



the newsletter

NSGP

Northeastern Society for Group Psychotherapy

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Fall/Winter 2019-20

Letter from the President



Suzanne Cohen, past President of NSGP, recently told me she thought I should write an article for this newsletter about the Coping and Healing groups I've developed at the Primary Care Practice of Beth

Israel Deaconess Medical Center (BIDMC). I've decided to answer Suzanne's request in this, my third letter from the NSGP President, because of parallels between my vision for those groups and for this organization. (Also, I like this topic better than other ones I was considering, including "I've Made it Halfway Through My Presidency Without Breaking NSGP!")

At both BIDMC and at NSGP, my overriding goal is to provide open access to sustaining group supports that meet the needs of a wide range of people. In my Coping and Healing groups, I provide this kind of open access by welcoming any patient of HealthCare Associates (the Primary Care Practice at BIDMC) no matter what the person's diagnosis, functioning level, personal narrative, class, race, gender, social identity, background, demographic profile, financial situation, insurance coverage, or goals for treatment. (I can't write "age" in that previous list because the group members do need to be over 21, but the diversity of ages within my groups ranges from 21 to 93.) Once I have oriented people to the structure and expectations of the group, they are lifetime members and can attend any of the five available weekly group sessions as frequently as they choose. The groups sessions combine mindfulness, cognitive behavioral therapy, dialectical behavioral therapy, narrative therapy, expressive therapy, psychodynamic theory, mutual support, aspects of a day treatment program (including check-in and wrap-up) and pretty much everything else applicable I've learned about groups through NSGP, AGPA, and my decades of experience as a group therapist in different settings. The group participants know they will be welcomed however and whenever they show up, they agree to work on changing old habits by doing

more of what helps them and less of what doesn't help them, and they discover they are not alone in their struggles to improve their lives. With a consistent structure that provides a holding environment and a here-and-now focus on the immediate needs in the room, these groups provide a safe-enough environment for both new members and for the person who has been coming weekly for seven years because "the group is always different and I learn something new every time."

As President of NSGP, I also am doing my best to help make this organization more accessible, useful, welcoming, and sustaining for everyone, no matter what their age, experience, location, personal narrative, class, background, gender, race, social identity, demographic profile, practice setting, preferred treatment techniques, or professional goals. I want all people who engage with NSGP—from the newest person to the most seasoned veteran—to feel welcomed and valued. I want all members to reap riches from the organization no matter when and how they show up. I hope that the offerings and operations of this organization will become clear and openly transparent to all. I want NSGP to be a safe enough environment so that people can authentically express themselves and learn from each other.

I'm not alone in this vision of our organization and I rely on many other members of NSGP to make it happen, including the NSGP Board of Directors, the Northeastern Society for Group Psychotherapy Foundation (NSGPF), the chairs and members of the standing committees, the chairs and members of ad hoc committees (like the newly forming Diversity and Inclusion ad hoc committee and the conference ad hoc committee), and all who create and read this newsletter (including you). I also rely on the wisdom and support of the American Group Psychotherapy Association (AGPA), of which NSGP is a local affiliate.

Thanks to the efforts of this sustaining group environment, I am looking ahead to a year which includes a Breakfast Club buffet of offerings including starting a new group, group cohesion, and dealing with counter-transference about money; Practice Development events on

the impacts of class on therapeutic practice and the paperless practice for the modern therapist; a training program that offers an experiential group, didactic modules, and an observation group; and a June conference focusing on diversity and inclusion. We are also working on making the NSGP website, the yearly conference, and many other aspects of NSGP more accessible and sustaining for a wider group of people. And whether or not you know it, you are invited to attend our open-access, everybody-gets-to-check-in board meetings, held on the third Wednesday of every month except August.

Providing more open access to group support is an ongoing process. I feel incredibly lucky to have the opportunity to help that process along at both of my professional homes: at BIDMC and here at NSGP.

Ann Koplow, LICSW, CGP
President, NSGP

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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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Messages can be left at the office anytime, and will be answered daily.
Monday-Friday 9 am to 5 pm

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Letter from the Editor



I have always loved correcting grammar and punctuation, particularly commas, semicolons, and capitalization. My friends used to call me the "Grammar Queen." When Kurt White asked me if I had interest in

being co-editor, I pictured fussing with commas here and there, and switching a few words around. I pictured a behind-the-scenes, in-front-of-the-computer job.

What I hadn't realized was that taking on this role was so much more than editing. It is a perfect way to dive into NSGP headfirst, to meet longtime members, to see the inner workings of the organization. I get to see the hard work behind the scenes and then showcase it to the rest of NSGP! I get to work closely with my former group therapy professor, Kurt. I get to put my side hobby of photography to good use and take photos of curious and smiling Breakfast Club go-ers. I feel very lucky to have an excuse to get close to this organization very quickly, and to help ensure that the newsletter continues to act as part of NSGP's collective memory.

My first introduction to NSGP was in LA for AGPA Connect 2019. Kurt took me under his wing and told me about the NSGP dinner, and I was immediately hooked; everyone I met was down-to-earth, grounded, and welcoming. NSGP members seemed to have an ease, a warmth, and an unaffected nature. My cheeks hurt from smiling after the dinner was over. Attending the June 2019 NSGP conference was a no-brainer, and the organization continued to prove to me that it could be my professional home. So many smart, seasoned women clinicians from the weekend had me saying to myself, "I want to be like you." Two of those were, without a doubt, Oona Metz and Deb Carmichael, who facilitated the powerful all-women's experience group that will stay with me forever. Thus, hearing about the loss of Deb a few weeks ago felt shocking and unfair. I had just gotten started, learning from her wit, strength, and playful style. The NSGP Listserv's communal grieving and memory-sharing further emphasizes how many people she touched and how many people she thought of and noticed. It was an honor to be seen by her in the experience group, and I feel a deep sadness for those who saw her and were seen by her for decades. I also wish I had gotten to know Steve Haut and Steve Cadwell before they passed.

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seeking a new co-editor to join Maddie in future issues.

Joining NSGP during this time makes me want to get to know as many loving members as possible, because life is short.

One good way to get to know many loving members is through Breakfast Club, two of which I have now attended and thoroughly enjoyed. There is something sweet and intimate about a Sunday morning potluck in a warm home; it has felt like the perfect way to delve into a complex topic, with bagels and cream cheese and general excitement and support for newcomers and questions.

October 15, 2019 marked my one-year anniversary at my first "real" social worker job, at Cambridge Health Alliance's Elder Service Plan. I just finished a four session open group in our Day Center called "Decompress Your Stress," focusing on mindful meditation in the context of low-income older adults' daily lives, who live with medical complexities and mental illness. We mindfully ate chocolate, we mindfully listened to different moods of classical music, we did body scans. I was pleasantly surprised at how much each session turned into process, and how the group seemed to be craving that. It started as a body-oriented mindfulness group with an agenda full of exercises and psychoeducation about coping skills for anxiety and turned into a mixture of that, support group, and a dynamic process group. It was an eye-opening and humbling experience that gave me such respect for ongoing long-term group leaders. If this much "work" got done in 4 open sessions, what deep work there must be in several-year-long groups!

