All Continuing Education (CE) programs in this document have been reviewed and approved by the APA Office of Continuing Education in Psychology (CEP) to offer CE credits for psychologists. The APA CEP office maintains responsibility for the content of the programs.
Dear Colleague,

Every day, psychologists like you are doing amazing work that benefits society, advances the profession, and makes a measurable impact on people’s lives. That’s why the APA Office of Continuing Education in Psychology is dedicated to providing the resources you need to advance your professional knowledge and skills.

APA’s 2020 Continuing Education Independent Study Programs are designed to provide you with the most relevant, credible, and applicable information so you can continue to do impactful work as the landscape of the profession shifts and changes.

With more than 400 APA CE programs spanning a range of formats and topics, it’s easy to tailor your professional development to your interests, schedule, and budget.

This year’s offerings include more than 30 brand new programs covering key issues like chronic pain management, ethics, telepsychology, and more. Be sure to visit us online at www.apa.org/ed/ce to stay updated on our latest programs and workshops.

No matter which programs you choose to explore, you can be confident that you’re getting the highest quality continuing education to meet your professional goals.

As always, we welcome your suggestions and invite you to contact us by phone or email.

Sincerely,

Greg Neimeyer, PhD
Associate Executive Director, Education Directorate
Office of Continuing Education in Psychology
<table>
<thead>
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CE credit requirements vary state by state. Please check with your state licensing board to determine if independent study programs may be used to meet mandatory CE requirements. Note: State licensing boards can change rules and regulations at any time throughout the year. Please contact your state licensing board for the most recent information. APA does not govern state licensing requirements.
NEW RELEASES

VIDEO ON-DEMAND (VOD) PROGRAMS

Clinician’s Corner  7-8
Addressing Functional Impairments in Children with ADHD: Organizational Skills Training
Applied Ethics: Using the CASES Approach to Resolve Ethical Dilemmas in Psychology
Chronic Pain Management in the Midst of the Opioid Crisis: The Pivotal Role of Psychology
CBT with Young Patients: Turbo-charged and Sustainable Practices
Criminal Law and Mental Illness
Crisis Response Planning for Preventing Suicidal Behaviors
Desire to Help in Trying Times: Ethically Responding to Disasters
Ethical Conflicts in Psychology
Psychosocial Issues in Palliative and End-of-Life Care: Considerations for Psychologists
Understanding Behavioral Addictions
Using Deliberate Practice in Clinical Training, Supervision, and Consultation

Professional Development  11
Telepsychology Best Practice
Introduction To Integrated Primary Care

BOOK-BASED PROGRAMS

Developing the Therapeutic Relationship: Integrating Case Studies, Research, and Practice  19
Ethical Conflicts in Psychology, Fifth Edition  19
Psychological Treatments for Patients With Chronic Pain  21
Secrets and Lies in Psychotherapy  22
The Social Foundations of Emotion: Developmental, Cultural, and Clinical Dimensions  19
Treating Depression, Anxiety, and Stress in Ethnic and Racial Groups: Cognitive Behavioral Approaches  16
Working With Emotion in Psychodynamic, Cognitive Behavior, and Emotion-Focused Psychotherapy  16
Written Exposure Therapy for PTSD: A Brief Treatment Approach for Mental Health Professionals  23

ARTICLE-BASED PROGRAMS

Monitor CE Corner  27
APA Issues First-Ever Guidelines for Practice With Men and Boys
APA Offers New Guidance for Treating Depression
Better Relationships With Patients Lead to Better Outcomes
Family-Based Behavioral Treatment is Key to Addressing Childhood Obesity
How Does Implicit Bias by Physicians Affect Patients’ Health Care?
New Guidelines on Race and Ethnicity
Pathways for Addressing Deep Poverty
Sex Therapy for the 21st Century: Five Emerging Directions
Social Isolation: It Could Kill You
Spotting the Signs of Mild Cognitive Impairment
Treating Women and Girls in Context

Professional Development for PreK-12 Teachers  29-30
VOD PROGRAMS

Strengthen your knowledge around the most critical issues in psychology with our robust catalog of video programs designed to meet your interests, schedule, and budget.
Clinician’s Corner

Strengthen your expertise and increase your knowledge of crucial clinical topics in these VOD programs adapted from APA's Clinician’s Corner Workshops—our live webcast series presented by leading practitioners and professional practice scholars.

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**ALL PROGRAMS INCLUDE CE CREDITS**
APA MEMBER $65 | NONMEMBER $80

For a complete list of programs, full descriptions, and to purchase online, visit [APA.CENTENT.ONLINE](#)
NEW RELEASES

CE CREDITS 3
ADDRESSING FUNCTIONAL IMPAIRMENTS IN CHILDREN WITH ADHD
Organizational Skills Training (2019)
Presented by Richard Gallagher
This workshop provides training in specialized treatment for children with ADHD that addresses deficits in Organization, Time Management, and Planning (OTMP), found in over 50% of children with ADHD. The treatment has been developed and tested through systematic research and is highly effective in improving home and school functioning in a lasting fashion. This workshop will offer information about OTMP deficits, methods for selecting appropriate cases, and how to provide an intervention tested in a large-scale randomized controlled trial.

