

LOUISIANA GROUP PSYCHOTHERAPY SOCIETY

SUMMER 2018 NEWSLETTER

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A MESSAGE FROM OUR PRESIDENT

Allow me to introduce myself. My name is Rachel Dorsa. I'm a PLPC (soon to be LPC) in Baton Rouge. I graduated from LSU's Counselor Education program in 2015 and have worked in IOP, substance abuse, and hospital settings. My job setting seems to keep changing and evolving as my curiosity is piqued for new skill sets and different opportunities present themselves. However, one thing has stayed with me throughout the transitions: my love of group therapy and our LGPS.

Over the last year or so, I have been asked multiple times why I chose to go into Counseling or Psychotherapy. My answer is not always a clear one. I often do not know what to say. At the conclusion of our recent Spring Institute, though, I was asked

2018 SUMMER WORKSHOP

June 22

Baton Rouge, LA

Gary G. Gintner, PhD, LPC-S

Transdiagnostics: From Diagnosing Disorders to Targeting Underlying Mechanisms

specifically why I chose to do group psychotherapy. I immediately knew and became excited by the answer that came to mind: I love the connection, the idea that simply connecting to other humans can be a healing and fulfilling experience. It's so simple- connecting with another human. Yet it allows such profound effects. What a privilege it is to be able to facilitate and witness such a special occurrence in our clients!

Similarly, the connections I have made in LGPS are ones I cherish and hold in highest regard. I am honored to have been chosen to lead us this year. I do not take your trust and expectations lightly. LGPS has been a group that has felt like home to me and has quickly become dear to my heart. I hope you will reach out to me and to the rest of the board with your input. I welcome your feedback and ideas at all times. I can be reached any time at Rachel.dorsa@gmail.com. I am looking forward to serving this organization and having a productive year together!

Rachel Dorsa, PLPC, NCC

**A SPECIAL CONGRATULATIONS TO
DAYNE NARRETTA, LCSW, CGP, BCD,
FAGPA**

who was recently awarded the honor of
*Fellow of the American Group
Psychotherapy Association*

PRESERVATION MEMBERSHIP

Thank you to our Preservation Members

Preservation Membership includes any donation of \$25 or more, whether it is to the organization, to one of our scholarship funds, or to sponsor a student's institute registration.

To make a donation, visit our website LGPSonline.org and click *Support*.

PLATINUM PRESERVATION MEMBER (*\$200+ in donations*)

Capi Landreneau, LCSW, CGP
Christopher Garner, PsyD, MSCP, CGP
Karen Travis, LCSW-BACS, CGP, BCD,
FAGPA

Michael Cascio, LCSW, BCD, CGP
Rachel Dorsa, PLPC, NCC
Sue Jensen, PhD, CGP, FAGPA

GOLD PRESERVATION MEMBER (*\$100+ in donations*)

Anita Evans, LCSW-BACS, BCD, DCSW
Christen Cummins, LCSW
Dayne Narretta, LCSW, CGP, BCD, FAGPA
David Hayes, PhD
Kevin Credeur, LPC, CGP
Maggie Shaver, LCSW
Melanie Faust, LCSW, CGP
Stanley Masinter, LCSW, BCD, CGP

A MESSAGE FROM OUR PAST PRESIDENT

"Use your gifts to make the place you are better." That was the message in a commercial for one of those home decorating shows. You know the kind where they take an out dated home and turn it into a magazine worthy piece of beauty.

That message, which frankly, I have probably heard 1,000 times before, but never actually heard it, caught my attention. Isn't that what we all try to do as group therapists - make a difference? Honor the past while incorporating it into a more functional way of being today?

The board of LGPS is trying to do just that. We have some exciting things to add to our calendar of events, including new workshops - smaller topic specific trainings to be held several times a year. We hosted a successful 2018 Winter Workshop, held February 10, led by Christopher D. Garner, PsyD, CGP, MSCP, on Essential Aspects of Effective Psychotherapy. Chris donated his time as part of an effort to bring additional quality training to our community and to help LGPS raise additional funds so that we may continue our mission.

We are looking at our current bylaws in an effort to streamline and update them.

Fundraising is an area of focus that we must strengthen. We applied, and were unfortunately turned down, for two different grants this year. Staff members from AGPA did the heavy lifting with writing the grants. I would like to extend many thanks to AGPA for their assistance. We will certainly try again. If you have experience or creative ideas to help us attain financial support, please contact us.

I was personally very excited to welcome Peter Taylor, PhD, SEP, CGP, FAGPA and Roger Saint-Laurent PsyD, SEP, CGP for our 2018 Spring Institute May 4-5. Somatic Experiencing is not new, but I believe this was the first training to be held in Louisiana on this topic, with nationally known presenters of such standing. We explored a new schedule of events, including four experiential groups instead of three. We also had a successful experience with a new way of demonstrating the "fishbowl" group. The participants were selected by the leaders during the months prior to the institute, much like you would select group members for a group in your practice. The demonstration group met as a small group seven times during the institute with Peter and Roger as their co-leaders; four groups in private during the regular experiential group meetings, and three groups as the demonstration "fishbowl" group.

