



the newsletter

NSGP

Northeastern Society for Group Psychotherapy

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Letter from the President



As I write my first "Letter from the President" for this newsletter looking out on calm ocean waters, I can't help but think about the turmoil—above and below the surface—caused by the current divisions in our country.

During times like these, I am especially grateful for NSGP, an organization predicated on the knowledge that groups of people can come together to learn, heal, grow, communicate, and work effectively.

One of the many ways I've been preparing to become President of this extraordinary organization is to study the NSGP by-laws. The first page of the by-laws includes a list of the purposes for which NSGP was formed: a) to provide a forum for the exchange of ideas among people interested in group psychotherapy, b) to encourage the development of sound training in group psychotherapy for qualified mental health professionals, c) to establish and maintain high standards of ethical and professional group psychotherapy practice, d) to encourage and promote writing and research in the area of group psychotherapy, and e) to disseminate information about group psychotherapy to interested professionals in mental health and related areas, and to the public.

Based on my discussions with many NSGP members and my own personal experience of the organization, I would also suggest the addition of another important purpose for the organization: f) to sustain all of its members—no matter what their current practice, location, or personal situation—with the many well-known advantages of belonging to a supportive group.

That new purpose is not only a possible addition to the NSGP by-laws and an affirmative answer to people's questions about whether they belong in NSGP if they are not currently facilitating a group. It is also what I've been calling an NSGP "thread." A thread is an issue that comes up repeatedly when people discuss their thoughts, feelings, assumptions, experiences, concerns, hopes, and passions

about NSGP. I've been noticing the existence of recurring threads—which weave throughout the history of the organization into the present fabric of NSGP—since the time I joined as a student member in the 1990's, throughout my years serving on committees, the board, and now as President.

As I've been learning the leadership ropes here at NSGP, focusing in on a vision and priorities for the future, I've asked others to join with me in naming and discussing their important NSGP threads. The threads that have been identified, so far, include the following (take a breath; it's a long list!): inviting in new members, sustaining and keeping current members, honoring the wisdom of long-time members (also known as "sages"), increasing diversity, maintaining fiscal health, keeping events affordable, self-care, keeping up with new technology, new treatment modalities, creating opportunities for members to connect and meet in person, embracing other disciplines, honoring old traditions, creating new traditions, dealing with change (including resistance), preserving our legacy, getting the word out about NSGP, expanding and improving our marketing, personal development, professional development, training, health care changes, conflict resolution, beliefs about who's "in" and who's "out," power dynamics, our oral and our written communications, research, mentoring, improving accessibility to our organization, group dynamics within NSGP, orientating new members, connecting to and learning from other professional organizations, our relationship to AGPA, inclusiveness, "The Ask" (asking people to join and be more involved in the organization), and dealing with loss.

One thread that is particularly vivid to me, here and now, is the issue of how NSGP deals with loss. One of my dearest friends in the

organization—Michelle McGrath, the subject of a tribute in this newsletter—passed away earlier this year.

At a Board of Directors retreat during the spring, we each chose threads to "own." Two of the threads I chose were resolving conflict and increasing accessibility to NSGP. I also recognize that, as President, I need to pay close attention to all the threads running through our organization. Since one of those threads is "The Ask," I now ask you the following questions: Does that list of NSGP threads include all the issues that are important to you? What do you feel passionate about? What comes to your mind when you think about NSGP's past, present, and future? What are your concerns, wishes, and hopes for the organization?

I respectfully ask you to identify an NSGP thread, take ownership of it, and help guarantee that your important thread is not dropped, as we continue to weave together the unfolding tapestry of this vibrant and ever-evolving community.

Ann Koplow, LICSW, CGP
President, NSGP

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New Feature!

Kurt L. White, LICSW, LADC, CGP, FAGPA (and Co-editor of this newsletter) has created a crossword puzzle just for NSGP members. It's on Page 3

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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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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**

"It's a beautiful day in the neighborhood/
A beautiful day for a neighbor/Would you be
mine?/Could you be mine?"

You may recognize this tune as the theme song to the children's show, Mr. Roger's Neighborhood—a TV classic that spanned five decades. I had been using it as a sort of mantra to help still my nerves when heading into uncertain social situations.

On this particular morning, the humming was related to the NSGP Board Retreat to be held the following day. Although I prevailed in recent contests to lessen the effects of social anxiety at most events, there were still a few hold-outs, two of which were the annual Retreat and Garden Party. The tune led me into reverie about neighborhoods and I began sizing up NSGP, which I whimsically named the Neighborhood of Group, against Mr. Roger's Neighborhood. In the latter instance Fred Rogers simply wrote the kind of Neighborhood he wanted into the script with the stroke of a pen. In my case, it was a stroke of hit or miss browsing on the web which led me to the Neighborhood of Group. But I wondered for a moment if there were not some way I also could *author my own mental script* of how I wanted to experience NSGP integrating elements of Mr. Roger's Neighborhood that I perceived as personally relevant. It was at this point that my head became light and I seemed to float down a dark tunnel, maybe the same one used by Alice on her journey to Wonderland. I, likewise, landed with a thump in a strange and unfamiliar land. Turning myself upright and proceeding along a narrow grassy path, I chanced upon a sign overhead that read, "WELCOME TO THE NEIGHBORHOOD OF GROUP"; under that a smaller sign that read, "Dedicated to the Memory and Legacy of Fred Rogers"; and under that an even smaller note, "CAUTION CONSTRUCTION AHEAD". I did as was warned, and moved along with vigilance.

I noticed on my left, on a hilltop, a crowd of people of different sizes, shapes, colors, and sounds gathered in a circle. Each had around their neck a sticker with an identifying label such as M.D., scholar, student, depressed, Ph.D., ADD, stutterer, close-talker, follower, short, obese, scapegoat, published. With arms around the shoulders of one another, like links in a chain, this human circle moved as one—left, then right, then in, then out, their giddy-up driven by the happy dance of legs and feet.

I made out the sound of a fiddle in the background then realized with relief and delight, "we have a Hoedown going on here!" My eyes skipped over to a sign on the hill's slope that identified this location as "We-Love-You-Just-the-Way-You-Are Hill, Neighborhood of Group."

As I continued along the path laid before me, human cheers reached my ears to the right. In the distance, a second gathering was standing this time along the sides of a race course. The runners drenched in sweat surged forward while shooting frightened stares behind them and to their sides. About the same time, I spotted a maintenance crew, working hurriedly up the track to eliminate all the markings of what had been a finish line. Then came the collision—the collision of runners with awareness that no finish line existed. Bewildered, they searchingly gazed at one another and then at the onlookers. My own gaze suddenly shifted to a sign off to the side that read, "You-Have-Already-Won Row," followed by, "...For YOU are the only one who can be you", Neighborhood of Group.

