

NANCY WESSON, PhD, CGP, FAGPA

CA Licensed Psychologist PSY9621

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SUMMARY OF PROFESSIONAL EXPERIENCE

2014 - Present **Founder and President: Center for the Study of Group Psychotherapy, a nonprofit group therapy training organization**

Administer nonprofit organization and teach Group Psychotherapy training courses:

- Forty years of clinical experience providing individual psychotherapy. Including Parent and Child therapy, psychological testing, evaluations for the court system, residential treatment,
 - Twenty-three years of experience teaching: professional presentations on group therapy, Group psychotherapy courses, and training mental health interns in Group Psychotherapy.
 - Thirty years of experience as a group psychotherapist in a variety of settings including residential treatment, school, hospital, mental health center, and private practice settings.
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EDUCATION AND CREDENTIALS

2019 Fellow of the American Group Psychological Association
1997 Founding member of: National Registry of Certified Group Psychotherapists (CGP), American Group Psychotherapy Association
1986 Licensed Psychologist with specialization in Clinical Psychology
1983 PhD in Psychology, United States International University (integrated into CSPP)
1978 Licensed Marriage, Family, and Child Counselor
1977 Masters of Science Degree in Clinical Psychology

AWARDS

2019 Fellow Award
American Group Psychological Association

2015; 1999 President Award
Santa Clara County Psychological Association

2013 Psychologist of the Year
Santa Clara County Psychological Association

PROFESSIONAL EXPERIENCE

- 1983 - Present** **Private Practice:** Individual, couples, and group psychotherapy, child and parent therapy. Clinical Consultation to psychotherapists and organizations. Taught courses and workshops on group psychotherapy.
- 2000 - 2002** **Palo Alto Unified School District:** Individual and Group Supervision of trainees and Interns working with children in individual and group counseling in eight Elementary Schools in Palo Alto.
- 1983 - 1985** **Blossom Valley and Fair Oaks Mental Health Centers:** Post-doc training and experience: Individual, family, group, and child therapy, Psychological Evaluation and Testing. On-site work with children at Hayes Elementary School and Herman Junior High School. Group Psychotherapy, Psychological Evaluation, and Testing.
- 1979 - 1983** **San Diego County Superior Court:** Mental Health Counselor/Evaluator. Crisis intervention, psychological-legal evaluation, Consultation to Superior Court.
- 1978 - 1979** **San Jose Hospital and Health Center:** Inpatient Psychologist. Psychological Evaluation, group psychotherapy.
- 1978 - 1979** **Palo Alto Adolescent Services Corp.:** Director of Adolescent Services Development. Services to Adolescents and their families.
- 1976 - 1978** **Miramonte Mental Health Services:** Family Group Treatment Program Director, Client Counselor and group therapist. Initiated and directed family therapy program; provided individual, family and group therapy to adolescents and adults in residential treatment. Residential Treatment Program Coordinator.

TEACHING/TRAINING EXPERIENCE

- June 2016** Integrating Mindful Self-esteem practices with Process Group Psychotherapy
No. Calif. Group Psychotherapy Society
- February 2015** Mindful Self-esteem practices within a psychotherapy group.
American Group Psychotherapy Association
- October 2013** Leading Successful Psychotherapy and Psychoeducational Groups

San Mateo County Psychological Association

- November 2012** Maximizing the Power of Group Psychotherapy, 6 hours
John F. Kennedy University Continued Education
- September 2012** Luncheon training presentation on Group Psychotherapy, 1.5 hours.
Santa Clara Valley CAMFT
- June 2012** The Inner Group Psychotherapist.
Northern California Group Psychotherapy Society
- February 2012** Enhancing the Power of Group Psychotherapy
Santa Clara County Psychological Association
- March 2011** Group Psychotherapy Training for counseling center mental health professionals and interns
Santa Clara University
- September 2010** The Essentials of Starting and Leading a successful Psychotherapy group.
Northern California Group Psychotherapy Association
- July 2010** The Essentials of Starting and Leading a successful Psychotherapy group.
Northern California Group Psychotherapy Association
- June 2009** The Essentials for Starting and Leading a successful psychotherapy group
Santa Clara County Psychological Association and Northern California Group Psychotherapy Association
- June 2008** Too shy to trust and too quiet in group: The Shy-Avoidant client in group psychotherapy
Northern California Group Psychotherapy Society
- June 2006** Relationships In Vivo: Maximizing the Power of Group Psychotherapy
Northern California Group Psychotherapy Society
- March 2006** Maximizing the therapeutic benefits of group psychotherapy for adults and children
California Psychological Association

