



## 14<sup>th</sup> Annual Zarrow Mental Health Symposium

# **RELATIONSHIPS**

September 18-19, 2008 • Tulsa Marriott Southern Hills

***The Zarrow Mental Health Symposium is an annual educational forum designed to provide state-of-the-art research and practice information about current issues related to the mental health of our community.***

### **Purpose:**

The 2008 Zarrow Symposium will bring together local, state, and national leaders to discuss best practice and research-based programs in mental health treatment and prevention. The Symposium will focus on current clinical, neurodevelopmental, and educational research, best practices, and model programs that address a wide range of relationship related dynamics often associated with the diagnosis and treatment of children, adolescents, and adults. Biological, psychosocial, family support, and cultural related concerns will also be incorporated.

### **Objectives:**

Participants in the Symposium may pursue one or more of the following objectives:

- Discuss the positive and negative impacts digital media has on relationships, including boundaries, sexuality, and communication.
- Discuss strategies of self-care as a means to avoid professional burnout, while improving client relationships and outcomes.
- Describe the neurobiology of the developing social brain and the role it plays in determining how we interact and form relationships with others.
- Identify and discuss how the intersection of relationships and cultural competence affects health, careers, service design, community climate, and social justice.

In addition to 5 plenary sessions, the conference will offer 27 90-minute workshops combining innovative approaches to treatment, best practice models, and ethical professional practice. Content will be focused on the concerns of social workers; licensed professional counselors; licensed marriage and family therapists; physicians; psychologists; certified alcohol and drug counselors; licensed alcohol and drug counselors; and other professionals engaged in social services, education, law enforcement, and the judicial system.

See [www.mhat.org](http://www.mhat.org) for more information, including on-line registration, or contact the Mental Health Association in Tulsa at (918)585-1213.

## 2008 ZARROW SYMPOSIUM – RELATIONSHIPS

September 18-19, 2008 • Tulsa Marriott Southern Hills

### CONFERENCE AGENDA

#### 14.25 TOTAL CEUs

All sessions qualifying for CMEs for physicians are noted with an asterisk (\*) – 12.5 CME Hours

All sessions qualifying for ODMHSAS Supervisory Hours are noted with a diamond (◆) – 8.25 Hours

#### THURSDAY, September 18

7:30 – 5:00	<b>On-site Registration and Check-in</b>
8:15 – 8:30	<b>Welcome</b>
8:30 – 10:00*	<b>Opening Plenary – Part 1:</b> <b>Cyber.Rules: Digital Culture and the Changing Face of Relationships</b> Joanie Gillispie, Ph.D. <i>Psychologist, Author, Cyber Rules: Negotiating Healthy Internet Use, A Guide for Clinicians, Educators, and Parents, San Francisco, CA</i>
10:15- 11:45*	<b>Opening Plenary – Part 2:</b> <b>Cyber.Rules: Digital Culture and the Changing Face of Relationships</b> Joanie Gillispie, Ph.D. <i>Psychologist, Author, Cyber Rules: Negotiating Healthy Internet Use, A Guide for Clinicians, Educators, and Parents, San Francisco, CA</i>
11:45 – 1:30◆	<b>Working Lunch Plenary:</b> <b>Better Bend than Break: Self Care for Counselors</b> Daniel Smith, MA, LCSW, NCGCii, CCGC, SAP, CISD <i>Assessment Counseling Solutions, St. Louis, MO</i>
1:45 – 3:15	<b>Breakout Session One:</b>
1-A*◆	<b>ETHICS – Ethics and Competency Based Services to GLBTQQ Clients and Their Families</b> Beverly Duffield, Ph.D., LCSW, LMFT <i>Private Practice, Tulsa, OK</i> Bob Hulsey, LPC <i>The Williams Companies, Tulsa, OK</i> Gay Phillips, Ph.D. <i>Barton-Phillips &amp; Associates, Tulsa, OK</i> Bud Abbott, M.S. <i>Mental Health Advocate, Tulsa, OK</i>
1-B	<b>Grace, Trust, and Hope: Rebuilding Relationships in Recovery</b> Daniel Smith, MA, LCSW, NCGCii, CCGC, SAP, CISD <i>Assessment Counseling Solutions, St. Louis, MO</i>
1-C	<b>Why do Opposites Attract Only to Ultimately Drive Each Other Crazy?!</b> David Leifeste, M.S., LPC <i>Private Practice, Tulsa, OK</i>
1-D*	<b>Depression in Later Life: A Biopsychosocial Model</b> Jimmie McAdams, D.O. <i>Laureate Psychiatric Clinic and Hospital, Tulsa, OK</i>

