

## **HISTORY OF EDUCATION AND TRAINING COMMITTEE**

**by Sandy Jackson**

In the early years of HGPS, the founding members created an extensive Group Therapy training program that provided participants with didactic and experiential training as well as supervision. There was a large group of faculty members; brochures were printed that offered various courses. These courses were divided into two years of two semesters each for a total of 120 hours and included Lecture Series, Personal Group Experience, Clinical Practicum, Supervision, and Consultation. There was a minimal tuition charge for each series.

The Lecture Series included the history of group psychotherapy, group dynamics, developmental phases of group therapy, preparation and selection of group members, and termination of groups.

The Personal Group Experience allowed for candidates to gain an effective experience in the interpersonal process of group dynamics. Members had an opportunity to examine their own behaviors and feelings as group members, to learn their effect on others in the group, and to experience and gain more understanding of the different levels of interaction in a small-group situation.

The Clinical Practicum provided candidates with an opportunity to observe, experience and conceptualize member to member, member to leader, and leader to member interaction in a therapy group. The candidate was assigned to one of the group's faculty members and served as his/her co-therapist.

The Supervision required a minimum of fifty hours either individually or in a group over the two year period. Matriculated candidates were expected to conduct on-going therapy groups during the two-year training program. The supervision of the candidate's group therapy was arranged individually. Consultation with Faculty Advisors. Advisors were assigned to every 3-4 candidates for periodic consultation and evaluation. Participation in the HGPS Annual Institute was a requirement of this Training Program.

The second year offered courses in Family Therapy, Contemporary Therapy Modalities such as Tavistock, Family of Origin, and Gestalt, and continued with the Practicum, Supervision, and Consultation portions of the course.

A Certificate of Group Therapy training was offered at the completion of the two-year program. This was prior to the CGP (Certified Group Psychotherapist) certification that was subsequently offered by AGPA. These extensive courses ended in 1989.

In the 1990's the AGPA Twelve Hour Core Course was introduced and continues to the present. In addition, courses were offered in Advanced Therapy and Practice, Special topics such as Group treatment of Children and Adolescents, Group therapy with Chemically Dependent persons, and Couples group psychotherapy were offered. Supervision groups were available.

Track I and Track II courses as presented by AGPA were also offered to all clinicians who had an interest in group psychotherapy. At that time, and continuing to the present, HGPS offered a

yearly Institute and Brown Bag sessions (with speakers) four times a year. These were the responsibilities of separate committees. Brown Bags were offered before the Board Meetings and tended to offer more varied and light topics.

Update: As of 2023, the Training Committee made a shift away from the Brown Bag format to a Continuing Education (CE) format. Sessions are being offered more frequently rather than being offered only on Board Meeting days. These sessions continue to provide didactic and experiential training opportunities in group psychotherapy. These functions are made available to members free of charge and to non-members for a minimal charge. In addition to the CE sessions, the training committee also offers the Core Principles Course which is a 15-hour introductory course on group psychotherapy.

Here are a selection of Brown Bag and Institute trainings offered by HGPS going back to 2010:

- January 10, 2010 BB: "Making Empathy Concrete: Using Art Therapy as a Tool to Explore Empathy" by Joanna Smith
- **April, 2010 HGPS Institute: "The Group as Movie Screen: Projective Identification in Film and Television" by Joseph Shay, PhD**
- September 10, 2010 BB: " Eye Movement Desensitization and Reprocessing" by Gael Thompson, M.Ed, and Susan Packwood, LCSW
- November 10, 2010 BB: " An Overview of Dialectical Behavior Therapy" by Sherry Poole, LPC, Denise Estrin, LCSW, and Martha Fontana, LCSW
- **April 7-8 2011 HGPS Institute: " Constructing Sexuality: How Clients Do it and How Group Therapists can Observe, Discuss, and Use it: by Marty Klein, PhD**
- Sept. 9, 2011 BB: "Sex Addiction" by Vicki Palmer, LCSW
- Sept 30, 2011 BB: " Breakthrough Moments in Psychotherapy Using Accelerated Experiential Dynamic Psychotherapy: An Introduction to AEDP Theory and Technique" By Steve Shapiro, PhD
- Nov. 11, 2011 BB: "Corporations on the Couch" by Jo Tervalon, LCSW, Frank Gittess, MD, Gary Globber, MD, John Reed, Phd, Cindi Walker, MA
- July 13, 2012 BB: "Intervention -- In Substance Recovery" by Virginia Hoops, BS and Heidi Heard, BA
- Sept. 14, 2012 BB: "Group Psychotherapy for Chronic Illness and Pain Management: by Lynn Goode, LMSW and Catherine Boswell, PhD
- Jan 11, 2013 BB: "Meditation and Medication: An Odd Couple" by Alejandro Chaoul, PhD

