



NSGP

Northeastern Society for Group Psychotherapy

24

The 24th Annual Regional Conference

June 17, 18, and 19, 2005

Wellesley College, Wellesley, MA

Strangers in a Strange Land:

**Exploring the New and Unknown
in the Group Experience**

Special Presentation

Memories of Elvin Semrad: A Forefather of NSGP

Moderator: J. Scott Rutan, PhD, CGP, DFAGPA

Participants: Max Day, MD; Jerome S. Gans, MD, CGP, FAGPA;
Norman Neiberg, PhD, DFAGPA; Donald Wexler, MD, FAGPA, CGP

Demonstration Group

The Omnipotent Child Syndrome: The Role of
Passionately Held Bad Fits in the Formation of Identity

Demonstration Group Leader: Stewart L. Aledort, MD

Discussants: Lise Motherwell, PsyD, CGP; Norman Neiberg, PhD, DFAGPA

CGP Certificate Program

Principles of Group Psychotherapy



NSGP

Northeastern Society for Group Psychotherapy

Welcome to the 24th Annual Conference

Please join us for our annual NSGP Conference at Wellesley College. We have assembled a richly layered program dealing with the knowable and unknowable aspects of the life of the group and of the group members. As the world around us becomes more dangerous and volatile, we look to ourselves and to others (the group) to bring to us some elements of comfort, connection, and strength.

We are delighted to have an outstanding group of gifted and seasoned presenters. The Institutes, Workshops, and Demonstration Group will explore more of the new, the unknown, and, of course, the known in the group experience.

Our deepest appreciation goes to the 30 conference committee volunteers who have worked with energy, passion, and commitment since September of 2004 to create this event.

Please review the brochure carefully and do register early. If you are not a member of NSGP consider joining, and take advantage of member rates for the conference. We look forward to seeing you there.

Katherine Wenger and Geri Reinhardt
for the Conference Committee

Stuart Aledort, MD • Shoshana Ben-Noam, PsyD, CGP • Richard Berke, PhD • Bruce H. Bernstein, PhD, ABPP, FAGPA, CGP • J. Tyler Carpenter, PHD, ABPP • Suzanne L. Cohen, EdD, CGP, FAGPA • Deborah Cole, EdD, CGP • Eleanor Counselman, EdD, CGP, FAGPA • Max Day, MD • Patricia Doherty, EdD, CGP, FAGPA • Pamela Enders, PhD, CGP • Nina Fieldsteel, PhD, FAGPA • Joel Frost, EdD, ABPP, CGP, FAGPA • Lena Blanco Furgeri, CSW, EdD, FAGPA, CGP • Jerome Gans, MD, CGP, FAGPA • Caren E. Glickson, PhD, CGP • David Goldfinger, PhD • Tanya Terry Gurian, APRN, BC • David Hawkins, MD, CGP, DFAGPA • Bonnie Jacobson, PhD • Danielle Kennedy, LICSW, PhD, CGP • Steven Krugman, PhD, CGP • Gregory MacColl, LCSW, CGP • Anne Mahoney, PhD, CPsych, FCGPA • William Mark, MDiv • Lise Motherwell, PsyD, CGP • Suzi Naiburg, PhD, LICSW • Norman Neiburg, PhD, DFAGPA • John V. O'Leary, PhD • Judy Osborne, LMFT, LMHC, CGP • Kathryn Kollar Papale, MS • Kathy Perrego, MD, CGP • Carolee Rada, PsyD • Robert Rasmussen, MEd • Scott Reinhardt, PhD, CGP • Cecil Rice, PhD, CGP • J. Scott Rutan, PhD, CGP, DFAGPA • Joseph Shay, PhD, CGP • Judith Silverstein, PhD, CGP • Judy Starr, LICSW, CGP • Richard C. Tomb, MD • Kathleen Ulman, PhD, CGP, FAGPA • Marsha Vannicelli, PhD, FAGPA • Robert Weber, PhD, CGP, FAGPA • Donald Wexler, MD, FAGPA, CGP • Karen Wischmeyer, LICSW, CGP • Fred Wright, PhD •

Conference Overview *

Friday, June 17, 2005

8:00 - 9:30 Registration —
Continental Breakfast
9:00 - 9:30 Institute Opening/
Orientation
9:45 - 12:15 Institute Session I
12:15 - 1:45 Lunch
1:45 - 4:30 Institute Session II
4:30 - 5:00 Refreshment Break
5:00 - 6:45 Institute Session III
6:45 - 7:00 Evaluations
7:00 - 8:00 Social Hour
7:30 - 10:00 Special Presentation

Saturday, June 18, 2005

7:45 - 9:30 Registration —
Continental Breakfast
8:00 - 5:30 **CGP Program**
9:00 - 9:15 Conference
Opening Session
9:30 - 12:30 Morning Workshops
12:30 - 2:30 Lunch
2:45 - 5:45 Afternoon Workshops
5:45 - 6:45 Social Hour

Sunday, June 19, 2005

8:15 - 9:30 Registration —
Continental Breakfast
8:30 - 9:30 Business Meeting
9:45 - 12:45 Morning Workshops
10:15 - 5:30 **CGP Program**
12:45 - 2:15 Lunch
2:30 - 5:30 Demonstration Group
5:30 - 6:30 Social Hour

* CGP course schedule listed separately.

