



Letter from the President



Caleb. Corey. Owen. Eddie. Ziyi and Dasha. Martina. Rebecca. Chantal. Sonora. Keren. Khalilah and Annysa. Shunda. Vinod. Michael. Cary and Colin. I hope you met some of these first time attendees at the 33rd

Annual NSGP Conference, where we had 70 first-time attendees! Know that behind every new person there was an NSGP member encouraging these vibrant participants to attend the conference. Personal connection is very powerful; showing an interest in someone and encouraging their involvement in NSGP helps bring talented therapists and therapists-in-training to our NSGP group. Being involved in NSGP strengthens the therapist, the organization, and our profession.

Twenty-four NSGP members led by Barbara Keezell and Theresa Cohen teamed up to contribute to the success of the AGPA conference here in Boston. The conference was an overwhelming success by every measure. It was especially heartening to hear that attendees felt warmly welcomed and helped by the NSGP host society. Congratulations to all and thank you.

The NSGP Annual Conference was also a tremendous success thanks once again to the creative and hard-working Conference Committee. Attendance was robust (more than a 35% increase over the previous year) and the consensus was that the offerings were interesting, engaging, and provocative. Shmuel Erlich, our special guest from Israel, and Sara Emerson consulted to the Large Group; always an interesting experience. If you would like to read more about Large Groups, check out our website (www.nsgp.com) for an excellent article by Shmuel about this intriguing phenomenon.

Julie Anderson gave heart and soul to the Conference Committee. Though her tenure has ended, her warmth, wisdom, generosity, and respectful style will remain in the committee culture. Julie has generously agreed to Co-Chair the Continuing Education Committee.

Ginger Reiber has joined the Conference Committee and will partner with Marc Bolduc and Scott Reinhardt for June 2015. The Conference Committee is already well on its way, developing what I assure you will be a terrific and innovative program.

I am very pleased to report that we have been reaccredited by the Massachusetts Medical Society to offer CMEs to MDs and RNs for another five years. Since the last reaccreditation, a lot of work has been done to improve our systems and structures in our CE granting committees. The work really paid off. The CE Committee is strong, capable and will keep this important process moving. And, did I mention that Julie Anderson has agreed to Co-Chair?

Behind the scenes of the listserv, Deborah Cole provides constant, deliberate, and careful monitoring; while Eleanor Counselman continues to help members sign on to the listserv. The listserv is an important resource for referrals, information, and as a forum for the exchange of ideas related to our work.

Jerry Gans, Cecil Rice, and Eleanor Counselman rotated off of the Nominating Committee, another vital, often behind-the-scenes committee. Joyce Shields, Committee Chair, and Arnie Cohen are joining members Karen Wischmeyer and Deborah Cole. Please consider your own leadership potential and the opportunity to contribute to NSGP in this important way.

The Membership Committee was formally reestablished. The Committee Chair, Jenn DeSouza, and members Shunda McGahee and John Grillo have earnestly, energetically, and strategically dedicated themselves to recruiting, welcoming, and engaging new members. Their efforts have been outstanding. We now have 225 NSGP members. And counting...!!

The Training Committee has two new Co-Chairs, the incomparable team of Joel Krieg and Jenn McLain. The Training Program is sure to be stellar so encourage potential students to talk with them, review the information on our website, and sign up!

Susan Rosenblatt, our amazing Office Manager, left in May; she was an active agent insuring the success of AGPA, the website, and the MMS reaccreditation during a tsunami of a year.

Kristina Weljkovic is our new Office Manager. Undaunted by the shoes left to fill, she stepped right into the position with quiet confidence, impressive competence, vast knowledge, sharp intellect, a bevy of creative ideas, good sense, and team spirit. We are very lucky to have her.

One of the many benefits of being an NSGP member is that you can put a professional profile on our website. This can include a picture, a description of your practice, and a detailed listing of your groups. If you haven't taken advantage of this, I encourage you to do so. Go to www.nsgp.com, log in as a member and complete your profile.

Newly-elected Board members Alan Albert, Michelle McGrath, Jenn McLain, and Ann Koplou are welcome additions. This lively

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The goals of this newsletter are two-fold:

- To promote the objectives of the Northeastern Society for Group Psychotherapy, an affiliate of the American Group Psychotherapy Association.
- To be a forum for the exchange of ideas and information among members.

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Monday-Friday 9 am to 5 pm

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**Letter from
the Editor**

When someone is in crisis, we know that is not the time to enter group therapy. But if someone is already part of a group, then the group can serve as a wonderful source of support during that crisis. I have extolled the benefits of group—and the NSGP community—over the years. Although I am stepping down from my role as Co-Editor of this worthy newsletter, I am not stepping away from my participation in NSGP. We see how our patients benefit when they join one of our groups, and being part of a community provides similar benefits.

Over the years, I have been mentored, challenged, encouraged, and supported in all sorts of new endeavors in this organization, including writing this letter! Writing has never been an easy task for me, and you might ask why I became Co-Editor of this newsletter. I did it because of the community, because of the people I'd be working with, because of the camaraderie that would arise from this. Although I can't say that I've gotten to enjoy writing the Editor's letter, I have greatly enjoyed working first with Joe Shay, and in recent years, with Jenn McLain, whom I know will continue to do an excellent job. (Kurt White will be joining her as Co-Editor, and I have full confidence in him as well.) Being Co-Editor provided an opportunity to get to know these wonderful people better, to know more about them, to share ideas, and of course to share the work. And I have also gotten to work with many of you who've written articles. As with other committees, it has also enabled me to find a way to give back to NSGP and to feel that I'm participating in a truly significant venture. Collaborating with others and the friendships that so often develop are what propel me to keep joining these NSGP committees. I hope more of you will do the same!

But these are more of the professional pieces that arise from collaboration, from being part of this wonderful organization. The friendships that have evolved from this connection are invaluable in so many ways. They have provided me friends with whom to dine, schmooze, laugh, and play, all vital

parts of being alive. But this spring and summer proved quite challenging for me due to some family issues and this brings me back to the statement about the support a group, or a community, can offer when we're experiencing hardships. These friendships, which would not have developed without participation in this community, provided people who listened, who offered advice and support. These are the invaluable benefits when we allow others in, when we allow ourselves to be part of a community. I stress this piece because my mother never allowed herself to be part of a community and I believe she suffered as a result. I wanted to ensure I didn't do the same thing. And now, NSGP is truly in my blood. It has indeed become my professional home, but even more importantly, my personal home. Thank you NSGP, for all the opportunities you have provided me. Although it is bittersweet to be stepping down as Co-Editor after five years, I will now have the time and energy to be involved in other ways. I hope you too will be an active member of NSGP as the rewards are immeasurable.

Barbara Keezell, LICSW, CGP, FAGPA
Co-Editor Newsletter

Co-Editors Jenn and Kurt will alternate the Letter from the Editor in this space.

Please warmly welcome
our newest NSGP
Newsletter Co-Editor
**Kurt L. White, LICSW,
LADC, CGP!!**
He will be joining the
Newsletter beginning in
the Spring 2015.

We would like to express our deep appreciation to **Barbara Keezell, LICSW, CGP, FAGPA** for her years as Co-Editor of this Newsletter. Thank you Barbara for all the time, care, and dedication you put into making each edition excellent!

