

Knoxville Area Psychological
Association
NEWSLETTER



August 2015

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From The KAPA President

[Dr. Katie Rea Smith](#)

From the President

It is with great pleasure that I address KAPA members for the first time as your President. The new board met in July and consists of five returning members (myself, Past-President Mike Hawthorne, Secretary Katie Fitzpatrick, Treasurer Barbara Taylor and CE Director Dan Williams) and one new member, President-Elect Nancy Lett. Nancy graciously agreed to serve for the next three years. She brings tremendous organizational skills, conscientiousness, and efficiency to the role, but also thoughtfulness and creative problem-solving. As the sole School Psychologist on the board at this time, she also brings a fresh perspective. Thank you, Nancy for your willingness to serve KAPA. And a big thank you to the other four board members for the wonderful work each of you does to keep KAPA running smoothly.

At this time, we have 113 paid members for 2015, more than we had this time last year. Thank you to all who have paid dues. We will offer at least two additional CE presentations in 2015,

including a program in December that will help our members meet the licensure requirement for cultural competency. Plus, KAPA members who attend the SAFT conference in October or the Psych Symposium in November do not have to pay an extra fee for the KAPA-sponsored APA approved CE hours for these events. Paid members also have the privilege of being listed in the membership directory on the KAPA website. If you have not yet paid for 2015, please consider doing so today. At \$40, this is one of the best deals in town!

We have a few dozen paid members who are not yet listed on the website. We would love to have you represented in the membership directory where you can create a profile that specifies the services you offer, the types of problems you treat, and any special populations you serve. The membership directory is a helpful resource for the Knoxville area community that allows those who are looking for help to search by issues of relevance to them (e.g. divorce issues, grief counseling, or biofeedback). To join the membership directory, simply go to the website (<http://www.knoxvilleareapsychology.org/>) and select "Become a member." You will be asked to complete a brief demographics form, after which our Treasurer, Barbara Taylor, will approve you as a member. You then will receive an email message with login and password information to use in setting up your profile.

Our fall KAPA meeting and CE presentation will be on Tuesday September 1 by board member Dr. Dan Williams on Sensorimotor Therapy (please see the accompanying program announcement and Dan's article in this newsletter for information about this event). Please contact me or Dan if you have any questions about this program. Doors open at 6 for dinner and the program will be from 6:30 to 7:40. Please RSVP to me (kerea@aol.com) so I can ensure we have enough food for all. We hope to see everyone there.

Feature Article

Trauma and the Body:

An Introduction to Sensorimotor Psychotherapy¹

Melanie* has been coming to your office for weekly psychotherapy for the last several years or so seeking relief from her problems. She has been experiencing a wide range of symptoms that include but are not limited to: bouts of crying, sadness, fatigue, nightmares, difficulty falling asleep, episodes of uncontrollable fear, easily startled, racing thoughts and struggling to be around others. She has had trouble concentrating, is unable to trust most people in her life and has various physical complaints like frequent headaches, stomach pains, bowel problems and chronic pain from a back injury. To deal with these issues Melanie will often smoke marijuana, take more prescription pain medication than prescribed and drinks alcohol to excess at least three times a week. She has few close friends and is always arguing with her boyfriend who also has trouble controlling his anger, especially when he drinks. She lives with her two children, her 34-year-old sister and her two children, which has proven to be a struggle due to the

¹ *Fictional name and case that is a combination of details derived from actual clinical cases but does not represent a specific individual.

continual acting out behaviors that they display. Over the course of the past several years in treatment, Melanie has revealed a chronic history of abuse and neglect that dates back to her earliest memories that began with her biological mother's neglect due to drug use and depression and the men that her mother had relationships with over the years that had been physically and sexually abusive. As a caring and compassionate psychotherapist you have encouraged Melanie to talk about these past experiences in the hopes that this would help her work through the maladaptive beliefs that formed as a result of her upbringing. You have worked hard with Melanie to provide a consistent, non-judgmental environment so that she has a corrective experience. Many times you focus on the next crisis that pops up in Melanie's day-to-day life and there does not seem to be an end in sight to these crises. Melanie continues to struggle with similar types of symptoms and seems to have plateaued in the treatment. She has been taking psychotropic medications that help to some degree but the side effects tend to contribute periods of non-compliance. As her therapist, you begin to resign yourself to the possibility that Melanie may not improve too much more than her current level of functioning.

