



N S G P

Northeastern Society for Group Psychotherapy

# Northeastern Society for Group Psychotherapy

THE 34<sup>TH</sup> ANNUAL REGIONAL CONFERENCE

## GETTING REAL: Vulnerability and Effective Group Leadership

REGISTER

JUNE

5 | 6 | 7

— 2015 —

SIMMONS COLLEGE

Boston, MA

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## SPECIAL PRESENTATION

### WHEN LOVE KILLS: Abuse in Couples and Families

**Led by:**  
LYNN DOWD, MEd, PsyD

**Moderator:**  
SARA EMERSON, LICSW, CGP, FAGPA

**Discussants:**  
SUSAN NISENBAUM BECKER LCSW, LADC, RDT  
ALAN ALBERT, PsyD, CGP  
STEVE CADWELL, PhD, CGP, LICSW

## DEMONSTRATION GROUP

### EMOTIONAL AVAILABILITY IN GROUP: Expanding the Capacity for Intimacy in Group Members and Leaders

**Led by:**  
JEFFREY S. HUDSON, MEd, LPC, CGP, FAGPA  
*Private Practice / Austin, TX*

**Moderator:**  
JENNIFER MCLAIN, MD, CGP

**Discussants:**  
SALLY HENRY, LCSW, CGP  
*Faculty of the Center for Group Studies in New York*  
LEO LEIDERMAN, PsyD, ABPP, CGP  
*Westchester Neurofeedback and Psychological  
Services / NY*

## EXPERIENCE GROUPS

Full-day group experiences, including a multi-day experience group, often are powerful catalysts for personal and professional growth. Special Interest offerings include resonating with loss; openness to gender, race and class issues; finding our voices with strong mentors, using the lens of play, and holding the somatic sense of self.

## HALF-DAY WORKSHOPS

Thirteen workshops on group-related topics including; affect, complications in treating couples, grief, empathy, access group and working with veterans

## WELCOME TO THE 34<sup>TH</sup> ANNUAL CONFERENCE OF NORTHEASTERN SOCIETY FOR GROUP PSYCHOTHERAPY, "GETTING REAL: VULNERABILITY AND EFFECTIVE GROUP LEADERSHIP," JUNE 5, 6 & 7, 2015.

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The NSGP Conference has become an annual pilgrimage to Boston for group therapists and those interested in group dynamics. Held on the campus of Simmons College, we gather every year to create something special and we anticipate this year will be one of our best. Our conference will help to frame the challenges ahead and illuminate the process of group psychotherapy by being present to the here-and-now action that is taking place right in the room.

The 2015 teaching faculty have designed their learning objectives within a variety of theoretical frameworks, all of which address genuine emotional engagement of both group leaders and members as a path to cohesion and intimacy. These renowned group therapists, teachers, and visionaries from the northeast and beyond have worked with varied populations and clinical settings. You will learn from group experts and from each other as you discover something new and get reacquainted with the tried and true methods of effective leadership. Hear what others are doing to create an atmosphere of safety and respect that is so critical to leading successful therapy groups.

Since its inception in 1981, the NSGP Conference has grown from a humble beginning to a weekend-long celebration of group therapy, for the people who lead groups, advocate for them, and just can't get enough of the history and creativity inspired by them. This weekend brings the very best in experience groups, workshops, special presentation, and live demonstration not to mention the NSGP dinner party, and what the great city of Boston has to offer. NSGP is a unique Boston-grown conference and has become a one of the most experiential learning events of its kind. We hope you join us, share this time with others and prepare to be inspired, challenged and informed.

**THANKS FOR YOUR ONGOING SUPPORT OF THE NSGP. WE WILL SEE YOU SOON.**

*Virginia Reiber and Marc Bolduc for the Conference Committee*

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**REGISTER**

# CONFERENCE SCHEDULE AT A GLANCE

## FRIDAY | JUNE 5, 2015

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**7:30 AM – 8:30 AM**

Registration & Continental Breakfast

**8:30 AM – 9:00 AM**

Experience Group Opening & Orientation (Required)

**9:00 AM – 12:00 PM**

Experience Group Session I

**12:00 PM – 1:30 PM**

Lunch Break

**1:00 PM – 1:30 PM**

Multi Day Experience Group Opening & Orientation (Required)

**1:30 PM – 3:30 PM**

Experience Group Session -II

Multi Day Experience Group Session -I

**3:30 PM – 4:00 PM**

Refreshment Break

**4:00 PM – 5:45 PM**

Experience Group Session -III

Multi Day Experience Group Session -II

**5:45 PM – 6:00 PM**

Evaluations

**6:00 PM – 7:15 PM**

Social

**7:15 PM – 8:45 PM**

Special Presentation/Rice Foundation (Part One)

## SATURDAY | JUNE 6, 2015

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**7:30 AM – 8:30 AM**

Registration & Continental Breakfast

**8:30 AM – 9:00 AM**

Workshop Opening & Orientation (Required)

