



the newsletter

# NSGP

Northeastern Society for Group Psychotherapy

Volume XXXVII, Number 2

Fall 2016

## Letter from the President



Over the past summer, I had the opportunity and privilege to accompany my wife Michal and 30 of her veteran Israeli army buddies on a trek through Slovakia. This trip also marked the

occasion of this group of longtime friends turning 60 this year. At the outset of the trip, I felt, being the only non-Israeli and an "army spouse," marginalized, an outsider and quite disconnected. Of course, the power of the group took care of these feelings in short order. After a few days, it became clear that the "old group" was recharging itself into a "present group." Spouses like myself realized that we made up almost half of the group. People started learning new things about old friends and old things about new friends. Several members had physical limitations during the trek and required others to support them. Our group cohered through helping one another, raising group morale and, most importantly, experiencing valuable emotional connections with each other and within ourselves.

I share this account as a way of introducing myself to you as the new President of NSGP. Just as I was new to the army group, I'm new to leading our organization. Facing new challenges requires courage in facing one's self but also requires trusting others. It's the trust in the group that has consistently kept me excited about NSGP over my many years of involvement. And it's this trust and excitement that I hope to promote through my leadership in the coming years.

As an organization, we have reason to both trust our fundamentals and be excited about new opportunities to extend beyond them. Our fundamentals include tested and effective programming through the Annual Conference, Breakfast Club, Practice Development and Training Program. Our

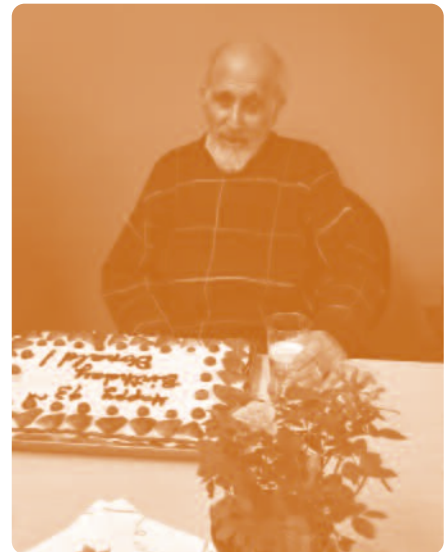
additional committees provide the support and maintenance of NSGP required to ensure its strength. Our opportunities to grow have been spearheaded over the past year by Membership to increase NSGP's numbers and reach out to a broader range of practitioners. Our outreach efforts have initiated communication with other professional and educational bodies to "make the case" for group therapy and offer ourselves as experts in group process. We are also continuing to work more closely with AGPA through coordination of programming and increasing our contact with other AGPA affiliates.

We are strongest as group therapists when we work together professionally as we work clinically—revisiting and renewing our older, more familiar connections while simultaneously cultivating and welcoming the new and "the other." The strongest group is the multifaceted and unified one. Exciting work lies ahead as we consider new ways to promote our group skills, and our greatest asset is the diversity of skill sets available within our membership.

In this spirit, I encourage all of you to reach out to me and to our excellent Board and committee chairs. If I or anyone else in a leadership role can assist you in becoming more involved, please feel free to contact us. In addition, please be aware that any NSGP member is welcome to attend a Board meeting. The meetings occur on the third Wednesday of every month (excepting August) from 8:30 – 10:00 pm. If you would like to attend a meeting, please contact me or our Office Manager Lisa Portscher.

I look forward to meeting more of you in the coming year and working together toward further rededication and renewal.

**Steffen Fuller, PhD, CGP**  
President, NSGP



NSGP celebrated Don Wexler turning 93

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<b>Photography</b>	Jennifer McLain, MD, CGP Joseph Shay, PhD, CGP, FAGPA From the "Cluster Site" Collective: Theresa Cohen, LICSW, CGP, BCC Kurt L. White, LICSW, LADC, CGP Don Wexler Photo: Scott Rutan, PhD
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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.

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<b>By-Laws</b>	Lawrence Kron, JD, PhD
<b>Community Outreach</b>	Steffen Fuller, PhD, CGP Ann Koplow, LICSW
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<b>Newsletter</b>	Jennifer McLain, MD, CGP Kurt L. White, LICSW, LADC, CGP
<b>Nominating</b>	Joyce Shields, APRN, MS, BC, CGP
<b>Practice Development</b>	Oona Metz, LICSW, CGP, FAGPA
<b>Publicity &amp; Marketing</b>	Marc G. Bolduc, LICSW, CADC II, CGP Melissa Kelly, LICSW
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<b>Training Program</b>	Joel Krieg, LICSW, CGP Jennifer McLain, MD, CGP

**NSGP Office (617) 431-6747**

<b>Office Administrator</b>	Lisa Portscher 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**

I have been thinking a lot about beginnings and endings these days. My daughter's birth has obviously been a beginning with huge impact on my life. There have been quite a few endings as well for me during the past 9 months; notables include stepping off of the NSGP Board and my football team, the death of a patient to the opioid epidemic and the unexpected death of a colleague, and my decision to end a group this fall after almost ten years of leadership. So many of our patients bring experiences of their own gains and losses to treatment as well—of family members, friends, jobs, pets, relationships, even providers and groups. These beginnings and endings have occupied my thoughts, along with the inherent role shifting that accompanies any significant change. What happens when a new role is taken on? Or given up. How do the group dynamics shift when a membership change leaves a role void in a therapy group, or a life change forces someone into a different role in their family or at work? How rigidly or flexibly can the dynamic fluctuate if these role shifts are temporary vs. permanent?

Becoming a mother has obviously brought some of these questions to the forefront as I watch shifts occur in my own nuclear and extended family and within my own perception of myself. Some of my roles have changed permanently, and some only for a time during my 3 month maternity leave, when my sole primary role temporarily became "mother/source of food and comfort." While this was blissful, I gradually felt the pull to recover my former roles and began to make the transitions back. I reflected on how patients in my groups sometimes would talk about being pigeonholed in their lives, seen only one way at work or in one familial role, and how difficult and stunting that can be for them if they get stuck there. Participation in a therapy group can encourage and provide space for these folks to break out of the familiar and try on new roles, new ways of relating with others, as they stretch and grow into the fullest versions of themselves.

I was very grateful during my leave to have the support of members of my NSGP "group" to fill the temporary voids left when I moved into this new life role. Particular appreciation goes to my co-editor, Kurt White, who along with the newsletter committee masterfully put out a cohesive, engaging Spring edition of the newsletter as solo editor, and to Joel Krieg, my co-chair on the Training committee, who, with those committee members,

helped development and recruitment of an incredibly successful training program over the winter and spring. I have watched group members hold onto their familiar roles tightly out of a fear that to loosen one's grip may mean things fall through the cracks or become chaotic. I had no trepidation about that and so could comfortably step away, and ease back in gradually as I am learning how to balance the new hat with the old ones.

In this edition of the newsletter, we don't have to look hard for examples of beginnings and endings here, too: moving from leader to participant in Lise Motherwell's article about changing her focus within the NSGPF; Steffen Fuller's first Letter as he picks up the role of President of NSGP; Deborah Cross' letter speaking to the ending of CMEs offered for MDs and nurses at NSGP events. There are always transitions, and these reflect some of our Society's recent ones. Each of these changes brings both an end of something and hopefully a new opportunity to grow.

A piece of contemplating these transitions has been reflecting on how we move through them. In part, I believe we rely on connection and community to do so. What is healing about the losses, the ends? Perhaps holding memories, making meaning, anticipating what is next or still present and appreciating what has been had. These, and the opportunity borne out of a void to move into something else.

My groups have long used the idea of "practicing change" as a way to cope with the particular beginnings and endings of members starting or leaving. Said another way, one coworker reflecting on our colleague's death recently put it, "I am again reminded of the certainty of impermanence that we might choose to forget most of the time." And as one of my group members said a few meetings before our recent ending, "We worked through a lot in here, we changed a lot and there was anger and conflict and we disagreed and were happy and sad, but we got through it all because of the love that was underneath." That is my hope for the transitions in my life, and my groups, for our Society and our world.

**Jennifer McLain, MD, CGP**  
Co-Editor Newsletter

Co-Editors Jenn and Kurt  
will alternate the Letter from the  
Editor in this space.

## Letter to the Editor

### KEEP NSGP INCLUSIVE AND INTERDISCIPLINARY!

I am a psychiatrist and have been a member of NSGP since 1988, even though I have lived in New York State since 1991! The reason I have continued to be a member of NSGP rather than change my "local" membership to EGPS (I have lived in Westchester County since 2002) is BECAUSE of NSGP's inclusiveness of all mental health disciplines, including doctors! Don Wexler (a name familiar to a lot of you) reached out to me when I moved to New Hampshire in 1988 and contacted NSGP about joining. From the beginning I have felt at home and accepted at NSGP.

