



Chronicle

L'Association Canadienne de Psychothérapie de Groupe

Volume 18, Issue No. 1

Winter 2003

**CLOUT, CONSULTATION, REPORTS AND HUMOUR,
THE CHRONICLE HAS IT ALL!!!**

The [Canadian Group Psychotherapy Association \(CGPA\)](#) is a vibrant multidisciplinary association of group therapists who work together to foster and provide education and training for mental health professionals interested in group psychotherapy across Canada. CGPA aims to encourage research in group psychotherapy; to set national standards for quality in training, practice and research; and to gather together Canadian group psychotherapists from various disciplines in a spirit of professional development, mutual learning and collegiality. Membership is available both to professionals who practice group psychotherapy and to students in this field.

The [Canadian Group Psychotherapy Foundation \(CGPF\)](#) is a charitable, non-profit organization whose goal is to support public education, training and research regarding group psychotherapy. The Foundation publishes and distributes pamphlets about group psychotherapy; publishes research studies; sponsors the annual public Julius Guild Memorial Lecture at the annual CGPA Conference; finances projects to improve group psychotherapy; funds research and policy studies; and awards grants, bursaries and scholarships. All Associate and Full members of CGPA are also voting members of CGPF.

SUBMISSION DEADLINES FOR FUTURE PUBLICATIONS:

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June 30, 2003**

PLEASE SUBMIT CONTRIBUTIONS TO EDITOR:

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NEW PRESIDENT'S MESSAGE

Linda Goddard, MA, FCGPA, Calgary, Alberta

It is an honor to be in a leadership role with CGPA, an organization that I have valued greatly since joining in 1981. Involvement with the national executive over the past several years has been enjoyable and inspiring, and has eased the transition. I must however confess that becoming president of this organization, and becoming a grandmother in the same year, has left me feeling rather "mature".

I credit my predecessors Tony Joyce and Allan Sheps for leadership that actively promoted an optimistic, productive and collaborative climate. Following Allan's stewardship leaves big shoes to fill. Allan brought a high level of energy and focus to the position. The previous executive did an exemplary job beyond the requirements of their positions. CGPA thanks the contributions of:

Tony Joyce	Past- President
Linda Weaver	Secretary
Neleena Popatia	Treasurer.

I would like to take this opportunity to introduce the new executive:

Allan Sheps	Past President
Linda Weaver	President – Elect
Terry Simonik	Secretary
Ruth Zetner	Treasurer

I am delighted to have support and input from the executive along with a dedicated council. In November, the Calgary Section organized a membership meeting with the purpose of having members who attended the National conference share their reflections and experiences. It proved to be an energizing evening. The enthusiastic discussion pertained to how the conference workshops provided an opportunity for learning and revitalization, along with the intrinsic reward of connecting with group therapists from across the nation. The conversation resulted in a re-emerging interest in meeting on a more regular basis at the local level. The Edmonton Program and the Local Arrangement committees jointly spearheaded a highly rewarding and dynamic conference.

The new executive has hit the deck running to follow through on initiatives identified by the former executive. Task forces have been established to address two target areas within the organization:

1. Membership- recruitment and retention
2. Review of the current conference format.

The committee members bring experience and expertise and provide representation from regions across the country. I would like to encourage the general membership to forward their ideas to the task force chairs; Linda Croll – Membership, and Linda Weaver – Conference Format. Another committee that has gained some momentum over its two years in operation is the Social Action Committee. I would like to see this committee continue to formulate a clear mandate. The former chair, Terry Simonik provided the committee with a vision of the possibilities and boundary conditions. This was further developed at the Social Action meeting chaired by Tony Joyce during this year's conference.

The strength of our organization lies with the health of the sections. Allan Sheps is interested and willing to assist two existing sections to expand their presence. It is my goal over the next two years to both encourage the development of up-and-coming sections as well as promote growth within existing sections.

ERRATA

In the Fall 2002 Issue, **Judy McEachern** was mistakenly identified as an RPN. Judy actually has a **B.Sc.N.**

FROM THE EDITOR: **B. Colleen Eggertson, M.Ed., Calgary**

The **Program Submission Form** is on **pages 23 & 24** at the back of this issue. This is your opportunity to submit a proposal to present at the CGPA Annual Conference in Toronto in October 2003.

The CGPA Chronicle is distributed to approximately 275 people for each issue, with three issues a year. The total cost this year was \$3,723.38. This works out to \$4.51 per person per issue, or \$13.54 per person per year. This coming year will be less expensive as several people have indicated they would like to receive the Chronicle via email.

This year we have been able to publish a trainee paper by **Dolina Watson**. We are working on getting more submissions of trainee papers. Even if your paper was written several years ago, please consider having it published. Many articles in professional journals were written much earlier.

In this issue, please see **John Salvendy's** article, "**Exerting Clout in Supervision: A Triadic View**" below, exploring the changes in power dynamics and influences of the parties involved in supervision. On page five, **Pam Wener** answers a question regarding group dynamics in the "**Dear Consultant**" column, reprinted from the Manitoba Section newsletter. See page 21 for **Dave Granirer's** article, "**Laughing It Off: Using Humor to Stop Self-Defeating Behaviors.**" On page 24 you will find **Ruth Zetner's** master's thesis abstract, "**Cancer Caregivers: Here & Now. Brief Group Social Work Intervention for Caregivers of People with a Life Threatening Illness.**" As well, this issue includes several 2001-2002 annual reports to the members from the Executive and the Committee Chairpersons of CGPA.

Exerting Clout in Supervision: A Triadic View

John T. Salvendy, M.D., FCGPA

This paper broadens the traditional view of supervision as an apprenticeship-like hierarchical situation between the supervisor and the supervisee, to include the third party involved – the institution (hospital, agency or training program) in which it takes place. Furthermore, the author views the threesome relationship as interdependent and reciprocal. Contemporary social trends make such a comprehensive conceptualization necessary. The above three components and their impact on the supervisory process are explored separately but the feedback elements built into the system are reviewed as well.

The institution is seen as an important "absentee landlord", which shapes many aspects of supervision. It often determines the selection and orientation of supervisors, their remuneration, status and career. In addition, the institution can determine the patient selection for the trainees, the budgets allocated for supervisory purposes, the number and appropriateness of the rooms allocated for groups run by the trainees – to name just a few.

Supervisors have traditionally been seen as the powerful gatekeepers in psychotherapeutic training programs. Studies of this author and of others identify the supervisor as the major influence for the group therapy trainee, significantly effecting

their future modes of practice. However, many supervisors have not been specifically educated to supervise and often are much better therapists than teachers. This is seen as a major shortcoming in training programs, along with often lacking a quality control system. Such gaps can have deleterious effects on the trainees in a non-exact discipline such as group psychotherapy. Dogmatic, inflexible, authoritarian or morally and ethically unsound supervisors are often overlooked until major damage has been done.

The impact of supervisors is fortunately usually beneficial and supportive. They can lift the supervisee's morale when dealing with a particularly difficult patient or after a stressful and demanding session. In principle they can offer organizational advice in addition to didactic comments and focusing on countertransference issues.

