



Overview of Featured Topic

Title: **Interpersonal Neurobiology And Group Therapy An Attachment Theory Perspective**

Emerging evidence reveals that though an infant's developing brain is sculpted by early relationships, the adult brain can be profoundly influenced by ongoing relationships throughout the lifespan. Advances in neuroscience reveal that both strong attachments and external interpersonal interactions affect a person's neurophysiology and neurobiology. Attachment theory unifies researchers and scientists by allowing a more thorough translation of findings from numerous domains of study. Consequently, attachment theory is the common language from which the contributions of neuroscience can be made applicable to group treatment. This workshop will interpret and translate the implications that these findings have for group psychotherapy. This is an important endeavor because the new discoveries in neurogenesis and neuroplasticity both challenge and confirm our most cherished beliefs about what dictates effective group psychotherapy.

Annual Institute April 10, 11 & 12, 2014

Featuring:

Philip Flores
PhD, ABPP, CGP, FAGPA

Interpersonal Neurobiology and Group Therapy: An Attachment Theory Perspective

Ethics Workshop:

Glen Gabbard, MD

Ethics and Professional Boundaries in Psychotherapy: In the Office and in Cyberspace

Psychodynamic and
Specific Interest Groups

Earn up to 15.5 CEU's

Location:

UT Medical School Building
6431 Fannin St. Houston TX 77030

Learning Objectives:

By the end of the conference, participants will be able to:

1. Distinguish between different attachment styles and learn how these attachment styles impact the therapeutic alliance and treatment outcome
2. Identify the difference between explicit and implicit learning, memory and knowledge
3. Review evidence from neuro-imaging studies indicating that strong attachment bonds shape and influence the neurobiology and the neuroplasticity of the brain
4. Understand the importance of enriched environments that promote optimal levels of emotional arousal for the promotion of brain change

2014 Institute Sponsorship

HGPS gratefully acknowledges and appreciates the generous support of our corporate and membership supporters. Please see the HGPS website (www.hgps.org) for a complete list.

**Register online at www.hgps.org
or scan with your smart device!**



Glen Gabbard, MD



Dr. Glen Gabbard is Professor of Psychiatry at SUNY Upstate Medical University in Syracuse, New York; Clinical Professor of Psychiatry at Baylor College of Medicine in Houston; and Training and Supervising Analyst at the Center for Psychoanalytic Studies in Houston. He is in private practice at The Gabbard Center located in Houston. Dr. Gabbard has authored or edited 27 books and hundreds of scientific papers and books. Previous

positions include Brown Foundation Chair of Psychoanalysis and Professor of Psychiatry at Baylor College of Medicine in Houston and Director of Menninger Hospital in Topeka, Kansas. He has received The American Psychiatric Education Award in 2010 and the prestigious Mary Sigourney Award in 2000 for outstanding contributions to psychoanalysis. He was Joint Editor-in-Chief of the International Journal of Psychoanalysis from 2001-2007, the first non-British analyst to hold that position, and served as President of the American College of Psychiatrists from 2006 to 2007.

April 10, 2014

“Ethics and Professional Boundaries in Psychotherapy: In the Office and in Cyberspace.”

Psychodynamic Groups

These small groups provide participants an environment in which to obtain, expand and retain their skills in conducting group therapy using a psychodynamic model. In three 90 minute sessions over the 2 day Institute, participants will move through the phases of group and will explore the impact of the procession on group norms, boundaries, goals and defenses. This year a one day group will be added for people who are not attending more than one day of the Institute. This group is available for those attending either Friday or Saturday. A portion of all process groups will be didactic. These are not personal psychotherapy groups. By registering for any psychodynamic group you are agreeing to attend all scheduled sessions.

Specific Interest Groups

These groups offer intensive learning about specific theories and approaches in group treatment. Registrants can pursue current interests in greater depth or learn ways of integrating new approaches and methods into their private practice, clinic or agency work. Most of the specific interest sections have extensive experiential components.