Thank you, warm and welcoming NSGP, for inviting me into this large group; I am honored to be in the subgroup of committee chairs, and I hope to meet all NSGP members at conferences, Breakfast Clubs, meetings, coffee shops in Cambridge, or elsewhere. Please do not hesitate to say hello—I have red curly hair and probably more freckles than the number of NSGP members (maybe even AGPA members!).

Warmest wishes and have a cozy winter,

Maddie Freeman, MSW, LCSW
Co-Editor Newsletter

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

An NSGP Member Goes Abroad: A Dispatch from the World of Psychodrama

By Kurt L. White, LICSW, LADC, CGP, FAGPA

I don't know what was more unlikely, really— that I, as a child of parents who grew up very poor, and travelled very little, should be going once more to the Mediterranean for a group conference, or that I, as a student of psychoanalysts and psychodynamic group psychotherapists, was going to attend an international psychodrama conference. My mother and father had taken a trip to Europe on their honeymoon, a whirlwind tour, in a period of brief wealth from some transient success of my father's. That trip must have been impressive for my mother, who was only 22 at that time, and had hardly been out of Flint, Michigan; I have the postcards that she wrote home to her mother on every day of that trip, trying to reassure her that she was OK, and to describe this other world that she was encountering. For both of them, it was their first and last trip abroad, and life was not so kind to them in the years that followed. Though privileged in many ways, the first three decades of my life were more about loss and trauma than I would have liked to admit to myself or anyone else. And of course, I had to set aside all thought of travel for some decades, and worry just about how to make it in the world as best I could; sometimes, it was a very small world for me indeed.

But now, in early middle age, I have found myself more and more in love with seeing the world outside my neighborhood, personally and professionally. IAGP, the International Association for Group Psychotherapy and Group Processes, has been a way into this world, for me, being without connections or a deep history of international living. Rovinj, Malmo, and now Iseo, Italy—this time, an excursion to a conference just for psychodrama...I was worried that this might be one step too

far for me, too far out of my comfort zone. Would anyone remember me there from Malmo? Would I just be hopelessly out of place, even if remembered?

I had been taught, after all, that "the movement into action is a defense against feeling"; this always made sense to me. We should sit, perhaps silently, in groups, and try to understand what was stirring our wish to act. Imagine my shock when, last year in Malmo, in a very evocative workshop about sexuality, the leader reminded us that "the urge to talk instead of move is a defense against feeling"! Was my world large enough to hold these two viewpoints in mind at the same time? I decided that I was going to try, and I am trying still, to get out of my chair and explore the world in some new ways.

It may come as a shock to some in the USA that European group therapists tend not to have a clear idea of what North American group psychotherapy looks like; if you ever go to such a conference, you may have to contend with many questions being asked, for example, if you are a group analyst (in the sense of being a follower of the school that Foulkes started), or a psychodramatist – and the confusion that comes up in others when you might say "neither one!" I have come to love this discomfort, this stranger in a strange land feeling, being neither fish nor fowl, because it suggests to me that there is a larger landscape of thought and relationships to explore than I had considered before.

One thing that I was totally unprepared for, and one thing that drew me to Iseo after my encounters with others in Malmo last year, was how loving, and how fun, psychodramatists are in this international community. I don't think I have ever had as many hugs in a five-day period as I did in Iseo. As a natural skeptic, a shy Midwesterner, and now also a reticent New Englander (these past 18 years), it took me quite a while to consider the possibility that this could be for real. Who were these open-hearted and loving people, and what did they have to teach me? A great deal, it turns out.

And so, for five days, I acted out my dreams, developed a "love atom", struggled to figure out hate and aggression, searched for the wisdom of the ancestors, and explored how the body encodes pain and trauma and violence. I was often the only native English speaker, and the only American in the room. I made new friends who will always be with me, and reconnected with others I met in Malmo; it was a wonderful international group, from Turkey, Italy, Russia, Romania, Israel, Palestine, Sweden, Egypt, and the UK. We would study and play for long days by US standards, heading out for dinner at 9 PM, and staying out until midnight before starting again early the next day.

In NSGP, I found a family; not just a professional home, but a real home, with friends who have always been with me in some way, since I met them, in my adventures and struggles, personal and professional. This is a special and irreplaceable thing. At AGPA, I have been awed by a continent of advanced thinkers grappling with group dynamics, large and small; it offered both anonymity and intimacy, and perhaps also some prestige. AGPA brought me to Yvonne Agazarian, to Susan Gantt, to Macario Giraldo, to Stuart Aledort, and to a great many other luminaries and friends I feel extremely lucky to have known. In IAGP, I am in entirely new waters, and yet somehow also very much at home. Having set on this path, I have to keep moving...with no real sense of where I will end up.



CLASSIFIEDS

Mass. Ave., Arlington office sublet.

Mornings Monday, Tuesday, Thursday; all day Friday, Saturday, Sunday. Free parking, buses. Accommodates Individual, couple, small groups. Potential referrals.

Authenticity1@aol.com

Something to Say?? Next time, see your words here.

Write an email sharing your thoughts or opinions with the Editors and your letter may be published in full or part in the Spring/Summer 2020 Newsletter. Please send submissions to:

newsletter@nsgp.com

Note: letters not edited except for space.

Offering a **mixed interpersonal process group** for adults (30-60) who have found that "success" is not what they hoped for. Members may struggle to express their feelings and develop/deepen meaningful relationships.

Wednesdays, 6:00 - 7:20

Jeff Brand, Psy.D CGP

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Opening Remarks Delivered June 7, at NSGP Conference's Experience Group Orientation

By Julie Anderson, PhD, CGP

I'd like to open our session this morning with an acknowledgment of the excitement in the room. This Friday, when the leaders and yet-to-be-acquainted-members of our daylong Experience Groups come together to begin this experience—well, it's like very little else that we do in our daily routines. Yet, it is the essential heart of what we do as group therapists: encounter ourselves as we encounter others, and attend to the process of navigating the interpersonal realm.

Our conference theme is "Diving In: From the Shallows to the Deep", and as I pondered how to talk about this, I did what any of you would have done—google Lady Gaga's hit song "Shallow." Here's a line or two we can hold onto:

**In all the good times I find myself
Longin' for change
And in the bad times I fear myself**

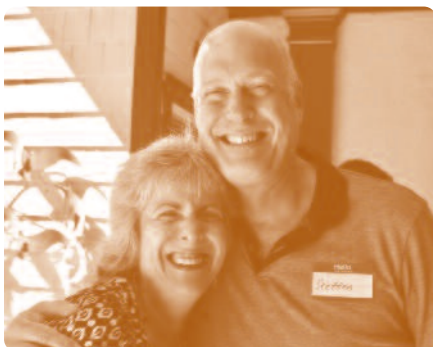
And actually, doesn't that kind of capture what brings us to a day like this? Wanting to change, maybe risk more to take in more, trust more to get better connected? But how scary is that when mistrust and cautionary defenses are the habits we live by? Well, a daylong experience group is the opportunity to get better acquainted with those habits, and maybe feel a little less controlled by them.

