

**Greater Kansas City Psychological Association Fall Conference
Hosted by Kansas City University's Homecoming**

Saturday September 23, 2023 at Kansas City University

\$40

6 Continuing Education Credits

Register as a non-KCU GKCPA member at

<https://kcu.ce21.com/item/2023-kcu-homecoming-cme-event-560784>

- | | |
|---------------|----------------------------------------------------------------------------------------------------------------------------------|
| 8:00 – 8:30 | Welcome and Sign-in for GKCPA Members |
| 8:30 – 9:30 | Contributing factors to burnout for medical and mental health providers (and what to do about it)
Dr. Larry Long, Jr, PhD |
| 9:45- 11:45 | Pediatric Obesity: Treatment, Advocacy and Bias
Amy Beck, PhD and Sarah Hampl, MD |
| 11:45 – 12:45 | Lunch and GKCPA Business Meeting
Bestowing of Theresa Coddington Award
Wendi Born, PhD GKCPA President |
| 1:00-2:00 | Poster Session |
| 2:00-3:00 | Tai Chi: Health Promotion and Rehabilitation
Rex Archer, MD MPH, Carol Kirila, DO, FACOI N/A |
| 3:15 – 4:15 | Individual and Systemic Burnout Prevention Strategies for Medical and Mental Health Providers and Leaders
Larry Long, Jr, PhD |

Contributing factors to burnout for medical and mental health providers (and what to do about it)

Dr. Larry Long, Jr, PhD

Burnout for medical and mental health providers is pervasive in healthcare, adversely impacts patient care, and costs health systems millions of dollars in lost revenue annually. Dr. Long will identify systemic and individual contributing factors related to burnout and outline evidence-based strategies targeted at addressing it.

Learning Objectives

Participants will learn 3 burnout contributors for physicians, which physicians are most impacted, & system related burnout drivers

Participants will learn 3 burnout contributors for psychologists, which psychologists are most impacted, & system related burnout drivers.

Participants will learn 3 burnout contributors for Nurse Practitioners, Nurses and Physician Assistants, those who were most impacted, & systemic related burnout drivers.

Larry Long has a PhD from UMKC in Counseling Psychology. He serves as director of KUMC Counseling & Educational Support Services, Assistant Vice Chancellor for Student Affairs, Director of UKHS Professional Well-Being Center, and Asst Professor of Psychiatry. For more than two decades, Dr. Long has treated health science trainees and professionals.

Pediatric Obesity: Treatment, Advocacy and Bias

Amy Beck, PhD and Sarah Hampl, MD

Psychologists, medical providers and other interested professionals should attend this session, in which we will cover guidelines for the care of children and teens with obesity, related advocacy initiatives and weight bias and its impact on clinical care.

Learning Objectives

The learner will assess their readiness to implement major elements of the AAP child and adolescent obesity clinical practice guidelines.

The learner will evaluate clinic capacity to implement or refer for elements of the MO Medicaid obesity treatment benefit.

The learner will recognize multiple levels of advocacy for patients with obesity.

The learner will define weight bias and recognize its impact on the etiologies and maintenance of obesity.

Dr. Beck is a Professor of Pediatrics with the University of Missouri-Kansas City School of Medicine and a Pediatric Psychologist in the Weight Management Program at the Center for Children's Healthy Lifestyles & Nutrition at Children's Mercy Kansas City. Her professional interests include health equity, weight bias/stigma, and the clinical implementation of yoga (she became a registered yoga teacher in 2016). At Children's Mercy, Dr. Beck works with the Office of Equity and Diversity and is a Health Equity Advisor to her Division of Developmental and Behavioral Health and a DEI Champion with the Department of Pediatrics. At the state and national levels, she is involved with the Missouri Psychological Association as the Diversity Board Chair and Advocacy Board Chair, American Society of Metabolic and Bariatric Surgery, Society of Pediatric Psychology as the Division Advocacy Partner with APA, and the American Psychological Association.

Dr. Sarah Hampl is board certified in Pediatrics and Obesity Medicine and is a Professor of Pediatrics at the University of MO-Kansas City School of Medicine. She provides clinical care and is the Director of Advocacy initiatives at the Center for Children's Healthy Lifestyles & Nutrition, a partnership between Children's Mercy and the University of Kansas Medical Center. She leads federally funded research on family-based behavioral treatment in primary care and patient attrition from obesity treatment. Dr. Hampl was the chair of the writing committee for the AAP's clinical practice guideline on childhood obesity.

Tai Chi: Health Promotion and Rehabilitation

Rex Archer, MD, MPH

This session aims to educate health care providers on the rapidly growing scientific evidence on the health benefits of Tai Chi. It is designed to equip the provider interested in improving the health and well-being for themselves and their patients through understanding movements and the evidence for improving mobility for those with comorbid mental and physical diagnoses.

Learning Objectives

Identify 1 way as to how Tai Chi can address or prevent provider burnout and improve provider wellness.

Identify 2 cognitive benefits of Tai Chi for those with memory impairment.

Identify 3 ways how Tai Chi can improve mobility during the treatment of depression anxiety for those with comorbid mobility diagnoses and anxiety regarding safety concerns.

Rex D. Archer, MD, MPH, is the Director of Population and Public Health and Professor for Curriculum and Integrated Learning at the College of Osteopathic Medicine, Kansas City University.

Retired from KCMO after 23 years as Director of Health for the City of Kansas City, Missouri. He was responsible for safeguarding the public health of nearly half a million residents and a daytime population of almost one million. He presently serves as Chair of the international Public Health Accreditation Board (PHAB) and as a member of the Past President Council of the National Association of County and City Health Officials (NACCHO).

Dr. Archer has served on numerous national committees involved with public health including most recently the Council of Linkages between Academia and Public Health Practice, Public Health Foundation.

Dr. Archer completed his medical degree at the University of Kansas and his General Preventive Medicine Public Health Residency and Master's in Public Health degree at the University of Michigan. He is recognized as a Public Health Leadership Institute Scholar by UCLA/CDC.

**Individual and Systemic Burnout Prevention Strategies for
Medical and Mental Health Providers and Leaders**

Larry Long, Jr, PhD

Preventing burnout for medical and mental health providers is particularly difficult because it is estimated that 80% of burnout is organizationally based. During this session, participants will learn practical, evidence-based individual, systemic, & leadership strategies to address burnout for themselves and team members.

Learning Objectives

Participants will learn 3 individual and systemic contributors to provider burnout

Participants will learn 3 practical, evidence-based strategies to address provider burnout in medical and mental health settings

Participants will learn 3 leadership strategies to address / improve team well-being and fulfillment.

Larry Long has a PhD from UMKC in Counseling Psychology. He serves as director of KUMC Counseling & Educational Support Services, Assistant Vice Chancellor for Student Affairs, Director of UKHS Professional Well-Being Center, and Asst Professor of Psychiatry. For more than two decades, Dr. Long has treated health science trainees and professionals.