



Letter from the President



There is a lot of change in the air as a new season approaches. September often conjures up feelings around beginnings as we all can remember each

new school year. It is amazing to think back on those years and recall the mixed feelings of anticipation around a new year, class, and teacher. I too am filled with hope, excitement, and some trepidation about the year and my new role as President. Since I wrote my statement for the election, I have been thinking about my goals and hopes for the organization and my wish to reach out and get to know many more of you.

Groups and their leaders struggle over a number of issues. Two, in particular, which are of concern for NSGP involve resources and membership. I would like to take a minute to address each of these and my goals for the next year or two. In terms of resources, there are truly never enough. It is probably an illusion (which we long to believe) that there is enough to go around for everyone. NSGP has forever grappled with what is needed and what is enough and how much of *what* do we need. In the fall of 2009, the Board had a retreat at which we addressed these issues. We examined ways to expand our understanding of the type and scope of our resources so as to include the skills and diversity of our membership as well as our financial resources. Obviously, we need to be fiscally sound. However, we also need to check a frequent knee jerk reaction to wanting to generate more income as a ready solution. I think there are often repercussions to this response. I would like to suggest that we step back from the financial worries (not that they aren't important) and that we begin to

look at all our other resources and what we gain from being with colleagues, and the richness of those connections. Take a moment to reflect on what draws you to NSGP, what you gain by being a member, what keeps you, and what would you like in return? Conversely, what would you like to contribute and how would you like to help expand our resources?

Membership, the other topic of interest, involves issues of vitality, expansion, and inclusion. I think we continue to address these concerns. Our primary entrées into NSGP are through the Training program, the Conference, and the Breakfast Club. The other committees that work hard to support and maintain the organization are, however, equally essential. The June Conference was again a great success and the Conference Committee has already put together a theme for 2011 and arranged for the Demonstration Group and is working on the Special Event. It promises to be yet another rich and rewarding program.

The Training Committee was able to restructure the CGP program to offer a multiple weekend course teaching the fundamentals of group therapy. This past year, we had 14 students and the committee is planning to conduct the program again this year with some revisions. If you know anyone who might be interested, please have them contact Todd for more details. The Breakfast Club has its new calendar in place and promises to add a great deal to our other offerings.

The Networking, Membership, and Public Relations Committees have a great deal of energy and continue to come up with innovative ideas. My biggest challenge over the next two years will be trying to keep up with all the wonderful networking, tweeting, and *Facebook* ideas that these committees have been creating! So, as we begin another year, NSGP is confronted

with the tension of maintaining the comfort of the known versus the challenge of keeping our organization vital and thriving. I am thoroughly looking forward to this upcoming year. I believe we have a great organization represented by a very strong Board. Hopefully, over the year, I will get to know many more of you, and improve my social networking skills!!! Please feel free to contact me via phone or email with thoughts or concerns you may have, or about how to increase your involvement in NSGP.

Sara Emerson, LICSW, CGP, FAGPA
President, NSGP
sjemerson1@comcast.net

INSIDE

Page 2 . . Letter from the Editor

Page 3 . . NSGP Conference Blog

Page 4 . . What Is Functional Analytic Psychotherapy?

Page 5 . . Breakfast Club

Page 6 . . NSGP 2010 Conference

Page 8 . . Analyze This

Page 9 . . NSGP Board Retreat, Spring 2010

Page 10 . . The Heart of the Matter

Page 12 . . Mindfulness in Group Therapy: Maybe Not Just for the Therapist?

Page 13 . . NSGPF Gala Auction

Page 14 . . Progress Notes

Page 15 . . Cartoon Caption Contest

Back Cover: 2010–2011 Events Calendar

NSGP Newsletter Committee

Chairs	Barbara Keezell, LICSW, CGP Joseph Shay, PhD, CGP, FAGPA Greg Chilenski, PhD
Members	Catherine Bohn, PsyD Helen Hwang, PhD, MPH Oona Metz, LICSW, CGP Alan Witkower, EdD, CGP Ellen Ziskind, LICSW, CGP
Photography	Joseph Shay, PhD, CGP, FAGPA Eleanor Counselman, EdD, CGP, FAGPA
Design	K. White White Design designer_solution@comcast.net

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	Sara Emerson, LICSW, CGP, FAGPA
Past-President	Eleanor Counselman, EdD, CGP, FAGPA
Secretary	Judy Starr, LICSW
Treasurer	Steffen Fuller, PhD
Directors	Julie Anderson, PhD, CGP Pamela Enders, LICSW, CGP Peter Gumpert, PhD, CGP Helen Hwang, PhD, MPH Rowell Levy, PsyD Oona Metz, LICSW, CGP Geri Reinhardt, LICSW Daniel I. Schacht, LICSW

NSGP Committee Chairpersons

Audit	Peter Gumpert, PhD, CGP
By-Laws	Joseph Shay, PhD, CGP, FAGPA Richard C. Tomb, MD, CGP
Conference	Peter Gumpert, PhD, CGP Karen Wischmeyer, LICSW, CGP
Liaison	Donald Wexler, MD, FAGPA
Membership	Theresa Bullock Cohen, LICSW Michael K. McGrath, MSW, LICSW
Newsletter	Barbara Keezell, LICSW, CGP Joseph Shay, PhD, CGP, FAGPA Greg Chilenski, PhD
Referral Service	David Goldfinger, PhD, CGP Sandra A. Houde, LICSW, CGP
Training Program	Kelley Bothe, LICSW, CGP Alan Witkower, EdD, CGP

NSGP Office 617-484-4994

Office Administrator: 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**

I recently visited my mother who lives alone in New York City. As we in the field well know, a visit to family always generates lots of grist for the mill. Recently, I've been going down more often as she's started to decline. Her memory is starting to slip away and her world has begun to shrink, so that she spends more and more time alone or watching TV. Fortunately, she does have family in the area, including her sister and one of my brothers, and she sees my aunt frequently as well as a few friends periodically. But she has no real community in her life.

My mother has always eschewed joining groups or "committee work" as she called it, feeling it was just something to keep you busy or to impress, but felt there was no real meaning in the work. When I was in 10th grade, she began giving art history lectures, which she has continued to do over the years, in schools, for groups, or just for those interested in learning more. This has been a very worthwhile pursuit for her, as she's immersed herself in researching the interesting personalities of the particular era, and it continues, at times, to keep her occupied. It is, nevertheless, a lonely endeavor, similar to that of a therapist. Her research is done alone and the presentations are, of course, done alone, except for the audience. This has clearly served to stimulate her mind over the years, but it has limited her interactions and narrowed her perception of the world and of others' lives.

Since my step-father died 13 years ago, my brothers and I have tried endlessly to get her to join some group or volunteer someplace, to help her establish connections with others or see the world beyond herself, but she always found excuses for why it wouldn't work or why the timing wasn't good. So she is now left fairly alone, except for time with her sister and diminishing dates with friends.

Why am I telling you this? Well, witnessing my mother's isolation only intensifies my belief in the value and importance of community. Some have found it through their church or synagogue; some may have it by living in a small town. For me, NSGP serves not only as my professional

community but as my personal one as well. I have discovered the value of participating in "committee work" and how that work has enabled me to feel more connected to those around me. I don't do it to impress, but because it brings me a sense of satisfaction, of belonging, and of connection. At times, the work has been made bearable (if the particular task is dull) or has even been rip-roaringly funny as a result of the others on a committee.