1-E*	<p><b>Dyadic Developmental Psychology: The Use of Relationships in the Treatment of Attachment Disorders</b>  Marcialee Ledbetter, M.D.  <i>Shadow Mountain Behavioral Health/Riverside, Tulsa, OK</i>  Grey McKellar, MSW, LCSW  <i>Shadow Mountain Behavioral Health/Riverside, Tulsa, OK</i></p>
1-F	<p><b>Enhancing the Parent Child Relationship Through Positive Discipline</b>  Barbara Wright, LPC, CCPS  <i>Norman Behavioral Health Group, Norman, OK</i></p>
1-G♦	<p><b>Managing Conflict in the Workplace</b>  Lela French, LCSW, CEAP  <i>American Airlines, Tulsa, OK</i>  Georgia Wykoff, LCSW  <i>Private Practice, Tulsa, OK</i></p>
1-H*	<p><b>Social Role Return Following Traumatic Brain Injury</b>  Rolf B. Gainer, Ph.D.  <i>Brookhaven Hospital, Tulsa, OK</i></p>
1-I	<p><b>Sharing the Light: Finding Hope and Maintaining Relationships After a Suicide</b>  Amber Guerrero, M.A., C-RSS  <i>ODMHSAS, Oklahoma City, OK</i></p>
<b>3:30 – 5:00</b>	<b>Breakout Session Two:</b>
2-A*	<p><b>ETHICS – Ethical Dilemmas in a Changing World: Technology, Managed Care, and Evidence-Based Practice</b>  Lanny Endicott, D.Min, MSSW, LCSW, LMFT  <i>Oral Roberts University, Tulsa, OK</i></p>
2-B	<p><b>Stuck in Abusive Relationships</b>  Missy Iski, MA, LPC, LMFT  <i>DVSI/Call RAPE, Private Practice, Tulsa, OK</i></p>
2-C	<p><b>Understanding Forgiveness: Key to Healthy Relationships</b>  Tim Peterson, LPC, LMFT  <i>Laureate Psychiatric Clinic and Hospital, Tulsa, OK</i></p>
2-D*	<p><b>Addictions' Impact on Relationships: A Bio-Psych-Social Perspective</b>  Dan Cross, M.Div., LADC  <i>Native Health Systems, Tulsa, OK</i></p>
2-E*	<p><b>Motivating and Helping Patients to Make Health Behavior Changes</b>  Teri Bourdeau, Ph.D.  <i>OSU-Center for Health Sciences, Tulsa, OK</i>  Vivian Stevens, Ph.D.  <i>OSU-Center for Health Sciences, Tulsa, OK</i></p>
2-F	<p><b>When Our Heroes Come Marching Home: Re-establishing Relationships at Home Following Deployment</b>  Melissa Slagle, MSSW, LCSW, LMFT, CTS  <i>Living Solutions Crisis Management Training and Consulting, Cleveland, OK</i></p>
2-G	<p><b>Rethinking the Relationship Changes of Caregiving</b>  Ruth Kolb Drew, MS, LPC  <i>Alzheimer's Association of Oklahoma and Arkansas, Tulsa, OK</i></p>

