



NORTH CAROLINA
PSYCHOLOGICAL
ASSOCIATION



April 25 & 26, 2025

Spring

CONFERENCE

virtual via Zoom



About the Event

Our 2025 Spring Conference will be held virtually via Zoom on Friday, April 25, 2025 and Saturday, April 26, 2025.

Morning workshops begin at 9:00am and end at 12:15pm with a 15 minute break built-in.

Afternoon workshops begin at 1:30pm and end at 4:45pm with a 15 minute break built-in.

Special thank yous to our CE committee:

Andrew B. Goff, PhD Chair

Hannah Allen, PhD

Marvella A. Bowman, PhD, HSP-P

Lindsey Copeland, PhD

Catherine A. Forneris, PhD, JD

Stephanie Langston, PhD

Joanna L. Mussey, PhD

Trevor C. J. Shannon, PhD

Friday Morning #1: 9:00am-12:15pm

Behavioral Parent Training for Early Onset Behavior Disorders: Using A Common Elements Approach to Leverage Theory, Evidence, and Clinical Experience with Deborah J. Jones, Ph.D., Professor and Associate Chair, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill

Behavior disorders including oppositional defiant disorder and conduct disorder that co-occur with attention deficit hyperactivity disorder are among the most common presenting issues among families of young (3 to 8 years old) children. Without effective treatment, early-onset behavior disorders can predict cascading problems in adolescence and adulthood (e.g., delinquency, depression, substance use), and in turn dramatically increase criminal justice, education, and health care costs for individuals, families, and society. Research shows that Behavioral Parent Training (BPT; also called Behavioral Parenting Interventions, Parent Management Training) works better than any other treatment and is therefore considered the standard of care for early onset behavior disorders; however, there are multiple BPT programs in which clinicians can be trained potentially creating confusion regarding which to use and why. Moreover, BPT training can be expensive and time-intensive, which can be cost-prohibitive to many agencies and providers. Finally, there is a common misconception that because BPT is a “manualized” intervention it does not align with other orientations (e.g. attachment theory) or allow for clinical judgement and experience. To begin to address these challenges, this workshop will: 1) Provide an overview of the common history, theory, and skills that characterize this family of evidence-based interventions; 2) Highlight how understanding these common elements allows clinicians to integrate BPT with other theoretical orientations and techniques that may be relevant to the case conceptualization; and 3) Provide examples regarding how BPT demands clinical judgement and decision making if we are to benefit more children and families.

By the end of this workshop, participants will be able to:

1. describe the seminal role of a clinician in the history of the family of programs we collectively call Behavioral Parent Training (BPT),
2. explain the theory underlying the common format, process, and skills characterizing BPT programs,
3. identify the common skills parents and other caregivers learn to manage child behavior in BPT programs.

Instructional Level: Basic

Educational Format: Didactic instruction, discussion, and small group exercises, including modeling, role-play, and skill building

Instructor: Deborah J. Jones, PhD is Professor and Associate Chair in the Department of Psychology and Neuroscience at the University of North Carolina at Chapel Hill. Her research, teaching, and clinical supervision include a focus on families of children with early-onset behavior disorders. This work includes research aimed at understanding engagement in, mechanisms underlying, and outcomes of Behavioral Parent Training with a particular focus on families historically underrepresented in clinical research and underserved in clinical practice. Dr. Jones’ work has been funded by the Center for Disease Control and Prevention and the National Institutes of Health. She is also the co-author of two books on children’s mental health, including *Parenting the Strong Willed Child: The Clinically Proven Five-Week Program for Parents of Two-to Six-Year Olds*, a self-help book for parents.



