2020 NYSPA VIRTUAL CONVENTION

October 16-18, 2020
Program Details

CELEBRATING PSYCHOLOGY IN NEW YORK

NYSPA, founded in 1921 as the New York State Association of Consulting Psychologists, was the first state psychological association in the country. As we approach our 100th year, it is important to reflect on the impact we have had on the profession. It is impossible to provide an adequate list of the prominent psychologists and psychoanalysts who have either practiced or taught in New York without leaving someone out. New York State has been at the forefront of research, practice, and advocacy since our inception.

As such, we celebrate these accomplishments at this year's convention by highlighting the following three themes:

1. The Science and Practice of Psychology
2. Diversity and Social Change
3. The History of Psychology in New York/"Great Thinkers" Series

REGISTER HERE

LIST OF PROGRAMS

Friday, October 16, 2020

10:30 – 11:00 am, President's Welcome

11:15 am - 12:30 pm, Friday Session 1

Ethical Challenges Involved in the Practice of Correctional Psychology
Presenter: Virginia Barber Rioja, Ph.D., Virginia Fineran, Ph.D., Alexandra Garcia-Mansilla, Ph.D. and Elizabeth Rodriguez, Ph.D.

Psychologists working in jails and prisons encounter multiple ethical issues, including challenges related to confidentiality and dual loyalty. In addition, due to security constrains (e.g., segregation, lockdowns), psychologists are often obligated to provide treatment in less than ideal situations (e.g., lack of privacy) that may not be consistent with best standards of practice, creating complicated clinical decisions. This

presentation will discuss some of these challenges and provide guidance to navigate these complicated situations.

Listen to the Fear: Psychoanalytic Listening to Autism
Presenter: Eileen Brennan, Ph.D.

Single ten-year case study of autistic young man transforms into international, digital forum of 85 educators and parents who apply psychoanalytic theory to better understand communications of autistic children placed in general education.

Overcoming Adversity in the time of COVID: Helping ourselves and our clients
Presenter: Jessica Koblenz, Psy.D.

This collaborative workshop will showcase how to manage our clients as well as our own experiences to COVID. Dealing with the complexities of COVID has created traumatic reactions in ourselves as well as our clients. Learn about common reactions and negative thought patterns that afflict all of us as we cope with COVID. Learn humanistic and existential techniques to build meaning for ourselves and our clients during this challenging time.

Treatment Implications: Compassion and Psychological Well-Being
Presenter: Catherine Nobile, Psy.D.

Compassion aids in psychological well-being and combats against psychological ill effects. As such, compassion has become a popular intervention in third wave behavior therapies. However, compassion does not have a universal definition and its understanding is culturally informed. More research is needed to examine mediators of change as well as the role of compassionate behavior (vs mindfulness). This presentation will discuss the ways compassion is utilized as an intervention in psychotherapy as well as review future directions.

1:30 - 2:45 pm, Friday Session 2

Bi-Racial Coupling: The Location of the Analyst in a Diverse Field
Presenter: Claire Beth Steinberger, Ed.D., LP

This paper explores an analytic approach to couple intervention by highlighting the unconscious organization of the dynamic (tripersonal) field. Clinical exploration leads to dream and interpersonal enactments and the psychic connection between individual, family and cultural trauma.

Digging Deep: The Psychoanalysis of a Superstar Athlete
Presenter: Thomas Ferraro, Ph.D.

An exploration of the defenses, repetition compulsions, personality, resistances, transference and counter transference reactions and course of treatment of a superstar.

Selective Preventative Intervention Model to Triage Mental Health Needs of Medical Students
Presenters: Anu Raj, Psy.D. and Sahar Younai, Psy.D.

The aim of this pilot study is to identify organizational best practices and service delivery models for behavioral health care providers working in medical education settings. Medical students experience a high risk of acquiring depressive symptoms, which persist in their career as physicians. This is despite having average risk levels prior to the start of their medical training. As such, a selective preventative intervention with systemic linkages between rungs of risk levels was selected as a treatment model. This model offers multiple benefits, most notably a strong research base in designing suicide prevention programs. Furthermore, this study aims to provide preventative care to the entire cohort of participating first-year medical students. By casting a broad safety net, we will be able to identify those students experiencing at-risk levels of symptoms, such as suicidal ideation, and partner with them to find suitable treatment plans. In addition, lower rungs of the preventative model enable establishing a collaborative relationship with first-year medical students in a low-stigma setting. If this model is successful at engaging a significant member of the cohort and effective in its treatment protocols then it can be used as a launching point for developing a comprehensive treatment delivery model.

Wrestling Ghosts
Presenter: Dan Meyer, Ph.D.

A full-length film documentary tracking the treatment of developmental trauma experienced by a married mother of two.

3:45 - 5:00 pm, Friday Session 3

An Evidence-Based Online Wellness/Survey Program for Use in Clinical/Counseling Practices, Hospitals, Businesses, and Public Safety/First Responder Agencies
Presenter: Robin Inwald, Ph.D., ABPP, ABAP

This presentation provides research results using four Inwald Research wellness program surveys [IRBI (benchmarking index), IEFQ (emotional fitness), ISCS (stress control) and ITRI (Inwald Trauma Response Inventory)]. Profiles comparing individuals in different occupations and life stages will be included (to be used as critical incident/traumatic event assessments as well as coaching for job and retirement preparation). Finally, an overview of an online wellness program will be presented with options for referrals and research project participation.

