



# DIVERSITY, EQUITY & INCLUSION:

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**ENRICHING OUR GROUPS & OUR SELVES**

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**NSGP**  
Northeastern Society for Group Psychotherapy



**JUNE 12-14, 2020 | SIMMONS UNIVERSITY, BOSTON, MA | [WWW.NSGP.COM](http://WWW.NSGP.COM)**

COVER DESIGN BY



# GREETINGS

Welcome to NSGP's 39th Annual Conference. This year we take on the promising topic of diversity and inclusion in our organization and in our practice of group therapy. As professional clinicians and students we want to have a good understanding of diversity and what it means to work with diverse populations. But do we? We face challenges of systemic and institutionalized inequities, xenophobia and homophobia in many aspects of our practice and society at large. It is imperative that as good stewards of our profession, we continue to challenge our own internal biases that keep those structural inequities in place. It is an imperative for the clients we serve and the society in which we live.

The Conference Committee has worked with thoughtful deliberation to offer a variety of events that highlight specific issues related to diversity we might face as therapists, teachers, group leaders and students of all professions. Our workshops, special interest and experience groups, plenary discussion and demonstration group will speak to issues of racism, objectification, victimization and white fragility. For some, these discussions might feel challenging but we hope to come together to find effective ways to confront barriers to diversity and inclusion that may start with ourselves, our communities of practice, and the larger society. We see this conference as a springboard to ongoing conversations within NSGP and the broader community.

These conversations can be simultaneously stimulating and uncomfortable. For some, these conversations can bring exciting opportunities for expanding understanding of self and others. For others, these discussions may bring up anxiety, shame, fear, and defensiveness. All these experiences are necessary for change. We must look within ourselves and to each other for the courage and fortitude to engage in conversations we may find difficult.

Over the last six decades, it has been our commitment to NSGP and all its members to put on a conference that is meaningful, educational, and professionally and personally impactful. As our awareness deepens, our organization evolves: our goal is to create brave working spaces where these conversations can take place.

Warmly,

Guy R. Croteau, LICSW CGP & Michael Mitchell, MA  
2020 NSGP Conference Co-Chairs



# CONFERENCE OVERVIEW AT A GLANCE

## NSGP 2020 CONFERENCE SCHEDULE-AT-A-GLANCE

	FRIDAY	SATURDAY	SUNDAY	
7:30a	REGISTRATION BEGINS	REGISTRATION OPEN		
8:00a	BREAKFAST	BREAKFAST	REGISTRATION & BREAKFAST	8:00a
	EG ORIENTATION	EG ORIENTATION		
9:00a	MORNING EXPERIENCE GROUPS	MORNING WORKSHOPS & EXPERIENCE GROUP	IN MEMORIAM	9:00a
10:00a				10:00a
11:00a				11:00a
12:00p	LUNCH	LUNCH & ANNUAL BUSINESS MTG	LUNCH	12:00p
1:00p			DEMONSTRATION GROUP	1:00p
2:00p			DEMONSTRATION GROUP	2:00p
3:00p			BREAK	3:00p
4:00p	AFTERNOON WORKSHOP	AFTERNOON WORKSHOPS	DEMONSTRATION GROUP	4:00p
5:00p			SOCIAL HOUR	5:00p
6:00p	SOCIAL HOUR **			6:00p
7:00p	NSGP PLENARY ON DIVERSITY, EQUALITY AND INCLUSION	SOCIAL EVENT		7:00p
8:00p				8:00p

**\*\* Training Program Certificate Presentation!**

# CONFERENCE SCHEDULE

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## Friday June 12th, 2020

7:30a	Registration Open
8:00a	American Breakfast (Complimentary)
8:20 to 8:50a	Experience Group Orientation (Required)
9:00 to 12:00p	Experience Groups Session I
12:00 to 1:30p	Lunch (Simmons Cafeteria Open)
1:45 to 3:45p	Experience Groups Session II
3:00 to 6:00p	Workshop 1
3:45 to 4:00p	Break
4:00 to 6:00p	Experience Groups Session III
6:00 to 6:45p	Social Hour and Training Program Certificate Presentation
7:00 to 9:00p	Plenary Panel on Diversity, Equity and Inclusion

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## Saturday June 13th, 2020

7:30a	Registration Open
8:00a	Continental Breakfast available (Complimentary)
8:20 to 8:50a	Experience Group Orientation (Required)
9:00 to 12:00p	Experience Group Session I
9:00 to 12:00p	Workshops 2 - 4
12:00 to 1:30p	Lunch (Complimentary)
12:45 to 1:45p	NSGP Annual Meeting
1:45 to 3:45p	Experience Group Session II
2:00 to 5:00p	Workshops 6 - 9
3:45 to 4:00p	Break
4:00 to 6:00p	Experience Group Session III
6:30p	NSGP Saturday Night Party (Brookline) (Separate fee and registration required)

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## Sunday June 14th, 2020

8:00a	Registration Open
8:00a	Continental Breakfast (Complimentary)
9:00 to 10:30a	In Memoriam
10:30 to 10:45a	Break
11:00a to 12:00p	Demonstration Group Session I
12:00 to 1:15p	Lunch (Complimentary)
1:15 to 2:45p	Demonstration Group Session II
2:45 to 3:15p	Break
3:15 to 5:15p	Demonstration Group Session III & Conclusion
5:15p	Social Hour

