



October, 2010



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2010-2011

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LGPS Fall Institute 2010  
SAVE THE DATE!

**“Dealing With the Aftermath of  
Environmental Trauma in  
Group”**

*Featuring*  
**Darlyne Nemeth, PhD, MP,  
ABMP, CGP**

**October 23, 2010**

Louisiana State University  
225 Peabody Hall  
Baton Rouge, LA 70803



Questions or comments? Email us at  
lgpsnews@gmail.com

## Message From the President:

With honor, I write to you dedicated LGPS Members, generous LGPS Preservation Members, past and present hardworking Board, and Institute attendees.

As a very new professional I have to say stepping up to lead this seasoned and driven society has been an exciting yet daunting task. There is a great yearning within all of you that makes me proud to help LGPS grow. When I was a student a few short years ago, Dr. David Hayes offered to sponsor my attendance to the Spring Institute. Little did I know that Dr. Hayes' encouragement would lead me to serve as your 2010-2011 President.

As an organization we have made it our mission to expand and become more financially stable and I believe we are moving in the right direction and doing so as a team. I thank all of you for being LGPS's biggest advocates and working together to reach our common goal. What Dr. Hayes did for me is an obvious trend throughout this organization. Seasoned and loyal professionals have taken a genuine interest in the next generation of therapists. Students are being encouraged to attend the Institutes by their supervisors and educators, some even being awarded the Blue Cross Blue Shield scholarship that Karen Travis, Capi Landreneau, and the LSU School of Social Work worked so hard to obtain. Once the students are introduced to our Society they are absorbed with our comradery and shared depth of understanding that they are becoming hard working members before their careers even takes off thus growing the Group Psychotherapy community of shared interest and expertise.

With the reinstallation of the Fall Institute in 2009, we are not learning and spending more time with one another, but we are saving money, allowing LGPS to becoming financially stable. In the future, who knows, we may be able to have the great Irvin D. Yalom, M.D., present at an Institute!

Last spring, we had a large number of participants gladly take part in Dr. Richard Billow's second appearance with LGPS. His intriguing theories and methods from the previous Spring Institute were elaborated and we were able to build on our previous knowledge on the Kleinian-Bionion concepts introduced by Dr. Billow. Not only did his presence bring a cheerful attitude to the group, but there was an obvious acceptance of Dr. Billow as one of our own.

This year LGPS's own Darlyne Nemeth, Ph.D., M.P., A.B.M.P., C.G.P., will respectfully present some of her hard work in the area of group work in the aftermath of environmental trauma. Darlyne has worked exceedingly hard in this area and has presented not only in Louisiana and Mississippi but in Beijing and China. In her preparation for this Institute it has become obvious how passionate she is about her work and she truly strives daily to further her mission. I cannot wait to soak in Darlyne's effort and expertise. Truly special thanks, Dr.

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## Message From the President Continued

Nemeth. Not only are you committed to group psychotherapy but you are committed to Louisiana Group Psychotherapy Society!

I would like to offer a few more thank yous to those most deserving. First of all thank you to the Executive Board which consists of many new faces. You take quite a bit of time out of your busy careers and lives in order for Louisiana's group psychotherapists to continue down their successful paths. A special thanks to the board members who continue to remain on the board year after year... after year. Your leadership will allow LGPS to be successful long after your days with LGPS. Preservation Members, just like life-long board members, your contribution and vision will surely allow LGPS to endure forever; thank you. Also, I would like to thank the small experiential group leaders. You allow for the traditions of LGPS to stay alive by offering a rich experience unlike any other. Because of you many look forward to staying a part of LGPS every year, without a doubt!

Lastly, I kindly challenge all of you to continue your support of LGPS. Become a Preservation Member; sponsor a student or new professional at an institute; attend the upcoming 2011 Spring Institute; tell us your interest in being a small group experiential leader; suggest a presenter for an upcoming institute; run for an office on the Executive Board. Please, if you believe in group therapy and the power it has to heal, step up to the plate and go the extra mile.

