

THE WESTCHESTER GROUP PSYCHOTHERAPY SOCIETY
and
THE GROUP FOUNDATION FOR ADVANCING MENTAL HEALTH
are co-sponsoring a conference on

Migration Crisis: How to Effectively Use Community Resources

SATURDAY, DECEMBER 1, 2018

9:30 a.m. to 4:30 p.m.

Hosted by
NY PRESBYTERIAN HOSPITAL, WESTCHESTER DIVISION
CORNELL PSYCHIATRY



New York Presbyterian Hospital, Auditorium, 21 Bloomingdale Road, White
Plains, NY 10605

(This is a handicap accessible facility, however, visual and hearing aids will not be provided)

\$70.00 for Senior Mental Health Clinicians (over 10 years of clinical experience)
\$35.00 for WGPS members, NY Presbyterian Staff Members and Students
\$55.00 for non-members

All proceeds from this conference will help both organizations in their mission to train group psychotherapists by providing scholarships for early career professionals and students

Description: The Migration Crisis which is characterized by a chaotic process of reuniting thousands of migrant children and parents separated by the “zero tolerance” policy poses great psychological risks, both short- and long-term. This conference enhances utilizing a bicultural perspective to engage traumatized migrant Hispanics. *English speaking and/or bilingual attendees* will learn how to apply bicultural group and family therapy interventions geared at addressing trauma. A panel comprised of community based organization leaders will enhance understanding of the current crisis surrounding immigration policy and neighborhood approaches. Demo- experiential trainings incorporated throughout Day- long conference to strengthen skills and interventions.

7.5 CE Credits are available to social workers for this program. Westchester Group Psychotherapy Society (WGPS) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers # 0310.

9:30am-10:00am: Registration, Networking, coffee, bagels, fruit

10:00am-10:15am: Welcoming remarks by conference chair- Robert H. Klein, PhD, ABPP, FAGPA, DLFAGPA, CGP

(Presenters' Bios follow the Conference program)

10:15-11:00:

Title: A culturally sensitive approach to family & group therapies with Hispanic Immigrants

Presenter: Leo M. Leiderman, PsyD, ABPP, CGP, FAGPA

Description: Implementing a culturally sensitive treatment approach emphasizes the need for a clinician to become aware of that population's culture which will be validated throughout the treatment process. Incorporating bicultural family and group therapies enhance engagement, treatment effectiveness while lowering attrition rates. Family and group therapy interventions will be provided.

Learning Objectives:

Participants will be able to:

1. Explain a greater recognition of implementing a bicultural model with this population.
2. Utilize bicultural family & group interventions to address new immigrant Hispanic family dynamics, loss, trauma, grief, and isolation.

11:00-12:00PM: Panel Discussion and Q&A:

Title: A community based approach towards empowering immigrants and how National and Local Immigration Policies are affecting our communities

Moderator: Leo Leiderman

Panelists: Carola Otero Bracco, Executive Director of Neighbors Link, Elizabeth Mastropolo, Assistant Director of Neighbors Link Community Law Practice, <http://www.neighborslink.org/>, Theo J. Oshiro, Deputy Director, Make the Road New York, <https://maketheroadny.org/>, Jessica Young, Westchester Supervising Attorney, Make The Road New York

Description: There is a very clear and well-documented crisis surrounding immigration policy in the United States today. These policies have serious and significant impact on immigrants, their families, employers and the communities in which they reside. Immigration policy in the United States has been widely debated and has brought about unprecedented challenges, fear and uncertainty for the immigrant community. The most significant policy shifts and their impact on families and the organizations that serve them will be discussed.

