CPA's Division of Clinical and Professional Practice (Division I) presents:

Psychologists as Public Health Leaders:
Clinical Tools for Mental Health–Chronic Illness Comorbidity

Presented by: Michael Changaris, PsyD, Takisha Corbett, PhD, QME and Ya-Shu Liang, PhD

Description:

Mental health and chronic medical conditions interact in ways that increase disability, treatment burden, healthcare use, and inequity. This practical session equips psychologists with brief, evidence-informed tools for identifying reciprocal mental–physical health risks, strengthening motivation and adherence, regulating stress, and coordinating care. Presenters will demonstrate how these clinical skills can be translated into integrated-care workflows and population-health strategies that extend psychologists' impact beyond the therapy room.

After attending this event, participants will be able to:

1. Identify at least three reciprocal pathways through which mental health symptoms and chronic medical conditions influence clinical outcomes and healthcare utilization.
2. Apply at least two brief, evidence-informed health psychology strategies to strengthen behavior change, stress regulation, treatment adherence, or chronic illness self-management.
3. Develop one integrated-care or population-health workflow that uses psychological expertise to improve access, coordination, follow-up, or equity for patients with mental health–chronic illness comorbidity.

Michael Changaris, PsyD, is a clinical health psychologist, President-Elect of the California Psychological Association, Interim Chair of the CPA Research Committee, and a board member of CPA-PAC. He serves as Chief of Clinical Training for the Wright Institute's Integrated Health Psychology Training Program, an APA-accredited internship focused on integrated and community-based care. His clinical, academic, and systems work integrates health psychology, multicultural practice, stress physiology, trauma science, and workforce development. A 2018 California Health Care Foundation Leadership Fellow at UCSF, Dr. Changaris has contributed to initiatives in primary care, public health, safety-net systems, chronic pain, medication safety, and prison reentry. He teaches and presents on integrated behavioral health, psychopharmacology, health equity, and psychologists' roles in healthcare transformation.

Takisha M. Corbett, PhD, QME, is a licensed clinical and health psychologist, Registered Health Service Psychologist, and Qualified Medical Evaluator. Her clinical work includes psychological and neuropsychological assessment, chronic pain consultation, presurgical evaluation, and psychotherapy for adults experiencing psychiatric disorders, chronic pain, and complex medical conditions. Dr. Corbett previously served at the University of California, San Diego School of Medicine's Center for Healthy Eating and Activity Research, where she directed and supported NIH-funded clinical trials addressing pediatric obesity, family health behavior, and treatment outcomes. Her experience spans integrated healthcare, interdisciplinary consultation, clinical supervision, health behavior change, treatment adherence, and culturally responsive care across diverse and medically underserved populations. She brings to this session a practical health psychology perspective on

chronic illness self-management, behavioral intervention, equitable care, and the translation of psychological expertise into coordinated healthcare delivery.

Ya-Shu Liang, PhD, is a psychologist, academic leader, and Program Director of an APA-accredited PsyD program. Her work spans integrated behavioral health training, community-based care, multicultural psychology, program evaluation, and the development of sustainable workforce initiatives. Dr. Liang has served as Project Director for multiple federally funded Graduate Psychology Education grants, overseeing interdisciplinary training, community partnerships, evaluation, and long-term program sustainability. Her scholarship and public education have addressed Asian American mental health, culturally responsive psychotherapy, outreach to underserved communities, and innovative approaches to clinical training. She brings extensive experience translating equity commitments into accountable programs and systems.