



Letter from the President



My final President's letter.

How time flies! Didn't I just write my "hello" letter? I am grateful to have held this role—to serve an organization for which I care deeply.

I have come to know and admire so many wonderful people. While I knew that NSGP has a big heart, I have been impressed with another aspect. NSGP has a "can do" attitude that is not always found in organizations. We needed a new conference site, and our Site Search Task Force found us one. That site fell through and they found us another. When the yearlong Training Program did not run, the Training Committee quickly organized and marketed the Principles of Group Psychotherapy course that filled with a waiting list. The Massachusetts Medical Society needed a lot of paperwork for our re-accreditation, and the Continuing Education Committee worked hard all summer to produce what was required. A committee chair fell ill and the rest of the committee picked up the slack. Not only is NSGP a kind and fun-loving group, it also has backbone (as my grandmother used to say).

It is said that being a leader is about managing change. These past two years have been a period of much change for NSGP. Our wonderful Office Manager, Todd Morse, joined us shortly before I began my presidency. He's been a pleasure to work with—thank you, Todd! We have moved to a new conference site that has worked out beautifully. Our listserv is used by nearly half our members now. We now have an online directory. NSGP is even on Facebook and Twitter!

I am happy as well to report that NSGP has been granted a four year re-accreditation from the Massachusetts Medical Society. This allows us to grant physicians and nurses continuing medical education credits for our various offerings.

Due to new requirements, the time needed for this re-accreditation was extensive. I am grateful to our Continuing Education Committee for its efforts as we struggled through. Future boards will need to consider the merits of continuing this and other accreditations as they are increasingly time-consuming and expensive. I have begun a conversation with AGPA about whether they can co-sponsor educational events with us and grant the CEUs. In that case we would no longer need to maintain our own accreditations. However, there is much to be worked out.

NSGP was well-represented at the recent AGPA Annual Meeting. Many members attended, taught, and served on committees. We are very proud of Kathy Ulman who is the new AGPA President-Elect and of Debbie Cross and Sharan Schwartzberg who were elected to the AGPA board. And we congratulate Jerry Gans who became a Distinguished Fellow of AGPA and Joe Shay who received the Affiliate Assembly Award. What a group!

Recently my husband and I traveled to the former East Germany. Again and again, residents told us how they treasure their freedom and that the happiest day of their lives was when the Wall came down. Their stories had a profound effect on me. I returned much more aware of the privilege of democracy and of the civic responsibility for enjoying that privilege. As a result, I am running for Town Meeting Member in my town.

Why am I sharing this? I believe membership in NSGP carries a similar responsibility. NSGP is a participatory organization; if we are to enjoy its many benefits, we must share the work as well. If you are not presently involved, consider joining a committee. If you are a committee member, consider stepping up to leadership. Elsewhere in this newsletter you will find a list of committees that welcome new members. If you are not sure where to use your talents, please talk to me. I am happy to help you find your place in NSGP.

This is my final President's column. I remain President until the end of June when Sara Emerson, our current President-Elect, will become President. Judy Starr and Steffen Fuller will remain our Secretary and Treasurer respectively, and I will stay on the board for one more year as Past President. It has been a pleasure serving NSGP in this role, and I thank everyone—the officers and board, the committee chairs and members, the faculty, the Foundation, and Todd, for their support and for making the job so deeply enjoyable!

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.
Monday-Friday 9 am to 5 pm

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**Letter from
the Editor**

It's no surprise that when I was recently thinking about the importance of community, my thoughts turned from NSGP to Haiti, where clearly a sense of community has helped people enormously since the devastating earthquake. As it happens, I had the good fortune to meet and interview Dr. Hal May who has worked in Haiti for decades. (Some of you may recognize the name—he is the husband of Aggie May, a former beloved Administrator at the BIP).

