

Criterion VIII. Continuing Professional Development and Continuing Education.

A specialty provides its practitioners a broad range of regularly scheduled opportunities for continuing professional development in the specialty practice and assesses the acquisition of knowledge and skills.

Commentary: With rapidly developing knowledge and professional applications in psychology, it is increasingly difficult for professionals to deliver high quality services unless they update themselves regularly throughout their professional lives through continuing education mechanisms. A variety of mechanisms may be used to achieve these goals

1. ***Describe the opportunities for continuing professional development and education in the specialty practice. Provide detailed examples, such as CE offerings that are available.***

There are opportunities for continuing professional education on the doctoral and internship levels for the specialty of group psychology and group psychotherapy. These are available on the national, regional, and local levels mainly through the American Psychological Association Division 49, the American Group Psychotherapy Association (AGPA) and its regional affiliate societies, as well as several free-standing training institutions. In addition, the *International Journal of Group Psychotherapy* offers CE credits for many of its articles. AGPA also provides a distance learning program via teleconferences.

The following are examples of continuing professional education opportunities available at the doctoral and internship levels.

“39th Annual National Institute on The Teaching of Psychology (NITOP)” Annual Meeting to be held January 3-6, 2017 in Saint Pete Beach, Florida.

“Advancing the Ethics of Psychology: Issues and Solutions; Cannabis: Concerns, Considerations and Controversies; Educational and Professional Training Issues in Psychology; Social Justice in a Multicultural Society; Targeting the Leading Preventable Causes of Death; The Circle of Science: Integrating Science, Practice and Policy; and The Future of Psychology: Advancing the Field in a Rapidly Changing World.” American Psychological Association (APA) 2016 Annual Convention in Denver, CO. Attendees select from 79 CE workshops and more than 300 CE convention sessions.

“Inspiration You Can Use: Connecting Practice, Community, and Culture.” California Psychological Association. 2017 California Psychological Association (CPA) Convention to be held April 6-9, 2017 in Burlingame, CA.

"Diversity in Harmony: Insights from Psychology." Presented by International Union of Psychological Science (IUPsyS), 31st International Congress of Psychology (ICP 2016) 2016, meeting held every four years.

"Forgiveness in Psychotherapy: Emerging Research and Clinical Applications." The APA Office of Continuing Education in Psychology (CEP) monthly Clinician's Corner workshops, held October 3, 2016 in Washington, DC. All workshops include CE credits.

"Light up the night sky." The objective was to enhance international communication in regards to children's mental health issues that can be applied to international, national, and regional agencies and organizations. International Association for Child and Adolescent Psychiatry and Allied Professions' 22nd World Congress. Held September 18-22, 2016, in Alberta, Canada. Some activities qualified for Accredited Group Learning Activity as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, and approved by University of Calgary Office of Continuing Medical Education and Professional Development. Participants may claim a maximum of 24 CE credits.

"Performance Psychology," Carol Weser, PhD, California Psychological Association workshop, held September 16, 2016 in Santa Rosa, CA. 1.5 CE credits.

Pre-Convention Workshop for Introductory Psychology Teachers. APA Education Directorate with support from the American Psychological Foundation. Held August 3, 2016 in Denver, CO. The workshop focus was on hard to teach topics in introductory psychology, such as sensation and perception, research methods, and cognition, among others. One session also focused on issues related to ethics and teaching.

"Substance-Related and Other Addictive Disorders: Conceptual, Empirical and Practical Advances." The APA Office of Continuing Education in Psychology (CEP) Annual Professional Development Training Institute (PDTI), held Sept. 23-24, 2016 in Washington, D.C. All participants received 16 CE credits with full participation in the institute.

"Talent Analytics: Data Science to Drive People Decisions and Business Impact," The Leading Edge Consortium 12th Annual Meeting, held October 21-22, 2016 in Atlanta, Georgia.

The New England Psychological Association's Annual Meeting, in conjunction with the Northeast Conference for Teachers of Psychology (NECTOP), in Worcester, Massachusetts, held October 14-15, 2016 in New York City.

The Society for Personality and Social Psychology's Annual Convention, to be held January 19-21, 2017 in San Antonio, Texas.

Wyoming Psychological Association 2016 Fall Conference: current topics and emerging issues in psychology and mental health, held October 1-2, 2016 in Cheyenne, WY. 10 WPA CEs available.

Following are examples of continuing professional opportunities for the specialty that are or

have been offered by AGPA and some of its regional affiliates.