The last decade has witnessed a mushrooming of the supervisee's clout. After toiling for decades as the "junior partners" in the supervisory process they have increasingly become vociferous and influential consumers. This has led to a shift in the balance of power, whereby both the institutions

and supervisors had to descend from their pedestals. These changes have been brought by a democratization of the training curricula in most disciplines and a keener competition, which has been fueled by the proliferation of numerous supervision programs of different orientations. Consequently institutions were forced to be more responsive to the supervisees' wishes and needs if they wanted to retain their quota of trainees. Concomitantly supervisors have to accept increasingly, if reluctantly, evaluations by their supervisees. In many instances recurrent critical assessments by the supervisees can negatively effect the career of the supervisor. The risk is, however, that the foundations may have been thus laid for a possible mutual popularity contest between the supervisors on one hand and supervisees on the other. To avoid this and assure a fair reciprocal evaluation the timing and confidentiality of the assessment procedures are crucial.

In summary, a good training program will strive to establish a balance between the institutional, supervisory and supervisee's interests by keeping its internal quality control mechanisms alert and feedback opportunities open to all participants.

"Dear Consultant"

Pam Wener, M.Ed., OT (C), Manitoba

"Dear Consultant" is a feature of the Manitoba Section newsletter where the readers are invited to write in posing a question about group therapy, group dynamics or about a specific problem in a group setting. The newsletter editors then approach various CGPA members to offer a response to the problem. Reprinted with permission.

Dear Consultant:

Two members of my adult group on depression commute together to each session. I get the strong impression that these two members are doing "pre- and post-group discussion" during their travel time? How can I address this issue with these members and what are some of the implications for the group as a whole, depending on how this is handled?

Signed,

Concerned but Cautious.

Dear C&C:

I agree with your approach: concerned but cautious. Your intervention on this issue depends on a number of factors, the first one being the stage of development the group is at, and secondly, what dynamics of sub-grouping you may be observing.

At the beginning stages of group life, the group needs facts: inform them that the two people are commuting to group together, and then leave it.

At a later stage of development, when themes of sub-grouping arise in group interactions, you may offer the observation, without judgement, that the special relationship between these two people might be having an impact on the group as a whole. One of the purposes for members being in the group is to develop self-understanding and to begin to observe and understand how their behaviour affects others. The two "commuters" will have the opportunity to hear the group's reaction to them and will be able then to choose how to choose how to change, or not change their behaviour in response to this feedback.

Your role is to allow this information to become group business and to enable it to unfold over time. Part of what makes a group constructive or destructive is how members respond to challenges to group cohesion. Rather than to proscribe behaviour or to make rules about what should and should not happen, you as the leader can turn this interesting challenge into an opportunity for the group to grow by dealing with this issue themselves.

Reprinted by permission from: **CGPA Manitoba**, Volume 5, Issue 2, March 2001, pp. 2-3.

The CGPA Chronicle is now starting a “Dear Consultant” column. Do you have a group issue you would like to air and get some ideas on? Send your questions or dilemmas to “Dear Consultant”, c/o eggertson.gray@shaw.ca. Write to 615 Queen Charlotte Dr. SW, Calgary, AB T2J 4T4

Linda Weaver, Ph.D., C. Psych.

Awarded Fellowship

Presented by Linda Goddard, MA, FCGPA

Dr. Linda Weaver has made significant contributions to group psychotherapy and to CGPA. She has held several positions with the organization at the section and national level. Professionally, she has contributed through her clinical practice, supervision, and extensive presentations.

Linda did her studies at the University of Calgary, completing her doctorate in Psychology in 1989. Her schooling took an interesting turn with her receiving a Master of Environmental Design. During her student days, she balanced the demands of her studies with being a dedicated mother of three.

On the heels of Linda's Ph.D., she enrolled in the Calgary Group Therapy Training Program. At the time, I had the privilege of supervising Linda's group work. I recall being impressed by her innate ability to attend to process as it applied both to the group as a whole as well as the parallel process. Her sensitivity to group process continues to serve her well in her professional life.

Linda specializes in both Neuropsychological Assessment and Group Psychotherapy, working mainly with people over 65. These distinct areas of practice speak directly to Linda's breadth of skill and expertise. As a neuropsychologist within the Calgary Health Region, she practices, consults, and supervises. Through her private practice she provides neuropsychological assessments for medical-legal purposes. In her group psychotherapy with the senior population she applies a psychodynamic approach, an application few therapists attempt with this age and stage. I

recently had an opportunity to observe Linda's group leadership, something I hadn't done since her group therapy training days. I was struck by her comprehensive understanding of the patient's dynamics, the level of group cohesion, and the provision of corrective experiences during the course of the session. A particularly noteworthy group therapy contribution is her development of an innovative and effective group approach used in treating the cognitively impaired client.

Linda is an Adjunct Associate Professor in the Department of Psychology at the University of Calgary, and a supervisor with the Psychology Internship Program. The following statement is an intern's reflections on her group therapy supervision that she received from Linda, "Linda's style is like a gentle breeze – a gentle energy that opens doors you didn't know were closed and supports movement through them."

Linda is dedicated and hard working, evidenced in the roles she has accepted with the organization and has carried out in an exemplary fashion. She has served as Section President, on Local Arrangement for conference '95, co-chair of CGPA's anniversary conference in '99, Constitutional co-chair; and on the national executive as Secretary and currently as President – Elect.

Linda was presented with the Fellowship award at CGPA's 23rd annual conference. The high regard in which the Canadian group community holds her was highlighted by the standing ovation she received. Congratulations Linda Weaver, Ph. D., C. Psych., FCGPA!

VOTES ON CONSTITUTIONAL AMENDMENTS CGPA ANNUAL MEETING, OCTOBER 2002

Three motions were made to amend CGPA By-law No. 1 (The Constitution) at the 2002 Annual General Meeting.

- (1) It was moved that Articles 8.05, 8.07 and 8.09 of By-Law No. 1 be amended to include after the words “next preceding the application”, the words “and is not gainfully employed in the practice, research, or teaching of group psychotherapy, and has reached the age of 65 years”. **Defeated.** There was discussion that other organizations confer retired status on members at the age of 65 and onwards, regardless of whether or not the person is still practicing.
- (2) It was moved that Article 10.05 be amended to include the classes of Associate member and retired Associate member. **Carried.**
- (3) It was moved that Article 10.05 be re-written as follows: “The Council, as it may determine from time to time, may grant to a Section, for the furtherance of that Section’s aims and activities, a proportion of the membership dues paid to the Corporation by the members of that Section. Council may also elect to make extraordinary grants to a Section upon that Section’s request, if approving such a grant will result in substantial benefit to the Corporation and the Section. When urgent conditions require, and when the interests of the Corporation will be so promoted, such a grant may be made by unanimous vote of the Executive. Sections retain the right to raise funds locally, in any form required, for the furtherance of their own aims and activities.”

President’s Annual Report 2001-2002

Allan Sheps, MSW, RSW, FCGPA, Toronto

This year has been a year of relative stability and consolidation for CGPA. There were few substantive issues to be dealt with during the year. Those that did emerge were largely dealt with through a consensual model within the executive. Emails would fly back and forth with comments appended and ultimately a decision would be made. Given the hard working executive members and their willingness to contribute to the process, this model proved quite effective.

Due to the hard work of Winnipeg’s LAC and Program Committees we had a very satisfying follow up to the successful Vancouver conference. This helped our treasury achieve a stronger surplus position, which, in turn, will enable us to consider new ways to help grow C.G.P.A. During this past year I have worked closely with the program committee during its planning phase and have lent my support to the Local Arrangements committee to deal with emergent issues. I have also consulted

with several of the committee chairs, and have tried to offer my input whenever it has been requested.