I moved on...scratching my head as I went. Suddenly sounds of music and merriment caused me to glance back upon the scene I just passed. "Well I'll be!" "Another Hoedown!" As I pushed on I thought, "I could get used to this!" Growing weary, my pace slowing, I came upon what had been a wooded area now cleared for construction. An imposing sign post stood ahead of me with three separate arrow-shaped signs pointing crookedly in different directions under the heading "Coming Soon." They were "Accept-and-Expect-Mistakes Alley"; "It's-Making-the-Effort-that-Counts Courtyard"; and "A-Place-and-Space-for-Everyone, Square." Oddly, beneath the three signs was a fourth but left completely blank. Fastened to its corner by a thin chain, however, was a thick pencil with eraser. As I approached the pole, the blank sign and the dangling pen a sweeping tiredness struck suddenly and I fell into a slumber where I stood.

When I awoke, I was in my own bed and with a startle I realized that I was late! I hurriedly shook off my slumber and dream remnants, showered, dressed, and with mental ID tags in place around my neck that read anxiety-laden, out of place, unseen, I began my drive to the Board Retreat. But as I gripped the steering wheel, an object fell from my hand onto my lap. In disbelief I recognized it as similar to the thick pencil on the post in my dream. My face replaced this second startle with a wide, knowing grin. Packed with the recollection and images of the night I threw both my car and voice box into gear and emitted a robust round of "Won't you be my neighbor" and continued, now unencumbered, on my way.

Howie Schnairsohn, LICSW, CGP
Co-Editor Newsletter

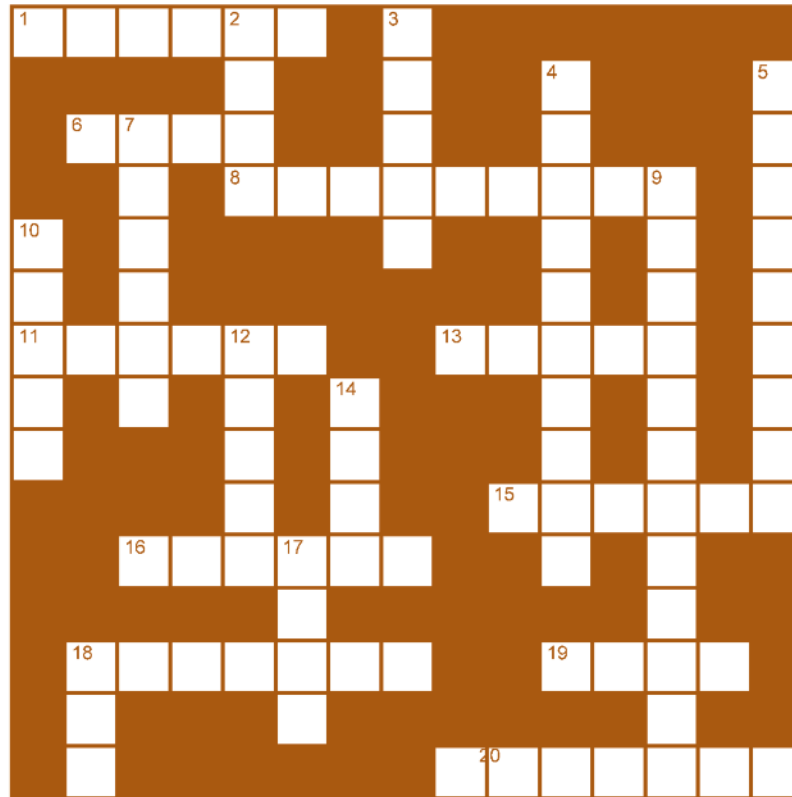
Co-Editors Howie and Kurt
will alternate the Letter from the
Editor in this space.

People, Places and Things in Group Psychotherapy

Kurt White, Crossword Editor

Across

- 1 The myth of Oedipus suggests we may have more feelings about her than we know! (6)
- 6 Acronym for AGPA's international counterpart (4)
- 8 Troubling group process, animal-related (9)
- 11 President-elect of AGPA, and guest of NSGP in 2017 (6)
- 13 Not a *group* therapist, but one who would have us watch our language (5)



- 15 _____ Analytic Group Therapy, following thinking of Ormont, primarily (6)
- 16 Surname of "father" and "mother" of psychodrama (6)
- 18 Founder of AGPA (7)
- 19 He might remind us to watch those archetypes! (4)
- 20 AGPA meeting, rebranded (7)

Down

- 2 Our New York counterpart (4)
- 3 AGPA honor (5)
- 4 Process both cinematic and dynamic (10)
- 5 Before her passing in 2017, she might have wondered, how are we similar, and how are we different? (9)
- 7 With Rutan, she urges us to "sit there" (6)
- 9 Psychoanalysis' most foundational process (12)
- 10 Existential and group therapist (5)
- 12 Sometimes a _____ is just a _____ (5)
- 14 His assumptions are anything but "baise" (4)
- 17 Anyone _____? in SCT (4)
- 18 Acronym for Agazarian's model (3)

Crossword Solution on Page 12

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/Summer 2019 Newsletter. Please send submissions to:

newsletter@nsgp.com

Note: letters not edited except for space.

NSGP Conference—2018

By Catherine Barba, PsyD

The 2018 NSGP Conference crept up on me this year. I was telling friends and family that I was busy the second weekend of June as we figured out summer plans, but I was still caught by surprise when the week of the conference came and a colleague sent me a text saying “see you at the conference Friday!” “Wait, the conference is this Friday already?”, I responded. I remember thinking to myself, “I’m not ready for it.”

I had the most unexpected and transformative experience last year—first time going to the conference, first time being in an experiential group, and first time ever volunteering to be part of a demo group or anything that resembles being on stage in front of hundreds of people as your vulnerabilities play out. I

remembered growing so much in one weekend. I proudly saved my nametag with the green “FIRST TIME ATTENDEE” and the purple “NEW MEMBER” ribbons that were attached to the plastic cover to remember that special weekend and all the risks that I took and all the rewards that I reaped.

But despite the magical 2017 conference, why did I feel such a tangled web of emotions as I realized Thursday night, that tomorrow was the first day of the conference? I had a million thoughts running in my mind. Will people remember me from last year? How will they remember me? Will I be known as the woman who cried on stage during the demo group? Was I too vulnerable? I don’t feel like being that vulnerable again this year! All of these thoughts and more kept me up the night before the conference.

The day of the conference, I thankfully carpooled with a colleague who was a first-time attendee at the NSGP conference. As an “experienced second-timer,” I felt the need to embody excitement, which helped alleviate the anxiety and smidge of dread I was feeling.