2-H	<b>Attachment Parenting: Promoting Secure Parent-Child Attachment Relationships</b> Susan Martinez, MA, LMFT <i>Private Practice, Broken Arrow, OK</i>
2-I	<b>Methods for Strengthening and Improving Marriages</b> Dale Doty, MSW, Ph.D., LMFT, LCSW <i>Christian Family Institute, Tulsa, OK</i>
5:00	<b>Evaluations and CEU Distribution</b> Total CEUs for the Day – 7.25 Hours
5:30 – 7:30	<b>Mental Health Town Hall: Mental Health Matters</b> Hear how candidates respond to questions related to mental health and substance abuse. Free and open to the public. <b>Welcome reception begins at 5:30 and Town Hall at 6:00 p.m.</b>

**FRIDAY, September 19**

7:30 – 4:45	<b>On-site Registration and Check-in</b>
8:15 – 8:30	<b>Welcome</b>
8:30 – 10:15*	<b>Morning Plenary</b> <b>The Social Brain</b> Louis Cozolino, Ph.D. <i>Pepperdine University / Author, The Neuroscience of Human Relationships, Beverly Hills, CA</i>
10:30 – 12:00	<b>Breakout Session Three:</b>
3-A*♦	<b>ETHICS – Ethical Issues in Supervisor-Supervisee Relationships</b> Al Carlozzi, Ed.D., LMFT <i>Licensed Psychologist, OSU-Tulsa, Tulsa, OK</i>
3-B	<b>Relating the Girl Way: Creative Approaches to Work with Girls</b> Kristal Nicholson, MA, LPC <i>OU National Resource Center for Youth Services, Tulsa, OK</i> Cathy Olberding, M.Ed., LPC <i>Office of Juvenile Affairs</i>
3-C*	<b>The Importance of Relationships and Social Networks Among People with a Co-Occurring Disorder</b> Mary E. Dillon, MSW, Ed.D. <i>OK-COSIG, Tulsa, OK</i> Andrew Cherry, DSW, ACSW <i>University of Oklahoma School of Social Work – Tulsa, Tulsa, OK</i> L.D. Barney, LADC <i>St. Anthony's Hospital, Oklahoma City, OK</i>
3-D	<b>The Process of Forgiveness and Mental Health</b> Rita L. McCarthy, LMFT <i>Private Practice, Tulsa, OK</i>
3-E	<b>Trust: The Basis of All Relationships</b> Judith K. Adams, Ph.D., LMFT, LADC <i>Private Practice, Tulsa, OK</i>
3-F*	<b>Borderline Personality Disorder: A Relational Perspective</b> Jeff Riggenbach, Ph.D., LPC <i>Laureate Psychiatric Clinic and Hospital, Tulsa, OK</i>

3-G*	<b>Returning Veterans: Issues to Consider in Relationships and Family</b> Beth Jeffries, Ph.D. <i>Jack C. Montgomery Veteran's Hospital, Muskogee, OK</i> Nanette Waller, MSW <i>Jack C. Montgomery Veteran's Hospital, Muskogee, OK</i>
3-H	<b>Collaborative Divorce: For Children, There is a Better Way</b> William B. Berman, Ph.D. <i>Christian Family Institute/Divorce Transition Services, Tulsa, OK</i>
3-I*	<b>Pursuing Happiness: Strengths-Based Therapy Using Positive Psychology</b> Mark Liston, Ed.S., LPC <i>Institute of Counseling Prayer, Joplin, MO</i>
12:00 – 1:45*	<b>Working Lunch Plenary: The Healthy Aging Brain: Sustaining Attachment, Maintaining Wisdom</b> Louis Cozolino, Ph.D. <i>Pepperdine University / Author, The Neuroscience of Human Relationships, Beverly Hills, CA</i>
2:00 – 3:15*◆	<b>Closing Plenary – Part 1: The Intersection Between Relationships and Cultural Competence: Getting Beyond Maybe</b> King Davis, Ph.D. <i>University of Texas at Austin School of Social Work, Austin, TX</i>
3:30 – 4:45*◆	<b>Closing Plenary – Part 2: The Intersection Between Relationships and Cultural Competence: Getting Beyond Maybe</b> King Davis, Ph.D. <i>University of Texas at Austin School of Social Work, Austin, TX</i>
4:45	<b>Evaluations and CEU Distribution</b> Total CEUs for the Day – 7:00 Hours