Philip J. Flores, PhD, ABPP, CGP, FAGPA



Dr. Philip J. Flores is a Fellow of the American Group Psychotherapy Association and he is an adjunct faculty member at Georgia State University and the Georgia School of Professional Psychology at Argosy University. Dr. Flores is also a supervisor of group psychotherapy at Emory University. In addition to two books, Group Psychotherapy With Addiction Populations (3rd) by Haworth Press, and Addiction as an Attachment Disorder; Dr. Flores was the

2005 Gradiva Award Winner issued by The National Association for the Advancement of Psychoanalysis. Dr. Flores is Consensus Panel Chair of the Treatment Improvement Protocol (TIP #41), Substance Abuse Treatment: Group Psychotherapy, published by the U.S. Department of Health & Human Services and contributing member of AGPA's Science to Service Task Force publication: Practice Guidelines for Group Psychotherapy. He has also presented numerous workshops nationally and internationally on these subjects. Dr. Flores and his wife, Lisa Mahon, PhD, continue to run several outpatient psychotherapy groups a week in their private practice.

April 11 and 12, 2014

“Interpersonal Neurobiology and Group Therapy: An Attachment Theory Perspective”

GROUP CONSULTANTS:

Robert White, MD, CGP, LFA GPA, DLFAPA
Elizabeth Knight, LCSW, CGP, DLFAGPA
Sandra Jackson, LCSW, CGP
Patricia Barth, PhD, LMFT, CGP, DLFAGPA
Carol Vaughan, LCSW, CGP, LFA GPA
Travis Courville, LCSW, CGP, LFA GPA

FACULTY:

Psychodynamic Process/Special Interest Groups

Single Day Process Group

Cindy Marshall Hearne, PhD, CGP
Melany Morrison, LPC, LMFT, CGP

Beginner Process Group

William Moore, MD, CGP, LFA GPA
Constance Moore, LPC, CGP

Intermediate/Advanced Process Group

Linda Blume, LCSW, LMFT, CGP, LFA GPA
Alan Schneider, LCSW, LPC, LMFT, CGP, BCD

Specific Interest Group

Sue Barnum, LPCC, CGP, TEP & Jana Rosenbaum, LCSW, CGP
Yvonne Champion, LCSW, CGP & Damian Duplechain, LPC, LCDC, CGP
Linda Chase, LCSW, CGP & Marki McMillan, PhD (ABD), LCSW
Nanine Ewing, PhD, ADTR, CGP, FAGPA & Micki Grimland, LCSW
Robert Hilliker, LCSW, LCDC, CDWF-C & Audrey Ryman, LCSW
Michele Lees, LPC, BC-DMT & Jamie Milward, LMSW, RYT

2014 INSTITUTE SCHEDULE

THURSDAY, APRIL 10, 2014 6:00-9:00 PM

Ethics—Ethics and Professional Boundaries in Psychotherapy: In the Office and in Cyberspace

Glen O. Gabbard, MD

In this presentation, Glen O. Gabbard, MD will provide an overview of current thinking about professional boundaries in psychotherapy. Both individual and group settings will be discussed in terms of confidentiality, self-disclosure, gifts, dual relationships, and physical contact. In addition, the challenge posted by cyberspace will be discussed in terms of how such things as texting, email, social media, and the Web have transformed the frame of psychotherapy. Guidelines for use of new technologies in light of boundary concerns will be suggested.

