

An abstract painting with a textured, expressive style. The color palette is dominated by warm tones like orange, red, and brown, interspersed with cooler tones of blue and grey. The brushstrokes are visible and varied in direction, creating a sense of movement and depth. The overall composition is non-representational and evocative.

**MID-ATLANTIC  
GROUP PSYCHOTHERAPY SOCIETY  
SPRING 2019 CONFERENCE**

**Play with Me: The Role of Improvisation in  
Personal Growth, Relationships and Therapy**

Guest Presenter  
**Lisa Kays, LICSW, LCSW-C**

Saturday and Sunday,  
March 30-31, 2019  
Saint Elizabeths Hospital, Washington, DC

*This event is co-sponsored by  
The Washington School of Psychiatry*

**Register at [www.MAGPS.org](http://www.MAGPS.org)**

**Conference Description:** The Spring Conference offers a unique learning experience through large group meetings and dialogue, didactic information-sharing, experiential and demonstration, and small process group experiences. Our goal is to provide a learning environment in which conference members can integrate a deeper understanding of the topical content and consider introducing new material into their work. This conference is intended for psychiatrists, psychologists, counselors, psychiatric nurses, and social workers.

**Lisa Kays** is creating a conference for MAGPS that is responsive to our mission to work as effective and compassionate therapists. She will present a group therapeutic approach that utilizes experiential exercises to illustrate the mind-body connection of emotions, and how to work with them in the moment, including with reluctance or anxiety. She will also demonstrate how therapeutic playfulness with Improv can help us, and our clients, accept all that we bring to an experience, and the opportunity it provides to explore, and get “unstuck”. She will highlight how the importance of compassion and empathy from our own Improv experiences are helpful in our work as group therapists and our lives as mental health professionals in our community.

**Learning Objectives:**

1. Identify and more deeply empathize with our own and client anxiety;
2. Utilize shifts in body movement, posture and speed to impact mood and perspective;
3. Identify and compare different outcomes that can be gained from collaborative creative processes versus individual ones;
4. Identify ways that techniques of improvisation mirror, and are applicable to, positive interactions in relationships;
5. Identify how creative and action-oriented interventions with patients can achieve clinical goals;
6. Identify performance and social anxiety and methods to address it; and,
7. Demonstrate Increased self-knowledge and awareness of practitioner anxiety and coping mechanisms and how they may impact work with patients

## CONFERENCE SCHEDULE

Saturday, March 30, 2019

7:45 AM - 8:45 AM	Registration and Breakfast
8:45 AM - 9:00 AM	Welcome
9:00 AM - 10:45 AM	Plenary Session # 1
10:45 AM - 11:00 AM	Break
11:00 AM - 12:30 PM	Small Group # 1
12:30 PM – 1:30 PM	Lunch
1:30 PM – 1:45 PM	Break
1:45 PM – 2:15 PM	Community Meeting
2:15 PM – 2:30 PM	Break
2:30 PM – 4:15 PM	Plenary Session # 2
4:15 PM – 4:30 PM	Break
4:30 PM – 6:00 PM	Small Group # 2
6:00 PM – 7:00 PM	New Attendees and Mentors Reception

Sunday, March 31, 2018

7:45AM – 8:45AM	Breakfast
8:45 AM – 10:15 AM	Plenary Session # 3
10:15 AM – 10:30 AM	Break
10:30 AM – 12:00 PM	Small Group #3
12:00 PM – 12:30 PM	Small Group Debriefing, Evaluation and CEU
12:30 PM -12:45 PM	Break
12:45 PM – 1:15 PM	Wrap Up and Ending

## CONFERENCE FACULTY

**Lisa Kays** has been practicing psychotherapy with individuals, couples and groups since 2013. She acquired her MSW from Catholic University's Catholic School of Social Services. She has obtained additional training from the Washington School of Psychotherapy's ISTDP First Year Program and from Rehearsals for Growth!, which trains psychotherapists in the use of improvisation. She has studied and performed as an improviser for more than seven years and was on the faculty of Washington Improv Theater (WIT) from 2008-2017. She developed the theater's first Improv for Mental Health Professionals class, and offers improv informed group therapy and Improv for Therapists. Recently, she has partnered with Kate Symes to offer "Punching Up" workshops to local improvisers, focusing on the use of improvisation as a tool for empowerment, compassion and bridging cultural, racial, gender, ability-based and other differences that often involve imbalanced power dynamics. She has trained and worked with diverse spectrum of clients and groups, in a variety of clinical settings, including an inpatient psychiatry unit, counseling centers, residential and outpatient substance abuse treatment programs, including one within a women's prison, an outpatient clinic primarily serving court-mandated clients and clients on federal probation, and in private practice.

