



the newsletter

NSGP

Northeastern Society for Group Psychotherapy

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Letter from the President



When I was a graduate student in Tel Aviv, I worked part-time reading simultaneous translation of plays from Hebrew to English at theaters across Israel, in Europe and the U.S. This gig not

only helped me pay the rent, it introduced me to the impact of reaching a larger audience by means of bridging language and cultural differences. It introduced me to the power of translation as a key to unlocking doors and opening access to new potentials for the sharing of ideas and for the connecting of emotions.

Working backstage, I read the lines delivered by the Hebrew-speaking actors simultaneously in English, as the play proceeded. The audience heard the translation via earphones while watching the performance on stage.

I share this recollection with you because the skill I developed from my student-day translating experience I find myself relearning many years later in my role as NSGP President. In looking back, I realize that the translating enabled audiences well beyond Israelis and Hebrew-speakers to understand and appreciate modern-day Israeli theater. After all, Israel is a small country and relatively few people in the world speak Hebrew. A most memorable and moving moment for me on the job occurred during an intermission. With obviously no one identifying who I was, I overheard the comment: "That translation really helped me relate to what's going on in this country!"

Having completed my first year as NSGP President, I feel once again like the translator back stage. I say this because—despite the public nature of the role—so much of the President's work takes place behind the scenes and requires connecting our mission and voice to wider audiences.

Over the past year, I have worked with our board members and committee chairs to encourage greater outreach to the larger

community of therapists and health care providers. Much of this outreach has, in effect, involved "translating" the language, value and modality of group therapy to others who, like the theater audiences, know little or nothing about our work. NSGP has been involved in leading workshops promoting group practice to clinicians unfamiliar with group process. We are also striving to advertise our Conference and events to a more diverse population. I have recently become more involved in efforts to promote higher financial reimbursement for our services with insurers. NSGP is partnering with AGPA to advocate among mental health professional organizations to recognize group therapy as a specialty which carries unique healing capacities in promoting physical, emotional and holistic well-being.

All of these efforts, however, require facing the daunting challenge of generating and sustaining dialogue with audiences who, for the large part, do not understand our language. In order to do this, we are pressed to translate the nouns and verbs of group process into the thinking of health care systems which are unaware of or lack meaningful understanding of our culture.

Disheartening as this situation may be, we can be encouraged by the fact that we as group therapists are experts at promoting discussion and managing differences. I encourage you to translate the essence of NSGP in any way you can. Whether it be by recommending group therapy to an individual patient, including group practice and principles in your teaching, or attending our Conference and events throughout the year, you are supporting the process by which our unique therapeutic community reaches others and through which our own identity as a Society is strengthened.

Like a parent, therapist, or good friend, each of us mentors through the everyday and seemingly "little" deeds performed. Remember that in supporting NSGP, each one of us translates the message of group into a language others can understand and

thereby stimulates feedback from others which can reach and teach us anew. We know that group therapy as a discipline faces very real financial and professional challenges to its survival. Whether or not we survive and ultimately thrive depends in great measure upon how effectively we take our message beyond ourselves and how much we are willing to self-examine, evolve and actualize as a large group amongst the nations of healing artists.

I look forward to the continued opportunity to proceed along with you on this journey.

Steffen Fuller, PhD, CGP
President, NSGP

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The goals of this newsletter are two-fold:

- To promote the objectives of the Northeastern Society for Group Psychotherapy, an affiliate of the American Group Psychotherapy Association.
- To be a forum for the exchange of ideas and information among members.

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**Letter from
the Editor**

I became 70 this year. I know things like this happen...in fact I have witnessed it in others. But, I am not like others. As a child, my thinking shifted between two angles with respect to my mortality: one, was that dying was for OTHER people; and two, was that I would die, yes, but probably not until age 15. The first was not so uncommon for a kid's first sense of things; and the second, well, the second was because I was born with a biological anomaly (spina bifida) that I was certain would shorten my life, or, failing that, would strip it of possibilities enjoyed by others.

I think it was the latter, this fate of a shortened life, that shaped a worldview that made every new corner I turned hum with astonishment. I was recognized easily by anyone within earshot with my exclamations of "Really?," "You don't say," "Is that right?," or "Wow!"

For example, I am astonished and humbled by my new position as co-editor of NSGP's newsletter. For me, it signifies a convergence of so many astonishments at things that, in the last 9 years (my tenure at NSGP), have come my way. I mean, how cool is that I am in a position to display what I interpret as the life and vitality of an organization I love through the words, images, and deeds of its members! To worry about survival and growth outside of my own feels unique and, well, ...unique.

I came to NSGP as a neophyte, professionally speaking; it was like entering the group room for the first time—everything was strange and new.

My group therapist (the late and great Larry Bader) expressed no doubt whatsoever that if one put in the time, rode out the bumps, and put a little out to chance, something good would happen. When I think of my life in NSGP so far, it went pretty much like my journey in group, only shorter by one year.

I hated going to group...at first. On one occasion, early on, I bolted halfway through the session. As I exited, Larry, whom I almost tripped over on my way out, looked up and with concern on his face asked softly "so...see you next week?" as if signaling, "OK, this happens, we'll get it right." And we did. I returned the next week and stayed for 10 years, something I don't think Larry necessarily had in mind. I also bolted from several NSGP events: a breakfast club, a board meeting, two NSGP dinners, two garden parties, and a 'partridge in a pear tree' (all true—well, not the last). The reason was never that NSGPs were unfriendly or unwelcoming. It's just how I handled "new" at the time.

Bruce Tuckman in 1963 hypothesized that groups advance through certain stages of

development. At first members form, then storm, then norm, then perform. Hmmm.

I actually did experience, and continue to, the first four Yalom's reframed developmental tasks. They came so close together that they seemed simultaneous, a new cycle with each NSGP event and conference. That's the real reason I think I developed the habit of an afternoon nap. The good news for me (and for others) is that the ratios of the tasks have changed. While 'forming' is no longer center stage and I am not so busy with, "am I in or am I out" (William Shutz), I'm still prickled by storming, whether "I am on top or bottom" as I leave old and enter new committees and communities. Fortunately, I have hung around and hung in with NSGP long enough to be rewarded by far fewer 'bumps' and far greater periods of norming and performing, or what I think Yalom suggested as "cohesiveness". Thankfully I followed Larry's cue and did return each time and, as with my therapy group and now NSGP, I firmly believed I did 'get it right'.

This letter to the editor is joined in theme by other contributors who speak of new meanings, change, and personal transformation. There is Karen Cutter reflecting on her experience of NSGP as a blending of the cherished old with the familiar new; Tracy McNab, blazing a personal journey to the sacred land, history and culture of the Lakota people and recognizing parallels with group work along the way; President Elect Ann Koplow, a fellow 'astoundee', slowly absorbing her sudden and unexpected ascent to NSGP's highest office; Caleb Englander of Analyze This, hearing new perspectives from veteran clinicians about the loud silences of adolescents new to group; and Dan Suleman embodying in his article change and transformation in just a one day dose of our Conference's experiential learning.

