



Letter from the President



Guy R. Croteau, LICSW, CGP

Dear NSGP Members,

I hope this letter and issue of NSGPeople finds you all well and that you are coming out of the winter darkness with hopes and intentions of newness that come with the promise of spring.

As we have all discussed many times over 2021 and 2022, the NSGP Board of Directors have been working to address difficult and ongoing questions about how NSGP can meet the needs of our membership. Many of us in NSGP see 2023 as a transitional year to a new organizational structure. We announced a smaller, more efficient Board of Directors that began with my presidency in July 2022. We will be meeting less often so that board members can support specific efforts like new by-laws and membership growth.

In late 2022, we created a new Program Committee that merges the previous committees of Practice Development, Breakfast Club, Training, and Conference. Led by myself and Julie Anderson, the new committee hopes to reduce redundancies and share limited human resources to continue providing quality programs to our members and non-members alike.

To that end, we had a wonderful response to Joel Krieg's and Amy

Matias's workshop on *"Getting Off the Runway: Planning and Launching a New Psychotherapy Group."* 21 people participated in December's workshop! On the heels of this workshop, Practice Development then offered these participants supervision group opportunities. Many thanks to Joel and Amy as well as Jeff Brand, Oona Metz, and Barbara Schmitz for pulling these groups together so quickly.

Additionally, we are offering a Mini-Conference that includes a day-long Experience Group, a One-Day Special Interest Group and a Two-Day Special Interest Group (SIG) that met virtually in January and will meet in person in April. The latter is especially interesting as it will look at group dynamics over time and with two different meeting variables (virtual and in-person). Gratitude to Julie Anderson, Kim McNamara, and Leah Slivko for their leadership in providing this CEU event. We are also very grateful to Dr. Farooq Mohyuddin from MAGPS (Mid Atlantic Group Psychotherapy Society) for running the day-long Experience Group. In April, in Part 2 of the Mini-Conference, Julie Anderson will lead the second day of the Two-Day SIG, and Sasha Watkins and Anaïs Lugo-Guercio will offer another SIG: *"Talking Across Differences: An Identity-Based Approach to Groups,"* that will be held in person in the Boston area. All very exciting stuff!

Other exciting programs being planned are DEI discussions on race and unpacking whiteness, a transgender health workshop, a demo group in collaboration with Boston Graduate School of Psychoanalysis, as well as an NSGP Community Retreat and Restore event.

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Letter from the Editors



This spring marks three years since the start of the pandemic, and it's clear that we have changed not only as individuals but as an organization. In this issue, President Guy Croteau shares how NSGP is adapting to changed times. We also hear from the DEI Committee, reflecting on the weekly check-ins created at the beginning of the pandemic, and remarkably still going strong. Get to know Joe Shay, longstanding member of NSGP; discover the benefits of

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Member Spotlight — Joseph Shay, PhD, CGP, AGPA-LF



Joseph Shay, PhD, CGP, AGPA-LF, is a psychologist in private practice in Cambridge. He teaches and supervises for the Massachusetts General Hospital/McLean Residency Training Program, and serves on the board and faculty of the Psychodynamic Couples and Family Institute of New England. Joe has published widely in the fields of group therapy and couples therapy and serves on the editorial board of the *International Journal of Group Psychotherapy*. A Lifetime Member of NSGP, Joe has served multiple times on the NSGP board, taught for many years in the NSGP training program, is a member of the NSGP Foundation Board, and served as co-editor of this newsletter (in an earlier incarnation) for 10+ years, innovating features including *Analyze This*, *Progress Notes*, and the *Cartoon Caption* contest. In an hour-long interview, Joe spoke with Nadia Khatchadourian, NSGPeople co-editor, about his life, both personal and professional. Maddie Freeman, NSGPeople co-editor, acted as scribe.

Nadia: What was your early life like?

Joe: I was born in Germany. Why is a long story, and this will probably surprise some NSGP readers. I was born in Goslar, Germany in a Displaced Persons camp in 1947, after

the war. My parents were Holocaust survivors. My father spent years in a Russian labor camp while my mother was escaping Nazis during the war, and my paternal grandparents both died in Poland at the hand of the Nazis. My older brother and I were born in that DP camp.

In 1949, when I was 2, I came to the US and I didn't speak English until I was 4 or so. Not until I was 7 did the family change its name to Shay.

