November 2012



Louisiana Group Psychotherapy Society

A multi-disciplinary organization dedicated to advancing knowledge, research, and training in group psychotherapy.

201-2013 Executive Board

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2012 Winter Institute

Psychoanalytic Sensibility:

Understanding Personality,
Enhancing Empathy, &
Preserving Our Humanity
as Psychotherapists



Featuring Celebrated Author,
Psychoanalyst, & Speaker

Nancy McWilliams, PhD, ABPP

Cocktail party featuring singer/songwriter Cary Hudson



December 7th & 8th, 2012

New Orleans, Louisiana

Sheraton Hotel
500 Canal Street
New Orleans, LA 70130
(888) 627-7033

See page 10 for additional information

A Message From Our President



Christen Cummins, MSW, LMSW

It is my great honor to address our loyal LGPS Members, generous LGPS Preservation Members, dedicated LGPS Board Members, and upcoming Institute Attendees.

My passion for group was sparked after participating in my first local group psychotherapy institute in New Orleans with the Louisiana Group Psychotherapy Association in 2009. I was urged to attend the conference by the entire staff at my internship at Louisiana State University Mental Health Services, and my registration fee was sponsored by a staff/LGPS member.

Little urging was necessary as I was already excited about group work and had begun co-facilitating my first interpersonal women's group two months earlier. I was eager to learn as much as possible about the discipline I had finally recognized as my true calling and specifically what I had identified as the special beauty of the group therapy process.

About three hours into my first LGPS Institute, I realized I had found my professional home. I felt a resonance with a community of familiars: therapists who sincerely believe in the value of psychotherapy and group work and who are willing to do the personal, humbling work necessary to provide their best selves to clients.

I have attended every LGPS Institute since and served on the board for three years now, currently in the position of president. I have done so not necessarily because I like holding offices but rather I believe strongly in the purpose of this organization and know a personal investment is vital to keeping the opportunity for therapists to grow personally and professionally in the realm of group psychotherapy alive.

It is my sincere hope you will consider joining the board this year, either as a returning member or a new member excited about promoting group therapy. We all give so much as helping professionals, and I know another commitment can seem daunting, but what I have experienced is that investing time in LGPS is regenerative. It fuels my passion for group and the desire to bring that experience to fellow professionals.

With that in mind, I am very excited about our upcoming 2012 Winter Institute featuring Dr. Nancy McWilliams, Ph.D., ABPP. It says so much about the growth of our organization to be able to bring in a celebrated author, psychoanalyst, and speaker of her caliber. Much of the credit for this should go to Dr. Christopher Garner (LGPS Past-President and Advisor to the Board) for working tirelessly to build up the financial stability necessary to fund this institute, as well as the willingness to reach out to Dr. McWilliams about presenting at our conference.

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This 2012 Winter Institute promises to be something special as it combines the experiential group process at the heart of our organization's purpose with a specific focus on psychotherapy as it exists in the 21st century. This is an institute no one will want to miss.

n addition to Dr. Christopher Garner, whose vision for this organization continues to both inspire and humble me, I would also like to express my gratitude to the entire LGPS Board for the contributions they have made to LGPS. In particular, I want to thank Rudy Troyer, LCSW, who has served our board so generously, especially in his most recent position as Sponsorship Chair. His efforts to recruit sponsorship for our institutes have literally multiplied our sponsors over the past few years and resulted in our first co-hosts for this 2012 Winter Institute: St. Christopher's Addiction Wellness Center.

I would also like to acknowledge our current Member-at-Large, Joshua Pitre (LMSW) who has gone above and beyond the responsibilities of his position to assist the board in any way necessary including managing the website, assisting with registration, and printing/putting up signs for the Group Training Course this past August. Finally, our Treasurer, Megan Cobb (LMSW), has given abundant time and energy to ensure all aspects of our finances remain in order, and she has done so from Alexandria, loyally attending every board meeting via teleconference. She is personally responsible for negotiating and overseeing that all aspects of our hotel experience run smoothly, and I can assure everyone that is no easy task.

Lastly, I want to invite you once again to become even more involved in LGPS. Renew your membership and/or become a Preservation Member, introduce new professionals to the organization and invite them to the Winter Institute, join the board, volunteer to be an experiential leader at the next institute, and most importantly attend the 2012 Winter Institute. It is, after all, a very special **group**.