(References available upon request)

Friday Morning #2: 9:00am-12:15pm

Schema Therapy: How strengthening the Happy Child and Healthy Adult Modes increases satisfying experiences of intimacy

with Peregrine M. Kavros, PhD, MDiv, MBA

Most couples seen in this practice have not engaged in sex for many years, and they are not comfortable with their current expression of intimacy. One such couple reported that their last experience of intercourse was 18 years prior. Another couple reported that they had infrequent sex, but it was more the default behavior of avoidance of one partner that left the other partner feeling disconnected intimately. Consultations with other therapists noted some improvement, but prior therapy proved limited in addressing core issues. When presenting for consultation with this therapist, the underlying concern was that they were uncomfortable with their emotional and physical expression of love and care. In addition to evaluating each couple's ways of relating intimately and physically, a schema therapy evaluation was conducted to identify early maladaptive schemas (beliefs about the world) and maladaptive coping modes (emotional and behavioral forms of expression). Several interventions, primarily ones utilized within the Schema Therapy model, helped shift the relationship course of these couples. This case presentation includes the obstacles to intimacy that had not been sufficiently addressed in prior therapeutic experiences and the interventions that proved more successful with these challenging couples. Most importantly, the interventions that assisted the couple in strengthening the skills of their Healthy Adult Mode and the play capacity of their Happy Child will be highlighted.

By the end of this workshop, participants will be able to:

1. describe how early maladaptive schemas and maladaptive coping modes can lead to emotional and physical intimacy breakdown by illustrating the thematic mode clashes demonstrated by a couple,
2. identify when the application of Imagery Rescripting will prove beneficial when healing prior trauma related to declining desire or sexual intimacy,
3. identify how the relational strengths demonstrated by the Healthy Adult Mode can enhance and encourage intimate engagement, and
4. demonstrate how developing the Happy Child Mode can modify a maladaptive coping mode

Instructional Level: Intermediate

Educational Format: Lecture and Discussion

Instructor: Peregrine Kavros, Ph.D., M.Div., MBA

Peregrine is an Advanced Schema Therapist Trainer/Supervisor for individuals and couples and Director of the Schema Therapy Institute of the SouthEast. She is passionate about introducing Schema Therapy to therapists worldwide, especially in war-torn regions. Peregrine believes that Schema Therapy, as a developmental integrative therapeutic model, is well-suited for clients undergoing life changes, seeking to improve their relationships, or looking to modify aspects of their personalities.



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Peregrine is actively involved in the International Society for Schema Therapy and serves as Chair of the Ethics and Conflict Resolution Committee and North American Training Directors Committee. She is a member of the Trainer Development Committee, which mentors the global development of ISST-approved Schema Therapy Training Programs, and a member of the ISST Couples Special Interest Group. Before moving to North Carolina, she held academic positions at Columbia University and New York University Langone Medical Center.

Peregrine has published in peer-reviewed journals, authored book chapters, and contributed to the Encyclopedia of Psychology and Religion (2009) by Springer. In addition to her certifications in Schema Therapy, Peregrine is a National Registered Health Psychologist, certified as a Sex Therapist by AASECT (American Association of Sex Educators, Counselors, and Therapists), and an ordained Episcopal Priest. Her academic and clinical interests in interdenominational faith dialogue and how mindful spirituality enhances the Healthy Adult Mode evolved early in her training. Peregrine finds peace in nurturing her inner child by tending to the gardens and beautiful creatures on Hyacinth Farm. She resides on this 22-acre farm with her husband, Harry, whose recently published book describes their daily challenges – An Accidental Farmer and a Mindful Reader. Along with Harry and Peregrine, the farm is home to their rescue dog, Theo, who doubles as a therapeutic protector, a flock of chickens, and way too many guinea fowl. Peregrine is a member of the Hillsborough Garden Club, which promotes pollination efforts in the United States, the Junior League of Durham and Orange Counties, and other non-profits focusing on conservation, sustainability, and food scarcity.

