Louisiana Group Psychotherapy Society

Summer 2016

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Message from our President

I AM EXCITED AND HONORED TO serve as the current president of LGPS. LGPS gives us the chance to arow and learn from each other. We are fortunate to have a great of consistent group attendees, and also, new faces each year. Our board hopes to provide quality institutes and а rich experience in continuing education.

We are currently focusing on increasing attendance at both our fall and spring institutes. Whether increasing internet visibility or sending brochures in the mail, we're aware that word of mouth your personal recommendation - is still our most powerful networking tool. We invite you to tell your

2016 FALL INSTITUTE

Baton Rouge, LA

featuring Art Therapy: Robin Toler, ATR-BC, LAC, AIT-C Drum Circle: Stanley Masinter, LCSW, BCD, CGP Mindfulness: Emeric Csaszar, PhD, LPC-S, NCC Music Therapy: Mary Malloy, MA, MT-BC Sandplay Therapy: Margaret Humphris, LCSW-BACS, CST

> on the subject of "Going Beyond Talk"

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Baton Rouge General – Behavioral Wellness Center New Beginnings Adolescent Recovery Center The Journey Home The Recovery Center of Baton Rouge St. Christopher's Addiction Wellness Center Victory Addiction Recovery Center

coworkers, mentors, and students about LGPS. Bring back a former member or introduce someone new to our group!

We delighted are to welcome members new Rachael Edmiston, Tara Bremond, Anwar Francis. Chelsea Wimberly, and returning members Fritz Vogt and Rudy Troyer to our LGPS board. Hosting an institute is a team effort that requires backgrounds, different talents, and personalities. I'm arateful for the contributions of each board member and

their unbridled enthusiasm for chain email.

Lastly, I'd like to thank you for your part in LGPS. Our organization grows from your participation and the feedback you provide at each institute. For more information about volunteering, donations, or sponsoring a student, please contact the board or visit our website.

We look forward to seeing you at future institutes!

Kevin Credeur, PLPC

Message from our AGPA Rep

IT IS WITH GREAT PLEASURE THAT I represent LGPS in the APGA affiliate society. Louisiana has a small but consistent presence at the annual meeting every year. We have and continue to be represented in sianificant leadership positions. The passion Louisiana our community demonstrates is rewarded each year with the AGPA willingness of dignitaries to speak at our annual Spring Institute. This spring, Dr. Molyn Leszcz honored us with a most valuable training of such quality many in our state would not be in a position to receive if not for LGPS. LGPS is a smaller group than many and our speakers are willing to join us for rates which are significantly reduced in the service of continuing the quality of group treatment.

The AGPA Affiliate Society met last month in Chicago. The areas discussed were technology and social media concerns, succession planning, budgeting, membership data and recruitment. These meetings are a round table of sorts to facilitate a cohesive national "family" while giving voice to the individual societies' concerns and areas of arowth. There was much excitement around the 75th anniversary celebration next year.

The 75th Anniversary committee is creating a

video and needs our participation for an upcoming project. The following is their request for our LGPS members:

As you may know, AGPA will be celebrating its 75th Anniversary in 2017. One part of that celebration is the creation of a video of AGPA members wishing AGPA a Happy 75th and also, if you are willing to do so, adding a message about what AGPA has meant to you.

The easiest way to reply to this request is to look at a camera (a phone camera will do just fine) and say some variant of "My name is x and I want to wish you a Happy 75th Anniversary, AGPA."

Please feel free to say more if you like. You can speak for as little as a minute but can extend that to 2 minutes or so. It would be great if we had some testimonials from those of you who love AGPA as many of us do.

To create the video:

You might have a colleague, spouse or significant other or, very likely, a tech savvy child or grandchild, to hold the iPhone or similar device (and please hold it in a rectangular plane, i.e. with the phone held on its side like a checkbook, because this is better for the video) and simply offer your remarks into the camera. If you think of it, please try to have the video

include you from the waist up because if everyone does this, we will have some uniformity.

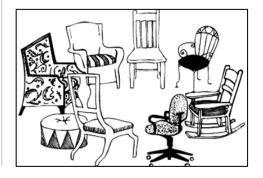
If you begin with something like, "Happy 75th Anniversary, AGPA," we can also cut just those statements for some kind of teaser to begin the video.

Please send it to Joe Shay: joseph_shay@hms.harvard.edu or Helen Li: helenli@agpa.org via (depending on size) email, DropBox, or any other method that will work or that a tech savvy colleague or relative suggests.

Please create and send the video to Joe or Helen by August 15, 2016.

Please consider participating in this celebratory video and attending the 75th annual meeting. There will undoubtedly be an amazing line up of presenters next year. Mark you calendar, March 6-11, 2017 in New York City. I hope to see you there!

Debbie Wray, LCSW, CGP



2016 Fall Institute

October 29

Behavioral Wellness Center – Baton Rouge General 4045 North Blvd Baton Rouge, LA 70806

on the topic of "Going Beyond Talk"

featuring **Art Therapy:** Robin Toler, ATR-BC, LAC, AIT-C

Drum Circle: Stanley Masinter, LCSW, BCD, CGP

Mindfulness: Emeric Csaszar, PhD, LPC-S, NCC

Music Therapy: Mary Malloy, MA, MT-BC

Sandplay Therapy: Margaret Humphris, LCSW-BACS, CST

This institute will provide participants education and experience in therapeutic techniques that enhance talk therapy. From mindfulness to expressive therapies like music, art, and sandplay, a variety of activity and change of pace can rejuvenate a group. Our goal is to encourage group leaders to try something new - to broaden their skill set and take full advantage of new experiences they can provide.

