

## At Home MePA CE Offerings

The Maine Psychological Association is now offering a new, easy way for Maine psychologists to get continuing education credits. **MePA Home Study** will provide you with the convenience and affordability of getting CE credits by mail without leaving home.

This is how it works: You choose a book or article from the MePA listing. Books can be purchased at the local bookstore or on-line through amazon.com through the MePA website. Fill in the MePA CE form, and we will send you a test, which you complete and return. If you earn a 75% or above, we will send to you a CE certificate in the mail. It's as easy as that.

Attached is a list of our current offerings. As you can see, the home study program offers you a convenient and cost-effective way to earn CE credits.

If you have any questions or wish to learn more about the program, please call the MePA office (1/800-287-5065). By the way, we are always looking for psychologists to read and develop new material for the program. As a special incentive, if you read:

- 6 books and create 6 exams, or submit 6 academic papers and create exams you get free CE credits for each, plus free MePA dues.
- 3 books and create 3 exams or submit 3 academic papers and create exams, you get free CE credits plus \$100 credit toward MePA dues.
- 2 books and create 2 exams or submit 2 academic papers and exams during the year, you get free CE credits plus \$50 credit toward MePA dues.
- 1 book and create 1 exam or academic paper and exam, you receive free CE's.

Contact MePA at [mepaaug@aol.com](mailto:mepaaug@aol.com) for more information about this opportunity.

### MePA Home Study Offerings

#### Ethics

##### **Ethics: Case Examples and the 2002 APA Ethics Code**

This MePA Homestudy Exam focuses on the 2002 APA Ethics Code using case examples in a variety of contexts. This exam was developed by the MePA's Ethics committee. Before taking the exam the committee recommends that you read the entire 2002 Ethical Principles of Psychologists and Code of Conduct, available in the December 2002 American Psychologist (Vol. 57, Number 12) or online at [www.apa.org/ethics/code2002.html](http://www.apa.org/ethics/code2002.html).

Objectives: After reading the Ethics Code and taking the exam, the reader should be:

1. Familiar with the 2002 APA Ethics Code
2. Able to conceptualize a variety of ethical situations

**CE Hours: 2**

**Cost: MePA Members: \$ 26**

**Nonmembers: \$ 40**

#### Supervision

**Alonso, Anne, PH.D. The Quiet Profession: Supervisors of Psychotherapy. New York: Macmillan Publishing Company.1985 168 pages**

In this classic psychodynamic treatment of the role of clinical supervision, Dr. Alonso's focus is on the supervisor and on the dynamics of the supervisory relationship itself. Her goal in writing this book was to "define the supervisory process and describe it in a generalizable way." (1985) She mentions repeatedly the dearth of training for supervisors, and the assumption that a therapist is ready to provide supervision, merely because of the completion of his/her own training. While much of the focus here is on the role of Training Supervisor, the descriptions of the dynamics in the supervisory relationship are applicable to all such relationships. In fact, Dr. Alonso attends to other circumstances precipitating supervision, such as an action by the supervisee's Licensing Board.

It is Dr. Alonso's belief that any and all supervisors can be more effective with an increase of attention to the supervisory process and its theoretic underpinnings. In this book, Dr. Alonso untangles problems which frequently arise in the supervisory relationship. She explicates a variety of styles and orientations which the supervisor might employ. She addresses unconscious forces and refers frequently to transference and counter-transference. In addition, Dr. Alonso describes the confluence of the process of supervision with the adult developmental tasks of the supervisor at various life stages. She also talks about the tasks of the early, middle and late phases of the supervisory process.

Objectives: At the conclusion of the training the reader will:

1. know the tasks of the early, mid and late phases of supervision;
2. be able to explain differences between the cognitive and/or emotional approaches to supervision;
3. be able to cite three causes of impasses in the supervisory relationship.

**CE Hours: 3**

**Cost: MePA Member: \$39**

**Nonmembers: \$60**

**A Practical Guide to Transformative Supervision for the Helping Professions: Amplifying Insight. (2012)**

Nicki Weld 144 pages

Learning Objectives:

Participants will gain an understanding of

1. The social and financial environment in which supervision currently occurs.
2. The differences between transformative supervision and other types of supervision.
3. The approaches that support transformative supervision.
4. The personal characteristics that enable and support transformative supervision.

**CE Hours: 3**

**Cost: MePA Member: \$39**

**Nonmembers: \$60**

**The Leadership Pipeline: How to build the Leadership Powered Company, Second Edition.** Ram

Charan, Steve Drotter, Jim Noel. Jossey-Bass, 2011. 311 pages

Overview: The Leadership Pipeline provides a model for identifying, quantifying, measuring, and teaching various leadership values, approaches, skills, and transitions. It provides a model useful in

assisting anyone who has management responsibilities, is struggling with leadership transitions, or who has employees who are struggling in terms of their performance.

