



the newsletter

NSGP

Northeastern Society for Group Psychotherapy

Volume XXXX, Number 1

Spring/Summer 2019

## Letter from the President



Spring is my favorite season, with its relief from the discomforts of winter and its budding promises of renewal and vitality. In this President's letter for the spring edition of this newsletter, I'll share some spring-inspired thoughts about renewal and vitality for NSGP.

How do we renew ourselves and remain vital as a professional organization—dedicated to the support and promotion of group psychotherapy—amid so many changes in health care and in patient populations? The first answer springing to mind is this: NSGP must become more relevant for a wider range of practitioners, while also supporting the needs of its current members.

It's an important balancing act—honoring our rich history as an organization, while also effectively responding to undeniable changes in how groups are serving different populations. Compared to the group therapy landscape of the 1990s (when I first joined NSGP), more types of professionals—occupational therapists, physicians, psychologists, social workers, teachers, etc.—are running groups in different types of facilities. These group facilitators are hungry for effective training and support, and yet many of them don't belong to NSGP, participate in NSGP-sponsored activities, or are even aware of our existence.

To prevent NSGP from being a well-kept secret, we need to create a concise, cohesive, and compelling message (also called an "elevator speech") about the most relevant benefits of NSGP. I've been working on this task and I invite you to consider this also—how could you best persuade somebody to join NSGP in the time it takes to ride an elevator? (I'm talking about the impressively fast elevators at Beth Israel Deaconess Medical Center, where I work, not the elevators at L.A.'s Westin Bonaventure Hotel, the location of the otherwise vitally renewing 2019 AGPA conference.)

Of course, we also need to invite more diversity into our organization, expanding NSGP's relevance and participation along the diverse

continua of age, class, gender, race, and so on. The focus of the 2020 NSGP conference (with planning already well underway) will be "Diversity," offering diverse experience groups, workshops, panel discussions, and other diverse learning opportunities.

And to bring the focus back to the renewal and vitality of this spring, our June 2019 conference—"Diving in: From the Shallows to the Deep"—promises to be renewing and sustaining for NSGP members and for people new to the organization. At this writing (April 13), there are 76 people already registered for our Spring conference. Also at this writing, an NSGP task force is exploring how to keep our conferences vital and accessible, looking at location, timing, and different possible formats of future conferences.

As I mentioned at the beginning of this letter, a vital part of sustaining this organization includes supporting the needs of our current members. For me, this includes doing my best to support the dedication and hard work of our committees. Recently I heard this saying: "If you want something done, give it to the busiest person." I immediately recognized its relevance to how NSGP committee members—as well as members of the NSGP and NSGP Foundation boards—are incredibly busy, still getting things done, and continuing to take on more tasks and responsibilities. Therefore, I want to encourage the self-care of those NSGP members who do so much to ensure the vitality and renewal of our organization AND I want to spread the wealth of involvement in NSGP.

I remember when I was first invited, after years of being a member, to serve on my first NSGP committee by the then President of NSGP, Barbara Keezell. Barbara, who is the best salesperson I know (which you will personally experience when she sells you NSGP or AGPA raffle tickets) sold me on joining the Conference Registration Committee. As a result, I felt more involved with the organization, sharing many delightfully revitalizing hours with the other committee members, with whom I share a special connection to this day.

Therefore, I encourage you to join a committee that's a good match for you. Interested in

writing and communication? Join the Newsletter Committee. Passionate about the NSGP conferences? Join the conference committee. Fascinated by the present and future of group practice development? Join the Practice Development Committee. Captivated by nourishing food and also food for thought about group therapy? Join the Breakfast Club Committee. Want to provide training opportunities for group therapy practitioners? Join the Training Committee. Eager to support and expand NSGP's membership? Join the Membership Committee. Interested in expanding the reach of group work into the community? Join the Outreach Committee. Want to spread the word about the benefits of NSGP? Join the Marketing Committee.

Interested in another aspect of groups and NSGP? Talk to me about that, and we'll figure out a way for you to be more involved, for the renewal and vitality of the organization AND you.

**Ann Koplow, LICSW, CGP**  
*President, NSGP*

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|             |  |
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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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Monday-Friday 9 am to 5 pm

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## Letter from the Editor

Travelling in the Scottish Highlands in April, we worked our way north to the Orkney Islands, driven to this remote part of the world by a desire to see the UNESCO world heritage site there—5000-year-old Neolithic remains, virtually everywhere, underneath, and also somehow surrounding everything. There are standing stones, and henges, and unearthed villages, and burial mounds. It is in one of these, at Maeshowe chambered cairn, that I find myself on my second day there, inside an ancient burial chamber that (for reference) was built, used, closed up, and deemed obsolete by the peoples that used it before construction began on the pyramids at Giza. Much later on, but still 900 years ago, Vikings, as was told in the Saga of the Earls of Orkney, broke in through the roof during a snowstorm, on their way to kill an Earl, and took cover; they drank, and wrote graffiti on the walls that remains today. "Thatir the Viking came here to weary" and "These runes were carved by the man most skilled in runes on the Western Ocean with the axe that killed Gaukr Trandkill's son in the South of Iceland" are among my favorites. I had goosebumps there, imagining my way into the lives of both these peoples, and I wonder what passions motivated them, and how they lived.

Far more trivially, I find myself also remembering a time in my early life, when I was perhaps 10, and encountered a bit of wet cement in my hometown, and took a stab at my own immortality, writing my name for posterity. My fame was short-lived, though—a girl in the school asked me about it the next day, and let me know that her father wasn't so pleased... they smoothed it all out before it could "set" and I was a bit embarrassed about the whole affair. The Vikings and I had something in common: we were both a bit light on quality content.

Perhaps these things are in my mind because, indeed, this may be my final editor's letter, as I intend to step off the post following the Fall/Winter '19 issue, and to bring in some new co-editors. I say "editors"—plural—because my co-editor, Howie Schnairsohn, is stepping down after this very issue. The words in this newsletter—our little history—will almost certainly not endure as long as the Viking runes, though they have outlasted my wet cement—perhaps that is a happy medium. I hope and expect that the newsletter itself will continue, and become even more robust, with some new leaders at the helm; it isn't an easy role, but it's an important one, I think, for our group.

It may be time to consider a kind of transition, also, to the "new media" of electronic formatting. This is not so much a time-saving,

or even money saving plan for us—someone, after all, has to be in charge of the redesign, and the formatting, and original content doesn't create itself—but we have been without a major format revision for a good many years now. As I bid farewell to Howie, and work to find some new editors, I will try to help oversee that process, so that we have at least a bit of a roadmap before my stepping down.

In passing the torch, I want to express my gratitude to the NSGP community for all of the contributions that make a newsletter like this one possible—it is no small feat! We have original cartoons, original articles, the occasional book review, and previews of what have later become published papers. It takes time to do this, and the time not just of two people, or of the committee, but all of us. In some ways, that's what an intentional community is—a choice to spend time making something real, with words and actions. I hope you will forgive me for being such a nag these past few years—and for being at times too pushy, and at others too slow and not pushy enough—I couldn't have done my part without all of you, and I wouldn't have wanted to do it for any other group.