Does any of this scenario sound familiar to you? Do you sometimes wonder if cases like this will get better or if there is anything else that you could be doing that would jumpstart the treatment? Sometimes words are not enough to spur on the type of change that we and our clients are hoping for when they come to therapy. Advances in neuroscience, trauma therapy and attachment theory over the last 15 to 20 years has yielded a whole new burgeoning area of body-oriented psychotherapy that can provide clinicians with a whole new framework with a set of therapeutic tools that offers avenues that traditional talk therapy does not. One such somatic therapy is Sensorimotor Psychotherapy, which was developed by Pat Ogden and informed by the work of Ron Kurtz. Sensorimotor psychotherapy blends cognitive and emotional approaches, verbal dialogue, and physical interventions that directly address the implicit memories and neurobiological effect of trauma. Bodily experiences become the primary entry point in trauma therapy, rather than the events or the "story." Careful attention is given to how the body is processing information and its interface with emotions and cognitive meaning-making (Ogden, 2002; Fisher, 2003). Sensorimotor Psychotherapy is grounded in mindfulness so that the therapist and client pay careful attention to the 'in the moment' trauma related emotional reactions that include thoughts, images, body sensations, movements and postures that emerge spontaneously during the therapy session. These various aspects of reactions become the focus for both exploration and change so that clients begin to transform their experience related to trauma. The traumatic events can be recognized as taking place in the past and new learning occurs both in and outside of sessions that promote affective regulation that can improve functioning in daily life as well as being able to more fully and effectively process the past traumatic events.

This introduction to Sensorimotor Psychotherapy presentation will provide participants the opportunity to learn more about this innovative way of working with trauma. Some of the thinking and theory will be discussed along with the chance to learn a few basic interventions that can help to regulate traumatic activation that occurs in the body. This type of work can be integrated with other types of interventions that can enhance your overall practice. More in-depth training is offered through the Sensorimotor Psychotherapy Institute and will soon be offered in nearby Asheville, NC. For more information about this training please visit, www.sensorimotorpsychotherapy.org. As the prominent psychiatrist Bessel Van der Kolk, MD states, "The Body Keeps the Score" and Sensorimotor Psychotherapy offers a way of working that has the experience of the body at the center of the work.

KAPA Program Announcement

Tuesday, September 1

Location: Pinnacle Bank Learning Center, South Tower, 1st floor

6:00pm Registration / Check-in / **Dinner**

6:30pm Program Announcements

6:45pm Presentation Begins

7:45pm Presentation Ends

8:00pm Complete Evaluations and Adjourn

*** Please RSVP to KAPA President, Katie Rea Smith at kerea@aol.com.***

Trauma and the Body: An Introduction to Sensorimotor Psychotherapy®

Educational Objectives:

After attending this intermediate-level seminar in full:

1. Participants will be able to describe the role of procedural learning and how top-down as well as bottom-up processing of traumatic events leads to integration of traumatic material.
2. Participants will be able to describe the concept of the Window of Tolerance and how this concept plays a critical role in trauma processing.
3. Participants will be able to explain Directed Mindfulness and the role that mindfulness and tracking the body plays in Sensorimotor Psychotherapy.