The Executive again held a mid year executive meeting in Edmonton. It provided an excellent opportunity to discuss a wide range of issues that had come up during the previous 6 months. It also served to help support the local arrangements group, offered some workshops to Edmonton section, encouraged prospective new members to participate in LAC, and created a bit of “buzz” about the conference.

The Executive was quite distressed at the resignation of our service provider, Manuel Belmonte. It meant that other council members (Neleena in particular) had to pick up the slack in order to maintain the national mailing list and respond to the needs of the sections and the membership throughout the year. Tenders for the service provider position will be closing September 30, 2002.

Part of the work this past year involved securing a location for the National conference in 2003. Originally we had hoped to hold the conference in Montreal but research indicated that there wasn't sufficient local support. We are fortunate that the Toronto section agreed to host the conference. Sally Erdogan, Toronto Section President and Karen Feinstein have stepped forward to co-chair the Local Arrangements Committee. One recurring issue during conference planning discussions has been the question of how long we can continue offering multi-day conferences when we continue to approach the same people to provide our manpower resources year after year. The last few years we have had successful conferences both from a learning and collegiality perspective as well as from a financial perspective for the organization. On each occasion securing adequate manpower resources has been a challenge. I hate to think of where this will leave us down the road. Following our east-west pattern Banff/Calgary emerges as a possible host for the 25th Anniversary conference in 2004.

Fewer conference dollars and higher airfares have resulted in fewer participants crossing the country to attend. With the exception of Banff (our 20th anniversary conference) there has been more of a local/regional attendance at the conference during the past few years. As the conference attendance has settled in at the 100-125 average over the past few years, the question has been asked whether the format of the conference should change. A membership questionnaire in 1998 suggested that people liked the conference as it was. The ongoing concerns expressed by the people who are called upon to co-chair LAC and Program can't be ignored. Accordingly the conference has been shortened somewhat for Edmonton and current plans, subject to a discussion at Council, are that this format will remain in effect for Toronto.

Other suggestions that have been proposed include:

- *moving away from a combined institute/conference format and toward a 2 1/2-day conference;

- *dispensing with the day long council meeting and having a shorter meeting with the understanding that councilors may or may not be able to attend (subsidize executive members when the conference is not in their region)

- *keep the conference format but only hold a National meeting every **two** years continuing to alternate on an east/west basis. The alternate year could see us holding some smaller scale regional program supported by the National (Institutes, experiential learning programs, keynote speakers etc.)

- *reducing the cost of the conference for presenters.

- *have an internationally known presenter who would draw a large attendance thus limiting the number of workshops which we would have to mount and increase the likelihood of drawing a larger audience.

One method of moving this discussion forward might be to strike a working committee chaired by an executive member with the expectation that it report back to council at the Toronto conference.

Another issue, which emerged during the past year, had to do with supporting section activities through the Section Enhancement Grant. Two requests were received, one from Calgary and the other from the Manitoba Section on behalf of its training program. The Calgary Section request was turned down while the Manitoba Section request was approved subject to meeting some conditions set out by the Executive. The entire issue of providing funding for sections regardless of their size must be revisited and hopefully we will be able to resolve this at council this year.

The opportunity to underwrite training as supporting the future of our organization must also be actively considered.

We need to provide greater opportunities for more of our members to participate at council. At the same time we need to ensure that our council members remain protected under the Corporations Act. Accordingly, an amendment is being proposed to our bylaws that will allow associate members the privilege of sitting on the executive and council.

The issue of the involvement of the membership in the National organization and in C.G.P.A. generally needs to be addressed as well. Programs don't happen regularly in some sections and others have been unable to hold elections to replace their officers. Membership applications have remained at 10 or under during the past few years. Trainees involved with our training programs seem to be ideal prospects for joining C.G.P.A. and yet many do not. I would encourage the new executive to further explore these issues perhaps through the establishing of a task force on Membership Recruitment and Retention.

Whatever objectives this council has achieved in the past 2 years would not have been possible without my conscientious Executive committee. Tony Joyce, Linda Goddard, Neleena Popatia and Linda Weaver have always been there with hard work, opinions, perspective and direction. We've both challenged and supported one another and

through it all have been able to make most decisions on a consensus basis.

I'd like to thank Tony Joyce who has been here, there and everywhere during the past year. Throughout my term Tony often served as my advisor, and was a most helpful Past President. In addition to serving as program co-chair with Joan-Dianne Smith, he has been the chief conference cheerleader in Edmonton. A special thank you must also go to Neleena Popatia. Without having a service provider in place for most of the past year, a lot of responsibility fell to Neleena. In spite of these demands Neleena helped us continue in our direction of greater fiscal accountability. The Calgary connection of Linda Weaver and Linda Goddard were active and thoughtful contributors to our discussions. Linda Weaver's minutes were detailed enough to enable us to move forward effectively between our meetings. Linda Goddard has always been there whenever called upon and I hope that this past 2 years as President-Elect has

helped you prepare for your incoming role as President.

I'd also like to extend my thanks to the members of council who have planned budgets, organized the conferences, co-ordinated and provided leadership to section activities, promoted C.G.P.A., planned training initiatives, welcomed new members to the organization, honoured our members, maintained our web site, published the Chronicle and generally have kept C.G.P.A. both relevant and enabled it to move forward into the new millennium. Many of you have contributed a lot of volunteer hours to our organization over the past couple of years. In addition several of you have served key roles within your own sections.

During the past few years I have had the opportunity to participate in many visioning discussions of what C.G.P.A. is and what C.G.P.A. can be. Many of you have helped extend that vision into reality on several fronts. Thank you



President Elect's Annual Report 2001-2002
Linda Goddard, MA, FCGPA Calgary

The current stability of the organization under Allan's leadership has resulted in a quiet year. An enjoyable task for an incoming president is forming a new executive that represents our national interests. However, this year it has been a challenge to find a nominee for the position of Treasurer. The response from several senior members approached, was that they didn't feel

capable of performing the task or could not dedicated the time or energy required. I wonder, if we need to consider having section presidents involved in recommending nominees (they typically have greater appreciation of the interests and resources within their sections), and allocating some of the Treasurers current duties to the service provider and/or budget chair.

Treasurer's Annual Report 2001-2002
Neleena Popatia, Vancouver

The 2001 Treasurer's Annual Report was ratified by Executive Council in Edmonton, April 2002, and it was circulated to members in the Chronicle.

A Review Engagement for the year 2001 was done by Shokat Virani, Inc. and his report was ratified by Council, signed, and circulated to members at the Annual General Meeting in Edmonton, October 2002. Virani wrote a letter to management on how CGPA's accounting and financial reporting system could be improved. The recommendations should be discussed, and decisions regarding implementation taken by Council.

This treasurer's term of office ends at the AGM on October 19, 2002. It is her hope that the improvements made in the accounting system of this organization during the past couple of years will be sustained and further improved upon.

Respectfully submitted by Neleena Popatia, Treasurer, October 16, 2002.