Learning Objectives:

Participants will be able to:

1. Understand the policies and purposes of community based organizations to serve and protect immigrant communities.
2. Explain how recent shifts of national immigration policies are affecting vulnerable migrant families.
3. Clarify misperceptions about immigration enforcement and the role of Westchester county law enforcement agencies

12:00-12:35: *Grassroots BYO Lunch and networking- all attendees need to bring their own lunches to the conference.*

12:35-12:45: Special Guest speaker Michael Orth, Commissioner, Westchester County Department of Community Mental Health

12:45-1:30:

Title: The Inner Language of the Mother Tongue: Beyond Translation to Empathic Understanding

Presenter: Victor L. Schermer, MA, LFAGPA

Description: We usually think of a foreign language as a matter of words. At the most basic level, we must have a common vocabulary to explain, instruct, and ask and answer questions in a helpful way. But if we want to establish genuine rapport and understanding with foreign-language individuals, we must also grasp the language of their emotions and their culture of origin, the language of the heart and soul, that is acquired early in life and which is beyond words.

The first language we all speak is that of body and gesture. Mirror neurons and attunement play important roles in acquiring such a “protolanguage” that develops into words and speech.

Throughout our lives, our true feelings re-emerge in body language, stories, and dreams that reflect our earliest life experiences.

Understanding the inner language can be useful in working with immigrant populations. Years after fully acquiring a new language, people continue to speak to themselves and have dreams in their native tongue. Working with them in psychotherapy provides a window that opens to the landscape of how they think and feel deep inside. In this talk, I will use several such cases and other experiences to explore how this inner language forms and expresses itself. We also will discuss the ways in which race, class, status, and nationalistic privileging are obstacles to rapport with people encountering a new language and culture, and how a process of empathic understanding can help in grasping the language of the heart and soul, which can provide a bridge of hope and trust in the caregiving process.

Learning Objectives:

Participants will be able to understand:

1. How a native language differs psychologically from a language acquired later on.
2. How race, class, status, and national privileging are obstacles to rapport with people encountering a new language and culture.
3. How to empathically attune to the inner language and world of the person being helped.

1:30-2:15:

Title: Dealing with the Pain and Potential of Migration: The Relevance of the Trauma Group Model

Presenter: Suzanne B. Phillips Psy.D, ABPP, CGP, FAGPA

Description: With recognition of the hardship suffered by migrants worldwide who are driven from their homes by persecution, violence or natural disaster, only to face more hardship in the transit and entry to other countries, I will discuss the restorative potential of the trauma group model. It delineates the goal and techniques of trauma groups to address the stress reactions, isolation, fear, helplessness and grief suffered as well as the resilience and hope needed. It distinguishes the trauma group model from a psychotherapy group model and exemplifies the use of Group Psychological First Aid in a Role Playing Exercise/Demonstration Group.

Learning Objectives:

Participants will be able to:

1. Identify four sources of trauma specific to those migrating or seeking asylum in the US.
2. List five functions of a trauma group.
3. List four ways in which a trauma group model differs from a psychotherapy group model.
4. Describe the steps of Group Psychological First Aid.

2:15-2:45: Demonstration Group facilitated by Suzanne B. Phillips Psy.D, ABPP, CGP, FAGPA

2:45- 3:00: Break

3:00-4:00: Large Process Group Experience facilitated by Robert H. Klein, Ph.D., ABPP, FAPA, DLFAGPA, CGP and Shoshana Ben-Noam, PsyD, CGP, LFAGPA

Description: During the course of this full day conference on the migration crisis participants are likely to experience many different emotions, thoughts and fantasies stirred within them.

Countertransference, stereotyping, and prejudices may emerge in each of us. This large group will provide an opportunity to share, observe and explore these as we seek to gain a deeper understanding of the issues we face collectively and our own roles in effectively dealing with them.

Objectives:

Participants will be able to:

1. Identify 3 prevalent countertransference responses among mental health professionals dealing with the migration crisis.
2. List 2 common forms stereotyping and prejudice shared by such professionals.
3. Describe a set of 3 personal guidelines for maintaining a healthy and helpful professional role in working with the migration crisis.

