

The Many Faces of Trauma: A Contemporary Perspective

A Workshop led by
Robert Broad, PhD

Saturday, October 18, 2008

10 A.M. to 3 P.M. (includes 1 hour break)

Breakfast and Registration: 9:30 A.M.

Fee: \$75.00 per participant

This workshop will survey the current concepts regarding the neurophysiology of trauma and its resultant effects on the personality and behavior of the traumatized person.

Workshop participants will learn techniques to enable them to assess the signs and symptoms which may contribute to a diagnosis of Acute Stress Disorder, Post Traumatic Stress Disorder and Dissociative Identity Disorder.

The overlap between ADHD (Attention Deficit Hyperactivity Disorder) and PTSD (Post Traumatic Stress Disorder) will be explored in order to assist clinicians in refining their skills in making a more informed diagnosis and treatment approach.

Dr. Broad will present a case study which illustrates the integration of psychoanalysis and EMDR (Eye Movement Desensitization and Reprocessing) as a treatment option.

This workshop will provide participants with a valuable opportunity to expand their knowledge of these syndromes, which can often present difficult treatment dilemmas. Participation from workshop attendees in discussing cases and related issues is encouraged.

Robert Broad, PhD is a senior supervisor and training analyst at the Training Institute for Mental Health. In addition to psychoanalysis and psychotherapy, Dr. Broad is certified in EMDR. He is a charter member of Division 56 Trauma Psychology of the APA and recently completed a Dissociative Disorders Psychotherapy Training Program sponsored by the International Society of Dissociative Disorders (ISSD) where he is a member.

Dr. Broad has published papers and given presentations on various aspects of trauma including the effects of 9/11, multiple personality, traumatized children, medical trauma, and combat and conversion disorders related to trauma. He is in private practice in New York City and Westport, Connecticut.

The New Frontier: Opportunities and Challenges for Psychotherapists to Work with Older Populations

A Workshop led by **Rita Golub, LCSW**

Saturday, November 15, 2008

10 A.M. to 3 P.M. (includes 1 hour break)

Breakfast and Registration: 9:30 A.M.

Fee: \$75.00 per participant

Freud said, "You cannot psychoanalyze anyone over the age of 50." While Freud's assumption may or may not be true, what is demonstrably true is that people over age 50 can benefit significantly from a psychoanalytically oriented psychotherapy utilizing all the valuable contemporary modalities available to us in the 21st century!

Although the population over 65 is growing rapidly and will continue to do so, older adults are under represented in all forms of psychotherapy. This is so, despite the fact that the incidence of mental disorders does not decrease with age and in fact, the experience of aging can result in an increase in emotional and mental problems.

This workshop will demonstrate that providing mental health services to an older population can increase the quality of life, help prevent premature institutionalization, and reduce over utilization and dependence on medical services.

Workshop participants will have an opportunity to:

- Address the barriers that impede access to mental health services.
- Explore feelings about aging and how these might contribute to the counter-transferential process of working with an older population.
- Look at the issues of loss and bereavement, depression, and rates of suicide which are common among an older population.
- Explore new, innovative venues for building a practice with older persons outside of traditional psychotherapy settings.
- Explore co-morbidity: physical and cognitive implications for diagnosis and treatment, Alzheimer and related dementias.
- Gain an understanding of the complexity of the health/legal/financial systems relevant to an older population.
- Review the community supports and services available to seniors.

Rita Golub, Licensed Clinical Social Worker, is a Geriatric Care Manager and Corporate Consultant. In addition to her private practice, she has worked with seniors and their families in community centers, nursing homes and corporate settings since 1992. She has an MSW from the Hunter College School of Social Work and a certificate in group psychotherapy from the Eastern Group Psychotherapy Society. She is a member of the National Association of Social Workers, the New York Society for Clinical Social Workers, the NASW Geriatric Committee, and the National Association of Professional Geriatric Care Managers.

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.

Registration Form *(please print):*

Please check workshops you are registering for:

- The Many Faces of Trauma:
A Contemporary Perspective - - - - \$75.00
- The New Frontier: Opportunities &
Challenges for Psychotherapists to
Work with Older Populations - - - - \$75.00
- Combining Individual with Group
Psychotherapy: For Whom & How - - \$75.00
- Alcoholism and Substance Abuse - - \$75.00
- Psychoanalytic Couples Therapy - - - \$75.00

Total for Workshops Checked: \$ _____

I am registering for the **above workshops** and have enclosed a check or money order for **\$75.00 (includes \$5.00 non-refundable registration fee)** for each workshop payable to: **Training Institute for Mental Health**. (The fee for Training Institute for Mental Health candidates and interns is \$37.50 per workshop) **Early Registration is suggested as space is limited.**

Name _____

Graduate Degree _____

Address _____ apt or
box # _____

City/State/Zip _____

Bus. Phone (____) _____

Home/Cell Phone (____) _____

E-mail address _____

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 the Monday **before** each Saturday workshop. After this deadline, please call 212-627-8181 if you wish to attend.

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 each workshop?: Yes _____ No _____

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.

Upcoming Workshops

Alcoholism and Substance Abuse

A Workshop led by
Andrew Tatarsky, PhD

Saturday, February 7, 2009
10 A.M. to 3 P.M. (includes 1 hour break)
Breakfast and Registration: 9:30 A.M.
Fee: \$75.00 per participant

Psychoanalytic Couples Therapy

A Workshop led by
Anna Keefe, PhD

Saturday, March 7, 2009
10 A.M. to 3 P.M. (includes 1 hour break)
Breakfast and Registration: 9:30 A.M.
Fee: \$75.00 per participant

Full descriptions of the above two workshops will be available later in the year. Call 212-627-8181 if you would like to receive more information about them when it is available.

Please Post

Fall 2008 – Winter 2009 Schedule of Workshops



Continuing Education Department Workshops

Sandra Parness, LCSW,
Director of Continuing Education Program

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