My experiences on the Hospitality Committee and the Board alike were such experiences. On Hospitality, we roared as we made many adolescent jokes while chopping phallic-shaped vegetables, or fantasized about what costumes we might sport as we hosted the social hours. Likewise, working with others on revamping the NSGP website, a task that could have been very tedious, was made genuinely enjoyable by the playful banter with my colleagues who joined me on this task. These are but two examples of many wonderful experiences over the years.

I have developed deep and lasting bonds as a result of my involvement with the NSGP community. So each time I'm asked to join a committee, I think of the potential fruits that engagement will bear. I can only hope that you—if you are not yet an active part of our community—seize the opportunity to enjoy equally rewarding benefits from your involvement with NSGP.

On another, but related note, I would like to welcome Greg Chilenski as our new Newsletter co-editor. He has agreed to seize the opportunity and I am thrilled to have him on board! I know he will be an excellent co-editor. Joe Shay will be with us for just one more issue and then will be stepping down. He has served as co-editor for 8 years, so I would like to pay tribute to him and some of his contributions to the Newsletter. In addition to sticking with it for lo these many years, and being a superlative editor, he has been instrumental in having the Newsletter reformatted to a new and improved design. He created the Analyze This section, the Progress Notes, the Cartoon Caption contest, and he, of course, is the one responsible for all the photos (so if you don't like yours, complain

(continued on page 11)

NEW! NSGP Conference Blog

Alexandra (Sasha) Juravleva, LMHC, CPRP
NSGP Conference Publicity Committee Co-Chair

Modern times call for modern ways of communicating. About half of the mental health professionals who advertise on the Internet have their own websites, which was a rarity for our profession just a few years ago. However, even a website is not enough in our age of instant information delivery. The use of social media is wide spread, and contemporary therapists tweet, blog, and maintain their *Facebook* and *LinkedIn* profiles.

While not all of us might be thrilled about these new developments, the reality is that more and more people use the Internet to communicate and find information. This is true of both our clients and our colleagues. To keep pace with this, the NSGP Conference Publicity Committee just launched an updated version of the Conference Blog to boost NSGP's presence on the Internet. The goal of the blog is to spread the word about the NSGP Annual Conference by posting updated conference-related information. The advantage of a blog over a website is that posting new

information on the blog is less time-consuming and labor-intensive than on the website. Our blog and website complement each other. While the website contains information that is more or less permanent (for example, the NSGP mission statement, information about membership, and so on), the blog posts information that is more up-to-date and is likely to change (for example, reflections of conference attendees on what they learned at the conference, interviews with presenters, and the like). Another advantage of the blog is that it is search-engine friendly and if the blog is well-maintained, that is, updated on a regular basis, it will show up close to the top if someone is searching the Internet for, let's say, group therapy.

All of these features make the blog an excellent marketing and educational tool. However, for it to be truly effective, the blog needs to be "alive." A blog "feeds" on fresh information. That is where you can help—by posting your thoughts and comments on our Conference Blog. You can do it in either of two ways. First, you

can make a comment on the already existing blog entry by clicking a Comment link at the bottom of the posting. The second option is to ask the blog moderator to post your thought as a new entry by e-mailing it to nsgppubcom@gmail.com. In both cases, your writing will be reviewed by the blog moderator and published if found appropriate.

We hope that the Conference Blog will grow into a thriving and active community, the way the NSGP Listserv is. We can only make it happen with your support! We hope you will find an opportunity to share your thoughts with your colleagues through our blog. You can visit the NSGP Conference Blog by going to <http://nsgpconference.blogspot.com>. If you have any questions, please feel free to e-mail us at nsgppubcom@gmail.com.



Save the DATE!
NSGP Annual Conference
June 10-12, 2011

For conference updates,
check Conference Blog
<http://nsgpconference.blogspot.com>

What Is Functional Analytic Psychotherapy?

Renee Hoekstra, PsyD

A second look at behaviorism

As an undergraduate I hated behaviorism, thinking it was demeaning, oversimplified, and trite. When I volunteered in Marsha Linehan's lab, I started getting curious about what I had missed. I liked how DBT organized me when treating high risk and suicidal behavior. But I wanted theory that addressed experiential and immediate interventions, self-experience, and therapist experience. When I was introduced to DBT, I felt like I had a window. But I wanted the world. And I couldn't seem to find it.

In my doctoral program, I did my dissertation on therapist experiences of being in a dilemma; thus I scoped the literature on impasses, counter-transference, inter-subjective experience, being stuck, and working with difficult patients. I read so much that the interlibrary loan people knew me by first name. I took gestalt and psychodynamic classes with the hopes that something would finally be coherent. On my quest to pass my competency exams with a grounded and articulate approach, I came across *Functional Analytic Psychotherapy (FAP): Creating Intense and Curative Therapeutic Relationships* (Kohlenberg and Tsai, 1991). I found what I had been looking for.

What's the fuss about?

FAP is a part of the "third wave" behavior therapies (in addition to Acceptance and Commitment Therapy and DBT) that seem to have more of a following on the West Coast. All three have behavioral etiologies and are considered functional and contextual treatments. The essence of FAP is best captured by the title of the 2009 book, *A Guide to Functional Analytic Psychotherapy: Awareness, Courage, Love, and Behaviorism* (Tsai et al.).

In FAP, clinicians attend to a client's repertoire of clinically relevant behaviors, or CRBs. CRB1s are classified as in-session occurrences of daily life problems. For instance, a group members' CRB1s may include speaking rapidly, changing the subject, keeping content artificial, or re-directing the conversation towards oneself repeatedly. One can see how these behaviors thwart intimacy, keep people from engaging fully, and skirt around painful topics. But because context and function determine if these behaviors are problematic, the same

Save The Date

CHILDREN'S GROUP THERAPY ASSOCIATION

Fall Conference

Saturday, October 16th, 2010
8:30 AM – 3:00 PM

The Walker School
1968 Central Ave
Needham, MA

Integrating Strength-Based Approaches into Group-Work

Charlie Appelstein, M.S.W.

Appelstein Training Resources, LLC, Salem, NH
Author: *No Such Thing as a Bad Kid: Understanding and Responding to the Challenging Behavior of Troubled Children and Youth*

www.charliea.com
www.parentrapsody.com

This one-day conference will address how powerful and effective strength-based practices are toward helping children, adolescents and their families focus on strength-building rather than flaw-fixing. Interventions utilized in this model can be applied in residential settings, adoption programs, foster care, homes, schools, and clinical settings.

Co-Sponsored by
The Northeastern Society for Group Psychotherapy, Inc.

5.0 CEU's

For More Information Contact:
CGTA, Children's Group Therapy Association
PO Box 521, Watertown, MA 02472
www.cgta.net
cgtanet@yahoo.com

behaviors could also be classified as improvements in behavior or CRB2s. For example, a socially phobic client may fail to contribute to the conversation and defer questions about herself to others. Thus re-directing the conversation towards herself repeatedly, interrupting, or confidently introducing a topic would indicate improvement.

In addition to paying attention to CRB1s and attempting to increase CRB2s, the therapist may attempt to evoke CRB1s so that CRB2s can be shaped. But groups do that even better! For the therapist in the group setting, shaping improvements (CRB2s) requires a working case conceptualization about knowing which behaviors to reinforce and which behaviors to block. Getting the group on board with this not only works to the leader's advantage but should be naturally reinforcing to the group. Dead content, low energy, or a stifling atmosphere may be a natural contingency for verbose behavior, shy behavior, or dominating behavior. Thus guiding the group to identify contingent responses will not only help the group identify

problems but provide each other new opportunities for intimacy and growth.

