

2016 Winter

LOUISIANA GROUP PSYCHOTHERAPY SOCIETY

INSIDE THIS ISSUE:

In Memoriam: Doug Greve, M.D.	2
Message from AGPA Rep	3
What's New with LGPS Membership	4
Reflections from Our Mentors: An Interview with Karen Travis	5
Executive Board Members, Meetings, & Vacancies	7
Self Care	7
Upcoming Events	8

learn from experience

2016 Spring Institute - April 1-2
New Orleans, LA

featuring
Molyn Leszcz, M.D.
co-author of Irvin Yalom's
The Theory and Practice of Group Psychotherapy, 5th Edition

on the topic of
*Maximizing & Sustaining Your
Effectiveness in Group Psychotherapy*

THANKS TO OUR SPONSORS

Palmetto Addiction Recovery Center
Pecan Haven Adolescent Addiction Center
The Recovery Center of Baton Rouge
St. Christopher's Addiction Wellness Center
St. James Behavioral Health Hospital Outpatient Services
Woodlake Addiction Recovery Center

Message from Your President

A THANK YOU NOTE FROM
THE LGPS PRESIDENT

LGPS is an organization that is near and dear to me, and if you're reading this, it probably is to you, too.

To our loyal members
Thank you for all that you do, for the support you provide to me, to the board and to the organization as a whole. The support from our long-time members is incredibly

valuable.

Experiential leaders
For your time, your talent, your expertise.

Institute attendees
For your interest, support, dedication, for coming back year after year.

Fish bowl participants
For your bravery and openness.

Students
For taking a risk and

doing your best to "network" in a sea of unfamiliar or intimidating faces.

Board
For your tireless work, for taking time out of your life, from your families, and sharing it with this professional organization.

Sponsors
For providing us with the financial assistance we need to share, educate and advocate for

group psychotherapy. A special thank you to **Maggie Shaver**, for her amazing work in putting this newsletter together.

Please enjoy our new columns and send your newsletter contributions to lgpsnews@gmail.com

Hope to see you all in April!

Melanie Faust
LCSW, CGP

In Memoriam: Doug Greve, MD



DOUG GREVE, M.D. DIED on September 22, 2015 and will long live on in our memories. He was extremely accomplished in his profession as we know. I would say Doug was accomplished in life. Carol, his wife, told me he never wanted to stop working and only closed his practice in July of 2015. At the end of his life he never lost his love for joking and interacting with the doctors, nurses, housekeepers, and aides who came into his hospital room.

A brief overview of his current professional life at the time of his death:

- Private Practice, 1991-2015
- Residents Assistant Coordinator, Tulane Medical Center, 1996-2015
- President of the Robert G. Heath Society, 2004-2015
- Clinical Professor of Psychiatry, Tulane

Medical School, 1991-2015

He obtained his medical degree from Tulane Medical School in New Orleans, LA in 1962. After graduation, Doug did many post graduate trainings, one of which was in Gestalt Therapy in Yugoslavia in the 1970's. Throughout his career he published, held many professional positions, and had countless presentations. Along side those accomplishments were awards of a Distinguished Life Fellow of the American Psychiatric Association and a Life Fellow in the American Group Psychotherapy Association.

Those of us who knew Doug and those who have heard about him know of his extensive work in group therapy. A long time member of AGPA and LGPS, he served as president of LGPS from 1972-74 and again in 1986-87. Another way he showed his support for group therapy was his active participation as a board member for the National Registry of Certified Group Psychotherapists (now called the International Board for Certification of Group

Psychotherapists). He led many LGPS experiential groups and often co-lead with Dr. Sue Jensen. Their experiential groups were sought after and filled quickly. My experience of his leadership was kinetic, confrontational and compassionate - an authentic trio not everyone can accomplish. Many of you know how generous he and Carol were to LGPS. They opened their home many years to host the cocktail party which brought members and attendees to the conference together in a fun, loving way.

“My experience of his leadership was kinetic, confrontational and compassionate - an authentic trio not everyone can accomplish.”

The following is a brief reflection that Carol wrote to me when I asked her a few questions and told her of this article.

“I think he knew from an early age that he was interested in psychiatry. His father only took three books with him when he went to World War I and he took Freud's writings. As I recall his father was not able to continue his schooling because he had to go to work but I think he inspired in his son a love of philosophy and interest in human behavior. His father had a study at home and had many books on philosophy and the early writings on psychiatry. I think Doug got his love of reading from his father and his mother who was a librarian.”