There are many exciting things happening with LGPS. It has been my privilege and honor to serve as president of this organization. I would like to thank the board of LGPS for the many volunteer hours and dedication they deliver and for having my back when needed. Thank you.

Debbie Wray, LCSW, CGP

MEET OUR 2018-2019 BOARD MEMBERS

EXECUTIVE BOARD

President

Rachel Dorsa, PLPC, NCC
COPE Specialist 1 at OLOL COPE Team

President Elect

To Be Announced

Contact the board if you are interested at lgpsnews@gmail.com.

Past President

Debbie Wray, LCSW, CGP
Clinical Social Worker in Private Practice

Treasurer

Melanie Faust, LCSW, CGP
Clinical Social Worker at Woman's Hospital and in Private Practice

Secretary

Kevin Credeur, LPC, CGP
Behavioral Counselor at BR General - Mid City and Licensed Professional Counselor in Private Practice

Membership Chair

Libby Knox, LPC
Long-Term Counselor at St. Christophers Addiction Wellness Center

Editor

Maggie Shaver, LCSW
Clinical Social Worker in Private Practice

Member at Large

Anwar Francis, LMSW
Social Worker at St. Joseph Hospice

AGPA Affiliate Representative

Debbie Wray, LCSW, CGP
Clinical Social Worker in Private Practice

SPONSORSHIP COMMITTEE

Chair

Rudy Troyer, LCSW
CEO & Administrator at The Recovery Center of Baton Rouge

Members

David "Fritz" Vogt, LCSW
Anwar Francis, LMSW

MEMBERSHIP COMMITTEE

Chair

Libby Knox, LPC

Student Representatives

Liz Crain
Carol Quinn

Members

Anwar Francis, LMSW

A MESSAGE FROM OUR AGPA REPRESENTATIVE

AGPA held a successful annual conference - AGPA Connect - in Houston earlier this year. It took an amazing effort from many who were effected by Hurricane Harvey, once again demonstrating the resilience of our group peers.

Next year, AGPA Connect will be in Los Angeles, California. For those of you who have not attended one of the annual conferences, please consider attending. It is truly awe inspiring to receive training from those at the top of their fields from many different disciplines. Personally, my small group, two day institute experiences have made an indelible impression on me each and every year. I urge you not only to attend this conference for professional enhancement but as a personal gift to yourself for an experience of connection and growth you will carry with you.

My time as the affiliate representative for Louisiana has been an incredible experience. This position has allowed me to make personal connections nation wide with colleagues working for group psychotherapy in a wide range of settings, and it has keep abreast of current trends and challenges to group treatment.

If you are interested in serving as the affiliate representative to AGPA from Louisiana, please contact the board (lgpsnews@gmail.com).

Debbie Wray, LCSW, CGP

INSPIRATION & SELF CARE

**REMEMBER TO TAKE TIME EACH DAY TO
RELAX AND FOCUS ON SOMETHING
BEAUTIFUL**

Self-Care: Being there for myself

One day in my own personal therapy session, my therapist asked me how I am “there” for others. I had a quick answer to that one. The basics: I check in, I initiate plans, I let friends know I appreciate them, I do what I commit to, I try to give thoughtful gifts when appropriate, I do favors with no expectation of repayment, etc. A+ 100. Five stars. Next question, please. Then, my keen, tricky, diabolical, ever-alert therapist asked me the most difficult question I’ve ever been asked in my life: “How are you there for yourself?” As you may have imagined, I sat and looked at her, stunned. I was speechless. I had no answer to her question. I had some names I wanted to call her for giving me such a trick question. But still, no answer.

As I presume some others may have as well, I often wonder what self -care really entails. If I wash my hair a certain number of times or run a certain number of miles this week, will that somehow make me more complete or whole as a human? If I choose to spend more time with my loved ones instead of taking on extra shifts at work, does this help me function better? What about when the bills come due? Do I have to paint my nails and face to show I care about myself? Am I allowed to sleep as long as I think my body needs or does that make me lazy and self-serving? This is very confusing. What are the rules here anyway?

Without much of a starting point in my own self care, I focused on the original question of how I am there for others, and for one

week I put myself to the test of “being there for myself” in the same ways. This was the most foreign yet mindful week in my memory. I went to bed when I felt like it, without waiting for it to be an “appropriate” time. I like going to sleep by 9pm and don’t care who knows it. I cooked myself real meals instead of eating whatever was on hand. I figured “If a friend asked me to give them dinner, what would I feel good about serving them?” (I would feel good about serving homemade lasagna with a green salad, by the way.) These changes were nice, but they were time consuming. It took more time than I normally have to give on the average workday, frankly. One change that has stuck, though, is my commitment to myself. Let me explain. If I tell a friend I am going to meet them at Starbucks at 5, you can bet I will be at Starbucks at 5 (or 5:15 because Baton Rouge traffic). Why then do I not go for a walk when I had told myself all day at my desk that I would love to go for one when I get home? There are many times I think about a fresh, whole meal all day but don’t cook it because it would require a trip to the grocery store. I would gladly go to the grocery if someone else asked it of me. So, what gives? Why is what I want less important than what another would?

