



## Letter from the President



As we move into the new year, we can look back on a very full and rich year and forward in anticipation of new programs, events, and relationships. I would

like to acknowledge and thank all of the committee members and chairs, as well as the presenters, for their contributions over the year, without whose efforts we would not be able to offer the excellent programs we do. I would like to continue to inspire you and encourage your participation in all aspects of our Society.

This past year brought many successes. The Training Committee implemented a 13-week experience group, led by Cecil Rice, as a complement to the educational offerings throughout the year. The Committee has had to be adaptive to the needs of the community. It has worked carefully and diligently with faculty and students alike to craft a program taking all needs into consideration and striving for a satisfying and excellent curriculum. This program also meets the criteria for the Core Course for the CGP.

The conference, "People in Groups: New Insights on the Social Synapse," was a great success. Offerings included a two-session Special Event on Mentalization, led by Lois W. Choi-Kain, MD, the Demonstration Group led by Phil Flores, PhD, on Attachment in Groups, and many other excellent workshops, including ones on attachment and the treatment of trauma. As is often the case for me, it seemed difficult to make a choice among the array of offerings.

The Breakfast Club continues to offer a very diverse and interesting series of presentations. Attending the Sunday events provides a great opportunity to meet new people and network. Todd will be posting the information about where, when and who. I anticipate that these will again be enriching and valuable learning experiences.

We have a new Executive Committee for the Board; Peter Gumpert is the President-Elect, Theresa Bullock Cohen the Secretary, Debora Carmichael, Treasurer, and Larry Kron, Board Representative. Todd Morse remains our trusty Office Manager. The Board's agenda for this fall includes the formation of a new task force, "Professional Development," which will combine the Membership and Referral Service Committees and add a networking component. Our goal is to improve how we meet the needs of members, especially around networking and forming and maintaining groups. As we are still developing this task force, I welcome any input from you.

The listserv has been an exciting addition to our offerings. The postings are interesting, very informative, and encourage active engagement. The Board has been discussing ways to expand our social networking through our website and blogging. We are also planning to offer space in the Newsletter for our members to advertise their practices, group openings, and new programs. We will keep people informed about these developments via the listserv.

We all know that life is enriched and happiness enhanced through social

connections. That is what induces many of us to run groups and to participate in the various aspects of NSGP. Each fall, committees have turn-over and look to add new members. I encourage you to think about participating in one of these committees. New members bring fresh ideas and enhance how we function, a benefit for all of us. If you're interested, please feel free to contact me or a committee chair.

I look forward to seeing all of you throughout the year, meeting new people, and reconnecting with others.

*Sara Emerson, LICSW, CGP, FAGPA*  
President, NSGP  
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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**

<b>President</b>	Sara Emerson, LICSW, CGP, FAGPA
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<b>Audit</b>	Peter Gumpert, PhD, CGP
<b>Breakfast Club</b>	Jennifer McLain, MD Joel Krieg, LICSW
<b>By-Laws</b>	Joseph Shay, PhD, CGP, FAGPA Richard C. Tomb, MD, CGP
<b>Conference</b>	Julie Anderson, PhD, CGP Peter Gumpert, PhD, CGP
<b>Liaison</b>	Donald Wexler, MD, FAGPA
<b>Membership</b>	TBA
<b>Newsletter</b>	Barbara Keezell, LICSW, CGP, FAGPA Jennifer McLain, MD
<b>Nominating</b>	Barbara Keezell, LICSW, CGP, FAGPA
<b>Referral Service</b>	TBA
<b>Training Program</b>	Kelley Bothe, LICSW, CGP TBA

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Messages can be left at the office anytime, and will be answered daily.  
Monday-Friday 9 am to 5 pm

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**Letter from  
the Editor**

Sometimes I think the world is going crazy! The country is on the verge of default as I write this, and it seems that the Democrats and Republicans cannot find a way to come together. They are extraordinarily far apart in the way they see things and they each blame the other. Even within the Republican, or Democratic party, there is a wide range of ideology. There are those who feel that no compromise or veering from their beliefs is acceptable. In fact, they seem to believe that any deviation from the purity of their beliefs will destroy the country. Who knows what will happen to millions of people and jobs if they don't find some way forward, together, through this morass. (Demonstrating my fundamental faith in the power of the group, however, I do assume that there will have been a compromise by the time you read this.)

Then there's Norway, where a man killed perhaps 90 people in order "to save" his country. He feared that letting in new cultures—and ideas—was destroying what he's known and loved. He may indeed be declared insane, but many of us harbor similar ideas. Ok, so not many of us go around murdering people or calling for a crusade, and we may not send the country into default, but when the world around us feels unsettled, as it does now, we often prefer to seek out what's familiar, with foods, friends, ideas, or groups. We often look for those who agree with us. Admit it, with all this discussion between the Democrats and Republicans, have your views broadened, or stayed entrenched? Do you view the "other guy" as the one at fault?

We see similar issues, at times, both within AGPA and NSGP. Obviously, no one is threatening to blow up the organizations or the people within them, but there are many who express grave concerns about a dilution of our values, beliefs, or work if we let in those who do things or think differently. There is often a worry, it seems,

that the "outsider" will change what we have to such a degree that we'll no longer be able to benefit from the organization. I hope that on some small scale, we can demonstrate within NSGP that we can profit from those with new ideas, that the blending of our spices might only add to our cuisine. Over the millennia, the younger generation has often challenged the older one, and despite the resistance, the results have usually been positive. My hope is that we can do the same with new ideas within NSGP.

I believe profoundly in the importance and value of community. I view its primary function as providing emotional and intellectual sustenance. But I believe that includes being challenged at times, in different ways. NSGP, for me, has become a place of friendship and support in times of stress, but also a place of stimulation and challenge. My hope is that others will find enough that feels "the same" but also a sufficient amount of difference so that we can all grow and profit.

On another note, the Newsletter is changing. As you all know, after many years and significant contributions to the newsletter, Joe Shay stepped down from his post. We are all greatly indebted to him for his dedication and service. I have the honor of announcing, however, that Jenn McLain has joined me as Co-Editor. She's already proving to be a very worthy and terrific addition so I'm thrilled to have her on board. Theresa Bullock Cohen has also joined the Newsletter and will be organizing the contributors for the *Analyze This* column, so you may be getting a call from her! Deep thanks to Helen Hwang for having performed this task so ably for the past many years. In addition, you will see an ad on page 11 announcing that members will be able to purchase advertising space in the newsletter beginning with the spring issue.

**Barbara Keezell, LICSW, CGP, FAGPA**  
Co-editor, Newsletter

Co-editors Barbara, and, now Jenn, will alternate the Letter from the Editor in this space.