I am privileged to be among contributors to this newsletter who, at various ages, seem to be on the personal and professional frontiers of their lives. Considering the childhood notions of my mortality with which I began this article, I am happy to find myself still here at the ripe age of 70, with all bets off regarding projected life spans. As far as the present is concerned, I am basking in the glow of change and the anticipation of the future here at NSGP and in other corners.

Howie Schnairsohn, LICSW, CGP
Co-Editor Newsletter

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

Marketing Your Practice: Thriving in a Changing World with Carol Dallinga, LCSW, CGP

By Judi Garland, PsyD

The Practice Development Committee has done it again! On May 7th, a warm, spring Sunday afternoon, the Practice Development Committee ran a successful workshop entitled, "Marketing Your Practice: Thriving in a Changing World."

The presenter, Carol Dallinga, has been a practicing social worker in Westchester County, NY for over thirty years. She works to help psychotherapists develop and market their practices with tried and true marketing and networking skills. Carol is a Certified Group Psychotherapist, and past President of the Westchester Group Psychotherapy Society.

Workshop participants sat around several round tables, which were conducive to conversation and networking, and to breaking into small groups for practice development exercises. Carol spoke about developing a marketing strategy and business plan, developing a positive attitude toward marketing, and developing strong multilevel networks as keys to a thriving practice.

Carol addressed the importance of treating one's practice as a business. She spoke about therapists notoriously feeling uncomfortable with thinking of their practice as a business, and resisting marketing.

Carol stated that as a business, a practice needs a sound business plan. She referred to Jim Horan's *One Page Business Plan*. According to Horan, your business needs:

1. A Vision, which describes your practice in a passionate way;
2. A Mission, which describes the purpose of your practice;
3. Objectives: What you're trying to achieve in measurable goals;

This Fall, we welcome two new Newsletter Committee members **Caleb Englander** (*Analyze This*) and **Naomi Dogan** (Photography), as well as new Co-Chair **Howie Schnairsohn**! We also bid farewell to **Amy Matias** and **Jenn McLain** for their years of past service on the newsletter!

4. Strategies: How you plan to promote your practice;

5. Plans: Specific actions to achieve the objectives.

We then broke into small groups and introduced ourselves, described our practices, and spoke about a new group we'd like to run. We also talked about why we may resist marketing our business.

Carol emphasized that in order to market diligently, therapists need to set aside a little time each week specifically for marketing, even if it is just half an hour. Some of the more traditional methods of marketing are giving a talk, teaching a class, writing an article, networking at workshops, and creating referral partnerships.

Participants broke into small groups again. This time each person outlined the group they would like to run, and group members gave feedback about how to market/network that group. As each person shared their ideas about the group they would like to run, and got suggestions about how to market that group, the room was filled with energy, and a lot of great ideas were developed.

Next, Carol taught the group about having an OM3, a One Minute Marketing Message. She stated that the OM3 should express who you are, and your "personal brand" concisely, and it should focus on the benefit to the client. In another small group networking exercise, participants had the opportunity to develop and present their OM3.

Carol also emphasized the importance of maintaining current marketing strategies, such as keeping a current website, and using social media. She emphasized that having a website is a MUST, as many people search for a therapist online.

The group had many questions about using social media as a marketing tool. Carol stated that keeping some form of social media presence active and current is absolutely vital to remaining in the public eye.

Finally, Carol emphasized that any business needs connection, so finding ways to link, collaborate, and affiliate with like-minded individuals or groups is an absolute necessity. The workshop participants took the opportunity to network amongst themselves, and many business cards were exchanged, and there was some discussion of forming marketing support groups.

Carol did an excellent job presenting current marketing strategies!



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In heart of Harvard Square, large psychotherapy office suitable for group work available. Historic building with large windows overlooking beautiful views of Harvard University. carolyn_conklin@hms.harvard.edu

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 2018 Newsletter. Please send submissions to:

newsletter@nsgp.com.

Note: letters not edited except for space.

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Experiencing Experiential

By Dan Sutelman, LICSW

Up until a few weeks before the conference, I was not aware of NSGP. In response to an inquiry about local opportunities for training, a long-term member and colleague suggested I check it out. I was told "You may consider attending the NSGP annual conference, it will be experiential, you won't just learn more theory..." That sounded good to me, and I signed up.

I arrived early Friday morning at the conference. I sat down with a free cup of coffee. A skeptic, I thought "free coffee, maybe this is an OK start." I looked around, taking in some other members setting up and getting organized. I was early, as is often the case when I have no idea what I am getting into. Unsure of what was in store for the day, let alone the weekend, I sat and looked around somewhat nervously. A long-term member pulled up a chair and sat next to me, introduced himself and told me a little about previous conferences and his

love for the organization. Having a welcoming person to talk with took the edge off a bit.

It was not long before people arrived, the conference began and people went from the introductory talk to their respective groups. When Julie Anderson, the group leader, opened the first session of 0-3 years of experience, I was very hesitant to speak. Being a Russian Jewish immigrant, feeling like an outsider is part of my experience. I acutely became aware of not knowing what psychodynamic process groups were about at all. It seemed like some people knew how to be in group. I did not know how to be or what to talk about in a group. I wasn't sure what was going to unfold. I clammed up.

As I held out, people started to comment on my withdrawal from the group, they expressed concern. "Are they kidding me?", I thought. "It's been 10 minutes and these people are worried about me? Already? I haven't even done anything, yet!" My neighbor in the group, possibly sensing my discomfort, informed me and the others "I am not worried about Dan at all." I felt reassured, I could settle a bit, relax, less an outsider though very much unclear on what was going to happen. Were there any instructions offered? Is it too late to get my money back?

As the morning crept towards lunch and afternoon, people in the group started to talk about personal issues, their own lives, their personal struggles, people began to open up about themselves. Something was happening, a theme was emerging. It was loss. Everyone felt more

connected, more real as people shared more of themselves. The magnitude of some of the losses was significant. Something was happening, people were being themselves, sharing their struggles, hurts and pain. Through this sharing, a connection grew. Members of the group appeared more animated, more full. Group members became real people, no longer just group members but people I cared about.

The final day provided us a glimpse into an experienced group leader running a group. The group had members of my group from the first day in it. I felt a connection with them. I felt a shared nervousness, again. What was in store? What direction would this take? This time though, I did not want my money back, I did not need instructions. I had a sense of trust things would unfold as they would and that it would be interesting and a worthwhile experience.

I am not someone who is easily moved to tears. But observing the group unfold, feeling present and connected to people in the group, I found myself welling up with tears as I empathized with the experience of members of the demonstration group.

The conference came to a close by the end of that day. Reflecting on the past three days, I noticed how much I felt changed by the experience. From uncertainty, skepticism and doubt to tears, connection, re-assuredness and hope, the conference took me through a wide range of experiences in such a short time. I do not have words to explain exactly how special and moving it all was and I feel that I could not explain to someone else what exactly it was like. I did know and could see I was changed, something in me had shifted. Something kept coming into my mind as the days after the conference went by. "So that's what was meant by experiential..."



