

APA Convention 2024

**Society for the
Advancement of
Psychotherapy
APA Division 29**

Convention Program

August 8-10, 2024



Welcome to our 2024 Convention program for Society for the Advancement of Psychotherapy – APA Division 29

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**Society for the Advancement of
Psychotherapy - Mission**

A strong voice for psychotherapy and home for psychotherapists, the Society for the Advancement of Psychotherapy is committed to preserving and expanding the theoretical and evidentiary base for psychotherapy and psychotherapeutic relationships, supporting life-long learning of psychotherapeutic skills, as well as making the benefits of psychotherapy accessible to all.



The Society is an international community of practitioners, scholars, researchers, teachers, health care specialists, and students who are interested in and devoted to the advancement of the practice and science of psychotherapy. Our mission is to provide an active, diverse, and vital community and to generate, share, and disseminate the rapidly accumulating evidence base in clinical science and practice.

<https://societyforpsychotherapy.org/mission/>

APA Convention 2024

Register for APA 2024 - <https://convention.apa.org/>

APA 2024 Agenda - <https://convention.apa.org/agenda/agenda-at-a-glance>

Explore the full program:

<https://www.xcdsystem.com/apa/program/euJ3pFp/index.cfm>

Need CE? <https://convention.apa.org/ce>

New for 2024! Eligibility for one-hour CE Session credits is now included in your registration. You do not need to pay a separate fee to earn CE Session credits. Simply scan in and out of one of the 200+ CE Sessions happening at APA 2024 to earn credits.

CE Sessions include a wide variety of topics that cover the breadth and depth of the field of psychology.

Looking for more intensive training? Enroll in APA's separately priced half-day and full-day APA 2024 CE Workshops. These specialty workshops are designed to keep professional psychologists on the cutting edge of practice, education, and science.

Thursday, August 8th

10:00 am-10:50 am

Skill Building: Building Therapeutic Competencies: Navigating the Stages of Psychedelic-Assisted Therapy

Location: Seattle Convention Center – Chelan 5

Chair: Danielle Herrera

Description: This skill-building session will focus on providing attendees with practical skills to enhance their work in the emerging field of psychedelic-assisted therapy. This topic is particularly relevant and useful as the use of psychedelics in therapeutic settings gains increasing attention and acceptance.

11:00 am-11:50 am

Symposium - Some discoveries are unique to routine outcome measurement (ROM)—and here's how you can join in.

Location: Seattle Convention Center, Level 1, Room 620



Chair: Stevan Nielsen

Description: We will present psychotherapy patterns discovered through routine outcome measurement (ROM), patterns that could only be discovered in ROM data. We will also describe our own committee oriented (ROMCom) approach that has facilitated collaborative research and dissemination of such findings.

12:00 PM – 12:50PM

Skill Building: The Lingering Shadow: Complicated Grief in a Post-Crisis Era

Location: Seattle Convention Center, Level 1, Room Yakima 2

Chair: Patti Savage

Description: The widespread loss, trauma, and isolation related to the COVID-19 pandemic has resulted in a significant increase in delayed and prolonged complicated grief. This session provides clarification of complicated grief and related comorbidities, review of psychotherapy approaches, and best practices for assessing risk, making appropriate referrals and avoiding professional burnout.

1:00 PM – 1:50 PM

Symposium: Psychotherapists' Development of Expertise over Time

Location: Seattle Convention Center, Level 1, Room Yakima 2

Chair: Matteo Bugatti

Description: Although the concepts of clinical experience and expertise have traditionally been confounded, research has failed to support this equivalence. The present symposium will provide attendees with an overview of psychotherapists' development (or lack thereof) of expertise over time, which will include the presentation of data from three empirical studies.

3:00 PM – 3:50 PM

Symposium: Cultivating Cultural Comfort in Psychotherapy

Location: Seattle Convention Center, Level 2, Room Chelan 4

Chair: Andres Perez-Rojas

Description: This symposium addresses recent theoretical and empirical work on the concept of the therapist's cultural comfort, the degree to which therapists feel at ease and non-defensive with addressing matters of culture that are salient to their clients.

4:00 PM – 4:50 PM

Symposium: Training Self-Care in Professional Psychology Graduate Programs

Location: Seattle Convention Center, Level 1, Room Chelan 5

Chair: Joshua Swift

Description: This panel will present recent research on the need for self-care training in graduate school. Recommendations for building self-care competencies at the individual and program level will be provided.

Friday, August 9th

8:00 AM – 8:50 AM

Symposium: Effective psychotherapy with low-income, economically marginalized Black and Latinx clients

Location: Seattle Convention Center, Level 1, Room 607



Chair: Susan Woodhouse

Description: Findings from interviews with effective psychotherapists have been analyzed and are presented. The data identify characteristics of psychotherapists who treat low-income, economically marginalized (LIEM) Black clients and Latinx clients.

9:00 AM – 9:50 AM

Skill Building: The Sentio Model of Deliberate Practice Supervision

Location: Seattle Convention Center, Level 1, Room 604



Chair: Tony Rousmaniere

Description: Learn how to integrate deliberate practice, video, and outcome data with the Sentio Supervision Model. Special focus will be given to multicultural supervision, enhancing collaboration in supervision, and working within supervisees' "zone of proximal development". The Sentio Supervision Model is transmodal and works with all major approaches to psychotherapy.