Screenings for group therapy can be devoted to working with the client to get a clear idea of what he or she wants to improve, how it would look different from current behavior, educating the client on speaking about such behaviors in a non-pejorative and clear fashion, and identifying behaviors that keep people at a distance when addressing emotionally painful content. Additionally, shaping the group members to identify one another's CRB1s and CRB2s early in the group can enhance the group's capacity to know how to help one another. In addition, a screening that includes education, commitment, and orientation to the treatment can play a critical role in decreasing problematic group behaviors down the road.

A nutshell application of FAP

Presenting complaint: Client feels easily pressured in social situations to keep people happy, feels as if she doesn't belong, "goes along with the crowd," and reports a fair amount of self-hatred.

The Northeastern Society for Group Psychotherapy

Cordially Invites You to Our 2010-2011

Breakfast Club

Identifying CRB1s in group: Client "disappears" by covering up her face, crawling up into her chair, and thwarting group member's attentiveness with clipped answers.

Blocking CRB1s and evoking and reinforcing CRB2s: Group leader gently observes CRB1s out loud, gently encourages participation, and prompts client to share any difficulties.

Statements of functional relationships increase the client's attention to contingencies maintaining behavior: "I notice that every time the group brings up topic X, you cover your face and sort of disappear. I'm also thinking of how you say that you don't feel included most of the time, like being in social situations where you feel as if you don't belong. Is this happening now?"

Increase CRB2s: "I'm so pleased that you stayed in this conversation and offered your input, even though it was clearly very hard for you to do. I want you to know that you are part of this group, and therefore what you have to bring to this group matters. We really want you to use your voice more often."

Like most treatments that involve the "use of therapist's self," FAP also requires *the therapist to attend to how his or her own behaviors impact and influence the group members.* Attending to contingencies in the group (other group members may ignore the client, fail to consider her input, or become irritated about her lack of contribution) is a way in which this treatment opens itself up to group interventions in a very intuitive manner.

FAP is gaining an increased audience

While I frequently hear people say "That's not really any different from psychodynamic approaches," I think there may be quite a bit of truth to this in terms of interventions. I've simply decided to embrace this approach because it gives precise insights into clinical phenomena and it makes the most sense out of anything I've ever read. For the interested reader, feel free to check out the chapter "FAP and Psychodynamic Theories" in the newest book *The Practice of Functional Analytic Psychotherapy* (Kanter, Tsai, & Kohlenberg, 2010). And if you've gotten that far you also may want to check out the chapter "FAP for Interpersonal Process Groups," because you may actually recognize the first author.



Learn about group therapy and socialize with other NSGP 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 Todd Morse at the NSGP office: 617-484-4994.

Calendar for 2010-2011

- 9/12/10 **Talk or Action: A Study of What Facilitates Talk in Adolescent Group Treatment**
Presented by **William Sharp, MA, MPsy**
Hosted by Sara Emerson (Cambridge, MA)
- 10/17/10 **The ABC's of DBT: An Introduction to Dialectical Behavior Therapy in Group Settings**
Presented by **Betty Martin, PhD**
Hosted by Barbara Keezell (Newton, MA)
- 12/5/10 **Clients No One Wants: Sex Offenders in Group Treatment**
Presented by **Joe Doherty, EdD, CGP**
Hosted by Arnie Cohen (Newton, MA)
- 1/9/11 **Exploring Psychosis Through the Subjective Experience**
Presented by **Jennifer McLain, MD**
Hosted by Scott Rutan (Newton, MA)
- 3/20/11 **Meeting the Challenges and Finding Success: Bringing Group Psychotherapy to Non-Clinical Settings**
Presented by **Roberta Slavin, PhD, LP, CGP**
Hosted by Eleanor Counselman (Belmont, MA)
- 4/17/11 **Exploring Psychosis Through the Subjective Experience**
Presented by **Marni Chanoff, MD**
Hosted by Joyce and Walker Shields (Belmont, MA)

The Northeastern Society for Group Psychotherapy, Inc. (NSGP) designates these educational activities for a maximum of 1.5 AMA PRA Category 1 Credit(s)TM each. Physicians 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 is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. NSGP maintains responsibility for this program and its content. These programs provide a maximum of 1.5 credits each. Each psychologist should claim only those credits that he/she actually spent in the educational activity. NSGP is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. These activities have been approved for a maximum of 1.5 Category 1 Continuing Education hours each for relicensure for Licensed Mental Health Counselors. Each LMHC should claim only those credits that he/she actually spent in the educational activity. 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.

Anatomy of an NSGP Conference

NSGP Conference 2010

David Ward, LCSW, LADC, CGP

A New York state of mind in Boston

Wanting a modern analytic and New York experience in my day-long experience group, I signed up for the general psychodynamic experience group offered by Ronnie Levine, a modern analyst from New York, who did not disappoint. The group progressed through forming, norming, storming, performing, and adjourning through Ronnie's bridging techniques, as well as focusing on the immediacy of the moment between group members in the here-and-now. The good news about these types of experience groups is that you get to explore more of your transference and countertransference issues. The difficult news is that you get to explore more of your transference and countertransference issues. Tough work this therapy sometimes, but I think vital since it's what we ask our clients and patients to do. In a pleasant surprise and coincidence, one of my supervisors from Maine happened to be in this group as well, adding another dynamic, which we brought into the group and processed. This was a rewarding experience, as we all need folks to idealize, and learn from.

I extended the day on Friday by attending the Special Presentation evening session on substance abuse moderated nicely by NSGP's own Cecil Rice who introduced presenters Ed Khantzian and Timothy O'Farrell. Their interesting presentations focused on the self-medication hypothesis of substance abuse and how it applies to group therapy, as well as the benefits of behavioral couples therapy for addiction. After this full twelve hours of activity and concentration, plus the 2 hour ride down from Maine, I was done for the day.

On Saturday morning, I took Greg MacColl's workshop, entitled "Getting everyone involved: Techniques to encourage full participation." This was a good reminder workshop for me about remembering to pay more attention to my silent group members, and help them get involved—by asking them directly, asking another member why they think the silent member is being so silent, or by bridging the silent member with another member of the group as a whole when a common issue arises. If you haven't trained yet with Greg MacColl, by the way, do yourself a favor, and sign up for his next workshop at NSGP. He is another excellent leader from New York, who's got a great Irish, elfish, impish, transference thing going on (at least for me). He's heartfelt, and there were tears and laughter happening in this workshop, as there usually are in training with Greg.

Saturday afternoon brought more of the Special Presentation session on substance abuse with Marsha Vannicelli discussing moderation training, Karsten Kueppenbender discussing the use of medications in addictions treatment, and Kay Johnson presenting on PTSD and addictions. Later that afternoon, I attended an interesting workshop on the development of the therapist by Harold Bernard, Robert Klein, and Victor Schermer who are writing a book on this subject. Once again, I learned more about myself, my countertransference, and my motivations for becoming a therapist, as



Ann Koplou, Richard Kaufmann, David Curtis, & Deb Cross



Barbara Keezell & Suze Prudent



Dave Dybdal & Pamela Enders



Theresa Bullock Cohen, David Poles, & Nuanprang Snitbhan



Eleanor Counselman, Michael Hegener, & Bet MacArthur



Ellen Ziskind, Karen Wischmeyer, & Fran Weiss



Greg Chilenski, Steve Benson, & Gail Hall

well as honing the skills to be the most helpful.