Ann Koplow and Steffen Fuller



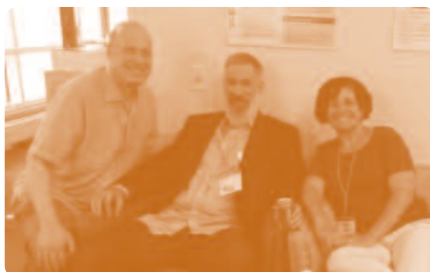
Jim Leone & Suzanne Cohen



Tris Dashti-Gibson, Douglas Baker & Marilyn Downs



Steven Caldwell, Alan Albert & Larry Kron



Steffen Fuller, Marc Bolduc & Lucy Jordan



Lise Motherwell

Coming Home to Where I've Never Been

By Karen Cutting, PsyD

There is a certain type of anxiety and excitement that comes with the merging of new and old relationships. Currently, in my life this type of transition has been a prominent theme. In my professional life, my close-knit, small office of colleagues is in the process of adding two new staff members. In the Fall, I will bear witness to one of my oldest and dearest friends getting married after a decade of raising her daughter as a single mother. My own family will be expanding soon when my second daughter is born. These transitions, with all the joy and fears that come with them, are real and alive in my life, just as they were as I embarked on my first NSGP conference as a new member coming into a well-established organization with a rich history and a tight-knit community of colleagues and friends.

There were so many benefits and pleasant surprises that I experienced over the course of the weekend that added up to a marvelous experience. As a new member and first time attendee, I appreciated the response by my colleagues in attendance – the warm welcome, the respectful curiosity about me, and the acknowledgment that I may have something to offer this great organization.

I felt myself in the presence of giants. At one point, I practically cornered Eleanor F. Counselman, Ed.D., CGP, LFIGPA, as she exited the restroom, to introduce myself and share how meaningful her plenary speech had been to me last year at AGPA. I am still not convinced that I was making coherent sentences as I spoke to this woman whom I look up to so very much. There were other experiences throughout the weekend where I found myself in awe of the presence of such established, well-known, and well liked clinicians. The best aspect about this particular part of the weekend was that I found these “giants” to be gentle giants. Humble giants. In fact, the humility that was embraced by

all that presented, taught, and facilitated the conference was moving and admirable.

One aspect of the weekend that was refreshing, and one that I would not have predicted (perhaps because it is a weight I have become so accustomed to carrying), was being around people to whom I did not have to “sell” the benefits of group therapy. Part of my role as group therapy coordinator in my office is to try and build and maintain the enthusiasm around group therapy. I find myself at times needing to defend it and uphold its value. I am also in charge of educating my colleagues in regards to group therapy. It felt like an unburdening to be around others who intuitively and academically understand the value of group therapy and who hold the same level of passion for this complicated and powerfully effective clinical modality. It was stimulating to be in the seat of a student again and to learn and enhance my knowledge and skills regarding group therapy.

The conference began with my first experiential group and it did not disappoint! The vulnerability and the compassion that was present, as well as the inter- and intrapersonal learning that occurred was powerful. I learned a lot, not only about myself, but about the courage, naked exposure, and sense of community inherent in the group-member experience. Our group leader, Kurt White, LADC, LICSW, CGP modeled the attunement, empathy, and compassionate feedback one would hope to experience from a group leader.

On Saturday, I attended the Mindfulness and Compassion in the Group Psychotherapy Process workshop facilitated by James P. Leone, Ph.D., CGP and the Risks and Rewards of Combined Individual and Group Treatment workshop facilitated by Joe DeAngelis, LICSW, CGP. I went into both workshops with an idea of what I was looking for—which was didactic, concrete learning; and while neither fit this mold, I was pleasantly surprised by the benefits and knowledge I did take away. There was rich discussion lead by the experienced and knowledgeable facilitators, as well as thought-provoking and helpful clinical case examples. I made genuine connections with other members of the workshops and with the workshop facilitators. This may not have occurred if the workshops had been the concrete didactics I was expecting them to be.

I joined the community meeting, though wondered if I really had a seat there or if it was meant for established members. I was very happy to join this “large group” because I was able to witness the authentic concerns, hopes, tensions and ideas of a real organization. I witnessed a group that demonstrated respect and openness to differing opinions. I observed people sitting calmly with the tension of conflict, disappointment and silence at a level found only in a room full of group therapists. While people had different views, approaches, and opinions, it was clear that there was a united goal of addressing needs and moving forward

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Simon Bresler, Vinod Rao, Abigail Tischler & Lucy Krivitsky



Judi Garland & Michelle McGrath



Scott Rutan & Molyn Leszcz



Debra Filiurin, Amy Matias & Ari Shesto

The Effective Group Psychotherapist: Cohesion, Empathy, And Therapist Transparency

By **Molyn Leszcz, MD, CGP, DFAGPA**

Dr. Leszcz presented at the NSGP meeting in June on this topic, and facilitated the Demonstration Group. The following is excerpted, with permission, from Dr. Leszcz's article "The Effective Group Psychotherapist"

Our contemporary environment demands that we be evidence-based, linking the science and art of our work together. Theory serves an important role in teaching us where we should head in treatment. Technique is equally important because it teaches us what to do when we arrive clinically where theory directs us.

Group therapists are more effective, and psychotherapists in general are more effective when they are able to maximize the power of the therapeutic alliance in individual therapy and its group psychotherapy equivalent, group cohesion. The second important variable is empathy. Empathy includes receptive or understanding, and expressive or communicative capacities. It is much more than kindness and it demands specific, tailored in-depth understanding and articulation of that understanding, always privileging the patient's position.

The evidence-based group therapist applies a greater level of specificity to the meaning, experience and operationalization of empathy. In a moment-to-moment fashion, the effective group therapist emphasizes this need even as there may be strong interpersonal and transference pulls that recruit a relationship that is constrictive, damaging and confirming of pathogenic beliefs (Weiss, 1993).

Our work demands that the therapist places himself in the center of an intersubjective, relational process moving back and forth from conjunction to disjunction dealing with the inevitable 'tear and repair' process (Hill & Knox, 2009). Depth understanding of the patient couples with depth understanding of one's countertransference and should be aligned with the capacity to communicate through feedback and meta-communication. The group leader engages each patient in a non-blaming, non-shaming fashion, valuing patients bringing them-selves as they genuinely are to the social microcosm of the group. The here and now difficulties link to the member's problems outside of the group as he authors, for better or for worse, his relational environment (Leszcz & Malat, 2012; Yalom & Leszcz, 2005).

This requires therapist capacity to recognize when he is hooked into an interpersonal loop with a patient and how to unhook through reflection and meta-communication, reducing inadvertent

progressive emboldenment on the patient's part (Weiss, 1993).

