

Nashville Psychotherapy Institute

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newsletter.

**NPI
REFLECTS**

Volume 9: Issue 1

Spring 2019

Reach For Love

By Paulette Jackson

Reach for love
wherever you see it grow
Pick its blossoms
sweet
like rare diamonds
of blushing pink
cherished so to keep

Reach for love
Gather its leaves
netted
like jeweled pages
of emerald green
illuminating sacred themes

Reach for love
Hold it close
Cherish it
Learn of its ways
this guide and guardian
of the heart and soul



What is NPI?

The Nashville Psychotherapy Institute or NPI
is a 501(c)(6) non profit, professional
organization. Founded in 1985, NPI now
boasts 300+ members.

Not a member? Find out more about NPI at
www.NashvillePsychotherapyInstitute.org

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2019 Jennie Adams Spring Workshop

Saturday, May 4, 2019

8:30 am - 4:30 pm

Vanderbilt Divinity School

Complete Program & Registration Information
at
www.NashvillePsychotherapyInstitute.org

Join us as we welcome **Jeffrey L. Binder, Ph.D., ABPP, Private Practice and Clinical Professor of Psychiatry, Vanderbilt University** as our Spring Workshop speaker. Dr. Binder, co-developer of Time-Limited Dynamic Psychotherapy (TLDP), has authored and co-authored many articles and book chapters on psychotherapy practice, training, and research as well as authored or co-authored three books on short-term psychodynamic psychotherapy.

Dr. Binder will be presenting **Time-Limited Dynamic Psychotherapy (TLDP) in the 21st Century** on Saturday, May 4th 2019 at Vanderbilt Divinity School. The workshop will present the foundational concepts and principles of TLDP in their original form and as they are currently practiced.

TLDP is an integrative approach that is useful to therapists who use a variety of approaches, including not only psychodynamic and interpersonal approaches, but also CBT, emotion-focused, systemic, as well as other treatment models.

TLDP is a theoretical model sure to enhance everyone's practice.

"Dr. Jeff Binder is a renowned scholar of psychotherapy practice, supervision, and outcome studies. He is a co-author with Hans Strupp of a classic study of short-term psychotherapy, "Psychotherapy in a new key: A guide to time-limited dynamic psychotherapy" (Basic Books., 1984). Hans and Jeff directed a major (and rare) empirical study of psychotherapy while both taught at Vanderbilt University. Their book has been cited more than 1,400 times by other academics. Jeff also served as Dean of a doctoral psychology program and he is an outstanding teacher as well."

- Volney P. Gay, Ph.D.

"Jeff literally wrote the book on brief psychodynamic therapy and is a clear, excellent teacher. He's a celebrity in our field, but also a true gentleman, approachable and kind"

- Dr. Laura Rosser Krieselmaier

"Dr. Jeffrey Binder is a nationally known and well respected author, researcher, and clinician. I am proud to call him my friend and office mate. I is not everyday you get an office mate who book you have on your professional bookcase. When someone meets Jeff, they feel his warmth in his handshake and his smile that goes to the corners of his eyes. His wit is unparalleled, and the boyish twinkle in his eyes when he makes a pun reminds me to always look for the fun in life. I am greatly looking forward to seeing his presentation, and hope to see many of you there."

- Cynthia P. Lucas, Ph.D.



Special Guest Presenter:
Jeffrey L. Binder, PhD, ABPP

REGISTRATION FEES

BEFORE April 4:

NPI Members: \$149

Non-Members: \$169

Student: \$69

Non-Profit Agency Members: \$99

Registration includes lunch and 6 CEU's

PROGRAM SPONSORS:



Finding Words

By Kelly McDaniel, LPC, NCC, CSAT

Like many of you, I work with adults who have survived Adverse Childhood Experiences. Our work is rewarding, but calls us to the depths of our own wounds. To be helpful, we must be able to sit with grief, tolerate darkness, and curate language. Without words, healing is elusive. Since publishing my first book over 10 years ago, I work primarily with adult daughters of compromised mothers and, across the board, one unifying characteristic underlines their pain. Deep within the psyche of each wounded daughter is an unspeakable, metaphorical homelessness.