- **May 2-3, 2013 HGPS Institute: "Difficult Scenarios in Group Psychotherapy" by Jerry Gans, MD**
- Sept, 13, 2013 BB: "Boundary Considerations in Group" by Victoria Jones, MEd, Michele Lees, MA, Richard Newman, LCSW
- Jan, 10, 2014 BB: "Eating Disorders and Group Therapy: Some Food for Thought" by Linda Chase, LCSW, Jana Rosenbaum, LCSW, Rachel Eddins, MEd
- **April 10-11, 2014 HGPS Institute: "Interpersonal Neurobiology and Group Therapy: An Attachment Theory Perspective" by Philip Flores, PhD**
- July 14, 2014 BB: "The Role of Group Therapy in Chemical Dependency Treatment" by Andrew Krieger, LMSW
- Sept, 11, 2015 BB: "The Cultural Mother in Group Psychotherapy" by Paul LePhuoc, PhD
- January 8, 2016 BB: "Unmasking the Magic of Support Groups" by Jennifer Markey, PhD, Sarah Aguirre, LMSW, Carl Dunn, Elizabeth Rose, Angelina Hudson, Marian Mankin, LCSW, James Sargent, LCDC
- **April 14-15, 2016 HGPS Institute: "Relational Approaches to Group Therapy: The Power in Moments of Meeting" by Haim Weinberg, PhD**
- July 8, 2016 BB: "The Miner's Gold: Transference and Countertransference in Group Psychotherapy" by Micki Grimland, LCSW and Nanine Ewing, PhD
- Sept, 9, 2016 BB: "Bringing Dialectical Behavior Therapy Skills Groups to Life" by Jennifer Markey, PhD
- Nov. 11, 2016 BB: "The Wonders of Group Life" by Patricia Barth, PhD, William Moore, MD, and Franklin Gittess, MD
- Jan, 13, 2017 BB: "The Tavistock Method: AK Rice, Group-as-a-Whole, Tavistock...confusion abounds" by Elizabeth Knight, LCSW and Raymond Lewis, MSW
- Sept. 8, 2017 BB: "The Aftermath of Hurricane Harvey: Where Do We Go From Here?" by Helen Chong, LCSW and Daniel DeBrule, PhD
- Nov. 10, 2017 BB: "Caregiver's Narratives: Empathy, Fatigue and Resiliency" by Thomas Stone, Jr., PhD and Robert Kalter, MD
- Jan, 12, 2018 BB: "Boomers, Xers, Millennials, iGens in Group Psychotherapy" by Christine Henry, PhD

- Sept. 14, 2018 BB: "Breathing Life into Starting, Sustaining and Resurrecting the Art of Group Leadership an Invitation to Community Discussion" by Amanda Yoder, LCSW and Robert White, MD
- **October 9, 2018 Institute: "Diversity within Diversity--the Intersection of Identities Within Groups" by Sandra Lopez, LCSW**
- January 11, 2019 BB: "Transference Love: An Artificial Rose" by James w. Lomax, MD
- July 12, 2019 BB: "Using Family of Origin Buttons in Group Work" by Crystal Collier, PhD
- Sept. 13, 2019 BB: "Archetype, Individuation, and Free Will" by John Price, PhD
- January 10, 2020 BB: "Are We Neglecting Trust?" by Jon Allen, PhD
- September 11, 2020 BB: "Building LGBTQ+ Cultural Awareness in Your Groups & Individual Practice" by Brittany Burch, LCSW -- Kara Grant, LPC – Becca Whitson, LCSW
- November 13, 2020 BB: "The Impact of Self-Destructive Behaviors on the Therapeutic Relationship and Attachment from a Group Standpoint By Terry Fassihi, PhD and Noblet Davidson, LCSW
- January 28, 2021 BB: "Navigating Intersectionality in Groups: Identity is More Complex Than it Seems! By Andrea Washington, LCSW-S, CSAT, CDWF
- **April 2021 Institute: "Emotional Availability in Group: Expanding the Capacity for Intimacy in Group Members and Leaders" by Jeffrey S. Hudson, MEd, LPC, CGP, FAGPA/ Ethical Presentation: "Considerations for Effective Interracial Group Psychotherapy Practice" by: Jane Okech, PhD, NCC**
- July 9, 2021 BB: "Race and Facilitated Discussion Groups" by Bill Prasad, LPC-S, LCDC
- September 10, 2021 BB: "Somascapes, Drawing from the Body: An intimate engagement with the Self" By Merilee Minschew, MAAT, LPC
- November 12, 2021 BB: "Ordinary People: Loss and Grief in the Family System" by *Jamie L. Loveland, PhD, LCSW & Ellen Saftier, LCSW*

