

CGPA 2018 ANNUAL CONFERENCE



GROUP THERAPY: IT'S ABOUT TIME

TIME-LIMITED GROUP THERAPY HAS BECOME AN ESSENTIAL PART OF TODAY'S SERVICE DELIVERY SYSTEM. THIS CONFERENCE WILL HIGHLIGHT SKILLS TO FACILITATE SHORT TERM GROUPS

CGPA 2018
WINNIPEG, MB
OCTOBER 24 -26



CGPA

GROUP THERAPY
GROUP TRAINING
GROUP FACILITATION

Conference Objectives

- To advance knowledge related to current and new approaches to time-limited group therapy and group leadership, from the clinic to the board room.
- To enhance understanding of best practices and standards of excellence, as they relate to team development, group performance and group therapy.
- To network with national participants who share a passion for groups.
- To deliver group training and supervision techniques/modalities.



Christine Padesky Ph.D.
Keynote Speaker, Author of Mind Over Mood

The Fort Garry Hotel, Winnipeg, Manitoba

Welcome to the 39th National CGPA Conference



Ruth B.Z. Thomson, MSW,
RSW, Co-President

We are thrilled to welcome our conference participants to Winnipeg and 'Friendly Manitoba' for our 39th National CGPA Conference. Our beautiful city is in the heart of our country! We are proud to share many of the highlights of our multicultural city, from our fabulous restaurants to our cultural landmarks.

Hosting our conference at the Historic Fort Garry Hotel, we will be in the heart of the downtown district. A short walk will bring you to our French Quarter, the district of St. Boniface, The Canadian Museum for Human Rights, The Forks, and The Winnipeg Art Gallery, to name but a few of our treasured landmarks.

Our keynote speaker, Dr. Christine Padesky opens the conference this year. She is one of the leading cognitive behaviour therapy (CBT) proponents and co-author of the internationally acclaimed book, *Mind Over Mood* (2nd Ed. 2016). Dr. Padesky will present her expertise regarding the use of CBT in short term groups and launch our conference into discussions about many other modalities.



Linda McFadyen, MSW, RSW,
FCGPA, Co-President

This year's conference offers an exciting array of workshop opportunities for participants at all levels of learning in group therapy, group leadership, and those who wish to work more effectively in group settings. Our Conference Program Committee has worked very hard to provide a program for therapists, other care leaders, teachers and members of the business community. It is widely accepted that strong teams produce strong results. Whether it is in health care professions or in business, with clients or with colleagues, developing a deeper understanding about how groups function can have a far-reaching impact, personally and interpersonally.

The networking that occurs in our conferences is one of our highlights. Meeting with others across the country and sharing our collective experiences and ideas enriches us as a group and inspires our work. We will include time in the schedule to socialize and share in some relaxation and rejuvenation.

Welcome! Bienvenue! Bozhoo! Aneen! Tansei!

Tuesday, October 23rd, 2018

7:30-9:00

Welcome Mix & Mingle

Let's meet and get the conference started on Tuesday night! The Manitoba CGPA Section wants to warmly welcome you to our province, Winnipeg and to the 39th Annual CGPA Conference. When you arrive at The Fort Garry Hotel on Tuesday evening, you will be given information about where the reception will be. Plan to come by, say "hello" and meet us at the welcome reception! PS If you're not staying at the hotel, send an email to the CGPA Office at admin@cgpa.ca and you'll get the details too!

Wednesday, October 24th, 2018

8:15 – 8:45

Registration and Continental Breakfast

8:45 – 9:00

Welcoming Remarks

9:00 – 10:00

Keynote Speaker



Enhancing Group Therapy with *Mind Over Mood*

Christine A. Padesky, Ph.D. (Clinical Psychology), Co-Founder, Center for Cognitive Therapy, Huntington Beach, CA

Are you curious how to use the 2nd edition of *Mind Over Mood* (Greenberger & Padesky, 2016) in group therapy? Padesky illustrates two ways this award-winning cognitive behavioral therapy (CBT) self-help book can enhance group therapy, whether you are a CBT therapist or not. One approach structures groups according to evidence-based principles for treating specific disorders (e.g., depression, anxiety disorders) and incorporates *Mind Over Mood* as a group reference, compendium of exercises and a relapse management resource. Her second strategy is to use this workbook to help people master relevant skill sets (e.g., acceptance, behavioral activation, thought records) via group therapy modules. The utility of each method depends on your clinical setting, client needs and goals, as well as your own knowledge base.