Objectives:

1. The participant will identify means of identifying problems in leadership
2. The participant will gain skill in identifying the ways that manager/supervisor approach can help or harm the success of their direct reports
3. The participant will understand the elements of leadership as they apply to their own functioning as a supervisor or manager.

**4 CE Credits**

**Cost: MePA members \$52**

**Nonmembers: \$80**

### **Kirsch, Irving The Emperor's New Drugs Basic Books: NY, 2009 226 pages**

Many have heard of research completed on the drug trials regarding the earliest 6 SSRI's submitted to the FDA being acquired under the Freedom of Information Act and subjected to meta-analysis. The author recounts the history of the research efforts briefly, the findings, and the manner in which the results could be attributed to various placebo effects. The book is a straight-forward description of the findings, the subsequent research completed in Europe and the UK, and additional information carefully describing his evolving assessment of SSRI's and other treatments for depression.

Objectives:

1. The reader will learn of the research underlying the FDA review process for SSRI's in particular and psychotropics in general.
2. The reader will learn about the research foundation to the elements of the effectiveness of placebo effects and how they apply to antidepressant medications.
3. The reader will be able to summarize the research basis for conclusions drawn by the author showing psychotherapy is more effective than antidepressant medications for those with depression.

**CE Hours: 5**

**Cost: MePA Members: \$65**

**Non-members: \$100**

### **Anger Management: The Complete Treatment Guidebook for Practitioners**

Howard Kassinove, PhD , ABPP and Raymond Chip Tafrate, PhD

Anger Management: The Complete Treatment Guidebook for Practitioners

Impact Publishers, 2002 Forward by Albert Ellis, PhD

296 pages

An empirically based, comprehensive guidebook for practitioners who work with angry clients. The exercises, case examples, and handouts provide excellent tools to help clients prevent and control unhealthy anger. This is a step-by-step model which can be applied to both individual and group therapy.

Objectives: At the conclusion of the training the reader will be able to

1. clarify the reinforcement cycle of anger.
2. identify the specific tools needed for behavior change.
3. understand the cognitive changes involved in effective maintenance.

**CE Hours: 6**

**Cost: MePA Member: \$78**

**Nonmembers: \$120**

### **The Behavioral Neurology of White Matter**

Filley, CM (2001), The Behavioral Neurology of White Matter, New York, Oxford University Press, Inc. 279 pages

This book is a **must** read for certainly all neuropsychologists, other psychologists, and students interested in brain structure and function relationships. Dr. Filley clearly and concisely outlines all the common and rare disorders of white matter affecting adults and children. He also provides new insights into the heretofore underappreciated role of white matter in influencing the distributed neural networks involved in higher cortical function.

Objectives: At the conclusion of the training the reader will be able to

1. understand the structure and function of white matter in the brain.
2. understand the role of white matter in the various genetic disorders, demyelinating disorders, infectious and inflammatory diseases, and leukoencephalopathies, metabolic disorders, vascular diseases, neoplasms, and hydrocephalus.
3. understand the role of white matter in the neuropsychiatric syndromes, dementias, and traumatic disorders.
4. understand Filley's integrative model of behavioral neurology of white matter.

**CE Hours: 6**

**Cost: MePA Member: \$78**

**Nonmembers: \$120**

**Psychological Perspectives on Lesbian, Gay, and Bisexual Experiences (Second Edition).** Linda D. Garnets and Douglas C. Kimmel, editors. New York: Columbia University Press, 2003. 795 + xiv pages.

The latest and best psychological knowledge about sexual orientation and the impact it has on individuals, social attitudes, society, and public policy is presented in an accessible format. Introductions to the book and to each section, including contemporary issues of public debate, frame the topics and guide the reader. Garnets and Kimmel selected the best and most useful articles in the second edition of this anthology. They represent some of the best work from the most noted experts, including Blackwood, Badgett, Bailey, D'Augelli, Diamond, Fox, Greene, Grossman, Haldeman, Herek, Meyer, Peplau, Paeterson, Sang, Rothblum, Rust, Savin-Williams, Spalding, Tafoya, Wieringa, as well as the editors' own work. Thirty-two selections are divided among eight sections: The Meaning of Sexual Orientation; Psychological Dimensions of Prejudice, Discrimination, and Violence; Identity Development and Stigma Management; Diversity Among Gay Men, Lesbians, and Bisexuals; Relationships and Families; Adolescence, Midlife, and Aging; Mental Health; Status of Practice, Research, and Public Policy Issues in American Psychology.