# CONFERENCE PRICES AND CEUs

	CEUs	Member/ Affiliate	Non- Member	Student
<b>REGISTRATION FEE</b>		\$25	\$75	-
<b>Experience Groups</b> (6 to choose on Friday and 3 on Saturday)	7.5	\$185	\$200	\$100
<b>Workshops</b> (1 Friday Afternoon, 4 on Saturday morning and 4 on Saturday afternoon)	3	\$90	\$110	\$50
<b>Friday Evening: Plenary Discussion on Diversity, Equity and Inclusion</b>	1.25	\$50	\$50	\$25
<b>Demonstration Group: "The Trauma of Marginalized Experience: Dismantling Oppression in Therapy Groups"</b> with Drs. Kavita Avula and Marcus Hummings	5.25	\$150	\$160	\$100
<b>EARLY REGISTRATION</b> (Applies to Workshops, Experience Groups and Demo Group) (March 1st To April 15th 2020)				
		Save \$50		Save \$25
<b>WHOLE CONFERENCE DISCOUNT</b> (At least 1 Workshop + 1 Experience Group + Demonstration Group)				
		Save \$100		Save \$50

**All AGPA Affiliate members** receive Member pricing to this NSGP Event. Please register as an Affiliate select Member Priced events.

**Early Registration Discount:** Save \$50 (\$25 for Students) if you register before April 15th, 2020. Applies for both NSGP Members, Affiliates and Non-Members.

**Whole Conference Discount:** Save \$100 when you register for at least 1 Workshop and 1 Experience Group and the Demonstration Group. This is available for NSGP Members and Affiliates Only. If you want to take advantage of all that NSGP has to offer including this year's Conference, become a Member today.

Go To [nsgp.wildapricot.org/Membership](https://nsgp.wildapricot.org/Membership)



# PLENARY PANEL DISCUSSION ON DIVERSITY, EQUITY AND INCLUSION

FRIDAY EVENING, JUNE 13, 2020, 7:00p



**Tfawa T. Haynes, LICSW**, is a Jamaican, Black, gay, Rastafarian, cisgender male, Licensed Independent Clinical Social Worker at Fenway Health. He is the inaugural Coordinator of Group Psychotherapy Services, a Clinical Supervisor at The AIDS Action Committee of Massachusetts. He has been pivotal in development and leadership of the center's maiden Employee Resource Group, the Racial Justice and Equity Collaborative. He also serves as an Adjunct Professor and Course Lead at Simmons University School of Social Work and faculty on the Transgender Health ECHO at The National LGBT Health Education Center a Program of The Fenway Institute. He has

served 13 years as a board member and treasurer of the Massachusetts chapter of the International Association for Social Work with Groups. His most recent publication is "Shades of Black: A Psychotherapy Group for Black Men Who Have Sex with Men" in the compilation book, *Black LGBT Health in the United States: The Intersection of Race, Gender, and Sexual Orientation*. Tfawa's goal has been to analyze the impact of racism and other intersectional systems of oppression and marginalization shaping health and mental health outcomes.



**Ruben Hopwood, MDiv, PhD**, is a licensed psychologist with 15 years experience working with and for the gender diverse community in clinical work and through professional education and training of medical and mental health professionals. He is the Founder and Director of the Cambridge, Massachusetts firm, Hopwood Counseling & Consulting, LLC, as well as a Visiting Researcher at The Danielsen Institute at Boston University. Dr. Hopwood is the former program manager of the Fenway Health Transgender Health Program for 13 years and is a nationally known speaker, educator, and a published author of more than a dozen peer-reviewed journal articles and book

chapters on mental health and medical care of gender diverse people; aging and gender diversity; and integrating spirituality into psychotherapy.



**Yoko Hisano, LCSW**, is a dedicated social worker with intercultural experience and training in bridging the gap between cultures, people, and the larger systems. She received her MSW from Smith College in Northampton, MA. Prior to being a social worker, she worked as an international educator in higher education where she offered services to a diverse group of international undergraduate, graduate students, and scholars. She also provided intercultural training for local professionals in Durham, NC to promote awareness and

to bridge the cultural gap. She currently uses her skills working with elders at their end-of-life at a hospital in Boston to provide support for patients, family members, and colleagues.



**Susan Powell, PhD** is an Associate Professor in the Counseling and Behavioral Health Department at William James College and a Licensed Psychologist and Health Service Provider in Massachusetts. Her teaching, research, and scholarly interests focus on diversity and difference, including specific issues such as race and ethnicity, military status and veterans' issues, disability and physical difference, and first generation college students; the impact of diversity-related courses on students' personal and professional development; and the subjective experience of faculty who teach diversity courses. She has presented at a number of national

conferences, published in professional journals, and consulted to a wide range of organizations throughout the U.S. on issues of diversity and difference, particularly as related to enhancing cultural competence. Dr. Powell also has a private practice where she works with individuals and couples.



**Sasha Watkins, LMHC** serves as a co-chair of the NSGP Diversity & Inclusion Task Force. She teaches Group Dynamics at Lesley University and has a private practice in Cambridge MA. She has extensive experience working with diverse client populations, including veterans, individuals with severe psychiatric disabilities, neurodiverse adults, students, and cultural minorities to name a few. Her clinical interest is addressing cultural trauma.



**Moderator: Guy R. Croteau, LICSW, CGP**, serves as Treasurer on the NSGP Board of Directors since 2016. He has a full time private practice in Boston MA. Guy also has taught Group Theory at Boston University School Of Medicine as well as running Process Groups for LMHC candidates. He particularly likes to work with the LGBTQA+ population as well as specializing in trauma work.

