

currentIssue

New Clinician's Enhanced Practice Consultation Group

06/21/2008

This group aims to help new clinicians better navigate the stresses and challenges that come with beginning to practice psychotherapy.

Through case presentations and group discussions, we will consider topics such as:

 managing anxiety and developing confidence as a therapist

 understanding boundaries

 the use of self disclosure

 creating a consistent practice

 learning how to respond to challenging situations

Meetings will be held monthly. Individual consultation is also available. A new group will be forming in the fall. Fees are \$30 per month, with a discount for early registration. Contact Carolyn Schneider at 773-880-1310 x 84 or see www.liveoakchicago.com for further information.

Setting Up Empathic Listening Groups, by Ian Mayes

06/21/2008

We all want to be heard and understood by other people. There are some practical skills that we can learn to get better at doing this. Here are some things that you can do as a group for supporting each-other in learning these skills and receiving empathic understanding.

Format for the group

- The group (3 people or more) sits down together in a circle with the clear explicit intention of having an empathic listening group.
- The setting is such that every person can make eye contact with each-other and physically hear each-other. External distractions are minimized as much as possible.
- The group takes turns with one person at a time being the focus of attention while the others are listeners.
- Divide the time equally, so that everybody can have the experience of both listening and being listened to.
- The person who is the focus of attention can talk about anything that is important and relevant to their lives at the moment. This can range from being a problem that they are facing or something very painful that they are going through, to something that they feel really good about and want to express.

Your Role as a Listener

- The listeners' job is to listen. This involves mainly shutting up, and keeping eye contact and all of one's attention on the focus person.
- The purpose of this group is to develop skills for hearing and understanding other people. If thoughts come up about how you have had a similar experience, how the problem can be solved, what type of person the focus person must be, etc. then your attention right then is on the thoughts inspired by the focus person, but not on the person themselves. Try as best as you can to put yourself in the speaker's shoes as they are experiencing it at that moment.
- To help yourself in having a better understanding of the focus person's experience in the moment, silently ask yourself: "What is this person feeling right now?" and "What is this person needing right now?"
- Consult the feelings & needs lists (<http://cnvc.org/en/what-nvc/feelings-list/feelings-inventory> and <http://cnvc.org/en/what-nvc/needs-list/needs-inventory>) to guide your curiosity towards what this person could possibly be experiencing. Do not look at the list if you are not genuinely curious, instead, look at the focus person.
- In order to make sure that your guesses are on track, ask the focus person if the feelings & needs that you previously identified are accurate.
- If during this session you find yourself eager to share some thoughts that you think would be really supportive, but that are not along the lines talked about above, write it down to remind yourself to talk with the person about it after the group. If you can, write down just a word or phrase of what you want to say, so that you can remember it later and spend more time listening and less time writing.
- If you find that it is hard for you to be fully present with the other person, feel free to ask yourself what your own feelings and needs are at the moment.
- Take your time! Don't rush things. Pauses and periods of silence can be very helpful in creating the space to fully reflect on one's own experience.

Wrapping up

- Don't be attached to results - things are not supposed to look a certain way. Each group has its own unique flavor.
- When everybody has had a turn, do a brief go-around where people can say how they felt about the group, what they liked & didn't like.

- Ask to find out if there are any specific requests and agreements to make for the future to adjust these groups towards being more supportive for those who are there. "

ADPCA Business Meeting Minutes, Part III by Wade Hannon

03/12/2008

Saturday, July 28, 2007

Meeting opened at 10:45 a.m. at the Kimmel Center. Wade Hannon led discussion on the agenda, which was continued from yesterday's meeting, by reviewing the displayed list of items.

Approximately 14 members present. Mary Ann Millhone agreed to be recorder.

ADPCA Journal: Proposal to send copies to British Association. This idea came up at a meeting earlier in this NYC Conference. BAPCA would pay a per-unit cost for each of its members about L.4.00. In addition, BAPCA would pay a percentage of shipping costs, with ADPCA paying an amount which would cover shipping from USA to one British address. Estimated cost figures were discussed. Currently, The Journal distributes between 200 and 240 copies per issues, at a postage cost of about \$500.00. The original proposal was for a 20% ADPCA - 80% BAPCA split, but several questions were raised, some by BAPCA member Tiane Graziottin, about whether this would be workable.