So, I got more interested in this idea of diving in from shallows to the deep. How does one typically make the transition to new or different things: Some may dive for joy, some dive in desperate gesture to get it over with, and others may inch with all the grimaces of pain and hard work. I know I used to love to dive. But somewhere along the way I became an incher, especially at the beach. It's slower, and allows for adjustments to shifting currents and things I can't see. It allows me to adjust my breathing to the cold of the water. And although I try hard to hurry up this adjusting process, sometimes it's really just an inch at a time

that's all that's available to me. Notably, there's a pattern of hesitation points as I inch my way forward to deeper water: those places that require a new level of commitment to this process. Generally it's the ankles, the knees, and groin (almost everyone stops to breathe there), the chest and the head. It's almost a visceral step in committing to going deeper. What might the body be saying in those moments? Can we be as interested in the hesitations as we are in the new explorations?

And, whether you dive or inch into deeper connections today, please don't overlook what's available to you in the shallows. Great beauty is found a few inches away, that we so often overlook or disregard. People's expressions, shapes in nature, what we smell and sense with our ears and skin. Much of our renewed clinical focus on mindfulness bids us to pay attention to what we sense in the here and now. The shallows are where we're invited to be thoroughly aware of our environment around us, and of our internal physical and emotional experience—including (perhaps especially) in those hesitation points which hold us back. What can a hesitation point offer as information when we pay attention to it? Perhaps it holds really useful information about our projections, our preconceptions, and our beliefs about self and others. If we sink into colder, deeper water such as takes our breath away, can we stay with our hope to connect trustfully? Maybe we'll discover some delight in paddling around with our groupmates; alternatively, today may bring some discomfort to take home and ponder later. With the help of your leader and your fellow group members, you may emerge much enriched in understanding yourself in all kinds of relational waters.

I want to close with an expression of gratitude, first for the leaders who'll be joining you today, and maybe



Ann Koplow & Steffen Fuller, Current and Past Presidents



Alan Albert



A curious attendee speaking with Ann Keren Neeman-Kantor



Annie Weiss & Oona Metz



Larry Kron & Marsha Vannicelli



Ann Keren Neeman-Kantor & Howie Schnairsohn, Breakfast Club Committee

lifeguarding or instructing or helping with sunblock, or just being present as you try out new things. They have stepped up to do this because it is so important to teach this transformative modality of therapy, and some of the deepest work we get to do. Thank you, leaders. I also want to acknowledge the work of the Experience Group committee, and the conference committee: people who have given hours of time and thought to make the vision of this conference a reality. They dealt with numerous logistics so you don't have to; thanks, committee members.

So now, Experience Group members—your job today is to be present to your experience, and to the possibility of letting others in to understand it along with you.



Myth and Experience at NSGP

By Scott Barvainis, MSW, LCSW

To be honest, the June 2019 NSGP conference was a beautiful metaphysical and practical experience for me. It reminded me of a profound encounter and experience earlier in my life. Many years ago, I read Joseph Campbell's *Myths to Live By*. It had a profound effect on my psyche, a fairly overwhelming one, I'll admit. I have returned to it a few times since, with similar fruitful, yet turbulent effect. A memory of the experience of reading it came to mind during a group experience that stayed with me throughout the conference. Initially, I felt existential estrangement, but I soon realized that perhaps I was simply feeling a long-held response to the confrontation with vulnerability around group affiliation, of being relational within a less certain and more complex form of socialization. Campbell, while not referring precisely to my experience, nonetheless writes of a social phenomenon that many of experience, and that each of us must undergo:

It is that of the individual, conscious of himself as such, and aware that he, and all that he cares for, will one day die...This recognition of mortality and the requirement to transcend it is the first great impulse to mythology. And along with this there runs another realization; namely, that the social group into which the individual has been born, which nourishes and protects him and which, for the greater part of his life, he must himself help to nourish and protect, was flourishing

long before his own birth and will remain when he is gone. That is to say, not only does the individual member of our species, conscious of himself as such, face death, but he confronts also the necessity to adapt himself to whatever order of life may happen to be that of the community into which he has been born, this being an order of life superordinated to his own, a superorganism into which he must allow himself to be absorbed, and through participation in which he will come to know the life that transcends death.

I think it's fair to say that within group sessions, tensions, animosities, kindnesses, and a panoply of feelings, thoughts, behaviors and expressions were to be generally, if not particularly, expected. However, between sessions, a degree of cordiality, openness to personal and professional growth and development was on offer at every turn. There seemed to me to be an overall heightened sense of what it is to be a person, in all of its relational complexity and confusion.

As this was my first NSGP event, I was impressed by the capacity to transition from open psychological and emotional conflict, struggle, animosity, fear, sadness, and anger to attentive, compassionate, professional, and authentic demeanor. It was refreshing to witness anger being expressed and then dissipated, rising and falling, rather than something like aggression, or bottled up harm. Of course, I didn't witness everything that occurred, but what I did witness was like DNA unfolding like spaghetti and then recombining magically into a magnificently arranged structure.

(continued on page 6)



Yoko Hisano, Maddie Freeman & Nadia Khatchadourian



Jennifer DeSouza, Suzanne Cohen, Ari Shesto & Penelope Moore



Michael Mitchell & Guy Croteau, Conference Committee Co-Chairs



Kurt White



Suzanne Cohen



Jeff Brand, Rivkah Lapidus & Yoko Hisano

Myth and Experience at NSGP
(continued from page 5)

What does this all mean? Well, sometimes I do wish Joseph Campbell was still alive here on Earth so I could ask him simple, innocent questions like this. However, I would probably receive an answer like the one cited at the beginning of this essay. In place of Campbell, there is always someone like Kurt White to field such roaming questions. However, when those for whom one relies on for wisdom are unavailable through no fault of their own or being otherwise engaged with others, one must look elsewhere. I felt an answer emerge from the collection of human beings attending the NSGP conference, and the way they comported themselves within and without the formal group sessions. In many ways, I experienced an answer to that question as such: the group experience at NSGP in and of itself. Moving in and out of large and small group experiences, I discovered a fluidity and an acceptance of the shifting parts of my psyche and personality. The shifting discomfort of the uncertain emergence of vulnerability with others was made tolerable, and rather adventurous, given the character and generosity of those I was with. With a social world defined by an apparent increase in animosity, intolerance, and extremes of interpersonal characterizations, the group experience at NSGP was a reminder of how we, as a society, might want to orient ourselves to one another, and how we might be able to be vulnerable, angry and forgiving in the face of uncertainty.



