

Northern Virginia Clinical Psychologists

Presents a 3-CEU Program on Friday, October 16, 2015

Integrating Positive Psychology into Clinical Practice

Drs. Helena Martin and Jeff Volkmann



ANNOUNCING : FREE Bonus Program for CE Attendees ONLY
“A Crash Course in Social Media for Psychologists in Practice”
Angel Brownawell—Integrated Media Manager, Practice Directorate APA

Date/Time: Friday, October 16, 2015, 8:30 am - 4:00 pm
Place: Maggiano's Little Italy at Tyson's II Galleria
2001 International Drive, McLean, Virginia 22102. (Phone 703-356-9000)
Cost: \$50.00 for NVACP Members / \$100.00 for non-NVACP Members / \$30.00 for Clinical Students
Menu: Family style luncheon to include vegetarian and non-vegetarian selections

Program Schedule:

8:30 am to	9:00 am	Registration for CE and Bonus Program
9:00 am to	11:15 am	Crash Course in Social Media
11:15 am to	11:45 am	Registration for those attending <u>only</u> CE Event
11:45 am to	1:00 pm	Lunch, Networking, Announcements
1:00 pm to	4:00 pm	CE Program with Drs. Martin and Volkmann

Program Overview: Positive Psychology has become an increasingly valuable component of clinical work. While in the past therapy has been used as a tool to help clients counteract deficits, positive psychology affords a new way to help clients cultivate and build on existing strengths while also developing new tools towards living more purposeful, meaningful and pleasurable lives. We no longer have to only help our clients “survive” but can use the tools garnered from positive psychology to help our clients “thrive” and reach their fullest potential. In this presentation, participants will learn the unique added value of Positive Psychology. Participants will also learn empirically validated techniques for clients with varying types of psychopathology, and how to integrate these techniques into different types of treatment settings.

Learning objectives:

1. Define Positive Psychology and understand its historical roots as a movement, science, and collection of interventions in psychology.
2. Understand the potential value of incorporating positive psychology theories, interventions, and concepts into your clinical work.
3. Identify when and with whom it would be appropriate to use Positive Psychology Interventions.
4. Learn how empirically validated Positive Psychology interventions can be used in a variety of different settings including individual and couples therapy as well as group work.

Speakers:

Dr. Helena (Mimi) Martin, is a Licensed Counseling Psychologist in full-time private practice in downtown Washington, D.C. Dr. Martin has previously taught at the undergraduate and graduate levels at the University of Maryland and presented at different venues on topics aimed at incorporating positive psychology concepts and intervention

Dr. Jeffrey Volkmann, a Licensed Clinical Psychologist in Washington, D.C. Dr. Volkmann is currently an Internship Training Director and a Staff Psychologist at the Catholic University of America's (CUA) Counseling Center in addition to maintaining a successful part-time private practice (Flourishing PLLC <http://www.jeffreyvolkmannphd.com/>). Dr. Volkmann's specialties include the integration of private practice into supervision and training and clinical work.

Northern Virginia Clinical Psychologists (NVCP) is a regional organization of the Virginia Psychological Association whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at half-cost (\$50.00 for members) CE events, quarterly newsletters, message board forum, and its own website (www.nv-cp.org). NVCP is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP, please contact Caryll Jefferies, Psy.D. at editor.nvaccp@gmail.com or call (w)703-829-5597, or visit website at www.nv-cp.org.