However, that anxious dread settled in again as I found myself in a seat within the Large Group. I had never been in a large group before and I found myself learning the new rules. The hardest rule for me to learn was the shift from here-

and-now to a then-and-there framework. I was wanting to recreate what I hope and expect from a small group in the Large Group. It fascinated me how the factors that our Large Group leaders, Dr. Haim Weinberg and Dr. Martha Gilmore, talked about in their PowerPoint came to life in the Large Group. Things like frustration over not hearing, not seeing, sub-groups, and chaos manifested in the group. My head was spinning and the day had just begun.

This year’s day-long experiential group experience was very interesting given that some participants had shared in the Large group experience just before the group. I found myself in a vulnerable experience, where I spoke out in the Large Group and wondered how I would be perceived in my smaller experiential group. A topic that is all too familiar in group, whether spoken explicitly or inexplicitly, is the establishment of safety. On one hand, I had been in an experiential group before and I have run multiple groups in the past, so I was familiar with the process of establishing safety. However, that process looks different each time, with each group, and most significantly, with who you are and what you bring in that day. As I processed my overall attitude, anxiety, and emotions throughout the process, I realized I had been feeling unsafe. I found myself envying group members who shared their feelings of comfort and safety and even frustrated at some members who “assumed safety.” As I became wrapped up in my own anxiety and distanced myself in the group, I feared that I had become the “hated person” in the group.

Over the last year, socially and politically, our country has felt polarized and unsafe for many. Unconsciously, I had been defining safety as being around people who are like-minded, and who shared the same political views, and who shared the same emotional responses to the latest breaking news. In short, I felt safe when



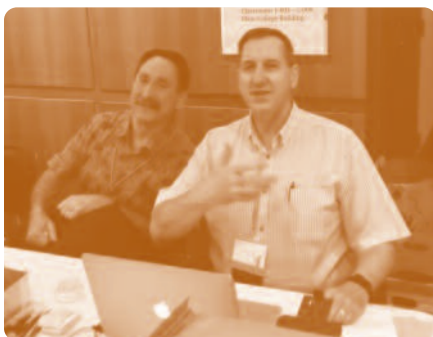
Steffen Fuller & Ann Koplow



Ludmila Krivitsky & Yoko Hisano



Charlie Glazier, Lisa Portscher
& Guy Croteau



Michel Selva & Joe DeAngelis



Leslie McGee & Caleb Englander



Oona Metz & Barbara Keezell

others validated and shared my same perspectives; those that diverged from my perspectives quickly got placed in “the enemy camp.”

It was only after the conference that I truly appreciated the purpose of the Large Group and the significance of small groups. This year’s conference challenged me to look at my role and the dynamics of the “larger group” of society. Parallel to the challenges we faced in the conference

Large Group, do I have difficulty hearing other people’s perspectives? Have I struggled to see other people? Have I contributed to the cultural chaos? And finally, is it possible to feel safe when we do not trust our leaders or the company of people whose views differ from our own?



Reflections on Leading a Demo Group

By Suzanne L. Cohen, EdD., CGP, FAGPA and Tracy MacNab, PhD, CGP

One of the components of group therapy training is observing a group run by an experienced leader. At the 2018 NSGP Conference, Tracy MacNab and Suzanne L. Cohen led a demonstration group of 8 members. Tracy led the group using the principles and practices of Internal Family Systems (IFS); Suzanne led the group using principles and practices of somatic psychology.

Suzanne: My purpose in leading the group was to demonstrate embodied attunement, body awareness, and non-verbal communication; and to show how these can deepen the connections and immediacy of the group and its members. The Demo Group was the final event of the conference, after a long day of Large Group and

(continued on page 6)



Nadia Khatchadourian



Ruth Folchman & Judith Ullman



Theresa Cohen & Mary Barnes



Maxine Sushelsky Sasha Watkins, Joe Shay & Ann-Keren Neeman Kantor



Howie Schnairsohn & Kurt White



Michelle Jolson, Alan Albert & Ginger Reiber



Martha Gilmore & Haim Weinberg



Tracy MacNab & William Sharp



Kyrre Culver

Building a Reflective Multicultural Practice

By Yoko Hisano, MA, MSW, LCSW

On Sunday, May 6, 2018, the Practice Development Committee of NSGP sponsored a workshop with Liza Palusan. About 20 clinicians, educators, and researchers gathered in Harvard Square for three hours pondering some of the most essential questions. Who am I? Where do I come from? What and who influences my current worldview? This workshop was important to me and reminded me of the need to be more conscious of how I exist in this society. Why? We live in a multicultural world. We talk about diversity, yet how we acknowledge diversity is dependent upon our ability and willingness to reflect on who we are and how we are socialized. Racial diversity is one of the most frequently discussed topics, but, as we know, that is not all there is to diversity. This workshop created the perfect space for us to dive into these rather sensitive subjects of social identity such as socio-economic, education, family, and racial identity.

The facilitator, Liza Palusan, called herself a Host for this space of exploration and facilitated us with clear and concise guidance. The workshop started by bringing our attention to the here and now. This was helpful to me as my attention was going outward with curiosity and anxiety about what was going to happen. Bringing it to where I am now, in the moment, helped me contain my emotions. From there on, we were divided into random groups of four and slowly started the process of introducing ourselves. What is my name? What do I expect from this workshop? What do I do for work? Who named me? What is it about my name that is important? The questions gradually got more intimate and more intense. Liz introduced us to the concept of "Courageous Conversations." This concept is followed by four guiding principles: stay engaged, experience discomfort, speak your truth, and expect and accept non-closure. As simple as this seems, it is profoundly difficult when practicing it in real life, especially when speaking about intimate and sensitive topics with others whom you do not know well. Nevertheless, I appreciated that we had clear expectations. As you read this essay, imagine yourself being in this space with us. What aspects would be difficult for you in sharing your personal stories if you felt out of place, alone, unaccepted, and misplaced?

The format of this workshop was particularly interesting as we rotated the groups in random selections of four. We switched groups after each set of questions, about 7-8 minutes for each. I

noticed that my focus stayed throughout the workshop. Perhaps this was because we moved to different chairs after each set of questions, which meant we sat with a new group of participants with deeper, more intimate questions to answer. In one of our debrief sessions, we discussed, as a large group, what we saw happening. We noticed that many of us started sitting closer to each other and our voices got smaller and smaller. Why was that? Obviously, we were sharing things that were very private and personal. Some stories about our families and our upbringings brought up shame, sadness, and humiliation. Reflecting on our inner world and what makes us who we are created an intimate space. We shared stories about our hidden identities, not just about racial differences but about socio-economic differences, abilities/disabilities, educational backgrounds, family structure, trans-generational trauma, and gender/sexuality.

