obasi is a tenured Professor in the Department of Psychological, Health, & Learning Sciences at the University of Houston. His research focuses on the neurobiology of

stress, addictions, health disparities that disproportionately affect the African American community, and cultural predictors of health behaviors. As the director of the Hwemudua Addictions and Health Disparities Laboratory (HAHDL) and the Founder/Director of University of Houston's HEALTH Research Institute, he takes an interdisciplinary approach to team science (incl., biomarkers, biofeedback, genetics, fMRI, experimental manipulations, etc.) and leverages a diverse range of settings (incl., community, bar lounge, experimental rooms, medical facilities, etc.) to investigate biological, psychological, social, and cultural determinants of health. To this end, Dr. Obasi has published numerous peer-reviewed publications, presented research at professional meetings, and led or participated in over \$17M of innovative science funded by the National Institute of Health (e.g., R01, R21, R13, P20, P30), State (e.g., CPRIT), and other foundations (e.g., United Health Foundation). Ultimately, he is committed to bringing about positive change to underserved and marginalized communities and has a strong history of being actively involved in the community while disseminating cutting-edge research designed to improve their quality and length of life. In addition to his distinguished scholarship, Dr. Obasi serves as the Associate Dean for Research in the College of Education. Dr. Obasi also provides trainings, workshops, and consultation services across the United States.

A Crisis of Access to Service: A New Specialty and the Advancement of Prescriptive Authority for Psychologists 1.5 CEs

Alan Lincoln, Ph.D., MSCP, BCBA-D
Distinguished Professor, Clinical Psychology
Judi Steinman, Ph.D.

October 23, 2020

1:00 pm - 3:00 pm

This course is designed to educate participants about severe mental health disparities that adversely affect blacks, Latinos, the poor, children, the elderly and persons with developmental disabilities (Kim et al., 2017). More specifically, will address disparities relative to a shrinking pool of psychiatric providers (McBain et al., 2019) and a shift toward the prescription of psychoactive medications by nonpsychiatric physicians with minimal training in mental health. Scope of practice legislation that allow specialty trained psychologists (Lincoln. 2018, APA, 2019 and Brown et al., in press) is an essential ingredient in helping to narrow the problem to access to service experienced by these minority groups.



Alan Lincoln, Ph.D., MSCP is a professor of clinical psychology in the California School of Professional Psychology of Alliant International University's San Diego campus. He is also the co-director of the Neuroscience Institute of Alliant International University Research Foundation located in San Diego. He completed an additional postdoctoral MS in 2004 and currently teaches a graduate course on clinical psychopharmacology and intelligence assessment. He is the past Program Director of the Postdoctoral Master of Science Program in Clinical Psychopharmacology of the California School of Professional Psychology at Alliant International University. He is a three-time chair of Division V of the California Psychological

Association and just completed a three-year term as Member-at-Large of Division 55 of the American Psychological Association. Most recently Dr. Lincoln served on APA's Psychopharmacology Taskforce that updated the requirements and curriculum for the Designated MSCP training programs.

Dr. Lincoln has been involved in NIH sponsored research for 36 years with a primary focus on severe developmental psychopathology and has over 150 peer reviewed presentations and journal publications. He has worked as a clinician and service provider for ASD children and adults with ASD for more than 38 years. His research has focused on the neuropsychology and neurophysiology of neurodevelopmental disorders including ASD, Williams syndrome, and ADHD. He was the study psychologist for the UCSD site of the 14-year NIH clinical trial, The Childhood Asthma Management Project (CAMP) that evaluated the efficacy of corticosteroids in the treatment of mild to moderate asthma in children and adolescents. Dr. Lincoln also has been a study investigator for Pfizer regarding the electrophysiology of Cetirizine HCl and sedation in children with seasonal allergies. Most recently Dr. Lincoln helped deliver a Phase I and II clinical trial on the use of Suramin for children with ASD.



Dr. Steinman is the Immediate Past President of APA's American Society for the Advancement of Pharmacotherapy (Division 55) for 2020. She has been the director of the CSPP-Alliant International University, M.S. in Clinical Psychopharmacology (MSCP) program since 2017. Steinman also served as the Coordinator of the MSCP program at University of Hawai'i - Hilo's Daniel K. Inouye College of Pharmacy.

