



# 38th Annual LACPA Convention

Hilton Woodland Hills/Los Angeles  
Saturday, May 2, 2026

- Breakfast
- 6.0 CEs + Additional CPDs
- Poster Session/Exhibitors
- Student Circle
- Networking, Light Lunch + Hors D'oeuvres
- LACPA Awards Presentation
- Morning + Afternoon Breakout CE Sessions

2026 Membership Information and Application Included



Keynote Speaker:

**Debra Kawahara, Ph.D.**

*Speaking on  
"Leadership in Turbulent Times"*



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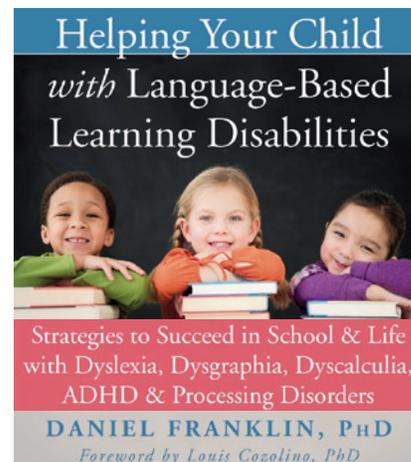


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*Richard Sherman, Ph.D.*

Dear Colleagues,

We invite you to be part of LACPA's 38th Annual Convention, a full day of learning, connection, and celebration. This year's Convention date is Saturday, May 2, 2026. We will be returning to the Hilton Woodland Hills where last spring we held LACPA's successful 80<sup>th</sup> Anniversary event. Attendees appreciated that the hotel is freeway close with plenty of self-parking spaces (and valet parking for those who may need this).

Our morning will kick off with a welcome message and LACPA Awards with our 2026 President Jaz Robbins, to be followed by our excellent keynote speaker Dr. Debra Kawahara, the 2025 APA President, who will present on "Leadership in Turbulent Times." Dr. Kawahara is the first Asian American woman and Japanese American to lead the APA in its 132-year history. She serves as Associate Dean of Academic Affairs and Distinguished Professor at the California School of Professional Psychology at Alliant International University. A respected feminist and multicultural scholar, Dr. Kawahara's work focuses on intersectionality, women's issues, Asian American mental health, and the application of feminist, multicultural, and social justice principles. In addition to her academic leadership, she maintains an independent clinical practice as well as providing organizational trainings.

In addition, we have six exciting workshops covering a wide range of topics, some of which can be used towards the Law & Ethics and Diversity/Social Justice requirements for CPDs. After Dr. Kawahara's presentation, there will be three late morning breakout sessions from which to choose: "Conceptualizing and Treating Substance Use Disorders" by Tara Mae Shultz, Psy.D.; "Sociopolitical Stress and Pathways to Resilience" by Jaz Robbins, Psy.D., BCHN.; "ADHD in Women: Misdiagnosis and Effective Treatment" by Heather DeAngelis, MSW, LCSW-R, LCSW and Kristen Baird-Goldman, MA, LMFT. The afternoon breakout sessions will feature the following: "Reimagining FND Care: A Multidisciplinary Wellness Model for Improving Function and Wellbeing in FND" by Lauren Keats, Psy.D.; "Ethical AI by Design in Behavioral Health" by Christina Armstrong, Ph.D.; and "Painting Myself: 30 Years of Creative Practice" by Robin Walker, MA, LMFT.

Psychologists can earn up to 7 CPD/CEs by attending the full Convention. The day also includes plenty of opportunities for networking, a student poster session and awards and the return of the highly successful Student Circle. Continental breakfast, Light Lunch and Hors d'oeuvres will be provided.

Please consider bringing a colleague who has never attended a LACPA Convention before, to introduce them to the unique collaborative community we all enjoy. We are also still inviting Sponsors and Exhibitors to join us. We look forward to seeing you there!

A handwritten signature in black ink that reads "Richard Sherman, Ph.D." The signature is written in a cursive, slightly slanted style.

Richard Sherman, Ph.D., Convention Chair

# 2026 CONVENTION RATES

## Early Bird Price Available February 2nd - April 2nd

Standard Pricing Available until April 24th

Additional fee for day-of registration \$40

**Register Now!**

<https://lacpa.memberclicks.net/annual-convention>



### LACPA Member

Early Bird \$225

Regular \$250

### LACPA Post-Doc/Pre-Licensed or Student Member

(No CE Credits)

Early Bird \$94.50 / Regular \$105

### Non-Member

Early Bird \$265.50

Regular \$295

### Student Non-Member (Pre-Doctoral)

must submit proof of student status (No CE credits)

Early Bird \$126 / Regular \$140

### Parking Not Included in Registration Rate

The Hilton will offer LACPA Convention attendees a reduced rate of \$17 for self parking or \$18 for valet parking. Must pay at the front desk to receive the discount!

Los Angeles County Psychological Association

Phone 818-905-0410 [Lacpa1@gmail.com](mailto:Lacpa1@gmail.com) [www.lacpa.org](http://www.lacpa.org)

## LACPA's 2026 Convention Committee

Richard Sherman, Ph.D., *Convention Chair*

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Lynne Steinman, Ph.D.

## Continuing Education Information

The Los Angeles County Psychological Association (LACPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. LACPA maintains responsibility for this program and its content.

