Groups that heal are first and foremost safe. This safety does not mean that no one will ever get hurt but it means that we are attuned to our members' needs. More recently, Karen co-chaired our 2020 Conference, with the leadership of Shemika Brooks, Alison Howard, Liz Marsh and Chris Ray, has been a great success.

So, how is MAGPS to adapt its conference traditions and demographic realities to promote personal growth and inclusivity? It begins by considering the need for different and related process groups for different populations. For example, if we are teaching group therapy to women, we might think about creating different groups for different populations. We might also consider creating different groups for different training levels.

In the first two plenaries, with Dr. Platt's guidance, we explored the issue of structural systematic white supremacy and the implications for group therapy. We learned about the importance of understanding the role of power and privilege in group therapy and how this can impact the therapeutic process. We also learned about the importance of creating a safe and welcoming environment for all members of the group.

In the demonstration, Dr. Platt non-judgmentally observed a microaggression that occurred during one of the groups. She then led a discussion about the implications of the microaggression and how it impacted the group members. The discussion was powerful and challenging, and it highlighted the importance of being aware of our own biases and the impact they can have on the group.

Overall, my expectation is that attendees become more skilled in leading process groups and will have a case vignette discussion demonstrating the use of our identities to navigate dynamics around diversity.

One of the attendees shared a story about how they had struggled to find opportunities to lead a group therapy class. They had a particular interest in leading a group for an at-risk population, but they had difficulty finding opportunities to do so. However, they eventually found a group that was interested in their ideas and was willing to support them in leading the group.

Another attendee shared how they had learned to be more culturally competent in their practice. They had struggled with feeling like they did not have enough training in this area, but they were able to connect with a mentor who was able to help them.

We are excited because MAGPS has not offered a training day like this since the Pre-Conference Institute that was given nearly a decade ago. Those who attended that training are still using what they learned, and many have taken on leadership roles in their own groups.

We were able to invite several guest leaders to our training day, including Dr. Platt. She was able to give us a tour of the Fordham campus and her office, and she shared some of her experiences as a group therapist.

Some of the attendees have never been to a MAGPS conference before, but they have been able to meet with other attendees and learn about the history and mission of the organization. They have been able to connect with other professionals who share similar interests and experiences.

It is clear that the training day was a success, and we are looking forward to the next one.
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