Getting hooked is not the problem. The therapist who fails to be hooked is not sufficiently alive to the therapeutic process in the group. The key is to get unhooked through reflection and then address the hooking metacommunicatively. The impact message encourages the therapist to reflect deeply on the therapeutic encounter by examining his experience with each patient: what direct feelings is she having to a patient; what behavioral pulls are evident; what fantasies or reverie emerge; all linked to the perceived evoking message—how does the patient generate his interpersonal impact. Recognizing interpersonal pulls is essential in this regard. The patient gains awareness of his contributions to his difficulties, which promotes broadening of his interpersonal repertoire and effective authorship of his relationships, linked to the treatment goals. This means that we are always on the cusp of either a self-fulfilling or a self-defeating sequence: of rupture or repair. Reflecting upon countertransference and being able to metabolize it to use it as data is key.

This shifts us to the expressive aspects of empathy, predicated upon the therapist's ability to employ therapeutic metacommunication. Critically important is the therapist's capacity to align his intention with his impact and it is useful to check on that by processing the patient



Shane Wong & Simon Bresler



Molyn Leszcz, Michel Selva & Kurt White



Jenn McLain & Howie Schnairsohn

Cohesion is one of the core mechanisms of action of group psychotherapy. It appears to explain more patient improvement than specific mechanisms of action, models or protocols. Cohesive groups pull members to the center of the room and create strong emotional bonds. In addition, they use this as a platform to do the meaningful work of psychotherapy. Group cohesion is often likened to the therapeutic alliance in individual work but it is much more complex involving member-to-member, member-to-group and member-to-leader relationships and is even more complicated in settings where co-therapy may be applied.

expressions of hostility, power or rejection. The receptive aspect of empathy is enhanced by the therapist's capacity to formulate and understand each member of the group regarding pathogenic beliefs that each member carries, that in turn shape the interpersonal behavior that becomes manifest in the group. Research demonstrates that the more aligned the therapist is with the patient's plan and able to disconfirm pathogenic beliefs, the following ensues: greater patient self-awareness; greater access to affect and healthy self-reference; spontaneous genetic recovery of early life experiences that contribute to the pathogenic beliefs;

reaction's experience within the here and now (Wachtel, 2011; Yalom & Leszcz, 2005). Metacommunication requires capacity to find palatable ways of saying unpalatable things and elevates the therapist's use of language as a key component of therapeutic effectiveness. Metacommunication is ideally provided in a way that is both assertive and tentative, builds on the therapeutic alliance, and begins at lower levels of inference, gradually becoming more explicit as the patient's engagement with the process becomes more evident. It interrupts negative complementarity and can have

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The Effective Group Psychotherapist: Cohesion, Empathy, and Therapist Transparency

(continued from page 6)

a profound unlocking capacity. It demands the therapist demonstrate positive regard and blend tact with authenticity. Growth and new behavior emerging on the part of the patient should similarly be acknowledged. Balancing positive feedback with more critical feedback can lower the stakes, making it easier for the patient to absorb challenging feedback.

The therapist's use of self as a therapeutic tool requires judicious self-disclosure through feedback and metacommunication (Wachtel, 2011; Yalom & Leszcz, 2005). It is an essential, often powerful component of helping our patients restore a sense of cause and effect in the authorship of their interpersonal world. Factors for the therapist to consider include: good language skills; boundary preservation; distinguishing what is induced by the patient regarding objective countertransference, as distinct from subjective countertransference emerging from the therapist's own life, past or current; what is the purpose of the disclosure, recognizing that transparency is a tool and not an end in itself. Benefits are enhanced and risks are reduced if the therapist is able to provide an ahistorical perspective tied to the here and now. It is clearly not a vehicle for the expression of therapist hostility or self-aggrandizement. Its power accounts for why most therapists become less transparent as they gain experience, always of course guided by the axiom that what therapist does and says must always be in the interest of the patient (Leszcz & Malat, 2012).



Now Recruiting for 2019!

*The 2018 NSGP conference
seem too close? Already
booked? (Fear of
commitment but want
to work on it as a
long term goal?)*

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NSGP Foundation Garden Party



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& Naomi Dogan



Walker Shields, Stephen Tourgee
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Tamari Neeman Kantor, Scott Rutan
& Ann-Keren Neeman Kantor



Annie Weiss, Angie Caggianelli
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Theresa Cohen, Melissa Kelly, Joe Boyle
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Barbara Keezell & Eleanor Counselman



Kelley Bothe, John Carr & Lila Carr

From the President Elect, "Who....me?"

By Ann Koplow, LICSW

When Howie Schnairsohn, esteemed colleague and intrepid co-editor of this newsletter, asked me to write an 800 - 1000 word article about what it's like to be the President Elect of NSGP, I thought that would be a relatively easy assignment. I mean, I write a blog post every day, I used to be a professional writer before I changed careers in the 1990s, and—most importantly—I AM the President Elect of NSGP, so that perspective is immediately accessible.

However, I've been working on this article for days, and I'm finding this surprisingly difficult. Perhaps it's difficult because, in all the years I've been a member of this wonderful organization, I never dreamed I'd be writing an article like this one. Indeed, when nominating committee member Joyce Collier called to ask if I would consider being President, I replied, "President of what?" After Joyce helped dispel my confused cognitive dissonance, I expressed gratitude, a deep sense of honor, and some trepidation about being up to the considerable task.

Despite my concerns about my ability to measure up to the high standards of other Presidents of NSGP, I knew almost immediately I was going to say "yes" to the request. How could I say "no" to the chance of assuming a leadership role in an organization that has been so important to my professional and personal growth? How could I refuse the opportunity to integrate my knowledge and experience of group therapy in "atypical" settings—including a psychiatric day program and the Primary Care Practice of a huge Boston teaching hospital—with the invaluable and varied experience of all the other members of NSGP?

Perhaps I've been finding this article-writing assignment difficult because I'm not sure how to separate out the perspective of an NSGP President Elect from all my other perspectives as a human being who

- has a passionate belief in the healing power of groups,
- kept changing careers until she finally found the right match for herself,
- strives to communicate with others in a meaningful way,
- loves her work providing open-access therapy groups at the Primary Care Practice at Beth Israel Deaconess Medical Center in Boston,
- uses an eclectic therapeutic approach that draws from psychodynamic theory as well as Cognitive Behavioral, Dialectical Behavioral, and Narrative Therapies,

- appreciates every opportunity to learn and grow,
- maintains hope for the future even during difficult and challenging times,
- has faith in people's and organizations' ability to adapt and survive,
- is sustained by "personal medicine" including family, friends, music, movies, good food, the ocean, travel, singing, her cats, and NSGP,
- was born with an unusual heart and has therefore been a life-long consumer of health care supports,
- feels completely recovered from her September 2016 open heart surgery,
- is sometimes intimidated by brilliant colleagues,
- has learned to overcome fear in many aspects of her life,
- tries to keep her sense of humor no matter what, and
- is aware that she needs more than a hundred words to complete this assignment.