These courses may be taken to satisfy the California Board of Behavioral Sciences (BBS) continuing education requirements.

LACPA's 38th Annual Convention will operate under the guidelines of an APA-Approved sponsor of continuing education. All licensees are responsible for maintaining records of completed continuing education courses. Within two weeks of the Convention, LACPA supplies a Document of Attendance that certifies the licensee was present for the entire program and earned the continuing education credits.

**It is important to note that APA continuing education rules require that LACPA only give credit to those who attend the entire workshop. An evaluation of the workshops will be emailed to you after the convention. Those who arrive fifteen minutes or more after the scheduled start time or leave before the workshop is completed will NOT receive CE credit. Partial credit may not be given.**

The Los Angeles County Psychological Association is grateful to the LACPA Foundation for its financial contribution to the Poster Awards.

## KEYNOTE SPEAKER



**Debra M. Kawahara, Ph.D.**, is the immediate Past President of the American Psychological Association. She is also the associate dean of Academic Affairs and distinguished professor at the California School of Professional Psychology, Alliant International University, where she assists in the management of over 20 programs in psychology and mental health across six campuses in California, as well as online programs. Additionally, she has an independent practice where she sees individuals, couples, and families, and conducts trainings for organizations.

As the 2025 APA president, Kawahara worked to bring her campaign slogan, “Strength in Unity,” to fruition. She is the first Asian American woman and the first Japanese American to serve in this role.

“Because I believe an ethos of strengths-based unity provides us with an opportunity to continue to build inclusive structures within our communities, my action plan will be to amplify all our voices and create and support initiatives that illuminate all of our expertise and strengths in APA and psychology,” she said. “I want psychologists to feel that APA is a welcoming professional home that empowers all of its members.”

Known as a feminist and multicultural scholar, her work centers on intersectionality, women’s issues, Asian American mental health, leadership, Buddhist Psychotherapy, and the application of feminist, multicultural and social justice principles. She is widely published and has presented at the state, national, and global levels. Her most recent scholarship focuses on connecting the foundations of Early Buddhism to current mindfulness and meditation practices used in psychotherapy, with a recently published book, “Buddhist Psychotherapy: Connecting Early Buddhism to Mindfulness and Western Psychotherapy,” co-written with Liang Tien and Venerable Dhammadinna.

Kawahara is a fellow of APA Divisions 12, 35, 45, and 55, and the Asian American Psychological Association. In recognition of her work, she was awarded an APA Presidential Citation and the Shining Star Award at the National Multicultural Conference & Summit. She also received Div. 45’s Distinguished Career Contributions for Service Award and Division 35’s Pioneer Award (Section 5, Asian Pacific Islander Women).

## Convention Information

**Confirmation:** Participants will receive confirmation of their enrollment. Please arrive at least thirty minutes early to complete check-in. Sessions will start promptly at the time indicated. Late arrivals (five minutes or more after start) to sessions will not be eligible to receive continuing education credit.

**Cancellation Policy:** To receive a refund, a request must be received in writing no later than April 27, 2026. A \$35 processing fee is deducted from all refunds. Refunds will be processed within 30 days.

**Americans with Disabilities Act Compliance:** The Los Angeles County Psychological Association is available to make arrangements for individuals with particular needs. Anyone who requires special accommodation for a disability is requested to notify the LACPA office at [lacpa1@gmail.com](mailto:lacpa1@gmail.com) two weeks prior to the event.

**Documentation of Attendance:** *Individuals who complete a program in its entirety and turn in the required CE paperwork at the end of each session, will receive a Document of Attendance via email within two weeks of the convention.*

**Location, date, and presenters are subject to change.**

Register Now!

[https://lacpa.memberclicks.net/  
annual-convention](https://lacpa.memberclicks.net/annual-convention)

**Convention sessions  
will NOT be recorded.**



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## CONVENTION EVENTS

Registration/Breakfast

Welcome and Session I Keynote Speaker

Session II

Networking Lunch, Exhibitor Bingo

Poster Presentations, Awards, Session III

Post Convention Social Hour

# Convention Schedule

Saturday, May 2, 2026

HILTON WOODLAND HILLS

6360 Canoga Ave, Woodland Hills, CA 91367

*Times and events are subject to change*

Breakfast/Registration

7:30 a.m.

Session I

8:35 a.m. - 8:55 a.m. PT

President's Welcome & LACPA Award Honorees

9:00 a.m. - 11:00 a.m.  
2026 Keynote Speaker  
2.0 CE Credits  
Ballroom

how these values and concepts have been and will be used in her leadership roles, particularly in her role as the 2025 president of the American Psychological Association.

**Objectives:**

1. Describe 2 key skills or behaviors for effective leadership.
2. Identify 3 values in transformational feminist leadership.
3. Explain 3 bases of power.