**9:00 AM – 12:00 PM**

Morning Workshops

Multi Day Experience Group Session -III

**12:00 PM – 1:00 PM**

Lunch Break/Business Meeting

(Box Lunch Provided)

**1:15 PM – 2:45 PM**

Special Presentation/Rice Foundation (Part Two)

**2:45 PM – 3:00 PM**

Refreshment Break

**3:00 PM – 6:00 PM**

Afternoon Workshops

**6:00 PM – 7:30 PM**

Social

**7:00 PM – TILL THE BREAK OF DAWN**

NSGP Offsite Dinner

REGISTER

# CONFERENCE SCHEDULE AT A GLANCE

## SUNDAY | JUNE 7, 2015

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**9:00 AM – 10:00 AM**

Didactic Presentation #1

**10:00 AM – 10:30 AM**

Small Group Discussions: The Influence Of Personal History On Countertransference

**10:30 AM – 10:45 AM**

Sharing Experience Of Small Group Discussions With The Large Group

**10:45 AM – 11:00 AM**

Morning Break

**11:00 AM – 12:00 PM**

Demonstration Group Meeting #1

**12:00 PM – 1:00 PM**

Box Lunch

**1:00 PM – 1:45 PM**

Didactic Presentation #2

**1:45 PM – 2:45 PM**

Demonstration Group Meeting #2

**2:45 PM – 3:15 PM**

Afternoon Break

**3:15 PM – 3:45 PM**

Discussant Observations Of The Demonstration Group

**3:45 PM – 4:45 PM**

Conference Participant Discussion Of Demonstration Group

**4:45 PM – 5:00 PM**

Closing Session

**5:00 PM – 6:00 PM**

Social Hour

**REGISTER**

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### Presenter:

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#### **LYNN DOWD, PsyD**

Lynn Dowd, PsyD, began her career with work in addictions, expanding her practice to include adolescents and their families over the years. She has worked as a clinician and an administrator in several community outpatient settings, and has conducted groups for aggressive men and women for the past 20 years through the Department of Psychiatry at UMass Memorial Medical Center, where she contributes to the training and supervision of trainees. She also directs the Youth and Family Services Department for the Town of Wayland, Lynn has coauthored articles and a book chapter on topics related to interpersonal aggression.

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### Discussants:

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#### **SUSAN NISENBAUM BECKER, LCSW, LADC, RDT**

Susan Nisenbaum Becker is a social worker in private practice in Foxboro, MA. An actor, teacher, playwright and poet, she has published widely in print and online. Her full-length book of poems, *Little Architects of Time and Space*, was published in 2013. Susan has been awarded artistic residencies from the Banff Center, Yaddo, The MacDowell Colony, and the Ragdale Foundation.

#### **ALAN ALBERT, PsyD, CGP**

Alan Albert, PsyD, CGP, is in private practice in Newton Centre, Massachusetts. He's been a practicing therapist for over 30 years, treats individuals and couples, and leads an ongoing therapy group. He is currently on the Board of Directors of the NSGP. His first book of poems, *Fragments of the Natural*, will be published at the end of 2015.

#### **STEVE CADWELL, PhD, CGT, LICSW**

Steve Cadwell, PhD, LICSW, CGP, has been in private practice in Boston for 35 years. Steve teaches sexuality, gender, shame, and group therapy at BUSSW and Harvard. Steve co-edited a book on psychotherapy with gay men in the age of AIDS, both specific to HIV and broadening to the frontiers of therapy in general. Steve has worked to support caregivers overwhelmed by the traumas of HIV.

## SPECIAL PRESENTATION

The Catherine, Benjamin, Ryan Rice Memorial Event

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## **WHEN LOVE KILLS: Abuse in Couples and Families.**

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REGISTER

### PART ONE:

Friday: June 5, 2015 | 7:15pm - 8:45pm

#### **GROUP TREATMENT FOR ANGER AND AGGRESSION PROBLEMS IN INTIMATE RELATIONSHIPS**

This will be a workshop led by Lynn Dowd, MEd, PsyD, who will discuss and then demonstrate how groups can be used to address the concerns of men and women who have difficulty managing their anger. Dr. Dowd will also invite active involvement by the participants. Dr. Dowd has over twenty years of experience in working with men and women struggling with issues related to anger and aggression.

### PART TWO:

Saturday: June 6, 2015 | 1:15pm - 2:45pm

#### **REFLECTIONS ON ABUSE IN COUPLES AND FAMILIES**

In this session, we will reflect on violence in intimate relations using short YouTube videos and poetry read by Alan Albert PsyD, CGP and Susan Nisenbaum Becker LCSW, LADC, RDT. Both clinicians are published and prize-winning poets. Our reflections continue with two primary presenters. Steve Cadwell, PhD, LICSW, CGP, also a published poet, composer and performance artist, will speak about When Intimacy Kills with special focus on gay relations, and will include two of his own poems in the presentation. Lynn Dowd, MEd, PsyD will speak on Experiencing Abuse in Families: Perspectives from Inside and Outside the Family. Ms. Dowd will reflect on both the violence itself and on the impact of such violent families on the therapists who work with them.