Letter from the President
(continued from page 1)

and energetic Board is set to sustain the important gains achieved and move forward in a creative and proactive fashion.

Generous \$2,500 donations from the NSGP Foundation and the AGPA Foundation were used to provide scholarships to 32 conference attendees. This kind of generous support helps therapists who have an interest in learning more about groups to participate in our conference and infuses the organization with exciting new energy. Joel Krieg kindly contributed a significant amount of time coordinating the scholarship process.

Many fiscal measures were promptly taken to turn around deficit spending. For a bunch of group therapists, we have managed to attend well to our bottom line, cutting spending where we could while still investing in our future. The Board acted decisively on the recommendations of the Fiscal Review Task Force (Theresa Cohen, Madeleine Lourie, Joel Krieg, and me) and we have begun, once again, to add to our reserves. As an act of further prudence, the Audit Committee was reactivated and is adroitly chaired by Madeleine Lourie.

Twenty years ago, I was encouraged to join NSGP as a student member by Joe Shay. He handed me a membership application and recommended that I take the CGP course at the conference. Most people who attend the NSGP conference or Training Program are impressed and interested in becoming involved in the organization. I'm grateful for Joe's encouragement and for having my best interest at heart. Many of you have done this for others as well which is why NSGP is so strong. So, ask yourself, who is the next person I'd like to introduce to this rewarding professional family?

Debora Carmichael PhD, CGP
President, NSGP

The Northeastern Society for Group Psychotherapy

Cordially Invites You to Our 2014-2015

Breakfast Club

Learn about group therapy and socialize with colleagues at a FREE colloquium series. Each POTLUCK event will take place on designated Sundays from 11 AM to 1:30 PM. Participants may bring guests. Please contribute a breakfast item (quiche, fruit, bagels, pastries, cheese, etc). The host will provide coffee and tea. To sign up for an event or for directions, participants should register online at www.nsgp.com or call Kristina at the NSGP office: (617) 431-NSGP.

Calendar for 2014-2015

- 9/21/14 **Adolescent Groups in Private Practice**
Presented by **Renee Hoekstra, PsyD**
Hosted by Arnie Cohen (Newton, MA)
- 10/26/14 **Come One, Come All, Whenever!: Open Access Groups at a Hospital Primary Care Practice**
Presented by **Ann Koplow, LICSW**
Hosted by Marsha Vannicelli & Larry Kron (Cambridge, MA)
- 12/7/14 **Shades of Black: Challenges and Revelations that Arise in Running Groups of Marginalized Populations**
Presented by **Tfawa Haynes, LICSW**
Hosted by Scott Rutan (Chestnut Hill, MA)
- 1/11/15 **How Much Is Enough? Termination from Group Therapy**
Presented by **Sara Emerson, LICSW, CGP, FAGPA**
Hosted by Eleanor Counselman (Belmont, MA)
- 3/22/15 **Intro to Acceptance Commitment Therapy (ACT): Dose of Science, Pinch of Mentalization, and Liberal Measure of Good Old Therapy**
Presented by **Ari Shesto, PhD**
Hosted by Jim Leone (Belmont, MA)
- 4/12/15 **Emotionally Focused Therapy for Couples in a Time-Limited Group: Fostering a Secure Bond between Partners**
Presented by **Jennifer Leigh, PhD**
Hosted by Walker & Joyce Shields (Belmont, MA)

**Please note that CEUs are no longer being offered for Breakfast Club events. If you have any questions about this, please e-mail the office at groups@nsgp.com.*

The Newsletter is looking for 1 or 2 folks to join the committee as volunteer NSGP photographers!!!

Do you like to take pictures? Smile with your colleagues? If you attend a couple NSGP events during the year and have the ability to take digital pictures, we would love to add you to the team!

Interested? Please send an email to newsletter@nsgp.com.



Joel Friedman, Deb Carmichael, & John Grillo



Shunda McGahee & Oona Metz



Marilyn Levitt, Paul Sullivan, Amy Matias, & Judy Silverstein



Arnie Cohen & Deb Filurin

The Newsletter Committee would like to recognize and thank **Theresa Bullock Cohen** for all her efforts, extraordinary commitment, and excellent work as coordinator of the *Analyze This* column over the past three years!

Considering the Impact of Medical History

Jennifer L. DeSouza, LICSW, CGP

I was intrigued by the workshop entitled "Hidden Affect in the Group; Indicators of Early or Hidden Trauma in Member's Medical and Family History," offered at the NSGP Annual Conference by Virginia Reiber. The offering felt particularly relevant as I run a group for patients with chronic medical illness. Members in my group have often spoken with the most emotion about the impact of an illness on relationships with family, friends, and medical personnel.

The opening summary on the syllabus suggested that a focus on medical history that includes events such as childbirth and adult and childhood illnesses and injuries could yield hidden clues to unresolved or unconscious feelings. Family history, military service, details of emigration and country of origin could also contain clues. As a part of my assessments, I had always taken a comprehensive history but without medical training, I had felt hesitant to delve into an area in which I had little expertise. The richness of this perspective opened new dimensions to a client's history which I had never considered.

The workshop was lively and informational with many experienced clinicians present. Three diverse case examples were presented via role-plays with scripts based upon real clients. All highlighted unresolved issues embedded in medical history that had profound implications for people's lives. Through these mock interviews, it was apparent that the exploration of medical history provided information that might otherwise not be communicated. During the discussion, workshop participants began to share their experiences of medical events, some dating as far back

as 50 years. They still generated strong emotion. I began to see how medical treatment could inadvertently generate trauma and strong emotion whether the intervention is routine or life threatening. Almost all the stories contained themes of helplessness, fear, and aloneness. I began to understand how critical validation and empathy are, both from the family and medical professionals, and how difficult it can be to meet those needs depending upon the circumstances.

A patient I had discussed in the workshop benefited from my newfound perspective on medical history. As a small boy, this patient had two significant surgeries, one of which he poignantly described as traumatic. As we explored the feelings associated with this experience, it generated additional data about his worldview. It became helpful in understanding his misinterpretations of the world around him.

The aspect of this workshop that I liked best was that it did not require you to learn a new skill, understand a complex theory, or change the way you work. All that it requires is attention and gentle curiosity. It highlighted for me the richness of an experience that can be accessed without necessarily knowing the complexities of a disease process or medical intervention.



Reflections on the Second Year

Kurt L. White, LICSW, LADC, CGP

I found my way to the Experience Group room, which was hidden away on the third floor of the less central building, up and around a labyrinthine set of stairs and hallways. Inside, the acoustics were bad and it was a bit shabby looking. The room air conditioner was unusually loud and had a disconcerting rattle. Perhaps for good measure, there was supplemental noise



Peter Gumpert & Deb Carmichael



Conference attendees enjoying lunch

from a very large cooling system outside: a disquieting hum. There were awkward and uncomfortable student desks in place of chairs; these were arranged in a circle and mostly empty to this point. What a strange thing, I thought, that the frame of group work very shortly would transform the space into something else entirely. I considered my options, then sat down.

My consideration led quickly to my habitual worrying. Would everyone come back? I hoped so, finding myself a bit attached to the notion. What if they didn't? Waiting, I conjured my co-members into the present of my mind and made space for more of my worries. What would come of this day? How would I be remembered from last year? *Would* I be remembered? What would I reveal about myself today, intentionally or otherwise (especially otherwise)? Who were these strangers I was waiting for, hoping for? They were important to me, though many details of their lives had been lost to mind and memory in the intervening year.

