

January 30, 2025 at Noon

The Benefits of Volunteering and Why NCPA & NCPF Need You
Catherine A. Forneris, PhD, JD, Professor of Psychiatry, UNC School of Medicine

Volunteering offers many benefits to the individual volunteer, the recipient(s) of the volunteer's efforts, and beyond. NCPA, like other state psychological associations, advocates for psychology as a science, a profession, and a means of promoting human welfare. One of the primary ways that we accomplish these goals is through having a broad, diverse and robust membership, who at the individual level volunteer their time, skill and expertise. This presentation will highlight the benefits of volunteering and opportunities for doing so with NCPA and the NC Psychological Foundation.

Fee: NCPA Members - FREE; Non-members - \$30.00

Instructional Level: Basic

Educational Format: Lecture and small group discussion via break-out groups

Learning Objectives:

By the end of the institute, participants will be able to:

1. define what volunteerism means,
2. identify and describe at least two general health benefits of volunteering, and
3. identify and describe at least one trend in volunteer rates in the US since 2021.

Instructor:



Catherine A. Forneris, Ph.D., JD, is a Professor in the Department of Psychiatry at the University of North Carolina (UNC) at Chapel Hill. Her undergraduate degree is from Syracuse University and she earned graduate degrees in Biomedical Science and Clinical Psychology from the University at Albany, State University of New York. As a psychologist, she is a board member of the North Carolina Psychological Association and active with the Continuing Education Committee. She has co-authored several research articles and been the lead author on several paper presentations on trauma, PTSD, depression, health care utilization, and women's health. The primary focus of her current clinical work is cognitive behavioral therapy with adults, including those with personality disorders. She is also a medical co-director of the UNC Hospitals Beacon Child and Family program which provides a variety of services to employees and patients of all ages and their families who are victims of interpersonal violence.

Dr. Forneris completed the part-time Evening Program at North Carolina Central University School of Law, where she received her law degree, with honors, in 2016. She became a member of the North Carolina Bar in 2016. She has a small private practice and works in the areas of estate planning and family law. She is a Parenting Coordinator and is a board member of the Center for Cooperative Parenting.

Continuing Education Information:

This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. **This workshop is offered for 1 hour of Category A credit.**

Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.