### Small Group Leaders

Barbara Cristy, LICSW, BCD  
Jeffrey Frank, LCSW\*  
Lisa Haileab, Ph.D &  
Victoria Lee, PhD, CGP  
Sonia Kahn, Psy.D  
Liz Marsh, MSW, LICSW &  
Lisa Smith, LPC, NCC  
Bridgett Neamo, PsyD &  
Christopher Ray, Ph.D  
Joseph Schmidt, Psy.D  
Daniel Turetsky, Psy.D

*Small group leaders' biographies and complete presenter biography are posted on the Conference page at [www.magps.org](http://www.magps.org).*

*\*MAGPS traditionally invites a guest small group leader from another affiliate society in an effort to promote stronger connections with our colleagues across the country.*

### CONFERENCE CHAIRS

Christopher Straley, LICSW, CGP, CST  
Lenore Pomerance, MSW, CGP  
Email: [conferences@magps.org](mailto:conferences@magps.org)

## EDUCATION

**MAGPS** is an affiliate of the American Group Psychotherapy Association serving psychotherapists from DC, MD, VA, and WV. Its mission is to provide and support group psychotherapy training and education.

**Scholarship Opportunities:** MAGPS supports the professional development of students, interns, residents, and clinicians early in their careers by offering various scholarships to cover registration and banquet costs. First-time attendees and new professionals may register at reduced rates. Scholarship application form available at our website ([www.magps.org](http://www.magps.org))

### CEUs: 11.25 CE/CME Hours

The Washington School of Psychiatry is approved by the American Psychological Association to provide continuing education for psychologists. The Washington School maintains responsibility for this program and its contents. The School is approved by the Social Work Board of the State of Maryland as a provider of continuing education for social workers in DC, MD, VA, and WV. The School is approved by the California Board of Behavioral Sciences as provider #5691 of continuing education to social workers and counselors in California. The School is a National Board for Certified Counselors-Approved Continuing Education Provider, ACEP #6388, and may offer NBCC-approved clock hours for events that meet NBCC requirements. The School solely is responsible for all aspects of the program. The School is accredited by MedChi, The Maryland State Medical Society, to provide continuing medical education for physicians. The School designates this conference for a maximum of 11.25 AMA PRA Category I Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **Disclosure of Commercial Support and the Unlabeled Use of a Commercial Product:** No member of the planning committee and no member of the faculty for this event have a financial interest or other relationship with any commercial product(s) discussed in the program. The Washington School of Psychiatry is an independent non-profit organization. It is not affiliated with the government of the District of Columbia or the government of the United States.

**Please Note:** Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, we recommend you contact your board directly to obtain a ruling, if you have questions or concerns about this course meeting your specific board's approval.

## CONFERENCE SITE/HOTEL/REGISTRATION

### Conference Location

Saint Elizabeths Hospital  
1100 Alabama Ave, SE  
Washington, DC 20032  
202-299-5000

### Hotel Accommodations

Marriott Courtyard Washington Capitol Hill/  
Navy Yard  
140 L Street SE, Washington, DC 20003  
202-497-0027

*Receive the special rate of, \$165 night plus tax, by following this link to [Marriott Group Rate](#). You can also visit our website at [www.MAGPS.org](http://www.MAGPS.org) and follow the link there, or by emailing [conferences@magps.org](mailto:conferences@magps.org) and ask for the booking link. Book your room as soon as possible, please keep in mind that the discount is only available "while rooms last." Keep in mind that is the Cherry Blossom weekend in DC, so the rooms will go fast.*

**DISABILITY ACCESS:** For ADA accommodations for lodgings or conference access, please advise at least 10 days prior to the event either with your online registration or by email to [registration@magps.org](mailto:registration@magps.org).

### **REGISTRATION RATES & INFORMATION**

Register deadline: Friday, March 22, 2019  
**No walk-in registrations will be accepted.**

MAGPS Member	\$255
Non-member	\$355
1st Time Attendee <sup>1</sup>	\$215
New Professional <sup>2</sup>	\$135
Student/Retiree	\$85
CEU Processing	\$25

To register, join/renew, make scholarship donations, go to [www.magps.org](http://www.magps.org). For assistance or to register by phone, contact a conference registrar, or email [registration@magps.org](mailto:registration@magps.org).

Cancellation Policy: Full refund less \$25 if made by Friday, March 22, 2019  
**NO refunds after that date.**

<sup>1</sup> Includes 1-year membership

<sup>2</sup> Two years post-graduation