

Inside This Issue

- 1 Message from our President
- 1 Message from our AGPA Rep
- 2 Upcoming Events
- 2 Scholarships
- 3 2016 Fall Institute: A Review of Success and Self-Care
- 4 Self-Care
- 4 Preservation Membership
- 4 Financial Outlook: Improving Transparency with an In-depth View of our Current Financial Situation
- 6 2016-2017 Executive Board

MESSAGE FROM OUR PRESIDENT

I'm looking forward to the year 2017 and what LGPS has to offer. 2017 marks the 75th anniversary of our national affiliate, the American Group Psychotherapy Association - a testament to the importance of group therapy and striving to better ourselves and our groups. After exceptional institutes in 2016, my hope is that we will continue to provide enriching experiences to a growing base of professionals.

LGPS has a history of providing instruction and experiential learning, which can be difficult to acquire in one conference or institute. We know from our work that people learn best when

emotion and meaning is attached to the "lesson." LGPS will continue to work toward an atmosphere that enables meaningful personal and professional growth.

I am deeply grateful for everyone involved with LGPS - our board, past board members, experiential group leaders, donors, attendees, and those of you who try something new by attending your first institute. Seeing and being seen, we allow ourselves the opportunity to learn and grow with one another.

Best,

Kevin Credeur, LPC

2017 SPRING INSTITUTE

April 21-22
New Orleans, LA 70130

featuring

Jeffrey S. Hudson, M.Ed, LPC, CGP, FAGPA

on the subject of

*Emotional Availability in Group:
Expanding the Capacity for Intimacy in Group Members & Leaders*

THANKS TO OUR SPONSORS

Platinum Sponsor

The Recovery Center of Baton Rouge

Sponsors

Acadia Health Care

New Beginnings Adolescent Recovery Center

Palmetto Addiction & Recovery

River Oaks Hospital

St. Christopher's Addiction Wellness Center

LEARN FROM EXPERIENCE

Message from our AGPA Rep

AGPA will celebrate our 75th anniversary at the annual meeting to be held in New York City March 6-11. I am honored to be part of such a strong global force providing training, advocacy, access, research and professional development, dedicated to the healing power of group. If you have not had the incredible experience of attending one of the annual meetings, I promise you will not be disappointed. This is an organization of roughly 3000 members and over a third attend

each annual meeting. Don't let the numbers overwhelm you. This is a well-oiled machine with incredible organization and many small group experiences. I tell my friends and family I go there to rub elbows with the "rock stars" of my field. The generosity of those who have given their lives to the study and application of group is apparent in the warm, inclusive welcome all receive, be they first time attendees as students or an internationally recognized expert.

As I contemplate what will no doubt be an exceptional celebration marking 75 years of service, I am baffled by the reality of the difficulties many of the affiliates continue to experience. Our own affiliate LGPS, in 1955, was the sixth group to affiliate with AGPA, and yet we continue the struggle to survive with a loyal yet relatively static membership.

For over 50 years the annual meeting of LGPS has brought nationally acclaimed experts from vast theoretical modalities to Louisiana for the highest quality training. AGPA members have been steadfast in their support of our local affiliate. What our local membership may not be aware of is that those who come to LGPS institutes do so for a much reduced presenters fee and may incur significant financial loss with time away from their private practices. LGPS struggles annually just to break even with the spring institute. Still they come. Personally I have never been turned down when I have called, hat in hand, to plead for a presenter. AGPA fellows of course love to come to New Orleans and from our beginning have supported the LGPS mission. As the incoming president of LGPS and the AGPA affiliate representative, I implore

our local community to get involved. We need your talent, manpower, expertise and donations along with the continued support we received at the annual institute, to continue to provide quality-training experiences for our community. Please contact the board if you are able to help us carry out our mission so that we too may someday celebrate our 75th anniversary with pride.

Debbie Wray, LCSW, CGP

Upcoming Events

March 14

Our next board meeting - we'd like for you to attend!
5:45pm @ Baton Rouge General - Behavioral Wellness Center

2017 Spring Institute

April 21-22

Hampton Inn Convention Center
1201 Convention Center Blvd
New Orleans, LA 70130

FEATURING

Jeffrey S. Hudson, M.Ed, LPC,
CGP, FAGPA

ON THE SUBJECT OF

*Emotional Availability in Group:
Expanding the Capacity for
Intimacy in Group Members and
Leaders*

ABOUT THE INSTITUTE

As psychotherapists, we routinely work with our patient's availability for emotional engagement. Our success depends, in part, on our own emotional availability. During this workshop, we will examine both the openness and resistance to emotional involvement in groups. We will

discuss common sources of resistance for both members and leaders. As we deepen our understanding of resistance, we can more readily welcome both positive and negative transferences. Additionally, we will explore Modern Psychoanalytic approaches to working with resistance, such as joining, emotional communication, and contact functioning.

