



NORTHEASTERN SOCIETY FOR GROUP PSYCHOTHERAPY
PRESENTS

THE 36TH ANNUAL CONFERENCE

FOUNDATIONS & FRONTIERS IN GROUP PSYCHOTHERAPY

— JUNE 9-11TH 2017 AT —
SIMMONS COLLEGE IN BOSTON, MA

www.nsgp.com



Northeastern Society for Group Psychotherapy

PRESENTS
THE 36TH ANNUAL CONFERENCE:
FOUNDATIONS & FRONTIERS IN GROUP PSYCHOTHERAPY

JUNE 9-11TH 2017 AT
SIMMONS COLLEGE IN BOSTON, MA

3 DAYS OF EVENTS

DAY
1

FRIDAY, JUNE 9TH 2017

A Full Day of Experience Groups
Social Hour

Special Presentation:

"Advancing the Future: Leadership that Propels People and Organizations"

Panel of Discussants to Include:

Scott Rutan, Ph.D., CGP, DLFAGPA
Sara Emerson, LICSW, CGP, FAGPA

Suzanne Cohen, Ed.D., CGP, FAGPA
Steffen Fuller, PhD, CGP

DAY
2

SATURDAY, JUNE 10TH 2017

A Full Day of Workshop Offerings
An Afternoon Community Meeting
NSGP Dinner Party

DAY
3

SUNDAY, JUNE 11TH 2017

Full Day Guest Lecture and Demonstration Group:
The Effective Group Psychotherapist
Molyn Leszcz, MD, FRCPC, CGP, DFAGPA
Social Hour

Visit www.nsgp.com to
register and for more information

FOLLOW US ON



GREETINGS!

You are holding the map to a generous source of inspiration and learning. We welcome you and hope you will take the time to consider all the offerings here.

Group psychotherapy is a difficult personal and professional path. Here you will find new sources of energy and meaning as well as familiar and necessary experiences of healing and joy.

This year's theme of Foundations and Frontiers makes a bridge between our mission to recognize and respect the needs of contemporary clients and our traditions of practice and clinical thought that sustain us. The people we serve, and the institutions that hold us, have changing frames of reference and we strive to make sense of these world-views.

With that theme in mind, we asked Molyn Leszcz, MD, to run a Demonstration Group this year on "The Effective Group Therapist." Dr. Leszcz, co-author with Irvin Yalom of 'The Theory and Practice of Group Psychotherapy, Fifth Edition,' will teach and demonstrate best practices for therapists across all schools and theories. Our esteemed colleagues, Dr. Kathy Ulman, Ph.D. and Dr. Joseph Shay, Ph.D., join him as discussants.

On Friday night, our Special Presentation offers a different perspective of leadership by looking back over 60 years of NSGP leadership and participation. With our panel of past and present Presidents of NSGP, we will then use both face-to-face and social media interactions to anticipate coming developments in our work. Drawing on our institutional learning sixty years on, we will look for the critical skills, practices, values and perspectives that have made our Society a vibrant and relevant professional home for group therapists. Join us to participate in a special experience of shared leadership that will connect you to your colleagues past, present, and future. Leave with new perspectives on your clients, your groups and your practice that will stay with you all year.

We hope you will join us. Friday's Experience Groups offer many choices to gain energy and inspiration by learning from your own experience with others. Saturday, you can learn by participating in workshops from the best that New England and The Northeast have to offer. There is something here for everyone — for those new to groups, for those moving to greater independence and personal expression in their group work, and for therapists who now enjoy the fruit of many years' work — learning, helping, and teaching.

Warmly,

Lucy Jordan, LICSW and Charlie Glazier, LICSW

2017 NSGP CONFERENCE OVERVIEW

Friday, June 9th, 2017

7:30am	to	8:20am	Registration and Continental Breakfast
8:20am	to	8:50am	Required Experience Group Orientation
9:00am	to	12:00pm	Experience Groups, Session I
12:00pm	to	1:30pm	Lunch Break (Lunch on your own)
1:30pm	to	3:30pm	Experience Groups, Session II
3:30pm	to	4:00pm	Refreshment Break
4:00pm	to	6:00pm	Experience Groups, Session III
6:00pm	to	7:15pm	Social Hour
7:15pm	to	9:00pm	Special Presentation: Advancing the Future