The Northeastern Society for Group Psychotherapy, Inc. is a regional affiliate of the American Group Psychotherapy Association.
NSGP • P.O. Box 356 • Belmont, Massachusetts 02478-3201 • (617) 484-4994 • www.nsgp.com

Special Presentation

SP Friday 7:30 – 10:00 pm

Memories of Elvin Semrad: A Forefather of NSGP

Elvin Semrad was an honored teacher and mentor of psychoanalysts and psychoanalytically-oriented psychotherapists. His influence in the Boston area is immense. His unique focus on the importance of relationship in the therapeutic process (Cf. Semrad: The Heart of a Therapist, ed. Susan Rako) has also influenced the practice of group therapy. Indeed, a case can be made that the reason group therapy is so important in Boston is because Semrad supported and practiced group therapy. In this workshop, four senior members of NSGP will share their memories, experiences and thoughts about Elvin Semrad and his impact on themselves and the practice of group therapy.

Moderator:

J. Scott Rutan, PhD, CGP, DFAGPA, Past President, AGPA; Past President, NSGP; Past President, Boston Institute for Psychotherapy; Private Practice, Chestnut Hill, MA

Participants:

Max Day, MD, Past President, NSGP; Visiting Faculty Member, Massachusetts General Hospital; Instructor, Boston Institute for Psychotherapy; Consultant, Massachusetts Mental Health Center; Private Practice, Newton, MA

Jerome S. Gans, MD, CGP, FAGPA, Associate Clinical Professor of Psychiatry, Harvard Medical School; Private Practice, Wellesley and Cambridge, MA

Norman Neiberg, PhD, DFAGPA, Past President, NSGP; Private Practice, Newton, MA

Donald Wexler, MD, FAGPA, CGP, Past President, NSGP; Consultant, PTSD Group Therapy Program, Bedford, MA

Lecture & Demonstration Group

D Sunday Afternoon, 2:30 – 5:30 pm

The Omnipotent Child Syndrome

The Role of Passionately Held Bad Fits in the Formation of Identity

Dr. Stewart L. Aledort

This seminar explores the hidden somatic passions that are laid down in the earliest bad fits (i.e. misattunements) and become the source of highly resistant narcissistic behaviors that support and concretize one's identity. The omnipotent child syndrome is used to define these passionate, somatic, psychic attachments. The omnipotent child is that part of the internal psychic structure that is the final common pathway of all the passionately held bad fits that characterize not only the person's object ties and attachments, but also her/his most powerful internal psychic identity. Recent infant research, coupled with neurobiological advancements, supports the idea of the formation of these attachments.

Dr. Aledort believes that the group can create an analytic culture that will allow the formation of the bad fits in their fullest expression, and at the same time provide a safe holding environment in which the bad fits can be transformed into good fits through the process of rapprochement. After an

introduction to his theory, Dr. Aledort will lead a demonstration group comprised of volunteers from the audience. The group will attempt to recreate the earliest experiences of life where the original bad fits occurred. The central role of the therapist will be demonstrated, both as the "mother" of symbiosis and as an instrument in the formation of group cohesion.

Drs. Lise Motherwell and Norman Neiberg will comment on Dr. Aledort's theoretical framework and their observations of the group. Audience questions and discussion will follow.

Demonstration Group Leader:

Stewart L Aledort, MD

Dr. Stewart L. Aledort is a member and one of the founders of the National Group Psychotherapy Institute and a conference presenter. He is a faculty member of the Washington School of Psychiatry, the Washington Psychoanalytic Institute and a Clinical Associate Professor of Psychiatry at the George Washington University School of Medicine. He is in Private Practice in Washington, DC. He has presented workshops and Institutes at AGPA and its affiliates for many years, and has published articles defining his theory and its clinical applications.

Discussants:

Lise Motherwell, PsyD, CGP, President, NSGP; Faculty, Center for Psychoanalytic Studies, Massachusetts General Hospital; Private Practice, Brookline, MA

Norman Neiberg, PhD, FAGPA, Past President, NSGP; Private Practice, Newton, MA

Institutes

I

Friday, 9:45 am – 7:00 pm

Description of Institute Groups

Institutes are small groups led by experienced leaders. They are structured to provide a combination of experiential and cognitive learning, with primary emphasis on the experiential aspect. Participants will learn about psychodynamic group process through their own experiences in the group. Group processes to be examined include the group contract, individual and group resistance, transference, and termination phenomena. The goal is to increase knowledge of group dynamics and processes.

For specific interest sections, a prior NSGP or AGPA psychodynamic group process institute or its equivalent is suggested. Each group will have a minimum of 5 and a maximum of 12 participants, unless otherwise noted. All institutes are one-day events, and participants agree to attend the group from beginning to end. Observers from the Institute Committee will visit the groups briefly.

General Psychodynamic Institutes

FOR STUDENTS AND CLINICIANS WITH 0 TO 2 YEARS OF GROUP THERAPY EXPERIENCE

I-1 David M. Hawkins, MD, CGP, DFAGPA, Private Practice, Chapel Hill, NC

FOR CLINICIANS WITH 3 TO 7 YEARS OF GROUP THERAPY EXPERIENCE

I-2 Patricia McGinn Doherty, EdD, CGP, FAGPA, Co-Chair, Institute Subcommittee of AGPA; Private Practice, Brookline, MA

FOR CLINICIANS WITH 8 OR MORE YEARS OF GROUP THERAPY EXPERIENCE

I-3 Bruce Bernstein, PhD, ABPP, FAGPA, Private Practice, New York City and South Egremont, MA

Two-Year Psychodynamic Institutes

Participants are expected to attend both years of a 2-year institute.

I-4 Two-year Institute, second year

This will be the second year of this psychodynamic institute. Participants are expected to attend both years of this institute. No new participants will be accepted.