HOTEL INFORMATION

Call (866) 311-1200 and reserve a room at our special discounted room block rate. Must make reservation before 3/21/17. Use code: LAP

REGISTER TODAY

For more information or to register online, visit our website LGPSonline.org and click "Institutes".

2017 Fall Institute

October 28

Dayne Naretta
Baton Rouge, LA

2018 Spring Institute

May 4-5

Roger St. Laurent & Peter Taylor
New Orleans, LA

Scholarships

Susanne M. Jensen, Ph.D. 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 LGPS spring 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.

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 LGPS 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.

Sponsor a Student

Sponsored by LGPS Member Donations



*2016 Fall Institute Sponsored Students:
Carol Quinn, Hayley Murphy,
& Kayla Davis*

LGPS will provide student applicant(s) 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.

How to Apply

Interested applicants should email their current CV with a letter of interest in the scholarship and in group psychotherapy to LGPSnews@gmail.com. Make sure to identify which scholarship you are applying for in your letter.

The number of recipients and available funds will depend on contributions.

We have received more interest than ever this year. Please consider making a donation today to support one of our scholarship funds or to sponsor a student's registration.

For more information or to make a donation, visit our website LGPSonline.org, click "Institutes", then click "Scholarships".

2016 Fall Institute

A Review of Success and Self-Care



Stanley Masinter, LCSW, BCD, CGP leads a drum circle during group as a whole

On behalf of the Executive Board, I personally want to thank our

presenters, sponsors, and attendees for a successful 2016 Fall Institute, "Going Beyond Talk". LGPS had received feedback that many of you were interested in alternative therapies and the executive board welcomed the challenge to step out of our comfort zone and offer this workshop to you.

I was personally excited for others to learn about these alternative forms of therapy, not only for professional purposes, but personal as well. Music is my self-care and my balance and it moves me daily. I have used song lyrics in some therapy sessions in the past – words that spark deep emotion and trigger ideas that can begin or enhance the conversation of therapy. Music is a universal language and connects us. Music "expresses the inexpressible". I wanted to share these powerful mediums with others and I wanted to learn how to apply them professionally and appropriately into my work, if possible. While these therapies are not something we can always offer ourselves, they may be just what our clients need to work through something specific in a new and different way.

Sandplay, music, art, mindfulness, and the drum circle had core commonalities: the expression of human emotion and uncovering the unconscious – two principles that are at the forefront of much of the work we do. As it was so aptly worded in the group as a whole at the close of the institute: "The depth of where you go [with the alternative therapies] is incredible...I appreciate the nonverbal experiences".

I hope that you remember the wonderful opportunities these

therapies can provide your clients. I also hope that you took with you an incredible personal experience (that was “not therapy but therapeutic”,) and that you’ve added four or five potential tools to your self-care toolbox. I have included some of the song lyrics I’ve used in group in the Self-Care column – a song that is therapy all by itself.

Maggie Shaver, LCSW

Self-Care

A COLUMN OF INSPIRATION AND SELF-CARE: REMEMBER TO TAKE TIME EACH DAY TO RELAX AND FOCUS ON SOMETHING BEAUTIFUL.

“Learn to Live” by Stephen Kellogg

I don't know why you've been crying
No one here would be denying
There's been sadness, there's been pain
Things will never be the same

There's a choice you must be making
And it's simple if you try
You can learn to live with the pain you feel
Or you can learn to die

No matter what anyone says
There will come a day for joy
Fear will be a welcomed friend
Because when you're fearless, it's the end

There's a choice you must be making
And it's simple if you try
You can learn to live with the fear you feel
Or you can learn to die

But hold on, hold on
When the hope feels like a fabric that is ugly, torn, and frayed
Hold on, hold on
Because the healing is in the mending and you'll wish that you had stayed

There's a choice you must be making
But you must make it every day
You can learn to face the mistakes you've made
Or you can look the other way
You can learn to die with the things you did
Or you can learn to live
You can learn to live

2016 - 2017 Preservation Members

Become a Preservation Member when you donate \$25 or more. We thank you for your contributions!