Saturday, June 10th, 2017

7:30am	to	8:20pm	Registration and Continental Breakfast
8:20am	to	8:30pm	Opening Remarks & Workshop Orientation
	to	8:50am	or Required Multi-Level Experience Group Orientation
9:00am	to	12:00pm	Morning Workshops
			or Multi-Level Experience Group, Session I
12:00pm	to	1:10pm	Lunch Break (Box lunch provided)
	to	1:00pm	NSGP Annual Business Meeting – All Welcome! (Box lunch provided)
1:15pm	to	2:45pm	Community Meeting – All Welcome!
			or Multi-Level Experience Group, Session II
2:45pm	to	3:00pm	Afternoon Break
3:00pm	to	6:00pm	Afternoon Workshops
	to	5:30pm	or Multi-Level Experience Group, Session III
6:00pm	to	7:00pm	Social Hour
7:30pm	to	11:00pm	NSGP Dinner (Maggiano's Little Italy)

Sunday, June 11th, 2017

8:00am	to	8:50am	Registration and Continental Breakfast
9:00am	to	5:00pm	Day-Long Lecture & Demonstration Group (full-day attendance is required for CEUs)
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 for all)
1:00pm	to	1:45pm	Didactic Presentation II
1:45pm	to	3:00pm	Demonstration Group, Meeting II
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

CONFERENCE OVERVIEW AT A GLANCE

	FRIDAY	SATURDAY	SUNDAY	
8:00 AM	Registration and Continental Breakfast	Registration and Continental Breakfast	Registration and Continental Breakfast	8:00 AM
9:00 AM	Day-Long Experience Groups, Session I	Multi-Level Experience Group E-7, Session I	Day-Long Lecture & Demonstration Group- The Effective Group Psychotherapist	9:00 AM
10:00 AM				10:00 AM
11:00 AM			Refreshment Break	11:00 AM
12:00 PM	Lunch Break	Lunch Break Business Meeting (Box lunch provided for all)	Lunch Break (Box lunch provided for all)	12:00 PM
1:00 PM				1:00 PM
2:00 PM	Day-Long Experience Groups, Session II	Multi-Level Experience Group E-7, Session II		2:00 PM
3:00 PM		Refreshment Break	Refreshment Break	3:00 PM
4:00 PM	Refreshment Break	Multi-Level Experience Group E-7, Session III		4:00 PM
5:00 PM	Day-Long Experience Groups, Session III	Afternoon Workshops W-8 to W-14		5:00 PM
6:00 PM	Social Hour	Social Hour	Social Hour	6:00 PM
7:00 PM				7:00 PM
8:00 PM	Special Presentation- Advancing the Future	NSGP Dinner Maggiano's Little Italy (until 11:00pm)		8:00 PM
9:00 PM				9:00 PM

FEES, CEUs AND OTHER EXPENSES

FRIDAY JUNE 9TH		CEUs	Member	Non-Member	Student Member
8:20am – 6:00pm	Day-Long Experience Group (6 choices: E-1 thru E-6)	7.5	\$160	\$185	\$75
7:15pm – 9:00pm	Special Presentation: Advancing the Future: Leadership that Propels People and Organizations Panel: Rutan, S. Cohen, Emerson & Fuller.	1.75	\$60	\$80	\$25
SATURDAY JUNE 10TH		CEUs	Member	Non-Member	Student Member
8:20am – 5:30pm	Multi-Level Day-Long Experience Group (E-7)	7.5	\$160	\$185	\$75
– 12:00pm	or Morning Workshops (7 choices: W-1 thru W-7)	3.0	\$60	\$80	\$25
3:00pm – 6:00pm	Afternoon Workshops (7 choices: W-8 thru W-14)	3.0	\$60	\$80	\$25
SUNDAY JUNE 11TH		CEUs	Member	Non-Member	Student Member
9:00am – 5:00pm	Lecture & Demonstration Group: The Effective Group Psychotherapist Molyn Leszcz, MD, FRCPC, CGP, DFAGPA	6.0	\$160	\$185	\$75
TOTAL (for your use)•					

Scholarship Recipients• Please note that scholarships can only be applied to the training events themselves.

Scholarships cannot be applied to Lodging, Meals, Parking or the Saturday night dinner.

We are providing the information below simply to help you plan for your budgeting needs.

Please Note• Double Accommodation rooms are only for people who have planned in advance to room with someone specific, i.e., we **do not** match people up for shared accommodations.

