



the newsletter

NSGP

**Northeastern Society for Group Psychotherapy**

Volume XXVIII, Number 2

Fall 2007

### *Letter from the President*



It is with a very heavy heart that I write to you about the passing of our dear friend and colleague, Anne Alonso. We have lost an icon.

Anne was a treasure who inspired and led us, by teaching and by example. She served a multitude of roles for so many of us and her loss is truly tragic. The field of psychotherapy is certainly the poorer without her. When at her house for visiting hours after her death, I was struck by how many people were unfamiliar to me, which conveyed the number of people Anne had touched and the many lives that benefited as a result. Anne was a superlative teacher, outstanding clinician, and empathic supervisor. She nurtured, cajoled, nudged, encouraged, laughed, and played with us. Her warmth and generosity were legendary. She had time for requests large and small alike, and her house was a home to so many of us on an infinite number of occasions. She encouraged laughing and playing as much as learning and I recall how she roared with laughter when we poked fun at her. She indeed leaves an enormous void. It is my belief and hope, however, that we will carry on her spirit and legacy, because she did leave such a vital imprint, and because we have been so affected by the torch she lit inside each of us. Anne always encouraged philanthropy on many levels and in that vein, we need to continue nurturing newcomers to the field, working to enhance the profession, and sharing what she inspired in us.

It is with this hope that I now turn to my role as President to report to you some news of the organization as NSGP moves forward.

The Board is continuing to focus on how we envision ourselves in the future as well as on finding ways to nurture our members. We have proceeded therefore to create the Consultation Benefit for all members, as alluded to in the previous newsletter. This will allow all members to receive one free consultation a year from senior NSGP clinicians. (You should have received some information about this in a recent mailing.) We are thrilled to be able to offer this and hope members will take full advantage of it.



Anne Alonso

We are also in the process of upgrading our website. Pamela Enders has been instrumental in assisting us with this. We have been vetting a number of vendors and the Board plans to make a capital investment in this endeavor. This should increase referrals for clinical members (so be sure to upgrade your membership) as well as improve our visibility as an organization. We will also be able to include members' articles that relate to group on the website. We hope to have this completed in the next few months.

The notion of expanding our horizons also relates to our proposed by-law changes which would allow associate and affiliate members to serve on the Board as members-at-large. In the service of inspiring others to continue what we've learned from Anne, Lise Motherwell is chairing a leadership task force so that we may think about teaching and mentoring not only the future leaders of NSGP, but also enable our members to carry those skills elsewhere.

Although the organization is in sound shape fiscally, our June conference did not do as well financially as it has in recent years. Recognizing the importance of creativity and change to remain vital, we are looking into ways to stimulate attendance and cut costs. (Although Wellesley's costs have been increasing, a recent significant search for other sites

indicated that Wellesley continues to be the most cost-effective site.) As always, we are open to ideas around conference topics, presenters, or ways of increasing attendance. Please feel free to email me at [bakeezell@comcast.net](mailto:bakeezell@comcast.net) or call me at 617-730-9400.

Finally, one quote on the AGPA ecommunities internet site that stuck with me was: "The presence of that absence is everywhere" by Edna St. Vincent Millay. Although Anne Alonso's absence is profound, I am honored and comforted to be part of this "village well" of which Anne so often spoke, particularly at this time. Let us continue to find ways not only to sustain and nurture us as an organization, but to learn from those around us and to share the wealth of resources we hold among us.

Barbara Keezell, LICSW, BCD, CGP  
President, NSGP



### **INSIDE**

- Page 2. . . . Letter from the Editor**
- Page 3. . . . Meet the Candidate**
- Page 4. . . . 2007 Conference Review Fear and Loathing**
- Page 4. . . . 2007 Conference Review Beyond the Reaches**
- Page 5. . . . Ambassador's Letter**
- Page 6. . . . Breakfast Club Program**
- Page 7. . . . Anne Alonso, A Tribute**
- Page 8-10 . . Analyze This**
- Page 10,11 . Boston Threshold Conference 10th Anniversary**
- Page 12. . . NSGP Consultation Benefit**
- Page 12. . . Rhode Island Column**
- Page 13. . . Proposed By-laws Amendment**
- Page 13. . . Cartoons**
- Page 14,15. . Progress Notes**
- Back Cover . Events Calendar**

**NSGP Newsletter Committee**

**Chairs** Joseph Shay, PhD, CGP, FAGPA  
Lise Motherwell, PsyD, CGP,  
FAGPA

**Members** Catherine Bohn, PsyD  
Helen Hwang, PhD  
Barbara Keezell, LICSW, BCD, CGP

**Photography** Joseph Shay, PhD, CGP, FAGPA  
Ramon Alonso, PhD

**Design** Deborah Cake  
DaySpring Graphics  
dayspring@rcn.com

The goals of this newsletter are two-fold:

- To promote the objectives of the Northeastern Society for Group Psychotherapy, an affiliate of the American Group Psychotherapy Association.
- To be a forum for the exchange of ideas and information among members.

**NSGP Executive Board**

**President** Barbara Keezell, LICSW, BCD, CGP  
**President Elect** Eleanor F. Counselman, EdD,  
CGP, FAGPA

**Secretary** Alan B. Witkower, EdD  
**Treasurer** David W. Griffiths, EdD

**Directors** Alan Albert, PsyD, CGP  
Debra A. Carmichael, PhD, CGP  
Arnold Cohen, PhD, CGP  
Carol Crosby, LCSW, CGP  
Laura D. Crain, MD  
Steffen Fuller, PhD  
Steven Haut, LICSW, BCD,  
CGP, FAGPA  
Joseph J. Shay, PhD, CGP, FAGPA

**NSGP Committee Chairpersons**

**Audit** Steven Haut, LICSW, BCD  
**By-Laws** Joseph Shay, PhD, CGP, FAGPA  
Richard C. Tomb, MD  
**Conference** James P. Leone, PhD, CGP  
Kim McNamara, LICSW  
**Liaison** Donald Wexler, MD, FAGPA  
**Membership** Karsten Kueppenbender, MD  
Michael K. McGrath, MSW, LICSW  
**Newsletter** Joseph Shay, PhD, CGP, FAGPA  
Lise Motherwell, PsyD, CGP, FAGPA  
**Referral Service** Deb Filiurin, LMHC, CGP  
Sandy Houde, LICSW, CGP  
**Training Program** Kelley Bothe, LICSW, CGP

**NSGP Office 617-484-4994**

**Office Administrator:** Pamela Dunkle  
Messages can be left at the  
office anytime, and will be  
answered daily.  
Monday-Friday 9 am to 5 pm

**Northeastern Society  
for Group Psychotherapy, Inc.**

**PO Box 356  
Belmont, MA 02478-3201  
(617)484-4994**

**www.nsgp.com**

**Letter from  
the Editor****Joe Shay, PhD, CGP, FAGPA**

Anne Alonso is gone.

Elsewhere in this Newsletter you will find a moving tribute to Anne. Here, I wanted to share my reflections about what, for me, was her ultimate contribution. I need first to take you on a journey with me, if you will bear with me.

I am now back from a trip, first to Ireland for a conference (see Sara Emerson's piece), and then to Germany to retrace a part of my personal history which I won't recount here. In Ireland, I interacted with a remarkable man, followed by a visit to Buchenwald in Germany where I was put in mind of remarkable people.