Proposal: Empower Jeff Cornelius-White, Journal editor, and whoever he wants as assistants, to negotiate final terms of such an agreement with BAPCA. No Objections.

2009 ADPCA Meeting: Jo Hamilton offered Kutztown, PA as a site. Group discussed her concern that it might not attract as large an attendance as better-known venues. Those present indicated it would not be a problem for them. Also raised questions of whether ADPCA could return to mid-May meetings (though a problem for many U.S. academics). Jo's offer was accepted with no objections.

2010 ADPCA Meeting: Groups in Chicago and in Los Angeles have shown interest in hosting. Consensus: Next year invite presentations from any interested group about what advantages their sites would offer, and about what local needs might benefit from exposure to ADPCA.

Membership dues, Journal subscription, and conference registration: There was an extended discussion of whether changes should be made in existing practices. Questions included these and others:

1. Should there be a Conference discount for ADPCA members?
2. Should the Journal cost an annual subscription fee instead of being a benefit of membership? Or would this be an obstacle to members joining, since the journal is the most tangible benefit members now receive?

3. For next year should we investigate reciprocals with other Associations for English Language publications, memberships, etc.?

Kathy Moon's suggestion: Send these issues to workgroup including Jeff and Tiane for negotiation this year. Workgroup could include volunteers who write to Jeff and other members he recruits. As our time for room use ran out, Wade asked whether there were objections to this. No Objections.

Connectedness: An experiential training

11/13/2008 9:00 AM-9:00 PM

Held in historic Brattleboro, Vermont

Nov 13-16, Earn 24 Hours of Continuing Ed!

Connectedness: An experiential training that enhances mental health practitioners' connection to themselves and to their clients utilizing Carl Rogers' mindfulness-based group process

Facilitated by Curtis Graf, Ph.D.; A colleague of the late Dr. Carl R. Rogers

Connectedness: An experiential training

11/14/2008 9:00 AM-9:00 PM

Held in historic Brattleboro, Vermont

Dr. Graf specializes in Rogers's approach to group training and integrates Rogers's humanistic mysticism with Buddhist psychology.

Held in historic Brattleboro, Vermont

Nov 13-16, 2008 (Registration Deadline Oct 16)

Training begins Thursday 9:00 am & ends Sunday 1:00 pm

Fee: \$385 (includes 24 CE credits)

Connectedness: An experiential training

11/15/2008 9:00 AM-9:00 PM

Held in historic Brattleboro, Vermont

Fee: \$385 (includes 24 CE credits) for Clinical Social Workers, Mental Health Counselors, and Psychologists

Overnight accommodations available at the Latchis Hotel for additional charge

For details about training objectives, schedule, fees, or registration contact Curtis Graf at cgraf@sover.net or 505-977-6215

Connectedness: An experiential training

11/16/2008 9:00 AM-1:00 PM

Held in historic Brattleboro, Vermont

Nov 13-16, Earn 24 Hours of Continuing Ed!

Connectedness: An experiential training that enhances mental health practitioners' connection to themselves and to their clients utilizing Carl Rogers' mindfulness-based group process

Facilitated by Curtis Graf, Ph.D.

A colleague of the late Dr. Carl R. Rogers from 1978 to 1986

5th World Congress for Psychotherapy

12/12/2008

UPDATE

5th World Congress for Psychotherapy

Beijing, Oct. 12-15 2008

Two of us (Jin Wu and Margaret Warner) on the organizing committee for a person-centered track at the World Congress had an extensive consultation with Dr. Mingyi Qian, one of the presidents of the 2008 Congress in Beijing during our recent trip to China. This let us clarify a number of issues about participation in the Congress.

1. While the general deadline for Symposium topics is October 30 (put back from September 30), the Congress organizers are glad to have us do our own work to organize person-centered presentations into symposia and propose a schedule to the Congress organizers in January.
2. So, if people are ready with Symposium topics, do submit them to Jin Wu (jinwu2@gmail.com) ASAP and we will submit them to the Congress organizers as a group by the October 30 deadline. This will help symposia get into early Congress publicity. If you can, please do so, because they need to put as many symposium proposals in their next round of announcement as they can.
3. But, if you miss this deadline, don't worry. We welcome individual presentation proposals (or groups who know that they would like to be together in a symposium) up to December 15. We will then propose groupings of presentations into symposia and will ask one of each group to formally chair the symposium. The symposium proposal submission form is one of the appendices to this announcement.
4. DO SEND PROPOSALS TO US FIRST or presentations will be separated from the person-centered track, and will not have the advantage of our pre-approval of the presentations.
5. We are hoping to have free community groups in the evenings, though the organizers need to discuss the financial feasibility of this among themselves, partly because they need to consider their cost. Currently they only plan to have paid workshops in the evenings. Jin spent considerable time explaining what community groups are and why they are important?so we think we at least have the concept clear.
6. Jin is hoping to arrange for shared housing in near the site that will be somewhat cheaper than Congress hotel rates, and should be great fun as well.
7. Jin has translated fees and expenses into various currencies, which are also appendices to this document.