OTHER EXPENSES			Single	Double
On-site Lodging	Room with Shared Bathroom (per person/day)		\$63	\$50
On-site Lodging	Room with Private Bathroom (per person/day)		\$70	\$58
	Parking Garage (per day)	\$12		
	Saturday Night Dinner at Maggiano's Restaurant	\$55		

2017 CONFERENCE COMMITTEE

**The 36th Annual Regional Conference
Foundations and Frontiers in Group Psychotherapy
June 9, 10 & 11, 2017 Simmons College, Boston, MA**

Conference Co-Chairs

Lucille Jordan, LICSW
Charles Glazier, LICSW

Experience Group Committee

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

Workshop Committee

Mary Alicia Barnes, MS OT, Co-Chair
Ann-Keren Neeman Kantor, MA, Co-Chair
Julie Anderson, Ph.D., CGP

Event Committee

Doug Baker, LICSW, RYT

Registration Committee

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

Publicity and Marketing Committee

Marc Bolduc, LICSW, CADC II, CGP, Co-Chair
Melissa Kelly, LICSW, Co-Chair
Ann Koplow, LICSW
Joe DeAngelis, LICSW, CGP
Michael Selva, Psy.D.

Membership Committee

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

SPECIAL PRESENTATION

Friday, June 9th, 2017 ~ 7:15pm - 9:00pm

SP-I

Advancing the Future: Leadership that Propels People and Organizations

Past Presidents Scott Rutan, Suzanne Cohen and Sara Emerson join with current President Steffen Fuller for a panel discussion.

Moderator, Lise Motherwell will involve the panel in cross-talk, weaving together a conversation vital to leadership in group therapy and a voluntary collegial association like NSGP.

The conversation will become larger than the sum of its parts, incorporating audience members into the conversation with questions and thoughts tweeted to: **#NSGPadvancingfuture**.

Educational Objectives:

- Anticipate developments in our profession and in our work
- Describe elements of effective leadership and contexts for effective group development
- Describe specific strengths, traditions, rituals and other structures in NSGP that support the development of expert group therapists
- Describe the demands and stresses that professionals may experience and use as a source of growth, development and gusto
- Integrate the conversation with the changes in group and institutional leadership that are underway at this time in NSGP and in the group therapy field

Current & Past Presidents Panel:

Suzanne L. Cohen, Ed.D., CGP, FAGPA, has a private practice in Wellesly, MA. Her practice links psychodynamic and somatic therapy, and she is a licensed instructor of The Nia Technique. She provides consultation to organizations and has published articles and co-authored books on group dynamics. She is a past president of the Northeast Society for Group Psychotherapy from 1988-1990.

Sara J. Emerson, LICSW, CGP, FAGPA is a psychotherapist and psychoanalyst in private practice in Cambridge MA. Her psychotherapy practice includes individual psychotherapy and mixed-gender psychodynamic interpersonal psychotherapy groups. She is a past President of NSGP. She is faculty in the postgraduate Training Program and a regular presenter at the local conference in June. She has been on the board of the American Group Psychotherapy Association, and is regularly on the faculty for their Annual Meeting. She has presented nationally and internationally at various professional meetings on a range of topics related to group psychotherapy. In addition, she has completed psychoanalytic training at the Massachusetts Institute of Psychoanalysis, and is currently is on the Board and on the faculty.

Current & Past Presidents Panel (continued)

Steffen Fuller, Ph.D., CGP is a psychologist with over 25 years of experience in psychological assessment, neuropsychological testing and psychotherapy. His clinical practice in Belmont and Newton is devoted to individual and group psychotherapy alongside his assessment services, which include expertise in the evaluation and treatment of neurologically-impaired individuals. He is a Clinical Assistant Professor in Public Health and Community Medicine at Tufts University School of Medicine. He is also adjunct faculty at Cambridge College, where he teaches psychological assessment. He is the current (since 2016) President of NSGP. He is a member of the Massachusetts Psychological Association, the American Psychological Association and the Massachusetts Neuropsychological Society.

J. Scott Rutan, Ph.D., CGP, DFAGPA, is a psychologist in private practice in Chestnut Hill, MA. Dr. Rutan was the founder of the Center for Group Psychotherapy at Massachusetts General Hospital/Harvard Medical School and cofounder of the Boston Institute for Psychotherapy. He has published widely on group therapy and psychodynamic theory, conducts workshops around the world, and serves on the editorial boards of several journals. He is co-author of *Psychodynamic Group Psychotherapy*, currently in its fifth edition. He is a past president of the American Group Psychotherapy Association and a past president of NSGP.