You can sign up for one session or for both sessions. If you sign up for both sessions, the Rice Fund will refund you one third of the cost of the Saturday event.

**REGISTER**

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#### **Discussants:**

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##### **LEO LEIDERMAN, PsyD, ABPP, CGP**

Dr. Leo Leiderman received a doctorate in Clinical Psychology and is board certified and a fellow in Clinical Psychology by the American Board of Professional Psychology. He is in private practice in Westchester, New York where he uses state of the art neurofeedback interventions and individual, group, couples and family psychotherapies. He has over 25 years in the provision and supervision of inpatient, outpatient and private practice psychotherapy groups, and runs yearly day-long, two day-long marathon groups in his practice. Dr. Leiderman has significant bilingual/bicultural group experiences with at risk, low-income immigrant children and adults. He has his certification in group psychotherapy from the American Group Psychotherapy Association. He has been the president of the Westchester Group Psychotherapy Society since 2011, and is a frequent presenter locally and nationally on mental health and neurofeedback topics.

##### **SALLY B. HENRY, LCSW-R, CGP**

Sally B. Henry is an LCSW and a Certified Group Psychotherapist. She is a founding member of the Center for Group Studies in New York and currently a senior faculty member, supervisor and Chair of the International Committee. She has led numerous training weekends in St. Petersburg and Moscow. She maintains a private practice in New York City.

## **LECTURE AND DEMONSTRATION GROUP**

Presented by the Conference and Training Committees

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### **EMOTIONAL AVAILABILITY IN GROUPS: Expanding the Capacity for Intimacy in Group Members and Leaders**

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## **SUNDAY:**

**June 7, 2015 | 9:00am - 4:45pm**

As group therapists, we routinely work with our group's availability for emotional engagement. Our success depends, in part, on our own emotional availability. We will examine the openness and resistance to emotional involvement in groups, and explore Modern Psychoanalytic approaches to working with resistance.

#### **LEARNING OBJECTIVES**

**AT THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:**

- ⦿ **Define emotional availability**
- ⦿ **Discuss the influence of personal history on the group leader's emotional availability**
- ⦿ **List three common sources of countertransference resistance**
- ⦿ **Name three patient fears that impede emotional intimacy**
- ⦿ **Define narcissistic defense and explain how it affects patient aggression**

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#### **Group Leader and Presenter:**

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##### **Jeffrey S. Hudson, MEd, LPC, CGP, FAGPA**

Jeff Hudson's group leadership is guided by a belief that our clients can unconsciously know what we are open to experiencing emotionally and what we are reluctant to experience. He is a strong proponent of group membership as a component of a therapist's professional and personal growth.

Jeff is a group psychotherapist in private practice in Austin, Texas. He is a former President of the Austin Group Psychotherapy Society and has served two terms on its Board of Directors. Jeff is currently the Vice Chairman of the Group Foundation for Advancing Mental Health and is a Fellow of the American Group Psychotherapy Association (AGPA). In 2007, Jeff co-founded AGPA's first local fund-raising committee to provide scholarships to the AGPA Annual Meeting.

A frequent presenter on group treatment at the local and national level, Jeff maintains an active group practice that includes both solo and co-leadership of therapy and training groups. One of his ongoing training groups meets in Nashville, Tennessee.

## DAY-LONG EXPERIENCE GROUPS

FRIDAY:

June 6, 2015 | 9am - 6pm

REGISTER

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The heart of our experience groups is the rich emotional and cognitive learning available to the participants. There is no better way to learn about group process than to be in an experience group with a skilled leader who presents a clear contract and well-articulated boundaries. This makes it a secure and effective environment to learn about both groups and oneself; it also means that the emotional experience can be intense.

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We offer two types of experience groups. In General Psychodynamic Groups participants have an opportunity to acquire general therapy skills relevant to leading groups. Special Interest groups, on the other hand, offer participants a chance to explore a particular theme in greater depth or to learn a new theoretical approach.

Some experience groups are one-day events, others multiple-days<sup>®</sup>, with a minimum of 5 and a maximum of 12 participants, unless otherwise noted. Members agree to attend the entire group, to actively participate, and to respect the privacy of the other members. If you are in a group where there is another member with whom you have a prior relationship that would inhibit your participation, please let the leader know immediately and Registration will reassign one of you.

During the group, members will experience and explore basic elements of group dynamics including the contract, resistance, transference and termination. Didactic time at the end consolidates the learning. Observers from the Experience Group Subcommittee will visit the groups briefly but will not participate.

**ALL GENERAL PSYCHODYNAMIC GROUPS HAVE THE FOLLOWING LEARNING OBJECTIVES:**

**AT THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:**

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



THIS YEAR OFFERS A MULTI-DAY SPECIAL  
INTEREST GROUP AS WELL AS THE FIRST  
MEETING OF A TWO-YEAR GROUP.