As many of you may know, recently an event occurred in Northern Ireland which many who lived there were sure would never come in their lifetime: the IRA laid down their arms and ordered an end to their armed campaign as part of a power sharing arrangement between Sinn Fein and the Democratic Unionists. To get to this point took almost 40 years and the story of this journey involves many remarkable individuals, some of whom sacrificed their lives. While in Ireland, I was introduced to Gerry Adams, the leader of Sinn Fein, and Seanna Walsh, an IRA member who served more than two decades in prison, and the man chosen to read the historic declaration ending the armed campaign. But the remarkable person I am referring to is neither of these men, but is the BBC journalist who covered this story for many years. His name is Barney Rowan. In following the story, Barney was witness to events that traumatized even a hardened reporter such as him and which he didn't want to remember, even to himself. But in the midst of the terror, he interviewed many people, everyday citizens as well as politicians and prisoners. And of them he said, "every one of them has a story to tell that is a jewel." This level of connection to his subjects — this willingness to allow himself to

connect — may well be what earned him the trust of individuals on both sides of the conflict, allowing him access to people and information not accessible to other reporters. He was doing his job but with the kind of heart and compassion and respect that transcended the requirements of the job.

Perhaps you see where I am going.

Even more than 60 years after it was shut down, Buchenwald was a painful place to visit. While there, like many I was of two minds. Part of my focus was on the horrors that had occurred during the Holocaust and on the perpetrators. But the other part was elsewhere. On the local police chief in Berlin who had protected the Neue Synagogue from arson on Kristallnacht at risk to his career and life; on Oscar Schindler who protected Jews from being transported to the camps; on Americans who opened their homes to refugees after the war, allowing them to settle here. Each person making a gesture that would significantly alter the course of another's life.

In the face of pain, of horror, of traumatic experience, some individuals step forward not only to witness these events but to intervene in them, often at risk to their physical or emotional well being. Characteristically, not one of them does this for personal gain or even with the knowledge of the benefit that will occur — but simply because it seems the compelling moral thing to do.

Anne Alonso devoted her life to this path. Those who knew her — whether patients or students or peers or family — knew that her desire was to be present, to share the other's burden, to diminish suffering, to make a difference, to alter a life. Anne is gone. But the effects of her time on this path exist and will persist and will serve to inspire the rest of us as we choose our own paths. She truly believed everyone had a story to tell and that every story was a jewel. Anne was our jewel and we will miss her.



# Meet the Candidate

## An Interview with Kathy Ulman

by J. Scott Rutan, PhD, CGP, DFAGPA

Our own Kathy Ulman is running for President of AGPA. This seems a good time to let everyone know just how special Kathy is, so I invited her for lunch and a discussion of her career and her vision for AGPA.

I have always been impressed with Kathy's innovation and creativity throughout her career. For example, when we were at the Massachusetts General Hospital together, she became involved in the Women's Health Center and instantly began introducing group principles to the treatment of medical issues.

In addition, she is currently working with patients with serious diabetes, meeting them in groups not unlike her forefather at the MGH, Joseph Pratt, did with tubercular patients. Kathy said, "I don't run it like a process group, but I do begin by asking, 'What is getting in the way of your taking care of your diabetes?' And lo and behold, now they are talking about their depression, their feelings, etc. And their symptoms were reduced, and they lost weight! In general, meeting in groups very much assisted in their medical treatment."

After 9/11, Kathy became very involved with providing groups for those traumatized by the attack on the World Trade Center. When I asked how it came to be that she got so involved, Kathy responded, "My husband said, 'You people ought to be *doing* something!' And I knew he was right."

In her usual industrious way, Kathy called the Red Cross and asked how she and NSGP might help. A woman named Marilyn Brier returned her call. Marilyn, a new appointee at the Red Cross, had learned group therapy from Cecil Rice and so was very excited about providing group training and group responses to those in need. Kathy organized NSGP's response, which included several of our members running groups at no cost.



Scott Rutan and Kathy Ulman

Out of that came Kathy's involvement with the AGPA's response. "When AGPA got grant money I consulted with two groups, one in Virginia working with people effected by the Pentagon attack and another just outside New York City. I even ended up writing the first chapter in the curriculum for running disaster response groups."

Kathy's influence extends to Europe as well. Along with Patricia Doherty and Cecil Rice, Kathy was responsible for setting up a collegial relationship with Threshold Clinic in Northern Ireland. This summer will be the 10th annual meeting of that group which has brought many faculty members from the United States to assist in group training in Ireland and Northern Ireland. (And through this venture the American group therapists learned much more about large group

dynamics, including at the level of the societal group.) I asked Kathy about her vision for AGPA and, not surprisingly, she said she wanted to attract all types of group leaders to the organization, and to learn from them just as they can learn from us.

Just as in her personal life and career Kathy has used her solid foundation in dynamic group therapy to offer various types of groups that touch many people, she would like to see that institutionalized in AGPA. "I'd like to have our own people do all kinds of different groups, too."

Kathy is extremely well qualified to be the next President of AGPA. She has served AGPA in many ways and is our current Treasurer. Through her work in her diverse interests she has developed relationships in medicine, in government, and in education as well as in more traditional mental health fields.

And true to her convictions, "I still run my psychodynamic groups, some of which have gone on for over 20 years. They are still the backbone of my work."

So as we in Massachusetts say, "vote early and often" for our very fine Presidential candidate.



### EXPERIENCE THE POWER OF GROUP THERAPY

## 27th Annual Northeastern Society for Group Psychotherapy Conference

June 13, 14, 15, 2008

Wellesley College, Wellesley, MA

*Institutes  
Workshops  
Networking  
Special Presentations  
Demonstration Group  
CGP Certificate Program*

\*\*\*\*\*

*Continuing Education Credits  
Partial Scholarships  
Student Discounts*

**For more information, call  
NSGP at 617-484-4994**

**Or email:  
nsgp@groups.com**

**Visit our Web site at:  
www.nsgp.com**

\*\*\*\*\*

**MARK YOUR  
CALENDAR!**



## Fear and Loathing in Group Therapy

by Shoshana Ben-Noam, PsyD, CGP

"It's Tuesday, again. Oh, no. I have the group at six o'clock. I can't stand it. I wish it were Wednesday. I hope Heide doesn't show up. I dread this group." Is this a familiar experience? What can we do about it?

On a beautiful sunny day at Wellesley College, a much needed workshop on *Fear and Loathing in Group Therapy* was offered by Lise Motherwell, Scott Rutan, and Joe Shay at the NSGP Annual Conference. It included a theoretical perspective, case examples, and potential interventions for working with difficult patients in group. The well choreographed dance between the three leaders, coupled with an accepting/nonjudgmental attitude, facilitated a comfortable interactive learning atmosphere among participants.

Joe Shay presented concise and instructive theoretical materials to help grasp underlying issues about what constitutes a "difficult" patient. He raised such important questions as: are we "relating difficulty to diagnoses, defenses, group role and/or countertransference reactions?" Or, are we referring to "difficult to treat or difficult to like?" Joe also presented a variety of video clips, illustrating difficult group situations such as one in which a member engaged in bullying behavior. These clips set the stage for participants' sharing of affective reactions to the excerpts.

Scott Rutan then encouraged us to think about and reflect on which

patients are difficult for us considered in the context of "what's going on for the patient in the group," and what interventions will be therapeutic. Examples he used, including the suicidal or violent patient in group, were thought provoking and constructive for devising interventions in difficult situations. One of the highlights of the workshop was Scott's masterful leadership of a role-played group, demonstrating various ways of conveying understanding and insight in an empathic manner.

Lise Motherwell then led a fruitful and stimulating discussion, addressing Scott's interventions as well as participants' comparable experiences in their own groups. I was struck by how quickly workshop attendees turned into a supportive working group.

