

# LOUISIANA GROUP PSYCHOTHERAPY SOCIETY

June 2014

## LGPS SPRING INSTITUTE

June 6-7  
New Orleans, LA

featuring  
**Richard M. Billow, Ph.D., ABPP**

on the subject of  
"It's All About Me (and You):  
The Group Therapist's  
Use of Self"



## MESSAGE FROM YOUR PRESIDENT

I am honored and privileged to serve as the current President of LGPS. LGPS continues to provide group psychotherapists with a tremendous opportunity for both professional and personal growth. Continuing education should not be a burden, rather an opportunity to further advance delivery of services. LGPS certainly strives to support this belief.

I would like to take this time to discuss the future of LGPS. Dr. Christopher Garner, our current advisor to the board and two-time President, has been an advocate for LGPS' long-term vision and financial stability. Through the development and maintenance of our sponsorship program we have been able to accumulate revenue otherwise limited to membership dues and institute fees. It is my hope that programs like this will enable LGPS to achieve long-term

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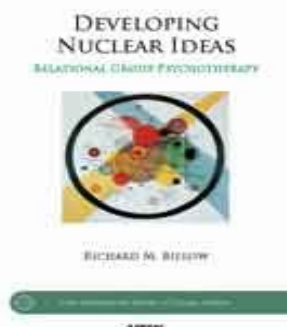
Sue Jensen & David Hayes

## ABOUT OUR GUEST SPEAKER

Richard M. Billow, Ph.D., ABPP, is a clinical psychologist, psychoanalyst, and an active contributor to the psychoanalytic and group literature. He has been associated with the Gordon Derner Institute of Advanced Psychological Studies, Adelphi University, New York, since 1968, where he achieved doctorate and postdoctoral certificates in psychoanalysis, and individual and group

psychotherapy. He is Clinical Professor and Director of the Institute's Postdoctoral Program in Group Psychotherapy as well as running his own private practice in Great Neck, New York. He is an AGPA presenter and author of the books *Relational Group Psychotherapy - From Basic Assumptions to Passion* (2003) and *Resistance, Rebellion and Refusal in Groups: The 3 R's* (2010).

His third book, *Developing Nuclear Ideas: Relational Group Psychotherapy* will be published later this year.



### Membership

You can renew your membership online or become a Preservation Member at any time on our new website

[WWW.LGPSONLINE.ORG](http://WWW.LGPSONLINE.ORG)

[LGPSNEWS@GMAIL.COM](mailto:LGPSNEWS@GMAIL.COM)

## LEARN FROM EXPERIENCE.

### MESSAGE FROM YOUR PRESIDENT CON'T

financial stability.

When I speak of financial stability I am not talking about accumulating funds just for the sake of having extra money on hand. Having a prudent reserve to ensure future stability is one benefit of increasing revenue. Another benefit would be to offer more scholarship opportunities to students and new professionals. It goes without saying that these folks are the lifeblood of our society and represent our future. Lastly, increased revenue would allow us to attract a wider range of presenters. We are certainly fortunate to have the presenters we

have, but simply stated, more money opens up more options.

Growing LGPS and improving the overall experience will be a difficult and time-consuming task. This will take effort and guidance from our experienced members. I want to extend an invitation to our past board members to provide us with guidance and feedback to help grow our society. Our current board is comprised of youthful energetic individuals. I can't help but feel that we would benefit from feedback from the people that helped make LGPS what it is today.

So please attend our next board meeting at 6pm Friday evening on the first night of the institute. Several positions on the board need to be filled and we could use some fresh ideas.

I look forward to seeing you all in New Orleans and sharing this experience.

David "Fritz" Vogt  
LCSW

**"Our current board is comprised of youthful energetic individuals. I can't help but feel that we would benefit from the people that helped make LGPS what it is today."**

## IN MEMORY OF HARVEY RIFKIN

It is the spring of 1980 and I am an intern at the LSU Mental Health Center. My internship instructor is Barbara Carlson. I have been assigned to observe Sue Jensen and Chuck Wood's groups. I will co-lead a group with Arthur Rosenkrantz. I am 22 years old and very eager to learn, and of course, please my instructors. I am introduced to LGPS and attend the annual meeting in New Orleans. The experiential groups are held in the offices of clinicians off St. Charles Avenue. I am not sure how I signed up for my experiential leader. Perhaps I chose him or maybe Sue or Art made a suggestion. At this moment I do not recall who the keynote speaker was, but I do recall my very first experiential group. Interesting, right? I do not recall the didactic but the experiential part 34 years later.

Oh my...34 years ago and still going strong. The office is very lovely, contained, dark wood, nice furniture, lamps and we sit on the floor in a circle. Okay, no problem. Not what I was expecting, but I am here to learn. Harvey Rifkin is my experiential leader. He is warm, en-

gaging, and soft spoken. Dream work becomes the theme and I have been having a repetitive dream. Recall that I am eager to learn and get all I can get—I am 22 years old. I decide to share my dream and before I know it, I am crying and having all these feelings. Now, you must understand, I am not a "crier". Certainly not in public with strangers, one must contain themselves and be strong.

