

February 22, 2013

Case Presentation and Research Day



Program

All Mental Health and Allied Health staff are invited to attend the **Case Presentation and Research Day** which will be held on **Friday February 22, 2013** from 8:15 to 4:30 at the **Chumir Health Centre**, 3rd Floor, 1213 - 4th Street SW.

There is an onsite underground parkade.

8:15 - 9:00 Coffee, Networking, Welcome

9:00 - 10:30 Presentations by Ritu Bedi and Ashley Marsh

Room A

Trauma - Focused Cognitive Behavioural Therapy (TF-CBT) for Children and Adolescents with Histories of Abuse.
Ritu Bedi. Ph.D.

Room B

Decision-Making Capacity Assessment: Clinical, Ethical and Legal Considerations.
Ashley Marsh M.A.

10:30 - 12:00 Presentations by Laura Kaminsky & Michael Watts and Kerry Mothersill

Room A

The Efficacy of a Group Therapy Program for Adolescents with Poorly Controlled Diabetes.
Laura Kaminsky Ph.D.
Michael Watts MSW

Room B

The CBT Model and Treatment of Panic Disorder: Interoceptive Exposure and other Therapeutic Methods
Kerry Mothersill Ph.D.



12:00 to 1:00 Lunch

Lunch Options

There is no cost to attend the presentations, but please contribute \$5.00 at the door to help cover the cost of coffee and muffins!

You are welcome to bring your lunch as space will be provided. Alternatively, the following are local options:

- Good Earth (Main Floor, Chumir Health Centre)
- Starbucks (2 blocks north, east side of 4th Street)
- Tim Hortons (2 blocks north, west side of 4th Street)
- Boxwood (across 4th Street from Chumir Health Centre)

1:00 to 2:30 Presentation by Stewart Longman

Room A

Concussion and the clinician: Expertise for the generalist.

Stewart Longman Ph.D.

Room B

No Presentation

2:30 to 4:00 Presentations by Al-Noor Mawani and Deborah Dobson

Room A

Mindfulness Interventions

Al-Noor Mawani Ph.D.

Room B

Endings in Cognitive Behavioural Therapy.

Deborah Dobson Ph.D.

4:00 to 4:30 For Psychology Staff - Update report on the activities of the Psychology Professional Practice Committee, Calgary Zone and the Provincial Psychology Council. Kerry Mothersill, Camillia Clark, Stewart Longman, Carol Brewis, Kim Alexander, Al-Noor Mawani, Caroline Westwood, Sharon Habermann, Ashli Watt

Presentation Descriptions

Ritu Bedi: Trauma - Focused Cognitive Behavioural Therapy (TF-CBT) for Children and Adolescents with Histories of Abuse

This presentation will provide an overview of the services offered within the Child Abuse Service (CAS) at the Child Development Centre. The impact of abuse and common symptoms of trauma in children will be discussed. The effectiveness of using TF-CBT to treat children and adolescents with trauma histories at the CAS will be described. Dr. Bedi is a Provisional Psychologist in Metabolic Clinic and Child Abuse Service, ACH

Deborah Dobson: Endings in Cognitive Behavioural Therapy

It is difficult to decide how much therapy is sufficient for many clients. Our clients often present with multiple problems and the constraints of health care systems may make it impossible to deliver an ideal treatment. This presentation will discuss the practical, therapeutic and ethical issues that arise with clinical decisions to end treatment. The presenter will review empirical outcomes regarding length of effective treatments, relapse prevention and ways to maintain treatment gain. The presentation will focus upon CBT with adults, however, opportunities for discussion for other types of interventions and populations will be provided. Dr. Dobson is a Psychologist in OPMH, Chumir Centre and is Director of the Adult Psychology Residency Program

Stewart Longman

Concussions are fairly common, usually resolve without difficulty, but can cause a good deal of anxiety about symptoms, consequences, and future risks. This presentation will cover the natural history of concussion, typical patient concerns, and recommendations for the clinician, including management and indications for referral. The uncommon but demanding experience of conversion and somatoform presentations will also be covered. Dr. Longman is a Neuropsychologist at in the Rehabilitation Dept FMC

Laura Kaminsky and Michael Watts

This presentation will be on a group therapy program that we developed using Motivational Interviewing and Cognitive Behavioural Therapy approaches for adolescents with poorly controlled diabetes, We will be presenting information about the program and research results regarding it's effectiveness in improving adolescents' diabetes control at 2 month and 2 year post-group follow-up. Dr. Kaminsky is a Psychologist and Mr Watts is a Social Worker in the Diabetes and Endocrine Unit, ACH

Ashley Marsh

Decision-making capacity assessment is a challenging domain due to legal, ethical, social, and medical factors involved, particularly in the health-care system. The purpose of the presentation will be to explore the notion of decision-making capacity, provide an overview of relevant Alberta legislation, and discuss the specific challenges psychologists face when involved in this type of clinical work. Ms. Marsh is a Psychologist on the Regional Capacity Assessment Team

Al-Noor Mawani

This presentation will discuss basic principles of the application of mindfulness to the treatment and management of anxiety disorders. Through the discussion of various theoretical models and case examples, attendees will be exposed to the potential benefits of mindfulness based approaches and how these may differ from more traditional methods. Dr. Mawani is a Psychologist at the Day Treatment Program, FMC

Kerry Mothersill

This presentation will provide an overview of the CBT model of panic disorder, updated supporting research and evidence based treatments methods, including interoceptive exposure. The pivotal role of avoidance will be underscored. A case presentation will illustrate the application of the treatment methods and how transdiagnostic factors are addressed in therapy. Dr. Mothersill is the Psychology PPL, Adult Calgary