10:00 – 10:15 Refreshment Break

10:15-12:00 **'The Power of Short Term Groups': A Panel Discussion**

Come and learn from a panel of experienced group leaders about the power of short term groups in fostering connection, skill development and growth in clients and teams. Aida Cabecinha will moderate a stimulating and insightful discussion between Joan-Dianne Smith, Ingrid Sochting and Allen Surkis, followed by a question and answer period.

Moderator:



Aida Cabecinha, OT Reg. (Ont.), Dip. CGPA, Registered Occupational Therapist, Private Practice in Psychotherapy, Co-Director Toronto Institute of Group Studies. Toronto, ON

Panel:



Joan-Dianne Smith, MSW, RSW, FCGPA, Past President of CGPA, Private Practice, Winnipeg, MB



Ingrid Sochting, Ph.D., R. Psych, Clinic Director/Clinical Associate Professor, Department of Psychology, University of British Columbia, Vancouver, BC



Allen Surkis, PhD, C PSYCH, FCGPA, Clinical Psychologist, Montreal, QC

Lunch (On your own)

12:00-1:30 There are a number of dining options for you to walk to from The Fort Garry Hotel. A sign up list for a group lunch will be at the registration table for more networking opportunities!

Wednesday PM CONCURRENT SESSION

1:30 – 4:30 **Workshop 1: Becoming the Men We Want To Be: Group Treatment for Adolescents Who Have Sexually Harmed and Their Caregivers**



Rachael Pascoe, MSW, RSW, Clinical Therapist, **Rebecca Nicholls, MSW, RSW**, Clinical Therapist, Radius Child and Youth Services, Toronto, ON

This presentation will focus on the planning and running of an adolescent sexual offending group in Ontario, Canada. It is relevant to the conference theme, as youth who have been charged in the Youth Justice system in Canada may be on probation for limited time.

Probation terms may mandate engagement in a treatment program. As such, interventions must be targeted to meet youth's level of risk, treatment needs, and responsivity to treatment in the time that their engagement is supported by their probation officer. Therefore, although targeted individualized interventions that address the youth's needs are important, time limited group therapy offers added support in youth completing their goals, specifically about shame, secrecy, and resiliency (goals best suited to group therapy). This presentation will discuss a closed time-limited 10-15 session group with a focus on increasing resiliency and hope for youth during a particularly shameful and relatively brief moment in their lives.

Learning Objectives:

- 1) To understand the planning and programming involved in running adolescent sexual offending groups.
- 2) Facilitate discussions about sexual abuse and harm, accountability, and empathy in group therapy sessions.
- 3) To understand and address (through group) the role of guilt, shame, and secrecy in families with adolescents.

1:30 – 4:30 **Workshop 2: Process Informed Relating: Unpacking Knowing, Understanding, and Responding**



Allen Surkis, PhD, C PSYCH, FCGPA, Clinical Psychologist, Montreal, QC

The focus of this workshop will be: A conversation about words and the functioning of mind. Changing the way we converse and its implications for changing personality, our experience of ourselves, and consequently our manner of relating. The workshop addresses psychodynamics in thinking, talking, and engaging. It is about the psychotherapist in action.

