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:


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://www.csgp.org) Registration at door if space available

*Please bring a sack lunch

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


**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.*

Effectiveness of reality therapy group on enhancing the self-esteem of students at Ferdowski 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.
Group therapy, group activities, group facilitators, therapy, mental health, social work, self-esteem, self-care, CBT, cognitive distortions, depression, anxiety, trauma, coping skills. Affirmations For Women Self Love Affirmations Words Of Affirmation Journal Template Motivational Posts Coping Skills Journal Cards Encouragement Quotes Self Esteem. Discover how to do mindful art journaling by using positive affirmations on your pages. It's a wonderful mindful and artistic experience. #artjournal #mindfulartjournal. Anxiety Tips Anxiety Help Natural Anxiety Relief Cognitive Distortions Overcoming Anxiety Coping Skills. Free Printable Anxiety Workbook. Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem. Matthew McKay PhD. 4.6 out of 5 stars 475. Editorial Reviews. Review. 50 Mindful Steps to Self-Esteem is a wonderful and accessible book. Robyn D. Walser, PhD, coauthor of Acceptance and Commitment Therapy for Post-Traumatic Stress Disorder, Learning ACT, and The Mindful Couple; associate director at the National Center for PTSD Dissemination and Training Division; and associate clinical professor at University of California, Berkeley. Janetti Marotta has given us a well-written, heartfelt guide to mindfulness practices that enhance awareness and nurture self-esteem from the inside-out. I can enthusiastically recommend this book. Cognitive Behavioral Therapy. PTSD/Trauma. Self-Esteem. Strengths-Based Approach. Read More. Mindful Therapy Group. We are a collaborative group of licensed mental health providers and board certified psychiatric providers with a wide variety of interests and specialties, working together to provide quality, evidence-based care to children, adolescents, adults and older adults. We utilize a variety of modalities and approaches with our clients, tailored to your individual needs. The Attention Training Technique (ATT) and Mindful Self-Compassion (MSC) are two promising psychological interventions. ATT is a 12-min auditory exercise designed to strengthen attentional control and promote external focus of attention, while MSC uses guided meditation and exercises designed to promote self-compassion. Mindfulness-based exercises might enhance attention flexibility by training the ability to shift attentional focus between the breath and other sensations, while inhibiting distractions. Altogether, the results suggest that both ATT and MSC strengthen the capacity to respond to one's internal and external environment in a more flexible manner. An open trial of group metacognitive therapy for depression in Norway. Nord. Using mindfulness to enhance your self-esteem involves paying habitual attention to your predominant thought patterns as they appear throughout the day. It's especially important to be on guard for self-sabotaging thought patterns, i.e., negative self-talk. Are you constantly telling yourself that you can't do x, that you're not good enough to do y, or that don't deserve z?