During the interview, Dr. May described his fascinating work, and how it unfolded, both in Haiti and in Codman Square, in Dorchester. After visiting Haiti in 1958, Dr. May determined this would be the place where he would be a medical missionary. Upon finishing his residency, he returned to Haiti in 1960. Valuing education as critical, he started a school in 1962, envisioning it as a path out of poverty. Quickly, he involved parents as well, with their participation often in lieu of payment.

The school began small, with just a kindergarten and first grade, with the plan to add a new grade every year. Dr. May's ultimate hope was that it would become like Tuskegee, a college in Alabama, that became a center of community development for both blacks and whites throughout the South after the Civil War. His aim was for graduates of the school to become the teachers and leaders of the community. Given the political constraints of the time, the school was never able to go beyond elementary school, but the Mays have continued their commitment to the school and to pursue ideas stirred by this commitment.

In 1994, after reading a devastating news report of an 11-year-old boy who had killed a 14-year-old, Dr. May learned that the 11-year-old had threatened bodily harm to an adult when he was only 3. He also learned of the boy's drug-addicted mother and a father in prison, and he recognized the failure of the societal systems that could have been serving the boy. Dr. May's belief then, and now, is that the education, health care, and economic systems "should all work in unison, just like

the systems of the body. They should relate to each other as though "we are biologically all one family—because we are." From this idea, Dr. May spawned FAMILY, Fathers And Mothers, Infants, eLders, and Youth, in Codman Square, a program which continues there.

Last year, Dr. May carried this notion to Haiti, in Verrettes, to begin a similar program. The mission for both is "To be the organizing system for a secure environment of mutual support in which all members can thrive, serving as a model to bring health and wholeness to [the] society."

The strategies of this program include: forming public-private partnerships of mutual support so as to establish a model of healthy and sustainable community development; integrating the activities of FAMILY's partners, by developing cooperative support systems and coordinating their efforts; and, in Haiti, creating the FAMILY Tuskegee Institute which would serve as a training center for sustainable community development. The program also evaluates the effectiveness of what it is doing and what lessons are being learned that may be applied to other aspects of society.

The values of FAMILY are not so different from some of NSGP's, albeit on a larger scale. They believe: "we are one family; we are connected to each other; every person is valued; all children need to be nurtured through intergenerational relationships; harmonious support systems enhance the lives of children and families within the community; and we think globally and act locally—i.e., FAMILY starts at the local level and grows by sustainable development."

Fortunately, many of the schools and teacher training programs of the FAMILY system in Haiti were spared the devastation of Port au Prince in the earthquake, although they did lose some schools. They are therefore in a position to incorporate both students and teachers into their schools and teacher training programs. Their hope is that a new Haiti will emerge from all this wreckage, and that the FAMILY Tuskegee Institute will be a center for

(continued on page 4)

The 2010 Annual Conference From the Conference Committee

The Conference Committee has been at work since September preparing for the annual Conference from Friday June 11th through Sunday June 13th at Simmons College. Everything is now in place for this year's Conference. The announcement postcards, brochure, and web site listing of events and registration pages will soon be available. We hope, this year and in subsequent years, that the Conference will appeal to a wider range of mental health

professionals who are not currently associated with NSGP.

We enthusiastically invite NSGP members, both veterans and recent members, to be part of the Conference experience by joining one of the subcommittees (whose activities are described elsewhere in this Newsletter). Commitments to the various Conference subcommittees are for 3-year stints; the creation and execution of the Conference needs many hands, and there

must be an ongoing rotation of "experts" and "learners" on each subcommittee. So join us, create with us, learn with us, and work in collaboration with us to put on great conferences in the years to come.

We look forward to seeing you in June!

Peter Gumpert and Karen Wischmeyer
Conference Committee Co-chairs



Group Therapy Today: Explore, Experiment, Experience

The 29th Annual NSGP Conference

June 11 - 13, 2010
Simmons College
Boston, MA

Special Presentation

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Maximizing Effectiveness of Group Psychotherapy*

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Come on and safari with me!

***Explore the expanses
of group therapy***



Register online at www.nsgpregistration.com

Letter from the Editor
(continued from page 2)

community development in the Artibonite Valley and the surrounding mountains.

