

# **CALL FOR PROGRAMS**

## **TENNESSEE PSYCHOLOGICAL ASSOCIATION**

2006 ANNUAL MEETING  
Nashville Airport Marriott  
600 Marriott Drive Nashville, TN 37214  
November 2-4 (Thursday - Saturday), 2006

Please fill out this form as fully as possible and e-mail to [jbaveritt@hughes.net](mailto:jbaveritt@hughes.net). Early submissions will help greatly in the planning. The deadline for submission for 1 1/2 - 6 hour presentations is July 1, 2006.

The deadline for Research presentations is July 1, 2006.

The deadline for Student Poster presentations is October 1, 2006.

### **TPA Continuing Education Program Application Form**

#### **2006 Annual Convention**

In completing this form, please consider a few things that will facilitate the review process. We have expanded the proposal form, based upon our experience with reviewing proposals and needing to seek additional information and changes in APA approval criteria for programs.

1. Please note that all submission should be complete (this form completely filled out and all necessary vitae submitted).
2. The proposal program will need to be in final form.
  - a. The review committee will not be considering drafts, and providing feedback. Also, please write the abstract and goals as they will appear in the brochure. For instance, please avoid using the work "proposal" and instead use the word "workshop" or "this presentation will".
  - b. Below, you will be asked to submit four learning objectives. Please submit four. Also, please submit objectives that are "*learner-centered*" and focus on skills, knowledge and behavior participants will gain through participation in the workshop. Here are some examples of learner-centered, versus presenter centered:

**Learner centered:**

*"Participants will learn high risk areas of practice and the relevant laws and ethics code."*

*"Be able to identify subtypes of attention deficits disorders."*

**Presenter-centered:**

*"To teach specific strategies that can be used in clinical practice for treating panic disorder."*

*"Present ethical dilemmas psychologist encounter with child custody evaluations."*

**3. E-MAIL SUBMISSIONS:**

- a. Submission of proposals on e-mail saves the Convention Chair hours of work, facilitate communications with proposal authors, reduce turn around time, expedite review of proposals, and reduce the time, effort, and cost of preparing the convention program. PLEASE submit your proposal(s) on e-mail. Please.
- b. When submitting your proposal by e-mail, please give your files unique names. We will likely receive thirty proposals that are labeled "TPA06." If submitting multiple proposals, please title each one: i.e., *JohnAverittTPAProposal I Ethics; JohnAverittTPAProposal II Legal Issues*. Also consider using your full name in case we receive two proposals by two individuals named Averitt.

**(Please Complete)**

1. Name: Patrick F. Lavin

2. Professional Credentials (Please attach an electronic copy of your vitae):

A. Relevant Professional Degree(s): Ph.D., ABPP

B. Current Professional Position/Title: clinical psychologist

C. Current professional affiliation (e.g. private practice, University of \_\_\_\_): private practice

3. Your Mailing Address: 325 Market St., Suite 303

City/State/Zip: Chattanooga, TN 37402

Phone Number Office: 423-778-9451

Fax: 423-778-9453

Other: Cell: 423-280-6303

E-mail: [pflavin@mindspring.com](mailto:pflavin@mindspring.com)

4. Best time to call: 8:00 a.m. – 6:00 p.m.

5. Please list the name(s) of any other persons presenting the program with you, their degree, primary work affiliation (e.g. Private Practice, University of \_\_\_\_\_) and title. PLEASE HAVE CO-PRESENTERS SEND AN ELECTRONIC COPY OF THEIR VITAE.

Name, degree	Affiliation	Title
C. Keith Hulse, Ph.D., D,ABSM	Behavioral Medicine Institute, PC	President

6. Title of Presentation: Cognitive-Behavioral Therapy for Insomnia

7. Type of Presentation:  1 1/2 hours  3 hours  6 hours  Research 1/2 hour  
 Poster  I will be providing handouts  
(Unfortunately TPA lacks the resources to provide copies of your handouts.)

\*8. Please describe the main educational objectives of your presentation (4 learner centered objectives required; please see instructions above).

This program will allow participants to:

- A. Review the epidemiology of sleep and insomnia
- B. Consider medical conditions and medication issues relevant to insomnia
- C. Learn about cognitive-behavioral assessment methods and treatment interventions for insomnia
- D. Appreciate therapeutic process considerations in cognitive-behavioral treatment for insomnia

Note: Final Educational Objectives must be approved by TPA's Continuing Education Officer.