CE CREDITS 3
APPLIED ETHICS
Using the CASES Approach to Resolve Ethical Dilemmas in Psychology (2019)
Presented by Shannon Woller
The CASES approach was developed by the National Center for Ethics in Healthcare to assist healthcare professionals in resolving ethical dilemmas. This presentation will define what constitutes an ethical dilemma, provide the rationale for using the CASES approach, teach the steps of the CASES approach, and provide examples of using the CASES approach to arrive at a decision about how to resolve an ethical dilemma.

CE CREDITS 3
CHRONIC PAIN MANAGEMENT IN THE MIDST OF THE OPIOID CRISIS
The Pivotal Role of Psychology (2019)
Presented by Ravi Prasad
Recent years have seen an increase in opioid-related deaths, resulting in renewed interest in non-pharmacologic treatments for managing chronic pain. Although psychology has a long-standing history in pain care, many clinicians have a limited awareness of its historical and ongoing presence in this arena. Verbiage commonly used in addiction and pain domains will be clarified and proposed core competencies for the practice of pain psychology will be presented.

CE CREDITS 3
CBT WITH YOUNG PATIENTS
Turbo-charged and Sustainable Practices (2019)
Presented by Robert D. Friedberg
This workshop emphasizes embedding the multitudinous procedures in CBT’s phenomenological origins and applying the techniques in a real and relevant manner. Participants will learn both traditional and innovative psychoeducational, target monitoring, behavioral, and cognitive interventions. Special emphasis will be placed on crafting impactful behavioral experiments.

CE CREDITS 3
CRIMINAL LAW AND MENTAL ILLNESS (2019)
Presented by David Freedman
In the context of the overrepresentation of people with mental illness in the criminal justice system, neuroscience has taken on a new importance in criminal justice. Advances in the science are changing how courts approach this evidence, placing an added burden on psychologists to get it right: to understand the current standards and specific uses of neuroscience, what to expect in the future, and how to insist on presenting accurate and reliable evidence. These skills are fundamental for psychologists who intend to practice in the area of criminal law and this session aims to provide an overview of these issues.

CE CREDITS 3
CRISIS RESPONSE PLANNING FOR PREVENTING SUICIDAL BEHAVIORS (2019)
Presented by Craig J. Bryan
This workshop is designed to enhance participants’ knowledge about crisis response planning for managing acute suicide risk, and to increase their ability to confidently and competently administer this intervention with at-risk military personnel. The workshop includes video demonstrations designed for participants to acquire skill competency.

CE CREDITS 3
DESIRE TO HELP IN TRYING TIMES
Ethically Responding to Disasters (2019)
Presented by David J. Romano and Stephanie Vitanza
This skill building session explores the ethical principles involved in responding to disasters. A brief overview of the relevant ethical theories, principles pertinent to disaster psychology that can guide psychologists’ actions will be given along with a contextual operational frame used in disaster situations.
ETHICAL CONFLICTS IN PSYCHOLOGY  (2019)
Presented by Eric Y. Drogin
This workshop offers practice-oriented guidance, with a scholarly basis, in such areas as ethical code enforcement, learning codified ethics, applying codified ethics, confidentiality, privilege, multiple relationships, psychological assessment, psychotherapy, research, teaching, supervision, forensic settings, and record keeping.

PSYCHOSOCIAL ISSUES IN PALLIATIVE AND END-OF-LIFE CARE
Considerations for Psychologists  (2019)
Julia E. Kasl-Godley and Veronica L. Shead,
This workshop will identify ways to promote high-quality, effective palliative and end-of-life care and provide guidance on clinical practice that supports individuals with advanced serious and terminal illness and their care partners. It will provide an overview of psychological practice in the context of palliative care, and focus on assessment domains and instruments; evidenced-based interventions developed specifically for this population and application of interventions with an established evidence base relevant to palliative care (e.g. ACT); and, special considerations when working with diverse populations.

UNDERSTANDING BEHAVIORAL ADDICTIONS  (2019)
Presented by Greg Neimeyer
This workshop focuses on the full range of behavioral disorders, each accompanied by videotaped clinical interviews of individuals struggling with these disorders that illustrate key features that are the subject of clinical intervention.

USING DELIBERATE PRACTICE IN CLINICAL TRAINING, SUPERVISION, AND CONSULTATION  (2019)
Presented by Rod Goodyear
The workshop begins by differentiating psychotherapy expertise (which was the original impetus for attending to DP) from the related concept of psychotherapy competence. It will provide a working definition of DP before describing and illustrating DP training and supervision practices for developing psychotherapy competence and expertise.

ACCEPTANCE-BASED APPROACHES FOR OBESITY AND CLIENT WEIGHT CONCERNS  (2018)
Presented by Margit I. Berman
In this workshop, participants learn about the need for and evidence supporting acceptance-based approaches to weight concerns, including Acceptance and Commitment Therapy (ACT) and Health at Every Size (HAES®), as well as an integrative psychotherapy, Accept Yourself, which combines ACT and HAES to enhance the mental and physical health of psychologically distressed obese women.