Methods: Didactics, role plays, discussion

Learning Objectives:

- 1) To acquire the basics for process informed intervening
- 2) To practice the processes of knowing and understanding
- 3) To practice inference making and sharing with clients

Group Training Program Description for both Beginner and Advanced Training

Effective leadership of time-limited groups whether in the clinic or the boardroom is an essential part of today's service delivery system. This year's group training program is designed to develop the group leader's skills and competencies required to facilitate well-functioning, cohesive short term groups that accomplish their goals and attend to the needs of group members. Through didactic and experiential learning, participants will have the opportunity to learn how to use the relationships within short term groups to enhance the therapeutic experience of group members. The training will be offered in two streams, a beginner level for individuals who are beginning their journey as group leaders and an advanced level, for more experienced group leaders who are wanting to enhance their efficacy.

Please note that the you will find the learning objectives along with the program leader for these two training sessions in their time slot below (Wednesday 1:30-4:30 and Thursday All Day)

**1:30 – 4:30 Beginner Level Training (Half Day)
Training 1: Cultivating a Therapeutic Group System in Short Term Groups**



John Sherry, Ph.D., Assistant Professor/Clinical Director, University of Northern British Columbia, Prince George, BC

Learning Objectives: Participants will learn how to:

- 1) Conceptualize the impact of a defined time limit on the developmental process of a short term group.
- 2) Create a well functioning short term group by integrating both process and directive approaches while examining the group's boundary system, norms and activating therapeutic factors.
- 3) Identify the role of group leader, techniques and stages of group development required to facilitate a therapeutic culture in a short term group.

4:30 – 4:45 Stretch Break

4:45 – 5:45 2018 Annual General Meeting of the Canadian Group Psychotherapy Association

Come and join us to learn about our association, how our board functions, and what happens in our work together. Participate in elections of new board members. We welcome all our members as well as other interested attendees.

6:00 Social Event (Please register online)
Back by popular demand, Mitch's Tour of Winnipeg!
Hop on the bus at 6:00pm and travel around Winnipeg visiting places of interest from Mitch's past and present, culminating with a dinner at a local favourite restaurant. A group experience on wheels with the memorable Mitch Bourbonniere leading the way!

Note: Food and Beverage at own cost

8:15– 8:45 Registration and Continental Breakfast

8:45– 9:00 Greetings

Thursday AM CONCURRENT SESSION

**9:00-4:30 Advance Level Training (Full Day)
Training 2: Using Group Process in Facilitating a Cognitive-Behavioural Therapy Group**



Ingrid Sochting, Ph.D., R. Psych, Clinic Director/Clinical Associate Professor, Department of Psychology, University of British Columbia, Vancouver, BC

Learning Objectives: Participants will learn how to:

- 1) Use group therapy principles to facilitate an effective short term CBT group.
- 2) Attend to the process and content inherent in a CBT group.
- 3) Work in the here and now to facilitate connection between group members.

9:00 – 12:00

Workshop 3: Integrating Cognitive-Behavioral Therapy with Psychodrama as a Group Approach



John Sherry, Ph.D., Assistant Professor/Clinical Director, University of Northern British Columbia,
Candace Monai, Med., RCC, Clinical Supervisor, Community Counselling Centre,
Doriana Pantuso, Med, Counsellor, Northern Health,
Prince George, BC

Psychodrama can be used with different models of group therapy. It is an action approach to group therapy in which clients use spontaneous dramatization, role playing, and experiential activities to investigate and gain insight into their lives. In this workshop the skills of cognitive behavioural therapy and psychodramatic theory will be combined in order to create cognitive psychodrama group therapy. It offers clients with personal struggles an opportunity to better understand how past experiences influence their present lives.

Participants will have the opportunity to evaluate their behaviour, reflect on how the past situations are getting played out in the present and understand particular situations in their lives; all of which can be accomplished in a single session, short-term model. In this experiential workshop, this eclectic approach will explore negative thought patterns using a variety of psychodrama techniques (i.e., warm-up activities, role play exercises, doubling) with a focus on various CBT problem solving strategies, many of which can be used with time limited groups.