Then, it clicked for me. To me, self-care is treating myself with as much respect as I would treat another person, holding my needs, requests, desires as highly as I would hold them for someone else. I get to make the rules about what time I go to bed and how many times a week I feel like jogging. (I love making rules.) The one I cannot make, change, edit, or touch in any way, though, is that if I would do something for someone else, I have to do it for myself. I have to expect better of myself. I have to hold myself to my own standards and show myself as much love as I would show a friend. That finally feels like taking care of myself.

What works for you? How are you there for yourself? What has helped in forming your own self-care practices? Email lgpsnews@gmail.com with your reply.

Rachel Dorsa, PLPC, NCC

A MESSAGE FROM OUR MEMBERSHIP CHAIR

When I signed up for my first institute with LGPS, I was expecting to learn about facilitating group psychotherapy. The aspect that pulled me back in year after year was the connection that began to develop with peers and mentors. I am both honored and excited to be Membership Chair for LGPS! Please contact me at any time if you have any questions regarding your membership. I look forward to seeing new and familiar faces at the Spring Institute!

Libby Knox, LPC

UPCOMING EVENTS

BOARD MEETINGS

July 7

10am @ The Londoner

August 18

10am @ The Londoner

2018 SUMMER WORKSHOP

June 22

1pm-4pm @ Woman’s Hospital

Gary G. Gintner, PhD, LPC-S

Transdiagnostics: From Diagnosing Disorders to Targeting Underlying Mechanisms

Register today on our website!

2018 FALL INSTITUTE*September 22***Rudy Troyer, LCSW &****David "Fritz" Vogt, LCSW**

Motivational Interviewing & Substance Abuse Treatment

counseling, who show a special interest in group psychotherapy.

*2018 Spring Institute Recipient***Carol Quinn****2019 SPRING INSTITUTE***April 12-13***Cindy Aron, LCSW, CGP, FAGPA**

Neurobiology of Scapegoating

SCHOLARSHIPS

The number of recipients and available funds will depend on contributions. Please consider making a donation to support one of our scholarship funds or to sponsor a student's registration.

DOUG GREVE, MD SCHOLARSHIP*Sponsored by LGPS Member Donations*

LGPS will award applicant(s) the Doug Greve, MD Scholarship, which will provide funds (registration only) to attend the upcoming Spring Institute. Qualified applicants are those currently practicing in the field of psychology, psychiatry, clinical social work, or counseling, who show a special interest in group psychotherapy.

SUSANNE M. JENSEN, PHD SCHOLARSHIP*Sponsored by LGPS Member Donations*

LGPS will award applicant(s) the Susanne M. Jensen, Ph.D. Scholarship, which will provide funds (registration + one night hotel cost) to attend the upcoming Spring Institute. Qualified applicants are those currently in graduate school or medical residency specializing in psychology, psychiatry, clinical social work, or



Sue Jensen, PhD, CGP, FAGPA & Carol Quinn

LSU TRAINING AWARD*Sponsored by Blue Cross Blue Shield & LSU School of Social Work**2018 Spring Institute Recipients***Cameron Barney****Jonathan Breaux****LaChanda Harris****Raven Winding****SPONSOR A STUDENT***Sponsored by LGPS Member Donations*

LGPS will provide a student applicant with the funds (registration only) to attend the

upcoming LGPS institute. Qualified applicants are those currently in graduate school or medical residency specializing in psychology, psychiatry, clinical social work, or counseling, who show a special interest in group psychotherapy.



Raven Winding, LaChanda Harris, Cameron Barney, & Jonathan Breaux

To make a donation to one of our scholarship funds, or to sponsor a student at an upcoming institute or workshop, visit our website LGPSonline.org and click *Support*

WHAT'S NEW WITH LGPS

The Louisiana State Board of Social Work Examiners has approved LGPS to be a **pre-approval organization for Social Work continuing education credits**. This will help improve our financial situation by allowing us not only to waive the fee for our own events, but also increase revenue by approving events in the community! If you have an event that needs approval, please contact the board lgpsnews@gmail.com for more information!

A LETTER FROM THE EDITOR

During LGPS institutes I am inspired, and as I put these newsletters together, I repeatedly find myself with the desire to spread that excitement. But that turns into another task on my never ending to do list, which ultimately distracts me from really living. So in the spirit of what I learned:

Feel it, don't explain it - content is sometimes bullsh*t and words are overrated.

Register and attend one of our workshops or institutes - you won't regret it!

Maggie Shaver, LCSW

learn
from
experience

