The Nuts and Bolts of Integrated Care
Welcome to the 2016 Spring Convention of the Michigan Psychological Association. Many believe that integrated care is the future of health care in general and of psychology in particular. The focus of the conference this year is on The Nuts and Bolts of Integrated Care. We have an excellent line up of presenters. The presentations will address the practicalities of delivering psychological services to patients in primary care settings.

The Spring Convention is an excellent opportunity to reconnect with colleagues and network with psychologists from across Michigan. This is also when we take the time to honor psychologists in Michigan who are recipients of the Distinguished Psychologist Award, the Beth Clark Award, and acknowledge the new MPA Fellows. There will be time during the luncheon to find out about the activities of MPA by speaking with Committee Chairs and other committee members.

As always, there will be books on sale at the Spring Convention offering titles of value to psychologists and enjoyment. If you’re not already a member of MPA, please talk with any member of the Board of Directors and/or committee members about how to join and become involved with this wonderful organization.

I want to thank you for attending and supporting MPA.

Louis Post, Ph.D., President
Michigan Psychological Association

Lunch & Learn
MPA board members and other leaders will host special tables to answer your questions about:

- Ethics
- Public education
- Diversity
- Licensing
- Legislation
- Insurance
- MPA Foundation
And much more...

MPA Annual Business Meeting:
Friday, 5:00 – 5:30 p.m.

Meet & Greet —
Henry Center, Four Season Lounge:
Following the Annual Meeting

Meet the MPA Executive Director. Honor your colleague’s special achievements, catch up with old Friends, and make new ones. This event will have a cash bar.
Presenter Bios

Jared L. Skillings, Ph.D., ABPP

Jared L. Skillings, Ph.D., ABPP is the Chief of Behavioral Medicine for the Spectrum Health System in Grand Rapids, Michigan. In addition to program development and administration, he provides pre-surgical psychological evaluations and psychotherapy for the adult heart & lung and pediatric kidney transplant programs. Dr. Skillings is an Assistant Professor of Psychiatry and Surgery at the Michigan State University, College of Human Medicine. He is only the 2nd psychologist in the U.S. to be board-certified in Clinical Psychology, Clinical Health Psychology, and Behavioral & Cognitive Psychology. His professional service includes Executive Committee member of APA’s Board of Professional Affairs (2015-17), Chair-elect of ABPP’s Council of Presidents of Psychology Specialty Academies (2015-2016) and Board of Directors member of the Michigan Psychological Association (2014-present).

Dr. Skillings completed his Ph.D. in Clinical Psychology at the University of Toledo in 2006, with a clinical internship in health psychology at University of Miami (FL) Medical School/ Jackson Memorial Medical Center. His 2-year fellowship in primary care psychology was completed at Michigan State University/McLaren Regional Medical Center in 2008. He has been married to Julie Skillings for 15 years; they are raising four beautiful, adopted children: Hope (8), Violet (7), Anthony (6), and Jonathan (5).

Brittany Barber Garcia, Ph.D.

Dr. Brittany Barber Garcia joined the Spectrum Health Helen DeVos Children’s Hospital as a Pediatric Psychologist in May, 2014. Dr. Barber Garcia’s primary area of expertise is in the evaluation and management of chronic pain disorders in children and adolescents. In addition, Dr. Barber Garcia also specializes in neuropsychological evaluations of medically and neurologically complex children. Dr. Barber Garcia earned her undergraduate degree in Psychology and Religious Studies from DePauw University. She went on to earn both her Master’s and Doctoral Degrees from Marquette University. She completed her pre-doctoral internship at the Children’s Hospital of Michigan/Wayne State University in Detroit, MI. She completed a two year postdoctoral fellowship at the Harvard Medical School and Boston Children’s Hospital in the Departments of Anesthesia and Psychiatry/Psychology with their multidisciplinary Pain Treatment Service.
Mark Lumley, Ph.D.