4:00PM – 4:30PM: Wrap up with Conference Speakers Panel and Conference Attendees

Moderator: Robert Klein

Panelists: Suzanne B. Phillips, Shoshana Ben-Noam, Jessica Young, Elizabeth Mastropolo, Carola Otero Bracco, Theo J. Oshiro, Victor L. Schermer & Leo M. Leiderman

BIOS of Presenters (In Alphabetical Order)



Dr. Shoshana Ben-Noam

Shoshana Ben-Noam, PsyD, CGP, LFAGPA is a clinical psychologist and certified group psychotherapist. She is an adjunct professor at the Pace University Psychology Doctoral Program, faculty and supervisor at the Eastern Group Psychotherapy Society (EGPS) Training Program in New York City and former faculty at the Northeastern Society for Group Psychotherapy (NSGP) Training Program in Boston. She has also conducted numerous workshops, institutes and trainings nationally and internationally.

Dr. Ben-Noam was awarded Life Fellow of the American Group Psychotherapy Association (AGPA) and honoree of EGPS, received the AGPA 2007 Affiliate Society Assembly Award, and served on the AGPA and EGPS Boards. She has Guest Edited two issues on Trauma and Group Therapy in the Group Journal and trained over 600 mental health professionals in trauma and group therapy post 9/11. She maintains a private practice in New York City for individual, couple and group therapy.



Carola Otero Bracco, Executive Director of Neighbors Link

Carola Otero Bracco, is a first generation American born of immigrant parents from Bolivia. Before becoming Executive Director of Neighbors Link in April of 2004, Carola spent 12 years of her career working in financial management with General Electric Corporation, Ford Motor Company and Time Warner. During Carola's tenure, Neighbors Link has become a leader in designing, implementing and directing community-based, bilingual educational and cultural awareness training programs. With her guidance and leadership, the organization has quadrupled in size in 10 years and is strategically scaling the Neighbors Link model. She holds an MBA from Duke University and currently serves on the boards of Northern Westchester Hospital, the National Council for Workforce Education, Nonprofit Westchester, and the New York Immigration Coalition.

Carola Bracco is published in the Journal of Multilingual Education Research, the article is titled: Neighbors Link's Parent-Child Together Program: Supporting Immigrant Parents' Integration to Promote School Readiness Among Their Emergent Bilingual Children
<https://fordham.bepress.com/jmer/vol7/iss1/6/>



Dr. Robert H. Klein

Robert H. Klein, Ph.D., ABPP, FAPA, DLFAGPA, CGP has been a faculty member at the Yale School of Medicine, New Haven, CT. for more than 35 years. A Fellow of the American Psychological Association and Diplomate in Group Psychology, he is Past President and Distinguished Life Fellow of the American Group Psychotherapy Association (AGPA), and Founding Member of the National Registry of Certified Group Psychotherapists.

Dr. Klein is a recognized expert in the area of group psychotherapy who lectures, consults and supervises both nationally and internationally. The author of more than 100 publications, plus co-

author/co-editor of seven books, he maintains a private clinical practice with offices in Westport and Milford, CT.

Robert H. Klein & Victor L. Schermer co-edited two special editions of the *International Journal of Group Psychotherapy*:

Toward Understanding and Treating Violence in America: Some Contributions from Group Dynamic and Group Therapy Perspectives (65, 1,2; 2015). Republished in book form, *Violence in America* (Routledge, December 2016).

The link for info, details, and how to order their book version of "Violence in America" (re-publication of the journal articles) is:

<https://www.routledge.com/Violence-in-America-Group-therapists-reflect-on-causes-and-solutions/Klein-Schermer/p/book/9781138231238>

Klein & Schermer have also co-edited 3 other books together:

Group Psychotherapy for Psychological Trauma

Leadership in a Changing World

On Becoming a Psychotherapist



Dr. Leo M. Leiderman

Leo M. Leiderman, PsyD, ABPP, CGP, FAGPA is a bilingual psychologist who is a Diplomate in Clinical Psychology and Group Psychology, a Fellow of the Academy of Clinical Psychology, a Fellow of the American Group Psychotherapy Association and is the director of Neurofeedback & Psychological Services in Purchase, New York. Previously, he was instrumental in establishing the first bilingual/bicultural mental health treatment program in Westchester County at Saint Vincent Catholic Medical Centers where he served as the director of the Latino Treatment Services for almost 20 years. He was influential in developing *Salud Mental*, by Mental Health News, Inc. the organization's initial bilingual and bicultural publication. He serves on the Board of Directors of the American Group Psychotherapy Association (AGPA) and is the president of the Westchester Group Psychotherapy Society. He has published articles, lectured extensively and made guest appearances on both radio and television on topics related to bilingual/bicultural mental health and substance abuse treatment interventions and complex trauma. For a complete listing of his presentations and publications go to: <http://www.westchester-nps.com/publications-presentations/>



Elizabeth Mastropolo, Assistant Director of Neighbors Link Community Law Practice

Elizabeth Mastropolo is the Assistant Director of Neighbors Link Community Law Practice. Previously, she was Assistant Director of the Pace Community Law Practice. She graduated from Siena College in 2010 and went on to get her J.D. from St. John's University School of Law in 2013, graduating in the top 12% of her class. After law school, she was named the Westchester County Bar Association Foundation Fellow and placed at the Pace Community Law Practice serving the immigrant community in Westchester County, specifically at Neighbors Link in Mount Kisco. She was admitted to the bar in New York (2014) and New Jersey (2013).



Michael Orth, Commissioner, Westchester County Department of Community Mental Health

Michael Orth, who has worked in the human services sector for 30 years, joined the Westchester County Department of Community Mental Health (DCMH) in 1993, and was appointed Commissioner January 2018. The Department of Community Mental Health, a branch of county government, is responsible for planning, oversight, education and coordination of services and supports for individuals, and their families, with mental illness, developmental disabilities and substance use challenges. Under the general direction of the County Executive and in accordance with New York State Mental Hygiene Laws, Michael serves as chief executive officer and is responsible for the operation and administration of the department.

He has previously held several positions in Children's Mental Health Services at DCMH since 1993 assisting in the development of Westchester County's System of Care for children with emotional, social and behavioral challenges, and their families. This includes working collaboratively with other child-serving systems at a federal, state and county level.



Theo J. Oshiro, Deputy Director, Make the Road New York

Theo Oshiro helps lead Make the Road New York (MRNY), the largest grassroots community organization in New York offering services and organizing low-income and immigrant communities. As the Deputy Director, Theo oversees the services departments at Make the Road New York, including MRNY's Legal Services, Adult Literacy and Health Advocacy. A Peruvian immigrant raised in Queens, Theo has been recognized several times for his contributions to immigrant communities, winning the New York Lawyers for the Public Interest's Felix A. Fishman Award. Theo joined MRNY in 2005 after receiving a Master's Degree from the University of Chicago. Since he began at Make the Road, he has been a leading fundraiser, building MRNY's health access team from the ground up and expanding the organization's overall services infrastructure by tripling our staff size and expanding services for members in Long Island and Westchester.



Dr. Suzanne B. Phillips

Suzanne B. Phillips Psy.D., ABPP, CGP, FAGPA is a licensed Psychologist, Psychoanalyst, Diplomat in Group Psychology, Certified Group Therapist, Fellow, Board Member and Co-chair of Community Outreach for the American Group Psychotherapy Association (AGPA). She is Retired Adjunct Full Professor of Clinical Psychology in the Psychology Doctoral Program at LIU Post, N.Y. She has provided services and training nationally and internationally on trauma and disaster. She is the co-author of three books, and over 40 articles and chapters including, *Healing Together: A Couple's Guide to Coping with Trauma and Post-Traumatic Stress*, and *Public Mental Health Service Delivery Protocols: Group Interventions for Disaster Preparedness and Response*, co-authored with Robert Klein. Her articles and presentations are available on her website: <http://www.couplesaftertrauma.com/> She has an ongoing blog "Healing Together" on Psych Central with 332 blogs, many of which address trauma and recovery <https://blogs.psychcentral.com/healing-together/> <http://www.voiceamerica.com/show/2506/psych-up-live> She is the Host of "Psych Up Live" on Voice America International Talk Radio with over 100 shows with experts on topics on marriage, violence, gender issues, teens, eating disorders, military women, trauma recovery, etc.