A critical component of the workshop was the recognition that "nightmare" patients evoke common countertransferential reactions which often lead to temporary immobilization or rapid enactments. Normalizing these experiences offered a foundation for learning to understand inappropriate or odd behaviors — like shouting — as means of communication and attempts to connect, and creating the possibility of responding to such expressions empathically.

On my way back to New York after the conference, I pondered my Tuesday group and felt confident I had gained not only an improved understanding but also additional tools for facilitating the group.



Bruce Bernstein and David Altfeld



Erik Marks, Bob Weber, and Siobhan O'Neill

## Beyond the Reaches of Our Souls

### The Transformative Power of Imaginative Literature

by David Goldfinger, PhD, CGP

At this year's NSGP Conference, Walker Shields presented his workshop, "On Responding to Passion with Imagination: Shakespeare and the Group Therapist." In this evocative program, Shields proposed a new way of understanding the emotional impact of literature based on the thinking of Bion. To illustrate his ideas, he provided a literary analysis of Hamlet and conducted an experiential "study group" which was arrayed in an innovative spiral. By the end of the morning, participants had a wealth of intriguing material to discuss.

Shields' central premise is that great literature has the capacity to hold us, stimulate us, and — through our engagement with the narratives — offer us "new ways to acknowledge, bear, and organize our emotional responses to our own adventures." Says Shields, "This literature offers us the potential for deep intersubjective interplay with the hearts and minds of our imaginative forebears."

Shields shared clinical material and then arose to read several passages from Hamlet and to offer commentary. His dramatic recitation reminded us of the nonverbal aspects of speech — the rhythm, timbre, and prosody — all of which comprise the first rudiments of language between mother and child. In this segment, Shields raised the question of whether the town of Elsinore was a "good-



Travis Atkinson, Zsusi Gero, and Jeff Conway

enough container" for Hamlet to work through his grief and creatively expand his consciousness.

Following a ten minute pause for private reflection, we reassembled in a spiral-shaped study group, with Shields in the center. We were invited to associate to the famous passage in which Hamlet muses on the nature of the tragic flaw, that "vicious mole of nature," while waiting for the ghost to appear. As the group sat with these words reverberating within us, ghosts did indeed begin to appear: ghosts from one member's undergraduate years at Wellesley, ghosts of parents and of children. One member — ok, it was me — experienced the compelling fantasy that we were all ghost-like spirits swirling around Shields, who had conjured us from his own mind. Shields' interpretive comments were minimal and appeared intended to link our own psychic journey to the storyline of Hamlet.

In the discussion that followed, members expressed mixed reactions to the spiral arrangement of seats in the study group. Some felt that the openness of the shape was not

conducive to containment and that it limited face-to-face contact among members and with the leader. Others found the shape intriguing, sturdy, and containing enough (like a nautilus shell), and reminiscent of Tronick's (1998) model of the intersubjective expansion of consciousness, a theory quite relevant to Shields' main point.

One question raised by this workshop concerns the clinical implications of Shields' theory for group practice. Shields began our experiential group by reading a passage from Hamlet and inviting us to associate to it, but he did not explicitly propose this as a technical intervention. One might envision an adaptation of bibliotherapy, wherein literary passages or poems are assigned to the group based on emergent themes in the process, though this does not seem to be Shields' intention either. Overall, Shields' presentation appeared more aimed at applying Bion's concepts to literary theory than in bringing literature to group practice.

Tronick, E. (1998). Dyadically expanded states of consciousness and the process of normal and abnormal development. *Infant Mental Health Journal*, 19, 300-308.



Ambassadors group

*This unsolicited letter was received from a thankful NSGP conference participant invited to the conference as an Ambassador to her organization.*

## An Ambassador's Gratitude

Dear Dr. Wexler:

Many thanks for the opportunity to attend your excellent conference last weekend. I will spread the word here about NSGP.

Please extend my thanks to your Ambassador Program colleagues, Paula Lyon and Julie Anderson. You all made me feel so welcome and comfortable. It was nice having lunch together and talking with the other Ambassador Program recipients.

Sincerely,

*Jennifer Wardwell*

Leonard Morse Hospital  
Occupational Therapy



Bob Weber and David Ward



Nik Zanetti and Micki Seligson



Dan Schacht, Deborah Reeve, Edith Fraser, Betsy Ross, and Julie Horvitz



Rowell Levy, Greg MacEwan, Sandy Dixon, and Theresa Bullock Cohen



Joyce Collier and Joe DeAngelis (and Arnie Cohen)





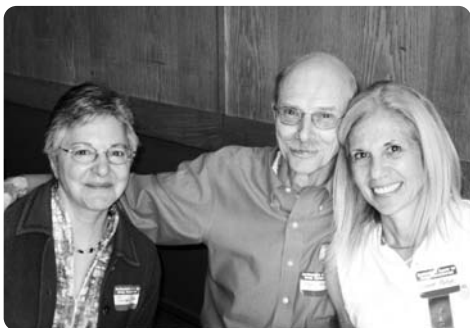
Scott Rutan, Greg MacColl, and Shoshana Ben-Noam



Rick Lynch, Mark Schlickman, and Ariella Shvily



Greg Chilenski, Kathleen Boyd, and Dan Even



Susan Shulman, Cecil Rice, and Suzanne Phillips



Shoshana Ben-Noam, Barbara Keezell, Kathy Ulman, and Eleanor Counselman

## The Northeastern Society for Group Psychotherapy

Cordially Invites You to Our

# Breakfast Club

Learn about group therapy and socialize with other N.S.G.P. members at a FREE colloquium series. Each Pot Luck event is limited to 15 participants on a first come, first served basis, and will take place on designated Sundays from 11 AM to 1:30 PM. Participants may bring guests. Please contribute a breakfast item (quiche, fruit, pastries, cheese, etc.) or bottle of wine. The host will provide bagels, coffee and tea. To sign up or for directions, participants should call Pamela Dunkle at the NSGP office: 617-484-4994.

## Breakfast Club Calendar for 2007–2008

- 9/23/07**     ***A new Michael Moore expose: Can you be a group therapist and not run a single psychodynamic psychotherapy group?***  
 Alan Witkower & Helen Hwang     Hosted by Alan Witkower
- 10/14/07**     ***A model of group supervision of group psychotherapists***  
 Steve Haut     Hosted by Kelley Bothe
- 12/02/07**     ***"Rosebud"—Why your last word shouldn't be a mystery: Thinking about and planning for the event of unexpected disability or death***  
 Debora Carmichael     Hosted by Carolyn Stone
- 1/20/08**     ***Helping the helper: Support for the caregiver of those who are ill or aging***  
 Larry Kron     Hosted by Jim Leone
- 3/09/08**     ***Why use skills training for trauma survivors?***  
 Tanya Gurian     Hosted by Barbara Keezell
- 4/6/08**     ***What you don't know could hurt you: Secrets and lies in group psychotherapy***  
 Oona Metz     Hosted by Larry Kron & Marsha Vannicelli

See statement of CEU's available, below.

- NSGP Accreditation: The Northeastern Society for Group Psychotherapy, Inc. (NSGP) designates each educational activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians (and all other participants) should only claim credit commensurate with the extent of their participation in the activity. NSGP, Inc. is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians. • NSGP, Inc. is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Each program carries a maximum of 1.5 contact hours. • NSGP is approved by the American Psychological Association to sponsor continuing education for psychologists. NSGP maintains responsibility for this program and its content. Each program provides a maximum of 1.5 credits. • 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 solely is responsible for all aspects of the program. Each activity has been approved for a maximum of 1.5 clock hours. • For information regarding the status of Continuing Education Credits for social workers and to find out if an authorization has been issued, please call the NSGP office at 617-484-4994. For all disciplines, continuing education credit awarded is dependent on participation.