ASH

*Strange house we must keep and fill.
House that eats and pleads and kills.
House on legs. House on fire. House infested
With desire. Haunted house. Lonely house.
House of trick and suck and shrug.
Give-it-to-me house. I-need-you-baby house.
House whose rooms are pooled with blood.
House with hands. House of guilt. House
That other houses built. House of lies
And pride and bone. House afraid to be alone.
House like an engine that churns and stalls.
House with skin and hair for walls.
House the seasons singe and douse.
House that believes it is not a house.*

~ Poet laureate Tracy K Smith

Professor at Princeton University and Pulitzer Prize winner

In ASH, Tracy Smith captures the visceral vulnerability of living in a female body. A haunting, bone chilling fear that hides behind desire and denial. I'm taking the liberty of interpretation, of course, viewing this poem through the lens of my research on mothers and daughters... always finding evidence.

Nothing quite captures the primitive longing of what I call *Mother Hunger™* better than ASH. The silent hunger in an un-mothered daughter who constructs a "house of lies" to hide the shame. A "house that eats" to numb the pain. The woman who builds a "house of guilt" from love gone by, never quite settled, or sure of why. Much like an "engine that churns and stalls", her heart stays trapped behind its walls. A "lonely house... afraid to be alone".

To learn more about *Mother Hunger™* visit, kellymcdanieltherapy.com



EMDR Trainings offered by EMDR Tennessee

www.EMDR-Tennessee.com

Provided by E. C. Hurley, DMin, PhD, Founder and CEO, EMDR-Tennessee
Approved trainer for EMDRIA, EMDR Institute & EMDR Early Intervention programs



EMDR Early Interventions (EEI): R-TEP & G-TEP Workshop

*Treating Survivors of recent events and disasters with
EMDR therapy's Early Intervention protocols
(for EMDR basic trained clinicians)*

April 13-14, 2019

Cost: 2-day advanced training - \$225.00

Hosted by: EMDR-Tennessee and Soldier Center 2219 Lowes Drive, Clarksville TN

This EMDR Early Intervention (EEI) training offers training in the Recent -Traumatic Events Protocol (R-TEP) and Group-Traumatic Events Protocols (G-TEP) developed by Elan Shapiro & Bruit Laub for the purpose of equipping EMDR trained therapists to respond to the needs of survivors of natural and man-made disasters. The R-TEP protocol allows EMDR providers to treat persons experiencing over-whelming recent events with an individual treatment. Entire groups of survivors can be treated with the G-TEP at the same time. This approach allows for the key elements of immediacy and proximity to be met in treating survivors with acute stress and PTSD. EMDR trained providers will gain valuable resources to serve their communities during times of disaster. The presenter has utilized these protocols in treating survivors of combat stress, as well as school shootings, hurricanes, tornados, floods, fires and persons who witnessed suicidal acts. His experiences are integrated with the training along with live demonstrations and videos.

EMDR Basic Training

E. C. Hurley, DMin, PhD

EMDR Institute and EMDRIA Approved Trainings

MARCH 18-22, 2019 5-Day Veterans' Focus EMDR Basic Training

(for persons who treat military and veterans)

March 29-31 EMDR Level 1

May 3-5 EMDR Level 2

(Approved standardized training, same as offered world-wide for all mental health providers)

REGISTRATION and PROGRAM INFORMATION at www.EMDR-Tennessee.com

Email: hurleyec@gmail.com

Phone: (931) 553-6981 * 2219 Lowes Drive, Clarksville, TN 37040

JOIN US!

Upcoming Continuing Education Luncheons

Friday, April 12, 2019

"Love and Psychotherapy: A New View of Ego Defenses," presented by Volney Gay, PhD
Sponsored by Summit Behavioral Healthcare

Friday, June 14, 2019

"Treatment of Obsessive Compulsive Disorder," presented by Amy Mariaskin, PhD
Sponsored by Bridge to Recovery

Friday, July 12, 2019

"Trauma and the Developing Childhood Brain," presented Brianna Grant

Friday, August 9, 2019

"Transliminality: The Most Nashville-Relevant Personality Trait You've Never Heard Of,"
presented by Dr. Laura Kreiselmaier

11:30 am - 1:00 pm

Scarritt Bennett Center

1008 19th Ave. South * Nashville, TN 37212

Program & Registration Information at www.NashvillePsychotherapyInstitute.org

Each lunch presentation is eligible for one CE credit hour

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GROUP THERAPY AS AN ANTIDOTE TO SHAME: Personal and Professional 25-Year Therapy Groups