Anatomy of presenting an NSGP conference workshop

On Sunday morning my turn came to present. My focus was the therapist's need to be liked, managing countertransference, and becoming the good enough group therapist. Making sure I left early enough, carrying everything I needed, as well as breathing through anxiety, I made my way to the workshop. Thankfully, all of my audio-visual equipment worked, with a little help from the tech guys at Simmons. I soon realized I had a really good group, not atypical for NSGP, since most therapists are supportive participants. After the didactic portion, I led a demo group, asking the members to pay attention to and risk speaking to their need to be liked in the beginning stage of group. Not surprisingly, this is a need in me which was present during this very workshop as well. Even in one hour, the group progressed very quickly through all the stages that had occurred on Friday. And, before I knew it, I was done. Receiving positive feedback and reviews from the members was fulfilling and rewarding for me.

I finished the day and conference with the final session of the panel and presenters on substance abuse, followed by the amusing and insightful Demonstration Group—an athletic interaction event led by Jerry Gans, and Arnie Cohen. This latter experience made me think about my own sports teams experiences and how that relates to my participation in other groups.

As usual the NSGP annual conference is a rewarding experience. Not only are there great professional workshops to attend, but there is the best part which is seeing everyone I've had an opportunity to meet and build relationships with over the years.



Sarah Kee, Amos Worth, & Melanie Trovage



Shoshana Ben-Noam, Barbara Keezell, & Siobhan O'Neill



Joe Doherty, Joel Krieg, Chip Bradish, Chad Gillette, & Scott Reinhardt

My Team, My Experience: Demonstration Group, 2010

NSGP Conference 2010

Julie Anderson, PhD, CGP

Since I'd agreed to write a newsletter article about the Conference, and then got recruited to be in the Demo Group, I entered the spirit of the group as I entered the room. Sports, recruitment, responsibility, performance: it was all part of this Sunday afternoon. I refer, of course, to the June 2010 Conference Demonstration Group, wonderfully titled "My Group, My Team, Myself: Team Athletics as a Mirror in Clinical Group Experience" and deftly run by Jerry Gans and Arnie Cohen.

Jerry and Arnie established themselves as group leaders, coaches, and referees in what was a wonderfully different demonstration group format. We were a group of 18 members, enough to comprise 2 teams, and we were enclosed in a surrounding circle of observers. As we were taking our seats, a slide show ran behind us, with film clips from *Bad News Bears*, *A League of Their Own*, and *Blind Side*. Jerry and Arnie opened the group with a suggestion that our experience with sports captures many powerful dimensions of our formation of self. *What is my relationship to my body?* Can I trust it and rely on it? Do I disdain it as un-buff or unappealing? *What is my relationship to society and authority?* Am I chosen/recruited? Do people respect my prowess? Do I have any prowess? How do I compete against peers and siblings? *What is my relationship to law and order?* Is it fair out there?

The fairly standard technique of going around the circle to introduce oneself took on an unusual richness in this group because of the given instruction, "Tell the group something about your relationship to sports." Very poignant stories

emerged. What a quick way in, to meet someone through that lens! These personal disclosures also pulled tremendous affect into the room, some of it exchanged in empathic responses, but much of it simply silently held.

Jerry directed the group to pick two team captains, and so began a somewhat self-conscious nomination process that was picking up steam when he suddenly declared it done. The two new team captains were told to pick team names ("Pulse" and "Losers") and then we members got to pick which teams we wanted to join. I found this juncture in the experience to be fascinating, stirring, and a little manic. Wait, what happened to the nomination and voting process we're used to? Who's my leader now, Jerry/Arnie or my new captain? While it was a relief to choose instead of waiting to be chosen for a team, did we just dodge an important bullet here?

Jerry and Arnie instructed us in the basics of a ring-toss game. Our team captains became organizers and cheerleaders, and they looked stressed. I decided I was glad that no one had nominated me as captain. The ring-toss was annoyingly difficult, and various players began acting out, protesting the vague score-keeping that was the new purview of Jerry and Arnie. This game had clearly stirred some competitive energy in the room, which suddenly got channeled into howls of protest when we all realized the teams were uneven and no one had bothered to notice. Who was in charge here?

The group experience ended, and Libby Shapiro, as Discussant, offered some insights about themes of aggression, collaboration, and competition that had emerged. Jerry's co-opting the 'election' process offered a useful ambiguity that some saw as abandoning his group leadership role, and others saw as his reclaiming it. Libby suggested that this

(continued on page 10)

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, PhD 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

Although my private practice consists mostly of individuals and couples, I am very excited about the development of my group practice. I currently lead two groups but only one is thriving. Interestingly, this group, a specialized one consisting of patients with eating disorders, is full and looks quite promising. It was my initial understanding that specialized groups located in a private practice would be more difficult to start, fill, and maintain. As such, I have been somewhat surprised, and well, disappointed by how challenging it has been to get my psychodynamically-oriented group running.

The group began about a year ago with four members. I remember feeling hopeful and optimistic that the group would grow despite the fact that I knew two of the four members would be leaving because of relocation after six months. I had done a fair amount of advertising, and many of my colleagues in private practice informed me of patients needing just the type of group I was running, in just the location I was situated. In fact, I had been interviewing a fair number of potential members at the time this group was forming and initially starting. The group was aware that I was interviewing, and with anticipation, looked forward to a fuller group experience. I'm not sure what occurred during my screening process, but I wasn't getting a lot of people to agree to join.

Currently enrollment consists of just two members, one of whom is doing a fair amount of traveling for the summer, often gone for several weeks at a time. The

remaining group member is committed to the work, but a number of questions arise each week. The members have been asking about the potential for other group members, and I am not sure how to answer them. On the one hand, I could maintain the frame and ask them questions about the group not being "enough" for them (which I wonder also). On the other hand, I wonder if I should be more up front with them about the process of finding members, including my anxiety that the group will not survive.

Moreover, I wonder about my role in the group when there are long silences and as a result little interaction between the two members or between the member who is present and me. Recently, when only one member has been present, I have found myself feeling very perplexed about the role I should take.

Should I, for example, compensate for the lack of membership by making myself much more active? In fact, should this even be called a "group", when there is only one member present? Do I still run it for the full 75 minutes? Finally, do you have any other thoughts about places where I might have done things differently or blindspots I might have?

Does Size Matter?

Dear Does Size Matter?

The situation you refer to is one that is quite common for the group therapist, both new and experienced. So many factors contribute to group membership, including the stream of referrals and group dynamics. In addition, the group therapist may have attitudes toward the size and membership of the group that contribute to its formation.

In your case, you have done a good job thinking about your group in advance of its beginning and of speaking with colleagues about group referrals. You carefully interviewed prospective group members. Your experience of a percentage not joining after the screening is also within range of what we can expect, as is the drop-out rate in your group.

