

## SCHEDULE

### Friday May 4, 2018

8:00-8:30am Registration & Coffee  
8:30-9:45 Introduction & Lecture: Intro to Selected Principles of SE  
9:45-10:00 Break  
10:00-11:15 Experiential Group 1  
11:15-12:30pm Lunch  
12:30-1:45 Demonstration Group 1  
1:45-2:45 Lecture 2: Principles of SE-informed Group Psychotherapy  
2:45-3:00 Break  
3:00-4:15 Experiential Group 2  
4:15-5:05 Board Meeting  
5:30 Cocktail Party

### Saturday May 5, 2018

8:00-8:30am Coffee  
8:30-9:00 Lecture: Debrief & Comments on Previous Day's Groups  
9:00-10:15 Demonstration Group 2  
10:15-10:30 Break  
10:30-11:45 Experiential Group 3  
11:45-1:00pm Lunch  
1:00-2:15 Demonstration Group 3  
2:15-3:00 Discussion & Integration of Concepts  
3:00-3:15 Break  
3:15-4:00 Experiential Group 4  
4:00-4:30 Discussion & Integration of Concepts in Experiential Groups

## SPONSORS

Acadia Health Care  
Brentwood Hospital  
Imagine Recovery  
Palmetto Addiction & Recovery  
The Recovery Center of Baton Rouge  
Somatic Experiencing Trauma Institute  
St. Christopher's Addiction Wellness Center  
Whispering Oaks Lodge

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Louisiana Group Psychotherapy Society  
PO Box 83005  
Baton Rouge, LA 70884

## LOUISIANA GROUP PSYCHOTHERAPY SOCIETY

### MOVING BEYOND AMBIVALENCE AND FEAR TO EMBODIED RELATIONSHIP:

Group Psychotherapy Informed  
by the Principles of Somatic  
Experiencing

Peter J. Taylor, PhD, SEP,  
CGP, FAGPA & Roger Saint-  
Laurent, PsyD, SEP, CGP

May 4 & 5, 2018

Hampton Inn - Convention Center  
1201 Convention Center Blvd  
New Orleans, LA 70131



## ABOUT THE INSTITUTE

PETER J. TAYLOR, PHD, SEP, CGP, FAGPA & ROGER SAINT-LAURENT, PSYD, SEP, CGP are clinical psychologists, Somatic Experiencing Practitioners, and Certified Group Psychotherapists in private practice in NYC and Briarcliff Manor. Dr. Taylor is a Fellow of the American Group Psychotherapy Association and past-president of the Eastern Group Psychotherapy Society. Dr. Saint-Laurent has served as Chair and Dr. Taylor as Secretary of the Board of Directors of the Somatic Experiencing Trauma Institute, which with its regional and international partners oversees SE trainings throughout the world. As senior training assistants and approved session and consult providers, Drs. Taylor and Saint-Laurent have studied with eight of the SE international faculty, assisted at more than thirty SE trainings modules, and offered workshops on the intersection of SE and group psychotherapy, Introductions to SE, and SE training and consultation groups both privately and at professional meetings and conferences throughout the US and Canada. Dr. Taylor received his PhD from Columbia University in 1992 and Dr. Saint-Laurent received his PsyD from Nova Southeastern University in 1994.

### CONTINUING EDUCATION

12.25 CEUs

- *Psychologists*: LGPS is an approved continuing education sponsor for Louisiana licensees.
- *Social Workers*: LGPS will submit an application to become an approved provider for Louisiana licensees.
- *Counselors*: LGPS will submit an application to become an approved provider for Louisiana licensees.

### ADDITIONAL FEES

- Onsite Registration is an additional \$30.
- All cancelations must be submitted in writing and received three days prior to the institute. An administration fee of 50% of the registration cost will be deducted.

### WORKSHOP OBJECTIVES

- Apply basic concepts of Somatic Experiencing® in order to develop a more embodied therapeutic stance.
- Judge the usefulness of tuning in to deeply felt internal states to make subsequent interpersonal interactions with group members and colleagues more effective.
- Trace the development of group members' individual and collective self-regulation.
- List physiological reactions regulated by the parasympathetic branch of the autonomic nervous system (the PNS), the sympathetic branch of the nervous system (the SNS), and discuss clinical applications of these reactions.
- Utilize the interplay of gentle cycles of sympathetic and parasympathetic stimulation to facilitate the re-regulation of the autonomic nervous system.
- Use titrated activation to maintain group members and the group as a whole within a range of resiliency.
- List the three specific defensive or protective survival responses—fight, flight, and freeze—and offer examples of how these responses can manifest in group dynamics.
- Utilize techniques for the containment and management of client activation, including maintaining group leader's own settled nervous system; having group members notice indicators of safety in the room; taking time to invite a group member's attention to go where it wants in the environment; inviting social engagement, which typically leads members back to more PNS-dominated state; developing strategies for grounding, orienting, and stabilizing prior to working with states of higher activation; and having group members learn to notice somatic signs of activation in self and others as that activation arises, before it becomes overwhelming.

learn from experience

### HOTEL RESERVATIONS

This is the same weekend as Jazz Fest, so please book your hotel rooms in advance! Call 1 (800) 292 0653 to reserve a room at our special discounted room block rate by 4/3/18. Use code: LGP. You can also book online.

## REGISTRATION

### Name & Credentials

Address \_\_\_\_\_  
 \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please do not contact me via email about LGPS.

### Institute Registration Fee

- Member \$280.00
- Member: New Professional\* \$200.00
- Non-Member \$350.00
- Non-Member: New Professional\* \$245.00
- Student \$80.00

### Renew Your LGPS Membership

Membership Year: June 1, 2018-May 31, 2019

- Full \$65.00
- New Professional/Retired\* \$45.00
- Student \$25.00

\* A New Professional is someone who has graduated within the last 3 years.

Experiential Leader Preference	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Michael Cascio, LCSW, BCD, CGP			
Christopher Garner, PsyD, MSCP, CGP			
Sue Jensen, PhD, CGP, FAGPA & David Hayes, PhD			
Capi Landreneau, LCSW, CGP			
Karen Travis, LCSW-BACS, CGP, BCD, FAGPA			

REGISTER ONLINE OR MAIL THIS FORM WITH PAYMENT

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