# GENERAL PSYCHODYNAMIC GROUPS

REGISTER

E-1

## **GENERAL PSYCHODYNAMIC GROUP For Clinicians With 0-3 Years Of Group Therapy Experience**

Geri Reinhardt, LICSW /// Private Practice, Newton, MA

E-2

## **GENERAL PSYCHODYNAMIC GROUP For Clinicians With 4-7 Years Of Group Therapy Experience**

Dan Raviv, PhD, CGP, FAGPA /// Private Practice, NYC and Great Neck, NY

E-3

## **GENERAL PSYCHODYNAMIC GROUP For Clinicians With 8 Or More Years Of Group Therapy Experience**

Barry Wepman, PhD, CGP, LFAGPA /// Faculty Washington School of Psychiatry,  
Private Practice, Washington, D.C.

E-4

## **TWO-YEAR PSYCHODYNAMIC GROUP First Year Of Two Year Group**

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

This experience group will enable participants to learn the stages of group development over an extended period. We will make use of the here and now, examine the impact group members have on each other and explore group transferences, resistance, and termination phenomena. We will investigate how group development continues over the gap of a year. Members who participate this year are making a commitment to attend next year as well.

R. Tracy MacNab, PhD, CGP, FAGPA /// Private Practice, Newton, MA

## SPECIAL INTEREST GROUPS

### E-5

#### **RUPTURE AND REPAIR IN GROUP PSYCHOTHERAPY: Apology, Restoration and Growth**

Hurts and injuries are inevitable in intimate relationships and thus do occur in therapy. Participants will focus on the challenge and value of exploring ruptures that occur among group members and between the leader and group member(s). The dynamics of effective reparation as a key element in the healing process will be addressed.

#### **LEARNING OBJECTIVES**

##### **AT THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:**

- ⊙ Recognize the importance of exploring ruptures that occur in group therapy
- ⊙ Identify the barriers and resistances to working with ruptures in group therapy
- ⊙ Identify transference phenomena that create an environment for ruptures in group therapy and the opportunity for repair
- ⊙ Identify the dynamics of effective reparation in group therapy
- ⊙ Describe the key elements of healing in the reparative process

### E-6

#### **Creating Connection Through Sharing Experiences of Vulnerability and Shame**

The capacity to sit with vulnerability and shame is a crucial aspect of being a group therapist. These feelings inevitably arise when realizing one's own limitations, comparing oneself to others, and worrying that one is or will be considered inadequate. Participants will process experiences of shame through shared reflection, acknowledgment, and compassion.

#### **LEARNING OBJECTIVES**

##### **AT THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:**

- ⊙ Recognize they are not alone in, at times, feeling overwhelmed as group leaders
- ⊙ Recognize what triggers their shame as group leaders
- ⊙ Identify the beneficial effects, both personal and professional, of recognizing and acknowledging experiences of shame in their work
- ⊙ Practice ways of transforming their experiences of being overwhelmed/shame-filled through compassionate self-reflection and peer support
- ⊙ Demonstrate skills in helping patients work through their shame by being able to acknowledge, bear and work through their own

### E-7

#### **A Crowded Room: Internal Family Systems (IFS) Theory in Group Therapy**

IFS works creatively with multiplicity and the interrelationships among parts of ourselves. We will experience how the IFS processes of “unblending” and “speaking for parts” lessen defensiveness and reactivity, facilitate group cohesion, deepen affect, and catalyze therapeutic factors in group therapy.

#### **LEARNING OBJECTIVES**

##### **AT THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:**

- ⊙ Identify effective IFS protocols to use in groups
- ⊙ Facilitate the therapeutic use of “unblending” from reactive parts
- ⊙ Contrast psychodynamic and IFS approaches to intense group interactions
- ⊙ Speak “for” and not “from” defensive reactions
- ⊙ Mitigate scapegoating and projections using IFS strategies

Joanne Lipner, LICSW, CGP  
Faculty, Boston Institute for  
Psychotherapy /// Private  
Practice, Brookline, MA

Barbara McQueen, LICSW  
Clinical Consultant, Beth Israel  
Deaconess Medical Center ///  
Experience Group Leader, Boston  
Institute for Psychotherapy Training  
Program /// Adjunct Faculty, Simmons  
College SSW /// Private Practice,  
Brookline, MA

Annie Weiss, LICSW, CGP  
Boston Institute for Psychotherapy  
/// Private Practice, Cambridge  
and Newton, MA

## MULTI-DAY EXPERIENCE GROUP

### FRIDAY:

June 5, 2015 | 1:30pm -6:15pm

### SATURDAY:

June 6, 2015 | 9:00am -12:00pm

Members have the opportunity to observe how time and experiences outside the group affect their relationships and participation in the group. Attendance at both sessions is required.



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### TOO CLOSE TO HOME:

### The Forbidden in the Group Leader's Mind and Its Impact on the Group

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Valuable group discussions can be unconsciously thwarted by the leader when a topic hits too close to home. The leader's private vulnerabilities become forbidden topics, affectless spaces in the group process. Religion? Race? Sexuality? What topics constitute your 'forbidden'? Using the group process we will share and empathically explore our forbidden topics and vulnerable places.