## NSGPF Gala Auction



Barbara Keezell,  
Greg & Deb Carmichael



Joyce Shields, Judy Starr, &  
Lise Motherwell



Gala Guests



Bob Weber & Pamela Enders



Kelley Bothe & Peter Gumpert



Siobhan O'Neill & Eleanor Counselman



Scott Rutan, Eleanor Counselman,  
Jenn McLain, & Peter Gumpert



Joel Krieg & Karin Hodges



Marc Bolduc & Suzanne Cohen

### \*NSGP Special Event\*

## Mindfulness and Group Psychotherapy: Cultivating Wisdom and Compassion

Saturday, October 29, 2011

Christopher Germer, PhD & Mark Sorensen, PhD, CGP, FAGPA

This **day-long workshop provides both lecture and experiential learning** to explore three important elements of Buddhist psychology which are particularly applicable to group psychotherapy: **mindfulness, wisdom, and compassion**. All three are skills that can be learned, and this special event is designed to enhance your understanding of how these elements can be integrated into group therapy as well as into your own life and the lives of your patients.

**Christopher K. Germer, PhD**, is a clinical psychologist in private practice, a clinical instructor in psychology at Harvard Medical School and a founding member of the Institute for Meditation and Psychotherapy. Dr. Germer lectures internationally on self-compassion and mindfulness and is the author of several books on the subject including *The Mindful Path to Self-Compassion*.

**Mark H. Sorensen, PhD, CGP, FAGPA**, is a clinical psychologist in Newton Highlands. He is the former director of group therapy at Westwood Lodge Hospital and the founder of Group Solutions Network, Inc. A Fellow of the AGPA, Dr. Sorensen leads both process groups and specialized groups for the treatment of social phobia using a mindfulness-based approach.

Check [www.nsgp.com](http://www.nsgp.com) for further details and to find out how to register.

\*Co-sponsored by the Lesley University Division of Counseling and Psychology.

## How To Run A Successful Group Psychotherapy Practice

Andrea Grunblatt, PhD, CGP

I have been a therapist for more than 25 years. I am a licensed psychologist, psychoanalyst, and certified group psychotherapist and I work in a rather small urban community of about 35,000 people, mainly with managed care clients. My exposure to group therapy started with group dynamic games during my earliest psychology studies in Hamburg. I then moved on to working in a residential facility, with troubled girls. I first treated them in three different groups but eventually combined them into one. I also gained a lot of group experience in my psychoanalytic training where every class was run as a group. In addition, I was in a group with Lou Ormont, and group supervisions with Leslie Rosenthal, Larry Epstein, and Ronnie Levine, all experienced group clinicians, and I completed the one year group program with NSGP to deepen my theoretical knowledge of group therapy.

When I began my private practice, I tried at first to have a purely fee-for-service practice. However, the anxiety of losing

patients as well as the guilt for excluding many individuals because they could not afford therapy wore on me. Eventually, I joined insurance panels (I am now on around 15). Due to the low reimbursement rates for individual therapy, and the high demand for services, I decided to run more groups. I started with a women's group, and was recruited to run a rape victim support group by one of the women. She told me, "It is not fair, we were assaulted. The perpetrators get to attend therapy for free, while we have to pay for it, which is just not right." I agreed with her and ran a sexual abuse/rape victim support group for the next 18 years free of charge. Shortly thereafter, I started an all-girl teenage group. I now run several bi-weekly groups for children, preadolescents, adolescents, and adults; two parent groups, which meet monthly; one weekly adolescent group; and finally, a weekly supervision group.

To help me with the demands for therapy, I hired five clinicians to work for me as independent contractors on a fee-for-service basis. This works out very well, because many clients also like to be seen individually. When clients require more than group therapy, the other clinicians will see them individually.

I begin with diagnostic interviews and, if appropriate, tell them that I offer group therapy combined with individual therapy which is provided by another clinician. I found this to be an easier way for clients to join a group than if I started seeing them in individual therapy first, even though many group theorists, such as Yalom or Rosenthal, believe otherwise.

Now what do we do in the groups? The children's groups emphasize integrating everyone. I encourage group members to make decisions together. At the beginning of the session, we sit in a circle and talk about the last two weeks. Then as a group we discuss what games the kids would like to play. I have a lot of party board games, and some cooperative games. Also, many children enjoy playing "hide and seek" in my small office. Another favorite is the five second still ball game, where we toss the ball around, and when the ball hits the floor, everyone has to freeze for 5 seconds. Together the group decides what games they want to play and in what order. Early on, the children objected to my choosing the games, so together we decided that they wanted a different "president" for every group with the ultimate voting power within the given parameters.

**Save the DATE!**  
**NSGP Annual Conference**  
**June 8-10, 2012**

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

## How to Run a Successful Group Practice

(continued from page 4)

The adolescent groups run a little differently in that there is definitely less play. Although we also start talking about their experiences during the last two weeks, often a theme will derive from that which we'll explore in more detail. At times, I use a game to help when the adolescents cannot come up with a good topic to talk about. There is a lot of interpersonal exchange which helps and supports the group members. The focus here is on interpersonal learning, both about how people come across to others and how they view themselves in relation to others.

The parent groups deal with issues they or their children face, such as lack of friends, bullying, oppositional behavior, drugs and alcohol, and so on. The adult groups adopt an immediate interpersonal approach with, for example, a client expressing her unhappiness with the way I treated her. In a situation like this, I do a lot of bridging and find another person who may be unhappy with the way I have treated them, and ask whether they can help this client. The conversation may lead to the first client reporting that this made her feel like she felt in her family. I will invite the other clients to share whether they have experienced similar feelings, or what it is like for them to hear the client's experiences. As a result the client feels validated and heard, and sees that others have similar experiences. Thus, the adult groups engage in emotional communication and mutual support.

For me, group therapy offers a path to help clients in a more immediate way. What I see in the interaction of clients with one another is typically not seen in individual therapy—as most group therapists know. Group therapy is an immensely powerful way of helping clients. It provides an experience of belonging, a safe place to feel support, and a context in which members can develop new insights into how they may contribute to their problematic interactions with others. It also provides a framework for appreciating how past experiences may have contributed to interpersonal experiences in the present.



## The Northeastern Society for Group Psychotherapy

Cordially Invites You to Our 2011-2012

# Breakfast Club

Learn about group therapy and socialize with colleagues at a FREE colloquium series. Each POTLUCK event will take place on designated Sundays from 11 AM to 1:30 PM. Participants may bring guests. Please contribute a breakfast item (quiche, fruit, bagels, pastries, cheese, etc). The host will provide coffee and tea. To sign up for an event or for directions, participants should email [groups@nsgp.com](mailto:groups@nsgp.com) or call Todd Morse at the NSGP office: (617) 484-4994.