Many of Dr. May's beliefs are very much in synch with mine and my training. Winnicott said there is no such thing as a baby; there's only a baby and a mother. In other words, we are people in connection with one another and it's vital to look at the system, and to support and make use of it. We do that through our work, through our groups. Dr. May's work has been based on this premise and, although his work has often been uphill, he has proceeded tirelessly over the decades to improve the lives of people. He too believes we are all interconnected and need to find ways to work in unison. Endeavors like those of Dr. May can inspire us to nourish and sustain the healing connections around us and within our own communities.

Barbara Keezell, LICSW, CGP
Co-editor, Newsletter

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

AGPA, 2010 in San Diego



See page 6 for reports from the Conference

Save The Date

CHILDREN'S GROUP THERAPY ASSOCIATION

Fall Conference

Saturday, October 16th, 2010
8:30 AM – 3:00 PM

The Walker School
1968 Central Ave
Needham, MA

Integrating Strength-Based Approaches into Group-Work

Charlie Appelstein, M.S.W.

Appelstein Training Resources, LLC, Salem, NH
Author: No Such Thing as a Bad Kid:
Understanding and Responding to the Challenging Behavior
of Troubled Children and Youth

www.charliea.com
www.parentrapsody.com

This one-day conference will address how powerful and effective strength-based practices are toward helping children, adolescents and their families focus on strength building rather than flaw-fixing. Interventions utilized in this model can be applied in residential settings, adoption programs, foster care, homes, schools and clinical settings.

Co-Sponsored by
The Northeastern Society for Group Psychotherapy, Inc.

5.0 CEU's

For More Information Contact:
CGTA, Children's Group Therapy Association
PO Box 521, Watertown, MA 02472
www.cgta.net
cgtanet@yahoo.com

Referral Committee Goes Electronic

The Referral Committee has entered the twenty-first century!

We now accept electronic submissions for the group and therapist directory on the NSGP website. Since this is an easier process for all, we will now update listings twice a year. The next update will be in July. This service is available free of charge to all clinical members. We hope that this convenience will entice more members to list their groups on the website. The listing becomes more useful to all as more people list.

The NSGP Listserv, a google group, also gives members a good way to network with each other and inform each other about their groups. In addition, the

listserv is an excellent source of information for referrals or about groups in general. **Contact Todd Morse** in the office at 617-484-4994 or groups@nsgp.com for information about joining the listserv.

Mark your calendar for Sunday evening, May 2. The Referral Committee will host another of our **Networking Evenings**. After a potluck supper we'll share ideas about marketing groups and encourage each other to set goals for the coming months. Watch for more details to come!

Mystery Night



Karsten Kueppenbender &
Eleanor Counselman



Charles Counselman, Siobhan O'Neill, &
Barbara Keezell



Eleanor Counselman



He Who Shall Not Be Named

The Northeastern Society for Group Psychotherapy

Cordially Invites You to Our 2010-2011

Breakfast Club

Learn about group therapy and socialize with other N.S.G.P. members at a FREE colloquium series. Each Pot Luck event is limited to 15 participants on a first come, first served basis, and will take place on designated Sundays from 11 AM to 1:30 PM. Participants may bring guests. Please contribute a breakfast item (quiche, fruit, pastries, cheese, etc.) or bottle of wine. The host will provide bagels, coffee and tea. To sign up or for directions, participants should call Todd Morse at the NSGP office: 617-484-4994.