**Leadership in Turbulent Times**

Debra M. Kawahara, Ph.D. *Intermediate Level*

*This workshop may be counted toward the Cultural Diversity and Social Justice requirement mandated every two years for license renewal.*

**Abstract:** This presentation will outline values, concepts, and behaviors from a transformational feminist leadership model that are important for successful and effective leaders in a global world. The presenter will share examples of



*Debra M. Kawahara, Ph.D., is a psychologist, author, and advocate for justice and healing. As the 2025 President of the American Psychological Association and Associate Dean of Academic Affairs at Alliant International University, she is shaping psychology's future through cultural humility, intersectional insight, and systemic care.*

More information on this program can be found at <https://lacpa.memberclicks.net/convention-featured-speaker>

11:00 a.m. to 11:15 a.m.  
Break/Exhibitors/Posters

# Session II

## 2.0 CE Credits All Courses

### 11:15 a.m. to 1:15 p.m.

#### Breakout Rooms

More information on each program can be found at <https://lacpa.memberclicks.net/2026-convention-presentations>

### ADHD in Women: Misdiagnosis and Effective Treatment

Heather DeAngelis, MSW, LCSW-R, LCSW and  
Kristen Baird-Goldman, MA, LMFT

*Advanced Level*

*This workshop may be counted toward the Cultural Diversity and Social Justice requirement mandated every two years for license renewal.*

**Abstract:** ADHD in women is frequently under-recognized or misdiagnosed, often labeled as anxiety, depression, or trauma-related disorders due to masking and inattentive presentations. This advanced program provides psychologists with evidence-based diagnostic frameworks, CBT & ACT-informed interventions, and neurodiversity-affirming approaches to enhance culturally responsive diagnostic precision and treatment planning.



**Heather DeAngelis, LCSW-R, LCSW, CEAP,** specializes in adult ADHD with a focus on inattentive, often-missed presentations in women and high-functioning adults. She integrates ACT, CBT, and mindfulness-based interventions in her work and trains clinicians nationally. Heather serves on CHADD of California's Board and presents at major conferences on ADHD and clinical best practices.



**Kristen Baird-Goldman, LMFT, ADHD-CCSP, CIMHP, ATR,** is a licensed therapist and adult ADHD specialist with 15+ years of experience. Author of *The CBT Workbook for Adults with ADHD*, she integrates CBT, ACT, MBCT, trauma-informed care, and somatic/expressive methods. A CHADD Board Member, she brings a neuroscience-informed, lived-experience perspective to clinical practice and professional training.

### Sociopolitical Stress and Pathways to Resilience

Jaz Robbins, Psy.D., BCHN

*Advanced Level*

*This workshop may be counted toward the Cultural Diversity and Social Justice requirement mandated every two years for license renewal.*

**Abstract:** Drawing on research from neuroscience and multicultural psychology, participants will explore how prolonged exposure to sociopolitical stress activates fear circuits, disrupts autonomic regulation, and undermines resilience. Attendees will leave with an integrative toolkit that includes interventions from a variety of frameworks including trauma-informed care, multicultural psychology, and somatic healing.



**Jaz Robbins, Psy.D., BCHN,** is a licensed psychologist and board-certified holistic nutritionist specializing in trauma-informed care and health psychology. Integrating nutrition science into her work, she provides individual, group, and family mental health services to adult trauma survivors. She also provides training and consultation to hospitals and healthcare organizations that serve trauma patients.

### Conceptualizing and Treating Substance Use Disorders

Tara Mae Shultz, Psy.D.

*Intermediate Level*

**Abstract:** Substance use disorder is a mental health issue that can be challenging for clinicians to navigate. This presentation will explain how to conceptualize addiction from a psychodynamic and cognitive-behavioral viewpoint. Effective interventions pulled from both theories will be introduced and modeled after examining the history of treatment for addiction.



**Tara Shultz, Psy.D.,** is a licensed clinical psychologist located in Los Angeles. She operates a private practice, where she specializes in substance use disorders and related challenges. In addition to her clinical practice, Dr. Shultz teaches an advanced psychodynamic course for graduate-level students at the Chicago School of Professional Psychology. She completed her internship and postdoctoral training at Tarzana Treatment Centers.



**1:15 PM to 2:15 p.m.**  
**Casual Networking Lunch in Ballroom**  
**Foundation Scholarship and Poster Awards**

**LACPA Announces Our  
2026 Convention Poster Presenters**

*More information on each poster can be found at  
<https://lacpa.memberclicks.net/2026-selected-posters>*

**First Author Name and Degree:** Anait Arushanyan, B.A.  
**Name of University:** The Chicago School of Professional Psychology  
**University Advisor for this research:** Enrique Lopez, Psy.D.  
**Title of Poster:** *A Comparison of Memory Accuracy on Picture and Number Stimuli in the Computerized Memory Interference Test*

**First Author Name and Degree:** Chloe Alkadri, M.A., M.Ed.  
**Name of University:** The Chicago School of Professional Psychology  
**University Advisor for this research:** Enrique Lopez, Psy.D.  
**Title of Poster:** *Differences Between Pictures Versus Reading Words on the Computerized Memory Interference Tests Among Asian American Speakers: Are Pictures More Culturally Fair?*

**First Author Name and Degree:** Briana Boskovich, M.A., AMFT  
**Name of University:** The Chicago School of Professional Psychology  
**University Advisor for this research:** Andy Carton, Psy.D.  
**Title of Poster:** *Meta-analysis of Mental Health Training for First Responders Using AI and VR Supports*

**First Author Name and Degree:** Catherine Croft, M.S.  
**Name of University:** Long Beach State University  
**University Advisor for this research:** Alison Ede, Ph.D.  
**Title of Poster:** *Look good, feel good, play good: Reasons behind changing a female athlete's appearance*