### Calendar for 2011-2012

- 9/11/11 **Healing through Connection: A Treatment Model for Adult Survivors of Child Sexual Abuse**  
Presented by **Suzanne Brennan-Nathan, LICSW**  
Hosted by Peter Gumpert (Brookline, MA)
- 10/30/11 **Gender, Sexuality, and Shame: What We Can All Learn from Gay Men's Psychotherapy Groups**  
Presented by **Steve Cadwell, PhD**  
Hosted by Barbara Keezell (Newton, MA)
- 12/4/11 **When Work Isn't Working: Men's and Co-ed Groups for Employment Issues**  
Presented by **Steffen Fuller, PhD**  
Hosted by Sara Emerson (Cambridge, MA)
- 1/8/12 **Expressive Therapy in Group Treatment**  
Presented by **Dorothy Anderson-Perales, LICSW, CGP**  
Hosted by Scott Rutan (Chestnut Hill, MA)
- 3/25/12 **When a Group Member Lies Down on the Couch—A Clinical Exploration of Combined Psychoanalysis and Interpersonal Group Therapy**  
Presented by **Joe DeAngelis, LICSW, CGP & John Moynihan, LICSW**  
Hosted by Arnie Cohen (Newton, MA)
- 4/15/12 **Transference and Countertransference: Cultural Aspects**  
Presented by **Alexandra (Sasha) Watkins, LMHC, CPRP**  
Hosted by Joyce and Walker Shields (Belmont, MA)

*\*The Northeastern Society for Group Psychotherapy, Inc. (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 a National Board for Certified Counselors Approved Continuing Education Provider (ACEP) 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 Category 1 hours for relicensure for Licensed Mental Health Counselors.*

*\*NSGP, Inc. is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians. NSGP designates these educational activities for a maximum of 1.5 AMA PRA Category 1 Credit(s)<sup>TM</sup> each.*

*\*For information regarding the status of Continuing Education Credits for social workers and Registered Nurses please call the NSGP office at 617-484-4994.*

*For all disciplines, continuing credit awarded is dependent on participation and participants should only claim credit commensurate with the extent of their participation in the activity.*



Andrea Grunblatt, Karin Hodges, & Joe Doherty



Peter Gumpert, Jerry Gans, Sara Emerson, & Lena Furgeri



Dorothy Anderson-Perales, Julie Anderson, & Fran Weiss



Siobhan O'Neill & Peter Gumpert



Phil Flores, Marie Kavanaugh, Jackie Kinley, & Scott Rutan

## Bursting the Bubble

### NSGP Conference 2011

Joel Krieg, LICSW

Returning to the NSGP Annual Conference this year after my 2010 experience proved to be more difficult than expected. I acted out my struggle, arriving late and sweaty to my first ever institute/day-long experiential group, "From Moments to History: A Rendezvous with Time," with Macario Giraldo, PhD. I entered during the early "hellos," sat down in the lone empty seat (next to Macario), wiped my brow, and looked around. Gulp. I was sitting amongst all presumably seasoned clinicians; those I knew, I greatly respected; those I didn't, I assumed were similarly wonderful. I wondered how they felt about me... being late...being younger...sweating so much. Hellos continued and I retreated, creating a protective bubble around me. I felt stiff and the bubble's walls hardened. I wrestled with thoughts about what I could lose by participating. In my bubble, I sat silent for over an hour.

On paper, there were rational reasons to feel at ease in the group. All my NSGP experiences suggested that NSGPer are an understanding bunch, free of sharp edges. About Macario I had heard, "You have to sign up for him! He's wonderful. You'll love him." The data didn't calm my nerves. By returning to the conference, I was coming back to an important beginning. I care about NSGP and the relationships within it. I worried that the collective embrace I had felt from NSGP over the past year would be reconsidered and ultimately taken back.

Aside from my own struggles, getting started was complicated. We had been invited in the brochure's blurb to "share key moments of [our] history and how [our] experience and gradual processing of these key moments have shaped [our] lives." However, in the course of saying hello, it didn't feel right to leave where the hellos took us, to go to key moments of our history. There was a lot in the here-

and-now to keep us from delving into the past.

Macario was wonderful. With a gentle curiosity, he engaged each of us. He balanced following and guiding us. He smiled with his eyes—eyes that occasionally darted upward as he searched for words that matched the music. I felt warmly toward him and our proximity helped me feel more at ease in my uneasiness.

There was one woman Macario didn't engage. Arriving midday, she was *really* late. There wasn't an open seat in the circle. She sat near the door. The group completely ignored her. I desperately wanted to reach out to her, but I yielded to the group. She didn't seem anxious at all, but it would seem the discomfort under her poker face eventually reached its tipping point as she left the room. I had to find out if anyone else shared my distress. They didn't—they all knew the secret: she was an observer. But the intensity of my distress had forced my hand and I spoke up, puncturing my bubble. I was relieved that I had said something.

The group continued. Interspersed between sharing, questions of each other, connecting dots, raw emotions, and silence, there were periods of strife. Later in the day, there was a particularly intense exchange. Macario and I were physically in the middle of it. I was stiff. Glancing at Macario, I saw he was loose. The exchange intensified, and Macario interrupted. He turned to me and asked, "Does she love him?" Instantly, a deep laugh erupted from me. I didn't see it coming. My conscious mind took a seat in the grandstands and played observer. He had done it. Macario had burst my bubble. I didn't realize what had happened in the moment, but Macario did. He said, "This is powerful. This is very important." He saw that I was puzzled. "Why did you laugh?" he asked.



Jenn Ragan, Madeleine Lourie, & Karen Wischmeyer



Dave Dybdal, Pamela Enders, & Mark Sorensen

I thought of the question once more and laughed again. Love? Between these two? The question seemed ridiculous. Upon reflection, I'm more curious. Maybe there was love between the combatants. I didn't feel it in the moment. I answered, "It's absurd!" Macario returned, "Ah, yes."

I didn't completely get what was so important in the moment; there was too much happening. I've since had some time to reflect. I think Macario felt the potential energy that sat confined next to him. There was so much I wanted to say and allow myself to feel. Macario saw an opportunity to release the tension I held. With his question, he did it. It didn't matter if Macario or anyone else felt the question was absurd; I did. Macario got me to say exactly what I felt.

Attending this experiential group was a powerful experience which helped me become more aware of the ways I protect myself when I'm anxious. I've realized that while these defenses served a necessary role in the past, they aren't always useful today, as my fears are often unwarranted. Moreover, many of my go-to self-protection strategies create huge barriers to having a good time.

The clinical implications are exciting as well. Leading groups is hard work, but I'm learning that when I get out of my bubble, the work can also be enjoyable and even fun. When I'm enjoying myself, I am more spontaneous, and I can more easily notice multiple layers of process and content. I'm more able to be present and playful, which will help me burst a bubble or two in my own groups.



## Attachment, Addiction, and John and Yoko

### NSGP Conference 2011

Vanessa Gamble, PsyD, CGP

For anyone with an interest in attachment theory, the 2011 Spring Conference was a smorgasbord of delights. Even the title, "New Insights on the Social Synapse," was intriguing. It was the first suggestion of a well-organized program with an underpinning of attachment theory, which made it hard to decide which workshop to write about as several left me with an enthusiasm to learn more.

