

AMCAP Fall 2008 Convention – October 2-3, 2008*

Peace, Hope and Strength: Finding Refuge from the Storms of Life

Convention Chair: Kristin I. Douglas, M.A., L.P.C., B.C.I.A.C.

Convention Co-Chair: Edward A. Martinelli, Jr., Ph.D.

**Pre-Convention Workshop/Retreat: October 1, 2008*

*“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.
Let not your heart be troubled, neither let it be afraid.” John 14:2*

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” Matthew 11:28

*“They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles;
they shall run, and not be weary; and they shall walk, and not faint.” Isaiah 40: 31*

Presentation Summaries, Learning Objectives and Biosketch Information

Wednesday, October 1, 2008: Pre-convention Workshop/Retreat*

*Workshop/Retreat Location: University of Utah. Specific location TBA.

Therapist Self-Care: Mindfulness, Relaxation, and other Self-Renewal Strategies

Presenters: Laura Gomez-Weakley, M.Ed., L.P.C., & Kristin I. Douglas, M.A., L.P.C., B.C.I.A.C.

Check-In Time: 12:00 noon **Presentation:** 12:30 p.m. - 4:30 p.m.

Presentation Summary: Come renew your soul through refreshing moments of peace and relaxation in this interactive, hands-on workshop. Carl Rogers (1961) wisely held the belief that we can only support another person's growth and freedom to the level of that we have maintained our own. Conference participants will be guided through awareness, breathing, biofeedback, mindfulness, imagery and other self-renewal exercises designed to facilitate relaxation, balance, centering, clarity and a here-and-now presence. Ideas will be provided for how and when to use these strategies with clients.

Learning Objectives: Participants will be able to:

- 1) Discuss the importance of self-renewal and self-care for mental health practitioners.
- 2) Identify and demonstrate various self-care and self-renewal strategies such as awareness and breathing exercises, basic biofeedback interventions, mindfulness, imagery and combined strategies.
- 3) Identify types of clients that could benefit from self-care strategies.
- 4) Explain how and when to effectively use skills learned with clients.
- 5) Experience various hands-on self-care and self-renewal strategies.

Presenters:

Kristin I. Douglas is a Licensed Professional Counselor at Laramie County Community College in Cheyenne, Wyoming. She is adjunct faculty in the Human Development and Communication departments. Kristin has two master's degrees: one in Music from Brigham Young University and one in Counseling Psychology and Counselor Education from the University of Colorado-Denver. She is nationally certified in biofeedback and provides therapy, as well as biofeedback treatment services. She is pursuing a doctoral degree at the University of Wyoming in Counselor Education, and also works for L.D.S. Family Services part-time.

Laura Gomez-Weakley is a Licensed Professional Counselor in Littleton, Colorado. She has a master's degree in Health Education from Brigham Young University and master's degree in Educational Psychology from the University of Utah. She taught Relaxation and Stress management at Brigham Young University and worked for many years with chronic pain, stress, and anxiety clinics in private practice and at Utah Valley Regional Medical Center. She is currently in private practice helping those with stress, anxiety, depression, and marital issues.

CE Information: Psych Credit Hours: 4; NBCC Credit Hours: 4; CBBS Credit Hours: 4; NASW Credit Hours: Pending
Level of Learning: Beginning - Advanced

Thursday, October 2, 2008

Early Morning Student Workshop*

Spiritual Interventions for Sexual Addictions

Presenter: A. Dean Byrd, Ph.D., M.B.A., M.P.H.

Time: 7:00 a.m. – 8:00 a.m.

Presentation Summary: This student session will be presented free of charge by senior AMCAP member A. Dean Byrd, Ph.D., M.B.A., M.P.H. Dr. Byrd is currently the President of Thrasher Research Fund and serves on the faculty of the University of Utah School of Medicine with appointments in the Department of Family and Preventive Medicine and in the Department of Psychiatry. This session, which will include a free breakfast, will provide graduate students with a unique opportunity to share one on one time with Dr. Byrd, as well as with the opportunity to network and discuss student and professional development issues. Space is limited, so please R.S.V.P. to the AMCAP office to reserve your spot: mail@amcap.net.

*Workshop location: Dean Byrd's office - Thrasher Research Fund, Gateway Tower West, 15 W. South Temple Street, Suite 1650

Keynote Address

“For the Power is in Them” — Finding Peace in Tribulation

Presenter: C. Terry Warner, Ph.D.

Time: 9:00 a.m. – 10:20 a.m.

Presentation Summary: Surprisingly, how we use our moral agency, our power to choose good or evil in the situations of life, is profoundly connected with the origins and the remedies of psychological problems that include a troubling vulnerability to circumstance. By this power we can help bring about our own spiritual, mental, and emotional healing. Yet when we suffer from any of these problems, we look elsewhere for relief and find none. In this presentation I will focus on *what it's like, experientially, to lose, rediscover, and enjoy the wholeness that comes from using this power.* By understanding these experiential dimensions of moral agency, and becoming familiar with them personally, we can increase our ability to help others find their way.

Learning Objectives: Participants will be able to:

- 1) Tell why the suffering or perpetration of violence, even very subtle violence, can separate us from awareness of our own power to become and stay psychologically whole, and what the experience of violence is like.
- 2) Describe the experience of rediscovering and enjoying the use of moral agency, and the freedom from troubling vulnerability to circumstance that it can bring.
- 3) Compare the objectives (projected outcomes) of familiar counseling and therapeutic strategies to the objective of recovering our ability to use and enjoy our moral agency.

Biosketch: **C. Terry Warner** is a Brigham Young University professor and author. He wrote the book, *Bonds That Make Us Free: Healing our Relationships, Coming to Ourselves*, and founded the Arbinger Institute, based on his academic work on the foundations of human behavior. In writings and seminars, Warner argues that individuals are responsible for their own actions, including their own emotions, and therefore have the power to free their relationships with others from negativity. Dr. Warner holds a Ph.D. from Yale University and is a professor of philosophy at Brigham Young University. In 1967 he joined the faculty at Brigham Young University, where he has served as chair of the Philosophy Department, director of the Honors Program, and dean of the College of General Studies. He has been a visiting senior member of Linacre College, Oxford University.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Thursday Morning Workshops: 10:30 – 11:50 a.m.