But wasn't today different? I considered it anew. I had already spent a day with this group the year before and I did feel a level of trust. And, even if not, Joe Shay (our group leader) showed us that he has a way of keeping things in order. Reminded of this, worry gave way to the elated anticipation that I typically experience at the start of a group, exhilaration at the prospect of relaxing into my own imperfect authenticity and experiencing others from that frame of mind.

I come to NSGP exactly because of the opportunity to sit in these anxiety-producing experience groups. In them, I can have "siblings," mentors, and friends who understand me in a more authentic way. I can have a little time, away from the strictures of ordinary life and interaction, where together we can learn about ourselves and, of course, about groups. In this carefully created delicate dance, we jump into the ambiguity of things with as much of our whole selves as we can tolerate. We proceed from

there, little by little, little by little, toward becoming the people and clinicians that we really want to be.

This kind of a "home," a community of like-minded people in which I really can feel a deep sense of belonging, is something I have only experienced a few times before. My past professional homes, dear to me, were generative but also limiting; also, heartbreakingly, they were time bound. I have found that I can create worlds of belonging, little spaces of refuge in a world which contains so much loss, change, confusion, and pain...but I have learned, sadly, that it is hard to relax into a feeling of "home" if it is largely my creation to start out with. (I do, of course, have a personal home—but that is a different matter!)

And so on this day, in this room, the others arrived one by one. The clock struck the appointed hour, and, right on cue, the unremarkable room became its own whirlwind of emotion, connection, and learning. Thinking of it now, so much stands out sharply in my mind's eye. I remember the work of remembering, and also of forgetting, of coming to terms with loss, of taking risks with people I care about, of struggling to take a compliment, of risking being misunderstood, of delighting in being irrational, and of exploring hidden, vulnerable, and empty places inside and outside of me. It passed so quickly, and nearly as soon as it had begun, the group was over.

Having ended, I found myself lifted up, satisfied, surprised, connected, hopeful, exhausted; full of the already-sprouted seeds of personal and professional growth. I say a prayer for myself: May that I can choose to continue to nurture them! This wonderful, imperfect group that is NSGP has come to mean something very dear to me. In every year's experience groups, I am reminded that I am not alone; I have a whole world of connection that I didn't have to create out of my already-drained willpower. I can relax, be excited, be irreverent, play, be confused, be myself, and risk trying on new and unexplored aspects of myself. I can close my eyes, lean back, and feel supported. And when ready, I can open my eyes and see so many new things, inside and out.



Jenny Karstad, Matthew Silvia-Perkins, Ali Urbano, Kurt White, & Jenn McLain



Conference attendees



Ginger Reiber, Scott Reinhardt, & Bob Weber



Theresa Bullock Cohen, Oona Metz, Deb Carmichael, & Chera Finnis



Julie Anderson & Oona Metz



Joel Krieg & Susie Shayegani



Darryl Pure & Shoshanna Ben-Noam



Kurt White & Melissa Kelly



Naomi Dugan, Bob Weber,
& Tyler Carpenter



Allison Celimli & Lise Motherwell



Sarah Kocz, Kurt White,
& Jenny Karstad

The Large Group Experience: A View From the Inner Circle

Sara Emerson, LICSW, CGP, FAGPA

I recently had a conversation with a young clinician who had had an experience at a Tavistock Large Group. I told her I had had the opportunity to co-conduct a Large Group at the NSGP conference. She replied strongly, "The large group is like a wild beast." Her comment prompted me to think of many of the reactions to the LG both during and after the conference. Comments like "What's the point? I don't get it. What did that comment have to do with anything." On some level, those questions are the point of the LG. Those are the questions for each participant to contemplate within themselves and within the experience of such a group. The description in the catalogue said "The Large Group is an experiential event which...is designed to provide opportunities for learning about personal experiences, feelings and reflections evoked by being in a group that is larger than what can be handled as a face to face situation. The purpose is to provide a contained space for the range of processes that take place in such a setting."

Maybe the confusion and trouble with being a member of a Large Group is that the purpose and task have to do with studying one's own responses, feelings, and behavior in a setting which is not designed to be "therapeutic." It is not intended to be a corrective emotional experience or about interpersonal learning. It is not designed to recapitulate the family of origin, or develop cohesion, or any of Yalom's Therapeutic Factors. People come looking to find something familiar to what they know about small groups, and yet none of those dynamics operate in a familiar way in the Large Group. No wonder people feel confused, alienated, and often wish to flee. It is a disconcerting and often disorienting experience. In a sense, the Large Group challenges all of the assumptions and understanding and skills we have built up to become group therapists. The interpretations/comments by the co-conductors are not addressed to the individual or to the interaction, but to a deeper level of collective unconscious, to the Large Group. Bion developed a theory of group functioning, part of which has to do with the group as a whole and the functions of the whole group: "The Group functions on two levels: conscious and the unconscious, the "work group" and the "basic assumption group." Underlying these group functions are the

group members' issues with authority, and the authority of the leaders.

Haim Weinberg has written a concise article for the EGPS newsletter, in an attempt to help clarify and address aspects of this "strange beast." He says, "It can be very disappointing when the LG fails to act like a small group. Instead ...it is mostly aimed at exploring societal and organizational dynamics. The focus of the leaders is not on the individual. "It is a space created to encounter oneself in a larger community within the deeper social unconscious. Not unlike psychoanalysis and psychotherapy, it is the opportunity to experience oneself in an undefined space, and grapple with questions of "Who am I in relation to this group?" "Am I lost?" "What is my responsibility to the larger community?" "How do we grapple with the ugly underside?" "Can I tolerate the not knowing?"

Upon entering the LG for the first time, one is immediately struck by the set up of the room. The chairs are generally arranged in either concentric circles, or a spiral, as we did at the June conference. This set up highlights the difference from the small groups we are accustomed to of 8 to 10 chairs in one circle. This small group set up enables everyone to see and hear one another and to facilitate interpersonal experiences. In the LG, it is not possible for such a number of people to be seated in a way to facilitate eye-to-eye contact. The spiral or concentric circles does allow participants to sit in close proximity to one another. However, it can also induce feelings of paranoia and disconnection as one can only imagine what is going on behind one's back. The number of participants and the seating of the conductors or conveners is also strikingly different from a small group. The LG has 30 or more members, and because the group meets over a number of days, the membership often shifts. This shift and the unpredictability of membership are unsettling and can contribute to the anxiety experienced. The conductors sit facing one another, but arranged within the group in order to have varying experiences and perspectives on the entire group. They also are unable to see all of the participant's faces.

Weinberg writes that "We utilize the large group experience ... to study large group processes, both conscious and unconscious, as a way of understanding their impact and influence upon social, organizational and systemic thinking, feelings and actions. The Large Group is not capable of dealing with specific feelings and pains of the individual and often times can intensify feelings of

aloneness. It is an important tool in understanding social interactive processes and interrelationships within society."