Learning Objectives:

- 1) Participants will be able to employ an experiential group approach, such as psychodrama, while integrating several CBT techniques.
- 2) Participants will be better able to help group members identify and modify negative thinking, behaviour and interpersonal patterns utilizing a model that incorporates cognitive behavioural and psychodrama interventions.
- 3) Participants will be able to identify their own negative thought patterns with a better understanding on how it plays into their group facilitation work.

9:00 – 12:00

Workshop 4: Group Medical Visits - Single Session Groups to Improve Psychiatric Care



Nate Charach, MD, FRCPC, Psychiatrist, Toronto, ON, **Ronald A. Remick, MD, FRCP(C)**, Medical Director, Lookout Housing and Health Society, Vancouver, BC

Group therapy provides well known benefits to patients through several universal therapeutic factors. It also has the potential to be a more efficient use of the care-providers' time from a provider: client ratio. Group medical visits or shared medical appointments is an efficient and effective intervention to monitor patients with common medical disorders such as hypertension or diabetes. We have adapted the group medical visit model for psychiatric patients with mood and/or anxiety disorders who have been prescribed and require medication monitoring as part of their treatment. Two models of psychiatric group medical visits single-session group-based psychiatric care have been developed, one in Vancouver and another in Toronto. These models have improved patient outcomes, allowed for psychiatrists to follow much larger volumes of patients and can be easily implemented by psychiatrists with a simple understanding of group dynamics. In this session, we will discuss each model with their similarities and differences and then demonstrate an example of how one of these single-session groups would run. Participants will be encouraged to consider how one of these models might help them to deliver more effective and more efficient outpatient psychiatric care in their own health care setting.

Learning Objectives:

- 1) Describe two new models of group-based care for outpatient psychiatry.
- 2) Explain how these models of care would allow for capacity building in outpatient care.
- 3) List the advantages to patient care and outcomes through using these single-session group models.

12:00 – 1:30

LUNCH (on your own)

There are a number of dining options for you to walk to from The Fort Garry Hotel. A sign up list for a group lunch will be at the registration table for more networking opportunities!

1:30 – 4:30 **Full Day Training 2: (Advanced) continues**

1:30 – 4:30 **Workshop 5: Use of Lateral Empathy as a Healing Tool in Group Therapy – Men’s Healing Circle**



Mitch Bourbonniere, MSW, Director of Service, OPK, Winnipeg, MB

Indigenous men invited into the sacred circle of a Women’s Centre connect through ceremony, sharing, song and food. The men bond and are empowered through a blend of narrative, expressive and psychodynamic therapy methods.

Group therapy assists Indigenous men in maintaining their emotional, spiritual and mental wellbeing, sense of worth, belonging, identity and purpose. The benefits are noticed in a rebalancing of harmonious relationships in the family, community and Nation.

This workshop will demonstrate the effectiveness of brief therapeutic groups for Indigenous men through story-telling and method description. A demonstration group will offered with local men volunteering to be observed by conference attendees. Even with their diverse life experiences, short term or drop-in group experiences will be demonstrated to improve their cognitive, emotional and mental health. This demonstration of group therapy will provide insight into one of the therapeutic styles required to sustain well-being throughout the group member’s life times.

Learning Objectives:

- 1) Describe the techniques used to adjust typical group methods for a marginalized adult population.
 - 2) Identify and list the theoretical frameworks to design a group for men of various levels of cognitive, emotional and spiritual functioning.
 - 3) Describe a blended therapy approach.
-

Workshop 6: Lego Empathic Play

1:30 – 4:30



Kasra Khorasani, MD FRCPC, Psychiatrist, Toronto, ON

The attendants will have a combination of didactic and experiential experience that will describe how a 75 min “Lego Empathic Play” is facilitated in a psychaitric inpatient group. All workshop attendees will take part in the experiential component that consists of making models out of Lego bricks and then talking about them. No prior experience with Lego bricks is required and actually preferred!