I grew up in Philadelphia and left for college when I was 17, and, essentially, I never went back. My parents were traumatized individuals for obvious reasons, and they did the best they could, given their histories. My mother had a terrible life before hiding during the war in that her father died when she was 1 and her mother died when she was 15. She had lost all of her siblings to the flu of 1918 or other illnesses before that. With a depressed mother, no father, and then the Holocaust, she was a very depressed woman, and my father was depressed from his time in the labor camps. Given that context, being a great parent wasn't in the cards and I had to spend a lot of my earlier life figuring that out. I think that's one of the reasons I was led to being a therapist.

My happiest memories were when I went to summer camp, a camp for "underprivileged Jewish children." I started at age 8 for a two-week encampment and literally looked forward to going back the other fifty weeks of the year. The counselors were very nurturing and caring. It's not that my parents wouldn't have been, but they couldn't have been. I loved the way the counselors talked to me. At age 14, I thought, I want to be a therapist. I stayed in that camp for about 12 years, first as a camper, then a counselor, then a unit director. In my last years there, I also went to

college, graduated, and moved to California where I was a conscientious objector so I didn't have to serve in the army during Vietnam. After three years there, I went to grad school.

I ran my first group, believe it or not, in 1967, when I was in college and had a job as a counselor for Black kids in a Black community in Chicago. When Martin Luther King, Jr. was shot in 1968, the program I was working for told me I couldn't come back because it was too dangerous in that community for white people. It was just a group of troubled kids and we met in a church for activities and conversation and I loved it.

"If you teach, you can have this ripple effect."

Nadia: Teaching has been a huge part of your career. Can you tell us what teaching has meant to you?

Joe: I love doing therapy, but you only get to deal with one person, or one couple, or one group at a time. If you teach, you can have this ripple effect. I realize in retrospect, that's probably why I enjoy teaching. I enjoy imparting information, and being challenged.

I guess my teaching career really began when I started my job at McLean in 1979. Currently, I use videos for teaching a lot but, back then, there was no such thing. I would teach about different schools of psychotherapy by bringing in miniature cereal boxes. "Imagine each of these is a school of therapy and you'll recognize similar ingredients." Now it seems silly. Those were the tools we had. Then we went to VHS tapes. Now of course we do it all on the computer.

Nadia: There are many references to popular culture in your presentations over the years—what sparked that for you?

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Member Spotlight

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Joe: The cardinal rule of all education: know your audience. You have to be able to read the room. I thought it was a good way to communicate and engage audiences. If the whole audience shared a cultural reference, they could react to it in similar or different ways. So many people have watched *The Sopranos* or *Breaking Bad* or *The Breakfast Club*, it's easy to engage a class or audience in a discussion.

Nadia: What does that say about you? Are you a movie and TV buff?

Joe: I am. I've always liked movies and TV. I wouldn't say I am an expert in that; I don't have the same literary expertise to analyze like some people do. I can enjoy dumb movies like *Die Hard*, or more sophisticated ones like *All About Eve* or *Who's Afraid of Virginia Woolf?*

"Groups have something that supersedes what I can do in individual therapy or other kinds of therapy."

Nadia: Tell us about your life as a group therapist.

Joe: I've always loved running groups. I think they're the absolute best modality for a lot of people. I have a lot of individual patients whom I put in groups, and I think they do BETTER in the groups. It's not me, it's the group itself as the agent of change. Groups have something that supersedes what I can do in individual therapy or other kinds of therapy. Not to mention for isolated lonely people, it provides a community. It's moving to see people getting that when they don't get it in other aspects of their life.

I'm defined as a psychodynamic therapist, but that's not really how I practice. I actually think most

group therapists don't practice that way. My interventions can just as easily come from a supportive school, or a relational school, or an existential school.

If you talk to a 5-year-old, you're going to talk to them in a particular way; if you talk to a 50-year-old, you talk to them in that way. But a 50-year-old might actually be 5 years old developmentally. Good psychotherapy is actually good anthropology, and everyone is a population of one. I have a very individualized approach, even in a group. I know it's obvious but different people need different things.

Nadia: What led you to join NSGP?

Joe: I actually wish I could remember. I think I joined NSGP because I was applying for a job at McLean and the only job they had available was a Director of Group Therapy at the Outpatient Clinic. I thought, if I'm going to be the Director of Group Therapy, I better belong to a group organization.

I loved it from the beginning, because it was just so amazing. You go to a conference, and all of a sudden, I was involved with all of these people who were very human, conversational, and personable. It's unlike any organization I've ever belonged to.

Then I got a phone call from Joyce Shields, in the '90s, asking if I could co-lead the Conference Committee. She said, "it's not going to be that much work, Joe." She has since humorously apologized for that.

Nadia: What are some of your favorite activities?

