

*The Duke Occupational Mental Health Programs in conjunction with the  
North Carolina Psychological Association presents*

## **Workplace Psychologists: Supporting Managers in Sustaining Emotionally Healthy Workforces**

**TUESDAY, JUNE 17, 2008      9:00 A.M. – 4:30 P.M.  
ERWIN SQUARE PLAZA, DURHAM, NC**

Duke Occupational Mental Health Programs (OMHP) announces a 1-day workshop to introduce clinical and counseling psychologists to the world of Occupational Mental Health Management Consultation. Participants will not only gain knowledge in the field of Occupational Mental Health, but will also learn methods to provide collaborative coaching to frontline, middle, and senior management in the “people dynamics” of their job. This workshop combines didactic presentations focusing on occupational stress issues, managing troubled employees, recognizing ethical challenges, and examining the relevant professional skill set with interactive experiences (e.g., small group, case study, and scenarios). Discussions will focus on developing strategies to support managers in dealing with sub-optimal, employee performance concerns. This workshop is intended for mental health professionals interested in extending their scope of practice to working with managers in diverse work settings.

### **Learning Objectives:**

By the end of this workshop participants will:

1. Gain an understanding of the field of Occupational Mental Health (OMH)
2. Recognize sources and consequences of stress and burnout in the workplace
3. Learn to be “thought partner” to senior, middle and front-line management regarding troubled employees and sub-optimal workplace behavior
4. Employ fundamental, ethical principles in OMH consultation
5. Identify professional skill set and the skill set of a workplace psychologist

**Target Audience:** Basic to Intermediate

### **Presenter:**

Judith Holder-Cooper, PhD is the Director and Senior Psychologist at the Duke Occupational Mental Health Programs, consisting of two service components: Professional and Personal Development Program and Employee Assistance Program located at Duke University Medical Center, Durham, NC. Dr. Holder-Cooper’s passion as a consultant, trainer, professional coach, mentor, and psychologist, is to empower leaders, teams, and organizations to maximize their potential. Dr. Holder-Cooper uses her clinical skills to collaborate with managers on the people skills needed to lead effectively, and the psychosocial factors impacting employee sub-optimal performance and psychological well-being. She is an Assistant Clinical Professor with joint appointments in the Departments of Psychiatry/Behavioral Sciences and Community & Family Medicine at Duke University Medical Center. A former American Psychological Association and National Institute of Occupational Health and Safety fellow, Dr. Holder-Cooper is one of a few psychologist clinically trained as an Occupational Health Psychologist in the United States. She is a member of the American Psychological Association, the North Carolina Psychological Association, the Duke Community and Family Medicine Executive Committee, the Society for Occupational Health Psychology (Founding Member), the International Coaching Federation, and is an Adjunct Professor at the University of North Carolina at Chapel Hill.

**Schedule and Format:**

**Date:** Tuesday, June 17, 2008  
**Location:** Erwin Square Plaza  
2200 West Main Street, 4<sup>th</sup> Floor, Suite 400A  
Durham, North Carolina 27705  
Business Phone: 919.286.1244  
**Time:** 8:45 Check-in / register  
9:00 Workshop begins  
12:00 – 1:00 Lunch (on your own)  
4:30 Workshop ends  
**Credit:** 6 hours Continuing Education Credit

**Conference, Registration Fee, Deadlines and Refund Policy:**

The registration fee of \$135.00 includes the workshop, printed materials and light refreshments. Deadline for registration is June 10, 2008. A \$25 late fee will be added for registration received after June 10, 2008. Full refunds will be issued for cancellation requests received by Wednesday, June 11, 2008. No refunds will be issued after noon on Wednesday, June 11, 2008. **A \$25.00 administration fee will be charged for all refunds.**

**Continuing Education Statement**

The workshop is co-sponsored by the North Carolina Psychological Association and Duke Occupational Mental Health Programs. The North Carolina Psychological Association is approved by the American Psychological Association to sponsor Continuing Education for psychologists. The North Carolina Psychological Association maintains responsibility for the program and its content. This institute is offered for 6 hours of continuing education credit.

**Attendance Requirements**

To receive credit, **you must be present for the entire workshop AND you must sign the sign-in and sign out sheets.** No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. No credit will be given to participants who leave before the close of the workshop.

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**REGISTRATION FORM**

Registration fee: \$135. Please make check payable to Duke Occupational Mental Health Programs and mail to Duke OHMP, 2200 West Main Street, Suite 400A, Durham, NC 27705, Attn: Elaine Hughes. We accept Visa or MC. For participants wishing to call in credit card information, our number is 919.286.1244.

**Note: Seating is limited to 8 participants.**

(Please print clearly or type)

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Address and Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Type: Visa or MC (circle one). Credit Card No: \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV2 Number (on back of card): \_\_\_\_\_

Name as it appears on the Credit Card: \_\_\_\_\_

Cardholder's Zip Code: \_\_\_\_\_ Cardholder's Signature: \_\_\_\_\_