Mark A. Lumley is a Professor in the Department of Psychology at Wayne State University, and Director of the Ph.D. Program in Clinical Psychology. He conducts research on the role of stress on physical health, and he develops and tests interventions involving emotional awareness and expression for people with chronic pain conditions such as fibromyalgia, irritable bowel syndrome, headaches, and pelvic pain. He has published over 120 peer-reviewed articles, has had several grants from the National Institutes of Health, is an Associate Editor of the Journal of Psychosomatic Research, and is on the editorial boards of four other journals. He enjoys training graduate students in both research and clinical practice and has mentored 35 students to their Ph.D.’s. over his 25-year tenure as a professor.

John H. Porcerelli, Ph.D., ABPP

Dr. Porcerelli is Professor in the Department of Family Medicine and Public Health Sciences at Wayne State University School of Medicine and serves as the Director of Behavioral Medicine for the Family Medicine Residency program at Crittenton Hospital Medical Center. He received his doctorate at the University of Detroit Mercy and completed a two-year post-doctoral fellowship through the Department of Psychiatry, Wayne State University School of Medicine. He is board certified in clinical psychology and clinical health psychology and is a fellow of the Society for Personality Assessment and the Michigan Psychological Association. He serves on the editorial board of the Journal of Personality Assessment and has accumulated 87 publications in the areas of psychological assessment, partner-violence, collaborative care, and predictors of difficult doctor-patient relationships. In addition to his academic work, Dr. Porcerelli maintains a private practice in Birmingham, Michigan.

Heather Doherty, M.A.

Heather Doherty is a 2nd year doctoral student in clinical psychology at Wayne State University. She has participated in developing and testing a novel, emotional awareness and expression intervention for patients with fibromyalgia, irritable bowel syndrome, and other medically unexplained conditions in Dr. Mark Lumley’s Stress and Health Lab at WSU. She is presently developing a therapist’s manual and competency standards for delivering the intervention. Additionally, she is part of a Team Science research initiative focused on obesity and diabetes in Wayne State’s department of Family Medicine and Public Health Sciences.
Maisa Ziadni, M.A.

Maisa Ziadni is a 5th year doctoral student in clinical psychology at Wayne State University. She is originally from Ramallah, Palestine and has completed a master’s degree in psychology at Drexel University in Philadelphia, PA. She is currently completing her pre-doctoral internship in health psychology at Rush University Medical Center in Chicago, IL. She conducts research on the role of trauma and stress in chronic pain conditions, and has participated in developing and testing novel emotion-focused interventions for patients with medically unexplained conditions through Dr. Mark Lumley’s Stress and Health Lab at WSU. Her dissertation focused on implementing and testing an intensive emotion-focused interview for primary care patients with medically unexplained symptoms. She has 7 publications and 22 poster presentations, and has secured dissertation funding from both APA and Blue Cross Blue Shield of Michigan.

Dane VerMerris, Ed.D.

Dr. VerMerris is a psychologist with Hope Network NeuroRehabilitation in Grand Rapids. He works with patients who have incurred polytrauma including brain, spinal cord, and other serious injuries. He will discuss psychosocial strategies for rehabilitation and management of persistent pain. Dr. VerMerris is past-president of MPA and a former chair of the Michigan Board of Psychology.

Aaron Weiner, Ph.D.

Aaron Weiner, Ph.D., is the Clinical Director of the Spectrum Health Addiction Rehabilitation Program in Grand Rapids, Michigan. He earned his masters and doctorate in Counseling Psychology from University of Illinois at Urbana-Champaign, and completed his postdoctoral fellowship in Addiction Psychology at the VA Ann Arbor Healthcare System in Ann Arbor, Michigan. Dr. Weiner is a passionate advocate for the use of evidenced-based treatments for substance use disorders, with an emphasis on the importance of biopsychosocial/integrated care.
What is integrated care, really? With the onset of the Affordable Care Act (ACA), politicians, researchers, and health care leaders have been singing the praises of how team-based, integrated care can reduce costs and improve public health. Psychologists are increasingly collaborating with medical providers, but the nuts and bolts are often vague. The 2016 MPA Spring Convention will shed light on the details about integrated psychological practice, including treatment of chronic pain, new CBT interventions, integrated primary care, and the role of emotions in health. Attendees will walk away from this conference with a better idea of how the mind and body work together and how psychologists can work more effectively with their clients/patients.