I find the experience of the LG, as a participant, to be an extraordinary opportunity to sort myself out in the midst of others, and to explore multiple self-states, and perceptions. Not all of my assumptions are pleasing, yet in allowing them in, there is greater chance to alter them externally. All of this is in the service of working towards a deeper understanding of the dynamic which develops and exists on the broader societal or organizational level. As the co-convener, my role was to speak to a deeper, collective unconscious, not to the individual or dyad. Being nonresponsive to the individual is uncharacteristic for me. And yet, one of the purposes and functions of the LG is to examine and experience one's relationship to authority. The participants, who know me well from other venues, may have also found this to be disorienting.

In conclusion, I would invite you to explore your experience of the Large Group, and think about these questions: What was unsettling? What was intriguing? What did you learn about yourself as you worked to place yourself in the crowd and find a voice? Would you come back to another Large Group experience? What would draw you back and what part of you would say "never again?"



Day 525: Judgment and Love

Ann Koplou, LICSW

Every day since January 1, 2013, I've been writing posts for my blog, "The Year(s) of Living Non-Judgmentally." The following is my post after the recent three-day conference. When I sent the post to Suzanne Cohen, she suggested that I submit it to the NSGP newsletter, as a write-up about the conference.

During the past three days, attending a group psychotherapy conference, I witnessed people doing their best to let go of old patterns of judgment that get in the way of love—love of self and love of others.

But isn't love ALSO a kind of judgment? Isn't love just an extreme form of ... like?

When we say, "I like this" and "I don't like this" ...isn't that the essence of judgment? For example, when I've done mindfulness exercises with people, I've asked people to observe their likes and

dislikes—of a piece of music, a painting, a shell, etc.—to let go of those likes and dislikes as much as possible, and just be present with the object.

But it's our nature to judge, isn't it?

I know it's my nature, for sure, no matter what the title of this blog.

For example, I really liked a sock that Suzanne [Cohen]—another conference attendee—showed me yesterday. When I told her that I wanted to include that sock she's knitting in this blog, she immediately put it on, with pride.



Which reminds me of one of the most helpful moments of the three-day weekend—this exchange between a group leader and me:

Me: I know that a typical pattern for me, in a group, is to engage quickly (opening my arms wide—in a Ta-Da! gesture) and then, at some point, to withdraw (drawing myself in, and looking down).

Group Leader: Why not try pride, instead of shame?

But in order to have pride (or love)—for ourselves and others—don't we need to make some judgment about worth? And by making a judgment, can't we easily flip into the other side of that: judging ourselves and others negatively?

I don't know if I'm going to figure this all out today, but I would like to tell you about some other highlights, from the conference:

- Standing in a crowded room, alone, observing others interacting socially, and truly believing it was okay for me to just stand there, without having anybody by my side to talk to.
- Dancing with an old friend, in a hallway, as his cell phone was playing "Dance with Me," and not caring what other people might think.
- Meeting somebody new, and learning from her that it was okay (and even

beautiful) to take up space, even if you might feel stigmatized for your difference and your status within the group.

- Being reminded you don't have to see and hear everything, in order to learn.
- Realizing, again, that it's okay to be messy.

Thanks to Suzanne, Joe, and all the other teachers and learners at the NSGP Annual Conference; to Orleans for "Dance With Me"; to people who do their best to let go of old and unhelpful patterns; to those who experience love, pride, and other emotions; and to you [my readers]—of course!—for visiting today.



CLASSIFIEDS

Sun-filled office on Rte 9 in Wellesley.

Days /times flexible. Large parking lot. Suitable for individuals, families, or groups. Pictures available. 508-524-7742

The BioDynamics of Trauma: Skills group on mind/body process of self-regulation. Approximately 10 weeks, Cambridge. Douglas Baker, LICSW, Kripalu Yoga teacher. 617-331-4654, doug@cambridgemindbody.com

Buddha Mind for Anxiety: Skills group on Buddhist skills and practices. Approximately 10 weeks, Cambridge. Douglas Baker, LICSW, Kripalu Yoga teacher. 617-331-4654, doug@cambridgemindbody.com

Divorce Group for Men and Women, Wednesdays–6:00 PM, MetroWest. Please contact Kelley Bothe, LICSW, CGP 781.239.3365

Endings and New Beginnings—An ongoing DIVORCE GROUP FOR MEN AND WOMEN. Wednesdays–6:00 PM. MetroWest. Please contact Kelley Bothe, LICSW, CGP, 781.239.3365

Men's Separation and Divorce Support Group: Support, self-care and resource group forming. Self-pay, \$40/meeting. Cambridge. Douglas Baker, LICSW. 617-331-4654, doug@cambridgemindbody.com

Openings in Gay Men's Therapy Group: W at 5:30. Dynamic, process group ages 25–60, isolation, depression, anxiety, find support and practice relating. Steve Cadwell, Ph.D. 617-482-2286

ANalyZE This

This question-and-answer column appears regularly in the Newsletter and addresses complex dilemmas in group therapy. Featured are case vignettes presented by NSGP members, with responses by senior clinicians. If you have a question you would like considered for this column, please submit a case vignette of 400 words or less to Amy Matias, PhD, LICSW through the NSGP office, or via email to newsletter@nsgp.com. (Please remember to preserve the confidentiality of any group members described.)

I have a question regarding the activity level of the group leader. How do you facilitate a group's becoming more reflective about group processes when there is a strong pull towards avoiding interpersonal engagement? I am interested in ideas around the line between 'trusting the group process' and becoming more active in helping members become curious about relational dynamics.

I currently lead an interpersonal process group for older adults, aged 50-80. I have been leading the group for approximately one year and it is currently in transition with a couple of new members added in the last two months. Several members have been beset with recent significant stressors in their lives. Health problems, serious issues with family members, financial concerns, losses, and other incidents have at times overwhelmed their coping skills and exacerbated symptoms of depression. Part of me recognizes that this is simply where some of my group members currently are; some issues are genuinely beyond their control and would tax anyone's capacity to engage openly with others.

However, another part of me becomes concerned that the group will slide into a miasma of self-pity and/or people-pleasing. The group can become absorbed in either descriptions of suffering from some or the concomitant goal-oriented problem-solving from others. While I believe that this can be, to a certain degree, appropriate and even therapeutic, it can at times appear to verge on avoidance (and, at my most judgmental moments, wallowing). Those who lean towards anxiety and reassurance-seeking receive reassurance; those who pull for others to rescue them receive gratification.

This brings me to my dilemma. There are times in group when I feel confused around how much guidance I should bring into the group process. I think of supervisors who have encouraged me to examine places where I may be colluding with some avoidant behavior. There have been moments when I have actively encouraged the group to see links between interactions in the room and the relationships in their lives, past and present. I have named themes that have emerged in seemingly unintentional ways (using metaphors, particular words, or tracking the discussion to highlight unconscious material). I advocate for the examination of emotions in individuals and in the group if it appears that certain moods have become contagious. I have seen times when this has worked to open up conversations and often feel that this effort will pay off as members utilize this scaffolding to begin to do more of this themselves.

Then there are times when this kind of intervention appears to play into the very dynamics of avoidance with which the group struggles. Some group members eagerly surrender their own agency and meaning-making to me as group leader or to another member who is perhaps acting in a role of co-facilitator. The last thing that I want to encourage is a process where members do a kind of splitting: all of the wise and strong elements are located in another and all of the helpless and powerless aspects are kept for the self. I believe that there is a risk of enactment here. Group leaders or clinicians can play into this set of projections and distance themselves from suffering and vulnerability (what is being witnessed and perhaps what resonates with one's own issues). I recall supervisors who have encouraged me to trust the group process and see if the members themselves can take the lead and come to insights in their own time. There have been times when I have utilized this approach and it has seemed to be productive. Group members can name ways that they have sidestepped difficult interpersonal material; they can

also become curious about the dynamics in the room. When this happens it can be particularly powerful.