My takeaway from this afternoon was that exploring the complexities of our inner worlds gives us a new window to see the outside world in a different way. Nothing is binary or clear cut. The differences in our personal and social identities shape our orientation to race, gender, sexual, class, cultural, educational, life experiences, and many other aspects that may be difficult to recognize. Respecting all of those differences means starting to acknowledge and accept those complex inner worlds that are affected by hidden identities. The workshop was not my first diversity workshop, but rather a workshop that brought me back to exploring my inner world in a deeper way. Being vulnerable with others is always risky and takes courage, but the reward is that I came out being more connected to my authentic self with a new way of looking at the world. In addition, we got the message that we can all be change makers, whether making a large impact or small changes as individuals committed to building a multicultural practice by addressing stigma, inequality, and lack of consciousness.

Liza ended the workshop with tangible homework for us. Think of one thing you can do in the organization and/or a community you live in that leads to greater change, such as taking part in an group committed to social change, speaking with HR about diversity issues, creating a support group addressing hidden identities, etc. What comes up in your mind? What might be your internal obstacles? What small steps will you take?



Reflections on Leading a Demo Group
(continued from page 5)

Community Meeting. I looked out at the audience and demo group members and invited everyone to move through the space, inviting them to notice their body sensations while at the same time looking at and making eye contact with others. My decision to invite the entire membership of the demo group event to move was made in the moment, using my own body awareness and noticing non-verbal communication of the audience. I paid attention to my own body sensations, noticed that my eyes felt tired; and saw slumped shoulders and tired eyes in the audience members. I knew that movement helps energy to move in individuals and the group. As people sat down I noticed sighs of relief and smiling faces.

The membership of 8 group therapists was self-selected. How were these 8 people going to make connections with one another? Would I be able to demonstrate what I wanted to in a brief 45 minutes? I felt anxiety and excitement entering the unknown. There were so many things going on to pay attention to and be attuned to. There were 8 different non-verbal facial expressions, body movements, and ways that each person took their seats. There was my own body awareness and my embodied attunement to the group members. What I sensed most was group members wanting to connect, not being sure how to connect, and then taking small risks to connect. I realized that that was my task, to focus on the here-and-now of the group. At the end of the experience I felt mixed emotions of satisfaction that I had demonstrated what I had hoped, and disappointment in myself, that somehow, I could have done better. I recognized these familiar feelings which accompany me in all of my leadership experiences, in and out of the group.

Tracy: My main lesson from this presentation concerned the leadership role. A demonstration group composed of group therapists, led in serial fashion by two senior group therapists, observed by a roomful of group therapists, and discussed by yet another senior group therapist has the feeling of entering a hall of mirrors. My intention was to guide participants to identify and name parts of themselves as they emerged in the group process. This would, hopefully, demonstrate the non-pathologizing and collaborative access to deeply held unconscious material that Internal Family Systems can provide.

(continued on page 7)

The possible perspectives in the room (including the parts of group, the observers, and the discussants) seemed numberless. I was presenting to the population of a small city! At the same time, I was internally tracking the experiences of my own parts. In this hall of mirrors, I could glimpse the reflections and distortions of these parts in myself and others. I had a part that wanted to make a triumphal return to the NSGP Conference after an absence of many years. Another part was there to rebel against the established tenets of psychodynamic theory. Another had come to express gratitude for the gifts I received from my NSGP teachers and mentors. These gifts from my professional parents and grandparents have sustained me through 50 years of practice and teaching. This part felt some remorse about my rebellion.

I was aware that a part of me did not want to be at the Conference. This one felt the physical and psychological burdens of playing the role of therapist/expert/teacher/standard-bearer for so many years. A counterpart of this tired warrior spoke to me of the importance of carrying forward the legacy of psychodynamic group

psychotherapy infused with the spirit of IFS. I felt driven to present, and at the same time old and worn out. It occurred to me that I was vividly in the middle of Erikson's eighth stage of psychosocial development: "Ego Integrity vs. Despair".

Listening to all of these Parts with as much calm as I could summon, I found myself at the center of a vast array of experiences that were exactly as Erikson described them, the "one and only life cycle...(one) that had to be." I was then ready to turn to my group and offer them whatever I could.



Corey Flanders & Robert Pepper



Susie Shayegani & Amy Matias



Kurt White, Howie Schnairsohn
& Ann-Keren Neeman Kantor



NSGP 38th Annual Conference

Diving in: From the Shallows to the Deep

Boston, Massachusetts
June 7, 8, & 9, 2019

Now accepting Workshop and Experience Group proposals at:
<https://nsgp.wildapricot.org/Request-for-Proposals>

With this year's conference theme, **Diving In: From the Shallows to the Deep**, we plan a gathering where therapists can safely connect, play, experience and learn about their own emotional, social and political engagements and defenses.

This conference asks the questions: What is a group? What are the universal elements in the process? Seemingly general and easy questions, but ones that often get taken for granted. This conference will leave no stone unturned as we explore groups of all types and sizes and "dive in" to one common human experience—interpersonal interactions.

A production of the Northeastern Society for Group Psychotherapy, the conference adapts and applies the wisdom from six decades' of Boston group therapy tradition in order to create a three day playground and laboratory for everyone working to help the distressed, the disadvantaged and the difficult. We look forward to you joining us!

William Sharp, PsyD, CGP & Guy Croteau, LICSW
Conference Committee Chairs

Michelle McGrath, LICSW, died peacefully at home, her husband by her side, on June 14, 2018 from brain cancer. She was 57 years old, a dear friend and colleague to many. She will be deeply missed.

Michelle was a Licensed Independent Clinical Social Worker who had a thriving private practice in Arlington, Massachusetts. She was a beloved clinician and supervisor who had special expertise working with couples and the LGBTQ community. She studied couples therapy for ten years, and excelled helping couples in diverse styles of relationships. Prior to opening her private practice, Michelle worked at Options Day Treatment Program at the Edinburg Center in Lexington, first as an intern, then as a clinician, and then as director of the program for several years.

Michelle (then Michael) was quite athletic growing up. She played tennis in high school and then worked as a tennis pro at Wellesley Country Club. She earned a black belt in Karate and was an accomplished skateboarder and cyclist. During undergraduate studies at Florida State College, she joined a competitive pro skateboarding team, which toured and competed across the country. Michelle moved north and earned a B.A. in psychology from the University of Massachusetts Boston.

In her first career she was a successful Vice President of International Sales for Masur, a premiere sportswear company. She relished the opportunity to travel the world during these years.

Michelle eventually decided to become a therapist (earning her MSW at Boston College) and was especially passionate about the power of group work. Michelle was an active and vibrant part of the Northeastern Society for Group Psychotherapy for many years. She completed the NSGP Training Program and year-long experience group. She was Co-Chair of the NSGP Membership Committee, an NSGP Board member and a member of the Executive Committee of the Board. She regularly attended the NSGP annual conference, was a participant in experiential workshops, and often enthusiastically volunteered to be a

IN MEMORIAM Michelle McGrath



Michelle McGrath

(Photo courtesy Roman
of David Nicholas International)

participant in demonstration groups, providing others with the rare opportunity to see how groups can be powerful agents for healing and connection.