I will close with another quote, this time from Vonnegut's ghostly protagonist, in his reflective reverie at the end of *Galapagos*... "Does it trouble me to write so insubstantially, with air on air? Well—my words will be as enduring as anything my father wrote, or Shakespeare wrote, or Beethoven wrote, or Darwin wrote. It turns out that they all wrote with air on air."

**Kurt White, LICSW, LADC, CGP,  
FAGPA**

Co-Editor Newsletter

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

# Stealth Self Care

By Judy Garland Psy.D.

**O**n a rainy Sunday afternoon in March, the Professional Development Committee hosted Doug Baker, LICSW who presented a workshop on stealth self care. Doug is a clinician in private practice, as well as a yoga teacher at Kripalu. He is also on the faculty of the Institute for Meditation and Psychotherapy.

Stealth self care refers to simple-to-learn practices drawn from mindfulness and yoga, which therapists can invisibly deploy for themselves during the therapeutic hour.

For the first five minutes of the workshop the group meditated. We then discussed the thoughts and feelings that arose for us. We were asked to identify what we felt, be it frustration, confusion, or pleasant feelings, and identify what caused those feelings. Was it something internal? Or was it something external?

The point of this exercise was to illustrate that we create our experience. Doug stated that the Buddha refers to the first and second arrow, which refer to pain and suffering in the world. The first arrow is pain, and the second arrow is our reactions to the pain.

We discussed how, in session, therapists can engage in self care by being mindful of how they are responding to the moment. Self pressuring and trying to control what we can't control creates stress. Doug taught the group how he would use that awareness in the session. As therapists, we can look to bring more balance between doing and not doing into the room. He stated that the Buddha advocates taking the middle path of these, having balance between being active and non-active. If we feel pressured to be more active, the client can pick up on our anxiety.

Therapists are engaging in stealth self care when they are mindful of being in the

right relationship between doing and not doing in the moment. Doug stated that as therapists, we tend to err on the 'doing', and that there is a power in the acceptance and letting go of what is occurring in the therapeutic moment. He shared that Carl Rogers states that when he accepts himself as he is, he can change.

Buddha's main insight, we learned, is to look within, and to stop trying to control things when it isn't helpful. As therapists, it is useful to be mindful of when we are adding stress to our own experience in the therapeutic moment. We were taught some basics of mindfulness.

Basics of Mindfulness: There are three stages of mindfulness meditation:

The first stage is focus. We bring our attention to something, e.g. our breath, sounds in the present moment. When we concentrate, our stress relaxes, our heart rate and blood pressure tend to go down, and our immune systems benefit.

The second stage is open awareness, or mindfulness. Bring your attention to the present moment in a non-judgmental way. For example, do not resist or struggle against sensations you may have, or noises you hear.

The third stage of mindfulness is insight. It is the noticing of cause and effect, what works or does not work for us.

Doug stated that when we are with a client we can be mindful of ourselves and the client in an open and non-judgmental way. This allows insight to arise. By being mindful, and noticing cause and effect, we become aware of the gap between how things are, and how we think they should be.

The group engaged in a mindfulness exercise, and we discussed our experiences. Doug introduced the idea of no-self, an empty mind awaiting something to come through. He stated that a goal in meditation is to accept whatever experience we have. That we can just be with our experience and not judge it.

Doug asked, can we be okay when a client is either moving or stuck, or we are stuck? He stated that we can be in the right relationship to the therapeutic moment by accepting it. We can't control what we can't control. Doug stated that it is unhelpful to identify with what happens with the client in the moment.

He taught the group the acronym RAIN as a guide to being mindful:

- R: Recognize
- A: Accept
- I: take Interest
- N: Non identification (with what is happening in the present moment).

Doug showed the group a short allegorical video which illustrated the concept of acceptance and non-acceptance. It was a story of a meditator being disturbed by a fly. The more he tried to get rid of the fly, the worse the situation got. When he accepted the fly, it turned into a cherry blossom. The point Doug was illustrating is that the thing that is troubling us brings a gift. The gift comes through becoming curious and mindful in a stressful moment.

Doug also shared some stealth self care techniques which come from yoga.

- 1: We can play with our posture, when we lengthen the upper body, it brings energy into our system.
- 2: We can notice our muscle tension, especially in a difficult moment. Doug stated that it is okay to have tension in the shoulder muscles, facial muscles and belly. However, we can look for the optimal amount of tension.
- 3: We can use our breath to balance our energies. Breathing through the nose helps us self regulate our energies.

Doug advised that if we are traumatized by a clients' story, we can discharge the tension physically so that we don't hold the energy. We can release the energy through slow steady breathing. He stated that a long exhale is calming to our nervous systems.

Doug taught the group a specific yogic exercise that quiets the mind. He stated that the mind quiets when it has many things to focus on at once.

Focus on the in and out breath, and breath as slowly as you can. On the exhale, turn your head to the side, inhale turning the head to the center, and then exhale turning to the other side. Then use the slow inhaling and exhaling while reaching the ear to each shoulder, leaning the body over.

The workshop closed with another five minutes of mindfulness practice.

Needless to say, the group was quite relaxed at the end of Doug's presentation. We left the workshop equipped with some new tools to use in session to help quiet and ease our minds and experiences.

The Professional Development Committee thanks Doug for sharing these techniques that help us as therapists remain in a more relaxed and open state throughout the therapeutic hour.



## 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 Fall/Winter 2019-20 Newsletter.

Please send submissions to:  
**newsletter@nsgp.com**

*Note: letters not edited except for space.*



## Reflection on AGPA 2019

By Maddie Freeman, MSW, LCSW

### Nervous Children

"Raise your hand if you're feeling anxious right now." My hand, and about 300 other hands, shot up in the air. It was the morning of the first day of Institute. Susan Gantt then asked the room, "Did your anxiety go down when you saw you had a subgroup?" I felt my shoulders relax, felt my heartbeat slow down, and I giggled as I looked around at hundreds of other faces in agreement. In that instant, my sense of who was in the room transformed from "seasoned, well-read group psychotherapists with large vocabularies, in flowy clothing" to a room full of nervous children, eager to find their buddies, relieved at the nurturing teacher facilitating that for us. This was

the first time I had seen Susan Gantt in action, right in front of me. Her words and lecture approach were accessible and refreshing, and I felt as though she were speaking my language. "When we see that we have a subgroup, our neurobiology changes."

I approached Susan Gantt the next day, in a hallway of the hotel, to tell her how much I appreciated her lecture. My inner nervous child came back, faster heartbeat and star struck smile in tow. I even name-dropped my former professor and current mentor, Kurt White, in hopes to get "academic points" with her. Susan Gantt knew Kurt, thanked me for my words with a warm smile, and encouraged me to attend an upcoming Systems-Centered Training workshop at the conference. Suddenly I was invited into the "Susan Gantt fan club subgroup" and I felt simultaneously at ease and proud. I think I was wearing flowy clothing, too.

### *Our brains work better in concert with other brains.—*

**Susan Gantt**

This 2019 AGPA Connect was my third AGPA conference, and this is just the beginning for me. As soon as I learned about the term "home conference," I knew AGPA was it. Kurt White, professor of my first ever class of social work school in 2016—Group Theory and Practice—spoke so fondly of AGPA and encouraged his students to apply for scholarships. He

would sprinkle in moments and theories from past conferences into his lectures, tell us stories of the legendary Yvonne Agazarian, and generously agree to write scholarship recommendations.