- June 2004** The Inner Group Therapist
Northern California Group Psychotherapy Society
- April 2003** Effective and Dynamic Psychotherapy groups
California Psychological Association
- June 2002** Using the Clinical summary to enrich the group experience
Northern California Group Psychotherapy Society
- June 2000** Too shy to trust and too quiet in group: The Shy-Avoidant client in
group psychotherapy
Northern California Group Psychotherapy Society
- April 1998** Individual and Group Psychotherapy of Avoidant Personality
Disorder
California Psychological Association
- June 1998** Relationships in vivo, Maximizing the power of group
psychotherapy
Northern California Group Psychotherapy Society
- 1998** Individual and Group Psychotherapy with Shy clients
Stanford University
- April 1996** Effective and Dynamic Psychotherapy groups
California Psychological Association
- 1995** Group Psychotherapy and Shyness
Santa Clara University Counseling Center
- 1995** Group Therapy
Family Services, Inc.
- 1995** The Unique Benefits of Group Psychotherapy
Employee Assistance Program Association
- June 1993** Education Based marketing for Group Psychotherapists
Northern California Group Psychotherapy Society
- 1992** Couples Therapy: Staff training and consultation
Human Affairs International

CENTER FOR THE STUDY OF GROUP PSYCHOTHERAPY (CSGP)

In 2014, I founded the Center for the Study of Group Psychotherapy with other mental health professionals. The Center for the Study of Group Psychotherapy is a 501c3 nonprofit group psychotherapy training organization located in the southern section of the San Francisco Bay area frequently called Silicon Valley. The mission of CSGP is to provide group psychotherapy training and promote group psychotherapy in a geographical area where group psychotherapy training is unavailable. In September 2014, CSGP was accredited to provide continuing education credit to all Master's and PhD level therapists by the California Psychological Association.

COURSES TAUGHT THROUGH CSGP:

- October 2018** Group psychotherapy basics for interns leading groups
Goodwill Wellness Center
- May 12, 2018** Harnessing the Power of Group Psychotherapy: Leadership
Essentials, 6 hours; 6 CE credits
Nancy Wesson, PhD. & Karla Brown, MFT
- March 10, 2018** Demonstration Group and training for Group Psychotherapists:
3 hours; 3 CE credits.
- November 2017** Group psychotherapy basics for interns leading groups
Life Moves Inc.
Nancy Wesson, Ph.D. & Janetti Marotta, PhD
- June 10, 2017** Demonstration Group and training for Group Psychotherapists
3 hours; 3 CE credits.
- October 2016** Group psychotherapy basics for interns leading groups
Life Moves Inc.
Nancy Wesson, Ph.D. & Janetti Marotta, PhD
- May 2016** The Essentials for Starting and Leading Successful Psychotherapy
and Psychoeducational Groups. 4 hours and 4 credits
Co-sponsored by San Mateo County Psychological Association
- September 26, 2015** Integrating Mindful Self-Esteem Practices with Process Group
Therapy. 6 hours; 6 credits
Nancy Wesson, Ph.D. and Janetti Marotta, Ph.D.
- May 9, 2015** The Essentials for Starting and Leading a Successful
Psychotherapy and Psychoeducational Group. 6 hours; 6 credits.
- March 2015** A Conversation with Dr. Irvin Yalom. 2 hours; 2 credits.

Nancy Wesson, Ph.D. and Irvin Yalom, M.D.