So at times, I deliberately slow down and watch things develop. Even when content or process seems to be in the service of avoidance, I think that, in the long run this is simply part of the movement that is group work. Other times, I am reminded of the quote from John Maynard Keynes: "In the long run we are all dead." Any guidance would be appreciated.

Betwixt and Between

Dear Betwixt and Between

Let's begin where you end: in the long run, death cuts us short. In the face of death, how do we claim more life? This is our core life's work as Becker elaborates in his powerful book, *The Denial of Death*.

Your techniques are good: Sometimes just sit there. Sometimes, be active: ask, tell, and pursue. We need both; the art of group therapy is knowing when to use which strategy.

"There are times in group when I feel confused around how much guidance I should bring into the group process."

The proof is in the process: does the group become more engaged and lively, or more avoidant and dead? You give examples of both techniques working and not working. That's good, as you are alert to the pull to problem-solve, people-please, self-pity, or wallow. It is also good that you have supervision to alert you to your own colluding or avoidant behavior.

What are the themes in this group of older adults: aged 50-80? I'd guess the Long Run is Running Out and they are dealing with bodies and minds and relationships that are failing or dying. It is likely there is lots of loss, lots of grieving, or just denial. How do we hold this and find the grace of lively engagement? I'm in this age group. I can testify it isn't easy! And you, Betwixt and Between? Where are you in this process in your own life? I am glad you've turned to me and our NSGP community for support. We all need to be heard and held thru this challenging time in life.

More parallel process to consider: barely a year old, your group added two new members. The group may be struggling to grieve the Old group and find room for the New. Their self-pity, people-pleasing, problem-solving, and reassurance-seeking may be their reaction to this change. As

in their lives outside, they are showing their strategies of dealing with loss and change in the group. This is grist for processing during this early phase of the new group. You can actively continue to help the group be curious about their process with a group-wide dynamic of "mentalization," where each member uses feelings and thoughts to understand himself/herself, other individuals, and the whole group. This intervention is not "interpretation" so much as activating group members' capacity to engage in more of their own lives.

You have been practicing these two vital strategies. One approach is to continue to let the process unfold: "Don't just say something, SIT THERE," a mantra that Anne Alonso taught us. For Anne, "sitting there" was no passive state. She listened, observed, and contained with the powerful intensity of a benevolent war lord.

Your other approach is actively to pursue members' understanding of what is happening: their denial/grief reaction. I'm not advocating that you resolve the dilemma for the group. Instead, continue to get the group to be curious. Join them in exploring what their behavior means. In this way, the mantra "Ask. Tell. Pursue." can be useful. Continue to ask about the process. Tell about what you observe. Pursue the group's versions of what has happened. This is active authentic engagement in the Here and Now.

There is great healing power in the group's experience of your active agency. You model the capacity to attend. Your engagement counters past neglect in their families of origin and their despair about aging and loss. Active engagement nurtures courage and appetite for more life in the present moment in the group. They have the power in themselves. The dialectic is that "Sitting There" and "Pursuing" both enhance engagement. Neither alone is so effective. Keep using both! They are both ways of holding, healing, and growing the group.

Thanks for your reminder that in the short run, we can be agents for change. In the long run, death is out of our control.

Steve Cadwell, PhD, LICSW



Dear Betwixt and Between

Your group is fortunate to have a therapist who is so thoughtful about group process and the inevitable tension between productive work and resistance. The leader's job is to facilitate a useful group process, which may require active management. In order to do that, the leader must understand what is going on in the group (as you are trying to do). Then your role is to help people explore that process and their own participation in it. Personally I think you can't 100% "trust the group process" (think of scapegoating).

"The leader's job is to facilitate a useful group process, which may require active management."

In group psychotherapy, the most powerful work occurs in the here and now, i.e. right in the group session, as members demonstrate the assumptions they have about themselves, others, and how they must behave in relationships. It is helpful to explain to group members that relational learning occurs early in life. Were the people who were supposed to be there for them actually there? What were the rules of engagement? Trauma obviously creates lack of safety and the painful paradox of the person, who is supposed to be your caregiver, being dangerous. Long before the development of language, people develop models of themselves and others, and many put on psychological lifejackets that they are not even aware of until they come to group.

Because much of this early learning occurs on a nonconscious level, it can be useful to explain that people have three ways of expressing emotions: words, behavior, or bodily sensations. So for your group, it might be interesting at times to invite people to share what they are experiencing in reaction to whatever is going on in the group. "As you listen to _____'s pain, what do you notice inside you?" This may be a defined feeling or just a twinge of sensation, but it is important to help people begin to bring themselves into the process rather than letting one member's problems dominate.

When a group gets overly helpful towards one member's problem, I get actively curious about that. Yes, altruism is one of the therapeutic factors that Yalom's research showed to be curative in group therapy. It feels good to help a fellow human being. But focusing on someone else's problems can also be a major form of resistance to doing one's own work in the group. I might comment that "I am noticing that there is a great deal of energy around solving _____'s problems" and invite thoughts about that process.

You further mention that the group gets very goal-oriented in its problem-solving. I will often remind my groups that there is a strong and very natural pull to find a fix for something painful rather than just sitting with the pain. And yet offering a solution can feel more distant and less connecting than just "being with."

I have the sense that while you are working very hard, the group hasn't found its way to being a working group. It's important to consider the stage of the group. You mention that the group itself isn't that old and that you have added a couple of new members in the last two months. My guess is that there is some regression around the new members and that you are dealing with a group that is still largely a dependency group, wanting you to guide and interpret. I find myself wondering how much you have invited discussion around the entrance of the two new members. Did they replace former members who left? What has it been like for the ongoing members to have these changes in the group?

This may be my particular style, but I would not agree with the supervisors who encouraged you to "trust the group process and see if the members themselves can take the lead and come to insights in their own time." First, I don't think insight is a particularly useful goal. Insight tends to be cognitive, while real change occurs in affective and behavioral realms. Also, in an early group, you can't trust members to figure things out. In a working group, after the group culture, norms, and cohesion have been established, you can trust the process more.

So I do like that you are slowing down, but I would suggest rather than watching, you can teach them how to be in group therapy. Show curiosity about what everyone is feeling, not just the person with the problem, and in doing so help the group members be with each other in a deeper way.

The quotation from Keynes does resonate with the age of the members. They are dealing with the vagaries of aging. Erikson talked about the challenge of aging as "generativity vs. despair," and that may be getting enacted here. You can make this group experience be a generative one through deeper emotional connection. As a wise supervisor of mine once said, "None of us gets out of here alive, but the goal is to die only once."

Eleanor Counselman, EdD, CGP, LFGPA



The Anne Alonso Scholarship Fund: Remembering Anne Alonso

J. Scott Rutan, PhD, CGP, DFIGPA

Since its inception, the NSGP Foundation has maintained a scholarship fund to further the careers of our younger professionals. In 2013, it proposed a \$20,000 fundraising challenge: if it raised this amount, the Foundation would honor Anne Alonso by naming the fund after her. Thanks to the help of those who trained with or were supervised by Anne, the NSGP community, the NSGP Foundation Board and other friends, the Foundation met its goal in May, 2014 and thus renamed the fund the “Anne Alonso Scholarship Fund.”