5th World Congress for Psychotherapy

12/13/2008

Appendix I: Conference Fee Converted in Different Currencies

The numbers in this table is based on the exchange rate on 10/18/07. However, the Chinese currency is appreciating currently, so the exchange rates are expected to change somewhat a year from now.

Currency Name Selling Rate (as of Oct. 18, 2007) Conf. Fee bf. 6/1/08

(3000 RMB, the Chinese Currency) Conf. Fee aft. 6/1/08

(4000 RMB)

GBP 1496.67 200 267

HKD 95.94 3127 4169

USD 743.6 403 538

CHF 626.11 479 639

SGD 501.43 598 798

SEK 114.18 2627 3503

DKK 140.42 2136 2849

NOK 136.5 2198 2930

JPY 6.3403 47316 63088

CAD 751.96 399 532

AUD 656.35 457 609

EUR 1046.76 287 382

MOP 92.66 3238 4317

PHP 16.66 18007 24010

THB 21.4 14019 18692

5th World Congress for Psychotherapy

12/14/2008

Appendix II: Flight Cost

Jin did a search in early September 2007 online on flight cost. Info below is from www.expedia.com These are not prices for the time of the conference, instead, I sampled the round trip flights for Oct. 14 and 27, 2007, btw the listed city and Beijing. Since some people have United Airlines' frequent flier plans, I also searched for United specifically. This table gives you a rough idea of the possible cost for flights between your areas to Beijing.

City Lowest Prices (\$)

Nonstop United Airlines

1st 2nd 1st 2nd Nonstop

New York City 881 1149 1159 1174 1273 N/A

Chicago 1031 1234 1601 2154 1601 1608
San Francisco 1107 1034 1054 1221 2046 1221
Toronto 1359 1370 1370 3141 1604 N/A
Vancouver 1109 1148 1129 1231 1209 N/A
Mexico City 1271 1288 N/A N/A 1288 N/A
Rio de Janeiro, Brazil 1866 1873 N/A N/A 1866 N/A
Arequipa, Peru 2139 2369 N/A N/A 2369 N/A
London 865 943 N/A N/A
Paris 1006 1023 1065 1463
Berlin 965 1133 N/A N/A
Rome 926 1113 926 Unclear
Moscow 919 1060 1060 1191
Wausau 1525 1749 N/A N/A
Sydney 1416 1468 N/A N/A
Tokyo 1234 1466 1677 1685
Seoul 723 758 723 758
New Delhi, India 849 916 1171 1605 1525 N/A
Islamabad, Pakistan
2106 2364 N/A N/A
Colombo, Sri Lanka 943 1023 N/A N/A
Johannesburg, South Africa 1181 1760 N/A N/A

5th World Congress for Psychotherapy

12/15/2008

Appendix III: 2008 WCP Symposium Proposal Submission Form

ABSTRACT SUBMISSION FORM

INSTRUCTIONS

The deadline for submission is October 30, 2007.

1. All materials should be submitted in English.
2. Please carefully check your contact address (including your e-mail address) and provide it correctly when submit your abstract.
3. Please do not resubmit the same abstract to the congress.
4. The abstracts are subject to a review process by the Academic Committee.
5. The abstracts will be published in electronic form. The submitted abstracts will not be edited in any way. Thus typographic and grammatical errors that appear in the submitted abstract will still appear in the final publication.

Title Mailing Address

Convener

Speaker 1

Speaker 2

Speaker 3

Speaker 4

Discussant:

Description (no more than 200 words):

Keywords (limit to 3 keywords):

Paper Submission Form:

First Author Information

Title (Prof. or Dr.)

Family/Last Name

Given/First Name(s)

Mailing Address

Country

ZIP/Postal Code

Telephone

Fax

Email

Paper Title

ABSTRACT

Please insert an abstract of no more than 200 words.