Maybe I should fill out the rest of this article with a brief history of my experiences with NSGP.

My first NSGP-related memory is from twenty-five years ago, listening to Anne Alonso's voice speaking eloquently about group work through my headphones as I walked around my old neighborhood in Brighton, contemplating a change of career from marketing writer to psychotherapist. I remember attending my first NSGP conference a few years later, when I was an MSW candidate at Simmons, disappointed when Anne Alonso had to cancel as the facilitator for my experiential institute. That disappointment dissipated quickly as Don Wexler expertly guided our experiential group through my first of many day-long, exhausting, revelatory, and life-changing group adventures.

Since then, I've never missed an NSGP conference, waiting all year for the renewal and replenishment of connecting profoundly with other clinicians and also with all the different parts of myself. I've participated in several conference Demonstration Groups, appreciating the unique opportunity to become a better healer while being healed.

I've gained so much from other NSGP events and learning opportunities, including Breakfast Club meetings and the one-year training program, where my group consciousness was further expanded by my fellow students, the faculty, and Arnie Cohen skillfully facilitating our weekly group. I've joined AGPA and, again, greatly augmented my

capacity to lead and participate in groups. By indulging in the rich buffet of group therapy wisdom and teachings available, I've met the Certified Group Psychotherapist criteria many times over, but haven't taken the time to apply for that official certification (but I will this year!).

Three years ago, I was asked to serve on the NSGP board. Earlier this year, Kathy Ulman invited me to join a panel discussing "Opportunities for Group in the New Health Care Environment" at the 2018 AGPA annual meeting. Those were two other humbling, exciting offers I could never refuse.

Securely fulfilling the word-count requirement for this piece, I'm remembering that I often end my groups by asking people how they can get a "good enough" sense of closure. Have I left anything unsaid? That brings to mind the way I always conclude my daily blog post: with thanks to all who helped me get here and—of course!—to you, for reading this article.



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**The PDFs should be ready to print directly from the file without need for further processing.*

\$20 - Small Classified ad (25 words max)

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

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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.

Coming Home to Where I've Never Been

(continued from page 5)

with positive development of the organization.

The last day of the conference I was again struck by the humility and the authenticity of another "gentle giant" Molyn Leszcz, MD, as he presented and facilitated a demonstration group. His succinct presentation was made more powerful by his genuine demeanor and delivery, and his ability to "walk the walk" during the demonstration group. It was near the conclusion of the weekend that I experienced one last benefit that I had not expected, and this was a strong sense of confidence in my own abilities as a group therapist. It was as if I have wanted to fully own my work and identity as a group therapist for a while, but I was searching for some experience that would empower me to do so, and I found this at the NSGP conference.

Throughout the weekend, I personally experienced and observed others make their way through an inspirational journey. I witnessed frustration, excitement, laughter, tears, learning, and growth. One particular honor was observing the amazing growth a prior supervisee of mine has made, and the warm pride I felt in both being part of her training journey and being part of her life as a new friend and colleague.

The belongingness and affiliation I felt during the conference was palpable. I often found myself fantasizing throughout the weekend that perhaps decades from now I too will be able to reflect on my own long history with this meaningful organization. While in this merging of the new and established, I was on the new side, there was a familiarity, a sense of coming home, a kinship that felt hauntingly familiar. My difficulty in attempting to accurately explain this particular feeling in words is well-illustrated in Jim Henson's statement that "there's not a word yet, for old friends who've just met."



Joel Krieg & Howie Schnairsohn



Dani Patrick, Catherine Barba & Karen Cutting



Lucy Jordan, Mary Barnes & Madeleine Lourie



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Northeastern Society for Group Psychotherapy

Does the thought of running a group intimidate you?

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- Deepen fundamentals?
- Build your confidence as a group leader?

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Northeastern Society for Group Psychotherapy

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 am writing with a question I have about one of the groups I'm running. The group is mixed gender, psychodynamic and process-oriented, and geared towards people in their early 20's. Of the six current members, one young woman has been in the group for about one year, and the rest have been in the group less than six months (two people joined in the last 4-5 weeks). Members are mostly in their early 20's and thus there has been a lot of transience in the group due to people graduating, moving, going to summer programs, etc. In the last 6 months, three vocal and "longer-standing" members left, and five new people have joined.

My question concerns the issue of how active and talkative I am in the group, and what the group needs from me. The group historically has had a majority of people who are shy and socially anxious, and often report feeling like they might have something on their mind to say, but are too scared to say it. While I like and appreciate silences in a group, the silences that occur in this group frequently do not feel generative, and rather feel oppressive. We have discussed the silences and nobody likes them, and yet much of the time no one except for me ends them. The result is that I feel like I do a lot of asking individuals questions, following up with people, bringing them into the discussion, and joining. To put it another way: it feels like the norm has been established that I, as the leader, will end the silences, engage people who are being silent, and keep the discussion flowing. It's not all the time,

of course, but it happens more than I'd like. Finally, to add another layer, the member most likely to break the silence is an emotionally immature young woman who talks about her own "depression" and her desire to spend all her time at home with her cat, and describes it in a way that makes it hard for others to connect and relate.

While on the one hand I feel like I'm being more talkative than I'd like to be, and I'm rescuing the group from uncomfortable silences that they could potentially resolve themselves, on the other hand I feel like this group of socially anxious and emotionally immature emerging adults needs me to relieve them of the torturous silences and engage them so they can speak—lest we all sit in silence or hear another story about wanting to stay at home with a cat.

Signed,

Many Moments of Silence

Dear Many Moments of Silence,

Groups with young people are often challenging to run, as the people in them are younger than older people. I know this sounds silly, but I'll explain. By younger I mean their life experiences and their abilities to notice or gather internal information are more challenging for them. Anything you can do to help them feel safer about talking and being present in the session can be useful.

I think it's wise to lower your expectations in general with a younger population. Adults have a hard time talking about themselves and their feelings, so it may be doubly hard for people in their 20s. This of course is a stereotype; that is, not all persons in their 20s are out of touch with their feelings. But they're often less connected to their internal life and generally less insight-available. Boundaries and structure are important here, to help them contain their anxieties and fears, to know that the group has a beginning and an end, and that no matter how uncomfortable they may feel in the moment, they will be able to survive the group meetings to tell the tale.

"In a younger persons' group, there are no "elders," except for you, to help members put things in perspective."

One of the things I'm wondering about, and what might be useful to bring up both for yourself and with the group from time to time, is what it is that brought each person into the group. What were they looking for, what did they want to resolve, what kind of struggles were they in? It is a courageous thing to stick your neck out, enter a group, and allow yourself to say I'm going to stay with it. In this case also, none of them have been in the group for very long; and there has been much change in the last year. It takes time for any group to coalesce, become a group and a culture, a mini-community. As you rightly say, in one's twenties, things may shift quickly—schedules, jobs, school programs, loves ending, loves beginning, travel, etc. There are life and schedule shifts that occur that might not be as apparent in older populations.

