

MAINTAINING EXCELLENCE CONFERENCE

ADVANCED INSTRUCTION FOR SKILLED CLINICIANS



HILTON KAUA`I BEACH RESORT KAUA`I, HAWAI`I

May 19 to 23, 2008

FOR OVER TEN YEARS the Maintaining Excellence series of conferences has provided quality, advanced continuing education for mental health professionals in an incredible setting. This series was created with your needs in mind. Conference schedule allows ample time to enjoy Kaua`i during your stay.

KAUA`I is reputed to be the most beautiful island in the world and is truly the best of the Hawaiian Islands. With world famous sites like Hanalei Bay, Waimea Canyon and the Napali Coast along with its abundance of incredible tropical beaches it has become a favorite of movie makers seeking paradise.

CONTINUING EDUCATION credit for California Psychologists (MCEP), LCSW, MFT and RN.

OUTSTANDING RATES, discount hotel and air make your conference in Hawai`i surprisingly affordable. Spring is great on Kaua`i. The weather is generally magnificent and there are fewer visitors because school is in session on the mainland. It is the ideal part of our "off season." You can enjoy Kaua`i's world class environment for essentially the same cost as other educational programs.

Hilton Kaua`i Beach Resort

Nestled along 25 lushly landscaped acres of romantic beach, the **Hilton Kaua`i Beach Resort** provides gracious hospitality on the most alluring of the Hawaiian Islands. Discover this unique alternative to typical Kaua`i hotels - where stylish charm and rich service are the basic ingredients of every stay. Take advantage of our tranquil atmosphere, exciting island activities and adventures, versatile event facilities, and fine dining. Newly renovated accommodations and thoughtful amenities combine elegantly with a warm Aloha spirit. The property features four pools including an all new freshwater sand bottom pool with waterslide, 2 large whirlpool spas, the Alolani Spa and Fitness Center, Poolside Bar and Caf , Naupaka Steak House, and Shutters lounge with nightly entertainment. Every evening there is a complimentary managers cocktail reception.

Experience the signature essence of the Garden Island at our oceanfront Kaua`i hotel.

***Very special room rates start at just \$159.00
for conference attendees and their traveling companions.***

Toll Free Reservations: (888) 805-3843

Any questions, issues or concerns regarding the resort and your stay can be directed to our event host Jodi Omo at 808 246-5515 (jodi.omo@hilton.com)

Complete information and online registration at:

www.hawaiiconference.com

Hawai`i Conference Associates is approved by the California Psychological Association Accrediting Agency to offer mandatory continuing education for psychologists (MCEP) and maintains sole responsibility for the program. Provider Code HAW011. All courses are approved for MFT's and/or LCSW's by the California Board of Behavioral Sciences. Approved provider # PCE-41. Provider approved by the California Board of Registered Nursing Provider # CPE-12957. Course provides up to 24 instructional hours (variable).

Hawai`i Conference Associates * P.O. Box 3292 Lihu`e, Hawai`i 96766 * (808) 821-0303 * mail@hawaiiconference.com

PRESENTERS

Suzanne Pallak, Ph.D.

Suzanne Pallak is a licensed psychologist and provider in her private practice and for San Francisco community mental health agencies working with adolescents and adults who have experienced violence, abuse and/or trauma and/or have major affective disorders, character disorders, or psychoses. In addition she is Director of the Family Violence Institute, Clinical Director and Director of Training at the Psychological Services Center, California School of Professional Psychology in Oakland, Adjunct Faculty at the Wright Institute in Berkeley, has been a Lecturer at the University of California, Berkeley, and was former Assistant Director of the Adolescent Day Treatment Center of the California Pacific Medical Center in San Francisco (1988-1991). She was a tenured Associate Professor in the Department of Psychology at Georgetown University in Washington, DC.

John Preston, Psy. D., ABPP

John Preston is a Professor with Alliant International University (California School of Professional Psychology), Sacramento. He has also taught with UC Davis, School of Medicine. He is the author of nineteen books on various topics including depression, psychotherapy, psychopharmacology, borderline disorders, and post-traumatic stress disorder. His book, Handbook of Clinical Psychopharmacology for Therapists was the year's number one bestseller with the Behavior Sciences Book Club. He is the author of "Drugs in Psychiatry" chapter in the Encyclopedia Americana. Dr. Preston is the recipient of the Mental Health Association's President's Award for contributions to the mental health community and the California Psychological Association's "Distinguished Contributions to Psychology" award. He has lectured in the United States, Canada, Europe, and Russia. John presents complex material in a clear, understandable and engaging fashion.