Barbara Schmitz



**Kurt White, Richard Kaufman
& Lise Motherwell**



Joe DeAngelis, Ari Shesto & Ho Han



**Oona Metz, Maddie Freeman
& Lesley McGee**



Ann Koplow & Steffen Fuller



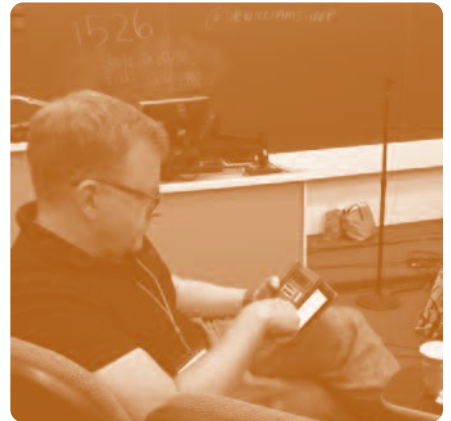
Steffen Fuller



**The Demo Group diving deep at the
2019 conference**



Kurt White, Richard Kaufman & Jeff Brand



William Sharp



Annie Weiss & Melissa Kelly



Guy Croteau



**Yoko Hisano, Jennifer DeSouza,
William Sharp & Steffen Fuller**

The Northeastern Society for Group Psychotherapy Foundation, Inc. Presentation of Lifetime Achievement Awards

It was a beautiful spring day as the Northeastern Society for Group Psychotherapy Foundation presented their second annual "Lifetime Achievement Awards" to members of our community. Those receiving these awards have been selected for their outstanding contributions to the work of group psychotherapy by a confidential balloting by members of the Board of the NSGP Foundation. This year three awards were presented to the awardees as our community gathered together at the Foundation's spring garden party: **Patricia Doherty, EdD, CGP, FAGPA, Steven Cadwell, LICSW, PhD, and Walker Shields, MD, CGP, FAGPA.**

On the occasion of receiving these awards, each awardee was asked to respond briefly to two questions. Here are their wonderful answers:



Patricia Doherty, EdD, CGP, FAGPA

What drew me to group therapy?

My nurturing family was my first group experience, which was followed by 15 years in a life-giving community. These experiences left me with an openness to the growth potential of groups. As a graduate student of group therapy, I was drawn to Yalom's curative factors and other modes of learning like imparting information, socializing techniques, and corrective recapitulation of the family group. Norm Neiberg's weekly supervision group focused on the group process and its progression making the theory come alive. I was smitten.

Future Awards

All members of the NSGP community are invited to submit nominations for this Lifetime Achievement Award. Please email your nomination to info@nsgpf.org and include two or three sentences that describe the nominee's qualifications and contributions to the field of group psychotherapy. Members of the Board of the NSGP Foundation are ineligible for the award. The awards for 2020 will be selected from the nominations by anonymous ballot at the NSGP Foundation, Inc. board meeting. You can contact Theresa Cohen with any questions at theresa@bullockcohen.com.

What does being a group therapist mean to me?

Group treatment has been a large part of my work life. My vision or dream has been to make a difference in the lives of the people I serve, to ease some pain or struggle, to empower them to be their best selves, and to foster intimacy in relationships. Through mutual sharing and the interaction of many personalities, group therapy allows members to learn about themselves and each other. These generative conversations foster reconnection with the lost parts of self and with the found others. It is fertile ground for growing intimacy, and as a group leader, I get to be part of that growth process. A dream fulfilled for this group therapist. I have loved being a group therapist! Although I have terminated my group practice, my love for group work has not diminished. I will always be a group member and will, hopefully, continue to foster the group leader in myself.



Steven Cadwell, LICSW, PhD

Steve passed away in 08-29-2019 shortly after receiving this award. These answers are excerpted from an interview conducted with him by Lise Motherwell, which were told at the 2019 NSGP Foundation Gala.

What drew me to group therapy?

Steve became interested in the power of groups 'from my original group.' He grew up gay in rural Vermont with his five brothers. Never teased, they romped, played, rode horses and tried to figure out what it meant to be a man. He loved to dress up, play with dolls, and painted his nails with his mother's nail polish. His mother told him: "Dare to be different." And he was and is.

What does being a group therapist mean to me?

Steve believed in the healing power of stories and relationships. As his brother Ashley said, "He always had open doorways [for talking and listening] for each of his brothers... and family, and friends, and colleagues and clients."



Walker Shields, MD, CGP, FAGPA

What drew me to group therapy?

Like the old Country Song, "Where've you been? I'm just not myself when you're away!" Life is about connection. That's all there is to it.

When I was a first-year resident in psychiatry, I met in an experience group with all the residents in our year of training that was led by Norm Neiberg, who was then the President of the AGPA. That was the beginning for me. Norm subsequently became my supervisor as I began to lead psychodynamic interpersonal groups myself. I was beginning to learn about the power of groups to enable emotional growth, particularly growth in the capacity to build and deepen empathic and caring relationships, to build friendships with others even across boundaries that previously seemed impossible to bridge. It doesn't get any better than that.

What does being a group therapist mean to me?

Of all the modalities for experiential learning, including individual psychodynamic psychotherapy, psychoanalysis, the group relations approach to the study of social systems taken in their entirety...all of which offer unique opportunities for emotional growth...it is group therapy...the interpersonal experience of connecting with a wide variety of other individuals about matters deep within the soul and feelings close to the heart in a mixed group setting and thereby learning about building a wide variety of dear friendships...that has brought aliveness and well-being into my life whether during times of sunshine or in the midst of adversity.

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 Nadia Khatchadourian, LICSW through the NSGP office, or via email to newsletter@nsgp.com. (Please remember to preserve the confidentiality of any group members described.)

Dear Analyze This,

Last week I closed down two groups. It was and is painful because I had a very strong connection with the two remaining members in each group whose work, the members and I agreed, was incomplete. Both groups, albeit small to begin with (three to four members) did quite well, in terms of staying present, and “working” their relationships. When the groups reduced to two, however, members questioned whether it was worth the sacrifice in time given their already full schedules. In addition, the original agreement was for group therapy, not couple or individual.

Unfortunately, there was no option of combining both groups due to their inflexible schedules. And recruiting more members immediately was not possible; there were no new referrals, there had not been any for a while, and none were in the ‘pipeline’.

A little more about the groups: these were process groups formed with ‘professional helpers’ in mind, i.e. counselors, therapists, and teachers, and common themes included relationships, transitions, perfectionism, and self-esteem. The first group (Group I) began two years ago with three members. It maintained the same membership for one year when it added three more members in one night but dwindled again to three then two after a few months. Group II began 4.5 months ago, also with three members, although slated to begin

with four. It struggled hard to maintain that number as it turned over the third spot twice until it also became just two. A recurrent weekly theme of course was group survival and one outspoken member expressed impatience and frustration at the large space handed over to this topic to the exclusion of other subjects.

It’s been hard not to think of these endings as failures on my part: failure to both attract and then hold onto members. Efforts on my part, however, to elicit feelings of anger toward me from group members or touch upon any blame members put on themselves went nowhere.

What the experience left me with are feelings of resentment, poor judgment, and loss—resentment when even one member was absent (reducing the census even more), poor judgment (regardless of the initial excitement and hope) for starting a group with such small numbers, and a sense of loss for me and the members when we separated.

Yet, I cannot help but wonder, even with the rockiness of the experiences described above, if a circumstance exists when ‘some’ group is preferable to ‘no’ group—and if so, were my groups in that category.

Sincerely,

Some or None

Dear Some or None,

I applaud your willingness to take a risk in the service of having a group vs. no group, even though eventually you had to end both groups—in the same week no less. Having recently retired from seeing patients, I had to end three long-term groups over a two-year period. I found it emotionally very difficult to end these groups. Under the best of circumstances, such forced endings are not easy for all involved. I feel for what you and your group members have gone through.

