

Doctors Fehlberg and García of Shoreline Psychology are happy to announce openings for an Early Career Professional Consultation Group.

This is a group for early career mental health therapists who may be:

- Recently graduated or have re-entered the work force after a hiatus
- Interested in learning more about psychodynamic and psychoanalytic therapies, technique, and theory (including ego psychology, relational, and object relations)
- Interested in gaining additional consultation on their cases and looking for a lower fee option as compared to individual consultation
- Trying to build their practices while also networking with other early career therapists
- Looking to have an additional venue to consider questions about the administrative side of clinical practice (e.g., informed consent, issues regarding the frame, legal questions, ethics, liability, etc.)
- Wishing to feel more connected in their day to day practice and to be a part of a larger peer group to help combat feelings of isolation
- Looking for additional sources of continuing education (depending on profession- e.g., psychologists may count 6 hours of group consult toward CEU requirements per 2 year licensing cycle).

The group meets for 60 minutes and is private and confidential. It offers an additional resource for containment and support for the therapeutic dyad. It serves as a way to expand one's clinical thinking, exposure, and experience, while also helping to build confidence and comfort with easy and difficult/complex cases alike.

In general, group consultation can help early, middle, and late career professionals gain new insights and perspectives on cases. Group consultation can serve as an additional way to provide emotional support, self-care and manage one's own stress, burn-out, and overall mental health. It can also be one of many catalysts spurring one's own professional and personal growth. Also, the cost of the group may be tax deductible.

Some requirements of group participation:

- Commit to 6 months of participation
- Provide proof of licensure and liability insurance
- Participate in an open minded manner and be willing and interested in considering new ideas about clinical material
- Prepare formal case material ahead of time on occasion

Dr. García is a Clinical Psychologist who provides a broad range of services at his private practice in Salt Lake City. He has experience providing individual, couple and family therapy, individual and group consultation, psychological and neuropsychological testing, along with worker's compensation and immigration related evaluations. He works with adults of all ages. He speaks English and Spanish, and is able to provide services in either language. He graduated from the University of Texas Southwestern Medical Center at Dallas, holds a Certificate in Object Relations Theory and Practice from the International Psychotherapy Institute (IPI) in Washington, D.C., and completed a one year Infant

Observation Seminar at IPI. He has worked in adolescent and adult probation departments, in-patient and out-patient settings, psychiatric emergency department and triage, mobile suicide prevention, university counseling, a low-fee community clinic, and nursing homes. He is also an adjunct faculty member in the Department of Psychiatry at the University of Utah School of Medicine.

Dr. Fehlberg is a licensed Clinical psychologist who provides individual, couple and family therapy in her private practice. She works with all ages from very young children through older adults. Dr. Fehlberg completed her undergraduate degree at the University of Michigan and her received her PhD from DePaul University in Chicago. Her experiences over her career have included running a residential school which provided services for severely behavior disordered adolescent males and adolescent sex offenders, working in inner city schools in Chicago, working in a pre and post sentencing sex offender treatment program for adult males, teaching a range of undergraduate courses at Purdue University North Central and Indiana University Northwest, directing a Children's Justice Center, working for Valley Mental Health providing individual, group, and family therapy as well as crisis services, and has spent the last nine years in private practice. In addition to her direct clinical work, Dr. Fehlberg provides supervision for students through the Counseling Psychology Department at the University of Utah as well as for psychiatry residents through the U of U School of Medicine. She is an adjunct faculty member in the Department of Psychiatry and teaches a seminar on Interpersonal Psychotherapy for second year residents.

Consultation groups are offered on Tuesdays at 8 am and Wednesdays at noon. For more information or to register for a group, please contact either Dr. García at 801-410-0888 or Dr. Fehlberg at 435-901-0759, or e-mail them at shorelinepsych@gmail.com.