Balance Sheet

	\$	\$
ASSETS		
Current Assets:		
Cash		55,453.64
Conference Surplus Receivable		-
Loans Receivable - LACs		3,000.00
Total Current Assets		58,453.64
Fixed Assets: (Note 1)		
Computer	-	
Office Equipment	-	
Total Fixed Assets	-	
TOTAL ASSETS		\$ 58,453.64
LIABILITIES & MEMBER EQUITY		
Liabilities:		
Accounts Payable	-	
CGPF Donations Payable	-	
TOTAL LIABILITIES	-	
Member Equity:		
Opening balance	52,908.86	
Add current year surplus	5,544.78	
Ending balance	58,453.64	
TOTAL LIABILITIES & MEMBER EQUITY		\$ 58,453.64

NOTES:

- 1) Capital Assets have been fully depreciated.

Income and Expenses

	\$	\$
INCOME		
Interest		35.34
Membership		21,613.73
Other		80.00
TOTAL INCOME		\$ 21,729.07

EXPENSES

Conference Expense		1,000.00
Executive Committee:		
Meals	186.54	
Phone Charges	77.85	
Postage & Delivery	179.24	
Printing & Copying	5.52	
Supplies	54.46	
Travel	835.78	
Total Executive Committee Expenses		1,339.39
Fellowship Committee		
MasterCard		(8.00)
Membership Processing :		
Postage & Delivery	22.43	
Printing & Copying	-	
Service Provider	-	
Supplies	12.89	
Total Membership Processing Expenses		35.32
Miscellaneous		89.21
Newsletter:		
Other	(16.05)	
Postage & Delivery	919.47	
Printing & Copying	2,686.03	
Supplies	133.93	
Total Newsletter Expenses		3,723.38
Program		
Other	500.00	
Postage & Delivery	1,007.40	
Printing & Copying	2,375.21	
Supplies	50.36	
Total Program Expenses		3,932.97
Public Relations:		
Website	223.79	
Phone charges (1-800 #)	4.02	
Total Public Relations Expenses		227.81
Section Enhancement (Manitoba)		1,000.00
Section Rebates:		
Calgary	1,299.38	
Edmonton	597.00	
Manitoba	424.38	
Ottawa	261.25	
Red Deer	239.38	
Toronto	1,268.13	
Vancouver	754.69	
Total Section Rebates		4,844.21
Training & Education		-
TOTAL EXPENSES		\$ 16,184.29
SURPLUS (DEFICIT)		\$ 5,544.78

BUDGET AND FINANCE REPORT 2001-2002

Jim Merchant, MBA, Chair, Budget & Finance

1. SUMMARY OF BUDGET ISSUES FOR CGPA

- 1.1. The 2002 budget reflects some of the goals of the executive set early in the fiscal year. A primary goal was to deliver a balanced budget. An equally important goal was to invest in activities that will promote CGPA and attract new members. A third goal was to support the local sections in retaining members. The organization is financially healthy at this time. It made sense to fully allocate our forecasted revenue. Therefore, the budget does not anticipate a surplus as last year but instead was an attempt to provide resources to help increase our membership base. This is an investment that will provide the organization with some stability and ensure that our revenue base remains constant.
- 1.2. It is suggested that the Executive consider any overarching goals for the fiscal year 2003 that should be articulated in the new budget.

2. SECTION ENHANCEMENT REQUESTS and SECTION REBATES

There has been discussion about making some changes in the financial structure of the section enhancement requests and the section rebates to provide some incentive for local sections to organize some educational activities or promote group therapy in their community. Several alternatives have been developed and presented to the Executive for their consideration. The executive requested that the scenarios be reduced to two viable alternatives. More details will follow.

Manitoba Section Annual Report 2001-2002

Ruth Zetner, MSW, President

The Manitoba Section has struggled during the past year, post Conference. Our small section hosted a great conference in October 2001, and also launched our Training Program with Module I beginning September 2001, with 10 trainees. With 20/20 hindsight the section collectively has realized that our strongly committed collective was extremely stretched and as yet, has not bounced back. We had a re-visioning meeting in January 2002 and demonstrated to each other the creative energy necessary to continue our commitment as a section. The reality is that we are a very small Section (15 members) and despite hard work, there isn't sufficient person-power to share the load, fill all the vacancies, and attend to all the tasks. Even with wisdom percolating through our section, a planned spring event only garnered eight participants – six of them from the section – and we had to cancel the program.

One evening and moment of joy for the section was a potluck dinner, which was an opportunity to mingle with a mentor who was in town. Anne Oakley graced our section with an opportunity to be interviewed about her beginnings as a group therapist and her current perspective on group therapy. Look for the interview in the next Chronicle.

The Education and Training committee has delivered the first group Training Module I. The group lost one trainee due to a sudden and unexpected death, and the remaining 9 trainees completed the series, with 7 taking the exam in June 2002. Currently, the committee is planning for Module 2. They have received enough trainee applicants and are working hard to create a group for them to observe. They are also proceeding with a second round of Module #1, with 6 or 7 trainees starting this month.

With sparse staffing, the Training Committee relied heavily on support from CGPA faculty from other Sections. Thanks in particular are expressed to Roy MacKenzie, Anne Oakley, and Sam Makail. In addition valuable survival strategies were offered from Anne Mahoney, National Director of Training.

The Training Committee struggled financially in it's first year for several reasons including miscommunication, misplaced mail, inexperience, and an undue reliance on informal discussion, particularly with respect to the Foundation. Many lessons have been learned and we appreciate Allan Shep's efforts to advocate for us and to resolve strained issues between our Section and the National Executive.

It is a struggling state of affairs for this passionate Manitoba Section to be in a slump and yet it is our reality. By the time this report is submitted we will have had our first Section meeting and hopefully we will see our way toward rebuilding. We will be looking for ways in which to promote group therapy at both the general interest level as well as at the formal training level. We will need strategies to attract new people while programming modestly to conserve energy and move forward gradually.

I am happy to hand over the Manitoba Section to the capable hands of the new President, **Dorothy Strang**.

Calgary Section's Annual Report 2001-2002

Agnes Temesvary, M.A., M.Sc., C. Psych., President

As the President of the Calgary Section, it is with pleasure that I can report that a very solid core of group psychotherapists are busy doing groups, learning about groups, plus promoting groups through their high activity in C.G.P.A. activities. The interest is high and all events sponsored this year have had good turnouts and satisfied recipients.

Calgary Section has developed a schedule of events that over time seems to meet the needs of the membership. This event organizing traditionally has two main dates on its annual calendar--first the lecture/speaker on an evening in the fall or the winter and the Spring Conference.

This year, the lecture has been a tribute to Ron Aldous. In January 2002, the Calgary Section held a memorial dinner at the University of Calgary Faculty Club. The memorial lecture was given by guest speaker Karen Toole, from Winnipeg. Ninety people participated in this special evening.

The centerpiece event for the Calgary Section has been our annual Spring Conference. The Calgary Section Spring Conference is a time for honoring the work of its members. Many deserving group therapists have had their work exposed and their efforts to improve the organization called CGPA duly noted, plus the dissemination of important new knowledge about group psychotherapy. The Calgary Section Spring Conference has had a long list of very good speakers who have taught us in this annual workshop. Topics ranged beyond

group therapy – the quality of speaker has allowed the planners to be very up-to-date in their selection.

Because of the willingness of group therapists in this city, the cost of top-notch speakers has never been too prohibitive. As well as being an excellent learning opportunity, the Spring Conference allows for opportunities to network, exchange stories and to enjoy a day with one's fellow groupies.

