

## Enhancing Group Therapy with Mindful Self-Esteem

Nancy Wesson, Ph.D. and Janetti Marotta, Ph.D.

**Presented by:** Center for the Study of Group Psychotherapy.  
**Date:** Saturday November 15, 2014 9:30 A.M. - 4:30 P.M.  
**Place:** 2665 Marine Way, Conference Room, Mountain View, CA 94043  
**Fee:** \$80 Special Introductory Offer!  
**CE Units:** 6 CEUs for LMFTs, LCSWs, LPCCs, & Psychologists

### COURSE OVERVIEW

This course integrates group psychotherapy concepts and leadership skills with a mindfulness-based model of self-esteem development as described in the book, *50 Mindful Steps to Self-Esteem: Everyday Practices for Cultivating Self-Acceptance and Self-Compassion* by co-presenter Janetti Marotta (Marotta, 2013). Participants will learn mindful self-esteem practices and effective group psychotherapy skills to process the group experience. This workshop will be both experiential and didactic. There will be a live demonstration training group.

Rather than being externally focused by seeking conditional acceptance to gain others approval, mindful self-esteem emerges from cultivating qualities of self-acceptance and self-compassion. When psychological well-being is based on mindfulness (Brown & Ryan 2003) and self-compassion (Neff, Rude, & Kirkpatrick 2007; Neff & Vonk 2009), it is stable, strengthens a sense of openness, and lessens defensive reacting.

Mindfulness practices can be taught to enhance the therapeutic benefits of psychotherapy (Germer, Siegel & Fulton, 2013). Practices and exercises to cultivate self-acceptance and self-compassion will be taught in this course as a way to enrich the therapeutic process among group members and enhance the therapeutic benefits of psychotherapy. The group psychotherapy concepts which will be taught include: developing safety and therapeutic alliance in a psychotherapy group (Tasca, Balfour, Ritchie, & Bissada, 2007), shaping the culture of a psychotherapy group (Yalom & Leszcz, 2006), and the therapeutic benefits of using group as a whole methods in a psychotherapy group (Yalom, & Leszcz, 2006).

The curriculum of this course is sequential and the course format will be conducted in a psychotherapy group format utilizing presentation, group exercise, discussion, and group process. This course will increase the knowledge and skill level of clinicians who offer group psychotherapy and incorporate or wish to incorporate a mindfulness-based approach into clinical practice.

### Learning Objectives:

This workshop is designed to help participants:

1. Describe the concept and development of mindful self-esteem.
2. Plan and utilize mindful self-esteem practices in group psychotherapy and other forms of psychotherapy.

3. Apply concepts and methods for developing safety and therapeutic alliance in a psychotherapy group.

4. List methods to develop and shape the culture of a psychotherapy group.

5. Apply Group as a whole methods to facilitate psychotherapy groups.

5 .Describe techniques to build and strengthen group cohesion in a psychotherapy group.

### **References:**

Castonguay, L., Constantino, M., & Holtforth, M. (2006). The working alliance: Where are we and where should we go? *Psychotherapy: Theory, Research, Practice, Training*, 43(3), 271-279.

Germer, C., Siegel, R., & Fulton, P. (Eds.) (2013). *Mindfulness and Psychotherapy*. New York: Guilford Press.

Marotta, J. (2013). *50 Mindful Steps to Self-Esteem: Everyday Practices for Cultivating Self-Acceptance and Self-Compassion*. Oakland, CA: New Harbinger Publications.

Neff, K. (2011). *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. New York: Harper Collins.

Tasca, G., Balfour, L., Ritchie, K., & Bissada, H. (2007). The relationship between attachment scales and group therapy alliance growth differs by treatment type for women with binge-eating disorder. *Group Dynamics: Theory, Research, and Practice*, 11(1), 1-14.

Wesson, N. (2007). Becoming a true member of a psychotherapy group. *The California Psychologist*. June/July, 21.

Wheelan, D. (1997). Group Development and the Practice of Group Psychotherapy. *Group Dynamics: Theory, Research, and Practice*, 1, 288-293.

Yalom, I & Leszc M. (2006). *The Theory and Practice of Group Psychotherapy*. (5<sup>th</sup> Ed.).New York:Basic Books.

## Enhancing Group therapy with Mindful Self-Esteem.

Oct. 18, 2014 CSGP program committee met and discussed the proposal.

Oct. 21, 2014 Program Committee members approved the proposal for Enhancing Group therapy with Mindful Self-Esteem.

Oct. 22, 2014 Advertising began for the course. Listserv announcement was sent out over SCCPA listserv. Flyers and copies of the announcement were sent to CSGP members. Copy is in this file. Full color ad sent to make paper copies.

### CENTER FOR THE STUDY OF GROUP PSYCHOTHERAPY

Presents a 6 hour workshop Saturday November 15, 2014 9:30 A.M. – 4:30 P.M.

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**To register:** Go to [CSGP.org](http://CSGP.org) Registration at door if space available

\*Please bring a sack lunch

**For questions contact:** [janetti@janettimarotta.com](mailto:janetti@janettimarotta.com) or [DrNWesson@CSGP.org](mailto:DrNWesson@CSGP.org)

For further information about the course: <http://bit.ly/csgp20141115>

**Workshop Leaders:** Nancy Wesson, Ph.D., CGP, has been in private practice leading psychotherapy groups over 25 years and teaching group psychotherapy to clinicians over 15 years. She is the Founder of the Center for the Study of Group Psychotherapy and President-Elect for the Santa Clara County Psychological Association.

**Janetti Marotta, Ph.D.** has been leading psychotherapy and support groups over 25 years and mindfulness-based groups over 10 years. Along with her private practice, she is Coordinator of the Mind-Body Program at PAMF Fertility and author of the book: *50 Mindful Steps to Self-Esteem*.

Enhancing self-esteem in adults with autism spectrum disorders: a pilot cognitive behaviour therapy (CBT) group intervention. *Advances in Autism*, Vol. 3, Issue. 2, p. 66.Â Cognitive behaviour therapy for low self-esteem in a person with a learning disability: a case study. *Advances in Mental Health and Intellectual Disabilities*, Vol. 12, Issue. 2, p. 67.

Effectiveness of reality therapy group on enhancing the self-esteem of students at Ferdowsi University of Mashhad. *Psychological and Educational Studies*, 11(2), 227-238. Helping adolescents and adults to build self-esteem. Helping adolescents and adults to build self-esteem. London & Philadelphia: Jessica Kingsley Publisher. Reality therapy untuk meningkatkan self-esteem remaja penderita kanker pasca pengobatan medis. Jan 2012. S Tirta. Self-Help Groups " These are generally led by someone who is not a professional group facilitator, but has struggled with or successfully overcome or addressed a problem, and wishes to help others through the process. Medication Groups " The focus of these groups is on compliance with prescribed medication; the intent is to educate clients about their medication, ensure compliance with the doctor's instruction and decrease their sense of isolation. Many of the exercises and activities described above can be applied to group therapy with younger members, but some are more appropriate than others. Several exercises and techniques that work well in younger groups are listed below. Icebreakers and Trust-Building.