

SGVPA May 2024 Event

May 18, 2024

Live CE

9:00am- 4:00pm

Diversity Conference:

Empowering the Spectrum of Psychology

Presenters:

Wayne Kao, PsyD.
Elisa Hernandez, PhD.
Alex Wong, PsyD
Janiel Henry, PsyD.
Agueda Rivas, LMFT
James Hamill, PsyD.
Emily Morales, PsyD.
Elizabeth Stuart, PhD.
Lisa Sui, BA.
Thomas Zhong, BA
Carlos Flores, MA

Location

Enki Youth and Family Mental Health Services

3208 Rosemead Blvd #200, El Monte, CA 91731

Register here at :

<https://www.eventbrite.com/e/sgvpa-diversity-conference-2024-empowering-the-spectrum-of-psychology-tickets-849607728587?aff=oddtcreator>

This conference will consist of several moderated panel presentations and will be a comprehensive examination of uncommonly discussed clinical issues from diverse perspectives and expertise. The 3 panels and clinical issues will be as follows:

- 1) Evaluating Enmeshment vs. Interdependence
- 2) Differentiating Psychosis vs. Spirituality
- 3) The Wounded Healer: Mental Health Professionals Navigating Their Own Mental Health

This conference will seek to illuminate, outline and review the diverse cultural considerations of psychological treatment and assessment provided to our clients/patients in relation to the aforementioned topics as well as the barriers that we continue to face in addressing cultural differences, fostering appropriate cultural representation and impositions of cultural hierarchy. We will

describe the various barriers that prevent and discourage authentic discussion of distinguishing clinical enmeshment vs. interdependence, psychotic symptoms vs. spirituality and working through the stigma of mental health professionals struggling with their own mental health concerns or seminal life events. The impacts of inhibited discourse about racial and ethnic issues on clinical practice and psychology education will be explored as well. Furthermore, strategies for overcoming these barriers and facilitating therapeutic, honest, and fruitful discussion of race among clients, professionals and students alike will be examined. This program will identify and provide insight upon elements of professional, academic, and social culture that often interfere with or prevent addressing the stated enmeshment vs. interdependence, psychotic symptoms vs. spirituality and working through the stigma of mental health professionals struggling with their own mental health concerns or seminal life events, and how misdiagnosing and suppressing discussion can negatively impact the therapeutic alliance and harm patients. These elements may include the fear of offending others, internalized guilt about personal beliefs, “political correctness,” fear of expressing a minority opinion, disempowerment, and marginalization of certain groups, and so forth. Additional discussion will provide insight and psychoeducation regarding triggers for personal and professional conflicts, angry outbursts. These phenomena can lead to inadequate education in psychology graduate programs regarding issues of diversity, and they can impair therapeutic discourse with patients struggling with issues of acculturation and identity development. The panelists will discuss potential remedies to these problems and facilitate an audience discussion.

- 1) Demonstrate use of 3 strategies for facilitating authentic discussion of race, culture and religion among patients, peers and students.
- 2) Identify the impact of suppression of personal mental health concerns on professional development, education, clinical work, clinical training and supervision, and the culture of the profession.
- 3) Describe 3 differentiating diagnostic factors to differentiate enmeshment from healthy interdependence as well as psychotic disorders from spirituality.

Wayne Kao Biography:

Dr. Wayne Kao earned his Clinical PsyD. in 2008 at CSPP-LA and has been a licensed clinical psychologist since 2011. He currently holds multiple positions in the field of psychology. He is co-creator and President of Healing Rhythms Psychological Services, a community practice providing mental health services, outreach and psychoeducation. He created a treatment and training program working with geriatric and chronic/severely mentally ill patients, is an adjunct professor at The Chicago School of Professional Psychology, maintains a private practice in Monrovia, and serves as President of SGVPA, the first person of color to hold this distinction. He completed his Post Doctoral Training at Enki Health and Family Services, and earned his Bachelor’s degree in Psychology at University of California at Santa Cruz.

Elisa Hernandez, PhD. Biography

Dr. Hernandez is a licensed counseling psychologist who specializes in college mental health. Dr. Hernandez received her doctorate from the combined Counseling, Clinical, and School Psychology program at UC Santa Barbara. Her research focused on Latinx college student wellbeing and bicultural identity correlates and development. Dr. Hernandez has devoted her career to working with undergrad and graduate students at public and private universities. Clinically, Dr. Hernandez specializes in acculturation and identity issues, first generation college students, Latinx issues, and multicultural counseling.