This year, the Spring Conference featured:

- Dr. Kent Mahoney, Evie Wallace and Corinne Maloney, "Return to Personal Growth of the Therapist" an experiential workshop.
- "Group Work in an Eating Disorder Day Treatment Program". Presenters were Carol Benson, Marc Lagimodiere, Eva Helpard and Janet Chafe.

We had forty-nine registrants for our successful Spring Conference. The 2002 Calgary Section Spring Conference met its goals in presenting workshops which both provided a historical context for group therapy foundations and also emerging developments and trends in group intervention.

The Calgary Section is made up of 50 members. This number comprises 31 Full members, 12 Associate members and 7 Auxiliary members. It is gratifying to see that each year some members move up the levels aiming for the Full Membership which the National Organization encourages.

The Calgary Section is made up of active presenters of workshops and lectures. There were several Sectionites that were on the program in Edmonton as well as a large number of Calgarians who hold offices on the national council. The support and promotion of the group therapy as a treatment modality is strong in this city. Busy professionals still take their turn on the executive. In these times, where the group movement is under duress, there continues to be devoted and reliable veterans and rookies who are standing up for a treatment modality that they really believe in.

The incoming executive clearly demonstrate their belief in group and promise to carry on the Calgary Section spirit as those who went before them have done. I am pleased to welcome the new President of the Calgary Section, **Marcia Nerbas**, who hosted this the second annual Dr. Ron Aldous Memorial Lecture, held on January 16, 2003. The guest speaker was Wendy Edey, the Director of the Hope Foundation of Alberta.

The next year looks promising and a round of congratulations for the work accomplished this past year goes to our loyal section members.

Social Action Committee Report 2001-2002

Terry Simonik, Chairperson, Toronto

This is the first full year that the Social Action Committee has existed within CGPA. There were two major areas of importance that were addressed this year and it became clear during that process that for this Committee to play a significant role in the organization some important issues needs to be clarified.

The first focus of attention was the Commission on the Future of Health Care in Canada headed by the Honourable Roy Romanow. A detailed letter outlining the potential of group psychotherapy within the future health care system and requesting the opportunity to speak to the Commission was submitted. Also several lobbying phone calls were made. Unfortunately, this did not result in an invitation to present at the hearings.

It became clear during this process however, that in order for effective advocacy to be possible, it would be essential for CGPA to have a formal position paper or policy clearly outlining our mandate as an organization and our vision for group psychotherapy in Canada.

Because we are a multi disciplinary group whose members are represented in these forums by their own governing bodies, i.e. College of Psychologists, Physicians, Nurses or Social Work, we are not lobbying on their behalf to define a specific role. We are also not a college or any kind of regulating body, and we make no claim to providing formal certification or ongoing quality assurance.

We need therefore, to clearly define our role in order to have a meaningful impact and recognized status in negotiations of this kind.

The same issues surfaced again here in Ontario recently with the proposed amendments to our Regulated Health Professions Act. These proposed amendments involve the definition of mental health "counselling" and could have serious long term implications on those who are presently engaged in the delivery of mental health services here in Ontario.

As was the case with Romanow's commission, the governing bodies, colleges and regulatory groups involved formulated official responses to this amendment. Many groups employed professional policy analysts to carefully review these policies and formulate position papers and lobby on behalf of their groups.

For us to participate in this process in a meaningful way we would need to define ourselves and our role in this larger context. We would also need to think about what resources, both financial and human, would be required to achieve this.

It would seem that we also need to decide if this would be the best use of our time and resources at this time or if the objectives of the committee should shift to a narrower focus i.e. a public relations focus promoting group therapy and capitalizing on any opportunities to encourage involvement in CGPA.

I will leave these questions to the group to discuss, as clarifying the mandate of the committee would be most helpful in ensuring it's successful achievement.

Summary - Social Action Committee Breakfast Meeting

October 18, 2002, Edmonton, Alberta, Anthony Joyce, Ph.D., FCGPA, Edmonton

A breakfast meeting of CGPA members interested in the Social Action Committee concept was held on October 18, 2002, during the 23rd Annual Conference in Edmonton. In the absence of the SAC Chair, Terry Simonik, Anthony Joyce agreed to chair the discussion. Members of the CGPA Executive and Council present were Allan Sheps, Linda Weaver, Linda Croll, Colleen Eggertson, and Sally Erdogan. Sandra Pritchett, a non-member from Fort MacMurray, Alberta, at her first CGPA conference, was also in attendance.

The Chair's report to Council was reviewed. Given her experience this past year, the following question was put to those in attendance: What is an appropriate mandate for the SAC, and what kinds of activity—both within and outside of the organization—should the committee undertake?

The breakfast meeting was marked by lively discussion and the development of some consensus on directions for the SAC. First and foremost, the group felt that an initial task for the committee would be the preparation of a resource document underscoring the value of group therapy as an intervention for mental health problems. This document would represent the "expert opinion" of the Association regarding the effectiveness and cost-effectiveness of group therapy approaches, based on the current literature. The document would also outline the elements of "best practice" in the provision of group psychotherapy services; in this regard, some overlap with the CGPA's National Training Standards and an endorsement of the document by the Training and Education Committee would be important. The individuals who assume the responsibility for preparation of this document would be encouraged to consider reviews in the literature, policy statements prepared for institutions that rely on a group approach, and/or resource documents prepared under the auspices of AGPA or Division 49 of the American Psychological Association.

The resource document could then serve as a basis for outreach efforts by the SAC. A number of targets for such efforts were discussed. The

document could first be disseminated among the CGPA membership. Second, the committee could develop a campaign to inform faculty and students in postgraduate programs about the value of group therapy, the benefits of membership in CGPA, and the availability of group therapy training programs. Similar contacts could be made with advisory boards at universities and health authorities or institutions. Joining forces with the Membership and Public Relations Committees of CGPA would be helpful in this form of outreach activity. Third, organizations representing particular disciplinary groups could be contacted and asked to review the committee's resource document, and encouraged to make use of the information in submissions they might be making to review commissions or legislative task forces. Fourth, the SAC could serve as an advocate for the patient in situations where the mental health services system is under significant reorganization, particularly when group therapy programs are threatened with reduced funding or extinction. The committee could also provide liaison services to practitioners whom are facing career changes in such situations, linking these clinicians to contacts that might offer other career opportunities. The development of an ongoing liaison with the Canadian Mental Health Association would be important in establishing an advocacy function for the SAC.

The group also discussed ways and means of making some of these ideas a reality. The CGPA Website was highlighted as a useful vehicle for promoting the activities of the SAC. Financial support for these activities, over and above the budgeted amounts provided by Council, could be sought through the William Powles Bursary Fund established with the Canadian Group Psychotherapy Foundation. The Powles Bursary is oriented to supporting efforts to educate the public about group psychotherapy, and thus commensurate with a number of the activities suggested for the SAC. Most importantly, the SAC requires an energetic and enthusiastic individual to assume the position of Chair and initiate movement in some of these directions.