**Total Conference CEUs – 14.25 Credit Hours**

**\*CME – 12.5 Credit Hours**

**◆ODMHSAS Supervisory Hours – 8.25**

### **Continuing Education Credits:**

The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training, is accredited by the Oklahoma State Medical Association (OSMA) to sponsor continuing medical education for physicians. This activity has been planned and implemented in accordance with the Essentials and Policies of the OSMA through the joint sponsorship of the Institute for Mental Health and Substance Abuse Education and Training and the Mental Health Association in Tulsa. The Institute for Mental Health and Substance Abuse Education and Training has approved 12.5 credit hours in Category I of the Physician's Recognition Award of the American Medical Association for this medical education activity. **Workshops are identified with an asterisk (\*).**

The Institute has approved 14.25 credit hours for social workers, certified alcohol and drug counselors, licensed alcohol and drug counselors, certified prevention specialists, certified recovery support specialists, psychologists, licensed professional counselors, and licensed marital and family therapists attending this seminar.

The Institute for Mental Health and Substance Abuse Education and Training has approved 8.25 credit hours for Supervisory credit for ODMHSAS employees. **Workshops are identified with a diamond (◆).**

The Institute has applied for CEUs for Licensed Behavioral Practitioners. Please check with the LBP Licensure Board, or see [www.mhat.org/zarrow/continuingEd.htm](http://www.mhat.org/zarrow/continuingEd.htm) for information regarding approved content.

A CEU verification form will be given to all participants to fill out for their CEUs. Participants will need to keep this form for their records. Please indicate on the registration form the type of CEU credit required.

### **How to Receive Your Certificate of Attendance**

Certificates of attendance will be distributed at the end of the seminar. If you have an emergency and are unable to complete the seminar, you may pick up a certificate before you leave which will reflect the actual hours you were in attendance. Participant evaluation forms must be submitted in order to receive continuing education credit and a certificate of attendance.

### **Special Accommodations**

Sign language interpreters or assistive listening devices will be made available if needed. These or other requests should be indicated on the registration form. Conference organizers will contact you for specifics. Please allow a minimum of one week's notice. To discuss requests, call (918) 382-2409.

### **Scholarships**

Please note: A limited number of scholarships are available for participants with financial need, with primary consideration given to mental health consumers and their family members. Please call (918)585-1213 to request an application or download the form from [www.mhat.org](http://www.mhat.org). Deadline to apply is 8/20/2008.

## **Candidates' Town Hall: Mental Health Matters**

**Thursday, September 18<sup>th</sup>**

Council Oak Ballroom • Tulsa Marriott Southern Hills

Make plans to join us for an evening of moderated discussion with legislative candidates. Learn where they stand on important issues related to mental health and substance abuse.

**This candidates' forum is co-sponsored by:**

Mental Health Association in Tulsa

NAMI-Oklahoma

Oklahoma Mental Health Consumer Council

**Welcome Reception 5:30 p.m.**

**Town Hall begins at 6:00 p.m.**

Free and open to the public.

# REGISTRATION AND FEES – 2008 Zarrow Mental Health Symposium

The Tulsa Marriott Southern Hills has reserved a limited number of rooms for symposium participants at a special conference rate of \$73, single/double. If you need overnight accommodations, please contact the hotel at (918)493-7000. Room rates are subject to state and local taxes and reservations must be made on or before September 1, 2008 to qualify for the conference rate.

**Complete this conference registration and mail with payment or FAX to: Mental Health Association in Tulsa**  
 1870 S. Boulder • Tulsa, OK 74119  
 Phone (918)585-1213 • Fax (918)585-1263

(Please Print)

Name: \_\_\_\_\_

Occupation/Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**Continuing Education Credit:** If you are requesting Continuing Education Credit, check the appropriate professional field(s):

- |  |                               |                                |                                      |
|--|-------------------------------|--------------------------------|--------------------------------------|
| <input type="checkbox"/> CME (physician) | <input type="checkbox"/> LPC  | <input type="checkbox"/> CADC  | <input type="checkbox"/> LBP*        |
| <input type="checkbox"/> Psychologist    | <input type="checkbox"/> LMFT | <input type="checkbox"/> LADC  | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> LCSW            | <input type="checkbox"/> CRC  | <input type="checkbox"/> C-RSS |                                      |

\*Please check with the LBP Licensure Board, or see [www.mhat.org/zarrow/continuingEd.htm](http://www.mhat.org/zarrow/continuingEd.htm) for more information on approved content.