With much appreciation,  
Kathryn A. Coreil, MSW, GSW  
LGPS President

This being human is a guest house.  
Every morning a new arrival.  
A joy, a depression, a meanness,  
some momentary awareness  
comes as an unexpected visitor.  
Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of it's furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.  
The dark thought the shame, the malice,  
meet them at the door laughing,  
and invite them in.  
Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.  
Rumi

## About Our Fall Institute Presenter...

Darlyne G. Nemeth, Ph.D., M.P., A.B.M.P., C.G.P., is in private practice at the Neuropsychology Center of Louisiana. She has been a pioneer in the area of clinical and neuropsychology for over 30 years. She is also a medical psychologist and, as such, has prescriptive authority. She is well known for her Wellness Workshops, helping people to address their one year post traumatic anniversary reactions. An article on her Katrina Workshops has recently been accepted for publication in AGPA's International Journal of Group Psychotherapy. Dr. Nemeth has presented in the area of group intervention for dealing with the aftermath of environmental trauma in Louisiana, Mississippi, and Beijing, China. Dr. Nemeth and colleagues are now in the midst of editing/writing a book for Praeger Publications on the physical and mental health effects of environmental trauma. She is currently serving as Vice-President for the World Council for Psychotherapy (WCP) and is a WCP/NGO delegate to the United Nations.

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### A message to new and continuing members...

Welcome, new members. To continuing members - thank you for your ongoing support in promoting group psychotherapy. LGPS was founded in the 1955 and is an affiliate of the American Group Psychotherapy Association. Its members include social workers, counselors, psychologists, psychiatrists, and other mental health professionals. Your membership is important to us and helps to support group psychotherapy in our state. If you have already paid your 2010 membership dues, thank you. If you have not, please renew so that we can continue our work of strengthening group psychotherapy. Consider becoming a Preservation Member by donating \$25 or more to LGPS. The monies collected from our Preservation Members will assist with conferences and other activities that will enhance our organization and contribute to our professional growth as group therapists. A Preservation Membership form should have been sent to you via email. If you have not received this email, please contact us.

Melinda Le, Ph.D.  
Membership Chair

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Who  
Looks  
Outside,  
Dreams;  
Who  
Looks  
Inside,  
Awakes.  
Carl G. Jung

Learn more about the American  
Group Psychotherapy  
Association at [AGPA.org](http://AGPA.org)

## American Group Psychotherapy Association

Hello LGPS members,

The American Group Psychotherapy Association will hold its Annual Meeting in New York from February 28-March 5, 2011. The focus is "The Group as a Source of Resilience and Change". The Annual Institute and Conference provides mental health professionals the opportunity to advance their knowledge, skills and training in group psychotherapy and related fields. AGPA's Annual Meeting offers participants an amazing experience and opportunity to learn from leaders in the field of psychotherapy. Multiple scholarships are available for those interested. Please visit [www.agpa.org](http://www.agpa.org) and click on "Meetings and Events" for more information.

Shana Andre, LCSW

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## A Word From Your LGPS Member-At-Large:

It is an exciting time for LGPS. The dedication and passion of many long-term members seems to have been passed down to our newer members. In a recent email to the Board, Dr. Christopher Garner posed the idea of "plugging" LHGS to other therapists when the opportunity presents itself. I would like to offer this same suggestion to the rest of our membership. The strength and quality of our society is contingent upon our membership. It is through growth and expansion that our society will continue to flourish.

I would like to take this opportunity to thank LGPS for providing me with the opportunity to serve on the board. I would also like to thank Dr. Karen Travis for her hard work in implementing the scholarship program for LSU students. If it were not for this scholarship, I would not have been able to attend the spring institute.

As the Member-At-Large, I hope to receive feedback from the membership on the direction of LGPS. Please feel free to contact me at any time via email at [fritz2020@gmail.com](mailto:fritz2020@gmail.com). I will gladly share your thoughts and ideas with the board. I hope to see all of you at the fall institute.

