**Morris County Psychological Association**

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**5/8/19**

***Virtual Reality- It’s real and you do not need to know anything about Microsoft’s X-Box, Sony’s PlayStation, or Nintendo’s Switch game consoles to use it with your patients***

Presented by:

Randy A. Bressler, Psy.D. L.L.C.

**Meeting announcements by Current President, Mike Zito:**

1. Next meeting will be on the **first Wed. of June (6/5)** (not the second) and will be the HS Awards Program – from 8:30-10:30am, here at the Wyndham Hotel.
2. Immediately after meeting today across the hall will be the annual program meeting to plan all speakers and meetings for next year. Please join us and contribute your ideas.
3. A social worker is looking for office space to sublet on Thursday evenings in Florham Park area if anyone has this, please contact Mike Zito and he will connect you with them.
4. Susan Neigher shared that 3 winners and 3 honorable mentions will be acknowledged at the HS awards meeting. 27 MCPA members judged papers. Sarah Dougherty wins “great job award” for judging some of the really long ones. One teacher at Central shared how proud the students are to be involved with this program and how rewarding it is for them.
5. Jayne shared all CE guidelines and brief summary is: CE sign in and out and stay whole program required. Entire instruction packet is on tables today to take but here is the rest in summary:

Go to link provided here today: [**http://psychologynj.org/morris-may2019**](http://psychologynj.org/morris-may2019)

in next 7 days to sign on and get 1 CE**. Go to login in middle of the page to start process.**

Jayne explained confidentiality/conflicts of interest.. and introduced the speaker. This program is co-sponsored by NJPA and the Morris County Psychological Association. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists.  NJPA maintains responsibility for this program and it has been approved for 1.0 CE credit. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

\*\*The link to pay and then get the evaluation for 1.0 CEU is:

**http://psychologynj.org/morris-may19**. CE certificates are emailed 1-2 weeks after the link closes. **Link closes in next 7 days!**

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

**Meeting Attendees:** Jayne Schacter, Sarah Dougherty, Hayley Hirschmann, Melissa Klika Mack, Susan Neigher, Mike Zito, Kim Arthur, Leslie Becker-Phelps, Randy Bressler (Presenter), Donalee Brown, Katherine Dulfur, Irene Fisher, Pamela Foley, Vered Frumer, John George, Marc Gironda, Carly Orenstein, Paul Yampolsky, Morgan Murray, Isabel Lerman, Ilana Lev-El, Marilyn Lyga, Dennis McCarthy, Sharon Ryan Montgomery, Barbara Ostfeld, Michael Shrem, Nancy Sidhu, Shoshana Sterling, Tamsen Thorpe, Beverly Tignor, Allen Weg, Aaron Welt, Josh Zavin, Suzanne Hays, Deborah Fisch,

**Presenter Bio:**

Dr. Bressler’s clinical interests include the treatment and evaluation of children, adolescents and adults who experience challenges relating to depression, anxiety, ADHD & traumatic brain injuries. He has received extensive training in the specialty of pediatric neuropsychology. He also conducts forensic evaluations working with school districts and with the NJ Office of the Public Defender. Currently, he is the Past-President of the Morris County Psychological Association and also serves on the Executive Board for the New Jersey Psychological Association in his role as Member-at-large. He is appointed as a visiting clinical supervisor with the Rutgers University’s Graduate School of Applied and Professional Psychology where he has supervised doctoral level candidates. He is a frequent guest expert for medical centers, academic institutions, and clinics and holds NJ and NY Psychological licenses. His practice is located in Millburn and Randolph townships.

**Overview and learning objectives of talk:**

The use of digital technologies has had considerable impact on how we deliver psychological care. There is ever growing research that shows how technological advances complement traditional psychotherapeutic treatment interventions and can lead to an improvement in treatment outcomes regarding psychological well-being. This presentation will focus on the benefits of employing virtual reality as one technology-based tool to enhance patient functioning.

Learning Objectives:  
1. Describe how Virtual Reality (VR) was first introduced as a psychological intervention.  
2. Identify at least two psychiatric conditions that VR has been found to be effective with treating.  
3. Explain differences between virtual reality and augmented reality  
4. Discuss the shortcomings with using digital technology/VR as a treatment tool.

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

***\*For complete set of slides from this talk go to mcpanj.com and look under Event Materials – Thanks to Randy for providing these.***

**Respectfully submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**