Joe: Apart from the pandemic, I like to travel. I take long walks with my wife. I like to participate in culture. I'm a bit of a political junkie; I keep up with all the political news. I like to

read; I listen to audio books. I'm kind of a boring guy – just standard stuff. We used to travel somewhere big once a year, before the pandemic. Also, I love spending time with my grandsons.

Nadia: What is the first concert you ever attended?

Joe: When I was in Chicago, we used to go to the Regal Theater, which is like the Apollo Theater in New York City. I think my first concert was something like Smokey Robinson and the Miracles. Back then, I saw all of the Motown acts. The Regal Theater was in a Black neighborhood in Chicago. We were four white guys with long hair. Everyone would say, "There go the Beatles."

"Good psychotherapy is actually good anthropology, and everyone is a population of one."

Nadia: What is the last book you read?

Joe: *One Summer* by Bill Bryson – it's about 1927. It's a great book. It talks about everything that led up to 1927. Remember, that was two years before the Great Depression.

The Secret History of Wonder Woman by Jill Lepore is also a great book. It describes the history of the women's movement through the eyes of the male author who created Wonder Woman.

Nadia: If you had a magic wand, and could make NSGP what you wanted it to be, what would that look like?

Joe: Great question. I would like to revive the vibrancy that it used to have when I first entered, where the conferences were well-attended, and there was exciting energy about

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► Analyze This ◄

This question-and-answer column appears regularly in *NSGPeople* 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 Natasha Khoury, LMHC, at newsletter@nsgp.com. Please remember to preserve the confidentiality of any group members described.

► Dear Analyze This,

I work in private practice where I have been facilitating a process group for a year and a half. The former leader who started the group decades ago does couples work with two of my group members and continues to see some others individually. She is friends with another therapist who works individually with several of my group members. There is a lot of overlap and it seems most of my group members know both therapists well. All three of us therapists have a strong investment in the group and are actively engaged and open to collaborating when appropriate.

Recently, a group member began to express significant concern about not being able to process feelings about her decision to terminate with her individual therapist due to the many ways these feelings could be revealed to her therapist. Members in the group have expressed support and understanding regarding her concerns, and have not expressed complicated feelings themselves about sharing therapists. My instinct has been to alleviate anxiety by trying to assure my group client that if she is no longer working with her therapist, communication on my end, at least, would cease due to confidentiality.

I have mixed feelings about the former group requirement that members be in individual therapy since I never enforced this when I took over the group. I am also fearful of this member leaving the group if she continues to experience discomfort processing her feelings in the group setting, especially during a transitional time in her complex trauma recovery.

At times, the client seems to refer to the impasse as an ending and yet in other moments presents it as a break or pause in treatment.

How do I help create space for the group to process the experience of sharing therapists? How best do I support and preserve the trust of my client who may desire a break with individual talk therapy but also seems to be in the midst of what seems to be a serious enactment with her therapist?

Sincerely,

Caught In An Impasse ◄

► Dear Caught In An Impasse,

Thank you so much for sharing this dilemma which presents rich learning opportunities for us all. First, let's start with the good news. It is wonderful that this ongoing group has continued even when the former leader could no longer lead it. It sounds like there are some beneficial aspects to having such a tight-knit group of therapists sharing individual and group clients and it sounds like there is a lot of investment from the clients and the therapists to keep the group going. All good news!

I would like to address a few areas that you brought up. The first is about the dual nature of inheriting a group: it is both a gift and a burden. What a bonus to be given a group that already has members, its own culture, group agreements, and history! On the other hand, inheriting a group can come with extra layers of complexities. The group may come with agreements that you

would not have imposed or members you would not have chosen. When a leader inherits an ongoing group, it is quite common that they proceed through a few developmental steps which I might classify as: Step One: "I am running someone else's group"; Step Two: "I am running a group that I inherited from another leader"; and finally, Step Three: "This is my group." It takes time to move through all the developmental stages and it sounds like you are right where you should be, moving from Step Two to Step Three.

In terms of the group agreements, I think transitioning a group to a new leader goes more smoothly if the new leader maintains the original agreements for a period of time. Once the group has taken time to settle in with a new leader, the new leader may wish to change the agreements and should discuss these changes with the group. In this case, it sounds like the former agreement

"...the dual nature of inheriting a group: it is both a gift and a burden."

about the members needing to be in individual therapy may not be clear, as you noted that you have not enforced it. You are likely at a stage in your leadership of the group that you can review the old group agreements and make changes that fit your leadership style. We can hope that the members will have a rich discussion and a wide range of feelings about the new agreements.