Description of Program:

With the advances in neuroscience, there is a renewed interest in the body as an avenue for accessing and transforming developmental, emotional, and psychological injuries. Indigenous cultures instinctively practiced ritualized methods of healing that engaged the whole body. Therapeutic pioneers in the '70's created models and approaches to liberate early developmental wounds and limiting core beliefs that allow the brain to reorganize in the direction of health or wholeness. Sensorimotor Psychotherapy (SP) is a body-centered approach that was born out of these traditions, which blends neuroscience, attachment theory, trauma theory, traditional talk therapy and incorporates the body as the primary access route to assist with the growth and healing process.

Presenter:

Daniel J. Williams, Psy.D., CSP is a licensed clinical psychologist and a Certified Sensorimotor Psychotherapist. Dr. Williams maintains a full time, outpatient psychotherapy practice in downtown Knoxville and has been incorporating body-oriented practices such as Sensorimotor Psychotherapy (SP) in treating children, adolescents and adults. He has also been a trainer and presenter of several trauma treatment protocols developed at the Trauma Center in Boston, MA that includes Attachment, Self-Regulation, and Competency (ARC) model and Sensory Motor Arousal Regulation Treatment (SMART) model.

Marie O. Davis, MA, LPC, CSP is a licensed professional counselor who has 10 years of counseling experience and is certified in Sensorimotor Psychotherapy- a body based model that addresses trauma and attachment issues. Marie has worked in wilderness and residential treatment programs with teens 10-16 years old and their families to develop healthy coping skills, self-awareness, and positive relationships utilizing expressive arts therapy and body centered approaches. Her professional experience includes supervising and training residential staff, program development, presenting at conferences, and treatment team planning. In private practice, Marie has specialized in working with adults with chronic stress-related health issues, complex trauma, anxiety, depression, low self-esteem, relationship issues and difficult life transitions.

Target Audience:

This program is open to all KAPA members and other interested mental health professionals who may not be members. The content of this presentation is appropriate for mental health professionals educated at the graduate level in psychology, psychiatry or other mental health related discipline as well as graduate students in a mental health related discipline.

Instructional Level:

The material will be appropriate to intermediate levels of practice and knowledge.

Registration Fees and Policies:

If you are a member of KAPA then the program is free of charge.

If you are not a member of KAPA and you do not want CE credit, this program is free of charge.

Non-members wanting CE credit will be charged \$20

Facility is accessible to persons who are physically challenged. Reasonable accommodations will be made for persons requesting them.

American Psychological Association Approval Statement:

The Knoxville Area Psychological Association (KAPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. KAPA maintains responsibility for this program and its content.

Continuing Education:

This program, when attended in its entirety, is available for 1.0 continuing education credits. With full attendance and completion of a program Evaluation and Learning Assessment, a

certificate will be issued. KAPA is committed to conducting all activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. KAPA is committed to accessibility and non-discrimination in continuing education activities. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them.

Please address requests, questions, concerns and any complaints to Katie Rea Smith, KAPA President at [865-719-9385](tel:865-719-9385) or Dan Williams, KAPA CE Coordinator at [865-525-1099](tel:865-525-1099) x24.

There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, program content, research, grants or other funding sources that could reasonably be construed as conflicts of interest. During the program, the validity/utility of the content and risks/limitations of the approaches discussed will be addressed.

Directions and Parking Information:

The Pinnacle Bank Learning Center is in the South Tower of the Landmark Center which is located at 1111 N. Northshore Drive. It is near the corner of Papermill Drive and Northshore Drive, between the Exxon gas station and the new Aubrey's. The eight story South Tower says Pinnacle on top. The Learning Center is on the first floor of the South Tower, to the right of the elevators. Parking is ample and free.

