



the newsletter

NSGP

Northeastern Society for Group Psychotherapy

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Letter from the President



In my winter letter to the membership I reminded you of the many benefits of belonging to NSGP. I work in the relative isolation of a solo practice, as do many NSGP

members, and I think of NSGP as my village, my community. While we don't literally gather around a village well, to use the late Anne Alonso's wonderful metaphor, we do connect and nourish each other. We must remember that villages and village wells need to be cared for.

In his inaugural speech, President Obama stressed personal responsibility and rising to difficult challenges. I think what he said applies to NSGP. Those of us who enjoy NSGP now are benefiting from more than 50 years of work by others. We have a responsibility to care for this organization and continue to invest in its future so that those who come after us can also enjoy it.

This is stewardship. Stewardship means taking care of something entrusted to you for a period of time. We can and must do that for NSGP, especially during the challenge of these hard economic times.

How do we take care of NSGP?

We are a volunteer organization. Please volunteer! Elsewhere in this newsletter you will find a list of committees that need members. Please consider joining. Contact the co-chair to find out what is involved. It is a great way to make referral contacts, and the committees really do have fun!

Please pay your dues on time. Every year our office manager must send out three or four reminders to members who don't pay their dues. This costs the organization his time as well as the paper and stamps. It is definitely not green! Dues statements are

sent in April; please try to send yours in as soon as possible. If you feel you can't afford the regular dues, NSGP can offer a dues adjustment. Contact the office. We don't want to lose any member for financial reasons.

It is important to me that NSGP feel like a safe and supportive village, one in which people learn from one another. Our Consultation Benefit is one such effort. Senior NSGP members donate an hour of their time for another member's consultative use. You can consult for free about an ongoing group dilemma, about starting a group, or about how to get more members for an existing group. Just call the office (617-484-4994).

This is a year of change and innovation for NSGP. (You could say we are drilling a new village well.) Our conference has been moved off Father's Day weekend and to the Simmons College campus. We hope that the new dates (June 12-14, 2009) and the more accessible location will encourage attendance. The program brings some new and exciting presenters, including Robert Macy for the Demonstration Group and Terence Keane and his associates for the Special Presentation.

By the time you read this, two new events will have occurred. One is the first NSGP teleconference, on peer supervision groups, with Bob Weber, Joanne Lipner, and myself. We hope that by offering teleconference learning, we can offer more to our members who live far away. The other event is the Red Well Theater presentation of "Rounding Third." I am very excited about bringing this talented group of therapist/actors to NSGP and look forward to a delightful afternoon.

Finally, congratulations to several NSGP members who received special recognition at AGPA this year. Nina Fieldsteel was

awarded Distinguished Fellow, Barbara Keezell received an Affiliate Assembly award, and Scott Rutan had the honor of giving the first Anne and Ramon Alonso Plenary Address. We're very proud of you! NSGP was strongly represented on the faculty as well, and we had our usual good time at the Thursday night NSGP dinner. Next year's AGPA will be in San Diego, February 22-27, 2010. Hope to see you there!

Eleanor Counselman, EdD, CGP, FAGPA

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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Office Administrator: Messages can be left at the office anytime, and will be answered daily.
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Letter from the Editor

Many NSGP members say that NSGP is their professional home. It is mine too.

Most of us know what home feels like. Our physical home is a place that provides us with a roof over our heads and a space in which we can relax, work, or entertain others. It may be neat or messy, decorated or hodgepodge, stiff or comfortable, dark or bright, small or with large open spaces. But each room and piece of art or furniture reflects our personality—or sense of who we are. Our psychological (or spiritual) home is typically a safe place where we can be ourselves. It is where we can take risks and stretch ourselves, and where we feel fed enough that we can grow into compassionate, generous, and warm human beings. It is also a place where we get to explore our less admirable qualities—and still feel loved and accepted. Like we belong.

In his novel, *The Welsh Girl*, Peter Davies introduces us to the Welsh word *cynefin* (pronounced kun-ey'in)—a concept not easily translated into English. It is a fierce and known sense of place or belonging, which is passed from mother Upland sheep to ewe lamb. The attachment is so strong that the sheep often must be sold with the land or the transplanted sheep will wander and be impossible to herd.

Unlike the inborn instinct of sheep, people develop a sense of place or belonging through their interpersonal relationships with others. My sense of belonging to NSGP has grown over time, but it did not take me long to feel it as my professional home. It was like finding the right spot on the beach, with plenty of space to spread out one's towel, not too close to others, yet not too far away either. I remember creating a space for myself, sort of like nudging your butt into the sand to get into a comfortable position. With a few adjustments, one settles in. And it feels just right.

So, how did that happen? As with many members of NSGP, I became involved through a personal invitation from Anne Alonso and Scott Rutan. After attending my first NSGP Conference, I applied to the Training Program. Several of us went

through the three year program together (yes, it used to be three years!). We shared our frustration starting groups. We talked about how to manage difficult clients and our complex countertransference feelings. Many years later we continue peer supervision together.

Toward the end of my last year in the Training Program, I asked Jerry Gans if he would present a workshop at the NSGP conference with me. Much to my surprise and terror he said, "Yes." I don't think I said anything during the workshop that year. I was too scared. But Jerry agreed to present with me again the following year. Under his guidance, I learned how to run a meaningful workshop.

Then I was invited to join the Brochure Committee. And then the Newsletter Committee (see, I'm still on it...). And then the Training Committee. On each committee, I met new (to me) members of NSGP. We worked hard to make NSGP a place where group therapists could share information and build a community. We created the reading groups and the Breakfast Club. We worked on the Conference. We wrote articles and edited the newsletter together. We also had FUN. We ate a lot. We drank wine. We went out to dinner. We went to NSGP and AGPA conferences together. Some of us traveled together and shared favorite books, movies, and restaurants.

I came to view NSGP as my professional home.

Here I feel valued for my contributions. I feel accepted. I can take risks and know there is a net below, just in case. I can share experiences, failures, successes, and vulnerabilities as I have learned and grown as a group therapist, writer, supervisor, teacher, presenter, or member of governance. And where I can share with others what I have learned along the way. But most important to me are the deep bonds and affection I have developed with and for other members of the organization—the true meaning of attachment and belonging.

Senior NSGP members have a boatload of talent and wisdom to share. Don't be afraid

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The 2009 Annual Conference

Exciting Offerings, Continuity, and Big Changes

If you are reading this Newsletter, you are interested in group work. And you're reading this article because you would like to know what's coming up at NSGP's next Annual Conference. I believe you will find more than one thing to get excited about at the Annual Conference—June 12, 13, & 14, 2009.

Of course if you've been to the website recently (<http://www.nsgp.com>) you

already know that the overall conference theme is **Restoring Attachment after Social Betrayal, Tragedy, and Loss**. But did you know that the Special Presentation will focus on war zone returnees and PTSD? (See page 5 of the Newsletter for a more detailed article about the Special Presentation.)

For three days, at Simmons College in Boston, more than forty faculty will

present Institutes and Workshops on attachment, connection, sex, eating, loss, trauma, acting out, and suicide. The theoretical models presented will include psychodynamic group process, Jungian, Imago, DBT, Buddhist, Functional Analytic, Internal Family Systems, Life Coaching, and Organizational Leadership.

NSGP's one-day Experiential Groups on Friday offer an opportunity for

(continued on page 4)

Are you wondering what else to put into the healing stew? I'll give you a clue... Give Group Glue its due.