## REGISTRATION

All registrations include cost of training, continental breakfast, and lunch.

**Early Bird -  
on or before  
9/2/08**

Regular -  
after 9/2/08

Please circle your workshop preferences for Thursday, 9/18:

- |                                      |                                |                                |
|--------------------------------------|--------------------------------|--------------------------------|
| Full Conference – 9/18-19            | <input type="checkbox"/> \$150 | <input type="checkbox"/> \$195 |
| Thursday Only – 9/18                 | <input type="checkbox"/> \$90  | <input type="checkbox"/> \$115 |
| Friday Only – 9/19                   | <input type="checkbox"/> \$90  | <input type="checkbox"/> \$115 |
| Student* - Full Conference – 9/18-19 | <input type="checkbox"/> \$85  | <input type="checkbox"/> \$100 |
| Student* - Thursday Only – 9/18      | <input type="checkbox"/> \$45  | <input type="checkbox"/> \$60  |
| Student* - Friday Only – 9/19        | <input type="checkbox"/> \$45  | <input type="checkbox"/> \$60  |

- Session 1: 1-A 1-B 1-C 1-D 1-E 1-F 1-G 1-H 1-I  
 Session 2: 2-A 2-B 2-C 2-D 2-E 2-F 2-G 2-H 2-I

Please circle your workshop preference for Friday, 9/19:

- Session 3: 3-A 3-B 3-C 3-D 3-E 3-F 3-G 3-H 3-I

\*To qualify for the student rate you must submit a photocopy of your current student identification card, and if you are a college or graduate student, submit proof of enrollment in at least nine credit hours for the 2008 fall semester. Fax to: Zarrow Registration, (918)585-1263, or mail to: Zarrow Registration, Mental Health Association in Tulsa, 1870 S. Boulder, Tulsa, OK 74119-5234.

## PAYMENT

To qualify for the early bird registration rate, payment must be received on or before September 2, 2008. If paying by purchase order (PO), you must mail or fax a copy of the purchase order with the names of the attendee(s) included on the PO.

Payment Type:  Check or Money Order (Made payable to the Mental Health Association in Tulsa - enclosed)

Visa  MasterCard  Purchase Order # \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration \_\_\_\_\_ Card ID # \_\_\_\_\_ (last 3 digits on reverse)

Signature \_\_\_\_\_ (As it appears on your card)

Require special accommodations as follows:  Vegetarian meals  Other: \_\_\_\_\_

## REFUND POLICY

A complete refund for conference registration will be made only if written notification is made to the Mental Health Association in Tulsa on or before September 10, 2008. Registration fees are not transferable to future events.

## 2008 Zarrow Mental Health Symposium Plenary Presenters:



### **Joanie Gillispie, Ph.D.**

Dr. Joanie Farley Gillispie is a clinical psychologist who recently left private practice in San Francisco, California to focus on teaching and research related to the impact of digital culture. She is the co-author of *Cyber Rules: Negotiating Healthy Internet Use, a Guide for Clinicians, Educators, and Parents*, and has presented her findings globally, including at the 2007 Oxford Internet Institute, hosted by Oxford University, and at the 1<sup>st</sup> World Congress of Sexual Health in Sydney Australia. Dr. Gillispie has also done numerous national and international radio interviews and workshops with schools, community and professional organizations about the off-line effects of our on-line lives.