Assuring Your Future: Advocacy Matters!
Presenters: Dinelia Rosa, Ph.D., Roy Aranda, Psy.D.., J.D, Alan Hack, Ph.D., Barbara Meehan, Ph.D., John Northman, Ph.D., ABPP, Anu Raj, Psy.D., Virginia Waters, Ph.D., MSCP

Whether you are new to grassroots advocacy, or are interested in strengthening your skills, this is a must for you. The purpose of this presentation is to share useful knowledge designed to help you ensure that policy makers are responsive to issues that affect the profession of psychology and the psychological needs of their constituents. The ongoing battles with insurance regulations, access to care, competition

among health care professions, scope of practice issues and specific bills introduced require our expertise to inform policy makers. This workshop will teach strategies to help you succeed in your advocacy and lobbying efforts. As part of the training, we will review the process of how a bill is implemented from the beginning stage until it is passed and enacted. Whether new or not to grassroots advocacy, this is a must to strengthen your advocacy skills. If accepted, a legislator will be invited to participate in this panel.

Competency to Stand Trial Evaluations: "Nuts and Bolts"
Presenter: Elizabeth Owen, Ph.D.

The Competency to Stand Trial (CST) evaluation is by far the most often court-ordered forensic mental health assessment. A brief history of CST will be presented followed by a guide on the differences between clinical and forensic assessments, managing court orders, dealing with attorneys (defense and ADA), performing the evaluation, and what should (and should not) be in the report. Case examples will be given and time allowed for an audience-led mock evaluation.

Using Kimochis Feeling Pillows® to Help Children Manage Challenging Feelings and Behaviors
Presenter: Jill Kristal, Ph.D.

Kimochis Feeling Pillows and accompanying Guide for Mental Health Professionals offer a novel and creative approach for helping children ages 5-12 better understand and communicate emotional experiences. Actually playing with feelings will be at the heart of this 'how-to,' interactive, tool-driven workshop. Attendees will leave with a set of effective and fun activities that make abstract feelings concrete and tangible and encourage verbal and non-verbal engagement in communication and counseling exercises.

5:15 - 6:15 pm, Virtual Networking Happy Hour

Saturday, October 17, 2020

9:00 – 10:00 am, Presidential Panel

10:15 - 11:30 am, Saturday Session 1

Consulting: How to Apply Your Psychological Skills Beyond the Therapy Room
Presenters: Alan Hack, Ph.D., Christine Allen, Ph.D., Bruce Hammer, Ph.D. and Thomas Diamante, Ph.D.

As psychologists we are often well trained in understanding human behavior and how to provide interventions that are therapeutic. We are not taught to bring our skills to applied settings. This panel will provide an opportunity for participants to hear from for experienced consultants who have added

to their private practice or created a full-time consulting practice. The presentation of case studies will identify the many different skills that psychologists have to offer as consultants and provide a forum for questions and discussion.

Contagion Fear: Coping with the Psychological Consequences of COVID-19
Presenter: Roy Aranda, Psy.D., J.D

The threat of COVID-19 contagion and the overwhelming consequences of the pandemic has been dominating our existence worldwide since February of 2020 as contamination has spread across 212 countries and territories. We are exposed to a daily, steady stream of reporting with graphic photos, grim statistics, and alarming deadly prognostications. We have witnessed financial repercussions, travel bans, cancelation of major events, shortages of medication, testing shortages, and questionable veracity of the sources of information we are receiving that lead to escalating divisiveness, uncertainty, and insecurity. These are all ingredients for heightened anxiety, depression, anger, phobic reactions, hate bias incidents, and maladaptive behaviors. People have been experiencing varying degrees of trauma and a multitude of challenges. Every day there are new statistics, new issues to contend with, and unresolved issues that cry out for solutions.

Society must make adjustments and modifications to how we live and function during a COVID-19 era that continues to evolve as parts of the country have re-opened following — sometimes loosely — four phases, where in some places there has been a scaling back, and in approximately 40 states (reported in July, 2020) there have been increased rates of contamination and mortality.

One thing is clear: as people reinvent their existence, they have undertaken steps to adjust, some good and adaptive, and others not so good and maladaptive.

The presentation will review up-to-date information about COVID-19 and it's impact on our society and interventions to help cope with the psychological consequences.

Paper Presentations:

10:15 – 10:30 am

A Three Factor Model for Screening and Diagnostic Classification of Trauma Stress Disorder in Cancer Survivors
Presenter: William DiScipio, Ph.D., Dip. Abn. Psy.

This factor analytic study suggests a tripartite syndrome grouping consisting of symptoms of 1) Anxiety/Negative Affect, 2) Intrusive Thinking and 3) Depression/Fatigue. The three-factor structure of cancer related PTSD has important implications for prognostic as well as treatment implications. Where symptoms of anxious arousal and negative affect are prominent, medications such as anxiolytics, SSRI's and SNRI's used in combination with psychotherapy may prove most effective.

10:45 – 11:00 am

CBDT: Cognitive Behavior Dream Therapy for Cancer Patients
Presenter: William DiScipio, Ph.D., Dip. Abn. Psy.

"If this were my dream. . ." is the basis of an approach to dreams described by Montague Ullman in his seminal work Appreciating Dreams: A Group Approach (1996). The approach offers a unique re-framing of traditional dream work by enlisting the group participants experience in order to appreciate the meaning and purpose of the dream. Case studies are presented to illustrate and highlight the CBT role in applying Dream Appreciation to a variety of cancer patients.

11:00 – 11:15 am

Empathy and its Impact on Criminal Behavior
Presenter: Gianna Bolusi

The aim of this study is to observe the connection between empathy and criminal behavior and how a lack of empathy impacts the criminal justice system.

