

The Knowledge Tree

1640 Powers Ferry Road, Building 9, Suite 250, Marietta, Georgia 30067, 404-913-2005, www.TheKnowledgeTree.org

Health Psychology for Non-Health Psychologists: Strategies for Working with Clients with Chronic Illness - 3 CEUs

When and Where:

- **Date:** Friday, September 29, 2023
 - If you cannot attend this workshop on 9/29, you can pre-register for the on-demand version here: <https://www.theknowledgetree.org/p/health-psychology-online>
- **Time:** 1:00pm – 4:15pm *Eastern Time*
- **CE Hours Included:** 3 Core
- **Location:** Live Interactive Webinar (“Synchronous”) on Zoom
- **Investment:** \$87 before Friday, September 15th at 5:00pm *Eastern Time*, \$97 after
- **Presented by:** Jennifer Steiner, Ph.D., ABPP (see bio below)
- **Instruction Level:** Intermediate
- **Workshop Recording:** A recording of this workshop will be available to review for 60 days, and should be available within two weeks of the live presentation. However, participants must attend live to receive the "Synchronous" CE Certificate.
- **Target Audience:** Psychologists, Counselors, Social Workers, Marriage & Family Therapists, Psychotherapists, Other Mental Health Professionals

Educational Objectives:

In this workshop, you will learn how to:

- Identify at least three common conditions that may be present in a mental health practice and why.
- Describe at least three ways in which mental health providers can be a critical part of the care package for someone with a medical condition.
- Apply at least three evidence-based strategies for working with individuals with chronic medical illness.
- Explain the neuromatrix theory of pain and its role in the bidirectional relationship between physical and mental health

Workshop Description:

This workshop is designed to provide mental health providers of various backgrounds with an introduction to the subdiscipline of Health Psychology and give insight in how mental health providers can play a pivotal role in the care of clients with chronic medical conditions. This workshop will cover the role of stress as a contributor and exacerbator of both physical and mental health. We will review common chronic medical conditions that may present in a mental health practice (including chronic pain, cardiovascular disease, diabetes, cancer) and discuss how to differentiate between physical illness and psychological distress. Importantly, we will discuss ways to incorporate evidence-based strategies including CBT interventions and Acceptance and Commitment Therapy into work with people with co-morbid medical conditions.

Schedule:

- Introduction to “What is Health Psychology” and why it is important that all mental health providers know a little about this subfield, especially in today’s climate (15min)
- Brief overview of the Biopsychosocial Model and the bidirectional relationship between physical and emotional health -(20 min)
- Common condition #1 Diabetes (25min) – explanation of mental health factors that influence the disease process, the role of mental health, case example and discussion of evidence-based strategies applied to case example
- Common Condition #2 Cardiovascular Disease (25 min)- explanation of mental health factors that influence the disease process, the role of mental health, case example and discussion of evidence-based strategies applied to case example
- Break (15 minutes)

- Common Condition #3 Chronic Pain (25 minutes)- explanation of mental health factors that influence the disease process, the role of mental health, case example and discussion of evidence-based strategies applied to case example
- Common Condition #4 Cancer (25 minutes)- explanation of mental health factors that influence the disease process, the role of mental health, case example and discussion of evidence-based strategies applied to case example
- Application of specific evidence-based strategies not already mentioned, with a specific focus on ACT (40 minutes)
- Question and Answers (5 minutes)

Presented by: Jennifer Steiner, Ph.D., ABPP



Dr. Jennifer Steiner is a board-certified clinical health psychologist, founder of Beyond the Body Health Psychology Services, LLC, and an Adjunct Faculty at Emory School of Medicine. Dr. Steiner is an expert in the field of pain psychology and has worked with patients with chronic pain for over 14 years. Prior to founding her private practice, Dr. Steiner worked as a pain psychologist for the Atlanta VA Healthcare System. Dr. Steiner has trained over 20 psychology interns and postdocs in health psychology and has published multiple scholarly articles on psychological correlates and interventions for chronic pain and coping with cancer. Additionally, Dr. Steiner is a seasoned presenter and has presented on these topics at the regional, national, and international levels. She is committed to furthering both professional and public education on the psychological impact of chronic pain and illness and frequently serves as a guest on various podcasts. Dr. Steiner has also served as a subject matter expert for the Arthritis Foundation and was

recently featured in the Atlanta Jewish Times. Lastly, Dr. Steiner currently serves as President-elect of the Georgia Psychological Association.

3 Core CE Clock Hours Included - Details by License Type Below:

- **PSYCHOLOGISTS:** The Knowledge Tree (TKT) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. TKT maintains responsibility for this program and its content. For more detailed information on the current CE ruling in Georgia, or if you are licensed in another state or country, please [click here](#).
- **COUNSELORS:** The Knowledge Tree has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider (ACEP), ACEP No. 7153. Programs that do not qualify for NBCC credit are clearly identified. The Knowledge Tree is solely responsible for all aspects of the programs. Please [click here](#) for more detailed CE information.
 - Counselors Licensed in Canada: TKT has applied for approval for this workshop through the Canadian Counseling and Psychotherapy Association (CCPA).
- **SOCIAL WORKERS:** TKT has applied for approval for this workshop through the Georgia Society for Clinical Social Work (GSCSW). If you are licensed in another state or country, please [click here](#) for more detailed information.
- **MARRIAGE & FAMILY THERAPISTS:** Many states will accept APA and/or NBCC approved continuing education hours for Marriage & Family Therapists, but please check your specific state's rules & regulations. For Georgia specific information regarding MFT approval, please go to our CE Information page, by [clicking here](#) and scroll down to the map of Georgia.

Registration: To register for individual workshops, you may use our online payment option, or to pay by check you may print and complete the Registration Form and mail or fax it to our office. The registration form is available on our website: www.theknowledgetree.org

Multiple Workshop Special: There is a 10% Discount with registration for two workshops. There is a 15% Discount with registrations for three or four workshops. There is a 20% Discount with registration for five or more workshops.

Refund Policy: Refunds will be given for cancellations received at least **five days** prior to the workshop.

Attendance Policy: 100% attendance is required at any CE program in order to receive credit for that CE program. No partial credit is given.

We are an approved vendor for the U.S. Department of Veterans Affairs for easy reimbursement of educational expenses for VA employees.

For more information about our workshops, please contact us at 404-913-2005 or email us at workshops@theknowledgetree.org