The Power of Value Orientation in Marriage: How Marriage Counselors Facilitate the Paradigm Shift from Individualistic to Relational Orientation

Presenter: Tera Duncan; Ph.D.

Time: 10:30 – 11:50 a.m.

Presentation Summary: Recent research provides compelling evidence that individualistic orientation significantly decreases marital quality, and relational orientation dramatically improves marital quality. Theoretical perspectives, research evidence, and therapeutic interventions will be highlighted to explain how value orientation impacts marital quality. Historical perspectives include Adler, Horney, and Frankl. Contemporary theorists include Sternberg, Eisenberg, Gottman, and Post. These perspectives are incorporated in therapeutic strategies to help marriage counselors work with clients in shifting from individualistic to relational orientation.

Learning Objectives: Participants will be able to:

- 1) Describe different types of value orientations with their theoretical foundations.
- 2) Explain how individualistic orientation is detrimental to marital quality, and list strategies for avoiding this problem.
- 3) Explain how relational orientation can dramatically improve marital quality.
- 4) Utilize specific therapeutic interventions to develop relational orientation with a shift toward “coupleness.”

Biosketch: **Tera Duncan** received her Ph.D. in Family Psychology from Capella University. She is currently a psychology resident working toward licensure. Her counseling experience includes support for blended families, group work for addictions, interpersonal skills, and suicide crisis intervention. She has worked and trained at Kaiser Permanente Hospital, Indian Health Center, and Utah County. She has also taught part-time for Brigham Young University, the University of Arkansas, and Utah Valley University. She has a blended family of 6 children.

CE: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending

Level of Learning: Beginning - Intermediate

Power of the Parable

Presenter: Noel Gill, Ph.D.

Time: 10:30 – 11:50 a.m.

Presentation Summary: Parables have long been recognized as a powerful tool in teaching and therapy. This workshop combines information on what makes for effective metaphors and parables and includes opportunities for participants to develop personal examples, from their own experiences, for use in therapy and teaching.

Learning Objectives: Participants will be able to:

- 1) List and discuss elements of the effective use of metaphors and parables in teaching and psychotherapy.
- 2) Review examples of the use of parables and metaphors from material presented in the workshop.
- 3) Develop metaphors and parables from personal experience for use in therapy and teaching situations.

Biosketch: **Noel C. Gill** earned an M.S. in Counseling from Utah State University and a Ph.D. in Educational Psychology from the University of Minnesota. Professional experience includes service as an Associate Professor of Psychology at Illinois State, Director of Children's Services at Davis County Mental Health and at Bear River Mental Health. He has received training in critical incident stress management, and as a Red Cross disaster mental health worker, having volunteered on nine national disasters. Most recently, Dr. Gill is employed as a Chaplain for a Hospice organization. He has formerly served as an AMCAP board member and as AMCAP vice president.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending

Level of Learning: Beginning - Intermediate

Acquiring Hope through Measuring and Monitoring Treatment Outcome in Psychotherapy with Hypersexual Patients

Presenter: Rory Reid, M.S.W., L.C.S.W.

Time: 10:30 – 11:50 a.m.

Presentation Summary: This presentation discusses the factors that should be given consideration in assessing whether psychotherapy has been successful among hypersexual patients. Pragmatic information will be provided to help the clinical practitioner know what assessment measures to use, what signs and symptoms should be observed, and what indicators will suggest that termination is appropriate with hypersexual patients.

Learning Objectives: Participants will be able to:

- 1) Identify ways psychotherapy outcome is appropriately measured with hypersexual patients based on outcome research.
- 2) Describe assessment measures that can track hypersexual behavior, therapeutic alliance, and psychopathology across treatment.

- 3) Identify ways to use information technology to assist them in providing best practice approach to treatment outcome in psychotherapy.

Biosketch: **Rory C. Reid** is a licensed therapist and the Program Director at the Provo Counseling Center, a specialty clinic treating hypersexual impulsivity. He is a Ph.D. Candidate in clinical psychology with a special dual emphasis in Neuropsychology and Marriage and Family Therapy at Brigham Young University. He teaches part-time at Utah Valley University in the Behavioral Science Department.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Finding Hope and Meaning through Self-Actualization

Presenter: Russell Seigenberg, Ph.D.

Time: 10:30 – 11:50 a.m.

Presentation Summary: This presentation will explain how individuals who feel emotionally impoverished can find renewed hope and meaning through the goal of self-actualization. The long-term goal is developing greater compassion, wisdom, and inner peace. Principles of positive psychology, mindfulness, radical acceptance, the “contemplation hour,” humility, compassion, self-acceptance, and emotional integration will be explained as key components of the change process.

Learning Objectives: Participants will be able to:

- 1) Identify key concepts of positive psychology, mindfulness and radical acceptance.
- 2) Explain skills associated with key concepts and identify clinical applications in therapy.
- 3) Describe exercises using mindfulness and radical acceptance in clinical practice.
- 4) Identify how to recognize and analyze input from the different parts of the personality and how this applies to emotional integration.

Biosketch: **Russell Seigenberg**, Ph.D., received his M.A. in Counselor Training at the University of Massachusetts, Boston in 1981 and his Ph.D. in Counseling Psychology at Brigham Young University in 1985. Since 1985, he has been a licensed psychologist at Bear River Mental Health, a community mental health center, in Logan, Utah.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Thursday Afternoon Workshops (First Set): 1:15 – 2:15 p.m.

Survive, Strive, and Thrive in the LDS Church: Helping Singles, Divorcees, Widowed, and Part-Member Families Succeed in a Family-Focused Environment

Presenter: Chris Falconer, M.S.W., L.C.S.W., and MaryAnn Rackley, J.D., S.F.W.