Alex Wong Biography:

Alex Wong, PsyD is currently a licensed clinical psychologist, and works with Healing Rhythms Mental Health. He graduated from California School of Professional Psychology (Alliant- Los Angeles) in 2018 after completing his predoctoral internship working in Phoenix, Arizona with populations experiencing addiction and serious mental illness. His areas of interest include forensic psychology, Asian-American psychology and intersectionality.

Janiel Henry Biography:

Dr. Janiel L. Henry is CEO, Founder, & Licensed Psychologist at Women Rise Psychological and Wellness Center, located in Southern, CA. Women Rise is a boutique integrative wellness center specializing in women's mental health & wellness across the lifespan. Their integrative team offers holistic expertise including psychotherapy by skilled licensed clinicians, clinical functional nutrition, women's wellness practitioner/doula support, massage therapy, yoga movement, meditation, and sound healing thereby targeting the whole person. As a licensed psychologist, Dr. Henry works to empower women so that they may not only survive, but heal, grow, thrive, and RISE in every aspect of their lives.

She is a California native and within the area of mental health, has had over 20 years of experience working in some capacity both nationally and in international settings including South America and Africa. She has worked with diverse populations in multiple settings including educational settings, hospital settings, community mental health settings, and private practice. Throughout her career, she saw the dire need for practitioners attentive to the specialized needs of women and has dedicated her life's work to support women along their journey. Her specialties include anxiety, depression, perinatal mood and anxiety disorders, pmdd, and mental health aspects of PCOS.

Agueda Rivas, LMFT

Agueda Rivas is the Director of Intensive & Homeless Services (DIHS) at Enki Health Services, Inc. As the DIHS, Agueda oversees field-based programs and supports multi-disciplinary teams focused on addressing client needs to support mental health recovery. Agueda comes with over 15 years' experience in the non-profit sector serving historically marginalized communities via youth development work, LGBTQIA mental health education/HIV testing and field-based mental health services. She holds a Bachelor's degree from the University of California Los Angeles (UCLA) and

a Master's degree in Marriage & Family Therapy from the University of Southern California (USC). Agueda is passionate about addressing mental health needs through intensive field-based services that account for the whole person and address the needs of marginalized and displaced communities.

James Hamill Biography:

James Hamill is a pre-doctoral intern and registered psychological associate #94026789 working for Healing Rhythms Mental Health Services under the supervision of Dr. Wayne Kao. His experience as a therapist began in 2015 within the field of Applied Behavior Analysis (ABA) where he worked as a behavior therapist with families both in home and in a clinic. This led to his Master's in Education from Arizona State University specialized in ABA in late 2020. James' desire to work with diverse populations who present with myriad of problems propelled him to shift his academic and professional focus from the strict behavioral lens to a more broadly applicable clinical model of therapy. Since 2020, James has been completing an Applied Clinical Psychology program in pursuit of a Psy. D. at The Chicago School of Professional Psychology with the tentative graduation of August 2023. Clinically, James benefits from having a background in behavioral health, however it only acts as a piece incorporated into his clinical approach. As a clinical therapist, James primarily operates from an existential and process-oriented mentality that addresses client's psychological struggles first by working to establish a therapeutic relationship founded on trust and open acceptance. Once trust is established, deeper therapeutic progress is achieved through individualized approaches that focus on the individual needs of the client and often involve aspects from different theoretical orientations.

Emily Morales, LMFT, PsyD. Biography

Emily Morales, my preferred pronouns are she/her/ella. She is a Licensed Marriage and Family therapist and has been practicing for the past 11+ years. Dr Morales recently completed her doctorate in clinical psychology from Pacifica Graduate Institute, the first in my family to seek higher education and to be in a doctoral program. Dr. Morales earned her B.A. in Latin American and Latino Studies with a focus on Immigration from the University of California Santa Cruz and completed her M.A. in Counseling Psychology at Argosy University. My clinical experience comes from working in community based mental health. She has had the privilege of working with children, adolescents, adults, couples, families, LGBTQIA2S+ community, the neurodiverse community, and with people affected by chronic illness.