Victor L. Schermer, MA, LFAGPA

Victor L. Schermer, MA, LFAGPA is a psychologist in private practice in Philadelphia, PA. He is a Life Fellow of the American Group Psychotherapy Association. Schermer has co-authored/co-edited eight books, been guest editor for six special editions of group psychotherapy journals, and written over 40 articles and reviews in group psychotherapy and other subjects. He is a frequent presenter of lectures, workshops, and panels internationally. In 2006, he gave the Annual S.H. Foulkes Lecture for the Group Analytic Society in London.



Jessica Young, Westchester Supervising Attorney, Make The Road New York

Jessica Young is the Westchester Supervising Attorney at Make the Road New York, where she supervises legal staff in the practice areas of immigration, family law and employment law and leads our Westchester-based policy work. She was instrumental in passing the Westchester County Immigration Protection Act (IPA). Jessica represents non-citizens in all areas of family and humanitarian immigration law including removal defense and affirmative applications and petitions. Jessica earned her J.D. in 2009 from the University of Miami School of Law, where she graduated summa cum laude, was an editor of the Law Review and a member of the Order of the Coif. She is admitted to the bar in NY (2014) and CA (2009).



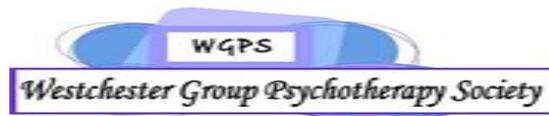
www.agpa.org/home/about-us/group-foundation-for-advancing-mental-health

OUR MISSION: The **Group Foundation for Advancing Mental Health** is a philanthropic organization dedicated to changing lives through therapeutic group work by advancing the most

effective and innovative approaches to group therapy education, training, research and community outreach.

WHO ARE WE: The Group Foundation for Advancing Mental Health was established by the **American Group Psychotherapy Association (AGPA)** www.agpa.org as a not-for-profit, separately incorporated 501 (c) 3 organization with the purpose of advancing mental health through group work.

The **Group Foundation** advocates for and supports the research, education/training and community programs to assure the advancement of the most innovative group work to enhance people's lives. Evidence is now clear that group interventions are at the forefront of treatments to heal trauma, improve individual, family and workplace relationships, treat psychological conditions and aide the military and their families in dealing with the impact of war. In short, group changes lives. With the knowledge that groups change lives and promote mental health, the **Group Foundation** is dedicated to supporting the advancement of evidenced based group interventions and research, supporting the education and training of effective group leaders, and supporting community outreach and the dissemination of information for the benefit of the public and professional communities.



WESTCHESTER GROUP PSYCHOTHERAPY SOCIETY (WGPS)

www.wgps.org

ABOUT WGPS: The Westchester Group Psychotherapy Society (WGPS) is not-for-profit organization with the purpose of advancing mental health through group work. WGPS seeks to advance training, research, education, and consultation in group psychotherapy. We believe in the efficacy and viability of group therapy as a primary modality of psychological treatment and emotional support. WGPS is enhanced by being an affiliate of the **American Group Psychotherapy Association**. WGPS is committed to serving our membership and the community of Westchester's mental health professionals by providing:

- An interdisciplinary forum for professionals involved in the use of group psychotherapy for the enhancement of mental health.
- Educational programs on a regular basis for our membership, mental health practitioners and the community at large.
- Opportunities for professional development.
- Mentorship, opportunities for early career professionals and students.
- A professional and networking community for group therapists that will assist members in forming professional, social, and meaningful alliances.