John Moynihan, LICSW /// Faculty, Massachusetts Institute for Psychoanalysis, Boston, MA /// Adjunct Faculty, Simmons College, Boston, MA /// Adjunct Faculty, Boston College, Chestnut Hill, MA /// Private Practice, Brookline, MA

### LEARNING OBJECTIVES

#### AT THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

- ⊙ Identify countertransference process in the clinical process of the group
- ⊙ Manage difficult clinical topics as they arise in the group process
- ⊙ Employ specific group leader interventions for specific clinical situations
- ⊙ Use their own personal experiences to enhance group process
- ⊙ Improve clinical outcomes through enhanced emotional containment in the group development

**REGISTER**

## WORKSHOPS

REGISTER

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

### AM SESSIONS

Saturday: June 6, 9:00am - 12:00pm



#### AFFECT IN SUPERVISION

Group therapy can create powerful emotions in the leader, not always in conscious awareness. "Talking about it" in supervision may not lead to full exploration. This workshop will explore affect in supervision through parallel process, enactments, associations within the supervisory group, and creating a "get real" process for all group members. This model of supervision can be used in either leader-led or leaderless (peer) supervision groups. Demonstration, Experiential, Discussion, Didactic.

Eleanor F. Counselman, EdD, CGP, LFAGPA /// President-elect, American Group Psychotherapy Association Private Practice, Belmont, MA

#### EDUCATIONAL OBJECTIVES:

- ⦿ Define parallel process
- ⦿ Describe two ways in which a supervision can elicit affect in supervision
- ⦿ Contrast explicit data with implicit information
- ⦿ Identify six steps of effective supervision of affect
- ⦿ List two major sources of shame in supervision



#### INTRODUCTION TO GROUP PSYCHOTHERAPY

This workshop will introduce newcomers to group psychotherapy. We will survey various approaches to group therapy and theories for how and why groups are helpful. We will assemble a group of volunteers for an interpersonal/psychodynamic group and discuss those personal experiences in light of the group theories discussed. Experiential, Didactic/Lecture, Discussion.

Ken Jaeger, LICSW, CGP /// Private Practice, Cambridge, MA /// Adjunct Faculty, Lesley University

Amy Matias, PhD, LICSW /// Private Practice, Cambridge, MA

#### EDUCATIONAL OBJECTIVES:

- ⦿ Recognize group process as an active part of many varieties of therapy groups
- ⦿ Demonstrate basic familiarity with the theories for group therapy's effectiveness
- ⦿ Describe the basic premise of interpersonal group psychotherapy
- ⦿ Distinguish interpersonal from psychodynamic group psychotherapy
- ⦿ Recognize the difference between a "process" group and other kinds of groups

## W-3

### LEADING GROUPS WITH THE BRAIN IN MIND

This workshop will introduce a neurobiologically informed framework from which group leaders may approach and conceptualize the stages of group development. Using didactic format and group demonstrations, therapist markers and tasks of each stage will be presented and discussed. Didactic, Demonstration, Discussion

Jacqueline L. Kinley, MD, FRCPC /// Diplomate ABPN, Fellow CGPA, Associate Professor Dalhousie University, Nova Scotia, Canada

Malika Robichaud, MD, PhD, FRCPC /// Fellow in Psychiatry, Dalhousie University, Nova Scotia, Canada

#### **EDUCATIONAL OBJECTIVES:**

- ⦿ Articulate a stage approach to group development
  - ⦿ Identify the neurobiological tasks with each stage of group development
  - ⦿ Differentiate anxiety from emotion in group
  - ⦿ Recognize signature emotional pathways
  - ⦿ Understand the different technical applications of emotional regulation and emotional processing
- 

## W-4

### COUPLES GONE WILD: TOP 10 COMPLICATIONS IN TREATING COUPLES

Tony Soprano brings Carmela in for couples therapy. They both mock you. Homer Simpson comes in with Marge. Ugh. You hate him! Get a divorce, lady. Your individual therapy training never prepared you for this! But, since couples are small groups, perhaps your group training can help. Using video clips, we will examine common complications in treating couples—and what to do about them. (Rated R) Audio Visual, Didactic/Lecture, Discussion

Joseph Shay, PhD, CGP, FAGPA /// Private Practice, Cambridge, MA

#### **EDUCATIONAL OBJECTIVES:**

- ⦿ Anticipate common complications in treating couples
  - ⦿ Identify warning signs for the emergence of storminess in the couple
  - ⦿ Recognize common countertransference reactions when faced with such a couple
  - ⦿ Enhance ability to formulate underlying dynamics in these situations
  - ⦿ Learn techniques to intervene when such situations arise
- 

## W-5

### WHAT'S GRIEF GOT TO DO WITH IT: TRAVELLING THROUGH GRIEF WITH CLIENTS

This workshop will explore contemporary grief research, theories, themes and identify populations that benefit from grief groups and complicated grief situations therapists may encounter; examining and sharing personal connections to the topic of grief, engaging in experiential activities that enliven and deepen grief work which may be useful in helping clients process their grief. Discussion, Didactic/Lecture, Experiential