Michelle could be counted on in good times and in challenging times. She was always ready to help the group effort with competence and a 'can do' attitude.

Michelle was honest, compassionate, gentle and astute. She generously hosted NSGP events, including inviting the NSGP Board into her home for regular meetings. She was always welcoming, enthusiastic and caring.

Michelle loved music, the arts, theater and was a prolific reader. She played music whenever she could, including at her office. She appreciated big soulful voices, and loved everything from show tunes to classical music. No one who knew Michelle will ever hear a Sam Smith song again and not think of her. She was also an excellent artist and she and her husband displayed some of her sketches at home.

Michelle walked every day. Even in the throes of her illness, she could outwalk most. Michelle was also completely

delighted by dogs and their very dogness. If the dog was a little bit naughty, all the better.

Michelle had a wonderfully mischievous and irreverent sense of humor complete with an unstoppable and boisterous laugh. She used her finely honed combination of humor and truth-telling to help others navigate even difficult conversations skillfully and authentically. Her perspective was always illuminating, expansive, and in the service of mutual growth.

When Michelle was diagnosed with cancer, she was asked what was left on her bucket list. She responded that she had "kicked the shit out of life." She had done everything she wanted to do. She loved working at her practice and wanted to keep working as long as possible. Michelle wanted to see her friends and she wanted to go to Maine one last time.

The love and care Michelle demonstrated when closing her private practice was inspiring. When she received her cancer diagnosis, she had an extremely large caseload, and yet she continued to work with her patients as she underwent cancer treatment. When the time came for her to close her private practice, she said goodbye to each of her patients the same way she lived—with compassion, gentleness, and love. As we all know, terminations can be exhausting, exhilarating, and unpredictable. Michelle handled it all with equanimity and grace.

When it came time for Michelle to say goodbye to friends and colleagues prior to her death, conversations were filled with laughter, tears, reminiscing, an acceptance of reality and a tremendous amount of peaceful grace. She knew how to love and be loved. Michelle McGrath will be truly missed.



CONTRIBUTORS:

Debora A. Carmichael, PhD, CGP, FAGPA
Theresa Bullock Cohen, LICSW, CGP, BCC
Joe DeAngelis, LICSW, CGP
Judi Garland, PsyD
Melissa Kelly, LICSW
Ann Koplow, LICSW, CGP
Oona Metz, LICSW, CGP, FAGPA

The Northeastern Society for Group Psychotherapy Foundation, Inc. Announces Presentation of Lifetime Achievement Awards

This year for the first time the Northeastern Society for Group Psychotherapy Foundation presented "Lifetime Achievement Awards" to members of our community. Those receiving these awards have been selected for their outstanding contributions to the work of group psychotherapy by a confidential balloting by members of the Board of the NSGP Foundation at their annual meeting. This year three awards were presented to the awardees as our community gathered together at the Foundation's spring Gala: **Suzanne L. Cohen, EdD, CGP, FAGPA, Jerome S. Gans, MD, CGP, DLFAGPA, DLFAPA, and J. Scott Rutan, PhD., CGP, DLFAGPA.**

On the occasion of receiving these awards, each awardee was asked to respond briefly to two questions: *What drew you to group psychotherapy? What does group psychotherapy mean to you?* Here are their wonderful answers.

Future Awards

In the years ahead, members of the NSGP community in its entirety are invited to submit nominations for this "Lifetime Achievement Award" by submitting their nominations in writing. Please email your nominations to info@nsgpf.org. Nominations should consist of two or three sentences that describe the qualifications of the nominee for this lifetime achievement award. Members of the Board of the NSGP Foundation are ineligible for the award.

The awards for 2019 will be selected from the nominations by anonymous ballot at the NSGP Foundation, Inc. annual meeting. You can contact Theresa Cohen with any questions at theresa@bullockcohen.com.



Suzanne L. Cohen, EdD, CGP, FAGPA

What drew me to group therapy?

I was drawn to groups as a child. Groups gave me what my small family was not able to. Group therapy was a natural extension of those early experiences. It was dynamic, something new was created at every group meeting when people worked together, and I felt called to be present in a way that helped me to grow.

What does Group Therapy mean to me?

The opportunity to have direct connection with others in a safe space, to work on the problems of living with creativity and heart, to honor all and every person, feeling, thought, and desire.



Jerome S. Gans, MD, CGP, DLFAGPA, DLFAPA

What got me interested in group therapy?

Two experiences turned me on to group therapy. The first was a year-long course I took sophomore year in college on group dynamics. The second was my one-year experience in T-group in my first year of psychiatric residency.

What does being a group therapist mean to me?

Having a successful group therapy practice is not easy. You have to become known as a group therapist and I did so by writing articles and a book on group therapy, supervising group therapists, running T-groups and therapy groups, giving talks, running Institutes, presenting workshops, participating in open sessions, mentoring group therapists, and being active in NSGP and AGPA. And even with all those activities, I would not have had a viable group practice without being a member of Group Solutions Network. I am proud of how hard I worked to become a respected group therapist because doing so is very challenging—and very gratifying.



J. Scott Rutan, PhD., CGP, DLFAGPA

What got me interested in group therapy?

In the late 1960's, Norm Neiberg invited me to observe one of his ongoing psychotherapy groups. From the moment I first sat down on the outer perimeter of that group, I knew group therapy was going to be the core of my practice. It was electrifying and powerful. I suspect coming from a musical family (my father was a professional musician), hearing different "groups" perform...and being in them...transferred to me and group therapy felt entirely natural.

What does being a group therapist mean to me?

Group therapy, to me, is first-and-foremost a human encounter. Group therapy has taught me a very benign view of humanity—if you can provide a safe-enough place, where people can be as honest as they dare, you almost inevitably find that people want to love and be loved.

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. (Please remember to preserve the confidentiality of any group members described.)

Dear Analyze This,

I have a long-running interpersonal therapy group with members ranging in age from mid-40-s to early 70's. They are high functioning people overall with relational difficulties that they explore in the group. Several come from emotionally abusive and/or alcoholic families.

One member of the group, "Dave," has started using the group in what I feel is a not very productive way, more like a support group than a psychotherapy group. I am not sure what to do about it. He was raised by a vicious and manipulative (his words) mother and weak, passive father. The individual therapist who referred him to my group said this mother was the most emotionally abusive mother he had ever heard of. He gets his feelings hurt easily. For a long time he struggled with how to claim time for himself in group, waiting until the end to bring things up. We worked on this and he began bringing things up right in the beginning.

