

## **CGPA Board Meeting Minutes June 13, 2106**

**Date:** June 13, 2016

**Attendance:** Aida Cabecinha, Stephen Gillies, Kasra Khorasani, Jane Mitchell, Andre Roch, Rowan Sharkey, John Sherry, Joan-Dianne Smith, Ken Schwartz, Wendy Wildfong,  
From First Stage: Jessica Kerr,

**Regrets:** Colleen Wilkie, Ward Yuzda, Doug Rosser

**President/Chair:** Kasra Khorasani,

**Secretary:** Wendy Wildfong

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**Minutes:** Motion moved by Joan-Dianne, seconded by Jane that the minutes of the May board meeting be approved as circulated.

### **Brief reports from relevant committees:**

1. Joan-Dianne - Steering Committee updates.

Meeting this coming Friday will attend to conference details on site and marketing. Marketing blasts are coming out regularly and the response is positive. Kas has been actively reaching out to list serves of various groups, and people using our marketing page, asking for them to pass our information along to their email lists. He requests board members do so as well. Joan-Dianne will have more specifics for next board meeting.

2. Kas - Next years's conference, frequency, location and costs. Why? Where? When? This calls for a full discussion.

3. Aida - ETG evaluation summary and review.

Thanks to Jessica for sending summary of ETG's:

- a good cross-section of professionals, the highest number was of students and clinical psychologists indicates need among new clinicians, highest was less than 3 years.
- Quality was highly rated 9.35 on perception of safety, leader creating a comfortable environment, non-judgmental and inclusive norms, respect in the group, depth of sharing in the presence of others.

- Least effective, preferred 2 day experience, structuring of bathroom breaks-that they be set rather than spontaneous, more time at the end to review the day and do the theoretical conceptualization and debriefing.
- Overall very highly rated and should be repeated.
- Income of \$6000.
- . Provides another opportunity for anyone who wants to lead.

ACTION: E-mail the 48 attendees for the conference ETG's

**Full report and discussion:**

1. Joan-Dianne - Nominations and Awards Committee

Joan-Dianne - the board agrees that the broader the net in asking people to participate the better.

ACTION: Design an invitation to send to all members who would like to have input and create a committee from there.

JD and Stephen will figure out 2 or 3 questions

2. Kas -Toronto group institute would like to sponsor Sunday night seminars from September to June of next year for \$500. We need a subcommittee to come up with level of advertising and benefits to bestow on them in return. This money could pay for software to make the sessions more interactive. Or the money could be used to balance the budget if needed.

Toronto Institute for Group Studies. Is there a conflict of interest as they pay rent to TS Medical (Kas)? An objective group committee is required to structure levels of sponsorship, determine what level of advertising and benefits are appropriate and give guidelines to the marketing committee. For example is a trainer goes out on behalf of CGPA, does he/she get to use our logo? This brings in a quality control issue as to how events can meet our criteria and cost-sharing. Presently on that Committee of Understanding is Stephen and Rowan and Joan-Dianne.

ACTION:

- Kas will provide information on what relationship we already have in place internally and externally in terms of giving and getting.
- Stephen will pull together a small position paper.

- Any board member who wants to join that committee, contact Kas

3. Aida on request by Dalhousie psychiatric resident group training program request.

Dalhousie is developing group training requirements for residents, and is calling on us for consultation. This brings up the need for defining national training guidelines. We require clarity on the foundation skills?

Kas notes that Jan Malat, at U of T, can pass on their outlines to Dalhousie to start with. Are they clear that we are not an accreditation body? They want assistance in defining the basic group therapy requirements, perhaps foundation program of the e-module for eg.

Decision made: Give Dalhousie the U of T material.

Discussion: included

- When do we ask for fee? Where do we own our modules or offer in friendly collegial sharing?
- General criteria for our own accreditation might be free whereas there be a fee if we are asked for training.
- Free is for advancing group process generally but not free, assistance for the benefit of that organization.
- Do we take leadership in the medical psychotherapy association of Canada to help physicians become psychotherapists?
- What is the core essential curriculum? Perhaps a two stage process - providing guidelines to build relationships and develop our identity as a resource. Second stage design for fee, curriculum material.
- National Training committee has board's blessing.
- Motion to share group psychotherapy standards that are being developed was unanimously passed.

2. Kas lead discussion of next year's conference, frequency, location and costs. Issues are:

- Majority lose money at frequency of 1 per year
- Possible role of internet eg. tape some sessions for sale?
- How do we measure if the conference is working beyond financial success?
- Is the conference for money making or coming together for networking, for people just enjoying.

- Fall/spring issue is being tested now. How are we competing? Could we do that better, go big with big names, but less often?
- Perhaps develop a model where ETGs help fund the conference?
- The conference has been one of the major offerings, but that is changing now.

Where? Issues are:

- Economics; can we get the crowd out there, should we go different places. Accept a deficit to go to smaller places.
- Who would be there in local cities to spearhead? Halifax, Niagara Falls

**ACTION:** Come back to this again in our next meeting.