I think leading a younger person's group is more difficult than running a group where there's a mix of younger and older people. In a younger persons' group, there are no "elders," except for you, to help members put things in perspective. This of course can, as you note, be a seduction for you to explain things, clarify too often, be enlisted in the role of "doing everything" for them. When this occurs I think it's good to remember that there is a group of valuable people in front of you who, though they may be in their 20s, still have lots of life experiences.

These experiences may not be ready to be shared, or are only partly understood; that is to be expected and why they have come for help with such things. You are not the only container of knowledge in this setting. You are the leader (among other things, the shaper, the gatekeeper, the safety patrol), but not the Buddha. Try to allow the members to struggle a bit and to experience what it's like to be in a room and talk about anything at all, or to reveal themselves a little to someone, take a risk, and say something that might allow them to be vulnerable.

I too share in these dilemmas. There are times in my group of adults (ages 30s to 70s) where I feel unanchored myself. Often, with a wider variance in ages, the leader can witness the internal signals of the group members more easily. Some members are able to contain themselves better than others. A member who talks about being depressed and just wanting to be with her cat at home can be helped by another member who is interested and curious enough to engage her in

conversations that may invite her to explore her aloneness and depression more fully and self-compassionately. What a joy to be joined in one's despair—and not shamed—not to feel so alone and isolated in the world. Perhaps the work then is to spark curiosity in the group as a whole. What might people be able to be curious about just a little with each other (perhaps only 10% of their full curiosity, if they allowed themselves that luxury).

Here of course patience is a blessing as well as a necessity for any group leader. You don't have to wash the dishes and do the laundry and take out the garbage all by yourself!

You've got valuable assistants in the group, even if they themselves don't know it yet!

Being in a group is challenging at any age—for the leaders also. Try to be kinder to yourself and lower your own expectations of what a younger persons group can be. The members are doing the best they can and looking for a safe way to understand their experiences. What a blessing to have a leader like you, thoughtful, curious, and well-attuned to your own struggles in being of greater use to all of them.

Alan Albert, PsyD



Dear Many Moments of Silence,

I know this silent group! I think everyone has experienced this with new groups and you definitely have a new group here. The college and early 20s population pose a very interesting issue as you have indicated, due to their transience.

My first thought is that this is a new group and the comings and going of its members may in fact be causing some of the silence. It might be helpful to think of this group and its members as infants or children—newbies in this world. Children can be easily frightened by the inconsistencies in their world and withdraw when over stimulated. Your job is to help them to talk. Any talk about anything is desirable. They may have the idea that they are to start sharing deeply personal and emotional things right out of the gate. Let them know they can really "say anything" and that it will help. For that reason, even if the "cat lady" talks, you might want to join with her and say something like, "You went to a lot of work to come here."

Be curious & study the process. When patients say something such as, "We don't like the silence," but then act as if they are not going to do anything to change it, my inclination is to get curious and explore it. The discrepancy between their words and actions alerts you that something is at work in the unconscious and you should study it! **Trust your feelings.** You have already identified that this is not a "normal silence" which you can tolerate in other groups. This silence is "oppressive." What is the significance of the "oppressiveness" of this group's silence? What function does it serve within the group?

You might **use your own feelings** and **ask questions** about the group. "Should I ask a question to rescue this group from the torturous silence?" This will help you name the resistance at work and also gives group members something to react to in the moment. If they say they have something to say but "are too scared to say it", **join the resistance** and ask "What might happen if something got said?" This will help you begin to understand what is at work in the individual members' minds as well as in the group's mind.

As this group develops, you can also use techniques like bridging and immediacy to bring energy into the room (see Lou Ormont's work with modern psychoanalysis). For example, if members talk about a fear of 'broken rules', in the

context of something outside the room, you can ask, "What rules might get broken here?" (staying close to the content but bringing the conversation back into the group.) You can follow with questions such as, "What should happen if a rule gets broken?" Be careful here not to name names or attack individual egos. Use the group as an object outside of the members' self. This is what Spontitz calls, "object oriented questions." Also, it is important to follow the group's contact of you. By that I mean, listen and read what the group is asking for from you. Are they asking a question? If not, study why not. If they ask something of you, explore how they might want you to respond. To stay with your example of "silence", ask and use the group as a consultant. "Should I always break the silence?" Perhaps this is the only chance they get to experience silence in the frenetic modern world of text messaging and social media. Sit back and let them tell you whatever comes to mind.

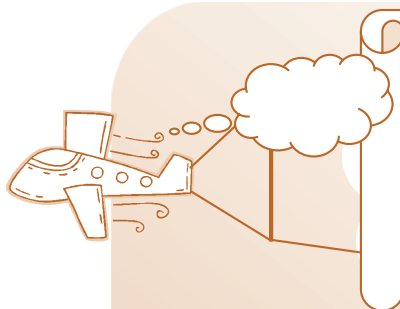
William Sharp, PsyD, CGP



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A Group Therapist Among The Lakota

By Tracy MacNab, PhD, CGP, FAGPA

"If you can make someone 'other', you can kill them."—Roshi Bernie Glassman

At the time of the European invasion of this continent, genocide was unleashed against the indigenous nations. Since 1492, tens of millions of native people have perished in this holocaust. In the United States, there are few places more "other" than the Lakota Reservations of South Dakota: Pine Ridge (site of Wounded Knee), Rosebud, Cheyenne River, Standing Rock, and others. This nexus of the atrocities suffered by these Original People of the Americas drew the attention of the Bearing Witness Project of the Zen Peacemakers Order (ZPO, a socially-engaged Buddhist group.) We found pervasive dysfunction, addiction, alienation, and hopelessness amidst the stark beauty of the prairie. We encountered many of the organizations responsible for dealing with these dreadful circumstances. From the federal and state levels, through religious and charitable organizations, to tribal, community and family, there is a long trail of broken promises. These failures have been devastating for the Lakota, as they

have for other native people across the continent.

For the third year, ZPO spent a week in the company of traditional Lakota elders. These elders are burdened with the task of healing their people through encouraging the teaching of the Lakota language, restoring ancient rituals of identity, spirituality, and an interdependent relationship to the natural world. We bore witness to these wisdom carriers, we absorbed the stories, the prayers and songs, and the long reflective silences. We learned about the living history of the Lakota in the traditional manner—through oral transmission.

As our group plunged deeper into these stories, I found myself noting commonalities between the healing strategies of the elders, and the structures and therapeutic philosophy of contemporary group psychotherapy. These include the use of the circle, the boundaries that contain the circle, and the importance of deep listening to the stories told within the circle.

Circle

For thousands of years, the Seven Sacred Rites have been central to every aspect of

Lakota life. There are rituals for purification, finding life direction, coming of age, readying for hunting, battle, or significant decisions that affect the tribe. Some of these ceremonies are intended to bring new members into the tribe, restoring communal unity, or healing the shattered unity of families. Each of these rituals takes place within the context of a sacred circle. The Lakota don't separate the spiritual from the secular. The events that occur within the circles are held as pragmatic and communal, as well as an invocation of Wakan Tanka (Great Mystery.)