References: Available upon request

Friday Afternoon #3: 1:30pm-4:45pm

Trauma-Informed Supervision

and Stephanie Langston, PhD

Julie Keys, PsyD, License Psychologist and Associate Director of Clinical Services,
Appalachian State University

Trauma-informed supervision is a supervisory approach that integrates knowledge about trauma into all aspects of supervision. It recognizes the prevalence of trauma and its potential impact on individuals and aims to provide a safe and supportive environment for supervisees. It applies when working with any supervisee, but especially those with trauma in their history, as well as when supervising clinicians engaged in trauma therapy. Theory and interventions will be based, in part, on SAMHSA's principles of trauma-informed care and phases of trauma therapy and supervision. In this presentation, we will also consider cultural, identity-based, and environmental factors, as well as systems of oppression for the supervisor, supervisee and client. We emphasize collaboration, empowerment, and respect for individual and cultural experiences. This training will provide didactic, experiential, and interactive components in order to inform your clinical and supervisory practice. Julie and Stephanie infuse feminist-multicultural and systems-based approaches in their clinical work; this will also be included in the discussions and interventions.

By the end of this workshop, participants will be able to:

1. name and describe SAMHSA's principles of trauma-informed care as they relate to clinical supervision.
2. list the phases of trauma therapy and explain how they can be applied to clinical supervision,
3. identify and consider at least two aspects of their, their supervisees', and/or their clients' identities and how this could impact and inform clinical supervision, and
4. select three trauma-informed interventions to incorporate into their own clinical supervision practice.

Instructional Level: Intermediate

Educational Format: Lecture, discussion, individual exploration and break-out groups

Instructors:

Stephanie Langston, PhD is a licensed psychologist currently in private practice in western North Carolina. Her specialties include: trauma therapy, clinical supervision for counselors and psychologists, rural mental health, the human-animal bond, perinatal mental health, and serving clients who are in professional or informal caring roles (parents, caring for aging parents, health care professionals, educators, and mental health professionals). She is active in the North Carolina Psychological Association, and her experiences as a mother (to children, dogs, a cat, chickens, and bees), partner, rural homeowner, and nature lover inform her psychological practice and self-care.



See Dr. Julie Keys info on the next page

Julie Keys, PsyD is a licensed psychologist, Associate Director of Clinical Services at Appalachian State's Counseling Center, and clinical supervisor in private practice. Her specialties include trauma therapy, supervision and training, gender affirming care for transgender and nonbinary individuals, and serving clients with significant suicidality. She often provides trauma-informed and supervision workshops and training at Appalachian State University, and in her free time, enjoys the cold mountain weather, reading books of all kinds, and petting any and all dogs.

References: Available upon request



Friday Afternoon #4: 1:30pm-4:45pm

ARFID

with Nancy Zucker, Professor of Psychiatry and Behavioral Science and Psychology and Neuroscience; Director of the Duke Center for Eating Disorders

This talk will discuss the nature of ARFID and the importance and challenges of early detection in young children. I will examine the experience of various features of ARFID (e.g., disgust, anhedonia, fear) and the treatment considerations for these. I will then describe an ongoing clinical trial for ARFID that employs two different approaches for ARFID management.

By the end of this workshop, participants will be able to:

1. list the diagnostic criteria of Avoidant/Restrictive Food Intake Disorder,
2. describe and define 3 different drivers of food avoidance and/or restriction in ARFID, and
3. list the emotional drivers of food avoidance in a client with ARFID and match different treatment modules to that specific clinical presentation

Instructional Level: Basic

Educational Format: Lecture

Instructor: Nancy L. Zucker is Professor of Psychiatry and Behavioural Sciences and Professor of Psychology and Neuroscience at Duke University, and Founder and Director of the Duke Center for Eating Disorders in Durham, North Carolina.

Dr. Zucker is a Child and Family Clinical Psychologist, Eating Disorders Specialist.

