



# 35<sup>th</sup> Annual

*Conference of the*



N S G P

Northeastern Society for Group Psychotherapy

# WHAT MOVES US:

Tuning in to the Body, Our Groups  
and Ourselves

**JUNE 10 | 11 | 12 2016**

Simmons College, Boston, MA

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# Welcome

Welcome to the 35<sup>th</sup> Annual Conference of the Northeastern Society for Group Psychotherapy, *"What Moves Us: Tuning in to the Body, Our Groups, and Ourselves,"* June 10, 11 & 12, 2016.

NSGP has created three full days of experiential groups and didactic workshops for all levels of learning. Boston is again the destination for group psychotherapy clinicians, academics, students, and a variety of business people interested in many aspects of group dynamics. In 2016, the NSGP Conference returns to the campus of Simmons College in Boston.

Every year, we attempt to create for our conference something that is unique in experience, but also on the cutting edge of theory in human behavior and change. We know that this year will be unusual and engrossing.

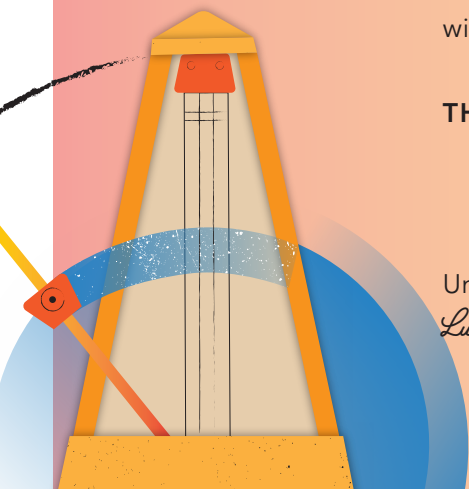
The 2016 teaching faculty are renowned group therapists, teachers, researchers, and visionaries from all over the continent. You will learn from them in the presence of each other as you discover new ideas and the amazing potency of human learning in shared group experience.

The NSGP Conference has continued for 35 years and has evolved into a weekend-long celebration of group therapy. It is created for the people who want to learn about groups, how to lead groups, how to educate the public about them, and for people who remain in love with groups. This weekend never fails to bring to the community the very best in experience groups, workshops, special presentations, and live demonstrations.

Saturday night will bring the usual exuberant NSGP dinner party in Boston where faculty, students, mentors, old faithful and new members will play and eat together in a fusion of excitement, conversation, humor, and good food. We will car-pool, walk or take the "T" into the heart of the city. Later, some will drop into their beds and some will stay up until the wee hours.

**THANK YOU ALL FOR YOUR ONGOING SUPPORT OF NSGP.**

Until we meet on campus,  
*Lucy Fordan and Virginia Reiber for the 2016 Conference Committee*



## *Special Presentations*

### **SP-I** Synchrony and Finding a Voice: Music, Theater and Collective Movement in Recovery from Traumatic Stress

**Led by:** Bessel van der Kolk, MD, Professor of Psychiatry, Boston University School of Medicine; Medical Director of the Trauma Center in Boston, MA; Co-Director of the Complex Trauma Treatment Network, NCTSN

**Moderator:** Virginia D. Reiber PhD, CGP, Private Practice, Dedham, MA

### **SP-II** Music, Movement, and Moments of Meeting: A Group Experience

**Led by:** Suzanne L. Cohen, EdD, CGP, FAGPA, Private Practice, Wellesley, MA

## *Lecture and Demonstration Group*

### SE-Informed Group Psychotherapy: Moving Beyond Trauma to Embodied Relationship

**Led by:** Peter J. Taylor, PhD, SEP, CGP, FAGPA, Private Practice, New York City and Briarcliff Manor, NY

Roger Saint-Laurent, PsyD, SEP, CGP, Private Practice, New York City and Briarcliff Manor, NY

**Moderator:** Marc Bolduc, LICSW, CADAC II, CGP, Department of Psychiatry, MGH, Private Practice, Boston, MA

**Discussants:** David Hawkins, MD, Distinguished Life Fellow and Past President, APA; Distinguished Life Fellow, AGPA

Margaret M. Postlewaite, PhD, CGP, SEP, FAGPA, Private Practice, White Plains, NY

# Conference Overview

## FRIDAY, JUNE 10

**7:30am - 8:15am**

Registration and Continental Breakfast

**8:15am - 8:45am**

Experience Group Opening and Orientation (*Required for CEs*)

**9:00am - 12:00pm**

Experience Group Session I

**12:00pm - 1:30pm**

Lunch Break

**1:00pm - 1:30pm**

Multi-Day Experience Group Opening and Orientation (*Required for CEs*)

