



You Are Not Alone:



The Sustaining Power of Groups in Challenging Times

37th Annual Conference June 8, 9 & 10, 2018
Simmons College, Boston MA

GREETINGS!

This year we plan a gathering where therapists can safely connect, play, experience and learn about their own emotional, social and political engagements and defenses.

This conference is designed to help you reconnect with the values that first attracted you to this art and science, this strange and compellingly personal profession. And if you learn something about group life and group therapy along the way, all the better.

The conference is organized around an unusual experience called The Large Group. All attendees are invited to participate for a daily three-hour segment that includes active experience in a large group of 50 or more people, plus teaching and debriefing opportunities before and after. This year we are inviting interested academics, political activists and social-justice workers to join us in this social-therapy laboratory.

The Large Group will open a well from which we can draw the spirits of our society, our culture and our times, providing context for all the other experiences at this year's conference.

A production of the Northeastern Society for Group Psychotherapy, the conference adapts and applies the wisdom from six decades of Boston group therapy tradition in order to create a three-day playground and classroom for everyone working to help the distressed, the disadvantaged and the lonely.

And we have added a new feature — the Therapists' Circle — which puts our Society's group-leadership expertise to work on behalf of therapists and educators who seek a chance to refresh and recommit themselves to their profession.

Also note that we seek your applications for the NSGP Fellowship in Organizational and Clinical Leadership. As a Fellow, you get an inside seat on the entire Conference's development, plus individual mentoring, regular reflective group meetings, and a reading curriculum.

Warmly,

Charlie Glazier, LICSW and William Sharp, PsyD.

CONFERENCE OVERVIEW

Friday, June 8th, 2018

| | | | |
|---------|----|---------|--|
| 7:00am | to | 8:00am | Registration and Continental Breakfast |
| 8:00am | to | 10:45am | Large Group |
| 11:00am | to | 7:15pm | Day-Long Experience Groups |
| 7:15pm | to | 8:15pm | Social Hour |