– Christen Cummins

Preservation Membership



LGPS members are encouraged to become Preservation Members by donating $25 or more in addition to annual membership dues. 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.

Thank you for your commitment to LGPS.

A Message From Our Past President: How We Got Here



Christopher Garner, PsyD, MSCP, CGP

Dear LGPS Members & Colleagues,

These are exciting times for LGPS.

We have had five consecutive years of successful training events in Baton Rouge and New Orleans and are about to have our sixth. I was beyond happy when Nancy McWilliams agreed to join us for our upcoming 2012 Special Winter Institute. She is, among other things, an extraordinary and generous person. I anticipate another highly successful institute.

Hindsight proves 20/20.

The idea to have a two-day institute during the winter season, a departure from our tradition, has turned out to be surprisingly serendipitous. While this upcoming event was in view on the horizon we soon realized that the timing would be better than offering one in the spring of 2013, our typical M.O., for several reasons.

We had already decided to forego a 2012 Fall Institute in order to focus our efforts on Karen Travis's summer offering of the Group Principles course and on the upcoming institute with Nancy McWilliams. Now it is also clear and makes more sense to have the event next month rather than to offer a Spring Institute so close to the date of AGPA in New Orleans next year.

Some of us had our reservations about the timing in early December. Not so now, however. Although a few of our regulars cannot make the date, many can. Moreover, I've been getting emails from people who will be new to LGPS. One woman reached out from Chicago, and she is coming. There are others like her. Additionally, I know of at least four alumni from the internship program I direct who are coming: one from Florida, one from Virginia, one from Hawaii, and one from Baton Rouge. Furthermore, the new psychiatry residency program in Baton Rouge (LSU-OLOL) is sending all six residents in their first cohort ever. I could say more but let me say just this: If we get one new member out of this bunch, we will have dropped one more peddle in the pond, a pond about self-care, healing, and psychotherapy. That is really all we need.

Why such a positive response to this CE offering? Well, *Nancy McWilliams is coming to town*. I read her first book back in 1996, and I was blown away. I said to myself right then and there, here is a person who can write about complex psychoanalytic thinking with an emotional quotient and do so in a way my mother can understand it. Now, don't get me wrong, my mother is a wise and astute woman, but she is not a psychotherapist, much less a psychoanalyst.

Since the release of her first book, Nancy's work has become internationally known. I highly recommend her trilogy of books: *Psychoanalytic Diagnosis: Understanding Personality in the Clinical Process, Psychoanalytic Case Formulation, and Psychoanalytic Psychotherapy: A Practitioner's Guide*

There's a second answer to the question though. Something had to happen before Nancy agreed to facilitate our conference almost two years ago just like something had to happen to get Richard, Jerry, and Marty to come in previous years.

What was it?

It was the belief in *possibility* and the *will* to act on it, both of which require optimism and vision. These are the virtues of your LGPS Executive Board. Other virtues include dedication, altruism, cooperation, healthy egos, and a strong work ethic. We are a team. These are the men and women who serve you, and I am proud to have counted myself among them these last six years.

– Chris Garner

Beneath this mask there is more than flesh. Beneath this mask there is an idea…
And ideas are bulletproof.

-"V" in the movie "V for Vendetta"

American Group Psychotherapy Association Update

The American Group Psychotherapy Association (AGPA), LGPS' parent organization, will hold their 2013 Annual Meeting in our home state in only a few months. We are excited and honored to welcome AGPA to our flavorful Louisiana home! The Annual Meeting will take place in New Orleans from February 25 to March 2, 2013.

This training opportunity, AGPA's Annual Meeting, brings mental health professionals from all over the world to participate in workshops and experiential groups led by master group practitioners. This unique training experience encompasses the fields of mental health, addiction treatment, couples and family work and a variety of other topics. This annual event also offers social events, such as a dance (prom), a luncheon with local entertainment, as well as other exciting social and networking opportunities. The opportunities that the Annual Meeting provides for sharpening one's professional skills, learning new therapeutic techniques and for professional networking are second to none in the mental health community. An added bonus is that this amazing experience will be held in the culturally rich, exciting city of New Orleans.

There is more information to be found on AGPA's website, www.agpa.org, about AGPA as well as the Annual Meeting. Also included on the website is information about the many scholarships available for the Annual Meeting.

I'll look forward to seeing all of you in New Orleans!