# DEMONSTRATION GROUP

SUNDAY, JUNE 15, 2020, 10:30AM

## The Trauma of Marginalized Experience: Dismantling Oppression in Therapy Groups

*"We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people."*

- Dr. Martin Luther King Jr

Participation in any society involves a degree of unconscious conformity to dominant societal values. Therapy groups, in creating microcosms of social life, can replicate oppressive systems whether or not anyone realizes it. Given the immense harm done to marginalized individuals and groups by unrecognized bias and microaggressions, group therapists must become skilled in, first, recognizing and, next, dismantling these forces if the experience is to be therapeutic.

The demonstration group will be co-facilitated by Black and Brown group therapists and will examine the trauma of marginalized experience. Members will be invited to explore their target and agent identities and their intersections. The group will work to make unconscious oppressive enactments conscious in a way that facilitates healing and repair for marginalized group members. Participants will strive to embrace impact over intent, counter white fragility, and strive to go beyond inclusion and empowerment.



**Demo Group Co-Leader: Dr. Kavita Avula, PsyD** is a licensed clinical psychologist who specializes in international and cross-cultural psychology, well-being, trauma and resilience, crisis and critical incident response and group dynamics. As the founder of Therapist Beyond Borders, Dr. Avula also serves as the Lead Consulting Psychologist for The KonTerra Group and a consulting psychologist to The World Bank Group's Personal & Work Stress Counseling Unit where she provides organizational consultation and staff care programming to humanitarian aid organizations on promoting emotional health and well-being. With experience in Afghanistan, Kenya, Ukraine, Uganda, Tanzania, Palestine, the Philippines, Peru, Mexico, and India, Dr. Avula provides psychological

support and consultation to individuals and groups living or working in high stress environments. Dr. Avula is an educator and speaks on topics including cultivating resilience, building cultural competence, understanding micro-aggressions, addressing sexual harassment, developing a better response to sexual assault, supporting staff in distress, psychological first aid, and creating flourishing communities.



**Demo Group Co-Leader: Marcus Hummings, PsyD, CGP** is a Licensed Psychologist who maintains a private practice in Washington, DC. He also holds the position of Staff Psychologist at the Howard University Counseling Service. Dr. Hummings received a B.A. in Psychology from Morehouse College (Atlanta, GA) and obtained a Psy.D. in Clinical Psychology from the Chicago School of Professional Psychology in Chicago, IL. In addition, Dr. Hummings has completed a fellowship in Group Psychotherapy and the Group Psychotherapy Institute at the Washington School of Psychiatry (WSP). Clinically, Dr. Hummings has experience in individual and group psychotherapy in a variety of settings and conducting forensic and psychological evaluations. He has also gained valuable experience with diverse populations

varying in ages and settings ranging from hospital triage centers to community mental health centers and outpatient psychiatric clinics to court service agencies.



**Moderator: Guy R. Croteau, LICSW, CGP**, serves as Treasurer on the NSGP Board of Directors since 2016. He has a full time private practice in Boston MA. Guy also has taught Group Theory at Boston University School Of Medicine as well as running Process Groups for LMHC candidates. He particularly likes to work with the LGBTQA+ population as well as specializing in trauma work.

This demonstration group is made possible by a substantial grant from the NSGP Foundation. Please continue your generous support to the foundation at <http://www.nsgpf.org>

# CONFERENCE EXPERIENCE GROUPS

The 4 General Psychodynamic Groups described below all have the following Learning Objectives:

1. Identify the stages of group development
2. Identify individual/group resistances
3. Identify transference phenomenon
4. Describe the function of the group contract
5. Compare and contrast different termination reactions and phenomena

## GENERAL PSYCHODYNAMIC EXPERIENCE GROUPS

**FRIDAY 8:20a - 6:00p**

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### **EG-1** Early Career Group Therapists

**Leah Slivko LICSW, PsychA**, co-director of EGPS's Year Group Therapy Training Program, Adjunct Faculty, NYU SSW, Private Practice, NYC

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### **EG-2** Mid Career Group Therapists

**Annie Weiss, LICSW, CGP, FAGPA**, Private Practice, Newton, MA; Group Consultant & Observation Group Leader, Brookline Community Mental Health Center

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### **EG-3** Later Career Group Therapists (20+ years experience)

**Bruce Bernstein, PhD, FAGPA, ABPP**, Supervisor NYU Postdoctoral Program; Experiential Group Leader/Faculty at 25+ AGPA Conferences

**Lita Moses, CSW, FAGPA**, Past Experiential Group Leader/Faculty EGPS Training Program; Experiential Group Leader/Presenter at 25+ AGPA Conferences

**SATURDAY 8:20a - 6:00p**

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### **EG-4** All Levels of Experience (Saturday, June 14, 2020)

**Charles Glazier, LICSW, CGP, NSGP Board Member**. Private Practice, Wayland, MA

## SPECIAL INTEREST EXPERIENCE GROUPS

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### **SIG-1** Being A Man in 2020

**FRIDAY 8:20a - 6:00p**

**Scott Reinhart, PhD, CGP, FAGPA**, Private Practice, Brookline & Arlington

A day long experience group open to participants whose gender identity is male, to bear witness to, discuss and explore one's own and each other's experience of maleness. All persons who self describe as male are welcome to attend.

#### **Learning Objectives:**

1. Learn to better appreciate the range and complexity of what it is to be a male in 2020 in this part of the world.
2. Learn to recognize cultural stereotypes of men and to challenge them.
3. Learn how such stereotypes foster racism and misogyny in a variety of forms.
4. Learn how such stereotypes impact their own self definitions.
5. Learn how all of the above impact their work with clients.