APPLYING BRIEF MOTIVATIONAL INTERVIEWING IN HEALTHCARE SETTINGS
From Engaging to Planning  (2018)
Presented by Scott Glassman
Motivational Interviewing is an evidence-based conversational style that enhances a person’s readiness for positive changes. This workshop introduces participants to adaptations of MI that fit well within brief consultations (10-15 minutes), addressing key practice tips that span the relational and technical sides of this style.

APPLYING HOPE TO COUPLE THERAPY  (2018)
Presented by Jennifer S. Ripley
Workshop participants gain tools to implement the empirically supported treatment modality of hope-focused couples therapy with couple assessment, key change interventions, and case examples. This workshop highlights the revised approach, focusing on hope through a strategy of building love, work, and faith and repairing emotional bonds through forgiveness and reconciliation.

CHANGES IN THE AGING BRAIN
The Influence of Positive and Negative Modifiers  (2018)
Presented by Vonetta Dotson
This workshop provides an overview of brain changes that are generally associated with aging, including key differences associated with some of the most common pathological processes, such as Alzheimer’s disease and vascular dementia. The impact of age-related brain changes on cognitive functioning and functional abilities is discussed. Finally, this workshop highlights both negative (e.g., vascular disease) and positive (e.g., cognitive reserve, exercise) modifiers of age-related brain changes.
CE CREDITS 3

DESIGNING AND REPORTING QUALITATIVE CLINICAL RESEARCH (2018)
Presented by Heidi M. Levitt
This workshop provides an overview of qualitative methods, with a focus on the design and publication of clinical research. Participants learn about key features of common qualitative methods and epistemological approaches to inquiry, how to select methods to achieve their goals, and how to adapt procedures to their clinical questions, settings, and research participant characteristics.

CE CREDITS 3

ENHANCING COGNITIVE-BEHAVIORAL THERAPY FOR OBSESSIVE-COMPULSIVE DISORDER (2018)
Presented by Michael G. Wheaton
Cognitive-behavioral therapy (CBT) consisting of exposure and ritual prevention (EX/RP) is a highly effective treatment for individuals with obsessive-compulsive disorder (OCD). However, some patients are not helped by this treatment or experience only a minimal reduction in symptoms. This interactive workshop trains therapists to implement standard EX/RP and helps them to devise individualized treatment modifications to meet the needs of patients at risk for poor therapeutic outcomes.

CE CREDITS 3

GROUP DELIVERY OF PTSD TREATMENT WITH EXPOSURE, COGNITIVE, AND BEHAVIORAL MODULES (2018)
Presented by Diane T. Castillo
This workshop reviews background and findings from a randomized controlled trial on a unique three-member group protocol for PTSD, which includes structured modules of exposure, cognitive, and skills-based treatments. The majority of the workshop focuses on teaching the delivery of the three-component structured group with time for discussion.

CE CREDITS 3

IMPROVING PSYCHOLOGICAL ASSESSMENT REPORT WRITING (2018)
Presented by A. Jordan Wright
This workshop focuses on strategies and necessary components for writing effective psychological assessment reports, including common pitfalls and problems with many more traditional reports. The focus is on understanding and tailoring reports to the appropriate audience while balancing the professionalism and scientific nature of psychological assessment with readability and comprehensibility by nonpsychologists.

CE CREDITS 3

KEEPING SECRETS
The Complicated Ethics of Conditional Confidentiality (2018)
Presented by Mary Alice Fisher
Our Ethics Code allows us to offer only “conditional” confidentiality. The initial informed consent conversation is our first and best chance to protect confidentiality rights; but clinically, what is the impact of beginning a relationship by warning that we might disclose what we hear? How can we describe legally-imposed “limits of confidentiality” if we aren’t sure what they really are? For navigating this ethical-clinical-legal maze, we use a practice model and checklists from the presenter’s APA book.

CE CREDITS 3

SOLUTIONS FOR FEMALE ORGASM PROBLEMS
Helping Clients Become Cliterate (2018)
Presented by Laurie Mintz
This workshop reviews statistics on the large number of women who have difficulty reaching orgasm with partners and outlines the cultural and individual reasons for this concern. Accurate information on female sexual anatomy and response is provided. A detailed treatment program for women who have difficulty reaching orgasm is presented.

CE CREDITS 3

UNDERSTANDING TRAUMA AND STRESS DISORDERS (2018)
Presented by Greg Neimeyer
Trauma and stress disorders have gained diagnostic ascendency in the DSM-5, distinguishing themselves from the categories of anxiety disorder, obsessive-compulsive disorders, and dissociative disorders. This workshop addresses the distinguishing features of trauma and stress disorders and recent developments in relation to their conceptualization, diagnosis, and treatment, including the new APA Clinical Practice Guideline for the Treatment of PTSD.
Professional Development

Enhance your skills and knowledge for both personal and professional development with this series of targeted trainings presented by leading experts in the field.

Professional Development Programs can be viewed online at any time and are tablet/iPad ready.