Maxine Sushelsky, MA, LMHC /// Private Practice, Arlington, MA

#### **EDUCATIONAL OBJECTIVES:**

- ⦿ Cite contemporary grief theories
- ⦿ Evaluate situations where grief is complicated
- ⦿ Design grief group activities and discussion
- ⦿ Recognize particular challenges young adults face when grieving
- ⦿ Integrate key grief themes and concepts into work with clients



## **FROM EMPATHY TO COMPASSION: GETTING TO THE HEART OF THE GROUP THERAPIST (& GROUP THERAPY)**

How does compassion differ from empathy, and why has it received relatively scant attention in our field? How can group leaders create a climate of compassion wherein patients feel accompanied in their struggles? This workshop will incorporate psychoanalytic and spiritual concepts to discuss the role of compassion in group process. Didactic, Discussion, Demonstration, Experiential, Case Presentation.

Robert L. Weber, PhD /// MGH-Harvard Medical School, Private Practice, Cambridge, MA  
David A. Goldfinger, PhD /// PCFINE Faculty, Private Practice, Cambridge, MA

### **EDUCATIONAL OBJECTIVES:**

- ⊙ Define compassion and differentiate this concept from empathy, sympathy, and pity
  - ⊙ Distinguish between Buber's "I-Thou" and "I-It" forms of relationship to the other
  - ⊙ Name the three aspirations that make up the 'narcissistic triad' in Brightman's conception of the grandiose professional self
  - ⊙ Identify three things a group therapist can do to help create a 'climate of compassion'
  - ⊙ Relate the concept of compassion to that of vulnerability, the theme of this year's conference
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## **WINNICOTT GOES TO GROUP PSYCHOTHERAPY: PLAYING, THE HOLDING ENVIRONMENT, AND THE TRUE SELF**

In a later work in which Winnicott wrote that "playing leads into group relationships... the natural thing is playing," he explored the function of playing on vulnerability, creativity, growth and change. We will likewise explore the role of playing, the "holding environment", and the creation of "potential space" for the group psychotherapy practitioner. Didactic/Lecture, Demonstration, Discussion

Kurt L. White, LICSW, LADC, CGP, Brattleboro Retreat, Brattleboro, VT

### **EDUCATIONAL OBJECTIVES:**

- ⊙ Identify techniques in successful group leadership which can contribute to the creation of potential space needed for play
- ⊙ Describe what Winnicott meant by "playing" and how this is relevant to group psychotherapy
- ⊙ Utilize the concept of the holding environment in group work settings
- ⊙ Define Winnicott's concept of the transitional object
- ⊙ Discuss ways in which work in the potential space of group settings can contribute to creativity and the development of the true self
- ⊙ Discuss the role of the leader's vulnerability in creating play spaces, and the effect that play has on both client and leader in terms of creativity and the development of the true self

**REGISTER**

## SATURDAY:

June 6 | 3:00pm - 6:00pm

W-8

### THE RISKS AND REWARDS OF COMBINED INDIVIDUAL AND GROUP TREATMENT

Combined individual and group treatment (i.e. with the same therapist) is an exciting modality which provides the opportunity to work with patients' conscious/unconscious worldviews of themselves and others, in the dyadic cocoon and 'out in the world', allowing for greater opportunities for insight and healing (for patient and therapist alike). Didactic, Discussion, Case Presentation, Experiential

Joe DeAngelis, LICSW, CGP, Private Practice, Arlington, MA

#### EDUCATIONAL OBJECTIVES:

- ⊙ Recognize the potential risks and gains of combined individual and group treatment
- ⊙ Describe potential vulnerabilities for both patient and therapist in this modality
- ⊙ Evaluate a patient's readiness and ability to use this modality
- ⊙ Identify countertransference issues associated with combined treatment
- ⊙ Describe the transference matrix involved in combined treatment

W-9

### "PUSH HANDS" AS METAPHOR: LEADING AND FOLLOWING CONTACT IN GROUP

Using the t'ai chi "push hands" exercise, participants will direct their attention to the vulnerability inherent in contact, intrusion and withdrawal. An experiential process group will explore how we remain open in our leadership role. What is our personal style and how does it affect our patients? Experiential, Demonstration, Discussion

Lee D. Kassan, MA, CGP, Editor, GROUP, Private Practice, New York  
Bojun Hu, MA, Psychology Intern, Beth Israel Deaconess Hospital

#### EDUCATIONAL OBJECTIVES:

- ⊙ Discuss principles of "push hands" and their clinical parallels
- ⊙ Describe the vulnerability of the leadership role
- ⊙ Explain the ambivalence about contact
- ⊙ Identify the dynamics of withdrawal
- ⊙ Experiment with new ways of creating/maintaining contact