– Shana Breaux

Overcoming the Obstacles:
The Power of the Group

American Group Psychotherapy Association
Annual Meeting

February 25—March 2, 2013
New Orleans Marriot
New Orleans, Louisiana







Register online at www.agpa.org

A Message From Our Member at Large



As a new professional, continuing my education and professional development is especially important. LGPS prides itself on being accessible to new professionals and welcomes them with open arms. It is with this same excitement that I would invite our membership to attend the business meeting at the upcoming winter institute. This is a special time for our membership where you can speak with the board and share ideas on how to grow our organization.

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 email me and I will pass it on (josh.pitre@gmail.com). Thank you for the honor to represent YOU the membership.
See you in New Orleans!

– Josh Pitre

A Message From Our Membership Chair

Some of you may wonder what the benefits are of becoming a member of LGPS. I would like to borrow an idea from our former Membership Chair, Capi Landreneau, addressing this exact issue. She cited from our bylaws Article II to explain the purpose of LGPS:

- to provide a forum for exchange of information and experience in group psychotherapy
- to create opportunities for intensive discussion for small groups
- to make group psychotherapy known in LGPS' respective communities
- to encourage individuals who are qualified for full or associate membership in the AGPA to share their experiences via teaching, demonstrations, etc.
- to educate the membership in group psychotherapy principles
- to foster research contributions in this field whether it be enhancing existing concepts, techniques, or further practical applications in this method
- to encourage presentations/workshops at professional meeting.

A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.

-Margaret Mead

Hopefully the outline above will help you make your decision to become a member. Please renew your membership if you have not done so. Your membership is important to us and helps to support group psychotherapy in our state. Please see the membership form on page to become a member of LGPS.

– Melanie Faust

The Journey & The Guide



What follows is a chapter of a book in progress, a book for psychotherapists. I offer it here in hopes that it will be helpful now. I dedicate it to the students and new professionals of LGPS.

Christopher Garner, PsyD, MSCP, CGP

Becoming a psychotherapist is a journey with no end.

I, like my teachers before me, believe in lifelong learning, perpetual growth, and excellence. Learning the *Craft of Psychotherapy* is an exciting, challenging, and rewarding process. It is also difficult. It can, at times, be confusing and overwhelming, especially in the beginning.

Some of the virtues you will need to self-nourish in order to successfully get through this period and beyond are patience, a passion for helping people and honing our own skills, and the mentality that you are on a mission to mold your Self, and primarily *your* Self, into an instrument of psychological change.

You are going to need something else too, something very important that you cannot give to yourself. The extraordinary people in every profession have virtues like the ones just mentioned, but they also have another thing in common. They seek out *mentors*.

On your journey you will need a supportive, experienced, and learned guide.

The reasons for our need for mentoring are many and cannot be fully enumerated here, but I can name a few that come to my mind right this moment.



1) We are mammals, hardwired for attachment and prone to learning experientially via the connective imitative psychological process of *identification*. We start using this process from the first moments of life, and we never stop. It is an unconscious and universal psychological process.

2) Learning the craft of psychotherapy is inordinately complex. The verbal, nonverbal, unconscious emotional, interpersonal, and intrapsychic data we encounter during a typical therapy session surpasses the limits of our moment-to-moment conscious understanding.

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The Journey & The Guide (continued)



In becoming a protégé, you will have a lighthouse, a guiding light to show you the way to increasingly more effective contact with your clients. A good mentor will also help you sift through and make sense of the important theories and research of our guild.

3) An enthusiastic learner, like you, needs much support. Assuming the role of a healer in your culture is a privilege but is also fraught with feelings of self-doubt, insecurity, and, at times, powerlessness; most of us feel like imposters for quite some time.

4) A good mentor will encourage self-care and give you a place to metabolize and reflect on what you are learning. Experience without reflection will rob you of a sense of growth and meaning.

As human beings we are blessed, as well as cursed, with the capacity for thought. We cannot understand ourselves emotionally in isolation. In the universe of our brains, our thoughts and our feelings live in different solar systems, maybe even different galaxies. It is only in connection with another that we can together translate the emotional language into the thinking one. This is one of the reasons psychotherapy works for our clients, and the same rules apply for us healers.

5) The bottom line is that the mentor will facilitate your growth as psychotherapist and as a person.

The focus of the mentoring relationship is on you and on your approach towards mastery and not directly focused on the mentor. The mentoring process, however, is not a totally selfless act. It is a win-win situation, for in return, the mentor has the opportunity to gain a deep sense of altruistic meaning, a feeling of generativity, and also personally and emotionally grows in the process. The relationship is naturally rewarding for both people.