Time: 1:15 – 2:15 p.m.

Presentation Summary: The L.D.S. Church focuses on the ideal family unit (*i.e.*, an active husband, wife and children). Statistics show, however, that there are a growing number of members who do not meet this criteria – including single adults, spouses in part-member families, divorced persons, and those who are widowed. Many of these members are struggling to find their place in a family ward, often facing challenges of isolation, depression, low self-esteem, anxiety, etc. This session will focus on the personal perspective of a single and how therapists can help clients who fall into this demographic find peace, hope, acceptance and love as part of the ward family.

Learning Objectives: Participants will be able to:

- 1) Define “success” in the ward for this demographic.
- 2) Understand the common problems and misconceptions this demographic faces in a family ward.
- 3) Address common mistakes this demographic makes that keep them from thriving in a family ward.
- 4) Describe strategies of how therapists can help them deal with the difficulties they face and strive to find acceptance in a ward in an appropriate manner.
- 5) Identify ways that this demographic can better their chances of success in a family ward.
- 6) Explain how therapists, church leaders, and ward members can assist in helping this demographic thrive in a family ward.

Biosketch: **Christine Falconer** is a licensed clinical social worker who has been working in the social work field for over 10 years. She has enjoyed working in variety of clinical settings, including L.D.S. Family Services, local non-profits, and employee assistance programs. She has a B.A. in Psychology from the University of Colorado where she graduated with honors and a M.S.W. from the University of Denver. She works with individuals, couples, and families. She currently lives in the Greater Sacramento area with her non-member husband Steve and their two young children.

Mary Ann Rackley has a Doctor of Jurisprudence from the J. Reuben Clark Law School at Brigham Young University. She currently works for the Department of Justice U.S. Attorney's Office for the Eastern District of California, located in Sacramento. She is a single adult who is currently writing a book on how wards can help singles feel accepted and included in the ward family. She is the sister of Christine Falconer.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Women and Careers: Role Conflict Throughout the Lifespan

Presenter: Melissa Goates-Jones, Ph.D. and Lisa Leavitt, Ph.D.

Time: 1:15 – 2:15 p.m.

Presentation Summary: Research shows that in today's society, most women anticipate being actively engaged in the work force, but also see themselves involved in family roles. L.D.S. women, in particular, tend to struggle with work-family role conflict throughout their lifespan. This session is designed to elucidate some of the conflicts that women often feel between work and family roles while college-aged, in mid-life, and in later life.

Learning Objectives: Participants will be able to:

- 1) Review important factors in women's career theory and in the historical perspective of women in the workplace.
- 2) Describe the context in which L.D.S. women navigate a work-family balance.
- 3) Describe complexities of L.D.S. women's role conflicts in early adulthood, mid-life, and later life.
- 4) Identify approaches for helping women with work-family role conflicts in a counseling setting.

Biosketch: **Melissa Goates-Jones** is a psychologist in Brigham Young University's Counseling and Career Center. She has a Ph.D. in Counseling Psychology from the University of Maryland and has published research on psychotherapy process and outcome, and dreamwork. She teaches a Career Exploration course at Brigham Young University and her current research interests include psychotherapy process, the psychotherapy relationship, and women's issues.

Lisa Leavitt is a psychologist in Brigham Young University's Counseling and Career Center and received her Ph.D. in Counseling Psychology from Brigham Young University. She teaches a Career Exploration course at Brigham Young University and has a private practice in Springville, Utah. Her current research interests include women's issues and career development, supervision and transition from high school to college in indigenous populations.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

The Twelve Steps of Alcoholics Anonymous and the Restored Gospel of Jesus Christ: A Formula for Peace and Hope

Presenter: J. Douglas LeCheminant, M.S.W., L.C.S.W.

Time: 1:15 – 2:15 p.m.

Presentation Summary: The Church of Jesus Christ of Latter-day Saints has published *A Guide to Addiction Recovery and Healing* that adapts the original 12 steps into a framework of the doctrines, principles, and beliefs of the Church. This presentation will explore 1) the history, significance, and effectiveness of the 12 steps; 2) the theological issues necessitating an adaptation; 3) the effectiveness of so-called "12 step facilitation" techniques in professional therapy; 4) how therapists can incorporate the Church's adapted version of the 12 steps into therapy; and 5) how these adapted 12 steps can help with problems other than addiction.

Learning Objectives: Participants will be able to:

- 1) Describe the effectiveness of the 12 steps;
- 2) Recognize the theological differences between the original 12 steps and the L.D.S. adapted version;
- 3) Utilize 12 step facilitation techniques during therapy; and
- 4) Assess the effectiveness of both 12 step support groups and 12 step techniques utilized in therapy.

Biosketch: **Doug LeCheminant**, L.C.S.W., has over 20 years of professional mental health experience and is currently a program specialist for L.D.S. Family Services with responsibilities for program and material development for the *Addiction*

Recovery Program. He is a board member of *Understanding Chemical Addiction Disease*; Salt Lake City, Utah (2002-2008), and a former board member of the *Salt Lake City Mayor's Drug, Alcohol, and Tobacco Coalition*; (2002-2006). He has presented on addiction recovery in multiple settings including the *So Help Me God: Substance Abuse, Religion and Spirituality II Conference* at Columbia University (2005).

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Journey to Confidence: A Shame Recovery Group Approach to Working with Avoidant Clients

Presenter: Jade Mangus, M.S.W., L.C.S.W.

Time: 1:15 – 2:15 p.m.

Presentation Summary: Many clients are avoidant of their own healing, and shame is usually at the core of this avoidance. These clients may hide from family members, friends, and themselves, which leads to a perpetuation of dysfunctional cycles. Isolation, loneliness, and perceptions of abandonment exacerbate a shameful identity. In this presentation, a group approach will be explored for helping those attempting to break the cycle of shame.

Learning Objectives: Participants will be able to:

- 1) Identify basis of shame recovery and avoidant issues in clients.
- 2) Describe approaches of shame recovery in the treatment of avoidant clients.
- 3) Analyze and describe a ten-session outline for group treatment of avoidant clients.