As a new master's level clinician, I landed my first job at a substance abuse treatment center in a military community in Germany. The caseload was comprised of young men from a trucking unit, mandated to treatment as an alternative to either jail or Dishonorable Discharge. The Director of the clinic was a retired psychologist from California who was old and wise and psychoanalytically oriented. I knew nothing about psychoanalytic theory, so when he first talked about the soldiers' early attachment to their mothers, it seemed strangely unrelated to their current situations. After a year of supervision, I applied to doctoral programs with a psychoanalytic focus. Several years later, while working on a cocaine recovery project, my curiosity about addiction and attachment was further piqued. It seemed to me then, as it does now, that the use of substances and the evaluation of abuse/dependency has been given short shrift in the work that many clinicians do.

For these reasons, I was very interested in attending Phil Flores' workshop on "Addiction as an Attachment Disorder." His workshop was a wonderful integration of developments over the last 15 years in both neuroscience and modern attachment theory.

*(continued on page 10)*



Jerry Gans, Joyce & Walker Shields



Phil Flores, Eleanor Counselman, & Joel Frost



Cecil Rice, Kevin & Suzanne Phillips



Mark Sorensen & Rowell Levy



Don Wexler, Jerry Gans, & Lou Fusaro



Joyce Shields & Steffen Fuller



Joel Frost & Pamela Enders

# 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 Theresa Bullock Cohen, LICSW 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

I am writing about a dilemma in my long-term psychodynamic adult group that has been going on for the past four months. My question centers on when would be the appropriate time to add a new member to my group given that the group is currently and has been in a state of turmoil.

As group therapists, we are often on the lookout for new members because our groups are not always filled to capacity. Such was the case for me. There was an open space in my group for a new member and I was excited to find a high-functioning, psychologically sophisticated man who was interested in joining my group. After meeting with him three times over the course of four weeks, we decided that my group would be a good match for his needs and for the group as a whole. During the same time that I was evaluating and prepping this new member, my group was going through two challenging phases. The first focused on the tension surrounding the potential departure of a member who later decided to continue with the group. I delayed the new member's start until this had been worked through. The subsequent challenge, which began soon after the first situation was resolved, involved a second member who was experiencing an intense negative transference to me. The heart of the negative transference centered on his anger that I, like his mother, was an incompetent, arbitrary authority figure.

I found myself in a quandary about whether to introduce the new member to the group at this point, wondering if it

was fair to the new member or the existing members to do so when the group was feeling so chaotic. Most of the group members seemed receptive to a new member. Nevertheless, I was unsure if the new member would be able to tolerate the level of anger in the room or if the group process would frighten him away. On the other hand, he had already been patiently waiting for the group to resolve the conflicts surrounding the member who decided to stay. When this new struggle emerged in group, although it didn't feel like the right time to introduce a new member, I began to wonder when might be the right time? I spoke with the new member about the climate of the group and decided to have him join, even though the group was embroiled in conflict around the second member's negative transference. Given this group's level of sophistication in working through issues, I thought that the group could welcome the new member while also attending to the struggles at hand.

The decision to add a new group member while the group was in conflict raised a number of dilemmas. Was it ethical to have him wait to join because of a current member's negative transference? Would a different group better serve this new member? Was it fair to the rest of the group to delay bringing in a new member? Was it reasonable to introduce this new member into a group where there was currently so much chaos? I was filled with a lot of questions and uncertain about how to determine the "right" time to have a new member enter a group, particularly when there are heated issues in the room, and, in this case, a member who was raging against the leader. As an aside, but perhaps important to note, the dissatisfied member ended up leaving and the new member has settled nicely into group.

## Is Timing Everything?

## Dear Is Timing Everything

Your questions and concerns regarding the timing of accepting a new member into group indeed raise significant and compelling issues. It is important, however, to distinguish between concerns which need to be addressed on a theoretical and conceptual level and those which need to be addressed organizationally and practically. Both levels of concern are the responsibility of the group leader to address yet attending to these two levels require different approaches related to clinical care.

Although it is both professionally and ethically responsible to take into account the group's affective capacity to take in a new member, it is also impossible to determine ahead of time the group's actual abilities to do so once the process has started. In other words, it is the responsibility of the group leader to exercise appropriate clinical judgment in making a determination about having a new member start but it is also a

*"When this new struggle emerged... I began to wonder when might be the right time?"*

phenomenon of group that the group has its own process in adjusting to a new member—regardless of the particular timing or circumstances. Not unlike good parenting, good group leadership frequently entails careful planning and thoughtful anticipation but also the "letting go." This enables the parent to hover appropriately so as not to kill the creative, unique, and independent spirit of the child which was never, nor will ever

be the property of the parent. The coexisting powers and realities of clinical judgment and group process can often create tension for both the leader and the group members. It is part of the "mega-process" of group and cannot be avoided. Perhaps timing is not as much "everything" as is the importance of trusting both your own clinical judgment as well as the resilience and ultimate healthy strivings of the group.

Steffen Fuller, PhD



## Dear Is Timing Everything

I am inclined to think that this is a struggle not about timing, but about finding comfort with our own as well as our groups' imperfections. The seeming perfection of this new referral, in contrast to the evident imperfection of your



group, might be causing you some distress. Perhaps you also worry about your own imperfections as a leader. Although our being fallible might feel like a regrettable fact, it is actually a gift to our patients, helping them to accept their own imperfections.

You describe the group as being in chaos, but I do not really hear anything that reflects that description. You mention the group's level of sophistication in working through issues, and the fact that most of the members were receptive to the idea of a new member. In fact, these are two indicators of a functioning group. I wonder, therefore, if you were describing instead the inner chaos that often gets stirred up in us as leaders when we are the target of intense negative transference. I can imagine myself in your shoes and I might be worrying about some of the following possibilities: What if this new and appealing potential group member flees when he hears what a terrible therapist I am from this disgruntled member who thinks I am an "incompetent, arbitrary authority figure?" What if I crumble in the face of the continuing onslaught from this member and end up feeling ashamed and de-skilled? What if news of my incompetence travels back to the colleague who referred the potential new member? I might be able to trust that the current group members have some perspective on the roots of this negative transference and that they have some countervailing experience of me as competent and "good enough" from their months or years with me in the group. Unfortunately, I cannot know the same in the case of a brand new member, or the colleague who referred the new member.