Poster Presentations:

10:15 – 10:45 am

Assessing hospitalized adolescents' readiness to engage in therapy: Relationships with personality prototype ratings and the Youth Self-Report
Presenter: Ibrahim Sabri, M.D. and Dr. Jeswin Joy, MBBS.

Background: Hospitalizing adolescents is the most expensive treatment modality and inpatient beds have been reduced (Blanz & Schmidt, 2000) and many psychiatric inpatient services, because of economic pressures, are not able to provide all patients with individual psychotherapy. Providers are in need of a measure that is easy to use and score which could reliably assess patients' ability to engage in inpatient psychotherapy.

Methods: We consented 72 adolescents admitted to an acute inpatient setting. 52.8% were male with the average age of 15.7 (1.18) years old. 40.8% were Caucasian, 25.4% African American, 25.4% Hispanic/Latino, 2.8% Asian and 5.6% other. The main primary diagnosis was mood disorder (60%) followed by conduct disorder/oppositional defiant disorder (30%). Patients completed the Youth Self-Report (YSR) at admission. The patient's individual and group therapist completed the Shedler Westen Assessment Procedure - Prototype Matching (SWAP-P) at discharge and both clinician score was averaged together. The unit psychiatrist completed the RIPS after the initial psychiatric evaluation at admission to the unit. All raters were blind to each other's' ratings.

Results: Results revealed the RIPS was correlated with clinician-reported SWAP-P prototypes for Antisocial/Psychopathic Personality (r=-.56, p

11:00 – 11:30 am

The Impact of Identity on Coping and Life Satisfaction
Presenter: Erica Coleman, M.A.

This project will examine how coping with different life events effect life satisfaction. Particularly looking at how different identities such as gender, sexual orientation, race, and ethnicity might impact this relationship. Previous studies have found that people in the LGBT+ community have specific stressors and/or hardships than heterosexual counterparts. However, current research fails to address how certain minority groups such as transgender youth cope with life events (Budge et al., 2018). Lazarus (1991) explained coping to be the actions one takes that either help them overcome an event or lead them to harm. Of course this is all situational. Coping strategies may be different using race, ethnicity, gender, and gender identity as a mediator. Youth tend to use coping strategies just like any adult would but individuals from minority groups use far more coping strategies (Miller 2006). The aim of this study is to see how people of different identities cope with life events and how their coping styles can translate into overall life satisfaction.

11:45 am - 1:00 pm, Saturday Session 2

Building Community as an Aspect of Self-Care
Presenters: Amina Mahmood, Ph.D., Ed Korber, Ph.D., Anu Raj, Psy.D. and Vernon E. Smith, Ph.D.

This panel seeks to provide opportunities for psychologists to incorporate meaningful community building into their professional lives. Panelists will share innovative ways to build community to further their work via consultation groups, social media ventures, online networks, and multidisciplinary collaborative efforts. Specific attention will be given to building community as a psychologist belonging to a marginalized and/or minority group. Reasons for pursuing these initiatives, and barriers that impacted formation and maintenance will be addressed.

Essentials of Neuropsychological Testing
Presenter: Delrita Abercrombie, Ph.D.

Neuropsychological testing is becoming the first line in identifying behavioral and learning problems. In children and adults underlying brain functions have been linked to problems with mood, memory, motor coordination, communication, learning, impulse control, and concentration. By identifying the link between brain functions and behavioral manifestations, the psychologist can provide strategies and insight into recovery and adaptation. The use of testing protocols will be presented and attendees will be invited their experiences using tools.

Imagined Ugliness: Diagnosis, Characteristics and Treatment of Body Dysmorphic Disorder
Presenter: Andrea Allen, Ph.D.

Body Dysmorphic Disorder (BDD) is a serious, often overwhelming disorder characterized by a preoccupation with perceived appearance flaws in a person who others consider normal looking, slightly flawed, or even extremely attractive. Though BDD can be so serious, it often goes undiagnosed. In this talk, I will go over the diagnosis of BDD, its course and typical presentations. I will cover the first line treatments for BDD (psychological and psychopharmacological) and common obstacles to treatment.

One Patient: Three Lenses
Presenters: Herb Gingold, Ph.D., Deena Abbe, Ph.D., Julie Lehane, Ph.D. and Katherine J. Mitchell, Psy.D.

In this presentation, we explore a case conceptualization of a client using three different treatment modalities. The first approach reflected is psychoanalysis. This will be followed by Cognitive Behavioral Therapy. Finally, we examine the appropriate interventions should this individual be a member of group therapy. We explore similarities and differences that emerge.

2:00 - 2:30 pm, Keynote Address

2:45 - 4:00 pm, Saturday Session 3

DCRE Town Hall: Developing Inclusivity During Times of Incivility
Presenters: Amina Mahmood, Ph.D., Ed Korber, Ph.D., Snehal Kumar, Ph.D. and Vernon E. Smith, Ph.D.

A town hall format to facilitate discussion on strengthening a culture of inclusivity within DCRE and NYSPA, during a time of incivility in society. Discussion will aim to: (a.) identify impact of cultural incivility on psychologists in their professional and personal lives; (b.) share interventional strategies when confronted with incivility; (c.) brainstorm coping strategies that to prevent burn-out, and promote wellness; and (d.) the role of professional psychology associations in promoting a culture of inclusivity.

Psychologists' Influence on Involuntary Sterilization and Racial Theories that Influenced Discrimination Against Immigration to the United States
Presenter: Charles Silverstein, Ph.D.