Learning Objectives:

- 1) The attendee will be able to describe the core four steps in “Lego Empathic Play”.
 - 2) The attendee will be able to describe the three exercises utilized in the 75 min Group Session.
 - 3) The attendee will be able to describe the Neuroscience, Psychotherapy and Group Theories that “Lego Empathic Play” is based on.
-

4:30 – 4:45 **Closing Circle**

4:45-6:15 **Free Time**

6:15 **CGPA Social Gathering**

Thursday Night Social Hub : Join together at a member’s home to eat, drink and network. A bus will leave The Fort Garry Hotel at 6:15pm to bring you through the city to be warmly welcomed, to relax, mingle, and debrief the conference experience. Part of the evening will include the awarding of this year’s Canadian Group Psychotherapy Association Fellowship. It is an annual event which recognizes and celebrates the achievements of members in their efforts to promote the highest standards of group therapy, group leadership and group facilitation. Then the bus will safely return you to the hotel at a reasonable hour.

Please register for this event

8:15 – 9:00 Registration and Continental Breakfast

EXPERIENTIAL TRAINING GROUP (ETG)

This year, we will have a full day ETG group running on Friday Oct. 26th, 2018, led by Ruth B.Z. Thomson & Tim Culver. Linda Goddard will be the ETG consultant and facilitate the Peer Circle.

The ETGs offer participants the opportunity to learn about group process and group dynamics by being a member of a small group (6-10 members) committed to examining its own here and now process. The group leader will model competent leadership by shaping positive norms, establishing a safe environment, and assisting the group with honest dialogue about issues as they occur in the here and now experience. As the group develops, it will naturally move through a series of stages, explore common group themes and dynamic issues such as, boundaries, attachment, conflict, envy, competition, intimacy, group cohesion, and termination. These groups are not intended to serve as ‘therapy’, yet there will be a degree of connection and personal disclosure that will naturally unfold as the members begin to get to know one another, and interact as a group.

Group members will develop increased self-awareness through this unique opportunity. They will also understand their experience through the lens of the didactic summary, which will occur at the end of the formal group experience. Group members agree to participate for the whole duration of the group, and also participate in debriefing and evaluation of the group experience. Groups may be briefly observed by conference faculty for training and quality assurance purposes.

Experiential Training Group (ETG) Objectives:

- 1) Identify developmental stages in the group experience.
- 2) Articulate common themes and dynamics in the group process.
- 3) Link personal subjective responses with theoretical concepts.
- 4) Describe leader interventions that facilitated group process and assisted the group’s forward movement.

Consultant Overseeing This Year’s ETGs



Linda Goddard, MA, FCGPA is a Clinical Specialist across mental health and addiction programs within the Calgary Zone, AHS. She provides group therapy teaching, supervision, and consultation. She also consults to program supervisors and has established supervisors’ networks. She continues to practice psychodynamic individual and group therapy. She is an Adjunct Assistant Professor in the Department of Psychiatry, University of Calgary. She provides group therapy seminars and supervision to psychiatry residents. She is on the planning committee for the Calgary annual Psychodynamic Psychotherapy Conference. Linda is a member and past president of CGPA. She frequently offers group therapy workshops and leads process groups at regional and national conferences.

Experiential Training Group

9:00 –4:00



Ruth B.Z. Thomson, MSW, RSW, Social Worker, Winnipeg, MB

Ruth B.Z. Thomson is a clinical social worker with a masters degree. She has come to specialize in older adult issues in the family and their life transitions in her private practise. Whether it is about health changes, changes in self esteem or trying to decide if it is time to move, individuals, couples, families and groups meeting with Ruth discover their strengths again and are encouraged to find solutions to their challenges. She also provides her experience at St. Boniface Family Medical Centre as an individual and group therapist. As well, she is a Inter Faculty Member of the University of Manitoba, involved with training residents in the Family Physician process.



Tim Culver, MD FRCP(C), Chair of Psychotherapy Training; Clinical Assistant Professor of Psychiatry, Department of Psychiatry, University of Calgary, Calgary, AB

Tim Culver is a psychiatrist from Calgary Alberta who is the Chair of Psychotherapy Training and a Clinical Assistant Professor of Psychiatry at the University of Calgary. He is a long time member of CGPA and in the past has offered workshops at conferences.