Biosketch: **Jade Mangus** is a practicing psychotherapist in Salt Lake City and Centerville, Utah. He has worked with L.D.S. Family Services and is president of AAIM counseling and training, which specializes in the treatment of addictions and SGA issues. He received his bachelor's and master's degrees at the University of Utah, with specialty training in treatment of substance abuse at the University of Utah Neuropsychiatric Institute, where he held a position as aftercare coordinator for the Stay Off Substances (adolescent program) and Recovery Works (adult program). He has been trained in motivational interviewing since 2006, by William Miller, founder of Motivational Interviewing.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Thursday Afternoon Workshops (Second Set): 2:30 – 3:30 p.m.

Suffering: Grief and Loss

Presenter: Kirk Dougher, Ph.D.

Time: 2:30 – 3:30 p.m.

Presentation Summary: Clients come into therapy because their pain has reached a level that they consider unbearable. Many have tried to avoid treading a path fraught with pain and suffering as they struggle to regain their lives. However, when we have suffered the loss of family, friend, hopes or dreams, we cannot truly escape the pain. Rather, it is through this pain that we experience a growing sense of personal connectedness with our spirituality, our beliefs, our values and other people.

Learning Objectives: Participants will be able to:

- 1) Identify factors contributing to suffering and loss and list symptoms of grief and loss.
- 2) Explain the impact of grief and loss on clients and those they associate with.
- 3) Discuss traits of mindfulness and demonstrate how to use mindfulness skills with their clients.
- 4) Identify other therapeutic techniques and practical skills to help clients work through grief and suffering.

Biosketch: **Kirk Dougher** earned a B.S. degree in psychology from Utah State University, and a Ph.D. from the University of Nevada. He currently serves as Training Director at the Counseling and Career Center, Brigham Young University. Kirk teaches for the Counseling Psychology Graduate program at Brigham Young University, and also has a private practice. He specializes in the treatment of anxiety and sexual problems.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Thought Replacement Therapy

Presenter: Cynthia Ann Hunt, M.S.W., L.C.S.W.

Time: 2:30 – 3:30 p.m.

Presentation Summary: *Thought Replacement Therapy* is a powerful innovative technique for influencing spiritual awareness and elevating thoughts. Every choice, action, and thought is irreversibly predicated on a spiritual law that we are either obeying or not keeping in the moment.

Learning Objectives: Participants will be able to:

- 1) Replace teletial-like thoughts and actions with terrestrial- and celestial-like thoughts and actions, and gain freedom from captivating thoughts.
- 2) Identify how mental health and spirituality are connected.
- 3) Resolve inner conflicts by identifying powerful spiritual concepts that influence the way people think and act.
- 4) Recognize how mortal relationships mirror relationships with God, which has a direct influence on the way we think.

Biosketch: **Cynthia Hunt**, received her Master of Social Work degree from Our Lady of the Lake University in San Antonio, Texas, and is a licensed clinical social worker. She also graduated from the Certified Addiction Counselor program at the University of Utah. She has worked as a clinical therapist for over twenty years and specializes in depression, anxiety, abuse, eating disorders, pornography addiction, substance abuse, and dysfunctional family and relationship issues. Cynthia Hunt has recently written a book entitled “Thought Replacement Therapy” to help individuals elevate their thoughts and change the “filter” with which they view life.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBSS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Facilitating Young Adult Development: Taking Developmental Approaches from Chickering and Perry into Therapy and the College Classroom

Presenter: James MacArthur, Ph.D.

Time: 2:30 – 3:30 p.m.

Presentation Summary: Two factors help young adult college students facilitate their own development: knowledge of developmental traits, and personally developing and applying those skills in their own lives. One example would be learning about autonomy, and also developing the skills to enhance those characteristics in themselves. How do we help develop that type of self-awareness in therapy and also in the university classroom? This presentation will include examples and demonstrations from therapy and from teaching. A “classroom” will be organized as part of this presentation, with participants experiencing developmental education through a student’s eyes.

Learning Objectives: Participants will be able to:

- 1) Identify and describe key concepts of college student development.
- 2) Apply these developmental concepts in therapy.
- 3) Describe how to assess college students’ developmental growth.

Biosketch: **James MacArthur** received a Ph.D. from Brigham Young University in Counseling/Educational Psychology in 1976. He is director of the Brigham Young University Counseling and Career Center and is also a clinical professor at Brigham Young University, where he has served since 1973. He teaches courses in college student development. He is the author of *Everyday Parents Raising Great Kids*, written on the topic of functional families. He is a licensed psychologist.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Motivational Interviewing with Compulsive Pornography Issues

Presenter: Jade Mangus, M.S.W., L.C.S.W.

Time: 2:30 – 3:30 p.m.

Presentation Summary: Motivational interviewing is a directive, person-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Compared with non-directive counseling, it is more focused and goal-directed. Motivational interviewing is a subtle balance of directive and person-centered components, shaped by a guiding philosophy of understanding change. In this presentation, motivational interviewing methods are reviewed and discussed, with special application to treating those with pornography addictions.

Learning Objectives: Participants will be able to:

- 1) Describe principles and strategies of Motivational Interviewing.
- 2) Explain readiness of change and how to identify when and how to use Motivational Interviewing approaches in session.
- 3) Apply Motivational Interviewing interventions to treatment of compulsive pornography use.

Biosketch: Jade Mangus is a practicing psychotherapist in Salt Lake City and Centerville, Utah. He has worked with L.D.S. Family Services and is president of AAIM counseling and training, which specializes in the treatment of addictions and Same Gender Attraction issues. He received his bachelor's and master's degrees at the University of Utah, with specialty training in treatment of substance abuse at the University of Utah Neuropsychiatric Institute, where he held a position as aftercare coordinator for the Stay Off Substances (adolescent program) and Recovery Works (adult program). He has been trained in motivational interviewing since 2006, by William Miller, founder of Motivational Interviewing.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Plenary Address

The Shame Matrix: Shame, Grief, and Hope in Psychotherapy

Presenter: Lane Fischer, Ph.D.

