



## IN THE LOOP

A newsletter brought to you by the CGPA: Group Therapy, Training and Facilitation.

Send information you would like to see in the newsletter to editor Rowan Sharkey [rowansharkey@gmail.com](mailto:rowansharkey@gmail.com). Enjoy!

### A Message from the President

Hello to all,

I am looking forward to sharing with you news about CGPA Group Therapy, Training, and Facilitation on a quarterly basis.

One exciting new development is our Sunday Night Seminars where we can join together monthly to share ideas and connections across the country from the comfort of our homes with our phones! Look for the details of the talks in this and future "In the Loop" publications. The upcoming talks are on December 6 and February 7. Please share this information with your colleagues, as these events are free for CGPA members and non-members. This is a great way to build and support our community as we go forward.

[\[READ MORE\]](#)

Kasra Khorasani MD  
President of CGPA Group Therapy, Training, and Facilitation

### Sunday Night Seminars \*NEW\*

On Sunday November 1st, CGPA hosted their first one hour call-in seminar

presented by Kasra Khorasani on "*Supportive Interpersonal Group in in-patient psychiatric unit*".

On the first Sunday of each month CGPA will host a Group Therapy, Training or Facilitation topic. It is open to all CGPA members and anyone curious to learn more about groups!

**December 6:** Jackie Kinley – When and How to use Emotion to Facilitate Group Process

**February 7:** Ruth B Z Thomson – Adjusting Groups for Older Adults

BC-5 pm, AB-6 pm, MB-7 pm, ON-8 pm, NS-9 pm

For more information please [Click Here](#).

Presentations will involve both didactic and interactive parts; questions can be emailed to [admin@cgpa.ca](mailto:admin@cgpa.ca) before or during the talk so they can be addressed there.

See you there!

[Click Here for More Information and to Register](#)

## Welcome our New Board Members



John Sherry has over 20 years as a clinician and his academic and clinical work has focused on couples, family, and group therapy. He has been instrumental at implementing these components at UNBC's training clinic, and currently facilitates process groups for graduate students and professionals in the community. His research interests tend to center around counsellor training and development with a special interest in experiential approaches to teaching and clinical supervision. More specifically, he is interested in the ways in which counsellors use countertransference in their work. John has been a member of CGPA for three years and is the President of the Prince George Chapter of the Canadian Group Psychotherapy Association (CGPA). He has been the recipient of the Excellence in Teaching Award at the University of Northern British Columbia and prior to his appointment there, has received awards for his work in peer education and student affairs.

André Roch graduated from the Universities of Montreal and Toronto and has been a physician psychotherapist for 31 years. He has maintained a private practice in Sudbury providing individual, couples, family and group therapy for the past 28 years. He is a psychotherapy supervisor and a certified psychotherapist through the General Practice Psychotherapy Association, American Group Psychotherapy Association and Canadian Group Psychotherapy Association. He has maintained his active staff privileges at the Health Sciences North in Sudbury since 1987. He is an assistant professor at the Northern Ontario School of Medicine and has been the francophone lead for many years. He is presently interested in developing psychotherapy training, including group psychotherapy training, in Northern Ontario. He is also developing new psychotherapy groups in long-term care homes and residential homes in the Sudbury area. He has been a member of the Board of Médecins Francophones du Canada (Francophone Doctors of Canada), and has developed educational programs for francophone healthcare professionals in Northern Ontario and he is a strong advocate of inter-professionalism. André has been working at the Sudbury Jail as a physician-psychotherapist prescribing Methadone for the past 17 years and has a particular interest in helping people living with addiction using an eclectic psychotherapy model including mindfulness. André really comes alive in a group therapy setting and likes to innovate in the field of medical psychotherapy.



## **Group Facilitation and Group Training Program**

The Toronto Institute of Group Studies is pleased to announce the start of the 2015-2016 Group Facilitation and Group Therapy Training Program on October 23, 2015 at the TS Medical Centre in Toronto, Ontario. This comprehensive program offers 80 hours of focussed group training over 4 weekends for professionals who want to develop the essential competencies necessary to become an effective group leader. This year's trainees come from diverse professional backgrounds including social work, nursing, psychiatry and the business sector and all share a passion for further developing their group leadership skills.

The Toronto Institute of Group Studies was co-founded and is co-directed by Karen

Redhill-Feinstein, Allan Sheps, Susan Farrow and Aida Cabecinha. The Institute is certified as an Educational Institute with Employment and Social Development Canada and is registered as a Training Institute with the Ontario Ministry, Colleges and Universities. For more information visit our website at [www.tigs.co](http://www.tigs.co) or email us at [admin@tigs.co](mailto:admin@tigs.co).

## Letter from the Editor: Groups Everywhere

Within a week of arriving in Beijing it occurred to me just how much it matters to belong. Culture shock had hit me like a ton of bricks and I was keenly aware of how isolated I was in this place where I knew so few people, didn't speak the language and got lost even on a short walk to Starbucks.

Then I discovered the Beijing Chapter of the Hash House Harriers. They describe themselves as a "Drinking group with a running problem". This group (which has chapters all around the world) gets together weekly to go for a run, stop for beer along the way, and then finish with affectionate public shaming of one another. (Drinking is voluntary and many people don't, for the record.) While I found some parts of the Beijing Hash profoundly offensive (the songs they sing) I was wildly impressed by their commitment to:

- Welcoming newcomers (newcomers are acknowledged at the beginning and end of every run)
- Acknowledging veterans (small prizes are given out when one reaches a certain number of runs)
- Taking newer members fully into the fold (given a nickname and baptized with beer)
- Acknowledging those who do work for the organization (explicit affectionate public shaming)
- Leadership (very clear roles of the leader, the goofy "Religious Adviser" [pays attention to process and morale] and the adorably named "Mismanagement")

CGPA is also working to make membership rewarding, even though the idea of baptism by beer has never really flown. Check out the information on Sunday Night Seminars in this edition of In The Loop. Also check out the information on Toronto Institute of Group studies.

Cheers,  
Rowan Sharkey  
Editor, In The Loop

## CGPA Call to Members

The CGPA is looking for mentors with a broad range of knowledge and experience and mentees who are hoping to hone their skills to participate in the pilot launching of the mentorship program. At present the goals are to commit for one calendar year and provide a basis for meaningful connections and opportunities for growth within the CGPA. Please e-mail Samantha Surkis ([samantha.surkis@gmail.com](mailto:samantha.surkis@gmail.com)) if interested in learning more about this exciting new initiative.



At the 2015 CGPA Conference.  
Photo Credit: Wendy Wilfong

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For more information visit our [Website](#) or our [LinkedIn page](#).



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