David "Fritz" Vogt, MSW, GSW

LGPS Member-At-Large

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## Preservation Membership and Excellence Fund

Hello Groupies,

Please consider making a donation to LGPS. We try hard to keep membership fees very low and offer training events at very good prices. We also take very good care of our students and new professionals by offering them a basically break-even price on their registration. Those of us who make and have a little more can give a little more. If you add \$25+ to your membership fee or your registration you will get special recognition as a Preservation Member in the next Newsletter and on your ID badge at the conference, and you will be helping your younger or newer-to-the-profession colleagues. Additionally, your contribution will go into a fund that will strengthen LGPS in general. The LGPS Board has come to the conclusion that we need more financial security. Basically, we spend what we make in an effort to give you high quality but local conferences. We'd like to get some money into a savings account rather than living "pay check to pay check." The Board itself is leading the charge from the front. A few board members have been sponsors and financial contributors over the last several years.

Thank you for considering LGPS!

~Chris Garner, President-Elect & Past President (once removed)

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## AGPA Survey

We have recently been asked by the American Group Psychotherapy Association if we would be interested in hosting the national conference in to be held in New Orleans in the near future. It is an honor to be asked. We are seeking your feedback on this invitation before we make a final decision. This decision will be based on the overall feedback from our members as it would require a commitment from our organization. Please take a few minutes to complete an online survey regarding your interest and willingness to host the AGPA by logging on to:

<http://www.surveymonkey.com/s/3X7HMYF>

## LGPS Membership Information

### Join the Group!

The **Louisiana Group Psychotherapy Society** announces our **2010 Membership Drive**.  
 To our loyal renewals - Thank you for your continued support and dedication to group therapy.  
 To our new members - Welcome and we look forward to working with you.

Please help us verify our records by providing us with your current information.

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ Fax Number: (\_\_\_\_) \_\_\_\_\_

Please make any additions or corrections and return this form along with your dues made payable to: **LGPS**

**C/O Melinda Le, Ph.D.**  
**LGPS Membership Chair**  
**11811 Parkmount Blvd.**  
**Baton Rouge, LA 70816**

#### **Membership Rates** *(more if you can, less if you can't)*

Full Membership \$55  
 New Professionals and Retirees \$35  
 Student or Resident Members \$25

Membership is for one calendar year

**AGPA Member?**  yes  no

\*\*If unsure of your membership status, please feel free to request information by email at [mle@lsu.edu](mailto:mle@lsu.edu)

### BE A PRESERVATION MEMBER!

#### What is a Preservation Member?

*The LGPS Preservation Member is one who donates \$25.00 or more.*

#### **Where does the money go?**

*The Board of LGPS, to assist with what ever is deemed necessary, allocates the money collected from our Preservation Members. Whether it is for providing Institute scholarships to those in need of financial assistance, assisting with conferences, or providing honorariums- the opportunities are endless.*

#### Check One

	<i><b>YES, I'd like to be a Preservation Member</b></i>	<i><b>Gift Amount</b></i>
		\$
	<i><b>NO, not at this time</b></i>	

# Reflecting on Our Experiences in Groups with Dr. Richard Billow– Relational Group Psychotherapy Part I: The Clinical Utility of the Container-Contained

## Introductions and Appreciations

What follows are part of my 'cliff's notes' on what I have learned and experienced with Richard Billow over the last three to four years. I first met Richard at AGPA in Washington, DC, in one of his workshops about "Passion." He left an indelible mark on my psyche and inspired me to grow as a group therapist. It wasn't necessarily his theory but rather his authentic and powerful presence in group that captivated and inspired me. Later, Richard agreed to lead the 2009 and 2010 LGPS Spring Institutes. Because of these experiences and studying Richard's book *Relational Group Psychotherapy* (2003), and also reading Bion's, *Experiences in Groups* (1951) I write this essay. Now, I see the significance of Richard's theory every time I enter a group.

Arguably, Wilfred Bion basically invented group therapy when he was a star of the "T-groups" and when he wrote *Experiences in Groups*. However, his writings, according to Richard, became more and more inaccessible over the years after *Experiences in Groups*. Richard is one of few scholars who have succeeded in bringing Bion's theoretical ideas together in a clinically useful whole while, too be sure, adding his own special twist.