FOR A COMPLETE LIST OF PROGRAMS, FULL DESCRIPTIONS, AND TO PURCHASE ONLINE, VISIT APA.CONTENT.ONLINE
NEW RELEASES

TELEPSYCHOLOGY BEST PRACTICE (2019)
A FOUR-PART SERIES
The Telepsychology Best Practices 101 training series is an introduction to the ins and outs of real-world telepsychology. Each 2-hour webinar details the competencies needed for telepractice, including critical ethical, legal, clinical, and technical issues, together with reimbursement strategies. The series discusses practical ways to leverage a variety of technologies with a focus on video conferencing. As an introduction to the field, this training series outlines a variety of routes to reach more people, to lower your overhead and to focus on the specialty area(s) that interest you most.

SEGMENT #1
Clinical Evaluation and Care: Cultural Competencies; Documentation
This introductory webinar outlines key research that provides strong evidence-based models for psychological assessment and treatment.

SEGMENT #2
About the Tech ... Video, Email, Text Messaging and Apps
The webinar covers related competencies, such as how to assess and document realistic client needs, abilities and preferences; ask the right questions of HIPAA-compliant vendors; prevent telepractice burnout; find supportive communities and resources, and more.

SEGMENT #3
Legal, Regulatory and Ethical Rules of the Road
In this webinar, key legal, regulatory and ethical issues are reviewed with a focus on essential, practical and successful telepsychology.

SEGMENT #4
Getting Paid: Reimbursement Strategies and Marketing Your Professional Services Online
This webinar will describe how to use several federally-funded telehealth resources to get not only set-up, but network geographically to maximize income potential.

PER PROGRAM
CE CREDIT 2 | EXAMS ITEMS 10 | APA MEMBER $45 | NONMEMBER $60

COMING IN SPRING 2020
INTRODUCTION TO INTEGRATED PRIMARY CARE
Introduction to Integrated Primary Care, defines the integrated primary care model and its benefits to patients, and discusses the benefits and challenges of the collaborative relationship between medical and behavioral health providers. It explores the psychologist’s role in primary care and suggests ways that behavioral health providers might prepare to work in an integrated primary care practice.

This course consists of the following modules.
MODULE 1: Introduction to Primary Care
MODULE 2: Making the Case
MODULE 3: The Collaboration-Integration Continuum
MODULE 4: Integrated Primary Care Assessment
MODULE 5: Intervention and Consultation Skills
MODULE 6: Cultural and Ethical Considerations and Training

CE CREDIT 6 | EXAMS ITEMS 17 | APA MEMBER $175 | NONMEMBER $225
Purchase this program at www.apa.org/education/ce
ADDITIONAL PROFESSIONAL DEVELOPMENT PROGRAMS

INCORPORATING TECHNOLOGY INTO CLINICAL PRACTICE (2018)


Telepsychology and technology-enhanced practice already figure prominently in today’s health care and will likely become a staple in future psychological practice. Technology is increasingly being integrated into health services, receiving support from the U.S. Health Information Technology for Economic and Clinical Health (HITECH) Act. The goal of this training is to provide psychologists with important knowledge, skills, and experience related to the use of telepsychology and technology in their work.

This multiunit training focuses on the circumstances in which the use of technology is warranted or proscribed; the use of technology in assessment and monitoring of patients; ways to enhance psychotherapy with online programs and mobile applications; the therapeutic alliance in telepsychology; the use of technology in empirically supported interventions to reduce target symptoms (particularly for individuals with stress, anxiety, mood, and eating disorders); online groups for treatment and supervision; assessment of clients’ use of social media and digital platforms; and safety procedures as well as ethical issues in integrating telepsychology and technology into treatment.

CE CREDITS 9  |  APA MEMBER $145  |  NONMEMBER $195
Purchase this program at www.apa.org/education/ce

ON THE PREVENTION OF MENTAL, EMOTIONAL, AND BEHAVIORAL DISORDERS


Presented by Ricardo F. Muñoz

This course reviews the progress of prevention science for the past five decades, with a special focus on the prevention of depression. The presenter reviews the findings and recommendations of the two Institute of Medicine reports on the prevention of mental disorders, summarizes the results of the more than 40 randomized controlled depression prevention trials, and the evidence base for Internet interventions for the treatment and prevention of major depression.

CE CREDITS 1  |  APA MEMBER $25  |  NONMEMBER $35
Purchase this program at www.apa.org/education/ce
Robert Kinscherff, PhD, JD, addresses viewer-inspired ethical scenarios in this program. The first hour is dedicated to Dr. Kinscherff's ethical considerations, followed by 30 minutes dedicated to questions, answers, and discussion with participants. Since specific options for ethical resolution of scenarios may be shaped by law, regulations, and professional resources and practices found in different jurisdictions and locations, Dr. Kinscherff’s discussion cannot be relied upon as legal advice or solely relied upon for making decisions in the case scenarios discussed.

PRESENTER
Dr. Kinscherff is a clinical/forensic psychologist and attorney who currently serves on the administration and the doctoral clinical psychology faculty at William James College. He is also a member of the science faculty at the Center for Law, Brain, and Behavior at Massachusetts General Hospital for projects on neurodevelopment, law, and science-based decision-making in legal proceedings. He is senior associate at the National Center for Mental Health and Juvenile Justice. In addition, he is past two-term chair of the APA Ethics Committee and has published and taught widely in ethics, law, and professional practice.