Even before Kurt's eye-opening class, groups have been a part of my life for a long time. I grew up in an intentional community called New View Co-housing, where twenty-four households face in towards each other on a hill in the suburbs of Boston. The community members share a love of consensus-based decision-making, environmental and social justice, and supporting each other. There is an e-mail list—not unlike the AGPA listserv—where people share anything from, "Does anyone have a springform pan I can borrow?" to "My mother is getting sicker and I need support," to "Flag football game happening on the Great Lawn now!". By a very young age, I was already gathering with other neighborhood kids, making up dances, creating odd outdoor games, and planning a "camp" for the younger kids—imitating the adults' meetings and collaboration styles. These early experiences solidified some of my core beliefs: it is okay to ask for help, community is crucial for well-being, and group dynamics are fascinating. And now, being three AGPA meetings in, I can safely say that AGPA is serving as another co-housing community in my life.

### New at This

Although facilitating groups feels right to me based on my upbringing, I am still so new at it. In 2016, my social work internship landed me at a high school in South Providence, where I ran a few one-time groups and assisted a client in starting an LGBTQ+ after-school group. My second-year placement, in 2017, brought me deeper into process group work; I was placed at Boston Health Care for the Homeless in the Suboxone Clinic, running a weekly men's substance use



**Geoff Kane**



**Joe Shay & Barbara Keezell**



**Shunda MaGahee, Annie Weiss  
& Jeff Brand**



**Ran Li & Lesley McGee**



**Jenn Ruiz & Sara Emerson**



**Amy Matias & Jennifer DeSouza**

recovery support group. It was here that I truly learned about the power of rituals and consistency. If I once forgot to lead a meditation exercise while the coffee was brewing, the group members would keep me on track and make sure it happened. Structure and clarity seemed to be everything. This year, I got my first social work job at Cambridge Health Alliance's Elder Service Plan, a medical program for adults ages 55+ who need extra support. I am a mere six months in and I have yet to run a group, and trying to imagine the logistics of it. I look forward to incorporating some concepts from Leslie Klein and Wendy Freedman's transformative workshop on disability and health conditions, such as how people's needs change over time, "learning to dance with your disability" as it is a partner for life, and how a universal design would benefit everyone.

## Role Model

My newness to this field has allowed me to soak up like a sponge my AGPA Institute leaders' wisdom, essences, and approaches. My first Institute in 2017 felt magical. Perhaps it was the combination of people in the group, or simply due to that first-time awe. I have to think, however, that Kylie Dennis had something to do with it. Kylie was the grounded, playful, clear, and motherly Institute leader my first year, who has been running groups for over 30 years. I, and the group, trusted her completely. Whenever she interjected to speak, which was not all too often, each word resonated in the room and members took a moment to let it sink in. I decided intentionally to choose her again for this year's Institute and did not regret it. [I will probably not do this again, however, because I know I should branch out and explore, like a good, securely attached child.] I have found a group therapist role model. Kylie had impeccable time boundaries, a stellar sense of humor, and an active role in de-escalating a scapegoating situation. She created a holding environment and took care of each of us, even when we did not consciously realize we needed to be taken care of. Lastly, Kylie paraphrased her favorite quote by Oliver Sacks, that above all else, his most important job was to simply bear witness to his patients. This is a concept in which I believe wholeheartedly and forget to remember, as a clinician and a human being.

I feel honored and excited to have joined AGPA with thinkers and practitioners such as Susan Gantt and Kylie Dennis, and am already dreaming of New York 2020.

## Committed Action

By Lesley McGee, MA

I showed up to Los Angeles with little idea of what I was in for with AGPA. I quickly got the sense that there was an unspoken agreement about "how" to do the conference. Other first-time attendees told me advice they received from advisors about which institutes to avoid. More seasoned attendees seemed most eager to find out whether I would be attending the dance party. What I did know was that, as a socially anxious introvert, I was intimidated at the prospect of mingling with strangers for five days straight. Still, the theme of the conference ("building bridges through connection") resonated with my work. I currently run a general support group and a sexual assault survivors' group at a mid-size science and engineering college in Western Massachusetts. Previously I also worked per diem at a partial program.

A bit about me: I graduated in 2018 from Boston University School of Medicine's Mental Health Counseling and Behavioral Medicine master's program. My theoretical orientation is primarily Acceptance Commitment Therapy (ACT) with a blend of other person-centered

*(continued on page 6)*



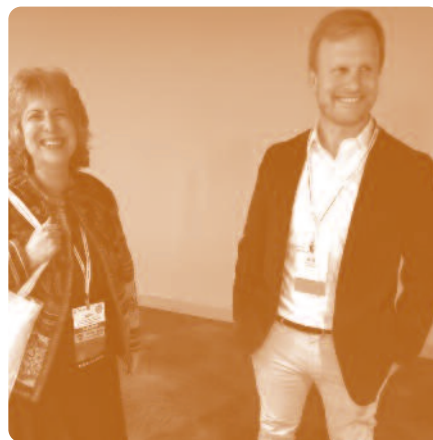
Larry Kron



Amy Matias & Kristen Dryfus



Cindy Berman-Richter & Maddie Freeman



Ann Koplow & Joel Krieg



Kurt White & Liz Dietrich



Ken Jaeger & Jenn Ruiz



techniques that focus on acceptance, personal values, and committed action. Dr. Steven C. Hayes, the psychologist and founder of this theory, defines committed action as "Committed action is a step-by-step process of acting to create a life of integrity, true to one's deepest wishes and longings. Commitment involves both persistence and change—whichever is called for to live in alignment with one's values in specific contexts. Commitment also includes engaging in a range of behaviors. This is important because moving in valued directions often requires being flexible, rather than rigidly persevering in unworkable actions. Committed action is inherently responsible in the sense that it is based on the view that people always have an ability to respond" (Committed Action: Creating a Life of Integrity, 2018).

This idea became the theme of my experience at AGPA. Committed action, or, responding to each moment in accordance with my values rather than following a pre-determined plan about what I thought I "should" do. My experience was not playing out according to the mental image I had of a "good first-time attendee." I ended up leaving one of the plenaries to go take a nap because I had woken up at 4AM that day and not been able to go back to sleep. Unsurprisingly, I did not make it to a

single early morning session even though I registered for two. I went to one new member event. Based on a previous unpleasant experience with it, I did not do the large group and took a nap instead. I worked out or slept during the lunch break. I ended up skipping everything on Friday (my last day) to go into California to explore. I was acutely aware of when my own needs as a jet-lagged, shy, socially-anxious introvert flew in the face of typical "first time attendee" expected behavior. During conference sessions I learned about myself as a group leader and member, and as a therapist. But in was in my "down time" that I had to honor my core values of autonomy, health, creativity, integrity, and play to help keep me from burning out.

I ended up using up most of my social energy in the first two days, and I have no regrets. My "entry level" group with Charlene Pratt, LCPC, CGP was intense and wonderful and I felt myself and my whole group give everything of ourselves to build bridges (and then some, ha). I had some intense dreams following my first day of process group and day two left me in tears (in a good way). But when it was over, I wanted to run back to my room and let my brain fully process and recover. Before arriving to the conference, I happened to book a dance class in LA the night after the last day of process group.