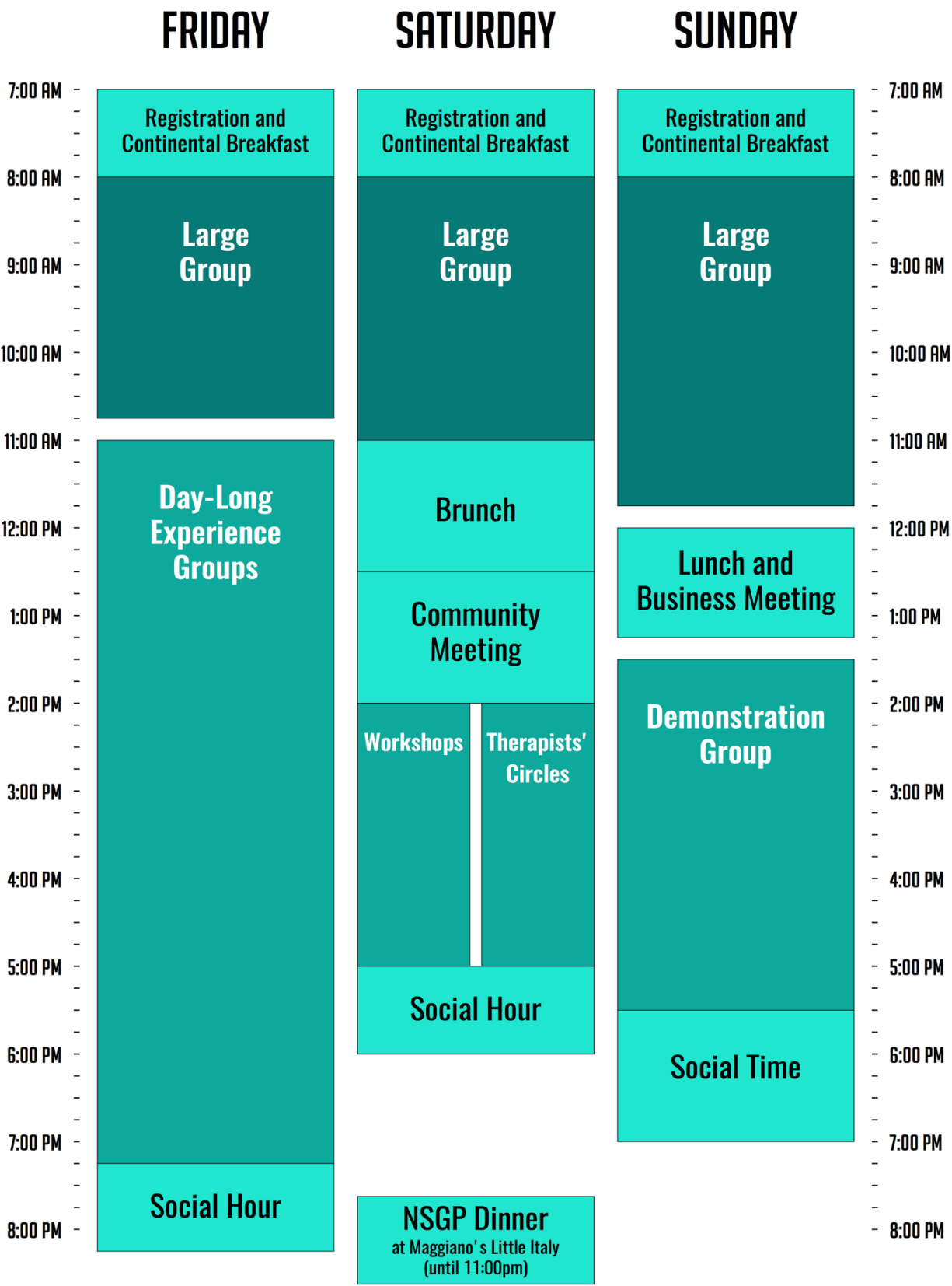
Saturday, June 9th, 2018

| | | | |
|---------|----|---------|---|
| 7:00am | to | 8:00am | Registration and Continental Breakfast |
| 8:00am | to | 11:00am | Large Group |
| 11:00pm | to | 12:30pm | Brunch |
| 12:30pm | to | 2:00pm | Community Meeting – All Welcome! |
| 2:00pm | to | 5:00pm | Workshops OR Therapist Circle Groups |
| 5:00pm | to | 6:00pm | Social Hour |
| 7:30pm | to | 11:00pm | NSGP Dinner (Maggiano's Little Italy) |

Sunday, June 10th, 2018

| | | | |
|---------|----|---------|--|
| 7:00am | to | 8:00am | Registration and Continental Breakfast |
| 8:00am | to | 11:45am | Large Group |
| 12:00pm | to | 1:15pm | Lunch (Box lunch provided for all) AND NSGP Annual Business Meeting – All Welcome! (Box lunch provided) |
| 1:30pm | to | 5:30pm | Demonstration Group |
| 5:30pm | to | 7:00pm | Social Time |

CONFERENCE OVERVIEW AT A GLANCE



2018 FEES & CEUs

| PACKAGE PRICING | | CEUs | Member | Non-Member | Student Member |
|-------------------------------|-----------------|-------------|--------|------------|----------------|
| One-Day Pass | | 5.0 – 9.0 | \$175 | \$220 | \$80 |
| Two-Day Pass | Save 5% | 11.0 – 16.5 | \$335 | \$420 | \$150 |
| Three-Day Pass | Save 10% | 21.5 | \$475 | \$595 | \$215 |
| Large Group ONLY | | 7.5 | \$225 | \$300 | \$90 |
| Therapists' Circle Group ONLY | | 3.0 | \$100 | \$120 | \$50 |

| FRIDAY JUNE 8TH | | CEUs |
|-------------------|---------------------------|------|
| 8:00am to 10:45am | Large Group | 2.0 |
| 11:00am to 7:15pm | Day-Long Experience Group | 7.0 |

| SATURDAY JUNE 9TH | | CEUs |
|-------------------|--|------|
| 8:00am to 11:00am | Large Group | 2.0 |
| 2:00pm to 5:00pm | Workshops (W-1 thru W-7) OR Therapists' Circle Groups (TC-1,2,3) | 3.0 |

| SUNDAY JUNE 10TH | | CEUs |
|-------------------|---------------------|------|
| 8:00am to 11:45am | Large Group | 3.5 |
| 1:30pm to 5:30pm | Demonstration Group | 4.0 |

Scholarship Recipients: Please note that scholarships can **only** be applied to the training events themselves. Scholarships cannot be applied to Meals, Parking or the Saturday night dinner.

CONFERENCE COMMITTEE

The 37th Annual Regional Conference
You Are Not Alone: The Sustaining Power of Groups in Challenging Times
June 8, 9 & 10, 2018 Simmons College, Boston, MA

Conference Co-Chairs

Charles Glazier, LICSW
William Sharp, CGP, Psya.D.

Experience Group Committee

Joyce Collier, LICSW, CGP, Co-Chair
Suzanne L. Cohen, Ed.D., CGP, FAGPA, Co-Chair
Julie Anderson, Ph.D., CGP
Marsha Vannicelli, Ph.D., CGP, FAGPA
Barbara McQueen, LICSW
Karen Wischmeyer, LICSW, CAS, CGP
Debora Carmichael, Ph.D., CGP

Workshop Committee

Mary Alicia Barnes, MS OT, Co-Chair
Ann-Keren Neeman Kantor, MA, Co-Chair

Registration Committee

Guy R. Croteau, LICSW, Co-Chair
Michael Selva, Psy.D., Co-Chair
Joe DeAngelis, LICSW, CGP

Publicity and Marketing Committee

Ann Koplow, LICSW
Joe DeAngelis, LICSW, CGP
Michael Selva, Psy.D.