In what follows I cannot claim any original thought, but I also cannot guarantee the absence of it. What follows is my interpretation of what Richard Billow has taught me. "For Part I," we consider the concept of Container-Contained. (Bion used symbols to remind us of the limitations of verbal language in understanding the "infinite," a term he preferred over and used rather than the "unconscious.")

## Containing, the Primal Affects, & 'Thinking'

The therapeutic intrapsychic/intersubjective functions of the group leader, members, and group can be usefully understood with the concept of the Container-Contained. The containing functions of the leader in this model, unlike other models (e.g., Winnicott's "Holding" and Kohutian empathy), refer more to unconscious material than to more mature thinking-oriented material. In fact, one reason the therapist-as-container is important is that the containing function, like with the infant at birth, is needed to hold, organize, apply thought to, and make clinically useful meaning out of primary affective experiences (i.e., "Loving, Hating, and Knowing") that can be painfully chaotic and disintegrating without ego-oriented containment, yet promote emotional growth with therapeutic containment. The emotional growth-oriented need for containment begins but surely does not end at birth.

The term, "thinking" can be misleading as used by Bion and Billow because it actually refers to *emotional* thinking, thinking applied to affective experience, particularly the primal affects, the ones present right from birth. Again, they are loving ("yum"), hating ("yuck"), and knowing/curiosity ("hmm?"). The more conscious, mature, and complex emotions presuppose further ego development and emotional thinking as well as meaning-making. These more mature affect complexes are our "feelings" and "emotions." Examples include sadness, anxiety, apprehension, guilt, shame, etc.

In getting the psychotherapy group to "work" in the Bionian sense, the therapist, like the mother with the infant, enters a dreamlike state (reverie), reflecting on her inner experience in the group. The therapist, even if it is realized only later and upon reflection, is able to tap both conscious and primary process/ unconscious material. Much, much more is communicated nonverbally and pre-verbally than verbally. After all, and I remind *our* group that conscious thought is the *exception* rather than the rule (Freud).

## Affective Contagion, 'Valency,' & the Special Role of the Leader as Member

Perhaps more than the other members of the group the leader becomes the container for these primitive and unconscious communications, or at least he is more conscious of it. The emotional feel of these primary affects becomes amplified within the therapist's inter-subjective experience of the group. This, Bion writes about and Billow explains, is "valency." It's a kind of "emotional contagion" that is inherent in all groups of all types (e.g., LSU football games, mob mentality, group hysteria, the family, staff meetings in mental health centers, local LGPS meetings, etc.). In my groups the experience is that I apparently feel the dominant affective climate of my groups more intensely than the other members do or at least I'm more aware of it. And, to be fair, I may contribute to climate more than the other members of the group. For example, some of my groups tend to be more "loving" than "hating;" they suffer from too much "yum" and not enough "yuck," so I tend to get excited but also anxious when there is conflict. As the leader, I am *usually* in the best position to contain these primal affects and use them to help the group understand what is going on emotionally in the group.

## The Container-Contained : Making Sense of Primal Affects & Facilitating Emotional Growth

In the Container-Contained, the therapist receives these amplified unconscious communications from individual members and the whole of the group and contains and holds them. In a dream-like state, she then reflects on them and tries to make clinically useful meaning out of them. He becomes the container and processor. Then, via verbal and nonverbal communication, the leader hands the experience back to the group and its members in a more processed and metabolized way, and his or her offerings and inner experiences about the group then become *contained*. This passionate function of the therapist, and burden, can be highly therapeutic for the group members and group-as-a-whole. The members are better able to understand themselves with others, especially in the immediacy of the here-and-now, and their complex emotional life more fully as the leader contains and applies ego-oriented thinking to primitive emotional elements and returns the more processed, higher level emotional thinking back to the members for them to *re-contain*. The container (therapist) is then contained (group). In reading this essay, Richard suggested that I mention to our group the importance of interactional nature of the Container-contained.