Process group experience. As stated in the conference brochure description “These small Process groups are offered each year at the AGPA Annual Meeting at different levels of provide participants with an environment to obtain, expand and retain their skills in conducting group therapy.” Each group is two full-days long, and participants receive 13 CE credits. Eleanor Counselman, EdD, CGP, and Alexis Abernethy, PhD, CGP, Chairs.

“Exploring Group Therapy from Multiple Perspectives,” Joseph Shay, PhD, CGP, 2011 teleconference, American Group Psychotherapy Association.

“Ethical Principles in the Clinical Practice of Group Psychotherapy,” Eleanor Komet, PhD, CGP and Thomas Stone, PhD, CGP, All-day course, American Group Psychotherapy Association Annual Meeting 2014.

“Focused Brief Group Psychotherapy: A Practice Based Evidence Approach,” Martyn Whittingham, PhD, CGP. All day course, All-day course, American Group Psychotherapy Association Annual Meeting 2014.

“The Role of the Leader in Group,” Lawrence Viers, PhD, CGP, 2012 teleconference, American Group Psychotherapy Association.

Regional:

“Applying Practice Guidelines in Group Psychotherapy,” Joseph C. Kobos, PhD, ABPP. Workshop presented at the Annual Meeting of the Southwestern Group Psychotherapy Society, 2014.

“Becoming Effective with Uncomfortable Group Feelings,” Ronnie Levine, PhD. Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2016.

“Becoming Who We are in Groups: Jungian Ideas on Individual Fulfillment and Personal Authenticity,” Justin Hecht, PhD. Workshop presented at the Mid-Atlantic Group Psychotherapy Association, 2014.

“Building Your Tool Box: Integrating A Skills Based Approach into Your Group Therapy Treatment,” Rowell Levy, PsyD, Workshop presented at the Annual Meeting of the Northeastern Society for Group Psychotherapy, 2012.

“Context and Multiculturalism: Explorations Through Large Group Experience,” Washington School of Psychiatry Group Training Program, Molly Donovan, PhD, CGP, Chair, 2016.

“Entering the Sandbox: Attachment Styles in the Early Life in the Group,” Dan Raviv, PhD Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2012.

“Ethics and Preferred Boundaries in Psychotherapy in the Office and in Cyberspace,” Glen Gabbard, MD, Plenary presented at the Annual Meeting of the Houston Group Psychotherapy Association, 2014.

“Interpersonal Neurobiology and Group Therapy,” Phillip J. Flores, PhD, ABPP, CGP, FAGPA. Four-session workshop presented at the Annual meeting of the Houston Group Psychotherapy Association, 2014.

“Introduction to the Basics of Group Psychotherapy,” Barbara Cohn, PhD, ABPP, LFAGPA, Ellen Rubin, PsyD, Alan Shanel, LCSW, BCD, CGP, Phyllis Wright, LCSW, BCD. Training Institute presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2013.

“Leading Groups and Organizations: Hidden Affect and Motives?” Darryl L. Pure, PhD, ABPP, CGP, FAGPA. Workshop presented at the Annual Meeting of the Northeastern Group Psychotherapy Association, 2014.

“Let’s Talk About Ethics and Values,” Eleanor Komet, PhD, CGP. Workshop presented at the Annual Meeting of the Southwestern Group Psychotherapy Society, 2012.

“Lost and Found: Beginnings and Endings in Group Therapy,” Phyllis F. Cohen, PhD, PsyD, CGP, FAGPA. Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2014.

“Promoting Neuroplasticity and Intimacy in Relationship Focused Group Therapy,” Darryl Feldman, PhD, ABPP, CGP. Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2012.

“Relational Group Psychotherapy: A Supervisory Workshop Embracing Turbulence,” Richard Billow, PhD, ABPP. Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2013.

“The Large Group: Being in a Crowd,” Sara Emerson, LICSW, CGP, FAGPA, and H. Shmuel Erlich, PhD, ABPP. Three-session large group offered at the Annual Meeting of the Northeastern Society for Group Psychotherapy, 2014.

“The Leader’s Role in Managing Stimulation in Group Treatment,” Elliot Zeisel, PhD, LCSW, CGP, DFAGPA. Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2013.

“The Therapy Group as a Microcosm of a Troubled Society American Society,” Robert H. Klein, PhD, ABPP, CGP, DLFAGPA, and Victor L. Schermer, MA, LPC, LFAGPA. Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2014.