**First Author Name and Degree:** Katelyn De Santis, M.A.  
**Name of University:** The Chicago School of Professional Psychology  
**University Advisor for this research:** Katrin Gatas, Psy.D.  
**Title of Poster:** *Perception of Risk: The Impact of Psychotherapy on College Women's Awareness of Sexual Assault*

**First Author Name and Degree:** Loren Edry, M.A.  
**Name of University:** Alliant International University  
**University Advisor for this research:** George Gharibian, Psy.D.  
**Title of Poster:** *Immigration and Acculturation Stress*

**First Author Name and Degree:** Jen Emmett, MPH, M.A.  
**Name of University:** The Wright Institute  
**University Advisor for this research:** Stephanie Kuehn, Psy.D.  
**Title of Poster:** *Fostering Futures: A Thematic Analysis of Current and Former Foster Youths' Experiences in Higher Education*

**First Author Name and Degree:** Daniel Fouladian, B.A.  
**Name of University:** Alliant International University  
**University Advisor for this research:** Danielle Gissingner, Ph.D.  
**Title of Poster:** *Reducing Psychological Impact in the Pediatric Cochlear Implantation Journey*

**First Author Name and Degree:** Tina Garoosi, M.A.  
**Name of University:** University of California Los Angeles (UCLA) / California Lutheran University  
**University Advisor for this research:** Nicole Hisaka, Psy.D.  
**Title of Poster:** *Modified PCIT in a Group Format: A Practical Approach for Behavioral Management*

**First Author Name and Degree:** Verounia Ghaly, B.A.  
**Name of University:** The Chicago School of Professional Psychology  
**University Advisor for this research:** Jordan Belisle, Ph.D.  
**Title of Poster:** *Examining the Abstraction Section of the Montreal Cognitive Assessment (MoCA) Using the Relational Map Analysis Protocol (RMAP): A Conceptual Evaluation of Construct Validity and Reliability*

**First Author Name and Degree:** Davis Gortner, B.S.  
**Name of University:** The Chicago School of Professional Psychology  
**University Advisor for this research:** Enrique Lopez, Psy.D.  
**Title of Poster:** *Pain and Memory: Effects of Pre-Test Pain Level on Visual Memory Performance*

**First Author Name and Degree:** Emmerson Hayes, B.S.  
**Name of University:** The Chicago School of Professional Psychology  
**University Advisor for this research:** Andy Carton, Psy.D.  
**Title of Poster:** *Psychological Support as a Protective Factor Following Career-Ending Athletic Injury*

**First Author Name and Degree:** Daisy S. Inthisith, M.A.  
**Name of University:** Alliant International University  
**University Advisor for this research:** Amir Ramezani, Ph.D.  
**Title of Poster:** *A Systematic Review of Neuropsychological Impairments as Mitigation in Criminal Sentencing Decisions*

**First Author Name and Degree:** Jennifer Kung, Psy.D.  
**Date of Doctorate/Name of University:** 7/2/2024, Alliant International University  
**Title of Poster:** *Lifetime trauma exposure as a mediator between BIPOC status and PTSD*

**First Author Name and Degree:** Madeline Mettler, B.S.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** Andy Carton, Psy.D.  
**Title of Poster:** *Social Media's Impact on Body Dysmorphia in Female Collegiate Athletes*

**First Author Name and Degree:** Crystal Nesbeth, M.A.  
**Name of University:** Pepperdine University  
**University Advisor for this research:** Erlanger Turner, Ph.D.  
**Title of Poster:** *Multicultural Considerations for Neuropsychological Assessments with African American Youth*

**First Author Name and Degree:** Ashley Ntekim, B.A., M.A.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** Gloria Morrow, Ph.D.  
**Title of Poster:** *Roots of Resilience: Understanding Intergenerational Trauma in the Black Community*

**First Author Name and Degree:** Ryan T. O'Donnell, B.S.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** Jordan Belisle, Ph.D.  
**Title of Poster:** *The Relational Map Analysis Protocol (RMAP): A standardized diagramming system for visualizing and analyzing human language and cognition.*

**First Author Name and Degree:** Diana Catherine Perez, B.A.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** Jordan Belisle, Ph.D.  
**Title of Poster:** *Analyzing the language of the "Night Stalker": A functional analytic conceptualization of a serial killer's verbal behavior using the Relational Map Analysis Protocol (RMAP)*

**First Author Name and Degree:** Brynne T. Richardson, B.S., B.A.  
**Name of University:** Palo Alto University  
**University Advisor for this research:** Stephanie J. Wilson, Ph.D.  
**Title of Poster:** *Attachment Style and Couples' Empathic Accuracy*

**First Author Name and Degree:** Narineh Sarokhanian, M.A.  
**Name of University:** Alliant International University  
**University Advisor for this research:** George Gharibian, Ph.D.  
**Title of Poster:** *Parental Confirmation as a Moderator of the Relationship between Attachment Style and Emotional Eating Among Armenians*

**First Author Name and Degree:** Lisa Sui, M.A.  
**Name of University:** Azusa Pacific University  
**University Advisor for this research:** Ted Scott Bledsoe, Psy.D.  
**Title of Poster:** *Exploring the Power of Sadness: Examining the Meanings of Transient Sadness through a Bicultural Perspective*

