

Previous participants have consistently evaluated these seminars as “excellent” in both overall program content and practical value for application, and as personally meaningful in unexpected and surprising ways.

Location

Indygroupwork is located on the north side of Indianapolis, just five minutes from Interstate 465 and Meridian Street at:
921 East 86th Street, Suite 210
Indianapolis, IN 46240

Phone: 317.259.0911 Ext 2, or
317.259.8965

Web site: www.indygroupwork.com

Indygroupwork

is a group of experienced mental health professionals based in Indianapolis. We seek to improve the quality of psychotherapy services provided to groups, couples, families, and individuals by offering a unique learning experience that integrates professional development and personal growth.

We are committed to helping individuals learn to thrive in increasingly complex and changing relationships and groups.

We provide individual, couple, family, and group therapy services, clinical supervision, clinician training programs and organizational consultations to Midwest businesses, institutions and groups.

Design by Mary E. Klassen
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Relationships...

...are hard. Our relationships make us who we are. A good relationship can feel like heaven, a bad relationship like hell. Mostly, relationships are both. Learning to thrive in imperfect relationships is essential to our flourishing and the flourishing of our communities.

Mental health professionals are frequently overwhelmed by their clients' relational needs; the complex ways clients attempt to meet these needs; and the interaction of these needs within the clients' family, work, and civic groups. Our clients' needs are created, distorted, reinforced, and frustrated by the groups to which they belong. Just as are our own.

Good therapy depends upon our ability to enter into meaningful and transformative relationships with our clients. This requires an ability to both tolerate and make use of our own vulnerability as we seek to create healing relationships.



learning from experience

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Learning to Thrive 2008

For Mental
Health
Professionals

Advanced Psychodynamic
Clinical Training in
Groups and Systems

Approved for
Category I Continuing Education Credits
by the Indiana Professional Licensing
Agency for LMHC, LSW, LCSW, LMFT

Learning to Thrive

Advanced Psychodynamic Clinical Training in Groups and Systems

Learning to Thrive is a series of four separate seminars providing a unique training program for mental health professionals in the psychodynamic understanding of groups and systems.

Each daylong seminar, scheduled on a Saturday, combines lectures, case presentations, discussions, and small process group experiential components. Readings will be sent to participants in advance of each session; these readings and the content of each seminar will build on the previous topic.

Enrollment is limited. Priority will be given to people enrolling in all four seminars.

You will benefit from this training if you:

- desire training experiences that are more personal, engaging emotionally and cognitively, and seek to further your own emotional development
- struggle with certain personality types or themes
- feel drained by your work
- give your clients advice rather than helping them develop their own agency
- experience reluctance, rather than confidence in using your clinical power
- confront conflict in your work place

Your participation will give you:

- tools to connect with clients
- empathy and patience
 - clarity about the therapeutic relationship and contract
 - knowledge about complex relational dynamics
 - energy for your work.

Learning objectives

Participants will learn to:

- recognize and resolve intrapsychic and group resistances to intimacy
- contain and metabolize emotions in the clinical process
- use the therapist's self as a therapeutic tool
- sustain interpersonal curiosity and establish an effective interpretive stance
- define, recognize and work with complex intrapsychic and group dynamics such as Transference, Countertransference, Projective identification, Affect regulation, Repetition compulsion, and Intersubjectivity.

Personal development

Participants will have the opportunity to:

- enhance personal relationships with a spouse, partner, family and friends.
- build connections with other mental health professionals
- fulfill continuing education requirements for entire year
- improve clinical and personal skills in deepening relationships
- feel professionally and personally enriched and revitalized

Continuing education credit

The Indiana Professional Licensing Agency has approved this organization to provide 6.5 hours of Category I continuing education credit for each seminar completed for LSW, LCSW, LMFT and LMHC practitioners. Licensees must judge the program's relevance to their practice.

Seminar leaders

K. BRYNOLF LYON, Ph.D.

Bernie is a Licensed Mental Health Counselor in Indiana and a Certified Group Psychotherapist. He has served on the Psychotherapy Training Faculty at Christian Theological Seminary since 1983.



He is a National Certified Counselor, a member of the A.K. Rice Institute/Chicago Center for the Study of Groups and Organizations, and an Approved Clinical Supervisor through the Center for Credentialing and Education. Bernie has more than 20 years of experience in clinical training and teaching, and he has published several works on group dynamics, human development and spirituality.

KARIS KLASSEN, M.A.

Karis is a Licensed Mental Health Counselor and a Licensed Marriage and Family Therapist in Indiana. She is a Clinical Member of the American Association of Marriage and Family Therapy, an Associate Clinical



Member of the American Group Psychotherapy Association, and an Approved Clinical Supervisor through the Center for Credentialing and Education. She has completed the National Group Psychotherapy Institute at the Washington School of Psychiatry. Karis has more than 15 years of clinical experience.