Moderator•

Lise Motherwell, Ph.D., Psy.D., CGP, FAGPA is a retired licensed psychologist who maintained a clinical psychology practice in the Boston area for 25 years where she specialized in child, adolescent, adult and group psychotherapies. Dr. Motherwell taught and supervised in the Department of Psychiatry at Massachusetts General Hospital for 19 years, is immediate past-president of the NSGP Foundation, Inc., immediate past-treasurer of the American Group Psychotherapy Association, a past-president of NSGP (2004-2006) and co-editor of *Complex Dilemmas in Group Therapy* with Joseph Shay, Ph.D. She has been treasurer of the Mass. Psychological Association, on the editorial board of the *International Journal for Group Psychotherapy*, the editor of the NSGP Newsletter, and author of numerous articles.

LECTURE AND DEMONSTRATION GROUP

Sunday, June 11th, 2017 ~ 9:00am - 5:00pm

The Effective Group Psychotherapist

Although psychotherapies are generally equivalently effective, not all leaders are equally effective. This presentation will examine the factors that contribute to leader effectiveness in group therapy. The presentation will address what unfolds at the level of the therapeutic relationship in group therapy that can improve or impede clinical effectiveness.

- Examine key evidence-based elements that contribute to group leader effectiveness
- Integrate research, theory and clinical practice
- Gain capacity to activate the group within the here and now
- Understand the opportunities and risks of therapist use of self and transparency
- Utilize counter transference to enhance effectiveness

Presenter and Group Leader: Molyn Leszcz, MD, FRCPC, CGP, DFAGPA

Dr. Molyn Leszcz has been awarded Fellowship in the Canadian Group Psychotherapy Association and was honored as a Distinguished Fellow of the American Group Psychotherapy Association. Dr. Leszcz is on the Board of Directors of the National Registry of Certified Group Therapists. He co-chaired the AGPA Science to Services Task Force, leading to the 2008 publication of Clinical Practice Guidelines for Group Psychotherapy (awarded the 2009 Anne Alonso Award for Outstanding Contributions to Psychodynamic Group Therapy). Dr. Leszcz has been the recipient of a number of teaching awards at the University of Toronto.

Discussants: Joseph Shay, Ph.D., CGP, LFAGPA and Kathleen Ulman, Ph.D., CGP, LFAGPA

Joseph Shay is a psychologist in private practice in Cambridge. He teaches and supervises in the training programs for McLean/MGH, NSGP, the Psychodynamic Couple and Family Institute of New England, and the MGH Center for Psychodynamic Therapy and Research. He has co-edited or authored three books, published numerous articles and chapters, and presented nationally and internationally on individual, couples, and group therapy. He was awarded the Psychotherapy Supervision Award from the MGH/McLean residents in Adult Psychiatry.

Kathleen Hubbs Ulman is an Assistant Professor in Psychiatry (Psychology) at Harvard Medical School and Director of the Center for Group Psychotherapy at MGH. She is Past-President of AGPA and NSGP. She is the Chair of the NSGP Foundation. Dr. Ulman was a co-leader of the Boston Threshold Group which for thirteen years organized and sponsored group psychotherapy conferences in Belfast, Northern Ireland. She leads a variety of medically-oriented groups at the Women's Health Associates at MGH and has a private practice in Boxford, MA. She has presented on group therapy nationally and internationally and published articles and chapters on group psychotherapy.

Moderator: Marc Bolduc, LICSW, CADC II, CGP

DAY-LONG EXPERIENCE GROUPS

Friday, June 9th, 2017 ~ 8:20am - 6:00pm

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, with opportunities for emotional risks and vulnerabilities.

We offer two types of experience groups. In **General Psychodynamic Groups**, participants acquire general therapy skills relevant to leading groups. During these groups, members will experience and explore basic elements of group dynamics including the contract, resistance, transference and termination. **Special Interest Experience Groups** offer participants a chance to explore a particular theme in greater depth or to learn a new theoretical approach. For Special Interest Experience Groups, previous participation in a psychodynamic process group is suggested, but not required.