About Neighbors Link

The Neighbors Link mission is to strengthen the whole community through the healthy integration of immigrants. Our strategies to achieve our mission are through education, employment, legal services and empowerment for the immigrant community. Neighbors Link engages all residents in dialogue about integration and creates volunteer opportunities for students and adults. We have over 150 substantive partnerships with businesses, government, law enforcement, schools, healthcare, and other local organizations. Each year, Neighbors Link serves over 4,000 immigrants with programs including Workforce Development, Family Center, Legal Services, English as a Second Language, Support Services, Community Engagement, and Advocacy. Neighbors Link operates throughout Westchester County and has locations in Mount Kisco (headquarters), Ossining and Yonkers. More information is available at: 914-666-3410 or <http://www.neighborslink.org>.



About Make the Road New York

Make the Road New York builds the power of immigrant and working class communities of color to achieve dignity and justice through organizing, policy innovation, transformative education and survival services. Recognizing that real and lasting improvements will be achieved only when all New Yorkers have sufficient power to enforce legal rights, access educational and work opportunities, and achieve broad-based policy change, we support and enable residents' efforts to access education and legal services, and to shape policies that affect our lives. MRNY has 22,000+ members across our five offices in Westchester County, Queens, Brooklyn, Staten Island and Long Island who lead multiple organizing committees across our issues and program areas. Members take on leadership roles in our campaigns, determine our priorities, and elect the representatives who comprise most of our Board of Directors. More info can be found here:

<https://maketheroadny.org/>



REGISTRATION FORM

DEADLINE: November 26, 2018

**** Space is limited. Please RSVP early.**

Name: _____

Mailing Address: _____

Email Address: _____

Telephone #: _____

\$70.00 for Senior Mental Health Clinicians (over 10 years of clinical experience)

\$35.00 for WGPS members, NY Presbyterian Staff Members and Students (Student or NYPH staff IDs required during registration at conference)

\$55.00 for non-members

7.5 CE Credits are available to licensed social workers for this program*

Coffee, bagels, fruit will be provided in morning. Grassroots BYO Lunch- **all attendees need to bring their own lunches to the conference.**

CE credit: Yes [] No []

Senior Mental Health Clinician _____

WGPS Member _____

NY Presbyterian Staff _____

Non-Member _____

Student _____

Please note a \$10.00 fee will be assessed for cancellations within five days of the program.

This is a copy of the registration form and payment link. In order to complete registration form & payment via PayPal (both are required), please click on the following links:

To register online: <http://wgps.org/conferenceregistration.html>

To pay for this presentation online: <http://wgps.org/migrationcrisis.html>

Proceeds will benefit the Group Foundation for Advancing Mental Health and the scholarship fund of the Westchester Group Psychotherapy Society

Please select your registration option.

Day Long Conference

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Please support our cause.

If you cannot attend we hope you may consider becoming a **donor** or **sponsor** of the event. Any donation is not too small or large!

Each year the Group Foundation for Advancing Mental Health provides hundreds of scholarships for early career mental health professionals to attend the annual American Group Psychotherapy Association's (AGPA) conference which provides high quality training in group leadership and group therapy. They would otherwise be unable to afford to attend. The skills, education and training they receive at the conference directly profits the patients and communities they serve.

Please become a donor or sponsor which will directly help the psychotherapy education, research, training, and information dissemination for the benefit of the public and early career professional communities.

*All donations can be submitted as a tax deduction.

Become a **Donor (\$25- \$99)**

Your name will be listed in the Conference Program

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Your name will be listed in the Conference Program

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Please e-mail lleiderman@westchester-nps.com with your ad

Gold Sponsor (\$500) Full Page ad in the Conference program.
Please e-mail lleiderman@westchester-nps.com with your ad

To donate: <http://wgps.org/migrationcrisis.html>

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The Group Foundation for Advancing Mental Health
Westchester Group Psychotherapy Society

 **NewYork-Presbyterian**

* Westchester Group Psychotherapy Society (WGPS) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers # 0310.