Calendar for 2010-2011

- 4/11/10 ***Nurturing the Curious Mind of the Group Therapist: Integrating Clinical and Research Agendas, Truly!***
Presented by **Karin Hodges, PsyD**
Hosted by Walker Shields (Belmont, MA)
- 9/12/10 ***Talk or Action: A Study of What Facilitates Talk in Adolescent Group Treatment***
Presented by **William Sharp, MA, MPsyA**
Hosted by Sara Emerson (Cambridge, MA)
- 10/17/10 ***The ABC's of DBT: An Introduction to Dialectical Behavior Therapy in Group Settings***
Presented by **Betty Martin, PhD**
Hosted by Barbara Keezell (Newton, MA)
- 12/5/10 ***Clients No One Wants: Sex Offenders in Group Treatment***
Presented by **Joe Doherty, EdD, CGP**
Hosted by Arnie Cohen (Newton, MA)
- 1/11/11 ***TBA***
Presented by **Jennifer McLain, MD**
Hosted by Scott Rutan (Newton, MA)
- 3/20/11 ***Meeting the Challenges and Finding Success: Bringing Group Psychotherapy to Non-Clinical Settings***
Presented by **Roberta Slavin, PhD, LP, CGP**
Hosted by Eleanor Counselman (Belmont, MA)
- 4/17/11 ***TBA***
Presented by **Marni Chanoff, MD**
Hosted by Joyce and Walker Shields (Belmont, MA)

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 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 he/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.

The Domestic and the Erotic...

AGPA Conference 2010

Siobhan O'Neill, MD, CGP

Esther Perel was a dynamo. Who knew she would embody the very soul of her message in her Mitchell Hochberg public education lecture: how do we stay in touch with our *élan vital*? How do we live imaginatively by unlocking our erotic potential? Does good intimacy always lead to good sex? Can we desire what we already have? She was lively, playful, even flirtatious with her audience. Even if I weren't able to remember anything she said, the experience of listening to her was enlivening and exciting. Dare I say, erotic? While the irresistible French (more precisely Belgian) accent may have had something to do with it, her refreshing, decidedly non-American take on the subject of sex and eroticism, particularly sex in marriage, was inspiring.

Ms. Perel began by sharing one of the personal experiences underlying her interest in the topic, which took us back to her childhood upbringing in Antwerp, Belgium. She grew up in a community largely made up of Holocaust survivors. She declared there were two distinct sub-groups within this community: those who survived and those who went on to live again. She linked this distinction to erotic sensibility. In her book, *Mating in Captivity*, she writes of her parents, Holocaust survivors themselves, "They didn't just want to survive; they wanted to revive. They possessed a thirst for life, thrived on exuberant experiences, and loved to have a good time. They cultivated pleasure.... By the way they lived I sensed that they had a deep understanding of eroticism....they embodied its mystical meaning as a quality of aliveness, a pathway to freedom." This is the broader definition of eroticism which she brought to her discussion, eroticism as a way of embracing life.

Then she described the historical context of modern marriage. Where it used to be a purely economical arrangement (and monogamy a patriarchal invention for ensuring the transfer of property), it is now nothing short of a quest for the impossible: intimacy, companionship, friendship, security, fulfillment, sexual satisfaction, "and we're supposed to be happy to boot!" While this got the audience laughing, it's also no laughing matter. Ms. Perel suggested that it is in part this set up that is responsible for the high American divorce rate. She says in her book, "Adult intimacy has become



Dannie Kennedy & Francis Kaklauskas



David Ward, Oona Metz,
Elizabeth Olson, & Scott Rutan



Ramon Alonso & Barbara Keezell



Kate Nyquist, Larry Kron, & Marsha
Vannicelli



Prez-Elect Kathy already hard at work

Congratulations

to **Kathy Ulman** for having been elected President of AGPA. Congratulations as well to **Sharan Schwartzberg** and **Deborah Cross** for their election to the Board of Directors of AGPA.

overburdened with expectations...We bring to our romantic relationships an almost unbearable existential vulnerability, as if love itself weren't dangerous enough." So while we have greater freedoms than ever before, freedom to marry for love, and sexual freedom, we are more alone than ever due to the deterioration of the traditional supports of extended family and religious community. This leaves us needing and wanting more than ever from our partners. Add to this the romantic notion that we must renounce all others and bond with our partners for life, and we are left with a colossal dilemma.