Let's also address the member who is worried about communication with her individual therapist. Now that you have assured her that you will hold her confidence, try learning more about her fear of what might happen. Although the other members have not expressed complicated feelings about sharing therapists, we can assume that there are, at the

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Analyze This

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very least, some feelings there. The first thing I might do is include the other members in this conversation. It may be helpful to have a meta conversation about this issue with this group member and the rest of the group. You might say something like: "I understand that you don't want to talk about your feelings about ending with your therapist. We don't have to do that, but it may be helpful to talk about what your fears about talking about your therapist might be? Can anyone else imagine what they might feel in this scenario?" Enlisting the other members of the group to offer suggestions of their fears might make it easier for the member to access her feelings. It also may shed light on what other members of the group are feeling.

I wonder what betrayal means to this member and to the other members of the group. It sounds like this member is worried about her thoughts and feelings being shared without her consent or control. How might this relate to her history? How might betrayal and boundary crossing relate to other members' history? As we stand on the edge of another potential betrayal cliff here in the group, could we use this moment as an opportunity rather than a reenactment? I might say things like "Can you tell us how this feeling is familiar to you?" "Can you think of ways that you could feel safer?" "Can we help?" One of my favorite words to use in group is "opportunity" as I believe that groups create so many opportunities to try new ways of communicating. I think that your group member has an opportunity to take a new and empowered stance in the face of a feared boundary crossing. And, you have an opportunity to learn more about your group member and help her to express all that she is feeling.

Best of luck!

Oona Metz, LICSW, CGP,
AGPA Fellow

Dear Caught In An Impasse,

The saying "It Takes a Village" comes to mind in my processing of the many layers of your presented impasse. The village metaphor is commonly understood within the context of providing support to those in need. In this case, the "supporting village" is multi-layered—the therapy group itself, the group of therapists, and the wishes and expectations of past and present therapeutic forces. There are indeed many issues at play here. Firstly, there is the reality that total confidentiality and safety in a group cannot ever be assured, as much as it is a responsible group leader's charge to provide the container for that. "Village support" inherently poses challenges to confidentiality and safety in that—like living in a small town—people have outside contacts that can at any moment prick the bubble of supposed insulation from the outside.

"There is the reality that total confidentiality and safety in a group cannot ever be assured."

Perhaps your greatest challenge is to lead the group toward exploring the coexisting needs of the group to feel safe within the group bounds while acknowledging the reality that members' outside affiliations and alliances impact the here-and-now of group experience.

The village also crosses time boundaries. Much of your here-and-now group process is being challenged by rules and procedures enacted by the previous group therapist and, perhaps unwittingly, by the collaboration of your "supervision group" of yourself and

the other two therapists. Although therapist collaboration is welcome and vital in optimizing clinical care across a range of therapy goals and modalities, the caution of "too many cooks spoiling the broth" may also be relevant to your impasse. That you didn't enforce the former therapist's requirement that group members be in individual therapy likely indicates that past village ordinances are impinging on your own leadership style and on the group's present process of finding its own rules and boundaries for providing safety within the here-and-now village which you—and no longer the former therapist—lead.

Your concern over your group member's potential departure from the group related to her possible dissonant experiences of transition poses yet another layer of challenge to your role as group leader. Holding the group frame and trusting the group process to support each member's unique experience of themselves and as citizens of both the contained group and the larger village is not easy but is the stance to which to aspire. Balancing and accepting these coexisting therapeutic energies is the goal; rigidly following any particular prescription for presumed therapeutic growth is the policy to avoid.

Your impasse is an excellent reminder that effective group leadership always involves paying attention to both the forces within the group and those from the outside which are really not "outside influences" at all but are dynamic elements best worked with when understood as part of the group's functioning ecosystem.

All the best,

Steffen Fuller, PhD, CGP



From Social Isolation to Community: Evolution of the DEI Virtual Group

Mary Alicia Barnes, OTD & Alexandra (Sasha) Watkins, LMHC, DEI Co-Chairs



Mary Alicia Barnes, OTD



Alexandra (Sasha) Watkins, LMHC

Invitations to the DEI virtual group have become a weekly feature on the NSGP listserv since the Spring of 2020. We started the group in the early days of social isolation brought in by the COVID-19 pandemic. Naively, we believed in a quick solution to the pandemic, so we initially committed to co-facilitating the group for three months. We invited guest speakers from different countries and communities to share their stories so that we could reflect together on how our identities impacted responses to current political and global events. The structure of topics, guest speakers, and weekly email reminders fostered the group's development and narrative. Now, almost three years later, we are still meeting. The group leadership rotated among the attendees, and currently, the group is facilitated by Debra Filiurin, an NSGP member.