Come adhere at

the 28th Annual Regional Conference
Northeastern Society for Group Psychotherapy
June 12, 13, & 14, 2009
Simmons College, Boston, MA

Restoring Attachment After Social Betrayal, Tragedy, and Loss

Special Presentation

**Recent Advances in the
Psychological Treatment of
Post-Traumatic Stress Disorder**

Terence M. Keane, PhD

Candice M. Monson, PhD

Casey T. Taft, PhD

Demonstration Group

**Augmenting the Restoration
of Attachment after Trauma:
A Community-Culture Based
Intervention (CBI®)**

Robert D Macy, PhD

Dicki Johnson Macy,

ADTR, MEd, LMHC

and many more engaging workshops
CE credits, CGP Certificate Program
partial scholarships & group discounts

Come for a half day, full day, or stick around for all 3 days



Register online

www.NSGP.com

to ask them for advice, supervision, consultation, or mentorship. Have them present with you or help you write an article for the newsletter or *International Journal*. Take advantage of the many free NSGP offerings such as the one-hour consultation, teleconference on peer supervision, Breakfast Club meetings, or Networking meetings. And join a committee or the Board so that you can meet others and have a say in the direction NSGP takes over the next few years.

NSGP is a rich professional home. But it will be all the richer if you are an active part of it.

Lise Motherwell, PsyD, CGP, FAGPA
Co-editor, Newsletter

† Co-editors Joe and Lise will alternate the Letter from the Editor in this space.

2009 Annual Conference (continued from page 3)

experiential learning with colleagues who have varying years of experience. In General Psychodynamic Experiential Groups the focus is on acquiring therapy skills relevant to leading groups. Special Interest Experiential Groups offer a chance to explore a particular theme in greater depth or learn a new theoretical approach.

Are you looking to learn how group can help with a specific problem? How about workshops on wild couples, character change, narcissism, spiritual & religious issues, or opiate dependence? Interested in some finer details of group process? There are workshops on working with the here and now, with countertransference, with group turbulence, and with athletics as metaphor.

The members of the various Conference sub-committees have worked overtime making all the arrangements. In addition to reviewing all proposals and composing a valuable and engaging conference out of them, they were also tasked with finding a new location after many years at Wellesley College. Finally, please note, the Conference will NOT take place on Father's Day weekend, rather the weekend before.

The full brochure will be available on line at NSGP's website: <http://www.nsgp.com>

Interview

Assisting A Group in Transforming From A Mob To A Flock

Annual Conference Demonstration Group

Sasha (Alexandra) Juravleva, LMHC, CPRP

This article is based on an in-person interview with Robert D. Macy, PhD and electronic communication with Dicki Johnson Macy, ADTR, MEd, LMHC, Demonstration Group Co-Presenters. The article also includes excerpts from *Remembering the Collective Body: A Dynamic Understanding of Attunement and Healing* written by Dicki Johnson Macy. Robert and Dicki will conclude the annual NSGP conference by co-leading a demonstration group entitled **Augmenting the Restoration of Attachment: Utilization of Resiliency-Based, Highly Structured, Somatocognitive Group Process—A Community-Culture Based Intervention (CBI®)**.

Robert and Dicki promise to demonstrate to the NSGP community something only few group therapists would dare to offer—the *immediate* reduction of the potentially harmful reactions and problematic symptomatology that might be experienced by the volunteers courageous enough to partake in this highly experiential group effort. This inspiring duo is confident in their well-researched and practiced methodology. They have developed the Community-Culture Based Intervention (CBI®) to promote psychosocial restoration in individuals and communities affected by trauma, neglect, natural disaster, war, and terrorism. Robert, Dicki, and others have conducted CBI with over 600,000 trauma survivors in many parts of the world, including the United States, Turkey, Palestine, Jordan, Nepal, Indonesia, Sri Lanka, South Africa, Uganda, and Burundi. Their clients' ages range from 18-months old to adult, including toddlers whose parents cannot provide adequate care for their children due to the lack of internal or external resources, teens touched by trans-generational trauma and neglect, gang-influenced adolescents involved in drugs and violence, and adults whose stability and safety has been shattered by a large-scale disaster or armed conflict.

Robert and Dicki assert that culturally, developmentally, linguistically, and community-specific interventions can restore and repair the deep damage inflicted by the trauma. The CBI consists

of 15 sessions of highly structured somatocognitive group activities that are designed to counteract what Robert and Dicki refer to as the Post-Traumatic State Injury (as opposed to Post-Traumatic Stress Disorder). Robert defines trauma as the general loss of ability to go into the appraisal state. Unable to take time to evaluate the situation and choose appropriate responses (appraisal), the trauma survivor triggered by the trauma reminder might automatically move into the arousal state, also known as fight-or-flight response. In this state, he or she will have difficulty staying in touch with the self and the environment, which in turn can interfere with his or her ability to make socially competent decisions. CBI group activities "turn off" the sympathetic fight-or-flight response and augment the resilience cascades.

These group activities include auditory-vibrational work in combination with repetitive movement that alternates with stillness and grounding. The expressive modalities help to access material that might not be available for purely verbal recall. Robert mentions an fMRI (functional Magnetic-Resonance Imaging) study of the victims of rape, who could sing and write about their experiences, but could not talk about them. These fMRI images show blood flow ebbing away from the areas in the brain responsible for speech comprehension and production. CBI can help integrate non-verbal and verbal experiences into a meaningful whole that can be shared with others. It focuses on what those exposed to traumatic events did right during the crisis as opposed to what went wrong.

Each session starts with a ritualized opening circle and ends with a closing circle which provides predictability that is imperative for creating a sense of safety. Dicki calls the opening and closing circles "watering holes in the desert" that hold the central activity. Central activity highlights a specific theme and gives group participants an opportunity to express and witness their restorative attachment narratives. By observing others sharing their resilient narratives, group members act as a collective witness and at the same time activate their mirror neuronal systems. Researchers believe these systems are important for understanding the actions of others and learning new skills by imitation. Group follows the hierarchy of safety—from

group cohesion to safety and affiliation. It provides a contained and protected environment in which group members can experience three important states: the appraisal, the attunement with self and self in relationship to group, and true stillness. Robert and Dicki believe that these experiences can lead to profound transformation. Clients are left with a regained sense of hope and embrace life as a continuum rather than as "a severed line," as Dicki puts it.

Group co-facilitators help with transitions that can be hard for trauma survivors. Robert emphasizes the importance of "transformational transaction between leader and co-leader," who through attunement and energetic nourishment can guide the group into readiness for safety and transformation. Robert believes his responsibility as a group leader is to "protect and save the group, not individuals." As a group leader, he might be "in control but not in charge." Robert describes a common dynamic when the group divides into subgroups and elects their headmen who compete with the group leader for attention and power. He gives The Group Terrorist, The Silent But Deadly, or The Sexy One the collective name—"group saboteurs." Robert empathizes with group saboteurs' desire to connect to the group yet unable to do so. His role is to facilitate "metabolic exchange" and help everyone to connect psychosocially with the group. He wants to protect the group from "systems blaming"—blaming governments, organizations, or people who are not in the room. Telling stories that people cannot do anything about puts people in the fight-or-flight and halts the change. Dicki describes her role as a co-facilitator in poetic terms: "I am a mirror, I am a chameleon, I reflect the most accessible, I become what surrounds me." Her main goal is to "assist the isolated in their process of remembering and reincorporating." Through their mutual effort, Robert and Dicki hope to achieve integration, when "the Mob of egocentric isolates is transformed to a Flock of beautiful beings experiencing themselves as one organism."