Now you have two members. One of those members does not attend

regularly. What do you do? How do you approach the group members and the meetings? When there is one member or two members present, the leader becomes more active. But how and in what ways? In our paper, "Maximizing the therapeutic effectiveness of small psychotherapy groups" (Cohen, S.L. & Rice, C.A., 1985, *GROUP*, 9, 3-9), we address these questions. We suggest that the leader observe, reflect on, and interpret common group themes, such as saying hello, building trust, and testing the group agreements. It is also important to encourage member-to-member interaction, rather than doing individual therapy in the group. If one member is present, I suggest that you help the group member talk about his or her interpersonal relationships, both in the group, with you, and outside the group; and feelings as they relate to the group itself, including the size of the group and feelings about those who left the group.

That is the focus for a psychodynamic group. Then when the second member returns you can bring the material into the relationship between the two members.

You ask what you might have done differently. You say that you knew in advance that two members would be leaving within 6 months. Because you

envision your group as ongoing, 6 months is too little time for a new member to join and bond with the group. So from the beginning you had two members who were leaving the group as a way of joining the group. When I have screened people who plan to leave the area I suggest a time-limited group for them and do not add them to my groups, which are ongoing. Starting with 4 to 5 members who were able to make a commitment to the group before beginning may have led to a more stable group membership during the beginning stage of forming and developing a group culture. This, however, is no guarantee, as members do drop out of groups at a higher rate during the beginning unstable phase as a group forms. So you may still have been left with two members.

For how long and for how many sessions do you continue with one or two members? After 2 or 3 months of meeting with one or two members, I would suggest that you plan a hiatus for the group in advance, with discussion of how long you will not be meeting and a date for resuming. During that time you will continue to do everything you can to

get appropriate referrals for your group. When you do resume, I would begin with the two members for one session; then at the next session the new member(s) join. If you do not have any new members by that time I would suggest terminating the group and finding appropriate groups for the two remaining members.

Don't give up on starting a third group! You may have placed yourself in a very good position for those with eating disorders; a third group of that population may be more viable for you than a general psychodynamic group.

Good luck!!

Suzanne L. Cohen, EdD, CGP



Dear Does Size Matter?

It may be small consolation, but you are in good company. Groups are notoriously difficult to get started and maintain. Many group therapists, including myself, have had groups either go on "life support" or fail completely. While it is discouraging, it may take the sting out of it if you can remind yourself that others have been there too.

You ask some good questions which I can speak to from personal experience! When my groups have dwindled to marginal numbers, I still keep the agreed upon time frame. I would suggest doing this even when no one shows up since they could arrive late and I charge for missed sessions. I agree entirely with you about the importance of being curious regarding their feelings towards the shrinking group. The theme of "enough" is a good one. Does the group have enough to provide a learning opportunity for them? Are they enough to attract new members? Am I enough to bring in new members? In addition, is this stirring up experiences of loss or limitations or abandonment? However, I wouldn't hesitate to let them know that I am actively recruiting new members. I may not be in a position to be confident that the group will survive, but I can show my determination to have that be so. I choose not to share my anxiety so they won't feel pressure to help me manage my emotions. Containing my anxiety and

turning it into active efforts towards networking is probably the best course of action for all.

"How to be effective in creating an opportunity for interpersonal learning with small numbers is a different challenge."

How to be effective in creating an opportunity for interpersonal learning with small numbers is a different challenge. I am already fairly active as a group therapist so for me to focus the interactions in order to maximize the usefulness of the group is not a departure for me. When there are just two people in the room, I am guided by my experience as a couples therapist. I encourage them to explore their relationship with each other. How well do they know each other? How close do they feel towards one another? What is interfering with greater intimacy between them? I have had patients say that some of the more powerful sessions have been when only two people have shown up and we have an opportunity to zero in their relationship. When only one person shows, I do not consider this a group although I do stick to the group frame. I tend to focus on our relationship as well as their relationship to missing members and the group as a whole. This is workable for a while but very quickly begins to look and feel like individual therapy. Their patience with this, and yours, are legitimate concerns to explore if it should continue to be more than just an occasional session.

You ask if there are some things you might have done differently to avoid this dilemma. Your optimism about adding members may have worked against you in starting a group when two members would only be able to stay 6 months. While I have had people leave a group unexpectedly after having been there less than a year, I usually don't bring in members unless they are able to be there at least a year. Also, there are some strategies in the intake process that might increase your chances of converting a potential member into a committed member. You might consider taking advantage of your member benefits and getting a free consultation with one of the many seasoned group therapists that belong to NSGP.

Good luck!

Mark Sorensen, PhD, CGP, FAGPA



Spring 2010 Board Retreat



Judy Starr, Barbara Keezell, & Helen Hwang



Karen Wischmeyer, Betty Martin, Theresa Bullock Cohen, & Helen Hwang



The Motley Board Spring Retreat



Rowell Levy, Karin Hodges, & Eleanor Counselman



Steffen Fuller & Bet MacArthur



Marc Bolduc scores a bullseye



Richard Ginsburg, Jerry Gans, Arnie Cohen, & Libby Shapiro



Karsten Kueppenbender & Richard Beck



Marc Bolduc, Mike McGrath, Ann Koplou, & Dorothy Anderson



Oona Metz & Arnie Cohen

NSGP Conference 2010
(continued from page 7)

phase of the group/team formation process set the tone for the group's being a corrective emotional experience; this Demo Group would be 'nice' and hurt feelings would be avoided.

As the discussion broadened to include all observers, other intriguing aspects emerged, such as: 1) whether Title IX had changed the expectations about competition for a generation of women. 2) "Who do you kick, and who do you kiss?" This was one of the more memorable quotes arising within the discussion, related to the coach's dilemma of extracting the best performance from his/her team. One of the captains liberally offered high-fives to the players: were these expressions of pity or support? 3) Another keen observation was that "the minute one team chose the name 'Losers', they'd won." 4) Questions that arose included: how do we sit with authority figures who don't tally up the score accurately, or insure equivalent teams, or keep the world safe and just? What if we win our hearts out and don't get noticed, or even nominated? What if we expect to lose, as usual, but suddenly get vaulted into power?

While the vocabulary of team sports doesn't always fit the situation in our therapy sessions, it can offer a fresh and accessible approach to engaging with the themes of developing and maintaining an integrated self. Our bodies are our vehicles to experiences, and these aspects of physical play and organized sports are embedded in our soma and psyche. Thank you, Jerry and Arnie, for bringing our awareness so vividly to life!



The Heart of the Matter

Sara Emerson, LICSW, CGP, FAGPA

When David Goldfinger, CGP, FAGPA, the Co-Chair of the Referral Network, and I were talking about what to entitle a talk for a networking event, he suggested I do "something about how we do what we do." So initially I said, "Great, let's call the presentation, "How we do what we do." On further reflection, however, I realized the *how* is only a part of the equation of putting together a group or of one's identity as a group therapist. *Why* we do what we do began to feel much closer to the issue at hand. As I began to muse on the *why*, I thought about my own development as a group therapist. I decided that what is in our hearts is most important. What is it about group therapy that is so compelling? What do we believe in and how did we come to those beliefs?

Group therapy is a unique and distinctive treatment modality. Unlike individual therapy, it requires a leap of faith. In order to enter a group as a patient and, perhaps also to lead one, a suspension of disbelief is required. Think about experiences you have had in groups, in your family, in classrooms, or neighborhoods. We have had many group experiences by the time we reach adulthood. Many of these have been riddled with shame, competition, or other unpleasant feelings. So why would someone want to subject themselves to these potential dangers? What leap of faith do we, as therapists, need to make to truly believe in this process and to help prospective group patients enter this world?