The dilemma goes like this: the very security that we all seek through stable relationships, especially marriage, is what makes desire impossible. Desire needs unpredictability, novelty, risk, the unknown. It needs a clear sense of the otherness of the other. It needs mystery. She posed this question to the audience: when do you feel most drawn to your partner? The answers were varied, but all pointed to the perception of the individuality and separateness of the other.

Perel argues that none of what feeds erotic desire coincides with feeling secure. Erotic desire thrives on everything which threatens the stability of family life which most seek in marriage. Here's the rub—

the death of desire so common in committed relationships can also lead to the end of the relationship. She argues most Americans opt for security, accepting as a cost the death of desire. As if this weren't discouraging enough, she pointed out that the idea that we can be guaranteed security through a committed relationship is also an illusion. The existential reality of our separateness remains.

So what is the solution? Ms. Perel declared her book decidedly not American in that it offers no clear answer (the disappointment in the audience was audible!). There is no "six weeks to better sex." (Really? Really.) She did offer us a shift in perception: "this is not a problem to be solved, but a paradox to be managed." How does one hold the tension between security needs and the wish for the intensity of desire? This should be familiar to us as therapists, especially group therapists! She suggested that one can have it all, just not all at the same time. Paradoxically, the path to greater intimacy may be the more explicit cultivation of separateness, curiosity, and the possibility of surprise, by reminding ourselves that we never fully know another. This can increase the sense of desire and arousal, which can foster a better sexual relationship. And what is the answer to the question, "can we desire what we already have?" It's the wrong question. We are mistaken to assume we ever "have" our partners to begin with. Acknowledging this uncertainty itself may be enough to keep the erotic alive.

Come to think of it, attending AGPA is another good way of keeping the erotic, in its broader sense, alive. Coming into groups we invite the unexpected, nurture our curiosity about ourselves and others, and offer ourselves the possibility of surprising shifts in perception. Ms. Perel certainly offered these possibilities to her audience. The AGPA meeting was enlivened by her contribution.



Katherine Ruiz-Mellott, Jennifer McClain, Karin Hodges, & Jiejun Chen.

What is the Affiliate Society Assembly and Why Does It Matter?

AGPA Conference 2010

Lise Motherwell, PsyD, CGP, FAGPA
Chair, Affiliate Society Assembly

Many of you are aware that NSGP is an affiliate of the American Group Psychotherapy Association (AGPA). The two organizations are linked through the Affiliate Society Assembly (ASA), an organization of presidents or representatives of all the affiliate societies that belong to AGPA and who meet twice a year to discuss issues and share information regarding each affiliate's activities. Any organization that wants to join as an affiliate of AGPA must share common by-laws and have a representative on the ASA. Smaller affiliates can rely on AGPA's non-profit 501(3)c status to gain tax exemption. At the most recent Affiliate meeting held at AGPA's annual meeting, there were 25 representatives from 18 societies including NSGP's President, Eleanor Counselman, and NSGP's President-elect, Sara Emerson, who will begin her tenure as representative at the June meeting in Chicago.

What does the Affiliate Society Assembly do? Its primary mission is to support the Affiliate Societies and to provide representation for the Affiliate Assembly on the AGPA board. The ASA now has three votes on the AGPA Board: the chair, chair-elect, and member-at-large all vote. We have more votes than any other organization in AGPA, an indication of how important our voice is. In addition, the Affiliate Chair sits and votes on the AGPA Executive committee, so has a finger on the pulse of AGPA.

Affiliate representatives meet twice a year, usually in person, to talk about any issue



Jerry & Nancy Gans

Congratulations

to **Jerry Gans** who was honored with the prestigious Distinguished Fellow award at this year's AGPA Annual Meeting.

concerning the local affiliates. Typical issues are membership retention, marketing, training, fundraising, succession, governance, and the Affiliates' relationship to AGPA. In addition, the group meets for one and a half hours before the business meeting to "check-in" with each other, to hear how each person's life has been over the past year, to get to know each other, and to connect. The business meeting itself covers reports from each affiliate, task force reports, reports on fledgling or fading societies, recommendations as to where the next AGPA Annual Meeting will be held, and also spends time on concerns such as the cost and availability of CEUs.