PER PROGRAM
CE CREDIT 1.5  |  APA MEMBER $55  |  NONMEMBER $75
BOOK-BASED PROGRAMS

Broaden your expertise with our extensive library of APA Books® and earn CE credits by passing the online exams. Our award-winning titles cover a wide variety of topics, interests, and issues affecting psychologists across the profession.

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AGING

**CE CREDITS 6**
**EMOTION, AGING, AND HEALTH** (2016)
Edited by Anthony D. Ong and Corinna E. Löckenhoff

This book explores the reciprocal relations between aging and emotion as well as applications for promoting mental and physical health across the lifespan.

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BEHAVIORAL/COGNITIVE/PSYCHOTHERAPY

**CE CREDITS 6**
**WORKING WITH EMOTION IN PSYCHODYNAMIC, COGNITIVE BEHAVIOR, AND EMOTION-FOCUSED PSYCHOTHERAPY** (2019)
Leslie S. Greenberg, Norka T. Malberg, and Michael A. Tompkins

This volume investigates the role of emotion in the development and maintenance of psychological problems and in effecting psychological change.

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CHILDREN AND ADOLESCENTS

**CE CREDITS 5**
**EMPIRICALLY BASED PLAY INTERVENTIONS FOR CHILDREN**
Edited by Linda A. Reddy, Tara M. Files-Hall, and Charles E. Schaefer

This book is the first comprehensive text that bridges the gap between neuropsychological assessment and intervention for children and adolescents with prevalent emotional and behavioral disorders.

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ANXIETY AND DEPRESSION

**CE CREDITS 10**
**TREATING DEPRESSION, ANXIETY, AND STRESS IN ETHNIC AND RACIAL GROUPS**
Cognitive Behavioral Approaches (2018)
Edited by Edward C. Chang, Christina A. Downey, Jameson K. Hirsch, and Elizabeth A. Yu

This volume shows therapists how to adapt cognitive behavioral treatments for use with racial and ethnic minority clients.

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NEUROPSYCHOLOGICAL ASSESSMENT AND INTERVENTION FOR YOUTH
An Evidence-Based Approach to Emotional and Behavioral Disorder (2013)
Edited by Linda A. Reddy, Adam S. Weissman, and James B. Hale

This book is the first comprehensive text that bridges the gap between neuropsychological assessment and intervention for children and adolescents with prevalent emotional and behavioral disorders.

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A PRACTITIONER’S GUIDE TO TELEMENTAL HEALTH
How to Conduct Legal, Ethical, and Evidence-Based Telepractice (2016)
David D. Luxton, Eve-Lynn Nelson, and Marlene M. Maheu

With telehealth services, physical distance can create ethical and safety challenges. Such challenges are manageable when following the best practices outlined in this book, which illustrates how to conduct mental health services via videoconferencing and other technologies.

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Susan G. Forman

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ETHICAL CONFLICTS IN PSYCHOLOGY, FIFTH EDITION (2019)
Eric Y. Drogin

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Samuel J. Knapp, Michael C. Gottlieb, and Mitchell M. Handelsman

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**Ethical Practice of Consulting Psychology:** (2018)
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**Ethical Practice in Geropsychology:** (2017)
Shane S. Bush, Rebecca S. Allen, and Victor A. Molinari

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A Science-Based Framework for Behavioral Health Care (2015)
Timothy P. Melchert

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PREVENTION PSYCHOLOGY
Enhancing Personal and Social Well-Being (2015)
John L. Romano

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PSYCHOLOGICAL TREATMENTS FOR PATIENTS WITH CHRONIC PAIN (2019)
Beth Darnall

This book provides a comprehensive overview of the role of psychology in treating patients with chronic pain, using evidence-based therapies.

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PSYCHOSOCIAL TREATMENT OF MEDICAL PATIENTS IN INTEGRATED PRIMARY CARE (2018)
Anne C. Dobmeyer

This concise guide offers a primer for behavioral health care professionals who are new to integrated primary care systems, with a particular focus on the primary care behavioral health model of integrated service delivery.

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Evidence-Based Strategies for Social, Emotional, and Academic Success (2016)
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CE CREDITS 4
COGNITIVE BEHAVIORAL THERAPY TECHNIQUES AND STRATEGIES (2016)
Amy Wenzel, Keith S. Dobson, and Pamela A. Hays

Intended as a stand-alone companion to the APA video series of the same title, this volume brings together three esteemed leaders and trainers in the field to elucidate the key principles, frameworks, and therapeutic processes that are practiced by effective cognitive behavior therapists.

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LAW AND PSYCHOLOGY

CE CREDITS 7
FORENSIC EVALUATION AND TREATMENT OF JUVENILES
Innovation and Best Practice (2015)
Randall T. Salekin

This book is a practical guide that will help psychologists answer important psycho-legal questions to properly assess and treat juvenile offenders. These guidelines primarily focus on disposition evaluations, which describe adolescent offenders and paths to rehabilitation, and transfer evaluations, which determine whether juveniles should be moved to adult courts.