In recent years he has been dealing with a number of health problems as well as the decline and death of his mother. He began to give lengthy reports of information, e.g. all that he had to manage regarding the estate settlement or what medical appointments he had that week. The main feeling he can articulate is "stress."

If asked what he wants from the group, he says that he just wanted to let everyone know what was going on. I have noticed that the group is often silent after he reports. When I ask what it is like for them to hear what Dave has just said, people express

sympathy. One or two will sometimes ask him to say more about "stress" and he will talk about how he can't "get everything done" and feels so "overwhelmed." I think there is more to their reaction but they aren't saying.

I am aware of an uncomfortable, irritated reaction in myself when he begins reporting: I feel "I don't want have to listen this yet again." I'm not sure how to understand this reaction. I think some of it is that there is a way he is not actually engaging with the group and I am struggling with how to help that happen. I also think I probably don't like to think that any of this could happen to me, so I don't like to hear about it.

I would love some suggestions about how to deal with this situation in a way that helps him and the group to engage better.

Sincerely,

Missing My Compassion?

Dear Missing My Compassion,

I would worry if your *nom de plume* was "Soggy with Indifference" but I think your angst could be redemption in disguise. In order to see this irritation as a gift, though, we have to think about what brings Dave to this moment.

First, a question: Which parent do you think he models himself after? One possibility is 'neither', as if to say: 'I will not be like mother or father. I will not lash out at people with my feelings (like mom). I will be strong and take care of myself (unlike dad who was too weak to leave or stand up).' But to pull away from both parents is to swim upstream against the currents of attachment. Generally, if most of us tried to feed our drive for attachment with bread crumbs, we would feel hurt easily, too. It sounds like he's started to do good work by speaking up at the start of the group. It likely allows him to assert his needs and watch the group (try to) meet them.

A journey of a 1000 miles may start with the first step, and asking for time in session puts one foot in front of the other. Unfortunately, such moments are the piedmont to the Everest that is the death of his mother. Let's imagine it

through his eyes. On the one hand, good riddance! On the other hand, even if she rivaled Harlow's wire monkeys, that still doesn't absolve the incumbent sense of loss in losing a primary attachment figure, and no one makes it out of loss without a raft of hard emotions. The neutrality, banality, and redundancy of what he brings to sessions may be a way of avoiding feelings about his mother—and the conflicts of such contradictory emotions.

To admit he cannot hold it together would admit fatigue, dare say a moment of weakness—and suddenly maybe dad's needs might have validity. Moreover, to have emotional needs and feel hurt when others (like the group) fail to meet them completely, perhaps so hurt as to want to hurt back—we're now dangerously close to being able to relate to mother. And so he constructs a purgatory and the group is invited for tea.

Just as Dave may be "afraid to go there" in his affective needs, the group may be equally afraid of him and the task before him. Few in the group have likely known role models who can show them how to handle such powerful contradictory emotions or how to support others in managing their own.

It seems that one of the central questions is, "Is it possible to love and hate the same person?" One possible intervention might be to get the group to talk about how they might feel if they were in Dave's place. By sharing earnestly about what they imagine, it may start to give voice to the range of different emotions that he might have, thereby inviting him to relate and displace aspects of the otherwise impossible dilemma. He may dismiss some expressions, which likely gives you an indication of which emotions are more stoutly defended.

Another intervention would be to introduce your reactions in a supportive way. This works more directly with the question of love and hate. Missing your compassion? Great! That means you have the "hate" covered. By finding a way to own that without abdicating your concern, you role model how both can exist at once—something he likely never found in his relationships with parents. For example, the next time he holds forth and you notice feeling irritated, then you might find a way to say in your own words, "Dave, I want to stop you for a moment because I find it hard to listen and be present with you in the way that I want to. I know I genuinely care about you and that you're talking about

something important, but I find myself feeling restless and impatient. Can we explore a little of what may be going on right now between us?" Because of members' histories, you cannot expect this initiative to come from the group as they are unlikely to know how to do it without your role modeling it for them.

You might expect a range of reactions, including defensiveness and anger towards you. That is also a gift because it presents Dave with the opportunity to experience "hate" (read as "negative emotions") towards a figure whom he clearly trusts. If he continues his reports after such an intervention, it may suggest passive aggressiveness towards the group for not meeting his needs. You could help the expression of his anger directly—first towards you, then towards the group—which may help all of you rediscover and accept both your compassion and your anger.

Sincerely,

Jeff Brandt, PsyD, CGP



Dear Missing My Compassion,

Thank you for bringing this clinical dilemma! I so resonate with your irritation in these particular group moments. My gut clenches and my arm and leg muscles tense when I am listening to someone in this state (assuming I know what "this state" is).

I'm glad that you've brought both the clinical situation as well as your countertransference reactions to this question. Gone are the old days when having uncomfortable reactions meant that the therapist was doing something wrong or needed more analysis themselves. Our subjective reactions are powerful and useful if we can stay open and curious about them. Trust your body. You don't like something about this. Trust that. I bet you're not the only one.

I don't have a sense that it's compassion that you're missing here. It may have more to do with aggression, and how to work with it or invite it into the room in an overt way. There is a saying, "you have to crack some eggs in order to make an omelet", which may be part of why this situation feels like a dilemma. Each of us must find ways to lean in to

the expressions of aggression in our groups.

Certainly, Dave has a boatload of hurt and anger about how he's been treated by his mother. I'm also imagining that her death has left him feeling confused regarding what sadness he does or doesn't have. Whatever his feelings may be, he feels "stressed" having to have them, be in touch with them and articulate them. It's great that he can articulate this much. He's quite anxious about allowing himself to feel and articulate it any further than that.

One of your tasks is to help the group help Dave. And as you report, they are silenced by his presentation. The reason I mentioned my physical reactions above is because it may be helpful to have the group members get in touch with and report their physical sensations when Dave is speaking. I imagine that group members are reticent to have 'negative' reactions to Dave's reporting—to not want to report their own frustration, boredom or irritation with Dave's use of the group—because he's been through so much, and "we should have compassion for him." In addition, they know how easily he feels wounded, and may not want to risk cracking open the rage underneath. Given that they are functioning at a little higher level than Dave currently, they could tolerate pressure from you (i.e., you bring the aggression) to get in touch with all the different parts of themselves.

Asking members to simply share their physical reactions and sensations, *without judgment towards or about the sensations*, may give members a toe-hold to name feelings, without having to start there. Trust that some brave soul will share their sensations. Then the group can get curious about what that might mean the person is feeling. And if no one reports on their physical sensations, you can get curious about that with the group.

Some folks are not in touch with their bodies and it may be helpful to give them examples of what to look for. I sometimes like to give examples of 'positive'/comfortable sensations first (a lightness in your chest, an energy moving through your limbs, etc.) followed by 'negative'/uncomfortable ones (holding your breath, muscle tightness, clenching your jaw, butterflies in your stomach, etc.), to counter the tendency of both

therapists and patients to move towards 'what's wrong?' Also, I like using a car tachometer metaphor to talk about feeling states (idling at a light vs. redlining it when accelerating); encouraging folks to pay attention to and trust the subtle reactions they have.