Our open group model, collective identity, and shared leadership helped create a welcoming space that allowed some to come once and others to stay for months and years. Networking in the group led to leadership for NSGP events. We span an array of diverse and unique worlds, encompassing work (with artists, educators, health practitioners of many kinds, students, and semi-retired folk), friendship, family, and colleagues to create a truly special holding space where we always return to how and in what ways our identity matters as we move through our lives. We gain perspective, challenge one another, show up, and belong. In the words of our members:



Julie Anderson, PhD, CGP, NSGP Member

Julie: I feel welcome whenever I can make it, in whatever way I'm able to show up. I call in while walking, if my schedule is tight, just to listen to friends. It's far more satisfying, of course, to Zoom in to think together about knotty topics like identity, racial biases, political correctness, microaggressions, etc. It's a community that accepts me for being white, privileged, and trying harder to address disparities. It's a community I'm proud to bring my friends to and watch them be embraced.



Bet MacArthur, MSW, LICSW, NSGP Member

Bet: I'm relatively new to the Thursday morning DEI group but quickly came to value it a lot. It's challenging, familiar, very welcoming, and always presenting new ideas and new angles to what we think we know. I wish many more NSGP members and others would add it to their lifestyle and weekly schedules.



Frances Bolduc Shimakage,
Community Member

Frances: I am an educator, not a mental health professional, but this is a community for all. It creates a safe haven to be heard and seen. Having people from different backgrounds allows us to be aware of being more inclusive. The reason I stayed is because there is a feeling of being whole. Each week I know I have a space to be myself. Whether as a listener for the 45 minutes or a leader or somewhere in between, I know my contributions are accepted and that they count. Everyone brings their own uniqueness. I am grateful for such a community that allows for this inclusion.



Reflections: Becoming a Body-Oriented Group Therapist and Somatic Educator

Suzanne L. Cohen, Ed.D., AGPA Fellow

1st Degree Black Belt and Moving to Heal Teacher, The Nia Technique



Suzanne L. Cohen, Ed.D., AGPA Fellow

In 1997, I came to the realization that adding body-oriented psychotherapy to my personal work was essential in accessing my emotions. I chose to work with a therapist who was trained in Rubenfeld Synergy (*The Listening Hand*, Ilana Rubenfeld), an integrative body-centered psychotherapy that uses gentle touch. I then practiced body-centered work through The Nia Technique (*The Nia Technique*, Debbie Rosas & Carlos Rosas), a health and wellness program that integrates the body with the mind, emotions, and spirit through expressive movement to music.

I learned to slow down, listen to my body through its sensations, and let go of judgment and analysis. Feelings were now accessible. I learned that mind and body *together* reflect and express our most deeply held beliefs about ourselves, our lives, and our relationships. Sensory experiences in the here-and-now develop self-awareness, the ability to understand relationships with others, and the capacity for empathy. Somatic resources, such as breath, grounding, and centering are the foundation of trauma-informed therapy.

I received so much benefit from taking Nia classes that I decided to pursue training, becoming certified as an instructor in 1998. While I had a full-time psychotherapy practice, I was teaching two or three weekly Nia classes at yoga studios and fitness clubs.

I taught workshops and experiential process groups on embodied attunement for group therapists at AGPA Connect and our NSGP conference. I also published a paper on somatic psychology.¹

In my clinical work I explained to my group members this integrative approach: "Awareness of our thoughts, feelings, and body sensations are all essential in understanding ourselves, others, and your relationships. I will help you to learn to listen to what your body is telling you. There may be times when closing your eyes may help you to turn your attention inward, to notice fully what is happening inside. What are you noticing in your body as you talk about your anxiety? Where in your body is the tension? What's the tense feeling like? If your body (or body part) could speak, what would it want you and us to know?" I also helped group members attend to nonverbal communication of others through gestures and facial expression.

Over time I began to lead guided sensory awareness at the beginning of each group. For five minutes, group members were invited to leave behind distractions and develop present-moment attention. Each group member took responsibility for their own experience. Sharing what they sensed and their associations developed intimacy,

empathy, and trust and helped them to let go of judgment.

Fast forward: I retired from my clinical practice in 2018. I was a group therapist for over 40 years. I now teach Nia classes to older, active adults who want to stay healthy as they age; I mentor therapists and Nia teachers as they develop their skills in embodied attunement.

Through movement we find health,
Suzanne

For a copy of the IJGP paper "Somatic Psychology," more information about Nia classes online, consultation, and mentoring, contact suzannecohen88@gmail.com.

