



Annual Institute April 30th-May 2nd 2015

Featuring:

Justin Hecht, PhD, CGP

Becoming Who We Are In Groups: An Integrated Jungian Approach to Group Psychotherapy

Ethics Workshop:

Rion N. Hart, PhD

Venturing Into Ethics: Deconstructing Catastrophe and the Ethical Implications for Clinical Practice

Psychodynamic and
Specific Interest Groups

Earn up to 18.5 CEU's

Location:

The Council on Drugs and Alcohol
303 Jackson Hill St. Houston TX 77007

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



Overview of Featured Topic

Becoming Who We Are In Groups: An Integrated Jungian Approach to Group Psychotherapy

In his keynote speech and in demonstration groups, Justin Hecht, PhD., CGP, will introduce six of Jung's key concepts and illustrate their application to group psychotherapy. Justin will provide an integrated Jungian approach that will help you become more effective at helping group clients to embrace the process of individuation, and to live the life they are truly meant to live.

Learning Objectives:

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

1. Apply a Jungian orientation to group psychotherapy interventions, and compare and contrast these with other psychodynamic theories.
2. Identify archetypal material in personal stories.
3. Describe the characteristics of complexes, and contrast these with other complex theories.
4. Utilize a Jungian approach to transference to facilitate individuation, and compare and contrast with other theoretical perspective.
5. Characterize Jung's approach to the unconscious, as it relates in particular to individuation.

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.

2015 TRAINING OPPORTUNITIES

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

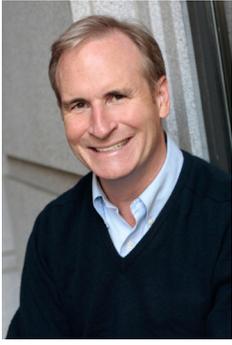
Principles of Group Psychotherapy
Ongoing Process Groups
Bi-Monthly CEU Events
Consultation Groups

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

2015 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.

Justin Hecht



Justin Hecht grew up in Southern California, following his graduation from Harvard College he worked as a management consultant with a focus on marketing in San Francisco. He then attended the Wharton business school, in Philadelphia, where he developed an interest in psychology.

After graduating from Wharton with an MBA in management, he worked as a talent agent trainee in the screenplay department at International Creative Management in Hollywood for nearly two years before deciding to return to school to become a psychologist.

He earned an MA degree in developmental psychology at Columbia University, where he studied adolescent personality formation, and completed his doctorate in clinical psychology at Boston University, where he specialized in the analytic and interpersonal treatment of depression and suicide prevention.

He returned to San Francisco for a pre- and post-doctoral fellowship at the University of California, San Francisco. Through a fortuitous meeting, he became involved with the Jung Institute of San Francisco, where he went through the analytic training program and is now a certified analyst and member of the Institute.

He began leading groups in 1989 in New York City, where he worked at a clinic for homeless youth, and has been leading groups ever since. He teaches an advanced seminar for psychiatry residents at University of California, San Francisco, and has led group psychotherapy institutes and workshops at regional, national, and international conferences.

Psychodynamic Process 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 two day Institute, participants will move through three phases of group and will explore the impact of the procession on group norms, boundaries, goals and defenses. A one day group is available on Friday. These are not personal psychotherapy groups.

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 work. Most of the specific interest sections have extensive experiential components. Some special interest groups will be offered for one day attendees. Please see registration site for details.

GROUP CONSULTANTS

Elizabeth Knight, LCSW, CGP, DFAGPA
Robert White, MD, CGP, FAGPA
Carol Vaughan, LCSW, CGP, LFAGPA
Travis Courville, LCSW, CGP, FAGPA
Pat Barth, PhD, CGP, DLFAGPA
Naomi Rosborough, LPC, LMFT, CGP

FACULTY

Psychodynamic Process Groups

Single Day Process Group

Richard L. Newman, LPC, LMFT, LCSW, LCDC, CGP, FAGPA

Beginner Process Group

Constance A. Moore, LPC, CGP

Yvonne Champion, LCSW, CGP

Intermediate/Advanced Process Group

Linda Blume, LCSW, LMFT, CGP, LFAGPA

Alan Schneider, LCSW, LPC, LMFT, CGP, BCD

Specific Interest Groups

Sue Barnum, LPC, CGP, TEP & Jana Rosenbaum, LCSW, CGP

Linda Chase, LCSW, CGP & Jean T. Dixon, LPC, CGP

Nanine Ewing, PhD, ADTR, CGP, FAGPA & Micki Grimland, LCSW

Aaron H. Fink, MD, CGP, FAGPA

Michele Lees, LPC, BC-DMT

Melanie Flint, LCSW

Ava Profota, LCSW & Jacob Porter, ThM, MDiv, PSAP &

Doris Gardner-Wilson, LMSW, LCDC, EMDR-II, CSAT Candidate

Megan E. Brannon, PhD & Theresa Fassihi, PhD

2015 INSTITUTE SCHEDULE

Light Dinner Served at 5:30pm

THURSDAY APRIL 30, 2015 6:00-9:00 PM



Rion N. Hart, PhD

Dr. Hart is a Psychologist and Psychoanalyst who has been in practice in Houston for more than 30 years. A Clinical Assistant Professor at the Menninger Department of Psychiatry and Behavioral Science, Baylor College of Medicine, he also is on the faculty of the Center for Psychoanalytic Studies where he previously served as Chair of the Ethics Committee. He served as Chair of The Committee on Ethics of the American Psychoanalytic Association

for six years, continues to consult with that organization and others on ethics matters, and has extensively lectured on ethics nationally.