As chair of the Division 55 Training Program Director Council and as a member of the Diversity, Research, Bylaws and Membership Councils and Committees, Dr. Steinman was one of two lead authors of the Division's Specialty Petition to APA's CRSPPP, allowing Clinical Psychopharmacology to be recognized as a specialty and laying the path towards Board Certification with ABPP.

The Ethnohistoric Legacy of Slavery in America as a Root Cause of Health Inequities for African Americans and Post Traumatic Slavery Disorder (PTSD)

1.5 CEs

Rodney G. Hood, MD, FACP

October 23, 2020

3:00 pm - 4:30 pm

African Americans suffer the greatest health inequities / disparities of all ethnic groups in US and these disparities cannot entirely be explained by the usual social determinants of health (SDOH) such as social-economic status, geography, education, health access, health quality, or life styles. Although these SDOH are critical contributors to one's health status and health disparities these factors do not completely explain the level of disparities for African Americans. This presentation will highlight data and research that shows how a life time of discrimination in association with ethnohistoric social inequities, epigenetics related to slavery, post-slavery policies such as Jim Crow laws, and a discriminatory racialized culture collectively caused chronic life time toxic stresses - Adverse Childhood Events (ACEs) and allostatic loads. These unique toxic stresses serve as significant contributors to racial and ethnic health disparities resulting in disproportionate high chronic disease burdens and early death for African Americans.



Dr. Rodney Hood is an honor graduate from Northeastern University School of Pharmacy in Boston earning a BS degree in Pharmacy then enrolled at the UCSF Graduate School of Pharmacology and Toxicology Doctorate program for a year before transferring to the University of California San Diego School of Medicine where he received his MD degree. He then completed his internship and residency in Internal Medicine at UCSD University Hospital becoming a Diplomate of the American Board of Internal Medicine and is a Fellow in the American College of Physicians (FACP).

Over the past 30 years Dr. Hood has researched and lectured extensively on the historic aspects of race, ethnicity, genetics, and racism in medicine and the impact on today's health inequities. He currently serves on several foundation boards that are focused on solutions to eliminate health inequities. He is the president of the Multicultural Health Foundation in San Diego, serves on the board of the Alliance Healthcare Foundation which is a philanthropic foundation financially supporting non-profit organizations serving underserved communities in Imperial and San Diego Counties, past chair of the W. Montague Cobb/NMA Health Institute, serves on the Editorial Board for the Journal of Racial and Ethnic Health Disparities and was appointed by the mayor of the City of San Diego to chair the San Diego Gang Commission for Prevention and Intervention focused on instituting trauma informed principles with law enforcement agencies for at risk youth.

Post Traumatic Slave Syndrome - 2 CEs

Joy DeGruy, Ph.D.

October 24, 2020

10:00 am - 12:00 pm

Post Traumatic Slave Syndrome (PTSS) is a theory that explains the etiology of many of the adaptive survival behaviors in African American communities throughout the United States and the Diaspora. It is a condition that exists as a consequence of multigenerational oppression of Africans and their descendants resulting from centuries of chattel slavery. A form of slavery which was predicated on the belief that African Americans were inherently/genetically inferior to whites. This was then followed by institutionalized racism which continues to perpetuate injury. A thorough examination of this history of racial trauma will be presented and discussed.

Culture Specific Models of Service Deliver and Practice - 2 CEs

Joy DeGruy, Ph.D.

October 24, 2020

3:00 pm - 5:00 pm

The presentation will provide tools and evidence based methods for engaging the African American community at three levels of service, (Individual, Family and Community).

While the salient symptoms of disease and distress in individuals are for the most part applicable across cultures, this is not always the case. Additionally, many people of color particularly African Americans, do not seek out health assistance. National trends in health revealed that many ethnic groups lacked knowledge about many health issues and were generally distrustful of European American health providers. Many were reluctant to reveal health issues fearing that they would be negatively stigmatized or harmed by those from whom they were seeking help. This course/ presentation provides evidence based methods and approaches for engaging African American children, youth and adults.



Dr. Joy Angela DeGruy holds a Bachelor of Science degree in Communication, a Master's degree in Social Work (MSW), a Master's degree in Clinical Psychology, and a Ph.D. in Social Work Research. Dr. DeGruy for over two decades, served as an Assistant Professor at Portland State University's School of Social Work and now serves as President and Chief Executive Officer of Joy DeGruy Publications Inc.