Needs Assessment Overview

[Dr. Daniel Williams](#)

In the Spring, during one of our recent continuing education programs, KAPA members were asked to complete a needs assessment so that the board could have some direction as to what members might want to see happen in the future with regard to CE programming. Members were asked to complete a two-page form that contained a listing of possible subject areas and topics that they had *some interest* in for CE programs. Members were then asked to indicate their top three choices as well as whether or not a specific patient population or specific service to treatment was more important. Another aspect of programming that the needs assessment explored was the days and times that members preferred for CE events. Not every KAPA member completed the needs assessment and out of those who did complete the assessment, some did not indicate their top three CE topic choices. The number one topic of choice is Cultural Diversity with PTSD, Practicing Ethically, and Spirituality in Treatment all garnering the same amount of ranking. Some other areas that were not in the top three ranking but had at least 10 or more members express interest include:

- | | | |
|-------------------------|-------------------------|-------------------|
| Chronic Worry/ GAD | Anxiety Disorders | Depression |
| Medical Disease/Illness | Anger Management | Health Psychology |
| Geriatric/Aging | Being an Expert Witness | |

Members were also given the option to write out any specific ideas for programming and speakers. Some of the other areas that were not previously listed include: pet therapy, eating disorders, mindfulness, dream interpretation, Arvada/holistic approaches and social media effect on attention or relationships.

There was not strong interest expressed in a specific patient population or a specific service to treatment. However, members did prefer Tuesday evenings with 15 votes or Monday evenings with 11 votes to Thursday evenings with 3 votes, Wednesday evenings with 2 votes and Saturday mornings with 2 votes. When asked about a starting time for programming, members expressed a preference for a 6:30pm start time with 19 first choice votes and 3 second choice votes or a 6:00pm start time with 13 first choice votes and 5 second choice votes. There was only 1 first choice vote for 5:00pm and 7:00pm with no first choice votes for 5:30pm.

Finally, members were asked about any interest in participating in a peer case consultation in a small group format. There were about seven members who expressed some interest in peer consultation and most felt as though meeting on a monthly basis could be beneficial. If you are interested in peer case consultation and would like to join a consultation group with your fellow colleagues then please send Dan Williams an e-mail indicating your interest and top three preferred days along with top five preferred times. You can reach Dan Williams at dan@drdanwilliamspsyd.com. Please express your interest in the peer case consultation by no later than September 15, 2015 and then further coordination can happen with those interested after that point in time.

If you have any other thoughts or ideas with regard to CE planning, whether that be speakers, topics or other ideas the board would welcome your input. We want to make these events as valuable to our members as possible and look forward to another great year of CE events.

Please remember to pay your annual dues!

Please remember to renew your membership. You may pay dues online (www.knoxvilleareapsychology.org) via PayPal or mail check to KAPA, P.O. Box 52293, Knoxville, TN 37950. As a member, you will be eligible to attend our meetings and receive continuing education credits at no additional charge. (Full member \$40; Student Affiliate \$20; Retired Member \$20). If you have any questions, please contact the KAPA Treasurer at bltphd@comcast.net.

Visit the KAPA Website!

Please visit the KAPA website at www.knoxvilleareapsychology.org to view upcoming continuing education events in the area. Links to the American Psychological Association and the Tennessee Psychological Association are available on the homepage. Previous editions of the newsletters can be accessed on the homepage.

KAPA Classifieds

Axiom Associates, a group of independent mental health practitioners announces **availability of office space** the Keller Building conveniently located on Summit Hill Drive, a half block from the Knoxville Visitor's Center and adjacent to the Old City. Axiom Associates strives to develop and promote effective ways of delivering mental health services to people of all ages, socio-economic and cultural backgrounds. Some advantages include: central location with proximity to under-served areas of town, a weekly clinical support meeting, the charm and character of an historical building, association with an active practice group, flexible initial overhead costs, and complete office services, including billing and secretarial services. **For further information, please call Pam Jones at 525-1099 ext. 14 or Dan Williams at ext. 24.**

*** Classified space is available at no cost to KAPA members! Email Dr. Katie Fitzpatrick at kfitzpatrick@bmipc.com with proposed ads or for more information ***

Board Contact Information

Board is as follows:

Katie Rea Smith, President 719-9385 kerea@aol.com

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