Ethics is not about complying with rules and standards. In this program we will take a close-up look at what ethics is, its roots, evolution and current place in professional practice and society. Its often-confusing relationship with law and regulation will be examined with emphasis on how the latter actually can interfere with good ethics. We also will borrow some valuable ideas from a profession that has invested enormous resources toward understanding and preventing human error - aviation. The concept of event chain analysis will be introduced to further understanding of how a bad outcome is rarely due to a single factor or failing, but the culmination of a chain of them, and how breaking the chain at any link can divert untoward outcome. We will conclude by looking at some factors frequently found in clinical event chains that have led up to untoward outcomes so that we can better identify and interrupt a process headed for trouble.

Objectives

1. Outline the origins and evolution of ethics, and how this is important in approaching ethics.
2. Define and appreciate the difference between ethics and law or enforced regulation and apply this in clinical work to ensure that over emphasis on the latter does not interfere with the highest ethical conduct.
3. Apply event chain principles to reduce vulnerabilities to ethical missteps and violations.
4. Identify factors that contribute to or protect against untoward outcomes in clinical work.

2015 INSTITUTE SCHEDULE

FRIDAY, MAY 1, 2015

- 7:45 Registration
8:15 Welcome Announcements
Plenary: Linda Chase, President
8:30 Justin Hecht PhD "Becoming Who We Are In Groups" Part I
10:30 Break
10:45 Process Group/Specific Interest Group
12:15 Lunch Provided & Presentation: Harvey A. Rosenstock, MD, L FAGPA
"2015 Advances in Psychopharmacology"
1:45 Break
2:00 Justin Hecht, PhD "Becoming Who We Are In Groups" Part II
4:00 Break
4:15 Process Group/Specific Interest Group
5:45 HGPS Annual Business Meeting

SATURDAY, MAY 2, 2015

- 8:15 Welcome and Announcements
8:30 Justin Hecht, PhD "Becoming Who We Are In Groups" Part III
10:30 Break
10:45 Process Group/Specific Interest Group
12:15 Lunch Provided & Presentation: Jia Wang, MD
"Cultural Considerations in Treating Asian Populations"
1:45 Break
2:00 Justin Hecht PhD "Becoming Who We Are In Groups" Part IV
4:00 Closing and Evaluations

Psychodynamic Process Groups

I. One Day Process Group (Friday Only) - By registering for this group you are agreeing to attend both (two) sessions.

Richard L. Newman, LPC, LMFT, LCSW, LCDC, CGP, FAGPA

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

Constance Moore, LPC, CGP

Yvonne Champion, LCSW, CGP

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

Linda Blume, LCSW, LMFT, CGP, L FAGPA

Alan Schneider, LCSW, LPC, LMFT, CGP, BCD

Luncheon Presentations

FRIDAY

2015 Advances in Psychopharmacology

Harvey A. Rosenstock, MD, L FAGPA

This lecture will review the latest anti-depressants and anti-psychotic medication. Medications used as adjunct will also be highlighted. The format is interactive throughout.

Objectives

1. Identify two new anti-depressant medications and two of the newer and most common antipsychotics.
2. Identify the advantages/principle features of antidepressant medications and antipsychotic medications.
3. Identify two prescription medications for adjunct use for depressed patients.

SATURDAY

Cultural Considerations in Treating Asian Populations

Jia Wang, MD

There is a critical need for mental health education in Asian populations. Historically, mental illness is treated as a curse which perpetuates stigma. The presentation will address mental illness among the Asian populations, talk about factors that prevent access, and strategies for approaching treatment.

Objectives

1. Name at least one myth associated with having psychiatric issues in China.
2. Identify the issues associated with the treatment of Asian populations.
3. Recognize the issues surrounding the suicide rate in various Asian countries.
4. Acknowledge differences in communicating with Asian patients about mental health.

Specific Interest Groups

IV. "Using Psychodrama Techniques in Group Process"

Sue Barnum, LPC, CGP, TEP

Jana Rosenbaum, LCSW, CGP

Traditional process 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 psychodramatic techniques that help group members "turn corners" in their work without disturbing the group's psychodramatic 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.
5. Participants will experience the use of the above techniques in the context of process group, alternatively leading group and teaching the use of the techniques in appropriate places.