“I remember Doug talking about doing community meetings at the state asylum in Jackson when he was a resident, so I think he was interested in group dynamics from the time he was a resident. He never ceased to be fascinated by group interaction and the group process. I think it was during the 70's when there were many new experimental therapies being tried that he realized the effectiveness of doing Gestalt therapy in a small group. He enjoyed doing therapy and seeing people become

In Memoriam: Doug Greve, MD

conscious of their behavior so they could make significant changes in their lives. He got immense satisfaction from being a part of helping people change. He also had a great sense of humor that served him well in a group setting. I can remember hearing his loud laughter during group whenever someone said something that struck him as funny, usually when the patient had no intention of being funny. I think his patients realized he had a great depth of understanding and acceptance of their be-

havior and that he enjoyed being with them. Doing group was energizing to Doug.”

I feel honored to have been asked to write this article in memory of Doug. He was a person I looked up to and admired. As a young professional he was one of those LGPS members/clinicians I aspired to know, interact with and emulate. He taught me a lot about group leadership and the importance of developing my own style. I had the opportunity to co-teach the Core Course of The Principles

of Group Therapy with him on several occasions. I was about 12 years into my career and just starting private practice. I felt so “grown up”, thrilled and a little intimidated. The intimidation was totally about me and not Doug. He was always respectful, encouraging and not one up. Doug, as Carol talked about, had a love for his work. I would call it a calling. He also seemed to take care of himself and have a wonderful life outside of work. One of the things that still stands out to me that Doug said, and I now pass on to my su-

pervisees, “do your client a favor and start on time, do yourself a favor and end on time.” His end of time came and for that I am very sad. I think I can speak for many when I say he will be sorely missed.

*Karen S. Travis
LCSW, CGP, FAGPA*

We will honor Doug Greve at our upcoming Spring Institute. If you would like to share your memories of him, please email us at lgpsnews@gmail.com and we will include your thoughts in our presentation.

Message from Our AGPA Representative

AGPA IS PREPARING FOR another exciting annual meeting in New York City, February 23-27. This year’s meeting Transformation in Group: From Isolation to Connection, promises a most exceptional training opportunity with internationally recognized theorists, clinicians and fellow devotees of the group experience.

The desire for connection is innate, however in a culture of seemingly constant technological connectedness,

many of us feel profound disconnection. The group experience has never been more necessary and to some foreign. In an age where one may have thousands of Facebook friends and never have known true companionship, where Facetime is replacing dinner-time banter and eye-contact has been replaced with text screen focus, our group experiences are becoming precious.

This year I had the great privilege to be a part of

two very different clinical training groups. The first, a small experiential group, designed to provide advanced group training from differing perspectives of the rotating nationally known facilitators and the other a larger group with the purpose of intensive training in Emotionally Focused Therapy for couples, supported by The School of Social Work at Tulane University and the Porter Cason Institute. No matter the size, purpose, or make up of the

group, I was reminded yet again of the cumulative effect of personal transformation in a safe supportive group, which is so rare in a world of SKYPE, group texts, Tinder, winks and Tweets.

I encourage anyone interested in the very human need for connection to attend the AGPA annual meeting, either this year or next. There are many scholarship opportunities available to assist with conference fees, hotel and even travel costs. The

Message from Our AGPA Representative

2016 and 2017 meetings will both be held in New York City which always hosts a spectacular event. I hope to see many of you there.

*Debbie Wray
LCSW, CGP
AGPA Louisiana
Representative*

LGPS on the Internet

PLEASE TAKE A MOMENT TO CHECK OUT OUR WEBSITE

What's available

- Begin/Renew your LGPS membership
- Become a Preservation Member by donating \$25 or more
- Register & pay for LGPS institutes
- Donate to scholarships
- Check out a list of past events, complete with presenters & topics

We want your feedback

Please take a few minutes to complete our anonymous online participant feedback form so we can improve our organization and our institutes.

- Visit lgpsonline.org
- Click "Events"
- Click "Participant Feedback"

What's New with LGPS Membership

BECOME A PRESERVATION MEMBER WHEN YOU DONATE \$25 OR MORE.

We are now offering new levels of Preservation Membership with your LGPS donation.