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### **SIG-2** Responding to Hate: At The Crossroads Of Identity and Therapy

**FRIDAY 8:20a - 6:00p**

**William Sharp, PsyD, CGP**, Assistant Teaching Professor, Northeastern University; Program Director, Boston Graduate School of Psychoanalysis; Private Practice, Brookline, MA

**Hilary Callan Curtis, PsyD, LMHC, CGP** Private Practice, Northampton, MA

What is in the unconscious? Dreams, fantasies, wishes and fears for sure, but what about aspects of identity? What happens when we begin working therapeutically with someone and our identity meets the other's at a significant crossroad? Explore conflict, civility, and respect when responding to hate.

#### **Learning Objectives:**

1. Identify how aspects of their own identity will intersect with the client's in therapy.
2. Create a plan to continue exploring their own identity and ways it impacts treatment.
3. Differentiate objective from subjective counter-transferences.
4. Employ a system to determine if a therapeutic intervention is constructive or destructive to treatment goals.
5. Identify behaviors in the clinician that are evidence of defensiveness, anxiety, and areas for growth.

## SPECIAL INTEREST EXPERIENCE GROUPS

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### **SIG-3** Room For All: An Experience Group For The LGBTQIA+ Community

**FRIDAY 8:20a - 6:00p**

**Oona Metz, LICSW, CGP**, Private Practice Brookline and Arlington

**David Griffiths, EdD**, Private Practice, (semi-retired)

This day long experience group offers a respectful and welcoming space for members of the LGBTQIA+ community to connect, receive support and deepen their understanding of themselves and others. Come get curious with us.

#### **Learning Objectives:**

1. Recognize, name and explain the various identities within the LGBTQIA+ community.
2. Identify stages of group development.
3. Identify two leader interventions that promote cohesion.
4. Define two barriers to authenticity.
5. Describe techniques that create safety in a group.

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### **SIG-4** Practice in our Senior Years: Promises, Perils and Pearls

**SATURDAY 8:20a - 6:00p**

**Libby Shapiro, PhD, CGP**, Private Practice, Lexington, MA and Department of Psychiatry, Cambridge Health Alliance

**Chera Finnis, PsyD, CGP, FAGPA**, Private Practice, New York, NY and Maria Droste Counseling Services

Practicing in our senior years means balancing the joys and satisfactions of accrued wisdom, collegial interactions and continued income with the perils of our diminished capacities. This process group will explore the pleasures and sorrows of our senior years and the necessary ethical decisions regarding our professional and personal lives.

#### **Learning Objectives:**

1. Realistically reflect on one's professional development, enumerating both successes and failures.
2. Outline concerns about practicing in one's senior years.
3. Develop a preliminary plan to protect against possible ethical problems of practicing as an aging therapist.
4. Explore likely denial/roadblocks to awareness of diminished capacity.
5. Develop strategies for self-care in aging.

# SPECIAL INTEREST EXPERIENCE GROUPS

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## **SIG-5** Working with Diversity and Differences in Groups

**SATURDAY 8:20a - 6:00p**

**Kurt L. White, LICSW, LADC, CGP, FAGPA, Brattleboro Retreat and Smith College**

**Ann Keren Neeman-Kantor, PsyD., LICSW, Private Practice, Cambridge MA**

In this group, we will explore similarities and differences, visible and invisible. This group will be led by two leaders of different backgrounds, genders, nationalities, cultures, and primary languages - but with a similar dynamic frame. Transparency around issues of power, privilege, and the conscious and unconscious assumptions that come up when there are differences among leaders, and in the whole group, will provide backdrop for our group process and exploration.

### **Learning Objectives:**

1. Expand their capacity of sitting with differences in groups.
2. Notice the effects of differences among leaders on the group dynamic.
3. Identify ways that diversity in members and leaders affects the group process.
4. Experience and describe aspects of intercultural dialogue.
5. Reflect on how one's social identity affects one's role in groups and in clinical work.

# CONFERENCE WORKSHOPS

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## **WS-1 Clinical Consultation In A World of Diversity**

**FRIDAY 3:00p - 6:00p**

**Ann Keren Neeman-Kantor, PsyD, LICSW, Private Practice, Cambridge MA**  
**Scott Rutan, PhD, CGP, DFAGPA, Private Practice, Chestnut Hill MA**

Consultation and supervision are a means of teaching by sharing of experience and perspectives. Issues of diversity are an often overlooked aspect of our work. This interactive workshop offers clinical consultation in which we will examine how implicit bias, cultural identities and differences might impact our work. **Mixed Level.**

### **Learning Objectives:**

1. Define and analyze differences and culture issues in group dynamic.
2. Explore the concept of diversity in group as 'therapeutic gold'.
3. Enhance clinical tools for intervening when group leader or member(s) experience difficulty communicating around differences.
4. Identify potential parallel processes.
5. Use the concept of Brave Space versus Safe Space.

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## **WS-2 What You Need to Know About Running A Divorce Group**

**SATURDAY 9:00a - 12:00p**

**Janet Winocour, MSW, LICSW, Private Practice, Beverly MA**

This workshop provides a model for running a divorce group with a diverse population of people-different ages, stages of recovery, in straight and gay marriages, with and without children, those who ended their relationship or were "left" as well as those whose relationship terminated for different reasons.

### **Learning Objectives:**

1. Participants will be able to conduct an initial interview of prospective group members, providing a description of the group, collecting relevant information and determining who should join.
2. Participants will be able to describe the stages of divorce recovery.
3. Participants will be able to suggest specific tools to help members manage their fear, sadness and anger.
4. Participants will be able to name several topics which should be addressed in a divorce group.
5. Participants will be able to lead an exercise which identifies what is important and then prioritizes and defines some steps necessary to transition to a new life after a divorce.