Most important to my mind, though, is the chance to meet with and brainstorm with Affiliate presidents around the country. Many Affiliates face the same problems that we do, yet have different and creative ideas about how to solve them. For example, the New Orleans affiliate wrote a grant proposal which was funded by Louisiana Blue Cross/Blue Shield. They used the \$20,000 granted to fund scholarships to their training program and to send students to the AGPA Annual Meeting. Austin created a Scholarship Task Force which raised much needed scholarship money for students and young professionals to attend their



David Ward, Barbara Kezell, & Eleanor Counselman

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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

I have a question about a potential scapegoating situation in my mixed adult group. I started the group three years ago and it has recently grown to 8 people, 3 men and 5 women, ages 30 to 55. Four of the members have been added in the past 6 months. Most are lower-level, dissatisfied professionals, one's an artist, and two have strong educations but can't find work. My potential scapegoat is Jane, an unemployed woman in her early thirties who joined the group 6 months ago.

Jane sought the group to help her understand why almost all of her relationships end with her being quietly shut out, too frequently just dropped without any explanation. In screening her for the group, I was open with her that I couldn't see the personality defect she feared, but that we could trust the group process to illuminate what was happening.

Jane was a fairly invisible youngest child in a family with two successful older siblings. She devoted herself to academics and has been able to do reasonably well. She has a good degree but has not been able to find her first job. She reports never feeling secure in friendships or groups but has adequate social skills and is capable of being pleasant and engaging. In our intake and in the group, she is also capable of being a real downer. She shares her stories of loss and betrayal in a way that's hard to connect with because she uses an aggrieved manner and then disavows the

hurt with sunshiny platitudes about getting through it.

The current dynamic in the group is that the other 7 are gradually sharing themselves more deeply, have a good tempo about sharing the spotlight, and respond to each other in varied, productive ways. Jane comes across increasingly tense and forced as the conversation develops and her participation seems to be increasingly out of step. She will interject with hollow sounding cheerleading or pep-talks that seem so well meaning that it's hard for me or the group to push back on them. Yet her contributions disrupt the rhythm of the group and miss the mark. So far the group lets her do her thing and then returns to their deeper conversation. I've tried to interrupt her platitudes to get at what she is feeling, but she tends to respond a bit concretely, e.g., "well, I was just trying to let Bob know he should feel proud about being a virgin at his age, not ashamed."

As a group leader, I consider myself relational and see it as my role to be active as needed to foster a productive group culture. I trust group process a great deal, but not so much that I want to see Jane suffering a repetition of her past expulsions unless I feel confidence that growth and healing will follow. Yet, I fear that if she is orchestrating the current dynamic, she may be doing it well enough that there won't be much fabric of relationship to see the thing through.

Can you help me understand this situation and suggest some potential interventions?

Worried About My Goat

Dear Worried

When a group member seems stuck, I need to remind myself first that this person is my client, not the group's client. During Jane's intake she and you decided that, given her presenting problems, it looked like group psychotherapy would be the best approach for her. Now after

six months, it looks like Jane is making scant progress and she may be in danger of being harmed by the group itself. At the same time, Jane is doing her best to maintain her connection to the group and seems interested in connecting with individual members. Unfortunately, Jane's best is not getting her very far with this group. What's the barrier?

You had ruled out a personality "defect" during your initial evaluation and contracting with Jane. Given that, I'm wondering if Jane is showing signs of helpless/hopeless thinking and defending against this thinking with her disavowals and "sunshiny platitudes." This may be a depressive interpersonal stance in reaction to her felt bad fit, a regression toward a depressive syndrome, a reenactment of her family position, or some combination of these, resulting in Jane's appearing to all, including herself, as "out of step." Is this a scapegoating dynamic, though?