Again, I was missing an SIG dinner to go but- committed action! I knew I would regret not doing a dance class at The Playground in Los Angeles with a choreographer I had admired for years. It was a rare opportunity to expand the part of me that loves creative expression. I knew I would have other chances to introduce myself to these people. So, I danced hip hop that night. The icing on the cake was that the idea behind the choreography spoke to some of the uncomfortable feelings I had unearthed in process group. I used dance to give my voice a break and let my body move through the emotions and knowledge and insight I had gleaned from process group. It was divine. I ended up crying happy tears there, too.

Now that I have had some time and distance from the conference I can better appreciate the emotional intensity of it. My first experience showed me how I (and many others) can best benefit the conference. Rather than attacking every opportunity to meet and discuss my work with colleagues, I can accept that sometimes I will need to take introvert breaks. Or do creative processing activities and take a break from discussion. Even in resting I am absorbing the message of AGPA. I built bridges of connection with myself.



## **NSGP Presents: 2020 Annual Conference**

# **Diversity, Equity and Inclusion: Enriching Our Groups and Our Selves**

Boston, Massachusetts  
June 12, 13 & 14, 2020

## *Looking Toward Next Year*

In this conference we aim to explore all the different meanings of Diversity in our profession. How do we think about diversity in our groups, and in our lives.

We hope to explore concepts, biases and ideas in areas that challenge and enrich our perspectives. By pushing against our own levels of comfort, we open spaces to create more welcoming and safe places to heal and be healed.

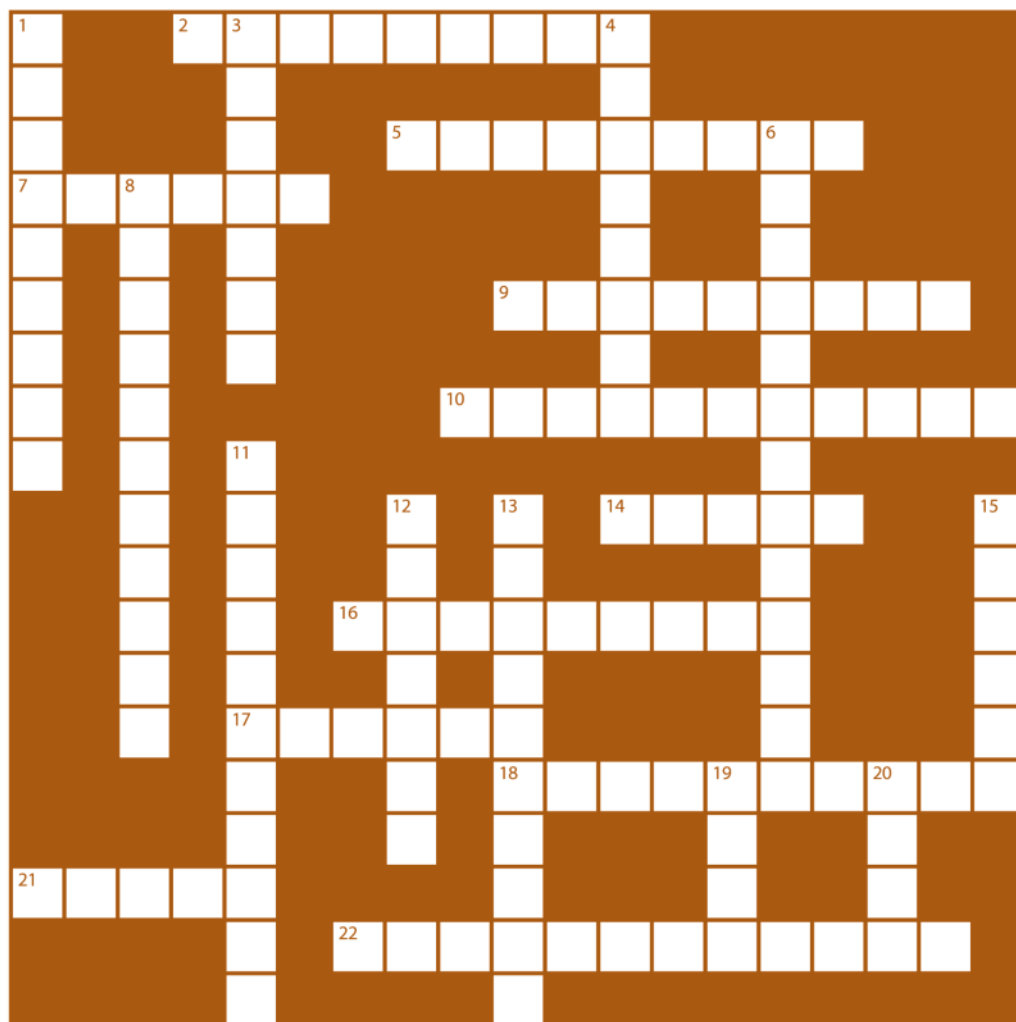
Please contact **Guy R. Croteau, LICSW** at **GRCroteau@gmail.com** for more information or if you would like to participate in this exciting program

# People, Places, and Things in Group Psychotherapy

Kurt White, Crossword Editor

## Across

- 2 \_\_\_\_\_ Center, where you can find observation groups! (9)
- 5 White \_\_\_\_\_, a dynamic of structural racism in USA (9)
- 7 \_\_\_\_\_ of group development, these help inform us which interventions to choose (6)
- 9 Location of the next IAGP Congress in 2021 (9)
- 10 \_\_\_\_\_ groups can be a way to watch experienced group therapists work (11)
- 14 Kathy \_\_\_\_\_, former NSGP and AGPA president, most recent recipient of Distinguished Fellow award from AGPA (5)
- 16 Freud's Three Essays on the Theory of \_\_\_\_\_ (9)
- 17 The \_\_\_\_\_ Crisis caused approx. 70,000 deaths in USA in 2018 (6)
- 18 The less sexy of Freud's drives can show up and cause problems - and opportunities for group leaders (10)
- 21 \_\_\_\_\_ Moreno, the mother of psychodrama, who died in 2016 (5)



- 22 Apply early for these, to help attend AGPA next year! (12)

## Down

- 1 A problematic role in group, but often a person with hidden strengths to offer (9)
- 3 Growth and \_\_\_\_\_, AGPA Connect theme for 2020 (7)
- 4 The "E" in EBPs (8)
- 6 \_\_\_\_\_, method

- practiced by the followers of Foulkes (5,8)
- 8 Bion's Three Basic \_\_\_\_\_ (11)
- 11 Method of group work practiced by followers of Moreno will gather in Iseo in September (11)
- 12 Excitement, shame, and large lap are the tools of this group practitioner's trade (7)

- 13 The "f" in NSGPF (10)
- 15 These groups are neither large nor small (6)
- 19 NSGP's New York based counterpart (acronym) (4)
- 20 The Journal of AGPA, available free online to members (4)