However, I was very upset at the last Business Meeting in June at the Annual Meeting to learn that the Board had decided that it was too expensive to offer Continuing Education Credits for doctors and nurses! To me this is a very short sighted decision by a relatively small group of the membership of NSGP, and, seemingly (at least to me) without much outreach to the members at large for alternative solutions. A number of such possible solutions were raised at the Annual meeting, including for example, asking members to pay a percentage of the cost of applying for such CEUs. I know that I, for one, would be willing to pay a "surcharge" to obtain CEUs for the conference.

In the current health care market, maintaining CEU credits for a multitude of reasons, not the least of which is credentialing in hospitals and managed care companies, is a necessary part of being a health care professional, and part of the cost of being such a professional. I believe that if NSGP continues to not offer CEUs to physicians and nurses, our organization runs a significant risk of quickly seeing members from those disciplines stop coming to the Annual Conference. All of us are very aware of our professional expenses and to invest the amount of money needed for our Conference and not obtain CEUs is extremely wasteful.

Besides the economic and business reasons for continuing to offer CEUs to all our mental health disciplines, I am struck by how much NSGP would be turning its back on our history! NSGP has been a significant leadership resource for AGPA. Consider the impact of Jerry Gans's presidency of AGPA, the incredible vibrancy of members like Don Wexler and the numerous physicians and nurses (along with psychologists and social workers) who have contributed so much to our national organization. Boston's unique position in the education of mental health professionals offers such a wealth of young trainees to expose to our wonderful field of group therapy. Can any of you imagine a Conference without psychiatry residents with their wide eyed amazement at the incredible world that opens before them at one of our conferences? I also have highly valued over the years the wonderful mix of disciplines at all the workshops and experiential groups and the exclusion of any of them would make the experience so much less. I am sure that all of you can think of at least a few such sessions where a doctor or a nurse added something that would never have been there without them!

I strongly urge the Board of NSGP reconsider such a potentially disastrous decision before it is too late and reach out to all of us to keep NSGP a home for ALL mental health disciplines, including physicians and nurses!

**Deborah Cross, MD**



## Something to Say??

**Next time, see your words here.**

Write an email sharing your thoughts or opinions with the Editors and your letter may be published in full or part in the Spring 2017 Newsletter. Please send submissions to:

**newsletter@nsgp.com.**

*Note: letters not edited except for space.*

### A Psychotherapy Support Group for Business Leaders & Professionals - Starting January 17, 2017

For adults in their 30's, 40's & 50's who push-too-hard and are not achieving the success or wellbeing they want in professional or personal life.

Through mindfulness and empathic communication, the group will explore the

many facets of commitment, willpower and habit development critical for building a life of meaning, wellbeing and joy.

**Paul Sullivan, LMHC, CGP**  
**Tuesday 6:15 – 7:30 pm**  
**Financial District – Boston**  
**857-496-5957**  
**psullivan55@gmail.com**

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## Who Ya Gonna Call?

You are picking up your office after your group at the end of the day. You're a little troubled. Something feels amiss and has felt that way for a few weeks. Your attempts to address the dynamic have fallen flat, and you worry because some members are beginning to talk about what else they could do on Wednesday night. Yikes! Even your consultation group is stymied, or maybe you don't have that resource.

### Who Ya Gonna Call?

Worry not. You're a member of NSGP, right? And NSGP is here to help with the

### Consultation Benefit.

Here's how you set up a consult. Call or e-mail Annie Weiss (**annieweiss@aya.yale.edu** or **617-244-9009**). Annie (or another committee member) will find out what your concerns and provide you with the names of 2-3 senior people in NSGP who have agreed to offer one free hour of consultation per year. That's right. All members of NSGP are entitled to one free hour of consultation about group psychotherapy per calendar year. What a deal!

*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.*



## SE Demo Group: Safe Assumptions

Ann Koplow, LICSW

When I decided to sign up for Peter Taylor and Roger Saint-Laurent's demonstration group—"SE-Informed Group Psychotherapy: Moving Beyond Trauma to Embodied Relationship"—weeks before the 2016 NSGP conference, I had certain assumptions based on my previous participation in NSGP conference demo groups. I assumed that I would:

1. get more out of the demo group if I participated rather than just observing,
2. expose vulnerabilities in front of colleagues,
3. find out more about an important modality of therapy—in this case SE (Somatic Experiencing) therapy, defined by Wikipedia as "a form of therapy aimed at relieving and resolving the symptoms of post-traumatic stress disorder (PTSD) and other mental and physical trauma-related health problems by focusing on the client's perceived body sensations (somatic experiences),"
4. learn valuable lessons about myself and

group work I could apply to my personal and professional growth, and 5. meet the other participants and the facilitators the day of the demo group.

While most of my assumptions were true, the last one decidedly was not.

Weeks before the conference began, I was contacted by Peter Taylor, who asked if I could "meet" with him and Roger via video conferencing for a pre-conference interview. During that interview, I enjoyed getting glimpses of how the two facilitators interacted with each other and with me. Somehow, I felt safe enough to let them know I was especially interested in joining their demo group because (1) I'd had some traumatic childhood hospital experiences, (2) I was somewhat familiar with Somatic Experiencing (SE) therapy through Peter Levine's amazing book "Waking the Tiger: Healing Trauma," and (3) I was facing open heart surgery in a few months.

My feelings of safety grew as Peter and Roger created the opportunity for the demo group to meet and connect the day before the demonstration group. During that preliminary meeting, we got to discover and flex our developing muscles as a working group, as well as receive valuable information from Peter and Roger about Somatic Experiencing Therapy and how it works in groups, including tuning in to feeling states, individual and collective self-regulation, the parasympathetic and sympathetic branches of the nervous system, and the fight, flight, and freeze responses.

The morning of the day-long demonstration group event, held in a large lecture room at Simmons College,

Peter and Roger started things off with a lecture about Somatic Experiencing for the large group of convention attendees. The audience included fellow NSGP board members, people attending their first conference, and many other wonderful professionals I've encountered during my unbroken streak of 20 years' attendance at the yearly NSGP conference. As Roger and Peter presented their slides about SE, I and my fellow demo groupers sat in the first row of the lecture hall, sizing up the "performance" space in front of us and gazing at the 10 empty folding chairs awaiting our arrival. I channeled my pre-performance anxiety into meandering thoughts like these: Where did I want to sit on stage? Would I find wearing the mic awkward? Would the audience be able to hear all of us? How would I balance focusing on the faces within and outside our demonstration group, once the action was underway?

Once it was time for us to take our places for the first phase of the demonstration group, each one of us in the demo group had come to the same decision: we wanted to face our observers (even though the day before, several people had expressed a preference for having their backs to the audience). Peter and Roger adapted to this change in the group's wishes by altering the configuration of the seating arrangement; that is, they changed our shape from a closed circle to an open arc, with each of them on either end. That way, all of us could face the audience, with Peter and Roger positioned like twin guardians, preserving and moderating the safety of the boundary on both sides.

As Roger started the first demonstration group segment of the day, he shared—with a great deal of affect—his own traumatic, in-the-moment experience. Somebody in the audience had just informed him about the shootings at Pulse in Orlando. Rather than keep his reactions to himself, he discussed the effect of this horrible news on him, on Peter, and by extension, on us. As with every decision Peter and Roger made as they guided us through the demo group



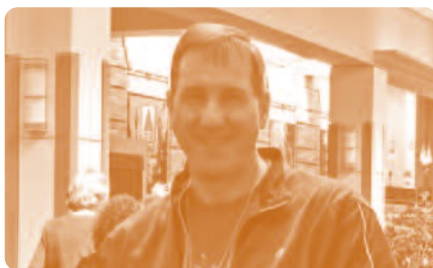
Cindy Berman-Richter, Lucy Jordan  
& Mary Barnes



Guy Croteau, Michelle McGrath,  
Deb Carmichael & Sara Emerson



Howie Schnairsohn & Ann Keren  
Neeman-Kantor



Joe DeAngelis



Vinod Rao, Selina Guerra & Sarah Moon



Alan Witkower & Barbara Keezell

process, this kept the space a safe holding environment for all of us.