# ANNE ALONSO

## A TRIBUTE

by Lise Motherwell, PsyD, CGP, FAGPA

In these lengthening late August shadows, a deeper darkness has fallen on the NSGP community. Still stunned, I write this tribute to our dear friend, teacher, and mentor Anne Alonso, who left the life she loved Sunday, August 26, 2007, as a result of surgical complications. Many of her family, friends, and colleagues who gathered at her home soon after her death to be together and to share memories said, "My world has changed." Along with our profound sense of loss comes a realization of how fortunate we are to have known and learned from someone who has touched and changed so many lives.

Anne was a past-president of both NSGP and AGPA, Director of the Center for Psychoanalytic Studies and the Endowment for Advancement of Psychotherapy at Massachusetts General Hospital, Professor at Harvard Medical School, and Professor Emeritus at Fielding Institute. Her many awards include a Lifetime Achievement Award from the *Psychiatric Times*, Woman of the Year Award from AGPA, Group Psychologist of the Year from the American Psychological Association, the Clifford Barger Award for Excellence in Mentoring from Harvard Medical School, the Psychotherapy Supervision Award from MGH/McLean Combined Adult Psychiatry Program, and most recently, the Ezra Saul Psychological Services Award from the Massachusetts Psychological Association.

Anne was deeply committed to the field of psychology, her patients, and her students. She set high standards for them because she wanted them to be the best they could be. She never compromised her high ideals or belief in the efficacy of psychodynamic psychotherapy, even when managed care threatened our long-term work with those most in need: children, the severely mentally ill, and patients with personality disorders. In the face of cuts in funding for psychotherapy training, she formed the Endowment for the Advancement of Psychotherapy, a non-profit organization that supports the teaching and research of the talking therapies.

And Anne touched people. She remembered your name and referred to someone you cared about or an issue you were

dealing with even though she hadn't seen you for a year. She was generous. Many of the hundreds of emails posted after she died mentioned how she opened her heart and her home to so many. She offered her home, an empathic smile, an irreverent joke, a much appreciated hug to a friend in need. Along with her compassion and sharp intellect, she had a wicked sense of humor.

She loved to laugh, but reminded us that when we use humor in therapy we must make ourselves the butt of the joke, not the client. She played penny-ante poker, and at the NSGP Foundation Gala offered her house for a Wild Women's Poker Night at which she always won. A masterful cook, she

reminded us that shared food builds and sustains community. At the gathering after her death, many shared fond memories of meals at Anne's house, from the Thursday night Center dinners to the group therapy chili dinners to the NSGP galas and Breakfast Club to the many parties held there.

Anne believed in the power of groups to heal deep wounds. Let us drink from the NSGP "village well" together so we may heal from this unspeakable loss. In our sorrow, let us remember what Anne told her students, "In your darkest moment as a therapist, don't just say something; sit there, and this, too, will pass." It is hard to imagine that our dark moment will pass, but I know Anne would want us to continue her work and to laugh as heartily as she did.

A memorial service will be held Saturday, September 29th at 2:00 PM at the Harvard Memorial Church in Harvard Yard. A reception will follow at her home at 17 Lakeview Street in Cambridge. In lieu of flowers, the family requests donations be sent to either:

The Massachusetts General Hospital, Endowment for the Advancement of Psychotherapy, 165 Cambridge Street, Suite 600, Boston, MA 02114, [www.advancepsychotherapy.org](http://www.advancepsychotherapy.org), or

The Group Psychotherapy Foundation (marked for the Anne and Ramon Alonso Endowment Fund), 25 East 21st Street, 6th Floor, New York, NY 10010; 888-808-2472  
<http://member.agpa.org/scriptcontent/index.cfm?gpf=1>

Remembrances for the family can be posted at [AnneAlonsoMemorial@comcast.net](mailto:AnneAlonsoMemorial@comcast.net).





# ANalyZE This

This question and answer column appears regularly in the Newsletter and addresses complex dilemmas in group therapy. Featured are case vignettes presented by NSGP members, with responses by senior clinicians. If you have a question you would like considered for this column, please submit a case vignette of 400 words or less to Joe Shay, Ph.D. through the NSGP office, or via email to newsletter@nsgp.com. (Please remember to preserve the confidentiality of any group members described.)

## ***Dear Analyze This***

*My long-term psychodynamic gay men's psychotherapy group has trouble expressing aggression and sexual attraction. How can I get the group to be more authentic?*

*There are currently five members of this group — Carl, Tom, Drew, Alan, and Steve. Carl has been a member for one year; Tom, a year and a half; Drew, two years; Alan, four years; and Steve for five years. I see each member except Steve for individual therapy. Carl has shared with me his fear of Tom's rage, however, he has yet to raise this feeling with Tom. He feels that Tom's rage will erupt and be directed at Carl. In addition, Carl is fearful that he will say something that will lead him to be rejected by the group — a fear that he also has in social situations and at work. Carl has told me that he finds Drew to be very attractive but is not comfortable saying so. Alan has also told me that he thinks Drew is very handsome but will not raise it in the group. Steve, on the other hand, has told Drew that he is very attractive, but has not specifically said that he is attracted to Drew.*

*Often, the focus of the group is on alienation from family and/or lack of social support. All of the members struggle with feeling that they lack a trusted network of friends, which is their primary reason for entering the group. All have trouble asking their friends for support, although with persistent nudging by me, some have gotten better at it. Drew tends to be the best at asking for support. Alan asks*

*for support occasionally, but tends to isolate, spurning any attempt from his friends to reach out to him, becoming completely engrossed in work and forgetting about the rest of his life. Carl rarely asks his friends for help, although is quite vulnerable with his boyfriend of a year and a half.*

*Tom and Drew both have homophobic, alcoholic parents. Carl's father is a recovering alcoholic while Alan's father is an active alcoholic; however both Carl's and Alan's parents are not homophobic. Steve's parents are emotionally constricted but very supportive of his relationship with his long-term partner. Meetings often start with a tale of conflict with a parent. Drew has a difficult time accessing his angry feelings for his parents. Tom is much better at feeling anger toward his abusive mother. However, group members have difficulty expressing aggression toward each other.*

*In my experience, this is a common theme for gay men's groups. There have been a few members over the last ten years who have been more willing to confront others, but the current members tend to be overly gentle. Tom is the most likely to raise conflict about group issues including Alan's frequent absences (also addressed aggressively by me). One of my questions is how to better create an environment where members can "come out" with their aggressive and sexual feelings. Are there ways in which I inadvertently discourage the expression of these feelings? Is the group developmentally ready to go to deeper levels to engage in passionate connection? Is there something unique about gay men's groups, or this one in particular, that I as a leader should be aware of when it comes to facilitating the expression of sexual attraction? How can I facilitate more honesty? In other groups that I lead where there*

*are both straight and gay members, there tends to be more willingness to express aggressive and sexual feelings toward each other. One group in particular is quite good at it. Why is it different when the group is comprised of all gay men? Or is it something about this group?*

## ***Missing sex and aggression***

### ***Dear Missing Sex and Aggression***

Thanks for coming out with your concerns about your group. There are dynamics here that generalize to all groups but are especially prevalent in gay men's groups.

First, as a gay therapist myself, I can appreciate that your identification issues may be stronger in this group of your gay peers than in your more diverse group where you naturally have more distance and perspective. Consultation is a great way to gain

perspective. We learn to use our countertransference to deepen our work.