**Crossword Solution on Page 10**

# ANalyZE This

This question-and-answer column appears regularly in the Newsletter and addresses complex dilemmas in group therapy. Featured are case vignettes presented by NSGP members, with responses by senior clinicians. If you have a question you would like considered for this column, please submit a case vignette of 400 words or less to Caleb Englander, 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,***

*I am writing in regards to a member of my group who I am struggling with. For starters, I don't think I like her very much, which doesn't feel very good. I think I basically understand her, in the sense that I think I understand her internal dynamics and what may make her act the way she does, but I could use some help working with her.*

*Some background: it's a group of young adults, men and women, most of whom identify with having a "mental illness" or "mental health struggles". Many if not all of them have at some point in their lives been in an inpatient or partial hospitalization program. As a broad generalization I'd say they are struggling to cope in the world, to manage their intense and at times overwhelming emotions, and to maintain steady work, school, living situations, or relationships.*

*This member who I am writing about, who I'll call C, is a woman in her late 20's. She came to group because she is very depressed, has been for years, and wanted to try something to augment her individual therapy and medication. She has shared in group that she has been a 'responsible adult' since she was 8 years old despite being the youngest of three children. Her older siblings and parents were always getting into some sort of trouble or argument, and there was a high degree of chaos in the home, and that she was the "good one" who*

*didn't need special attention and could take care of herself. Left to herself, she says, she became very competent and capable, and is especially good, in her own opinion, of solving others' problems. She takes great pride in this skill of hers.*

*As is no surprise, she likes to showcase this "problem solving skill" in group, and at every opportunity wants to help others' solve the problems in their lives. Much of the time, the other group members have no objection to this tendency of hers—some even report to appreciate that she is helping them to solve their problems; or if not appreciative, they report being "neutral" about it. One group member calls her the "Group Mom," yet attempts to explore what it's like to have a "Group Mom" don't seem to go anywhere. It doesn't help that C is one of the more talkative members of the group, so at times the group is dominated by her problem solving and concrete approach to relating.*

*For my part, I tend to challenge or inquire with C about her impulses to problem solve. This sometimes makes her frustrated with me because she feels as though I'm taking away the one thing that she has that makes her capable and strong, or that I'm telling her that her behavior in group is "not good". She reports that she'd like to be more in touch with what she is feeling, so in one sense I'm glad that she is aware of how frustrating and angry she is with me, but this seems to be the only affect she can identify in group, and it feels terrible to her. She reported recently that after almost every group she feels worse about herself than she did when she came in.*

*I'd like to help her make the connection between her depression/emptiness and the ways that she is relating to others in the group as well as the ways that she does not allow herself to feel. I think I'd like her more as a group*

*member if she were not so active and dominant in group as well. So, this is my problem—help is welcome!*

*Sincerely,*

***Stumped by a Problem Solver***

## ***Dear Stumped by a Problem Solver,***

I have reread the vignette multiple times, and at each turn I was captured by one of the opening sentences, where the writer confesses to disliking the group member, Ms. C. I am struck by the courageous act of the writer in opening these feelings to the public eye. As clinicians, it is often assumed that we would adopt the fundamental value of our profession as dispensing unconditional positive regard, the act of loving in 45 minute chunks. In my second year of graduate school, I was influenced by an exchange with my behavioral team supervisor. Being a cheeky student, I challenged her, "Patricia, it is written that therapists are friends for hire." I recalled that she stared at me directly for a few moments, "Yes, but you will never grow to be that kind of therapist." So, my current reaction is to question whether mutual frustration between the therapist and her client represents a clinical difficulty or, in contrast, whether these feelings enact exactly the kind of situation that would lay a foundation of a healing experience.

As a psychologist who strongly identifies with cognitive behavioral theoretical orientation, I often find myself in a role of adjunct treater, working with a client on building their coping skills as they struggle with anxiety, OCD or depression, while they may continue in long-term supportive psychodynamic treatment. Just this past week, I have spent time facing an internet page starting a job application with a young adult who has been mainly confined to his room for the past six months, providing him with exposure experience so that he would tolerate the same anxiety outside of our meeting. Or, listened to the lyrics of a sad song with a woman who becomes obsessively preoccupied at a possibility of mourning the death of elderly family members. There is a combination of art and craft in leading clients toward such activation or exposure exercises. Ironically, research shows strong correlation between clinicians' willingness to use exposure techniques and their own willingness to



tolerate accompanying frustration, panic or despair.

If I were to approach our writer as a supervisor, my impulse would be to empathize with the struggle of showing up as an effective group leader while tolerating the discomfort of disliking a client. And then, I would invite the therapist to consider the function of that feeling. The client appears committed to being an active group member. So, the initial intent seems to be different other than separating her from the group. Is it possible that she generates frustration to be noticed, to be in the apple of the group leader's eye, to earn attention and admiration? The writer clearly stated her own value in supporting the resolution of Ms. C's debilitating depression. If depression were resolved, how would her life be changed? What new value guided behaviors would she engage in on a daily basis that she finds herself unable to do currently? And, if so, may she start by experimenting with enacting such behaviors in the group?

Quite often, at early stages of treatment, I suggest to my clients that we would be working on becoming friends with their anxiety, ADHD, OCD, depression or whatever label they choose to assign to their emotional discomfort. By approaching their feelings from the perspective of a friend, they would be more likely to acknowledge their distress early and respond with compassion. Similarly, in this situation, the writer's challenge may be in approaching her internal frustration as a friend and continuing to work with Ms. C compassionately, supporting her in crafting life worth living that would include strong positive relationships both inside and outside the group.

Sincerely,

**Ari Shesto, PhD**



#### ***Dear Stumped by a Problem Solver,***

Sounds like a really difficult dynamic for you, C, and the other group members. It's clear you've put a lot of thought and effort into your work. Good for you for reaching out for help.

You start with how you don't really like C. That's a great place to start! Working with someone you don't like is a challenge. And it's diagnostic—it's certainly not just you! I would probably have a hard time liking C as well. She keeps others at a distance by not revealing herself—her feelings, vulnerabilities, and “below-the-neck” reactions. She gravitates toward the negative and what she's most familiar with (solving others' problems). I would need to remind myself her problem-solving is an adaptation that has served her over the years. It's a big part of her identity, and she'll likely need to develop other identities and strengths before she's able to examine the downsides of her problem-solving skills.

Though it might feel like swimming upstream for a while, I would strive to nurture my relationship with C, paying close attention to times I notice feeling warmly (even slightly) and more connected (which might mean feeling just a bit less annoyed) toward her. It might be when she's taking a risk in the group—even the smallest one. It might be a spontaneous shared laugh. Whatever it is, I'd want to name it and how I'm feeling toward her. The goal is to show C (and the group) you see and appreciate her outside of her problem-solving. I'd also have my radar on for moments when other members seem to be appreciating C for something other than her problem-solving. You might ask, “How

are you (group member) feeling toward C right now?” You could ask C how the appreciation (or other feeling) lands in her. Over time, C's self-esteem will improve, and she'll be able to tolerate more.