Robert and Dicki, partners in trade and their personal lives, each bring something unique to this creative work: Robert—his training in neuroscience and martial arts that cumulatively helped him develop acute awareness of the power of

repetition to "train" physiology, and Dicki—her Rainbowdance, music, and the legacy of dance and movement inspiration from Isadora Duncan. Both Robert and Dicki have their hearts in their work and we at NSGP are very fortunate that they can share a part of it with us.

The demonstration group will be held on Sunday June 14, the last day of the Annual 2009 NSGP Conference.



Returning From the War Zone: Psychological and Social Sequelae for Returnees and Their Families

NSGP Conference Special Presentation

Greg Chilenski, PhD

The Special Presentation at NSGP's upcoming conference promises to provide a thought-provoking and prophetic learning event.

Terence Keane, PhD, Candice Munson, PhD, and Casey Taft, PhD, will present their thoughts and findings concerning PTSD as they illuminate the conference theme: **Restoring Attachment after Social Betrayal, Tragedy, and Loss.** Their title is **Recent Advances in the Psychological Treatment of Post-traumatic Stress Disorder.** The Special Presentation is planned as a sequence of three lectures dedicated to the topic of war, trauma exposure, and PTSD. Drs. Keane, Munson, and Taft, from the National Center for Posttraumatic Stress Disorder, located at the VA Boston Healthcare System/Boston University, will consider aspects of care for commonly occurring conditions among people returning from active participation in war zones.

Dr. Keane, Director of the National Center, will present Friday evening on individual and group perspectives in the treatment of PTSD. For the past 29 years, the VA, the NIH, DoD, and SAMHSA have continuously supported Dr. Keane's program of research on psychological trauma. Dr. Keane has consulted, lectured,

and conducted workshops internationally on many trauma-related topics.

Dr. Munson's presentation Saturday morning is on cognitive-behavioral conjoint therapy for PTSD. Dr. Munson is Deputy Director of the Women's Health Sciences Division at the National Center for PTSD. Her expertise includes interpersonal aspects of PTSD and the association between PTSD and romantic relationship problems.

Sunday afternoon, the presenter will be Dr. Taft whose primary research area involves family problems and PTSD, including characteristics of partner violent men, and family based interventions for active-duty soldiers and their families. Dr. Taft is staff psychologist at the National Center for PTSD.

The focus of each presentation will be on contemporary models of conceptualization, assessment, and intervention. When available, data will be reviewed that substantiates the approaches recommended. Ongoing clinical trials will be highlighted with emphasis on extrapolating what is known to work in individual therapy to group models and methods.

Group therapists in NSGP have concerned themselves for many years with the personal and social sequelae of traumatic events. Nevertheless, restoration of attachment to home and family for our new generation of men and women returning from war will present unique challenges to our society and to us as providers. This Special Presentation will review the latest clinical thinking and research to help us meet these challenges and, no doubt, will stimulate active and thoughtful discussion among Conference attendees.



Anne Alonso Memorial Minute

Anne Alonso was honored by the Harvard Faculty of Medicine by having a "Memorial Minute" printed which means it is forever a part of the history of the medical school.



Barbara Keezell & Eleanor Counselman



Marsha Vannicelli, Larry Kron, & Karen Wischmeyer



Dave & Nora Dybdal

Eleanor Counselman, Kathy Ulman,
Helen Baird, Yong Xu, & Jue Chen

Another Great Time at AGPA

AGPA Conference 2009

Sara Emerson, LICSW, CGP, FAGPA

Every February I leave for the AGPA annual meeting with a bit of hesitance, a little grumpiness, and some trepidation. Each year I leave the meeting feeling excited, stimulated, renewed, and refreshed by the whole experience and the people whom I have come to know and value over all the years. This year the meeting theme was "Strong Group Foundations: Building Lasting Communities."

As always, there was an abundance of choices of workshops, open sessions, plenary, as well as early morning, and the new addition of colloquia (smaller discussion tables focused around a topic). These offerings were presented by both new and familiar presenters to attendees from across the US and abroad.

On Monday, the opening day, two special institutes were offered, one by Jerrold Post on "The Group Psychology of Political Behavior" and the second by Elliot Zeisel on "The Development of the Interpersonal Ego in Group Treatment." Dr. Zeisel's presentation was focused on group process and the Modern Analytic approach. He conducted two demonstration groups to highlight his presentation which was well attended and enthusiastically received. Dr. Post's presentation was also very engaging and stimulating as he explored the psychology of terrorists and of world leaders, past and present. His remarks seemed especially relevant given the recent change in presidents and the refocusing of direction in the US.

Tuesday and Wednesday featured the Institutes which are the truly unique offerings of AGPA as well as our own NSGP (though on a smaller scale). The AGPA Institute groups are conducted across two days. In addition, AGPA offers a

two-year and a three-year continuous Institute group with closed membership. I had the very fortunate experience of leading a three-year group, which ended this year. This was an extremely powerful and valuable experience for me as the leader and, I believe, for the participants—all of whom attended for each of the 3 years with one exception this year (absent for medical reasons).

As in prior years, there was a Large Group conducted over 3 days in different time slots. This is a particularly unusual group experience in that we are so oriented to dyads and small groups in which the development of the relationship is the focus. Large Group replicates a small society, raises issues of community, and reflects the concerns of the larger society. It is at once a very disorienting, stimulating, and evocative experience. I would suggest that, if you have not participated in the large group, you definitely attend when next at AGPA. Whether you like the group or not, one cannot walk away without learning something.

Our own Scott Rutan was the featured Anne and Ramon Alonso Plenary speaker for this inaugural event. His talk, entitled "Strong Group Foundations: Building Healing Communities," was an engaging tribute to Anne and to group therapy. It was also a painful reminder of Anne's passing with her absence very present for me and for others. AGPA was profoundly important to her and she gave an enormous amount to it in terms of time, energy, and money. Ramon Alonso was also present for this wonderful address.

Finally, not to be overlooked was the annual NSGP dinner, held at a local restaurant serving family style Italian food—a totally fitting venue for our group. Each year we seem to gather other "honorary members" into our family. This year, the additions included Helen Baird from Belfast, Northern Ireland and two Chinese psychiatrists who had participated in the AGPA on-line learning initiative. The meal, as always, concluded with jokes and revelry.



Kathy Perrego & Shoshana Ben-Noam



Kristin & Mark Hodges, & Lise Motherwell

Overall, the week was richly invigorating. I always come away from the week having learned more about myself as a group leader and a person, as well as more knowledgeable about group therapy, theory, and process.

I would encourage everyone to dip in and join the experience, next year in San Diego.



A Great Time in the Windy City

AGPA Conference 2009

Arnie Cohen, PhD, CGP

The conference this year was a very rewarding and renewing experience for me. Despite my initial concern about flying to Chicago in February, getting in and out of the city was easy. Chicago is quite beautiful with tall buildings and impressive architectural detail. I had forgotten how large a city it is. My wife and I arrived a few days early to visit family and explore some of the sights of the city. We visited the Chicago Art Institute (to see the just-opened Edvard Munch exhibit), the Museum of Contemporary Art, and the Sears Tower (for terrific views of the city), and then strolled down Michigan Avenue (to experience the Magnificent Mile).

This was my first year on the Institute Committee and I found the experience both enjoyable and very enriching. The committee organizes and monitors the quality of the institute experience. I consider it a privilege to watch colleagues work and hear the very personal stories that are shared in the institutes. Priscilla Kauff gave the opening plenary entitled: "What's Going on Inside." She emphasized how the institute gives us the opportunity to explore our internal world and bring home with us what we learn.