Everywhere, we are told, we are walking on sacred ground. Everywhere, we are at the centerpoint of the Four Great Directions, a circle that encompasses the entire world. The Wiwagyang Wacipi (Sundance), the Inipi (Purification Rite that we call a sweat lodge), all the other dances, prayers, songs, drumming and story-telling circles, tribal councils, and even the tepees themselves evoke the Great Circle, the Wheel of the Nation.

Psychotherapists arrange our therapy groups in circles. This physical array reminds each member (and the leader)

(continued on page 11)

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 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.

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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 2018 Annual Meeting, February 26–March 3 in Houston.**

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, 2017.** Additional questions? E-mail: mallorycrisona@agpa.org.

*If you are interested in contributing to the Group Foundation to help qualified candidates attend the 2018 Annual Meeting in Houston, contact the Foundation office at 212-477-2677 or visit the website and click on **Donate Now**.*

that they are included, essential, and engaged. The horizontal interpersonal structure encourages direct communication with and inquiry into our connections with the people in the room and in ourselves. The center of the world is at the center of the group. Surrounded by our ancestors and by the larger culture, we are grounded in the world of meaning and experience that is group therapy.

Boundary

Each time our ZPO group met with the elders, we smudged and prayed before the stories began. Smudging is a ritual cleansing in the smoke of burning sage. This observance is designed to purify our intention to listen deeply to the oral history being transmitted to us. At the start of each gathering, a Lakota prayer would be offered. Without these preparations, the next session would not begin. Communal meals also began with prayer, and a gratitude offering of food to Wakan Tanka. 18 years of preparation and negotiation were necessary to arrange this meeting with tribal elders. We are wasicus (the Lakota word for whites—meaning, “the greedy ones who take all the fat”.) As wasicus, we represent the people who invaded the territories of the Original People, murdering, plundering, and destroying their means of survival. The United States violated every treaty and promise, driving the tribes onto land the whites didn’t want, making them wards of the state because they were “savages” unable to look after themselves, then abdicated its sworn responsibility to care for these wards. In many cases, this resulted in starvation, homelessness, absence of commercial or social infrastructure, unemployment, and a host of diseases and social ills. Many believe that this is an ongoing genocide.

For the ZPO, crossing the boundary into the sacred circles of the Lakota was momentous. We were honored and grateful, and at the same time, burdened by the responsibility of bearing witness to the enormity of their suffering and struggle, as well as by our own responses to what we would experience. At the end of our week with the elders, crossing back over the boundary to the rest of our lives, we were each instructed to call out our names four times so that any parts of us lingering in the sacred space would not be left behind. The elders were concerned that we leave them as whole people.

In our professional settings, it is easy to ignore the profundity of our group members crossing the boundary into the sacred circle of the therapy group. Within these boundaries, people are encouraged to speak openly about untreated traumas,



Breakfast Club

2017 - 2018 Calendar

WHY, WHAT AND HOW WE LEARN IN THE LARGE GROUP EXPERIENCE Presented by Charlie Glazier, LICSW Hosted by Jennifer DeSouza	SUNDAY 9/17/17 11-1:30
LEADER' ILLUMINATION OF GROUP PHENOMENA: HIDDEN IN PLAIN SIGHT OR WHY NOBODY IS TALKING OF AN ELEPHANT IN THE ROOM Presented by Jerry Gans, MD Hosted by Sara Emerson	SUNDAY 10/29/17 11-1:30
LEADING MEN: RESONANCE, RESILIENCE AND RE-INVENTING OUR ROLES Presented by John Carr, LCSW; Joel Krieg, LICSW, CGP; Scott Reinhardt, Ph.D. Hosted by Scott Rutan	SUNDAY 12/03/17 11-1:30
COMPASSION IN BEHAVIOR CHANGE: ILLUSTRATION OF 3RD WAVE CBT INDIVIDUALLY AND IN GROUPS Presented by Ari Shesto, PhD Hosted by Ari Shesto, PhD	SUNDAY 1/7/18 11-1:30



to be honest in interpersonal connection in the here and now. If our groups are transformational, it is because we treat group boundaries with a similar respect to that which the Lakota demonstrated for us.

Stories

The elders told us the ancient stories, and told us about their great-grandparents and how they were connected to Little Big Horn, Wounded Knee, and other lesser known battles. These narratives seemed to weave together myth and history, contemporary events with ancient folklore. There was enormous tolerance for long silences. When one of the elders wanted to speak, she or he asked permission from the previous speaker. Sometimes, the stories conflicted with one another. Sometimes, one of the elders would say a story was not ready to be told. There was no conflict over any of this. We were witnessing the workings of the oral tradition in action. It was perfectly okay for two people to hold conflicting stories about the same events. Each story told in the circle was entirely true for the speaker and their lineage. We were watching the recalling, remembering, and

re-creation of tribal memories. There was great faith that these stories, told and retold, in sacred spaces such as this one, would convey the essence of the Lakota spirit.

A belief in the Unconscious is one of the cornerstones of psychodynamic psychotherapy. Our groups generate narratives, collections of history and myth, that foment and carry the healing work of the group. As these stories are brought into the here-and-now, the living moment at the center of the sacred circle of the group, group members become more fully alive, awake, and encouraged to face their lives. No individual story holds all the meanings that the group generates. All contribute to the wholeness of the tribe.

As group therapists, we are attempting to heal the world. The impact of the group is larger than any dyadic relationship. This multitude of meanings, woven together, is healing because it is contained in the sacred circle. The Lakota are our elder colleagues, and have much to teach us.



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.

Douglas Baker continues to offer mind/body groups for self-regulation and resilience, along with a Mindfulness-based adult mixed psychotherapy group. He will present at the Harvard Medical School conference on Meditation and Psychotherapy in May 2018 on the therapeutic benefits of body-based meditation practices.

Marc Bolduc has left his cavalier ways behind him and is nesting in Charlestown with Shayne Marie Rowan. They were married on August 5th in Cotuit at private ceremony with their parents. Shayne and Marc are expecting their first child in December. Marc continues to provide individual, group, couples & family therapy at MGH Dept. of Psychiatry. The increased need for addiction services for families has necessitated expanding the services that are offered in the West End Clinic's Recovery and Relationship Enhancement Program. Marc also continues to train in and provide Complicated Grief Treatment in both his private practice and at MGH. He is now offering group in both settings. Marc was accepted and will begin this fall in a Modern Analytic Training Group for group therapists led by Elliot Zeisel in Austin, Texas. Marc has rotated off his NSGP co-chair position for the publicity and marketing committee and is taking a break from consulting with the conference committee. He is going to embrace and enjoy his free agency status for the time being, while he focuses on the biggest role of his life—fatherhood.