Learning Objectives

1. Jared Skillings, Ph.D., ABPP (8:30-9:30a) = Identify the 3 largest behavioral contributors to poor health and high health care cost in the U.S. and how to integrate them into psychological practice.

2. Barber Barber Garcia, Ph.D. (9:30-10:30a) = Define somatic symptom disorders as outlined in the DSM-5 as well as to identify the evidenced-based multidisciplinary model to understand and treat children with chronic pain.

3. Mark Lumley, Ph.D. (10:45-11:30a) = Understand the role that inhibited or avoided emotions play in patients with some chronic pain disorders, and techniques for accessing and processing them.

4. Jared Skillings, Ph.D., ABPP (11:30a-12p) = Identify 3 ways to integrate biopsychosocial-spiritual care methods into cognitive-behavioral case conceptualizations.

5. John H. Porcerelli, Ph.D., ABPP (1:30-2:30p) = Describe the three types of psychological assessments that occur in primary care settings.

6. Maisa Ziadni, M.A. & Heather Doherty, M.A. (2:30p-3p) = Learn how an emotion-focused interview can be conducted in a primary care setting for patients with unexplained medical symptoms, and the effects of this interview on patients’ symptoms.


8. Aaron S.B. Weiner, Ph.D. (4-4:30p) = Learn to assess and properly diagnose opioid use disorder, as well as understand evidence-based treatment options.
Eligibility for Continuing Education Credits:

The Michigan Psychological Association (MPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The MPA maintains the responsibility for the program and its content. In accordance with APA rules, those arriving more than 15 minutes late or leaving more than 15 minutes early will be unable to obtain continuing education credits.

The Nuts and Bolts of Integrated Care

<table>
<thead>
<tr>
<th>Time</th>
<th>Type</th>
<th>Speaker</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td>Introduction</td>
<td>Christopher Sterling, PsyD</td>
<td>Welcome to the MPA Spring Convention!</td>
</tr>
<tr>
<td>8:45am</td>
<td>Keynote Address</td>
<td>Jared L. Skillings, PhD, ABPP</td>
<td>Integrated Care: Pennies, Problems, and Promises</td>
</tr>
<tr>
<td>9:30am</td>
<td>Symposium</td>
<td>Brittany Barber Garcia, PhD</td>
<td>Psychological Treatment of Pain and Somatic Symptom Disorders in Children and Adolescents</td>
</tr>
<tr>
<td>10:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:45am</td>
<td>Symposium</td>
<td>Mark Lumley, PhD</td>
<td>Emotions matter! On the Value of Emotional Awareness and Expression for Patients with Chronic Pain and Related Disorders</td>
</tr>
<tr>
<td>11:30am</td>
<td>Symposium</td>
<td>Jared L. Skillings, Ph.D., ABPP</td>
<td>Developing a Biopsychosocial Framework for Cognitive-Behavioral Therapy: Towards a Holistic CBT</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Lunch &amp; MPA annual awards</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30pm</td>
<td>Symposium</td>
<td>John H. Porcerelli, Ph.D., ABPP</td>
<td>Psychological Assessment in Primary Care</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Graduate Student Research Review</td>
<td>Maisa Ziadni, M.A. Heather Doherty, M.A.</td>
<td>The effects of a stress, emotion, and health interview for patients with medically unexplained symptoms in primary care.</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Coffee Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:15pm</td>
<td>Symposium</td>
<td>Dane VerMerris, Ed.D.</td>
<td>Psychological Treatment of Trauma-based Pain Syndromes in Adults</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Symposium</td>
<td>Aaron S.B. Weiner, Ph.D.</td>
<td>Opioid Use Disorders: Evidence-based Assessment &amp; Treatment</td>
</tr>
<tr>
<td>4:30pm</td>
<td>Wrap up</td>
<td>Christopher Sterling, Psy.D.</td>
<td>Feedback &amp; Evaluations</td>
</tr>
<tr>
<td>5:00 – 5:30 p.m.</td>
<td>MPA Annual Business Meeting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Faculty (in order of appearance):