Several important points are embedded in your request for consultation: (1) starting any therapy or process group is very

difficult and takes a lot of work; (2) the same is true for cultivating a referral network that involves forming mutually respectful relationships with potential referrers and educating those who could benefit on how best to make a group referral. (Full disclosure: Even as a senior and well-regarded group therapist, I found it challenging to keep my groups filled, which is why at age 50, when invited, I joined Group Solutions Network); (3) despite competent selection of patients for a group large or small, some patients don’t stick with it. Premature terminations occur in the groups of seasoned as well as neophyte group therapists (you didn’t indicate how long you have been running groups); (4) patients seem hard-wired for dyadic therapy and few come requesting to be in a group, which explains why many group therapists fill their groups with patients from their own practices. Was that an option for you?

Let me again emphasize the difficulties involved in starting a group. I can’t tell you how many colleagues have mentioned to me that they planned to start their first group. When I see these therapists several months later, the answer is often the same: “I haven’t been able to start one yet.” Looking back on my career, I think I had a viable group practice because of the many talks and workshops I gave and papers I published on group therapy, the many group therapists I supervised, and my involvement in the many activities—especially committee work where important connections with other therapists are formed—of NSGP and AGPA. Joining a peer supervision group with other therapists whom you like and respect can be another source of group referrals.

I think you are being unnecessarily hard on yourself about the premature endings of your two groups. Perhaps your main mistake was misjudging the difficulties inherent in running small therapy and process groups. You accurately describe such difficulties: when one or two members of a four-member group is/are absent, the group’s realistic concern with its survival becomes central; ordinary group process becomes difficult to accomplish. Negative feelings are stirred up as the group tries to find someone to blame. Immersed in these negative feelings, group members overestimate their destructiveness; it is then a short emotional step for them (unconsciously)

to feel that they are responsible for killing off the group and the leader. These difficulties are inherent in small groups; they are not failures on your part.

Your request for consultation ends with your wondering, "...if a circumstance exists when 'some' group is preferable to 'no' group?" I think the therapist willing to undertake such a challenge is the only one who can answer that question. When you compare the two sides of your experience: (1) feelings of "resentment, poor judgment and loss" that resulted from your having to end two groups prematurely in the same week and (2) the opportunity to run two groups—one of them quite well-functioning—for over two and one-half years, do you think the experience was worth it? Which also raises the question, "How many of your group members would say the experience was worth it?"

I hope you will decide that running these two groups was a worthwhile learning experience, one that has educated you about the difficulties inherent in running small groups, your need to cultivate a robust cadre of referrers, and how to get better known as a group therapist. I'm impressed with your enthusiasm for group work, your thoughtfulness in describing your experience, and your willingness to take risks and be vulnerable. Your willingness and ability "to elicit feelings of anger toward me from group members or touch upon any blame members put on themselves..." speaks well for your competence as a group leader. These qualities bode well for your having a successful career as a group therapist. I hope some of the points I have made are useful in your journey.

With best wishes,

Jerome S. Gans, MD, CGP, DLFAGPA



Dear Some or None,

A lifetime ago, I led a group of college students through the Canadian wilderness, and God bless their little hearts, they weren't good at it. Not the canoeing, not the hiking, not even getting along with each other. And

frankly, I wasn't a very good group leader. I found myself trying to rescue them by apologizing for the experience: "We're not supposed to be getting into camp after dark everyday. We're not supposed to be wet all the time. The hills aren't supposed to be this steep, the canoes not this heavy, the wilderness not so uncompromising..." Wait, what?

Among my cornucopia of mistakes, the most grievous was in assuming responsibility for things beyond my control. The canoe weighs what it weighs. The clouds don't ask

for my opinion when it rains, and frankly the wilderness doesn't give a rip about any of us. I wasn't helping them to face their challenges or their feelings. I was encouraging them to see themselves as victims and bemoan their challenges. They took me up on it and we all had a miserable time.

Group therapy is fundamentally about sharing an experience. In experiential education—as in group therapy—you never apologize for the experience, because in that moment you forsake the heart and soul of the process. Of course, you have to own your impact and intentions. You have to take responsibility for what you do (or don't do), but apologizing for the experience assumes that you could somehow control what happens. And this is a familiar sin, an easy seduction that many of us fall into now and again.

For example, if we say that, "Group is a safe space..." we are kidding ourselves.

Group is a space where people are invited with the intention to be in relation, and it will be whatever type of space we create together. Sometimes it will be "safe" and sometimes not, and part of this great gift is in learning what makes it one way or the other. The illusion that you could somehow will such "safety" into being assumes you can control what the members do, and say, and feel—and if you're really serious about it then you'd best control their needs, too. Good luck with that.

If I join a group, I'm given a chance to learn about myself, about my experience

of stepping into relation. If we're being honest, then there's never any promise about what I am in relation to, or who might show up, or how others might relate to me, or what might come from opening myself up in this way. No one controls any of that, not the leader or the members.

You invited your members to share an experience. You did so with laudatory intentions and it wasn't what you hoped it would be. Don't let your guilt and resentment diminish their (or your) experience by assuming that you alone can know what they might eventually take from this rumpled vision of what you once imagined. You asked for their anger and they said 'no'. At least consciously, they do not blame you for the rain.

You ran some groups. They didn't work out. The existential nub of it is that you tried. Is that really any different from life? You go on a couple dates. You take a new job. You move to a new town. Maybe it works out and maybe it doesn't. There are no rose gardens here. Are there things you can and should learn from this? Sure. But there is beauty, and wisdom, and hope in every experience when we can face our feelings and challenges. Guilt and resentment are the things that make a heart grow cold and keep us from trying.

I am really sorry. Anyone reading this column is doing so for love of groups, and so all of us can empathize with your wish to pull it from the fire. None of this happened from neglect or indifference. You did your best. The canoe weighs what it weighs, and you'll carry it best you can in the wilderness of human relationships.

Jeff Brand, PsyD, CGP



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www.nsgp.com

Conversations with a Combat Veteran (or Two), on PTSD, Groups, and Dispelling Anger

By Franny Osman, MPH, MEd

Written with permission to share. All names have been changed.

A man named Daniel offered me a seat next to him on the glass-domed viewing car of an Amtrak train in Iowa in October, and we dove deep right away: to his military father's mental illness; his own service in the Marines in Somalia, retaking ships from pirates; eight tours in Iraq as a Combat Gunnery Sergeant; painful recovery from overmedication during an Appalachian trail thru-hike; challenging and satisfying work with trees; and his devotion to his sixteen-year-old son.

Daniel spoke of 19-year old tank drivers in Iraq presented with an unimaginable choice; the enemy would send a toddler across the road ahead of the convoy, and if the driver stopped, the convoy would be attacked. The driver was under orders to keep going. Years later, Daniel explained, the young soldier is a father and surviving all right, but now he has a three-year-old himself and at night he is woken by the memory of the thud of driving over that child years before. He is full of anger from before the army as well—typical anger we all develop growing up—on top of emotions of the trauma of his combat service. I could hear the strain in Daniel's voice as he recounted horrific stories.

I asked Daniel what advice he would have for group therapists treating veterans. He had plenty. We continued our conversation on the next leg of the eastward journey and then, a few days later, by telephone.