Because of the skill of the facilitators to create and maintain this safe space, I could be my authentic self, sharing my mind and my body's reactions to the group experience throughout the day. This meant that I

- talked,
- listened,
- laughed,
- learned,
- cried,
- touched and was touched by others,
- jumped up out of my seat,
- "threw up" on the audience (letting go of anesthesia that's built up in my body over years' of operations), and
- shared my fantasy that life be a musical, wishing that others might sing and dance with me.

While some of these experiences were unexpected, it was always safe to assume that my goals and hopes for a demonstration group at NSGP would be met, thanks to Peter Taylor, Roger Saint-Laurent, and all the brave participants in the SE demo group.



## In the Company of Men

**Corey J Flanders, LMHC, CGP**

The recent NSGP Conference, held this past June at Simmons College, was my third in as many years. I initially sought out further training in group therapy after having led various groups in a hospital setting for over two years. Psychotherapy is my second career and I was looking for training to enhance the work I had been engaged in as an intern and in my first job out of school. I had also been a member of many different groups during the 15 years I spent as a full-time Buddhist practitioner—encounter groups, lovingkindness dyads, somatic body-awareness groups, meditation groups—so psychotherapy

groups were a natural extension of the work I had been engaged in. They felt like home to me.

I really love group psychotherapy. Groups are magical places. I am often astounded by how effective and fun they truly are. During the first two NSGP conferences, I steered clear of special interest groups, preferring the open ranginess and sudden possibility of psychodynamic groups. And I really enjoyed the groups I attended, especially in the second year where I was fortunate to be in a group of people who were willing to lay a lot on the line in the 6 hours we were together. That sense of risking something, through the natural process of letting down one's guard around others who are committed to doing the same, always felt both dangerous and vital. I expected to join another psychodynamic group this year as well.

While looking over the brochure for the 2016 conference for the first time, my eye drifted down past the general psychodynamic groups to take a quick inventory of the special interest, topic-based offerings. The title of the first was "(Naked) in the Locker Room" and its description read, "A day-long experiential group, for men only, to explore and discuss how and in what ways their evaluations of their bodies impact their sense of pride and shame in both competitive and affiliative relations with other men." As I read this, a subtle but very clear "yes" went off inside me and I began a weeks-long struggle trying to determine if I should attend this group and let go of my bias for general psychodynamic groups.

I have contended with poor body image for most of my adult life and readily accept that the problem is in my perception of myself and not based in the objective reality of my organism. As men, we are taught to measure ourselves against one another. We learn what is desirable to others and what isn't, usually through media. Often we learn these things at a young age, in the company of other boys in communal spaces, such as locker rooms. We learn to feel ashamed or prideful about our bodies, our physical abilities, our sexual preferences, our strength, etc. Rarely, as boys, are we taught to consider our emotional lives or our capacity to be kind or loving. We develop in an imbalanced way, prizing masculine attributes and rejecting the feminine. So it was no small thing to consider stepping into a group of men and risk being open and vulnerable. I palpably felt the fear of being judged by other men and wished to guard myself against it.

Yet because I have relied on group work to see, understand, and work with all the places in me that are fearful or stuck, I decided to take the plunge and sign up. I arrived on Friday and entered into the group and we had our experience(s) together in the shared field, set and maintained by our expert (and kind, loving) facilitator. It was mind-blowing and a bit magical, as good groups always are.

In Tibetan Buddhism, we often work with the Great Compassion mantra OM MANI

*(continued on page 8)*



**Ginger Reiber & Tracy Wallach**



**Ken Jaeger, Scott Rutan  
& Karsten Kueppenbender**



**Joel Krieg, Amy Matias & Caleb Englander**



**Susie Shayegani, Melissa Kelly  
& Theresa Cohen**



**Lucy Jordan, Jane Rutan & Ginger Reiber**



# Promoting Group Psychology and Psychotherapy

By Eleanor F. Counselman, Ed.D., ABPP, CGP, LFAGPA

President, American Group Psychotherapy Association

As you may know, NSGP advocates for group therapy regionally, but as a regional organization, its reach is limited. NSGP is an affiliate society of the American Group Psychotherapy Association (AGPA), which is able to use its resources to do even more for the group therapy field as a whole. Since becoming president of AGPA, one goal of mine is to make members of AGPA and its regional affiliates more aware of these advocacy activities

AGPA is known for its highly successful Annual Meeting, which many NSGP members attend, as well as for its publications (The International Journal of Group Psychotherapy and The Group Circle) and its year round Distance Learning events. I think it is not as well known how much AGPA promotes and advocates for group therapy: with outreach to communities experiencing trauma, with legislative advocacy for mental health treatment including group therapy, and with promotion of group therapy as a specialized form of treatment requiring advanced training. AGPA works hard on behalf of group psychotherapy!

Whenever AGPA becomes aware of a community trauma, e.g. the wildfires in Canada last May, the terrible floods in Baton Rouge, the fires in Southern California, and the recent earthquake in Italy, the Community Outreach team springs into action. There is outreach to local members to see whether they are safe and if they need assistance. Also, AGPA members and local affiliate society members are referred to the considerable information on the AGPA website about group interventions to help communities deal with trauma. If you haven't looked at this before, I suggest you check it out: <http://www.agpa.org/home/developing-healthy-communities>. It's really impressive.

AGPA is also a member of the Mental Health Liaison Group (<http://mhl.org/>), a consortium of organizations in the mental health field who meet once a month in Washington for briefings on pending legislation related to mental health and substance abuse issues. They often have someone from Congress attend to offer information on the legislation and to hear concerns. The MHLG invites members to sign on to support various legislation, and AGPA has supported a number of bills in recent years: most recently the Mental Health Reform Act and legislation to expand the

Certified Community Behavioral Health Center demonstration program. Through its Public Affairs Committee, AGPA alerts members to pending legislation that can be influenced by calls or emails to congressional representatives.

A major goal over the past several years has been to obtain specialty status for group psychotherapy from the American Psychological Association. The Group Specialty Council, consisting of members from AGPA, the American Psychological Association Division 49 (Society of Group Psychology and Group Psychotherapy) and the American Board of Group Psychology (ABGP), is hard at work preparing a petition to have group psychology and psychotherapy approved as an APA specialty by the APA Commission for the Recognition of Specialties and Proficiencies in Professional Psychology (CRSPPP). APA has many specialties, such as Clinical, Counseling, School, Geriatric, etc. and the significance of being designated as a specialty is that it supports requiring specialized training in order to practice.

I'll give you some idea of what this effort involves. The petition has twelve sections, and each must be very detailed, offer supporting bibliographies for all subsections, and must conform to specific APA requirements; it seems like writing a dissertation! In May 2015, the American Psychological Association rejected our previous petition. The rejection letter cited a number of specific criticisms of the petition but also provided greater clarity about what is needed for approval. The Group Specialty Council discussed the reasons for the rejection and decided we could address them in the current petition. For this petition, the three sponsoring organizations jointly funded a professional writer, and various members of the three organizations have contributed to the content and the review process. We anticipate that the final product may be nearly 200 pages long!

As part of the petition, we must show four model programs that demonstrate group specialty training. The search for such programs was a challenge in that group training is not well publicized, often buried in a program's website or not listed at all. But the good news is that there is much more group training going on at the predoctoral and postdoctoral levels than we had realized! (And if you are involved in a graduate school program that offers group therapy training, please see what you can do to make sure it is clearly publicized on the website.)

People have wondered why we go to all this trouble, especially for credentialing in one profession where AGPA (and NSGP) take pride in being multidisciplinary. We

believe there will be increased demand for group therapy in the future, as it is an evidenced-based treatment for many disorders (see the AGPA Practice Resources website) that is efficient and cost effective. However, therapists who lack adequate group therapy training are being asked to lead groups, and this is not good for the whole field of group therapy, much less the patients. Specialty status and promotion of training opportunities will help support group therapy and the training sites that offer it. This view of group therapy as a more specialized form of therapy will not be limited just to psychologists but to all clinicians who lead groups.

Last but not least, AGPA advocates for group therapy through its International Board of Certified Group Psychotherapists and the Certified Group Psychotherapist (CGP) credential. The CGP designation tells the world that you have completed advanced training in group psychotherapy, and this is important in supporting its specialty status. We do not want group therapy seen as something any therapist can do as long as they have enough chairs. If you have your CGP, please use it in your professional signature and other marketing material. If you don't have it, please consider getting it. (An application can be found at <http://www.agpa.org/cgp-certification/>.)

I welcome all comments or questions about AGPA's advocacy. Please email me at [EleanorF@Counselman.com](mailto:EleanorF@Counselman.com).