**1:30pm - 3:30pm**

Experience Group Session II

Multi-Day Experience Group Session I

**3:30pm - 4:00pm**

Refreshment Break

**4:00pm - 6:00pm**

Experience Group Session III

Multi-Day Experience Group Session II

**6:00pm - 7:00pm**

Social Hour

**7:15pm - 9:00pm**

**SP-I:** Synchrony and Finding a Voice: Music, Theater and Collective Movement in Recovery from Traumatic Stress

## SATURDAY, JUNE 11

**7:30am - 8:30pm**

Registration and Continental Breakfast

**8:30am - 9:00pm**

Workshop Opening and Orientation

**9:00am - 12:00pm**

Morning Workshops

Multi-Day Experience Group Session III

**12:00pm - 1:15pm**

Lunch Break (Box Lunch Provided)

Business Meeting

**SATURDAY, JUNE 11**  
**(CONTINUED)**

**1:15pm - 2:45pm**

**SP-II** Music, Movement, and Moments of Meeting: A Group Experience

**2:45pm - 3:00pm**

Afternoon Break

**3:00pm - 6:00pm**

Afternoon Workshops

**6:00pm - 7:00pm**

Social Hour

**7:30pm**

NSGP Off-site Dinner

**SUNDAY, JUNE 12**

**8:45am - 5:00pm**

**Lecture and Demonstration Group** (full day attendance is required for CEs)

**7:30am to 8:45am**

Registration and Continental Breakfast

**8:45am to 9:00am**

Opening

**9:00am to 10:30am**

Didactic Presentation I Audience Exercises

**10:30am to 10:45am**

Morning Break

**10:45am to 12:00pm**

Demonstration Group Meeting I

**12:00pm to 1:00pm**

Lunch (Box Lunch Provided)

**1:00pm to 1:45pm**

Didactic Presentation II

**1:45pm to 3:00pm**

Demonstration Group Meeting II

**SUNDAY, JUNE 12**  
**(CONTINUED)**

**3:00pm to 3:15pm**

Afternoon Break

**3:15pm to 4:00pm**

Group Member Debrief

**4:00pm to 4:30pm**

Discussant Observations

**4:30pm to 5:00pm**

General Discussion

**5:00pm to 6:00pm**

Social Hour

**SP-1** **FRIDAY JUNE 10**  
**7:15pm - 9:00pm**

**Synchrony and Finding a Voice: Music, Theater and Collective Movement in Recovery from Traumatic Stress**

After being traumatized, the body continues to pump out stress hormones that make people feel frazzled, agitated, or shut down. In this workshop, you will learn how traumatic imprints can be addressed using techniques drawn from yoga, theater, neurofeedback and somatic therapies.

**Learning Objectives:**

*At the end of this event participants will be able to:*

Promote an increased sense of self by allowing oneself to get in touch with inner experience, including the foundations of self-awareness and self-regulation. Illustrate exercises including breathing, posture, facial mirroring, touch, and vocal exercises.

Apply techniques for projecting different messages (empathy, support, authority, guidance) through how you stand, sit, and walk.

Access one's self through the language of the body and movement.

Practice the power of neurofeedback and sensory integration.

Integrate more mindfulness and empowered action into your approach with clients.

**Presenter:** Bessel van der Kolk, MD, Professor of Psychiatry, Boston University School of Medicine; Medical Director of the Trauma Center in Boston, MA; Co-Director of the Complex Trauma Treatment Network, NCTSN

[Bessel van der Kolk, MD, is a clinical psychiatrist whose work integrates mind, brain, body, and social connections to understand and treat trauma. His research ranges from the impact of trauma on development and brain imaging, to the use of yoga, neurofeedback, EMDR, and theater for the treatment of post-traumatic stress disorder. Dr. van der Kolk is a Professor of Psychiatry at Boston University School of Medicine, Medical Director of the Trauma Center in Boston, and co-director of the Complex Trauma Treatment Network, NCTSN. Dr. van der Kolk is the author of more than 150 peer reviewed scientific articles and several books including the New York Times best-seller \*The Body Keeps the Score: Mind, Brain, and Body in the Healing of Trauma\*.](#)

## **SP-II SATURDAY, JUNE 11**

**1:15pm - 2:45pm**

### **Music, Movement, and Moments of Meeting: A Group Experience**

Through expressive movement to music we will explore non-verbal communication and implicit relational knowing. We will focus on our moment-to-moment sensory experiences during three movement experiences set to music, demonstrating individual, interpersonal, and group relationships on a non-verbal, body level. Participants will then verbalize their experiences in group discussions.