I agree that a big challenge is making a safer place for gay group members to "come out" with their inhibited aggressive and sexual feelings. Claiming and modulating split-off emotion is their big

challenge. Sexuality and gender-role integration are developmental challenges for all people and are special challenges for gay men in our homophobic, gender-role constricted culture. Jack Drescher (1998) in his book *Psychoanalytic Therapy and the Gay Man* writes: "Early and painful hiding experiences either induce for the first time or exacerbate existing dissociative tendencies, preventing the integration of unacceptable feelings into the self. Coming out offers a gay man the possibility of integrating a wider range of his previously split-off affects, not just his sexual ones" (p. 328).

***"Safer risk-taking  
has vital meaning  
for gay men  
whose physical  
health depends  
on negotiating  
safer sex."***



Group therapy is an excellent venue for gay men to discover and “come out” with their split-off emotions. Your gay clients have experienced shaming homophobia in their families and in their early peer groups. The chaos of alcoholism and abuse intensifies their inhibition and inexperience with modulated emotion. Entering a new group will trigger old injuries. By being so “gentle,” this group is enacting their compromised position: “Don’t ask. Don’t tell. Don’t pursue” meets “Best Little Boy in the World.”

How to make it safer to explore coming out about their feelings? My approach is to Ask, Tell, and Pursue. In so doing, I help create an affirmative group culture for safer coming out. You have opportunities both in individual and group therapy to pursue their inhibited aggression and sexuality. Individual therapy needs to be a safe enough place to practice on the way to taking a “messy, bad” emotion to group. The danger is that individual therapy can become a closet in itself: split off from group. Help your individual clients take their issues in a safer way to group. For example, in individual therapy ask Mike what’s so scary about coming out with his attraction for Drew in front of you and his peers in group? Transferences will be named: perhaps you have been seen as a judgmental, inept, or negligent father or group members have been seen as bullying peers. Normalize his feelings: he comes by them honestly. Correct distortions about the “here and now” of group vs. “there and then” when he was bullied, judged, or neglected by peers or parents. Help him discover new opportunities to practice safer risk-taking in group. Safer risk-taking has vital meaning for gay men whose physical health depends on negotiating safer sex.

Another way to the aggression is through Tom’s role. Pursue his rage. What is Tom’s rage expressing for the whole group? Is he replaying the bully’s rage of homophobic peers, or the unmodulated rage of alcoholic and abusive parents, or the “gentle”

group’s rage at feeling neglected by you? What is Carl’s fear of Tom’s rage about? Carl’s own aggression? Carl’s fear of being a scapegoat may be what underlies Tom’s rage. Tom’s rage may be his defensive shield against being rejected. Gay men know from scapegoating! Help them help Tom modulate his aggressive defensive feelings so all can own their part in these normal feelings. Put these feelings into words.

Come out to the group with what you’ve named here. Tell them what you’ve observed. Tell what you think is going on: your understanding of gay men’s marginalization and dissociating defenses. Ask for their help sorting out what’s been split-off in the group. Pursue their missing emotions. This fosters a different culture of engagement: the Ask, Tell and Pursue approach to impasse. This new engagement models coming out and integration — not dissociation. The group will integrate more emotion which vitalizes work and play.

Thanks for asking, telling and pursuing help in this forum! My best to you in your vital work.

**Steve Cadwell, PhD**

Drescher, J. (1998). *Psychoanalytic therapy and the gay man*. New York: Analytic Press.



### **Dear Missing Sex and Aggression**

Constriction of affect is a phenomenon that can happen in any group. However, expectations of its likelihood for a particular population, while at times reassuring to the frustrated leader, can lead to a perpetuation of stagnation. It is refreshing that while you have heard that this may be especially common in gay men’s groups, you are not satisfied to let this “just be.”

Many patients come to us either feeling constricted in their ability to

experience aspects of their emotional lives and/or limited in their ability to express feelings that they do experience. The rusty faucet metaphor is one that my clients often find useful. For many, the affect valve seems to be able to function in only two positions — “on” and “off.” When this is the case, “off” is usually a lot safer than “on,” since the latter carries with it the fear of massive floods and aftershocks. Part of what is learned in an effective therapy group is how to lubricate the valve so that more positions are possible — which brings with it a kind of safety critical to authentic expression of feelings.

*“Since productively turning up the heat requires confidence that adequate safety provisions are available, a clear group contract is essential.”*

Your question seems to relate closely to this issue, especially in thinking about how to “turn up the heat.” However, in your group, the question may be less about how to turn it up — since there are many indications from your individual sessions that a good deal is already “cooking” — but rather how to move

the heat to the kitchen itself, so the entire group can benefit from the low flame that is burning.

Since productively turning up the heat requires confidence that adequate safety provisions are available, a clear group contract is essential. The contract requires special attention when doing combined therapy — including explicit agreements about: a) how group boundaries will be defined, i.e., how material from individual sessions will be handled in the group, and b) how connections and interactions that occur outside the group will be handled in the group? Since you already know a great deal that is not explicit in the group from members’ individual sessions, I am guessing there is currently considerable unclarity about the boundaries, further inhibiting group expression of aggression and sexuality.

To shore up the contract, I would begin attending to it actively in both

individual and group sessions. I would ask the group to reflect on how it is now operating, and alternatives that might enhance the work of the group. In individual sessions, when charged material about other group members is raised, I would ask, "What has gotten in the way of your bringing this into the group?" and "What was your understanding about how what we talked about in your individual sessions would be used in the group itself?" I would also be clear that the group functions best when members process what they are experiencing in the group in the group, even if it is talked about in individual sessions, as well.

I also find it useful to encourage group members to think of the group as a "learning lab" where members bring in their basic feelings and usual ways of acting on them, but in a place where such actions will not merely be re-enacted, but can lead to opportunities to learn more useful ways of engaging. Carl's fears might well be discussed in this way — namely, his concern that addressing Tom's anger might further enrage Tom or might lead to rejection. Since you indicate that there is little expression of aggression in the group, I am assuming that Carl's fear underscores a more general issue for him.

I would grease the wheels for expression of both warm/sexual feelings and angry feelings by saying things like, "This is a pretty gentle group where certain kinds of difficult feelings (especially sexual and aggressive) are often held in check. How do you imagine it would affect our work were we to talk more directly about these kinds of feelings?" Such questions are likely to surface fears that are often mitigated by their very discussion and the sense that the fears are not only understood but also shared by others.

*"...feelings of alienation and yearnings for more closeness and support that you indicate many members speak of in their outside lives, I might hear as talk about their longings in the group room as well"*

To increase expression specifically about tender, sexual feelings, I might also ask the group about "special connections/chemistry" that members are aware of. The feelings of alienation and yearnings for more closeness and support that you indicate many members speak of in their outside lives, I might hear as talk about their longings in the group room as well — longings that can be met if members allow themselves to be more authentic with one another.

To facilitate expression of anger in the group I might begin initially by encouraging members to express irritation, frustration, and disappointment with me. Expressed anger at bosses and father figures provide great opportunities for useful segues. Thus I might ask, "Is any of that feeling alive in here — perhaps even small twinges with me?" I would also ask if the group feels robust enough to deal with difficult feelings that come up between members and to have confidence that such discussions might be useful to the entire group.

With your group's robust history and your investment in increasing authentic expression of affect, I am optimistic that with time you will see progress in this direction.