Time: 3:45 – 4:40 p.m.

Presentation Summary: Healthy guilt can be instructive, through the Light of Christ, by providing affective signals which, though painful, are nonetheless healthy as they lead to correction or repair in the relationship with God and others. Shame, on the other hand, is a corruption of the Light of Christ which sends signals that are painful, yet do not lead toward correction and repair. Shame leads toward cynicism, isolation, humiliation and abuse. The Shame Matrix is a model that predicts expression of, and progress through, recovery from shame in early development. This presentation will discuss the construct of shame as a corruption of the Light of Christ, will explicate the Shame Matrix as a template or psychotherapy, and will discuss hope as the signal of healthy recovery from shame in its various manifestations.

Learning Objectives: Participants will be able to:

- 1) List factors which distinguish shame from guilt.
- 2) Describe major components of the Shame Matrix.
- 3) Discuss hope as a signal of healthy recovery from shame.

Biosketch: Lane Fischer, Ph.D., is on the faculty of Brigham Young University. He has Ph.D. from the University of Minnesota. Lane has contributed to several books and has published articles in such journals as California Association for Counseling and Development Journal, AMCAP Journal, Sexual Abuse: A Journal of Research and Treatment, and Journal of Interpersonal Violence. He has also presented to professional and college groups such as county human services and school districts, Society for Research in Child Development, American Psychological Association, AMCAP, Rocky Mountain Association for Counselor Education and Supervision and the Utah Association for Counselor Education and Supervision. Lane has served as AMCAP President.

CE Information: Psych Credit Hours: 1.0; NBCC Credit Hours: 1.0; CBBS Credit Hours: 1.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Friday, October 3, 2008

Early Morning Workshop/Special Presentation

Therapy for the Heart and Soul: The Use of Music in the Healing Process

Presenter: Shane Adamson, L.C.S.W.; Kenneth Cope, L.D.S. Musician; Kristin I. Douglas, M.A., L.P.C., B.C.I.A.C.

Time: 7:00 – 8:20 a.m.

Presentation Summary: This unique presentation focuses on the therapeutic application and integration of music in the healing process. Explore how and when to effectively use music for personal growth and self-care as well as for helping clients increase hope, gain insights to problems or solutions, grieve a loss, or challenge and reframe difficult experiences. Psychological and anecdotal theory will be presented on using music as a therapeutic intervention. A special live musical demonstration/morningside will be given by the noted musician, Kenneth Cope on the powerful effects of music to heal the heart and touch the soul. Session applies to those musically inclined and those with no music background at all.

Learning Objectives: Participants will be able to:

- 1) Identify types of music that may be therapeutic and types of clients that may respond well to music as a therapeutic intervention.
- 2) Describe ways to use music for personal growth and self-care.
- 3) Describe therapeutic music interventions to help clients increase hope, gain insights to problems or solutions, grieve a loss and challenge or reframe difficult experiences.
- 4) Experience hands-on demonstration of a live music intervention.

Biosketch: **Shane Adamson** received his B.S. degree in Family Science from Brigham Young University and his Master's in Social Work from the University of Utah. He has worked as a clinician and mental health administrator for over 15 years, employed in psychiatric hospitals, public mental health agencies, and programs serving youth. He specializes in trauma, sexual addictions, mental health and marriage and family issues. He founded Family First Counseling in 1998, and is currently employed with *LifeSTAR*, a program focusing on the treatment of pornography and sexual addictions.

Kenneth Cope, born in Salt Lake and educated at the High School for the Performing and Visual Arts in Houston Texas, he has recorded nine albums from 1988, including *Greater Than Us All*, *My Servant Joseph*, and *Women at the Well*, as well as composing more than 25 songs for the Especially for Youth (EFY) program. He has also ventured into the world of film scoring. In 2000 he wrote and produced an original score for *Joseph Smith, The Seer*, an interactive CD-ROM that explores and examines the life of the prophet. Currently, he is creating a musical for the stage about the life of Christ, titled *Son of Man*. The Faith Centered Music Association has awarded him numerous PEARL Awards, including Male Vocalist of the Year, Songwriter of the Year, and Album of the Year. He has received an Indie nomination for Contemporary Christian Album of the Year from the Association for Independent Music.

Kristin I. Douglas is a licensed professional counselor at Laramie County Community College in Cheyenne, Wyoming. She is adjunct faculty in the human development and communication departments. Kristin has two master's degrees, one in Music from Brigham Young University and one in Counseling Psychology and Counselor Education from University of Colorado-Denver. She is nationally certified in biofeedback through the Biofeedback Institute of America and, in addition to therapy, provides biofeedback treatment services as well. She is also pursuing a doctoral degree at the University of Wyoming in Counselor Education, and also works for L.D.S. Family Services part-time.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Keynote Address

An Anatomy of Troubles

Presenter: Elder Terrence C. Smith, M.D., Area Authority Seventy

Time: 8:50 – 10:20 a.m.

Presentation Summary: This presentation will address the issue of living in a world of troubles from both a diagnostic and a prescriptive framework, and how the gospel of Jesus Christ in its theory and practice is particularly adapted to a specific remedy of those troubles, and how those remedies are best applied if the troubles are analyzed (cut up) by principles suggested in the gospel itself. This manner of looking at things should be useful to anyone with faith in Christ who is in trouble or to those helping another who finds her/himself in trouble.

In particular we will discuss the differences between sin and adversity, how the atonement addresses each, what the practical role of the person afflicted by each might be to apply the atonement most effectively in his/her life. Illustrations will be offered from modern therapeutic situations and from the scriptural accounts of Jesus' interaction with those suffering from both sorts of trouble.

Learning Objectives: Participants will be able to:

- 1) Identify types of troubles in someone's life;
- 2) Understand spiritual and religious principles of intervention and caring that link to these types;
- 3) Utilize these principles as part of a step-by-step resolution and caring of client troubles.