¹ Cohen, S., (2011) *Coming to Our Senses: The Application of Somatic Psychology to Group Psychotherapy*, International Journal of Group Psychotherapy.



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

Learn more at our [website](https://www.nsgp.org).



Welcome to One of Our **Newest Members!**



Name: Scott Garvin (he, him, his)

Joined NSGP: June 2022

Graduated from: Boston College 1994 (MA in Counseling Psychology)

Place of Work: Worked for 8 years at the LGBT Triangle Partial Hospitalization Program running 2-3 groups/day. Private practice since 2004.

Special Interests: LGBT identified or questioning clients, supporting clients in recovery from addiction/substance abuse. Interestingly, as a gay therapist, I work very productively with women in mid-life transitions. Mothers of high school or college-aged children may be exploring "What's next for me?" I help these women clarify their goals and utilize their "motherhood resources" to make important decisions and take courageous next steps for themselves beyond the parenting role. I run a gay men's relationship and intimacy support group.

Fun Fact: I have over two decades of experience working and playing with gender nonconforming, nonbinary clients, and Radical Faeries. I also enjoy gardening at my dream spot in Vermont where I also get to enjoy the dark night sky with no street lights!

Why I Joined NSGP: I love the intimacy and energy of group work. I allow myself to work from a very intuitive and relational place. Learning from other psychologists and group leaders helps give structure to what I do and build my own capacity to co-create healing space that invites connection, bravery, and personal growth. Earning CEUs and building community is a winning combination for professional development. Thank you, NSGP!



NSGP
Northeastern Society for Group Psychotherapy

Want to talk to an expert about your group, for free?

The **NSGP Consultation Benefit** is free to all members in good standing of **NSGP**. It entitles you to one hour of free consultation per calendar year with an expert in group psychotherapy.

Topics are as varied as our practices and now include the many challenges of online groups. The only topics that are not appropriate are emergency situations. Consults can be by video, phone, or face-to-face.

Email **Christine Boie, CNS** at christineboie65@gmail.com and she will facilitate and ensure a time-sensitive consultation with one of our experts.

Member Spotlight

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the whole thing. I can't tell you why it's changed, but it seems to have changed. Maybe because a lot of the old-timers have died out, or times have changed.

Nadia: *If you were not a therapist, what would be your dream profession?*

Joe: What I would've liked to have been, but I would've failed at, is a comedian. I'm too shy. I don't have the natural presence for that. But I think I probably would've been a lawyer. Only because my mind seems to work that way, to create arguments, narratives, things like that. I would have liked to have been a writer, but I don't really have the skills for that. And, now that we're done, thanks so much for the honor of this interview.





Progress Notes



Judy Silverstein: Earlier this year, my acrylic paintings were displayed at the Center at the Heights in Needham. I am also exhibiting at Sunita Williams Elementary School on Central Ave. in Needham as part of Needham Open Studios May 6-7.



Pamela Enders continues to offer performance coaching (to speakers, sales people, executives, teachers, performing artists, etc.) for those experiencing "stage fright" or who just might want to improve their overall "presence" in high stress, high stakes situations. Also, since she is now semi-retired, she has more time to devote to her singing and is enjoying doing so at her favorite place in Boston—Club Café—where she hosts open mics, performs in a variety of shows and is planning her tribute to Barbra Streisand—*Barbra: The Early Years*, on April 30th. If you like to sing, **come to an open mic!** (The Club has a special Far UV system that deactivates viruses including COVID.)

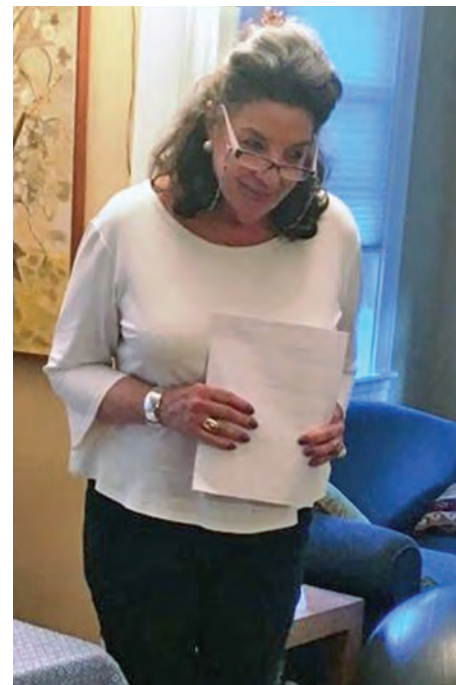


Michael Murray: My book, *The Therapeutic Inclusion Program—Establishment and Maintenance in Public Schools*, came out in February. I'm also presenting about it, focusing on the group psychotherapy aspect, with my co-author Laura Balogh at AGPA Connect. The Therapeutic Inclusion Program is the first book to describe what a program for students with significant social, emotional, and behavioral challenges should look like in a public school.