By Philip Chanin, Ed.D., ABPP, CGP

“A woman will feel guilt and shame, but shame will be the emotion she finds most difficult. Guilt is usually associated with a deed that can be forgiven, but shame encompasses her being, taking on an ‘all or nothing’ quality, which has devastating consequences for mental health. Adult daughters of narcissistic mothers often refer to themselves as ‘damaged’ or ‘damaged goods,’ particularly after a series of failed love relationships. Underneath this shame is the feeling that they are unlovable.” (Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers, by Karyl McBride, Ph.D., p. 110)

In my experience as a person and as a psychotherapist, shame is the emotion that takes the longest to heal. This is because shame is more than an emotion—it is a deep seeded belief that one is not good enough and is irreparably damaged in some way. Group therapy is particularly effective in helping patients to heal this shame. I sometimes say to a patient, “In childhood you were brainwashed into believing that there was something wrong with you.” Implicit in the excruciating feeling of shame is the sense that “others can see that I am flawed or damaged.” Group therapy offers a wonderful opportunity to “test out” this belief, and over time one is able to let go of the “brainwashing,” by experiencing through group members reflections and empathy and care that one is not the flawed person one has so long believed oneself to be. For the past 25 years I have led a women’s group for “Adult Children of Narcissistic Families.” As a result of growing up in such a family, where children’s needs were subordinate to parental needs, the typical group member, as Dr. McBride suggests in Will I Ever Be Good Enough?, has such trait as “oversensitivity, indecisiveness, self-consciousness, lack of self-trust, inability to succeed in relationships, lack of confidence regardless of our accomplishments, and a general sense of insecurity.” (p. 4)

Starting as a member of a therapy group for a patient with deep shame wounds can be scary and even terrifying. This is because an individual with shame not only believes that she is bad, but even more painfully that others can see this. As I sometimes say to patients, “You take your negative thoughts about yourself and you put them in other people’s heads, believing that they see you as you see yourself.” The new group member imagines that others in the group are judging her, which can make talking about herself particularly difficult. As one woman wrote to me just before beginning the group:

“I’m anxious about starting group therapy, and sitting in here. I wish it wasn’t a problem to sit in a group.” The night after her first group, she wrote to me again: “I was pretty upset after group yesterday. I know I did terrible, but I promise I did the best I could. I’m afraid I won’t be able to contribute. I’m embarrassed. Do you think it will get better? Or do you think I shouldn’t be in the group after all?” Several months later, after a night when I had added two new members to the group, she wrote to me again: “For some reason group is harder with more people...It feels like when I am in group a wall comes up. I can’t put my thoughts together well. I’m busy trying to cover up my emotions. I left feeling inadequate, stupid and alone. I really hate myself right now.” This patient spent many subsequent years in group. She made great progress in overcoming her acute social anxiety and shame, and became one of the most beloved members of the group.

How does psychotherapy heal shame? How is the deep belief in being irreparably damaged replaced with a coherent sense of self and of being okay as one is? David Celani, in his brilliant book *The Illusion of Love: Why the Battered Woman Returns to Her Abuser*, has described this process: “In truth,” he writes, “it happens slowly over time, like grains of sand falling in an hourglass. Each small positive introject (of the therapist) weighs little individually...Because of the gradual nature of the introjection process, very little appears to happen at the onset of therapy, as there are too few positive introjects to alter the patient’s normal coping strategies.” (pp. 182-183). Dr. Celani adds, “The struggle between the newly internalized memories and the enormous pressures from inner emptiness turns out to be a David and Goliath battle, as it seems impossible for the fifty-minute hour to compensate for a lifetime of neglect.” (p. 191) While this beautifully describes the work of a good long-term individual psychotherapy, I believe that the positive reflections of an entire group accelerate the process of healing shame and building a coherent sense of self.

