

APA 2025

Denver | August 7-9



Society for the Advancement of Psychotherapy APA Division 29 Program



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/>

Thursday, August 7th

Technological Innovations in Psychotherapy: The Impact of AI and NLP on Clinical Practice

9:30-10:30

Room: 401 Colorado Convention Center

Session Chair: Jeremy Coleman

Presenters: Jeremy Coleman, Emma Freetly Porter, Matteo Bugatti

Discussant: Jesse Owen

This symposium explores the use of innovative technologies in psychotherapy across clinical settings, featuring NLP-based session coding to explore working alliance and cultural processes in a university training clinic, as well as identifying interventions in computerized CBT in primary care, and algorithmic client-therapist matching techniques in private practice settings.

Culture and Context-Specific Factors in Therapy with Socioeconomically Marginalized, Diverse Clients

Time: 1:00-2:00

Room: Bluebird Ballroom 3A Colorado Convention Center

Session Chair: Louise Douce

Presenters: Linda Campbell, Susan Woodhouse, Christianne Connelly, Emily Selby-Nelson

Discussant: Louise Douce

Findings from interviews with effective psychotherapists have been analyzed and are presented. The data identify characteristics of psychotherapists who treat socio-economically marginalized clients who identify either as Alaska Native, Black, Latinx, or White. Cultural and contextual factors will be discussed.

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Inclusive Approaches to Trauma Therapy: Lessons from CPT Research

Time: 1:00-2:00

Room: 403 Colorado Convention Center

Session Chair/Presenter: Elise Burton Johnson



How can Cognitive Processing Therapy (CPT) circumvent systemic barriers to mental health care? We present two studies focused on CPT outcomes across demographic groups: a meta-analysis, and a RCT about the efficacy of a self-led intervention. Attendees will collaborate on equitable and inclusive interventions addressing cultural, geographic, and economic barriers.

Rosalee G. Weiss Lecture

Time: 1:00-2:00

Room: 302 Colorado Convention Center, Street Level

Presenter: Raymond DiGiuseppe

The Rosalee G. Weiss Lecture for Outstanding Leaders in Psychology was established in 1994 by Raymond A. Weiss, PhD, in honor of his wife, Rosalee Greenfield Weiss, PhD. APA Div. 29 (Psychotherapy) selected the lecturer for 2025.

Achieving Health Equity through Psychology: Meeting the Mental Health Needs of Underserved Populations

Time: 2:30-3:30

Room: 401 Colorado Convention Center

Session Chair: Stewart Cooper

Presenter: Jennifer Kelly

This presentation will offer a comprehensive review of the literature on access to mental health services, including psychotherapy, for underserved populations. It will explore the barriers these communities face in obtaining adequate care. The presentation will provide concrete, actionable recommendations for the psychology community to address these challenges.

Psychotherapy on Social Media: Describing the Landscape and Ethical Considerations

Time: 4:00-5:00

Room: 710-712 Colorado Convention Center

Session Chair: Lisa Brownstone

Presenters: Amanda Greene, Ella White, Julia Roncoroni

Psychotherapy researchers, educators, and clinicians (including an influencer) will discuss how psychotherapy is being represented on social media, and how influencers vary in terms of their alignment with APA Ethical Guidelines and social justice. Speakers will bring different vantage points to guide further development of ethical guidelines for psychotherapy influencers.

Friday, August 8th

Using Data to Enhance Care: The APA Professional Practice Guidelines on Measurement-Based Care

Time: 8:00-9:00

Room: Mile High Ballroom 1F Colorado Convention Center

Session Chair: C. Vaile Wright

Presenters: Amanda Jensen-Doss, Alyssa Gatto, Jessica Barber

Discussant: Zeeshan Butt



The APA Professional Practice Guidelines on Measurement-Based Care will be sent to council for approval in 2025. This session will provide an overview of the development of the guidelines, a description of the guidelines, and a discussion of how to apply them in practice.

Clinical Demonstration of Deliberate Practice in Training in RE-CBT

Time: 8:00-9:00

Room: Bluebird Ballroom 2c Colorado Convention Center

Presenters: Mark Terjesen

This session will demonstrate how to develop competency in Rational Emotive and Cognitive Behavioral Therapy (RE-CBT) through deliberate practice (DP). DP involves individualized training activities to enhance clinical competence through repetition and successive refinement. Research and application of DP as it relates to RE-CBT will be presented.