Kathleen Ulman, PhD, CGP, FAGPA, Director, Center for Group Psychotherapy, Massachusetts General Hospital; Assistant Professor of Psychology, Harvard Medical School, Boston, MA

I-5 Two-year Institute, first year

This will be the first year of this two-year psychodynamic institute. Participants are expected to attend both years of this institute.

Jerome S. Gans, MD, CGP, FAGPA, Associate Clinical Professor of Psychiatry, Harvard Medical School; Private Practice, Wellesley and Cambridge, MA

Institutes

I Friday, 9:45 am – 7:00 pm

Special Interest Institutes

I-6 **Mother-Daughter Relationship Through the Group's "Hall of Mirrors"**

Mother-daughter interaction is central in the daughter's development of a relational self. This **all-women** experiential institute will examine the impact of mothers on daughters' emotional, interpersonal and professional lives. Participants' here-and-now interactions will provide a "hall of mirrors" for observing members' various aspects of the self. Conflicts in this core relationship and paths toward resolution will be addressed.

Shoshana Ben-Noam, PsyD, CGP, Faculty, Eastern Group Psychotherapy Society Training Program; Private Practice, New York, NY

I-7 **Integrating the Mind, the Body and the Emotions**

Traditional group therapy addresses cognitive and emotional processing and focuses on understanding and meaning-making. Sensorimotor experience is a third domain that can be utilized in group therapy. In this experiential process group we will learn to access present experience from all three domains (cognition, emotion, and body experiences), and will see how contributions from these three domains deepen self-awareness, interpersonal connection, and group cohesiveness.

Suzanne L. Cohen, EdD, CGP, FAGPA, Clinical Instructor in Psychology, Harvard Medical School; Private Practice, Wellesley, MA

I-8 **The Tavistock Small Study Group**

The Tavistock small group offers participants the opportunity to learn from here-and-now experience in group sessions, with group-as-a-whole consultation about themes of authority, leadership and dependence. Throughout the experience Dr. Kennedy will address creative and defensive group processes such as regression, projective identification, boundary management, responsibility-taking and self-organizing. **Limited to 14 participants.**

Dannielle Kennedy, LICSW, PhD, CGP, Senior Consultant, KRW International Leadership Consulting, Cambridge, MA; Private Practice, Cambridge, MA

I-9 **The Second Half of Life: Stagnation vs. Generativity A Group Exploration of Challenges and Opportunities Facing Mid-Life Adults**

This institute focuses on the late mid-life phase. Participants will examine their own experience of coping with experience of aging, contending with physical changes to one's body and mind, loss of aging parents, and illness and death. Issues of letting go and acceptance, along with models of ongoing differentiation and accessing of alternative self states to facilitate renewal and "second growth", will shape the group process.

Steven Krugman, PhD, CGP, Faculty, Center for Psychoanalytic Studies, Massachusetts General Hospital; Private Practice, Boston and Newton, MA

I-10 **Meditation and Therapy: Old Ideas, New Approaches**

Mindfulness meditation involves mindful awareness and mindful reflection. Mindful awareness is paying attention without judgment. This awareness allows us to see emotional and behavioral patterns in our lives. Mindful reflection is the practice of evaluating the benefit and cost of specific thoughts, words and actions. This institute will focus on using mindful awareness and mindful reflection to identify and understand thought patterns and behavioral patterns that impact our choices in the clinical moment.

Anne Mahoney, PhD, CPsych, FCGPA, Director, Group Therapy Training Program; Private Practice, Calgary, Alberta, Canada

I-11 **The Leader Takes the Center: The Emergence of the Omnipotent Child**

The "Omnipotent Child" is the intrapsychic reflection in the present of early passionately held bad fits with mother. At the beginning of a group, if the leader welcomes the longings to merge, this "Omnipotent Child" emerges. The experience in turn gives the participants an opportunity to understand how this bad but exciting fit can be resolved in new and more satisfying ways.

Richard C. Tomb, MD, Past President, NSGP; Private Practice, Worcester, MA

I-12 **On Endings: Making Goodbye Good**

Salient aspects of termination and loss (and attendant sadness, regret and disappointment) will be experienced and elucidated through a semi-structured format designed to help participants understand and make meaning of the process of saying goodbye. This institute will provide an opportunity for participants to experience the impact and explore the meaning of endings in their own lives, as well as in the groups that they lead.

Marsha Vannicelli, PhD, CGP, FAGPA, Associate Clinical Professor, Harvard Medical School; Private Practice, Cambridge, MA

Scott Reinhardt, PhD, CGP, Private Practice, Newton, MA

STANDBY OPTION:

You may attend an institute for a very reduced fee of \$40 in return for agreeing to give the committee the flexibility to assign you to an institute. You may indicate your first, second, and third choices on the registration form. When possible we will honor your preferences. However, the committee may assign you to another institute if necessary to balance institute membership. We will notify you of your assignment any time up until the evening before the conference begins. You need to clearly indicate the number at which we can reach you. If we cannot accommodate you for this standby option, you will have the option to pay the regular fee and choose among the available institutes.

This offer is available on a first-come, first-served basis for up to 10 people.

Certificate of Group Psychotherapy

CGP

Saturday 8:00 am – 5:30 pm & Sunday 10:15 am – 5:30 pm

CGP Certificate Program

Principles of Group Psychotherapy

This program is designed to provide a basic understanding of the theory, principles, and applications of group psychotherapy. This 13-hour didactic and discussion presentation will cover group process and dynamics, types of group psychotherapies, clinical and ethical issues, group psychotherapy research, and the history of group psychotherapy.

At the conclusion of this program, participants who attended all five sessions will be awarded a certificate designating successful completion.