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## **WS-3 The Salience of Race in Clinical Story**

**SATURDAY 9:00a - 12:00p**

**Sarah McSweeney, PsyD & Margaret Kiwanuka-Woernle, MSW** In 2017 we started Race To Action, an organization dedicated to supporting organizations and communities to have difficult and productive conversations about race. Since that time we have conducted race conversation workshops in communities in the greater Boston area.

This workshop will guide participants as they explore their own relationships to race and how it impacts their lives, communities, and work spaces. Leaders will create a safe space where individuals can come together and begin to unpack the complexities of race as it impacts us all personally and professionally.

### **Learning Objectives:**

1. Participants will have the experience of talking about race in a group setting.
2. Participants will be able to apply what they learned in this workshop to their clinical settings, helping them to feel more comfortable bringing up the subject of race in their group work.
3. Participants will come to demonstrate an ability to reflect on their own racial story and gain insight(s) as to how this affects their work.
4. Participants will identify three ways in which they can, individually, and within their groups and communities, work to stand up to and decrease racist practices.
5. Participants will define terms, such as racism, white fragility, and implicit bias to identify racist practices where they happen and assist them in efforts to be race allies working towards an equitable and inclusive society.

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## **WS-4 Culture Box: Exploring Culture in Group Context**

**SATURDAY 9:00a - 12:00p**

**Alexandra (Sasha) Watkins, LMHC, Adjunct Faculty, Lesley University**  
**Mary Alicia Barnes OT, OTD, OTR/L, Lecturer, Tufts University, Department of Occupational Therapy**  
**Anais Lugo-Guercio, OT/s, Tufts University**

In today's society, greater need exists for group leaders to recognize and address the effect of culture in therapeutic and educational settings. But how many of us feel confident in handling this touchy subject? This workshop will focus on exploring culturally based transference and counter-transference through art-based experiential activity. **Limited to 12 participants. Mixed level.**

### **Learning Objectives:**

1. Utilize creative method to explore social identity and personal cultural values.
2. Recognize transference/counter-transference and defenses arising from cultural differences and similarities.
3. Identify how personal cultural values can affect the group culture and process.
4. Identify ways in which culture form a base for expressing and containing affect in the group.
5. Identify leader interventions to address culture-based themes in the group.

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## **WS-5** From Workplace to Brave Space: The Courage to Change in Organizational Culture

**SATURDAY 9:00a - 12:00p**

**Jeff Brand, PsyD, CGP**, Director, adult group therapy, Brookline Center, Private Practice, Brookline MA.

**Phil Laidlaw, PhD**, Director, family services, Brookline Center, Private Practice, Framingham, MA.

**Rose Hunter**, Diversity Consultant, educator and activist who works with organizations to address inclusion and equity.

**Molly Hopkins, BA**, In-home Therapy Team, Brookline Center

This workshop highlights diversity initiatives that are transforming organizational culture to be more inclusive and accepting at one independent clinic, The Brookline Center for Community Mental Health, MA. Through experiential exercises, the workshop provides examples of how the intersectional work of inclusion takes place with individuals, groups, and systems. **Mixed Level.**

### **Learning Objectives:**

1. Gain insight into how organizations can change and how collective effort can impact the norms that shape interaction patterns in large systems.
2. Gain insight into how organizational norms and leadership decisions can negatively impact values of inclusion.
3. Acquire examples of specific activities that can be used to facilitate conversation and build understanding among coworkers and peers.
4. Improve self-awareness and practice skills for discussing issues related to diversity in a professional setting.
5. Improve awareness and understanding of how the organizational culture of places they may work or have worked may improve or grow to better encourage diversity.

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## **WS-6** Music, Movement and Moments of Meeting: A workshop for Every Body

**SATURDAY 2:00p - 5:00p**

**Suzanne L. Cohen, EdD, CGP, FAGPA**, Private Practice; Licensed Nia Practitioner.

**Yoko Hisano, LCSW, (LICSW pending)**. Social Worker at Hebrew SeniorLife, Boston MA.

Our bodies are instruments of our craft as group therapists. All bodies are welcome to this workshop in which, through sensory awareness and expressive movement to music, we will develop embodied attunement to self and others. Exploring our experiences of these moments of meeting, we can enhance our self/other awareness and sensitivity to possible issues of difference. **Mixed Level.**

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## **WS-6** Music, Movement and Moments of Meeting: A workshop for Every Body (continued)

### **Learning Objectives:**

1. Name the 6 stages of sensory awareness.
2. Compare and contrast the body as object and the body as subject.
3. Define embodied attunement.
4. Describe the role of music in developing embodied attunement.
5. Define moments of meeting by exploring the quality of lived experience.

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## **WS-7** Facing Racism, Outside and In

**SATURDAY 2:00p - 5:00p**

**Madeleine Lourie, LICSW, Private Practice, Cambridge MA,**

This workshop explores how racism is woven into the fabric of this country, and how the shadow of racism falls inevitably upon and within each of us. We will discuss ways to challenge racism in ourselves and others, and how, as clinicians, we might bring that into work with clients. **Limited to 12 participants. Mixed level.**

### **Learning Objectives:**

1. Learn history and manifestations of structural racism in the US.
2. Define implicit racism, white privilege and white supremacy.
3. Learn about implicit bias in ourselves, its origins, and identify examples.
4. Discuss ways to confront implicit racist beliefs in ourselves and in clinical work with clients.
5. Develop greater confidence in talking about race.

