



Office of
Victim Services

In partnership with



Interpersonal Styles and Predictive Pathways in Therapy

*A two-part virtual training series
May 11 and 18, 2022 | 10 AM – 1:30 PM*

Interpersonal Styles and Predictive Pathways in Therapy

May 11 and 18, 2022
10am – 1:30pm EST

Note: This training is open to licensed New York State (NYS) Mental Health Providers and/or current graduate students of a clinical program from OVS-funded organizations. Continuing Education (CE) credit hours are subject to successful completion of all session requirements. See below for more information.

To register for this training, please [click here](#).

Interpersonal and attachment styles can predict our responses to each other under stress. This workshop will explore typical responses based on dominant interpersonal style and what this might mean for the trajectory of trauma. It will also look at interactions between clients' and therapists' style to better understand how to build an effective working alliance. Drawing on our work from focused brief group therapy, this workshop will outline effective clinical strategies and help therapists better strategize clinical interventions.

Objectives

Attendees will:

1. Learn how interpersonal style is organized around the interpersonal circumplex
2. Learn to identify interpersonal styles
3. Explore how interpersonal styles react under anxiety and stress of trauma
4. Consider how different treatment pathways might look for people with different interpersonal styles after a trauma
5. Explore the idea of complementarity and how that impacts the responses of trauma responders
6. Explore how their own interpersonal styles play a part in responding to invitations from clients
7. Practice identifying and responding to different interpersonal styles after a trauma

Continuing Education Eligibility and Requirements

This program is open to licensed NYS Mental Health Providers and/or current clinical program graduate students from OVS-funded organizations. The session is free of charge and select Continuing Education (CE) hours will be provided to those who meet eligible criteria.

Participants must attend **both sessions in their entirety**, partial attendance will not be given.



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NYS Social Work and Psychologist Continuing Education Credits (6 hours) are currently under review through University at Albany School of Social Welfare and School of Education.

Approved for (6) NYS Licensed Mental Health Practitioner credits. State University of New York at New Paltz, Continuing Education Program is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC0227.

[Click here to register](#)

Course Instructor



Dr. Martyn Whittingham, CGP, is a licensed psychologist in Ohio. He is a Fellow of the American Group Psychotherapy Association (AGPA) and Division 49 (Group Psychology and Group Psychotherapy) of the American Psychological Association as well as being a Certified Group Therapist. He is a former President of Division 49 of the American Psychological Association. He currently serves on AGPA's Science to Service Task Force, APA's Health Care Financing Advisory Group, the National Health Service (United Kingdom) Advisory Board on Group Training Standards and on the Editorial Board

of the International Journal for Group Psychotherapy. Dr. Whittingham is the founder of Focused Brief Group Therapy (FBGT), an integrative interpersonal approach to reducing interpersonal distress in less than eight sessions. He has presented on the topic nationally and internationally, including invited addresses at Stanford University Psychiatry, Peking University Psychiatric Hospital and McClean Hospital, a Harvard University-affiliated institution. The approach is utilized widely across the USA as well as internationally. FBGT has been featured in The Sage Encyclopedia of Theory in Group Counseling and Psychotherapy (Neukreg, 2015). The book and video are under contract with APA Press and will be coming out in 2023. Dr. Whittingham has been the recipient of two national awards for group therapy. The first was awarded in 2010 by the Association for Specialists in Group Work, for excellence and innovation in Group Practice. APA's Society for Group Psychology and Group Psychotherapy, a division of the American Psychological Association, also recently named him their 2021 Group Dynamics Teacher of the Year. Dr. Whittingham has authored and co-authored numerous book chapters and journal articles.

This program is presented by the New York State Office of Victim Services in collaboration with the Institute for Disaster Mental Health at SUNY New Paltz (IDMH). CE hours are available through a partnership with University at Albany School of Social Welfare and School of Education.