Moderator:

Judy Starr, LICSW, CGP, Co-President and Treasurer, Group Solutions Network; Private Practice, Brookline and Quincy, MA

NOTE: This program meets only the 12-hour course-work requirements for the National Registry of Certified Group Psychotherapists (CGP). There are two additional requirements for CGP listing. They are as follows:

- (1) 300 hours of group psychotherapy experience as a leader or co-leader accrued during or following clinical graduate training;
- (2) 75 hours of group psychotherapy supervision accrued during or following clinical graduate training.

C-1 Foundations of Group Psychotherapy
Saturday, June 18, 2005, 8:00 – 10:30 am

Judy Osborne, LMFT, LMHC, CGP, Director, Stepfamily Associates. Private Practice, Brookline, MA

C-2 Group Dynamics and Group Process
Saturday, June 18, 2005, 10:45 am – 1:15 pm

Steven Krugman, PhD, CGP, Faculty Center for Psychoanalytic Studies and Massachusetts General Hospital, Boston, MA; Private Practice, Boston and Newton, MA

C-3 The Change Process in Group Psychotherapy
Saturday, June 18, 2005, 3:00 – 5:30 pm

Deborah Cole, EdD, CGP, Private Practice, Wellesley, MA

C-4 The Group Leader
Sunday, June 19, 2005, 10:15 am – 12:45 pm

Karen Wischmeyer, LICSW, CGP, Private Practice, Norwell MA

C-5 Demonstration Group
Sunday, June 19, 2005, 2:30 – 5:30 pm

Group Leader: Stewart L. Aledort, MD

Discussants: Lise Motherwell, PsyD, CGP
Norman Neiberg, PhD, DFAGPA



Workshops

W

Saturday Morning, 9:30 am – 12:30 pm

W-1

Why am I Feeling So Lousy? The Objective and Subjective Countertransference

Often the feelings we experience leading groups are being induced by either an individual or the group as a whole. This workshop will focus on how to listen to (monitor) our feelings so as to be able to differentiate between objective and subjective countertransference. Experiential, Demonstration, Didactic, Discussion.

Lena Blanco Furgeri, CSW, EdD, FAGPA, CGP, Center for Group Studies, New York City, NY; Private Practice, New York City, NY

W-2

Body Wisdom: Accessing Self and Other

We experience the world through cellular, sensory, somatic, kinesthetic, emotional and verbal domains. During this workshop, we will explore the therapist's experience in these arenas through creative movement. Having discovered our "movement voice," we will explore the transitional space of group improvisation, a space where creativity and spontaneity can emerge. Experiential, Didactic, Discussion.

Kathryn Kollar Papale, MS, Director, Kathryn Kollar and Company, Inc., West Haven, CT

Kathy Perrego, MD, CGP, Private Practice, Scarsdale, NY

W-3

Life Coaching in Groups: Working with Strengths

Life coaching involves improving on strengths and health to find better balance and fulfillment in high functioning people. Barriers to fulfillment, including old habits, beliefs, and assumptions are identified. Coaching focuses on wants, values, purpose and action. This workshop will distinguish between therapy and life coaching as well as offer a sampling of some coaching methods. Experiential, Didactic, Discussion.

Judith L. Silverstein PhD, CGP, Private Practice, Needham, MA

W-4

The Element of Surprise: A Systems Theorist's Guide to the Unexpected in Group Therapy

The therapy group can be understood as a living system whose development traces an unpredictable, non-linear path. As members seek to negotiate various needs, the particularity of their interactions give rise to surprising encounters (now moments), which – if properly handled – yield more coherent, inclusive ways of being together. Didactic, Demonstration, Discussion.

David Goldfinger, PhD, Training faculty, NSGP; Private Practice, Cambridge, MA

W-5

Gays and Lesbians: You Will Never Fully Know Us

All people grow up keeping some secrets. Disclosing these secrets always involves some risks. Some secrets seem to threaten the very fabric of a mother's love for her child. Carrying this perception throughout their entire development, can gays and lesbians ever allow themselves to be fully known? Experiential, Didactic, Discussion.

Joel Frost, EdD, CGP, FAGPA, ABPP, Private Practice, Boston, MA

W-6

A Fresh Approach to Understanding Post-Traumatic Stress

We have learned that the phenomena of Post-Traumatic Stress (nightmares, early morning awakening, panic, rage, flashbacks and intrusive thoughts) are natural phenomena. They are expressions of attachment to the traumatic experience for the purpose of undoing it. They occur when the individual is in a dissociative state, asleep or awake. Workshop participants will learn the guidelines for individual and group psychotherapy of Post-Traumatic Stress. Didactic, Case Presentation, Experiential, Discussion.

Donald Wexler, MD, FAGPA, CGP, Consultant, PTSD Group Therapy Program, ENRVA Medical Center, Bedford, MA

William R. Mark, MDiv, PTSD Coordinator, ENRVA Medical Center, Bedford, MA

Carolee V. Rada, PsyD, Staff Psychologist, ENRVA Medical Center, Bedford, MA

W-7

"Difficult" Patients Go to the Movies

Do "difficult" patients make you anxious? Patients who are defined as "difficult" are often central to their groups. They are at least catalytic, evoking change in others while they themselves seem immune to change. This workshop will focus on the identification and group treatment of such patients using video clips from *All About Eve*, *Fatal Attraction*, *Bugsy*, *A Streetcar Named Desire*, *The Sopranos*, and others. (Rated "R") Audio/Visual, Discussion, Didactic, Experiential.