Despite understandable anxieties such as these, we are forced to trust that our reputations (in the eyes of our patients as well as the eyes of our colleagues) will weather the storms kicked up by our patients' needs to play out their internal distress in the interpersonal realm. The alternative to not taking the risk of inviting in new members is a potentially destructive one: the rageful member would have succeeded in holding the leader and the group hostage by creating an environment in which new members could not be welcomed, i.e., the leader

*"Remember that you need only be 'good enough,' not perfect."*

would be prohibited from performing his/her job, and the members would suffer as a result. In this scenario, through projective identification, you would have become the incompetent authority figure the rageful member hoped and feared you would be. ("Hoped" because it would be a familiar/comfortable replay of early experiences, and "feared" because, by being "incompetent," you would have failed to provide him with a new and less toxic experience of an authority figure.) Each member needs to know the limits of his or her power. I think of the tantruming child who needs containment, not the parent's anxious acquiescence. You may not be able to prevent the outburst, but you can contain the damage. Group members want to see a resilient, confident group leader, not a perfect one. They need a group that can tussle with the leader and each other, not a tea party. Have trust in the

group's capacity to do its work, including welcoming the new member. And remember that you need only be "good enough," not perfect.

The advantage, of course, of being asked to give my input at this juncture is that you've already given the punch line. You invited in the new member even while the angry member was still raging, but the new member has settled in nicely and the group's work continues. So, thanks for the opportunity to look wise—while in your gut you held the wisdom all along.

*Elizabeth (Libby) Shapiro, PhD*



## Got a Question About Your Group?

Maybe you would like another opinion about the current dynamic in your group, or whether to bring in a new member now, or how to deal with the fact that two people have given their notice precipitously, or something entirely different.

We all face these dilemmas.

All members of NSGP are entitled to the **Consultation Benefit**.

The Consultation Benefit gives members:

- 1. One free hour of consultation (in person or on the phone) per calendar year.**
- 2. The consultants include many of the most experienced and august members of NSGP.**

For more information contact Carolyn Stone at 617-630-1523 or [dr.cstone@comcast.net](mailto:dr.cstone@comcast.net).

*The Consultation Benefit cannot be used to address an emergency situation. It is not available to students as they have consultation built into their programs.*

## CHILDREN'S GROUP THERAPY ASSOCIATION

### ANNUAL FALL CONFERENCE

***The Theory and Practice of Group  
Treatment of Children and Adolescents  
Activities to Enhance Child and Adolescent  
Group Development***

**James Caron, EdD, CGP**  
Director

Connections Child and Adolescent Group Program  
Lexington, MA

**Kathy Jantzen, RN, MS, CS**  
Child and Adolescent Group Specialist  
Private Practice and Consultation  
Andover & Boston

The most frequent request we receive from group practitioners is: "What activities can I use in my groups that will promote social development and achievement of group goals?" In this workshop you will learn and try out a range of activities to use with your groups, as participants try out and share activities. Participants will go home with a group activity book loaded with write-ups of tried and true group activities for all ages.

**Check CGTA.Net ~ For More Information**

**Harris Hall, Framingham, MA**

Partial working scholarships: Sandy Houde, LICSW, CGP, 781-646-2897 or houdesa@aol.com

In Collaboration With  
NSGP, The Northeastern Society for Group Psychotherapy, Inc.

For more information, Pam O'Callaghan  
at 508-740-2115 or cgtanet@yahoo.com

**CGTA, P.O. BOX 521, Watertown, MA 02472**

**NSGP Conference 2011**  
(continued from page 7)

Phil began by stating that addiction is a brain disease as defined by adaptations in the brain that make it qualitatively different. This fact makes it impossible for those who are truly addicted to ever return to using substances moderately. He further defined addiction as a "brain degeneration disorder" and recovery as "brain regeneration." If secure attachments create stable neurophysiological homeostasis, then insecure attachment and affect dysregulation in destabilizing this homeostasis may become significant risk factors for addiction. Insecure attachment during development puts the brain at a disadvantage for affect regulation. Phil provided an overview of the different areas of the brain that can be affected, resulting in disorders of self-awareness, explicit memory, learning, and motivation.

To quote: "Addiction is a brain disease where the attachment to a drug becomes more important than attachment to people." The brain continually adapts, so drugs start to interfere with normal pleasures, and life becomes boring and lackluster. It also leads to withdrawal into the self and can have a devastating effect of shutting oneself off from others.

The distinction between addiction and abuse was made, and Phil noted that some who abuse can "mature out of use" without treatment. Interestingly, these cases typically involve having a positive attachment. "You can either be attached to people or attached to drugs, but it is difficult to be attached to both at the same time." Phil stated that alcoholics and addicts are notoriously counter-dependent at the extreme end of the attachment-individuation continuum. Effective therapy is based on the notion that being human is primarily social and not individual. He asked the workshop members if they had ever worked with a couple where addiction was present and the relationship was defined by healthy attachment. No hands were raised.

Phil also discussed the implications for treatment, short-term versus long-term, and used the expression "10,000 hours and 10 years" in describing the recovery process. He emphasized that one primary adaptive change to the external environment that must be made is the quality of relationships. Although benefits and new neuro-connectivity can be demonstrated in a matter of weeks, the changes won't hold up over time unless more efforts and supportive environments are in place. Alcoholics Anonymous, psychotherapy, and

“changing playgrounds and playmates” over time are counted as necessary implements to sustained recovery.

Understanding the addictive process in this way lends itself to a definite sense of compassion. It had been years since I had heard John Lennon’s song, “Mother.”

When Phil played it for us, it gave new insight and meaning into the agony of John’s early attachments, his drug addiction, his primal scream therapy, and his then-controversial relationship with Yoko.



**Sara Emerson & Ken Jaeger**



**Herb Baker & Deb Carmichael**



**Lori Galvin, Ken Jaeger, & Suzanne Cohen**



**Jenn Ragan & Karen Wischmeyer**



**Karen Wischmeyer & Sasha Watkins**



**Judy Silverstein & Jenn McLain**



**Phil Flores, Sharan Schwartzberg, & Lee Kassan**



**Siobhan O'Neill & Karsten Kueppenbender**



**Joel Frost & Libby Shapiro**



**Michael McGrath, Maxine Sushelsky, & Jenn McLain**

**NEW OFFERING:  
ADVERTISE YOUR  
PRACTICE, GROUPS  
or OFFICE SPACE  
in the next  
NSGP NEWSLETTER!**

**Beginning with the spring newsletter, NSGP members will be able to purchase advertisement space.**

All ads will need to meet these requirements:

- 1) Ads should be camera-ready and in high resolution PDF format.
- 2) Fonts must be embedded in the file.
- 3) Artwork should be 300dpi at 100% size, and must be black & white.

**Pricing information will be available at the NSGP office (617) 484-4994.**

*The ads will not be edited for accuracy. NSGP does not endorse these groups.*

# Authority, Leadership, and Peacemaking: The Role of the Diasporas

Tracy Wallach, PhD, LICSW

**A**uthority, Leadership, and Peacemaking: *The Role of the Diasporas* was convened April 16-18, 2010 as part of my doctoral dissertation research. The project adapted group relations (Tavistock) conference methodology to examine the Israeli-Palestinian conflict and the role of Jewish, Arab, and other Middle Eastern Diasporas in the U.S. in it. Research conducted by the World Bank has shown that "...the risk of renewed conflict is around six times higher in the societies with the largest Diasporas in America than in those without American Diasporas."