From birth and beyond, the nurturing other and the infant interact, presumably interoceptively and non-consciously via projection and introjection. Like the baby and the mother, the group and the leader, as they begin to congregate in the first moments of the group, start on a developmental and interactive journey.

Many therapists, particularly more newly minted ones (I remember this myself, and admittedly we all continue to struggle with this), want to have a kind of 'therapy road map' and know what to do in this or that situation. We want technique in a behavioral and practical sense. The concept of the Container-Contained does not directly offer this comfort. However, I believe theories are most important in helping the therapist organize her thinking. Like most psychodynamic concepts, the Container-Contained is about what the therapist does in his own



## The Clinical Utility of the Container-Contained Continued...

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### Regrets & Appreciations

I hope the concept of the Container-contained will prove as useful to some of you as it has to me. I wanted to share with you reflections on other concepts that Richard outlined in *Relational Group Psychotherapy*, his lectures during the last two LGPS Institutes, in his articles recently published in the *International Journal of Group Psychotherapy*, and in his recently released book, *Resistance, Rebellion and Refusal in Group: The 3 R's* (2010). Examples include more about the development of the primal affects, the three developmental levels of the Container-contained, what Richard calls, "Truth Management" and the related positions of the leader, the "Basic Assumptions" or defenses that operate in every group, and more about emotional thinking, anti-thinking, and "Passion," but, alas, these concepts will have to wait for another time.

I fondly dedicate this essay to Richard Billow and the 'experiences in groups' he so passionately shared with us. Richard Billows' books are available, among other places, at Amazon.com. You can also get Bion's works there.  
~Chris Garner, President Elect

The healing of ourselves as healers  
has to take place first.  
Bringing ourselves to wholeness,  
we become more  
sensitive to other people.  
In the change of consciousness  
that happens within us,  
we bring about change  
of consciousness in  
those around us  
and in the planet  
itself.  
Marion Woodman

## The Craft of Psychotherapy By Dr. Chris Garner

Imagine, for a moment, that you needed life-saving brain surgery. Would you rather seek out the neurosurgeon using technique 'A' over technique 'B,' or would you, to the best of your ability, find the most talented brain surgeon, regardless of technique? I think most of us would prefer the latter. During a procedure, you want the doctor who is able to adapt to what he finds and apply the best techniques for your case. You want competence, technical flexibility, and the ability to effectively improvise should an unexpected problem arise. After all, your brain is unique and like no other.

This idea of competence and flexibility applies to virtually all professions: lawyers, coaches, quarterbacks, mechanics, artists of all types, etc. Unfortunately, this realization does not yet seem true for many psychotherapists. Although I'm beginning to see signs in our students and in our academic/empirical literature that a shift is occurring, we are still relatively behind the curve.

Time and again, I am both amazed and troubled by the conviction of many learned colleagues that there is a *right*, or superior, way to practice psychotherapy. In the beginning of my psychology career, as a student in a rigidly behaviorally-oriented program in the south, the bias against other theories was both palpable and disturbing—especially against the more psychodynamic theories, and at times, even against open-mindedness itself. The message I got was something to the effect of, "There's no point reading Freud's works because it's all rubbish." So started the passionate and rebellious scholarship of Chris Garner...

As we carefully study the psychotherapy efficacy literature with a critical eye and listen to others who have been rigorous in their own studies, we are left with virtually the same conclusion Saul Rosenweig offered in his 1936 "Dodo Bird Verdict." That is, despite major differences in prescribed techniques and how change is conceptualized, therapies based on the major theoretical paradigms within the psychotherapy literature are equally effective. Nevertheless, you still hear, particularly (*and interestingly*) in the more academic circles, that one type of therapy is better than another, or better for this or that type patient or condition. Although you may find a study or even a set of studies that support one model over another, they are rare, the differences are usually meager, and you can just as easily find other studies showing contradictory results. I encourage you to read Shedler's recent article published in the *American Psychologist* earlier this year.