J. Scott Rutan, PhD, CGP, DFAGPA, Senior faculty, Boston Institute for Psychotherapy; Private Practice, Chestnut Hill, MA

Joseph Shay, PhD, CGP, Director of Psychological Services and Psychology Training, Two Brattle Center; Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private Practice, Cambridge, MA

Workshops

W

Saturday Afternoon, 2:45 – 5:45 pm

W-8 The Courage of the Group Therapist

Courage is at the heart of psychodynamic psychotherapy and the therapeutic alliance and yet is scarcely mentioned in the group therapy literature. Hope and pride, byproducts of actualized courage, serve to counter the shameful moments that inevitably attend group leadership. This workshop will provide an opportunity to further understand and develop this elusive mental act. Sharing of Work Experience, Didactic, Experiential, Discussion.

Jerome S. Gans, MD, Associate Clinical Professor of Psychiatry, Harvard Medical School; Private Practice, Wellesley and Cambridge, MA

W-9 The Advanced ABC's of the Group Leader

Just as the focal points for change of the group therapist are the affects, behaviors, and cognitions of the group members, so too must the therapist attend to his/her own (A)ffects, (B)ehaviors, and (C)ognitions in order to lead effectively for psychological change. This workshop will examine these three ABC's of the group leader's functioning to enhance professional development as a group therapist. Sharing of Personal & Work Experience, Didactic, Discussion, Case Presentation.

Robert L. Weber, PhD, CGP, FAGPA Clinical Instructor in Psychology, Harvard Medical School; Private Practice, Cambridge, MA

W-10 The Therapist's Role in Resolving Blocks to Group Intimacy

Group therapists study the blocks that impede group intimacy. We watch as members talk about the past, avoiding present contact. We observe how members dwell on outside issues. We notice them avoid eye contact. Techniques of facilitating intimacy between members, which keep the group spontaneous and involved, will be highlighted. Discussion, Experiential, Demonstration, Didactic.

Gregory MacColl, LCSW, CGP, Private Practice, Manhattan & Forest Hills, NY

W-11 "Grok This...Grok That": Applied Group Psychology in Real Time and Real Places

We therapists, like our clients, participate in numerous interlocking groups inside and outside our clinical office. This workshop will offer participants the opportunity to confront and explore the variety of group-related forces which we can utilize to work productively in group life.

J. Tyler Carpenter, PhD, ABPP, Psychologist, Massachusetts Treatment Center, Bridgewater, MA

W-12 Lego Serious Play—A Group Technique for Therapists, Coaches, and Consultants

Play is an important aspect of social, cognitive, and emotional development. Since play involves the capacity to pretend, and to shift attention and roles, it provides a natural setting in which a therapeutic experience may take place. A methodology which can be used in group therapy, coaching, consulting, and therapy with children and adolescents, Lego Serious Play is a powerful group technique where participants create 3-D models (using Lego) in a playful manner to unleash their imaginations, and to learn about themselves and the group. In this highly interactive workshop we teach the Lego Serious Play methodology, and through a series of Lego exercises and discussion we learn how it can deepen our work with clients. No previous experience with Lego is necessary! Experiential, Discussion.

Lise Matherwell, PsyD, CGP, President, NSGP; Faculty, Center for Center for Psychoanalytic Studies, Massachusetts General Hospital; Private Practice, Brookline, MA

Robert Rasmussen, MEd, Visiting Professor, Tufts University; Rasmussen and Associates, Corporate and Educational Consultants

W-13 Integrating the Painfully Shy Patient in Long-Term Analytic Group Therapy

The painfully shy are frequently misdiagnosed. By interpreting shy behavior as regressed anger and not as a predisposition towards fearfulness, we inadvertently frustrate these patients. This workshop begins with a presentation of 10 years of clinical research from "The Shy Single" (2004). We will then proceed to group supervision of confusing cases.

Didactic, Case Presentation, Discussion.

Bonnie Jacobson, PhD, Director, New York Institute for Psychological Change; Adjunct Professor, Department of Applied Psychology, New York University

W-14 Necessary Losses: Growth Through Losing, Leaving, and Letting Go

Sometimes change requires letting go of relationships or parts of our lives that we have held dear. We will explore those losses necessary for us to move on and let new experiences emerge. Our focus will be on the presenter's own struggles, as well as the related experiences of workshop participants. Discussion, Didactic, Experiential.

Bruce H. Bernstein, PhD, ABPP, FAGPA, Private Practice, New York City and South Egremont, MA

Workshops

W

Sunday Morning, 9:45 am – 12:45 pm

W-15 “Enough About You: What About Me?” Therapist Use and Misuse of Self in Psychotherapy

Current thinking has emphasized the importance of the therapist-patient relationship as an essential factor in effecting therapeutic change. As group therapists what do we understand as “use of the self”? What does the group gain from this exchange? What does the therapist gain? What are the possible pitfalls for each participant? How are we to redefine boundaries? How does it affect our practice? Can all patients benefit from this approach? Didactic, Discussion.

Nina Fieldsteel, PhD, FAGPA, Faculty, Center for Psychoanalytic Studies, Massachusetts General Hospital Department of Psychiatry, Boston, MA

Eleanor F. Counselman, EdD, CGP, FAGPA, Assistant Professor of Psychiatry (Psychology), Harvard Medical School; Private Practice, Belmont, MA

W-16 Valuing Uncertainty and Ambiguity in Group Therapy: A Social Constructivist Perspective

Since we seldom have an awareness of our participation in the construction of a field, uncertainty and a questioning attitude are valued from a social constructivist perspective. This perspective also contends that experience is fundamentally ambiguous until organized. This workshop will explore these and related ideas. Didactic, Sharing of Work Experience, Case Presentation, Discussion.

