

THE PROGRAM

This presentation will provide an overview of the Sanctuary Model[®]—an innovative method, developed by Sandra Bloom, for creating a culture of healing for traumatized individuals. Topics will include a description of the Seven Commitments and the S.E.L.F. framework (Safety, Emotion, Loss, Future) and how to run productive community meetings as well as trauma-sensitive psycho-educational and process groups. We will show how the Sanctuary Model[®] was used in a residential treatment facility for teenage girls and how it can be applied with a variety of other populations, including adult inpatient and outpatient programs, substance abuse programs, homeless shelters, and community and school-based programs. This workshop will be of interest to clinicians who want to learn more about dealing with and managing the effects of trauma in group settings.

LEARNING OBJECTIVES

At the conclusion of the workshop, the participants will be able to:

- Describe the Sanctuary Model[®] and its relationship to core group psychotherapy principles
- Understand how a combination of psycho-educational and process groups can be used to treat traumatized individuals
- Discuss the pros and cons of using the Sanctuary Model[®] as an orientation for planning and implementing a treatment program within a residential training facility

SCHEDULE

8:30-9:00 a.m.—Registration

A continental breakfast will be provided.

9:00 a.m. - 12:30 p.m. — Program.

Please note that we will begin promptly at 9:00 a.m.

THE SPEAKERS

Fran Gerstein, MSW, LCSW, has been a psychotherapist for almost 30 years and is a PAGPS board member. She is currently in private practice in Wynnwood, PA, and was formerly Clinical Director of the Renfrew Center of Bryn Mawr and of GirlSpace, a residential treatment facility for dually diagnosed girls. During her tenure at GirlSpace, Fran employed the Sanctuary Model[®] to promote recovery from trauma. Fran has also taught at the Bryn Mawr College School of Social Work and the Council for Relationships.

Bernie Epstein, LSW, is a graduate of the University of Pennsylvania School of Social Work. He is currently working as a family therapist for Wordsworth's family-based program. He has had experience treating traumatized teenage girls in residential treatment as well as children and adolescents who have been sexually abused. He has also worked with women in the prison system. Bernie is trained in Trauma-focused Cognitive Behavioral Therapy and Eco-Systemic Structural Family Therapy, and he is currently pursuing advanced training in child, adolescent, couples, and family therapy at the Philadelphia Child and Family Training Center.

FEES

\$50 for PAGPS members,
\$60 for non-members,
\$20 for students.

Space for this program is limited.
After March 27, 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, minus a \$10 processing fee.

CONTINUING EDUCATION

Attendance entitles psychologists to 3 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, marriage & family therapists, and professional counselors. This program carries 3 CE credits.

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

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.

For a membership application, contact Elsa R. Efran, M.S., Administrator
310 E. Gowen Ave.
Philadelphia, PA 19119-1022

Phone: 215-242-4234

E-mail: pagps@att.net

Website: www.pagps.org

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 @ \$50 _____

Non-members @ \$60 _____

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

DIRECTIONS

Visit www.brynmawr.edu for detailed map.

FROM THE PENNSYLVANIA TURNPIKE

Take Exit 20 and follow Route 476 South to Exit 13 (St. David's/Villanova). Take Route 30 Eastbound (Lancaster Ave.) and continue for 1.5 miles. Turn left onto Airdale Rd. at the three-way traffic light immediately before the McDonald's restaurant. Travel on Airdale Rd. under the train bridge and across the intersection for Montgomery Ave. Continue along Airdale Rd. and turn left into the driveway. Follow the driveway to the back of the building for parking.

FROM CENTER CITY PHILADELPHIA

Take Route 76 West to Exit 339 (City Avenue/Route 1 South). Follow City Avenue for 2.5 miles and turn onto Route 30 Westbound (Lancaster Avenue). Travel 5 miles on Lancaster Ave., through the center of the town of Bryn Mawr. Turn right onto Airdale Rd. at the three-way traffic light immediately after the McDonald's restaurant. Travel on Airdale Rd. under the train bridge and cross the intersection for Montgomery Ave. Continue along Airdale Rd. and turn left into the driveway, follow the driveway to the back for the building for parking.

BY TRAIN

From Market East/The Gallery Mall (9th and Market Sts.), Philadelphia's Penn Center/Suburban Station (16th St. and JFK Blvd.) or 30th Street/AMTRAK Station, board SEPTA's R-5 Paoli Local to the Rosemont Station (20-25 minute ride). **(DO NOT BOARD THE BRYN MAWR LOCAL.)** The Graduate School is a 10-minute walk from the Rosemont Station. Exit to the street and walk north (straight-ahead as you exit the train) on Airdale Rd. Cross the Montgomery Ave. intersection and continue past Ashbridge Park. The driveway entrance is on your left.

Philadelphia Area
Group Psychotherapy Society
presents

**THE SANCTUARY MODEL[®]:
CREATING A CULTURE
OF GROUP THERAPY**

**Fran Gerstein, LCSW
Bernie Epstein, LSW**

**Saturday, April 4, 2009
8:30 a.m.–12:30 p.m.**

Katherine Lower Lounge (second floor)
Bryn Mawr College
Graduate School of Social Work
and Social Research
300 Airdale Road
Bryn Mawr, PA 19010-1697

(See back panel for directions)

**3 CE credits for Psychologists,
Social Workers,
Marriage & Family Therapists
& Professional Counselors**