GENERAL INFORMATION

AIRLINE INFORMATION

Hawai'i Conference Associates is a member of Hawaiian Airlines Preferred Affiliate Program offering discounts on all fares including sales and specials when linking and booking through our web site.

Your Hawaiian vacation starts the second you step on any Hawaiian Airlines flight. Over the years people attending the Maintaining Excellence conferences have received excellent rates and service flying Hawaiian. Now the Preferred Affiliate program insures you the best fare available. Good on any mainland flight any time year round.

Booking early will result in the best fare. Make sure to click on the 5% off or other specials at the top of the page for your affiliate discount. Travel Monday through Thursday usually results in lower fares. Hawaiian Airlines flies from Seattle, Portland, San Francisco, San Jose, Sacramento, Los Angeles, San Diego, Phoenix and Las Vegas.

Fares are eligible for *HAWAIIANMILES* mileage programs.

Link from our web page www.hawaiiconference.com or use: www.hawaiianair.com/affiliate/affiliate.aspx?affcode=EXCELLENCE

SMITHS TROPICAL PARADISE, LUAU AND INTERNATIONAL PAGENT

Join together Wednesday Night May 21st for a unique Hawaiian experience at the beautiful Smiths Tropical Paradise Botanical and Cultural Gardens. More than just a Luau; we arrive early (transportation provided) for a tour of the 30 acre Botanical and Cultural Gardens. Stroll on your own or take the guided tram tour. After your tour of the gardens the torches are lit, the night is filled with music, and family members gather to bring you a casual, relaxing and romantic dining experience beginning with the ceremonial opening of the Imu (underground oven). Before and during dinner you are treated to a sampling of live Hawaiian music. Our Luau features an all you can eat buffet, beverages and an open bar. The buffet features island favorites including Garden Isle Greens, Poi, Three Bean Salad, Jello, Oriental Fried Rice, Kalua Pig, Teriyaki Beef, Adobo Chicken, Mahimahi, Macaroni Salad, Namasu Salad, Lomi Salmon, Fresh Fruits, Breads, Snowflake Potatoes, Sweet Potatoes, Vegetables, Coconut Cake, Haupia and Rice Pudding. Following the luau meal, guests walk a short distance to the torch lit Pele Amphitheater to see the Rhythm of Aloha Show. The colorful open-air performance showcases the lively ethnic groups that have come to call Hawai'i home with authentic dances from Tahiti (think fire knife), Hawai'i, China, Japan, the Philippines, New Zealand and Samoa.

(Prices include gratuity and Hawai'i State Excise Tax)

Adults \$70.00, Children age 7 to 13 \$30.00, Children 3 to 6 \$19.00, Children under 3 free.

CONFERENCE SCHEDULE

MONDAY May 19, 2008 * 8:00am to 3:30pm

Continental Breakfast and Island Style Buffet Lunch Included

Suzanne Pallak Ph.D.

**"Integrative Approaches to Psychotherapy:
Conceptual, Contextual, and Professional Developmental Perspectives"**

"Eclecticism in practice and integration in aspiration is an accurate description of what most of us in the integrative movement do much of the time." (Watchel 1991) In this workshop we will consider the conceptual and contextual foundations of integrative approaches to psychotherapy, considering the unifying role of a single theoretical orientation in the context of the reality of pluralism. First-person accounts of professional development and emergence of integrative approaches (e.g., Goldfried, 2001; Dryden & Spurling, 1989) will be reviewed as a context for considering the factors that contribute to shaping professional identity and current practice.

TUESDAY May 20, 2008 * 8:00am to 12:15pm

Continental Breakfast

Suzanne Pallak Ph.D.

"Clinical Applications of an Integrative Approach to Psychotherapy"

Current integrative approaches to selected problems and populations will be examined using Norcross's framework. The advantages and disadvantages of three routes to integration (technical eclecticism, theoretical integration, and assimilative integration) in comparison with a single theoretical approach will be discussed. The specific implications for treatment of anxiety and depression will be addressed.