- Preservation Member: \$25+
- Silver Preservation Member: \$50+
- Gold Preservation Member: \$100+
- Platinum Preservation Member: \$200+

Recognition of your generosity and commitment to LGPS will be on our website and in our newsletters. If you would like us to keep your donation anonymous, let us know at any time. These new levels of Preservation Membership will apply to all donations made after publication of this newsletter issue.

Where does the money go?

The Board of LGPS, to assist with whatever 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.

We thank you for your contributions!

HOW LGPS MEMBERSHIP SAVES YOU MONEY

A look at the cost per year for LGPS membership dues and registration at both the fall & spring institutes.

- Non Member: \$500
- Member: \$415 (a savings of \$85)
- New Professional or Retired Non Member: \$345
- New Professional or Retired Member: \$280 (a savings of \$65)
- Student: \$140

This past year, the board decided to remove the "Student Non-member Rate" so that all students, whether or not you are an LGPS member, pay what was formerly the "Student Member" rate.

Attendance at both institutes issues approximately 15-20 CEUs.

Apply for the Susanne M. Jensen, Ph.D. Scholarship

LGPS will award a student applicant the Susanne M. Jensen, Ph.D. Scholarship. The award will provide funds to attend the LGPS 2016 Spring Institute. Available funds will depend on contributions. To qualify for consideration, the applicants need to be in graduate school or medical residency and specializing in psychology, psychiatry, clinical social work, or counseling. Applicants must show a special interest in group psychotherapy.

Interested applicants should email their updated CV with a letter of interest in the scholarship and in group psychotherapy to lgpsnews@gmail.com with a subject line of "Sue Jensen Scholarship Application".

To make a donation to this scholarship fund or to become a Preservation Member, visit our website lgpsonline.org click "Membership" click "Donate"

WWW.LGPSONLINE.ORG

Reflections from Our Mentors

AN INTERVIEW WITH
KAREN TRAVIS,
LCSW, CGP, FAGPA

Experience in a nutshell

- Bachelor's Degree in Social Work - Southeastern University (SLU)
- Master's Degree in Social Work - Louisiana State University (LSU)
- Graduate Studies Foundation Year Internship: an East Baton Rouge Parish Elementary/Middle School
- Graduate Studies Advanced Year Internship: LSU Mental Health Services (MHS)
- First job: Angola State Penitentiary
- Years practicing individual therapy: 35
- Years practicing group therapy: 33
- Years in private practice: 23
- 2012 National Association of Social Workers Louisiana Social Worker of the Year Award Recipient
- Currently leads two groups for adults in her private practice, an anger management group at Jefferson Oaks Behavioral Health Center, and a short term process group at Our Lady of

the Lake (OLOL) Psychiatric Residency Program with a co-leader and observer that rotate and hold both positions during the year

Specialties

Group Therapy, Leadership/Mentorship, Anger Management

"We live in groups...and when a group of people can come together and understand each other - you may not agree - but when you and I can understand ourselves and others...[that] is one of the ways we are able to change."

On her interest in group

Her interest in group therapy began while taking a required class

in group treatment with Dr. Gardner at SLU; her interest in LGPS and AGPA began while interning at LSU MHS.

On the first group she led

It was during her foundation year internship, a group of 5th grade girls. "Those girls impacted my life. They had those budding self esteem issues - it was so important that they felt a sense of belonging. I remember they wanted to have a name - they called themselves The Girlfriend's Secret Club. To this day, I think about those girls."

On her mentor

Her first clearly defined mentor was Etta Martin - they met in the early nineties through AGPA. "My father was very direct and my mom took a more gentle approach to life. Etta was female, assertive, took risks, and pushed me to stretch beyond my comfort zone at times." Together, they have presented workshops at AGPA on mentoring and group leadership, and have presented at different group therapy affiliate conferences, including in Canada and Ireland.

On the highlights of her professional career

"After 35 years, it is hard to pinpoint just one, but I would say the highlight of my career was teaching the Advanced Group Treatment class at LSU - really seeing the need for training for our clients and being given the opportunity to teach on a subject matter that I believed in so much. This was one way I could inspire young social workers and have an opportunity to give back to the world."