Boston is always well represented at AGPA and this year was no exception. One of the enjoyable parts of the experience is running into colleagues whom you rarely see in Boston but get to reconnect with at the conference. Two of our own were honored this year. Barbara Keezell won an award for Outstanding Contribution to an Affiliate Society and Nina Fieldsteel received a Distinguished Fellow award, which is the highest honor in AGPA. This award recognizes her contributions to the organization and the field of group therapy.

The workshops began on Thursday and I had the chance to participate in two of them. The first was on Couples Group Therapy, presented by Barbara Feld and Philip Luloff. This very informative workshop addressed the identification of

couples that would benefit from a couples group, and the evaluation and preparation of these couples. In addition, we had the experience of empathic collaborative relating through participation in an experiential group. I participated in the role play which is always a rewarding and interesting experience for me.

The second workshop I attended was presented by the Red Well Theater Group who will be coming to Boston in April for a special event. They presented a dramatic reading of the play "Someone Who'll Watch Over Me" by Frank McGuinness. The play is based on the experience of Brian Keenan, an Irish teacher held hostage by Islamic Jihadists in Beirut from 1986 to 1990. We follow the three characters through their experience of captivity. The play is essentially about survival and how these men grow to love each other, depend on each other, and fight with each other, without losing their essential selves. The theater group believes that "theater shares many commonalities with group therapy, most notably the recognition of the power of relationships to hold, reflect, and heal." This was quite a powerful experience!

As always, Thursday night is the NSGP sponsored dinner, which I experience as one of the highlights of the conference. This year the dinner was organized by Eleanor Counselman. She deserves kudos for choosing the Wildfire Restaurant with its comfortable accoutrements. The food was good but the jokes were even better. I highly recommend attending this event at future conferences if you have the opportunity.

Scott Rutan was the featured speaker at the first annual Anne and Ramon Alonso Plenary address, held on Friday morning. Scott, as always, put in clear and simple terms how and why groups are so important to healing the world. He spoke of Anne's notion of the village well and how it provides sustenance to the community. Scott's focus was on the significance of hope from our leaders. He discussed the characteristics of destructive groups: groups that use the defenses of paranoia, denial, and splitting. He contrasted the paranoia of our last administration to the optimism and hope of our new administration.

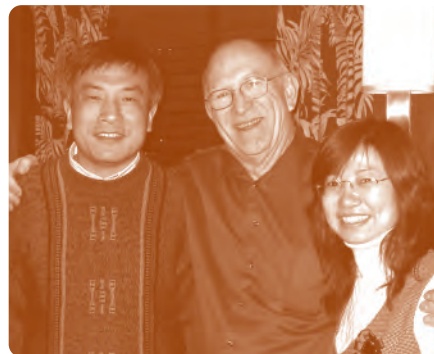
After his talk, I packed my bags and headed out to the airport. It had been a good trip. I had a lot to reflect on: reconnecting with old friends and colleagues, and learning new things. Just getting away from the daily routine was helpful and renewing. Next year we'll be off to sunny San Diego. If any of this sounds good to you, I'll see you there!



Pat Barth & Ramon Alonso



Sara Emerson & Lise Motherwell



Yong Xu, Scott Rutan, & Jue Chen



Mia Pflieger & Joanne Lippner

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 Joe Shay, PhD 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

In my mixed-gender adult interpersonal therapy group, there is one member whose behavior I find very irritating. He gets visibly sleepy during group except when he is involved in the conversation. If he is not verbally engaged, he starts to look very unfocused and sleepy, his eyelids drift down, and my blood pressure goes up! I find myself feeling angry and hyper-aware of his drowsiness.

David has been in this stable group for several years. He entered the group following individual analytic work on general anxiety as well as concerns about how much attention he is entitled to. He has made significant gains and is a well-liked member of the group. David takes his group commitment seriously, despite his sleepiness.

Of note is the fact that David's mother sexually molested him on at least one occasion when he was a boy. He has been on his guard with women ever since then. He keeps his mother at a distance now. A recent consultation raised the possibility that David saw group as a place where he finally feels safe enough to relax and that this is a positive step for him, given his trauma history.

The group has explored David's sleepiness. He says that it is partly physical. He does not get to bed early enough, often getting only five or six hours of sleep. (Like many people with a job and a family, he enjoys the quiet late evening hours and does not discipline himself to go to bed on time.) In addition, a few years ago he changed careers to one that requires considerable physical exertion. This was a positive step, as he hated his previous career. However, after a day of physical exertion, sitting down

in a warm room brings on sleepiness. The sleepiness began only after he started this job, but I do not believe it is only physical.

David also has acknowledged a narcissistic element in that when "it is not all about me" he disengages. He sometimes successfully brings himself back into the room by letting the group know he is sleepy.

In summary, David and the group have worked a lot on his sleepiness but it still continues. The group seems to be relatively accepting of it, but it is driving me crazy! I am suspicious about this polarity between the group's apparent tolerance and my anger. Am I containing negative affect for the group? Any ideas?

Sleepless in Boston

Dear Sleepless in Boston

Although I find that almost all the challenging and growth promoting scenarios in our groups pull us in a variety of directions, it is those that grab me where I live that I find most compelling. This sounds like such a challenge.

Before making my clinical comments about the inter-relationship of the individual and group aspects of this dilemma, I would note that there are dynamic factors related to the more biological and organismic characteristics of the client's sleepiness that should not be ignored. Sleepiness may be related to rapid onset REM, sleep apnea, or other factors that might correlate with David's history, e.g., a history of being overweight or a family history of affective illness.

From a dynamic perspective, I would divide the dilemma into three basic components: You, the patient, and the group. Your gender would be key to understanding elements of the transference-countertransference experience. If you are a female therapist, there may well be an element of sexualization which would help to understand the regressive nature of David's transference, especially given the fact that his mother was sexually inappropriate with him. Working through issues pertaining to the violation of his boundaries is a lot to face. The fact that you find David's presentation irritating to the point of being hyper-aware of it, perhaps to the exclusion of noticing the behavior or experience of other group members, suggests that something about the meaning of his behavior touches a

fundamental vulnerability in you as well. It is worth wondering what sexual, aggressive, or authority-related buttons of yours are being touched. Once you are clearer in this regard, you may feel less emotionally encumbered and therefore freer to attend to other important experiences in the group.

With respect to David's symptom and its meaning and management, I find myself continually amazed at how much variability and inconsistency there is in the behavior of even my most motivated, but severely wounded patients. Consequently, the rules for therapeutically managing such expressions of deep need and trust keep changing for me. Once you manage the countertransference and complete the initial goal of exploring the sleepiness with David and the group, you will be able to confidently resume your more objective participant/observer stance, which is the place you want to be. This, in turn, will allow the group to return its attention to itself.

I agree that David's manifestly narcissistic tendency to fall asleep in the group is an important factor, but its dynamic meaning currently remains hidden for me. In the absence of more intra-individual and group context, I find it very helpful to track the spatial and temporal contiguity of the limbic music, e.g., tone, pacing, and rhythm of vocal cadences accompanying speech, as well as facial and nonverbal expressions of affect, cognition, and conflict. I, in turn, would use these emergent data to develop hypotheses about the dynamic causes within David and between him and the group and its members. Having done this I can in turn refine my clinical hypotheses and the timing of interventions related to those themes as they emerge.

Finally, at this point you've clearly explored what is manifest and at hand. What remains is to attend to the deeper currents. Although I have been primarily psychodynamic in addressing the situation you present, there is no reason why someone with a different orientation, or even an integrative psychodynamic one, might not experiment with mixing frameworks, for example, interjecting CBT-informed sleep hygiene homework for the patient. Or, for example, offering the option of Gestalt empty-chair work in the group

"David also has acknowledged a narcissistic element in that when "it is not all about me" he disengages."

context might prove a productive change of pace.