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*Bruce D. Sales and Daniel A. Krauss*

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### PROFESSIONAL RESOURCES FOR PRACTICE

### CE Credits 9

**How and Why Are Some Therapists Better Than Others?** (2017)

*Edited by Louis G. Castonguay and Clara E. Hill*

This book identifies which characteristics make therapists more or less effective in their work and proposes guidelines to improve their effectiveness.

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**Premature Termination in Psychotherapy**

Strategies for Engaging Clients and Improving Outcomes (2015)

*Joshua K. Swift and Roger P. Greenberg*

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### PSYCHOTHERAPY

### CE Credits 7

**Secrets and Lies in Psychotherapy** (2019)

*Barry A. Farber, Matt Blanchard, and Melanie Love*

This book examines the nature of lies and concealment in therapy and shows therapists how to prevent or minimize client concealment.

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### CE Credits 7

**Unifying Effective Psychotherapies**

Tracing the Process of Change (2018)

*J. Scott Fraser*

Philosophically rich and highly practical, this book offers therapists a transtheoretical, transdiagnostic perspective that identifies the process of change that underlies all effective psychotherapy models.

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This book offers a comprehensive, practical approach for integrating multicultural sensitivity into clinical practice. Ample clinical vignettes and clear, easy-to-remember tools demonstrate the application of cultural competence in various areas of practice, including self-awareness, assessment, engagement, treatment, psychopharmacology, testing, folk healing, and general multicultural consciousness.

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**Psychological Practice with Women**

Guidelines, Diversity, Empowerment (2015)

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TRANSCULTURAL COMPETENCE
Navigating Cultural Differences in the Global Community (2015)
Jerry Glover and Harris L. Friedman

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VIOLENCE

CE CREDITS 5
COUPLES THERAPY FOR DOMESTIC VIOLENCE
Finding Safe Solutions (2011)
Sandra M. Stith, Eric E. McCollum, and Karen H. Rosen

This book presents a safety-focused approach to assessment and treatment of couples who choose to remain together after one or both partners have been violent.

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CE CREDITS 3
WRITTEN EXPOSURE THERAPY FOR PTSD
A Brief Treatment Approach for Mental Health Professionals (2019)
Denise M. Sloan and Brian P. Marx

This treatment manual provides mental health professionals with instructions for conducting written exposure therapy, a brief and accessible trauma intervention that is effective at reducing PTSD symptoms.

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<td>BOOK</td>
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HUMAN AGGRESSION AND VIOLENCE
Causes, Manifestations, and Consequences (2011)
Edited by Phillip R. Shaver and Mario Mikulincer

This book provides a broad-based and multidisciplinary analysis of aggression and violence, their negative consequences, and promising interventions.

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Mental health problems are the leading cause of disability worldwide and are estimated to affect 40% of adults and 17% of children and adolescents. In the United States, depression is the leading cause of disability in adults, and 5% of children and adolescents suffer from depression each year. In multiple patient populations, so far, no one treatment has been definitively shown to improve depression. Of the current treatments for depression, only one third of patients experience remission of symptoms, and many experience difficulties with side effects and adherence, often leading to discontinuation of antidepressant treatment. These negative factors highlight the importance of identifying and testing novel treatments for depression, as well as further developing existing treatments for depression.

In contrast, brain stimulation treatments, such as transcranial magnetic stimulation (TMS), have been shown to be effective at treating depression. However, TMS has some limitations, such as limited availability and high costs. TMS and other neurostimulation treatments have been shown to be effective in treating patients with treatment-resistant depression.

The limitations of current treatments for depression highlight the need for continued research in developing novel treatments for depression. In this article, we will discuss the potential of neurostimulation treatments in treating depression and summarize the evidence on their efficacy and safety.

Learning Objectives: After reading this article, you will be able to:
1. Identify the prevalence and impact of depression in children and adolescents.
3. Discuss the potential role of neurostimulation treatments in treating depression.

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This article discusses how more than 40 years of research show that traditional masculinity—marked by stoicism, competitiveness, dominance and aggression—is undermining men’s well-being.
ARTICLE 3 pages EXAM 10 items

APA OFFERS NEW GUIDANCE FOR TREATING DEPRESSION
Kirsten Weir
This article discusses the APA Practice Guidelines for Treating Depression, including the criteria, recommendations and rationale associated with the panel’s evidence-based decisions. Psychotherapeutic, as well as pharmacological recommendations, are addressed.
ARTICLE 3 pages EXAM 10 items

BETTER RELATIONSHIPS WITH PATIENTS LEAD TO BETTER OUTCOMES
Tori DeAngelis
This article provides an overview and update regarding critical components of a therapeutic relationship that facilitate positive outcomes and prevent or repair relationship ruptures. The therapeutic relationship has received renewed attention in work highlighting the importance of the working alliance, therapeutic collaboration and group cohesion, among other key concepts.
ARTICLE 6 pages EXAM 10 items