WEDNESDAY May 21, 2008 * 8:00am to 12:15pm

Continental Breakfast

Morning Session: 8:00 am to 10:00am

Continuation of Suzanne Pallak's Tuesday morning "Integrative Approach... workshop.

Mid-Morning Session: 10:15 am to 12:15pm

John Preston Psy.D., ABPP

**"Balance the Brain; Mend the Mind, The Neurobiology of Anxiety, Depression, and Traumatic Stress:
New Developments and Treatment Implications"**

Many psychiatric disorders are either caused by or result in neurobiological changes that create tremendous human suffering and complicate treatment. This workshop explores in detail the neurobiology of traumatic stress, anxiety and depressive disorders and focuses on treatment implications. Additional topics include: the role of severe stress in altering brain functioning, the lasting impact of severe child abuse and neglect. Treatment perspectives include high-yield, non-pharmacologic ways to alter brain functioning and thus reduce symptoms: stabilizing the circadian cycle, exercise, sleep enhancement, diet, bright light therapy, over-the-counter and herbal treatments, and the growing body of research on how psychotherapy alters brain functioning. The course covers theoretical issues, but also offers many concrete and practical approaches to enhance outcome in therapy.

TURSDAY May 22, 2008 * 8:00am to 12:15pm

Continental Breakfast

Continuation of John Preston's Wednesday Mid-Morning "Balance the Brain... workshop.

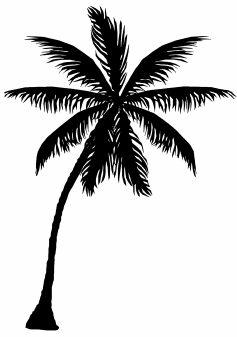
FRIDAY May 23, 2008 * 8:00am to 3:30pm

Continental Breakfast and Buffet Lunch Included

John Preston Psy.D., ABPP

"Treatment Approaches for Acute Stress and Post-Traumatic Stress Disorder"

The workshop presents practical and applied strategies for treating PTSD: empirically validated psychotherapies focusing on processing of traumatic experiences, reducing nightmares, specific affect management techniques, treatment of chronic and complex PTSD, the overlap between complex PTSD and borderline personality disorder. Also addressed are lessons learned post 9-11, dealing with combat trauma and its impact on individuals and families, psychopharmacology and new experimental treatments.



MAINTAINING EXCELLENCE CONFERENCE

May 19 to 23, 2008

Name _____ Agency / Organization _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____ e-mail _____

Name for name tag: (If different from above) _____

License Number (Required only for Ca. Psychologists) _____

Fees: (all fees include Hawai'i State Excise Tax)

REGISTRATION		
Faxed or postmarked by May 1, 2008 <u>Add \$20.00 per session for late registration</u> <i>Full conference late registration fee is \$760.00</i>		
Full Conference (Sessions One to Four)	\$680.00	_____
Session One (Monday - incl. lunch) Integrative Approaches....	190.00	_____
Session Two (Tues. / Wed.) Clinical Application....	170.00	_____
Session Three (Wed. / Thur.) Balance the Brain....	170.00	_____
Session Four (Friday - incl. lunch) Treatment Approaches....	190.00	_____
MCEP processing Fee (Calif. Psychologists only)..... Lic # _____	35.00	_____
Registration Total:		_____

SMITH'S TROPICAL PARADISE GARDEN LUAU			
Wednesday May 21, 2008 (5:00 to 8:30pm)			
	Cost	# of tickets	Totals
Adults	\$70.00	x _____	= _____
Junior (age 7 to 13).....	\$30.00	x _____	= _____
Children (age 3 to 6).....	\$19.00	x _____	= _____
Luau Total			= _____
FEE CALCULATION			
Conference Registration			_____
Luau Total			_____
MCEP Processing Fee.....			_____
Total Amount Due			_____

Method of Payment:

Check (made payable to Hawai'i Conference Associates) enclosed for \$ _____

Charge my: VISA MASTERCARD DINERS CLUB JCB

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FAX FORM TO:
(808) 821-0303
complete, updated information and online registration:
www.hawaiiconference.com