### **Daniel Smith, MA, LCSW, NCGCii, CCGC, SAP, CISD**

Daniel Smith is a licensed clinical social worker and a designated Board Approved Clinical Consultant for the Gambling Counselor Certification Board, National Council on Problem Gambling, Inc. in Washington, D.C. Smith also serves as Clinical Director of BetNoMore Gambling Programs with Assessment Counseling Solutions in St. Louis, Missouri, where he counsels dual diagnosis, gambling, and substance dependent clients. Since 1989, he has presented a wide range of mental health and wellness topics both nationally and internationally, and is a popular speaker on topics of recovery, spirituality, and clinical training. His most recent major workshops cover self-care and grief. Recent publications include *Grace and Trust* and *A Simple Guide to The TwelveSteps*.



### **Louis Cozolino, Ph.D.**

Dr. Louis Cozolino is a professor of psychology at Pepperdine University and maintains a private practice in Beverly Hills, California. He is the author of numerous publications and books, including *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain*, and *The Healthy Aging Brain: Sustaining Attachment, Attaining Wisdom*, scheduled for release in September 2008. Dr. Cozolino has taught and done presentations internationally, including his work as a visiting lecturer at the Smithsonian Institute and Harvard University. Back by popular demand, Dr. Cozolino was the closing plenary presenter for the 2003 Zarrow Symposium and is known for taking complex neurobiological research and theory and putting them into terms that are not only easy to understand, but also can be applied to everyday practice.



### **King Davis, Ph.D.**

Dr. King Davis holds the Robert Lee Sutherland Endowed Chair in Mental Health and Social Policy at the University of Texas at Austin, School of Social work. From 2003 – 2008, he served as Executive Director of the Hogg Foundation for Mental Health. Dr. Davis has written and published numerous articles and reports on mental health, managed health care, fund raising, and social justice. His book, *The Color of Social Policy*, was published in 2004. He also recently served on the Surgeon General's Workgroup on Mental Health, Culture, Race and Ethnicity and helped write the draft report on cultural competence for the President's New Freedom Commission on Mental Health (2003). Dr. Davis was the opening presenter for the 2006 Zarrow Symposium and received outstanding feedback from conference participants for his unique and thought-provoking

approach to how people relate to one another based on multiple influencing factors including race, ethnicity, cultural biases, socio-economic status, and those things which make us both the same and different from each other.

## **SPONSORS**

The Mental Health Association in Tulsa, in collaboration with the Oklahoma Department of Mental Health and Substance Abuse Services (DMHSAS), would like to thank the following individuals and sponsors for their generous support:

### **Co-Sponsors**

- Alzheimer's Association of Oklahoma and Arkansas
- Associated Centers for Therapy
- Brookhaven Hospital
- Phyllis and George Dotson
- Fair Isaac – Tulsa
- Family & Children's Services
- Gay and Lesbian Fund for Tulsa
- Grace Hospice
- Laureate Psychiatric Clinic and Hospital
- OSU Medical Center
- OU Physicians
- Parkside Psychiatric Hospital and Clinic
- Shadow Mountain Behavioral Health
- St. John Medical Center
- Valeo Community Residential Program
- Valley Hope Association
- Youth Services of Tulsa
- YWCA of Tulsa

### **Community Partners**

- 2-1-1/Community Service Council
- Christian Association for Psychological Studies
- Goodwill Industries of Tulsa
- Indian Health Care Resource Center
- NAMI Oklahoma
- Oklahoma Disability Law Center
- Oklahoma Mental Health Consumer Council
- Oklahoma State Board of Licensed Alcohol and Drug Counselors
- Salvation Army
- Tulsa Day Center for the Homeless
- Volunteers of America of Oklahoma

**This conference was funded in part by an educational grant\* from:  
Eli Lilly and Company**

## **WE GRATEFULLY ACKNOWLEDGE THE SUPPORT PROVIDED BY THE ZARROW FAMILIES**

### **2008 Zarrow Mental Health Symposium Planning Committee**

Andy Cherry, Mary Dillon, Sarah Dunn, Renee Foster, Deborah Hunter, Becky Kirk, Phil Lowe, Rosa Martinez-Harris, Kristal Nicholson, Tim Peterson, Kurt VanMatre, Jane Vantine, Richard Wansley, and Irene Warwick

\*Educational grant providers have no control over conference content. No personally identifiable information about our registrants is provided to grant supporters.