FAMILY-BASED BEHAVIORAL TREATMENT IS KEY TO ADDRESSING CHILDHOOD OBESITY
Kirsten Weir
This article describes family-based interventions for childhood obesity, recognizing the biological, socioemotional, cultural and familial aspects of early-onset obesity.
ARTICLE 3 pages EXAM 10 items

HOW DOES IMPLICIT BIAS BY PHYSICIANS AFFECT PATIENTS’ HEALTH CARE?
Tori DeAngelis
Implicit bias has to do with the gap between our conscious beliefs and our nonconscious, or implicit, ones. The impact of implicit bias is often underestimated because it operates below awareness. This article addresses the impact of implicit bias and outlines ways to overcome it in support of more thoughtful, effective action.
ARTICLE 3 pages EXAM 10 items

NEW GUIDANCE ON RACE AND ETHNICITY FOR PSYCHOLOGISTS
Stephanie Pappas
This article discusses APA’s new guidelines on race and ethnicity, which offer ways for psychology practitioners, educators and researchers to develop their cultural awareness and to consider race and ethnicity in their work.
ARTICLE 3 pages EXAM 10 items

PATHWAYS FOR ADDRESSING DEEP POVERTY
Zara Greenbaum
This article discusses deep poverty, including its prevalence and psychological correlates and consequences, as well as the various roles that psychologists can assist with ameliorating its effects.
ARTICLE 6 pages EXAM 10 items

SEX THERAPY FOR THE 21ST CENTURY
Five Emerging Directions
Kirsten Weir
This article addresses five developing themes in the understanding and treatment of sexual dysfunctions as the field of sexuality and sexual dysfunction shift to accommodate theoretical, empirical and societal advances.
ARTICLE 3 pages EXAM 10 items

SOCIAL ISOLATION: IT COULD KILL YOU
Amy Novotney
This article discusses the psychological and physical health concerns that can accompany chronic loneliness with effective ways of intervening in support of improved health and happiness.
ARTICLE 3 pages EXAM 10 items

SPOTTING THE SIGNS OF MILD COGNITIVE IMPAIRMENT
Kirsten Weir
This article focuses on Mild Cognitive Impairment, including recent advances in understanding, assessing and treating it in varying populations.
ARTICLE 4 pages EXAM 10 items

TREATING WOMEN AND GIRLS IN CONTEXT
Stephanie Pappas
This article describes the recent revision of the APA Guidelines for Psychological Practice with Girls and Women, which emphasize the importance of intersectionality and social context in understanding the challenges confronting girls and women.
ARTICLE 4 pages EXAM 10 items
Professional Development
FOR PREK-12 TEACHERS

In collaboration with the APA CEP Office, the APA's Center for Psychology in Schools and Education is pleased to introduce new article- and video-based CE programs geared toward supporting educators in their efforts to incorporate psychology in the classroom to enhance student learning.

Psychologists working in Prek-12 settings are encouraged to share these resources with their education communities.

Stay tuned for more opportunities for PreK-12 professional development credit on critical topics like:

• Teaching and learning principles for the early childhood community;
• Science, Technology, Engineering, and Math (STEM) education; and
• Teaching gifted and talented students.

FOR A COMPLETE LIST OF PROGRAMS, FULL DESCRIPTIONS, AND TO PURCHASE ONLINE, VISIT ON.APA.ORG/PROFESSIONAL-DEVELOPMENT-K12
NEW RELEASES

CE CREDIT 1.5
CLASSROOM MANAGEMENT MODULE
Practical Classroom Management (2019)
This module introduces a set of skills that enable teachers to establish and maintain a classroom environment that maximizes students’ active engagement in learning, while minimizing disruptive behaviors. A three-level framework for improving classroom behavior management is presented.

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CE CREDIT 1.5
CLASSROOM MANAGEMENT MODULE
Classroom Disruption Interventions (2019)
This module is geared towards intervention planning for students exhibiting emotional and behavioral problems. The three goals of the module are to a) increase understanding of the causes of severe misbehavior; b) use a five-stage model of functional behavioral assessment (FBA) to develop and implement a behavioral intervention plan; and c) make behavioral interventions more effective by linking them with what we know about specific students and specific behaviors.

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CE CREDIT 1
HOW DO MY STUDENTS THINK
Diagnosing Student Thinking (2019)
This module defines different kinds of pre-instructional knowledge and how these kinds of knowledge differentially affect learning. The module describes some best practices that teachers might use to diagnose student thinking/knowledge, as well as practices that are not advisable in accurately diagnosing student thinking or fostering student learning.

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TEACH TEAMWORK (2019)
School-based professionals (teachers, principals, social workers, counselors, psychologists, etc.) are required to serve on a range of school-based teams (IEP teams, problem-solving teams, curriculum development teams, etc.). TEACH Teamwork provides an evidence-based, self-guided program on how to work effectively in teams.

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CE CREDIT 2
APA TEACHER STRESS MODULE (2018)
This module, primarily aimed at pre-service teachers and new educators, examines definitions and causes of teacher-related stress and provides strategies for recognizing, preventing and coping with stressful situations, events and triggers as they occur.