Elizabeth Stuart, PhD. Biography

Dr. Elizabeth M. (Lizzy) Stuart is a postdoctoral fellow in pediatric neuropsychology at Insight Collective. She completed her B.S. in Psychology and B.A. in Sociology from Drake University, and went on to earn her M.A. and Ph.D. in Clinical Psychology from the California School of Professional Psychology at Alliant International University. Dr. Stuart has received practical training at several institutions, including Children's Hospital, Los Angeles (CHLA), Miller Children's Hospital, psychiatric hospitals, community mental health settings, and private practice. In addition, she has served as an independent statistics consultant, providing valuable assistance to a variety of research projects. Dr. Stuart's dedication has earned her recognition in several international honors societies, including Psi Chi (International Honors Society in Psychology), Alpha Kappa Delta (International Honors Society in Sociology), and Alpha Mu Gamma (International Honors Society in Foreign

Languages). Her research interests center on social neuropsychology and the use of multidisciplinary assessment and treatment methodologies for neurodevelopmental disorders. Her goal is to make pediatric neuropsychology accessible and equitable for everyone. Dr. Stuart is particularly passionate about understanding the complex relationship between the brain and behavior, with a focus on neurodevelopmental disorders such as autism and ADHD. She is committed to serving children and adolescents through a collaborative, person-focused, scientifically based neuropsychological approach.

Lisa Sui, BA. Biography

Lisa Sui is currently a 2nd year clinical psychology PsyD student at Azusa Pacific University, with an educational background of biology (B.A. in integrative biology from UC Berkeley - 2017) and psychology (AA in psychology from Saddleback College - 2020). For her clinical training, Lisa is specializing in the trauma track of her program. She is working with Azusa Unified School District students and community clients at her practicum site, APU's Community Counseling Center, under Dr. Melissa Jinariu's supervision. She has a passion for advocacy, community outreach, connecting with others, and shared growth. Applying some of these values into her local community - in January 2023, she created the first known Asian culture-focused psychology graduate student organization at APU, called Asian-Americans and Allies, which centers around uplifting Asian and Asian-American voices and creating a supportive community centered around allyship and shared experiences. Lisa's interest in culture is also reflected in her ongoing dissertation process; she is studying the bicultural experiences of negative affect, specifically sadness, under the guidance of her dissertation chair, Dr. Scott Bledsoe.

Thomas Zhong, BA Biography

Thomas Zhong is a PsyD student at Azusa Pacific University and earned his M.A. in Clinical Psychology in 2023. Thomas has experience working with children, adolescents, and adults with a variety of clinical concerns, such as depression, anxiety, suicide, attention deficit/hyperactivity, Autism Spectrum Disorder, substance use, trauma, domestic violence, and child abuse. Thomas worked as a therapist for New Horizons Community Wellness Center, Orange County Children and Family Services, Azusa Pacific University's Community Counseling Center, and Azusa Unified School District. Thomas also serves as the Student Representative of SGVPA and researches the cultural identity formation of Asian-American young adults. He earned his Bachelor's degree in Psychology at the University of California, Irvine, where he received a research fellowship to study sleep and cognition

Carlos Flores, MA Biography

Carlos Flores' therapeutic approach is inspired by a relational psychodynamic perspective that offers and encourages space to explore how past experiences shape present patterns of relating to others and the self. The purpose of which is to create new sustainable ways of interacting in the present to improve emotional and psychological wellbeing. Mr. Flores has worked with individuals from the Kink, Latinx, LGBT+, and neurodiverse communities to mitigate the impact of stressors by employing Cognitive Behavior Therapy (CBT), trauma informed care, and trauma narratives. He has served

clients in both private and community mental health settings to address barriers created by anxiety, trauma, and unexpected life transitions.

The Diversity Conference CE is a live, in person CE Event. A continental breakfast and lunch will be served.

Register at Eventbrite Here:

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*contact Dr. Wayne Kao at dr.waynekao@gmail.com with registration questions

Presentations will be held live
For a total of 6.0 LIVE CE Credits Each for Psychologists, LCSWs, and LMFTs.

Licensed SGVPA members	\$75	Licensed SGVPA non-members	\$125
Unlicensed Post-grad members	\$40	Unlicensed Post-grad members	\$60
Auditing members	\$40	Auditing non-members	\$60
Student members	\$15	Student non-members	
	\$25		
Affiliate members	\$25	Affiliate non-members	
	\$40		

CPA is co-sponsoring with The San Gabriel Valley Psychological Association. The California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. CPA maintains responsibility for this program and its content. CPA co-sponsored credit is also accepted by the Board of Behavioral Sciences for their licenses. Important Notice: Those who attend the workshop and complete the CPA evaluation form will receive 6 continuing education credits. Please note that APA CE rules require that we give credit only to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credits.

Have questions about **Diversity Conference:**

Empowering the Spectrum of Psychology

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