In addressing these questions, I am going to approach the issue from two different angles. The first perspective has to do with our own history. The second draws from the film, *Field of Dreams*, with Kevin Costner.

In reflecting on my experience and development as a group therapist, I thought about my graduate school education and my family of origin. I have a degree in Social Work but it isn't at all clear to me why I decided on doing group work. At the time, I probably had no idea, at least consciously, what it entailed. As I tell you a few factors that influenced my development as a group therapist, I hope you will reflect on some of your life experiences and what might have contributed to your belief systems about group therapy.

I grew up in a large family, the eldest of 5 children, spanning 16 years. I had no desire to enter into any experience which might



Rachelle Dobbin & Lise Motherwell

be a "recapitulation of the family of origin," as Yalom has termed one of the therapeutic factors of group therapy. However, I recollect *having* to take group courses in graduate school, and participating in a group experience led by Jim Garland. Suffice it to say, that was about as much recapitulation as I could tolerate!!! In my group therapy class, I wrote about why I would not become a group therapist! In my first professional position, I led groups, but didn't really understand why I was doing what I was doing. The consultant for the group encouraged me to attend an NSGP conference. Not quite knowing what I was getting into, I attended an experience group. As in the experience group in graduate school, I again found myself fighting with another woman. However, I also experienced compassion and caring from another member of the group, also a woman. That was a unique experience for me, and it made a deep impression. How could I experience caring from someone who barely knew me, when there had always seemed to be so little caring and concern in my family? I continued with NSGP and began to find a new kind of family. I found a consistency of purpose which continued to draw me. A number of years ago, someone asked me why I ran groups. Without really thinking, I said, because groups offer a safe place where people can bear witness to your experience. And for me, that is the heart of the matter.

As I mulled this topic further, the movie, *Field of Dreams*, kept surfacing in my thoughts. The message of the movie was about belief and passion. Costner has a vision about building a ball field and he is persistent. The themes are about going the distance and about pursuing your passion and Costner continues to follow these. He suspends disbelief and takes a leap of faith. There are a number of aspects of the movie that pertain to group therapy and group members. If a patient could have one wish, what would that be in coming to a group? In the movie, there is a longing for the past, yet a desire to let go of it. In groups, what do our ghosts tell us, how do they haunt us, and what do we want to reconcile about the past? An overarching question is how do we help our patients believe in and engage in this unique process. This requires a belief system and a conviction on the part of the therapist.

Despite struggles, Costner does not give up on his dream. What does the therapist do when his/her group is challenged? What happens when the membership drops? How do you keep your hope or

NEED HELP?

Confused?

Talk to an Expert!

**Use the Free Consultation
Benefit for NSGP Members**

Call 617-484-4994 for details

the group's alive? How do you keep investing in what may appear to be a losing venture, and what do you say when patients ask, "Any new members in the wings?" How does a therapist deal with the possible feelings of shame, competition, and humiliation if his/her colleagues know the group is small. Group therapists are a very important source of support and encouragement. Costner didn't pursue his dream alone, he had support. Developing and building groups and a group practice is a process which requires technical skills, of course, but also a belief system. It involves one's own identity as a group therapist, and a connection to a group therapy community.



Letter from the Editor
(continued from page 2)

to him!). And, as any of you who have contact with Joe may know, he responds to call or emails almost before you've sent them! I think he just sits at his desk all day waiting to respond to emails! It has been a true pleasure working with him, and I will miss him. Thank you, Joe, for all your time, efforts, and significant contributions!

Barbara Keezell, LICSW, CGP
Co-editor, Newsletter

Following Joe's final editor's letter in the next issue, co-editors Barbara and Greg will alternate the Letter from the Editor in this space.

Mindfulness in Group Therapy: Maybe Not Just for the Therapist?

Greg Chilenski interviews

Bette Freedson, Maxine Sushelsky, and Tyler Carpenter

We recently noticed an exchange of views on mindfulness and therapy on the NSGP Listserv. We gathered together three participants into a virtual “round table discussion,” and this is the result.

Greg Chilenski: How did you first become interested in mindfulness?

Bette Freedson: I became interested in mindfulness in the 70’s after taking two weekend courses in what was then called “Silva Mind Control,” a terrible label for a life changing experience. I made my meager forays into the field, starting in the 70’s when this was hardly mainstream. Long before it was the mode “du jour,” I began using mindfulness in my therapy practice. Back in the 80’s and early 90’s, I taught stress management through “psychic development.” At the time, a few colleagues and clients thought my work was cutting edge. Some probably considered it fringe. Either way I was thrilled to have discovered the benefits of the quiet mind; and I was excited to pass on to my groups the “secret.” While I do not have the most disciplined personal practice, I make an attempt to integrate mindfulness into my life by practicing Tai Chi daily.

Maxine Sushelsky: First, full disclosure—I’m in no way a mindfulness expert. Mindfulness isn’t my primary personal

practice or therapeutic approach. I’ve taken what seem like the key principles and found a way to use them in conjunction with other ways of working, psychodynamic and humanistic, and to present them to clients in simple terms. I’m not overly interested in the Buddhist or philosophical underpinnings of mindfulness, so that’s not where I spend what time I have for personal and professional development. With two careers (psychotherapist and lawyer), I have only so many brain cells available at my age!

Tyler Carpenter: We all are clearly bringing something to the table here on a number of levels. The act of becoming mindful, by whatever conceptual route is, to paraphrase Frieda Fromm-Reichmann on psychotherapy, a truly revolutionary one. I am not so interested in conceptual underpinnings. I think that by becoming mindful, by whatever vehicle, we are engaging in practical shifts of epistemology and re-calibration of the observing and transforming human being in the moment. My introduction to meditation was as an undergrad reading Huston Smith’s *The World’s Religions*, followed by Alan Watts, DT Suzuki, Philip Kapleau, and then a Zen monastery weekend. Much more reading later and while at Harvard grad school, I learned about the HMS psychologists’ interest in Vipassana.

Greg: Could you expand on how you think about or use mindfulness professionally, especially in your group work?

Maxine: I think simplicity is key. Imagine mindfulness as a three-legged stool. The seat is mindfulness; the three legs are awareness, acceptance, and compassion (starting with self-compassion). Each leg is one part of a three-step process, to be used in conjunction with awareness of your breathing.

First, present awareness involves focusing your attention on the present place, the present moment paying attention to where you are right here, right now. Second is acceptance which does not mean resignation or passivity. It means seeing what is happening within you or around you as, it actually is in the present moment, without judging it. You are further calming yourself, and allowing yourself to make choices about yourself in that very moment. Third is compassion which begins with self-compassion. Self-compassion involves showing yourself kindness and understanding, not judging yourself. As you do this, you are better

able and more willing to extend compassion to others. This simple imagery has elicited rich discussion amongst group members. I find that mindfulness harmonizes well with a psychodynamic approach.

Tyler: For me, at this stage, mindfulness is a word and a transitional object I may reach for when I am not in the moment. It’s not the breath, my body, or shared experience, but a word that takes me back to or deeper into where I need to be. As a clinician, I’m not sure it is something I recommend to patients. In fact, sometimes a well trained colleague might bring me up short by mentioning the similarity of the moment to something understandable with a different psychological frame. At that point, mindfulness might be where I find myself and stay when I’m thereby made more mindful of where we both are.