W-10

### COME ONE, COME ALL, WHENEVER! A NEW MODEL FOR OPEN ACCESS GROUPS

Discover and experience a new group model (currently thriving in a large medical setting) where participants (1) attend when they choose, (2) identify practical strategies for reducing depression, anxiety, and stress, and (3) support and learn from each other and from a facilitator who role-models vulnerability and authenticity. Didactic/Lecture, Demonstration, Discussion, Experiential

Ann Koplow, LICSW, Clinical Social Worker and Change Agent, HealthCare Associates Primary Care Practice, Beth Israel Deaconess Medical Center

#### EDUCATIONAL OBJECTIVES:

- ⊙ Describe the benefits of open access groups for a range of participant and provider needs
- ⊙ Extrapolate from Primary Care Practice open access groups to group applications in different settings
- ⊙ Include elements of mindfulness, Cognitive Behavioral Therapy, Narrative therapy, and the psychiatric day program model of group therapy within their own group work
- ⊙ Identify how open access groups, giving participants control and flexibility of access, fit in with emerging patient-centered trends in health care delivery
- ⊙ Explain how leader authenticity, transparency, and vulnerability are critical components in creating and maintaining safety in open access groups

**W-11****SERVING THOSE WHO SERVED**

Soldiers' environment/milieu is one of intense attachment, (dependent on one another for survival), and violent separations, (loss of fellow soldiers in combat situations), creating extreme challenges upon reentry to civilian life. This workshop will explore the efficacy of the dynamic group model in dealing with returning traumatized veterans. We will look at attachment theory and the secure base as a way of reintegrating this population. Didactic, Experiential, Didactic/Film

Cary Rothenburger, MEd, LCSW /// Group Therapist, Arbour HRI Hospital, Brookline MA /// Project Coordinator for the Veterans Justice Outreach Program Evaluation, Policy Research Associates, NY, VA Research Project

Thomas Kane, PhD /// Director of the William Joiner Institute for the Study of War and Social Consequences, University of Massachusetts, Boston, MA

Julie Canfield, LICSW, PhD /// Associate Professor, Boston College (Families Impacted by Military Service) /// Private Practice, Brookline, MA

**EDUCATIONAL OBJECTIVES:**

- ⊙ Identify availability of therapies for returning veterans
- ⊙ Assess which forms/modalities of group therapy would be most effective for the veteran population
- ⊙ Gain greater knowledge about the current research on PTSD, trauma and suicide
- ⊙ Creating a safe space for the veteran to tell his/her story

**W-12****CONSULTATION ON DIFFICULT GROUP SITUATIONS**

Dr. Rutan will offer consultation on your group issues. Bring difficult group questions, or just raise issues that "might" occur in groups. By examining what often appear to be problematic, disruptive and/or difficult to manage groups, the participants will gain an understanding of the defensive etiology of such behavior. By helping the individual and the group understand the fears and vulnerabilities that typically inform such behavior, one can not only learn how to more successfully handle problematic situations in therapy groups, but one also gains an appreciation of how these issues manifest themselves at the societal level. Case presentation, Discussion

J. Scott Rutan, PhD, Faculty and Co-Founder, Boston Institute for Psychotherapy, Boston, MA

**EDUCATIONAL OBJECTIVES:**

- ⊙ Analyze and therapeutically use problematic situations in groups
- ⊙ Recognize what fears may underlie problematic behaviors
- ⊙ Detect when a group is scapegoating a member
- ⊙ Distinguish between induced feelings and countertransference
- ⊙ Manage problematic situations productively

**W-13****LEADER IDENTITY DEVELOPMENT: PERSONAL HISTORY, CULTURAL CONTEXT, AND OTHER CONTRIBUTING FACTORS**

Ability to work with your own vulnerabilities in the group is intrinsic to effective group leadership. This workshop will explore the above in the context of the leader identity development: its process, contributing factors, and its impact on clients and group process. Discussion, Didactic, Experiential

Alexandra (Sasha) Watkins, LMHC, CPRP, Private Practice, Cambridge, MA

**EDUCATIONAL OBJECTIVES:**

- ⊙ Participant will identify three main contributing factors that have influenced their identity development as a group therapist at the current stage of their career
- ⊙ Formulate how the above is affecting their group leader interventions
- ⊙ In reflecting on their leader identity development and how it impacts group process and clients, compare and contrast challenges associated with their specific leader identity variables with the benefits of those variables to the group
- ⊙ Recognize and name culturally-based transference and countertransference issues in the group
- ⊙ Specify future personal/professional goals and directions related to identity development as a group leader

## DAY LONG WORKSHOP

REGISTER

### SATURDAY:

June 6 | 9:00am - 12:00pm | 3:00pm - 6:00pm

W-14

### BECOMING COMFORTABLE WITH UNCOMFORTABLE FEELINGS

In this day long workshop we will explore multiple ways of understanding communications that can be uncomfortable for both leaders and group members. Through a didactic and experiential process, we will analyze and form interventions to help therapists become more comfortable and effective with a fuller range of emotions.