Fred Wright, PhD, Emeritus Professor of Psychology, The John Jay College of Criminal Justice of the City of New York; Private Practice, New York, NY

John V. O’Leary, PhD, Faculty and Supervisor, The William Alanson White Institute; Adjunct Faculty and Supervisor, Columbia University, New York, NY

W-17 Psychotherapy in the Land of the Rich and Famous: Group Experience for Practitioners Exploring the Psychological Landscape of Overabundance

The presenter has practiced in Fairfield County, Connecticut for 25 years. She has grown accustomed to treating patients who have vastly more money than she does, yet who struggle with feelings of deprivation that arise from this very abundance. How can we help them value intimacy? The group will encourage the practitioners to grapple with the gamut of feelings provoked by these patients. Experiential, Didactic, Discussion, Case Presentation.

Caren Glickson, PhD, CGP, Private Practice, Stamford/Norwalk, CT

W-18 Serial Measurement of Interpersonal Skills and Group Climate in Outpatient Adult Group Psychotherapy

Data analyzing significant changes in interpersonal skills (stating needs, sharing/gathering information, proposing/negotiating, acknowledging, self-care, reflection) in adults’ long-term outpatient group psychotherapy will be presented. Implications involving Sullivan’s concept of Consensual Validation (Sullivan, 1953) as applied to group psychotherapy outcome measurement will be discussed. Didactic, Discussion.

Richard Berke, PhD., Private Practice, Amherst, NH

W-19

Performance Enhancement in the Workplace, the Performing Arts, and Sports

Performance excellence requires skill, talent, and technique plus an integration of mind, body, and spirit. Based on research from sports psychology, this workshop will focus on the cognitive and emotional aspects of performance. Participants will learn: how to assess their “Mental Toughness”; how to set realistic performance goals with specific strategies for achieving those goals; how to assess specific strengths and liabilities in the mental sphere of performance; and strategies for managing, changing and controlling the mental hurdles which negatively affect performance. Didactic, Experiential, Demonstration, Discussion.

Pamela Enders, PhD, CGP, Clinical Instructor in Psychology, Harvard Medical School; Private Practice, Enders and Weber, P.C., Cambridge, MA

W-20

An Interactive Workshop on Clinical Writing: Creating Momentum with the Group

This is a hands-on workshop for writers of all levels of competence and degrees of anxiety. It will cover different ways to generate and map ideas, build effective introductions, and conceptualize and practice ways to write about some of the most elusive and “strange” aspects of the group process. Experiential (writing and group process), Didactic, Discussion.

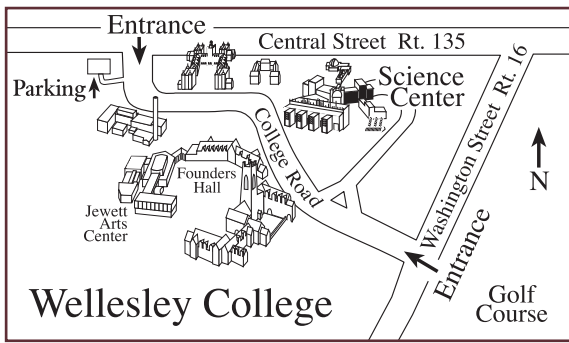
Suzi Naiburg, PhD, LICSW, Research graduate of the Massachusetts Institute for Psychoanalysis; Writing Coach, Private Practice, Belmont, MA

W-21

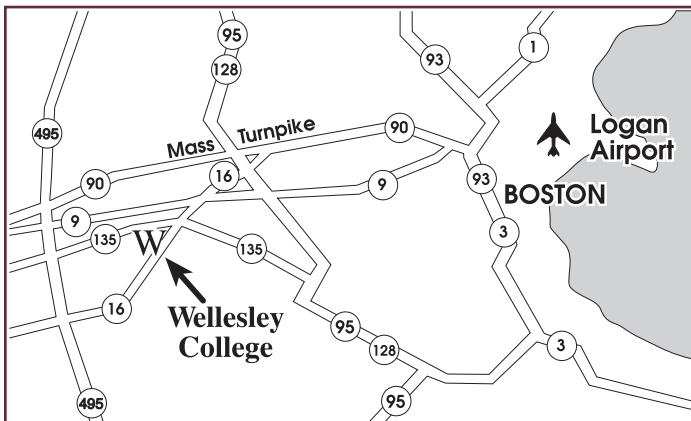
Safety In Groups for Trauma Survivors: From Implicit to Explicit Goal

Post-Traumatic Stress Disorder (PTSD) involves a disruption in the individual’s ability to stay safe and experience a sense of safety. Judith Herman describes establishment of safety as the major task of the first stage of treatment. Establishing safety is critical in stage one of group therapy with trauma survivors regardless of the format. This workshop will explore methods for making groups safe and helping group members generalize that learning to their lives. Didactic, Discussion, Experiential.

Tanya Terry Gurian, APRN, BC, Group Coordinator, The Trauma Center, Allston, MA; Private Practice, Brookline, MA



Directions to Wellesley College: Take **Route 128** (I-95) to **Route 16 West** exit. Follow **Route 16 West** to the entrance to the College, opposite the golf course. (You will drive through the town of Wellesley.)



Lodging on the Wellesley College campus is limited and will be made available on a first-come, first-served basis. Requests for lodging must be received by Friday, May 27. Those people who are assigned lodging will receive by mail a schedule of check-in times with their registration materials. Please note: dormitory rooms are not air-conditioned. For a list of other accommodations in the Wellesley area, please contact Sam Gloyd at 617-527-5804.

Taping and taking of photographs will be permitted with the agreement of each leader and all the participants.

Reprints relevant to the CGP curriculum will be available for a nominal fee.

Campus is smoke free.

Special Needs All buildings in use are handicap accessible.

