



San Diego Psychological Association
2017 Fall Conference
Innovations in Trauma Treatment: What's Outside the Box?
Saturday, October 28, 2017

CONFERENCE AGENDA

MORNING

7:30-8:30 am Registration/Continental Breakfast/View Exhibits (Kona Coast Room)

8:30-9:45 am Keynote Address:

Hidden in Plain Sight: Decoding the Body Language of Trauma (Grand Hanalei Ballroom)

Bonnie Goldstein Ph.D., Sensorimotor Psychotherapy Institute

10:00 am-12:00 pm Morning Workshops: (2 hours)

- 1) Brain to Brain, Body to Body: Teaching Embedded Relational Mindfulness in Youth, Individual and Group Therapy (Grand Hanalei Ballroom – Center)**
Bonnie Goldstein Ph.D., Sensorimotor Psychotherapy Institute
- 2) The Drama in Trauma: Transference and Countertransference Crises in Psychotherapy with Traumatized Clients (Grand Hanalei Ballroom – Left)**
Constance Dalenberg Ph.D., Trauma Research Institute, Alliant International University

Clinician's Toolbox: (2- 1 hour, practically oriented sessions)

- 3) Therapy as Sanctuary? How to Respond Effectively to the Needs of Vulnerable Non-Citizen Clients (Lahaina Room - Downstairs)**
 - a. Beginning Anew: Refugees and Asylum Seekers**
Dawn Stary Ph.D., Survivors of Torture
 - b. Shadow on the Heart: Undocumented Immigrants, DREAMers and Their Loved Ones**
Mariela Shibley Psy.D., Bi-Cultural Specialist
- 4) The Unbroken Part: Strategic Approaches to Enhancing Client Resilience During Trauma Recovery (Grand Hanalei Ballroom – Right)**
 - a. A Perfect Storm: Transforming Trauma with Mental Imagery**
Michelle Warfield Ph.D., Creative Imagination Specialist
 - b. Solution-Focused Resilience: Discovering and Amplifying Strengths People Already Have**
Ellen Quick Ph.D., Psychiatric Centers at San Diego, Inc.

LUNCH

12:00-1:00 pm *Casual Buffet Lunch/Networking (Kona Coast Room)*

12:40-1:05 pm **Resilience-Based Yoga for Therapists (Lahaina Room - Downstairs)**

Karen Sothers M.Ed., RYT, Scripps Center for Integrative Medicine

AFTERNOON

1:15-3:15 pm *Afternoon Workshops: (2 hours)*

1) “Charlie Golf One”: Virtual Reality Graded Exposure Therapy (VR-GET) for the Treatment of Combat-Related PTSD (CANCELLED)

Dennis Wood Ph.D., ABPP (CAPT., MSC, USN, ret.)

Brenda Wiederhold Ph.D., MBA, BCB, BCN, President, Virtual Reality Medical Center

2) A Crack in the Foundation: Healing Developmental Trauma in Couples Therapy (Grand Hanalei Ballroom – Right)

Linda Collins Ph.D.

Trish Stanley Psy.D., MFT, The Center for Couples Therapy

Clinician’s Toolbox: (2- 1 hour, practically oriented sessions)

3) Integrative Psychiatry: Evidence-Based Solutions for Vexing Clinical Challenges (Grand Hanalei Ballroom – Center)

a. When Grief Derails: How to Help Clients Get Back on Track

Sidney Zisook M.D., Distinguished Professor, UCSD Department of Psychiatry,
Alana Iglewicz M.D. UCSD Department of Psychiatry, and
Danielle Glorioso LCSW, UCSD Complicated Grief Multi-Site Study Team,
with Ariceli Sanchez.

b. Whole Healing: Integrative Medicine Solutions for Depression, Anxiety and Sleep Problems

Janna Larson M.D., Psychiatrist, Integrative Medicine Physician

4) A Higher Truth: Values-Based Approaches to Treating Trauma (Grand Hanalei Ballroom – Left)

a. Living a Valued Life: Integrating Acceptance and Commitment Therapy (ACT) and Mindfulness into Trauma Treatment

Alexandra Laifer Ph.D., Co-Chair SDPA Mindfulness Committee

b. Lasting Legacy: Using Dignity Therapy to Enhance Meaning at the End of Life

Lori Montross-Thomas Ph.D., Moores Cancer Center at UC San Diego Health

Outdoor Workshop/Live Demonstration (two sessions 1:15-2:15 pm, 2:15-3:15 pm):

5) Beyond Words: Equine Activities as a Bridge to Trust for Traumatized Clients (Parking Lot)

Renee Sievert LMFT, RN, Master Equus Facilitator

Tufia Steidle, Psy.D. Certified Equine Psychotherapist

3:30-4:30 pm *Closing Address:*

Therapist, Protect Thyself:

Preventing Trauma Contagion When Working with Disturbing Events (Grand Hanalei Ballroom)

Charles Nelson Ph.D., Director, Crime and Trauma Recovery Program and
Director of Change with Direction