Psychologists in the 20th Century contributed to the eugenics movement that ended with the involuntary sterilization of 30,000 people. Primitive ideas of race also led to anti-immigrant discrimination and laws. These two currents: eugenics and race discrimination, led to some of the worst discriminatory laws in our history, much of it supported by the work of the leading psychologists of the day. German race theorists learned a great deal from their American counterparts and communication between the Americans and the Germans fed what became the Holocaust.

This presentation will demonstrate the parallels between those archaic racial theories and modern psychologists who have used questionable theories to harm people and to rejuvenate racial and anti-immigration discrimination.

Paper Presentations:

3:00 – 3:15 pm

Groundbreaking School-Based Telepsychology: Individual Psychotherapy Delivered into a Public Middle School by Clinical Video: A Pilot Project
Presenter: Frank J. Corigliano, Ph.D.

The presentation will present the need, development, delivery, and review of an innovative school-based individual psychotherapy by a clinical psychologist to address access to care in high need, low resource public school.

3:15 – 3:30 pm

Mindfulness in the Clinical Context: Contemporary Issues
Presenter: Jennifer Im, M.A., Ed.M., M.phil.

Within the last decade, research on mindfulness and mindfulness-based interventions have skyrocketed within the clinical context. This presentation will briefly review what mindfulness is and pay special attention to some of the issues that have arisen, e.g., lack of a consensus on an agreed-upon definition, validation of measures/assessments, and other fundamental gaps in the literature. Implications of what mindfulness interventions should include will be discussed.

3:30 – 3:45 pm

How Cultural Sensitivity and Labeling Affect People with Disabilities?
Presenter: Jeffery Sealy, MBA/HCM

Cultural sensitivity is defined as knowing of the differences that exist between cultures while being sensitive to the fact that words and actions can be offensive. In our world no two people are alike however it is differences that make each person unique. Differences have an effect on personality, learning, awareness and behaviors.

Poster Presentations:

2:45 – 3:15 pm

Impact of PTSD on SUD treatment outcomes
Presenter: Nina Z. Dadabhoy, M.A.

Those with a comorbid diagnosis of SUD-PTSD have significantly higher odds of having nearly all other psychiatric disorders – both Axis I and II diagnoses – compared with either diagnosis alone (Blanco, Pérez-Fuentes, Okuda, & Wang, 2013; Korte, Bountress, Tomko, Killeen, Maria, & Back, 2017; Torchalla, Nosen, Rostam, & Allen, 2012; Wieferink, de Haan, Dijkstra, Fledderus, & Kok, 2017). A larger percentage of those with SUD-PTSD engage in mental health treatment than those with SUD-only (Simpson et al., 2019), and understanding differences in the severity of mental health symptomatology throughout the course of treatment between those groups can help us to better tailor an integrative treatment for individuals with SUD-PTSD. Extending this research, the present analysis examines the differences in symptoms between those with self-reported PTSD-SUD and those with SUD-only at both intake and three months into a course of SUD-focused, CBT-based treatment. We hypothesize that those with SUD-PTSD, if their PTSD is left untreated, will continue to have higher rates of other mental health symptomatology.

3:30 – 4:00 pm

Mindfulness and Context Sensitivity: Establishing the Relationship between Awareness of the Internal and External Environments
Presenter: Clint Hougen, M.A.

To date, no research has established the relationship between context sensitivity to one's external environment and mindfulness, a state and trait of directed attention to one's internal environment. This study provides preliminary evidence that context sensitivity and specific factors of mindfulness are positively correlated. Participants (N = 164) were recruited on MTurk and Adelphi's participant management system SONA, and completed our on-line survey hosted on Qualtrics. Participants completed Informed Consent and demographic information as well as both the Context Sensitivity Index (CSI), a scenario-based measure of individual differences in context sensitivity and the Five Facet Mindfulness Questionnaire (FFMQ), a 15-item self-report questionnaire that measures five factors of mindfulness including observation, description, acting with awareness, non-judgement and non-reactivity. As participants were a part of a larger study, they also completed measures of daily activity and body connection. Initial analysis demonstrates a moderate positive correlation between context sensitivity and acting with awareness, $r(163) = .459$, $p < .05$, and between context sensitivity and non-judgement, $r(163) = .387$, $p < .05$. Other factors of mindfulness did not significantly correlate with context sensitivity. These preliminary findings underscore the importance of awareness and nonjudgement in context sensitivity and therefore, self-regulation. Further analysis will shed light on the relationship between mindfulness and context sensitivity and specific subject variables.

4:15 – 4:45 pm

Mentor Support and Family Planning for Psychology Graduate Students of Color
Presenter: Jaya Mallela, B.A.

Support from mentors affects the professional and personal experiences of psychology graduate students. For doctoral students of color and students who are parents, support from academics, especially those with similar demographics or families, is a factor that can be key to academic and professional success. However, little is known about how mentor support affects female doctoral students of color (FDSCs) who are parents. It was hypothesized that FDSCs experience less professional support from mentors than white doctoral students, especially support related to family planning. As part of a larger study, N = 399 psychology graduate students and their mentors completed an online survey investigating family planning and parenting in doctoral level psychology programs. This set of analyses compares the experiences of FDSCs to white female graduate students (n = 68) in terms of professional support received from mentors related to career and family planning. A linear regression was calculated for each group to predict the mediating impact of professional support received from mentors on the relationship between race and family planning decisions, while controlling for financial stability and fertility concerns. Results indicated important relationships between race, mentor support, and level of difficulty in making family planning decisions. Understanding how mentors support FDSCs who are parents, especially the level of mentor support this population receives compared to Caucasian women who are parents, is important in bringing awareness to systemic obstacles that particularly marginalized groups such as women of color experience in the academic pipeline.