Marian Shapiro: In the flurry of last-minute proofing issues I can't recall where I left my intention to let my NSGP friends know about the publication of my latest (fifth) poetry book, *Upbringing* (Plain View

Press). It appeared at the beginning of January—a complicated birth due to its experimental nature, in which drawings and handwriting intertwine with standard computer fonts. In addition, I was surprised and thrilled by a spread in the February issue of *ArtAscent*, a gorgeous art journal that publishes a few poems in each issue. Venturing back into the world—carefully—I hope to have some in-person poetry readings this spring. Zoom is great for therapy, even groups (!)—but not for fun.



Deb Filiurin: After more than 25 years, Deb stepped down from her staff position at Community Dispute Settlement Center to focus on her work as a therapist in private practice and as an artist. Since 2001, she led their district court work and oversaw the Practicum, launching dozens of new mediators on their journey of peacemaking. Deb shares, "When I enrolled in the basic training in 1996, I could never have anticipated the profound influence becoming a mediator would have on my life, personally and professionally, and I celebrate the 25 years of shared learning, thoughtful collaboration, caring, and fun."

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Progress Notes

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Scott Rutan will be interviewed by AGPA Distinguished Fellow and Past President Dr. Eleanor Counselman on Sunday, April 23, 7:00 - 9:00 pm Eastern, as part of a Group Foundation for Advancing Mental Health Masterclass. There will also be an opportunity for attendees to ask questions: in advance and during the session. Save the date!



Nadia Khatchadourian: I completed AEDP Immersion in December and loved it! A key theme of AEDP is "undoing aloneness" —given my interest in groups, it's no surprise that it feels like such a good fit! I'm continuing with more training this year and welcome connecting with other NSGP members who incorporate AEDP into their practice.



Oona Metz: Oona has experienced sudden onset OCD related to revamping her website. She is driving her website developer crazy, and is looking forward to having her weekends back (and her OCD resolved) once she is no longer focused on font sizes. She is speaking on a panel at AGPA with Joe Shay, Jan Morris, and Aziza Platt and giving a virtual workshop on Radical Self Care at Jane Does Well in April. Oona is thrilled that there has been so much energy at NSGP about getting groups started.



NSGP
Northeastern Society for Group Psychotherapy

NSGP is proud and excited to collaborate with The Brookline Center in offering two Observation Groups.

These are two long-running, well-established interpersonal process groups that are led by some of Boston's most veteran group therapists. Observers are invited to sit silently in the room during each session, and then to discuss the group after the members leave.

If you are an **NSGP member**, there is a **50% discount** for these Observation Groups!

Group 1: Led by Annie Weiss, LICSW, CGP, FAGPA, and Tracy MacNab, PhD, CGP—alternating group leaders in 10-week intervals. **Thursdays 10:00-11:45 am.**

Group 2: Co-led by Joel Krieg, LICSW, CGP and Julie Anderson, PhD, CGP. **Tuesdays 10:15 am-12:00 pm.**

For more information on how to sign up:
visit **The Brookline Center Website**



Jocelyn Litrownik: After 1.5 years of leading a process group I am proud to share I started my first support group and am offering another that began in the New Year. Feeling energized and excited to continue learning and leading!

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Progress Notes

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Guy Croteau has completed training to become a Ketamine-Assisted Psychotherapist. Partnering with Journey Clinical, he provides the psychotherapeutic preparation and integration work using the transformative, evidence-based psychedelic therapy found with ketamine. He is very excited to offer this new service in 2023!



Natasha Khoury completed a post-Master's certification program in Trauma-Informed Clinical Practice through NYU's Silver School of Social Work a few days prior to her daughter Oriana's first birthday! She has been experimenting with the wonderment of living a balanced life amongst change and has come to appreciate it as an ongoing work in progress.



In Memoriam

Allan Lurvey

1939 — January 22, 2023

Allan was President of NSGP from 1984-1986. He was one of the founders of the Boston Institute for Psychotherapy and was President of the New Hampshire Psychological Association. You can view his obituary [here](#).

Classifieds

If you are interested in submitting a Classified for the next issue of NSGPeople, please contact us at newsletter@nsgp.com.