Professor in Psychiatry and Behavioral Sciences, Psychiatry, Child & Family Mental Health & Community Psychiatry 2021

Director of Graduate Studies in the Department of Psychology and Neuroscience, Psychology & Neuroscience 2021

Professor of Psychology and Neuroscience, Psychology & Neuroscience 2021

Affiliate of the Center for Brain Imaging and Analysis, Duke-UNC Brain Imaging and Analysis Center

References available upon request



Saturday Morning #5: 9:00am-12:15pm

Fostering positive youth development by promoting gratitude and connective character

with Andrea Hussong, PhD, Professor of Psychology and Neuroscience UNC-CH

Parents describe gratitude as developing in their children through a series of moments, a culmination of what they notice, think, feel, and do in relation to others. Grateful teens and adults report better health outcomes, more satisfying relationships, and greater psychological well-being. Thus, helping parents foster gratitude moments in their children maybe one strategy for building resilience and social connection that lasts through the life course. In this workshop, we discuss how gratitude moments develop over time and what parents can do to foster such moments in their children. We also practice the communication skills used in the Raising Grateful Children program as a tool for enhancing parents' socialization of gratitude and related aspects of positive youth development.

By the end of this workshop, participants will be able to:

1. describe how gratitude is a process that develops over childhood involving what we notice, think, feel, and do in relation to others;
2. identify four parenting practices that foster gratitude in children;
3. apply a care and share communications intervention to help parents more effectively talk with their children about gratitude moments and missed opportunities;
4. explain how gratitude relates to other forms of connective character and positive youth development.

Instructional Level: Basic

Educational Format: Lecture, discussion, and small group

Instructor: Dr. Andrea Hussong directs the Family Journeys Co-Lab(<https://fjcolab.org>)at the University of North Carolina at Chapel Hill where she is a Professor of Psychology and Neuroscience. As a Developmental Scientist and licensed Clinical Psychologist, she is dedicated to promoting health and well-being in children, youth, and families. Over the past thirty years, her work has explored risk and resilience in the developmental pathways that lead to substance use and disorder, particularly among children of drug-involved parents. More recently, she has focused on positive youth development and processes that may promote resilience, particularly the development of gratitude in children. Her work increasingly involves community-engaged approaches that apply findings from Developmental Science to the creation of tools and programs that support youth, families and the institutions that serve them.

References: available upon request



Saturday Morning #6: 9:00am-12:15pm

The Joyful Pause: Using Humor and Mindfulness for Self-Care

with Stephanie Best, PhD

and Kristen Wynns, PhD

This is an interactive workshop designed to help you embrace the power of laughter and mindful presence as tools for well-being. Through experiential activities and guided mindfulness practices, you'll discover how you can lighten stress, shift perspectives, and enhance emotional resilience. Whether you're looking to cultivate more joy in your daily life or simply take a break from the hustle, this session offers a space to laugh, pause, breathe, and reconnect with the moment. This workshop will also briefly introduce practicing psychologists to the use of mindfulness for self-care and stress management. We will discuss common causes of stress, what mindfulness is and how it can be used as an effective antidote to stress, and how mindfulness promotes brain health and fits into a broader framework of wellness. A variety of experiential exercises will cover ways to practice mindfulness both formally (meditation) and informally.

By the end of this workshop, participants will be able to:

1. identify and list three psychological benefits of humor,
2. develop personalized self-care strategies that can be effectively integrated into daily practice, and
3. define the term mindfulness and discuss why it is an important skill in the development of stress resilience.

Instructional Level: Basic

Educational Format: Lecture and experiential

Instructors: **Dr. Stephanie Best** Stephanie Best is a Licensed Psychologist, Certified NeuroMeditation Trainer, and two-time entrepreneur. She is passionate about helping high-achieving, anxious women discover their brilliance by connecting with their purpose, prioritizing their wellness, and living a courageously values-driven life. Backed by exceptional training and 20 years of clinical experience, Dr. Best uses an evidence-based mind-body approach to empower clients to create change that is both meaningful and long-lasting. She graduated with Highest Honors from the University of North Carolina at Chapel Hill, where she majored in Biology and minored in Chemistry. After earning a master's degree in Biological Sciences from the University of California, Santa Barbara, and a PhD in Clinical Psychology from Duke University, she opened her first private practice – BeWellNC – which she owned and operated for 10 years. During that time, she also served as an Adjunct Assistant Professor in the Department of Psychiatry at the University of North Carolina School of Medicine and was a contracting provider at the UNC WakeBrook Crisis and Assessment Service in Raleigh. In 2020, Dr. Best was invited to become a Program Lead for the cutting-edge startup Modern Minds, a novel mental health and wellness clinic affiliated with the Medical University of South Carolina.