9:00 - 4:30 **Peer Circle**
Consultant:
Linda Goddard, MA, FCGPA, Clinical Specialist, Alberta Health Services, Calgary, AB

Peer Circle

The Peer Circle provides an opportunity for those wishing to develop the requisite skills to lead Experiential Training Groups. Participants will have a range of opportunities including meeting with the Faculty and the Consultant during the debriefing meetings, observing part of an Experiential training group session and meeting with the program consultant to further pursue leadership issues.

For further information contact Linda Goddard at linda.goddard@ahs.ca

12:00 – 1:30 **Lunch (on your own)**

1:30-4:00 **ETG Continue**

1:30-4:30 **Peer Circle Continue**

Thank you to our Volunteers

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Manitoba

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Joan-Dianne Smith MSW, RSW, FCGPA
Clinical Social Worker, Group Therapist, Consultant



For your 2018 CGPA Conference, accommodations will be at the

The Fort Garry Hotel
222 Broadway
Winnipeg, Manitoba
R3C 0R3

Please call 204-942-8251 or
1-800-665-8088 to make a reservation

Special Room Rate of \$179. Make sure to
book before the room deadline of
September 21st, 2018.



For Additional Information **CGPA Office**

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1 Concorde Gate, Suite 109
Toronto, ON M3C 3N6

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Toll free: 1-866-433-9695

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Join CGPA and take advantage of the member conference rate



CGPA

GROUP THERAPY
GROUP TRAINING
GROUP FACILITATION

We are a multi-disciplinary Canadian association of professionals and students who believe in change through connection, and belonging. We offer educational opportunities including teleconference seminars, mentorship, local and national workshops and our premier event the CGPA Annual Conference. Group therapists, group educators and group facilitators all appreciate the organization's acceptance of diversity and openness to new ideas.

For more information about how to become a member as well as our membership benefits please visit our website www.cgpa.ca



GROUP THERAPY
GROUP TRAINING
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Group Therapy:

Its About Time



Register online by [Clicking Here](#)
or complete the form below

Winnipeg, MB—October 24th to 26th, 2018

Name _____

Email _____

Title/Position _____

Organization _____

Work _____

Address _____

City _____ Province _____

Postal Code _____ Country _____

Work#() _____

Preferred Mailing Address.. Work Home

Home Address _____

City _____ Province _____

Postal Code _____ Country _____

Home#() _____

CGPA Member? Yes No

Special Needs: Dietary Other
Indicate Below

Delegate registration lists (business information only will be shared at the conference to encourage post-conference networking with your specific approval.

Yes, I give Permission to list my contact information in the registration materials for networking purpose.

Conference Fees:

Early Bird

Regular

Before Sept 14

Begins Sept 15

<input type="checkbox"/> CGPA Member 2 Day	\$300.00	\$325.00
<input type="checkbox"/> Non-member 2 Day	\$350.00	\$375.00
<input type="checkbox"/> ETG Member (Friday)	\$140.00	\$160.00
<input type="checkbox"/> ETG Non-Member(Friday)	\$165.00	\$185.00
<input type="checkbox"/> Wednesday Bus Tour	\$10.00	\$10.00
<input type="checkbox"/> Thursday Dinner	\$30.00	\$30.00

Total Value

\$ _____

\$ _____

*Please note: 10% discount will be applied for those attending both 2 day conference and ETG

PAYMENT

Payment may be made by personal or institutional cheque or money order. Make payable to: **CGPA Conference** or use your **credit card**

MasterCard

Visa

Name on Card _____

Card Number _____

Expiry _____ CVV _____ Signature _____

CANCELLATION POLICY

A refund will be issued if requested, in writing, on or before September 28th, 2018. A \$50.00 administration fee will be levied on all refunds. No refunds will be given after September 28th, 2018. Substitutions are welcome.

CGPA 2018 Conference
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