Membership Committee

William Sharp, CGP, Psya.D., Co-Chair
Jennifer DeSouza, LICSW, CGP, Co-Chair
Yoko Hisano, LCSW

THE LARGE GROUP

Friday, June 8th: 8:00am to 10:45am

Saturday, June 9th: 8:00am to 11:00am

Sunday, June 10th: 8:00am to 11:45am

The Large Group is for Clinicians and Educators

The three-day Large Group experience at NSGP offers us an urgently needed opportunity to learn about our own participation as a citizen in the social communities and the political worlds where we live and work.

Learn firsthand the skills needed to make a functional group that supports cooperative work. Discover ways to avoid the escalations of anxiety and mistrust that feed “us versus them” dynamics, encourages “othering” and scapegoating in groups, and blocks the development of cohesion and progressive communication.

We are pleased to welcome Dr. Haim Weinberg and Dr. Martha Gilmore to Boston this summer as conductors of our three-day Large Group experience at the NSGP June conference. Dr. Weinberg is internationally known as a leader and theorist in Large Group phenomenon, and has lead Large Group at AGPA and at many affiliate society conferences. His co-leader, Dr. Gilmore is well-versed in conducting Large Group and identifying group-as-a-whole phenomena, helpful as a guide for your own participation.

The Large Group will meet every morning of the three-day conference. Each session will begin with a short lecture to introduce important topics. After the Friday and Saturday sessions, participants can join in a variety of social events to allow for debriefing, relaxation and consolidation of learning prior to moving to the next scheduled events.

You can purchase a package ticket to the three-day Large Group, or participate in the Large Group as part of each day's events by buying one-, two-, or three-day plans.

The Large Group is for political activists, peace and justice workers, and academics in anthropology, sociology, political science, and leadership

The Large Group offers you an opportunity to experience directly the forces you are studying and handling in the world. For about three hours a day, for three days, you will join many other humans, working to develop your capacity to think and communicate while under the pressure of the presence of many others, and without active direction from a leader.

The group conductors, Dr. Haim Weinberg and Dr. Martha Gilmore, are expert and experienced conveners who will outline relevant issues prior to each session, offer feedback to the entire group to orient us to the issues at play, and then lead a discussion to consolidate learning at the end of the third session.

By working in the Large Group you will benefit from a visceral and emotional experience with the forces that come in the presence of others. Consider Orwell's account of social pressure in his 1936 essay, “Shooting an Elephant.” A safe and contained chance to encounter these pressures, both conscious and unconscious, both personal and social, both ideological and psychological, will enrich your studies and your work in the real world of social change and political action.

The Large Group will meet every morning of the three-day conference. Each session will begin with a short lecture to introduce important topics. After the Friday and Saturday sessions, participants can join in a variety of social events to allow for debriefing, relaxation and consolidation of learning prior to moving to the next scheduled events.

The Conference invites you as an activist, researcher, or academic, to purchase a package ticket to the entire three-day Large Group.

Our Large Group Leaders

Haim Weinberg, Ph.D., CGP, FAGPA is a clinical psychologist in California and Israel, a group analyst and Certified Group Psychotherapist. He is past President of the Israeli Association of Group Psychotherapy and the Northern California Group Psychotherapy Association. As Academic Vice President of the Professional School of Psychology he created and directs a unique doctorate program in group therapy and marital and family therapy facilitated by distance learning. He has written and edited books on Large Group theory and practice, and a series of books about the Social Unconscious. His professional interests include group processes and group therapy, multicultural issues, conflict resolution, trauma groups, Large Groups and Internet Groups, and the Social Unconscious. Among his published works are such titles as “The Social Unconscious in Persons, Groups and Societies,” volumes 1, 2 and 3, edited with Earl Hopper, and his most recent book is “Fairy Tales and the Social Unconscious,” co-authored with Ravit Raufman.

Martha Gilmore, Ph.D., CGP, FAGPA is a licensed psychologist in California. She leads Large Group sessions and other group therapy training events in the United States and abroad. She is Clinical Professor in the University of California Davis Dept of Psychiatry & Behavioral Science, where she leads process training groups for residents. Dr. Gilmore is a national leader in group psychotherapy, including her work as co-chair of the AGPA’s national conference from 2015 to 2018. She has served on the AGPA Board and is the organization’s new secretary. She has several publications in the area of group psychotherapy, including chapters in “Complex Dilemmas in Group Psychotherapy” (Shay and Motherwell, editors, 2014), “101 Interventions in Group Therapy, 2nd Edition” (Fehr, editor, 2016), and “The Wiley-Blackwell Handbook of Group Psychotherapy” (Kleinberg, editor, 2015).

Our Large Group is made possible by a grant from the **NSGP Foundation**. Their generous support makes it possible for us to bring internationally recognized Large Group leaders and theorists Dr. Haim Weinberg and Dr. Martha Gilmore to Boston for this three-day event.

DEMONSTRATION GROUP

Sunday, June 10th: 1:30pm to 5:30pm

Two Therapists, Two Approaches, One Group

In this demonstration event, two dynamically trained group therapists show us the ways in which they apply their craft. Each leader, one guided by Internal Family Systems and one informed by Body Inclusive approaches, will present a didactic introduction. After each demonstration, the moderator will lead a discussion focused on special strengths of each approach, alternative ways of understanding what has been experienced/observed, and the discovery of universals underlying all approaches. After both demonstrations, the leaders and moderator will debrief the demonstration group participants and the moderator will lead a discussion with the leaders, demonstration group members, and the audience.

