



2023 Supervisor Training Day

FRIDAY, OCTOBER 20, 2023 | 9:00AM - 12:00PM ET

+ CBT FOR ADULT ADHD: AN IMPLEMENTATION-FOCUSED APPROACH

J. Russell Ramsay, PhD, ABPP, Independent Practice

PROGRAM DESCRIPTION:

Adult ADHD is one of the more impairing syndromes encountered in outpatient psychology and psychiatry clinical practices. The worldwide prevalence of adult ADHD is estimated at around 3% (4.4% in the US). CBT for adult ADHD is an evidence-supported psychosocial treatment, but its clinical implementation is made difficult because clients with adult ADHD struggle with follow-through on their intentions and goals despite knowing what to do—that is, ADHD is a performance problem, not a knowledge problem. Consequently, the current session offers an implementation-focused approach to delivering CBT for adults with ADHD.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Summarize the contemporary understanding of the nature of ADHD and its relationship to the neurodiversity needs of individuals with ADHD from diverse backgrounds and that provides the targets and outcome goals in CBT for adults with ADHD.
- Describe the presenter's proposal for the chief cognitive theme observed in clinic-referred adults with ADHD as well as the primary behavioral coping response seen in adults with ADHD.
- Identify at least one coping strategy from each of the component parts of this CBT approach for adult ADHD to use in their clinical practice and at least one coping strategy for each of the presenting problems of procrastination, poor time management, and social/interpersonal functioning to use in clinical practice.

ABOUT THE PRESENTER

Russell Ramsay, PhD, ABPP is a licensed psychologist specializing in the assessment and psychosocial treatment of adult ADHD. Before retiring from the University of Pennsylvania in June 2023 to start his independent telepsychology practice, he was professor of clinical psychology and co-founder and clinical director of PENN's Adult ADHD Treatment and Research Program. He has served terms on the professional advisory boards of the major ADHD organizations and is on the editorial board of the Journal of Attention

Disorders He has lectured internationally, is frequently quoted by media outlets, and is widely published, including five books on adult ADHD (with #6 and #7 due in 2024). Dr. Ramsay is a CHADD Hall of Fame inductee.

SUGGESTED READINGS

- Knouse, L. E., Teller, J., & Brooks, M. A. (2017). Meta-analysis of cognitive-behavioral treatments for adult ADHD. *Journal of Consulting and Clinical Psychology, 85*(7), 737-750. doi: 10.1037/ccp0000216
- Kooij, J. J. S., Bijlenga, D., Salerno, L., Jaeschke, R., Bitter, I., Balázs, J., Thome, J., Dom, J., Kasper, S., Nunes Filipe, C., Stes, S., Mohr, P., Leppamaki, S., Casas, M., Bobes, J., McCarthy, J. M., Richarte, V., Kjemis Philipsen, A., Pehlivanidis, A., Niemela, A., Styr, B., Semerci, B., Bolea-Almanac, B., ... Asherson, P. (2019). Updated European consensus statement on diagnosis and treatment of adult ADHD. *European Psychiatry, 56*, 14-34. doi: 10.1016/j.eurpsy.2018.11.001
- Ramsay, J. R. (2017). The relevance of cognitive distortions in the psychosocial treatment of adult ADHD. *Professional Psychology: Research and Practice, 48*(1), 62-69. doi: 10.1037/pro0000101

TARGET AUDIENCE: Doctoral Level Psychologists and Other Mental Health Professionals

LEVEL OF INSTRUCTION: Intermediate

NUMBER OF CE CREDITS OFFERED: 3

⊕ THE ETHICS OF CREATING A PROFESSIONAL WILL: WHAT IS IT AND DO I NEED ONE?

Alex M. Siegel, JD, PhD & Karen Eselson Belding, PsyD

PROGRAM DESCRIPTION:

Most mental health professionals live in a state of dissonance: the knowledge of our own mortality and no written plan for our practices and patients should we become incapacitated or die. This presentation will address the ethical principles underlying a professional will and describe what should be included in a professional will. Drs. Belding and Siegel will weave in clinical examples from their own practices into a lively discussion of how and why providing continuity for our patients after our death is an essential part of caring for our patients. The presentation will focus on the many regulatory and ethical issues underpinning the necessity of such planning. It will address some real life details such as choosing a professional executor, providing for confidentiality of records, notifying patients of your plan, organizing access to your premises and dealing with passwords and locations of records.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Identify ethical principles underlying the necessity of a professional will
- Describe the differences between a personal will and a professional will
- Discuss 3 key aspects/areas a professional will should cover
- Explain 2 reasons why it is important to inform your patients of your professional will

ABOUT THE PRESENTERS

Dr. Alex M. Siegel is an attorney and clinical psychologist. Dr. Siegel was appointed to the Pennsylvania State Board of Psychology and served on the Board for 13 years, 6 of which as Chair. In 2005, Dr. Siegel was elected to the Board of Directors of the Association of State and Provincial Psychology Boards (ASPPB). He was elected President of ASPPB in 2008. Currently, Dr. Siegel is the Director of Professional Affairs (DPA) for ASPPB. In his role as DPA, he serves as a liaison between ASPPB and state and national psychological associations. He is also Chair of the ASPPB Model Act and Regulations Committee (MARC). Dr. Siegel has spent most of his professional career examining the interface between ethics and professional laws and regulations with the professional practice of psychology.

Dr. Karen Eselson Belding is a clinical psychologist. She has been in private practice for 34 years. Prior roles have included working as the Assistant Director of the Women's Center at Belmont, and as Co-Clinical Director of the Renfrew Center in Philadelphia. Dr. Belding's areas of interest include eating disorders, trauma, and working within a mindfulness model. Dr. Belding has personal experience facilitating patient care following a colleague's death which required extensive research on the implementation of best practices to manage the loss of a treating psychologist.

SUGGESTED READINGS

- American Psychological Association. <https://www.apaservices.org/practice/business/management/sample-professional-will.pdf>
- American Psychological Association (2018). Further instructions in preparing a professional will. *Good Practice* (December 5, 2018).
- American Psychological Association. (2014). Your professional will: Why and how to create. *Good Practice, Spring/Summer*, 12-15.
- Association of State and Provincial Psychology Boards. (2020). Guidelines for closing a psychology practice https://cdn.ymaws.com/www.asppb.net/resource/resmgr/guidelines/asppb_guidelines_for_closing.pdf
- Scropo, J. (2020). What mental health professionals need to know and do about their professional retirement. *Practice Innovations*, 5(2), 81-91. <https://doi.org/10.1037/pri0000114>
- Thomas, J. T. (2015). Closing a Practice: practical, ethical and clinical dimensions. *The National Psychologist*, 24, 16.

RELEVANT WEBSITES

- Trust Insurance. <https://www.trustinsurance.com>
- San Diego Psychology Association-PRID

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