



# WGPS MEMBER NEWSLETTER

## LETTER FROM THE PRESIDENT

Summer 2012

Dear WGPS Member:

As our official 2011- 2012 membership year comes to a close and we begin our 2012- 2013 membership year, I believe this creates an opportunity to reflect on our year together at WGPS.

First of all I hope as a valued member reading this you feel WGPS has been there for you in terms of connecting with other clinicians in the field; providing networking opportunities to support your clinical practice; providing useful workshops that are applicable to your practice and by supporting you personally in a field that can at times be isolating and very emotionally demanding.

Providing as much as possible for the members of our organization is an aspiration and goal of our board of directors. In a way to unify all those members of our organization as well as all those who are affiliated with us, this year we've created this WGPS Member Newsletter; began a Mentorship program for Early Career Professionals; implemented a workshop speaker's evaluation system; established a link on our website for the Board of Directors minutes; and will be proudly distributing official WGPS membership certificates during our annual membership dinner on June 1<sup>st</sup>.

This upcoming year we look forward to continuing an organization, which values membership support as well as membership input in terms of suggestions and feedback about your WGPS organization. In addition, a personal goal I have for the upcoming year is to increase membership involvement in WGPS events. Those members who are interested in volunteering their time to WGPS will be offered opportunities to join WGPS committees and/or possibly join our exciting new Mentorship/Early Professional Career initiative.

This has been a very rewarding year for me to have had the privilege to get to know so many of you in a more personal way and to have received such valuable feedback and ideas on how to improve WGPS and our organization's programming.

Leo Leiderman, PsyD, ABPP, CGP

President, Westchester Group Psychotherapy Society

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## SUMMER NEWS

- A thank you from Janina Brandt: Being given the opportunity to attend the AGPA conference was truly a gift. Despite only being there for one of the conference days, one could feel the collegial, warm and welcoming atmosphere and be drawn into a community of professionals who clearly and deeply care about their patients and each other. I have attended professional conferences in the past and have never encountered an atmosphere quite like this before. I felt that the didactic and experiential components of the workshops I attended lent themselves towards a deeper understanding of theoretical and clinical concepts, and I left inspired and encouraged to apply what I learned. Experiences like these are what make me ever more grateful for having chosen this profession. Thank you to WGPS for granting me this scholarship!
- A thank you from Naomi Ben-Ami: As a second time attendee of APGA's annual conference, I knew I was in for a one of a kind experience. The day lived up to my expectations and I had the opportunity to attend three workshops on my one day of attendance. Not only was the content of each workshop both fascinating and applicable to my clinical work, but the level of discourse and openness by the other attendees was stimulating and inspiring. I am very appreciative of WGPS's generosity and willingness to give me this wonderful opportunity by selecting me for the Saul Scheidlinger Award. I look forward to attending again next year.
- We've moved back to Manhattan, and I plan to practice on the upper west side. I will continue to specialize in imago relationship therapy (as informed by EFT) and parenting consultation and groups, including imago parenting (a new program). My office number 914-478-1267 and my email joannastrauss.lcsw@mac.com both remain the same.
- Westchester Group works is offering a College Age/Young-Adult Group Starting on Monday's from 5:30-6:45PM. This group is for mid to high functioning 17-28 year old young-

adults. It is Cognitive-Behavioral & Socially Skilled based and will help members work on challenges such as socialization/ interpersonal relationships and typical life transitions and challenges related to school, career, work, etc. The group is supportive in nature and will additionally assist with coping skills, self-esteem and problem-solving skills. Please contact Michelle Maidenberg, PhD, MPH, LCSW-R, CGP for information or to make a referral: 914-301-9474 or [www.WestchesterGroupWorks.com](http://www.WestchesterGroupWorks.com)

- Rebecca Walkley, M.S. was recently the guest speaker at the 105<sup>th</sup> Airlift Wing, New York National Guard Prevention Program- "No Airman Left Behind- Support After a Loss By Suicide." She is presently assisting in research at the Montefiore Dissociative Disorders Clinic on psychological schemas relating to dissociative disorders and developmental traumas. Ms. Walkley peer facilitates a group for people who have lost their loved ones or important people to suicide. Therapists as survivors are welcomed. The group is two years old!

Please e-mail Kenneth Reinhard ([Ken.Reinhard1@gmail.com](mailto:Ken.Reinhard1@gmail.com)) or Aviva Gaskill ([AvivaGaskill@yahoo.com](mailto:AvivaGaskill@yahoo.com)), Member Relations Chairs with any questions or concerns regarding the newsletter or WGPS.

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