#### **Learning Objectives:**

*At the end of this event participants will be able to:*

List vocabulary and language for body sensations

Differentiate explicit, verbal and implicit, non-verbal, communication

Differentiate sensory experiences in three contexts (individual, interpersonal, and group)

Define concepts of embodied attunement, implicit relational knowing, and empathy

Specify role of music in expressive movement

**Presenter:** Suzanne L. Cohen, EdD, CGP, FAGPA, Private Practice, Wellesley, MA

Dr. Cohen earned her EdD in Counseling in 1977, is a licensed psychologist (MA), a certified group psychotherapist (CGP), Past President and Fellow of the American Group Psychotherapy Association. She has been leading therapy groups for over 40 years. Dr. Cohen has been a Licensed Nia Practitioner since 1999, and has led workshops for group therapists in body/mind integration since 2000.



# Lecture and Demonstration Group

## SE-Informed Group Psychotherapy: Moving Beyond Trauma to Embodied Relationship

**SATURDAY, JUNE 11**

**3:00 pm - 6:00 pm**

**First Group Meeting (Group Participants Only)**

**SUNDAY, JUNE 12**

**9:00 am - 5:00 pm**

**Lecture and Demonstration Group**

Somatic Experiencing® (SE) is a therapeutic approach which facilitates re-establishing one's natural capacity to regulate activation, settling, and social engagement. In this lecture and demonstration group, we will explore how basic concepts of SE can help group members and leaders deepen the felt experience of self and other, mind and body, and the interpersonal field of groups.

The demonstration group will meet three times. The first session on Saturday afternoon is for volunteer group members only; they will meet privately with the co-leaders to begin initial settling in to group membership in order to allow for a richer demonstration on Sunday\*. On Sunday, conference attendees will participate and/or observe in a day long series of didactic sessions and two demonstration group sessions.

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*\*In accordance with how groups are formed in real-world practice and to facilitate formation of a working group for the demonstration sessions, those considering participating in the group are invited to contact the group co-leaders in advance, at [nsgpdemogroup2016@gmail.com](mailto:nsgpdemogroup2016@gmail.com), with any questions they may have about doing so.*

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Apply basic concepts of Somatic Experiencing® in order to develop a more embodied therapeutic stance.

Judge the usefulness of tuning in to deeply felt internal states to make subsequent interpersonal interactions with group members and colleagues more effective.

Trace the development of group members' individual and collective self-regulation.

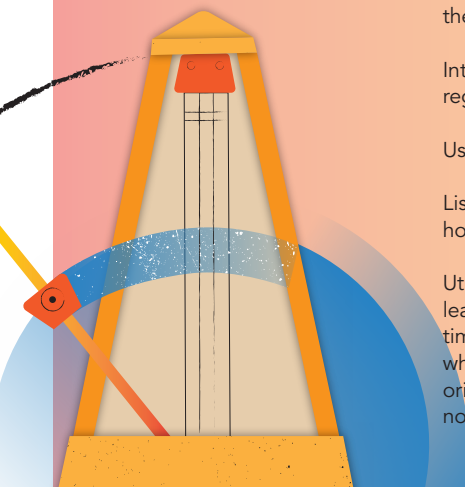
List physiological reactions regulated by the parasympathetic branch of the autonomic nervous system (the PNS), the sympathetic branch of the nervous system (the SNS), and discuss clinical applications of these reactions.

Integrate the interplay of gentle cycles of sympathetic and parasympathetic stimulation to facilitate the re-regulation of the autonomic nervous system.

Use titrated activation to maintain group members and the group as a whole within a range of resiliency.

List the three specific defensive or protective survival responses—fight, flight, and freeze—and offer examples of how these responses can manifest in group dynamics.

Utilize techniques for the containment and management of client activation, including a) maintaining group leader's own settled nervous system; b) having group members notice indicators of safety in the room; c) taking time to invite a group member's attention to go where it wants in the environment; d) inviting social engagement, which typically leads members back to more PNS-dominated state; e) developing strategies for grounding, orienting, and stabilizing prior to working with states of higher activation; f) and having group members learn to notice somatic signs of activation in self and others as that activation arises, before it becomes overwhelming.





### **Presenters and Group Leaders:**

Peter J. Taylor, PhD, SEP, CGP, FAGPA, and Roger Saint-Laurent, PsyD, SEP, CGP are clinical psychologists, Somatic Experiencing Practitioners, and Certified Group Psychotherapists in private practice in New York City and Briarcliff Manor, NY.

