

Westchester Group Psychotherapy Society

An Affiliate of the American Group Psychotherapy Association

www.wgps.org

**Announces a Special Workshop by:
Dominick Grundy, Ph.D., CGP**

on

Throw Away the Book: Writing and Anxiety

Date: Friday, January 22, 2010
Time: 12 noon – 2:00 p.m.
Location: Westchester Medical Center
Behavioral Health Center
Room B 304 (Third Floor)
Valhalla, NY

\$25 Non-Members
\$15 Students or New Professionals
Free for WGPS Members

Scholarships Available
**Lunch Included

Learning Objectives:

Participants will be able to:

- 1) Learn to be spontaneous and “throw away the book”
- 2) Identify strategies to reduce anxiety
- 3) Use the group setting to distinguish internal from external reader

Reservations: Contact: Dr. Gloria Batkin Kahn
(914) 478-7633 or globatkahn@aol.com