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## **WS-8** Addictions and the Modern Analytic Group

**SATURDAY 2:00p - 5:00p**

**Patricia Halligan, MD, Board Certified in Addiction and General Psychiatry. Private Practice, Pittsford, New York**

This workshop integrates the neurobiology of addiction with ruptured attachment, exploring the reparative factors of modern analytic group therapy with this population. Patients coming from 12 Step culture often see anger as a "character defect", leading to resistance owning and expressing it, creating a significant disadvantage personally and within relationships.

### **Learning Objectives:**

1. Describe the neurobiology of addiction and the healing interpersonal neurobiology behind modern analytic group therapy with patients with addictions.
2. List five challenges running modern analytic groups with addicted populations.

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## **WS-8** Addictions and the Modern Analytic Group (continued)

3. Identify several ways membership in a 12 Step community may discourage healthy expression of angry feelings as well as three other possible sources of resistance to the expression of anger within this population.
4. Describe specific interventions aimed at encouraging addicts to express angry feelings in group and ways to effectively manage conflict as it arises, including addressing shame spirals, trauma activation and scapegoating.
5. Identify 5 possible transference resistances to anger in the modern analytic group leader and how to use induced feelings therapeutically.

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## **WS-9** Come One, Come All, Whenever: Open Access Groups for Diverse Populations

**SATURDAY 2:00p - 5:00p**

**Ann Koplow, LICSW, CGP, Senior Clinical Social Worker, Beth Israel Deaconess Medical Center, President of NSGP**

**Brenda Lewis, OTA, MA, BA, AAS**

Ann Koplow, LICSW, developer-facilitator of BIDMC's primary care Coping & Healing groups, and Brenda Lewis, long-time member, will engage participants in a 90-minute group experience, using elements of mindfulness, narrative, cognitive behavioral, and expressive therapies, mutual support, and patient-centered care. Model development and solutions to intrinsic challenges (integrating new members, group cohesion, outside-of-group contact, safety, structure, continuity, member retention) will be shared. **Mixed level.**

### **Learning Objectives:**

1. Identify opportunities for open access groups in medical and other settings.
2. Integrate different treatment modalities according to participant's need.
3. Recognize and respond to cultural-specific resistances to participation in behavioral health therapy.
4. Differentiate the unique benefits of group for diverse populations.
5. Expand thinking beyond the medical model, even in a medical setting.

# TRAINING PROGRAM CERTIFICATE PRESENTATION

FRIDAY JUNE 12, 2020 @ THE SOCIAL HOUR

Please join us to celebrate our 2019 - 2020 NSGP Training Program participants:

Fanny Audhuy, MA  
Susan Benson, PsyD, LICSW  
Elizabeth Apkin, PsyD  
Meaghan Clifford, MSW, LCSW  
Emma Cohen, PsyD  
Kai daCosta, DO  
Samantha Dorian, MDiv  
Catherine Dubois, PsyD

Madeline O. Freeman, LCSW  
Shirin Kazimov, MD, MPH, MA  
Grace Kim, PhD  
Gabriela Perez-Gil del Valle, LMHC  
Raef Sengupta  
Sarah Stone  
Ziyi Xiu, MEd

## IN MEMORIAM

SUNDAY JUNE 14, 2019 9:00 TO 10:30

All are welcome to participate in this memorial service as we set aside dedicated time to honor our deceased members. We invite you to join in community to commemorate and celebrate members of the NSGP family we have lost.

# NSGP ANNUAL BUSINESS MEETING

**SATURDAY JUNE 13, 2020, 12:00 - 1:00**

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 at [www.nsgp.com](http://www.nsgp.com), through the office or at the conference. Lunch is provided.

## NSGP SATURDAY NIGHT PARTY

**SATURDAY, JUNE 13TH: 6:30PM TO 11:00PM**

All Conference Participants are invited

Come Join Your Colleagues! Food, Drinks and Stimulating Conversation

The home of Julie Anderson

Brookline MA

Full Time Clinical Professionals: \$45

Early Career Clinical Professionals: \$35

Students: \$25

\*\*\* There is a separate registration process for this event on the website. \*\*\*

# NSGP SCHOLARSHIPS

NSGP is proud to offer scholarships to students and early professional who need financial assistance to our conference. Our scholarships are generously funded by the Northeastern Society for Group Psychotherapy Foundation (NSGPF). Both the Foundation and NSGP are committed to the development of students, early career mental health professionals, and its members in need of financial support who have an interest in expanding their knowledge and skills in group psychotherapy. Please visit [www.nsgp.com](http://www.nsgp.com) to learn more and apply.

## THE GENERAL NSGP SCHOLARSHIP FUND

General Scholarships help to defray the cost of the annual Conference in June and our Training Program which includes the Principles Course (6 sessions) and Modules 1 & 2 of the Experiential Group (12 weeks each). We seek applicants that demonstrate the need for financial assistance, express a passion for group psychotherapy, and have an interest and willingness to invest in NSGP and its mission.

Details about each of these training opportunities can be found on our website, [www.nsgp.com](http://www.nsgp.com). NSGP strongly believes in the power of investing in the future of professionals who commit to the endeavor of group work. This investment strengthens your clinical skills and enhances the field of group psychotherapy.

## THE MICHELLE MCGRATH LGBTQIA+ SCHOLARSHIP FUND

Last year, the NSGP Foundation created new scholarships in honor of Michelle McGrath, LICSW who passed away on June 14, 2018. Michelle was an active and vibrant member of the NSGP for many years. She completed the NSGP Training Program and was Co-Chair of the NSGP Membership Committee, an NSGP Board member and a member of the Executive Committee of the Board. She regularly attended the NSGP annual conference and often enthusiastically volunteered to be a participant in demonstration groups, providing others with the rare opportunity to see how groups can be powerful agents for healing and connection.