Dr. Taylor is a Fellow of the American Group Psychotherapy Association and Past-President of the Eastern Group Psychotherapy Society. Dr. Saint-Laurent has served as Chair and Dr. Taylor as Secretary of the Board of Directors of the SE Trauma Institute, which, with its regional and international partners, oversees SE trainings throughout the world. As senior training assistants and approved session and consult providers, Drs. Taylor and Saint-Laurent have studied with eight of the SE international faculty and assisted at more than thirty SE trainings modules. They have offered workshops on the intersection of SE and group psychotherapy, and introductions to SE, and have led SE training and consultation groups both privately and at professional meetings and conferences throughout the US and Canada. Dr. Taylor received his PhD from Columbia University in 1992; Dr. Saint-Laurent received his PsyD from Nova Southeastern University in 1994.


### **Discussants:**

Margaret M. Postlewaite, PhD, CGP, SEP, FAGPA, Private Practice, White Plains, NY

Margaret M. Postlewaite, PhD, CGP, SEP, FAGPA, maintains a full-time private practice of individual and group psychotherapy, psychoanalysis and supervision in White Plains, NY. Having completed Somatic Experiencing® Training, she has integrated this modality into her work with both individuals and groups. She is a former President of the Eastern Group Psychotherapy Society and Board Member of the Westchester Group Psychotherapy Society, and has held various positions within the American Group Psychotherapy Association. She consults on group therapy for various organizations and agencies, including Gilda's Club. She has offered workshops and trainings on topics as varied as self-disclosure, peer group supervision, healthy aging, and the development of the senior therapist. In addition she has authored two chapters for the two editions of *101 Interventions in Group Therapy*.

David Hawkins, MD, Distinguished Life Fellow APA, Past President and Distinguished Life Fellow, AGPA, Private Practice, Chapel Hill, NC

David M. Hawkins, MD is a Board Certified psychiatrist in private practice in Chapel Hill, NC. He offers individual and group psychotherapy, training and consultation groups in psychodynamic group psychotherapy, and lectures nationally on group psychotherapy. He is a Distinguished Life Fellow of the American Psychiatric Association, a Past President and Fellow of the American Academy of Psychotherapists and a Past President and Distinguished Life Fellow of the American Group Psychotherapy Association.



# Day-Long Experience Groups

**FRIDAY, JUNE 10**

**8:15 am - 6:00 pm**

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.

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\*, 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 event 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

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*\*This year we offer a Multi-day Special Interest Group as well as the second meeting of a Two-Year Group.*

# General Psychodynamic Groups

## **E-1** GENERAL PSYCHODYNAMIC GROUP

*For Clinicians With 0-3 Years of Group Therapy Experience*

Leah Slivko, LICSW, Certified Psychoanalyst, Private Practice, Amherst, MA and New York City, NY; Faculty, Massachusetts Institute for Psychoanalysis

## **E-2** GENERAL PSYCHODYNAMIC GROUP

*For Clinicians With 4-7 Years of Group Therapy Experience*

Julie Anderson, PhD, CGP, Private Practice, Brookline, MA; Faculty, Boston Institute for Psychotherapy; Faculty, NSGP Training Program

## **E-3** GENERAL PSYCHODYNAMIC GROUP

*For Clinicians With 8 or More Years of Group Therapy Experience*

Margaret Postlewaite, PhD, CGP, FAGPA, Private Practice, White Plains, NY

## **E-4** TWO-YEAR PSYCHODYNAMIC GROUP: Second Year of Two Year Group

*This group is open only to those who attended this group last year.*

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.

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

# Special Interest Groups

## **E-5** (Naked) In the Locker Room

A day-long experiential group, for men only, to explore and discuss how and in what ways their evaluations of their bodies impact their sense of pride and shame in both competitive and affiliative relations with other men.

Scott Reinhardt, PhD, Private Practice, Newton, MA

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Recognize both derogatory and adulatory thoughts about their bodies

Question the veracity of those thoughts

Note the extent/frequency of such thoughts as generalized from “body” to “person”

Restate such thoughts in more accurate/realistic terms

Practice #1-4 above and notice changes in self-evaluations and evaluations of other men

## **E-6** Emotional Processing Group: Working through Attachment Trauma

Emotional processing is central to working through attachment trauma. Identifying and amplifying core affects help group members process past attachment failures and ruptures. We will explore techniques that help group members to differentiate core affects and to process attachment trauma safely and effectively.