Moreover, I'd try to get the whole group more connected to their “below-the-neck” experiences, while holding in mind how difficult and scary it probably is for them to notice their feelings, which can be intense and overwhelming. Problem-solving is a largely cerebral process that can really limit (and protect) members from getting in touch with thoughts, feelings, and reactions. I'd be active in

wondering about the feelings and sensations in their bodies, in their body language, in the exchanges with each other and you, and group happenings (members' absences, group breaks, anticipated new members, etc.). I wouldn't be surprised if it didn't yield much at first. Members may have an easier time identifying feelings in between groups. They're likely afraid of losing control of the emotions in the group and jeopardizing the relationships they've come to value. The process of becoming more connected to their feelings is a slow process. Be patient.

It could seem counterintuitive, but you could try creating more of your own allowance for the group's problem-solving. If you address the problem-solving, you could offer a reframe focusing on connection. “I'm really struck by the way the group works to connect with each other through trying to help T,” or “I can feel the camaraderie created from getting different perspectives on what X is going through.”

As the group becomes more cohesive and comfortable with uncomfortable feelings, you'll likely have more success addressing the function problem-solving serves. While C plays an important role, I'd suggest the group is using C's problem-solving skills to avoid uncomfortable feelings, including feelings around getting close. What might happen if the group experimented with being with each other without solving problems?

I hope you find this useful. Good luck!

**Joel Krieg, LICSW, CGP**



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# Anti-Racist Practice for White Group Facilitators

By Zachary Wigham, MSW

The group had started off at a crawl, even for 9am on Sunday. The natural quiet of the morning had been difficult to shake off. In frustration, “Sherry”, a white woman in her 40’s began: “Why is it I’ve got to go to these groups to get my dose? Private doctors don’t put you in a bind like this. Recovery is hard enough and then groups get piled on.” Two members in the corner, “Chris”, a Puerto Rican male in his 30’s and “Dan”, a white male in his 20’s, nodded. The group began to seethe. “It’s just more work, and you never know what’s going to get stirred up. The whole thing makes me want to go use.” Sitting with them, I did what I could to validate frustration and survive this or that attack. The attacks on the group continued until, gradually, another thread came up.

“Turner”, a white fellow in his 20’s, hunched forward and took a different tone. “I’m not saying the clinic here makes it easy, but I don’t know what I’d do without it. I was shooting up bundles before I got in and I’m still on the edge. My apartment sucks, I feel in danger, I’ve got these Puerto Ricans in the apartment below dealing...” I bristled immediately, but Chris reacted before I could think, “What the f### does that have to do with it?” Turner began to backtrack. I felt torn in attempting to figure out how to hold Turner accountable and protect a member who I perceived to be quite vulnerable. I felt off-balance regarding how to respond in a way that supported Chris without appearing cruel to Turner. I felt unskilled and unprepared, trying to reflect on how my position as a white group leader added to this dilemma. I responded, “Turner, is there a reason you linked their ethnicity to your sense of danger? Maybe you can give us a better sense of what you want us to hear.”

Over a year later, the scene laid out above served as a plunge into a workshop two colleagues and I facilitated at AGPA Connect 2019. The full-day workshop, Facilitating Justice: Anti-Racist Practice for White Group Facilitators, held a packed room of about thirty attendees. The workshop used an “affinity model”, aiming to promote white group leaders taking the responsibility to educate and “work through” with other white group leaders, while allowing a space for fumbles, guilt, shame, and learning to occur, and not at the expense of group leaders of color. Our aim was twofold: convey foundational definitions and histories of race, racism, and the origins of “whiteness” while engaging participants with the complexities of addressing microaggressions and white fragility in

psychotherapy groups. Each facilitator led a didactic portion including a break-down of the construct of “whiteness”, a translation of white fragility reactions into psychoanalytic defenses, and the portion I led, a look into common group psychotherapy concepts and techniques alongside pitfalls for the group leader when addressing white fragility reactions.

Several didactics, pair-ups and break-out discussions saw us through the morning half of the workshop. Morning didactics included important definitions and background, such as the origins of the term “Caucasian” as invented by Johann Blumenbach, an 18th century physician who believed, via his collection and study of skulls, that white people originated in the Caucasus and were the “most beautiful”. He went on to note his belief that the other “races” that he invented were deteriorations of the supposed original Caucasian form. Another important didactic portion was the introduction of Robin DiAngelo’s term “white fragility” (2011), a “state of depleted psychosocial stamina” in the face of racial diversity and challenges to white people’s racial insulation via institutions, cultural representations, media, geographic segregation, etc., which triggers a range of defensive reactions.

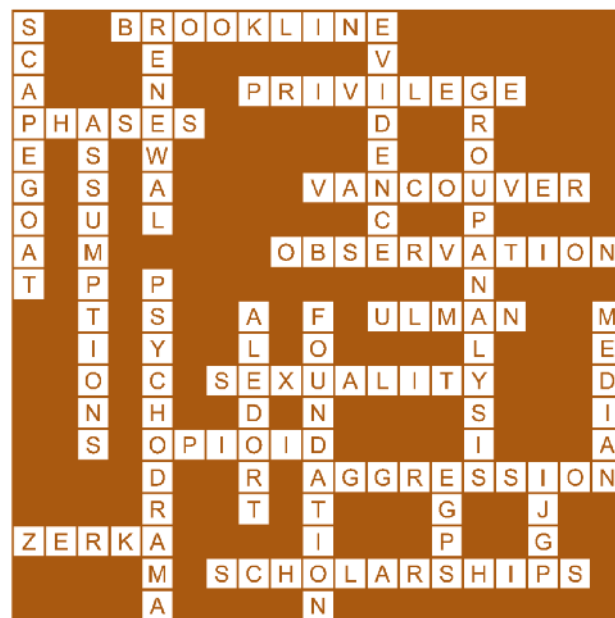
As several other concepts were laid out as a foundation for the workshop, many in the audience began to discuss the relevance of the material to group psychotherapy. A host of members narrated scenes not unlike the one laid out above. Many shared their worry over

attempts to respond to microaggressions and instances of white fragility reactions, while not building shame upon the perpetrating member. All members, after all, deserve care. Despite a range of experience as leaders, the topic of microaggressions and white fragility in the workshop presented itself as a unique form of rupture requiring certain consideration to repair. To demonstrate via the scene above, how may Chris’ experience in the group have changed if I had remained silent (considering, too, that I am white)? Alternatively, my response may have been too heavy-handed with Turner even after my attempt to sit with the situation.

This knot made up of a white group leader’s function as provider and role-model within a group, a member’s perpetration of a microaggression and/or their decompensation into a state of white fragility, and the experience of all other members in the group continued to hang over the remainder of the workshop. All group leaders may benefit from examining tensions between their responsibilities as care providers, their personal reactions when confronted with white fragility in groups, and their own drive to create positive sociopolitical change in the world. Illustrated by my internal deliberation over how to engage Turner and Chris, the kinds of questions noted above may position different values and identities of each group leader against one another.



## Crossword Solution



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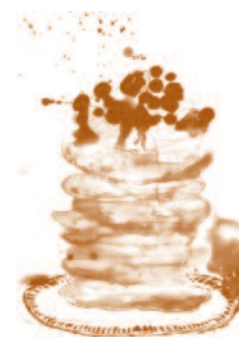
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*The ads will not be edited for accuracy.  
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2019 - 2020 Calendar



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promises to be as tasteful and engaging as they were this last season.