## CLASSIFIEDS

### PROCESS GROUP FOR CARE PROVIDERS

Tuesday nights 6:15-7:30,  
\$35/session. Central Sq.

**Howie Schnairsohn LICSW, CGP**  
[howschnair@gmail.com](mailto:howschnair@gmail.com),  
(617) 416-6965

### General Psychotherapy Group for College Students and Young Adults.

6:00p Wednesdays in Cambridge, near Porter Sq T station. Please contact **Caleb Englander, LICSW: 617-852-4854** or [calebenglander.licsw@gmail.com](mailto:calebenglander.licsw@gmail.com).

**CAMBRIDGE: Part time sublet in Harvard Square.** Sunny, furnished, wheelchair accessible. Computer & internet access included.

**Michel 617-605-7429**  
<http://bit.ly/office02138>

**Gay Men's Psychotherapy Groups;**  
T/W, Boston: **Steve Cadwell, Ph.D.**  
**617-482-2286** [steve-cadwell.com](mailto:steve-cadwell.com),  
[steve@steve-cadwell.com](mailto:steve@steve-cadwell.com)

# Courage Under Fire: Navigating Life and Death on the Board

Joel Krieg, LICSW, CGP

**T**his past June I completed my three-year term on the Board of Directors. I would like to share some of my reflections from my time working with the Board and its leaders. Specifically, what it was like to look up to, admire, and be led by our past two Presidents, Peter Gumpert, PhD, CGP and Deb Carmichael, PhD, CGP, as they each battled cancer.

This Newsletter was my introduction to the NSGP Board. I remember flipping through my first Newsletter (Fall 2010) and scanning the pictures. I noticed a group of photos labeled "Board Retreat." The fantasies began. I imagined the retreats being intimate multi-day gatherings in northern VT or western MA with crackling fires and roaring laughter. A summer retreat would have lawn games. The volleyball game would be encouraging, with shouts of "Nice one!" and "There you go!" Winter or summer, the retreats would be warm.

My initial imaginings were off in some ways. Board retreats take place locally (usually at a board member's home) and they're just for the day—once in the spring and once in the fall. There aren't lawn games, but often people take a walk after lunch. Board retreats, as well as monthly meetings, were warm and encouraging. But they were also challenging, sometimes in ways that involved bearing uncomfortable feelings.

On July 17, 2013 I arrived at Peter's Brookline home for my first board meeting with excitement and anxiety. I was excited to become more involved in an organization that had, in the span of three formative years, come to mean so much to me. I was anxious with typical new group member jitters: How does the board work? Will I like the board? Will they like me? Will I be understood? More deeply and less consciously, I think I was anxious about Peter who had been in cancer treatment for some time already. Treatment seemed to be going well, but I didn't know how hopeful it was safe to be. I was aware Peter excused himself to rest for the second half of the spring retreat. Although relieved that Peter could and would rest when he needed, I was anxious about needing him. What would happen if his health took a turn for the worse? Would he die during his term? How was I supposed to feel about this? How did others feel? Was it okay for the board to do its work without processing feelings?

Through work on the board, I was challenged to find my voice, work with


N S G P

## Breakfast Club

### 2016–2017 Calendar

September 25, 2016	ANN KEREN NEEMAN-KANTOR, MA PRESENTS <b>When Living with Trauma is the Essence:</b> Promoting the State of Secure Presence	at LARS ANDERSON PARK in Brookline*
October 16, 2016	SARAH EMERSON, MSW, LICSW, CGP, FAGPA PRESENTS <b>New Member Welcome Breakfast:</b> Case Supervision & Discussion	at JENNIFER & JOE DESOUZA'S HOME in Cambridge
December 4, 2016	SASHA WATKINS, LMHC, CPRP PRESENTS <b>Leading Groups:</b> Does Culture Matter?	at THE GREEN ROOM in Somerville
January 15, 2017	STEVEN KRUGMAN, PHD PRESENTS <b>Mentalization in Group Therapy:</b> Making Sense of Other People & Ourselves	at STEFFEN FULLER'S HOME in Newton
March 19, 2017	ADAM SILK, MD PRESENTS <b>Group Therapy Goes to School</b> Or, What Teachers Can Learn from Group Process	at ARI SHESTO'S HOME in Newton Center
April 23, 2017	MARIA MELLANO, LICSW <b>Psychodrama:</b> Bringing Group Work to Life	at SUZANNE BRENNAN ~ NATHAN'S HOME in Roslindale

\* This breakfast club event will take place outdoors. The space may not meet accessibility needs.

different leadership styles, tackle difficult issues, and be compassionate with myself. While many of the members on the board were helpful to me in my growth process, I was especially inspired by the leadership of the two presidents, Peter and Deb. In part because of this, I think my greatest challenge was facing the possibility that Peter and Deb could die and all the feelings around this possibility.

Over the next two years, Peter's diagnosis and mortality (and our own) were in the room but not always discussed. He was open to discussing his health, but he didn't let his condition obstruct the work at hand—leading NSGP. Peter was clear with us that his treatments affected his energy level and we could count on him to let us know what he needed.

I came to very much appreciate Peter's leadership. His easy-going and open style gave ample room for others to be heard. On matters where Peter felt strongly, he was clear and led with conviction. Deb was a very present President Elect. Together, Peter and Deb co-led the board through difficult waters.

As Deb transitioned to President and Peter to Past President, board meetings moved from Brookline to Arlington, which meant Peter needed to travel to attend. His treatments continued and at times, he didn't have the energy to both commute and attend meetings. When he attended, his hair was thinner and shorter, though his smile was just as bright and his handshake just as strong. My thoughts and feelings about Peter and dying became more conscious. It was upsetting and scary to see less of him.

Meanwhile, I had come to really appreciate Deb's leadership. Her leadership style is more active than Peter's. I found her equally warm, encouraging, and approachable.

A few months into my third year, on October 5, 2015, Deb emailed the board to share there was very real possibility she had ovarian cancer; tests soon confirmed this. By the week's end she had surgery. Everything moved very quickly. Deb's courage and openness were remarkable. Both Peter and Deb demonstrated ways

(continued on page 8)

# Starting a Courageous Conversation about Race

Amy Matias, PhD, LICSW

**O**n April 3, 2016 NSGP's Practice Development Committee had the privilege of hosting Maricel Sheets, Director of Newton Public Schools METCO program, who presented "Courageous Conversations about Race in a Group Setting." We are thrilled to share that the event attracted 22 members and 19 non-members and made a profit of over \$1300.

As we settled into small groups of four to six people, the anticipation in the room was palpable. Ms. Sheets began by leading us through a set of expectations for creating a safe space to listen and be heard and "four agreements of courageous conversations" (as any experienced group leader would do!). I believe that these agreements and the time and attention Ms. Sheets dedicated to reviewing them set the tone for the entire afternoon and was key to the quality of experience we shared together.

With this important groundwork completed, we viewed a variety of short

video clips depicting evocative experiences and conversations about race and racism. After each clip the small groups were guided to share with one another the feelings and reactions that the clips evoked. In my group, the level of sharing was deeply personal and honest. One clip that stood out for me depicted two sisters at the grocery store. One sister was white and the other sister was black. In the clip, the white sister spoke up about how the staff treated her and her sister differently. The cashier was not friendly to her black sister at check out. Also, when the black sister wrote a check for her groceries, they asked her for multiple forms of identification in addition to checking if she was on the list of people not permitted to write checks at the store. Conversely, the cashier chatted animatedly with the white sister and did not ask for any forms of identification when she wrote a check.

This clip evoked strong feelings and brought up questions about what our responsibility is to confront racism when we witness it in our daily lives. Questions such as: Do we tend to speak up? When do we speak up? How can we intervene when we witness discrimination? These

themes reverberated throughout the group as a whole, which was predominantly white. As the afternoon came to a close, many attendees expressed a sense of commitment to take a more active stand against racism and continue to confront their own internalized racism through reading and education.

Personally, it felt like there was not a more vital activity I could have engaged in on that cold April afternoon. I was grateful for Ms. Sheets' expert leadership to help us navigate such delicate material. Response to the event was overwhelmingly positive and we hope to host Ms. Sheets again in the future as well as additional events on race and racism. Many thanks to Oona Metz and Annie Ide, co-chairs of the Practice Development Committee, in addition to Barbara McQueen, Julie Anderson, Geri Reinhardt, and Madeleine Lourie who also worked tirelessly to make this event possible. Also, many thanks to Deb Carmichael and the NSGP board for their support and guidance in making this event possible.