Institute Chair's Annual Report 2001-2002

Linda Goddard, MA, FCGPA, Calgary

This year there are several Institute developments to report. First and foremost, I am happy to report that Anne Oakley has agreed to be the new chair of the Institute. Anne's years of dedication to expert Institute leadership, she is an enthusiast around the part the Institute plays within the conference offerings. I have experienced the Institute co-ordination role to be an extremely enjoyable privilege, and will truly miss it. Second, in response to council's approval to increase the \$200 bursary to payment of the registration fee for the Conference and the Designate Training, a request for bursary applications went out in the last Chronicle. Third, the adjusted format of this year conference program results in an overlap of the Institute and the program workshops. It will be important to review the impact of this change.

CGPA Program Committee Report, October 2002

Anthony Joyce Ph.D., FCGPA & Joan-Dianne Smith MSW, FCGPA

This year we began envisioning a leaner, compressed conference, and to that end we set the start date for the Wednesday afternoon Council Meeting, deleted the plenary address, and aimed at one day of whole day feature workshops, and two days of the variety of half day workshops, papers etc. The Institutes were also scheduled to overlap with the first day of the conference rather than precede it.

What we eventually delivered was 4 full day workshops (compared to 5 last year), 15 half day workshops (compared to 12 last year), 2 live viewing group experiences, the paper forum, and 2 Large group experiential short workshops (new this year). In addition there were 2 Institutes offered.

There were 51 presenters in this year's conference (compared to 36 last year and 47 the previous year). Five workshops (including the Grief Symposium and the Live Viewing of Day Treatment Program) had listed between 5 and 7 presenters, and there were fewer single presenters. The geographic representation was as follows: 6 from B.C., 30 from Alberta, 2 from Manitoba, 7 from Ontario, 2 from Montreal, and 4 from the USA. The breakdown of professional backgrounds was 7 MDs, 15 psychologists, 8 social workers, 11 nurses, 3 OTs and 4 reporting other masters or bachelor degrees.

The costs of preparing, printing and mailing the program were around \$4000.00 (compared to \$3000.00 last year). The breakdown was \$2375.21 for printing 1000 copies, (500 were printed last year), \$1057.76 for mailing, and \$500.00 honorarium to Greg Girardin for his work in typing and desk top publishing.

The committee worked well together for the most part. One area that could be improved is the clarification of "job descriptions", roles and responsibilities. The co-chairs each brought different strengths, and this worked well to produce a high quality program.

In retrospect, it appears that the vision of a leaner, stream-lined conference was not actually achieved. In part this is due to proceeding with the standard method of distributing the call for papers via the Chronicle, and then forming the conference program around the response received. The response was very good, and hence, we crammed a lot into a short time. (comme toujours?)

If the conference were to change in any major way, it would need a strong directive from council, and subsequent adapting of the planning process to produce the size, scope, etc. agreed on. This issue could be considered at this year's council meeting, along with the feedback from the current and future LAC.

Canadian Group Psychotherapy Foundation

11th Annual General Meeting

Edmonton, Alberta, October 18, 2002

Minutes

Anthony S. Joyce, Ph.D., FCGPA, Secretary-Treasurer

The meeting was called to order by the President, Linda Goddard, at 7:45 AM. Seven members were present:

Linda Goddard, Anthony Joyce, Fern Cramer-Azima, Anne Oakley, Hindy Nobler, Margaret Turley, Allan Sheps.

The minutes of the last CGPF meeting were reviewed and discussed. Anne Oakley moved that the minutes be accepted; Fern Cramer-Azima seconded. Approved.

Linda Goddard presented the President's report. The report touched on the following issues:

- Dr. Eric Jackman's long service as President of the Foundation was acknowledged with appreciation.
- The Foundation's provision of a grant to assist with the launch of the Manitoba Group Psychotherapy Training Program was noted. In the process of awarding this grant, a form for future applications was developed.
- The \$10,000 donation by the Jackman Foundation to establish the William Powles Endowment Fund was invested in a GIC during 2001-2002; the investment yielded \$350 interest during the past year.
- It was indicated that the funds associated with the Martin Fischer Scholar Award currently amount to \$3000; it was noted that Mrs. Beatrice Fischer has not made the expected annual donation for the past two years. For 2001-2002, the Martin Fischer Scholar Award went to Jag Arora, a graduate of the Toronto Group Psychotherapy Training Program. The process for soliciting and reviewing submitted papers, and the importance of including a CGPA membership with the award, were reviewed.
- Finally, the Foundation's involvement with the Local Arrangements Committee for selection of the public speaker for the Julius Guild lecture was discussed.

Linda Goddard moved that the President's report be accepted; Fern Cramer-Azima seconded. During discussion, Fern Cramer-Azima suggested that when the Fischer awardee is a non-member of CGPA, a 6-month membership in the Association

should be provided with the award. The decision was made to bring this suggestion to the CGPA Council. Anthony Joyce moved that the Foundation accept submissions of contending papers as recommended by the established training programs and, in the case of multiple submissions, solicit voluntary reviewers from the Association to adjudicate the winner of the Fischer award. Seconded by Anne Oakley. Approved. Linda Goddard agreed to prepare a letter to Mrs. Fischer regarding the issue of continued contributions and the recent conferring of the award to Ms. Arora. The President's report was accepted.

Anthony Joyce presented the Secretary-Treasurer's report for fiscal year 2001-2002, and moved that the report be accepted; seconded by Allan Sheps. During discussion, it was suggested that the year-end statements include the interest accrued on GIC investments. The Secretary-Treasurer's report was accepted.

Anne Oakley discussed the nomination for an incoming President of the Foundation, and moved that Dr. John Salvendy be considered as a candidate. Seconded by Anthony Joyce. Allan Sheps moved that nominations be closed; seconded by Anne Oakley and accepted. Dr. Salvendy's nomination was voted on and accepted.

New Business

Linda Goddard recommended that the members review the drafts of the terms of reference for the Dr. Martin Fischer Scholar Award and the Dr. William Powles Award, and the CGPF award application form. The consensus was that the process of applying for CGPF awards needs further clarification and specification; once formulated, the process can be presented to the CGPA membership via the *Chronicle*.

Allan Sheps suggested that an article announcing Dr. Salvendy's assumption of the CGPF Presidency be submitted to the *Chronicle*. (Next issue).

Fern Cramer-Azima raised a question regarding the mandate of the Foundation and how to go about promoting same. Allan Sheps reminded those present of Eric Jackman's suggestion to solicit contributions from past Presidents of CGPA, which would then be matched by the Jackman Foundation, the funds being used to establish a President's Award. Fern Cramer-Azima encouraged attention to the development of a Distinguished Fellow or Lifetime Achievement Award.

Linda Goddard suggested that contributions to the Foundation should be acknowledged with a receipt for tax purposes and a letter of thanks, signed by the President.

At 8:45 AM, Linda Goddard moved that the meeting be adjourned; seconded by Anne Oakley. Accepted.

Women's Caucus Annual Report, 2001 - 2002

Ann Oakley Ph.D., FCGPA and Terry Simonik R.N., M.Ed., Toronto, Co-Chairs

Women's Caucus activities have traditionally been organized around the CGPA annual conference. At the 2001 Conference in Winnipeg we again organized a luncheon meeting called "Staying Connected- Integrating a Feminist Perspective in Our Work."

The meeting was very well attended and participants seemed to value the opportunity to connect with colleagues, network and share experiences of working with women, utilizing a feminist perspective.