Biosketch: **Terrence Smith, B.Med.Sc., M.D.**, was born and grew up in Raymond, Alberta, Canada. He received his Bachelor of Medical Science degree in 1972 and his M.D. in 1974 from the University of Alberta. He also spent some time at the University of Lethbridge and Brigham Young University. He completed post-graduate training at the University of Alberta and began his family medicine practice in Raymond in 1976. Elder Smith was a member of the Alberta Provincial Mental Health Advisory Board from 1996-1999. In 1996 he became the Senior Medical Director of Mental Health Services for the Chinook Health Region, and still serves in that capacity. In 2001 he became the Acting Medical Director of the Raymond Care Centre (a psycho-geriatric rehabilitation facility) and continues to fill that capacity as well. Elder Smith served an L.D.S.

mission in France and Belgium from 1966 to 1969, and the year following his return, he married Rita I. Regehr. They have 8 children and 15 grandchildren. His church responsibilities have included serving as an Elder's Quorum President, a District Clerk/High Council, Bishop, and a Stake President. In 2004, he became a member of the 6th Quorum of the Seventy.

CE Information: Psych Credit Hours: 0.0; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Friday Morning Workshops: 10:30 – 12:20 p.m.

Providing Psychological Care to Men Who Present with Unwanted Homosexual Attraction: An Interpersonal Approach

Presenter: A. Dean Byrd, Ph.D., M.B.A., M.P.H.

Time: 10:30 a.m. – 12:20 p.m.

Presentation Summary: Anchored to the Code of Ethics of the American Psychological Association, this presentation will consider the interpersonal approach to providing psychological care to men who present with unwanted homosexual attraction. Interpersonal assumptions and interpersonal interventions will be described in the context of ethicality as the presenter will address issues of client autonomy, client self-determination and client diversity (including religious diversity).

Learning Objectives: Participants will be able to:

- 1) Screen clients who might benefit from the interpersonal approach to treatment.
- 2) Be familiar with, and be able to describe the theoretical framework of the interpersonal approach to treatment.
- 3) Describe the phase approach to psychological care and will be able to identify interpersonal interventions.
- 4) With appropriate supervision, be able to implement an interpersonal approach to treatment in their practice.

Biosketch: Dr. Byrd is a licensed clinical psychologist who received his doctoral degree from Brigham Young University, completed a post doctorate at Virginia Commonwealth University and Medical College of Virginia (Child and Family Psychiatry), a post doctorate at Loyola University (Behavioral Medicine). He received his Master of Business Administration (MBA) and his Master of Public Health (MPH) from the University of Utah. He received training in genetics, biochemistry and neurochemistry from Alliant University as a part of the Clinical Psychopharmacology Program. A member of a number of professional organizations including the American Psychological Association and the American Public Health Association, Dr. Byrd is the author of 4 books and more than 200 peer-reviewed journal articles, book chapters, reviews and opinion editorials. He chaired an APA symposium at APA in 2007 and will chair another symposium at APA in 2008.

CE Information: Psych Credit Hours: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending
Level of Learning: Advanced

Therapeutic Journaling Alternatives: Photos, Writing, and Scrapbooking in Therapy

Presenter: Laura Gomez-Weakley, M.Ed., L.P.C.

Time: 10:30 a.m. – 12:20 p.m.

Presentation Summary: The uses of creative journaling in the counseling setting are slowly being explored and researched. Participants will build upon the basics of journaling using creative ways such as leading questions, specific journaling and scrapbooking techniques. This hands-on, interactive session focuses on resolving trauma in grief, anxiety, sexual abuse, cancer, and adoption through the resolution scrapbook as termed by Liana B. Lowenstein. Those attending, please bring 3-5 pictures from birth to present-age. For those planning on attending, please RSVP Laura Gomez-Weakley at lgweakley@gmail.com.

Learning Objectives: Participants will be able to:

- 1) Identify benefits and research regarding journaling.
- 2) Identify clients who may benefit from alternative counseling styles and alternative forms of journaling.
- 3) Describe alternative therapeutic journaling interventions including the use of photos, writing and scrapbooking.
- 4) Explain how and when to use these approaches with clients.
- 5) Create a therapeutic journal scrapbook.

Biosketch: **Laura Gomez-Weakley** is a Licensed Professional Counselor in Littleton, Colorado. She has a master's degree in Health Education from Brigham Young University and master's degree in Educational Psychology from the University of Utah. She taught Relaxation and Stress management at Brigham Young University, and worked for many years with chronic

pain, stress, and anxiety clinics in private practice and at Utah Valley Regional Medical Center. She is currently in private practice helping those with stress, anxiety, depression, and marital issues.

CE Information: Psych Credit Hours: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Fostering Hope in Clients Struggling With Infidelity and Sexual Addiction

Presenter: Michael D. Howard, Ed.D.

Time: 10:30 a.m. – 12:20 p.m.

Presentation Summary: Research has demonstrated that clinical effectiveness with a variety of clients is dependent upon the client's sense of hope. Clients that come to us for counseling often feel that we are their last resort. They feel hopeless and the emotional, spiritual, and physical pain that they are experiencing is magnified by those feelings. This workshop will examine the role that hope plays in therapy and will equip counselors and therapists with tools that will help them to foster hope in the most challenging of clients – couples struggling with infidelity and sexual addiction.

Learning Objectives: Participants will be able to:

- 1) Demonstrate knowledge of the role hope plays in the therapeutic process.
- 2) Discuss ways that therapists can engender hope in clients.
- 3) Create new ways for fostering hope with clients struggling with infidelity and sexual addiction.
- 4) Discuss and compare the various ways that hope can become clinically significant with various client populations.

Biosketch: **Michael D. Howard**, Ed.D., is a Navy Chaplain serving on active duty. He specializes in the treatment of combat-related trauma, sexual addiction, and infidelity. He is licensed as a Marriage and Family Therapist, Professional Counselor, Mental Health Counselor, and Clinical Addictions Specialist. He is nationally certified as a Clinical Mental Health Counselor, Master Addiction Counselor, and Sex Addiction Therapist. He has published numerous professional articles and serves as an editorial board member for *Issues in Religion and Psychotherapy*.

