

# The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

## FRIDAY FORUM ENCORE

Friday, May 12, 2017

Addressing the Neurological Cascade Associated with Urban Poverty

Ted Thompson, M.Eq., L.P. & Carol Siegel, Ph.D., L.P.

**Registration:** 8:30 – 9:00 a.m.

**Program:** 9:00 a.m. – 12:00 p.m.

**Location:** Metropolitan State University  
Midway Campus

1450 Energy Park Drive, St. Paul, MN 55108

### About the Program:

*This program qualifies for 3.0 continuing education credits.*

In urban America, the experience of living in poverty can dramatically impact quality of life. Unemployment, housing disparities, and potential involvement in the criminal justice system can undermine the economic stability of a community.

Poverty can influence critical aspects within the family including: safety, nurturance, privacy, and toxic exposure, all of which compound as environmental factors that effect brain development and subsequent coping behaviors.

This forum will define the neurological and biochemical changes associated with stress and trauma. We will explore some of the current research on affect dysregulation, and discuss how to understand and address developmental challenges. This presentation is at the intermediate level and is designed for psychologists and other mental health providers.

#### Participants will be able to:

1. Describe three situations associated with poverty which increase the potential for trauma.
2. Identify three neurological changes associated with trauma and stress.
3. Apply three interventions to mitigate the neurological cascade.

### About the Presenter:

**Ted Thompson, M.Eq., L.P.**, is a Master's Level Licensed Psychologist in private practice who studied at University of Minnesota College of Education, Counseling and Student Personnel Program. Mr. Thompson is recognized for his expertise in child and adolescent development. He has presented on issues of foster care parenting, cultural dynamics and identity formation for adopted children as well as grief and loss issues in the adoption process. He has been a contracted clinical consultant for several agencies including, African American Family Services, Domestic Abuse Project, African American Adoption Agency, Volunteers of America and several Hennepin County programs addressing children's mental health, foster care, and adoption. He has often served as a featured presenter on the topic of Cultural Wellness with the Project Murua: Pre-Meditated Parenting Boot Camp. Mr. Thompson also works in Addiction Recovery and Trauma History Narrative work.

**Carol Siegel, Ph.D., L.P.**, received her doctorate in clinical psychology from the Wright Institute in Berkeley, California. Dr. Siegel has been in private practice in Minneapolis for the past 11 years. Dr. Siegel completed her practicum at the San Francisco Child Abuse Prevention Center, a year-long training at the Infant Parent Program at the University of California, San Francisco, and her predoctoral internship at McLean Hospital at Harvard Medical School in Belmont, MA. Her primary clinical focus as a licensed psychologist is parenting and issues encountered by parents with complex histories. Dr. Siegel teaches in the Infant and Early Childhood Mental Health Certificate Program at the University of Minnesota and is endorsed by the Minnesota Infant and Early Childhood Mental Health Association (MAIECMH) as an Infant Mental Health Clinical Mentor (Level IV).

*Please note: You must attend the full 3-hour program to get continuing education credit for the event.*

### About Friday Forum Encores:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**EARLY BIRD SPECIAL FEES:** Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

**REGULAR REGISTRATION:** Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

**CONFIRMATION/CANCELLATION:** Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

**ACCESSIBILITY ACCOMMODATIONS:** If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

**WEATHER-RELATED CANCELLATION POLICY:** On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.

# MPA Friday Forum Encore • May 12, 2017

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

If you register **by** April 28, select the **Early Bird Registration** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

If you register **after** April 28, select the **Regular Registration** Fee:  MPA member: **\$55**  Non-member: **\$75**  Student: **\$25**

Total Amount Enclosed: \$ \_\_\_\_\_

Check (made payable to MPA)  Visa  MC  American Express

All credit card fields are required

Card Number: \_\_\_\_\_ Exp. date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Cardholder Name (print): \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Credit card billing address:  Same as above

Address: \_\_\_\_\_

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

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ [www.mnpsych.org](http://www.mnpsych.org)

## Return To:

### Minnesota Psychological Association

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



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## LOCATION: Metro State Midway Campus, Room P

**Directions:** I-94 to Snelling Avenue exit, north on Snelling to Energy Park Drive exit; turn left at stop sign and follow road as it curves around to the Energy Technology Center parking lot. Enter building through east entrance.

**Bus Route:** 3B (Minneapolis, St. Paul)

