

Evergreen Behavioral Health Association

Evergreen Meet-Learn Discussion Series

Integrating Chronic Illness and Disability in Psychotherapy – Strategies for Mental Health Practitioners

presented by **SAMANTHA DOMINGO, PSYD**

Wednesday, April 21, 2021 Zoom Video Gathering

6:30-7:00 pm Informal meet and greet (optional)

7:00-8:00 pm Presentation/discussion

[RSVP](#) with your email address



About 6 in 10 adults in the U.S. live with a chronic illness, and at least 26% of Americans have a disability. Living with chronic illness can pose significant barriers to quality of life, and impacts emotional wellbeing and mental health.

Inevitably, mental health providers encounter clients living with chronic illness and/or disabilities. In this talk, we will explore how the therapeutic relationship can aid these clients. Concepts and theories about chronic illness will be reviewed as a means to support the work of mental health providers.

Objectives:

1. Provide working definitions for chronic illness and disability
2. Discuss mental health considerations from a framework of the biopsychosocial model
3. Discuss the impact of ableism and discrimination
4. Review existing evidence-based approaches and the role of the therapeutic relationship

Dr. Sam Domingo is a clinical health psychologist in Corvallis, Oregon, and the director of Pacific Wellness Hub, a tele-therapy practice that provides services to individuals living with chronic health conditions and sleep disorders. She is board certified in behavioral sleep medicine and completed a 2-year postdoc fellowship at the Cleveland Clinic with a focus in health psychology, behavioral sleep medicine, and multiple sclerosis. She also serves as a consultant for Can Do Multiple Sclerosis, a non-profit organization that provides educational and support programs to individuals living with MS and their families.