When a person is scapegoated by a group, there are some obvious ways they differ, making it easy for the group to see her as "not us." Jane is their youngest member; maybe she is least psychosocially mature: she hasn't yet had a "real" job or a "real" relationship. Perhaps she has moved back home so she hasn't really launched into adulthood—and it's getting late. But the other members are described as socially marginal, "lower-level, dissatisfied professionals." Perhaps Jane's obvious junior adult status is too close to the others' self-perceptions as "lower-level" and dissatisfied. As the leader, you may be communicating this in subtle ways to the group yourself. The older members have entered adulthood and not measured up. One way to turn Jane's difference 180 degrees is to say her pre-launch status is all still untried potential. Maybe Jane's hopeless/helpless stance is a reflection of everyone else's hopeless and helpless feelings about themselves which they can't disclose.

The group process doesn't seem like scapegoating but rather like avoidance—of interaction with Jane, of her adult development issues, of the feelings Jane brings up for members and the therapist. I agree with you that this dynamic is not a problem based on gross differences

between Jane's and the others' social skills. It goes deeper.

There are interventions you can think about that could lead to those deeper issues by first focusing on how members are talking to and listening to each other (or not). The therapist can model how to talk to Jane. This can help show how to engage Jane more empathically. I might say, "Jane, I've been concerned lately about how you've expressed your hurt about (x) but then later suggest you have no ability to help yourself with that hurt." I might ask others in the group how they experience this. This might create an opportunity for some to address Jane directly. Your interpretive intervention would provide a plausible understanding of why Jane seems so out of step. There are other ways this might happen as the therapist addresses one individual's concerns directly, empathically, in group.

I have found it useful to remind individuals what they themselves have said about why they're in group. Jane said it is to understand why her relationships end and why they end the way they do. One might ask Jane, or ask another member concerning Jane, if after 6 months she has any new ideas about why and how her relationships end. No matter what the answer, no matter from whom, this will change the process of avoiding Jane and the feelings people have about her.

Gregory Chilenski, PhD



Dear Worried

Perhaps your starting point is to be less "worried about your goat" and more trusting of her abilities to avoid true and meaningful group connections because they would likely be too painful for her. In other words, I suggest you stop protecting her through portraying her as a scapegoat and begin appreciating her skills at actively avoiding intimacy while keeping the possibility of intimacy alive.

"The other members of the group, however, also need to reflect on the meanings of their dismissive behavior toward Jane"

This position of hers as the group member who is not really a member is undoubtedly frustrating for her, for you, and for the group. You need to find a way in the group to talk about the frustration she evokes in all of you. This calls for a paradoxical group intervention: applaud her skills at maintaining her formal status as a group member (by means of her adequate social skills) while, simultaneously, staying on the periphery of the group's business (by means of her distancing and off-putting interpersonal behaviors).

She is like the referee in a sports match—on the field, involved in the plays by calling them, but not playing herself. Perhaps you could talk with her and the group more about group rules, teamwork, how the group likes to play and how the group—together—can win.

Every successful team finds ways to work together, overcoming tendencies and behaviors among its members which challenge team spirit, purpose, and commitment. Jane needs to find a way to play more directly and effectively on the team. The other members of the group, however, also need to reflect on the meanings of their dismissive behavior toward Jane. Finally, you have the task of reflecting back to the group how liking and disliking, cohesion and separateness, and direct and indirect communication patterns all play roles in keeping the team in play. It's up to all of you, however, to figure out what goals you're after and how you can go about working together to achieve them.

You might want to consider altering your signature from "Worried About My Goat" to "Worried About My Group."

Steffen Fuller, PhD

aka Not Worried About the Resiliency of Group Process



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: Karin Hodges at khodges@antioch.edu

The **Conference Committee** has been at work since September preparing for the annual Conference from Friday June 11th through Sunday June 13th at Simmons College. Everything is now in place for this year's Conference. The announcement postcards, brochure, and web site listing of events and registration pages will soon be available. We hope, this year and in subsequent years, that the Conference will appeal to a wider range of mental health professionals who are not currently associated with NSGP.

