

**Please join us Friday, April 7th from 3:30pm-5pm
for a free workshop on
Functional Analytic Psychotherapy for Groups
presented by Renee Hoekstra, PsyD**

**Maine Medical Center
Dana Conference Center
Classroom #4
66 Bramhall St
Portland, ME 04102**

An informal dinner will follow at a Portland-area restaurant TBD

Workshop Description:

Introducing FAP encourages clients to consider how in-group behaviors are directly related to their current pain, and how awareness of these behaviors can evoke multiple opportunities for growth and change. FAP enhanced assignments maximize group cohesion and encourage in-group improvements. This presentation offers clinicians ways to flexibly implement FAP into current groups, set up groups with in-session targets in mind, and pre-screen clients to get them on board with group treatment. Group leaders will also be encouraged to consider what their groups need, what it will take to get them there, and what options need to be created to encourage growth and clinical improvements.



About Dr. Hoekstra:

Renee is a member of the New England ACT community and has a private practice in Boston and Stoneham, MA. She has been running FAP enhanced adult groups for many years and also runs

DBT-influenced groups for teens as well. She most recently presented this workshop at the ABCT World Conference in Seattle, WA.

Please direct any questions to Mindy Slovinsky, LCSW (207-613-7014 or mindyslovinsky@gmail.com)