

PHILADELPHIA AREA GROUP PSYCHOTHERAPY SOCIETY
presents

Who, What, Why? Working With Trauma in Group Psychotherapy

Nina K. Thomas, Ph.D., ABPP, CGP

Saturday, February 7, 2015

9 a.m.–3:30 p.m.

Registration begins at 8:30 a.m.

Temple University Center City
1515 Market St. Philadelphia, PA 19102

(bring photo ID to enter the building)

5 CE credits for Psychologists, Social Workers,
Marriage & Family Therapists, & Professional Counselors

THE PROGRAM

This didactic and experiential workshop will familiarize participants with how to handle the particular difficulties of running a group where trauma histories, overt or masked, play a prominent role in members' relatedness to others. Dr. Thomas will address issues essential to working with traumatized individuals in group, including:

- Difficulties with affect regulation
- Experiences of shame, isolation, and separation
- Sequestration of trauma histories
- Freeing clients from their frozen pasts
- Group therapy's role in enabling clients to break through their social isolation through the discovery of commonality with others

OBJECTIVES

At the conclusion of the program, participants will be able to:

1. Identify three challenges in working with traumatized patients in group psychotherapy
2. List qualities in patients that make them good candidates for trauma-focused groups
3. Describe the unique countertransference issues facing a group therapist working with traumatized patients

THE PRESENTER

Nina K. Thomas, Ph.D., ABPP, CGP, is Adjunct Clinical Associate Professor and Chair, Specialization in Trauma and Disaster Studies, New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. For more than 25 years she has worked with and written about patients with trauma histories including sexual abuse and the trauma of war. She has presented extensively on trauma, including for the American Group Psychotherapy Association (following the 9/11 attacks); in Swansea, Wales (following the London bombings); and for the International Association of Relational Psychoanalysis and Psychotherapy (on the aftermath of political trauma). Dr. Thomas is on the Editorial Board of the *International Journal of Group Psychotherapy* and was previously on the board of the journal *Group*. Her article, "There's always a villain to punish: Group contributions to violence and its remediation," will be published in the January 2015 issue of the *International Journal of Group Psychotherapy*. Dr. Thomas conducts study groups and maintains a private practice of psychotherapy and psychoanalysis in New York City and in Morristown, New Jersey.

SCHEDULE

8:30 a.m.—registration and continental breakfast

9–11:30 a.m.—workshop

11:30 a.m.–1 p.m.—lunch (on your own)

1–3:30 p.m.—workshop

REGISTRATION INFORMATION

\$ 125 for members of PAGPS and Philadelphia Society of Clinical Psychologists

\$ 150 for non-members

\$ 85 for students/interns

Registration deadline: February 1.

Cancellations received at least five working days before the event are refundable, minus a \$10 processing fee.

To register, send a check made out to PAGPS to:

Elsa R. Efran, 310 E. Gowen Ave. Philadelphia, PA 19119-1022

or register and pay by PayPal on our website (pagps.org/calendar.htm)

CONTINUING EDUCATION

PAGPS offerings are designed for mental health professionals and deal with topics that are usually underrepresented in graduate training programs and/or that provide additional, advanced, and newly emerging perspectives on group therapy theory, research, and practice. This program is intended for mental health professionals at a post-graduate level.

This program, when attended in its entirety, is available for 5 continuing education credits. The Philadelphia Area Group Psychotherapy Society (PAGPS) is approved by the American Psychological Association to sponsor continuing education for psychologists. PAGPS maintains responsibility for this program and its content. PAGPS is also approved by the PA State Board of Social Workers, Marriage & Family Therapists & Professional Counselors to offer continuing education for social workers, marriage & family therapists, and professional counselors. This program carries 5 CE credits.

Attendees can also receive 5 credits towards recertification for the National Registry of Certified Group Psychotherapists (CGP).

PAGPS is committed to accessibility and non-discrimination in its continuing education activities and will conduct its activities in conformity with the American Psychological Association's Ethical Principles for Psychologists. To arrange accommodations for additional special needs, please contact Elsa Efran, PAGPS Administrator (215-242-4234, pagps@verizon.net)

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenting organizations, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

ABOUT PAGPS

The Philadelphia Area Group Psychotherapy Society provides a forum for the exchange of ideas, theories, studies, research, information, and experience in group psychotherapy. Members come from all over the Philadelphia region, including the city of Philadelphia as well as surrounding areas in Pennsylvania, New Jersey, and Delaware. Members may list their groups on the PAGPS website (pagps.org).

PAGPS is an Affiliate Society of the American Group Psychotherapy Association (AGPA). PAGPS celebrated its 60th anniversary in May, 2013. For more information about joining PAGPS, e-mail us at pagps@verizon.net or call 215-242-4234.

REGISTRATION (please print CLEARLY)—or register online at pagps.org/calendar.htm

Feel free to duplicate this form as needed for additional registrations.

Name _____ Degree _____

Street _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Field: Psychiatry Psychology Social Work Counseling Other _____

PAGPS & PSCP members \$ 125 _____

Non-members \$ 150 _____

Graduate students/interns \$ 85 _____

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