

**Mount Sinai Psychotherapy Institute**

# **Vitalizing the Here and Now in Group Therapy: Integrating Existential and Interpersonal Approaches**

*May 31 & June 1, 2013  
Mount Sinai Hospital, Department of Psychiatry*

**Faculty: Molyn Leszcz, MD, FRCPC, DFIGPA**  
Psychiatrist-in-Chief, Mount Sinai Hospital  
Professor and Vice Chair, Clinical Department of Psychiatry, University of Toronto

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Interpersonal theories of human development attribute psychological difficulties to early life relationship experiences that lead the individual to develop pathogenic beliefs that in turn create maladaptive interpersonal patterns of behaviour. The existential model alternatively believes the individual's psychological difficulties arise out of the inevitable confrontation with life's ultimate concerns of death, freedom and responsibility, isolation and the search for meaning. Through didactic presentation and group demonstration, the synthesis of these two approaches will be examined as they unfold in the here-and-now of the interpersonal psychotherapy group.

Dr. Molyn Leszcz, internationally renowned group psychotherapy teacher and clinical researcher who has co-authored with Irvin Yalom the classic landmark textbook on Group Psychotherapy, brings his clinical wisdom and inspirational teaching to this 2-day interactive workshop. Not to be missed, the curriculum offers both depth and breadth teaching of clinical principles that can be applied to both group and one-one-one psychotherapeutic work.

## **Learning Objectives:**

Participants will gain knowledge and in-depth understanding of:

1. The centrality of the interpersonal process in psychopathology and emotional distress.
2. Contemporary developments in group psychotherapy that synthesize interpersonal, cognitive-behavioral, existential and psychodynamic perspectives;

....and be able to:

3. Use the interpersonal model as an integrative approach that links these domains;
  4. Explore and understand patients' existential concerns including death, freedom and responsibility, isolation and the search for meaning.
  5. Clinically apply methods to enhance effectiveness in the use of here-and-now approaches, through integrating techniques of disciplined personal therapist involvement and therapeutic meta-communication.
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## FACULTY

### Molyn Leszcz, MD, FRCPC

Dr. Molyn Leszcz is the Psychiatrist-in-Chief at Mount Sinai Hospital, Professor and Vice Chair, Clinical, Department of Psychiatry, University of Toronto. Dr. Leszcz's academic and clinical work has focused on broadening the application of psychotherapy within psychiatry. Dr. Leszcz's research has focused on group psychotherapy for individuals with cancer, and genetic or familial predisposition to cancer; group psychotherapy for patients with schizophrenia; geriatric depression; evidence-based approaches to group therapy; modified interpersonal group psychotherapy for patients with substance abuse; and in acute care inpatient units. He co-authored with Irvin Yalom, the 5<sup>th</sup> edition of the Theory and Practice of Group Psychotherapy (2005), also translated into German, Hebrew, Greek, Polish, Czech, Spanish, French, Italian, Russian and Portuguese editions.



Dr. Leszcz co-chaired the AGPA Science to Services Task Force leading to publication of Clinical Practice Guidelines for Group Psychotherapy, for which he received the 2009 Alonso Award for Outstanding Contributions to Psychodynamic Group Psychotherapy. Dr. Leszcz has been awarded Fellowship in the Canadian Group Psychotherapy Association and was recognized in 2012 as a Distinguished Fellow of the American Group Psychotherapy Association. Dr. Leszcz also has been the recipient of a number of teaching awards at the University of Toronto.