- Jared L. Skillings, Ph.D., ABPP
  (Director of Behavioral Medicine, Spectrum Health; MPA Board Member)
- Brittany Barber Garcia, Ph.D.
  (Pediatric Psychologist, Spectrum Health; MPA Board Member)
- Mark Lumley, Ph.D.
  (Director of Clinical Training, Wayne State University Psychology Department)
- John H. Porcerelli, Ph.D., ABPP
  (Director of Behavioral Medicine, Wayne State University Family Medicine Residency)
- Maisa Ziadni, M.A. & Heather Doherty, M.A.
  (Advanced Psychology Graduate students, Wayne State University)
- Dane VerMerris, Ed.D.
  (Rehabilitation Psychologist, Hope Network NeuroRehabilitation; MPA Past-President)
- Aaron S.B. Weiner, Ph.D.
  (Director, Spectrum Health Substance Abuse & Rehabilitation Program; MPA Social Media Coordinator)
Hotel Reservation Information

The 2016 MPA Spring Convention is being held at the Henry Center, part of Michigan State University in Lansing. A limited block of rooms at the Candlewood Suites, attached to the Henry Center will be held until March 10th at a cost of $95 each. When making your reservation, let Candlewood Suites know you are with the MPA Convention. For Reservations call: 517-351-8181.

The James B. Henry Center for Executive Development

3535 Forest Road • Lansing, MI 48910

Basic directions: Exit US 127 at the Jolly Road exit (1st exit north of I-96 intersection). At the end of the exit ramp turn left (east) on Dunkel. Turn left (north) on Collins Road. In approximately one mile, turn left (west) on Forest Road. The Henry Center for Executive Development and Candlewood Suites is located on the immediate right.

For a comprehensive list of things to see and do in and around Lansing/East Lansing, go to www.lansing.org.
Registration Form

MPA Spring Convention 2016
Friday, April 8, 2016
The Nuts and Bolts of Integrated Care
The Henry Center, Michigan State University, Lansing, MI.

Please print legibly name and degree as you would like them to appear on your badge:

<table>
<thead>
<tr>
<th>Name</th>
<th>Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Street</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Registration Fees: Check appropriate box. Early Bird Rate ends March 18, 2016.

**EARLY BIRD REGISTRATION**

| MPA Members: | $165 |
| Non-MPA Members: | $215 |
| MPA Student Members: | $50 |
| Non-MPA Student Members: | $95 |

**REGULAR REGISTRATION**

| MPA Members: | $180 |
| Non-MPA Members: | $230 |
| MPA Student Members: | $60 |
| Non-MPA Student Members: | $105 |

Total Amount Due: $

- Please check to receive a membership application. When applying for membership you may register for the conference at the member rate. Membership will cover 2016 dues.
- Check enclosed. Please make payable to “Michigan Psychological Association”
- Please charge my credit card: Mastercard
- Visa
- Discover
- American Express

Name on credit card: _________________________________________________________

Card Number: _______________________________________________________________

Expiration Date: _____/_____

3-digit code from back of card: ______ (required for processing)

(For A.E. – 4-digit code on front of card)

Signature: _________________________________________________________________

Register online at www.michiganpsychologicalassociation.org
or send in completed registration form by mail/fax/email to:

Michigan Psychological Association
124 W. Allegan, Suite 1900, Lansing MI 48933

Phone: (517) 347-1885 or 800-270-9070 Fax: (517) 484-4442
Email: office@michiganpsychologicalassociation.org