

PHILADELPHIA AREA GROUP PSYCHOTHERAPY SOCIETY ANNUAL DINNER MEETING

Sunday, September 21, 4 - 7 p.m.

35 Violet Lane, Lansdowne, PA

Somatic Healing and Group Psychotherapy

4-4:15 p.m. Registration
4:15 (promptly) **Presentation**
5:45-7 Dinner prepared by members of the PAGPS board

ABOUT THE EVENT

This year's annual meeting will feature Mediterranean cuisine provided by our host Tom Hurster and other members of the PAGPS board. Please join us for an enjoyable evening. There is no charge for this event, but contributions to help defray expenses will be welcome.

You are encouraged to bring significant others and/or prospective members to this meeting. Just let us know when you respond. To facilitate planning, please contact Elsa Efran (215-242-4234, pagps@verizon.net) by Wednesday, September 17. We cannot guarantee that we can accommodate latecomers.

ABOUT THE PROGRAM

For the last three years, Carrie Culverhouse Neithamer, MSS, LSW, RYT, has been facilitating groups that combine yoga and meditation with a more traditional group therapy format for women with histories of trauma and PTSD. She has also run a group for mental health professionals struggling with compassion fatigue and burnout. In this presentation, Carrie will describe her groups, focusing particularly on the benefits of integrating somatic awareness and healing techniques such as simple body scanning, guided meditation, breathing exercises, or yoga into therapy groups. She will give examples of how dropping down from the head into the heart and sensing one's feelings within one's body can allow for a deeper integration of the insights participants may gain through traditional sharing. (There are no continuing education credits offered for this program.)

Directions to 35 Violet Lane (610-622-4931)

Note: Please park on Lansdowne Avenue.

- From the North (Mainline) Take Lansdowne Ave/Darby Rd. South from the Intersection with Route 1. Continue south approximately 2 miles, crossing State Rd., passing Upper Darby HS, DCMH, Msgn. Bonner/Archbishop Prendergast HS, the "y", and then through the Lansdowne business district. After crossing the intersection with Baltimore Ave., continue south until your third street on the right. This is Violet Ln., a small gravel lane, 100 yards long. Number 35 is the last house.
- From Center City, take Walnut west until 63rd St. Go left and take the first right onto Marshall Rd. Continue on Marshall Rd. through Upper Darby (it will split right as you enter Lansdowne) until you come to Lansdowne Ave. Take a left and follow the directions above, through the Lansdowne business area, and crossing Baltimore Ave.
- From I-95 and the airport area, get off at Island Avenue and take that north until it turns into Cobbs Creek, and continue through the intersection of Main St., Darby (currently closed for track repairs) until the next light which is Church Ln. Take a soft left onto Church Ln. and take Church Ln. through the Yeadon shopping district, turning left onto Bailey Rd. at the firehouse. Take Bailey to Lansdowne Ave., turn right, and go through the light at Providence Rd. Violet Ln. is your second street left after Providence Rd. (the second left as you enter Lansdowne).
- From Media/Springfield, Delaware County, take Baltimore Pike east, through Springfield, Clifton Heights, and into Lansdowne. Take a right onto Baltimore Ave. Violet Ln. is the third street on your right.

Save the date! Friday, November 7, 2014

Time, location, and number of CE credits to be announced.

Nina Thomas, PhD, ABPP, CGP will present on working with trauma in groups.