Successfully navigated, such passages between the Scylla of the group challenge and the Charybdis of self-awareness, leave me feeling like Ulysses near the end of his voyage: with the heart to continue with this group of patients and also other groups to come.

J. Tyler Carpenter, PhD, FAACP



Dear Sleepless in Boston

Sleepiness, like lateness, is a sign of “need” or *cri de coeur*. It provides an excellent challenge for engagement in a dialogue of curiosity about what is “around” at the moment.

Fine work has been done already in this group, so the question is which thread in the tapestry to pull next. You may wish to explore your thoughts on three levels: the individual, group-as-a-whole, and transference/countertransference. The “sleepy” member is engaged, committed, and unconsciously asking for help by showing his pain. Although the group embarked on some exploration of the issue, it needs guidance to take it to the next level.

Given David’s history, a key issue is to explore the sleepiness without shaming him. Your feelings are informing you about what is happening. Take your time on this issue since the real answer is vested in the “sleepy” member’s unconscious and the unconscious of the group. The goal is to carefully unmask hidden feelings that influence everyone’s process in the group and set the tone for future explorations that allow members to relinquish dysfunctional patterns.

The Individual Level

Problems regarding narcissism are particularly painful. One may appear disengaged at times. The wish to connect but the lack of confidence that one can succeed at this are likely contributors to such disengagement. In particular, David ironically looks entitled while fearing “too much attention.” So, anesthetizing himself, while maintaining the patina of being just fine emotionally is his best defense, however lonely and isolating it might be. Unfortunately, to signal “need” through sleepiness and self-centeredness may annoy everyone.

“Sleepiness, like lateness, is a sign of “need” or cri de coeur.

It provides an excellent challenge for engagement in a dialogue of curiosity about what is “around” at the moment.”

perhaps sexual or otherwise about other members or you, may have upset him. Perhaps he experienced a break in the empathic connection or a “slight,” however small, which has resulted in his withdrawal. Suggesting that he is trying to survive difficult feelings (so as not to shame him) can be useful as you set a tone of curiosity about this for everyone to ponder. Lack of curiosity about feelings is often missing in the families of our group members.

David may also be doing to the group what was done to him, i.e., “ignoring” the group as his needs were ignored. Congratulate him for feeling comfortable enough in the room to show his vulnerability. He needs empathy to work this issue more deeply. It takes courage to reveal vulnerability. David is telling us his story through this symptom.

The Group-as-a-Whole Level

Get the group to be curious about what is going on in the entire group at the present time. What are the feelings in the room that are being anesthetized? There may be a group wish to avoid being dissected or “operated upon.” If you continue to focus on this group-as-a-whole level, you eventually get from the operating room to the “recovery room.” Most importantly, does anyone else in the room know anything about the subject of disengagement or wanting to be anesthetized? Such universalizing can be experienced as empathic. What defenses does the group engage to ward off powerful feelings?

Perhaps the group’s “resentment jar” is filling up. To avoid the experience of hopelessness or fear of being attacked when focusing on something painful or shameful, the group may prefer the defense of sleepiness.

Recall not only what was discussed weeks prior to the symptom, but most importantly what is being discussed just before David begins to fall asleep again. Anesthesia, however dysfunctional, wards off the pain of trauma, serving as a survival mechanism. The story of abuse by David’s mother may have been reactivated by an event in the group prior to the sleepiness. Comments by others, or unacceptable feelings,

Seeking Committee Members

The **Breakfast Club Committee** meets once or twice a year. Duties of committee members include 1) organizing the program, 2) marketing the events, 3) communicating with presenters, and 4) attending Breakfast Club meetings. Contact person: Karin Hodges at khodges.antioch.edu.

The **Conference Committee** will have openings on various subcommittees. If you have interest in Institute development, Workshop planning, Brochure design, Publicity and marketing, Registration management, Site planning, Hospitality and food service, or working as an Ambassador, contact any committee member or co-chair listed in the upcoming conference brochure or talk to them at the Conference. Contact people: Jim Leone, at JPLeonePhD@aol.com or Karen Wischmeyer at karen.w@verizon.net.

The **Referral Committee** organizes networking events such as the networking dinner (see page 10) and responds to requests received at the NSGP office for group referrals. Contact person: David Goldfinger at dgoldfing@aol.com or 617-864-7473.

The Transference/Countertransference Level

Clarifying the nature of your countertransference to David and to the group is the best way to understand the unconscious communication embedded in David’s symptoms, about his individual dynamics as well as those of the group-as-a-whole. What role might David be playing on behalf of the group-as-a-whole? You sense both your personal “rage” and a feeling that you are holding something for the group. This is a good start. Is the group unconsciously rageful at you? Does the group envy your authority or power or feel disappointed in you? Perhaps they wonder why you are not doing more about the sleepiness? Don’t presume you know what is going on, but remain active in trying to figure this out. If you and the group are curious together, you will continue to make good progress.

**Joyce D. Shields, APRN, MS,
CS, CGP**



Networking, Sharing, and a Great Meal!

By Carolyn Stone, EdD, CGP

One of the best features of NSGP is the opportunity it offers for small group sharing with other professionals over good food and drink. About a dozen of us gathered for this winning combination at a Networking Dinner sponsored by the Referral Committee and graciously hosted by Geri Reinhardt and her husband, Scott Reinhardt, in their lovely home. At these dinners, people share about the work they are doing, offer their marketing materials, and draw upon the collective wisdom to consider how they might enrich their practices. This evening the group covered the gamut of professional experience from a newly licensed psychologist looking for her first job to many of us who have been in practice for 25 years or more, and many in between. We were also joined by Eleanor Counselman, president of NSGP.

After a sumptuous potluck dinner, we settled down to business. First, Debra Filiurin, co-chair of the Referral Committee, happily passed the baton to David Goldfinger. Debra had been co-chair since 1998, and we expressed appreciation for her service. Sandra Houde continues as co-chair while David learns the ropes.

Renee Hoekstra shared her brochure and two engaging, informative, illustrated booklets she has designed. One is about panic disorder and the other describes the application of functional analytic psychotherapy to groups. She did the original watercolors that illustrate the booklets. For more information about functional analytic psychotherapy, one can attend her workshop this spring at the NSGP conference. Renee's creativity and energy are impressive. Others of us shared about our ongoing groups and current areas of interest.

We welcomed Roxcy Platte, who practices in Salem and Wakefield, to talk to us about how she has developed a successful group practice. She currently runs six psychotherapy groups and has a waiting list for a seventh. Roxcy has a background in public relations. She is not shy about promoting what she believes in, and she truly believes in the efficacy of group therapy. "Sell it with confidence," she told us. "Tell them, don't ask." "Believe in it." Roxcy brings up group within the first three sessions and lets people know that most of her clients go into groups. She explains to them the value of getting their treatment for interpersonal problems in the context of interpersonal relationships. She points out the value of getting one's "buttons pushed" by people who trigger one's

family issues. In short, she educates clients in a very positive way about the benefits of group treatment. She sees group as a way for people to "de-pathologize themselves" as they discover who they are.

Roxcy also reassures her clients that they can meet with her individually if needed, but she cautions against using individual treatment to avoid group process. She also mentioned dealing with resistance that comes up as she discusses group with people and expects that they will bring these issues to the group, whether it is about money, having to listen to others' problems, or concerns about commitment.