Experience groups are one-day events, with a minimum of five 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. Didactic time at the end consolidates the learning. Observers from the Experience Group Subcommittee will visit the groups briefly, but will not participate.

If you find yourself in a group with a member with whom you have a prior relationship that may complicate your participation, please raise this at the outset with the group leader; if needed, Registration will assign you to another group.

GUIDELINES FOR CHOOSING A GROUP

In choosing a group, consider how much experience you have had, both as a member of a group and as a group leader. Consider who the leader of the group is, as you may choose a leader known to you, or one that is not known to you. Also consider whether you are looking for a general process group, or a special interest group that explores a particular topic.

If you have questions, would like help deciding which group will work best for you, or if the group you are interested in is filled, please contact our Committee Members, Marsha Vannicelli, mvannicelli@comcast.net; or Karen Wischmeyer, karen.wischmeyer@comcast.net to assist you. We ask that you do not contact group leaders directly with any registration issues.

Educational 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

GENERAL PSYCHODYNAMIC EXPERIENCE GROUPS

E-1

General Psychodynamic Experience Group for Beginning Level Clinicians

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

Julie Anderson, Ph.D., CGP; Private Practice, Brookline, MA

E-2

General Psychodynamic Experience Group for Intermediate Level Clinicians

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

Kurt L. White, LICSW, LADC, CGP; Director, Ambulatory Services, Brattleboro Retreat, Brattleboro, VT; Smith College School for Social Work

E-3

General Psychodynamic Experience Group for Advanced Level Clinicians

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

Adam J. Silk, MD, CGP; Private Practice, Brookline, MA

SPECIAL INTEREST EXPERIENCE GROUPS

E-4

Social Identities, Power and Privilege: The Importance of Difference in Fostering Group Cohesion

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

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

Learning Objectives-

- Describe how difference is experienced from an early developmental perspective and how it can impact future representations of difference
- Describe how the group serves as an attachment function
- Explain how members of privileged and minority identities may experience their attachment to the group differently
- Explain how different experiences of the dominant culture may impact group members' trust and transference experiences in group
- Describe how to welcome difference as a way of building group cohesion

E-5

The Sandbox and the Jungle Gym: Group as a Place to Take Risks

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

Sara Emerson, LICSW, CGP, FAGPA; Boston University School of Medicine, Counseling Psychology; Private Practice

In groups, we encourage our members to take risks by asking them to open up emotionally to other members, to be vulnerable, to learn about themselves as reflected by others, and to be interested in and curious about the other group members. In this process group, we will encourage you to look at the ways in which you might hold back from more active engagement, and to look at the risks you might take as a leader.

Learning Objectives

- Participants will experience and evaluate the role of the leaders as they are actively engaged in the group's interactive process
- Participants will identify therapeutic factors which contribute to the development of a safe and cohesive group culture
- Participants will evaluate the role of the leader in the development of the group as a space conducive to engaging with others in a spontaneous manner
- Through their participation in the group and the group's development, participants will have the opportunity to observe and experience their own resistances to engaging in a more spontaneous manner with the other members
- Participants will observe and learn about the importance of the leaders' role in containing the group and creating a space conducive to spontaneous interactions

E-6

Less Lonely at the Top: Strengthening Ties and Group Leadership Skills

Lise Motherwell, Ph.D., Psy.D., CGP, FAGPA, Consultant, Cambridge, MA

Effective organizational leadership requires vision, a positive outlook and management of self, relationships, and the task at hand. After a brief discussion of organizational leadership concepts, we will use the Experience Group to examine our own leadership strengths and challenges so we can become more effective organizational leaders.

Learning Objectives

- Be able to identify between task and process orientations and learn when to focus on each
- Name the four quadrants of Emotional Intelligence
- Differentiate between group therapy leadership and organizational leadership skills
- Observe group dynamics with regard to authority
- Assess personal leadership challenges and develop strategies for dealing with them

NEW OFFERING

MULTI-LEVEL EXPERIENCE GROUP

Saturday, June 10th, 2017 ~ 8-20am - 5-30pm

E-7

General Psychodynamic Experience Group for All Levels of Experience

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

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 10th, 2017 ~ 9:00am - 12:00pm

W-1

Affect-Based Supervision• Take Your Left Brain Offline

Eleanor F. Counselman, Ed.D., CGP, LFAGPA, President, American Group Psychotherapy Association, Private Practice, Belmont, MA

Kathleen Ulman, Ph.D., CGP, LFAGPA, Harvard Medical School, Massachusetts General Hospital, and Private Practice, Boxford, MA

Group therapy can create powerful emotions in the leader, not always in conscious awareness. “Talking about” in supervision may not lead to full exploration. This workshop will explore affect in supervision through parallel process, enactments, and associations within the supervisory group, 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.