- November 2014** Enhancing group psychotherapy with Mindful Self-Esteem
6 hours; 6 credits
Nancy Wesson, Ph.D. and Janetti Marotta, Ph.D.
- September 2012** Luncheon Training Presentation on Group Psychotherapy
1.5 hours; 1.5 credits
Santa Clara Valley CAMFT
- June 2012** The Inner Group Psychotherapist. 2 hours; 2 credits
Northern California Group Psychotherapy Society (NCGPS)
- March 2011** Group Psychotherapy Training for Counseling Center Mental
Health and Professionals and Interns. 4 hours; 4 credits
Santa Clara University
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Presentations and seminars: Hospitals, organizations, schools, and private corporations: 1988-2001.

- 1989 – 2000** Stress Management, Staff Burnout, Rape Trauma Syndrome, Post-traumatic Stress Disorder, Secondary Traumatic Stress. Continuing Education for Physicians
Palo Alto Rape Crisis Center
- 1999** Working with the Avoidant Personality Disorder
Good Samaritan Hospital
- 1994** Mentor Graphics Corp: Building Healthy Families
Good Samaritan Hospital
- 1994** Time Management
Immunologic Corp
- 1984 – 1994** Taught several psychoeducational courses including “Stress Management,” “Overcoming Shyness,” “Developing Your Optimal Potential,” and “Sleeping Better.”
West Valley College, Mission College, DeAnza College
- 1998** Creating Healthy Relationships, Staff Training and Consultation
Sequoia Hospital Alcohol Recovery Unit
- 1988** Codependency in the mental health field
Good Samaritan Hospital

NEWSLETTER AND JOURNAL ARTICLES

- 1996** Effective and Dynamic Psychotherapy Groups
California Psychologist
- 2001; 1996** Unique Benefits of Interpersonal Group Psychotherapy
Unpublished
- 2002** Benefits of the Clinical Summary for Group Psychotherapy
NCGPS newsletter
- Nov. 2003** Ethical dilemmas in Group psychotherapy and some helpful resources for
handling them,
SCV-CAMFT Newsletter
- June 2007** Becoming a “true member” of an Interpersonal Psychotherapy Group
California Psychologist
- 2006** Group vs. Individual Psychotherapy: What are the essential
differences?
Santa Clara County Psychological Association Newsletter
- Sept. 2018** Group vs. Individual Psychotherapy: How is the Therapeutic Process
different?
SCV-CAMFT Newsletter

PROFESSIONAL AFFILIATIONS

- 1985 - present** American Psychological Association (APA)
- 1987 - present** California Psychological Association
- 1991 - present** American Group Psychotherapy Association (AGPA), Clinical
member
- 1991- present** Northern California Group Psychotherapy Society
- 1997-present** National Registry of Certified Group Psychotherapists: American
Group Psychotherapy Association.
- 2014 - present** Center for the Study of Group Psychotherapy (CSGP), Founder
and President
- 2013 – 2016** Santa Clara County Psychological Association Board Member

2015 Santa Clara County Psychological Association President

1995 – 1999 Santa Clara County Psychological Association Board Member

1999 Santa Clara County Psychological Association President

California Association of Marriage and Family Counselors

Santa Clara Valley chapter of California Association of Marriage and Family Counselors

San Mateo County Psychological Association

PROFESSIONAL REFERENCES

Irvin Yalom, M.D., FAGPA

Professor Emeritus; Stanford University author: *Theory and Practice of Group Psychotherapy*; consultant/trainer.

E-mail: IYalom@gmail.com.

Fred Illfeld, M.D. CGP., FAGPA

Group psychotherapist and former professor: University of Nevada.

E-mail: Fillfeld@gmail.com

Haim Weinberg, Ph.D. CGP., FAGPA

Group Psychotherapist; Editor of *International Journal of Group Psychotherapy*; Author; Program Developer; and Administrator of the Sacramento Center Group Psychotherapy Training organization.

E-mail: haimw@group-psychotherapy.com

Paul Marcille, Ph.D.

2018 Past President of California Psychological Association.

E-mail: dr.paulmarille@gmail.com

Joann LeMaistre, Ph.D.

Psychologist, Group psychotherapist and consultant. CSGP Board member.

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Alice Ruzicka, Ph.D.

Clinical Neuropsychologist

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