I would like to make a few points that I hope will be helpful to the reader—particularly to those in the beginning phase of their journey as psychotherapists—in better understanding three main points: what is important from an empirical point of view in the practice of psychotherapy, why a theoretical orientation is important, and an emerging idea about psychotherapy effectiveness that is long overdue, hard to refute, and may ultimately resolve the tension between opposing theories of psychotherapy. Granted, I will probably be 'preaching to the choir' for many of you.

First, empirical research *strongly and convincingly* supports the notion that talk therapy works, at least as well as medication and better than placebos or no treatment at all. Additionally, the research on psychotherapy process and outcome clearly supports the existence of a common healing factor in psychotherapy. Moreover, this factor has both theoretical underpinnings and great intuitive appeal.

In 1916, Sigmund Freud wrote, "The information required by [psycho-]analysis will be given by [the patient] only on the condition of his having a *special emotional attachment* [my emphasis added] to the doctor." This was the first reference to the non-transferential/real ego-oriented and necessary aspect of the therapeutic relationship. About fifty years later, Ralph Greenson, a psychoanalyst made famous because he was Marilyn Monroe's psychiatrist, coined the term, "working alliance." Since that time countless researchers have studied the effects of the therapeutic/working alliance on psychotherapy outcome. The results are unequivocal. Of all the studied factors, the alliance is the most robust and reliable predictor of positive change in psychotherapy outcome. It is pan-theoretical.

Second, is one to believe that the competing and major theories of psychotherapy are invalid and useless? Absolutely not. On the contrary, I believe they are useful lenses in understanding patients and in guiding treatment in meaningful ways. What therapists do mentally in our work with patients and groups is important, and theories help us organize and manage the immense verbal, non-verbal, and pre-verbal information that we are inundated with during every group and in every individual session. A related empirical finding is that the therapist's belief in the effectiveness of technique correlates with good outcome. Perhaps a preferred style/theory is needed in combination with technical (and mental) flexibility.

Third, this line of thinking about flexibility brings to mind two important people who contribute directly and indirectly to the argument I am making. The first is Jeffrey Binder, a mentor of mine while I was earning a doctorate at the Georgia School of Professional Psychology. Jeff and Hans Strupp, who was influenced greatly by the work of Harry Stack Sullivan, did much for psychotherapy research at Vanderbilt and offered the widely celebrated book, *Psychotherapy in a New Key* (1984).

In Dr. Binder's newer book about, "Key Competencies in Brief Dynamic Psychotherapy: Clinical Practice Beyond the Manual" (2004), an incisive overall point is made: the therapist makes the style, the style does not make the therapist. Dr. Binder argues effectively that it is the competence of the therapist that contributes to positive outcome rather than the brand of therapy. Preaching to the choir yet?

Jeff tells a story about how master therapists are more alike than different, regardless of theoretical orientation, and follow their own psychotherapy manuals less rigidly than their own students do. Jeff writes about a set of therapist proficiencies that transcend particular theories, and the practice of psychotherapy itself for that matter. These include, for example, the capacity for pattern recognition, the ability to reflect "on action" and, ultimately "in action," and the ability to find one's zone, find the groove of the session, and *improvise*.

## The Craft of Psychotherapy Continued....

The best analogy I can make, and they are at this point perhaps ahead of us, is with the martial arts (the disciplined fighting arts). Like the various theories of psychotherapy, the martial arts emerged in various parts of the world with little cross-fertilization and with great dogma and rigidity. To be fair, the martial arts suffered from more global separation than did the arts of psychotherapy. Like the various psychotherapy theorists, martial arts teachers and philosophers of various schools of thought believed beyond reason that their versions of fighting were superior to all others. Likewise, although the researchers of psychotherapy had the advantage of empirical and statistical science, they reified and religiously held to their theoretical convictions, ignoring, at least subconsciously, the merits of other theories. Like the martial arts (and unlike physics and Einstein), psychotherapy had, and *will* have, no stable dominant paradigm. But, the martial arts scene eventually had something we have not had, a single and compelling voice that effectively challenged the commonsense-defying dogma of previous generations. In 1959, Bruce Lee, who was born in America, returned to San Francisco from Hong Kong. Lee's evolving vision and intention was to bring his culture to the USA and to do so by teaching the art of Gung Fu (Southern China Kung Fu) to anyone, regardless of race or background. His mind was set on it. Before this time, no Chinese man risked teaching the sacred art to non-Chinese, lest he be ostracized, or far, far worse.