Objectives: At the end of this book, readers should be able to:

1. Understand the shift in thinking about antigay attitudes to the broader perspective of sexual prejudice.
2. Conceptualize bisexual issues as different from and similar to lesbian and gay issues.
3. Recognize the shift from an simple gay-affirmative perspective to a focus on resilience in the face of minority stress.
4. Appreciate the necessity of avoiding heterosexist bias in psychological research.
5. Incorporate the professional skills for ethical practice of psychotherapy with lesbians, gay men, and bisexuals.

**15 CE Hours**

**Cost: MePA Members \$195**

**Non-Mepa: \$300**

**Combined Treatments for Mental Disorders: A Guide to Psychological and Pharmacological Interventions**

Sammons, MT & Schmidt, NB (Eds.) (2001). . Washington, DC: American Psychological Association Press. 346 pages.

This text offers the reader discussions of combined treatments (psychotherapy and pharmacotherapy) for a number of specific disorders, including depression, anxiety, obsessive-compulsive disorder, insomnia, schizophrenia, substance abuse and nicotine dependence. Each chapter is written by an expert in the disorder being discussed, and reviews the research literature on psychotherapy, pharmacotherapy and the use of combined treatments. In addition, a chapter on issues related to prescription privileges for psychologists is also included.

Objectives: After reading this text, the reader should be able to

1. Understand the issues related to the treatment of each specific mental disorder.
2. Obtain a clear understanding of the benefits of psychotherapy and pharmacotherapy, as well as combined treatment, for each disorder.
3. Understand the limitations of research into combined treatment of mental disorders.

**CE Hours: 7**

**Cost: MePA Members: \$ 91**

**Nonmembers: \$140**

### **Lesbian, Gay, and Bisexual Aging.**

Douglas Kimmel, Tara Rose, and Steven David (Eds.). New York: Columbia University Press, 2006. 320 pages.

Written by experts in the field this book brings together cutting-edge research, practical information, and innovative thinking. Contributors address topics such as sexuality, relationships, legal issues, retirement planning, physical and mental health, substance abuse, community needs, lesbian grandparents, and a model agency dedicated to delivering services to the senior LGBT population. Their writing takes a gay-affirmative approach that focuses on resilience, coping, and successful adaptation to aging and is sensitive to the importance of historical oppression in the lives of older members of sexual minorities. The authors also pay close attention to ethnic and cultural issues and identify where further research is needed.

Objectives: At the end of this book, readers should be able to:

1. Understand the historical context in which today's generation of LGBT elders lived and the effects of this context on their present lives.
2. Recognize the special concerns of older transgender and intersex persons.
3. Identify legal, health, and end of life issues that require special resources and advance planning for LGBT persons.
4. Be more aware of special needs, concerns, and issues facing LGBT persons in their middle and later years and how these are relevant to a clinical practice.

**CE Hours: 7**

**Cost: MePA Members: \$ 91**

**Nonmembers: \$140**

### **On-line CE Offerings**

Psychological Practice and Primary Care (presented at the 2012 MePA Fall Conference)

Presenters: Rodger Kessler, Ph.D. and Rob Ferguson, Ph.D.

While there are many psychological treatments that have strong efficacy support in primary care, there is little effectiveness evidence on the ground. Similarly, while there is rapid penetration of behavioral health clinicians in primary care, there is a lack of health behavior (such as treatment adherence) and substance abuse services or on the ground effectiveness evidence. This presentation will review the clinical, operational and financial changes in primary care as a patient centered medical home and how integration of psychological practice can best be utilized.

At the conclusion of the workshop participants will be able to:

1. Identify 5 core elements of the shift from referral to panel based care.
2. List the key features of ACO payment models.
3. Discuss current practice innovations incorporating the above into the Fletcher Allen/University of Vermont Primary Care Behavioral Health Model.

**CE Hours: 3**

**Cost: MePA Member: \$39**

**Nonmembers: \$60**

To view this presentation:

Go to: <http://courses.uma.edu/>

Log in using the following:

Username: MPA

Password: mainepsych

Click on "Maine Psychological Association," link. The large "all sessions" portion of the screen will then change to show the contents of the "Maine Psychological Association" folder. You can then click on the circular play icon to begin the video.

To log out: click on "MPA" in the upper right-hand portion of the screen. Then click "logout."

If you encounter technical problems, you can call the UMA Help Desk at: 1-800-696-1124. Please let the person know that you are calling about the "Maine Psychological Association/UMA Professional Development Collaboration" and you need to speak to a tech support person.

If you wish to receive CE credits after viewing this program, contact the MePA office at 1/800-287-5065. You must fill out an evaluation form to get a CE certificate

### **MEPA HOMESTUDY**

*Please complete and return with payment to: MePA P.O. Box 5435 Augusta ME 04332.*

Name:

Address:

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Name of Course:

Payment

\_\_\_ Check enclosed.

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Exp. Date \_\_\_\_\_