The guide is important, but it is you and you alone who must take the initiative; after all, it is your journey. The student asks the question. The apprentice seeks the master. That is the way of it.

If you keep your eyes open and have a vision for developing this kind of relationship, it can naturally develop like any other interpersonal relationship. It happens via proximity, common interests, a shared goal, a shared idea about how to reach that goal, and a mutual enjoyment of interaction. There is bonding and collaboration.

You put the mentor in the role of mentor by asking for guidance and for his or her time, quality time, that is. Time is spent with the mentor teaching and you learning. Just like psychotherapy, the relationship needs boundaries too. Boundaries will be explored in a separate chapter.

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My motivation for writing this book comes from my passion to teach and pass on what I have learned to the future generations of psychotherapists. It is the same motivation that all decent mentors possess. No worries, our numbers are great.

Although I cannot be a real mentor for you without dialogue or interaction, I do aim to *affect* you. As I write this book, I am imagining you, the learner. I hope the tone of my writing will come across in a way that helps that process. I invite you to do the same. Imagine we are having a conversation about the craft of psychotherapy.

Since you cannot ask me questions during this process, our process, consider journaling about your growth. Also consider answering the questions you have by making contact with an *in* vivo mentor. Your first pick may not be the right pick. Shop around if need be.

Meanwhile, as we make this journey together, I will relive the early years of *my* development as a psychotherapist and imagine *your* fears, your desires, your courage, your questions, your strengths, and, most importantly, the joy you will experience during the psychotherapeutic encounters you will facilitate and witness.

Now, we turn the central organizing principle of the effective psychotherapist…

~Christopher D. Garner, Psy.D.

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Few things in the world are more powerful than a positive push. A smile. A word of optimism and hope. A "you can do it" when things are tough.

Richard M. De Vos





Psychoanalytic Sensibility:
Understanding Personality, Enhancing Empathy, & Preserving Our Humanity as Psychotherapists

Featuring:

Nancy McWilliams, PhD, ABPP

December 7th & 8th, 2013

Sheraton Hotel
500 Canal Street
New Orleans, LA
(888) 627-7033

Hotel Room Block Code: LOL6A

The 2012 LGPS Winter Institute is co-hosted by St. Christopher's Addiction Wellness Center

Institute Sponsors:

La Hacienda Treatment Center
Palmetto Addiction Recovery Center
Recovery Center of Baton Rouge
Woodlake Addiction Recovery Center

About your Presenter

Nancy McWilliams is a clinical psychologist and psychoanalyst who teaches at the Graduate School of Applied & Professional Psychology at Rutgers, the State University of New Jersey. She is author of Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process (1994, 2011), Psychoanalytic Case Formulation (1999), and Psychoanalytic Psychotherapy: A Practitioner's Guide (2004), and is Associate Editor of the Psychodynamic Diagnostic Manual (2006). Her books have been translated into twelve languages, and she has lectured widely both nationally and internationally. Dr. McWilliams has written widely on personality structure and personality disorders, psychodiagnosis, sex and gender, trauma, intensive psychotherapy, and contemporary challenges to the humanistic tradition in psychotherapy. She is Past President of the Division of Psychoanalysis of APA, Consulting Editor of the Psychoanalytic Review, and on the editorial board of Psychoanalytic Psychology. She has received awards and been formally recognized for her books and other contributions to the field. Dr. McWilliams specializes in psychoanalytic psychotherapy and supervision; the relationship between psychodiagnosis and treatment; alternatives to DSM-IV diagnosis; integration of feminist theory and psychoanalytic knowledge; the application of psychoanalytic understanding to the problems of diverse clinical populations; altruism; narcissism; structural diagnosis; dissociation and dissociative disorders. She has a private practice in Flemington, New Jersey.

Institute Objectives

1. Participants will be able to apply the presented theoretical concepts to their professional practices.
2. Participants will learn to conceptualize personality dynamics in a way that informs psychotherapeutic practice.
3. Participants will better appreciate the clinical utility of psychoanalytic thinking.
4. Participants will learn sixteen facets of overall psychological health and how these are related to their clients' growth in psychotherapy.