- **Emotions.** "Most combat veterans are trained to hold back their emotions. They can't allow the enemy to see them weak. Four years of not sharing, plus the trauma of combat or even non-combat situations. Group leaders are fighting an uphill battle.
- **Shared experience.** "The group leader doesn't have to be a combat vet but everybody else in the room should be suffering from combat-induced PTSD. If I haven't had combat experience and I go to someone who has taken a life and say everything will be ok, they will say, 'What the f— do you know about what I've seen?' It's important for a therapist to match individuals in a group, to say, 'I have another group that

will help you way better than this one can, let me put you with brothers and sisters that speak your language.'

- **Look for the "alpha".** "Guys that have been through the worst: the leader has to reach them above all to bring the whole team up. If you can reach the guy that has been in the darkest place—the one who was a POW for three months, who has been in Fallujah or Kirkuk—the rest of the group will pay attention to that. 'If this badass can do this and open up and get some sort of closure and help from this, then I can too.'

"The therapist has to think like a herding dog, get the alpha moving; the rest of the herd follows suit. This isn't how it always works, but it is a valuable insight for a therapist to think along those lines. I have not been in a ton of groups, so I am not sure, but most of the time it is the person who has been through the most that is the most withdrawn. To get that person talking and sharing is critical.

- **Anger and adjustment to civilian life.** "A good soldier follows orders, but there comes a time in life when we question what are told. For a lot of soldiers, that doesn't happen until later in life. Some of the meds, therapy, group therapy, all help them adjust to civilian life. It is crucial that the therapist understands how delicate that transfer can be, how difficult for so many. Anger is your friend and ally out there; it a burden here [in civilian life]. I still fight that every day."

I ask how he directs his anger now.

"I have a good buddy who is a martial arts superstar. We fight until one of us is knocked out or both are too tired to swing. The world isn't ready for my anger or the rest of the guys' anger."

I ask if he has anger from earlier in life or from his time in Iraq.

"Both. When you add traumatic events and give someone something to focus their anger on, when you are on your third tour and a guy dies in your arms, you want the enemy to pay. You think, 'No one makes it out of here alive.' But as you get older and mature and heal, you realize there isn't hardly any place

for that, but you have so much of it that dispelling it and containing it is the issue. I go out and cut wood. I can swing an ax.

"Most people who come home want to come home, they want to get better, they want to treat their families right; they don't want their families to fear them. They may not know *how* to unburden their anger, but they want to."

A few days after this conversation, I shared these comments with another veteran Marine who concurred and added, "Two other factors influence the vet returning to civilian life: if they were in a combat area, they were taught to do risk assessment

continuously. That means every time they enter a location, they have their head on a swivel, looking for threats. This is a hard habit to break upon returning home. Seeing every stranger as a possible combatant is fine in Fallujah, not so much in the local supermarket. Second, the stress of not knowing who the good guys are or, more importantly, who the bad guys are by the way they present, creates unusual amounts of cortisol in the system. That can do cellular damage."

- **Trust.** "They never get it fully out, but they start to break it down. Trust is a huge thing. You [the therapist] are sharing something they never tell their families, that they never told their wife. Eight months ago, my son asked me, 'Did you ever kill somebody?' I chewed on it. I said, 'That is a conversation that you and I can have at a later date.' Human beings suck. I don't want him thinking that in any way I condoned it, even though at the time I condoned it for seven years. I led a team of killers; we hunted people down. I wasn't there to run roadblocks. I was given specific targets to find and eliminate. I am here. I made it home. Some decision had to have been right. *The bottom line was, I want to raise my son. I want to live my life. I don't want to die here in this desert, I want to do what is necessary to come home.* I should have taken more shots, because sixteen of my friends aren't here."

- **Meds.** Daniel spoke highly of natural remedies and meditation. I asked him about prescription drugs.

"There is a time when certain pharmaceuticals help. Some people

"The therapist has to think like a herding dog, get the alpha moving; the rest of the herd follows suit."

"Humanity has grown to help the American soldier. People have strived to reach out."

Conversations with a Combat Veteran (or Two), on PTSD, Groups, and Dispelling Anger

(continued from page 10)

have to be sedated. There are some people that need help to achieve clarity, to be slowed down so their impulsiveness is not an issue or so they are not dwelling all the time. I get that. But I can't say strongly enough, psychologists and doctors have to use caution and be very aware of overmedicating patients. Don't put them on Ambien, Prozac, amitriptyline, OxyContin, all together, and not have them on a suicide watch. The majority of doctors, if you complain of one side effect, they give you another med for it."

Better times. On a more hopeful note, Daniel pointed out that in the Vietnam era, veterans didn't have this opportunity to heal as they do now. "Humanity has grown to help the American soldier. People have strived to reach out. 'We don't know *what* you went through, but we know you went through it, and we want to help you get normalcy, we are trying to help you get your life back.' It is a huge effort on so many levels, with the family, the VA, individual therapy, and a huge effort on their own to fix it." The other Marine agreed, "Vets today are treated infinitely better than Vietnam era vets."



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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.



NSGP
Northeastern Society for Group Psychotherapy

Breakfast Club

2020 Calendar



A series of free workshops offered by the NSGP Community!

Sunday Potluck from 11:00 am to 1:30 pm

NOSH, NETWORK, AND LEARN!

EXPANDING THE WINDOW OF TOLERANCE IN ADOLESCENT GROUPS

Presented by **Jaclyn Wolfman, PhD**
Hosted by Michel Selva, PsyD

SUNDAY
1/12/20
11-1:30

WANNA BE STARTIN'SOMETHIN'

Presented by **Joel Krieg, LICSW, CGP**
Hosted by Jerry Gans, MD

SUNDAY
3/22/20
11-1:30

COHESION, OR HOW WE STICK TOGETHER

Presented by **Sara Emerson, LICSW, CGP, FAGPA**
Hosted by Debra S. Filiurin, LMHC, CGP

SUNDAY
4/26/20
11-1:30

For more information or to register for an event, visit www.NSGP.com

We invite members of the NSGP community to contribute by hosting or presenting in the 2020-2021 season! Please contact us soon if you are interested.

THE BREAKFAST CLUB COMMITTEE

Ari Shesto (Co-chair), Ann Keren Neeman Kantor (Co-chair),
Penelope Moore, and Howie Schnairsohn.

Who Ya Gonna Call?

You are picking up your office after your group at the end of the day. You're a little troubled. Something feels amiss and has felt that way for a few weeks. Your attempts to address the dynamic have fallen flat, and you worry because some members are beginning to talk about what else they could do on Wednesday night. Yikes! Even your consultation group is stymied, or maybe you don't have that resource.

Who Ya Gonna Call?

Worry not. You're a member of NSGP, right? And NSGP is here to help with the **Consultation Benefit.**

Here's how you set up a consult. Call or e-mail Christine Boie (christineboie65@gmail.com or (857) 576-0395). Christine (or another committee member) will find out what your concerns are and provide you with the names of 2-3 senior people in NSGP who have agreed to offer one free hour of consultation per year. That's right. All members of NSGP are entitled to one free hour of consultation about group psychotherapy per calendar year. What a deal!

The Consultation Benefit cannot be used to address an emergency situation. It is not available to students as they have consultation built into their programs.

A Mindful Path to Self-Compassion

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To register or for more info:

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Practice Development

.....your practice matters.

Are you looking for support in growing a healthy and successful clinical practice?

Would you like to connect with other clinicians to enhance your professional network?

The Practice Development Committee encourages you to attend one of our events. Our events are open to all, so please invite your colleagues as well.