Aggression has many aspects. It's not that Dave doesn't access his aggression at all. The fact that you've been working together with him to take time for himself in group is helping him get comfortable with an aspect of aggression—taking up time and space in group. When he's using time, others are not able to. It's a healthy expression of aggressive energy, a.k.a., our desire.

Make sure that the normative expressions of your aggression are being expressed consistently—start and end the group on time and collect fees per your arrangement with folks. Are there any aspects or boundaries of the group contract that are being challenged or crossed, but not talked about (e.g., lateness)? Attending to issues of the frame will help to keep group safe to bring in difficult material.

Along with my comments, I would refer you to Eleanor Counsellman's chapter "Containing and Using Powerful Therapist Reactions" in *Complex Dilemmas in Group Therapy* (edited by Lise Motherwell and Joe Shay), and Jerry Gans' "The Courage of the Group Member," in his book *Difficult Topics in Group Psychotherapy*.

Sincerely,

Joe DeAngelis, LICSW, CGP



SHARE THE CONNECTION!

Invite a colleague, co-worker, or other clinician to join NSGP!

Learn more at
www.nsgp.com

Groups in Downtown Boston

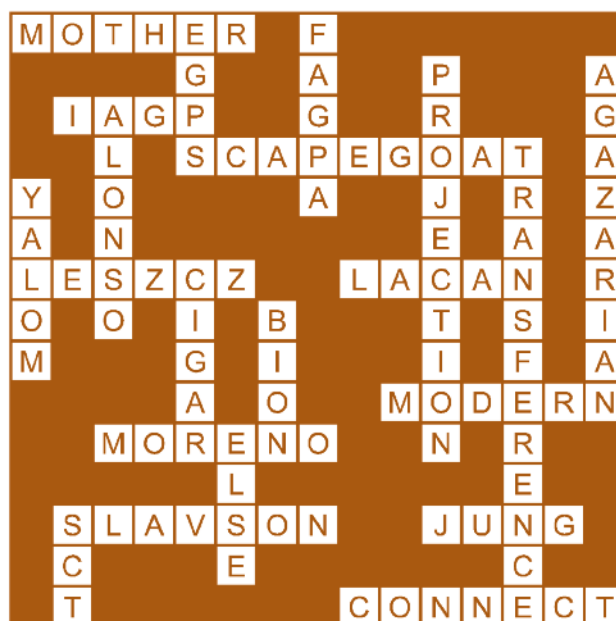


- 1) Adult Men's interpersonal Group
(Tuesday Evening)
- 2) Sexual and Gender Identity Exploration
(Thursday Evening)
- 3) Mixed Adult Professionals
(Friday Morning)

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Crossword Solution



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

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 **Annie Weiss (617) 244-9009** or **Caleb Englander (617) 852-4854**.

And check us out at

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



ADVERTISE YOUR PRACTICE, GROUPS or OFFICE SPACE in the next NSGP NEWSLETTER!

NSGP members can now purchase advertisement space.

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

- 1) Submitted as a high resolution PDF* with fonts embedded in the file.
- 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 (25 words max)
\$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.



Breakfast Club

2018 - 2019 Calendar

ABUSE OF POWER IN GROUPS: LEADERSHIP, FOLLOWERSHIP, AND PROTECTIVE FACTORS
Presented by **Sasha Watkins, MA, LMHC, CPRP**
Location TBD

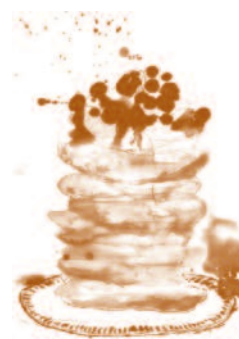
**SUNDAY
1/13/19
11-1:30**

LOVING DEFENSES TO DEATH, BRINGING ATTACHMENT TO LIFE—AN EXPERIENTIAL APPROACH TO COUPLES WORK
Presented by **Jennifer Leigh, PhD**
Location TBD

**SUNDAY
3/24/19
11-1:30**

GROUP AS EXPERIENCE, GROUP AS INTERVENTION
Presented by **Jeff Brand, PsyD**
Location TBD

**SUNDAY
4/28/19
11-1:30**



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.

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 2019 AGPA Connect, February 25-March 2, in Los Angeles.**


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, 2018.** Additional questions? E-mail: mallorycrisona@agpa.org.


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


Progress Notes

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


 **Alan Albert** is excited for a trip to in India in Jan/Feb, having never been there and long wanting to go. Feel free to let him know about any of your own experiences traveling in that part of the world!

 **Marc Bolduc** became a father a year ago, and his daughter Ella is happy and healthy and Marc's wife is still talking to him, so he is chalking that up as a success. Marc's hiatus from NSGP committee work has ended, as he will be taking over as a co-chair for the NSGP scholarship committee with his colleague and friend Lucille Jordan. He is looking forward being back in the mix of NSGP business. Group life has been lively for Marc as he continues to lead groups and participates as a member of local men's group with other group therapists and Modern Analytic training group in Austin. He will be entering his 16th year at MGH and the work continues to be abundant and satisfying.

 **Laura D. Crain** was appointed to be a Training and Supervising Analyst at Boston Psychoanalytic Society and Institute in March, 2018.


 **Eleanor Counselman** has stepped back in as AGPA President after the resignation of Barry Helfmann. She is especially excited about the success of the petition to have group therapy named as a specialty by the American Psychological Association after a multi-year effort and hopes to build on that success.

 **Bet MacArthur** and **Linda Wolfson** have founded a free support group for late-career, pre-retirement and retired social workers from all practice settings. The group will meet monthly to share information, study relevant and useful publications and resources in the field, and provide mutual aid. They request that people spread the word about this first-in-the-nation, new resource!


 **Barbara McQueen** is delighted to be leading the Experience Group as part of the NSGP training program this fall, and in May, enjoyed leading a rich day long EG that was part of the 2018 NSGP principles course. In July, she also started leading a T-group for psychiatry residents at BMC, which are newly re-instituted. She continues to make use of group skills in the service of racial equity, through facilitating groups with YW Boston and elsewhere.

A Warm Welcome


to new NSGP Board members
Charlie Glazier and **Ann-Keren Neeman Kantor**.


 **Robert Pepper's** new book *Some People Don't Want What They Say They Want—100 Unconventional Interventions in Group Therapy*, appears on p.23 of the Nov/Dec edition of *Psychology Today*!

 **Marian K. Shapiro** has experienced an exciting milestone in her 'other' life as a poet—as this Fall, her poetry publications have reached the 400 mark. She is thrilled that some of her most experimental work has found its place in journals and electronic publications at last.