Bette: Like Maxine, I try to incorporate what I have learned and experienced about mindfulness into a clinical practice that is fairly eclectic. Clinically, I see a strong connection to CBT strategies. I have developed a technique with the acronym SOLVE (which stands for: Still the mind, Open the mind, Let go of stress, Verify emergent ideas, Evaluate course of action) that incorporates mindfulness and cognitive-behavioral ideas for solving problems more effectively.

Tyler: For me, I am using mindfulness any time I find that where I am with my group is all there is, no guideposts, no interpretation, no destination, no understanding. Although we are frequently trained as therapists to be aware of things and what they might “mean” in particular contexts, the ability to wander through, stay put, be present where we all are, is often not only the “intervention” of choice, but the place we all need to settle into more fully to figure out where we will “go” next. Mindfulness is not scrabbling to catch hold of some structure to name the moment or create an explainable set of circumstances. Nor is it an answer to whatever seems to be encroaching on the circumstances in question.

Maxine: The concepts and three-step process help my clients and me gently look at, experience, and make sense of internal dynamics.

Bette: As years have passed, more research has shown the therapeutic benefits of meditation and mindfulness. My early and unwavering belief in the

NSGP Referral Service

Looking for a Group?

www.nsgp.com
(617) 484-4994

Group Psychotherapy offers a rich alternative or adjunct to individual psychotherapy providing clients with an interpersonal experience or healing and growth.

NSGPF Gala Auction

intuitive dimension of the inner mind, and its ability to provide tranquility, health, and ongoing relief from stress, is now affirmed by the highly prized epithet—"evidence based!" However, I must admit, that I am less academic and professorial about mindfulness than some. I love the simple idea that the quiet mind offers gifts. Mindfulness for me is sitting in exquisite presence with a client, staying tuned to what is me and what is the other. Mindfulness holds deep respect for the client's needs as I allow myself to open as a channel for healing. Mindfulness in the therapy room is a form of empathy in which boundaries are kept sacredly intact while they fade to allow intricate joining with another's pain and hopes. Mindfulness allows me to keep my clinical foundation handy while an almost palpable healing energy manifests in the room. In my treatment chair, even while dealing with some of life's most painful issues, I am able to touch a center inside of myself that generates peacefulness, and awareness of my place in a process of recovery. For me, my "practice" has become my "practice."

Greg: *Do you have any recommendations for further reading or training for the interested reader?*

Bette: Chris Germer has a recent book entitled *The Mindful Path to Self Compassion*. I'm told he uses mindfulness in a very gentle healing manner in his practice; also some of the presentations from the 2009 Evolution of Psychotherapy Conference, especially Robert Dilts and Dan Siegel.

Maxine: The Institute for Meditation and Psychotherapy (IMP), which is locally-based, and offers an incredible quality and quantity of training, education and resources. I'm not sure what they offer about mindfulness in groups; but maybe some opportunity for collaboration between them and NSGP in the future?

Tyler: At the moment I'm reading Shohaku Okumara's *Realizing Genjokoan: The Key to Dogen's Shobogenzo* and the last book that really struck me was Rigdzin Shikpo's *Never Turn Away*. There are many great books, but whatever you touch and wherever you begin can be the right place.

Greg: *Thanks, everybody!*



Bob Steinberg & Deb Cole



Nora Illiczky, Magdalena Fosse, Sasha Juravleva, & Betty Martin



Chuck Counselman & Kelley Bothe



Pat Doherty & Alice Asby



Irit Feldman, Lisa Sutton, & Shoshanna Korn-Meyer



Vanessa Gamble, Sara Emerson, Pam Enders, & Sasha Juravleva




Kelley Bothe & Alan Witkower





The Gala Group


Progress Notes


Progress Notes features a variety of items that reflect progress for NSGP members or committees. Please let us know (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.


 **Shoshana Ben-Noam** presented "Therapist Self-Disclosure: Its Mutual Impact On The Therapist And Group" at the NSGP Annual Conference.


 **Marvin Brams** has recently co-authored an article (with James Crouse) for review by the *Journal of Psychoanalytic Psychology*. The article is entitled "The Encumbered Self: Defenses, Transferences, Positionality and Public Discourse." Marvin has also been appointed to the Leadership Council of the National Institute for the Clinical Application of Behavioral Medicine (NICABM).

 **Debora Carmichael** presented "Thinking about and Planning for Your Unexpected Disability or Death: Creating a Professional Will" at the New Hampshire Psychological Association's Annual Spring Conference in May. She has also presented on this topic to a number of group practices, organizations, and peer supervision groups in Massachusetts.


 **Eleanor Counselman** completed an intensive externship in Emotionally Focused Therapy (EFT), an approach that uses attachment theory as a foundation for treating couples.


 **Debra Filiurin** will be the acting chair of the Breakfast Club for the upcoming year. In addition, she will be teaching mediation for the Graduate School in Dispute Resolution at the University of Massachusetts at Boston.


 **Jerry Gans** was the invited guest speaker for the Austin Group Psychotherapy Fall Conference where he presented, "Using Your Whole Self as a Group Psychotherapist." He also wrote "Unwitting Self-disclosures in Psychodynamic Psychotherapy: Deciphering their Meaning and Accessing the Pain Within" which was accepted for publication in the *International Journal of Group Psychotherapy* in a volume remembering Anne Alonso.


 **Karin Hodges** and her husband Mark got a new backyard fence for their son, Andrew (now 2 years old) and Andrew's first dog (or polar bear, they are not sure), named "Iso Poika" (in English — "big boy")! Professionally, Karin taught Interventions III (Group) at Antioch University, New England in the PsyD program. She is also working on her first ever book review for the journal *GROUP*.


Karin is now a Child Clinical Fellow in the School Based Program at the Boston Institute for Psychotherapy. She will be chairing a talk at AGPA 2011 entitled "We Will Rock You! Inner-City School-based Groups Not for the Faint-Hearted." Finally, Karin continues to pursue MGH group therapy research in the Center for Group Psychotherapy.


 **Renee Hoekstra** published the chapter "Functional Analytic Psychotherapy for Interpersonal Process Groups in the book *The Practice of Functional Analytic Psychotherapy*. She has also finished setting up her new office in Stoneham which will include artistic photographs created by her brother, a photographer in Seattle.

 **Barbara Keezell** participated in presenting a day-long panel on "Group Interventions in the Aftermath of Disaster: How We Can Help" at the NSGP Annual Conference in June.


 **Betty Martin** is delighted to announce her recent marriage and she will now be known as Betty Edgington. She will also be presenting "The ABC's of DBT: An Introduction to Dialectical Behavior Therapy in Group Settings" at the upcoming Breakfast Club.


 **Oona Metz** led a workshop at AGPA in San Diego entitled "What You Don't Know Could Hurt You: Secrets in Group Psychotherapy." She will be doing a repeat performance at AGPA in New York in 2011.


 **Rick Miller**, who has offices in Boston and Truro, has created an eight week group model entitled "Self Equity: Boost Your Resources." The model incorporates mindfulness, interpersonal growth, and clinical hypnosis and he has led groups using this model in both Boston and Truro. In addition, Rick has worked with a colleague developing a product called Footprintings, for ego state work in psychotherapy. In the past year, Rick was on the faculty for the International Congress on Hypnosis and Neuroscience in Rome, Italy where he presented on "Clinical Work With Gay Men." He also presented "Clinical Work With Gay Men, and Ego State Work With Footprintings" at The Milton Erickson Institute of South Africa: The Third World Congress on Ego State Therapy. This winter, Rick will be presenting "Brief Therapy With Gay Men" at The Brief Therapy Conference in Orlando, Florida.