We anticipate presentations from respected members of our professional  
community who will again delve head-on into topics that stir passion,  
excitement and challenge. Among the subject areas being planned are the  
following (watch for future announcements on website & emails): Clinical  
Aspects of Money, Understanding and Use of Transference, Building a  
Group Therapy Practice, Termination, Diversity.

THE BREAKFAST CLUB COMMITTEE THANKS LAST SEASON'S  
PRESENTERS for their excellent contributions: **Mara Wagner, Scott  
Rutan, Annie Weiss, Sasha Watkins, Jennifer Leigh, and Jeff Brand.**  
WE ALSO THANK OUR GENEROUS HOSTS who opened their homes:  
**Jennifer DeSouza, Michel Selva, Lise Motherwell, Jim Leone,**  
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11



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***Class Matters: How Class (theirs and yours)  
Impacts the Therapeutic Relationship  
Should I Stay or Should I Go: Making the  
Decision to Stop Taking Insurance.***

*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 at  
[oona.metz@rcn.com](mailto:oona.metz@rcn.com)*



# IAGP: Our International Parent Organization

By Richard Beck, LCSW, BCD, CGP, FAGPA  
IAGP President

**T**hank you, Kurt, for inviting me to share the history of IAGP with our NSGP Colleagues.

If memory serves me, IAGP was founded at about the same time that AGPA was conceived.

Imagine, if you would, that there were no group therapy organizations at that time. Imagine further, if you would, that the late Anne Alonso and the late Yvonne Agazarian, two experts in group therapy, each with their own theoretical underpinnings, decided to form a group therapy organization, respectful of and inclusive of both paradigms. These are two brilliant women with very different perspectives on group therapy. Imagine further, if you would, that these two co-founders conceptualized their new group therapy organization to be not only the professional home of individual group therapists, but also an umbrella organization for group therapy organizations around the world.

Such is the history of IAGP...only, instead of Alonso and Agazarian, IAGP was the

child of Sigmund Foulkes and Jacob Levy Moreno, along with his wife Zerka. These two men, both Viennese psychiatrists, who founded very different theoretical schools of helping people in group, created IAGP. Foulkes is the founder of Group Analysis and the Moreno's, of Psychodrama.

My experience, initially as a member of IAGP and now as its President, has been one of curiosity as to how colleagues use the modality of group therapy to help people. This experience has also helped me understand whatever biases might occur when looking at groups from only a North American perspective. For example, when I reflect on my meaningful experiences in Belfast with NSGP and the Threshold Group I imagine the power of this connection for Kathy Ulman, Patricia Dougherty, and the late Cecil Rice had in this experience, given their Irish roots.

When Karen Travis presented me with the 2019 Social Responsibility Award in LA, Karen mentioned that I was the child of two Viennese Holocaust Survivors, the only one in my family born in this country. In my acceptance speech, I described how being Co-Chair of the AGPA Community Outreach Committee with Dr. Tom Stone, helped inform my thinking as Chair

of the IAGP Task Force for Disaster Management for ten years, coordinating help for the helper responses on an international stage.

My European heritage, similar to how Kathy, Pat and Cecil's Irish background influenced them, has cultivated my interest, connection and curiosity about international thinking about group therapy. The meaning of culture, and being culturally sensitive, takes on an important consideration when leading groups around the world.

IAGP has evolved over time, as it is inclusive of ALL types of group approaches, including systems theory and analytic group theory, to name a few. IAGP is an international organization, hosting international congresses and conferences, with board members from around the globe. Currently, the IAGP board has members from every continent, and the IAGP Executive Committee has members from Egypt, Greece, Spain, Austria, the Netherlands and a President from New York City.

IAGP could be thought of as a professional nomadic organization, in that IAGP has no central office located in one

*(continued on page 13)*

## 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 Christine Boie ([christineboie65@gmail.com](mailto:christineboie65@gmail.com) or (857) 576-0395). Christine (or another committee member) will find out what your concerns are 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.*

## Apply for an AGPA Scholarship Starting July 2

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 Connect 2020, March 2-7, in New York City.**

To apply for a scholarship, visit AGPA's website <http://www.agpa.org/Foundation/scholarships> after July 2, where there will be detailed information and required application forms. The **early decision application deadline is November 1, 2019**

Additional Questions?

Email: [Angelajaramillo@agpa.org](mailto:Angelajaramillo@agpa.org)

*If you are interested in contributing to the Group Foundation to help qualified candidates attend the 2020 AGPA Connect in New York City, contact the Foundation office at 212-477-2677 or visit the website and click on **Donate Now**.*

city, as AGPA does in New York City, though IAGP is incorporated as a non-profit organization in Switzerland.

IAGP has held Congresses every three years around the world since its inception. Recent Congresses have been held in Malmo, Sweden (2018), Rovinj, Croatia (2015), Cartejena de Indias, Columbia (2012), Rome, Italy (2009), and before that in Sao Paolo, Brazil, Istanbul, Turkey, Jerusalem, Israel, London, England, Buenos Aires, Argentina, Montreal, Canada, Amsterdam, Netherlands, Mexico City, Mexico and Toronto, Canada.

In addition, IAGP has Regional Conferences around the world. Some of them have been held at:

Havana, Cuba; Beijing, China; Cairo, Egypt; Porto, Portugal; Barcelona, Spain; Athens, Greece; Beijing, China; Melbourne, Australia; Tokyo, Japan; Stockholm, Sweden and Budapest, Hungary.

IAGP has evolved to have Sections that include: Family Therapy, Analytic Group, Organizational Consultancy, Psychodrama, Transcultural, and Young Professionals. IAGP also has a Task Force for Disaster Management and also a list for Spanish and Portuguese Speakers.

What I've come to appreciate about IAGP, as I have also appreciated about AGPA, EGPS, and NSGP to name but a few, is how organizations evolve to develop their thinking about how help people in and with groups.

Attending international events is a way for all of us to leave our comfort zones and learn from other caring and gifted group clinicians. I hope that this brief history of IAGP can cultivate your appetite for learning how people around the world think of working in group.

Upcoming opportunities to learn from international colleagues include the 2021 IAGP Congress in Vancouver, Canada as well as regional IAGP events in Thessaloniki, Greece; Iseo, Italy and Cairo, Egypt.

AGPA is an Affiliate Member of IAGP. Come join us as we learn together in the international village of group therapists!



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THIS YEAR WE CONGRATULATE the following graduates  
from the two-module **Experiential Component** and thank  
**Barbara McQueen**, for her excellent leadership

**Kristen Dreyfus**  
**Yoko Hisano**  
**Alice Kalafarski**

**Kara Lustig**  
**Nicolas McQueen**

WE CONGRATULATE the graduates  
of our **Foundations Component**

**Fanny Audhuy**  
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**Janice Delgado**  
**Samantha Dorian**  
**Kristen Dreyfus**  
**Selina Guerra**

**Alice Kalafarski**  
**Ellen McCarthy**  
**Saul Moskowitz**  
**Carmen Pullella**  
**Wendy Zunitch**

And THANKS to our distinguished faculty: **Joseph Shay**,  
**Ann Keren Neeman-Kantor**, **Theresa Cohen**, **J. Scott**  
**Rutan**, **Ken Jaeger** and **Oona Metz**.

