***Morris County Psychological Association***



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**November 11, 2020**

**Maintaining a Psychology Practice in the Age of**

**COVID-19 and Beyond**

**(Live Zoom Meeting)**

Presented by:

Allen H. Weg, Ed.D

w/special appearance by Megan Cox, PsyD

**Meeting announcements:**

1. Nancy Sidhu – took a moment to thank all veterans for their service on this special day. She also thanked all on the webinar for their patience and flexibility with getting the original zoom link going this morning. All were welcomed and thanked all involved in the planning of this live virtual program. Continues to be a learning process for us all.

-Nancy also reminded the group that our virtual holiday celebration will be on 12/11 from 4:30-6pm so stay tuned for more info on that soon.

-also reminded all to consider a position on our MCPA board and to remember to renew or become a member if you are not already, via our website

***(\*addendum: after our meeting the Executive Board met and realized most members are NOT due for their 2 year MCPA renewal until the start of 2022 so we will remind members before then via email and meeting announcements)***

1. Marilyn Lyga - Introduced speaker and Reminded all to stay on the zoom for the whole program to be accounted for, for CE credit.
2. Go to link [www.psychologynj.org/morris-nov2020](http://www.psychologynj.org/morris-nov2020) within the next 7 days to complete survey and pay for and get CE credit for today. This program is co-sponsored by NJPA which is approved by the APA to sponsor CE for psychologists and maintains responsibility for this program and its content.  NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA sponsored programs.

This program is approved for 1.0 CE credits. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

***-Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Nancy Sidhu at nancysidhumcpa@gmail.com if you have any questions or prefer not to register online.

**Meeting Attendees:** Allen Weg – Presenter, Roderick Bennett, Randy Bressler, Richard Dauber, Sarah Dougherty, Daniel Gallagher, Kenneth Gates, John George, Hayley Hirschmann, Melissa Klika-Mack, Jessica Kornwasser, Phyllis Lakin, Isabel Lerman, Marilyn Lyga, Liz Matheis, Susan Neigher, Carly Orenstein, Francine Rosenberg, Jayne Schachter, Irene Shonberg Fisher, Nancy Sidhu, Jennifer Tedesco, Aaron Welt, Joshua Zavin, Michael Zito

**Presenter Bio:**

Dr. Allen Weg has been a NJ licensed psychologist for 30 years and Executive Director of Stress and Anxiety Services of NJ, LLC, an independent practice whose 10 psychologists have left their office suites in East Brunswick and Florham Park empty since March 2020 and have gone completely virtual. He is also co-founder and President on the Board of Directors of OCD New Jersey, the New Jersey affiliate of IOCDF. He has presented over 80 times on the topic of OCD to mental health professional groups. He is on the faculty of the BTTI, and is also a faculty member of the IOCDF Online Consultation Groups service.

Dr. Weg provides video instruction on OCD treatment on the practice’s Youtube channel (just type in “Stress and And Anxiety NJ,”) with a series of video clips entitled, “OCD Tips.” He has been a field clinical supervisor for graduate students at the Graduate School of Applied and Professional Psychology at Rutgers University since 1991.

Dr. Weg has been on several cable TV talk shows, and was featured on the ABC news show Primetime 20/20, which focused on the treatment of children with OCD, as well as NPR’s Voices in the Family, where he discussed OCD treatment. He has also written several book chapters and published his own book on OCD treatment through storytelling

**Overview and objectives of today’s talk:**

The presenter does not have any commercial support and/or conflict of interest for this program.

COVID19 has thrown all of us all completely into the virtual world of telehealth treatment, whether we were ready for it or not. Many believe that even when the present pandemic has passed us by completely, telehealth will remain an enduring component of our work, and the practice of psychology will never again be as it was pre-COVID. This presentation will focus on the cognitive and behavioral changes necessary for psychologists to adapt their practices to the age of COVID19 and beyond.

***Learning Objectives for Program Participants***

1. List the important components to cover in a telehealth agreement with clients.
2. Apply guidelines and restrictions to preserve confidentiality when utilizing telehealth in psychological practice.
3. Use telehealth services to enhance therapy in ways that would be difficult or impossible with in-person therapy.
4. Address anxieties and concerns of clients reticent about using telehealth services in lieu of in-person therapy.
5. Design proactive changes in the design of one’s independent practice to adapt to the new reality of telehealth services.

**Q & A:**

Dr. Weg discussed common technical glitches that could effect telehealth and addressed a specific question about poor bandwidth. Shared that simple devices to improve and boost wifi can be a very simple solution for the provider and / or the patient. Often discusses reverting to a phone session if all else fails during a telehealth session from a tech perspective.

We ran out of time but Dr. Weg generously agreed to share his slides and to answer any questions he did not get to today if they are sent to Nancy Sidhu to collate and send to him.

\*Please see the slides and resources Dr.Weg generously shared from this presentation under Event Materials on our website (mcpanj.com)

**Newsletter submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**