- February 12, 2022 BB: “A Tour through the *No Surprise Act* and More: Legal and Ethical Quandaries for the Clinician” by *Amanda Ellis, JD*
- **April 2022 Institute: “Transforming Group Leadership: The intersection between ethical practice, leader identity, and the power of the here-and-now” by Jane Okech**
- July 8, 2022 BB: ““Couples and Group Work from an Emotionally Focused Therapy Perspective” by Brittany Burch, LCSW-S, LCDC, CGP
- September 8, 2022 BB: “Psychedelic-Assisted Group Psychotherapy” by Chris Stauffer, MD & Wright Williams, Ph.D., ABPP
- Nov 11, 2022 BB: “Working with Clients’ Spirituality as a Group Psychotherapist” by Sue Barnum, MA, LPCC, TEP, CGP
- January 19, 2023: “Working with Patients to Find Purpose in Group Psychotherapy” by Robert Hilliker, LCSW-S, LCDC
- **April 27-29, 2023: “It's Not about the Rupture, It's about the Repair” by Daisy Reese, LCSW and Peter Cole, LCSW/ Ethics Presentation: “Enacting Racial Justice Through the Exploration of Diversity, Bias, and Our Lived Narratives” by Archandria Owens, PhD**
- May 12, 2023 BB: "The Psychology of the Skin: Integrating Mind, Body, Skin and Psyche in the Therapy Room” by Stacy Nakell, LCSW, CGP
- June 2, 2023: “Case Consultation: On-Going Support for Group and Individual Psychotherapists: A Live Interactive Experience” by Naomi Rosborough, LPC-S
- June 23, 2023: "Modern Group Psychoanalysis: An Introduction to Theory and Technique” by Sheri Nevins
- August 3, 2023: "Immediacy and Resistance in the Modern Analytic Group” by Thomas Masat, LMFT, CGP
- October 6, 2023: "Oedipus in Most of Us: Wounded Parents and the Therapists They Raised” by Allen Lambert, LCSW-S, CGP
- December 7, 2023: "When the Group Leader is also the Individual Therapist: Considerations for Combined Treatment" by Justin Hecht, PhD, CGP
- January 26, 2024: “Helping Every Group Client Grow: Working with Difficult Resistances in Group Therapy” by Pierre Choucroun, PhD, LPC-S, CGP
- February 9, 2024: “Finding Each Other in a Crowded Room: Integrating IFS with Interpersonal Group Therapy” by Annie Weiss, LICSW, CGP

- **April 2024 Institute: “The Dream of Group Psychotherapy” by Justin Hecht, PhD, CGP Ethics Presentation: “Cultural Competency - The Impossible Dream Using Mindful Facilitation to Ethically Engage Cultural Complexities” by Donna Harris**
- June 20, 2024: “Fostering Intimacy and Participant Engagement on the Zoom Platform” by Kimberly B. Harrison, Ph.D.
- September 5, 2024: “Bodies in the Room” by Anna Packard & Jessica Gilliland
- September 10, 2024: Career Paths in Mental Health hosted by Erica Billings, LPC-A and Jennifer Oates, LPC-A
- October 10, 2024: Affect Relational Theory & Group - Addressing Shame & Pride by Scott Conkright
- December 6-7, 2024: “Core Principles in Group Psychotherapy” Course presented by Jennifer Markey, Ph.D, CGP and Brittany Burch, LCSW-S, CGP
- January 17, 2025: “Studying Connection: Exploring the Contact Function in Modern Group” by Ryan Spencer, LMFT, CGP, AGPA-F
- January 31, 2025: “Thou Shalt Not: How Religion Harms and Relationships Heal” by Alyson Stone, Ph.D., CGP, AGPA-F