## In the Company of Men (continued from page 5)

PADME HUM. This translates roughly as "The Jewel is in the Lotus." The deeper meaning points to the fact that self-actualization and enlightenment occur once the masculine and feminine energies within us come into balance. Another way of understanding this is that our focus on process is equal to our need to make and reach goals. The process nature of group work can be seen as feminine activity. The content of group, as well as our desire to heal and grow is more masculine. When these two ways of seeing and being come together, magic happens.

And so it was with our group. We shared many stories of past hurts and of painful relationships with our bodies. We risked sharing how vulnerable we've felt throughout our lives. We let go of our assumptions and worked through our fear of sharing by entering into the risky process of group work. In so doing we found a new sense of belonging, together as men, previously isolated from one another through the modern rites of masculine passage we suffered through. We came together in love and commitment and a desire to be known and to know another. Together, we found healing.



## Courage Under Fire: Navigating Life and Death on the Board (continued from page 7)

to face hard stuff (the hardest stuff), which I cherished. They modeled boundaries and availability, determination, and self-compassion.

I was struck by the intensity of my reaction to Deb's diagnosis. I was sad and angry. Really angry. I was angry for Deb and for Peter, but the intensity let me know it was something more within me that was activated. It occurs to me I had deeply longed for what Peter and Deb provided—courageous examples of how to talk about and, at times, compartmentalize tough issues. They showed me how effective leadership and vulnerability can coexist.

Having gone through this experience, I'm reminded that bearing uncomfortable feelings with others results in stronger connections. I'm also aware of the impact on my own leadership, as I now have less anxiety about facing difficult situations. Through Peter and Deb's modeling, I feel more confident that I, too, can be courageous under fire.



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All ads (except classifieds which can be text) **MUST** meet these requirements or will be returned for revision:

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- 2) Must be 300dpi at 100% size, black & white only.  
*\*The PDFs should be ready to print directly from the file without need for further processing.*

**\$20 - Small Classified ad  
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**\$50 - Business Card: 3.5" w x 2" h**

**\$100 - 1/4 pg vert: 3.5" w x 5" h**

**\$200 - 1/2 pg horizontal,  
7.125" w x 5" h or  
1/2 pg vertical, 3.5" w x 10" h**

**Questions? See details above or call  
the NSGP office at (617) 431-6747.**

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



## Apply for an AGPA Scholarship Today

Attending the AGPA Annual Meeting allows recipients to learn and grow personally and professionally, making connections that will last a lifetime. Through the generosity of its donors, the Group Foundation will again offer **multiple funding opportunities** to attend AGPA's **2017 Annual Meeting, March 6-11 in New York.**

To apply for a scholarship, visit AGPA's website <http://www.agpa.org/Foundation/scholarships>, where there is detailed information and required application forms. **Application deadline is November 1, 2016.** Additional questions? E-mail: [dfeirman@agpa.org](mailto:dfeirman@agpa.org).

*This includes applications for the Lorelle H. Machen, Ph.D. Memorial Scholarship for an individual who demonstrates experience in or a commitment to work in an agency or institutional setting with the severe and persistent mentally ill. The scholarship was endowed by Leslie Vestrich and our own Eleanor Counselman in memory of Leslie's Mother (Eleanor's Aunt), who spent much of her career working on behalf of this population. The Group Foundation is grateful to Ms. Vestrich and Dr. Counselman for their generosity in establishing this scholarship fund.*

## Open for New Referrals Gay Men's Group Psychodynamic/Interpersonal

This is an on-going group that began 15 years ago at the BIP.

In this 'working phase' group, members consistently support, empathically challenge, shed shame and grow to experience intimacy and deep connection with one another. The group has a wide age range and can integrate new members well.

The importance of group therapy for those who grow up marginalized is well documented. Please consider those non-heterosexual men in your practice who might benefit from a group experience. Two openings available.

John Moynihan, LICSW  
1330 Beacon Street, Suite 267, Brookline MA  
617-278-6322 ~ [johnmoynihanlicsw@gmail.com](mailto:johnmoynihanlicsw@gmail.com)



**THE MASSACHUSETTS  
ASSOCIATION FOR  
PSYCHOANALYTIC  
PSYCHOLOGY**  
(a Local Chapter of Division 39 of the  
American Psychological Association)

## SAVE THE DATES

**MAPP's Educational Series  
FALL and SPRING 2016-17**

### **AFFECT: The Heart of Psychotherapy**

When Gerald Stechler wrote about "Affect: The Heart of the Matter" in 2003, he was pointing the way for us to see how developing therapeutic action with affect in mind is at the Heart of Psychotherapeutic Change. This yearlong course consists of four segments. The course offers the clinician an in-depth exploration, through a variety of arenas, of affective change and development.

Affective distress is one of the main reasons patients seek therapy. However, to experience the centrality of affect in clinical practice, we will concentrate on four areas of study: Affect in Development, Neurobiology of Affect, Contemporary Theories of Affect, and Affect in Clinical Practice.

This immersion course had been designed as an integrated whole consisting of four segments, but participants may register for any number of individual segments if they choose. For over ten years this course had been a valued part of the curriculum of the Boston Institute for Psychotherapy.

Courses will be taught in instructor's offices. For registration details and course content contact Mary Loughlin at [mappsyach@aol.com](mailto:mappsyach@aol.com).

**Building a Child: The Vital Role of Affect in Development** —Lisa Sutton, PhD, LICSW *Tuesdays, 7:00-8:30 PM, 11/1, 11/15, 11/22, 11/29, 12/6, 12/13.*

**Neurobiology**—Cathy Loula, MD, Julia Matthews, MD, PhD *Tuesdays, 7:00-8:30 PM, 12/20/16, 1/3/17, 1/10, 1/17, 1/24, 1/31.*

**Contemporary Theory of Affect**—Holly Levenkron, LICSW *Tuesdays, 7:00-8:30 PM, 2/7, 2/21, 2/28, 3/7, 3/21, 4/4. No class on 3/14.*

**Working with Affect in Adult Clinical Practice**—Adam Silk, MD *Tuesdays, 7:00-8:30 PM, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16.*

# 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 Amy Matias, PhD, LICSW through the NSGP office, or via email to [newsletter@nsgp.com](mailto:newsletter@nsgp.com). (Please remember to preserve the confidentiality of any group members described.)

## ***Dear Analyze This***

*My dilemma involves the flow and exchange of information that occurs about an absent member among the present members in group. My experience is that this information is shared about someone in their absence due to a level of discomfort about the feelings and/or the absent member.*

*An interesting and perplexing example occurred following a member's termination. After the termination another member disclosed relief because they had been attracted to the member who left. Feelings of fear of bringing the attraction up directly to the member who left were shared. Surprisingly, the member who left decided to return to the group six months later. At her first meeting back in the group no one mentioned the second member's attraction, but it was clearly on their minds.*

*How does one manage bringing up the disclosure in the group, and when? How can the leader help with the potential feelings of shame and betrayal if a member other than the member who originally disclosed the attraction shares the information? In this unique example, the feelings of attraction were shared when it was believed that this person was not coming back to group and therefore it would not get back to her after she left the group.*

*Can you provide some general advice about how to deal with disclosures in a member's absence and how to approach this example specifically?*

*Sincerely,*

**Information Overload**

## ***Dear Information Overload,***

You pose interesting and challenging questions, both generally and specifically. The good news is that I think I can help you.

If I understand your questions correctly, they are both related to a general principle: uncomfortable feelings are dangerous only insofar as they remain undiscussed. First, let me address the apparent avoidance of feelings in your group. Later, I will address the issue of your group talking extensively about its absent member.

For reasons that are unclear, it sounds like members of your group feel that discussing uncomfortable feelings is unwise at best, dangerous at worst. And from what I can make out, there are a lot of undiscussed feelings in your group. If group members come to feel that you are colluding in this resistance (to discussing uncomfortable feelings), they might begin to feel unsafe. As a result, members will feel it is too risky to be open and honest with each other and with you. The result is often acting-out and serial, precipitous, unilateral terminations.

You seem to be asking how you can get your group members to talk about their feelings. How to do it might be less complicated than you think. What might be causing you tension around this task is the degree to which you think you have to be totally responsible to get group members to talk about feelings in general and the feelings associated with the avoided secret in particular. Think of the group as the main therapeutic agent. Your job, at what sounds like an early stage of your group, is to identify the group's resistance to identifying and addressing tension in the room and then encourage them to talk openly and honestly about what they are feeling.