“What is at the Heart of an Effective Therapy Group?” Scott Rutan, PhD, CGP, DFAGPA. Demonstration group presented at the Annual Meeting of the Northeastern Group Psychotherapy Association, 2012.

“What, No Words? Working with Symbolic and Non-Verbal Communications in Group,” Phyllis Cohen, PhD, PsyD. Workshop presented at the Annual Meeting of the Eastern Group Psychotherapy Association, 2012.

“Working with Attachment in Group Psychotherapy,” Robert S. Pepper, LCSW, PhD. Workshop presented at the Annual Meeting of the Northeastern Society for Group Psychotherapy, 2012.

Please see Appendix 1 for an example of Continuing Education credits offered at the American Psychological Association 2014 Conference.

2. Describe the formal requirements, if any, for continuing professional development and education to maintain competence in the specialty

The formal requirement for continuing professional development is a minimum of 10 contact hours per year of activities relevant to group psychology and group psychotherapy. These hours can be achieved in a variety of ways, including:

1. Participation in formal programs such as those described below;
2. Attending conferences and workshop that provide APA approved CEUs;
3. Reading journal articles that offer approved CEUs;
4. Providing/receiving professional presentations relative to group issues and topics.

Following are descriptions of two formal group training programs.

Washington School of Psychiatry: The Washington School of Psychiatry is a free-standing psychodynamic psychotherapy training institute that offers training in group psychotherapy via its National Group Psychotherapy Institute (NGPI). The NGPI is directed by two senior psychologists: Molly Donovan, PhD, CGP, Chair, and Steve Van Wagoner, PhD, CGP, Dean.

The training program consists of six, two-day weekend conferences over the course of two years. Each conference focuses on a different aspect of group: from beginning a group, to middle stages, and to terminations. Contemporary psychodynamic approaches are presented, along with a full weekend focused on diversity and multiculturalism, examining the broad range of significant differences, such as race, ethnicity, gender, religion, disability, sexual orientation, social class, and age, and the interaction between social forces, these differences, and group behavior.

The NGPI also offers a Certificate Training Track that includes these six weekends, along with completion of the 12-hour Principles of Group Psychotherapy didactic course (developed by the American Group Psychotherapy Association), minimum of 75 hours of weekly supervision with a faculty member, and personal group psychotherapy. Completion of this Certificate Training Track fulfills the requirements of the International Board for Certification of Group Psychotherapists for the Certified Group Psychotherapist (CGP) designation.

The Gordon F. Derner Institute of Advanced Psychological Studies at Adelphi University offers a two-year certificate program in group psychotherapy. The program consists of didactic and experiential course work, clinical supervision, and personal group therapy. Applicants must have

completed a doctorate or master's in a mental health field.

The specific requirements are: four 2.0 hour courses for each of four semesters; 85 sessions as the therapist to an ongoing group therapy; 75 hours of personal supervision (group supervision for up to 50 hours); a case presentation during the second year or later; and 15 months of personal group therapy, concurrent with the program.

The program is directed by Richard Billow, PhD, CGP, ABPP, and the Dean of the Derner Institute is Jacques Barber, PhD, ABPP. The faculty of the group psychotherapy program are PhD psychologists, the majority of whom are at the ABPP level.

The International Board of Certified Group Psychotherapists, chaired by Tony Sheppard, PsyD, CGP, offers a certificate (Certified Group Psychotherapist – CGP) that requires completion of 300 hours of group psychotherapy leadership, 75 hours of supervision of group psychotherapy, and a 12-hour course in Principles of Group Psychotherapy. The CGP must be renewed every two years with 18 hours of continuing education in group psychotherapy required for renewal.

3. Describe the minimum expectations, if any, for continuing professional development and education to maintain competence in the specialty.

Minimum expectations for maintaining competence in the group psychology and group psychotherapy specialty would be 10 hours each year of participation in ongoing or episodic formal or informal learning experiences. These include accredited CE events, such as conference attendance or reading journal articles if accredited, as well as more informal learning experiences such as supervision, study groups, peer supervision groups, teaching, and attendance at non-accredited professional events that focus on group psychology and psychotherapy. Furthermore, group practitioners are expected to maintain appropriate licensure with the American Board of Professional Psychology.

Please see Criterion VI, appendix 2 for opportunities for continuing postdoctoral and post licensure professional development. These are samples of continual and yearly professional offerings by APA and AGPA.