9. Content of Presentation - Please provide a brief (one paragraph) description of your presentation:

Increasing attention is being paid in both scientific literature and general media to the importance of sleep and the adverse health consequences of insomnia. Although insomnia is a common complaint in primary care settings, most physicians are unlikely to utilize interventions other than pharmacological treatments. Cognitive-behavioral therapy for insomnia (CBT-I) has been demonstrated to be of equal or greater effectiveness than prescription medication for insomnia, yet has been largely underutilized as a treatment modality to date. Professionals in psychology may help address the major public health problem represented by insomnia by: 1) increasing awareness of primary care physicians to the availability of nonpharmacologic treatment of insomnia, and 2) applying CBT-I strategies to patients whose insomnia is associated with comorbid mental disorders such as depression and anxiety well as comorbid medical conditions such as chronic pain and cancer. This program will offer participants an empirically informed, clinically pragmatic perspective of cognitive-behavioral treatment for insomnia.

Patrick Lavin is board certified in clinical psychology (ABPP) and behavioral sleep medicine (CBSM), and is a consultant to Memorial Hospital's Regional Sleep Center and sleep medicine specialists in Chattanooga. Keith Hulse is a diplomat in sleep medicine (D,ABSM) and practices at sleep disorder centers in Knoxville. He has also completed all coursework requirements within Fairleigh Dickinson University's Clinical Psychopharmacology Postdoctoral MS program.

10. A. To be considered as a Continuing Education program, the above program must meet at least one of the following criteria (please check all that apply):

1. Program content has obtained credibility, as demonstrated by the involvement of the broader psychological practice, education, and science communities in studying or applying the findings, procedures, practices, or theoretical concepts.

2. Program content has been studied according to established procedures of scientific scrutiny that can be reasonably relied upon.

3. Program content has peer reviewed published support beyond those publications and other types of communications devoted primarily to the promotion of the approach.

4. Program content is related to ethical, legal, statutory or regulatory policies, guidelines, and standards that impact psychology.

**(Note:** The following is a new set of criteria; if you need technical assistance regarding this; please contact the Continuing Education Officer for TPA at [TPAContinuingED@msn.com](mailto:TPAContinuingED@msn.com), who will provide you with examples.)

b. For each item checked, describe how your program meets that criterion. Please list the number of the criterion and provide at least two, full citations that support the criterion. (Please copy and past if you are providing support for more than one criterion):

Criterion #   1  

This program will provide participants information concerning the empirically developed knowledge base supporting cognitive-behavioral therapy for insomnia (CBT-I) including epidemiological, physical medicine, pharmacologic, and therapeutic process considerations.

Selected References in Support of Criterion # 1:

- Lichstein, K. L., Durrence, H. H., Riedel, B. W., Taylor, D. J., & Bush, A. J. (2004). *Epidemiology of sleep: Age, gender, and ethnicity*. London: Erlbaum.
- Morin, C. M. (2005). Psychological and behavioral treatments for primary insomnia. In M. H. Kryger, T. Roth, & W. C. Dement (Eds.), *Principles and practice of sleep medicine* (pp. 726-737). Philadelphia: Elsevier.
- Morin, C. M., & Espie, C. A. (2003). *Insomnia: A clinical guide to assessment and treatment*. New York: Plenum.
- Perlis, M. L., & Lichstein, K. L. (2003). *Treating sleep disorders: Principles and practice of behavioral sleep medicine*. Hoboken, NJ: Wiley.
- Perlis, M. L., Jungquist, C., Smith, M. T., & Posner, D. (2005). *Cognitive behavioral treatment of insomnia*. New York: Springer.

Criterion #   2  

This program's content base has been subjected to thorough scientific scrutiny as reflected by the references cited below.

Selected References in Support of Criterion # 2:

- Institute of Medicine (U.S.), Colten, H. R., & Altevogt, B. M. (Eds.) (2006). *Sleep disorders and sleep deprivation: An unmet public health problem*. Washington, DC: National Academies.
- Morin, C. M., Hauri, P. J., Espie, C. A., Spielman, A. J., Buysse, D. J., & Bootzin, R. R. (1999). Nonpharmacologic treatment of chronic insomnia: An American Academy of Sleep Medicine review, *Sleep*, 22, 1134-1156.
- National Institutes of Health. (2005). State of the science conference statement: Manifestations and management of chronic insomnia in adults. *Sleep*, 28, 1049-1057.

11. Please indicate the target audience for whom the program is intended:

Doctoral Level Psychologists       Psychological Examiners  
 Graduate Psychology Students       Other (specify):

12. A. Please indicate below the necessary knowledge/skill level for participants to fully participate in your program:

- Introductory - No prior knowledge of the specific content area is needed to participate fully and effectively in the workshop. The information or skills will be new to those enrolled.
- Intermediate - Some basic knowledge of the specific content area is required, but participants need not have in-depth knowledge or skills. The program will provide information at a level beyond the basic knowledge of the topic.
- Advanced - To participate fully, those enrolled must possess a substantial working knowledge or skill level in the specific content area. Generally, the knowledge or skill involved is currently used by the participant in his/her job. At this level, advanced techniques or knowledge would be offered to refine and expand current expertise.