Ronnie L. Levine, PhD, ABPP, FAGPA, CGP /// Center for Group Studies, EGPS, and private practice, New York, NY

### LEARNING OBJECTIVES:

- ⊙ Identify leaders' and members' fears of experiencing passionate feelings in the group
- ⊙ Identify individual and group emotional communications as both relational and protective adaptations
- ⊙ Develop interventions that facilitate emotional integration and more mature relating
- ⊙ Define how the therapeutic relationship can be used to facilitate healthier forms of relating
- ⊙ Study regression as having an integrative component

## ADDITIONAL EVENTS

*(add to registration)*

### NSGP DINNER PARTY

SATURDAY: June 6, 2015 | 7:30 PM

ALL CONFERENCE PARTICIPANTS ARE INVITED

Come Join your Colleagues

Fine Food, Drink and Stimulating Conversation

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### MAGGIANO'S LITTLE ITALY

4 COLUMBUS AVENUE, BOSTON MA 02116

COST: \$55 PER PERSON

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### NEW MEMBER AND FIRST TIME ATTENDEE LUNCH

FRIDAY: June 5 | 12:00 pm - 1:30 pm

SATURDAY: June 6 | 12:00 pm - 1:30 pm

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### Boost your professional network and discover the benefits of NSGP membership!

Is this your first time at the annual NSGP conference? Are you a new member? Don't know anybody?

Come join us for lunch to connect with new and seasoned professionals. Meet us at the back of the

Simmons cafeteria where we will have several designated tables. See you there!

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## CONFERENCE COMMITTEE

### Conference Chairs

Virginia D. Rieber, PhD, CGP  
Marc Bolduc, LICSW, CADC II, CGP

### Conference Senior Consultant

Scott Reinhardt, PhD, CGP

### Experience

Joyce Collier, LICSW, CGP, Co-Chair  
Elizabeth (Libby) Shapiro, PhD, CGP, Co-Chair  
Suzanne L. Cohen, EdD, CGP  
Eleanor Counselman, EdD, CGP, LFAGPA  
Adam J. Silk, MD  
Marsha Vannicelli, PhD, CGP, FAGPA

### Workshop

Tanya Gurian, APRN (Chair)  
Mary Barnes, MS, OTR/L  
Richie Villa, LMHC  
Katherine Wenger, LICSW

### Brochure

Lucille Jordan, LCSW (Chair)  
Julie Anderson, PhD, CGP

### Registration

Joesph DeAngelis, LICSW, CGP (Chair)  
Guy R. Croteau, LICSW  
Michael Selva, PsyD

### Hospitality

Cindy Berman-Richter, LICSW (Chair)  
Rebecca Eddy, PsyD  
Ann-Keren Neemn Kantor, MA

### Site

Melissa Kelly, LICSW  
Jennifer Blewett, LCSW  
Jennifer DeSouza, LICSW, CGP  
Caleb Englander, LICSW  
Matthew Silva-Perkins, LICSW  
Susie Shayegani, LICSW, CGP

### NSGP Training Committee Chairs

Joel Krieg, LICSW, CGP  
Jennifer McLain, MD, CGP

## BUSINESS MEETING

REGISTER

### SATURDAY

June 7, 2014 | 12:00-1:00 pm \*

### THE KOTZEN ROOM @ Simmons College

*All conference participants are invited to attend this meeting.* Members of the Executive Committee and Chairs of Standing Committees will report on Society activities over the past year and highlight plans for the new fiscal year. Election results for the Board of Directors will be announced. NSGP is interdisciplinary, and membership is open to qualified professionals. Members are entitled to a number of benefits including reduced Conference fees. Membership materials are available through the office or at the conference.

*\*Box Lunch is provided.*

### DIRECTIONS TO SIMMONS COLLEGE:

Please consult the Simmons College website for directions to 300 THE FENWAY IN BOSTON:

**[www.simmons.edu/directions](http://www.simmons.edu/directions)**

Housing is available at nearby hotels or at Simmons College Residence Halls. **The deadline for campus housing requests is MAY 15.** Registrants requesting Simmons College housing will receive emailed instructions regarding check-in and location. Campus is smoke-free.

## ONLINE REGISTRATION IS AVAILABLE AT **WWW.NSGP.COM**

### NEED HELP?

Because of the many conference choices, registering may be confusing. For questions about the conference, call or email Joe DeAngelis at (781) 646-4468 or [joe.deangelis@verizon.net](mailto:joe.deangelis@verizon.net).

### SCHOLARSHIPS ARE AVAILABLE

#### CANCELLATION POLICY:

No refund can be made unless written notification of cancellation is postmarked or emailed by May 15th.

#### SPECIAL NEEDS:

All buildings in use are handicap accessible.

#### NSGP ACCREDITATION:

NSGP is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

NSGP designates this Live Activity for a maximum of 22 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NSGP is approved by the American Psychological Association to sponsor continuing education for Psychologists.

NSGP maintains responsibility for this program and its contents.

"This activity is pending approval from the National Association of Social Workers"

"NSGP is an NBCC-Approved Continuing Education Provider (ACEP<sup>™</sup>) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP<sup>™</sup> solely is responsible for all aspects of the program."

**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.**