Objectives:

By the end of the conference, participants:

1. Will be able to manage professional boundary dilemmas with greater expertise in psychotherapeutic practice
2. Will gain a greater grasp of the limits of self-disclosure within an ethical framework
3. Will learn guidelines for the use of email, texting and social media in the context of clinical practice

FRIDAY, APRIL 11, 2014

7:45 AM	Registration
8:15	Welcome Announcements Plenary: Linda Chase, President
8:30	Philip J. Flores, PhD, ABPP, CGP, FAGPA Interpersonal Neurobiology and Group Therapy Part I
10:30	Break
10:45	Group Experience
12:15-1:45	Lunch Provided
1:45	Philip J. Flores, PhD, ABPP, CGP, FAGPA Interpersonal Neurobiology and Group Therapy Part 2
3:45	Break
4:00	Group Experience
5:30	HGPS Annual Business Meeting

SATURDAY, APRIL 12, 2014

8:15	Welcome and Announcements
8:30	Philip J. Flores, PhD, ABPP, CGP, FAGPA Interpersonal Neurobiology and Group Therapy Part 3
10:30	Break
10:45	Group Experience
12:15-1:45	Lunch Provided
1:30	Philip J. Flores, PhD, ABPP, CGP, FAGPA Interpersonal Neurobiology and Group Therapy Part 4
3:30	Closing and Evaluations

Psychodynamic Process Groups

I. One Day Process Group (Friday or Saturday) - By registering for this group you are agreeing to attend both (2) sessions on the day you register.

Cindy Marshall Hearne, PhD, CGP
Melany Morrison, LPC, LMFT, CGP

II. Beginning Process Group - By registering for this group you are agreeing to attend all 3 sessions (2 on Friday and 1 on Saturday)

Connie Moore, LPC, CGP
William Moore, MD, CGP, LFLAGPA

III. Intermediate/ Advanced Process Group - By registering for this group you are agreeing to attend all 3 sessions (2 on Friday and 1 on Saturday)

Linda Blume, LCSW, LMFT CGP, LFLAGPA
Alan Schneider, LCSW, LPC, LMFT, CGP, BCD

Special Interest Groups

IV. Action and Play in Process Groups: Psychodynamic Techniques - Psychodrama

Sue Barnum, LPCC, CGP, TEP
Jana Rosenbaum, LCSW, CGP

Traditional process group therapy is indeed effective but can take a long time for group members to develop authenticity, boldness, intimacy and readiness to deal with issues. We will explore simple yet empowering psycho-dramatic techniques that help group members “turn corners” in their work without disturbing the group’s psychodynamic process.

Objectives:

1. Participants will learn psychodramatic techniques of doubling, role-taking and concretization
2. Participants will practice doubling and experience its facilitation of empathy
3. Participants will practice role-taking and experience expanding a role from their own inner experience
4. Participants will practice concretization and experience its capacity for deepening the work in group

V. Imago Therapy, Couples and Group Working With Difficult Couples

Yvonne Champion, LCSW, CGP
Damian Duplechain, LPC, LCDC, CGP

Couples are usually afraid, and often desperate for needing competent couples therapy at their initial session. Relationship success begins to build immediately if they are able to re-experience both safety and connection with each other. Participants will learn how to more effectively help “Difficult Couples” and receive both didactic and experiential learning.

Objectives:

1. Participants will gain an understanding of basic principles of Imago Therapy
2. Participants will apply evidence-based practices as they relate to working with difficult, reactive or raging partners/couples
3. Participants will experience and learn to use Imago techniques

VI. Healing through Empathy and Self-Objects in Groups: A Self-Psychological Perspective

Linda Chase, LCSW, CGP
Marki McMillan, PhD (ABD), LCSW

Self Psychologists view empathy as vicarious introspection achieved through a non-judgmental stance of sustained empathic inquiry. In a self psychologically oriented group, the leader(s), other group members and group-as-a-whole (self-objects) supply a missing part of the self rather than functioning as separate objects with whom there is conflict. Through a process group format, participants will experience and develop a greater understanding of sustained empathic inquiry, self-object transferences and self-psychological group techniques.