5:00 - 6:15 pm, Saturday Session 4

SPIRE – A Trans-Theoretical Pathway to Accelerating Therapeutic Engagement
Presenter: Anthony J. DeCamello, Ph.D.

SPIRE is an ancillary therapeutic initiative utilizing five domains of interest. Successfully used with incarcerated adolescents, at-risk children, and adults, in underprivileged and affluent communities, the acronym represents:

S*elfhood-Process-****I****ntentionality-****R****elatedness-****E****motionality.*

Emerging as pivotal dynamics over decades of practice, they represent a valuable field of inquiry for early career and seasoned professionals, adding practical dimensions to any therapeutic orientation. Clients are progressively drawn towards an action plan integrating them.

Suicide Prevention: Approaches to Treating At Risk Youth
Presenter: Delrita Abercrombie, Ph.D.

Mental health professionals are being faced with treatment of children who present with suicidal behavior. The purpose of the Symposium is to help clinicians identify symptoms of depression in children and adolescents as well as to develop protocols to use in community-based treatment programs. The use of the multidisciplinary team and psychological testing protocols can provide a standardized approach to treatment. The panel discussion on the tv show *Brooklyn Savvy* will highlight the issues and approaches that have been effective.

Ways to Destigmatize Mental Illness and Help Seeking Behavior Among College Students
Presenters: Franki Scordato, B.A., Jessica Gazarian, Kristen Novak, Jessyca Silva and Sonia Seenaraine, B.A.

Mental illnesses are especially common in college students. However, studies have shown that many college students hold stigmatizing attitudes and stereotypical beliefs toward those with mental illnesses. Therefore, many college students avoid those with mental illness, as well as hold negative beliefs toward mental health professionals and treatments. Our research explores possible causes of stigmatizing attitudes in college students. This symposium aims to understand these variables that increase and decrease stigma in this population.

Poster Presentation:

5:45 – 6:15 pm

The Growing Field of Occupational Therapy
Presenter: Angela Koziarz

Maintaining the growth of psychology as a profession is critical given that psychology has important contributions it can offer to society. Providing psychology majors with a better understanding of career options and opportunities for applying psychology in different professions is critical. Careers in allied health such as occupational therapy are more closely related to psychology than students perceive. Occupational therapists can work in many settings treating various populations. One of these populations involves working with individuals who are chronically mentally ill, those suffering with substance abuse disorders, as well as those living with physical disability and challenges. In recent years the field of occupational therapy has expanded immensely in terms of its popularity and practice in the health field. Within the next 30 years, there is a projected job increase of 30%. Despite the growth of the field, occupational therapy is still relatively unknown, and is often compared to the field of physical therapy due to the public's lack of familiarity with occupational therapy. The purpose of the proposed on-line study is to research and gain a deeper understanding of the public's knowledge and perceptions about the field of occupational therapy. This information can be used to design materials to educate the public about the uses and benefits of occupational therapy. It can also be used to promote occupational therapy as a viable career option.



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6:30 - 7:30 pm, Awards Presentation

Sunday, October 18, 2020

8:45 - 10:00 am, Sunday Session 1

Complicated Loss and Grief Amid Two Pandemics: COVID and Racial Tensions
Presenters: Courtney F Bancroft, Psy.D., Patricia Pitta, Ph.D., Anne Chapman Kane, Ph.D. and Dan Wolfson, Psy.D.

The last 7 months (as of Oct) have proven to be very traumatic for all people fearing the common enemy-COVID and dealing with the uncertainty that has toppled our world and our daily routines. We are all experiencing some form of anticipatory anxiety (Sweeting,1990; Wallace, Wladkowski, Gibson & White, 2020).

Many people lost loved ones not being able to avail themselves of routine and customary death rites complicating the mourning and grieving process in the height of the COVID crisis especially in the tri state area (Pitta, 2020). There are scores of thousands of people who have been infected with COVID while for many who survived sustained long lasting medical and psychological effects of the illness. The lucky ones have had a full recovery but are also experiencing the trauma of hospitalizations and being left alone with only hospital staff to help them as they journeyed through this illness. Their respective families are still reeling with fear and fright of the experience and will they or their loved one get infected again.

In addition, the death of George Floyd set off a movement to awaken society to the police brutality and the racial injustices that are prevalent in our society. There have been massive protests to express people's rage and anger as well as sadness. Destruction of property and injury to others in the process of demonstrating has led to much unrest within society and leaving each individual to feel sadness, fear, anger, loss and not knowing how to effectively "right the wrongs" and create a peaceful environment where all can thrive.

What we all are experiencing is "Collective Loss and Grief" (Nixon, 2020; Cann, Hebb, Devine, Forneret, Gilbert, Williams, Gailing, Perex-Prott.& Adwish, 2020) and trauma (Van Der Kolk, 2014) This symposium will address many different aspects (Pat Pitta will discuss the stages and phases of grief and apply it to COVID and loss of the life we knew. Anne Kane will explore Neimeyer's Major Tasks of Grieving and Dan Wolfson will discuss supporting grieving children) in this time of exponential loss, grief and trauma. Courtney Bancroft will be moderator of symposium.

Gun Violence, Safety, and Cultural Competency: The Role of New York State Psychologists in Expanding Understanding and Saving Lives
Presenters: Frank J. Corigliano, Ph.D., Roy Aranda, Psy.D., J.D and Dr. Denise Hinds-Zaami

In 2016 the U.S. experienced 38,658 gun deaths including 21,000 suicide and 15,549 non-suicides. In 2017, Mass Shooting claimed the lives of 433 people. Many Americans, much of the media, and many psychologists focus largely on mass shootings, demonstrate limited knowledge of gun culture, and hold significant biases about gun owners. These deficits may contribute to weakening gun safety strategies. This presentation seeks to provide basic information about gun violence, expand cultural competence around gun culture, and shift the conversation away from gun violence and move toward an expanded conversation on gun safety and cultural competence with the goal of saving lives.