This event will include didactic and experiential learning for both demonstration group and audience members.

CHAIR: William Sharp, Psy.D., CGP, LMHC

William Sharp is a psychoanalyst in private practice in Brookline Village and Assistant Teaching Professor at Northeastern University. He is currently the co-chair of the membership committee for NSGP and chair of the 2019 conference committee. Dr. Sharp teaches group psychotherapy courses locally and abroad. He is on the faculty at the Boston Graduate School of Psychoanalysis where he graduated. He also studied modern group analysis at the Center for Group studies in New York City.

Demo Group Leader: R. Tracy MacNab, Ph.D., CGP, FAGPA

Tracy MacNab is a Psychologist in Private Practice in Newton, MA. He has over 40 years of experience as a group therapist, teacher, and supervisor in the Boston area, including at Boston College, Boston Institute for Psychotherapy, and the NSGP Training program. He is a Certified Internal Family Systems Therapist and integrates IFS and meditation with psychodynamic and interpersonal group therapy. He has presented numerous workshops and has run experience groups for NSGP and AGPA conferences.

Demo Group Leader: Suzanne L. Cohen, Ed.D., CGP, FAGPA

Suzanne Cohen is a psychologist in Private Practice in Newton, MA. She has served as Faculty in the NSGP training program and as Group Supervisor at Harvard Medical School Department of Psychiatry. Dr. Cohen served as President of NSGP and as Board Member of the NSGP Foundation, the AGPA Board of Directors, and the Certification Board. For the past 20 years Dr. Cohen has been offering training to group therapists in body awareness and expressive movement. She is a Licensed Teacher of The Nia Technique, a mind/body movement practice.

Moderator: Eleanor F. Counselman, Ed.D., CGP, LFAGPA

Eleanor Counselman is a psychologist in Private Practice in Belmont. She is Immediate Past President of the American Group Psychotherapy Association and also serves on the Group Foundation for Advancing Mental Health and Certification Boards. She was on the faculty of Harvard Medical School for 25 years, has been on the faculty of the NSGP Training program and Psychodynamic Couples and Family Institute of New England. She is a Past President of NSGP and has over 25 publications in the areas of group therapy, couples treatment, and psychotherapy supervision.

DAY-LONG EXPERIENCE GROUPS

Friday, June 8th: 11:00am to 7:00pm

The heart of our experience groups is the rich emotional and cognitive learning available to participants. There is no better way to learn about group process than to be in an experience group with a skilled leader who presents a clear contract and well-articulated boundaries. This makes it a secure and effective environment to learn about both groups and oneself. Through the use of the here and now, participants will increase their clinical knowledge of group dynamics and leadership. A period of didactic material and discussion will follow the experiential components of the day.

Learning Objectives:

- Identify the stages of group development
- Identify individual/group resistances
- Identify transference phenomena
- Describe the function of the group contract
- Compare and contrast different termination reactions and phenomena

Note: Both the Description and Learning Objectives for all four General Psychodynamic Groups are the same.

GENERAL PSYCHODYNAMIC EXPERIENCE GROUPS

E-1

General Psychodynamic Experience Group for Beginning Level Clinicians

For Clinicians with approximately 0-3 years of Group Therapy experience

Oona Metz, LICSW, CGP, FAGPA; Private Practice, Brookline and Arlington, MA

E-2

General Psychodynamic Experience Group for Intermediate Level Clinicians

For Clinicians with approximately 4-7 years of Group Therapy experience

Laura Crain, M.D., Private Practice, Boston, MA; Assistant Professor of Psychiatry, Part-time, Harvard Medical School; Faculty, Boston Psychoanalytic Society and Institute

E-3

General Psychodynamic Experience Group for Advanced Level Clinicians

For Clinicians with approximately 8 or more years of Group Therapy experience

Chera Finnis, Psy.D., CGP, FAGPA; Private Practice, EGPS Training Program Experiential Group Leader for 20 yrs.

E-4

General Psychodynamic Experience Group for All Levels of Experience

Elizabeth (Libby) Shapiro, Ph.D., Faculty, Cambridge Hospital; Private Practice, Lexington, MA

SPECIAL INTEREST EXPERIENCE GROUPS

E-5

Every Voice is a Voice for the Group: Deepening Emotional Resonance through Systems Centered Therapy (SCT)[®] for Groups

Norma Safransky, M.D., CGP; Private Practice, Chapel Hill, NC; Board, Systems-Centered Training and Research Institute; SCT presentations, AGPA, APA, and UNC School of Social Work

Susan E. Beren, Ph.D., Private Practice, New York, NY; Licensed Systems Centered Practitioner and Trainer; Presentation in Systems Centered Therapy, AGPA

Systems Centered Therapy (SCT), based on Yvonne Agazarian's Theory of Living Human Systems, suggests that we develop when we are able to recognize and embrace differences rather than react to them. This workshop offers an SCT experience in which participants learn how to integrate every voice and deepen emotional resonance.