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She moved to Charleston, where she also served as an Adjunct Assistant Professor in MUSC's Department of Psychiatry and Behavioral Sciences. After ensuring that Modern Minds was on stable footing, Dr. Best returned to her entrepreneurial roots and opened her second private practice, Dr. Stephanie Best LLC. An expert practitioner of mindfulness- and acceptance-based interventions – including Acceptance and Commitment Therapy (ACT) – Dr. Best has advanced training in mindfulness and completed an intensive course in Mindfulness-Based Stress Reduction (MBSR) at Duke Integrative Medicine. She is among the most highly certified trainers affiliated with the NeuroMeditation Institute in Eugene, Oregon and enjoys teaching others about the use of neuroscience-based principles and strategies to individualize the practice of meditation for optimal health and wellness. Dr. Best has maintained regular yoga and meditation practices of her own for over two decades, sustained by her direct personal experience of their empirically supported mental, emotional, and physical health benefits. She is dually licensed in both North and South Carolina and is a long-time member of the North Carolina Psychological Association, for whom she is proud to serve as the Federal Advocacy Coordinator. Outside of work, Dr. Best's heart lights up when she is scuba diving (or communing with Mother Ocean in any form), listening to live music, taking nature walks, playing piano, rooting for her beloved Tar Heels, and spending quality time with family and friends.



Dr. Kristen Wynns is a distinguished child and adolescent psychologist and the owner of Wynns Family Psychology, a premier private practice with locations in Cary, North Raleigh, and Greensboro, NC. For over 17 years, her practice has been recognized as one of North Carolina's top child and adolescent specialty practices.

Dr. Wynns is a sought-after media expert on psychology and parenting issues, regularly contributing to radio shows, TV news, podcasts, magazines, and television programs like My Carolina Today. She is the author of the acclaimed parenting book, *The No Wimpy Parenting Handbook*, available on Amazon. Additionally, Dr. Wynns offers “No Wimpy Parenting” coaching services, assisting parents with behavioral and discipline challenges and providing certification programs for mental health professionals.

A Comedic Turn: Kiki's Rise to the Stage

In a bold expansion of her career, Dr. Wynns ventured into comedy, blending her psychological expertise with humor. Over her 20+ years as a psychologist, she observed how laughter provides emotional, physical, and spiritual relief. This realization led her to stand-up comedy as “Kiki” in 2022, where she quickly garnered success with her sharp life observations, high energy, and genuine vulnerability.

Humor Coaching and Workshops

Dr. Wynns now offers humor coaching and workshops designed to help individuals and businesses harness the power of humor. These sessions aim to increase confidence, combat emotional challenges, and enhance workplace culture and relationships.

References: available upon request

Saturday Afternoon #7: 1:30pm-4:45pm

Cognitive Treatment Strategies for Anxiety Disorders

with Reid Wilson, PhD

When it comes to treating the anxiety disorders, the quickest, most effective approach involves ramping up fears while welcoming the experience. You will learn the core strategies of a cognitive treatment that can radically shift the client's point of view regarding both their relationship with their disorder and the tactics of change. The principles will be illustrated throughout by 16 brief video clips (totally 1 hour!). The goal of this approach is to persuade clients to adopt a self-help protocol to voluntarily, purposely and aggressively seek out uncertainty moment-by-moment. The therapist "sets the hook" by ensuring that the client can collaborate on designing paradoxical behavioral experiments as their first homework assignments.

By the end of this workshop, participants will be able to:

1. describe and justify the therapeutic sequence of detachment and absorption,
2. defend the advantage of personifying the disorder and perceiving treatment as a mental game, and
3. illustrate how a shift in attitude belongs in the therapeutic skillset

Instructional Level: Basic

Educational Format: Lecture and videos

Instructor: REID WILSON, PhD, a clinical psychologist in Chapel Hill, NC, directs the free self-help site www.anxieties.com. He is author or co-author of six books on anxiety and OCD self-help skills. He is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA) and Fellow of the Association for Behavioral and Cognitive Therapies (ABCT). He designed American Airlines' first national program for the fearful flier and served as the expert on anxiety for WebMD's Mental Health Community. In 2014 he received ADAA's highest service award, and received the 2019 Service Award by the International OCD Foundation. In April he will receive the 2025 ADAA Member of Distinction award. His newest book will be released by New Harbinger in 2026.