I am doing grief work. My father has died in January of 1979, only a week into my 2nd semester of graduate school. At that time, my internship is with East Baton Rouge Parish Schools, and without awareness I have put my grief on a shelf, plunged into school, after talking with my Mom about taking time off or continuing. You forge ahead and keep to the task, after all death is a part of life. I can still see that Sunday afternoon, as I drive off to return for a new semester after Christmas break. Hugs from my parents and they stand in the yard as I drive down our gravel drive way. I have experienced a lot of death in my 22 years. Growing up on a farm, lots of animals die, having been born late

in my parent's life, all my grandparents have died and some aunts and uncles and on and on.

Harvey guides me gently but with clear direction to assist me in understanding my dream and my ANGER at my dad for dying. Anger at a dead person—what is this? Who is this person, this Dr. Rifkin person? I certainly learned first hand, Yalom's therapeutic factor: *universality*. This opened a door for me and the grief work, understanding my father and our relationship in the years to come.

**"I am forever grateful to Harvey for my first experiential group."**

It is 2014, I am 56 years old, have held all kinds of social work jobs, have run groups 32 of the 34 years, I still attend LGPS and have held many offices in the organization. I promote it to students and supervisees and for that matter anyone who

will listen, and I am appreciative of that 22 year old who listened and learned so much from my first experiential group leader, Dr. Harvey Rifkin.

I hope those of us, fortunate enough to be present with ourselves and our experiential leader, will take the opportunity to learn and experience self and others in that contained space. As our upcoming key note speaker, Richard Billow wrote in his book, *Relational Group Psychotherapy*, "The concept of container-contained describes relationships that are dynamic and fluctuating, cognitively multilevel, and interpersonally multidimensional".

I am forever grateful to Harvey for my first experiential group. After Katrina, Harvey moved to St Francisville. I never saw him again after that time. He continued to attend LGPS prior to Katrina and he and Barbara Jo Brothers became known as the co leaders for LGPS experiential groups. Thanks again, Harvey Rifkin.

*Karen Travis  
LCSW, CGP, FAGPA*

## MESSAGE FROM YOUR MEMBER-AT-LARGE

LGPS MEMBERS AND COLLEAGUES:

Serving as your Member-at-Large has afforded me many enriching opportunities for professional growth. Being a part of our organization, attending institutes, and participating in groups has opened many doors for me both professionally and personally. I would like to extend an acknowledgement to all the members and participants in our wonderful organization. I have experienced the warmth and wisdom that is openly shared with our members. One of the many components that I recognize is the fostering of new professionals in the field. The experience that I have gained has been invaluable to me, and for that I am extremely grateful.

In order to best serve our board it is important to have feedback and suggestion from our members. I would invite our membership to attend the business meeting at the upcoming spring institute. This is a special time for our membership where you can speak with the board and share ideas on what works and what

does not.

I would like to extend another invitation for feedback from the membership. To effectively serve as the Member-At-Large it seems only fitting that I would share the thoughts and ideas of the membership with the board. If you have any feedback you would like to share with the board please feel free to contact me. Thank you for the honor to represent YOU, the membership.

*Jacob C. Goldberg*  
RAC  
(225) 202-6342  
*jacob.c.goldberg@gmail.com*

**WE WANT YOUR FEEDBACK!**

**OUR MEMBERSHIP YEAR IS JUNE-MAY. THERE IS STILL TIME TO RENEW!**

## MESSAGE FROM YOUR MEMBERSHIP CHAIR

To our loyal members, thank you for renewing your membership, to our new members: welcome to LGPS. We are glad to have you! To those who are not yet members: we are here; join the group. LGPS is the professional home to counselors, psychiatrists, psychologists, social workers and other mental health professionals.

As we approach our 60th anniversary, our goal is to continue to provide outstanding training and networking opportunities. To do so we need a strong membership. That starts with you. Our membership year is June-May, so now is the time to renew. (If you have not renewed, there is still time.)

We have a rich history of providing exceptional education to anyone interested in group psychotherapy and we hope to continue that tradition for many years to come. That is where you come in loyal members! Consider becoming, or renewing, a Preservation membership. Preservation members are LGPS members who donate \$25 or more to the preservation fund. The money in

the preservation fund helps to enhance our organization, affords us the ability to bring quality presenters, and preserves the future of LGPS.

We also need to strengthen our membership. Current members: How can you help? To borrow some ideas from our parent organization, AGPA: consider sponsoring a membership for a student or colleague, or donating an hour of your pay to the preservation fund to keep LGPS alive and available for generations to come. If we all bring just one more member to LGPS we can enhance our organization and ensure our future.

Membership renewal can be done online through pay pal on the LGPS website or by mail. Membership renewal forms were emailed to members and are available on the LGPS website: [www.lgpsonline.org](http://www.lgpsonline.org)

LGPS is a group I am proud to be a part of, and one that I hope you will be proud to be a part of too.