Learning Objectives:

- Provide a basic description of Functional Subgrouping and how it decreases isolation in groups
- Identify a technique found in SCT that could be used by most group therapists
- Articulate the difference between Explaining and Exploring in SCT and how exploring facilitates here-and-now connection to ourselves
- Provide a basic description of the defenses in the Flight phase of Group development
- Identify one of the three common sources of anxiety and an intervention that will reduce anxiety

E-6

Power, Privilege and Social Location: The importance and challenge of difference in group psychotherapy

Paul Gitterman, LICSW, MSc, CGP; Williams College Integrative Wellbeing Services; Smith College School for Social Work; Private Practice, Williamstown, MA

This experiential group will explore how difference in social locations and experiences of power and privilege provide foundations for group cohesion. In exploring difference, the group establishes protective norms and can therefore effectively negotiate mis-attunements and micro-aggressions.

Learning Objectives

- Identify one's social identities and how they impact power dynamics in group.
- Explain why difference is important in establishing group cohesion
- Explain how members of privileged and minority identities may experience their attachment to the group differently
- Explain how different experiences of the dominant culture may impact group members' trust and transference experiences in group
- Describe how to welcome difference as a way of building group cohesion

E-7

Are We Similar or Are We Different?

Arnie Cohen, Ph.D., CGP, FAGPA; Observation Group Leader: Brookline Mental Health Center; Private Practice, Newton, MA

Difference can be frightening. It can challenge us to the core. Most conflicts, both personal and global, occur as a result of an inability to accept differences. In this experiential group, we will explore the ways in which we are similar and different. In a safe and cohesive environment, difference can not only be accepted but embraced. This experience group will address the challenge of how to create a group culture where similarity and difference are valued.

Learning Objectives

- Identify the similarities of group members
- Identify the differences of group members
- Describe various leadership interventions
- Explain transference and countertransference challenges of leadership
- Describe how to create a safe environment for the group

WORKSHOPS

Saturday, June 9th: 2:00pm to 5:00pm

Workshops are programs designed to offer a focused exploration of themes or topics which therapists encounter in leading groups. Participants can expect to discuss various ideas within the frame of their own experience, as well as to expand their theoretical understanding of group dynamics and processes.

W-1

100 Unconventional Interventions in Group Psychotherapy

Robert S. Pepper LCSW, Ph.D., FAGPA, Director of Training, Long Island Institute for Mental Health, Rego Park, NY, Private Practice, Forest Hills, NY

Emotions are not of the intellect, which is why the traditional mode of group leader interventions, interpretations, don't necessarily work with difficult groups. Using a demonstration group in which volunteers role-play their most trying members, innovative techniques to resolve resistance will be implemented.

Learning Objectives:

- Define progressive emotional communication
- Differentiate forms of bridging (reactive from identifying)
- Contrast three types of resistant group members (caretaker; interrupter; diverter)
- Distinguish treatment destructive resistances from non-treatment destructive resistances
- Determine the impact of secure and non-secure boundaries on the impact of group treatment

W-2

Group therapy for Borderline Personality Disorder

George W. Smith, LICSW, Director, Outpatient Group Services, McLean Hospital, and Director of the Gunderson Outpatient Program for treatment of Personality Disorders.

The interpersonal hypersensitivity associated with Borderline Personality Disorder would suggest that these individuals are ideal candidates for group therapy. Their emotional volatility and attention seeking behaviors, however, can challenge the frame of any group, and this workshop will describe four types of groups geared to address these issues.

Learning Objectives:

- Clarify treatment issues related to BPD
- Identify specific group approaches to address problems associated with BPD
- Explain how group therapy is uniquely effective for treating BPD
- Identify how group therapy lends itself to managing safety issues, which can be cumbersome in other treatment modalities
- Address counter transference issues associated with treating BPD patients

W-3

When We Love and When We Hate: Understanding and Using Difficult Countertransference to Inform Clinical Work

Hilary Callan Curtis, MA, LMHC and **Angelo A. Ciliberti, MA LPC, CGP**

Exploring induced emotional reactions to our clients can be a source of insight into their maturational needs. A demonstration group will be used to better understand our openness and resistances to emotional experience in the here and now. Learning to welcome positive and negative transferences with curiosity will be explored

Learning Objectives:

- Distinguish between different forms of countertransference reactions, including objective & subjective, complementary & concordant
- Define countertransference resistance and develop a greater appreciation for its role in psychotherapy
- Identify emotions leaders may unconsciously discourage in their groups
- Discuss the role of self-acceptance in effective group leadership, the importance of emotional insulation, and ongoing supervision
- Discuss the maturational role of emotional communication between leader and member

W-4

'Maybe I'd like to start a group?': Exploring the Anxieties, Exhilarations, and Ambivalences

Caleb Englander, LICSW, private practice, Cambridge MA

For those thinking about starting a group in the near or distant future, or might have in the recent past, we will share hopes and fears about the endeavor. We will explore common themes in early group process through experiential learning, addressing nuts and bolts issues of beginning a group.

