

The Philadelphia Area Group Psychotherapy Society  
presents

# Twelve-Step Programs and You: A Primer for Group Therapists

**Mark Schenker, Ph.D.**

author of *A Clinician's Guide to Twelve-Step Recovery*

**Saturday, April 10, 2010**

**8:30 a.m.–12:30 p.m.**

**Katherine Lower Lounge (second floor)**

**Bryn Mawr College Graduate School of Social Work and Social Research**

**300 Airdale Road**

**Bryn Mawr, PA 19010-1697**

(See back panel for directions)

**3 CE credits for Psychologists, *Social Workers*,  
Marriage & Family Therapists, & Professional Counselors**

## **THE PROGRAM**

Treatment of addicted patients has long been an area of neglect in the helping professions, and the ubiquitous Twelve-Step programs often seem mysterious and alien to clinicians. This is unfortunate, given the prevalence of substance abuse problems in the clinical population (often unassessed) and the positive role that the Twelve-Step programs (TSPs) can play in maintaining sobriety and advancing therapeutic goals.

This workshop will examine how programs such as Alcoholics Anonymous, Narcotics Anonymous, and Overeaters Anonymous can be integrated with traditional group and individual psychotherapy. It will include an overview of the background and practices of the TSPs and a discussion of how therapists can establish appropriate treatment goals and develop an effective working model for individuals with problems of addiction.

## **THE SPEAKER**

Mark Schenker, Ph.D., is a licensed clinical psychologist. He is the author of the highly acclaimed book *A Clinician's Guide to Twelve-Step Recovery* (W. W. Norton, 2009). He is a psychology supervisor for Adult Services at the Caron Foundation. With more than 35 years of experience in the mental health and substance abuse field, Mark also conducts a private practice—Recovery Options Associates—in Lafayette Hill, PA ([www.recoveryoptionsassociates.com](http://www.recoveryoptionsassociates.com)).

## **OBJECTIVES**

At the conclusion of the program, participants will be able to:

1. Understand the principles of Twelve-Step Programs.
2. Define an appropriate clinical role for group therapists working with addicted patients.
3. Prioritize goals in working with addicted individuals.

## **SCHEDULE**

8:30–9:00 a.m.—Registration

A continental breakfast will be provided.

9:00 a.m.–12:30 p.m.—Program.

Please note that we will begin promptly at 9:00 a.m.

## **FEES**

PAGPS members: \$50

Non-members: \$60

Students/interns: \$20

## **REGISTRATION DEADLINE AND CANCELLATION POLICY**

Space for this program is limited. Please send in your registration form promptly. After April 5, we suggest calling or e-mailing to make sure space is available. Cancellations received at least five working days before the event are refundable, minus a \$10 processing fee.

## **CONTINUING EDUCATION**

Attendance entitles psychologists to 3 CE credits. PAGPS is approved by the American Psychological Association to sponsor continuing education for psychologists. PAGPS maintains responsibility for this program and its content.

PAGPS is approved by the PA State Board of Social Workers, Marriage & Family Therapists & Professional Counselors to offer continuing education for social workers, marriage & family therapists, and professional counselors. This program carries 3 CE credits.

Attendees will also receive 3 recertification credits, useful for individuals listed in the National Registry of Certified Group Psychotherapists.

## **MEMBERSHIP**

The Philadelphia Area Group Psychotherapy Society is an Affiliate Society of the American Group Psychotherapy Society (AGPA).

Membership in PAGPS is open to AGPA members as well as mental health workers, students, or trainees who are actively engaged in group work but who are not members of AGPA.

PAGPS members may list their group(s) on the PAGPS website.

For a membership application, contact Elsa R. Efran, M.S., Administrator  
310 E. Gowen Ave., Philadelphia, PA 19119-1022

Phone: 215-242-4234

**New e-mail: [pagps@verizon.net](mailto:pagps@verizon.net)**

Website: [www.pagps.org](http://www.pagps.org)

## DIRECTIONS

Visit [www.brynmawr.edu](http://www.brynmawr.edu) for detailed map.

### FROM THE PENNSYLVANIA TURNPIKE

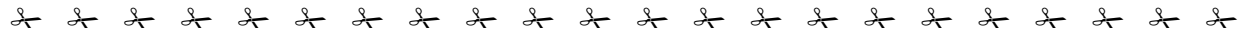
Take Exit 20 and follow Route 476 South to Exit 13 (St. David's/Villanova). Take Route 30 Eastbound (Lancaster Ave.) and continue for 1.5 miles. Turn left onto Airdale Rd. at the three-way traffic light immediately before the McDonald's restaurant. Travel on Airdale Rd. under the train bridge and across the intersection for Montgomery Ave. Continue along Airdale Rd. and turn left into the driveway. Follow the driveway to the back of the building for parking.

### FROM CENTER CITY PHILADELPHIA

Take Route 76 West to Exit 339 (City Avenue/Route 1 South). Follow City Avenue for 2.5 miles and turn onto Route 30 Westbound (Lancaster Avenue). Travel 5 miles on Lancaster Ave., through the center of the town of Bryn Mawr. Turn right onto Airdale Rd. at the three-way traffic light immediately after the McDonald's restaurant. Travel on Airdale Rd. under the train bridge and cross the intersection for Montgomery Ave. Continue along Airdale Rd. and turn left into the driveway, follow the driveway to the back for the building for parking.

### BY TRAIN

From Market East/The Gallery Mall, Penn Center/Suburban Station, or 30<sup>th</sup> Street Station, board SEPTA's R-5 Paoli Local to the Rosemont Station (20-25 minute ride). **(DO NOT BOARD THE BRYN MAWR LOCAL.)** The Graduate School is a 10-minute walk from the Rosemont Station. Exit to the street and walk north (straight-ahead as you exit the train) on Airdale Rd. Cross the Montgomery Ave. intersection and continue past Ashbridge Park. The driveway entrance is on your left.



## REGISTRATION (please print CLEARLY)

Feel free to duplicate this form as needed for additional registrations.

Name \_\_\_\_\_ Degree \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Field:  Psychiatry       Psychology       Social Work       Counseling  
 Other \_\_\_\_\_

PAGPS members:      \$50      \_\_\_\_\_

Non-members:      \$60      \_\_\_\_\_

Students/interns:      \$20      \_\_\_\_\_

### Please make checks payable to PAGPS.

Mail to:  
PAGPS c/o Elsa R. Efran, Administrator  
310 E. Gowen Ave.  
Philadelphia, PA 19119-1022