Anne Alonso died on August 26th, 2007, and with her passing NSGP and the world of group psychotherapy lost a titan. Time fades memories, and there are probably many reading this Newsletter who did not have the opportunity to meet Anne. However, I doubt there are *any* reading these words whose professional careers have not been profoundly impacted, shaped, and facilitated by Anne Alonso. Because if you did not know or learn from Anne directly, I can guarantee that those who have helped shape you as a group therapist were influenced by Anne.

Anne’s professional home was the Massachusetts General Hospital, where she worked from the day she entered her

internship in 1968 until she died. In 1975, I left a position at Boston University and joined Anne on the faculty at the Massachusetts General. From that day until I left the hospital in 1996, Anne and I had offices next door to one another, co-led an observed therapy group, co-authored articles and chapters, co-taught many classes and workshops, and collaborated on ideas and plans and dreams. We also worked together at the Boston Institute for Psychotherapy and at The Fielding Institute, and certainly within the Northeastern Society (she was our President from 1982-83) and the American Group Psychotherapy Association. We remained dear friends and colleagues after I left MGH, and in those years I came to fully understand what a dedicated educator she was. Anne had boundless energy for projects and values that she held dear. Wherever she invested that energy, people and places were forever changed, and most of her energy was invested in teaching—training young professionals in the field she so dearly loved.

Harvard has a tradition of publishing a “Memorial Minute” for especially important faculty who have died (Harvard Gazette, Sept. 25, 2008). Jim Groves and I wrote Anne’s, and it reads, in part:

Anne had the gift of narrative and a talent for rhetoric, two threads that ran unbroken through the tapestry of her life.

The story she told was the story of the unconscious and its impact on relationships. For many, even seasoned psychotherapists, the unconscious is theory or tool or construct. For Anne, it was daily reality. Her clinical genius was rooted in the fact that for her the other side of the mind was as real as conscious life. While this shadow world and its landmarks are theory to most people—flat and two dimensional—to Anne it was not a map, but the territory itself. She was “from here,” a guide through its mysteries.

In the academy and in the hospital, Anne wove the story of psychoanalysis so convincingly that hundreds of trainees and students and colleagues and patients routinely began their own quotidian stories of self-learning with “Anne says....” As clinician, supervisor, and advocate of psychoanalytic theory and practice she was unexcelled.

In her Presidential Address to the AGPA in 1992, Anne spoke of “Group Therapy and the Village Well.” Historically, there was often a well in the middle of a village. The village well served two important functions—it provided the necessary water, **and** it provided a necessary social gathering place. For

The
Practice Development Committee
will be sponsoring the following event this fall:

**“Did I Stay or Did I Go? A Follow Up Panel of Clinicians
Who Have Stayed On or Left Insurance Panels”**

Sunday, November 9, 4-6 pm, location TBA

Get more information about signing up online
at www.nsgp.com.

What is “Clinicians United”?

Virginia D. Reiber, PhD CGP

I attended an event hosted by The Practice Development Committee on Sunday, February 9, 2014 to introduce NSGP members and friends to members of a new multi-disciplinary group of behavioral health clinicians who have formed an activist organization called Clinicians United.

I have been waiting for an organization like this since 1985, at the inception of the “managed-care” theory of health ‘care.’ I have wanted to be part of an active, not reactive group that would provide the structure and organizational muscle to give a platform to the voices of mental health therapists.

Last year a group of clinicians approached the Local 509 of the Service Employees International Union (SEIU), a progressive national union representing over 2.2 million members. In Massachusetts, SEIU represents health care professionals at public and private agencies, other service sector employees, and is currently organizing adjunct faculty at several universities. SEIU heard the message about the need for better working conditions for clinicians and agreed to fund a statewide organizing campaign across all clinical disciplines. The Clinicians

United campaign now has a full-time organizing staff, legal and research assistance, as well as communications and public relations help. There are regional meetings taking place in all areas of the state.

And now, there is a plan to enhance mental health services for all in Massachusetts by enacting legislation to allow clinicians to work together. The first priority of the campaign is passage of a State Anti-Trust Exemption, which would exempt mental health clinicians from anti-trust laws so that we can join together and bargain collectively.

Action for change CAN have an impact on the future of mental health care in Massachusetts and the rest of the country. The value of being involved with Clinicians United is empowerment, hope, recognition, and pride in what we do: treat patients. It’s been a long time since our voices have been heard, and it has almost disassembled our profession. The more of us there are, the louder the voice. We live in one of the best states in the country to get this done.

If you missed the meeting, but would like more information about the union, go to www.cliniciansunited.org.

Anne and for us, NSGP provides that village well, providing us with necessary learning and necessary social connections.

The Anne Alonso Scholarship Fund will continue to grow each year through the generous donations of supporters, and it will continue to provide scholarships to early career professionals who want to learn about the theory and practice of group therapy. Last year the Foundation provided scholarships for the training program and \$2,500 worth of scholarships to the NSGP Annual Conference in June. Anne would have greatly appreciated that the NSGP and the NSGP Foundation have decided to keep her memory alive in this manner.

Learn more on the NSGP website or at www.nsgpf.org.



Does the thought of running a group intimidate you?

- Would you like to brush up on the basics?
- Deepen fundamentals?
- Build your confidence as a group leader?

We might have just what you need.

Whether groups make you nervous, curious, excited or confused, the

NSGP Training Program

can help sharpen your leadership skills and take your group to the next level!

Weekend didactics and experiential components start in January.

If you'd like to know more, we'd love to talk to you!

Contact **Joel Krieg** at **617-682-0057** or kriegjoel@gmail.com.

And check us out at www.nsgp.com/training.php



NEW OFFERING

**ADVERTISE YOUR PRACTICE,
GROUPS or OFFICE SPACE in
the next NSGP NEWSLETTER!**

**NSGP members can now
purchase advertisement space.**

All ads (except classifieds which can be text)
MUST meet these requirements or will be
returned for revision:

- 1) Submitted as a high resolution PDF*
with fonts embedded in the file.
- 2) Must be 300dpi at 100% size, black &
white only.

**The PDFs should be ready to print directly
from the file without need for further
processing.*

- \$20 - Small Classified ad (**25 words max**)
- \$50 - Business Card: 3.5"w x 2"h
- \$100 - 1/4 pg vert: 3.5"w x 5"h
- \$200 - 1/2 pg horizontal 7.125"w x 5"h or
1/2 pg vertical 3.5"w x 10"h

**Questions? See details above or
call the NSGP office at (617) 431-6747.**

*The ads will not be edited for accuracy.
NSGP does not endorse these groups.*

Support and Self Care Group for Mothers of Adult Children with Major Mental Illnesses

This is a support group for women who have grown children with a major mental illness. Having a positive relationship with an adult child with a major mental illness requires great skill and the ability to tolerate distress. These mothers are filled with love and fear, concern and helplessness, an overwhelming desire to help, the wish for a road map and the desire for a crystal ball. With this in mind, this support group will encourage good self care and promote resilience. It will meet on the second and fourth Wednesday of each month from 6:00-7:30 p.m. near Harvard Square. The fee is \$45.