Learning Objectives:

- Identify the hopes and fears participants have of starting their own group
- Define the type and focus of the group you want to start
- Identify the important elements of forming a group and selecting and preparing member
- Consider challenges that may arise in terms of membership and setting
- Articulate similarities and differences between starting a group and joining a group

W-5

Group Therapist: Anger Specialist!

Greg MacColl, MSW, LCSW, FAGPA, Faculty, Center for Group Studies, Private Practice, Manhattan & Forest Hills

Being comfortable with our own, and the group's, expression of anger is key to a vibrant group session! Many therapists have some ambivalence about being on the receiving end of members' expressions of anger. We will examine our discomfort with, and handling of, expressions of anger in our groups!

Learning Objectives:

- Members will be able to identify ways they shy away from hearing group's anger
- Members will experience their ambivalence in regards to accepting groups anger
- Members will see how anger in group can connect member together
- Members will experience how too little expression of anger can stifle groups interaction
- Members will see how to set limits so anger doesn't set up a member to be scapegoated

W-6

Retirement: Why? When? How? Who are you?

Case Studies & Considerations

Steve Cadwell, Ph.D., LICSW, CGP, has a private practice in Boston, MA. He has been reading and consulting to other therapists regarding retirement for the last two years, and will be ending his practice at the end of May. He teaches group therapy at Boston University's School of Social Work and at Harvard University.

Joanne Lipner, LICSW, maintained a private practice for more than 30 years in Brookline and Newton. She was the former Clinical Director of The Boston Institute for Psychotherapy and was on the Faculty of the Boston Institute for Psychotherapy and NSGP. Joanne is the author of "Reflections on the "Evening" of a Psychotherapist" published in the 2018 Winter edition of VOICES. Joanne retired her practice in 2016 and continues to teach as well as provide consultation and supervision.

"To retire or not to retire?" That's the question at some point in every career: including group therapists! Where do we get the training for this question? Workshop will be led by two senior group therapists who have retired within the last two years. Participants will learn more from their process than in formal training.

Learning Objectives:

- Make a personal list of pros and cons of retirement
- Go deeper: Do an in-depth inventory of your countertransference issues about retirement, especially around destabilizing core identity (e.g., mental health provider, self-sacrificing caretaker, bread winner, professional, skilled contributor to society)
- Identify the complex power dynamics of the ending phase of group caused by the therapist's retirement; Positive and negative transference and heightened awareness of the real relationships in the room
- Develop an effective support system for going through your own process of retirement (e.g., collegial support group and positive role models as you plan your exit from your brilliant career)

W-7

Everything You Need to Know About Group Therapy in 10 Easy Videos

Joseph Shay, Ph.D., CGP, LFAGPA, a psychologist in private practice in Cambridge, is on the staff of the joint McLean/MGH training program, and has an appointment in the Department of Psychiatry at the Harvard Medical School. He is on the faculty of NSGP, PCFINE, and the MGH Center for Psychodynamic Therapy and Research. He has co-edited *Odysseys in Psychotherapy* and *Complex Dilemmas in Group Therapy* (1st and 2nd editions) and has co-authored *Psychodynamic Group Psychotherapy* (4th and 5th editions) and serves on the editorial board of the *International Journal of Group Psychotherapy*.

There are numerous approaches to group therapy with differing theoretical underpinnings. To highlight some of the commonalities, as well as core technical principles, which transcend different models, several videos drawn from movies, TV shows, and clinical material will be shown, followed by exploration by workshop participants. (Rated "R").

Learning Objectives:

- Identify common group processes
- Appreciate the legacy of childhood experiences
- Anticipate common complications in working with groups
- Identify core technical principles for intervening in groups
- Enhance an understanding of the group as a system with its particular structural and dynamic elements

THE THERAPISTS' CIRCLE

Saturday, June 9th: 2:00pm to 5:00pm

Welcome to the Therapists' Circle

Therapy is hard work. We can all benefit from a retreat, a moment out of time to refresh, rethink, reconnect and recommit.

The Therapists' Circle is an answer to therapist burn-out. We are drawing on NSGP's group expertise to create a three-hour "spa" for clinicians, school counselor, teachers and other human service professionals at our annual conference. Guided by experienced leaders, each Circle mobilizes the power of group to help you in your work.

Unlike the other Conference programs, The Therapists' Circle is not group-therapy training. Each Circle offers an infusion of energy, optimism and shared interest in the Circle's theme. In the spirit of burn-out prevention, you can spend a June afternoon with your peers and colleagues, enjoy a gentle and positive setting, and come away with a renewed connection to the reasons you originally sought this work.

Your participation will help you adjust your own reactions to the stresses and strains of the work. Strengthen your connection to your body and your emotions. You will be able to take care of yourself better, and your clients will benefit, too.