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

Malika Robichaud, MD, PhD, FRCPC, Faculty d’Enseignement Clinique, Université de Sherbrooke Hôpital Charles-LeMoyne, Greenfield Park, Quebec, Canada

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Describe the stage approach to emotional processing and its relation to group development

Identify neurobiological tasks as they relate to group process

Identify how anxiety differs from affect

Recognize core affects and emotional pathways

Identify techniques that help group members to regulate core (signature) affects

Identify techniques that help group members process attachment trauma

## **E-7** A Fine Balance: Risks and Rewards of Self-Disclosure in Therapy Groups

Self-disclosure is essential to energize the healing power of group, yet meaningful self-disclosure creates the risk of being hurt or shamed. Poorly expressed or received disclosure can lead to injury, deepened defenses, or premature termination. We will explore ways in which the group leader facilitates a safe and energized group culture for optimal self-disclosure.

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

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Cite group leadership approaches that foster a curious, respectful, challenging culture in group

Decide whether it diminishes or enhances development of the group to have ground rules about participants treating each other with respect and care, even as they may be communicating strong emotional reactions or confronting each other

Discuss the group therapist's responsibilities in the event of conflict or strong negative emotions directed at a participant

Recognize transference and countertransference issues in deciding when a group participant will benefit from handling a conflict on their own versus with the help of the group leader

Evaluate the risks versus the rewards of participant self-disclosure in a group

## *Multi-Day Group*

**FRIDAY JUNE 10**

**1:00 pm - 6:00pm**

**Multi-Day Opening and Sessions I and II**

**SATURDAY JUNE 11**

**9:00am - 12:00pm**

**Multi-Day Session III**

### **E-8** Entering the Sand Box: The Group as a Potential Play Space

We will explore the development of active engagement among members through the lens of play, an essential element in sustaining social relationships and feeling alive. This experience group will provide participants with an opportunity to explore the ways in which they engage with others, as well as how they might restrict themselves in the here-and-now experience.

Arnold Cohen, PhD, CGP, FAGPA, Past President, NSGP; Private Practice, Newton, MA

Sara Emerson, LICSW, CGP, FAGPA, Faculty, Boston College GSSW, Newton, MA;  
Private Practice, Cambridge, MA

#### **Learning Objectives:**

*At the end of this event participants will be able to:*

Experience and evaluate the role of the leaders as they are actively engaged in the groups interactive process

Identify therapeutic factors which contribute to the development of a safe and cohesive group culture

Evaluate the role of the leader in the development of the group as a space conducive to engaging with others in a spontaneous manner

Observe and experience their own resistances to engaging in a more spontaneous manner with the other members

Observe and learn about the importance of the leader's role in containing the group and creating a space conducive to spontaneous interactions

# Workshops

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

## MORNING SESSIONS

SATURDAY JUNE 11

9:00am - 12:00pm

### **W-1** Into the Labyrinth: The Mind's Journey in the Animal Body

Douglas Baker, LICSW, RYT; Founder of Cambridge Mind-Body, Cambridge, MA

This highly experiential workshop invites clinicians to explore the emotional, spiritual body in a guided process of meditation and Kripalu Yoga. Through simple, safe guided experiences, participants practice being nonjudgmentally present for their full cognitive, emotional and somatic experience. Members will share experiences with others at the group's conclusion.

#### **Learning Objectives:**

*At the end of this event participants will be able to:*

Practice the skill of nonjudgmental self-observation

Apply the Kripalu Yoga cognitive methodology for tolerating strong affect and somatic experience

Employ meta-cognition (non-narrative) as a tool of therapeutic growth

Recognize the contraindications and cautions of body-oriented meditation

Integrate direct somatic experiencing as a therapeutic skill

### **W-2** Projective Identification Goes to the Movies

Joseph Shay, PhD, CGP, FAGPA; Lecturer on Psychiatry, Dept. of Psychiatry, Part-time, Harvard Medical School; Private Practice, Cambridge, MA

We will examine the complicated concept of projective identification through use of movie and TV clips. Included are segments from *Good Will Hunting*, *The Simpsons*, *Rebel Without a Cause*, *The Breakfast Club*, *In Treatment*, and others. Objectives include sharpening the definition of projective identification, recognizing its presence in group therapy, and learning to intervene more effectively when it exists. (Rated "R")

**Learning Objectives:**

*At the end of this event participants will be able to:*

Define projective identification

Appreciate the different definitions of projective identification

Recognize projective identification in action in group therapy

Learn to intervene more successfully when projective identification is present

Recognize common countertransference reactions in the presence of projective identification

**W-3****Transforming Traumatic Stress with the EMDR Integrative Group Treatment Protocol**

Patricia Thatcher, LICSW, Private Practice, Cambridge, MA, Member, Boston Area EMDR Trauma Response Network

This workshop will offer an overview and experience of the EMDR Integrative Group Treatment Protocol, created by the Mexican Association for Crisis Therapy. This protocol has proven to be effective with children and adults around the world affected by critical incidents and ongoing trauma.