CE Information: Psych Credit Hours: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Sleep in Mental Health

Presenter: Robert Turner, M.S., R.P.S.G.T.

Time: 10:30 a.m. – 12:20 p.m.

Presentation Summary: Sleep impacts virtually all mental health issues and in fact is a hallmark of some diagnoses. Knowledge of sleep and its disorders can improve treatment quality and response. This presentation will review well known sleep issues such as nightmares in P.T.S.D. and lack of sleep during manic episodes will be reviewed. Sleep's relationship to common complaints such as depression and anxiety will be explored. Normal sleep, common sleep problems such as sleep apnea, periodic limb movements and insomnia will be identified. Tools for assessing sleep and interventional techniques will be presented.

Learning Objectives: Participants will be able to:

- 1) Identify normal sleep patterns.
- 2) Describe common sleep disorders.
- 3) Describe the impact of sleep and sleep disorders on mental health and mood.
- 4) Identify methods to incorporate sleep evaluation to improve treatment outcomes.

Biosketch: **Robert Turner** has a Master of Science degree in Community Counseling from the University of Phoenix. In addition to having a general counseling practice in the Littleton, Colorado area, Robert is also a Registered Polysomnographic Technologist, working at the Rose Medical Center Sleep Disorders Clinic in Denver, Colorado. He is guest faculty member and on the advisory board for the School of Sleep Medicine in Stanford, CA and a member of Behavior Sleep Medicine of Colorado. He has held several leadership positions in the field of sleep medicine, including past president of the American Association of Sleep Technologists. He is a popular presenter and has lectured in North America, Scandinavia, and the Caribbean. He has written numerous articles for professional and consumer publications. His expertise includes work with a variety of concerns including sleep problems, anxiety, depression, and criminal sex offenders. He works with adolescents and adults as well as couples and families. His professional experience spans over 30 years in health care.

CE Information: Psych Credit Hours: 2.0; NBCC Credit Hours: 2.0; CBBS Credit Hours: 2.0; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Friday Afternoon Workshops: 1:30 – 3:00 p.m.

Teaching a Graduate School Human Sexuality Course While Maintaining Gospel Standards and Respecting Professional Sexuality Science

Presenter: Richard G. Ellsworth, Ph.D.

Time: 1:30 – 3:00 p.m.

Presentation Summary: A workshop for mental health clinicians and academicians, designed to meet the challenge of teaching and mentoring the study of professional sexuality science while maintaining Church standards. While accurate sexual science should be a part of every clinician's education, much information is often considered counter to Church moral and ethical guidelines. This workshop will address these moral conflicts. Solutions for teaching sexuality science within a gospel context will be analyzed and modeled.

Learning Objectives: Participants will be able to:

- 1) Identify specific competencies required for teaching human sexuality
- 2) Meet the challenges of consent/disclosure within the mentoring and teaching context
- 3) Identify conflicts between professional sexuality science and gospel ideals
- 4) Accurately teach to the professional standards of care in sexuality science while avoiding compromise of Church standards.

Biosketch: **Richard G. Ellsworth**, was trained at the U.C.L.A. Medical School Human Sexuality program, certified by the American Board of Sexology. Richard was formerly a full-time professor, director of a mental health hospital treatment program, federal prison psychologist working with sex offenders, and currently works as a sex therapist, clinical psychologist, and part-time professor. He was editor of the AMCAP Journal from 2000-2004.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Giving Hope to Women Struggling with Eating Disorders

Presenters: Cheryl McBride, L.C.S.W., and Tara Tulley, C.P.M., L.D.E.M.

Time: 1:30 – 3:00 p.m.

Presentation Summary: This session features the case study of Tara Tulley and her struggle with an eating disorder, depression, and the triggers that brought it back after many years of remission. Tara and Cheryl wish to raise awareness to the prevalence of these disorders in women. Professionals working with women should be able to recognize the signs and symptoms of an eating disorder, and how to approach the individual, what questions to ask, and how to refer them to the resources promoting recovery.

Learning Objectives: Participants will be able to:

- 1) Identify the signs, stages, and myths regarding eating disorders, their triggers and associated health risks.
- 2) Describe how to find resources in the community to co-manage the care of their client with a proper team.
- 3) Analyze therapeutic misstatements that may be distorted in clients' minds which may trigger the disorder
- 4) Identify "red-flags" to know when the client should be referred elsewhere.
- 5) Explain recovery concepts, recognize relapse, and the actions to prevent relapse.

Biosketch: **Cheryl McBride**, graduated from the University of Utah with a B.A. in Communications, and an M.S.W. As a licensed clinical social worker, she has worked in many different settings with over fifteen years of clinical experience and currently specializes in women with eating disorders. She is a mother of four and has been married for 18 years. Cheryl enjoys biking, camping, a clean home, traveling, and family time.

Tara Tulley has a longstanding interest in issues effecting women's health. She is a Certified Professional Midwife with 10 years experience, and has served as president of the Utah Midwives Association. In addition to her professional life, Tara is an outdoor enthusiast who enjoys long-distance running, completing both marathons and ultra-marathons. She has struggled with an eating disorder for more than 16 years, and hopes that sharing her journey will give others hope that recovery is possible.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate

Youth, Technology, and Relationships: How Today's Technology Damages Tomorrow's Relationships

Presenter: Karen Child Ogden, M.A., M.F.T.

Time: 1:30 – 3:00 pm

Presentation Summary: Technology is a key part of our lives and a HUGE part of our children's lives, with an estimated 90 percent of today's children having Internet service in their homes, and nearly the same number given cell phones by middle school. A large portion of a child's social life revolves around social networking sites, email, instant messaging and cell phones. These one-dimensional modes of communication are not teaching today's youth the key communication skills that will prepare them for healthy future relationships. This presentation will review ways to utilize the therapeutic relationship to model healthy communication skills for both youth and parent, addressing such topics as direct communication, conflict resolution skills, and an awareness of non-verbal communication.