Discussion of the Israeli-Palestinian conflict in any forum evokes strong emotions. These emotions need to be explored and analyzed rather than attacked or dismissed. In the current politically polarized environment, dialogue seems less and less possible. Yet it is critical that we understand the non-rational processes, including the roles of trauma, victimization, and projection that fuel the conflict. One of the main reasons for undertaking this project was my belief that group relations could offer a way to engage with the conflict differently, begin to examine the non-rational processes underlying the discourse and, potentially, to change them. The conference evoked a great deal of interest, excitement, anxiety, chaos, turbulence, and resistance, which manifested in many forms.

## Background of the Project

This conference had six organizational sponsors: The AK Rice Institute (USA), Besod Siach (Israel), Group Relations International (NL), Innovative Cultural Education and Training Institute (USA), Mid-East Non-Violence and Democracy (MEND-Palestine), and the Philadelphia Center for Organizational Dynamics. The NSGP Foundation provided a small research grant to support the conference. I had several roles in the conference: conference "creator" (for lack of a better term), sponsor, administrator, and researcher. These multiple roles were discussed openly as part of the conference dynamics, and undoubtedly also influenced them.

The chaos and turbulence in the planning of the conference mirrored dynamics of the conflict. Boundaries around the

conference were in constant flux. Three months before the conference, we reduced the length from four to three days. There were numerous shifts in membership and role boundaries. There were two postponements, three sets of directors, and several different configurations of sponsoring organizations, finalized only six months prior to the scheduled dates of the conference. The registration process was particularly turbulent. The directors had previously agreed to direct a conference with as few as ten or twelve participants, and as many as fifty. We had a few dozen serious inquiries about the conference, and several people applied. In the final week before the conference, four members dropped out (one who had just registered), and three subsequently joined, the last one just an hour before the conference. Only one of the original five applicants actually attended the conference. This level of turnover reflects the larger dynamic of disengagement that has characterized Israeli-Palestinian relations over the last several years, as well as anxiety about the potential explosiveness of the topic and fear of what underlying truths might be revealed.

## Conference Themes

The conference was rich and dynamic, and this brief description cannot do it justice. A more in-depth description of the conference will be published in the June 2012 issue of *Organizational and Social Dynamics*. Some of the dominant themes are described below:

**The role of gender:** gender issues dominated in conflicts that surfaced between the two male directors and me and in the silencing of women's voices. That gender themes were salient throughout the conference should not be a surprise. The silencing of women's voices in the conference mirrored the loss of the feminine voice in public life in Israel and Palestine as a result of increased militarization and masculinization of those societies.

**Twinning (or pairing) vs. trinity:** the two male directors were seen as "twins," and the three of us were referred to as the "trinity"—the men were the father and son. I was named the Holy Spirit, as I was perceived to have the capacity to waft in and out of the groups like a ghost, permeating all the boundaries. (Not incidentally, it was the predominantly male group in the Institutional Event that named itself "Ghostbusters," expressing more covertly

the unspoken aggression towards the female authority figure in the system.) The significance of twinning and of the meaning of three may be seen in the larger context of the Israeli-Palestinian conflict. While often framed as a two-party conflict between Israelis and Palestinians, there are in fact other parties involved (e.g. the United States government, as well as Diaspora communities of each group in the U.S.; the Arab world; Christian groups; European Nations). Each of these groups may use the "fighting pair" of Israel and Palestine to further their own imperial or domestic interests.

**The meaning of Diaspora vs. exile:** the meaning of Diaspora was explored on a personal, rather than political, level.

**The complexities of identity:** conference membership was diverse in terms of religious, ethnic, and geographic representation. Members and staff of the conference had multiple identities and sometimes expressed ambivalent relationships to parts of their identity.

**Avoidance and disengagement:** the anxiety attached to both interpersonal conflict and in relation to the Palestinian-Israeli conflict was present from the start of the planning process. Similarly, the avoidance, or what was described to be "disengagement" in the conference, also reflected the larger issue of disengagement from the conflict in Israel-Palestine. It was noted that the word "disengagement" refers to the name given by the Israelis to the dismantlement of Jewish settlements in Gaza. The building of the "separation barrier" is another example of Israel's increased disengagement from Palestinians.

**The terror of peacemaking:** themes of death and mourning appeared throughout the conference. As we experienced in the conference, real peacemaking is terrifying. To make a real peace, it is necessary to grieve and to mourn, to face the unbearable pain and loss that the conflict has wrought. As long as the groups remain in conflict, the focus can remain on blaming the other. Attention can then be diverted from facing the enormous destruction caused to the land and to those who live there. To make real peace, it is also necessary to give up long and deeply held beliefs about oneself, one's people, and the other. (References related to this article available upon request from the author.)



# Build Your Business with Social Networking

Pamela Enders, PhD, CGP

**D**o you have a web presence?

If you have website, that is a good start but only means you have a web address, not necessarily a web *presence*. This web presence, built on several platforms including (at least) a website and/or a blog, plus LinkedIn and FaceBook Pages, should be thoughtfully created as part of an overall marketing and business plan.

There are many details involved in creating a marketing/business plan. As a first step, I encourage you to be clear about your “target audience.” This refers to the people with whom you want to work. Be specific and think like a marketer: Who are they? What do they look like? What are their challenges, hopes, dreams? What gets in their way? What do they want from therapy? (Note: people usually buy what they want, not what they need.) Everything you say—on your website, your blog, your LinkedIn profile—is based on this. Think of yourself as engaging in a conversation with your target audience.

Once you are clear about your target audience, you can begin creating a website.

**Domain names:** Visit an online site that sells domain names to register yours. When choosing a domain name, which is your internet address, consider how people search the web. Unless they know your name, they will be searching for “Boston area therapist” or “group therapist.” You can have more than one domain name attached to your site. Therefore, although you may wish to use your name (Drmarysmith.com), consider adding another as well, e.g.: “Newtonweightcontrol.com” or “Bostondepressiontherapist.com.” This way your domain name reflects the search terms people use.

**Websites:** You can spend a fortune creating a pretty website that may not generate any referrals, or you can use the free WordPress blogging platform <http://wordpress.org> to find a professional-looking theme and put up your own website. This platform can function as a static website or as a blog and is user-friendly, enabling you to easily change or add content.

Professionalism doesn’t necessitate appearing aloof or distant. Include a smiling photo of yourself. Write in the

first-person (I enjoy working with...) instead of the more distancing (Dr. Doe is...). Keep your tone professional and conversational, and make it sound like you! Big blocks of text can be a turn-off to visitors; keep in mind your intended audience and direct your conversation to them.