*Melanie Faust*  
LCSW, CGP

## THE BEST THING YOU CAN GIVE

*Chris:* Daddy, I need to talk to you. It's important.

*Bill:* Sure son. What is it? I'm all ears.

*Chris:* I really want to do this. I know it is what I want, but it's going to take a long time, and I'm not sure I can do it. I think I can though.

*Bill:* You're talking about this Doctor of Psychology thing then?

*Chris:* Yes.

*Bill:* Well, I don't know much about it. I never had a class on it, and no one in the family has ever gotten as much education as you have now. I don't understand why you need more.

*Chris:* It's hard to explain. Basically, I want to be a psychologist and this is the only way to do it.

*Bill:* Okay then. Here's what I have (It seemed to come out of a magic hat.): Chris, you come from good people, and you come from smart people. It sounds like that is what this job requires.

*Chris:* (With tears welling up in his eyes, then and now.) Thank you, Daddy.

This a telephone conversation I had with my fa-

ther when I was making my mind up to go back to school and get a doctorate in clinical psychology. I was already a licensed mental health provider. Before this talk with him, I wasn't sure I needed it, but knew I wanted it. I just wasn't sure I was up to it.

After this brief conversation, my mind was made up, and I felt more confident than I had before. This confidence persisted throughout my academic pursuits and into my career as a psychologist. Literally, for the first time in my life, I was no longer an underachiever, and have not been since. I don't think my father created or instilled this confidence, but he somehow unlocked it by telling me what he knew in his heart I needed to hear. He didn't even have to say he believed in me. This was implicitly communicated.

My father has only one son and one daughter, but he had fathered and mentored many more men and women. My friends and girlfriends invariably offered the opinion that I had a "good family." This was partly my father's doing. (My mother is amazing.) He led by example after becoming my father at the age of 18 (I was his first-

born). With a great deal of help and support from my wonderful mother, he got through high school and went to college for a couple of years. He learned quickly that he was quite the salesman, one of the ones with a good heart. He has sponsored and mentored several apprentices, teaching them and helping them get started as young fathers and mothers and business men and women. This was never done with an eye toward making more money for himself. It was from a place of generativity, generosity, and a powerful desire to help and nurture. He has donated his time and leadership to countless organizations in his community, organizations that help children, the underserved, and provided homes to impoverished people. Others follow his example and many benefit.

Fortunately, my father is one of countless good men who are also good fathers, fathers to their sons and daughters, fathers to young men and women, leaders, mentors, and role models. Instead of emphasizing tragedy, corruption, trauma, and drama, these are the kind of stories that should be highlighted in our newspapers, internet media, and televisions—news,

stories that inspire hope, altruism, and generosity.

There is the old saying that the most valuable thing we can give is our time. I believe this. My father believed and taught me this. It's not the kind of thing you learn from a book.

To all the fathers in my life and in the LGPS community, to the mentors you have all had, and to the mothers and women who have supported, taught, advised, and nurtured them, thank you for being there. Without your influence, our community would be dark and stunted. I wish you all a Happy Father's Day.

*Ever,  
Chris Garner  
PsyD, MSCP, CGP*

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**IN ANY MOMENT OF  
DECISION, THE BEST  
THING YOU CAN DO IS  
THE RIGHT THING,  
THE NEXT BEST  
THING IS THE WRONG  
THING, AND THE  
WORST THING YOU  
CAN DO IS NOTHING.**

**THEODORE  
ROOSEVELT**

*Learn from experience.*

## SCHOLARSHIP INFORMATION

### LSU Training Award Recipients

Sponsored by Blue Cross Blue Shield  
& the LSU School of Social Work

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DAWN WILSON

### The Susanne M Jensen, Ph.D

**Scholarship Recipients**  
Sponsored by Member Donations

KEVIN CREDEUR  
AMINEH ABBAS

**CONGRATULATIONS!**

We will be accepting donations at  
our Spring Institute for our Sue  
Jensen Scholarship.

We would also like to encourage  
members to donate to the Group  
Foundation for Advancing Mental  
Health AGPA Scholarship.

## Spring Institute Sponsorship

WE WOULD LIKE TO THANK THE FOLLOWING ORGANIZATIONS FOR  
GENEROUSLY SPONSORING OUR 2014 SPRING INSTITUTE

### Baton Rouge Behavioral Hospital

[www.batonrougebehavioral.com](http://www.batonrougebehavioral.com)

### Chiron Center for Wellness

[www.chironwellness.com](http://www.chironwellness.com)

### Jefferson Oaks Behavioral Health

[www.jeffersonoaks.com](http://www.jeffersonoaks.com)

### La Hacienda

**Treatment Center**  
[www.lahacienda.com](http://www.lahacienda.com)

### St. Christopher's Addiction Wellness Center

[www.addictionwellness.com](http://www.addictionwellness.com)

### Recovery Center of Baton Rouge

[www.therecoverycenterofbatonrouge.com](http://www.therecoverycenterofbatonrouge.com)

### Woodlake Addiction

**Recovery Center**  
[www.woodlakecenter.com](http://www.woodlakecenter.com)

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