2014 INSTITUTE SCHEDULE

Objectives:

1. Participants will gain an understanding of and experience sustained empathic inquiry
2. Participants will gain an understanding of and experience self-object transferences
3. Participants will experience and learn to utilize self psychological group techniques

VII. Living Authentically: The Invitation of True Intimacy

Nanine Ewing, PhD, ADTR, CGP, FAGPA

Micki Grimland, LCSW

This group will provide a safe environment to work toward the unfolding of the authenticity that lies inside the essential self. Jung stated "Every defeat of the ego is a victory for the Soul." The leaders believe that the journey to wholeness lies in the risk of the exposure of the most vulnerable, authentic core self to others and oneself. A safe group is the most profound way to begin to know and accept one's authentic self. This group will be an opportunity to begin, continue, experience, and celebrate knowing yourself more fully and learning how to bring that authentic self to awareness in the immediacy of others.

Objectives:

1. Participants will be invited to utilize the group as a hall of mirrors
2. Participants will gain an understanding of ego and self as the basic elements of the authentic and essential self
3. Participants will have an opportunity to understand cognitively the experience of persona and shadow in the intrapsychic structure.
4. Participants will personally examine these two aspects of themselves and work with them in the group process

VIII. The Family System in Group Process: An Object Relations

Perspective

Robert Hilliker, LCSW, LCDC, CDWF-C

Audrey Ryman, LCSW

In this group we will explore the dynamics of family systems and how these dynamics are reflected in psychodynamic group process using an Object Relations perspective. We will introduce historical and contemporary references on Object Relations and then relate this work to here-and-now group process.

Objectives:

1. Explore historical underpinnings of object relations family therapy
2. Develop understanding of key aspects of object relations family therapy
3. Applications of object relations family therapy within group therapy

IX. Attachment: A Jungian and Group Process Approach

Michele Lees, LPC, BC-DMT

Jamie A. Milward, LMSW, RYT

Joy, spontaneity, risk and creativity provide the foundation for a full life, and a full practice. Learn to become in tune with your body by combining "Lucid Body" and dance-movement techniques in your practice. In the format of a process group, encounter mystery, awaken curiosity, step into the awareness of the moment, and enliven your spirit as a therapist.

Objectives:

1. Learn to set boundaries in a movement oriented context
2. Participate in and exercise utilizing dance movement, therapy techniques within a didactic format
3. Learn to become in tune with your body by combining "Lucid Body" and dance techniques in your practice

HOUSTON GROUP PSYCHOTHERAPY SOCIETY

MISSION STATEMENT

HGPS is the organizational and professional voice for the multidisciplinary mental health community trained in the practice of group psychotherapy. While adhering to the highest standards of excellence, HGPS offers unique opportunities for educational growth and for expanding knowledge of the many facets of group psychotherapy from fundamental group concepts to advanced practical skills.

HGPS is an Affiliate of the American Group Psychotherapy Association. HGPS Membership is open to mental health clinicians, researchers, students, and trainees. Join HGPS today by downloading an application and referral forms from www.hgps.org.

2014 TRAINING OPPORTUNITIES

Additional CEU programs and those below are offered throughout the year and are posted at www.hgps.org.

Principles of Group Psychotherapy Ongoing Process Groups Consultation Groups

To register or inquire contact Caryn Botes at 713-668-2680.

HGPS 2014 ANNUAL INSTITUTE COMMITTEE

CO-CHAIRS

Andrew Krieger, LMSW, LCDC

Jean T. Dixon, LPC, CGP

Committee Members

Tom Carter, PhD, LPC, CGP

Yvonne Champion, LCSW, CGP

Travis Courville, LCSW, CGP, FAGPA

Leticia Fallick, LPC

Dee Gardner-Wilson, LMSW, LCDC

Mara Gittess, LPC

Sandra G. Jackson, LCSW

Samantha Laffoon, LPC

Kathleen Laughlin, LPC, LCDC

Jamie Milward, LMSW, RYT

Richard Newman, LPC, LMFT, LCSW, LCDC, NCC, CGP, FAGPA

Cheryl Rhode, LCSW

Jana Rosenbaum, LCSW, CGP

Carol Vaughan, LCSW, CGP, LFAGPA

Jia Wang, MD