**Blogs:** Search engines (Google, Bing) like blogs because the content changes regularly. What will you write about? Offer brief articles that target your audience, and provide links to relevant books or articles by others. This demonstrates that you understand your audience and keep up with the latest in information and research.

**Video and Audio:** This may give most of you the jitters, but if you include a brief video or audio of you introducing yourself or being interviewed by someone else, you will attract more clients. These media allow you immediately to create a relationship with potential clients so they feel they already know you. Consider getting some help with this. Unfortunately, I have seen videos of therapists who don’t smile, look nervous or depressed, and speak in a monotone. Have others review your performance before you put it on the web. Video can also be a PowerPoint slide show with your narration describing your services or providing some mental health tips, placed on YouTube to drive more traffic to your site and into your office!

**LinkedIn:** With executives from all Fortune 500 firms registered, over 115 million members and an average household income of \$109,000, LinkedIn is THE social networking site for professionals. LinkedIn (LI) can be used to attract both potential patients and people who will refer to you. Here’s how to go about it:

People use the search box on LI to find what they are looking for. Consider what keywords or search terms are relevant for your practice and sprinkle them liberally in **5 key places** in your profile. For example, if you are an eating disorders expert, your keywords might be eating disorders, anorexia, bulimia, weight control, obesity, and so forth. You will use these terms as follows:

- 1 **Headline:**** Ms. XY, Arlington psychotherapist with expertise in eating disorders including anorexia and bulimia and obesity...
- 2 **Current Employment:**** XY and Associates in Arlington, MA specializing in eating disorders, weight control, etc...

**3 **Past Employment:**** Associate with the eating disorders clinic at...

**4 **Summary:**** I work extensively with individuals who have eating challenges such as...

**5 **Specialties:**** Eating disorders, obesity, anorexia, etc...

To evaluate your efforts, save your changes and then do a search for your focus area on LI. You will most likely appear on the first page for that search term. Nice, hey?

**LI Status updates:** With your new, targeted profile, you are ready to interact with your connections. The status update feature allows you to share news and information. You can add a link to an interesting video, article, or book—something that is of value to others. I also recommend that you join some groups on LI. Search for groups that are related to your specialty and those whose members might be good referral sources, such as human resource offices, physicians, and other health care professionals. Once you are a member, join the conversation. Offer answers to questions to show your expertise and ask questions to engage others. This is a way to get positive visibility.

**FaceBook:** There is a distinction between a FaceBook (FB) “Page” and a “Profile.” A Profile is where you chat with “friends” about the movie you saw; a Page is where you promote your business. With more than 750 million members, FB offers amazing visibility, and privacy concerns have been addressed with recent improvements. FB Pages were specifically designed for businesses and organizations. A Page is easy to set up and has a huge reach. You can answer questions from readers, provide information and generally engage people which will encourage them to visit your website, buy your books and invest in your services.

Space is running out and I have just skimmed the surface! To summarize, the more places you exist on the web, the more visible you will become to potential referral sources and patients. You can, with a little effort, position yourself as an authority, the go-to person in your area of expertise. If you are interested in learning more, I welcome questions at [Pamela\\_Enders@hms.harvard.edu](mailto:Pamela_Enders@hms.harvard.edu).



# 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.

**Tyler Carpenter** has written a book review of a new correctional psychology text appearing in the APA's *PsycCRITIQUES*, and has an article entitled "The Psychology of Correctional Therapeutics and Offender Rehabilitation: Approaching a Balanced Model of Inmate Treatment" in press for the *Journal of the American Academy of Psychiatry and the Law*. He also recently testified with State Representative Jonathan Hecht in favor of a bill that would increase the use of evidence-based practices throughout the state correctional system.

**Suzanne Cohen** authored a paper published in the July 2011 edition of the *International Journal of Group Psychotherapy*, entitled "Coming to our Senses: the Application of Somatic Psychology to Group Psychotherapy." In November, she will be a Demonstration group leader, along with **Steve Krugman**, at the Plenary Presentation of the Eastern Group Psychotherapy Society conference in New York City. The title of the Plenary is "Groups of the Body, Groups of the Mind: Neuroscience and Attachment Theory Come to Life."

**Joe DeAngelis** received his CGP this spring.

**Naomi Dogan** has a new field spaniel puppy. She writes that Rory (AKA Aurora Borealis) is a welcome delight, especially for her daughters. Rory also accompanies Naomi to the office as a "co-therapist with a wet nose." The family lost their previous dog in 2010.

**Pamela Enders** presented a workshop in June on "Mental Toughness: How to Maximize Effectiveness in High Stakes Situations" for the New England chapter of the Association for Conflict Resolution at Brandeis University. She also consulted to the Stuart Highlanders, a bagpipe band, to prepare them for the World Pipe Band Championships in Scotland. The band placed 5th in the world, which was "fantastic for a first showing!"

**Debra Filiurin** was the featured guest in June on a segment of the thirteen-week series "Judgment Day," a mediation talk radio show on 95.9 FM.

**Charlie Glazier** was very happy to graduate in June from his two-year fellowship in infant mental health at the Infant-Parent Training Institute at Jewish Children and Family Services. He reports that his experiences in the program have had a tremendous impact on his work. On a personal note, Charlie and Luciana successfully traveled to Brazil this summer with their three 2-year-olds. He writes, "It was not nearly as crazy as I had expected!"

**Karin Hodges** has completed her post-doctoral training and is spending the summer doing outdoor activities with her son. She is also continuing to pursue group psychotherapy research with **Kathy Ulman** funded by the NSGP Foundation and the Endowment for the Advancement of Psychotherapy. She will be returning to Antioch University, New England this year to teach "Interventions III: Group Psychotherapy" within the Department of Clinical Psychology. Finally, Karin was recently appointed the Division 49 (Group Therapy and Group Psychotherapy) Representative for the American Psychological Association Interdisciplinary Coalition for Schools and Education.

**Renee Hoekstra** is busy planning her wedding for late October in rustic rural Vermont. She is also excited to be starting a new endeavor offering psycho-educational online content for clients who are awaiting joining her DBT skills group.

**Barbara Keezell** ran a one-day experience group at this year's NSGP conference entitled, "Projective Identification and Countertransference."

**Carol Kramer Slepian** will be facilitating a two-day Imago training workshop for therapists in Portsmouth, NH this fall entitled "Keeping the Love You Find."

**Marilyn Levitt** will be giving her third opera recital in September at the New England Conservatory, where she also studies voice (opera).

**Laverne MacInnis** has obtained her Registration as a Social Worker (RSW) on Prince Edward Island, Canada. She is looking forward eventually to practicing on the island where there is very little group therapy offered, so she knows she'll have a "niche."

**Betty Martin Edgington** proudly gave birth to a baby boy, Nathaniel Isaac Edgington. He was born on Mother's Day, May 8th, and weighed 7 lbs. 14 ounces. She will continue her private practice on a part-time basis in Arlington.