The same general principles apply to your specific conundrum. With more details about the smitten member and the person attracted to, I could imagine how a discussion might unfold. If the feelings of attraction are lesbian in nature, there might be discomfort about homosexuality. Maybe there is no actual causal connection between the attraction of one member and the departure of the other, and another issue, totally avoided by the group has been simmering. Perhaps the way the departed member terminated is the source of disapproval in the group. Or

maybe group members are envious of the departed member because they feel that she got out "while the gettin' was good."

Being a member of a group and leading a group are especially challenging because both membership and leadership involve the giving up of so much control. Try to relax; there is no way you can therapeutically control what is going to happen (as opposed to what has already happened). Instead, sit back, relax as much as you can, fasten your seat belt and try to enjoy and appreciate the varieties of experience and the complexities of even the seemingly most straightforward interactions. If the smitten person is outed, think of all the interesting questions or comments you or your group members might ask or make. Imagine that Susan asks Frank, the

smitten one, why he is so averse to having the group in general and the member he/she is attracted in particular learn about the feelings involved. Joe, to the group's apparent surprise, confesses that he has been having a relationship with Gloria outside of the group. The group asks George, the outer, how and why he decided to divulge the information before Frank was ready to. Lisa asks Ellen, the departed member how she decided to return. You ask the group if they have any feelings about the way you have handled the situation. Alice says that she is grateful that you put your finger on the group's resistance and very relieved that the group is having the present discussion.

And finally, the topic of the group's talking extensively about an absent member. When it has been a group norm, flag it as a resistance and promote discussion about it. Usually the group will decide that gossip-like conversations are not productive or are harmful, and will decide to avoid this practice. In contrast, there are instances, necessary but usually sporadic and few in number, where the group realizes that it is only in the "difficult" member's absence that the group's problems with that member can be productively discussed. In such cases, after the group has vented, the leader can invite each member to talk about what it is about him/her—rather than the absent member—that makes the absent member so objectionable. As projections are renowned, the absent member, when he/she returns to the group, has a greater chance (than if the discussion hadn't occurred) of becoming "just another group member."

***"[B]oth membership and leadership involve the giving up of so much control."***

I hope you find these ideas and suggestions useful. Wishing you the best,

**Jerry Gans, MD, CGP, DLAGPA**



### ***Dear Information Overload,***

The dilemma you define as “information overload,” I would call “indirect communication.” It raises an important issue group therapists face. Thank you for presenting it!

In addition to your example of a member who has terminated group but months later returns, this dilemma can also apply to members who share feelings about someone who is absent from group. How does the group therapist deal with this occurrence, particularly if no one in the group, 1) explores the fear of direct communication, or 2) shares what was discussed when the absent member is back in group?

One of my first thoughts in response to your dilemma is that everyday life has too many examples of “secrets,” where something (often a bland or negative comment) is said about someone in his/her absence.

What is said often emerges later and feels injurious to the person spoken about, who is excluded and has no voice in the matter. As clinicians, we must create a therapeutic arena in every group so that it functions to empower all its members – in your case, the member who is “scared to tell,” the whole group that colludes in withholding, and the returning member who is now “in the dark” about what was said.

I think we would all agree that our “therapy” groups need to offer an opportunity for learning that is different from everyday life. In my view, it starts with the task and norms that we establish within the group. For example, members often join a group to learn about themselves in interpersonal relationships. The norms we foster create a safe, open, curious, culture in the group so that all sorts of difficult feelings can be disclosed, talked about and contained by the group. Group boundaries instill safety—members can be reminded that speaking feelings such as attraction or anger is not equal to acting on them, which is prohibited. On the other hand, secrecy, or censored feelings between members can produce indirect behaviors and undercut safety, joining and the opportunity to understand and process those feelings. When groups have this

problem, members worry about being absent because things might be said about them, not to them.

At the point in your dilemma that the woman had terminated and the member spoke of fear of directly communicating the attraction, I would have recommended that you deepen discussion with the entire group by asking about members’ distinct fantasies of what would have happened if the departing member had been told of the attraction. I bet enlightening responses would have emerged! In contrast, members would realize the hindrance to learning when they withhold reactions to each other.

I might also have said to the group, “I know X is not the only one here who has uncomfortable feelings toward someone else and not shared them. How do you

learn what you need to know if members shut each other out?” Maybe repeated discussions of this kind would have allowed the group, on its own, to tell the returning member about this discourse. X might then have shared the feeling of attraction with the support of the group—or maybe someone else would have stepped up to

share another scary feeling toward someone else and get the ball rolling.

In your write-up, you said no one mentioned X’s attraction when the member later returned to group, “but it was clearly on their minds.” How did you know that? If it was because you felt keenly aware of the withheld data, you

could say to the group, “How are we going to bring our returning member into the loop of what we have been learning from each other about direct communication?” Bringing emotional material and perceptions of one another into the group’s here-and-now exchange becomes the work for the group-as-a-whole, not just one member.

In my experience, when sexuality and attraction are shared in a group, there is more playful aliveness. People often come to group to understand problems in establishing and maintaining relationships. A courageous person in group might surprise you and ask member X, or the other members, “Why are you not attracted to me? Am I not appealing? Please tell me how you see me.” Widening the array of what can be openly discussed in the group is a “win-win” situation.

Hoping this is helpful,

**Robin Good, Ph.D., CGP, FAGPA**

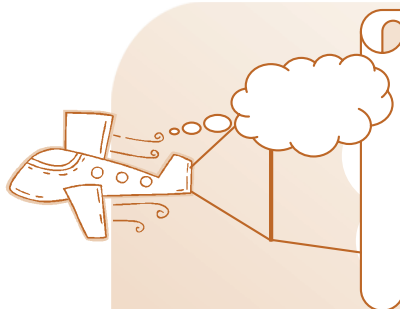


***“Widening the array of what can be openly discussed is a win-win situation.”***

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## **Save the DATE!**

### **NSGP Annual Conference**

### **June 9-11, 2017**



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



# Stepping Down but Not Stepping Away

Lise Motherwell, PhD, PsyD, CGP, FAGPA

More than 20 years ago, past-presidents of NSGP regularly met for lunch to reconnect and to enjoy their semi-retirement status as NSGP leaders. These esteemed group therapists continued to present at conferences, supervised and taught, wrote articles, and chaired committees, but their primary leadership responsibility as NSGP president was over. In the mid-90s, at a crucial moment in our profession when severe cuts in training and research funds had occurred and the future of group psychotherapy was at stake, a number of these leaders began to discuss other ways in which they could support the field of group therapy. In 1996, the NSGP Board of Directors created an Endowment Task Force to explore the possibility of a stand-alone charitable organization that would support the work of group psychotherapy in general and, more specifically, the goals and work of NSGP. As an early career group therapist still in the NSGP Training Program, I was honored to be invited by Anne Alonso to join a group of esteemed senior group therapists: Walker Shields, Chair of the Task Force, Arnie Cohen, Suzanne Cohen, Pat Doherty, Miguel Leibovich, Cecil Rice, Scott Rutan, Kathy Ulman, Donald Wexler, and John Zrebic. I was a baby among giants.

Over two years, we debated and honed our ideas and then discussed our vision about the design of an endowment foundation with Marsha Block at AGPA, and attorneys Nancy Gans, Bruce Hopkins, and Steven Carr. In April, 1997, NSGP celebrated its 40th anniversary with a dance party at the Cambridge Boat Club, an event that reflected the organization's energy, forward thinking, and excitement about the work we do. That event further fueled the Task Force's enthusiasm for making sure that NSGP and the world of group therapy survived and thrived.

In November, 1998, an idea spawned by Cecil and Shirley Rice came to fruition: the Task Force created the Rice Memorial Fund to support research and education in the use of groups to prevent violence. That same month, we began the process of registering the NSGP Foundation, Inc. with the Attorney General of Massachusetts and the Internal Revenue Service. On June 9, 1999, the NSGP Foundation held its first official meeting as a registered 501(c)3. Our first board of directors included Walker Shields, Chairperson; Anne Alonso, Vice Chairperson; myself as Clerk; and, Arnie Cohen (ex-officio of NSGP), Miguel Leibovich, and Cecil Rice. Still on the board a decade later, I found myself Chair



Lise Motherwell receiving NSGPF thanks

of a fledgling, but vibrant organization, a role I have held for nine years.