Register online now at LGPSonline.org

Upcoming Events

2017 Spring Institute

April 21-22 Hampton Inn Convention Center, New Orleans, LA

featuring Jeff Hudson, M.Ed., LPC, CGP

2018 Spring Institute May 2018

What would you like to learn? Who would you like to see? Let us know at LGPSnews@gmail.com

Past Events

2016 Spring Institute

Susanne M. Jensen, Ph.D. Scholarship Sponsored by LGPS Member Donations

Hannah Knipp

LSU Training Award

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

Tara Bremond Jemecia Jackson Dana Rock Erica Mattingly Chelsea Wimberley

AGPA & CGP

APPROXIMATELY 70 MENTAL HEALTH professionals attended our 2016 Spring Institute. When asked who was a Certified Group Psychotherapist (CGP), no more than 15 people raised their hands. Please take a look at what it means to be a CGP and consider applying if you are leading groups in your practice.

According to the American Group Psychotherapy Association (AGPA): "A Certified Group Psychotherapist (CGP) is a clinical mental health professional who meets internationally accepted criteria of education, training and experience in group psychotherapy. A CGP is an ethical practitioner who is an expert in group psychotherapy and is committed to group psychotherapy as an autonomous treatment modality." Read more at www.agpa.org/cgpcertification

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

for becoming the Chairwoman of the Board for the Group Foundation for Advancing Mental Health.

Check out her video on AGPA's Youtube Channel where she talks about the Group Foundation: https://www.youtube.com/w atch?v=TGnNSGKp4ew

Preservation 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.

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 need of financial in assistance, assisting with conferences, or providing honorariums the opportunities are endless.

Sponsor a Student

Donate \$35 for a student to attend the upcoming fall institute. Let us know you want to sponsor a student and the money you donate will go directly towards institute registration for a student who may otherwise not be able to afford to attend.

2015-2016 Preservation Members

PLATINUM PRESERVATION MEMBERS

Michael Cascio, LCSW, BCD, ASCW, CGP Christen Cummins, LCSW Christopher Garner, PsyD David Hayes, PhD

GOLD PRESERVATION MEMBERS

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

Preservation Members

Anita Evans, LCSW, BCD, DCSW, BACS Valerie Garofalo, PhD, LCSW Dwight Hurst, CMHC Sue Jensen, Ph.D., CGP, FAGPA Charles Mann, LCSW-BACS Darlene Nemeth, PhD, MP, MPAP, CGP Maggie Shaver, LMSW Christine Sotile, LMSW Deborah Wray, LCSW, CGP

WE THANK YOU FOR YOUR CONTRIBUTIONS!

Scholarships

Doug Greve, MD Scholarship Fund

LGPS will award an applicant the Doug Greve, MD Scholarship. which will provide funds to attend the upcoming LGPS institute. The number of recipients and available funds will depend on contributions. Qualified applicants those are currently practicing in the field of psychology, psychiatry, clinical social work, or counseling, who show a special interest in group psychotherapy.

Susanne M. Jensen, Ph.D. Scholarship Fund

LGPS will award an applicant the Susanne M. Jensen, Ph.D. Scholarship. which will provide funds to attend the upcoming LGPS institute. The number of recipients and available funds will depend on contributions. Qualified applicants those are currently in graduate school medical residency or specializing in psychology, psychiatry, clinical social work, or counseling, who 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 "Scholarship Application". Make sure to identify which scholarship you are applying for.

In Memoriam: Doug Greve & Chuck Wood

WRITTEN BELOW ARE MEMORIES OF DOUG GREVE AND CHUCK WOOD, SHARED BY ATTENDEES AT OUR 2016 SPRING INSTITUTE:

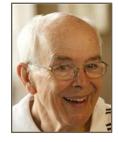
"The theme for Doug was to make contact" "Doug was consummate student the teacher, always interested in and learning teaching" "Doug was a great guide to me" "Doug was authentic" "Doug was a constant at LGPS to me, he was always there" "Doug wanted LGPS to be involved in AGPA" "Doug always had that great smile" "Doug was so open, and he sought the comfort of those of us here" "You could always go up to Doug" "Doug was a verv compassionate and a very aentle man" "Doua's wonderful sharing of his love of literature, poetry, great novels" "Doug had a playful charm and he was funny as hell" "Doug's demeanor was calm and inviting" "Υου could just feel the love in Doug's home" "Doug always showed respect for us"

"Chuck was very close with his children and arandchildren" "The way Chuck tied spirituality and psychotherapy together was beyond beautiful belief" "Chuck led the experiential group when I was an intern at LSU MHS until a few years aao" "Chuck would give you a word and you would just melt in your seat"

"They both really created lives for themselves" "I didn't know them, but I see their ripple effect".



Doug Greve January 26, 1934 – September 22, 2015



Rev. Charles "Chuck" Wood August 21, 1932 -March 12, 2016

Self-Care

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

Danna Bodenheimer, LCSW from Philadelphia, PA, wrote article an on SocialWorker.com about the importance of self-care. She discussed developing the habit of taking a daily picture capture magical to а moment she could reflect upon. The article is brief, but touches on many important notions, including how selfcare is often thought of as hard work and how it can be used to deepen our daily interactions with the world, including with our clients. She stated, "It should be something that we can integrate into our lives, rather than always removing us from our lives." The link to the article is below.

Maggie Shaver, LMSW

Bodenheimer, D. Real World Clinical Blog: Art as self-care, the art of self-care. Retrieved from

http://www.socialworker.co m/feature-articles/real-worldclinical-sw/art-as-self-carethe-art-of-self-care/

Info

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 Igpsonline.org Click "Events" 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.



The 2016-2017 Executive Board

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Blaine Masinter LSU MSW 2016 Graduate

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, Igpsnews@gmail.com

Executive Board Vacancies

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

learn from experience.