**Learning Objectives:**

*At the end of this event participants will be able to:*

Name at least three characteristics of critical incident stress

Identify at least three normal responses to ongoing traumatic experience

Name at least three ways victims of critical incident stress can take care of themselves

Identify at least one way to take care of themselves following this event

**W-4****The Healing Wisdom of Mind, Body and Soul: Intuition, Compassion and Connection in a Group Setting**

Bette J. Freedson, LICSW, LCSW, CGP, Private Practice, South Berwick, ME, Author: *Soul Mothers' Wisdom: Seven Insights For The Single Mother*; NASW Media Spokesperson

Participants of this workshop will experience and examine the healing dynamic created in group when an ego-state of intuition, a.k.a. "soul wisdom," combines with the curative energy of interpersonal relatedness - or, eliciting parasympathetic responsiveness in members and therapist, evoking a somatic sense of self-compassion, and cohering into compassionate connectedness with others.

**Learning Objectives:**

*At the end of this event participants will be able to:*

Explain the concept of "soul wisdom" relative to parasympathetic responsiveness, intuition and somatic well-being

Identify two strategies for accessing "soul wisdom" intuition in a group setting



Discuss the concept of intuition as a connection to the wise knowing of the authentic self

Integrate the concepts of “soul wisdom” and interpersonal connectedness as a medium for the development of a curative dynamic in a group

Design a group that combines intuition with interpersonal relatedness as a way of promoting compassionate connection to self and others.

## **W-5** Working with Couples and Families Through the Lens of Attachment: An Introduction to Emotionally Focused Therapy

Suzanne McCarthy, PsyD, Managing Director of New England Center for Couples and Families, Certified EFT Couples Therapist

Danielle Green, LICSW, Certified EFT Couples Therapist and Supervisor, New England Center for Couples and Families

Participants will learn the basic tenets of Emotionally Focused Therapy (EFT), acknowledged as one of the most effective models of couples therapy currently practiced. EFT is a short term, empirically validated form of couples therapy that has been shown to be highly effective in moving couples from distress to significant improvement.

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Perceive couple and family distress through an attachment lens and to learn to guide clients to a more adaptive response

Identify the three stages of Emotionally Focused Therapy and concomitant interventions

Help couples and families reduce conflict

Identify key change moments in couples and family psychotherapy and know how to most effectively intervene to help clients regulate themselves and attune to each other

Begin to apply the clinical interventions of EFT and consistently move clients to a more secure attachment bond

## **W-6** “This Group is a Lasagna”: The Group Leader’s Use of Metaphor and Images in Group Psychotherapy

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

In this workshop, we will look at ways in which group leaders can use metaphor and images to increase group cohesion, invoke playfulness, increase understanding, and confront difficult topics in groups. We will incorporate a mix of discussion, didactic and experiential modalities.

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Develop a greater capacity for using multiple interventions in groups

Demonstrate a greater understanding of timing metaphors to match stage of group

Identify how metaphors can increase group cohesion

Learn how metaphors can be used to confront group members

Recognize that metaphors can invoke playfulness in a group

## **W-7** Working with the Dark Side in Group Therapy Using a Demonstration Group

Robert S. Pepper LCSW, PhD, CGP, Director of Training and Education, The Long Island Institute for Mental Health, Rego Park, NY

We have all had the experience of working with a group that was felt to be impossible. This workshop focuses on leading such a group. Volunteers will role-play their most difficult members in a demonstration group led by Dr. Pepper. Using a combination of modern analytic techniques and psychoanalytic theory, Dr. Pepper will facilitate the group process, and discussion to follow.

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Apply techniques to resolve destructive group resistances

Determine the importance of secure boundaries

Identify countertransference resistances in leading a difficult group

Utilize induced feelings to better resolve resistances

Analyze iatrogenic treatment reactions

## *Afternoon Sessions*

**SATURDAY JUNE 11**

**3:00pm - 6:00pm**

## **W-8** Tuning In and Moving Through: the Use of "Push Hands" in Process Groups

Lee D. Kassan, MA, CGP, Editor, GROUP; Private Practice, New York

Bojun Hu, MA, Post-doctoral Fellow, Brandeis University, Waltham, MA

Using the t'ai chi "push hands" exercise, participants will direct their attention to the quality of contact in movement. An experiential process group will intersperse with movement to explore how we tune in and remain open. What is our personal style, and how does it affect our work with patients?