Continuing Education Credits

NSGP Accreditation: The Northeastern Society for Group Psychotherapy, Inc. (NSGP) designates this educational activity for a maximum of 21.5 category 1 credits toward the AMA Physician's Recognition Award. The Northeastern Society for Group Psychotherapy, Inc. is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians. NSGP, Inc. is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This program carries a maximum of 25.8 contact hours. NSGP is approved by the American Psychological Association (APA) to offer Continuing Education for Psychologists. NSGP maintains responsibility for the program. This program provides a maximum of 21.5 credits. NSGP is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. This activity has been approved for a maximum of 21.5 Category 1 Continuing Education hours for relicensure for Licensed Mental Health Counselors. For information regarding the status of Continuing Education Credits for social workers and alcohol counselors, and to find out if an authorization has been issued, please call the NSGP office at 617-484-4994. For all disciplines, continuing education credit awarded is dependent on participation.

NSGP Annual Membership Business Meeting

Sunday, June 19, 2004 from 8:30 – 9:30 am
Science Center Room 277

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 will be announced for the Board of Directors.

Membership in the NSGP is open to members of all qualified professions, including social work, nursing, psychology, psychiatry, and counseling. All members receive copies of the NSGP NEWSLETTER, reduced fees at the ANNUAL REGIONAL CONFERENCE, and an opportunity to participate more fully in this regional organization devoted to the increasingly important therapeutic modality of group psychotherapy. Membership forms are available at: NSGP, PO Box 356, Belmont, MA 02478-3201 Telephone: (617) 484-4994.

My Conference Registration Schedule		
W Workshop Registration		
Saturday AM	Saturday PM	Sunday AM
1st # _____	1st # _____	1st # _____
2nd # _____	2nd # _____	2nd # _____
3rd # _____	3rd # _____	3rd # _____
<input type="checkbox"/> Special Presentation	<input type="checkbox"/> CGP Certificate Program	
<input type="checkbox"/> Institute	<input type="checkbox"/> Demonstration Group	

Mail Registration: People registering by May 27th will receive their tickets in the mail. Tickets will be mailed by June 3rd. People registering after May 27th will pick up their tickets at the conference (at the Registration Desk in the Science Center).

Cancellation Policy: No refund can be made unless written notification of cancellation is received at the NSGP Office, postmarked by May 20.

Conference Committee	Institute
<p>Conference Co-Chairs Katherine Wenger, LICSW Geri Reinhardt, LICSW</p> <p>Brochure Anne Weiss, LICSW, CGP, Chair Julie Anderson, PhD</p> <p>Hospitality Helen S. Hwang, PhD, MPH, Co-Chair Laverne MacInnis, MS, LCMHC, Co-Chair Carol Crosby, LICSW, CGP Paula Lyon, EdM Paige Simpson, PsyD Ilana Tal, PhD, CGP</p> <p>Publicity Kim McNamara, LICSW, Co-Chair Susan Silveira, LICSW, Co-Chair Oona Metz, LICSW, CGP, Co-Chair Ray Howard, LICSW Ken Jaeger, LCSW Paula Lyon, EdM</p>	<p>Marianne Zasa, LICSW, CGP, FAGPA, Chair Alan Albert, PsyD, CGP Arnold Cohen, PhD, CGP Ellen L. Ziskind, LICSW, CGP</p> <p>Program James Tobin, PhD, Co-Chair Daniel I. Schacht, LICSW, Co-Chair Holly Crary, LICSW Lawrence Kron, JD, PhD Greg MacEwan, BA</p> <p>Registration David Raniere, PhD, Co-Chair Susan Stahl, PhD, Co-Chair John Bergeron, PhD Deborah A. Carmichael, PhD, CGP Erika Francis-Raniere, PhD</p> <p>Site Samuel J. Gloyd, MDiv, LMHC, Chair Holly Crary, LICSW Lucinda DiDomenico, MD Apolinaria Francisco, MSW, LICSW</p>

Design: Deborah Cake, Email: dayspring@rcn.com www.dayspringgraphics.com

2005 Conference Registration Form

June 17, 18, and 19, 2005

Contact Information:

Name: _____

Address: _____

_____ Zip Code _____

Telephone: Work _____

Home _____

Email address: _____

NSGP Membership Status

Current Member New Member Non-Member
 Student

Is this your first NSGP conference?

Yes No

Professional Discipline:

Physician Psychologist Social Worker
 Clinical Nurse Specialist Alcoholism Counselor
 Mental Health Counselor Other _____

Number of years group therapy experience:

0-2 3-7 8-14 15 or more

Mail Registration: People registering by May 27th will receive their tickets in the mail. Tickets will be mailed by June 3rd. People registering after May 27th will pick up their tickets at the conference (at the Registration Desk in the Science Center).

Cancellation Policy: Refunds require notification post-marked by May 20.

Scholarships: A limited amount of partial scholarship money is available. For a scholarship application please call (617) 484-4994. Scholarship awards cannot be combined with student rates. Applications must be returned by May 14, 2005.

Lunch: For Institute registrants, Friday lunch is included. For all other registrants, lunch is available on Saturday and Sunday for \$15. each day. Please pre-register to assure availability.

Payment: Make checks payable to NSGP; Mail with this form to: David F. Raniere, PhD
 1679 Massachusetts Avenue
 Cambridge, MA 02138

Liability Statement:

Effective group therapy training is best facilitated by both participation in a group led by experts and study of the resulting group process. While NSGP provides training groups rather than therapy groups, the experience can lead to difficult or uncomfortable feelings in the participants. Because they involve group participation, you should not register for Institutes or volunteer for the Demonstration Group if you are in a difficult place in your life or prefer to avoid this risk. By registering or volunteering you acknowledge that you have been informed of this risk and consent to participate.