Since its inception our accomplishments have been many: we have supported dozens of training scholarships and more than 150 scholarships to the NSGP Conference. Through the Anne Alonso Scholarship Fund established in 2013, your donations, and our annual gala auction, we now average 30 scholarships to the conference each year, which provide training opportunities to those who might otherwise not be able to afford them and creates a richer conference experience for all. These early career attendees bring new ideas, a wide range of group therapy experiences, and diversity to our organization. The Foundation provides a grant for an outside speaker for the NSGP Conference Special Presentation each year, supported by our annual raffle. We have funded research grants to support new group therapy ideas and methods. The Rice Fund has funded and organized many presentations on violence prevention, including several Special Presentations at the Annual Conference. Our grant recipients consistently tell us how meaningful these training opportunities have been for their growth as group therapists, and many now contribute to the Foundation "paying it forward" so that our circle of giving can continue.

Twenty years after those first meetings, I am stepping down as Chairperson of the Foundation. I do so with a range of feelings: pride in all that we have accomplished, sadness at saying goodbye to my excellent and supportive board that talked me through the many issues that come with running a small non-profit, excitement about what the future holds for the Foundation, and enormous gratitude to all of you who have given me advice, supported our mission, and helped us to expand so that we can make group therapy and group therapy training accessible to all. I particularly want to thank my loyal and dedicated current and immediate past executive committees, who have been with me throughout most or all of my tenure as Chair: Walker Shields; immediate past Vice-Chair, Alan Witkower, treasurer; Kelley Bothe, secretary; and, Barbara Keezell, current Vice-Chair. I thank Kathy Ulman, who will

take over as Chairperson in November; Siobhan O'Neill, secretary-elect; and Oona Metz, who will become treasurer this fall. I also want to thank Cecil and Shirley Rice, without whom the foundation would not exist, and my current board: Joseph Shay, Sara Emerson, Arnie Cohen, Steffen Fuller (ex-officio, NSGP President), Debora Carmichael (ex-officio, Immediate Past-president, NSGP), Theresa Cohen, and our past board members all of whom have so generously given of themselves, their time, and frankly, a substantial amount of money.

Being on the Foundation Board has been one of the most rewarding professional experiences of my life. I have learned to lead and be led, to listen to new ideas, to come to consensus, and to respect the enormous intelligence, humor, and creativity within this special group. I have built enduring friendships and we, together, have built a strong foundation. And while I will no longer be Chair of the Foundation, I will remain on the board as a member-at-large for the foreseeable future.



## NSGP Foundation Auction



Steffen Fuller & Oona Metz



Amy Kavadlo & Pamela Enders



Marsha Vannicelli & Larry Kron



## Practice Development

*.....your practice matters.*

***Are you looking for support in growing a healthy and successful clinical practice?***

***Would you like to connect with other clinicians to enhance your professional network?***

The Practice Development Committee encourages you to attend one of our events. Our events are open to all, so please invite your colleagues as well.

If you have a topic or workshop that you haven't seen addressed in the community or would like to host one of our two hour events please contact the Practice Development Chair Oona Metz @ [oona.metz@rcn.com](mailto:oona.metz@rcn.com)

## Northeastern Society for Group Psychotherapy

**Does the thought of running a group intimidate you?**

- Would you like to brush up on the basics?
- Deepen fundamentals?
- Build your confidence as a group leader?

**We might have just what you need.**

Whether groups make you nervous, curious, excited or confused, the

## NSGP Training Program

can help sharpen your leadership skills and take your group to the next level!

Offerings include weekend didactics and weekday ongoing experiential components. If you'd like to know more, we'd love to talk to you! Contact Joel Krieg at 617-682-0057 or [kriegjoel@gmail.com](mailto:kriegjoel@gmail.com).

And check us out at

<https://nsgp.wildapricot.org/training>



## NSGP Foundation Auction *(continued from previous page)*



Ann Bitette & Jim Leone



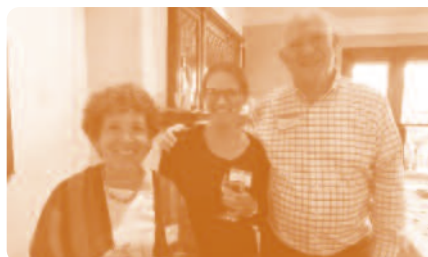
Shunda McGahee & Maggie Sullivan



Greg & Deb Carmichael



Joel Krieg, Kathy Ulman & Caleb Englander



Diane Witkower, Ina Skyt Ostetgaard & Scott Rutan



Eleanor Counselman, Siobhan O'Neill, Lise Motherwell, Scott Rutan, Bob Steinberg, Pam Enders & Steffen Fuller



Joel Krieg BBQ & game night from NSGPF auction



Silent Auction Bidding



# 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, or a notable change in your life.

📌 **Debora Carmichael** presented "Creating a Professional Will" to a group of IFS clinicians in May.

📌 **Theresa Cohen** is now a Certified EFT Couples Therapist and has opened a private practice office in Nantucket, MA.

📌 **Eleanor Counselman** has two articles coming out in the January issue of the IJGP: "First You Put Your Chairs in a Circle: Becoming a Group Therapist," based on her Presidential Plenary, and Reading Plays to Enhance Professional Development," with Robert Schulte and Yavar Moghimi. In May, she served as discussant for the Red Well Theater Group Production of "Dinner with Friends," a PCFINE presentation and she will be presenting on Affect in Supervision at the EGPS Fall meeting in November.

📌 **Sara Emerson** finished her tenure as Chair of the Affiliate Societies Assembly for AGPA in February, and also rotated off of the board and executive committee for AGPA. She has continued in her role as faculty for the training program and will be presenting at the Breakfast Club in the fall. In June, she presented a workshop, "There and Then in the Here and Now," at Asilomar, the NCGPA conference in CA. This fall she will begin teaching a class in Group Dynamics at BU in the Masters of Counseling Program.

📌 **Bette Freedson** will be part of the short course faculty at the Brief Therapy Conference in San Diego in December called "Reach Them While They Dream: Brief Therapy That Endures for Kids and Teens." In the coming year, she will be co-presenting a weekend course for women with Michele Tamaren, at Kripalu Center for Yoga and Health and will be teaching three courses as a member of the faculty at the Sweetser Training Institute in Saco, Maine.

📌 **Karin Maria Hodges** is delighted to report that her private practice has moved to Concord, MA, where she sees children and teens. Karin continues to serve as a field supervisor for the William James College School Psychology PsyD program.

📌 **Joel Krieg** continues to lead fall Process Groups at BU's School of Medicine. He also started a Men's Group in his private practice.

📌 **Marilyn Lanza** lectured at a conference at Dickerson University in Australia in July, with a talk entitled: "Aggression: A Multi-Pronged Approach."

*The Newsletter editors would like to apologize for an omission to the Fall 2016 Progress Notes. The following should have appeared in the original publication:*

📌 This November, **Marilyn Levitt** will be giving a recital of art songs & operatic arias in six languages in the main sanctuary of Emmanuel Church in Boston. Proceeds will benefit the Emmanuel Center, an urban interfaith community for spirituality & the arts. Co-sponsored by Central Reform Temple & Emmanuel Church. All are welcome to attend!

Jenn McLain and Kurt White, Co-Editors

📌 **Joanne Lipner** retired at the end of July this year. She plans to write about the process as she has many thoughts and insights about ending a private practice. Joanne is living in Cotuit on Cape Cod and is a Lifetime member of NSGP.

## Congratulations

to **Amy Matias, PhD, LICSW** for receiving her Certified Group Psychotherapist certification!!

📌 **Amy Matias** has completed her CGP requirements and is a Certified Group Psychotherapist, and has two ongoing groups in her private practice in Cambridge! Many thanks to everyone at NSGP who has supported her in this endeavor. A special thanks to **Sara Emerson, Julie Anderson** and the NSGP Training Committee.

## Thanks

to **Lise Motherwell PhD, PsyD, CGP, FAGPA** for all of your time, dedication and tireless enthusiasm on behalf of the NSGP Foundation in support of group therapy training!

📌 **Lise Motherwell** has been invited to run the Leadership Track Institute at the 2017 AGPA Annual Meeting and to present at the Maine Psychological Association meeting in June, 2017. She was invited to write and read

at Provincetown Stories, an annual memoir reading event held at the Provincetown Theater in July. Lise has stepped down from her position as Chair of the NSGP Foundation after nine years. She will continue on the board as a member-at-large.

📌 **John Moynihan** presented a paper entitled "'I look just like my mother:.' The body as landscape of the symbolized and unsymbolized in the experience of some transgender patients" for the Rhode Island Association for Psychoanalytic Psychologies. In October he will present a paper entitled "Inscribed: Thinking at the body's surface" at the annual conference of the International Forum for Psychoanalytic Education. John was recently appointed Visiting Lecturer at the Chicago Institute for Clinical Social Work where he will instruct on the topic of gender and sexuality. He continues to teach Group Therapy at the Boston College School of Social Work and to lead a weekly group for Gay Men in his Brookline office.