PLATINUM PRESERVATION MEMBERS (\$200+)

Capi Landreneau, LCSW, CGP

GOLD PRESERVATION MEMBERS (\$100+)

Michael Cascio, LCSW, BCD, CGP

Kevin Credeur, LPC

Stanley Masinter, LCSW, BCD, CGP

Maggie Shaver, LCSW

Karen Travis, LCSW-BACS, CGP, BCD, FAGPA

SILVER PRESERVATION MEMBERS (\$50+)

Melanie Faust, LCSW, CGP

Financial Outlook

**Improving Transparency with an
In-depth View of our Current
Financial Situation**

The Executive Board has decided to improve transparency regarding the financial situation of LGPS. We hope this article helps you to become aware of our situation, understand the changes that need to be made, and allow you the opportunity to offer feedback to help us grow as an organization. We are currently losing money.

Institute Registration Costs

To better understand the numbers, let's take a look at the total cost for the 2016 Spring Institute, including the cost per person to attend, what you're paying for, and the actual registration price. The 2016 Spring Institute with Molyn Lescz cost LGPS approximately \$16,000. Based on 75 attendees, the cost to attend is \$296 per person. One way to break that cost down further is to look at the major expenses per person.

FOOD: \$134 (approximately \$20 per meal) per person. Food is an enormous cost because we are required to use the catering company associated with the hotel. Catering requires LGPS to spend a minimum amount of money, and that minimum is \$10,000. Food includes breakfast, lunch, snacks, coffee, juice, and water.

HOTEL: \$62 per person. We reserve a block of rooms at a discounted rate. This has become a financial setback because we don't fill the block by the deadline, but we have to pay for the rooms. In order for us to

continue providing institutes conveniently at hotels, we must meet the requirements of the room block, or suffer financially.

GUEST SPEAKER: \$67 per person. Fees vary widely depending on the speaker and the cost of transportation since we bring guests from around the country (and sometimes beyond). We will benefit by planning ahead and having fees available for more expensive travel arrangements. Traditionally, the board has taken the guest speaker out to dinner to show our gratitude and appreciation. In the past, we have included many board members and sometimes their partners. We have decided to cut down on this, as it can be a large expense. Moving forward, we will currently only pay for the guest speaker and one guest, the member who coordinated that speaker, the President, the President Elect, and the Treasurer. Other board members and their partners are welcome to attend, but at their own expense.

AUDIO/VISUAL EQUIPMENT AND USE: \$14 per person.

POSTAGE FOR THE BROCHURES: \$20 per person. This is higher than normal in an attempt to increase awareness of the institute, discussed below. The cost prior to this institute was usually about \$6 per person.

Increasing LGPS Awareness & Institute Attendance

At our board meetings, we have discussed barriers (and solutions) to institute attendance, including the cost of registration itself and lack of awareness of LGPS. Prior to the 2016 Spring Institute, we purchased a list of social workers in the state from the Louisiana State Board of Social Work

Examiners for approximately \$300. We mailed institute registration brochures to all the individuals on this list, which increased our mail out from approximately 300 to 2500 professionals. This was costly (the list itself and the increased price for printing and postage), but we thought it was the perfect time to do so, given the notoriety of Modyn Lescz.

We could use better graphics in our brochures that would stand out and catch your eye. Some ideas include printing on different paper, or using color on neutral shades of paper. However, both of these changes would require more money.

We have considered giving people the choice of going to an experiential group or a workshop, in an attempt to reign in those that may be hesitant of an experiential group with other professionals and colleagues (we are willing to try anything!). We have considered creating more scholarships, although those require donations to fund. We've tried hosting the institute the weekend of Jazz Fest to entice those from further away to come to New Orleans for two reasons - even though we weren't sure if this would be helpful or a disaster.

We are also working to increase our awareness online, through social media, in classrooms, in other organizations, and in the community.

Increasing Registration Prices

We examined all these ideas, and more, when deciding on the best move for the organization to avoid increased financial deficit. When we compared LGPS institute prices to other conferences in the

region, we found that our institutes were significantly lower across the board. For example, another organization's two-day conference was \$50 higher than LGPS, and they weren't even providing meals. Therefore, over the next two years, we will be increasing our institute registration prices. We've listened to your feedback regarding this issue in the past and take it seriously, and at this time, we will not be increasing the cost for student registration.

Below is the plan to increase registration prices for the upcoming spring institutes.