**First Author Name and Degree:** Sara Tamadon, B.A.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** Jessica Rosenfeld, Psy.D.  
**Title of Poster:** *Understanding views of healthcare professionals: exploring potential biases between psychologists and physicians to improve interdisciplinary collaboration*

**First Author Name and Degree:** Julia Tordo, B.A.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** Enrique Lopez, Psy.D.  
**Title of Poster:** *Cultural and Linguistic Adaptability of the Autism Spectrum Screening Questionnaire (ASSQ) for Children Around the World*

**First Author Name and Degree:** Chloe Towns, M.A.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** Andy Carton, Psy.D.  
**Title of Poster:** *Interaction Effect of Mindfulness Training and Physical Exercise on ADHDers compared to Neurotypicals*

**First Author Name and Degree:** Heather Turney-Schmidt, M.A.  
**Name of University:** The Chicago School Professional Psychology  
**University Advisor for this research:** David Sitzer, Ph.D.  
**Title of Poster:** *Preventing Cognitive Decline and Promoting Healthy Aging Through Music*

**First Author Name and Degree:** Shannon Twomey, B.S.  
**Name of University:** University of California, Santa Barbara  
**University Advisor for this research:** Ty Vernon, Ph.D.  
**Title of Poster:** *Black Families Seeking Autism Assessment: An Exploratory Analysis of Experiences and Intersectional Considerations*

**First Author Name and Degree:** Dino Vicencio, B.A.  
**Name of University:** Pepperdine University  
**University Advisor for this research:** Ty Vernon, Ph.D.  
**Title of Poster:** *The Impact of Destructive Leadership Traits on Subordinate Psychological Well-Being: A Systematic Review*



## Session III

### 2.0 CE Credits All Courses

### 2:30 to 4:30 p.m. PT

### Breakout Rooms

More information on each program can be found at <https://lacpa.memberclicks.net/2026-convention-presentations>

#### Ethical AI by Design in Behavioral Health

**Christina Armstrong, Ph.D.** *Intermediate Level*

*This workshop may be counted toward the Ethics requirement mandated every two years for license renewal.*

**Abstract:** Artificial intelligence is reshaping behavioral health through assessment, intervention, and predictive tools. This 2-hour workshop introduces “Ethical AI by Design,” guiding professionals in responsible AI integration. Participants explore applications, evidence, and ethical frameworks, covering privacy, consent, competence, and equity, through case-based discussions to evaluate risks and ensure person-centered, ethical care.



**Christina Armstrong, Ph.D.,** is a nationally recognized leader in health technology with 15+ years of federal service advancing digital transformation in VA and DoD. She develops and leads virtual care innovation programs and implements strategies across healthcare systems to increase digital health literacy and utilization. With 30+ publications, her work focuses on implementation of science, digital health policy, and technology-enabled care models that support patients and staff.

#### Reimagining FND Care: A Multidisciplinary Wellness Model for Improving Function and Wellbeing in FND

**Lauren Keats, Psy.D.** *Intermediate Level*

**Abstract:** Our global FND wellness platform delivers accessible, non-individualised education, community support, and wellness evaluations for individuals lacking specialised care. Through weekly multidisciplinary modules, psychosocial and family workshops, and an active peer community, participants show meaningful improvements in function and self-reported wellbeing, demonstrating a scalable path to thriving with FND.



**Lauren Keats, Psy.D.,** is a neuropsychologist and psychology director at re+active therapy and wellness. She completed her clinical internship in integrated behavioral medicine and post-doctoral training in geropsychology. She currently specializes in neuropsychological assessment and treatment of adults with a broad range of conditions, including functional neurological disorder, persisting problems after concussion, acquired brain injury, Parkinson’s disease, and neurodegenerative disease.

#### Painting Myself: 30 Years of Creative Practice

**Robin Walker, LMFT** *Intermediate Level*

**Abstract:** A biography of the lessons learned over a 35 year career as a psychotherapist/artist, illustrated by his own painted self-portraits. Includes lessons about Finding a style, Making mistakes, Joseph Campbell, What makes a person want to be a therapist (or an artist), Good listening and more.



**Robin Walker, LMFT,** has been a full-time private practice psychotherapist for nearly 40 years. He’s also been an artist for the duration. His practice (therapeutic and artistic) has been devoted to helping people find authenticity and creativity in daily life. His work can be seen at two Santa Monica galleries, the Beverly Hills Art Show and at his office.

**2026 LACPA  
Award Honorees  
To Be Announced Soon!**

**4:30 p.m. - 5:30 p.m.**  
**No-Host Social Hour in the Hotel Restaurant**

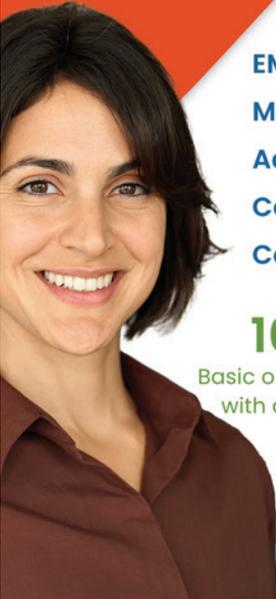


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 Certified Therapist and Supervisor in Emotionally Focused Couples Therapy (EFT)  
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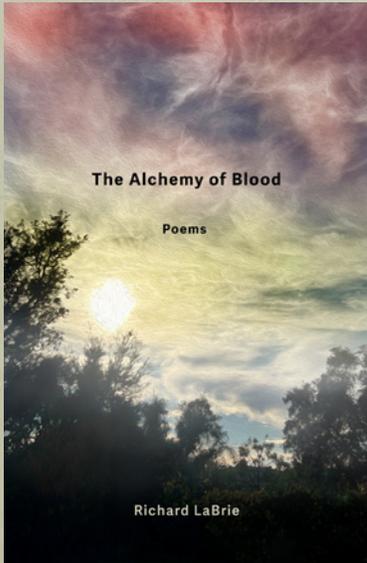


