

# Robert S. Meyers, JD, PsyD & Club Erudition

46-40 Springfield Boulevard, Bayside, NY 11361



## The Psychologist's Toolbox Series

### Four Important Skills to Add to Your Practice

Saturday, October 19, 2013 9AM—5 PM

By Invitation Only - This event is free of charge.

#### Mindfulness Meditation in Clinical Practice

*Presented by Mark L. Lazarus, PhD*

**Objectives:**

1. Identify the therapeutic significance of mindfulness in clinical practice.
2. List three or more benefits of mindfulness meditation.
3. Discuss the scientific evidence supporting mindfulness.
4. Summarize the existing training and support opportunities available to psychologists.

#### Effective Use of Psychological Evaluations in Clinical Practice: An Introduction

*Presented by Sanam Hafeez, PhD*

**Objectives:**

1. Summarize methods of reliability and validity employed in psychological testing measures.
2. Analyze psychometric information provided in testing manuals.
3. Identify those psychological tests which may be properly used for clinical practice

#### CHILD ABUSE: SYMPTOMS, PREVENTION, AND TREATMENT

*Presented by Gabriel Feldmar, PhD*

**Objectives:**

1. Discuss the prevalence of child abuse in the USA and in some other countries.
2. Describe the symptoms associated with child abuse.
3. Compare several treatment methods used to address the effects of child abuse.
4. Explain the use of PCIT in the treatment of child abuse victims.

### Anatomy of a *Nightmare* Imagery Rehearsal Therapy

*Presented by Robert S. Meyers, JD, PsyD.*

It is estimated that 2-8% of the general population suffer from nightmare disorder and as many as 25% of the adult population report having at least one nightmare each month. This sleep disturbance not only affects those who have suffered trauma but also many in the general adult, adolescent and child populations. Identifying the nature of the disorder as a primary sleep or psychiatric disorder and treating it properly can be helpful in reducing the severity of comorbid disorders such as anxiety, depression and PTSD. There is also some indication that nightmares increase the risk of suicide.

Nightmare disorder shares many similarities with the problem of insomnia and are found in most cases to co-exist. Imagery Rehearsal Therapy is a cognitive-behavioral treatment that has been widely studied and found to be effective and efficacious in the short and long-term treatment of nightmare disorder. However, many clinicians are unfamiliar with the proper practice of IRT and insomnia treatments, such as cognitive behavioral therapy for insomnia (CBT-I), not realizing that they can easily integrate them into their repertoire of available therapies.

This 4-hour workshop will focus on IRT, a straightforward, relatively simple short-term therapy which can be easily taught to practitioner's for use in their treatment of patients with nightmares who may or may not suffer from co-morbid symptoms or disorders.

**Objectives:**

1. Define nightmares and nightmare disorder according to diagnostic criteria.
2. Recognize the basic biological and behavioral components of sleep structure as it relates to nightmare disorder.
3. Evaluate the issues involving the clinical course of insomnia.
4. Identify and explain the major theories related to dreaming and nightmare disorder.
5. Identify and explain the concept, theory and application of Imagery Rehearsal Therapy (IRT)
6. Utilize IRT in clinical practice.

## Program Agenda

8:30 - 9AM: Registration and Refreshments

(Please note: The order of the morning sessions may change)

9 AM - 10 AM Mindfulness Meditation in Clinical Practice, presented by Mark L. Lazarus, PhD

10 AM - 11 AM Effective Use of Psychological Evaluations in Clinical Practice: An Introduction, presented by Sanam Hafeez, PhD

11 AM - 12PM Child Abuse: Symptoms, Prevention and Treatment, presented by Gabriel Feldmar, PhD

12PM - 1 PM LUNCH BREAK

1PM - 5 PM Anatomy of a Nightmare, Robert S. Meyers, JD, PsyD

## About the Presenters

Mark Lazarus, PhD - Dr. Lazarus is the Clinical Director of the Comprehensive Alcoholism Treatment Center at Jacobi Medical Center in the Bronx, NY. He also maintains a private practice in Queens, NY.

Sanam Hafeez, PhD—Dr. Hafeez is the Founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C., a neuropsychological, developmental and educational center located in Kew Gardens, Queens, NY. She also has a faculty appointment at Columbia University's PhD program in Clinical Psychology.

Gabriel Feldmar, PhD - Dr. Feldmar is an adjunct faculty member at York College, CUNY and other institutions of higher learning.

Robert Meyers, JD, PsyD - Dr. Meyers maintains a private practice in Bayside, Queens, NY. He is an adjunct faculty member at St. John's University in Jamaica, NY. Dr. Meyers is the Founder and Director of this continuing education program and Founder and Clinical Director of Club Erudition.

## Program Location

The Offices of Robert S. Meyers, JD, PsyD  
46-40 Springfield Boulevard  
Bayside, NY 11361

For directions, please go to our website at: [www.RMeyers@DrRobertMeyers.com](http://www.RMeyers@DrRobertMeyers.com)

Robert S. Meyers, JD, PsyD and Club Erudition are approved by the American Psychological Association to sponsor continuing education for psychologists. Robert S. Meyers, JD, PsyD and Club Erudition maintain responsibility for this program and its content. Robert S. Meyers, JD, PsyD and Club Erudition offer this activity for the following continuing education credit:

Mindfulness Meditation in Clinical Practice - 1 credit hour

Effective Use of Psychological Evaluations in Clinical Practice: An Introduction - 1 credit hour

Child Abuse: Symptoms, Prevention and Treatment - 1 credit hour

Anatomy of a Nightmare - 4 credit hours

Full attendance is required; no partial credits will be offered for partial attendance.

This is an invitation only event - The fee for this program is \$00.00.

**For further information, please contact Robert S. Meyers, JD, PsyD at (718) 225-5505  
or go to our website at [www.DrRobertMeyers.com](http://www.DrRobertMeyers.com)**