Learning Objectives: Participants will be able to:

- 1) Describe aspects of current youth communication and recognize popular lingo.
- 2) Review the negative effects of communication through technology based on current news, research and statistics.
- 3) Summarize research literature regarding satisfying, enduring marital relationships and relevant communication styles for such relationships.
- 4) Model key communication skills such as assertive and direct communication, conflict resolution, and an awareness of nonverbal cues.

Biosketch: **Karen Child Ogden** is a licensed marriage family therapist and Co-Executive Director for *LifeSTAR* Southern California. She has a bachelor's degree in Communication from the University of Utah, and a master's degree in Marriage and Family Therapy from the University of San Diego. She is currently completing a Psy.D. degree in marriage and family therapy from Alliant International University in Irvine, California. She has worked with children, families and couples and specializes in treating sexually compulsive behaviors. She is actively involved in educating parents about the effects of pornography on children, and has served on the Board of Directors for The Children's Center and has written for parenting publications. She initiated and contributed to *Temptation of a Generation, The Series*, a children's book series addressing topics of technology for today's youth.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Folklore and Facts about Teenagers and God: Psychological Implications from the National Study of Youth and Religion

Presenter: Marilyn Simpson Wright, Psy.D., and Holli Eaton, Psy.D.

Time: 1:30 – 3:00 p.m.

Presentation Summary: This presentation will focus on the research conducted by the National Study of Youth and Religion (NSYR) on the spiritual and religious lives of American adolescents. Findings include information on several religions, including Latter-day Saints, and non-religious teens. Moralistic Therapeutic Deism, a "new religion" discovered by the NSYR's lead researcher Dr. Christian Smith, will be defined and commonly held myths about adolescents' spirituality will be debunked. In addition to an engaging PowerPoint presentation that provides the highlights of this critical research, this presentation will show portions of the documentary film that they helped produce entitled *Soul Searching: A Movie About Teenagers and God* that was commissioned by the NSYR.

Learning Objectives: Participants will be able to:

- 1) Describe findings from the largest longitudinal study on American adolescents' religious and spiritual lives.
- 2) Identify facts and myths about American adolescents and their spirituality.
- 3) Explain possible applications of this research in treating clients.

Biosketch: **Marilyn S. Wright** earned her Doctor of Psychology degree from Pepperdine University. Since 1993 she has been on the adjunct faculty for Pepperdine's Graduate School of Education and Psychology (GSEP). She has taught and supervised students in both Doctoral Psychology and Marriage and Family Therapy Programs in such areas as Psychological Assessment, Clinical Practicum, Professional Practice and Mental Health Systems, Theoretical and Philosophical Psychology, and Marriage and Family Therapy. For the past 15 years, she has served on the Board of Directors for the California Psychological Association (CPA). Dr. Wright has guest lectured in a variety of professional and academic settings including Smith College, University of New Hampshire, University of Massachusetts - Amherst, and The California School of Professional Psychology. She is a licensed psychology and has maintained a private practice in Pasadena while

concurrently serving on the Medical staffs at Huntington Memorial Hospital and Aurora Las Encinas Hospital. A widely-published scholar, Dr Wright was Pepperdine's Distinguished Alumna of the Year in 2005 and in 2008 she was awarded The Silver Psi Award by CPA for outstanding and sustained leadership in the organization. After a lifetime of faith in waiting for her "Mr. Wright", this past year he finally came along (thanks to her girlfriend, Chieko Okazaki), and they were sealed in the Los Angeles temple in June. They currently reside in the East Bay area of Northern California.

Holli Eaton is a licensed clinical psychologist and Associate Professor in the Department of Graduate Psychology at Azusa Pacific University in Southern California where she teaches Adolescent Psychology, Family Psychology, and Laws and Ethics for Psychologists. She also treats couples, individuals, and adolescents in her private practice in Pasadena, California. She has been married to Michael for fifteen years and they have one daughter who is the joy of their lives!

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning - Intermediate

Closing Plenary Address

To See the Face of God and Live: Attachment, Object Constancy, and the Fear of Intimacy with the Divine

Presenter: Wendy Ulrich, Ph.D.

Time: 3:15 – 4:40 p.m.

Presentation Summary: We claim to want closeness with God, but the possibility can activate old anxieties about abandonment, betrayal, and loss, as well as existential concerns about life's ultimate realities. As in our human relationships, we may substitute the intensity of fantasy or power struggles or the safe remove of intellectualization or non-commitment to keep God at a safe distance and maintain our illusions of independence, entitlement, or abandonment. God keeps asserting the constancy of his nearness, yet we keep wondering why he has left us alone, not realizing that the distance we feel stems from our psychological wounds, attachment history, and emotional choices - not merely our unworthiness or his capriciousness. This session will explore our fear of intimacy with other people, ourselves, and the Ultimate Other.

Learning Objectives: Participants will be able to:

- 1) Conceptualize clients' spiritual issues in terms of attachment history, historical relationship dynamics, and the compulsion to repeat.
- 2) Describe clinical interventions to help clients better understand how fear of intimacy impacts their closest relationships, human and Divine.
- 3) Explain ways to help clients increase their tolerance for the pain and sadness that accompany genuine closeness.

Biosketch: **Wendy Ulrich** is a licensed psychologist in private practice for almost 20 years and is a past president of AMCAP. She has a Ph.D. in Psychology and Education from the University of Michigan. She has taught and supervised clinical and counseling psychology graduate students at Brigham Young University. She is the founder of Sixteen Stones Center for Growth, providing seminar-retreats on topics such as forgiveness, loss, and spirituality. She is the author of a recently published book called *Forgiving Ourselves: Getting Back Up When We Let Ourselves Down*.

CE Information: Psych Credit Hours: 1.5; NBCC Credit Hours: 1.5; CBBS Credit Hours: 1.5; NASW Credit Hours: Pending
Level of Learning: Beginning – Intermediate