12:00 PM – 12:50 PM

Executive Meeting: Psychotherapy Editorial Board Lunch (Invitation Only)

Location: Sheraton Grand Seattle, Kirkland Room

1:00PM – 1:50PM

**Skill Building: Enhancing Intervention Skills Through Deliberate Practice
for AEDP, EFCT, and Psychodynamic Therapy**

Location: Seattle Convention Center, Level 6 Room: 613/614

Chair: Hanna Levenson



Description: Deliberate Practice (DP) has been shown to improve expertise in a variety of fields such as sports and music. Research indicates it holds promise for enhancing a therapist's skill. In this session, participants will practice essential therapeutic intervention skills using focused clinical DP exercises. Implications for training will be discussed.

2:00PM-2:50PM

**Symposium: A Contextual Approach to Trauma Training:
The Trauma Resolution Integration Program Model**

Location: Seattle Convention Center, Level 6, Room: 613/614

Chair: Amy Ellis



Description: The Trauma Resolution Integration Program (TRIP) is a training program staffed entirely by doctoral-level trainees that provides treatment to adult trauma survivors following established trauma competencies. Its innovative training model, relationally-based supervision, and research lab that works in tandem with the clinic, help fill a gap in trauma training.

3:00PM-3:50PM

Presidential Address: Experiential Education and Deliberate Practice

Location: Sheraton Grand Seattle, Second Floor, Grand Ballroom D

Chair: Tony Rousmaniere

4:00PM-4:50PM

**Society for the Advancement of Psychotherapy
Business Meeting and Awards Ceremony**

Location: Sheraton Grand Seattle, Second Floor, Grand Ballroom D

Chair: Tony Rousmaniere

5:00PM-5:50PM

**Society for the Advancement of Psychotherapy
Social Hour**

Location: Sheraton Grand Seattle, Second Floor, Grand Ballroom D

Saturday, August 10th

8:00AM-8:50AM

**Symposium: Multicultural Orientation: New Developments in Research for
Psychotherapy and Supervision**

Location: Seattle Convention Center, Level 3, Room 310

Chair: Jesse Owen

Description: This symposium will present new advances in multicultural orientation (MCO). The first study will present a meta-analysis of MCO supervision studies. The second study will focus on an experimental study of supervisees' perceptions of supervisors' MCO through audio vignettes. The last study will focus on assessing MCO in couple therapy.

9:00AM-9:50AM

**Critical Conversations: Sharing Training Director's Voices:
Issues of Multilingual Supervision and Training in the US**

Location: Seattle Convention Center, Level 1, Room Yakima 2

Chair: Sin Lam

Description: Building upon last year's critical conversation, this presentation aims to share findings of a qualitative research exploring the current implementation of multilingual training and supervision policies at US training sites. It is intended to offer space for psychologists and trainees to collectively brainstorm impactful strategies for multilingual training initiatives.

1:00PM-1:50PM

Critical Conversations: Psychedelic-Assisted Therapy: Research and Clinical Practice

Location: Seattle Convention Center, Level 6, Room 616

Chair: Mia Sarno

Description: Psychedelic-assisted therapy is one of the most rapidly emerging mental health treatments, garnering interest amongst healthcare professionals, clients, institutions, and the public. A thoughtful discussion of psychedelic research and clinical practice will support session

attendees in understanding the current state of psychedelics, regulatory approval of new treatments, and real-world applications.

2:00PM-2:50PM

Skill Building: Deliberate Practice to Improve Clinical Competency in REBT

Location: Seattle Convention Center, Level 6, Room 613/614



Chair: Mark Terjesen

Description: Session will demonstrate how to use deliberate practice (DP), repetition and successive refinement, to improve clinical skill development in the therapeutic practice of Rational Emotive Behavior Therapy (REBT). DP to enhance REBT competency/expertise of trainees as well as how to apply DP as a training tool will be demonstrated.

3:00PM-3:50PM

Data Blitz: Telehealth solutions for scalable evidence-based suicide interventions

Location: Seattle Convention Center, Level 6, Room 616

Chair: Conor O'Neill

Description: This session outlines scalable telehealth solutions to suicide intervention using evidence-based approaches within a stepped-care model. Outcomes from a digitally adapted suicide-specific treatment program with a focus on populations disproportionately impacted by suicide are presented. The use of technology to enhance patient engagement and considerations for program expansion is discussed.

4:00PM-4:50PM

Poster Session

Location: Seattle Convention Center, Level 4, Hall 4AB

Join the Society for the Advancement of Psychotherapy!

Home to psychologists and mental health professionals from across the globe who are interested in psychotherapy. If you are a psychotherapy practitioner, researcher, theoretician, trainer, clinical supervisor, or student, welcome home!

<https://societyforpsychotherapy.org/why-join/>



Everything you wanted to know about the Society

<https://societyforpsychotherapy.org/everything-you-wanted-to-know-about-the-division-its-benefits-and-resources/>

CE Note:

All sessions offering CE credits have been reviewed and approved by the American Psychological Association Office of Continuing Education in Psychology (CEP) and the Continuing Education Committee (CEC) to offer CE credits for psychologists. Must scan badge in/score badge out for each CES. No additional fees to attend CES. For details see <https://convention.apa.org/ce/sessions>

Accessibility information:

If you require special arrangements and accommodations, please provide details on your registration and hotel reservation forms. APA asks that you register by July 15, 2024, so that we can make APA 2024 more accessible for you; otherwise, we may not be able to guarantee the availability of arrangements.

If you need accommodation once you are on-site at APA 2024, please visit the Accommodations and Disability Resources Room (location forthcoming) at the Seattle Convention Center. Our staff and volunteers are trained to provide assistance to attendees with disabilities. If you require any disability-related accommodations or assistance during the event, please don't hesitate to ask.

Questions? Message APA convention office at convention@apa.org