



# THE ALABAMA PSYCHOLOGICAL ASSOCIATION

## 2019 Mid-Winter Workshop

### WHOSE THERAPY IS IT ANYWAY?

#### How the Use of Improv and Props Enhance Therapeutic Approaches

**February 22, 2019**

**9:00am—4:30pm**

**6 CE Credit Hours**

**Register by 2/1/2019 to avoid late fee**

**Workshop Location:**

Prince of Peace Catholic Church  
4600 Preserve Parkway  
Hoover, AL 35226

**Continuing Education Approvals:**

This workshop is sponsored by the Alabama Psychological Association (aPA).



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



*Alabama Psychological Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6914. Programs that do not qualify for NBCC credit are clearly identified. Alabama Psychological Association is solely responsible for all aspects of the programs.*

**Speaker: Gaye Vance, Ph.D.**

**Overview:**

*Challenge yourself with a deep dive into your creative and fun side!*

Learn techniques and tools inspired by the art of improv comedy (like on the tv show, "Whose Line is it Anyway?") as translated for use in the therapeutic world. You'll garner engaging new ways to assist clients to explore and process their thoughts and feelings, and to memorably emphasize and reinforce your client's in-session insights. The rationale behind these methods as they relate to our brains will be discussed. You'll exit the workshop recharged and outfitted with fresh resources to invigorate the therapy process for both yourself and your clients.

**Learning Objectives:**

Upon completion of this workshop, participants will be able to:

- Describe at least four "brain rules" that should impact our approach to therapy
- List parallels between the rules of improv and those of therapy
- Describe how the rules of improv can positively impact therapy
- Describe how visuals and other improv activities can be used in session and as a reference for future sessions
- Develop new visuals or activities to enhance a variety of therapy approaches

**About the Speaker:**



Dr. Gaye Vance is a licensed clinical psychologist and works with adults, adolescents and children. Dr. Vance has over 25 years of experience working with individuals and families. She graduated with honors from Florida Southern College, obtaining a degree in Psychology. Dr. Vance later earned her doctorate at UAB and completed her internship at the Children's Hospital of Michigan. She practiced her early years as a member of a group practice and founded Shelby Psychological Services in Pelham in 1997. Dr. Vance is a frequent speaker for schools and other organizations, as well as having taught at UAB and The University of Phoenix. She is a past president of the Alabama Psychological Association. She was recently awarded the CJ Rosecrans, Ph.D. award by aPA as well as the Karl F. Heiser Presidential award from the American Psychological Association for her advocacy on behalf of the profession of psychology.

Grievances about the workshop may be addressed to aPA in writing:  
aPA, PO Box 97, Montgomery, AL 36101



# REGISTRATION FORM

aPA presents *WHOSE THERAPY IS IT ANYWAY?*

February 22, 2019

Prince of Peach Catholic Church, 4600 Preserve Pkwy, Hoover, AL 35226

Registration will be accepted on-line at [www.alapsych.org](http://www.alapsych.org), by mail or by Fax:

Fax: 334-460-8330

By Mail: PO Box 97, Montgomery, AL 36101

For more information call the aPA office at 334-262-8245 or visit our website at [www.alapsych.org](http://www.alapsych.org)

**Important Notice:** APA Standards for awarding credit prohibit offering variable credit for partial workshop attendance. Those arriving late or leaving early will not receive CE credit. Please allow time to sign-in for CE before the workshop is scheduled to begin. You must return a FULLY COMPLETED evaluation form to receive your CE Certificate.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email (required) \_\_\_\_\_

## FEES:

**Registration Fee prior to 2/1/2019 \$85.00**  
**(Student Fee \$25.00):**

**Late Fee (after 2/1/2019) - \$15.00**

**Total Enclosed \$ \_\_\_\_\_**

*Note: Registration is payable in full prior to the event. No refunds after 2/1/2019.*

## Method of Payment

- Check (enclosed) - make payable to aPA  
 Visa  
 MasterCard

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Name on Card \_\_\_\_\_ 3 digit security code \_\_\_\_\_

Billing Address (street, city, state, zip)(if different than address above) \_\_\_\_\_

Signature \_\_\_\_\_