📌 **Rob Pepper** is busy writing his next book entitled: "99 Unconventional Interventions in Group Psychotherapy." Culled from over 35 years of studying and training with senior leaders of various theoretical orientations, he writes, "it's an amalgam of non-traditional techniques for resolving resistance in group."

📌 **David Poles** has now opened a second office in Westminister, MA offering both individual and couples therapy along with life coaching.

📌 **Scott Rutan** has stepped down from running groups...after 50 years! He is still doing individual work and supervision, but has passed his groups on to others.


📌 **Howie Schnairsohn**, his wife Rivka, and their dog Charlie moved in June to their new home in the old Jamaica Plain High School on Sumner Hill. Having retired last June after almost 20 years of employment for the same agency, Howie dips a toe into private practice this September with the launching of his group, "Process Group for Care Providers."


📌 **Sharan L. Schwartzberg** was appointed as Interim Chair, Department of Occupational Therapy, Tufts University Graduate School of Arts & Sciences in June. She has a new publication "Degree of Action and Structure in Format to Facilitate Group Cohesion" in *101 Interventions in Group Therapy*. She also presented a poster, "Research Informing Interprofessional Psychiatric Inpatient Oral Health Group Design" at the AOTA Annual Conference in April.


📌 **Joe Shay** presented a workshop entitled "Projective Identification Goes to the Movies" at the NSGP Conference and taught two





seminars on couples therapy for PCFINE. Joe was also awarded the 2016 Dedicated Educator Award by the MGH/McLean Adult Psychiatry Residency Program. In the fall, Joe will present a workshop entitled "Making Workshops Great Again" for the NSGP Practice Development Committee. In addition, Joe is Guest Editor for an upcoming celebratory issue of the *International Journal of Group Psychotherapy* examining 18 current models of group therapy, the current state of research in the field, and future challenges to be faced by group therapists. Joe also published a chapter, "Collateral Damage," in *101 Interventions in Group Therapy* entitled "Collateral Damage" as well as an article in *Group* about couples therapy.

 **Kathy Ulman** will once again be presenting at the "Annual Day of Remembrance" sponsored by "Voices of 9/11" in New York. She will join other AGPA members to make panel presentations and lead discussions for both professionals and families on the power of groups to heal the ongoing impact of trauma.

 **Marsha Vannicelli** has had her workshop accepted for the 2017 AGPA meeting in New York and has begun working on her third book, about supervision, consultation, and practice development—aimed at those who are in need of such services, as well as those senior clinicians who want to provide such services. Tips for creative titles would be welcome.

 **Annie Weiss** is delighted to report that the Observation Groups are alive and well despite the BIP closing and Scott stepping down as its leader after over 5 decades. The two observation groups are settling into their new home at the Brookline Community Mental Health Center and **Tracy MacNab** has picked up **Scott Rutan's** baton with a flourish to co-lead with Annie, while **Arnie Cohen** and **Julie Anderson** are continuing an observation group as well. Annie is also looking forward to leading the Experiential Group for the NSGP training program this year.

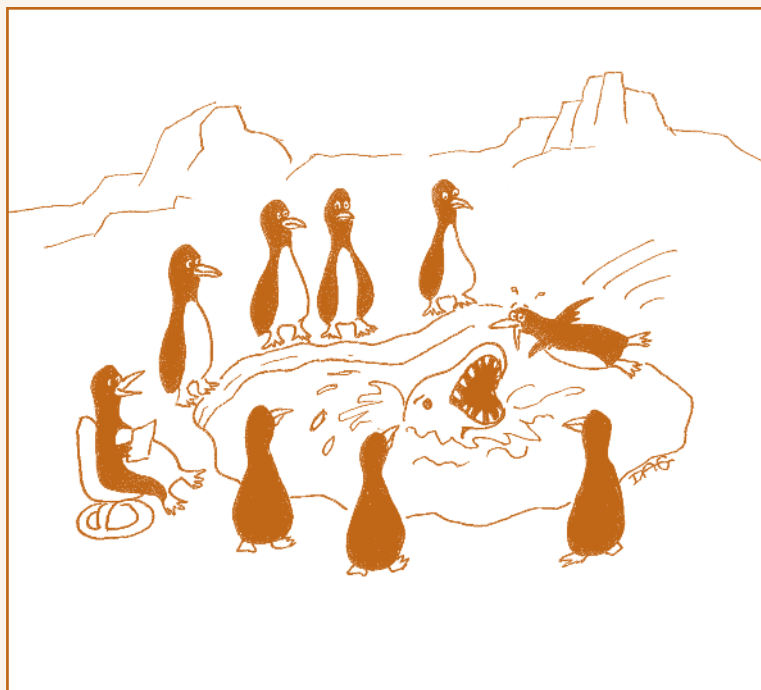
 **Kurt White** presented two workshops on addiction, attachment, and trauma at the Smith Seminars on Social Work this summer, and also completed his seventh year of teaching in Smith SSW's MSW program.

 **Ellen L Ziskind** co-edited a second book, *Innovations and Elaborations on Internal Family Systems Therapy*, a series of clinical cases illustrating the application of IFS to racism, perpetrators, addictions, eating disorders, parenting, grief and more. Ellen has also been training in Diana Fosha's AEDP, using videotapes of therapy sessions for consultation.

## 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

## Fall 2016 Cartoon Caption Winner from 2016 Spring

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



Drawn by Renee Hoekstra

### Winner:

"I guess we'll just have to wait for the evolution of opposable thumbs." — Gregory Chilenski

### 1st runner up:

"Budweiser's Clydesdale group confronts the leader." — Rob Pepper

### 2nd runner up:

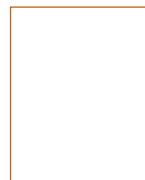
"Boy, this is much more challenging than that marshmallow experiment!" — Nathan Stein

### 3rd runner up:

"To Want Or Not To Want The Beer" — Shoshana Ben-Noam



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## Save the Date!

NSGP's 36th Annual Conference!

June 9, 10, & 11, 2017

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the newsletter fall 2016

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### NSGP Upcoming Events Calendar

Oct. 16, 2016	<b>Breakfast Club</b> 11–1:30—with Sarah Emerson, MSW, LICSW, CGP, FAGPA <i>New Member Welcome Breakfast: Case Supervision &amp; Discussion</i> Hosted by Jennifer DeSouza—Cambridge
Oct. 23, 2016	<b>Practice Development Event</b> 4–6—with Joe Shay, PhD, CGP, FAGPA <i>"Making Workshops Great Again!"</i> Cambridge, MA
Nov. 13, 2016	<b>Practice Development Event</b> 3–6—with Suzi Naiburg, PhD, LICSW <i>"Bringing the Group and Your Experience as a Leader to Life on the Page: A Clinical Writing Workshop"</i> Location TBA
Dec. 4, 2016	<b>Breakfast Club</b> 11–1:30—with Sasha Watkins, LMHC, CPRP <i>Leading Groups: Does Culture Matter?</i> Hosted at The Green Room—Somerville
Jan. 15, 2017	<b>Breakfast Club</b> 11–1:30—with Steven Krugman, PhD <i>Mentalization in Group Therapy: Making Sense of Other People &amp; Ourselves</i> Hosted by Steffen Fuller—Newton
Mar. 6–11, 2017	<b>AGPA Annual Meeting</b> in New York City <i>Connecting, Educating, and Leading for 75 Years: The Theory, Science, and Practice of Group Therapy</i> Scholarships Available!
Mar. 19, 2017	<b>Breakfast Club</b> 11–1:30—with Adam Silk, MD <i>Group Therapy Goes to School, Or, What Teachers Can Learn from Group Process</i> Hosted by Ari Shesto—Newton Center
Apr. 23, 2017	<b>Breakfast Club</b> 11–1:30—with Maria Mellano, LICSW <i>Psychodrama: Bringing Group Work to Life</i> Hosted by Suzanne Brennan-Nathan—Roslindale
June 9–11, 2017	<b>Save the Date: NSGP Annual Conference!</b> At Simmons College, Boston
July 30–Aug 4, 2018	<b>Save the Date: XX IAGP Congress</b> in Malmö, Sweden

For more information or to sign up, please call 617-431-6747 or go online to [www.nsgp.com](http://www.nsgp.com).