B. Pre-requisite: If you indicated intermediate or advanced level skills, please indicate what pre-requisites skills or experience participants should have in order to fully benefit from the program:

Fundamental acquaintance with principles and practice of behavioral and cognitive-behavioral therapies.

Note: All presentations rooms are set up to use tables for participants. Check here if you wish otherwise: \_\_\_\_\_

Note if the seating style you wish if not "school room" with desks: \_\_\_\_\_

13. Audio/Visual Requirements: TPA wants you to use the highest quality audio/visual quality presentations available. (Audio/Visual rental is expensive and TPA will pay most of this cost. Please keep this in mind as you make your requests and order the minimal A/V equipment you require for your presentation. Also please note that TPA has four LCD/DLP projectors for your use at no cost. Please indicate that you wish to reserve a TPA projector below. You may bring your own. We will reserve a TPA projector, a table for the projector, and a screen. You will be responsible for the laptop computer for your presentation. We work hard to keep the cost of the convention down for those who attend. The TPA board wants you to understand the costs to the association so we have included them here. We pay for the following:

<input type="checkbox"/>	35 mm carousel projectors (Screen Included):	\$131.00
<input checked="" type="checkbox"/>	**TPA LCD Projector (table and screen from hotel):	\$ 100.00
<input type="checkbox"/>	Table and Screen for your own LCD projector:	\$ 100.00
<input type="checkbox"/>	VCR player and TV	\$233.00
<input type="checkbox"/>	Flipchart (and markers)	\$ 43.00
<input checked="" type="checkbox"/>	Podium	\$ 45.00
<input type="checkbox"/>	Podium microphone	\$ 40.00
	(Order only if you expect a large attendance/room or if you have a very soft voice)	
<input type="checkbox"/>	Other (Please Specify—I will contact you if available) _____	

**Please note: TPA no longer will furnish overhead projectors. We want the highest quality audio/visual presentations possible and urge presenters to use PowerPoint-type presentations at the convention. Also, we cannot afford to provide an Internet connection for you. Your cost will be \$450.00 for DSL connection or \$125 per day, or part of a day, for a phone line (dial up). If your needs change as you see the convention approaching, call me at 931-526-2722. I will have a copy of this document at the convention; this is the order form we will use. The hotel charges more for late orders. Our contract will only allow us to bring the LCD/DLP projectors and laptops in from outside—all other AV equipment must be rented from the hotel.**

**\*\* TPA projectors will be reserved on a first-come-first-served basis. This is the time to make your needs known. Also, TPA does not pay for duplication of your handouts. Please contact me at [jbaveritt@hughes.net](mailto:jbaveritt@hughes.net) as the convention nears. I will let you know the number you can expect to attend your presentation. The final numbers are typically known the week before the convention date. Remember to make your PowerPoint text large enough for those in the back of the room to see.**

**How should I contact you with questions about AV issues before the convention? Phone/E-mail?  
Either Phone: Office, 423-778-9451, or**

E-mail: [pflavin@mindspring.com](mailto:pflavin@mindspring.com)

14. Professional Credentials (Please attach an electronic copy of your vitae if not already on file):  
A. Relevant Professional Degree(s): Ph.D.

B. Current Professional Position/Title: Private Practice

15. TPA requires its speakers to possess competency in their teaching ability. What is your evidence of that competency?

Favorably received past presentations of other programs at TPA annual conventions by both presenters.

A previous version of the present program was presented for, and favorably received by, the Chattanooga Area Psychological Association.

Lavin, P.F., & Devlin, T.G. (2005, November). *Cognitive-behavioral therapy for insomnia*. Program presented at meeting of the Chattanooga Area Psychological Association, Chattanooga, TN.

16. Please list any other continuing education programs you have presented for TPA in the past 5 years (please list date if known):

Lavin, P.F., & Chardos, S. (2002, November). *Assessing potential for violence in clients and employees: Practice and consulting considerations*. Program presented at annual meeting of the Tennessee Psychological Association, Nashville, TN.

17. DIVERSITY, GENERALIZABILITY/ LIMITS of METHOD and/or RESEARCH: TPA has a strong commitment to respect diversity and to promote cultural competency. Depending upon your topic, you might include information about research findings concerning the effect of age, culture or race or treatment effectiveness and generalizability of results across populations. Please comment briefly how you will consider issue of diversity in your program and upon the generalizability of/implications for individuals of different ages, races, genders, socio-economic groups, religious groups, national origins, sexual orientation, etc. of your research/method/approach and/or therapy.

Program content and reference materials will cite age, gender and cultural factors pertinent to understanding the nature, prevalence, and treatment of insomnia.