References: available upon request



Saturday Afternoon #8: 1:30pm-4:45pm

Cultural Identity Assessment

with Effua E. Sosoo, PhD

While many clinicians value justice, equity, diversity, and inclusion, it can be challenging to authentically initiate conversations about cultural identity with trainees and clients. The Cultural Identity Wheel will be introduced as an efficient and effective method to foster ongoing discussion about various diversity factors. Participants will discuss vignettes, engage in role-play, and identify barriers and solutions to incorporating the Cultural Identity Wheel into their supervisory and clinical practice.

By the end of this workshop, participants will be able to:

1. describe three approaches to cultural identity assessment and describe the strengths and limitations of each approach,
2. identify barriers to assessing cultural identity and responding to identity-related stressors, and
3. identify personal preferences for identity-related self-disclosure

Instructional Level: Intermediate

Educational Format: Lecture, role-play, and discussion

Instructor: Dr. Effua E. Sosoo earned her PhD in 2021 from the Clinical Psychology program at the University of North Carolina at Chapel Hill. Her research focused on racial discrimination's physiological and psychological impacts on Black individuals. Dr. Sosoo completed her internship at the Bureau of Prisons and her postdoctoral fellowship at the Durham Veterans Affairs Health Care System (DVAHCS). Dr. Sosoo is currently a Behavioral Health Interdisciplinary Program Psychologist at DVAHCS. She is also the owner of Even Still, PLLC, a private practice that offers culturally informed and evidence-based therapy services. Her clinical interests center on serving and empowering Black and marginalized individuals.

References: available upon request



Virtual Conference Information

Date and Time:

Friday, April 25, 2025

Saturday, April 26, 2025

9:00am - 12:15pm: Morning Workshops
(with a 15-minute break)

12:15pm - 1:30pm: Lunch Break

1:30pm - 4:45pm: Afternoon Workshops
(with a 15-minute break)

Registration Deadline and Refund Policy:

Preregistration is required. You must register by Wednesday, April 23 at 11:55pm. No refunds on or after Monday, April 14. All refunds are minus a \$25 processing fee.

Continuing Education Information:

These workshops are sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content.

Each workshop is offered for 3 hours of Category A CE credit.

Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.

[Click here to register online now.](#)

Registration Form – [Click here to register online](#)

Registration Deadline is Wednesday, April 23 at 11:55pm

Name: _____ **Degree:** _____
Profession: _____
Email: _____
Phone: _____

Friday, April 25

- _____ **#1 Behavioral Parent Training for Early Onset Behavior Disorders: Using A Common Elements Approach to Leverage Theory, Evidence, and Clinical Experience (3 hours Category A)**

- _____ **#2 Schema Therapy: How strengthening the Happy Child and Healthy Adult Modes increases satisfying experiences of intimacy (3 hours Category A)**

- _____ **#3 Trauma Informed Supervision (3 hours Category A)**

- _____ **#4 ARFID (3 hours Category A)**

Saturday, April 26

- _____ **#5 Fostering positive youth development by promoting gratitude and connective character (3 hours Category A)**

- _____ **#6 The Joyful Pause: Using Humor and Mindfulness for Self-Care (3 hours Category A)**

- _____ **#7 Cognitive Treatment Strategies for Anxiety Disorders (3 hours Category A)**

- _____ **#8 Cultural Identity Assessment (3 hours Category A)**

Cost:

NCPA Members	Non-NCPA Members
One Full Day – \$135	One Full Day – \$185
Half-Day – \$75	Half-Day – \$105
Both Days – \$245	Both Days – \$305