TC-1

For people working in hospice, chronic disease and aging

Comforting Ourselves While Caring for Others

Bonnie Irwin, MA, MALS; Advanced doctoral candidate at the Boston Graduate School of Psychoanalysis. Private Practice for 11 years.

Alan Witkower, EdD., CGP; Director of Behavioral Medicine, Pain Management Service, Newton-Wellesley Hospital, Newton, MA. Life Member of NSGP.

Our care of patients with chronic or terminal illness can inspire us, but it can also challenge us. We want to help. We want to understand their experience. How can we do this without being overwhelmed? Sharing and learning with peers can foster compassionate connection while helping us preserve our own well-being.

Learning Objectives:

- Identify three challenges for professionals working with chronically ill patients
- Understand the vulnerabilities we bring to the work
- Name three benefits of working with patients who are chronically ill
- Prepare yourself to use three caregiver resources for our self-care
- Set goals for taking home two positive strategies to handle challenges of working with patients with chronic illness

TC-2

For people working in all cognitive-behavioral modalities

Harnessing the Wisdom of Professional Peers: ACT Portland Consultation Model

Ari Shesto, PhD; Recent presentations include “Making Room for Politics,” NSGP June 2016 ; “Compassion in Behavior Change,” NSGP Breakfast Club, January 2017 ; “ACT Skills for Anxiety and ADHD,” Workshop at Mid-Atlantic ACT Conference, Oct 2016. Private Practice in Newton, MA.

Michel Selva, PsyD; ACT therapist with a private practice in Cambridge, MA. Member of ACBS and is active in local chapter. Completed Kelly Wilson’s 2-day seminar on “Mindfulness for Two,” and currently participating in online peer-supervision group for ACT therapists.

Renee Hoekstra, PsyD; Private practice in Woburn and Boston, MA, providing adult and adolescent group therapy since 2009. Attended Kelly Wilson's ACT seminar in 2016 and John and Jamie Forsyth ACT seminar in 2017, participated in ACT peer supervision group since Nov/ Dec 2016, is certified in Functional Analytic Psychotherapy, has led several NSGP workshops over the last five plus years, including “Teaching Mindfulness in Groups,” “Adolescent Group Therapy,” and “Functional Analytic Psychotherapy in Groups.”

This Therapists’ Circle will provide a supportive experiential environment to introduce Acceptance and Commitment Therapy (ACT) for the first time or deepen your current ACT skills. Using a Portland Peer Supervision model, we will learn together about ACT, a dynamic Third-Wave CBT approach to individual and group work.

Learning Objectives:

- Define psychological flexibility
- List core ACT processes
- Practice behavioral exercises addressing ACT processes
- Participate in a structured peer-consultation experience
- Set goals for transferring experience into daily clinical work

TC-3

For elementary and high-school teachers, school-based social workers and school adjustment counselors

Make Your Classroom Hum: Use Group Skills to Go Beyond Classroom Management

Adam Silk, M.D., CGP; Executive Director of RELATE, a program in the Boston Public Schools training and supporting teachers and other school professionals to use group-leadership skills in the classroom; works with Educators for Excellence and Boston Educators Collaborative that develop trauma-informed teaching and policy; psychiatrist in private practice in Brookline, leading therapy groups for over 25 years.

Nina Leuzzi, MA; Kindergarten teacher at the Bridge Boston Charter School in Roxbury; also works with Educators for Excellence and the Boston Educators Collaborative.

Every class is a group, and so teachers and social workers can be group leaders. This workshop will help you master this fundamental professional skill by showing how you can shape your classes into thriving, cohesive units. We will also discuss ways to deal with breakdowns in classroom harmony and productivity. School mental health professionals will learn ways to support teachers in seeing the group inside the classroom.

Learning Objectives:

- Creating effective boundaries of time and space in the classroom
- Designing contracts that guide classroom life, and learning how to discuss contract violations constructively
- Leading classes differently at different stages of group development
- Building a classroom culture that balances students' needs for safety and cohesiveness with the need for authentic expression of differences
- Using the power of the class as a whole to respond effectively to students' expressions of emotion, and to disaffected students

ADDITIONAL INFORMATION

NEW MEMBER AND FIRST-TIME ATTENDEE LUNCHES

Friday, June 8th and Sunday, June 10th

Boost your professional network and discover the benefits of NSGP membership! Is this your first time at the annual NSGP conference? Are you a new member? Don't know anybody? Come join us to connect with new and seasoned professionals.

On Friday you may bring or purchase lunch in the Simmons Cafeteria. On Sunday a box lunch is provided. Meet us at the main building at the cafe tables adjacent to the coffee shop. We will have several designated tables. See you there!

Sincerely, The Membership Committee,
Jennifer DeSouza, William Sharp and Yoko Hisano

BUSINESS MEETING

Sunday, June 10th: 12:00pm to 1:15pm*

The Kotzen Room at Simmons College

All conference participants are invited to attend this meeting. Members of the Executive Committee and Chairs of Standing Committees will report on Society activities over the past year and highlight plans for the new fiscal year.