# 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.

**Jeff Brand** recently published an article in the journal *GROUP* (Winter 2018) entitled, "The Opioid Epidemic as Collective Trauma: An Introduction to the Crisis". The article provides a concise overview of both the history and scope of the epidemic before reframing the discussion according to concepts of collective traumatization.

**Bet MacArthur** was honored with the annual award for Lifetime Achievement in Social Work by the Massachusetts Chapter of the National Association of Social Workers, at NASW's March 19, 2019 annual dinner during Social Work Month.

**Amy Matias** had a successful turnout of close to 50 attendees at an AGPA Open Session this winter entitled "Getting off the Runway: Launching your New Psychotherapy Group." Amy has been enjoying serving on the board and the Practice Development Committee of NSGP and is branching out into the Marketing Committee after her term on the board ends this spring. Amy also hosted her fourth "Game Night" as part of the NSGP Foundation Auction and had a great time eating, drinking and laughing with other NSGP colleagues and friends.

**Oona Metz** continues to enjoy her roles in NSGP, as co-chair of the Practice Development Committee, Treasurer of the NSGP Foundation and faculty in the Training Program. She enjoyed being on a panel at AGPA entitled "Anger in Group Therapy: Grist for the Mill vs. When Rage Kills" with Stewart Aledort, Ronnie Levine, Molyn Leszcz and **Joe Shay** and she is looking forward to co-leading a Day Long Experience Group with **Deborah Carmichael** at the NSGP conference in June.

## Congratulations

to **Jenn Ruiz, FAGPA** on being recognized as a Fellow of AGPA at AGPA in LA!

**Jenn Ruiz** was thrilled to welcome her second daughter in the fall, and enjoyed an extended maternity leave over the winter months, returning to work just after receiving her AGPA Fellow award at the annual meeting in February, about which she was also very excited.



Jenn Ruiz, FAGPA

**Howie Schnairsohn** has launched a new group for 'helping-professionals' in Porter Square on 5/15/19. He also received authorization from his agency to organize an all-day retreat on Friday, June 21 for the two process groups he leads for clinical staff at North Suffolk Mental Health Association.

## In Memoriam

**Steve Haut,**

Past President of NSGP  
(1994-1996), passed away  
April 20, 2019.

**Marsha Vannicelli** presented her workshop on endings ("Faring Well through Farewell"), with co-presenter Jeff Mendell on March 2, 2019 at the annual Conference of AGPA in Los Angeles, CA. Having ended her 25-year involvement in teaching and supervising at MSPP (William James College) in August 2018, she is using the time for a return engagement at her alma Mater, Mclean Hospital, where she is doing a group 'group supervision' for psychology interns and is expanding the consultation and supervision part of her private practice in Cambridge.

**Kurt White** presented his workshop "Authenticity in Leadership", with co-leader Liz Dietrich, at AGPA Connect in Los Angeles, and has also presented on "Counseling Skills in Co-occurring Disorders" with Anthony Quintenielli, in April, and "Assessing and Managing Suicidality in Co-occurring Disorders" in May, both for the Vermont Addiction Professionals Association, and "Opioids: Use, Addiction, and Treatment" at Brattleboro Retreat in March.

The Newsletter Committee bids farewell to **Howie Schnairsohn**, co-editor these past two years, and to **Caleb Englander**, *Analyze This* Editor. Thank you for your service, you will be missed!



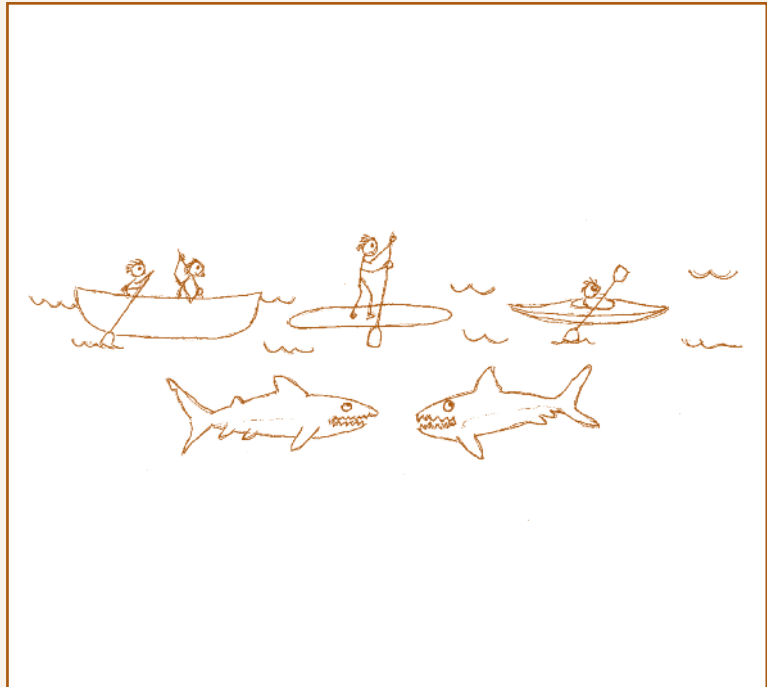
## Newsletter Committee

seeking new Members for various positions. Please be in touch with **Kurt White** to discuss: [kurtlorenc@gmail.com](mailto:kurtlorenc@gmail.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 Renee Hoekstra

## Spring/Summer 2019 Cartoon Caption Winners from Fall/Winter 2018-9

Selected by the Cartoon Committee  
(Ellen Ziskind, Oona Metz & Joanne Lipner)



Drawn by David Goldberg

### Winner

"How about we start by addressing the three elephants in the room?" —Janice Delgado

### Second

"Hearing each other is what we do best because everyone here has such big ears." —  
Renee Hoekstra

### Third

"Some in the group are snorting their anxiety at all in the room...not just the elephants in the room...will be addressed. I assume all share this concern including the elephants. How is the group going to handle your shared concerns???" —Steve Cadwell

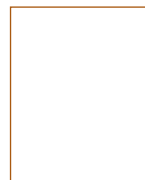
### Honorable Mention

"Can he really get these subgroups talking to each other?" —Marsha Vannicelli

"You ass! What do you mean by 'prefrontal cortex envy?!'" —Rick Bouchard



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## Save the Date!

NSGP's 39th Annual Conference!

June 12, 13, & 14, 2020

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spring/summer 2019

the newsletter

NSGP

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### NSGP Upcoming Events Calendar

|                  |   |
|------------------|---|
| June 7-9, 2019   | <b>NSGP 38th Annual Conference</b><br><i>Diving In: From the Shallows to the Deep</i><br>At Simmons College, Boston                             |
| Sept. 4-8, 2019  | <b>IAGP Psychodrama Conference, 2019:</b><br><i>"Who Shall Survive?"</i><br>Iseo, Italy   |
| Mar. 2-7, 2020   | <b>AGPA Connect 2020</b><br><i>Building Bridges of Connection Through Group</i><br>New York, NY   |
| June 12-14, 2020 | <b>NSGP 39th Annual Conference</b><br><i>Diversity, Equity, and Inclusion: Enriching Our Groups and Ourselves</i><br>At Simmons College, Boston |

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