A taste of what we explored this season:

Paperless Practice: A Guide for the 21st Century Therapist

Class Matters: How Class (theirs and yours) Impacts the Therapeutic Relationship

Should I Stay or Should I Go: Making the Decision to Stop Taking Insurance.

If you have a topic or workshop that you haven't seen addressed in the community or would like to host one of our two hour events please contact the Practice Development Chair Oona Metz at oonametz@rcn.com



NSGP

Northeastern Society for Group Psychotherapy

NSGP 2020 Annual Conference Presents

Diversity, Equity and Inclusion: Enriching Our Groups and Our Selves

In this conference we aim to explore all the different meanings of Diversity in our profession. How do we think about diversity in our groups, and in our lives. We hope to explore concepts, biases and ideas in areas that challenge and enrich our perspectives. By pushing against our own levels of comfort we open spaces to create more welcoming and brave places to heal and be healed.

We are in the process of planning an exciting Plenary Panel event as well as our dynamic and ever instructional Demonstration Group.

Please contact Guy R. Croteau, LICSW at GRCroteau@gmail.com for more information or if you would like to participate in this exciting program.

Save the Date!

June 12, 13 & 14, 2020



Principles of Group Psychotherapy 2020

The NSGP Training Committee is pleased to announce the opening of registration for the **2020 Principles of Group Psychotherapy Course!**

This is an amazing opportunity for you to:

- learn through both didactic and experiential components
- understand key facets of group therapy including the role of the leader, group dynamics, issues involving diversity, and many more
- complete the didactic requirements for your Certified Group Psychotherapist credential (CGP)
- develop skills suitable for working in a variety of settings (e.g., hospitals, clinics, private practice, etc.)
- earn up to 24.5 CEUs

The Principles Course consists of five half-day didactic modules and a one day-long experiential group, generally meeting once a month for the first half of the year. The course features an all-star line up of faculty to guide participants through the foundational material of understanding group dynamics and running therapy groups.

Module 1: The Foundations of Group Therapy
Joe Shay, PhD, CGP (January 18)

Module 2: The Change Process in Groups
Theresa Cohen, LICSW, CGP (February 1)

Module 3: The Role of the Leader
Ann Keren Neeman-Kantor, PsyD, LICSW (March 21)

Module 4: Group Dynamics
Adam Silk, MD, CGP (April 18)

Module 5: Structure & Thematic Groups
Amy Matias, PhD, LICSW, CGP (May 2)

Module 6: Day-Long Experiential Group
Scott Reinhardt, PhD, CGP (May 16)

The deadline to register is Tuesday, January 31! Completion of the Principles Course also includes one year of NSGP membership and all membership benefits.

Don't miss out on this great opportunity! Scholarships may be available. NSGP members and non-members are encouraged to apply. Please see our website for more information.

Questions? Please contact Selina Guerra at sselinaguerra@gmail.com, or by phone at 617-651-0446.



Experiential Group Winter 2020

Join one of NSGP's stellar learning opportunities for building your skills!

The Experiential Group is a weekly training group for clinicians interested in developing skills and confidence as group leaders through experience as group members. Participants learn first hand about the powerful opportunities and complex challenges of small group dynamics. Facilitated by Barbara McQueen, LICSW, a seasoned group therapist.

Completion of the group offers 15 CEUs per module for social workers and psychologists. Hours can also be applied toward CGP certification.

"The group leader was wonderful—she created a safe space and skillfully modeled group facilitation."

"It was so valuable to experience a group 'from the inside out.'"

"I learned so much about group process and myself—the group more than met my expectations!"

When

12 Thursdays, 8–9:15 am.
January 30–April 23, 2020
(no group March 5th)

Where

Roslindale MA, accessible by MBTA, and with ample parking.

Cost

\$475 per 12 week module. Scholarships are available. For scholarship information go to: <https://nsgp.wildapricot.org/page-18144>

Questions?


Contact Marilyn Downs
at downs.marilyn@gmail.com or
Annie Weiss at annieweiss@aya.yale.edu

Space is limited! REGISTER at
<https://nsgp.wildapricot.org>.


Note: *The Experiential Group is not a therapy group. Though therapeutic things may occur in a training group, the goal is for learning about group dynamics rather than personal change, and the leader will function with this in mind.*

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.


 **Marc Bolduc**, after over 11 year of practicing at his office in Kenmore Square has moved to a new suite at 185 Devonshire Street in Boston's Financial District. Marc will be offering a new series of special interest short term therapy groups at MGH on various topics such as "Expanding One's Empathy Capacity", "Living With Grief and Loss", and "Overcoming Fitness Challenges". He continues to participate as a member of local men's group with other group therapists at his office in Boston and train in the Modern Analytic style in Austin, Texas. Marc and Shayne are contemplating how much longer they plan to live in city with their daughter Ella or if the suburbs is the place they ought to be.


 **Tyler Carpenter** presented "Steps Toward Shared and Pragmatic Frameworks Of Forensic Psychological Evaluation, Treatment and Re-Integration" at the XXXVth International Congress on Law and Mental Health in Rome, Italy this past July, as well as "Language and Models of Causation" at the American Academy of Psychiatry and the Law 2019 Annual Meeting, Baltimore in October.


 After a two month hospital stay caused by a kidney condition this year, **Gregory Chilenski** has fully retired from clinical practice. In recent years he worked half-time for Behavioral Health Network at their MH Clinic in Ware, MA. He saw individual cases, ran two therapy groups and conducted a monthly supervision group for Masters level clinicians. He is now enjoying his home in Pelham, writing, painting and recovering well but slowly.

In Memoriam

Steven Haut
passed away
April 20, 2019.


 **Maddie Freeman** is celebrating her 1-year work anniversary at Cambridge Health Alliance's Elder Service Plan, a wrap-around health care program for low income older adults. After getting to know her many patients, she has finally started a group in the program's Adult Day Health Center called "Decompress Your Stress," a group rooted in mindfulness meditation, reminiscing, and some classical music.

 **Charles Glazier** spoke on "Using the movies to improve your conscious contact with unconscious material" at the NASW-MA annual Fall Film Series. His talk focused on the award-winning Japanese film "Shoplifters" as both a dream-space and a story-time, as a dialogue between pleasure principle and reality principle, and as a developmental process driven by life and death instincts. Charlie received great help from fellow Board Member **Yoko Hisano**, who helped him to put the film in its proper cultural context.

 **Steve Cadwell** and **Joanne Lipner** will have their commentary on retirement published in an upcoming Eastern Group Psychotherapy newsletter. Steve and Joanne collaborated on this piece before Steve lost his battle with brain cancer this past August.


In Memoriam

Steve Cadwell
passed away
August 29, 2019.

 **Joel Krieg**, his wife Angie, and their son Jack welcomed Samuel Ermete Krieg to the world on July 1, weighing 6 lbs 9 oz. Everyone is healthy and Jack has come to mostly really enjoy being a big brother.


NSGP Enthusiastically Welcomes


Maddie Freeman as the new co-editor of the newsletter, and **Nadia Khatchadourian** as the editor of the "Analyze This!" column.