Learning Objectives•

- Define parallel process
- Describe two ways in which a supervisor 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

W-2

Writing the Group: A Clinical Writing Workshop

Suzi Naiburg, Ph.D., LICSW, Faculty, Massachusetts Institute for Psychoanalysis; Private practice, Belmont, MA

This workshop will use close reading and brief writing exercises to help participants bring their group to life on the page and portray their internal experience. We will explore ways to show the group process in action, make the implicit explicit, and deepen your clinical work through writing.

Learning Objectives:

- Define the "dual landscape of narrative" and how it applies to writing about groups
- Distinguish between creating "an immediate scene" in their clinical prose and writing a narrative summary
- Describe at least two characteristics of a lyric narrative
- Cite two reasons why it may be advantageous to use the lyric narrative mode to write about groups
- Put what was learned about writing into practice immediately by doing at least two writing exercises about groups

W-3

Group Therapy as Theater. Theater as Group. "Wild and Precious"; Work and Play Shop

Steve Cadwell, Ph.D., LICSW, CGP, Private practice, Boston, MA

Powerful forces in group and theater can heal trauma. Through experiential exercises and group process, we'll discover more tools: roles we play, group as audience, member as performer, leader as director, practice, and the interplay of all in healing and holding Self & Other.

Learning Objectives:

- Access the power of 'Here & Now' in both group process and performed theater
- Contain the trauma of misfit, through building better fit of member and group, exploring parallels found in performer/audience
- Learn how traumatic experience (multi-faceted) lodged beyond remembering can be re-membered through the safety of group members: parts re-connected, as in healing theater
- Exercise skills as group therapist that parallel skills of a theater director: an empathic, attuned, engaged other who assists members in their pursuit of Life!
- Learn how to best hold and be held in the depths of emotional experience: the lived emotional experience of our members' lives and our lives as group leaders

W-4

Sex Addiction Treatment• Coordinated, Separate Psycho-Educational Therapy Groups for Addicts and Spouses

Joel Ziff, Ed.D., Psychologist, Certified Sex Addiction Therapist Supervisor (CSAT-S), Senior Lecturer Cambridge College, Consultant, Hunt Alternatives Fund Demand Abolition Project, Private Practice: Watertown, MA

Aliki Pishev, LICSW, Director of Center for Life Solutions; Clinical Partner Trauma Specialist, New England Recovery Associates

Group therapy is an essential resource in treatment of sex addiction. We work collaboratively, providing separate groups for the addict and the spouse focused on the issues each needs to address for the couple to heal. This workshop will include an overview of our approach as well as case examples.

Learning Objectives•

- Describe criteria for diagnosis of sex addiction
- Describe stages and tasks in treatment of sex addiction
- Describe PTSD symptoms experienced by partners of sex addicts
- Describe stages and tasks of treatment for partners of sex addicts
- Describe how treatment of addicts and partners is integrated through separate, coordinated psycho-educational therapy groups

W-5

Making Room for Politics in our Groups• Application of ACT Skills to Support Personal Effectiveness in the Moments of High Intensity

Ari Shesto, Ph.D., Private Practice, Newton, MA

Groups manifest contradictory emotions, which may intensify in response to external events, as many experienced during the presidential election. This workshop focuses on learning ACT (Acceptance Commitment Therapy) skills - present moment awareness, acceptance and value clarification - to support leaders' personal effectiveness while managing intense feelings for the group.

Learning Objectives•

- Recognize and anticipate fundamental dichotomy within group processes
- Explore personal response to dichotomous situations
- Practice ACT acceptance skills as a way of increasing behavioral repertoire for responding to group challenges
- Practice ACT present moment skills as a way of increasing behavioral repertoire for responding to group challenges
- Practice ACT value clarification skills as a way of increasing behavioral repertoire for responding to group challenges

W-6

Intro to Group Psychotherapy

Amy Matias Ph.D., LICSW, CGP, Private Practice, Cambridge MA

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

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.