During the 25 years of my group’s history, over 100 women have been members of the group. Some have stayed for a few months, and some for as long as 10 years. Many Nashville Psychotherapy Institute (NPI) members have been

(Continued on next page)

The Sparkling Skin of New Life

By Barbara Sanders, LCSW

How many faces have I worn and
Shed year after year?
Now, a naked face stares at me
As if in alien form but kind and
Soft, pink as a baby’s bottom,
Free of hard worn frowns and wrinkles.
Smooth as silk and fresh, not raw.
Ungrooved, this new skin
Creates a home for those other faces
That have done their time, served me well.
The faces I grew in need, and then wore off,
Shredded by consternation and stern grief,
This new skin has a sheen, hopeful
And bright, innocent and no longer
Searching for something else.
The mouth so unfettered by stress
Relaxes and elongates, while
Inside the tongue drops down
From the roof of my mouth and
Rests comfortably. My voice no longer
Needing to shout and exclaim even though
All that boisterous activity was certainly
Worthwhile and worthy in its day.
Peeking out from this sparkling, fresh skin,
Calm eyes gaze and study the outside
World, no longer as frightened and anxious
About how that world impacts my inner world,
My spirit, my soul and heart.
Little did I know that I was protected
Throughout time by a knowledge and
A wisdom that I did not know - until now.
Dwelling currently in the deep expanse of the
Universe, all the worlds, stars and moons,
The liquids and gases, firing up then releasing,
Rising up around and through me,
I am part of that stream of movement,
Flowing eternally with all those I have
Known and not known.

All one.

All here.

All now.

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SECOND SATURDAY
Second Saturday workshops are presented by agreement with **WIFE**

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co-leaders of this group with me over the years, including Kay Hall, Jordan Lee, Lynn Faust Cohen, Julia Marx, April Broussard, and also Christina Oliver when I had a 2nd women's group. One group member, after 10 years in the group, called me as she was leaving Nashville to relocate to the Northeast. "I wanted to call you," she said, "to tell you that this group changed my life." Over time, group members keep other group members in their mind throughout the week, as a kind of supportive inner chorus. Recently one member talked about how she gets through a challenging week: "I tell myself," she says, "that I just need to make it until Tuesday night."

Dr. Elan Golomb, whose book, *Trapped in the Mirror: Adult Children of Narcissists in Their Struggle for Self*, helped to inspire this group, writes: "Where and how can we see ourselves at all? We need a reliable mirror in which to look, to be accepted as we are, to achieve a sense of being...Group therapy is often useful...Out of our terror, we learn to speak our minds. We start to feel our temper...We find that we have identities of our own...We learn that there is someone inside us...In group, you find out that you are not the only one with a hideous self-image that was put in place by endless parental demands for change." (pp. 220 & 245) Like many psychotherapists, as Alice Miller suggests in *The Drama of the Gifted Child*, I grew up in a narcissistic family. Psychoanalyst Volney Gay describes this as an "inverted self-object" situation, where parents depend on the child to meet their needs. When I was 14 years old and in the 9th grade, I first heard the phrase "inferiority complex." A light bulb went off in my head, as I said to myself, "That's how I feel." My years of playing high school and college basketball, and achieving academically, were driven by efforts to attain what Terrence Real, in his powerful book *I Don't Want To Talk About It: The Secret Legacy of Male Depression*, calls "performance-based self-esteem," which he says will never be a substitute for real self-esteem.

While 40 years of personal psychotherapy has been immensely valuable for me, and has certainly helped me greatly in doing psychotherapy with my patients, I believe that my experiences in group therapy and group process have been most responsible for helping me to feel accepted on a deep level. In 1992 I attended my first meeting of The American Academy of Psychotherapists. Members of the Academy form peer groups which meet several times a year for intense group process. Since 1994, for the past 25 years, I have been one of 14 members of such a "Family Group." We have met twice each year for 15-20 hours of peer group therapy. In the alchemy of our many years together, and as we have celebrated our successes and mourned our losses, I have experienced my own growth and healing.

I also count my years in groups with many NPI members over the years as part of this healing. I include a peer therapy group that David McMillan and I developed based on the theories of the renowned group therapist Yvonne Agazarian, a peer consultation group for 7 years, 20 years in a peer men's group, and over 7 years now in an ongoing modern analytic

(Continued on page 6)

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Personal and Professional... (continued from page 5)

training group, organized by Zach Bryant and led by Austin, Texas, group therapist Jeff Hudson. I often say to patients that one of the goals of psychotherapy is to enable one “to live unselfconsciously in the world.” My group experiences have played a huge role in helping me personally to do this.