10:15 - 11:30 am, Sunday Session 2

Through a Different Lens: Contemporary Perspectives on Gender Equity, Diversity and LGBTQIA+
Presenters: Carolyn M. Springer, Ph.D., Frank Corigliano, Ph.D., John Garrett Tanner, M.A., and Arthur C Roh, Ph.D.

Current views of gender recognize the fluidity of the concept as well as the critical impact society has on the way the individual and others perceive a person's body, identity and social interactions. This panel presents different perspectives on gender by focusing on sex and gender differences in health care experiences and outcomes, how diversity and inclusion can be incorporated into the exercise of leadership, and how societal changes have impacted the LGBTQIA+ community.

Poster Presentations:

11:00 – 11:30 am

The Language of Child Psychoanalysis: Winnicott and "The Piggle"
Presenter: Amanda R. Kalmutz, MSc

A detailed case illustration of 'on demand' child analysis, "The Piggle" offers readers insight into the techniques and interpretations employed by Dr. Winnicott in his last child treatment, as well as an understanding of his anxious patient's reactions to this treatment over their two and half years together. "The Piggle" is striking in its honesty, including contemporaneous process notes free from the corrective bias of hindsight, making this a child analysis treatment especially worthy of study. Using NVivo qualitative data analysis software to analyze word frequencies obtained from transcripts of Winnicott's sessions with The Piggle, this study seeks to identify the evolution of themes throughout the analysis as well as the synchronicity (and, at times, incongruity) between Winnicott and The Piggle's language throughout different stages of treatment, perhaps related to his technique. This study will also use chi square analyses to compare Winnicott and The Piggle's language use and will create words clouds to visually illustrate findings. Although nonverbal information, such as body language, prosody, and symptomatic reactions after sessions provide important data for understanding this treatment, this study's focus is the verbal clues that

emerge during Winnicott and The Piggle's sessions together. Examining the evolution of themes and synchronicity between Winnicott and The Piggle's language, via word counts, will help to shed light on issues addressed in treatment as well as Winnicott and The Piggle's collaboration together as the analysis progressed.

11:45 am - 1:00 pm, Sunday Session 3

Facilitating Motivation to Change in Resistant Clients: Using Self-Determination Theory to Get Unstuck
Presenter: Ashley Reda, Ph.D.

The study being presented utilized self-determination theory as a theoretical framework to integrate into practice in order to efficiently facilitate client motivation and engagement in the therapeutic change process. The focus of this presentation is to demonstrate how principles of self-determination theory interact with readiness for change as defined by the transtheoretical model and precursors for change model. Clinical implications include techniques and measures to identify and facilitate internalized forms of motivation that facilitate change.

Financial Considerations for Early Career Psychologists
Presenters: Alison Gurley, Psy.D., Courtney F Bancroft, Psy.D., Mica McGriggs, Ph.D. and Fanny Ng, Ph.D.

For psychologists entering the workforce, finances are a major factor for consideration when choosing a job, loan repayment program, starting a private practice, negotiating salaries and planning for the future. Despite this, education around finances is rarely included in graduate curriculums and finding answers to our financial questions can be difficult. This ECP-division sponsored, interactive panel aims to address some common financial questions for new psychologists by sharing experiences and knowledge in navigating financial decisions.

"People Living Deeply Have No Fear of Death": An Examination of Aging, Death, and Dying from Buddhist, Hindu, Islamic and Jewish Tradition
Presenters: Daniel Kaplin, Ph.D., Sharla Khargi, Ph.D., Amina Mahmood, Ph.D., Herb Gingold, Ph.D. and Shibani Ray-Mazumder, ScD, Ph.D.

In this presentation, we examine late adulthood and end of life care through the prism of Buddhist, Hindu, Islamic and Jewish perspectives. We will highlight several areas of commonality and distinctions in the aging process across the four religious communities. Prominent end-of-life issues facing religious individuals will be discussed.

Poster Presentations:

11:45 am – 12:15 pm

School Psychologists' Current Understanding of Autism Spectrum Disorder
Presenters: Rachel Gottlieb, Psy.D., NCSP and Sandy Wong

Currently, more children are receiving a diagnosis of Autism Spectrum Disorder (ASD) than at any other time in history (Wilkinson, 2017). The purpose of this study was to gain a more comprehensive understanding of the relationship among variables associated with school psychologists' knowledge and stigma of ASD. Four hundred fifty-four school psychologists participated in an online survey. It was hypothesized that higher levels of school psychologists' knowledge of ASD would be associated with lower levels of stigma of ASD, as measured by the ASK-Q (Harrison et al., 2017). Participants who indicated having no stigma of ASD compared to those who reported having stigma of ASD demonstrated marginally significantly more knowledge of ASD. Additionally, it was hypothesized that Knowledge of ASD, ASD-specific training of school psychologists, school psychologists' usage of evidence-based assessment practices when conducting ASD evaluations, and school psychologists' competence in the administration of autism-specific measures, would be statistically correlated with one another. Results suggest that knowledge of ASD is significantly correlated with confidence in working with individuals with ASD. School psychologists' competence in the administration of autism-specific measures exhibited a significant positive correlation with ASD-specific training and confidence in working with individuals with ASD. School psychologists' usage of evidence-based assessment practices when conducting ASD evaluations is significantly related to ASD-specific training. Further, results revealed that ASD-specific training is significantly correlated with confidence. Strengths and limitations of the study are discussed and directions for future research are provided.