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# 2026 Lunch & Learn Spring Series



**Held on the 2nd Friday in February, March and April**

12:00- 1:30 p.m. PT Via Zoom Webinar

FREE for LACPA Members

\$50 for Non-Members

1.5 CEs

Programs will not be recorded

*More information and registration  
can be found at:*

<https://lacpa.memberclicks.net/free-ce-cpd-lunch-learn-series>



**March 13th, 2026**

## **Embracing Neurodiversity: Comparing ADHD and Autism in Clinical Practice**



*Grace Malonai, Ph.D., LPCC*

Intermediate Level

This program may be counted toward the Cultural Diversity and Social Justice requirement mandated every two years for license renewal.

This training explores DSM-V-TR autism and ADHD criteria, including similarities and differences. It looks at common comorbidities, ways to frame client presentations, misconceptions, and how to support and accommodate neurodivergence in the therapeutic process. Treatment strategies geared towards autistic and ADHD clients will also be discussed

**April 10th, 2026**

## **Feel Good Now: A Novel Treatment Approach for IBS, Other DGBIs, and Chronic Pain**



*Jennifer Franklin, Ph.D.*

Intermediate Level

Chronic stress is a cause of functional conditions, yet patients often do not recognize stress or specific stressors. Making the primary focus of treatment feeling good in the here and now orients patients toward turning on the parasympathetic nervous system, efficiently addressing underlying chronic stress and resolving physiological symptoms.

# 2026 LACPA Membership Information & Application

**"The Voice of Psychology and psychologists for all of Los Angeles County."**

## WHAT IS LACPA?

LACPA is proud to be one of the largest psychological associations in the country, with more than 1000 members. Founded in 1945, LACPA is a chapter of the California Psychological Association (CPA) and has strong ties with the American Psychological Association (APA). LACPA was recognized as the 2015 CPA Outstanding Chapter of the Year. Our fiscal stability allows us to offer a wide range of benefits, services, and activities to our members.

LACPA provides members with opportunities to develop professionally, as well as opportunities to relax and socialize. Many people join because of the invaluable sense of community, belonging, and collegial connection among members. As LACPA continues to grow, it brings together individuals who work in a variety of disciplines within psychology to exchange ideas.

LACPA has a vibrant spirit of camaraderie, inclusivity, diversity, dedication, and compassion. We invite all members to explore the opportunities LACPA offers, to take advantage of the many benefits available, and to be part of a growing community.

***Membership with LACPA can also meet most (if not all) of the Board of Psychology Continuing Professional Development (CPD) requirements through the many benefits listed below!***

## THE LACPA BOARD OF DIRECTORS

LACPA is governed by a rotating Board of Directors charged with overseeing the association's financial health, coordinating the myriad events we hold, and representing our association to the public. We are always looking for driven, inspired, collaborative professionals to join us in positions of leadership on one of our many committees or the Board itself.

## LACPA FOUNDATION

The LACPA Foundation raises funds to benefit marginalized populations, supports our annual Convention, and provides student scholarships.

## MEMBER BENEFITS

### ***Build Your Practice:***

#### **Networking**

LACPA's networking events are highly valued by members and provide virtual and in-person opportunities to build relationships with colleagues.

#### **Listserv**

LACPA's listserv is an invaluable tool for building your practice, sharing professional resources, and staying engaged.

#### **Online Therapist Search**

LACPA's Find-A-Therapist online directory helps the public community find and connect with you about your mental health services.

### ***Connect with Others and Earn CPDs:***

#### **Committees, Special Interest Groups & Clubs**

Our members can join many virtual, hybrid and in-person committees, clubs, and special interest groups (SIGs) to connect with other like-minded professionals, develop and share skills and interests and be of service to the community. CPDs may be available, check with the leader.

Get involved in LACPA **Committees**, (Arts/Creativity/Culture, Continuing Education, Convention, Diversity, Disaster Response, Early Career Psychologists, Local Advocacy Network, Membership, Networking, Publications, and Technology), as well as current **Clubs** (Book, Film & Hiking) and **SIGs** (Assessment, Business of Practice, Child & Adolescent, Conscious Aging, Divorce, Separation & Reconfigured Families, Eco-Psychology, LGBTQ+, Severe Mental Illness, Sexuality & Sex Therapy, Sports & Performance Psychology & Trauma & Trauma Therapy, Telehealth).



## More Benefits:

**Magazine:** LACPA membership includes a free subscription to *The Los Angeles Psychologist*, our award-winning quarterly magazine. Stay informed about upcoming events, take advantage of free group therapy advertising, advertise your business or other events, remain current on innovations in theory and practice and submit your work for publication.