Because the group is large and we have limited time, the range and depth of the discussion is limited. However we have several participants who return year after year, and a good number of

curious new members suggesting that the opportunity to meet within this framework continues to have relevance within the larger group.

We encourage "between conference" networking within the Women's Caucus and are looking for creative ways of utilizing the CGPA web site to communicate with other members.

We will continue with the structured format we have utilized for the past few meetings, as this appears to be the more productive way of utilizing our limited time together. We remain encouraged by the interest and enthusiasm that continues to exist within the Women's Caucus and we remain committed to facilitating further growth.

QUOTATIONS

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

- Martin Luther King, Jr.

"Life is arduous, difficult, a perpetual struggle. It calls for gigantic courage and strength. More than anything, perhaps, creatures of illusion as we are, it calls for confidence in oneself. Without self-confidence we are babes in the cradle."

- Virginia Woolfe, "A Room of One's Own"

"What we have once enjoyed we can never lose...All that we love deeply becomes a part of us."

- Helen Keller

Laughing It Off: *Using Humor To Stop Self-Defeating Behaviors*

© 2000 by David Granirer MA,
North America's Psychotherapist/Stand-up Comic

Anguish dominated Susan's face. "I hate being dependent on men. I just hate it."

Wracking my brain for something to say, I remembered a technique I teach in comedy class: "Tell me why you love being dependent."

Susan was taken aback: "What do you mean?"

"Complete this sentence, 'I love being dependent because...'"

"I love being dependent 'cause then I always have men at my beck and call..." she said with hesitation. "I love being dependent because then I can always get someone else to do it for me." She started to build up steam. "I love being dependent 'cause then I get to spend time planning ways to manipulate my boyfriend. I love being dependent 'cause I've gotten so good at it that I can get him to do anything." A smile lit up her face. "I love being dependent 'cause it feels great to have that much power over someone. And I'm really good at it. I'm the best at being dependent." By now she was laughing.

"So you're a very powerful person in your dependency."

"Yeah, I am."

"And you're very skilled."

"I know, it's bizarre, I never realized."

"Tell me why you manipulate him."

"So he'll immediately drop everything and tell me he loves me and do anything I want."

"Does it work?"

"Always."

"You're awesome. What do you do to manipulate him?"

"I just look at him a certain way, or use a certain tone of voice and he gets totally freaked out."

By now we were both cracking up. "And sometimes when he gives in too easily, I do something else to freak him out, like pick a fight about something he did earlier, or say 'Oh fine,' but in such a way that he thinks I'm pissed off. Or my favorite is crying and asking for a hug, and when he does it, I tell him not to touch me."

At this point I jumped in. "You've told me all your friends are guys. Are they attracted to you?"

"Oh yes. I could have any one of them."

"So in your dependency you not only have one guy who'll do anything for you, but also four or five others dying to take his place."

Now Susan was really getting it, understanding how creative and resourceful that dependent part of her was.

And most important, in the days to come, Susan changed her dependent behaviors. She began to catch herself in the act and chose to do something else, something more honest with her feelings. Seeing the humor and absurdity in her self-defeating behaviors made it harder for her to continue them.

So here's how we as helpers can use this comedic process to help our individual or group clients once a solid, trusting relationship has been established.

Step 1:

In order to find humor in situations, comics will adopt a contrary attitude, taking something they hate and talking about how much they love it.

Have your clients complete the following sentence, filling in the blank with whatever label they have been given (codependent, alcoholic, obsessive compulsive, etc.)

I love being _____ because:

Now set a timer and give them five minutes to come up with 10 reasons why they love being _____. The time factor is very important. As they do this, you don't want them to think, analyze, or try to be funny, but just to write down the first thing that comes to mind. If you're working with a group have them brainstorm this together. Here is an example:

I love being insecure because:

1. I get to spend hours obsessing about whether or not people like me.
2. I get to stress myself out worrying about what they're saying behind my back.
3. I get to drive my friends and family nuts.
4. I've developed my intuition to the point where I can find other more insecure people and manipulate them into validating me.

5. It distracts me when from worrying about something real.
6. It gives me something to overcome, and that makes me better than confident people who have stable personalities.
7. It gives me a reason to go to therapy.
8. It makes me special. No one is as complex and insecure as I am.
9. I've perfected the art of people pleasing.
10. It's fashionable to be dysfunctional.

If clients are having trouble coming up with their 10 reasons, here are some questions that can help them:

What do you get from your label?

What does it help you avoid?

What special skills has it helped you develop?

How does it make you better than other people?

Step 2: Have clients plan their “perfect dysfunctional day” using the 10 things they came up with in step one as a guide. On a piece of paper, they write an agenda, scheduling time to incorporate some of the 10 things into their day. Or they can plan basic activities like coffee with a friend or a walk in the park and do them as dysfunctionally as possible. It helps to include as much specific detail as possible. Most importantly, they need to frame each thing in a positive light, using words that indicate how much pleasure you will derive from it. Here's an example:

My Perfect Dysfunctional Day

9:00 am: Enjoy starting the day by obsessing about whether or not the people I sat next to at dinner last night liked me. Delight in analyzing their every movement, sound and facial gesture for signs of disapproval and contempt.

10:00 am: Having joyfully come to the conclusion that they hated my guts, I eagerly plunge into the next activity, freaking myself out over the nasty things they're saying behind my back while I choke down breakfast.

11:30 am: Excitedly call wife at work in order to share my self-loathing. Feel hurt and betrayed when fire alarm goes off and she hangs up to join coworkers in evacuating building.

2:30 pm: Still feel badly after call with wife. Happily console myself with thought that I'm a better person than she is because I have something to overcome and she doesn't.

3:00 pm: Meet Fred for coffee. Fred is more insecure than me, so I spend a pleasurable hour manipulating him into agreeing that I'm a better person than he is.

4:00 pm: Go for walk in park. Many people jog past me. I begin to feel inadequate, but gleefully remind myself that their devotion to fitness means they are shallow conformists, whereas my complex and neurotic personality makes me unique and precious.

Having clients plan to do dysfunctional things highlights the absurd and self-defeating nature of these behaviors, making it less likely that they will repeat them.

This technique, though effective with individuals tends to be more powerful in groups, probably because there are more people to laugh together. The most important thing for it to succeed is to get your client's permission. I always ask if they would be interested in trying an exercise that involves seeing the humor in their issues. I also make it clear that we're not here to shame anyone or make anyone look stupid, but that seeing humor in ourselves is a great way to facilitate change.

Psychotherapist and stand-up comic David Granirer gives laughter in the workplace presentations and does a comedy act for counselors called “I'm OK But You Need Professional Help: The Lighter Side Of Mental Health.” For more information call (604) 205-9242 or go to <http://www.psychocomic.com>

CGPA WEB PAGE

www.cdngrppsyh.ca

Sally Erdogan, CGPA Web Master, Toronto, Ontario

Announcements

New Members:

Emma Pivato, Ph.D. Edmonton, Alta. Full Member.
Psychologist Catholic Schools Services

Pam Klein. Calgary, Alta. Associate Member.
Treatment Liaison Coordinator/Therapist, Family, Adolescent and Child Services Team, Alberta Mental Health Board

Dawn McBride, Ph.D., Camrose, Alta. Full Member.
Assistant Professor of Psychology Augustana College

Retired Members:

Doreen Birchmore, Toronto, ON **Molly Hawkins**, Abbotsford, BC
Dr. Gregory Fraser, Toronto, ON **Michael Tacon**, Drumheller, AB

MASTER'S THESIS - ABSTRACT

Ruth Zetner, M.S.W., University of Manitoba, Winnipeg, MB, May 2002

Ruth Zetner of the Manitoba Section is to be congratulated on the completion of her Master of Social Work degree in 2002 at the University of Manitoba. She has kindly provided the following abstract of her thesis work.