**Learning Objectives:**

*At the end of this event participants will be able to:*

- Discuss principles of "push hands" and their clinical parallels
- Describe ways to tune into the body, its movements and sensations
- Explain the ambivalence about tuning in/out and making contact
- Identify the dynamics of withdrawal and intrusion
- Experiment with new ways creating/maintaining contact

## **W-9** Money and Taboos: Transforming Barriers to Dealing with Money and Fees

Shoshana Ben-Noam, PsyD, CGP, LFAGPA, Adjunct Professor, Pace University, New York, NY; Private Practice, New York, NY

Setting and collecting fees in group therapy may trigger feelings such as anger, shame and jealousy in patients and therapists. In this workshop, we will explore the interpersonal meanings of these feelings as a means of transforming barriers and empowering group members and leaders.

**Learning Objectives:**

*At the end of this event participants will be able to:*

- Recognize the money taboo and practice how to lift it
- Identify group members' inhibitions and conflicts regarding money matters
- Identify group leaders' anxieties and conflicts regarding money and fees
- Cite interventions for leaders' working through fee matters barriers
- Cite interventions for enhancing members' interpersonal learning by utilizing the fee as a clinical tool

## **W-10** AFGO: Another "Fabulous" Growth Opportunity in Group Psychotherapy

Annie Weiss, LICSW, CGP Faculty, Boston Institute for Psychotherapy; Consultant, Brookline Community Mental Health Center; Private Practice, Newton, MA

J. Scott Rutan, PhD, Past-President, AGPA, Co-Founder and Faculty, Boston Institute for Psychotherapy, DFAGPA

We will focus on the moments in group when as the leader we feel anxious, irritated or completely deskilled in the face of challenges, defenses, boundary violations and enactments. Bring your most challenging, embarrassing or frustrating group dilemmas and we will explore how to spin them into therapeutic gold.

**Learning Objectives:**

*At the end of this event participants will be able to:*

- Learn a range of skills to work with uncomfortable group material
- Identify the therapeutic aspects of seeming group impasses

Manage uncomfortable feelings and reactions (clinician's own and group members)

Illuminate underlying group material that may thwart group progress

Bring more humor, confidence and liveliness to difficult group moments

## **W-11** Getting off the Runway: Forming and Launching Your New Therapy Group

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

This workshop will provide strategies and guidance to participants who are interested in starting a group from the ground up. We will focus on the elements of forming and launching a group and provide time for participants to apply the workshop's concepts to their own group project.

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Define the type and focus of the group you want to start

Identify the important elements of forming a group and selecting and preparing members

Consider challenges that may arise in terms of membership and setting

Evaluate how to best advertise a group

Plan how to launch a group

## **W-12** Focusing: A Mindful Practice of Listening to the Wisdom of our Bodies

Kelley Bothe, LICSW, CGP, Private Practice, Wellesley and Concord, MA

Susan Rudnick, LCSW, Private Practice, New York City, NY

Focusing is an experiential method of inward bodily attention that deepens self-awareness and promotes lasting change. It is a mindful process that teaches us to pause and attend to a subtle level of knowing that speaks to us through the body. Focusing can be integrated into psychotherapy and can deepen therapeutic work.

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Name three aspects of Focusing that set it apart from other methods of inner awareness

Learn to identify a "felt sense" in self and others

Differentiate "Focusing listening" from everyday listening

Describe how Focusing can enhance peer group process

List five ways of integrating Focusing into your therapeutic practice

## **W-13** Your Professional Will: What you need to have in place when unexpected harm hits you -- and your patients, colleagues, family and friends

Mark Fanger, EdD, CGP, CST, Private Practice, Newton, MA

We are all of us vulnerable and susceptible to life's unpredictability, vicissitudes, and tragedies. None of us is exempt. We have an ethical responsibility to protect our patients if/when something really bad happens to us. Inattention to this could be costly -- professionally, personally, emotionally and financially, to you and to your patients and your loved ones. We will begin with an experiential exercise and you will leave with the necessary structure for your personalized and ethical Professional Will.

### **Learning Objectives:**

*At the end of this event participants will be able to:*

State the ethical reasoning for developing and maintaining a professional will

Describe the function of a professional will

Identify at least three components of the professional will for the private practice group therapist

Identify different components needed for a professional will regarding emergencies as compared to sudden death

Identify at least three criteria for selecting a professional will team executor, and selecting members of a professional will team

## **W-14** Navigating the Nervous System: Polyvagal Theory in Clinical Practice

Deborah Dana, LCSW, LICSW, Adjunct Faculty, University of Southern Maine, Private Practice, Saco, Maine

We come into the world wired for connection. Beneath awareness, the autonomic nervous system directs this process responding to sensations in our body and signals from the world around us. Using Polyvagal Theory we will explore the autonomic safety circuit, autonomic pathways to connection, and skills to retune the nervous system.