 **Amy Matias** has moved her office to Harvard Square, just up the street from her old location in Cambridge. She continues to be active on the Practice Development committee after rotating off the board. She is grateful to **Anne Koplw**, **Steffen Fuller** and all of the members on the Board for the connection and inspiration the experience afforded me.

In Memoriam

Deb Carmichael,
Past President of NSGP
(2014–2016), passed away
October 18, 2019.

 **Oona Metz** enjoyed being on a panel about anger in group therapy at AGPA with **Joe Shay**, **Ronnie Levine**, **Molyn Leszcz** and **Stewart Aledort**. Oona and **Deb Carmichael** ran a Day Long Experience group at the NSGP June Conference Entitled "Women's Voices in a World Gone Mad". Oona is grieving the loss of her dear friend and colleague, **Deb Carmichael** who died on October 18, 2019. Oona and Deb were friends for 20 years, were in a peer supervision group together for many years and were conference roommates at the AGPA and EGPS conferences for the past several years.

 **Penny Moore's** article, "Incest from a Young Age...Lasting a Lifetime" will be in the June 2020 volume of *Psychodynamic Psychiatry, the Journal of the American Academy of Psychodynamic Psychiatry and Psychoanalysis*.

Lise Motherwell was on *CBS News Sunday Morning* October 19th discussing her life with the artist Helen Frankenthaler. In 2018, Lise co-curated, with Elizabeth Smith, an exhibition titled "Abstract Climates: Helen Frankenthaler in Provincetown", which traveled this summer to the Parrish Museum on Long Island. The exhibition has received stellar reviews from the *NY Times*, *Wall Street Journal*, *Vogue Magazine*, *Airmail*, and *Galerie Magazine* among others. Lise continues as President of the Provincetown Art Association and Museum and as VP of the Helen Frankenthaler Foundation.

Howie Schnairsohn is marking the 20th year (in Jan 2020), that he has been leading the same Friday morning interpersonal process group for clinicians in the community health program of North Suffolk Mental Health Association.

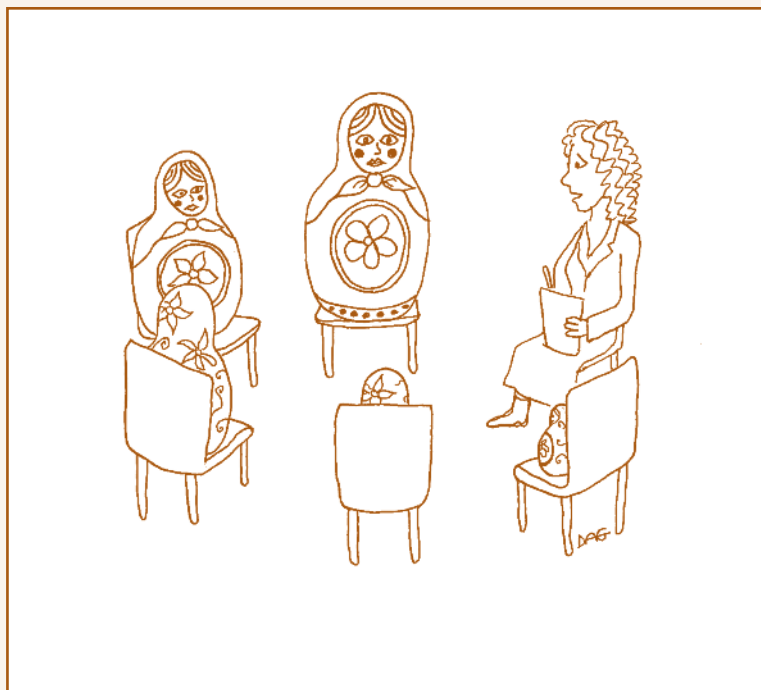
Kurt L. White presented talks on DSM 5 and ASAM Criteria for Vermont Addiction Professionals Association in October and November, and "Being Good Enough, Being Your Best: Proscriptive and Aspirational Ethics in Difficult Times" in September. He can be seen on the "Keep Talking" web series about topics in mental health, where he speaks about "Marijuana and Today's Youth"; he also presented about this topic to pediatric and family medicine physicians and associate providers at Brattleboro Memorial Hospital. In October, he co-presented at the VT Dept. of Mental Health Conference about an inter-agency collaboration to work with individuals experiencing homelessness. He is excited to have joined a peer "intervision" group through IAGP, with international colleagues, and also to be presenting at the regional IAGP/EAGP conference in Cairo, Egypt in January.

NSGP Thanks

Kurt White for his service as co-editor of the newsletter, as he is stepping down after this issue.

Caption This!

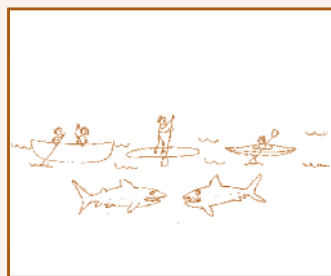
Please submit a caption for this cartoon to newsletter@nsgp.com.
The winning entries will be announced in the next issue.



Drawn by David Goldberg

Fall/Winter 2019-20 Cartoon Caption Winners from Spring/Summer 2019

Selected by the Cartoon Committee
(Ellen Ziskind, Oona Metz & Joanne Lipner)



Drawn by Renee Hoekstra

First

"One of these days these folks will look down to confront their deep-seated anxieties—and that's when we eat!!"—Charles Glazier

Second

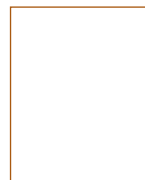
"Ha ha ha. They're out of the shallows now!"—Charles Glazier

Third

"When they go high, we go low."—Charles Glazier



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fall/winter 2019-20

Save the Date!

NSGP's 39th Annual Conference!

June 12, 13, & 14, 2020

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the newsletter

NSGP

Northeastern Society for Group Psychotherapy

NSGP Upcoming Events Calendar

Jan 12, 2020	Breakfast Club 11–1:30 <i>Expanding the Window of Tolerance in Adolescent Groups</i> Presented by Jaclyn Wolfman, PhD
Jan 15-18, 2020	5th IAGP Regional Conference in Africa/4th International Conference in Egypt in Group Psychotherapy and Group Processes <i>Action, Connection and Inclusion</i> Cairo, Egypt (http://www.eagt-eg.net/)
Mar. 2 - 7, 2020	AGPA Connect 2020 <i>Building Bridges of Connection Through Group</i> New York, NY (https://www.agpa.org/home/continuing-ed-meetings-events-training/agpa-connect-2020)
Mar 22, 2020	Breakfast Club 11–1:30 <i>"Wanna Be Startin' Somethin'"</i> Presented by Joel Krieg, LICSW, CGP
April 26, 2020	Breakfast Club 11–1:30 <i>Cohesion, or How We Stick Together</i> Presented by Sara Emerson, LICSW, CGP, FAGPA
June 12-14, 2020	NSGP 39th Annual Conference <i>Diversity, Equity, and Inclusion: Enriching Our Groups and Ourselves</i> Simmons College, Boston (http://nsgp.com)
July 23-27, 2021	21st International IAGP Congress <i>Groups For the World: Inspiration, Strength and Transformation</i> Vancouver, Canada (http://www.iagp2021.com/)

Check the NSGP website for additional events, locations, and to register for Practice Development, Breakfast Club, and the Annual Conference!