- 18 COPIES: Please send FIVE copies of all your materials if you do NOT submit via e-mail. Three copies will be distributed to the 3-member CE Review Committee, one copy will be used to develop the Convention program, and one copy will be kept by the Convention Chair for review of audio/visual needs, communication, etc. Thank you for making our job easier.

19. Other:

A. Registration fees are required of presenters who attend the convention. (There is no fee if you only attend the sessions which you present).

B. If hotel room reservations are needed, please make them as soon as you can.

20. Selection Process. Each proposal is reviewed individually by a three member panel. The TPA Convention and Meetings Directorate is never a member of the panel. Upon approval by the panel, the proposal author is notified of acceptance/postponement/denial, etc.

21. According to APA's Standards and Criteria for continuing education, presenters must include statements that describe the accuracy and utility of the materials presented, the basis of such statements, the limitations of the content being taught, and the severe and the most common risks. Presenters must provide a sufficient basis for the interpretation of program information by informing participants of limitations of the content being taught, including contradictory evidence and its source. For example, presentations that include discussions of clinical assessments, treatments, or interventions also describe the

evidence for this information, including the basis (e.g., research, established psychological practice, clinical expertise, and patient acceptability) of such description or claims, and the severe risks, if any, and also those risks that are most common.

Please check all of the following that apply, or signify by checking that you agree to abide by the following procedures and principles in presenting a TPA sponsored CE programs. Your signature (or your electronic submission via e-mail) below affirms that you agree with the following principles and have made the appropriate disclosures.

- A1.  I agree to abide by ethical principles Please sign below to indicate that you have reviewed TPA's Continuing Education Policies and the Ethical Principles for Psychologists and agree to abide by these policies and principles
- A2.  I am not a licensed psychologist or psychological examiner but agree to read a copy of the APA Ethical Principles for Psychologists. I will abide by these principles and TPA's Continuing Education Policies. Note: SUCH IS NOT REQUIRED FOR RESEARCH AND POSTER PRESENTATIONS).
- B1. TPA does not necessarily exclude presenters from presenting about topics/products which they developed, or from which they might benefit. This allows for innovation as well as the advancement of professional practice. However, circumstances can create a conflict of interest when an individual has an opportunity to affect CE content about products or services of a commercial interest with which he/she has a financial relationship; or for a product or service they hope to develop that will lead to financial gain. Therefore, it is important to disclose this relationship for the following reason: a) for the sake of full disclosure to attendees at the workshop, b) to assess the possible impact of a potential conflict of interest and c) in order to uphold ethical principles.
- B2.  I am receiving the following financial support (commercial or otherwise) for this presentation (please include the source of support [i.e. honoraria, expenses paid by publisher, support from a pharmaceutical company, etc]):
- I have the following financial or other interest in a product that I will be presenting about.  
Name of product (test instrument, book) \_\_\_\_\_  
Interest (i.e., author of book, receive royalties, intend to solicit investors or subscription to a service, I am an employee of the company and/or publisher that owns the product, etc.):
- I agree to allow TPA to disclosure the above relationship/sponsorship in any promotional and I agree to disclose this to participants at the beginning of my presentation.
- Not applicable
- C1.  I agree to honor all copyright laws and agreements in preparing, copying and displaying materials for my presentation, and to secure and safeguard the confidentiality of all assessment/test instruments used during this presentation.
- C2a.  I agree to take the following precaution to safeguard confidential material/content (including test materials):
- C2b.  C2a. Not applicable.
- D.  I attest that during my presentation I will describe the accuracy and utility of the materials presented, the basis of such statements, the limitations of the content being taught, and the severe and most common risks.
- E1.  My presentation includes the following content that might be confidential or sensitive in nature, or might be stressful for participants (including information or demonstrations of procedures that might be discomforting to participants), and I agree to disclose to participants that confidential/sensitive material may be presented:
- E2.  Not applicable. There will not be any confidential/sensitive material disclosed during this presentation.
- F.  I understand that TPA will keep this program proposal and review process confidential except for those with a need to know (i.e., Continuing education committee members, TPA Board, brochure reviewers, convention personnel).

Signature: Submitted by e-mail by Patrick F. Lavin Date: July 1, 2006

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Return this form as soon as possible as we need to have all of these materials on file as required by TPA and APA.  
Please email to:

John B. Averitt, Ph.D.  
[jbaveritt@hughes.net](mailto:jbaveritt@hughes.net)

Address:  
100 West Fourth Street  
Suite 300  
Cookeville, Tennessee 38501-2474  
Fax: 931-526-6478  
Phone: 931-526-2722

You should receive a confirmation by e-mail within three days **if you do not**, resubmit by e-mail.

IF YOU DO NOT RECEIVE A CONFIRMATION—RESUBMIT!!

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THANK YOU FOR YOUR SUBMISSION

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