Keywords (limit to 3 keywords):

Topic Category

(choose from Topic Category)

Co-Author Information

Please include the names and complete contact information for all co-authors of your papers. If there are no co-authors, leave this table blank.

Co-author 1

Co-author 2

Co-author 3

Co-author 4

Paper Submission Form:II

First Author Information

Title (Prof. or Dr.)

Family/Last Name

Given/First Name(s)

Mailing Address

Country

ZIP/Postal Code

Telephone

Fax

Email

Paper Title

ABSTRACT

Please insert an abstract of no more than 200 words.

Keywords (limit to 3 keywords):

Topic Category
(choose from Topic Category)

Co-Author Information

Please include the names and complete contact information for all co-authors of your papers. If there are no co-authors, leave this table blank.

Co-author 1

Co-author 2

Co-author 3

Co-author 4

Paper Submission Form:III

First Author Information

Title (Prof. or Dr.)

Family/Last Name

Given/First Name(s)

Mailing Address

Country

ZIP/Postal Code

Telephone

Fax

Email

Paper Title

ABSTRACT

Please insert an abstract of no more than 200 words.

Keywords (limit to 3 keywords):

Topic Category

(choose from Topic Category)

Co-Author Information

Please include the names and complete contact information for all co-authors of your papers. If there are no co-authors, leave this table blank.

Co-author 1

Co-author 2

Co-author 3

Co-author 4

Paper Submission Form:IV

First Author Information

Title (Prof. or Dr.)

Family/Last Name

Given/First Name(s)

Mailing Address

Country

ZIP/Postal Code

Telephone

Fax

Email

Paper Title

ABSTRACT

Please insert an abstract of no more than 200 words.

Keywords (limit to 3 keywords):

Topic Category
(choose from Topic Category)

Co-Author Information

Please include the names and complete contact information for all co-authors of your papers. If there are no co-authors, leave this table blank.

Co-author 1

Co-author 2

Co-author 3

Co-author 4

TOPIC CATEGORY LIST

A: Psychotherapy Approach

A1. Psychoanalysis / Psychodynamic / Psychoanalytical Psychotherapy

A2. Cognitive-Behavioral Therapy

A3. Existential / Humanistic Psychotherapy

A4. Marital/Family Therapy

A5. Group Therapy

A6. Children and Adolescents Psychotherapy

A7. Integration of Psychotherapy

A8. Eastern Psychotherapy (Qigong, Traditional Chinese Medicine, Taoism Therapy, Morita Therapy, Yoga and Meditation, Naikan Therapy, etc.)

A9. Others (Hypnotherapy, EMDR, Psychodrama, Transactional Analysis, Narrative Therapy, Body Therapy, Art Therapy, Crisis Intervention, etc.)

B: Theory and Research in Psychotherapy Research Methodology in Psychotherapy

B1. Treatment Outcome Research

B2. Treatment Process Research

B3. Theory of Science and Psychotherapy

C：Biological Foundation of Psychotherapy

C1. Diagnosis and Assessment

C2. Psychiatry

C3. Psychosomatics

C4. Psychopharmacology

C5. Psychopathology

C6. Neuroscience

D. Psychotherapy for Different Mental Disorders

D1. Anxiety Disorder

D2. Mood Disorder

D3. Schizophrenia

D4. Personality Disorder

D5. Eating Disorder

D6. Somatic Disorder and Psychosomatic Disease

D7. Sexual and Gender Identity Disorder

D8. Trauma-related Disorder

D9. Addiction Behavior

D10. Psychological Issues Related to Medical Condition (such as Cancer, AIDS)

D11. Others

E. Psychotherapy for Different Population

E1. Women

E2. Older Adults

E3. Infants

E4. Children and Adolescents

E5. Minority

E6. Immigrants

E7. Physical Disabled

E8. Victims of Disaster

E9. Others

F Psychotherapy and Counseling in Different Settings

F1. Psychiatric Hospital

F2. General Hospital

F3. College and University

F4. Middle School and Primary School

F5. Industrial Organization

F6. Community

F7. Rural Area

F8. Others

G: Psychotherapy in Different Parts of the World

H Culture and Psychotherapy

I: Training and Professional Regulation

J. Recent Development in Psychotherapy

K. Social Factors in Psychological Treatment