**Marsha Vannicelli, PhD, CGP, FAGPA**



### Correction

In the *Analyze This* column in the last edition of the Newsletter, we erroneously attributed the response of Mark Sorensen, PhD, CGP, FAGPA, to Alan Albert, PsyD, CGP. Our sincere apologies to Dr. Sorensen. To read this column with the correct author noted, please go to:

[http://www.nsgp.com/Spring07News\\_rev.pdf](http://www.nsgp.com/Spring07News_rev.pdf)

## Boston Threshold Conference Tenth Anniversary

by Sara Emerson, LICSW, CGP, FAGPA

Eleven years ago a creative idea was hatched in a pub in Northern Ireland. As Cecil Rice has said, its not unusual the idea was hatched, but that it was actually implemented. This idea, borne of an evening of discussion among Cecil Rice, Pat Doherty, and Kathy Ulman was the seed of the Boston-Threshold Group Therapy Conference. Celebrating its tenth year this August, this conference is a collaboration between the Boston originators, a collection of American group therapists, and Threshold, a mental health organization in Northern Ireland.

It is my hope to reflect here on the nine years in which I have been a participant at this wonderful event, having led Institutes, Training Groups, and workshops, and later joining the planning committee. But what to write about?

Should I focus on the political situation? No, far too complex and steeped in too many years of history. Yet, the conference occurs in Belfast, the heart of an area of tremendous conflict. How can one talk about a mental health conference without giving some attention to the Troubles and the surrounding environment? The Troubles have had a tremendous and traumatic impact on the lives of the people in the area, the conference participants, and the patient population they treat. On an early trip to Belfast, flying from London, I sat next to a RAF officer. He was blunt, telling me that no one from the outside, maybe especially an American, could comprehend the political situation in Northern Ireland. While he was probably right, one can not ignore it either, as I was soon to find out.

Should I focus on the actual format of the conference, its history, the participants, the mental health system in Northern Ireland? No, I am not Michael Moore and the issues surrounding treatment of the mentally

ill and National Health are beyond my comprehension or the scope of this article. Yet again, how can one ignore the setting people work in? At NSGP and AGPA a large number of attendees are in private practice, but such is not the case in Belfast where private practice is rare.

What about recounting the history and development of the conference, how it has grown and evolved? No, that won't do either, since that could fill the Newsletter by itself.

Perhaps, then, some disparate reflections to provide a flavor of what the experience has felt like for me, hoping to communicate some of that experience to you.

Nine years ago, on the last day of the conference, one of the bloodiest attacks of the Troubles occurred in a town west of Belfast. A car bomb was exploded in a busy shopping area in Omagh. It was tragic and frightening. I was already filled with sadness, grief, and hope having just finished leading my first Training Group. This bombing overwhelmed me, but I was returning to the states, a place where I did not worry about bombings.

In ensuing years I learned, primarily by sitting with the members of the groups in Belfast, the ways in which people worked to protect themselves from being known, from being identified as Catholic or Protestant. Resistance in group took on a new meaning. People protected themselves,

not only from the anticipation of narcissistic injury or exposure within the group, but from threats to their lives. One woman in a group said, "you need to be careful when you get your mail (a bomb can be placed in the box). I have a mixed marriage (Catholic/ Protestant) and in my neighborhood that can be dangerous." In a later experience group, a woman recalled a moment in grade school when another student said "there must be a Catholic in the room, it smells." Amazingly, she could laugh as she shared this reflection which evolved out of a sense of comfort she and the other members had experienced by participating in the group.

People talked of how they could "suss" one another out, how quickly they could find out if you were Protestant or Catholic. In one group, I asked if people had "sussed" me out. They said it didn't matter because I was from America. Clearly this is not just a religious issue. I learned that a mixed marriage was not mixed racially but religiously, and in some towns they had outlawed mixed marriage. People were careful not to reveal their last names, and sometimes even their first names as it might identify them.



Helen Baird and Barney Rowan

Over time, the political climate in Northern Ireland had changed dramatically. There were peace talks and negotiations between the factions. One step forward, another backward, then

some side steps until this year when the British Troops left Northern Ireland. The climate of the conference has changed also. Participants, many of whom have returned year after year, have become more open and relaxed. They had always been engaged in the process of the groups, but with time it became more familiar and more comfortable. In addition our committee continued to expand and became a truly collaborative endeavor with Threshold. During the past few years we have worked together on the program. This year for the first time, almost half of the presenters were from Northern Ireland. We are very pleased that we have developed a truly collaborative working relationship.

The theme of this years tenth anniversary conference was "The Road to Healing: Recovering from Trauma and Severe Mental Illness," which seems perfectly fitting with respect not only to the clients being served, but to the climate in which this has occurred. Reflecting this duality, the main presenter from Northern Ireland, Chris Fry, shared a moving series of experiences with people with major mental illness, while Scott Rutan presented a compelling talk entitled, "Has the world gone mad?"



Below: The Boston Threshold Group in 2005





## NEW! Consultation Benefit for NSGP Members

**N**SGP members can now receive one free annual consultation on their group therapy practice with a senior member of the organization.

The Consultation Benefit is a single one hour free consultation with a senior NSGP member to discuss starting, maintaining, ending, or revitalizing a group. It is not intended for urgent crisis situations. Any non-student member in good standing wishing a consultation should call the office **(617-484-4994)**. You will be referred to a member of the Consultation Benefit Task Force who has the list of available consultants and will provide two names to you.

Recognizing that the practice of group therapy is not always easy, the board developed this benefit to support NSGP members. Members helping members is consistent with our belief in the power of the group. The consultant panel was created from current board members, current training program faculty members, past presidents, and FAGPAs. All consultants must be currently licensed and carry malpractice insurance. We are fortunate to have many senior members willing to offer their services in this new endeavor.

The Consultation Benefit Task Force (Debora Carmichael, Eleanor Counselman, Carolyn Stone, and Marsha Vannicelli) is excited about this new program, hopes that you will find it useful, and welcomes your feedback.



FREE Colloquium Series

### **NSGP Breakfast Club**

**Sunday, October 14, 2007  
11 a.m. to 1:30 p.m.**

***A model of group supervision  
of group psychotherapists***

Presented by **Steve Haut**

Hosted by Kelly Bothe

For directions or to sign up, please  
contact Pamela Dunkle at 617-484-  
4994 or [groups@nsgp.com](mailto:groups@nsgp.com).



## The Rhode Island Column

Daniel Even, MDiv, MSW

### **NSGP Ad Hoc Committee Convenes**

**W**ith an eye toward rebuilding a group resource base in Rhode Island, the newly formed RI Committee met at the home of Katherine Kahr, MSW, on the east side of Providence. Initial tasks of the committee will include outreach to several agencies in the area, recruiting presenters for the Winter Colloquium Series, and advocating for improved policies regarding access to group therapy for Brown University students. Other members of the committee are Maxim Daamen, MD, a former president of RIGPS, and Daniel Even, chairperson.



## **PROPOSAL OF AN AMENDMENT TO THE BY-LAWS**

The Board of NSGP has proposed and strongly supports a by-laws change which will allow Associate Clinical Members and Affiliate Members to serve as Members at Large on the board. (They will still not be eligible to serve as officers of NSGP.) It is important to remember that the Nominating Committee will still select all candidates for election. The Board is planning to schedule an additional business meeting before the vote to allow time for people to discuss this change and will notify you when a time has been scheduled. (If you are currently eligible to vote, you will receive this amendment proposal when we mail out the ballots.)

## **The Northeastern Society for Group Psychotherapy Announces a Special Event**

**A Presentation**

## **The Application of Relational Analysis to Group Theory and Therapy**

**With**

**Steven Cooper, Ph.D.**

**On**

**Saturday, December 8, 2007  
9:00 a.m. to 5:30 p.m.**

**At**

**Episcopal Divinity School  
Sherrill Hall  
Cambridge, Massachusetts**

**For more information, call Dr. Weber:  
(617) 492-7264 ext.4**

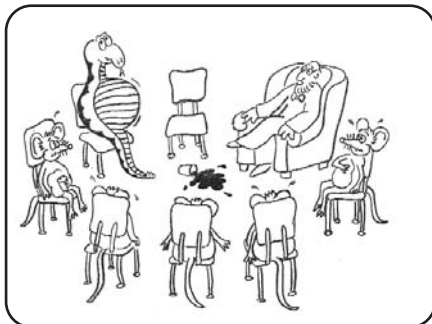
## VOTE FOR YOUR FAVORITE CAPTION

These captions were submitted for the cartoon in the last issue.