Typically, the patients whom I refer to group therapy either have deep shame wounds, or significant social anxiety, or suffer from social isolation. Not counting couples or patients who live out of state, almost 40 per cent of my other 81 adult patients are in group therapy, either in my women’s group, in my men’s group, in the process group I have led for 6 years for psychiatric residents at the Vanderbilt Medical Center, or whom I have referred to the coed interpersonal therapy groups co-led by Christina Oliver and Andrea Barrett and by Zach Bryant and Julia McAninch.

I think back to my first women’s group, 45 years ago, composed of resident hall assistants in the 22-story dormitory where I was the head of residence. This group became the subject of my doctoral dissertation. One night, after a particularly powerful group session, I wrote the following poem:

Soul-guided search
Whisper of light
Fullness.
Precious gift given up
Bathed in stunned silence
“That we might have life,
And have it more abundantly.”
Tonight we began.
We, like a sleeping rumbling giant,
Haltingly forward.
Giant power of love we possess
Beneath our walls and roles.
Did we sense our power tonight?
Why do my tears rise again—mixture of
Agony and joy.
God, can we learn to See each other,
Can we learn to call out from those enclosures
We create for our protection?
Yes, tonight I am alive—as alive as I’ve ever felt.
Have we heard each other a little more clearly?
Can we really believe the strengths we could offer to each other?—
That we could give each other back to ourselves—
Blessed, cradled, loved.



Formed in 2014 for the purpose of facilitating community and strengthening connection between new and veteran members of NPI, our Meetup Group has been going strong for almost 5 years now. With over 225 members and almost 50 Meetup’s under our belt, Meetup has proven to be an incredible tool for our organization. Meetup’s mission is to vitalize local community and help people self-organize. Internationally, it is estimated that there are over 225,000 Meetup groups, over 35 million Meetup members in over 180 countries, and tens of thousands of Meetup events are scheduled each week. That is a lot of connecting! In Nashville, there are thousands of Meetup groups connecting around a wide range of interests. Enjoy hiking or paddling? There is Meetup for that. Like to eat

Pho? You can find others who would love to do that with you. Want to learn how to Salsa or Swing dance? Meetup is there to help you. Meetup can be invaluable not only for facilitating connection among NPI members, but also as a resource for clients who are looking to expand their social network, learn a new skill, or engage with others around like minded pursuits. Research abounds on the mental and physical health benefits of strong social connections/support systems. For those of us, and our clients, who could use some help in building and participating in social connection, Meetup provides a useful tool in our proverbial toolbox.

So, what does Meetup offer Nashville Psychotherapy Institute? NPI has a long history of bringing folks together around a variety of events beyond monthly luncheons and seasonal workshops. We endeavor to use Meetup as the platform to organize, advertise and RSVP for a wide range of gatherings and events hosted by individual NPI members. Over the past several years, there have been NPI Meetups covering a range of topics and interests including Chant Ram concerts, movie screenings at members’ homes, new member socials, book discussions galore, several Viewpoint Diversity meetings, and this is just to name a few. What are some other ideas for NPI Meetup events? Off the top of my head, here are a few that come to mind:

- Closely read aloud a long form clinical article.
- Screen and discuss a documentary.
- Commit to watching a compelling series together over the course of a year.
- Have a “salon” around a topic relevant or interesting to NPI members.
- Host more book discussions. Fiction is allowable!
- Organize a letter writing campaign around a cause that is close to your heart.
- Attend a community/institution-sponsored lecture.
- Throw a get together just for the fun of it . . .
- Invite members to go out and listen to the outstanding musical talent in our town; maybe even your own concert/show. I’m talking to you, NPI Musicians!
- Volunteer together
- Meditate together
- Hike together
- Dance together

Really, only our collective imaginations, interest and desires limit the possibilities. If you want to host a Meetup event, email me at sonya@sonyathomaslcsww.com and I will get it on the NPI Meetup calendar and advertised to the membership. To join the NPI Meetup group, simply follow the below directions:

- ◆ Go to www.meetup.com
- ◆ Create an account
- ◆ Search for Nashville Psychotherapy Institute
- ◆ Ask to join
- ◆ Your request will be approved in short order, and you are in!
- ◆ RSVP to any Meetups that are on our calendar and that are of interest to you

I look forward to working together to strengthen community, cultivate connection, and have fun with all of you!
Sonya Thomas, LCSW

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Promote your workshop or other group event with us!
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