The networking group discussed the pros and cons of taking insurance for group therapy and whether to present group as psychotherapy or as life skill development and thus not "medically necessary." Roxcy does not take insurance for group, and she asks her clients to pay as they go or pay it forward. It was an energizing presentation and discussion.



To Present or Not to Present: Go Ahead, Shine!

Karin Hodges, MS, PsyD Cand.

Since taking on my role as Breakfast Club chair, I have noticed in the community some apprehension about presenting in a professional venue. I was initially confused about this apprehension. Upon reflection, however, I have come to appreciate more of what is involved with the choice to write and present. I'd like to review here the perks, downside, and barriers to presenting, and conclude with some recommendations for those of you within NSGP who can dare to shine.

When presenting scholarly or clinical material, one often consults with others, reads the literature, and then writes. These activities connect the presenter/author with his or her professional world. They also support the development of one's professional voice, making it possible to feel known within the larger organizational group. Feeling known can offset typical feelings in a larger group, such as feeling lost in a crowd.

In spite of potential perks, many still have such a reluctance to express themselves publicly. Being visible in a large community can be scary for the same

Referral Committee Networking Event



Deb Filiurin & David Goldfinger



Renee Hoekstra & Marvin Brams



Roxcy Platte & Tyler Carpenter



Deb Filiurin & Sandy Houde

reasons that joining a large group or organization can be scary. In our AGPA workshop, "This Land is Your Land, This Land Is My Land: Fostering One's Sense of Connection in Organizational Life.," Donald Wexler and I described how such feelings are managed in organizational life. These comments may be pertinent to the decision to present or not to present. We state:

Whereas in group treatment there is one circle in which to establish safety, organizations are somewhat different in their ability to establish safety for members. In organizations such as AGPA we encounter what sometimes can appear to us to be layer after layer of impenetrable circles. Thus, in organizational life we may not get a chance to feel completely a part of the larger group. Along these lines, members of organizations often seem to feel unsafe or alone... Within organizational life, so many of us pose questions like, "Is this a safe place to be? Will it really be okay to attend that institute, join that committee, or take on some leadership role? Will there be room, a place to sit, and comfort for me while I am sitting with my fear of the unknown? Will I be able to play in the Winnicottian sense or even the colloquial sense? Will you play with me? Will I get hurt?" There seems so often to be a longing for affiliation and the wish for emotional safety and these are perhaps two interconnected processes. So, we want to be met, greeted, welcomed, and valued in our interactions and at the same time that we want these things, we fear experiences such as shame, embarrassment, and perhaps reliving some painful experience from childhood.

One may feel naked and exposed when presenting in the organizational context. If safety has not been established, then fear of such exposure and the accompanying shame might well outweigh curiosity and enthusiasm. Still, presenting is one of the ways that one can be known. It can clearly be a path to establish connection and safety.

To present, one has to be willing to be vulnerable—to risk the rejection of one's ideas. We have all had some experience in life when we have felt the burn of criticism for our ideas. I recall during graduate school I was once perceived as "socially radical" (as if that is bad?!). It can be painful when our voice is not valued. As difficult as it may be, to

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present it can be useful to leave your fear at the door as you walk across the threshold. Or at least to appreciate how normal it is to have such a feeling. Yet, to take the risk allows a conversation to begin and more intimate relationships to form. It allows for growth in the group as well as the individuals involved.

Sure, it takes some healthy narcissism to write or present—or at least some spunk—some willingness to take up some space on the page or in the room, right!? I recall signing up to cook with Anne Alonso, Patricia Doherty, and Kathy Ulman five years ago. The choice to sign up to cook with these ladies seemed almost ridiculous at the time. I recall joking to my mentor, "Sure, I am going to go cook with Anne Alonso." Then, I thought, "Why not?" Months later, my husband and I entered her door with lamb and a pot in hand (a hand that was probably trembling)!

I would like to make some recommendations to those who are contemplating taking the presentation plunge. First, don't present or publish

because you think you are expert in something. Instead, present or publish because you are confused! And, take the risk because you want to learn. Reach for adventure and personal growth! Second, remember that not everyone is going to agree with you all of the time. Rejection is a part of life—as is surviving rejection. Someone might hate your ideas, sure, but someone else might really benefit from your voice and connect with you because you joined our professional community more fully. Third, I suggest that you try to leave your fear at the door and choose to present your ideas. The generosity of our group can help you gain confidence and ease.

Go ahead, shine! If I could do it, so can you.

Nitsun, M. (1996). *The Anti-group: Destructive forces in the group and their creative potential*. New York: Routledge.

Shapiro, E., & Carr, A. (1991). *Lost in familiar places: Creating new connections between the individual and society*. New Haven, CT



NSGP Board Retreat November 2008



David Griffiths & Dan Schacht



Steffen Fuller, Helen Hwang,
Dan Schacht, & Peter Gumpert



Peter Gumpert, Arnie Cohen,
& Barbara Keezell



The Retreat Gang

New Starts: Celebrating New Groups

Marsha Vannicelli, PhD, CGP, FAGPA

We know through our own experiences and through groups that we supervise how hard it is to start a group and how many “almost groups” have never quite begun or die soon after inception. Often, however, we know less about new starts that are thriving. Our goal in this column is to celebrate brand new groups, as well as those that have been recently refurbished and invigorated with new life.

Toward this end, at the end of 2008 we did an e-mail survey of NSGP members regarding groups that had begun in the past year or that had been refurbished (e.g., creating a new start by combining two groups, changing the time, adding a co-leader). We asked for information about the groups, as well as about what motivated the leaders to get the groups going and how they made it happen.

Thirteen leaders responded, 6 of whom we will hope to include in a future column. Three of these 6 had groups about to begin which we will hopefully hear more about in the future, and two wrote about long-term groups they have been leading for several years that have grown in depth over the life of the group, with the leaders recently feeling particularly invigorated (one by her participation in last spring’s NSGP conference). These groups, though adding optimism about group life in our community, will not be included in the summary that follows. In the heartening words of one of the leaders, a recent graduate of the NSGP Training Program who had started three new groups during the past year (but whose response came in too late to be added to the figures below), “I have found the education I received from the one year NSGP Training Program and the NSGP conferences to be an incredible asset.”

The 7 new(n) or refurbished(r) groups (begun between the fall of 2007 and the fall of 2008) are summarized here:

Leader	Population Served	Theoretical Orientation	Planned Duration
Steve Cadwell (r)	Gay men	Psychodynamic	Long-term
Julie Anderson (n)	Women with trauma	Psychodynamic	Long-term
Greg Chilenski (r)	Adult men & women	Interpersonal/ Psychodynamic	Long-term
Ellen Ziskind (n)	Adult men & women	Psychodynam/ System Centered	Long-term
Lise Motherwell (n)	Divorcing men & women	Psychodynamic/ Support	Long-term
Marianne Zasa (n)	Women 30s/40s	Psychodynamic	Long-term
Larry Kron (n)	Couples	Psychodynamic/ Interpersonal	6 months (+ extension)

These 7 groups began with an average of 4.5 members (range=3 to 7) and by the time of reporting had an average of 6 members (range=3 to 8). Group leaders generally had spent from 3 to 6 months preparing for their group (advertising, talking to colleagues, getting patients ready while waiting to gather a critical mass sufficient to begin).

The source of group referrals ranged considerably with an average of 39% of patients drawn from the leaders own practice and 61% from outside referrals. Two leaders had recruited patients exclusively from their own practice and two exclusively from outside referrals. In the remaining 3 groups, 10-40% of the members came from the leader’s practice and 60- 90 % from outside referrals. The 3 groups that had 40% or more of their members drawn from leader’s practice began with more members (average 5.7 members) than did the 4 groups with 25% or fewer member drawn from leader’s practice (average 3.9 members). At the time of reporting, 6 of the 7 groups had increased in size from the time of inception, and the average number of patients was similar regardless of referral source.

