

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

April 2022

On behalf of Kathryn Wetzler, PsyD

**Mental Health and Addiction
Medicine Virtual Symposium 2022**

In collaboration with Regional Mental Health, we're pleased to announce that on **Saturday August 13, 2022, 8am-5pm**, Regional Mental Health will be sponsoring a special day-long virtual Symposium. This event will include nationally renowned keynote speakers, cutting-edge CE and CME workshops led by leading experts, and poster presentations from our Mental Health Trainees to share some of their innovative work over the course of the training year. In the coming weeks we'll be sharing more details about this can't-miss event, but in the meantime mark your calendars and save the date for **Saturday, August 13th**.

**Bariatric Rotation Returns**

The Mental Health Training Program would like to recognize the outstanding contributions of Drs. Stephanie Kong and Supria Gill for their work in re-launching our Bariatric Surgery Evaluation program this month. We'd also like to express thanks to those supervisors around the region who are involved in this special project, including Dr. Susan Fitts, Dr. Allison He, and Dr. Naina Mahtani. This innovative program enables us to conduct hundreds of much-needed Bariatric Surgery evaluations around the region and provides training opportunities in an area of clinical need for many of our trainees. Many thanks to you all for your hard work in this endeavor!

Equity, Inclusion, & Diversity Corner

As we continue to infuse equity, inclusion, diversity, belonging and social justice into the fabric of our training programs, we encourage increased awareness of ways to acknowledge the similarities and differences (implicit, explicit) within and between us. This month we would like to highlight: Arab American Heritage Month, Autism Awareness Month, Black Maternal Health Week (April 11-17), Ramadan, Passover, Easter, and Diversity Month. Diversity month is a time to recognize and celebrate what makes us both similar and different we all begin to get a better understanding of each other, our cultures, and traditions. We encourage you to share this information with others, engage in KP Cares and visit KP Voice.



Our call to action this month is to review the APA's Inclusive Language Guidelines, which provide the most relevant language and principles to make our spaces of learning, teaching, and work more inclusive and equitable. Link: [Inclusive Language Guidelines \(apa.org\)](https://www.apa.org/inclusive-language-guidelines)

Regional Seminar Updates

Listed on the right are our upcoming seminars. We hope you can join us for these seminars, which will also be recorded and available for your viewing in our online CE library in case you can't make it to the live event. To register visit the Seminar Registration page on our website at www.mentalhealthtraining-ncal.kp.org

UPCOMING LIVE SEMINARS**Tuesday, April 19, 2022****Solution Focused Therapy for Couples****Elliott Connie, MA, LPC**

1:00 PM to 4:30 PM

Tuesday, May 17, 2022**Building Stress Resilience and Hope for our new era****Elissa Epel, Ph.D., M.S., M.Phil**

1:00 PM to 4:30 PM

Tuesday, June 21, 2022**Effective Brief Interventions for Children and Adolescents****Robert Friedberg, PhD, ABPP**

1:00 PM to 4:30 PM

Supervision Training (supplemental)**Tuesday, April 26, 2022****Cultural Considerations in Supervision****Nadine Kaslow, PhD, ABPP**

12:00 PM to 2:00 PM

Tuesday, July 19, 2022**Strategies for Handling Problems and Having Difficult Conversations in Clinical Supervision****George B. Haarman, PsyD., LMFT**

12:00 PM to 2:00 PM

