

**Philadelphia Area
Group Psychotherapy Society
presents**

**Experiential Techniques
in
Group Therapy**

Judy Freed, LCSW

**Saturday, April 5, 2008
9 a.m.–1 p.m.**

**217-219 Cambrian Row, Room 101
Bryn Mawr College
Bryn Mawr PA 19010**

See below for directions.

**3.5 CE credits
for psychologists
and social workers—
see below for details.**

THE PROGRAM

This program will help clinicians integrate experiential methods into their practices. The material is applicable across all theoretical orientations, including cognitive-behavioral, psychodynamic, and brief/solution-focused. Clinicians will learn how to develop experiential skill within their own style of practice. Participants will learn specific strategies and generate ideas for working in groups with drama, movement, imagery, and other art forms—discovering how to create “Aha!” moments, enhancing their repertoire of tools for helping clients get “unstuck,” and experiencing their own abundant spontaneity and creativity.

LEARNING OBJECTIVES

The participants will:

1. Develop skill in expanding on verbal therapy methods, incorporating somatic experience and elements of nonverbal expression.
2. Gain experience flowing between the verbal and experiential realms.
3. Learn specific strategies for the therapeutic use of drama and movement in group settings.
4. Gain insight into the application of experiential techniques with specific populations.

THE SPEAKER

Judy Freed, LCSW, is an experiential psychotherapist and psychodramatist with 20 years of clinical experience. She has worked in a wide range of settings with a variety of populations including inpatient and outpatient mental health clients, as well as clients with drug and alcohol, geriatric, dual diagnosis, and eating disorders. She is also a theater artist, dancer, and singer/songwriter.

CONTINUING EDUCATION

Attendance entitles psychologists to 3.5 CE credits. PAGPS is approved by the American Psychological Association to sponsor continuing education for psychologists. PAGPS maintains responsibility for this program and its content.

PAGPS is approved by the PA State Board of Social Workers, Marriage & Family Therapists & Professional Counselors to offer continuing education for social workers; this program carries 3.5 credits.

Attendees will also receive 3 recertification credits, useful for individuals listed in the National Registry of Certified Group Psychotherapists.

SCHEDULE

8:30 – 9:00 a.m. — Registration: A continental breakfast will be provided.

9:00 – 10:15—Introduction of body-centered experiential framework; “warm-up” process

10:30 – 11:45—Specific experiential techniques:

- Concretizing
- Minimizing/maximizing
- Linking verbal narratives with somatic experience
- Intra-personal and Inter-personal enactments

12:00 – 12:30—Small group practice; processing

12:30 – 1:00—Application to specific cases/populations/questions and answers/closure

FEES

\$40 for PAGPS members

\$50 for non-members

\$20 for students

Space for this program is limited. After April 1, we suggest calling or e-mailing to make sure space is available.

CANCELLATION POLICY

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

Please note:
Because of chemical sensitivities, the presenter requests that you avoid wearing perfume, fragrant oils, lotions, etc., to this program.

MEMBERSHIP

The Philadelphia Area Group Psychotherapy Society is an Affiliate Society of the American Group Psychotherapy Society (AGPA).

Membership in PAGPS is open to AGPA members as well as mental health workers, students, or trainees who are actively engaged in group work but who are not members of AGPA.

PAGPS members may list their group(s) on the PAGPS website: www.pagps.org

For a membership application, please contact
Elsa R. Efran, M.S., Administrator, 310 E. Gowen Ave., Philadelphia, PA 19119-1022
Phone: 215-242-4234
e-mail: pagps@att.net

DIRECTIONS

217-219 Cambrian Row, room 101
Bryn Mawr College, Bryn Mawr PA 19010
(Free parking)
Visit www.brynmawr.edu for detailed map.

From Center City Philadelphia

Take Route 76 West (Schuylkill Expressway) and follow the Valley Forge signs. Take the City Avenue exit 339 (Route 1 South). Once on City Avenue, travel about 2.5 miles and turn right on to Lancaster Avenue (Route 30 West). Travel about 4 miles to reach the center of Bryn Mawr. Turn right onto Morris Avenue; a gas station will be on your right and a Starbucks on your left, and you will have just passed a Barnes and Noble and a Staples.

Follow Morris Avenue as it curves left under the train track bridge then bears right. Cross Montgomery Avenue (at the traffic light). Continue to the next traffic light, the corner of Morris Avenue and New Gulph Road. Turn left at the light onto New Gulph Road. You will pass a blinking pedestrian light at the top of the hill. At the next traffic light (New Gulph Road at Roberts Road) turn left onto Roberts Road. On the left you will pass Bryn Mawr College Facility Services.

Immediately after Facilities there will be 4 houses—this is Cambrian Row. You will see a circular drive in front of the houses on the left. Pull into the circular drive. The house right behind the circular drive is the performance venue. Please knock, as the door is always locked.

From Western Suburbs

Take Route 30 (Lancaster Avenue) east to Bryn Mawr. One block after passing the Ludington Library on your right, turn left onto Morris Avenue. Please note that the street is called "Elliot" on the right and "Morris" on the left—and the Morris sign is hard to see! There is a Starbucks on the right and a Sunoco gas station on the left at the intersection. Note: there is NO sign for Bryn Mawr College on Lancaster Avenue in this direction; watch carefully for the landmarks.

Follow directions from Morris Avenue (see above).

REGISTRATION (please print CLEARLY)

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

Name _____

Degree _____

Street _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Field: Psychiatry Psychology Social Work Counseling Other _____

I need a certificate for APA CE credits.

I need a certificate for social work CE credits.

I need a certificate for CGP credits.

Registration Fee enclosed:

PAGPS members @ \$40 _____

Non-members @ \$50 _____

Students/interns @ \$20 _____

Please make checks payable to PAGPS.

Mail to:

PAGPS c/o Elsa R. Efran, Administrator

310 E. Gowen Ave.

Philadelphia, PA 19119-1022