**Advocacy:** LACPA fosters grassroots efforts to address the state and national governments' impact on our profession, in coordination with CPA. Our Local Advocacy Network organizes efforts to contact legislators, educate members about legislation related to psychology, and lobby for legislation important to our profession.

**Ethics Consultation:** LACPA's Ethics Information & Education Committee provides free consultation on ethical matters by our specially trained members.

**Convention:** LACPA's 38th annual Convention will be held at the Hilton Woodland Hills on May 2nd, 2026, with excellent programs available, including Featured speaker, Dr. Debra Kawahara, and up to 7 CE/CPD Credits available! Includes breakfast, networking lunch and post-convention social hour.

**Continuing Education:** LACPA is approved by the American Psychological Association (APA) to offer CE/CPD credits for Psychologists, LCSWs, and LMFTs. Our programming is renowned for its high quality and commitment to diversity in education. Virtual, In-person and Hybrid programs.

Our CE programming includes:

- Formal CE speaker programs including Cultural Diversity and Social Justice, Supervision, Law and Ethics topics, as well as latest topical research!
- Annual Convention (Up to 7 CEs/CPD)
- Lunch & Learn CE Series (free to members, up to 7.5 CEs a year)
- Bi-Annual Trust Risk Management Event (next event January 2027)



## Join Now and Get Involved!

Enjoy everything LACPA has to offer. Visit our website at [www.lacpa.org](http://www.lacpa.org) and click "Join/Rejoin."



<https://lacpa.memberclicks.net/join-renew>

## Contact Information:

[lacpa1@gmail.com](mailto:lacpa1@gmail.com) [www.LACPA.org](http://www.LACPA.org)

Follow and engage with LACPA on [Facebook](#), [Twitter @ LACPAPsych](#), [Instagram @ LACPA1945](#), [Threads](#) and [LinkedIn!](#)



# LACPA's Membership Application

September 1, 2025 – August 31, 2026

## Membership Category:

Must be the highest level for which the person is qualified.

- \$281 **Full Member** (Doctorate in psychology)
- \$195 **Affiliate Member** (Master's in a mental health field OR other professional)
- \$195 **Out-of-County/State Member** (Lives and works outside of L.A. County)
- \$127 **Emeritus Member** (Member for at least 15 yrs. and age 70 or older)
- \$115 **Post-Doctoral/Pre-Licensure** (Received doctorate within the past 7 years, maximum 2 years at this level)  
**Early Career Member** (Received doctorate within the past 7 years) **Year Doctorate received:** \_\_\_\_\_
- \$179 **1st and 2nd year** at this level
- \$244 **3rd and 4th year** at this level
- \$47 **Student Member - Undergrad or Graduate** (Pre-Doctoral, must submit proof of current student status with application)

## Optional with Membership:

- Add me to the **FREE** LACPA Listserv
- \$50 Find a Therapist Web search Add-on (Must be a licensed Psychologist, MD, LMFT, or LCSW)

## General information:

(Please Print Clearly)

Full Name: \_\_\_\_\_ Degree: \_\_\_\_\_

## Mailing Address:

Street: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Email: \_\_\_\_\_

BOP/BBS License Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

## Professional Ethics Declaration:

I have read and agree to abide by the Ethics Code(s) that applies to me in my professional capacities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Payment Information:

**Total amount authorized to charge:** \$ \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

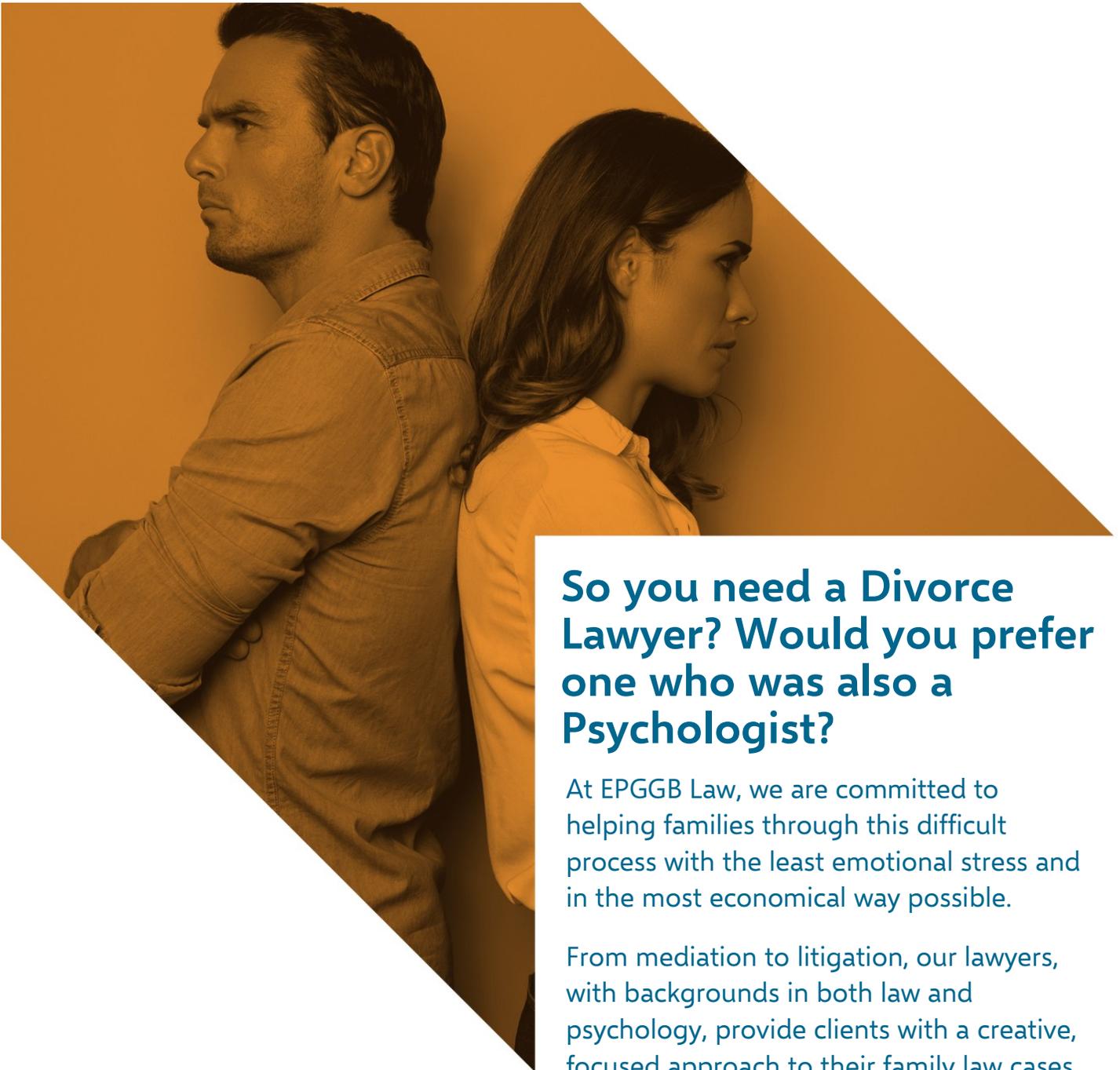
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# PRESIDENT'S LAB: THE GUT-FEELING LINK: NUTRITION FOR ANXIETY, DEPRESSION & TRAUMA

Facilitated by Jaz Robbins, Psy.D., BCHN



**Program Overview:** Grounded in cutting-edge research and clinical application, The Gut-Feeling Link explores the profound intersection between mental health and nutritional science. Led by Dr. Jaz Robbins, a licensed psychologist who is board-certified in holistic nutrition, this 3-part series delivers actionable strategies for addressing anxiety, depression, and trauma through the lens of the gut-brain axis. Mental health professionals will gain evidence-based insights into microbiome function, inflammation, and neurotransmitter synthesis, with tools to transform both client outcomes and personal wellbeing. If you've ever been curious about nutritional psychology, this training provides a necessary foundation: food as a therapeutic tool for mind, mood, and emotional resilience.

## CPD's available!

\$10 - LACPA Members

\$20 - Non-members

\$5 - Student Members

\$10 - Student Non-members

### Module 1: Anxious Appetites: How Food Fuels (or Fights) Anxiety

Friday, March 27, 2026 - Virtual via Zoom - 12:00 - 1:30 PM

This module unpacks the biochemical and behavioral connections between diet and anxiety. Participants will explore how blood sugar instability, gut dysbiosis, nutrient deficiencies (like magnesium, B-vitamins, and omega-3s), and food sensitivities can exacerbate anxious symptoms. Dr. Robbins will review emerging research on the microbiome's role in GABA production and stress response regulation, as well as practical strategies to calm the nervous system through food. Clinicians will leave with concrete tools to support anxious clients, including evidence-based food interventions and psychoeducational language. This module bridges science and practice, helping clients reclaim calm by shifting from reactive eating to nutritionally regulated nervous systems.

### Module 2: Feeding the Blues: Nutritional Strategies for Depression

Friday, June 26, 2026 - Virtual via Zoom - 12:00 - 1:30 PM

This module explores how dietary patterns influence mood regulation, neuroinflammation, and neurotransmitter balance in depressive disorders. Dr. Robbins will examine the roles of tryptophan, folate, iron, zinc, vitamin D, and omega-3 fatty acids, alongside inflammatory markers commonly elevated in depression. Clinicians will learn how gut permeability ("leaky gut") contributes to systemic inflammation and how nutrition can reverse this cycle. Highlighting recent research and case examples, attendees will gain practical tools for integrating mood-supportive foods into care plans. Whether treating major depression or low-grade dysthymia, this training equips professionals to expand treatment beyond the couch—into the kitchen.

### Module 3: Trauma on the Table: How Stress and Nutrition Interact

Friday, October 2, 2026 - Virtual via Zoom - 12:00 - 1:30 PM

Trauma changes the brain—but it also changes the body, especially digestion. This module explores how chronic stress and trauma disrupt gut function, alter microbiome diversity, and impair nutrient absorption. Learn how cortisol imbalances, vagus nerve dysregulation, and inflammatory eating patterns keep trauma stored in the body. Dr. Robbins will discuss trauma-informed nutritional approaches, somatic integration strategies, and foods that support nervous system repair. Whether working with PTSD, complex trauma, or a client with a number of ACEs, this module empowers clinicians with tools to support embodied healing. This is nutrition as nervous system medicine—offering the body what it needs to feel safe enough to heal.



<https://lacpa.memberclicks.net/president-s-lab>