Election results for the Board of Directors will be announced. NSGP is interdisciplinary, and membership is open to qualified professionals. Members are entitled to a number of benefits including reduced conference fees. Membership materials are available through the office or at the conference.

* Box Lunch is provided.

COMMUNITY MEETING

Saturday, June 9th: 12:30pm to 2:00pm

The Community Meeting is an opportunity for NSGP members to engage in the process of looking at organizational strengths, needs, and areas of ongoing development. President Steffen Fuller and Board members will convene the meeting. The meeting will also afford opportunities to follow-up on other concerns the membership may have at this time. Come to listen and/or share thoughts about what being a member of NSGP might mean for you.

A great opportunity to explore leadership roles! We hope you will attend and we look forward to seeing you!

NSGP DINNER PARTY

Saturday, June 9th: 7:30pm to 11:00pm

All Conference Participants are invited

Come Join your Colleagues! Fine Food, Drink and Stimulating Conversation

Maggiano's Little Italy

4 Columbus Avenue, Boston MA 02116

Cost \$60 per person

***** There is a separate registration process for the Dinner on the website. *****

Directions to Simmons College:

The GPS address for the entrance to the Simmons College Parking Garage is:

48 Avenue Louis Pasteur Boston, MA

***** This is a GPS address only. You will not see an actual sign for that address. *****

We are grateful for the ongoing support from the Northeastern Society for Group Psychotherapy Foundation.

This year, the Foundation's grant of \$3,000 for scholarships makes it possible for new professionals to attend the conference.

Last year, the Foundation's support allowed us to invite Dr. Melyn Lesczc to Boston for our Demonstration Group.

This year, the Foundation's grant is fully-funding our Large Group presentation. The Foundation's ongoing support of our Conference is a key element in our community's collaborative learning and teaching experience. Please consider supporting the Foundation. More information is available at this link to the Foundation's webpage.

<http://www.nsgpf.org/pathways.aspx>

NSGP BOARD OF DIRECTORS

President:

Steffen Fuller, Ph.D., CGP

Past President:

Debora Carmichael, Ph.D., CGP

President-Elect:

Ann Koplow, LICSW

Secretary:

Jenn DeSouza, LICSW, CGP

Treasurer:

Guy Croteau, LICSW

Directors:

Joe DeAngelis, LICSW

Caleb Englander, LICSW

Debra Filiurin, LMHC

Yoko Hisano, LCSW

Melissa Kelly, LICSW

Ann Koplow, LICSW

Lawrence Kron, JD, Ph.D.

Amy Matias, LICSW, Ph.D.

Geri Reinhardt, LICSW

Office Manager:

Lisa Portscher

NSGP ACCREDITATION

Northeastern Society for Group Psychotherapy
37th Annual Regional Conference June 8-10, 2018 Boston, MA

Participants must complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available. NOTE: If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Psychologists

This course is co-sponsored by Amedco and Northeastern Society for Group Psychotherapy. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 21.50 hours.

The following boards accept courses from APA providers for Counselors: AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, KY, KS, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

AL / Counselors: Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, IA, ID, IN, KS, ME, MO, NE, NC, NH, NM, NJ, NV, OK, OR, PA, SC, SD, TN, TX, UT, VA, WI, WY

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DE, GA, IA, IN, KS, LA, MO, MT, NE, NM, NC, ND, NJ, NV, NY (outstate held), OK, OR, SC, UT, WA, WI, WY

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

Social Workers

Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program. ASWB Approval Period: 06/24/2016 – 06/24/2019. Social workers should contact their regulatory board to determine course approval for continuing education credits.

Social workers participating in this course may receive up to 21.50 clinical continuing education clock hours.

Social Workers (continued)

The following boards accept courses from ASWB providers for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, ME, MO, ND, NE, NM, NH, NV, OK, PA, TN, TX, UT, VA, WI, WY
AL / Counselors: Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

The following board accept courses from ASWB providers for MFTs: AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, ME, MO, NC, NE, NH, NM, NV, OK, PA, TN, TX, UT, VA, WI, WY

The following state board accept courses from ASWB providers for Addictions Professionals: AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

NBCC

Professional and National Certified Counselors, Marriage and Family Therapists.

The Northeastern Society for Group Psychotherapy has been approved by NBCC as an Approved Continuing Education Provider. ACEP No. 5688. Programs that do not qualify for NBCC credit are clearly identified. The Northeastern Society for Group Psychotherapy is solely responsible for all aspects of the programs.

NSGP / P.O. Box 356 / Belmont, MA 02478
Joel Krieg, kriegjoel@gmail.com

Disclosure of Conflict of Interest

All individuals in a position to control the content of CE are listed in the program book and had no relevant financial relationships to disclose.

Acknowledgement of Commercial Support

There was no commercial support received for this CE activity.

How to get your Certificate

1. Go to <http://nsgp.cmecertificateonline.com/>
2. Click on the "2018 NSGP Annual Meeting" link

Questions? Email Certificate@AmedcoEmail.com