2016 | 2017 | 2018

MEMBER

\$230 | \$260 | \$280

MEMBER: NEW PROFESSIONAL

\$150 | \$175 | \$200

NON-MEMBER

\$300 | \$330 | \$350

NON-MEMBER: NEW PROFESSIONAL

\$195 | \$220 | \$245

STUDENT

\$80 | no change | no change

ONSITE REGISTRATION FEE

\$15 (not enforced) | \$30 (will be enforced) | no change

CANCELATION FEE

\$50 | 50% of registration price | no change

Institute Sponsorship

Our institutes depend heavily on our sponsorship. We are incredibly appreciative of not only those organizations that sponsor our institutes, but those that continue to sponsor and support us year after year. We've re-examined the sponsorship

contracts. This past year, we created a Sponsorship Committee, and a Platinum Sponsorship category with more incentives and awareness for those agencies that choose that recognition. We decided not to limit the number of sponsorships (something we did in the past due to lack of space). We are still looking at sponsorship and what we can do to improve this, including creating a new page on our website for sponsorship, potentially including agency logos for Platinum Sponsors and for those agencies that sponsored multiple times, and increasing the number of registrations included with sponsorship. Below is a look at how our sponsorship prices have changed. We are currently working with our Sponsorship Committee to consider potential future price increases.

Past | Current

FALL INSTITUTE SPONSORSHIP
\$300 | \$350

FALL INSTITUTE PLATINUM
SPONSORSHIP
none | \$1000

SPRING INSTITUTE SPONSORSHIP
\$600 | \$700

SPRING INSTITUTE PLATINUM
SPONSORSHIP
none | \$2000

Preservation Membership

When you make a donation of \$25 or more in support of LGPS, whether directly to the organization, to a scholarship fund, or in support of a student's institute registration, you are considered a Preservation Member. This past year, we created different levels of recognition for our Preservation Members, including Platinum,

Gold, and Silver for donations in higher amounts. We've added your names to our website and newsletter to show our appreciation and thanks for your support.

Amazon Smile

We have partnered with Amazon Smile to increase fundraising efforts. When you shop on Amazon, visit Smile.Amazon.com first. Select *American Group Psychotherapy Association* (Location: Rayne, LA) from the list of charities and then start shopping! A portion of each purchase will go directly to LGPS.

Ways to Support LGPS

Now that you have all of this information, we'd like to ask for your help.

- Let us know your thoughts and ideas. What's important to you? What's not? What are you willing to pay for? What's not worth the money? What do you want to see more of? Do you have location ideas for future institutes? Maybe you have office space in your private practice, agency, hospital, or school. Maybe you don't have room for the big workshop, but you have a number of small rooms that could be used for breakout groups within a block or two of a larger building where the large group could be held.
- Send us an email.
- Fill out our anonymous participant feedback survey online.
- Write us a note at an institute, or stick a letter in the mail.
- Reserve your hotel room in our room block by the deadline, which will save both you and LGPS money.
- Tell your colleagues and peers about our organization and institutes.
- Make a donation and become a

Preservation Member

- Make a donation to one of our Scholarship Funds
- Make a donation to Sponsor a Student at an upcoming institute
- Shop Amazon Smile

We want to thank our members, institute attendees, institute sponsors, those who have become a Preservation Member or donated to our scholarship funds, and those who have provided feedback already regarding the organization. We could not, and would not, do this without you.

The Executive Board of LGPS

The 2016-2017 Executive Board

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Kevin Credeur, LPC
Behavioral Counselor at The Behavioral Wellness Center - Baton Rouge General and Licensed Professional Counselor in Private Practice

President Elect & AGPA Affiliate Rep

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

Past President

Melanie Faust, LCSW, CGP
Clinical Social Worker at The Behavioral Wellness Center - Baton Rouge General

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Blaine Masinter, MSW
LSU PhD Social Work Student



President, Kevin Credeur, LPC, with Past President, Melanie Faust, LCSW, CGP at our 2016 Fall Institute.

We Want to Hear from You

Complete our Participant Feedback Survey

Please take a few minutes to complete our anonymous survey online so we can improve our organization and our institutes. Visit our website, LGPSonline.org click "Institutes", then click "Participant Feedback".

Join our Mailing List

Join our Mailing List so we can keep you updated on LGPS and our institutes. You may also use this form to let us know if your information has changed.

Executive Board Vacancies

The following officer positions will be up for election at our 2017 Spring Institute:

PRESIDENT ELECT
MEMBER AT LARGE
SECRETARY

We are always seeking experienced professionals and students to serve as

ADVISORS TO THE BOARD
STUDENT REPRESENTATIVES

These two positions are not limited to one person. We welcome the experience of multiple individuals! Email us or attend one of our upcoming board meetings for more information:

LGPSnews@gmail.com.

LGPSonline.org

LGPSnews@gmail.com

**learn
from
experience**