### **Learning Objectives:**

*At the end of this event participants will be able to:*

Describe the basic elements of polyvagal theory

List common responses for each of the three phases of the autonomic hierarchy

Complete a polyvagal map

Describe the process of neuroception

Identify simple practices to increase ventral vagal tone

## On Site Lodging

Housing is available at nearby hotels or at Simmons College Residence Halls.

The deadline for requesting on-campus housing is **May 27<sup>th</sup>**!

**Online Registration is available at [www.nsgp.com](http://www.nsgp.com).**

*SPACE IS LIMITED with single and double occupancy available.*

[\*NSGP will do its best to meet all accommodation requests for Simmons.\*](#)

[\*All buildings in use are handicap accessible.\*](#)

[\*Upon completion of registration for Simmons College housing, registrants will receive emailed instructions regarding check-in and location.\*](#)

[\*Campus is smoke-free.\*](#)

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**Cancellation Policy:** *No refund can be made unless written notification of cancellation is postmarked or emailed by May 27th.*

## Business Meeting

**SATURDAY JUNE 11, 2016**

**12:00-1:00pm\***

### The Kotzen Room at Simmons College

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

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*\* 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)**.

## *Additional Events*

**(ADD TO REGISTRATION)**

**NSGP Dinner Party**  
**All Conference Participants are invited**

Come Join Your Colleagues  
Fine Food, Drink and Stimulating Conversation

**MAGGIANO'S LITTLE ITALY**  
**SATURDAY JUNE 10, 2016      7:30 PM**

4 Columbus Avenue, Boston, MA 02116  
Cost \$55 per person

**New Member and First Time Attendee Lunch**

<b>FRIDAY, JUNE 10</b>	<b>12:00pm - 1:30pm</b>
<b>SUNDAY JUNE 12</b>	<b>12:00pm - 1:30pm</b>

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

On Friday you may bring or purchase lunch in the Simmons Cafeteria.

On Sunday a box lunch is provided.

Meet us at the back of the Simmons cafeteria where we will have several designated tables.

*See you there!*

# NSCP Board of Directors

## President

Debora Carmichael, PhD, CGP

## President-Elect

Steffen Fuller, PhD, CGP

## Secretary

Jennifer DeSouza, LICSW, CGP

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Madeleine Lourie, LICSW

Michelle McGrath, LICSW

Geri Reinhardt, LICSW

## Office Manager

Lisa Portscher

## Fee Schedule

	CEU	COST		
		M	NM	ST
Opening Orientation	1.5			
SP-I	1.75	\$60	\$80	\$25
SP-II	1.5	\$60	\$80	\$25
EG	7.5	\$160	\$185	\$75
EG Multi-Day	7.5	\$160	\$185	\$75
WS	3	\$60	\$80	\$25
Lecture and Demo	6.0	\$160	\$185	\$75

MEMBER=M

NON-MEMBER=N

MEMBER=N

STUDENT=ST



## NSGP Accreditation

### APA

### 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 up to 23.75 hours.

***Professional Counselors in these 41 states can submit APA:***

AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, KY, KS, ME, MO, MN, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY

***MFT's in these 31 states can submit APA:***

AK, AR, AZ, CA, CO, CT, DE, FL, IA, ID, IN, KS, ME, MO, NE, NC, NH, NM, NJ, NV, OK, OR, PA, SC, SD, TN, TX, UT, VA, WI, WY

***Addiction Professional in these 26 states can submit APA:***

AK, AR, CO, CT, DE, GA, IA, IN, KS, LA, MO, MT, NE, NM, NC, ND, NJ, NV, NY (outstate held), OK, OR, SC, UT, WA, WI, WY

### ASWB

### Social Workers

Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program.

ASWB Approval Period: 06/24/2015 – 06/24/2016. Social workers should contact their regulatory board to determine course approval for continuing education credits.

Social workers participating in this course may receive up to 23.75 clinical continuing education clock hours.

***Professional Counselors in these 30 states can submit ASWB:***

AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, ME, MO, ND, NE, NM, NH, NV, OK, PA, TN, TX, UT, VA, WI, WY

***MFT's in these 25 states can submit ASWB:***

AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, ME, MO, NC, NE, NH, NM, NV, OK, PA, TN, TX, UT, VA, WI, WY

***Addictions Professionals in these 19 states can submit ASWB:***

AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

### New York Social Worker

Quorum EDU SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115 23.75 hours.