These leaders provided much useful commentary on how they succeeded in getting their groups going. Picking a population that would have a special draw was critical to Lise in selecting the divorcing population and to Larry working with couples, where he

(continued next page)

Stargazing Won at the the NSGP Auction



Don Wexler & Eleanor Counselman

relied heavily on his personal conviction that group therapy is the treatment of choice for most couples—mentioning group therapy as a useful adjunct early on in treatment (and repeatedly thereafter). For Julie, intensifying her recruitment strategy was important—increasing contact with the partial hospital that refers many of her patients. In this regard, Lise said, “I talked with others running similar groups about cross referrals, advertised in newspapers and on websites, and sent out cards every three months advertising the group to both NSGP members and to other members of the psychotherapy community.” Ellen and Marianne also attended seriously to marketing, with Marianne creating a list of all therapists who had referred to her in the past and mailing about 70 letters describing the group, her experience, and the start date. She felt that treating the group as a certainty helped to get referrals. Ellen and Larry did a similar kind of marketing with postcards.

Changing parameters in the two refurbished groups was also important. Greg had a men’s group but wanted a group for some of his female clients. Not finding one that was appropriate in his area, he began his own. Because the women’s group did not grow fast enough, after 7 months he successfully combined his two groups to form a co-ed group. Steve changed the day and time of his group from Monday (since holidays were interfering with group continuity) to Tuesday, and from 5:30 to 7:15 (enabling easier recruitment of new members). For 3 months he prepared the original 4-member group for the pending schedule changes, as well as for the arrival of 4 more members. As he put it, “The timing, the preparation, and the core group’s cohesion all worked. We grew and are growing!”



Jane Rutan, Don Wexler, & Chuck Counselman

Regarding motivation, when Ellen and Lise’s prior groups ended, they were looking for opportunities to begin again. For Ellen, “It took over two years to feel the energy and commitment to start a new one” (and she spent time conceptualizing it and preparing). Lise indicated, “I thought that a theme-focused group might bring in more members [and since] divorce happens to almost 50% of those married, I thought there would be a good pool of clients.” Greg adds the perspective that “necessity is the mother of invention,” stating, “Where I practice, I am the only private practitioner doing traditional group therapy.” For him, there was both a clinical necessity to serve clients that would otherwise not have groups and also, as he put it, “a financial necessity.” Steve mentioned how important the support was from his consultation group that “draws on the on the legacy and wisdom of Anne Alonso,” their consultant for 13 years, in encouraging him to carefully prepare his group and to take the plunge.

Our hearty appreciation to all of you for taking the plunge and sharing your encouraging success.

We look forward to more to come, as we hear about additional new starts in subsequent surveys, as well as other group developments that are keeping the work lively.



FREE Colloquium Series

NSGP Breakfast Club

Please note that the April 5th Breakfast Club event has been canceled.

Our final Breakfast Club event of the year is:

Running Psychodynamically-Informed Groups in Non-traditional Settings

Presented by **Sharan Schwartzberg, EdD**

Hosted by Eleanor Counselman (Belmont, MA)

**Sunday, May 31, 2009
11 am to 1:30 pm**

For directions or to sign up, please contact the office at 617-484-4994 or groups@nsgp.com.


• The Northeastern Society for Group Psychotherapy, Inc. (NSGP) designates these educational activities for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*™ each. Physicians should only claim credit commensurate with the extent of their participation in the activity. NSGP, Inc. is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians. • NSGP is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. NSGP maintains responsibility for this program and its content. These programs provide a maximum of 1.5 credits each. Each psychologist should claim only those credits that he/she actually spent in the educational activity. • NSGP, Inc. is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. These programs carry a maximum of 1.8 contact hours each. • NSGP is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. These activities have been approved for a maximum of 1.5 Category 1 Continuing Education hours each for relicensure for Licensed Mental Health Counselors. Each LMHC should claim only those credits that e/she actually spent in the educational activity. • For information regarding the status of Continuing Education Credits for social workers and to find out if an authorization has been issued, please call the NSGP office at 617-484-4994. For all disciplines, continuing education credit awarded is dependent on participation.





Mary Barnes & Sharan Schwartzberg

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, a notable change in your life.


 **Shoshana Ben-Noam** conducted a workshop with **Eleanor Counselman** entitled "Therapist Self-Disclosure: Its Mutual Impact on the Therapist and Group," at the EGPS Annual Conference. Shoshana also presented "Roads to Forgiveness" and "Combining Individual and Group Psychotherapy: For Whom and How?" at the Training Institute for Mental Health in New York, and led a 2-day Process Group at AGPA in Chicago.


 **Tyler Carpenter** published "As Good As It Gets: When Psychotherapy Works in the Prison," which appeared in the recent issue of *The National Psychologist*.


 **Eleanor Counselman** was a discussant for an open session at AGPA called "Starting Your First Group," and also co-led a workshop with **Scott Rutan** called "What Just Happened? Dealing with the Unexpected in Group Therapy." Eleanor also represented NSGP at the AGPA Affiliate Assembly meeting.


 **Nina D. Fieldsteel** receive the award of Distinguished Fellow of AGPA. She has been a member of AGPA for a mutually rewarding 35 years.


 **Bette Freedson** is putting the finishing touches on proposal for a book which will address the emotional, psychological, and spiritual aspects of being a single mother. Bette and her husband, Ray, have also been dealing cheerfully with the challenges of maintaining a 300 year old house in Maine in the winter.


 **Lena Furgeri** spoke at the memorial service for Dr. Louis Ormont. Her comments were an abbreviated version of an article that will appear in an upcoming issue of *Group* which is dedicated to Dr. Ormont.


 **Jerry Gans** has had two papers accepted for publication in *IJGP*: "Patient Selection for Psychodynamic Group Psychotherapy: Practical and Dynamic Considerations," with **Eleanor Counselman**; and "If Not Now, When? Take Some Risks." He also led the first year of a 3-year Institute at AGPA in Chicago, and co-presented an open session entitled "Fear and Loathing in Group Therapy" with **Lise Motherwell** and **Joe Shay**. Jerry will be the featured presenter at the upcoming Mid-Atlantic Group Psychotherapy Society Conference.


 **Barbara Keezell** received the 2009 Affiliate Societies Assembly Award at this year's AGPA conference in Chicago. She also led a two-day experiential institute at the conference on "Countertransference and Projective Identification."


 **Dannie Kennedy** is directing a weekend Group Relations Conference in the Tavistock tradition, sponsored by the A. K. Rice Institute and the Boston Affiliate, The Center for the Study of Groups and Social Systems, at MSPP. The title is "When the Going Gets Tough: Leadership and Adaptation in the Worst of Times."


 **Larry Kron** facilitated a grand rounds discussion for professional caregivers dealing with ALS patients. The discussion was sponsored by MGH and the Kenneth B. Schwartz Center.


 **Rowell Levy** was recently licensed, opened up a part-time private practice in downtown Boston for group and individual work, and began working at Harvard's Mental Health Services. Rowell and his wife are expecting their first baby, a girl, by the time you read this.