 **Joe Shay** presented a workshop entitled "Everything You Need to Know about Group Therapy in 10 Easy Videos" at the annual NSGP conference. For PCFINE, Joe continues on the Board and also in other roles, and presented "Defensive Processes in Couples Therapy" to the first year class. For the second year class, he will be presenting "Couples Gone Wild: The Top 10 Complications in Treating Couples" and "Betrayal in Relationships: Infidelity and Couples Therapy." Finally, Joe was the Invited Discussant for the Dramatic Reading of *God of Carnage* presented as a joint fundraiser for the Group Foundation for Advancing Mental Health and the NSGP Foundation.

 **Jenn Ruiz** and her family welcomed their newest addition at the end of September when their second daughter was born!!

 **Ellen Waldorf** of eWaldorf Mediation in Newton has been elected to the board of the Community Dispute Settlement Center, a non-profit mediation and training center in Cambridge.

 **Robert Weber** was a panelist at Boston College in September, presenting on the topic of "Aging and Ignatian Spirituality," for the Office on Institutional Diversity, Healthy You, and the Center for Ignatian Spirituality. He also presented with his coauthor of *The Spirituality of Age: A Seeker's Guide to Growing Older*, presented "Are We Wise Yet?," Carol Orsborn, at the Biennial Sage-ing International Conference in Chaska, MN.

Thanks

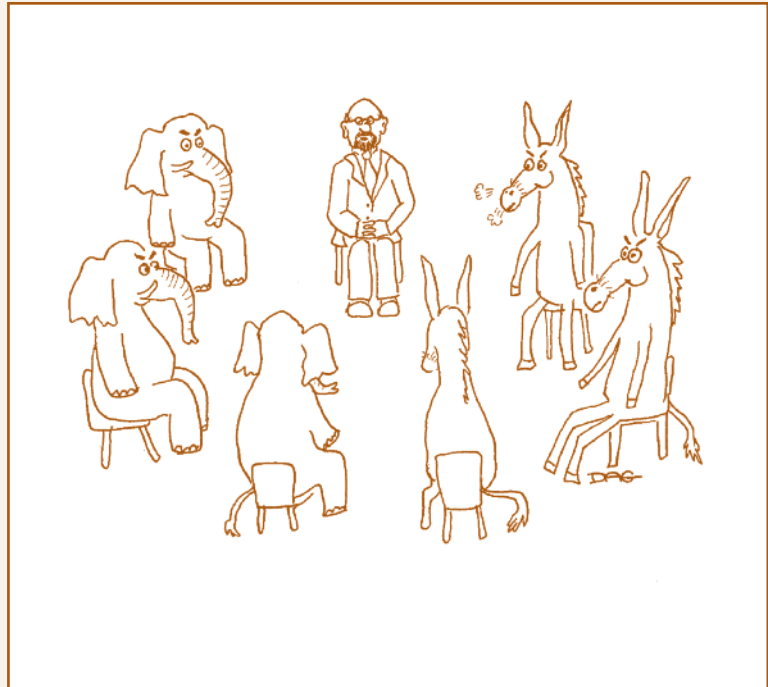
to **Alan Witkower** for his service on the Newsletter Committee as a cartoon caption judge. Thank you for your contributions and to and **Joanne Lipner** for stepping in.

Fran Weiss had an article published May, 2018 in the *American Journal of Psychotherapy* "Implications of Attachment Theory and Neuroscience for the Psychotherapeutic Treatment of Obesity and Overeating."

Kurt White, after long illness, was able to return to the high peaks of the White Mountains, but he comes down sometimes to work, and he has led workshops on trauma and attachment at Smith Seminars in June, NY State Infant Mental Health Association in June and December around NY State, and at Univ. of Mass. Center for Counseling in August. He also presented on Fundamentals of Addiction Counseling for HCRS in Springfield, VT in Oct., and on Ethics and Supervision for Vermont Addiction Professionals Association in May, and with colleagues about housing and mental health at the Vermont Housing Conference in November. He is pleased to have been able to attend the IAGP XX Congress in Malmo, Sweden, in July/August as well. The work of the Smith SSW group faculty was featured in the most recent edition of their *InDepth: Perspectives in Social Work* magazine, and the accomplishments of the program's students were featured in the Spring issue.

Caption This!

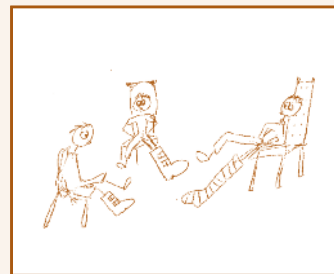
Please submit a caption for this cartoon to newsletter@nsgp.com.
The winning entries will be announced in the next issue.



Drawn by David Goldberg

Fall/Winter 2018-9 Cartoon Caption Winners from Spring 2018

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



Drawn by Renee Hoekstra

Winner:

"Well this group appears to be merely limping along." —Lise Motherwell

Second:

"You know, before this group I was afraid that I would open my mouth and put my foot in it..." —Jeff Brand

Third:

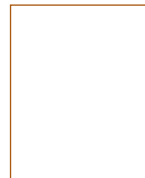
"Is this what it takes to give a leader the boot?" —Marsha Vanicelli

Runner Up:

"Who would have predicted that the barbershop quartet competition would taken such a violent turn. Has anyone heard from Joe?" —Marc Bolduc



Northeastern Society for Group Psychotherapy, Inc.
PO Box 356
Belmont, MA 02478-3201
(617) 431-6747
www.nsgp.com



Save the Date!

NSGP's 38th Annual Conference!

June 7, 8, & 9, 2019

the newsletter fall/winter 2018-9

NSGP

Northeastern Society for Group Psychotherapy

NSGP Upcoming Events Calendar

Jan. 13, 2019	Breakfast Club 11-1:30 <i>Abuse of Power in Groups: Leadership, Followership, and Protective Factors</i> Presented by Sasha Watkins, MA, LMHC, CPRP Location TBD
Feb. 25-Mar. 2, 2019	AGPA Connect 2019 <i>Building Bridges of Connection Through Group</i> Los Angeles, CA
March 24, 2019	Breakfast Club 11-1:30 <i>Loving Defenses to Death, Bringing Attachment to Life—An Experiential Approach to Couples Work</i> Presented by Jennifer Leigh, PhD Location TBD
April 28, 2019	Breakfast Club 11-1:30 <i>Group as Experience, Group as Intervention</i> Presented by Jeff Brand, PsyD Location TBD
June 7-9, 2019	NSGP 38th Annual Conference <i>Diving In: From the Shallows to the Deep</i> At Simmons College, Boston

For more information or to sign up, please call 617-431-6747 or go online to www.nsgp.com.