

SAMPLING OF LETTERS OF APPRECIATION RECEIVED FROM RECIPIENTS OF SCHOLARSHIPS TO ATTEND AGPA CONNECT 2019

Thank you for the support that allowed me to attend my first AGPA conference. Two weeks later, I am still digesting all that happened at the conference. What an incredible experience! In the institute and conference sessions, I was challenged, inspired, and encouraged. Throughout the week, I met so many wonderful people who took time to introduce themselves, ask about my experience at the conference and make me feel very welcome. This was such a treat, as I have few opportunities in my area to interact with other professionals who enjoy and value group work as I do. I especially enjoyed talking with people who are in other disciplines and/or whose work environment is so different from my own. It reinforced for me the universality of group work; it is not just about mental health!

My expectations for this conference were exceeded! I was counting on having a valuable educational and professional development experience. I did not, however, anticipate that it would be such a rich opportunity for personal growth. I've caught the AGPA bug and am looking forward to continued participating in this organization and attending the next conference.

Attending this conference would not have been possible without your financial support.

Thank you so much for the scholarship that enabled me to attend AGPA Connect 2019. I can now fully appreciate why so many colleagues whom I respect attend this conference annually.

Prior to this training my only experience with groups was my participation in a consultation group over the past year. How rewarding, challenging, and educational to participate in a two day Special Institute! Attending the additional workshops through Saturday provided yet another perspective on groups. I also had an opportunity to meet so many amazing people with the hopes of continuing our relations for years to come!

I think my biggest take away from the experience was no matter what setting I found myself to be in, there was never in "expert" in the room. All leaders were open to feedback and valued input from the participants. I had never before experienced that in a professional training and it made quite an impression on me.

Without scholarship assistance I don't know that I would have attempted to attend AGPA Connect and I definitely wouldn't have been able to enjoy five days there. Thank you to all those who donate to the scholarship fund and thank you to everyone who helps AGPA Connect happen every year. It is an experience I will never forget!

I wanted to sincerely thank the scholarship committee and donors for providing me with the opportunity to attend AGPA Connect this year. Without their support I would not have had the wonderful experience that I did. The institute was one of the most memorable experiences I have had in all of my training as a physician and therapist, and something that will stay with me in my future work as a psychiatrist. Even in the few weeks since the conference I have found myself frequently recalling moments and feelings from my experiential group as a way to more fully connect with my patients, peers, and supervisors. As a senior resident in my program, I have shared

what I learned and felt during the institute with many of my colleagues since I have returned, sparking conversation that I hope highlights the importance of group psychotherapy within psychiatry training, something that unfortunately can be pushed aside. Overall it was an amazing experience and I hope to return next year!

I cannot describe how meaningful and rich my experience at AGPA was in Los Angeles this past February. My gratitude for the scholarship aid I received to make my attendance possible is beyond words and I cannot thank you enough for your support in making it happen. AGPA is an incredible community and I feel so lucky to be a part of it now! I knew it would be a powerful moment in my development as a group therapist but I did not realize how much of an impact it would make on me both personally and professionally. The training I received was invaluable. The two day institute was such a rich way to learn and understand the application of group principals as well as to benefit from the beauty and magic of group. I will hold the people I met dear and know I have developed some new relationships with colleagues that will be lasting in my life. I look so forward to taking what I learned out into the community and into the work I do. Thank you for a wonderful unforgettable experience.

Returning home from my first ever AGPA conference, I feel as if I have gained a new Family and professional home. A place where I feel : welcome, belonging, seen, heard, and nurtured.

I returned to work invigorated for the week ahead- I started my first group the week I came back to work from the conference. I feel more awake and enlivened with thoughts and plans for the future after returning from the conference. These plans include getting certified as a Group Psychotherapist, creating more groups at the community mental health clinic that I work at, and following Irvin Yalom's advice and getting into my own group therapy. These are all outcomes from the incredible week I spent with you at AGPA Connect.

As a therapist new to the profession I sometimes feel overwhelmed and confused by all the directions and possibilities that exist in this field, attending the conference helped me see more clearly what I get joy from in this work and helped me create connections with people who inspire me.

Thank you for giving me this opportunity to grow and learn. Thank you for helping me feel part of the AGPA family.

Every year, I look forward to AGPA Connect, not only because of the training opportunities and what I might learn, but because of the people and community I find. I attended consistently for many years while in graduate school, and have built a network of friends and colleagues that I would never have found were it not for our organization. The energy and passion for working in groups that I found among my colleagues helped convince me to make group therapy more of a centerpiece of my learning, and now as an early career professional, I make groups a central part of my work.

Presently, I work in a community mental health center serving disadvantage populations and people who would otherwise have difficulty finding care. I help direct the group program at our clinic, which includes over 20 groups for adults. Our capacity to serve clients is already stretched thin, and one of the ways we reach more people is by maintaining such a substantial group program. I feel fortunate in my role that I get to pass on the training and insight I have gained through AGPA in my teaching and supervision. I believe that AGPA's investment in me has helped me give back more to my community. Thank you again for all your continued support.

**SUPPORT SCHOLARSHIPS BY MAKING A GIFT TODAY TO THE GROUP FOUNDATION
EDUCATION AND SCHOLARSHIP FUND AT WWW.AGPA.ORG (CLICK ON DONATE NOW)**