On not winning the AGPA Presidential election

She wrote, "I ran my campaign as I would a group, setting goals, purpose, guidelines...from the time I agreed to run until the call telling me I did not win, the campaign stayed with me, sat on my shoulder, and took up space in my mind and my heart. I worked hard to stay in the here-and-now of running for President...my friends who believe in the notion 'it was meant to be' would say, 'no it was not your time'. And so it wasn't, which was deeply disappointing. And yet, I feel like a winner...I am glad I took

Reflections from Our Mentors

the risk to run...to put myself out there, to feel vulnerable" (Travis, 2014, p. 4).

On her professional future

When asked what she wanted for herself professionally in the future, her first reaction was, "To maintain what I'm doing, and continue to have my private practice", a true testament to the here and now experience group teaches us. She added that she always had a fantasy of being a therapy client of Irvin Yalom. With some thought, Karen communicated excitement at recently finding another way to teach with the OLOL Psychiatric Residency Program. Karen also recently wrote a chapter on anger management and hopes it will be accepted for publication in an upcoming edition of 101 Interventions in Group Therapy by Scott Simon Fehr, Editor. Karen recently accepted the position of Chairperson of the Group Foundation for Advancing Mental Health, the philanthropic arm of AGPA. "The reason I can take the position is because I believe in what the Group Foundation

stands for, and I really believe in raising money for students, new professionals, and anyone who needs assistance in attending the AGPA annual conference."

On her words of wisdom to new professionals

"Pace yourself, get your own therapist, get good supervision, always be involved in a peer consultation group, get as much experience in a variety of settings, and know that learning is lifelong. I am so fed...the longevity of my career has been through the variety," (private practice, supervision, group treatment class, Jefferson Oaks, OLOL, AGPA, LGPS).

On technology and the here and now

"I don't think there's anything that can take the place of good old fashioned face to face communication and talking."

On the most influential group therapeutic factor

Universality/Installation of Hope - "When people enter therapy, most often, you're low on hope...and when you learn you're not the only one, I think that gives that person hope."

On the difference between leading groups of clients and experiential groups of professionals

"You're moving so quickly [with experiential groups of professionals], so you want to bring as much cohesion as soon as possible by connecting - you want to demonstrate the stages - and if you're lucky, you get a little bit of rebellion."

On what she likes about LGPS institutes

"I like being with like minded colleagues who see the efficacy of group therapy treatment. People are fed intellectually and experientially - they get to learn theory and see it performed before their eyes."

On why you should attend the upcoming LGPS spring institute

"I can't imagine why you wouldn't want to attend! The opportunity to be with a real leader in the field and to be with someone from another

country...and my gosh, he's coauthored the Bible with Yalom!"

On the importance of groups

"We live in groups, we're born in groups, and when a group of people can come together and understand each other - you may not agree - but when you and I can understand ourselves and others, interpersonal relatedness in the here and now is one of the ways we are able to change, therefore making our communities and our world better."

Maggie Shaver
LMSW

Travis, K. (2014). On not winning the election. *The Group Circle*, Spring 2014, 4.

(The Group Circle is the newsletter of the American Group Psychotherapy Association and the International Board for Certification of Group Psychotherapists.)



Meet Your 2015-2016 Executive Board

President

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

President Elect

Kevin Credeur, PLPC
Behavioral Counselor
Behavioral Wellness
Center - Baton Rouge
General

Past President

Josh Pitre, LCSW
Social Worker/Dean of
Students
LA Key Academy

Advisor to the Board

Christopher D. Garner, Psy.D, MSCP, CGP
Clinical Psychologist,
Owner/Director
Garner Psychological
Services, Inc.

Clinical Assistant Professor

Our Lady of the Lake
Psychiatry Residency
Program

Treasurer & Institute Chair

Megan Cobb, MSW, LCSW
HCHV Outreach Social
Worker
Alexandria VA Health
Care System

Secretary

Rachel Dorsa, PLPC
COPE Specialist 1
Our Lady of the Lake

Membership Chair

Christen Cummins, LCSW
Clinical Social Worker
LSU Mental Health
Center

AGPA Affiliate Rep & Historian

Debbie Wray, LCSW, CGP
Clinical Social Worker
Private Practice

Editor

Maggie Shaver, LMSW
Social Worker
Apollo Behavioral
Health Hospital

Member at Large

Jason Crooks, LMSW
Social Worker
Jefferson Oaks
Behavioral Health

Student Representatives

Emily Creed, LSU
Social Work Intern
Behavioral Wellness
Center - Baton Rouge
General

Blaine Masinter, LSU

Social Work Intern
Jefferson Oaks
Behavioral Health

Self Care

LGPS Board Meetings

are held monthly. If you are interested in becoming a board member or attending a meeting, please contact us for more information lgpsnews@gmail.com

Executive Board Vacancies

We will be electing new board members at our upcoming Spring Institute. The following positions will be available (term length in parentheses):

- President Elect (3 years)
- Secretary (2 years)
- Membership Chair (3 years)
- Member at Large (1 year)

We are always seeking experienced professionals to serve as *Advisors to the Board* and students to serve as *Student Representatives*.