 **Bet MacArthur** was one of ten recipients of the 2008 Peace & Justice awards given by the Peace Commission of the City of Cambridge. Bet was honored for lifetime achievement as a civil rights organizer, advocate, and participant in historic passive resistance and non-violent civil disobedience actions. The honor cited her work: in the movements for integration of public facilities and voting rights in the rural south in the 1960's; supporting draft resistance and economic moratorium in Boston during the Vietnam era; as a leader in the radical psychiatry and feminist therapy movements in the 1970's; as a clinical advocate for incarcerated mentally ill in the Massachusetts state hospital system in the 1980's; and as an advocate for civil, social, and employment rights for people with disabilities

 **Lise Motherwell** has joined the editorial board of the *International Journal of Group Psychotherapy*. She, **Joe Shay**, and **Jerry Gans** presented "Fear and Loathing in Group Therapy" at AGPA. In addition, she ran a two-day Institute there titled, "Down the Rabbit Hole: Creativity and Play(fulness) in Group Therapy." This summer, Lise published "Homo Ludens: The Boxpoems of Annmarie Levine" in *Provincetown Arts Magazine*.

 **Judy Osborne** presented some themes from her book (in progress) *Kinship: Life-long Connections of Separated Parents* at the Eastern Sociological Society annual conference. The book is based on in-depth interviews with parents who have been separated 10, 20, and even up to 40 years.

 **Ginger Reiber** volunteered slavishly for the successful Obama campaign and subsequently, less-slavishly for local service organizations in Boston proper. Currently, she is involved in local community volunteerism/activism with pre-k education in literature; in provision of psychotherapy services to Iraq/Afghanistan veterans and their families through the SOFAR.USA volunteer organization; and volunteer service to the Boston shelter for homeless veterans. Ginger sincerely requests that you join her and put your service into action (we therapists are great with ideas and words) into any of the above opportunities. Ginger also continues to earn a living in full-time solo private practice, to cook occasionally for very deserving friends and family, and to go back and forth to DC where her favorite family members currently reside.

 **Cecil Rice** co-edited a book with Bob Klein and Vic Schermer titled *Leadership in a Changing World: Dynamic Perspectives on Groups and Their Leaders* (Lexington Books). Using systems and psychodynamic ideas, the thesis of the book is that leadership is a co-creative process between the leader and the group. It includes such chapters as: "The Co-Creation of Current and Prospective Political Leadership in America: 9/11, the Bush Years, and the 2008 Race for the Presidency"; and "The Role of Idealization and Mirroring in Creating a Mutual Regulatory Symbiosis Between Leaders and Groups in the Northern Ireland Conflict and Peace Process." **Peter Gumpert** has authored one of the chapters in the book. Cecil has also published, "Arriving Where I Started" in a recent issue of *Group*, featuring his reflections on the relationship between personal history and the choice to be a group therapist

 **Scott Rutan** was selected to give the inaugural presentation at the Anne and Ramon Alonso Plenary Address at AGPA in Chicago. Scott's presentation was entitled "Strong Group Foundations: Building Healing Communities."

🦋 **Sharan L. Schwartzberg** published "Group Skills for Practice in Occupational Therapy" in *Skills for Practice in Occupational Therapy* (Elsevier, 2009.) She also made several presentations including: "Examining Group Intervention Outcomes in an Acute Psychiatric Inpatient Unit" at the University of Illinois at Chicago; "FGM: The Functional Group Model," also at University of Illinois at Chicago; "Inpatient Group Therapy Program Outcomes Study: Implications for Geriatric Inpatient Groups," at Lawrence Memorial Hospital; and, with **Kathy Ulman**, among others, "Resistance and Affect in Groups for Medically Ill Patients," at AGPA in Chicago.

🦋 **Joe Shay** led a two-day institute at AGPA and also presented an open session with **Jerry Gans** and **Lise Motherwell** at the conference. He also presented "The Top 10 Complications in Couples Therapy" to BIP students at a dinner hosted by **Scott Rutan**.

🦋 **Walker Shields** is teaching two courses in the Program in Psychoanalytic Studies at BPSI. The first is a course on the work of Tom Ogden entitled, "The Contributions of Ogden Concerning Four Major Concepts in Object Relations Theory." The second is a course on Shakespeare and the unconscious entitled, "Shakespeare, Love Relationships, and the Work of the Unconscious."

🦋 **Marsha Vannicelli**, on the tenth anniversary of her AGPA workshop on Termination (designed in 1999 in collaboration with **Scott Reinhardt**) presented with Jeffrey Mendell, "Memorializing Farewell: Endings and Anniversary Reactions."

🦋 **David Ward** earned his CGP in 2008, and started three mixed, ongoing psychodynamic/interpersonal groups, one of which includes a Group Therapy Observation Workshop in Portland, ME., co-led with **Carol Crosby**. David will also be presenting on group psychotherapy at several conferences in 2009 in Maine, as well as at NSGP in June.

🦋 **Bob Weber** was promoted to Assistant Clinical Professor of Psychology in the Department of Psychiatry at Harvard Medical School. He taught an MSPP CE course entitled "Developing Awareness and Clinical Competence in Working with Psycho-Religious and Psycho-Spiritual Issues." Bob was selected to serve on the Board of Governors of FoRSA (The Forum on Religion, Spirituality, and Aging), a special interest group of the American Society on Aging. He also authored the lead article for FoRSA's Spring 2009 Newsletter, *Aging & Spirituality*, "The Spiritual Needs of Diverse Elders in Long-Term Care: Developing Awareness ... and Putting It into Practice."

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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Cartoon Winners for the Fall, 2008 cartoon

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



Second runner-up

"Stop acting like cut-ups."

—Scott Rutan

First runner-up

"You know, we may have taken the 'group as a whole' idea too far."

—George Diminiak

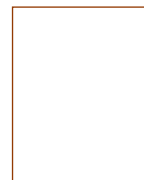
The winner!

"I guess attachment theory is the rage these days."

—Larry Kron



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Restoring Attachment After Social Betrayal, Tragedy, and Loss

NSGP's 28th annual conference!

June 12, 13, & 14, 2009

2009 NSGP Events Calendar

- | | |
|------------------------|--|
| March 23, 2009 | Forming and Maintaining Peer Supervision Groups
The NSGP Training Committee invites you to participate in our first teleconference. The October Networking event generated an interest in forming peer supervision groups and this interest grew into a rich exchange of opinions, thoughts, and advice on the NSGP list serve. |
| March 28, 2009 | 3:00pm - 6:00pm
NSGP & Red Well Theater Group of Washington, DC, present a Dramatic Reading of "Rounding Third," A Comedy by Richard Dresser
Episcopal Divinity School, Cambridge, MA |
| May 31, 2009 | 11am - 1:30pm (Rescheduled from January 11)
Running Psychodynamically-Informed Groups in Non-traditional Settings
Presented by Sharan Schwartzberg, EdD, Hosted by Eleanor Counselman—Belmont, MA |
| June 12, 13 & 14, 2009 | Register Early!
Restoring Attachment After Social Betrayal, Tragedy, and Loss
28th Annual Northeastern Society for Group Psychotherapy Conference
Simmons College, Boston, MA

Special Presentation: Recent Advances in the Psychological Treatment of Post-Traumatic Stress Disorder
Consultants: Terence M. Keane, PhD, Candice M. Monson, PhD, and Casey T. Taft, PhD

Demonstration Group (see Robert Macy and Dicki Johnson Macy interview on page 4)
Augmenting the Restoration of Attachment after Trauma: A Community-Culture Based Intervention (CBI®)
Co-Presenters Robert D Macy, PhD and Dicki Johnson Macy, ADTR, MEd, LMHC

Certificate of Group Psychotherapy Program

Institutes and Workshops |

For more information or to sign up, please contact the office at 617-484-4994 or groups@nsgp.com.