To make a referral, please feel free to contact me at
(617) 661-5310 or deboracarmichael@verizon.net.

I look forward to working with you,
Debora Carmichael, PhD, CGP



UMASS DONAHUE INSTITUTE APPLIED RESEARCH & PROGRAM EVALUATION

★ YOUR INPUT IS NEEDED! ★

*Help us understand the experiences of independent clinicians in Massachusetts
by completing our Mental Health Clinicians Survey!*

Data on how outpatient mental health care is being provided, accessed and paid for in Massachusetts is **severely lacking**. That's why the University of Massachusetts Donahue Institute has been engaged by Clinicians**UNITED** to gather a more thorough and systematic understanding of the day-to-day experiences of independent mental health clinicians providing services in Massachusetts.

The goal of this survey is to shed light on this important piece of the health care system, and use this data to affect and improve policy in this area. The entire process takes only 10-15 minutes, and we need as many independent mental health clinicians to fill out this survey as possible.

Participate today at <http://bit.ly/DonahueSurvey>

The information you provide will be transmitted automatically to the Donahue Institute for processing and analysis. The Donahue Institute will ensure that your responses remain confidential. Individual responses will never be reported.

If you have any questions about this survey, please contact Lead Researcher Christina Citino at ccitino@donahue.umassp.edu.

NSGP Foundation Garden Party



NSGP Foundation Garden Party



Eleanor Counselman, Joe Shay,
& Arnie Cohen



Lise Motherwell & Walker Shields



Steve Haut, Scott Rutan, & Brenda Smith



Howie Schnairsohn, Susie Shayegani,
Melissa Kelly, Amy Matias,
& Angie Caggianelli



Lori Galvin & Ken Jaeger



Group at Foundation Garden Party



Jane Rutan, Jackie James, & Kelley Bothe



Howie Schnairsohn bidding at
Foundation auction

**Puzzled and Alone?
Stumped by Your Group?
Fear not!**

You're part of a group: NSGP
Membership in NSGP
includes the

**Free
Consultation
Benefit**

The Consultation Benefit
gives members

- One free hour of consultation (in person or on the phone) per calendar year.
- The consultants include many of the most experienced and august members of NSGP.

For more information contact
Carolyn Stone at **617-630-1523**
or **info@drcarolynstone.com**

*The Consultation Benefit cannot be
used to address an emergency situation.*

Save the DATE!
NSGP Annual Conference
June 5-7, 2015

For conference updates,
check the Conference Blog
<http://nsgpconference.blogspot.com>

Progress Notes

Progress Notes features a variety of items that reflect progress for NSGP members or committees. Please let us know (newsletter@nsgp.com) if there's anything you'd like noted, whether an article you've published, a speech you're giving, or a notable change in your life.

Shoshana Ben-Noam presented a paper on "Healing Through Groups in the Wake of Terrorism and Natural Disasters" and co-presented a workshop entitled "Deep Trauma and its Aftermath—Psychoanalytic Considerations" at the 16th European Symposium in Group Analysis in Lisbon, Portugal, July 2014.

Steve Cadwell has launched his one-man-show of original poetry, photos, songs and stories: "Wild&Precious" celebrating the 50 years of Gay Liberation through his life and times. Many NSGP members have loved the show in Concord, Boston, Worcester, and Smith College School for Social Work. Shows ahead this fall include locations in Middlebury and Burlington VT, Brown University, Austin TX, Amherst College, and the Massachusetts Association of Psychoanalytic Psychologists at Cambridge City Hospital. He invites people to come out and support him!

Tyler Carpenter published an article recently entitled "The Degree of Civilization in a Society Can Be Judged by Entering Its Prisons: Ethical Issues in Prison Psychiatry" in *Contemporary Psychology*. He was also a panel discussant for the Annual Meeting of the American Psychological Association in Washington D.C. in August on the topic of "Extensions for Face-to-Face Conferences."

Eleanor Counselman taught a workshop on "The Secure Base: Attachment in Group Psychotherapy" in March at the American Group Psychotherapy Association Annual Meeting here in Boston. She also served as discussant for the Red Well Theater Group production of "The Great God Pan," relating the themes in the play to trauma, attachment, and group therapy. In her new role as President-Elect of AGPA, she's learning about national mental health care policy and will be representing AGPA at the Rosalynn Carter Mental Health Symposium in November.

Bette Freedson's first book, *Soul Mothers' Wisdom/Seven Insights for the Single Mother* will come out in March 2015. It is being published by Pearlsong Press of Tennessee, whose mission is "Healing The World One Book at a Time." She will also be presenting a seminar entitled, "Celebrating Single Mothers" for the Maine Mental Health Counselors Association Annual Conference, "Celebrating Experience" in Portland, Maine in October and has an article: "Differential Use of Self in a Growth Group Setting: Creating Healing and Empowerment" which will be featured in the MA NASW newspaper in the fall, in the section entitled "Clinical Practice Today."

Robert Haas presented at the Harvard Medical School Department of Continuing Education. He was part of the Positive Psychotherapy: Fostering Resilience and Well-Being conference. His presentation was on "Bringing Positive Psychology into Clinical Practice."

Barbara Keezell is ending her tenure as co-editor of the NSGP newsletter but not her tenure with NSGP. She successfully transferred a group she had been leading for 23 years at the Boston Institute for Psychotherapy. She reports it was a bittersweet ending. She has joined the Institute Committee for the AGPA conference.

Jenn McLain co-facilitated (from home in Boston) a 2-week online large group experience, the Continuous Online Group, with two other consultants for the Group Analytic Society's International Symposium held in Lisbon, Portugal this summer. She also joined **Joel Krieg** to co-chair the NSGP Training Committee beginning in July.

Oona Metz will be giving two talks in October on the psychology of divorce, one to the general public and one to mediators at a Massachusetts Council of Family Mediation Lecture Series. In November, she is returning to NYC to present her workshop on "Secrets in Group Psychotherapy" for the EGPS Annual Conference.

Cecil Rice was the Institute Plenary Speaker at the AGPA Annual Meeting in Boston in March. The title was "Sailing into the Unknown," which addressed the anxiety and opportunity one faces in entering an AGPA Experience or Special Interest Group with strangers. He drew a parallel between that experience and his experience of leaving Northern Ireland with his family for the United States—a whole new group of strangers.

Sharan Schwartzberg and **Mary Barnes** recently published an article, "Functional Group Model: An Occupational Therapy Approach" in the *Israeli Journal of Occupational Therapy*.

Joe Shay was the keynote presenter at the Carolina Group Psychotherapy Society where he presented "Projective Identification Goes to the Movies." He also led the second year of a two-year Experience Group at the NSGP Annual Conference, and at the same conference led a workshop entitled "Couples Gone Wild: The Top 10 Complications in Couples Therapy." In the fall, he will present "I Just Want to Teach the Group: Does Group Process Really Matter?" to the faculty of MIP. Also, recently published was the 2nd edition of *Complex Dilemmas in Group Therapy* edited by **Lise Motherwell** and Joe, and the 5th edition of *Psychodynamic Group Psychotherapy* authored with **Scott Rutan** and Walt Stone.