Please vote for any two of these captions in the order of your preference. Email your vote to [newsletter@nsgp.com](mailto:newsletter@nsgp.com) and the winner(s) will be announced in the next issue.

*This is your last chance to vote!* Beginning with our next newsletter issue we will have a new Cartoon Committee headed by Ellen Ziskind which will determine the winning caption.

- 1) "Aren't we supposed to TALK about our feelings?"
- 2) "I said quite clearly, let's greet each other—not, let's eat each other!"
- 3) "Mmm, I guess this didn't help their fears of annihilation!"
- 4) "This is why it's a group policy to make a fresh pot of coffee after taking the last cup."
- 5) "I think I need that workshop on scapegoating."
- 6) "This is what you call diversity — a token dinosaur?"
- 7) "I'd like to remind the group that we've agreed to talk about our thoughts and feelings, not act on them. Leonard, I believe you acted out a bit by eating Ernie."



## Caption This!

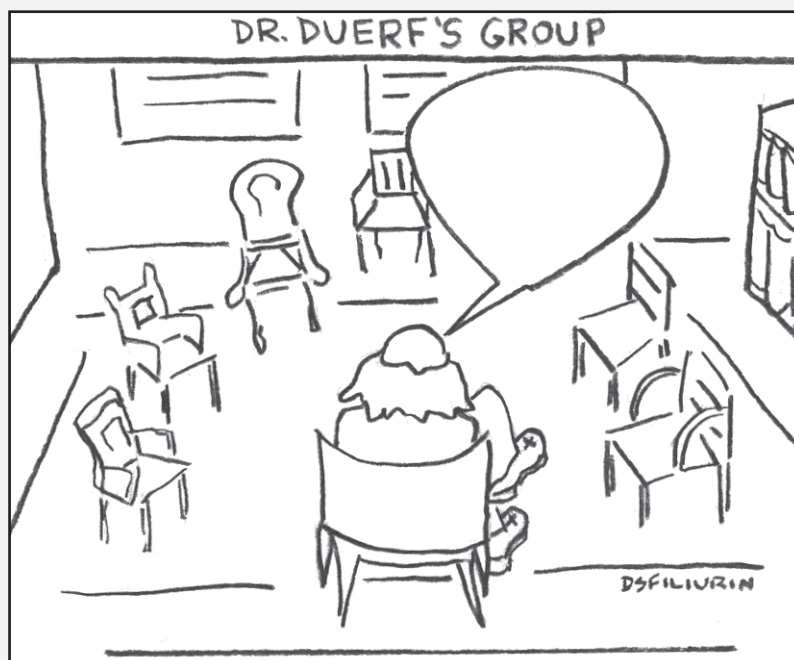
Please submit a caption for this cartoon to [newsletter@nsgp.com](mailto:newsletter@nsgp.com)

A winner will be selected by our new Cartoon Committee. The winning entry for the previous cartoon in the left column will be announced as well.



13

### The Winning Caption for the Fall, 2006 cartoon:





Drawn by Debra Filiurin


"Perhaps introducing the sock puppets last week was premature" (Submitted by David Goldfinger).


# Progress Notes


**Progress Notes** features a variety of items that reflect progress for NSGP members or committees. Please let us know ([newsletter@nsgp.com](mailto:newsletter@nsgp.com)) if there's anything you'd like noted, whether an article you've published, a speech you're giving, a notable change in your life.


 **Alan Albert** has had seven poems accepted for publication in *Poetry East* for their Autumn 2008 issue. *Poetry East* is, according to London's *Poetry Review*, "one of the top 20 literary journals in the United States."


 **Herb Baker** is running groups for men and women in substance abuse recovery at Arbour Counseling Services in Jamaica Plain, and is hoping to use self-psychology theory with this specific population.

 **Tyler Carpenter** has made a number of presentations including, "How Do We Think in Groups About Criminal Justice Issues" made to The Harvard Medical School Program in Psychiatry and the Law; "A Psychologist Looks at the Current Debate About the Practice and Ethics of Interrogation" made to the New York International Mental Health Interest Group and at Grand Rounds of the Kirby Forensic Psychiatric Center in New York; "Men with Attitude: Essentials and Paradoxes in the Group Treatment of Aggressive and Violent Men," a poster presentation made to the Academic and Health Policy Conference on Correctional Health Care; and "Practicing Psychology Behind the Wall: A Group Exploration of How and Why We Work as We Do," an oral presentation made to the North American Correctional and Criminal Justice Psychology Conference in Ottawa, Canada.


 **Greg Chilenski** will present "A Group Psychotherapy Practice in a Small Town" at Bay Counseling Seminars. He will give a talk called "On Using Cognitive Self-Theory to Understand Camden's Teens and Young Adults" as part of a series sponsored by the Camden Philosophical Society of which Greg is a founding member. Greg has had a psychotherapy practice in Camden, Maine since 2001 and the practice has included adult groups since 2005.


 **Eleanor Counselman** has joined the faculty of the couple therapy training program, PCFINE. She also led an all day training group at the Boston-Threshold group therapy conference in Northern Ireland, and will be teaching the group therapy section of the Harvard Medical School Psychiatry Board Review course in September.

 **Joe DeAngelis**, on the heels of finishing the NSGP group training program, has been accepted as a Candidate in the Massachusetts Institute for Psychoanalysis four-year analytic training program.

 **Naomi Dogan** graduated from NSGP's two year training program in group psychotherapy in June and she enthusiastically recommends this "superb advanced training experience" to others. Naomi was approved in August for her CGP certification by the National Registry of Certified Group Psychotherapists. Finally, Naomi and her husband Jim West are taking a "babymoon" vacation since they are expecting their second daughter in November, whom big sister Gitalia, now 3 years old, eagerly awaits!

 **Sara Emerson** ran an Institute group for the Canadian Group Psychotherapy Association in Manitoba, and then, at AGPA in Austin she led the first year of a three year experience group. At NSGP, with Joel Frost she led the last year of a two year Institute. In addition, Sara was in Belfast, Northern Ireland for the 10th Anniversary of the Boston-Threshold group therapy conference. Finally, in May, Sara graduated from the Massachusetts Institute for Psychoanalysis.

 **Pamela Enders** has been busy giving training workshops in various locales: at the Beamsley School of Law at Temple University in Philadelphia on "Mental Toughness Training for Lawyers"; at the New Jersey Institute for Continuing Legal Education on "Developing Mental Toughness: How to Perform Masterfully in High Stress Situations"; and at the Bermuda Insurance Institute in Hamilton, Bermuda on "Powerful Performance Skills." Pamela is also teaching a class on Performance Skills to business entrepreneurs for the organization Inner City Entrepreneurs (ICE) where she is a member of the Private Sector Network. In addition, she will be teaching a course for the Arlington Adult Continuing Education program on "Mental Toughness: How to Develop a Winning Competitive Edge." She has also been invited to write a monthly "Personal Growth" column for The New Jersey Lawyer. And finally, Pamela has renamed her coaching business, Winner's Circle Coaching.

