



Continuing Education Department Workshops

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Training Institute for Mental Health

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22 West 21 Street, New York, NY 10010-6904
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Please Post

Combining Individual and Group Psychotherapy: For Whom and How

A Workshop led by
Shoshana Ben-Noam, PsyD, CGP, FAGPA

Saturday, January 24, 2009
10 A.M. to 3 P.M. (includes 1 hour break)
Breakfast and Registration: 9:30 A.M.

Fee: \$75.00 per participant

The combining of individual psychotherapy with group psychotherapy has long been recognized as a highly effective form of treatment. Each of these modalities offers a different complimentary dimension to treatment.

Whereas individual psychotherapy focuses on the patient- therapist dyad, group therapy offers the opportunity to observe the patient in the interpersonal arena, where emotional conflicts or difficulties in relationships with others can be explored in a supportive environment.

Yet this combination of individual and group psychotherapy is significantly under utilized by both therapists and patients.

This workshop will provide an opportunity to examine why this valuable combined treatment has been avoided. Fears, anxieties and lack of "know how" will be addressed in discussing the issues relevant to adding and conducting a successful individual and group psychotherapy practice.

The workshop will address –

- Who can benefit from combined therapy, and the pros and cons of this combination.
- How to prepare patients for the addition of group therapy, group agreements, and beginning the group.
- Issues of boundary and confidentiality management within the group and between modalities.
- Transference and countertransference manifestations in combined and/or conjoint therapy, i.e., when patients see different therapists for the two modalities.

The workshop will include didactic material regarding these issues and a demonstration group. The sharing of clinical experiences by workshop participants is encouraged.

Shoshana Ben-Noam, PsyD, CGP, FAGPA is a national presenter, trainer and teacher of group therapy. She is on the faculty of Pace University, Eastern Group Psychotherapy Society and the Training Institute for Mental Health. She is a Guest Editor of the Group Journal on Trauma and Group Therapy, and is the recipient of the American Group Psychotherapy Association 2007 Affiliate Societies Assembly Award. Dr. Ben-Noam is a psychoanalytic psychotherapist in private practice in New York City.

The Training Institute for Mental Health offers training and services without regard to sex, age, race, religion, sexual orientation, country of origin, or ethnic background.

Registration Form (please print):

I am registering for the **1/24/09–Combining Individual & Group Psychotherapy workshop** and have enclosed a check or money order for **\$75.00 (includes \$5.00 non-refundable registration fee)** payable to: **Training Institute for Mental Health**. (The fee for Training Institute for Mental Health candidates and interns is \$37.50.) **Early Registration is suggested as space is limited.**

Send Registration to:
Registrar
Training Institute for Mental Health
22 West 21 Street 10th Floor
New York, NY 10010-6904

Send Registration to reach us by 1/16/09. After 1/16 deadline, please call 212-627-8181 if you wish to attend.

Name _____ Graduate Degree _____ Bus. Phone () _____ Home phone() _____

Address _____ Apt or Box number _____ City/State/Zip _____

Please Indicate: Do you wish a **Certificate of Workshop Attendance** with 4 Continuing Education hours verification, which will be sent to you after completion of workshop?: Yes _____ No _____