12:30 – 1:00 pm

Social Ecological and Individual Determinants of Dietary Behaviors: A Thematic Content Analysis of Nutritionists' Accounts
Presenters: Alexander Dean Bracken, B.A., Deborah Fish Ragin, Ph.D., Jessica Francavilla, M.A. and Julia Wefferling, M.A.

Diet-related diseases are a public health concern (Caspard et al., 2017). While some research indicates that health-focused intervention strategies improve diet (Anderson et al., 2001; Ogawa, 2011), other findings are contradictory (van Assema, Steenbakkers, van Keulen, & Brug, 2006). There is a need to understand the factors that influence peoples' dietary behaviors. Recently, nutritionists known as Registered Dieticians (RDs) have emerged in grocery retailers, providing free services for customers. 1. What is the function of the RD in supermarkets? 2. What factors describe nutritionist-consumer interactions? 3. Can nutritionists outside of health-related environments positively impact individuals' health outcomes? The current study employed focus groups using a facilitator to obtain responses from a sample of RDs from northern New Jersey (n

= 7). All sessions were tape-recorded and then transcribed. The authors collaboratively identified 23 themes. The first two authors and a third rater categorized each utterance into the 23 themes. Using Fleiss' (1971) kappa to analyze 289 out of 345 utterances, a favorable reliability was established (k =.805 [p < .001, CI .805-.806]). Results indicated that RDs' functions mostly included promotion, developing owner/manager relations, using a tailored approach, providing evidence-based education, and observing programs. Results also suggested that nutritionist-consumer interactions were mostly guided by values, demographics, cultural preferences, medical issues, and fads. Store-based nutritionists seem uniquely qualified and situated to positively impact people's nutritional choices. Furthermore, store-based RDs reflect the growing need for accessibility and affordability in health interventions.

2:00 - 3:15 pm, Sunday Session 4

Complicated Loss and Grief, Part 2: Effects of Covid-19 Across the Lifespan
Presenters: Courtney F Bancroft, Psy.D., Mitchell R. Mitchell R. Slutzky, Ph.D., Virginia Waters, Ph.D., MSCP, and Dan Wolfson, Psy.D.

In Part 2 of this presentation, we will discuss the differential effects of the dual pandemics of Covid-19 and cultural upheaval in three stages of the life cycle: childhood/adolescence, adulthood and senescence. Each stage presents its own set of risks and challenges. This presentation will build on the previous presentation (but will stand on its own -- attendance at Part 1 is not required). Kubler Ross's stages of reaction to loss, as well as Neimeyer's five major tasks of grieving will be applied to each of these three phases in the life cycle, pointing out areas of convergence and divergence in terms of ways to negotiate tasks of emotional growth and repair despite the challenges wrought over the past 7 months.

The Challenges and Complexities of Facilitating Training Groups (T-Groups) with Various Mental Health Professionals
Presenters: Katherine J. Mitchell, Psy.D. and Alexandra Stratyner, Ph.D.

Training Groups (T-groups) offered to mental health professionals in various settings are one tool to enhance group support and cohesion, teach psychodynamic process, and educate members about group structure and function. In this workshop we will examine and discuss the dynamics of training groups to better understand their complexities and challenges. Attendees will also have the opportunity to participate in a brief experiential process group to illustrate these dynamics.

Three Views of Trauma in Forensic Psychology: Cultural and Linguistic issues, Personal Injury in Police Misconduct, Competency to Stand Trial
Presenters: Elizabeth Owen, Ph.D., Rafael Javier, Ph.D. and Jemour Maddux, Psy.D. ABPP

In these presentations and discussion we will examine the convergence of traumatic factors and conditions in specific procedural, civil, and criminal matters. This will include an overview of the impact cultural and linguistic issues have in the experience and assessment of trauma as well as strategies for

incorporating these vital issues in forensic assessment. This will be followed by a presentation on the assessment of trauma from alleged misconduct by uniformed officers, and how trauma symptoms can complicate competency to stand trial evaluations. An overview of the ACE and how to use this important data in forensic evaluations and opinions will also be provided.

Poster Presentations:

2:00 – 2:30 pm

Pediatric Behavioral Stoplight Program: Increasing Safety and Communication for Patients and Staff
Presenter: Jessica Simmons

BACKGROUND AND OBJECTIVE: In this country, children are increasingly admitted to hospitals for issues related to self-harm, suicidal ideation, aggression, behavioral concerns, and need for psychiatric medication management. Unfortunately, the unique needs of a psychiatric population are not always met within the standard rules of a medical setting. Accordingly, safety issues and concerns have been raised regarding how to best manage this patient population. The objective of this project aimed to implement a behavioral intervention at SUNY Upstate Golisano Children's Hospital to increase safety and communication for pediatric patients and staff.

METHODS: A multidisciplinary team was created and met bi-weekly for several months to discuss patient safety concerns related to this patient population with the goal of creating a behavior program using evidenced-based research and methods from other children's hospitals. The intervention aimed to (1) provide education and training to staff on how to work with aggressive patients, (2) improve communication among staff about psychiatric patients, and (3) help standardize behavioral expectations between staff, patients, and their families.

RESULTS: The Pediatric Behavioral Stoplight Program was created and implemented. Six-month policy review revealed hospital staff reported more positive interactions with patients resulting in improved patient safety. Additionally, less ambiguity of patient rules and expectations have provided staff more opportunities to be consistent with and reduce emotional dysregulation amongst patients.