 **Debra Filiurin** will be teaching this fall for the Graduate Program in Dispute Resolution at the University of Massachusetts, Boston,

 **Bette J. Freedson** is presenting a series of "Relax and Learn" seminars. A portion of one seminar entitled "Staying In One Peace" is published on the NASW website as the "Tip Sheet" on Stress. Bette also presented a seminar entitled "Burnout Prevention Survey Course 101" to a group of "enrolled agents" in September. Most dear to her heart, however, is the book she is writing for a very large and important group — single mothers. The book will have a strong spiritual and stress management component. Finally, her "all time favorite, most wonderful, delightful group" is the one made up of her three granddaughters!



📌 **Jerry Gans** had two papers accepted for publication in the *International Journal of Group Psychotherapy*: "The Courage of the Group Leader" co-authored with **Libby Shapiro**, and "Wait, wait, do tell them...and tell them now" co-authored with Nancy Gans. In addition, Jerry will be giving the Harvard Longwood Psychiatry Grand Rounds entitled "Courage, Authenticity and Convictions: The Therapist's Growth Beyond Theory."

📌 **Nancy Miriam Hawley** and her husband Jeffrey McIntyre have signed a contract with New Win Publishers to publish their book *Intimate Leadership: The Power of Couples in Business* in early 2008. Miriam also had an article published in *Women's Business Boston* entitled "Beyond Success: You've Made It—Now What?" introducing a new coaching program for successful women.

📌 **Karin Hodges** wrote a featured article in the Massachusetts Psychological Association Newsletter, "Hope in the Field of Psychology, Lost, Then Found at MPA." In June, she enjoyed the AGPA Leadership Academy in Florida, and, in August, she successfully completed her APA accredited internship at Franciscan Hospital for Children.

📌 **Marilyn Lanza** is conducting a group of veterans in a Concentric Model that she developed. There are 3 groups: the first is a traditional psychotherapy group with staff outside as observers; the second has the staff in a group with Marilyn and the patients as observers; and the third is one large group with everyone participating.

📌 **Joanne Lipner** recently spoke at the Boston Institute for Psychotherapy's annual June Graduation, having been asked by the graduating Fellows to present them at the graduation. The graduates had been in an Experience Group with her as their leader during the first year of their training program at the institute.

📌 **Greg MacColl** recently lectured at Columbia University School of Social Work on his article, "A 9-11 Parent Support Group" which was published in the *International Journal of Group Psychotherapy*.

📌 **Laverne MacInnis** has realized her dream of buying a home in Murray Harbour, Prince Edward Island, Canada. She describes this as "entering a whole new 'group' as it were, as part of a small fishing village. Three of my neighbors are lobstermen, so I think I've died and gone to heaven! (Lobster SHOULD be its own food group!)"

📌 **Lise Motherwell's** book review of "Divorce Doesn't Have to Be That Way" by Jane Appell was published in MassPsych's summer issue. Lise was voted Chair-elect of AGPA's Affiliate Assembly and will begin her term in February, 2008.

📌 **Helene Satz** is joining the staff of the Counseling and Spiritual Care Center of Hawai'i. Her commitment to her career will continue to be well balanced with the pleasures offered by living in paradise—the beach, the beauty, and the daily, perfect, warm and sunny summer weather.

📌 **Gretchen Schmelzer** accepted a one year visiting professor position at Northeastern University in the Department of Counseling Psychology.

📌 **Sharan L. Schwartzberg** is proud to announce the publication of her book (with Margot Howe and Mary Barnes), *Groups: Applying the Functional Group Model*. This book presents a classroom tested, evidence-based, client-centered approach to working with groups.

📌 **Joe Shay** became a Fellow of AGPA.

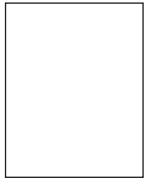
📌 **Kathy Ulman** made several presentations on disaster response groups. The first two were sponsored by AGPA and the Disaster Response Mental Health Programs of the Departments of Mental Health of New Hampshire, Vermont, and Maine. With Diane Feirman, she presented "Local Community Outreach Programs in Response to Disaster," and then spoke on "Why Groups are so Effective in Disaster Response Work." She also presented at a day long training sponsored by AGPA and the Disaster Response Mental Health Programs of the Departments of Mental Health of Connecticut, Rhode Island, and Massachusetts, presenting with Richard Beck on "Lessons Learned in Group Strategies for Survivors, Witnesses and Family Members." In addition, at AGPA in Austin, she taught part of the two day course on Disaster Response Groups with Richard Beck.

📌 **Tracy Wallach** is now a doctoral student at Lesley University and has received a \$10,000 scholarship offered to one new student a year.

📌 **Bob Weber** taught a day long continuing education course at MSPP entitled "Incorporating and Exploring Spirituality in the Therapeutic Relationship." At the monthly meeting of MSPP's Initiative on Spirituality and Psychotherapy, he presented "Spirituality and the Search for the True Self in Psychotherapy," and at the Massachusetts Chapter meeting of the International Thomas Merton Society, Bob led a presentation-discussion of the concepts of vocation and the self from Merton's books, *No Man is an Island* and *New Seeds of Contemplation*. At the NSGP June Conference he led the demonstration group, "Working with Spirituality in Group Psychotherapy."

**Northeastern Society for Group Psychotherapy, Inc.**

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



## Fall 2007

Next Breakfast Club Series Program:  
**Sunday, October 14**

Special Presentation, December 8:  
**The Application of Relational Analysis  
to Group Theory and Therapy**  
with Steven H. Cooper, PhD

### 2007 NSGP Events Calendar

- |                  |                                                                                                                                                                                                                                         |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sept. 23, 2007   | <b>Breakfast Club</b> II a.m. — with <b>Alan Witkower &amp; Helen Hwang</b> ,<br>hosted by Alan Witkower<br><i>A new Michael Moore expose: Can you be a group therapist and not run a<br/>single psychodynamic psychotherapy group?</i> |
| Oct. 14, 2007    | <b>Breakfast Club</b> II a.m. — with <b>Steve Haut</b> , hosted by Kelley Bothe<br><i>A model of group supervision of group psychotherapists</i> (see ad on page 12)                                                                    |
| Dec. 3, 2007     | <b>Breakfast Club</b> II a.m. — with <b>Debora Carmichael</b> , hosted by Carolyn Stone<br><i>"Rosebud"—Why your last word shouldn't be a mystery: Thinking about and<br/>planning for the event of unexpected disability or death</i>  |
| Dec. 8, 2007     | <b>Special Presentation:</b> <i>The Application of Relational Analysis To Group<br/>Theory and Therapy</i> — with <b>Steven H. Cooper, PhD</b> (see ad on page 12)                                                                      |
| Jan. 20, 2008    | <b>Breakfast Club</b> II a.m. — with <b>Larry Kron</b> , hosted by Jim Leone<br><i>Helping the helper: Support for the caregiver of those who are ill or aging</i>                                                                      |
| March 9, 2008    | <b>Breakfast Club</b> II a.m. — with <b>Tanya Gurian</b> , hosted by Barbara Keezell<br><i>Why use skills training for trauma survivors?</i>                                                                                            |
| April 6, 2008    | <b>Breakfast Club</b> II a.m. — with <b>Oona Metz</b> ,<br>hosted by Larry Kron & Marsha Vanicelli<br><i>What you don't know could hurt you: Secrets and lies in group psychotherapy</i>                                                |
| June 13–15, 2008 | <b>Save the Date!</b><br>27th Annual Northeastern Society for Group Psychotherapy Conference                                                                                                                                            |

For more information or to sign up, please contact Pamela Dunkle  
at 617-484-4994 or [groups@nsgp.com](mailto:groups@nsgp.com).