KETAMINE-ASSISTED

PSYCHOTHERAPY: New treatment being offered for individuals with intractable depression, anxiety and/or trauma symptoms. Find out more about how ketamine can make a big difference in a client's symptom relief, visit my [website](#) or my partner **Journey Clinical**. You can also call Guy Croteau, LICSW at **781-223-0209**.

DOCTOR OF PSYCHOANALYSIS

(PsyD): Looking to advance your career? Earn a PsyD at the Boston Graduate School of Psychoanalysis! Better understand clients and explore underlying roots of human behavior. Become a certified psychoanalyst and build your private practice. Apply by May 1st for Fall 2023 semester. www.BGSP.edu — **(617) 277-3915**.

HIRING: Cancer Support Community of Massachusetts (CSC) seeking support group facilitator for people affected by cancer. Weekly group supervision and training in CSC model. May include running educational workshops/special programs. Part-time, independent contractor. Must be independently licensed, 1-3 years group experience. Submit resumes to: Angela Epshtein, Program Director AEpshtein@CancerSupportCommunity.org

OFFICE SUBLET: Lovely furnished office available for sublet in the heart of Coolidge Corner. Two-room suite with waiting room and kitchen, high speed wifi, fridge, microwave, air filters and window that open. Day and evening blocks available. Please contact Oona Metz at oonametzlicsw@gmail.com

NEW GROUPS & WORKSHOPS:

1A Wellness is launching groups and workshops for trauma, grief, anxiety, parents, teens, LGBTQIA+ and allies this spring at our locations in Cambridge, Wenham and online. More details at <https://www.1awellness.com/groups-and-workshops/> or call **978-307-2010**.

OPENINGS: NEW In-Person Mixed Gender Early Young Adult (ages 17-25) Interpersonal Process Group, Tuesdays 4-5:15 pm. Out of Network. Call, text, or email group facilitator — Paul Sawyer, LICSW **508-404-8467** or Paul@Sawyerwellness.com. 24 Lincoln St. Newton, MA.

OFFICE AVAILABLE: Attractive, sunny, quiet, sizable, fully furnished office, suitable for groups, near Coolidge Corner, small side room with desk, private waiting area and use of kitchen included. Much availability, flexible arrangement, reasonable rates. Call Amy: **617-610-1346**.



NSGPeople Together



Anaïs Lugo-Guercio and Mary Alicia Barnes posing after Anaïs spoke with Tufts occupational therapy doctoral students about the importance of involvement in professional organizations to leadership and professional development.



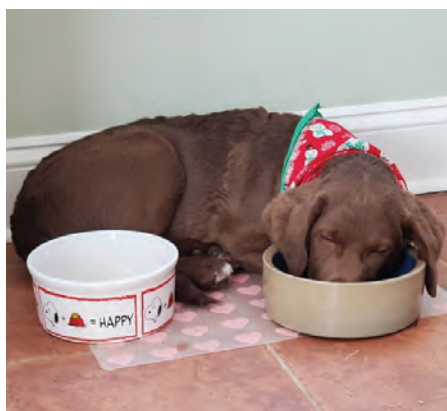
Amy Matias, Oona Metz, Shunda McGahee, Justin Hecht, and Annie Weiss dine together with friends.



Natasha Khoury, Maddie Freeman, and Nadia Khatchadourian enjoying an "NSGPeople Night Out" at Barcelona Wine Bar!



William Sharp's cat, Numpy: "Keep hanging on!"



William Sharp's dog, Finn: "Did you ever get so tired and hungry that you just sleep in your bowl?"



Oona Metz's cat: "Emerging from the pandemic can feel like..."



NSGPeople Masthead

Co-Chairs Madeline Freeman, LICSW
Nadia Khatchadourian, LICSW
Members Natasha Khoury, LMHC
Headshots Various
NSGPeople
Newsletter
Design K. White
designer_solution@comcast.net

The goals of NSGPeople are two-fold:

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

NSGP Executive Board

President: Guy R. Croteau, LICSW, CGP
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FAGPA
Karsten Kueppenbender, MD

Letter from the President

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I look forward to seeing as many of you as possible either virtually or when possible, in person. More good things to come...

With gratitude,

Guy R. Croteau LICSW, CGP
NSGP President



Letter from the Editors

(continued from page 1)

body-oriented therapy from Suzanne Cohen; learn, as always, from the wisdom of skilled therapists in *Analyze This*; and find out member updates and more in this fifth issue of NSGPeople!

Nadia Khatchadourian, LICSW
Maddie Freeman, LICSW
NSGPeople Co-Editors