Cancer Caregivers: Here & Now. Brief Group Social Work Intervention for Caregivers of People with a Life Threatening Illness

This practicum report describes the social work brief group intervention designed to address the concerns of family caregivers of people with a life-threatening illness. It was an identified gap in the palliative care service provided to family caregivers in Winnipeg, Manitoba. A literature review explores the current perspective on anticipatory grief, the needs of family caregivers, the therapeutic value of group intervention, value and use of co-facilitators, the palliative care philosophy, and, the preventative value of

responding to family caregivers' needs prior to the death of their loved ones. The development and experience of the brief group intervention is presented with the survey results and participants' responses to corroborate the effectiveness of this intervention as concluded by the practicum student. As well there is a discussion of the insights gained while working with this population of people and recommendations for future social work intervention with family caregivers of people with a life-threatening illness in palliative care.

FELLOWSHIP NOMINATIONS: DEADLINE MAY 31, 2003

Tony Joyce, Ph.D., FCGPA, Edmonton, Alberta

Nominations for this year's fellowships should be submitted to Dr. Anthony Joyce at:

University of Alberta Hospitals, Dept. of Psychiatry

8440 – 112 Street, Edmonton, AB T6G 2B7

Ph. (780) 407-6501 Fax: (780) 407-6470. Email: amjoyce@connect.ab.ca

Applicants should have contributed to CGPA in a major way at the national and local level in at least two of the following categories:

- Contribution to the work of the corporation
- Clinical practice and administration
- Teaching
- Research
- Publication

NEW SERVICE PROVIDER, JAMES NIEUWENHUIS, Ph.D.

Contact James for Change of Address Notifications

Phone: (403) 943-2450 Fax: (403) 943-2441

Email: nieuwenhuis@telus.net

CGPA has hired James Nieuwenhuis, Ph.D. for the position of Service Provider. The Service Provider keeps up the membership list and all the information regarding members, as well as providing address labels for the newsletter and other mailouts. James is highly organized and

possesses skill and fondness for computer applications. He has two years experience working with a mental health database. Coupled with his technical talents he is also a member of CGPA, interested in contributing to the organization operating effectively. Welcome James!

* Coming in a future issue will be interviews for group therapists doing private practice. We want to provide a cross section of new and seasoned practitioners and invite them to share their experience and wisdom about private practice. If you have questions you'd like asked or if you're willing to be interviewed, e-mail Colleen or myself. Eggertson.gray@shaw.ca or judy@myblackdiamond.net

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CGPA WEB PAGE www.cdngrpppsych.ca

Sally Erdogan, CGPA Web Master, Toronto, Ontario

PROGRAM SUBMISSION FORM

"New Approaches in a Changing World"

24th Annual CGPA Conference – Toronto, Ontario, Canada
October 16-18, 2003

Deadline for submission: March 15, 2003

Each Presenter Attending the Conference Must Complete A Form

*Each Presenter Attending the Conference Must Also Pay the Conference Fee in Full,
as usually over Half the Conference Attendees are also Presenters*

LAST NAME: _____ FIRST NAME: _____

TITLE (circle): R.N. M.N. M.A. M.S.W. O.T. Ph.D. M.D. Other: _____

MAILING ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

HOME PHONE: () _____ WORK PHONE: () _____ FAX: () _____

If this is your first C.G.P.A. presentation, list two C.G.P.A. members who know of your work.

_____ Phone: _____

_____ Phone: _____

Most recent C.G.P.A. Presentation: Year _____ Topic _____

Please type the following on a separate page as you wish it to appear in the conference program.

- Title of presentation (50 characters)
- Type of presentation (full or half-day workshop, paper, panel, poster)
- Abstract for program brochure (limit 100 words)
- Description of presenter(s) (limit of 25 words)
- Address of primary author/presenter/leader for correspondence

Note: If multiple presenters please indicate the order of names for the program.

Paper: _____ Workshop: _____ ½ day _____ Full Day: _____

Approach: Didactic ___ Sharing of work experience ___ Demonstration ___ Experiential ___

Level of Presentation: Beginner ___ Intermediate ___ Advanced ___ No Limitation ___

Audio-visual aids required: 35 mm slide projector ___ ½" videotape player ___
flip chart ___ blackboard ___ overhead projector ___ other ___

Note: If you plan to use MS PowerPoint for your presentation, you will need to provide the projector hardware. C.G.P.A. will not rent these devices.

Other room requests: _____

Submission Information

1. The annual conference serves as a gathering and forum for group psychotherapists. We encourage presenters to participate by attending the various educational and social functions. **HOWEVER, ALL PRESENTERS ARE REQUIRED TO PAY THE FULL CONFERENCE REGISTRATION FEE AND TO PAY FOR ALL HANDOUTS AND/OR MS POWER POINT.**

2. Topics for presentation may include, but are not limited to, the following:

Acting out in group	Beginning a group	Co-therapy
Creativity in group therapy	Cultural and political issues	Gender issues
Hospital settings	Leadership in group	Life transitions
Marketing a group practice	Metaphor and meaning	Multiculturalism
Psychopharmacology	Resistance	Research
Short-term group therapy	Social issues in group	Support groups
Termination in group	Therapist ethics	Training in group

Groups for special populations: Addictions; adolescents; AIDS/HIV; bereavement; children; the elderly; Native Canadians; the incarcerated; victims of abuse; etc. Workshops for special populations or on specialized topics may receive low enrolment. If your submission is of this nature, it is important to consider framing the core concepts of your material to broaden application to other populations.

3. Submissions may be made for workshop, or paper presentations.

- a) *Workshops* may be a half day or full day in length. It is recommended that the workshop include didactic presentation as well as experiential components.
- b) *Paper presentations* are usually scheduled for 30-45 minutes. This allotment generally comprises a 20 minute presentation, a 5-10 minute discussion by an assigned colleague, and a 5-15 minute question and answer period. Submissions for paper presentations should include a suggested discussant. Authors of accepted papers may be asked to send a copy to the assigned discussant at least four weeks prior to the conference. Paper presentations should be augmented by audiovisual aids, i.e., slides, overheads, videotape.

4. The Local Arrangements Committee handles audiovisual requests. Confirmation of your A-V requests will be mailed to you by LAC sometime following notification of your acceptance for the conference program.

For further information please contact Co-Chairs of the Program Committee:

Susan Farrow, Toronto
Ph. (416) 923-7942
Fax: (416) 923-56993
Email: embh@sympatico.ca

Joan- Dianne Smith, Winnipeg
Phone: (204) 947-3485
Fax: (204) 958-9618
Email: jd_smith@mts.net

**Deadline for submissions is March 15, 2003. Send submissions to:
Joan-Dianne Smith MSW
#211 – 10 Fort Street
Winnipeg, MB R3C 1C4**

**“New Approaches in a
Changing World”
24th Annual CGPA Conference – Toronto, Ontario,
Canada
October 16-18, 2003**