The opportunity to attend group therapy training at NSGP offers a truly extraordinary learning experience. These awards will be given to clinicians who demonstrate a passion for group work and the potential for leadership. They are intended to provide significant financial assistance so that group therapy training is possible. Full scholarships are available for the NSGP Annual Conference and the NSGP Training Program. Special consideration will be given to those clinicians who are working with the LGBTQIA+ community. Please visit [www.nsgp.com](http://www.nsgp.com) to learn more and apply.

## **THE DEBORA CARMICHAEL SCHOLARSHIP FUND FOR WORKING PARENTS**

The Northeastern Society for Group Psychotherapy Foundation is pleased to announce the creation of a scholarship in honor of Debora Carmichael, PhD, LICSW.

Debora Carmichael died on October 18, 2019 at age 59 after a four year battle with ovarian cancer. She will be deeply missed by her family, friends, colleagues and patients. Debora was born on an Air Force base in Biloxi, Mississippi. A dependent of the military, she attended seventeen schools before graduating from high school in South Dakota and ultimately earning her PhD at Boston College. Debora started and completed her PhD while raising two young sons. She trained and worked at Mclean Hospital in Belmont, Massachusetts before launching her private practice in Cambridge, MA and in Nashua, New Hampshire. She was very involved in the Northeastern Society for Group Psychotherapy, her professional home, serving as President from 2014-2016. Debora earned the designation of Certified Group Psychotherapist and was awarded Fellowship status in the American Group Psychotherapy Association. She was proud to receive the Affiliate Society Assembly Award for outstanding contribution to NSGP. Debora passionately believed in the power of group therapy. We honor Debora's legacy by offering these scholarships which enable comprehensive didactic and experiential group training.

The opportunity to attend group therapy training at NSGP offers a truly extraordinary learning experience. These awards will be given to clinicians who demonstrate an interest in group work and the potential for leadership. Special consideration will be given to those clinicians who are parents of young children. They are intended to provide significant financial assistance so that group therapy training is possible. A full scholarship is available for the NSGP Annual Conference and the NSGP Training Program.

## **THE WALKER SHIELDS SCHOLARSHIP FUND**

The Northeastern Society for Group Psychotherapy Foundation is pleased to announce the creation of a scholarship in honor of Walker Shields MD.

Walker has devoted his professional life to the practice and teaching of group therapy. He served as President of NSGP; Chair of the NSGP Training Committee; a founding member of the NSGP Foundation board including in the roles of Secretary, Treasurer, Vice-Chair and Chair; past Board member of Center for the Study of Groups and Social Systems--the Boston affiliate of the A.K. Rice Institute; and, has been a Fellow of the American Group Psychotherapy Association for more than 25 years. Walker had a vision for the future of NSGP and its Foundation and devoted his time and effort to making that dream come true.

Walker's love of group therapy began during residency when he was part of a life-changing T-group with Norm Neiberg. Since then he has been a strong advocate for group therapy as a conduit for honest communication, greater intimacy, and

getting to know oneself and others on a deep level. His clinical work, teaching, and advocacy has ensured that generations of therapists have the opportunity to experience the transformative power of group and to become highly trained group therapists.

The Walker Shields Scholarship Fund will allow group therapists to attend an Experience or Special Interest Group at the NSGP Conference or a semester or year-long Experience Group through the NSGP Training Program. This opportunity offers a truly exceptional training experience for those interested in the power of group process. These awards will be given to those who demonstrate an interest in group work and honing their group leadership skills. They are intended to provide significant financial assistance so that group process training is possible. Several scholarships will be awarded from this fund and applicants may apply for more than one scholarship. Applications must be received within one month of the event applied for and the monies are available until the fund is depleted.

**WE ARE GRATEFUL FOR THE ONGOING SUPPORT FROM THE  
NORTHEASTERN SOCIETY FOR GROUP PSYCHOTHERAPY  
FOUNDATION.**

The Foundation continues to offer Scholarships for Group Therapy Training including this Conference. The Foundation's ongoing support 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: [www.nsgpf.org](http://www.nsgpf.org)

# CONFERENCE COMMITTEE

## Conference Co-Chairs

Guy R. Croteau, LICSW, CGP  
Michael Mitchell, MA

## Experience Group Committee

Julie Anderson, PhD, CGP, Co-Chair  
Suzanne L. Cohen, EdD, CGP, FAGPA,  
Co-Chair  
Joyce Collier, LICSW, CGP  
Tracy McNab, PhD, FAGPA  
Geri Reinhardt, PhD, LICSW  
Marsha Vannicelli, PhD, CGP, FAGPA  
Mariane Zasa, LCSW

## Workshop Committee

Mary Alicia Barnes, OTD, OTR/L,  
Co-Chair  
Ann-Keren Neeman Kantor, PsyD,  
LICSW Co-Chair  
Charlie Glazier, LICSW, CGP  
Dan Sutelman, LICSW  
Alexandra (Sasha) Watkins, LMHC, CPRP

## Registration

Guy R. Croteau, LICSW  
Lisa Portscher, Office Manager

## Membership Committee

Jennifer DeSouza, LICSW, CGP, Co-Chair  
Yoko Hisano, LCSW  
William Sharp, CGP, PsyD, Co-Chair

## Site Coordinator

Charlie Glazier, LICSW, CGP

## Scholarship Committee

Marc G. Bolduc, LICSW, CADC II, CGP  
Lucille Jordan, LICSW

## Member At Large

Richard Montes, MA

NSGP is grateful for all the hard and dedicated work by this conference committee. Our Annual Conference would not be possible without the the many hours spent by every member of this committee.

Thank You!

