

## Guest Speakers

### Joclyn Reilly LCSW, PMH-C

Joclyn has worked as a mental health therapist at Providence Alaska since 2012. Her clinic is called Perinatal Support: Pregnancy and Postpartum Counseling. She has many volunteer roles, including with Postpartum Support International Alaska Chapter, PSI Central as a local coordinator, and involvement with several other local non-profits. Joclyn parents three school-aged boys with her husband.

### Stephanie Hruska LCSW, PMH-c

Stephanie is a Licensed Clinical Social Worker and Certified Perinatal Mental Health professional with experience in child and adult psychotherapy, crisis intervention, substance use prevention & recovery, trauma-informed care and maternal mental health. She has lived and worked in metro, rural and Tribal communities across the country but has roots in Wisconsin and is proud of her Bohemian heritage. With a background in the arts, education and hospitality, Stephanie considers herself a lifelong learner, passionate about wellness, culture and community, and is committed to social justice. She currently works for the State of Alaska Department of Health, Division of Public Health where she is the maternal mental health specialist for the Maternal and Child Death Review (MCDR) program, abstracting maternal cases, facilitating death reviews and enhancing community engagement efforts. Outside of work, Stephanie enjoys trail running, travel, reading, the company of good friends and trying new things.

### Britt Pope PsyD

Dr. Brittany Pope, LPC, LPC-S is a highly skilled provider who has a Masters and a Doctoral degree. In her PsyD in Psychology, she specialized in working with perinatal loss and infertility. She provides therapy and psychological assessment. She works with families experiencing perinatal loss, infertility, and support with adoption. Dr. Britt has worked hard to combine the highest quality of services with compassion.

## Guest Speakers

### Amy Stiffarm PhD

Amy Stiffarm is a member of the Aaniih (White Clay) Tribe of the Fort Belknap Indian Community. She also is a descendant of the Chippewa Cree and Blackfeet Tribes of Montana. Amy earned a PhD in Indigenous Health at the University of North Dakota in 2023. She specializes in Maternal Mental Health issues in American Indian communities. She received her Masters of Public Health from the University of Montana. She is so excited and grateful to work with The Montana Coalition of Healthy Mothers, Healthy Babies (HMHB) in supporting mothers, pregnant people, and babies across Montana.

### Rei Shimizu PhD

Rei Shimizu is an Assistant Professor at the University of Alaska Anchorage School of Social Work. She is a licensed social worker with a clinical background in trauma-focused therapy for survivors of IPV in the United States and Japan. As a social work researcher, she applies her clinical expertise to inform her research on health behavior change and health-related decision-making. Her research primarily focuses on understanding behavioral mechanisms in three topical areas where behaviors are highly variable by psychosocial factors such as poverty, mental health, and interpersonal dynamics. Rei's three topical research areas are (1) understanding how DV/IPV interventions and frameworks (such as restorative justice) can change interpersonal behavior, (2) understanding how dietary interventions can influence food-related decision-making, and (3) understanding how intersections between macro/micro and individual level factors may create disparities in these areas. Rei holds a Ph.D. from New York University Silver School of Social Work and an MSW from Columbia University.

### Mallory Wetherington LPC, PHM-C, CDC-I, RTSCBC



**Counseling Psychology Graduate  
Student Council presents:**

## The 4th Annual Psychology Conference

## Maternal Health and Healing



**October 11 & 12, 2024  
Virtual and In-Person**

# About the APU Psychology Conference

Join us for the "Perinatal Health and Healing" conference, presented by the Counseling Psychology Graduate Student Council at Alaska Pacific University on October 11th and 12th, 2024.

This event will examine pre-and postnatal care in-depth, including the latest evidence-based interventions and clinical strategies. Keynote sessions will feature prominent Alaskan health professionals who will present on integrating Native healing practices and Indigenous values within clinical frameworks, emphasizing our respect for these traditions.

Topics will encompass psychological support, medical management, and culturally tailored approaches that address the unique needs of Alaskan populations. This conference aims to bridge contemporary scientific methods with traditional practices, emphasizing the importance of a holistic, culturally competent approach to perinatal health.

In this two-day conference, through online and in-person engagement, participants will learn from experts in the field and gain valuable insights into enhancing maternal and infant care through innovative and respectful methodologies throughout Alaska.

## Day 1:

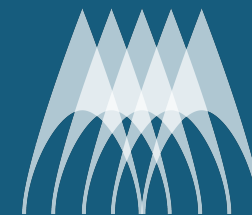
Friday, October 11, 2024 -  
Virtual Conference

9-9:10AM	Introduction from Land Acknowledgement
9:10-10:00AM	Speaker 1 – Joclyn Riley
10-10:10AM	Break
10:10-11AM	Speaker 2 - Dr. Stiffarm
11-11:10AM	Break
11:10AM-12PM	Speaker 3 - Stephanie Hruska with the Maternal and Child Death Review
12-12:30PM	Break/Lunch
12:30- 1:20PM	Speaker 4 - Mallory Weatherington
1:20-1:30PM	Break
1:30- 2:20PM	Speaker 5 - Dr. Pope
2:20-2:30PM	Break
2:30-3:20PM	Speaker 6 - Dr. Rei
3:20-3:30PM	Closing Remarks

## Day 2:

October 12, 2024 – APU CG Bldg

11AM-12PM	APU Psychology Conference Panel
12PM-1PM	Arrive for the "Climb" – There will be opportunities to socialize and register for the walk around campus.
1-2PM	The Walk
2-3PM	Door prizes and more opportunities to socialize



ALASKA  
PACIFIC  
UNIVERSITY