**Oona Metz** started a Divorce Support Group for Women in June. She was astonished to find herself with a full group and a waiting list, so plans to start a second group in September. She has been selected to participate in the National Instructor Designate Section at AGPA in 2012 and looks forward to running her first AGPA two-day Institute in 2013 or 2014.

**Lise Motherwell** presented "The Evocative Object and Play(fulness) in Group Therapy" at the Puget Sound Group Psychotherapy Network in April, and will present on the same topic at the Mid-Atlantic Group Psychotherapy Annual Meeting in October. She also wrote a chapter entitled, "Support and Process-oriented Therapy Groups" for The Wiley-Blackwell *Handbook of Group Therapy* edited by Jeffrey Kleinberg to be published this fall. Lise continues to present her Pack Your Parachute divorce seminars for women and is currently running for Treasurer of AGPA.

**Cecil Rice** chaired a successful four-part panel/workshop at the NSGP conference titled "Trauma and Healing Across the Lifespan: Addressing Trauma in Couples, Adults and Children" with presenters **Alan Albert**, Suzanne Phillips, & William Strong and sponsored by the Rice Memorial Fund.

**Sharan Schwartzberg** co-authored a chapter with **Mary Barnes** on "Functional Group Model" in press for the *Handbook of Group Psychotherapy*. Sharan also published an article in the *GROUP Journal of the Eastern Group Psychotherapy Society* entitled "Psychodynamically Informed Groups for Elders: A Comparison of Verbal and Activity Groups." At the AGPA Annual Meeting, she was part of a panel on "Current Research in Group Psychotherapy Open Session: The Effect of Group Dosage on the Functional Outcomes of Psychiatric Inpatients," and additionally participated as an Instructor Designate. Finally, she presented a workshop with **Mary Barnes** at the NSGP conference entitled "The Looking Glass or a House of Mirrors; Exploring Action and Resistance in the Group."

📌 **Marian Shapiro** has won a poetry competition—for the fourth time—leading to her being named Senior Poet Laureate for Massachusetts, and she is in the running for her first national title.

📌 **Joe Shay** presented “Couples Gone Wild: The Top 10 Complications in Couples Therapy” to the joint meeting of the Massachusetts Council on Family Mediation and the Collaborative Law Council. He also presented “From the Intrapsychic to the Interpersonal: Projective Identification in Couples Therapy” to the Psychoanalytic Couples and Family Institute of New England, as well as “An *In Treatment* Look at Formulation and Interpretation” to the incoming class of psychiatry residents of the joint MGH/McLean training program.

📌 **Bob Weber** presented “Aging as a Natural Monastery: A Time for ContemplAgeing” at the Annual Conference of the American Society on Aging in San Francisco. At Glastonbury Abbey in Hingham, MA, he led a day-long workshop entitled “An Introduction to ContemplAgeing.” He co-organized the Second Annual MSPP Conference on Aging, Spirituality, and Mental Health, entitled “Hope and Healing: Clinical and Spiritual Encounters with Older Adults,” and presented a workshop there, on “Training for Competence to Work with the Spiritual Issues of Older Adults.” At the June NSGP Conference, Bob led a workshop entitled “Working with Existential Issues and Ultimate Concerns in Group Therapy.”

📌 **Annie Weiss** will begin co-leading the BIP observation group with **Scott Rutan** in September.

## Congratulations

to **Joe DeAngelis** for earning the prestigious Certified Group Psychotherapist (CGP) credential from the National Registry of Certified Group Psychotherapists. Joe is a graduate of our NSGP Training Program.

For more information about earning your CGP, visit the training page at [www.nsgp.com](http://www.nsgp.com).

## Caption This!

Please submit a caption for this cartoon to [newsletter@nsgp.com](mailto:newsletter@nsgp.com).  
The winning entries will be announced in the next issue.



Drawn by David Goldfinger

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## Winners for the Spring, 2011 cartoon

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



### Fifth runner up:

“Oh, now that’s a keeper!” —George Stavros

### Fourth runner up:

“It’s none of your beeswax!!” —Scott Rutan

### Third runner up:

“I just want my boundaries respected.” —Carol Kramer

### Second runner up:

“Though the leader may be silent he is constantly processing the ever present buzz alive in the room.” —Marsha Vannicelli

### First runner up:

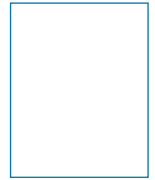
“Bill, you seemed to get a little defensive last week when Gerald called you ‘Honey.’” —Greg Chilenski

### The winning caption:

“Big deal—so he’s got bees in his bonnet; that’s nothing compared to Sadie who’s got bats in her belfry!” —Pamela Enders



**Northeastern Society for Group Psychotherapy, Inc.**  
 PO Box 356  
 Belmont, MA 02478-3201  
 (617) 484-4994  
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the newsletter fall 2011

## Register Early!

NSGP's 31st Annual Conference!

June 8, 9, & 10, 2012

### 2011-2012 NSGP Events Calendar

Sept. 11, 2011	<b>Breakfast Club</b> 11-1:30pm—with Suzanne Brennan-Nathan, LICSW Healing through Connection: A Treatment Model for Adult Survivors of Child Sexual Abuse Hosted by Peter Gumpert—Brookline
Oct. 29, 2011	<b>All Day Special Event:</b> <b>Mindfulness and Group Psychotherapy: Cultivating Compassion and Wisdom</b> Christopher Germer, PhD & Mark Sorensen, PhD
Oct. 30, 2011	<b>Breakfast Club</b> 11-1:30pm—with Steve Cadwell, PhD Gender, Sexuality, and Shame: What We Can All Learn from Gay Men's Psychotherapy Groups Hosted by Barbara Keezell—Newton
Dec. 4, 2011	<b>Breakfast Club</b> 11-1:30pm—with Steffen Fuller, PhD When Work Isn't Working: Men's and Co-ed Groups for Employment Issues Hosted by Sara Emerson—Cambridge
Jan. 8, 2012	<b>Breakfast Club</b> 11-1:30pm—with Dorothy Anderson-Perales, LICSW Expressive Therapy in Group Treatment Hosted by Scott Rutan—Chestnut Hill
Mar. 25, 2012	<b>Breakfast Club</b> 11-1:30pm—with Joe DeAngelis, LICSW, CGP & John Moynihan, LICSW When A Group Member Lies Down on the Couch—A Clinical Exploration of Combined Psychoanalysis and Interpersonal Group Therapy Hosted by Arnie Cohen—Newton
Apr. 15, 2012	<b>Breakfast Club</b> 11-1:30pm—with Alexandra (Sasha) Watkins, LMHC, CPRP Transference and Countertransference: Cultural Aspects Hosted by Joyce and Walker Shields—Belmont
June 8-10, 2012	<b>Register Early!</b> 31st 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](mailto:groups@nsgp.com).

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 Northeastern Society for Group Psychotherapy