A column of inspiration and self care. Remember to take time each day to relax and focus on something beautiful.

This issue's submission is a painting from a local artist in New Orleans, Sean Friloux

<http://seanfrilouxartist.blogspot.com>
seanfriloux@gmail.com

The painting was inspired by board member Christopher Garner, who stated, "My daughter Grace wrote me a poem a couple of years ago. I imagined it graphically and asked Sean to make it come to life, and he painted it for me, right out of his mind's eye."

Let us know how you self care, email us at lgpsnews@gmail.com

LGPSNEWS@GMAIL.COM



Upcoming Events

2016 Spring Institute

April 1-2

Hampton Inn

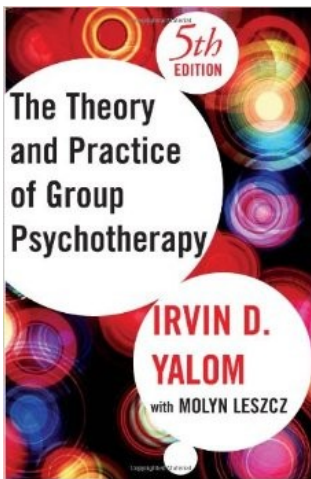
Convention Center

1201 Convention Center Blvd

New Orleans, LA 70130

featuring

Molyn Leszcz, MD, co-author of Irvin Yalom's The Theory and Practice of Group Psychotherapy, 5th Edition



on the topic of *Maximizing & Sustaining Your Effectiveness in Group Psychotherapy*

About Your Presenter

Dr. Molyn Leszcz is Professor and Vice Chair, Clinical, Department of Psychiatry, University of Toronto and the Psychiatrist-in-Chief at Mount Sinai Hospital. Dr. Leszcz's academic and clinical work has focused on improving integration in psychiatric care and broadening the application of psy-

chotherapy within psychiatry. Dr. Leszcz's research has focused on group psychotherapy for individuals with cancer, and genetic or familial predisposition to cancer; group psychotherapy for patients with schizophrenia; evidence-based approaches to group therapy and modified interpersonal group psychotherapy for patients with substance abuse. He co-authored with Irvin Yalom, the 5th edition of The Theory and Practice of Group Psychotherapy, 5th Edition (2005). A new co-authored book in The Psychotherapy Essentials To-Go Series, Achieving Psychotherapy Effectiveness, was published in 2015. Dr. Leszcz was awarded the 2009 Anne Alonso Award for Outstanding Contributions to Psychodynamic Group Therapy. In 2012, Dr. Leszcz was awarded Distinguished Fellowship in the American Group Psychotherapy Association. Dr. Leszcz has been the recipient of a number of teaching awards at the University of Toronto.

"A large component of my academic work is training and supervising residents. I consider the psychotherapies to be a cornerstone of the biopsychosocial model of integrative patient centered care. This workshop will help participants develop a range of competencies that maximize our capacity to be

therapeutic agents who make the fullest use of the relational base of our work. Some of that is reflected in a recent book I co-authored, entitled Achieving Psychotherapy Effectiveness (Norton, 2015). I look forward to being together and learning together."

Register online now at
lgpsonline.org

Hotel reservations

Make yours by 3/2/16 using the code LGP to receive our room block discount

1 (866) 311-1200
(504) 566-9990

Visit our website for the online link (lgpsonline.org, Click "Events")

2016 Fall Institute

October 29

LSU Peabody Hall

Baton Rouge, LA

2017 Spring Institute

April 21-22

Hampton Inn

Convention Center

New Orleans, LA

2018 Spring Institute

April 6-7

Who do you want to see present in 2018?

Let us know
lgpsnews@gmail.com

LEARN FROM EXPERIENCE