Continuing Education Credit

12.0 Hours

- **Psychologists:** AGPA is an APA-approved CE provider. As an affiliate of AGPA, LGPS CE's are accepted by the Louisiana State Board of Examiner's of Psychologists.
- **Social Workers:** Applications have been submitted for review to the Louisiana State Social Work Board.
- **Counselors:** Applications have been submitted for review to the Louisiana Counseling Association.

Institute Schedule

Friday, December 7th

8:00AM - 8:30	Registration & Coffee
8:30AM - 10:00	Introducing Dr. Nancy McWilliams Preserving Humanity as Psychotherapists Discussion/Processing of Concepts
10:00AM - 10:15	Break
10:15AM - 11:30	Small Experiential Group 1
11:30AM - 1:00	Lunch: Sponsor Panel
1:00PM - 2:30	Personality & Psychotherapy Discussion/Processing of Concepts
2:30PM - 2:45	Break
2:45PM - 4:00	Small Experiential Group: 2
4:15PM - 4:30	Break
4:30PM - 5:15	Reflections on a Day of Concepts
	& Experiences with Nancy McWilliams
6:00PM - 6:45	LGPS: Board Meeting (open to members)
7:00PM	Cocktail Party: *Featuring Singer/Song Writer Cary Hudson*

Annual cocktail party featuring singer/song writer Cary Hudson:



Cary Hudson first became reorganized as a pioneer of a new music movement in the late eighties while joined in songwriting partnership with John Stiratt (WILCO) in The Hilltops, an alt-country band born out of Mississippi. When Stiratt left the Hilltops to play bass in Uncle Tupelo and then Wilco, Cary Hudson formed the widely-popular Blue Mountain that captured critical acclaim and gained cult status among its followers. After enjoying a long and successful run, and several popular releases on Roadrunner Records, Blue Mountain disbanded and Cary Hudson embarked on his solo career. With his solo releases, Cary Hudson has perfected the roots rock-n-roll tradition in a new, stripped down, grittier style that returns roots tock to its roots. His releases and performances have been well-received by both critics and fans alike, providing that Cary Hudson can transition from pioneer to powerful solo songwriter and musician. His solo releases continue to redefine the music that launched a movement.

https://www.facebook.com/pages/Cary-Hudson-Music/124389767589979

Saturday, December 8th

8:00AM to 8:30	Sign-in & Coffee
8:30AM - 10:00	What Are We Helping Patients Toward? Reflections On Psychological Health 16 Points About Psychological Health Discussion/Processing
10:00PM - 10:15	Break
10:15AM - 11:30	Small Experiential Group: 3
11:30 PM - 1:00	Lunch: Sponsor Panel
1:00PM - 2:15	16 Points About Psychological Health—continued
	Psychotherapy Demonstration
	Discussion/Processing
2:15PM - 2:30	Break
2:30PM - 3:55	Psychotherapy Demonstration– continued
	Discussion/Processing
	Reflections & Wrap-up with Nancy
3:55PM - 4:00	Short Break
4:00PM - 4:30	Group-as-a-whole/Closing

The Institute Location

The 2012 LGPS Winter Institute will be held at the Sheraton New Orleans Hotel, in the heart of the Big Easy. The Sheraton New Orleans centrally located within an atmosphere of endless excitement from the heart of one of the world's greatest cities. Place yourself in the middle of all the things to do in New Orleans!

To make a room reservation call (888) 627-7033
Room Block: "LGPS Winter Institute– LOL6A"





Register for the 2012 Winter Institute

Please contact us with any questions:

225-802 –8691

lgpsnews@gmail.com

Don't forget to check out the LGPS website

www.lgpsonline.org

Winter Institute 2012 - Registration Form

Name & Credentials

Address

City, State & Zip Code

Phone Number

Email

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

Registration Fees

- ☐ LGPS Member $230.00
- ☐ New Professional (1-3 years) $150.00
- ☐ Student $50.00
- ☐ Non Member $280.00

*** *Onsite Registration—Additional $15.00* ***

Small Experiential Groups/Leaders	1st Choice	2nd Choice	3rd Choice
Christopher Garner, PsyD, MSCP, CGP			
Suzanne Jensen, Ph.D., CGP, FAGPA and David Hayes, PhD			
Capi Landreneau, LCSW			
Michael Cascio, LCSW, BCD, CGP			
Jeffrey Dupuis, MSW			
Carrie Tucker, LCSW			

Return To: Louisiana Group Psychotherapy Society
Attn: Christen Cummins, LMSW
425 S Carrollton Ave.
Baton Rouge, LA 70806