Learning Objectives•

- Recognize group process as an active part of many varieties of therapy groups
- Have beginning familiarity with the theories underlying group therapy's effectiveness
- Describe the basic premise of interpersonal group psychotherapy
- Recognize the difference between a "process" group and other kinds of groups
- Describe the benefits of group therapy as compared to individual therapy

W-7

Mindfulness and Compassion in the Group Psychotherapy Process

James P. Leone, Ph.D., CGP, Clinical Instructor in Psychology, Department of Psychiatry Harvard Medical School, Cambridge, MA, Private Practice

This workshop will explore the meanings of, and experiences with, compassion and mindfulness as they relate to the effective treatment of anxiety and depression. Group leaders use of their own experiences with mindfulness and compassion in their groups, as well as possible gender differences in their awareness of them will be explored.

Learning Objectives•

- Be able to define compassion and mindfulness
- Apply mindfulness and compassion in group work
- Describe two ways in which compassion could alleviate anxiety and depression
- Describe two ways in which mindfulness could alleviate anxiety and depression
- Increase effectiveness through awareness of one's own mindful presence and compassion.

AFTERNOON SESSIONS

Saturday, June 10th, 2017 ~ 3:00pm - 6:00pm

W-8

Group Theory· Bootstrapped and Reloaded

J. Tyler Carpenter, Ph.D., FAACP, Licensed Psychologist Provider, Randolph, MA

This workshop will provide a place to explore with one another what we have learned about groups to strengthen leader's ability to address the present moment as it emerges for us and our clients. A brief overview of theories, techniques, and applications will be used to prompt reflection and discussion.

Learning Objectives·

- Discover, define, and identify various elements of group theory, therapy, and technique that can be effectively utilized in the circumstances of our practice
- Analyze, differentiate, and discuss, various elements of group theory and technique currently used in our daily practice
- Inventory and inspect how what we know about group theory and technique can change our initial formulation as part of an evolving feedback and reasoning process
- Explore how one's own 'internal groups' constrain and expand choices regarding what elements of group theory and technique we choose and how we create therapeutic potentialities
- Summarize what was learned and how to apply our new awareness of the potential uses of group theory and technique in our daily practice

W-9

Healing Childhood Trauma in a Group· A Structured, Three-year, Integrated Model

Amanda Curtin, LICSW, Center for Change (private practice), Cambridge, MA

This workshop will present a group model developed by the presenter in over 30 years of clinical practice based on genograms, dialoguing, experientials, the 1-2-3 Relationship Recovery Process, rage work, gift giving and focus groups. The approach utilizes a step-by-step process of reprogramming early childhood experience using concrete tools and exercises.

Learning Objectives·

- Utilize with clients the tool of genograms
- Utilize with clients the tool of dialoguing
- Facilitate the three steps of the Relationship Recovery Process
- Learn how to construct experiential exercises and facilitate safe rage release work
- Utilize 28-day programs, focus groups, and the gift giving exercise

W-10

Moving Through Life Changes and Transitions

Suzanne L. Cohen, Ed.D., CGP, FAGPA

This workshop will focus on the body through The Nia Technique, expressive movement to music that enhances awareness and insight. We will observe the body's responses to holding on and letting go, and the stages of change (awakening, increasing, containing and completing).

Learning Objectives-

- Name the 4 stages of change identified by Strozzi-Heckler
- Define two ways the body manages grief, holding on, and letting go
- Compare cognitive and body experiential ways of knowing
- Articulate vocabulary and language of body sensations
- Specify role of music in expressive movement

W-11

Our Love/Hate Relationship with the Difficult Patient

Joseph Shay, Ph.D., CGP, LFAGPA

Scott Rutan, Ph.D., CGP, DLFAGPA

Oona Metz, LICSW, CGP, FAGPA

Group therapists faced with "difficult" patients or groups often feel unknowledgeable, unskilled, or unhinged. Not uncommonly, therapists are momentarily paralyzed into inaction or propelled into enactment. Watching video clips and engaging in role play of these problematic situations, we hope to increase your ability to intervene in such situations, rather than simply survive them.

Learning Objectives-

- Describe various ways in which "difficult" patients and groups are defined
- Identify indications and contraindications for treating "difficult" patients and groups
- Recognize common countertransference reactions in treating "difficult" patients and groups
- Enhance ability to formulate underlying dynamics in treating "difficult" patients and groups
- Learn techniques for intervening when "difficult" situations arise

W-12

The Risks and Rewards of Combined Individual and Group Treatment

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

Combined Individual and Group treatment (with the same therapist) is an exciting modality which provides the opportunity to work with patients' conscious/unconscious world views 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).

