

Introduction to the Cape Cod Model of Change

Dates **September 13-14, 2009**
Begins Sunday, 9am
Ends Monday, 6pm

Fee **\$395**
GISC Members: \$345

CE hours **14**

Faculty **Stuart Simon, LICSW, and Carol Brockmon, LICSW**



The Cape Cod Model is a unique, optimistic and immediate approach to supporting change in individuals, small groups, and organizations, that had been successfully employed by clinicians and consultants around the world for decades. This workshop introduces participants to this radically simple yet powerful intervention model that is based on seeing and articulating the competence of the client, then using specific structured feedback interventions in real-time client interactions. By learning to perceive the system formed by any couple, small group or organization, and the competencies of the system, and learning to provide brief, bold, and direct feedback, participants will dramatically increase their ability to create the effective interventions necessary to support change and growth.

Senior faculty of the internationally known Cape Cod Training Program will introduce the key concepts and skills of this highly effective model through presentation of theory, client demonstrations, practicum exercises, and question and answer sessions. This is an orientation to the methodology, and provides an excellent foundation for the practice-based intensive Cape Cod Training Program, see page 20.

This program will be offered in Northern Europe in 2009. Dates and location will be announced on our website, www.gisc.org.

“The Cape Cod Model gave me a coherent, simple framework, almost a new aesthetic, through which to understand human interactions. What I learned is a continued source of clarity about how we relate to each other.”

Vanessa Grajwer

Benefits

Participants will:

- Learn to begin to perceive a couple or group as a system, not just individuals.
- Identify and begin to articulate clearly what the system is doing well.
- Observe and practice the techniques of highly effective in-the-moment feedback.
- Use themselves authentically to become instruments of influence.

Participants

This workshop is appropriate for organizational consultants, executive coaches, clinicians, and other advisors. It may also be useful to managers and leaders in their work with individuals and teams.

Scheduling note: This workshop is scheduled in conjunction with Psychopharmacology and Wrestling with Ethical Dilemmas. Register for all three programs at a combined price of \$800.

“I am a social worker working in community-based preventive and foster care services. The Cape Cod Model has helped me to serve my client families and the community better. I have benefited in learning how to balance intimacy and strategy in working with children, youth, and adults in their environments. My clients have expressed how much they appreciate the optimistic approach that I use in my work. Many of the parents I work with are used to hearing about what they are doing wrong. The Cape Cod Model assists me in pointing out the strength in my client family systems and, in doing so, I have seen parents move away from a place of shame to one of hopefulness and achievement.”

Brooke Conley
Social Worker

Three Workshops • Five Days September 10 - September 14, 2009

Wrestling with Ethical Dilemmas

Psychopharmacology for the Non-Psychiatrist

Introduction to the Cape Cod Model of Change



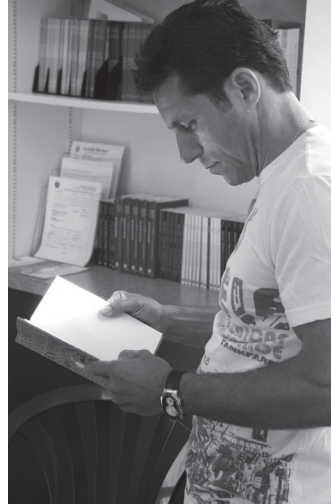
Wrestling with Ethical Dilemmas

Dates **September 10-11, 2009**
Begins Thursday, 9am
Ends Friday, 7pm

Fee **\$395**
GISC Members: \$345

CE hours **14**

Faculty **Carol Brockmon, LICSW, and Sarah Joffe, MEd**



For clinicians, consultants and coaches, the subject of ethics is too often addressed in an oversimplified, legalistic, cover-your-bases way that primarily involves an orientation to the relevant professional written codes, and the consequences of violating them. However, the dilemma of ethics is the endless potential individual interpretation and application to each situation, often necessarily undertaken without the benefit of consultation or collaboration. This workshop takes a step beyond the basics to explore the relationship between these codes, the underlying individual and cultural values that shape individuals, and the real-life contradictions and complexities that produce ethical dilemmas. Participants will be encouraged to bring their cases and share the issues they face in their own practices.

Benefits

Participants will:

- Explore issues with ethical implications in their own practice areas and caseloads.
- Develop awareness of the relationship between their personal needs, individual practice values and professional responsibilities.
- Clarify their personal approach to ethical dilemmas.
- Understand the consequences of their choices.
- Develop a plan that includes supervision, feedback, and a network of support to gain perspective when approaching ethical dilemmas.

Participants

This workshop is appropriate for organizational consultants, executive coaches, clinicians, and other advisors seeking clarity concerning ethical issues.

Scheduling note: This workshop is scheduled in conjunction with Psychopharmacology and Introduction to the Cape Cod Model of Change. Register for all three programs at a combined price of \$800.

“As an organizational and leadership development coach based on Cape Cod, I was thrilled to learn of GISC as a local resource. I attended two workshops last year. The take-aways for me were the opportunity to be introduced to the Gestalt model and the privilege of connecting with a group of passionate, knowledgeable, interested, and interesting people - both participants and staff. At both workshops, I experienced several consecutive days of non-stop intellectual and emotional challenges; and observed highly skilled faculty and facilitators in action.”

Janice Kinder, Workplace Coach

Psychopharmacology for the Non-Psychiatrist

Dates **September 12, 2009**
Begins Saturday, 9am
Ends 7pm

Fee **\$175**
GISC Members: \$150

CE hours **8**

Faculty **Penny Backman, MSSA, and Tony McCann, MD**



This one-day program will focus on the effective use of medications in the treatment of anxiety disorders, depressive disorders, attentional disorders and personality disorders. Participants will be presented with the current, evidence-based, information on the indications and limitations of psychopharmacologic interventions. The emphasis of the lectures will be on symptoms and illnesses — what clinicians see while sitting with their patients. Attendees will be presented with the current clinical indications, differential diagnosis, and the risks and benefits of medication interventions in each category of mental illness. Participants will be invited to discuss case material as time allows.

Benefits

Participants will learn:

- To understand those conditions they see every day that might benefit from psychopharmacologic intervention.
- To be better able to help their clients negotiate with those who are medicating them.
- To aid clients in understanding the promise and limitations of medication treatment.
- To be more effective in collaborating with prescribers, thereby increasing the benefit of treatment for their clients.
- The value and limitations of medical interventions for the diagnostic categories covered.

Participants

This workshop is open to experienced therapists, medical professionals, consultants, coaches and other practitioners.

Scheduling note: This workshop is scheduled in conjunction with Wrestling with Ethical Dilemmas and Introduction to the Cape Cod Model of Change. Register for all three programs at a combined price of \$800.