Toward a Deeper Understanding of Cultural Comfort

Time: 11:30-12:30

Room: 301 Colorado Convention Center

Presenters: Stephanie Winkeljohn Black, Emma Freetly Porter, Melanie Wilcox, Rochelle Cassells

Discussant: Andres Perez-Rojas

Psychologist cultural comfort, the ease or tension conveyed when discussing cultural topics, is associated with client outcomes but is difficult to operationalize and investigate. This session discusses qualitative studies that assessed clinicians' cultural comfort in a variety of contexts and provides insight into how clinicians can increase their cultural comfort.

Editorial Board Luncheon

Time: 11:30-12:30

Room: Mineral Hall B Hyatt Regency Denver

INVITATION ONLY

Presidential address: College Mental Health Psychotherapy: Embracing Emerging Science and Leading Practice Innovation

Time: 1:00-2:00

Room: Mile High Ballroom 1F, Colorado Convention Center

Chair/Presenter: Stewart Cooper

The revolutions in college mental health psychotherapy in the 21st century are used to illustrate the application of the four 2025 SAP Presidential Initiatives in this area of the discipline. The roles of national coalitions including AUCCCD, ACCTA, and CCMH are infused as each contributed to advancing changes.



Poster session 1

Time: 2:30-3:30

Room: Exhibit Hall A, Solutions Center, Poster Sessions

Location: Colorado Convention Center

Multicultural Orientation: Insights from College and University Counseling Settings

Time: 2:30-3:30

Room: Mile High Ballroom 1F Colorado Convention Center

Chair: Andres E. Perez-Rojas

Presenters: Ku Wang, Julia Toomey, Madeline Harrington

Discussant: Jesse Owens

This symposium explores the dynamic role of Multicultural Orientation in college and university counseling settings. Presenters will share cutting-edge research on cultural humility and cultural comfort, emphasizing practical strategies for enhancing therapeutic relationships and fostering culturally responsive care in these settings. Q&A facilitated by Dr. Jesse Owen.



SAP/Division 29 Business Meeting & Awards Ceremony

Time: 4:00-5:00

Room: Centennial Ballroom C Location: Hyatt Regency Denver

Followed by SAP/Division 29 Social Hour

5:30-6:30

Saturday, August 9th

Seismic Changes in the Science, Practice, and Education of Psychotherapy

Time: 8:00-9:00

Room: Bluebird Ballroom 3A Colorado Convention Center

Chair: Stewart Cooper

Presenter: Patrick DeLeon

In this program, Dr. Pat DeLeon, a past APA President and past Division 29 President, and a leader and influencer in psychotherapy, will share his views about the significant changes in the field in the first quarter of the 21st century and as well as those soon to come.

Poster session 2

Time: 11:30-12:30

Room: Exhibit Hall A, Solutions Center, Poster Sessions

Location: Colorado Convention Center

Beyond the Dyad: Ethics, Diversity, and Interpersonal Dynamics in Group Supervision

Time: 1:30-2:30

Room: 507 Colorado Convention Center

Presenters: Maria Riva, Randyl Smith, Sandra Bertram

Discussant: Jesse Owen

In this interactive symposium, we explore 1) the critical role group supervisors play in creating inclusive, supportive environments that promote professional growth, cultural humility, and collaborative learning; 2) ethical considerations specific to group supervision; and 3) experiences of group supervision from a recent trainee's perspective.

From Curiosity to Contribution: Engaging Emerging and Seasoned Clinicians in Psychodynamic Research

Time: 3:00-4:00

Room: 703 Colorado Convention Center

Presenters: Cheri Marmarosh, Dennis Kivlighan, Jr., Amanda Zayde, Kelly Gleischman, Judith Gerstenblith
This discussion will examine key opportunities and barriers to 1) building a robust pipeline of emerging researchers in psychodynamic psychology and 2) fostering a welcoming and collaborative research environment that encourages seasoned clinicians to actively engage in and contribute to psychodynamic research initiatives.

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