Learning Objectives•

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

W-13

Facing Racism, Without and Within

Madeleine Lourie, LICSW, Private Practice, Cambridge, MA

Confronting racism starts with facing our own implicit bias — with curiosity, not shame. This workshop will explore how the shadow of racism inevitably falls upon and within each of us, and invite participants' fears and prejudices to be welcomed and shared, as a model for moving toward change.

Learning Objectives•

- Discuss history and expression of structural racism in the US
- Define implicit and explicit racism and white privilege
- Identify implicit bias in self and others, and become aware of microaggressions
- Practice techniques for working with and changing implicit racist beliefs
- Develop confidence and ease in talking about and confronting implicit racism in oneself and others

W-14

A Taste of a Mindful Eating Group

Jean Fain, LICSW, MSW

Mindfulness-based interventions for eating issues are increasingly popular, but what makes an effective group intervention? After reviewing the research on the effectiveness of mindfulness groups for binge eating, emotional eating and weight loss, participants will get a taste of one such group by sampling guided meditations and mindful eating practices.

Learning Objectives•

- Identify key components of a mindful eating group
- Recognize controversy surrounding mindful eating
- Summarize research on mindfulness-based interventions for binge eating, emotional eating and weight loss
- Sample guided meditations and mindful eating practices
- List resources for continuing education and client referrals

ADDITIONAL INFORMATION

ON-SITE LODGING

Housing is available at Simmons College Residence Halls or off-site at nearby hotels. The deadline for requesting on-campus housing is May 26th! Online Registration is available at <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.

Cancellation Policy: No refund can be made unless written notification of cancellation is postmarked or emailed by May 26th.

NEW MEMBER AND FIRST-TIME ATTENDEE LUNCHES

Friday, June 9th and Sunday, June 11th ~ 12:00pm - 1:30pm

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

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

BUSINESS MEETING

Saturday, June 10th, 2017 ~ 12:00pm - 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.

* Box Lunch is provided.

COMMUNITY MEETING

Saturday, June 10th, 2017 ~ 1:15pm - 2:45pm

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

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

NSGP DINNER PARTY

Saturday, June 10th, 2017 ~ 7:30pm

All Conference Participants are invited

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

Maggiano's Little Italy

4 Columbus Avenue, Boston MA 02116

Cost \$55 per person

Directions to Simmons College

Please consult the Simmons College website for directions to 300 The Fenway in Boston: www.simmons.edu/directions.

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

48 Avenue Louis Pasteur Boston, MA

(This is a GPS address only – you will **not** see an actual sign for 48 Avenue Louis Pasteur)

NSGP BOARD OF DIRECTORS

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NSGP ACCREDITATION

Northeastern Society for Group Psychotherapy
2017 NSGP Annual Meeting June 9-11, 2017 Boston, MA

Objectives•

Identify various styles of group psychotherapy based on theoretical perspectives and levels of experience.
Describe how group psychotherapy can help group members and leaders deepen the experiences of self with others, in mind and in body, and within the interpersonal field that groups construct.
Employ learned group psychotherapy skills at deeper levels and with ever more flexible application.
Identify and distinguish among the variety of types of group including self-help, support, psychoeducational and psychotherapy.

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. 23.25 hours.

Professional Counselors in these 41 states can submit APA:

AK, AR, AZ, CA, CO, CT, 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, through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program. ASWB Approval Period: 06/24/2016 – 06/24/2019. Social workers should contact their regulatory board to determine course approval for continuing education credits.

Social workers participating in this course may receive up to 23.25 clinical continuing education clock hours.

Professional Counselors in these 30 states can submit ASWB:

AK, AR, AZ, CA, CO, CT, DE, 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

NBCC

Professional and National Certified Counselors, Marriage and Family Therapists.

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

NSGP

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Disclosure of Conflict of Interest

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

Acknowledgement of Commercial Support

There was no commercial support received for this CE activity.

How to get your Certificate•

1. Go to <http://nsgp.cmecertificateonline.com/>
2. Click on the "2017 NSGP Annual Meeting" link

Questions? Email Certificate@AmedcoEmail.com