 **Judy Osborne** signed a book contract with ABC-Clio for *The Wisdom of Separated Parents: Recognizing Kinship as the Family Rearranges* which will be published in 2011.


 **Cecil Rice, Pat Doherty, Sara Emerson, Kathy Ulman**, Sharon Foster, and Hallie Lovett organized another successful Northern Ireland Group Psychotherapy Conference held in August. Cecil also had a chapter entitled "The Psychotherapist as 'Wounded Healer': A Modern Expression of an Ancient Tradition" included in the book *On Becoming a Psychotherapist* edited by Klein, and Schermer to be published in the near future.

 **Scott Rutan** will deliver the Keynote Address at the Canadian Group Psychotherapy Society in Halifax. Following this, he will conduct an all day workshop for the Atlanta Group Psychotherapy Society.

 **Marian Kaplun Shapiro** just received the wonderful news that one of her poems, "No One's Home," received first prize and makes her the honorary Senior Poet Laureate of Massachusetts for the 3rd time. Winning this prize enters her in the National contest.

 **Joe Shay** was the featured speaker at the 2-day spring conference of the Houston Group Psychotherapy Society where he presented "The Group as Movie Screen: Projective Identification in Film & Television." He also moderated a panel entitled "Discrepant Sexual Desire" offered by the Psychoanalytic Couple and Family Institute of New England, presented a workshop entitled "Couples Gone Wild" for psychiatry residents at Tufts Hospital, and taught a seminar entitled "Formulation and Interpretation In Treatment" to residents at MGH/McLean Hospital.

 **Carol Kramer Slepian** will offer therapists in New England a 12-day training opportunity to become a Certified Imago Relationship therapist.

 **Mark Sorensen** and **Rowell Levy** have formed the Social Phobia Treatment Network. They are developing a model for the group treatment of social anxiety disorder that combines mindful self-compassion and interpersonal group therapy approaches and are currently using it with four separate open-ended groups for clients with social phobia.

 **Barbara Stokes** is fully settled in her new apartment in her old hometown of Gettysburg. She reports, "Old high school friends are coming out of the woodwork to offer resources and support" and says visitors are welcome!

📌 **Maxine Sushelsky** recently completed NSGP's Principles of Group Psychotherapy course. In addition, she presented "The Impact of Learning Disabilities and Adolescent Brain Development on Confessions and Statements to the Police" at the 2010 Massachusetts Association of Criminal Defense Lawyers Advanced Post-Conviction Litigation Skills Seminar.

📌 **Marsha Vannicelli** is writing a chapter entitled "Effective Management of Substance Abuse Issues in Psychodynamic Group Psychotherapy" for the *New Handbook on Group Psychotherapy* edited by Jeff Kleinberg. She also presented at the Newton Wellesley Hospital Department of Psychiatry on "Maximizing the Effectiveness of Group Therapy with Substance Abusers."

📌 **David Ward** and **Carol Crosby** will have an article entitled "Using An Observation Model for Training Group Therapists in a Community Mental Health Setting" published in the journal *GROUP*.

📌 **Bob Weber** presented an all day workshop in Saginaw, Michigan entitled, "Living Life to the Full—To the End." Then, at Youville Place Assisted Living Residence in Lexington, Bob organized and co-presented a series called, "Traditions of Aging across Judaism, Christianity and Buddhism." He also organized a conference at the Massachusetts School of Professional Psychology, "Silent Connections: Spirituality, Mental Health and Illness in Old Age," and presented "Training for Competence to Work with the Spiritual Issues of the Elderly." At the Annual NSGP Conference, Bob led an Experience Group, "Exploring the Spiritual in Group," and at the Life Planning Network's quarterly meeting in June, he presented and led a discussion "Exploring Spiritual Paths in the Second Half of Life."

Caption This!

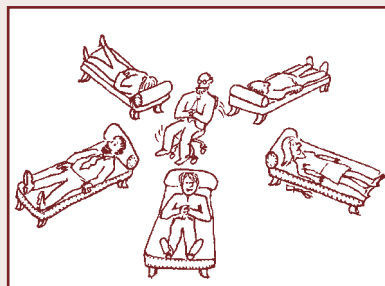
Please submit a caption for this cartoon to newsletter@nsgp.com
The winning entries will be announced in the next issue.



Drawn by David Goldfinger

Winners for the Spring, 2010 cartoon

Selected by the Cartoon Committee
(Ellen Ziskind, Alan Witkower, & Oona Metz)



Fourth runner up:

"A group approach to sleep therapy." —Marsha Vannicelli

Third runner up:

"Yes, of course the borderline has the right of way." —Stephanie Drieze

Second runner up:

"Let's try looking inward for a moment." —Dan Schacht

First runner up:

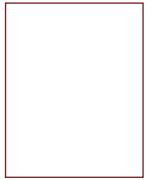
"So, you dreamt this was group psychotherapy. What comes to mind?" —Tom Schweitzer

The winning caption:

"I don't really feel 'seen' here in this group!" —David Ward



Northeastern Society for Group Psychotherapy, Inc.
 PO Box 356
 Belmont, MA 02478-3201
 (617) 484-4994
 www.nsgp.com



the newsletter fall 2010

People in Groups: New Insights on the Social Synapse

NSGP's 30th annual conference!

June 10, 11, & 12, 2011

2010-2011 NSGP Events Calendar

Sept. 12, 2010	Breakfast Club 11am–1:30pm— with William Sharp, MA, MPsy <i>Talk or Action: A Study of What Facilitates Talk in Adolescent Group Treatment</i> Hosted by Sara Emerson—Cambridge
Oct. 17, 2010	Breakfast Club 11am–1:30pm— with Betty Martin, PhD <i>The ABC's of DBT: An Introduction to Dialectical Behavioral Therapy in Group Settings</i> Hosted by Barbara Keezell—Newton
Dec. 5, 2010	Breakfast Club 11am–1:30pm— with Joe Doherty, EdD, CGP <i>Clients No One Wants: Sex Offenders in Group Treatment</i> Hosted by Arnie Cohen—Newton
Jan. 9, 2011	Breakfast Club 11am–1:30pm— with Jennifer McLain, MD <i>Guidance or Grief? An Open Discussion of the Presence of Labels in Group Therapy</i> Hosted by Scott Rutan –Newton
Mar. 20, 2011	Breakfast Club 11am–1:30pm— with Roberta Slavin, PhD, LP, CGP <i>Meeting the Challenges and Finding Success: Bringing Group Psychotherapy to Non-Clinical Settings</i> Hosted by Eleanor Counselman –Belmont
Apr. 17, 2011	Breakfast Club 11am–1:30pm— with Marni Chanoff, MD <i>Exploring Psychosis Through the Subjective Experience</i> Hosted by Joyce and Walker Shields –Belmont
June 10-12, 2011	People in Groups: New Insights on the Social Synapse 30th Annual Northeastern Society for Group Psychotherapy Conference

For more information or to sign up, please contact the office at 617-484-4994 or groups@nsgp.com.

N S G P
 Northeastern Society for Group Psychotherapy