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CE CREDIT 1.25
CREATIVITY IN THE CLASSROOM (2019)
This module gives a research-based overview of the use of creativity in a classroom context and supplies teachers with strategies to use creativity every day to enhance academic outcomes. The objective is to encourage and enhance creativity as a part of every teacher’s toolbox and to develop strategic methods to elicit creativity.

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CE CREDIT 2
PRACTICE FOR KNOWLEDGE ACQUISITION (NOT DRILL AND KILL) (2019)
Most learning involves practice. Whether you are learning a skill like playing the violin, or mastering the laws of physics, practice improves learning. This module describes how to use deliberate practice to help students learn. It includes strategies that involve attention, rehearsal, and repetition that lead to new knowledge or skills that can later be developed into more complex knowledge and skills. It explains why practice is important for learning.

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CE CREDIT 1

USING CLASSROOM DATA TO GIVE SYSTEMATIC FEEDBACK TO STUDENTS TO IMPROVE LEARNING (2018)
Formative assessment can be a powerful tool to improve student learning. This module describes formative assessment and feedback and provides strategies for classroom application.

APA MEMBER NONMEMBER
EXAM 10 items $15 $20

CE CREDIT 2

DEVELOPING RESPONSIBLE AND AUTONOMOUS LEARNERS
A Key to Motivating Students (2018)
Teachers who have a deep understanding of the holistic nature of student learning at all ages and stages of development can provide the most effective learner-centered practices for helping their students become autonomous and responsible learners. This module includes practices that help teachers establish positive student relationships so students and their teachers better cope with negative peer pressure and bullying throughout their learning experiences.

APA MEMBER NONMEMBER
EXAM 13 items $30 $40

CE CREDIT 2

UNDERSTANDING AND PREVENTING VIOLENCE DIRECTED AGAINST TEACHERS (2018)
Violence perpetrated against educators is a serious yet often overlooked issue in American schools. Research on this topic has increased in recent years. This module focuses on the nature of violence against educators and offers strategies aimed at both reducing and preventing violence.

APA MEMBER NONMEMBER
EXAM 10 items $30 $40

CE CREDIT 2

TOP 20 PRINCIPLES FROM PSYCHOLOGY FOR PRE-K TO 12 TEACHING AND LEARNING (2017)
A list of 20 principles from psychology about effective teaching and learning in PreK-12 classrooms are organized into five categories: thinking and learning, motivation, social and emotional development, classroom management, and assessing student progress. This report includes specific classroom application strategies for educators on how to strengthen skills within all five categories.

APA MEMBER NONMEMBER
EXAM 15 items $30 $40

CE CREDIT 2

BULLYING
A Module for Teachers (2017)
This module helps educators address bullying at school by both better understanding the problem and using effective interventions in the classroom. It includes do’s and don’ts, explanation and evidence, myths and facts about bullying, and intervention strategies.

APA MEMBER NONMEMBER
EXAM 10 items $30 $40

CE CREDIT 2

RESEARCH IN BRAIN FUNCTION AND LEARNING (2017)
A classroom full of students similar in age doesn’t mean they are equally ready to learn a particular topic, concept, skill, or idea. This module is for educators to learn how to match instruction to various levels of maturity in the classroom. It includes stages of student brain maturation, myths and facts about brain development, as well as skills and interventions.

APA MEMBER NONMEMBER
EXAM 10 items $30 $40

CE CREDIT 2

IMPROVING STUDENTS’ RELATIONSHIPS WITH TEACHERS TO PROVIDE ESSENTIAL SUPPORTS FOR LEARNING (2017)
Students who have close, positive, and supportive relationships with their educators will attain higher levels of achievement than those students with more conflict in such relationships. This module explores how to foster trust with students for developing progressive relationships to support high quality academic instruction. It includes strategies for effective relationship building (especially with difficult students), measure of relationship quality, as well as relationship stressors and risk factors.

APA MEMBER NONMEMBER
EXAM 10 items $30 $40

CE CREDIT 2

ARE ZERO TOLERANCE POLICIES EFFECTIVE IN SCHOOLS? (2017)
The APA Zero Tolerance Task Force report examines the impact of Zero Tolerance policies and discusses the contradictory findings after an extensive review of the Zero Tolerance literature. The report makes recommendations regarding the implementation of these policies in elementary and secondary schools and guides disciplinary actions targeting disruptive behaviors.

APA MEMBER NONMEMBER
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DOCUMENTATION OF CE CREDIT

To receive documentation of CE credit, a passing score of 75% or better is required. You are allowed two attempts to successfully complete the examination.

Documentation of CE credit is immediately available upon successful completion.

Documentation of CE credit is based on the date the exam is completed. The completion date cannot be changed. There are no exceptions to this policy.

PROGRAM DEADLINES

APA BOOK-BASED AND ARTICLE-BASED PROGRAMS
There are no deadlines to complete these programs. The deadline to complete the program and earn CE credit is based on your state board requirements. For the most up-to-date information, please contact your state board directly.

VIDEO ON-DEMAND PROGRAMS
All video on-demand programs have a specified access period. You will have access to view and complete your course for 12 months from the time of your purchase.

DISCONTINUED EXAMS
Older programs or out-of-print books are rotated off our current list. Those who have yet to return exams are given 1 year to complete them.