Program Selection and Fee Schedule

Please mark the box to the left of each program you wish to attend. Then write in the amount you owe on the corresponding line in the right column.

*NSGP membership fees are available only to those whose membership is in effect or those who have applied for membership by May 20, 2005

**Student fees require documentation of full-time student status.

	Rates			Amount Owed
	Member*	Non-Member	Student**	
<input type="checkbox"/> 3-day Package				
Includes all programs	\$ 325.	\$ 410.	\$ 165.	\$ _____
<input type="checkbox"/> CGP Program	\$ 185.	\$ 240.	\$ 92	\$ _____
<i>(CGP includes 4 sessions and Demo Group)</i>				
<input type="checkbox"/> CGP Plus Friday Institute	\$ 260.	\$ 310.	\$ 130	\$ _____
<input type="checkbox"/> Special Presentation Friday Evening	\$ 40.	\$ 50.	\$ 20.	\$ _____
<input type="checkbox"/> Institute <i>(includes Friday lunch)</i>	\$ 120.	\$ 150.	\$ 60.	\$ _____
<input type="checkbox"/> Standby Option <i>(see pg 3)</i>	\$ 40.	\$ 40.	\$ 40.	\$ _____
<i>Please list, in order of preference, your choice of Institute by number:</i>				
1st Choice: _____				
2nd Choice: _____				
3rd Choice: _____				
If choices 1-3 unavailable <i>(select one of the options below):</i>				
<input type="checkbox"/> Assign me to a general psychodynamic group <input type="checkbox"/> Refund my Institute fee				
<input type="checkbox"/> Workshop: <i>(Does not include Special Presentation)</i>				
One Workshop	\$ 55.	\$ 70.	\$ 27.	\$ _____
Two Workshops	\$ 100.	\$ 125.	\$ 50.	\$ _____
Three Workshops	\$ 150.	\$ 180.	\$ 75.	\$ _____
Three Workshops & Demo. Group	\$ 200.	\$ 250.	\$ 100.	\$ _____
<i>Please list in order of preference, your choice of workshop by number and include alternate choices in case your first choice is filled</i>				
	Saturday AM	Saturday PM	Sunday AM	
1st # _____	1st# _____	1st # _____		
2nd # _____	2nd # _____	2nd # _____		
3rd # _____	3rd # _____	3rd # _____		
<input type="checkbox"/> Demonstration Group	\$ 60.	\$ 75.	\$ 30.	\$ _____
SUBTOTAL of Program Fees <i>(add total in right column)</i>				\$ _____
Minus Discounts, if applicable <i>(only one may be applied)</i>				\$ _____
<ul style="list-style-type: none"> • 10%: 3 or more Registrants from one agency <i>MUST be mailed in together to receive discount.</i> • 3 workshops for price of 2 for 1st time attendees • 25%: Bring a first time attendee Attendee's name: _____ 				
<i>Both registration forms MUST be mailed together for a discount.</i>				
TOTAL PROGRAM FEES				\$ _____
<input type="checkbox"/> Lunch Fees:				
Saturday Lunch			\$ 15.	\$ _____
Sunday Lunch			\$ 15.	\$ _____
<input type="checkbox"/> Lodging – Deadline: May 28.				
Thursday Night			\$ 70.	\$ _____
Friday Night			\$ 70.	\$ _____
Saturday Night			\$ 70.	\$ _____
<input type="checkbox"/> Administration Fee: <i>(to be paid by all Registrants)</i>			\$ 15.	\$ 15.00
GRAND TOTAL:				\$ _____



Northeastern Society for Group Psychotherapy, Inc.

P.O. Box 356
Belmont, MA 02478-3201
(617) 484-4994
www.nsgp.com

NON-PROFIT
ORGANIZATION
U.S. POSTAGE

PAID

BURLINGTON, MA
PERMIT NO. 55



N S G P

Northeastern Society for Group Psychotherapy

The 24th Annual
Regional Conference

June 17, 18, and 19, 2005
Wellesley College, Wellesley, MA

Strangers in a Strange Land

NSGP'S 24TH ANNUAL CONFERENCE INCLUDES SOMETHING FOR EVERYONE!

Special Presentation: Memories of
Elvin Semrad: A Forefather of NSGP

Institutes: One-day, small group
experiences, including psychodynamic
and special topics. Powerful catalysts
for personal and professional growth!

Workshops: An incredible variety of half-
day workshops, including mindfulness,
serious play, valuing uncertainty, perform-
ance enhancement, PTSD, and many more!

Plus:

The Demonstration Group: *"The
Omnipotent Child Syndrome: The Role
of Passionately Held Bad Fits in the
Formation of Identity"*

with Dr. Stewart L. Aledort

The CGP certification program

Full conference information inside!

Exploring the New and Unknown in the Group Experience

NSGP Board of Directors

President:

Lise Motherwell, PsyD, CGP

Past President:

Joyce D. Shields, APRN, BC, CGP

Secretary:

James P. Leone, PhD, CGP

Treasurer:

Eleanor Counselman, EdD, CGP,
FAGPA

Directors:

Kelley Bothe, LICSW, CGP
Sara Emerson, LICSW, CGP, FAGPA
Polly Francisco, MSW, LICSW
Charles Glazier, LICSW
Barbara Keezell, LICSW, CGP
Suze Prudent, PhD
Scott Reinhardt, PhD, CGP
Martha Vannicelli, PhD, FAGPA, CGP

**For General Information,
Please Call: (617) 484-4994**