Racial Trauma and African-American Men - 1.5 CEs

Yamonte Cooper, Ed.D., LPCC, NCC, CST

October 24, 2020

1:00 pm - 3:00 pm

Ava DuVernay's recent Netflix series *When They See Us* illuminates the story of the innocent Black men once known as the Central Park Five. The series explores the gendered anti-Black racism, disposability, and dehumanization that Black men such as George Floyd commonly experience and the resulting trauma. Further, getting killed by police is a leading cause of death for young Black men in America. Trauma as a result of racism is a normative experience for many African-American men. According to the Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM-5; American Psychiatric Association, 2013), "There is evidence that racism can exacerbate many psychiatric disorders, contributing to poor outcome, and that racial biases can affect diagnostic assessment" (p. 749). Growing empirical research has provided evidence that racism has a causal link to trauma which can have a negative influence on the mental, emotional, and physical health of African-American men. African-Americans who experienced racism are significantly more likely to experience symptoms of PTSD. Recent research suggests that multiple levels of racism, including interpersonal experiences of racial discrimination and the internalization of negative racial bias, operate jointly to accelerate biological aging among African-American men.

This workshop is designed to provide clinicians with a comprehensive understanding of racial trauma and African-American men. Interventions in mental health will be closely examined so that mental health professionals will be able to assist African-American men suffering from racialized trauma.



Dr. Yamonte Cooper is a Professor of Counseling at El Camino College, adjunct Professor of Clinical Psychology at Antioch University, Licensed Professional Clinical Counselor (LPCC), National Certified Counselor (NCC), ICEEFT Certified Emotionally Focused Therapist (EFT) & Supervisor, Certified Gottman Therapist, and AASECT Certified Sex Therapist (CST). He specializes in working with couples, trauma, sexual dysfunctions, gender & sexual identity, depression & anxiety, bipolar disorder, personality issues, grief, and other mental health problems.

He is the author of the upcoming book *Racial Trauma and African-American Men* (Routledge). Further, as a Fulbright scholar, Dr. Cooper exchanged best practices in career counseling and development in Germany and has exchanged best practices with higher education institutions in Botswana. He can be reached at dryamontecooper.com.

CE INFORMATION

Here are the links to fill out the Online Evaluations for these courses in order to receive your CE Certificate. Only click on the evaluations from the courses you attended.

Friday, October 23, 2020

- [OVERALL CONFERENCE](#)
- [¡Que Padre! An Intersectional, Strengths-Based Lens on Research and Practice with New Latino Fathers](#)
- [Understanding Mechanisms that are Associated with Increased Health Risks for African Americans](#)
- [A Crisis of Access to Service: A New Specialty and the Advancement of Prescriptive Authority for Psychologists](#)
- [The Ethnohistoric Legacy of Slavery in America as a Root Cause of Health Inequities for African Americans and Post Traumatic Slavery Disorder \(PTSD\)](#)

Saturday, October 24, 2020

- [Post Traumatic Slave Syndrome](#)
- [Racial Trauma and African-American Men](#)
- [Culture Specific Models of Service Deliver and Practice](#)

I will be emailing you your CE certificate once you've completed the Online Evaluation please give a couple days to receiving your certificate. If you have not received it within a week please reach out to me by email sdpa@sdpsych.org.

Please read the entire message for important information regarding eligibility for your CE Certificate. To receive a CE certificate:

- Each person **must log onto the Zoom Webinar individually** under their own name. If you watch with another person, only the person who is logged on will receive a CE certificate.
- Logging on counts as signing in, and logging off counts as signing out. At the end of the course we will run a report that indicates the time at which you logged (signed) in and logged (signed) out.
- There is a strict 10 minute window for logging (signing) in. If you log on more than 10 minutes after the course has started you will not be eligible to receive a CE certificate.
- Please be sure to include your full name in the Zoom log in. Without your name, we will not be able to confirm your identity to issue a CE certificate. For attendees logging on through their phone please email me ahead of time indicating your number and name so I can correct the day of the event.



San Diego
Psychological
Association

On behalf of the Fall Conference Committee and SDPA we would like to thank you for attending our 2020 Fall Conference Systemic Racism's Bitter Pill: A Closer Look at Health Disparities. We hope you enjoyed it. Please let us know how we can serve our community in the future by emailing Tami Magaro in the office at sdpa@sdpsych.org.