CONCLUSIONS: This behavioral program allows for structure and containment of pediatric patients who fall within the targeted population, providing safety and space needed to prepare patients for next steps in treatment.

2:45 – 3:15 pm

The Effects of In-Group Identification on Mental Health Stigma in College Students
Presenter: Fayel Mustafiz, B.A.

Students with mental health conditions can feel stigmatized by their peers and may also have less perceived social support. However, it is thought that we are more likely to view someone more favorably if we perceive them as part of our in-group when sharing a common identity. Thus, an online survey was administered to undergraduate CUNY Hunter College students (N =152) to investigate whether high in-group identification vs. low in-group identification will lead to a more favorable view of a peer with mental illness compared to a peer with stress. First, participants rated group identification with a hypothetical peer describing their Hunter College experience in an audio clip. Then, they rated perceived similarity and social distance from the peer after it was revealed that the peer had either mental illness or stress. Multiple regression analyses revealed that irrespective of mental health state, high in-group identification led to more perceived similarity (β = -.13, SE = .03, p = .00) and less social distance (β = .72, SE = .15, p = .00) from the peer. However, high ingroup identification with the peer with mental illness did not lead to more perceived similarity (β = -.04, SE = .03, p = .12) and less social distance (β = -.22, SE = .15, p = .1505) compared to the peer with stress. These results are important in order to better understand how group identification can affect the level of stigma held toward students with mental illness to reduce barriers to care.

3:30 – 4:00 pm

The Relationship between Parenting Style and Identity Development in Emerging Adults
Presenter: Katie L. DiCola, M.S.

This study examines the connection between family and identity development. Specifically, the relationship between perceived parenting styles (Authoritative, Authoritarian, and Permissive) and levels of commitment (Identification with commitment & Commitment making) and exploration (Exploration in-breadth & Exploration in-depth) were examined. Participants consisted of young adults (N= 104) between the ages of 18-25 years who were asked to complete a variety of self-report measures including demographic variables, the Parenting Styles and Dimensions Questionnaire Short Version (PSDQ), and the Dimensions of Identity Development Scale (DIDS). A Pearson's correlation found a significant positive correlation between authoritative parents and exploration in depth ($r(79) = .329$, $p < .01$). Additionally, an inverse relationship between authoritative mothers and exploration in-breadth was found ($r(80) = -.225$, $p < .05$). A One-Way ANOVA also revealed a difference approaching significance among authoritarian mothers and exploration in breadth ($F(2, 82) = 3.43$, $p < .09$).

These findings suggest that authoritative parents might promote their children to explore new experiences within existing commitments rather than exploring completely new opportunities. The findings may imply that emerging adults with authoritative parents develop into healthy well-adjusted adults. Additionally, the results suggest that authoritarian mothers might promote their children to explore new opportunities as opposed to exploring within existing commitments. This finding may indicate that emerging adults with authoritarian mothers take more time exploring their identity. These findings imply that parenting style may predict emerging adult's levels of

commitment and exploration and that future research is needed to better understand this relationship.

4:15 - 5:30 pm, Sunday Session 5

Patients I Never Should Have Taken
Presenters: Herb Gingold, Ph.D., Julie Lehane, Ph.D., Veronica Fiske, Ph.D. and Susanne Cooperman, Ph.D.

As psychologists, we are faced with the dilemma of whether to accept a patient quite regularly. In this presentation we review the role suicidal and homicidal ideations, violence and aggression, gender identity, and political affiliations impact attitudes towards our patients. We examine the impact of intellectualization, compensation, transference, countertransference, and the role of culture in the treatment room. We conclude with personal insights that occurred as a function of these dynamics.

Psychological Evaluations in Immigration Court
Presenter: Virginia Barber Rioja, Ph.D.

As the number of undocumented detained individuals in the U.S. continues to grow, so does the number of psychologists involved in conducting evaluations in immigration proceedings. These evaluations are a type of forensic mental health assessment and require expertise both in forensic and cross-cultural psychology. This presentation will provide an introduction to the psycholegal issues involved in these evaluations (e.g., asylum, competency) as well as considerations in the process of conducting evaluations for immigration court.

Poster Presentation:

4:15 – 4:45 pm

Attitudes Toward Smartphone Devices for Mental Health Treatment
Presenter: Ilana Pomerantz

This study explored predictors of attitudes (intentions and preferences) to access smartphone-based mental health treatments relative to face-to-face services. Guided by previous studies, four domains were investigated: demographics; technology factors; psychopathology; and beliefs regarding medical conditions. It was hypothesized that these domains would be significantly associated with both intentions and preferences regarding the use of smartphone-based mental health treatments. Additionally, the study investigated the impact of a brief psychoeducational intervention regarding smartphone-based mental health treatments on attitudes to use these treatments. It was expected that the psychoeducational intervention would lead to an increase in preference to use smartphones for mental health treatment relative to face-to-face services and an increase in intentions to use smartphone-based mental health treatments both with and without therapist assistance in the future. One hundred and ninety-seven adults (aged 18-66+) completed an online protocol involving questions relating to the four domains, attitudes toward

the use of smartphone-based mental health treatments and face-to-face services, and demographics. Results indicated that the psychoeducational intervention had no effect on participants' future intentions to use smartphone-based interventions or their preference for using smartphone-based interventions over face-to-face therapies. Additionally, regression analyses indicated that there were relatively few significant predictors of either participants' preference or intentions. The strongest predictor of preference was previous use of smartphones for mental health treatments. Living in more rural locations and being older uniquely predicted participants' intentions to use smartphone-based mental health treatments with and without therapist assistance. Study limitations, areas of future research, and clinical implications are discussed.