V. "Self Psychology Groups and the Role of Empathy in Healing"

Linda Chase, LCSW, CGP

Jean T. Dixon, LPC, CGP

Self Psychologists view empathy as vicarious introspection achieved through a non-judgmental stance. In self psychology groups, empathic experiences with the leaders, other group members and group-as-a-whole foster development of the self. Through a process group format, participants will learn about empathy by experiencing self psychology group techniques.

Objectives

1. Apply sustained empathic focus.
2. Identify self-object transferences.
3. Demonstrate self psychology group techniques.
4. Describe a self psychology perspective of group development.

VI. "Group Work with Children and Adolescents"

Aaron H. Fink, MD, CGP, FAGPA

Playing, planning, confronting, creating, fighting, protecting, joking, berating, burping, sleeping, farting, snacking, cooperating, disrupting, insulting, attacking; listening, ignoring, teasing, supporting, yelling, crying, touching, hugging, opening, closing, coming, going; dancing, singing, grabbing, poking, mimicking, acting, threatening, stroking; revealing, hiding, prying, confiding; taking, giving, thanking and living. (By Andrew Malekoff, MSW)

2015 INSTITUTE SCHEDULE

continued

Objectives

1. Describe the value of group therapy for child and adolescent patients.
2. Explain the role of structure, treatment contract and use of self in leading groups for child and adolescent patients.
3. Create a group model for working with child and adolescent patients.

VII. “Conscious and Unconscious Body Speak in the Group Process”

Nanine Ewing, PhD, ADTR, CGP, FAGPA

Micki Grimland, LCSW

In this experiential group process, the focus will be on the nonverbal cues and body responses that bring immediacy and connection to impulse and response. Embodied experience is the lifeblood in a dynamic group as it navigates closeness, connection, communication and aggression. Individually and in the group process, people will experience how their body speak, and process that in the context of the group.

Objectives

1. Demonstrate and describe body reactions to different emotions that emerge in the group process.
2. Identify how unconscious reactions are experienced in the group experienced in the group.
3. Describe ways unconscious feelings reveal themselves through their body.
4. Recognize how feelings are expressed nonverbally through the body.

VIII. “Authentic Movement Process: A Jungian Approach to Psychodynamic Groups”

Michele Lees, BC-DMT, LPC

Authentic Movement Process and other expressive arts materials will be integrated into this psychodynamic group to enhance the individual's and the group's experience. Verbal interaction and processing will unfold in natural evolution. We will explore conscious and unconscious contents of the individual and the group into relationship with one another, in that place where matter and soul merge, with safety and joy over the time we share together.

Objectives

1. Define and demonstrate both cognitive and non-verbal communication skills through the Authentic Movement Process.
2. Identify principle methods of a Jungian approach to psychodynamic groups.
3. Utilize a Jungian approach to the transference and counter-transference.
4. Describe, discern, and experience projections, and the withdrawal of projections in this Jungian psychodynamic group, through Authentic Movement Process.

IX. “The Power of Gender Identity Validation in Women’s Psychotherapy”

Melanie Flint, LCSW

This group will outline how the women's group is formed and formatted to create a desirable dynamic for participation, relational capacity, and empathy. We will explore the ways in which women's psychotherapy groups provide a corrective experience, the ability for self-empathy, gender validation and a capacity for mutually empowering relationships.

Objectives

1. Identify women's group formation and group phases.
2. Identify and illustrate importance of gender identity validation.
3. Demonstrate building empathy for self/others as corrective experience in women's group psychotherapy.

One Day Specific Topic Groups

X. “Facilitating Addiction Treatment Groups”

(Offered Saturday Only)

Ava Profota, LCSW

Jacob Porter, ThM, MDiv, PSAP

Doris Gardner-Wilson, LMSW, LCDC, EMDR-II, Candidate

Group for addiction recovery is different in some ways and similar in others to process groups. Many of the same principles apply. The major differences are structure and intent: very structured, psycho-educational, task specific, utilizing copious amounts of feedback and directed at motivating a change in client behavior.

Objectives

1. Facilitate a beginning addiction recovery group.
2. Apply the principles of addiction recovery groups to any group setting.
3. Give appropriate feedback to a client in an addiction recovery group.
4. Field and redirect optimal feedback from group peers.

XI. “Treatment of Body Image Issues in a Group Setting”

(Offered Saturday Only)

Megan E. Brannan, PhD

Theresa Fassih, PhD

Research suggests negative body image is the last symptom to remit in patients with eating disorders. Patients must learn to accept negative feelings while focusing on improving nutritional self-care. Integrative approaches for helping patients learn to accept their bodies using evidence-based techniques and peer support will be presented.

Objectives

1. Define the various and complex components that comprise body image.
2. List the goals of body image work.
3. Identify and use methods and strategies for treating body image issues.
4. Educate clients about what to expect with the treatment of body image.

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