

## The APA Board of Educational Affairs (BEA)

### Award in Support of Conferences and Workshops on Graduate and Postgraduate Education and Training in Psychology Application

BEA will award a total of \$10,000 per year in conference grants; typical grant funding is \$2000 per conference/workshop. Awards must support organizations or groups of psychologists planning conferences or workshops intended to enhance the quality of education for faculty and/or supervisors who then will use the knowledge to train students, interns, and/or postdoctoral fellows. Preference will be given to groups or organizations that have not been awarded a Conference and Workshop grant in the past two years.

#### How to Apply:

Complete the information below, and address the criteria found on the next page. **Send proposals electronically or postmarked by Friday, September 1<sup>st</sup>, 2017** to:

*Kymberly Thornton  
Science Directorate  
American Psychological Association  
750 First Street NE  
Washington, DC 20002*

Please complete the following information, and address the criteria listed on the following page:

1. Title and Date(s) of the Conference or Workshop:

***Training Psychologists in Behavioral Sleep Interventions for Youth  
March 2018***

2. Name(s) of group organizing the Conference or Workshop:

***St. John's University Department of Psychology***

3. Name, email, phone number, and organization of a single contact person. This will be the contact for all the correspondence regarding your submission.

- a. Name: ***Mark Terjesen, Ph.D.***
- b. Organization: ***St. John's University***
- c. Email: ***terjesem@stjohns.edu***
- d. Phone: ***718-990-5860***

## Conference Proposal:

### *Training Psychologists in Behavioral Sleep Interventions for Youth*

**Submitted to the Board of Education Affairs (BEA) of the American Psychological Association (APA) Conferences and Workshops on Graduate and Postgraduate Education and Training in Psychology**

**Submitted by: Mark D. Terjesen, Ph.D.**

- **Goals and objectives**

*The clarity and nature of the conference or workshop goals and objectives in relation to the scope and purpose of the grant.*

Sleep problems in children are one of the most common complaints raised by parents with estimated international prevalence being suggested to fall between 20 to 30% conservatively. Further, sleep problems have been demonstrated to lead to a number of negative outcomes for children. While behavioral interventions have been demonstrated to be efficacious, the focus and training in them among clinicians is sparse (Sakakini, 2010). The aim of this conference is to train graduate students, interns, and psychologists to implement evidence-based practice for behavioral sleep interventions among youth. What make this conference stand-out from other professional development conferences, is that it will also provide an opportunity for on-going training and supervision through the application of a clinical technology-based intervention that focuses on improving sleep behavior through cognitive-behavioral therapy. The didactic, multimedia, and hands-on clinical interventions and training will inform the science and clinical practice on sleep problems. The potential benefits of a continued, distance learning training program for clinicians to deliver a behaviorally oriented treatment will be the first of its kind and will be examined.

#### **Leadership**

*The qualifications of the person(s) identified to plan and lead the conference or workshop, relative to the topic of focus. Included in the qualifications should be evidence of national or regional leadership.*

- **Dr. Mark Terjesen** is an Associate Professor and Director of the Graduate programs in School Psychology at St. John's University (STJ). At STJ, Dr. Terjesen has managed the graduate programs, teaching, developing and maintaining a program of research related to the field of school psychology and cognitive-behavior therapy (CBT), directing community-intervention/ education projects, and writing manuscripts related to such work. He has overseen the departments colloquia series of invited speakers and has organized two professional development conferences a year since 2004 with attendance of approximately 125 participants at each conference. As to his administrative/leadership history, he has served as the President of the Trainers of School Psychologists (2009-2010), has twice been the School Division President of the New York State Psychological Association (NYSPA), has served as the convention chairperson for Division 1 (General

Psychology) of APA and has served as co-chair and chair for the Division 52 (International) conference planning. Within the APA, he has served as the President for Division 52 and the Treasurer for Division 16. He is presently a Fellow of the APA and has served as the Institutes Chair and Continuing Education Chair for the Association for Behavioral and Cognitive Therapies (ABCT).

- **Participants**

*The qualifications of conference or workshop participants relative to the topic of focus, including their potential for implementing outcomes of the conference or workshop.*

This conference will be offered to Directors of Doctoral Programs in Applied Psychology, Internship/Post-Doctoral training coordinators, Psychologists, Educators, Researchers, School Psychologists, Social Workers, Mental Health Counselors, Marriage and Family Therapists, and other health professionals interested in these topics. Registration will be limited to 225 participants to allow for greater opportunities for communication, collaboration, and small group interaction. As part of the registration process, participants will be asked to indicate how they expect to implement aspects of the conference in their teaching, research, and clinical practice. It is our expectation that 80 registration slots will be reserved for university training faculty and internship/post-doctoral training coordinators.

- **Impact**

*The estimated or potential impact of the conference or workshop in terms of the diffusion of new ideas resulting from its outcomes in the education community appropriate to the proposal's focus.*

The projected impact on the diffusion of new ideas and approaches from this conference will be quite significant. The conference will allow for considerable hands-on approaches and provision of materials to guide instructional practice for University and internship supervisors, development of collaborative scientific research approaches, and an enhanced approach to guide clinical practice and measure clinical outcome. A portion of the revenue generated from the conference will be used to provide grant support to research projects or community interventions to further influence the educational and professional community. Further, the development of a web-based community to allow for sharing of information and provision of additional educational, clinical, and research based webinars will be supported to further enhance the dissemination of the work of the conference.

## Budget

The clarity and completeness of the conference or workshop budget, how realistic it is, and how the grant funds are to be used to offset expenses incurred (e.g., travel, registration, speaker fees).

*Support from the BEA is requested to allow for inviting qualified and influential speakers which will enhance the stated outcomes of the conference. The primary funds from the BEA grant would be used to offset costs for the speaker and travel for the speaker. These costs will be shared with the University. The additional costs are for management and hosting of the technology for continued training upon the conclusion of the conference as well as a stipend for a graduate student to assist. STJ will be contributing many resources (space, technology) in-kind.*

### Sleep Conference budget 2018

Line Items	Internal Resources (covered by St. John's University (STJ))	BEA support
<b>Personnel (Staff or Contractors)</b>		
<i>Coordinator</i>	\$1000 (in kind)	
<i>Administrative support staff</i>	\$500 (in kind)	\$500
<i>Technical support/consultants</i>	\$750	
<i>Web site designer</i>	\$500	
<i>Invited Speakers</i>	\$1250	\$1250
<b>Personnel Costs</b>	<b>\$2,500</b>	<b>\$1750</b>
<b>Services (Non-Personnel)</b>		
<b>Duplication and Printing</b>		
Companion documents	\$250	
	<b>\$250</b>	
<b>Rental</b>		
Conference and meeting rooms	\$5000 (in kind)	
Computer equipment rental	\$1000 (in kind)	
	<b>\$6000 (in kind)</b>	
<b>Equipment and Maintenance</b>		
Audio equipment	\$250 (in kind)	
Presentation equipment	\$250 (in kind)	
	<b>\$500 (in kind)</b>	
<b>Advertising</b>		
Promotion of plan in media (newsletters, conference programs)	\$250	
	<b>\$250</b>	
<b>Utilities, Telecommunications</b>		
Web site service	\$187	\$187
	<b>\$187</b>	<b>\$187</b>
<b>Supplies</b>		
<i>Meeting supplies</i>	\$350	
	<b>\$350</b>	
<b>Travel</b>		
<i>Invited speakers travel and lodging</i>	\$450	\$450
	<b>\$450</b>	<b>\$450</b>
<b>TOTAL</b>	<b>\$3987</b>	<b>\$2387</b>