Lee, who studied not only Kung Fu but also Karate, American boxing, and the grappling arts from across the globe, became mystified by how other teachers and martial artists rigidly followed a particular style. Separating the chaff from the wheat, Bruce assimilated the strengths of all styles he studied into an ever-evolving style, one he called, "Jeet Kune Do." His own version of the empirical test was to attend martial arts conferences and tear down his fellow combatants in minutes. Between one-handed, two-finger push-ups, his famous "one-inch" power punch and his ability to take out the masters of other "styles" in less than two minutes, he shook the foundations of all existing paradigms. Although he was quite flashy in his movies, in reality, Lee believed in economy of motion and was fast, fluid, and technically flexible. He believed his own 'self' was the instrument. Soon, and before his culture-bending movie career, his students included James Coburn, Steve McQueen, Kareem Abdul-Jabbar, several karate champions (Joe Lewis, Mike Stone, and Chuck Norris), Roman Polanski, and Lee Marvin.

Sadly, Lee's thinking was ahead of its time, perhaps by as much as three decades. Only now, do thousands and thousands of martial artists, particularly those competing in realistic ways, call themselves "mixed martial artists." Among many other things, Lee was the grandfather of this movement and of physical fitness in the martial arts.

In psychotherapy we have had no such one prophet to guide us or transform our thinking, but the analogy rings true, does it not? Should we lag behind the martial arts or rise to the occasion and see the genius/beauty in the simplicity? It was Bruce Lee who said the wo/man makes the style, the style does not make the wo/man.

Lee also believed in self-actualization. He must have studied Maslow's works and believed that all effective expression was, after all, self-expression. In keeping with this idea that personal-professional competency is key, and in the absence of solid evidence that one style of psychotherapy is more effective than another, the importance of using self-as-instrument is hyper-relevant.

Ultimately, I hope that we will all be doing our own unique psychotherapies, informed by theories, reliant on the therapy alliance, dependent on our competence, and empowered by our personalities and unique gifts.

Special thanks to Sigmund, Jeff, and Bruce for their vision and thanks to Christen and Eric for editorial direction and comments,

- Christopher D. Garner, Psy.D.

*Man, the living creature, the creating individual, is always more important than any established style or system.*

- Bruce Lee

Louisiana Group  
 Psychotherapy Society  
 Fall Institute 2010

***DEALING  
 WITH THE  
 AFTERMATH OF  
 ENVIRONMENTAL  
 TRAUMA IN GROUP***

**Featuring**

**Darlyne Nemeth, PhD, MP,  
 ABMP, CGP**

**October 23, 2010**

**Baton Rouge, Louisiana**

**Registration Form**

Name & Credentials

Address

City, State & Zip Code

Phone Number

Email  Please do not contact me via email about services LGPS provides

Early Registration

LGPS Member	\$110.00	<input type="checkbox"/>
Non-member	\$135.00	<input type="checkbox"/>
New Professional (1-3 yrs)	\$60.00	<input type="checkbox"/>
Student	\$30.00	<input type="checkbox"/>

Onsite Registration

LGPS Member	\$120.00	<input type="checkbox"/>
Non-member	\$145.00	<input type="checkbox"/>
New Professional (1-3 yrs)	\$65.00	<input type="checkbox"/>
Student	\$35.00	<input type="checkbox"/>

<b>Small Experiential Groups/Leaders</b>	<b>1st Choice</b>	<b>2nd Choice</b>	<b>3rd Choice</b>
Christopher Garner, Psy.D			
Rudy Troyer, LCSW			
Dayne Narretta, LCSW, CGP			
David Hayes, Ph.D.			
Rachel Stokes, Psy.D. & Christen Cummins, GSW			

Please return this form along with a check made payable to: **LGPS**

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