# NSGP BOARD OF DIRECTORS

## **President:**

Ann Koplou, LICSW, CGP

## **President Elect:**

Jennifer DeSouza, LICSW, CGP

## **Secretary:**

Charlie Glazier, LICSW, CGP

## **Treasurer:**

Guy R. Croteau, LICSW, CGP

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Jeff Brand, PsyD, CGP

Suzanne L. Cohen, EdD, CGP, FAGPA

Yoko Hisano, LCSW

Melissa Kelly, LICSW

Rivkah Lapidus, PhD, LMHC, CGP

Leslie McGee, LMHC

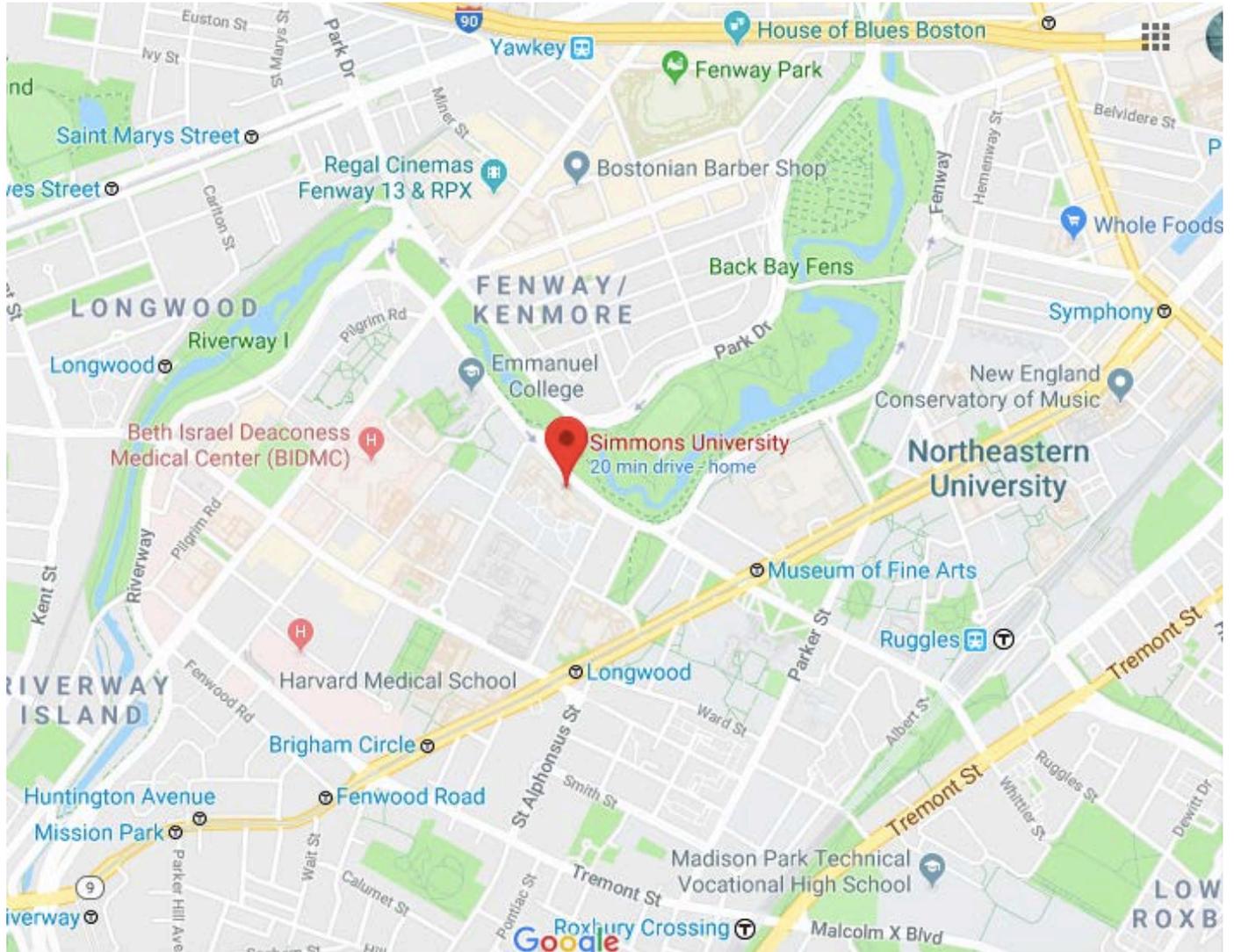
Ann Keren Neeman-Kantor, PsyD, LICSW

## **Office Manager:**

Lisa Portscher

# DIRECTIONS TO SIMMONS COLLEGE:

The GPS address for the entrance to the Simmons College Parking Garage is:  
48 Avenue Louis Pasteur, Boston, MA



# NSGP ACCREDITATION

NORTHEASTERN SOCIETY FOR GROUP PSYCHOTHERAPY

39TH ANNUAL REGIONAL CONFERENCE JUNE 12-14, 2020 BOSTON, MA

## 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. 21.00 hours.

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

**MI:** No CE requirements

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

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

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**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



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.

Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social workers completing this course receive **21.0** clinical continuing education credits.

**The following state boards accept courses from ASWB providers for Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, NC, ND, NE, NH, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY

**The following state boards accept courses from ASWB providers for Counselors:** AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, 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 state boards accept courses from ASWB providers for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK, PA, RI, TN, TX, UT, VA, WI, WY

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**The following state boards 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

## New York Board for Mental Health Counselors

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0061. 21.0 hours.

## New York Board for Marriage & Family Therapists

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0032. 21.0 hours.



**NSGP**  
Northeastern Society for Group Psychotherapy