Maxine Sushelsky was interviewed by **Bet MacArthur** for the NASW newsletter in November, 2013. The interview was entitled, "Clinical Issues in Grief Work with Young Adults." In March, 2014, she presented "What's Grief Got to do with It: Traveling through Loss with Clients," at the NSGP Breakfast Club. In May, 2014, Maxine led a group discussion on managing stress, setting work boundaries, and burn-out in a series entitled, "Attorney Self-Care: How to Thrive as a Solo or Small Firm Lawyer," presented by the Woman's Bar Association of Massachusetts, Solo & Small Firm Committee.

The **Marsha Vannicelli/Larry Kron** household announced a new addition, "an adorable 9 month old shaggy dog terrier mix" they rescued from Hanover, PA in July. They write, "We are finding that he seems to do better with separation anxiety (his) and sleepless nights (ours) than we do. (Photos available, of him not us, upon request.)"

Bob Weber reports he and co-author Carol Orsborn are about to sign a contract with a publisher for their book, *A Seeker's Guide to Aging: Spirituality for Boomers and Beyond*. Publication is expected sometime in the latter half of 2015.

Kurt White presented a workshop at AGPA in Boston entitled "Can You Hear Me Now? Translating Group Theory and Practice into Today's Agency Practice Settings." At that time, he also assumed the role of co-chair of the AGPA Mental Health Agency & Institutional Settings SIG. In the spring, he presented two talks to the Vermont Addiction Providers' Association: "Psychopharmacology for Non-Prescribing Clinicians" and "Suicide and Substance Use Disorders." In June and July, he presented two talks at the Smith School for Social Work Seminar Series: "Emerging Drug Use Trends and Emerging Treatments for Addictive Disorders" and "The Troubled Triangle: The Developmental Neurobiology of Addiction, Attachment, and Trauma." He also celebrated five years of teaching Group Theory and Practice to MSW students at Smith College SSW. This spring and summer, in his work at the Brattleboro Retreat, he started two new outpatient groups for adults and young adults.

NSGPF Tequila Tasting



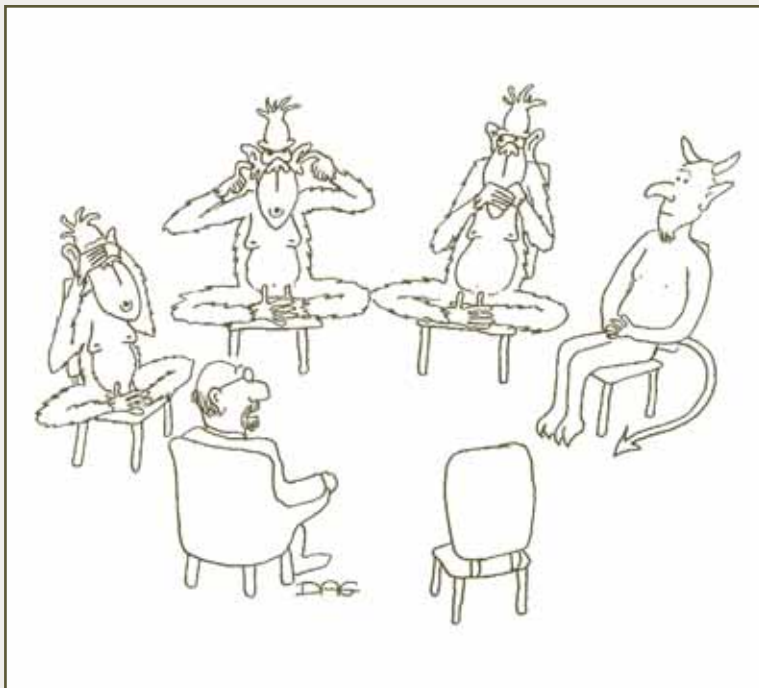
Greg and Deb Carmichael, Katherine Ruiz-Mellott, and Joel Krieg at Tequila Tasting



NSGPF Tequila Tasting

Caption This!

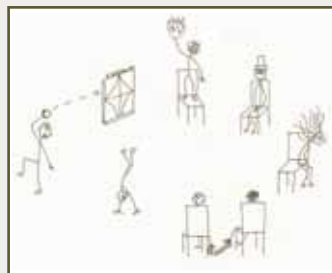
Please submit a caption for this cartoon to newsletter@nsgp.com.
The winning entries will be announced in the next issue.



Drawn by David Goldfinger

Winners for the Spring, 2014 cartoon

Selected by the Cartoon Committee
(Ellen Ziskind, Alan Witkower, & Oona Metz)



Fourth runner up:

"Who's the odd ball in the hat, just sittin' there?" — Joe DeAngelis

Third runner up:

"Special Institute: Blurred Boundaries: When it's difficult to tell the difference between group members and a group therapist." — Guy Croteau

Second runner up:

"Will the house of representatives please come to order." — Leah Slivko

First runner up:

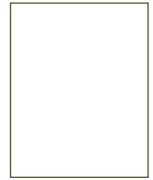
"Look. We're the only ones really bonded." — Scott Rutan

The winning caption:

"Despite the extremes of character, the group members were STICKing around."
— William Sharp



Northeastern Society for Group Psychotherapy, Inc.
 PO Box 356
 Belmont, MA 02478-3201
 (617) 431-6747
 www.nsgp.com



Mark Your Calendar!

NSGP's 34th Annual Conference!
 June 5, 6, & 7, 2015

2014-2015 NSGP Events Calendar

Sept. 21, 2014	Breakfast Club 11-1:30—with Renee Hoekstra, PsyD <i>Adolescent Groups in Private Practice</i> Hosted by Arnie Cohen—Newton
Oct. 26, 2014	Breakfast Club 11-1:30—with Ann Koplow, LICSW <i>Come One, Come All, Whenever!: Open Access Groups at a Hospital Primary Care Practice</i> Hosted by Marsha Vannicelli & Larry Kron—Cambridge
Nov. 9, 2014	Practice Development Offering 4-6pm <i>Did I Stay or Did I Go: a follow up of clinicians who have stayed on or left insurance panels</i> Location: TBD
Dec. 7, 2014	Breakfast Club 11-1:30—with Třawa Haynes, LICSW <i>Shades of Black: Challenges and Revelations that Arise in Running Groups of Marginalized Populations</i> Hosted by Scott Rutan—Chestnut Hill
Jan. 11, 2015	Breakfast Club 11-1:30—with Sara Emerson, LICSW, CGP, FAGPA <i>How Much Is Enough? Termination from Group Therapy</i> Hosted by Eleanor Counselman—Belmont
Feb. 23-28, 2015	AGPA in San Francisco <i>Stay Tuned for further information!</i>
Mar. 22, 2015	Breakfast Club 11-1:30—with Ari Shesto, PhD <i>Intro to Acceptance Commitment Therapy (ACT): Dose of Science, Pinch of Mentalization, and Liberal Measure of Good Old Therapy</i> Hosted by Jim Leone—Belmont
Apr. 12, 2015	Breakfast Club 11-1:30—with Jennifer Leigh, PhD <i>Emotionally Focused Therapy for Couples in a Time-Limited Group: Fostering a Secure Bond between Partners</i> Hosted by Walker & Joyce Shields—Belmont
June 5-7, 2015	Save the Date! 34th Annual Northeastern Society for Group Psychotherapy Conference