James Tyler Carpenter presented a forensic panel including Chinese, German, Polish and Australian colleagues, entitled, "Corrections and Deinstitutionalization: Is It Time for a Paradigm Shift?" in July in Prague, at the XXXVth International Congress on Law and Mental Health.

Theresa Cohen has moved her private practice from Lexington, MA to the island of Nantucket.

In Memoriam Cecil Rice, MD, DLFAGPA 1935 – May 5, 2017

Eleanor Counselman had a chapter published in a book called *When Therapists Cry: Reflections on Therapists' Tears in Therapy* by Amy Blume-Marcovici, and she also wrote the Foreword to *A College Counselor's Guide to Group Psychotherapy* by Joshua Gross, Michelle Ribiero, and Marcée Turner. She and **Steffen Fuller** met with the Massachusetts Psychological Association Advocacy Committee to learn more about possible advocacy for group therapists with insurance companies, and in October they will be presenting an introduction to group therapy at a MPA Social. She hopes to see many NSGP members in Houston at the AGPA 2018 Annual Meeting and want to remind our members that scholarship aid is available.

David Goldfinger has become the new Director of Education for the Psychodynamic Couple and Family Institute of New England (PCFINE), where he is also on the faculty and the board. This year he began teaching a class on therapeutic action in couples therapy as part of the core curriculum.

Barbara Keezell participated in an improvised role play of a couples therapy session, based on the TV show "This Is Us." The role play was videotaped to be shown at the PCFINE 15th anniversary conference in November on "Couples on the Brink." **Joe Shay** has organized & structured the event. She is also working to develop a Redwell Theatre Group in the Boston area.

Joel Krieg and Angie Caggianelli are happy to announce the birth of Jack Joseph Krieg on August 20, 2017.

Lise Motherwell presented "Less Lonely at the Top: Strengthening Ties and Leadership Skills" at the AGPA and NSGP conferences, "Out of Practice? Into Retirement!" to the Maine Psychological Association and she was the moderator of a panel discussion on leadership at the NSGP Conference in June. She published "Current and Future Challenges in Group Therapy" with co-authors Cooper, Hudson, and Kranzberg, in the *IJGP* in January. In August, she became president of the board of the Provincetown Art Association and Museum.

Robert Pepper has newly published a book, *Some People Don't Want What They Say They Want—100 Unconventional Interventions in Group Psychotherapy* with an endorsement written by **Scott Rutan**.

On June 14th **Howie Schnairsohn** began his first long term open ended process group for helping professionals at his home on Wednesday evenings. He describes it as a "blast" and wants nothing more than more of them.

Congratulations

to **Ann Koplow, LICSW** new NSGP President-Elect, and to new NSGP Board members **Caleb Englander** and **Yoko Hisano**!!

Joe Shay presented a workshop entitled "Our Love/Hate Relationship with the Difficult Patient" at the June NSGP conference. He also served as the discussant for the Demonstration Group led by Molyn Leszcz, MD, at the conference. In the fall, Joe will present "What You Need to Know About Group Therapy Explained in Four Videos" at Grand Rounds at Dalhousie University in Nova Scotia. Joe will also be the Keynote Speaker for the Canadian Group Psychotherapy Association in Halifax speaking about what the group therapist can learn from the couples therapist. For PCFINE, Joe continues on the Board and also in other roles, and presented "Defensive Processes in Couples Therapy" to the first year class. Finally, for the celebration of the 15th anniversary of PCFINE, Joe will chair a conference entitled, "Couples On the Brink: Scenes from a (Teetering) Marriage."

NSGP would like to thank the following members for their service, who are rotating off of Board and/or Committee Chair positions:

Marc Bolduc, Publicity and Marketing Co-chair

Deb Carmichael, Past President, NSGP Board, Continuing Education Co-chair

Lucille Jordan, Conference Co-chair

Melissa Kelly, Publicity and Marketing Co-chair

Madeleine Lourie, Audit Co-chair

Corrina Maslanka, Breakfast Club Co-chair

Michelle McGrath, NSGP Board

Jenn McLain, Newsletter Co-chair/ Co-editor

Howie Schnairsohn, Breakfast Club Co-chair

Joyce Shields, Nominating Co-chair

Walker E Shields Jr. was the recipient of the Dedicated Educator Award presented by the MGH/McLean Adult Psychiatry Residency Training Program in June.

Annie Weiss has a new position as an executive coach at Harvard Business School which, she says, "is exciting though it ends my 3 decades streak of organizing my career to avoid wearing a suit or nylons." She also has a book chapter on IFS and group therapy published this fall: *Moments of Meeting in Psychoanalysis: Interaction and Change in the Therapeutic Encounter* edited by Susan Lord. She also launched her second and last child this fall.

Kurt White led an experience group at NSGP conference in June for individuals with 4-7 years of experience in group work. Also in June, he led a workshop for the Smith Seminars on trauma and attachment. After four years as president of the Vermont Association of Addiction Treatment Providers, he is stepping down from this role in September.

Caption This!

Please submit a caption for this cartoon to newsletter@nsgp.com.

The winning entries will be announced in the next issue.



Drawn by David Goldfinger

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Fall 2017 Cartoon Caption Winner from 2017 Spring

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



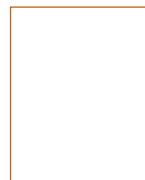
Drawn by Renee Hoekstra

Winner:

"After the leader's empathic failure, the group members were feeling down in the dumps, literally." —William Sharp



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Save the Date!

NSGP's 37th Annual Conference!

June 8, 9, & 10, 2018

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the newsletter fall 2017

NSGP

Northeastern Society for Group Psychotherapy

NSGP Upcoming Events Calendar

Oct. 15, 2017	Practice Development Event 4–6 PM—with Jennifer Tsappis, LICSW <i>Theory to Practice: Incorporating Telemental Health into your Psychotherapy Practice</i> Location TBD
Oct. 29, 2017	Breakfast Club 11–1:30—with Jerry Gans, MD, CGP, DIFAGPA <i>Leader's Illumination of Group Phenomena: Hidden in Plain Sight or Why Nobody is Talking of an Elephant in the Room</i> Hosted by Sara Emerson
Dec. 3, 2017	Breakfast Club 11–1:30—with John Carr, LCSW, Joel Krieg, LICSW, CGP, & Scott Reinhardt, PhD <i>Leading Men: Resonance, Resilience and Re-Inventing Our Roles</i> Hosted by Scott Rutan
Jan. 7, 2018	Breakfast Club 11–1:30—with Ari Shesto, PhD <i>Compassion in Behavior Change: Illustration of 3rd Wave CBT Individually and in Groups</i> Hosted by Ari Shesto
Feb. 26–Mar. 3, 2018	AGPA Annual Meeting in Houston, TX
June 8–10, 2018	Save the Date: NSGP 37th Annual Conference! At Simmons College, Boston
Jul. 30–Aug. 4, 2018	Save the Date: XX IAGP Congress in Malmö, Sweden

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