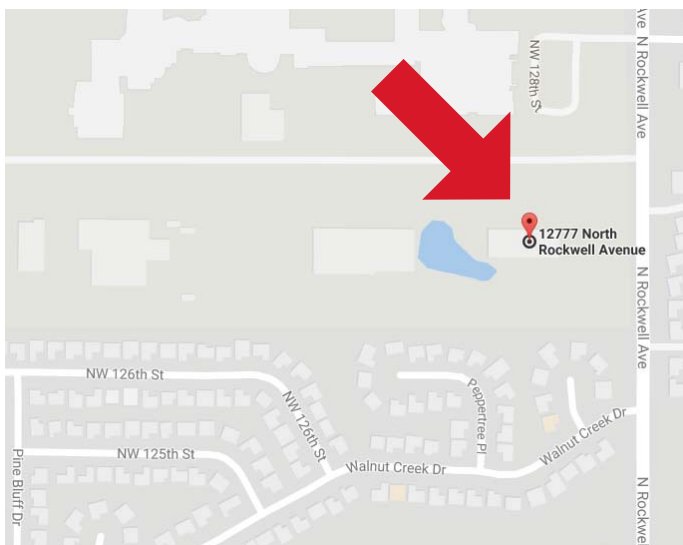


OKMHCA
2019 WINTER CONFERENCE

Rockwell Campus



Meeting held in the Northwest
Hall Room D1750



OKMHCA
P.O. Box 500
Washington, OK 73093

OK MHCA

OKLAHOMA MENTAL HEALTH COUNSELING ASSOCIATION

2019 Winter Conference

Francis Tuttle Technology Center
ROCKWELL CAMPUS

12777 N. Rockwell
Oklahoma City, OK 73134

December 06, 2019
8:30 am - 4:00 pm

Please visit our website for further
information:
okmhca.org

CONFERENCE SPEAKER & TOPIC

Richard Sears, PsyD, PhD, MBA, ABPP

"How to ACT as a Mindful and Ethical
Clinician and Supervisor"

Using Acceptance and Commitment Therapy and
Mindfulness to improve our work with clients and
supervisees

Ethics & Supervision CEU's

OKMHCA

2019 WINTER CONFERENCE



Registration must be postmarked by November 25, 2019

OKMHCA Member: Full Day \$125 _____

Non-Members: Full Day \$200 _____

Students \$25 _____

LPC and LMFT Candidates under supervision
(Their registration fee will also be \$25)

On Site Registration \$200 _____

This is a full day conference.

There is no half day registration.

Registration fee includes continental
breakfast and catered lunch

Membership Registration
Oklahoma Counseling Association

Professional \$50

Students FREE

Oklahoma Mental Health Counseling Association

Division: \$10

Students: FREE

Total \$60.00

In today's fast-paced clinical settings, it is easy for clinicians and supervisors to become overwhelmed and miss important details in their efforts to complete their work. At best, this leads to reduced clinical effectiveness, and at worst, lack of attention can lead to a downward spiral into ethical quandaries, especially in the realm of technology. Building attention through mindfulness exercises can prevent burnout in ourselves and our supervisees by noticing the early signs. It also allows us to navigate consciously, rather than reactively, through potential ethical traps. Research has even demonstrated that when clinicians practice mindfulness for themselves, their clients have better outcomes.

Acceptance and Commitment Therapy (ACT) is an evidence-based approach that uses six well-researched processes, and ACT can incorporate any other evidence-based technique. Rather than arguing with thoughts, ACT teaches ways of relating differently to thoughts (defusion). Rather than struggling with your own emotions, ACT fosters self-compassion (acceptance). Rather than defining yourself as your problems, ACT promotes a bigger sense of who you are (self-as-context). Rather than getting lost in thoughts about the past and future, ACT brings awareness into the present (mindfulness). All of this is done in the service of moving you, your clients, and your supervisees to take small but progressive steps (committed action) toward what really matters (values). Through lecture, videos, discussion, and small group processing of vignettes, this workshop will explore how ACT can guide one to mindfully and ethically improve our work with both clients and supervisees.

Richard Sears, PsyD, PhD, MBA, ABPP is a board-certified clinical psychologist in Cincinnati, Ohio. He maintains a private practice and is a professor at the University of Cincinnati College of Medicine and Department of Psychology. He has taught doctoral-level courses on clinical interventions, ethics, and supervision, and regularly gives workshops on CBT, MBCT, ACT, and mindfulness across the United States and other countries. He is author of over a dozen books, including *The CBT & Mindfulness Toolbox* and *Mindfulness: Living through Challenges and Enriching Your Life in this Moment*. His website is www.psych-insights.com.

This is a full day conference. Ethics and Supervision will be woven into the presentation throughout the day.

Registration 8:00 - 8:30 am

Morning Session 8:30 - 11:30 am
"How to ACT as a Mindful and Ethical Clinician and Supervisor"

Lunch 11:30 - 1:00 pm
Linda Murphy, OCA Lobbyist, "Legislative Updates that Affect Mental Health" (1 CEU)

Afternoon Session 1:00 - 4:00 pm
"How to ACT as a Mindful and Ethical Clinician and Supervisor"

**Total (CEU'S)
7 hrs.**

**3 - Ethics
1 - Regular
3 - Supervision**

REGISTRATION INFORMATION

REGISTRATION IS NON-REFUNDABLE

(Please fill out and send in with check or register on-line by Dec. 02, 2019)

Name: _____ Member _____ Non-Member
Last First

Address: _____
Street City, State Zip Code

Email: _____ Phone# _____

If you are a student where do you go to school? _____

Register online at: okmhca.org

Checks payable to: OKMHCA

Send completed registration to: Elizabeth Nelson, P.O. Box 500 Washington, OK 73093