We enthusiastically invite NSGP members, both veterans and recent members, to be part of the Conference experience by joining one of the subcommittees. Commitments to the various Conference subcommittees are for 3-year stints; the creation and execution of the Conference needs many hands, and there must be an ongoing rotation of "experts" and "learners" on each subcommittee. So join us, create with us, learn with us, and work in collaboration with us to put on great conferences in the years to come. For more information or to join one of the committees, contact Karen Wischmeyer at karen.w@verizon.net or Peter Gumpert at pgumpert@comcast.net

The **Workshop Committee's** role is to solicit and select workshops for the conference, communicate with the presenters until the conference, prepare the descriptions for the brochure, and then available on the weekend of the conference to ensure the workshops go smoothly. The majority of the work occurs in the fall. The workshop committee could use 2-3 members and will need a new co-chair next year. Creativity and networking skills are a plus! For more information or to join the committee, you can contact Ben Banister at ben.banister@gmail.com or Ken Jaeger at kenjaeger@fastmail.fm



Scott & Jane Rutan with
Esther & Walt Stone



Nancy Gans & Mark Sorensen



Dora & Dimitris Xomalis,
& Dimitris Kyriakos



Libby Shapiro & Arnie Cohen



Kathy Ulman, Eleanor Counselman,
& Jerry Gans

AGPA Conference 2010 (continued from page 7)

local society's annual meeting and AGPA's. They have extended their fundraising efforts beyond the Austin Group Psychotherapy Society to professionals in the wider Austin community. Eleanor Counselman is working on a pilot program between NSGP and AGPA to see if AGPA might offer CEUs to affiliates now that it has a distance learning program. Affiliates now share newsletter articles with each other. Sharing ideas and getting to know people feels rich and exciting.

Last year, the Affiliate Society Assembly Leadership Task Force worked with the AGPA Conference Committee to set up a Leadership Track at the annual conference. This program, which is intended to help those with leadership potential gain the necessary skills to be good leaders, replaced the Leadership Academy started by AGPA several years ago. The Leadership Track is an effort to address succession issues in both the Affiliates and AGPA. This year, the Track had four courses: a Leadership Institute, an Open Session chaired by Eleanor Counselman called "Conversations About Leadership" with six senior members of AGPA, a workshop on "The Impact of Different Leadership Styles on Organizations" and an all-day workshop titled "Resonant Leadership and the Power Lab" led by Lise Motherwell and Gretchen Schmelzer, which addressed power, authority, emotional intelligence, and leadership resonance in organizations. The Leadership Track will run again next year, so if you know anyone who might benefit, let them know about it.

Finally, I am Chair of the Affiliate Society Assembly from now until 2012. Please let Sara Emerson or me know if you have issues you would like to address with the Assembly or AGPA. I would love to hear from you and would be happy to share your ideas with others.



Nina Fieldsteel & Jane Rutan

Responsible Practice and Responsible Research

Sharan L. Schwartzberg, EdD, OTR/FAOTA

Professor of Occupational Therapy and Adjunct
Professor Psychiatry, Tufts University
sharan.schwartzberg@tufts.edu

Differences between being a participant in research and being a group member call for distinguishing between differences in rights. Research is aimed to answer a question and group intervention is for the purpose of improving a person's condition or situation (Promoting Integrity in the Next Generation of Researchers: A Curriculum for Responsible Conduct of Research in Occupational Therapy, AOTF, 2005). Patients have a right to understand alternative interventions available while research participants must be fully informed of alternatives to participation in research, including the option to decline participation. Muddying the two with group members could present pressures on patients who have difficulty saying no.

Being an advocate of research on groups, Karsten Kueppenbender's Fall 2009 NSGP Newsletter article "Measuring the Evidence Right in Front of Our Eyes" was of significant interest to me. I did have a concern that novice researchers in private practice might misjudge the statement "...clinicians in private practice may implement straightforward research protocols more easily than clinicians in academia, where studies involving human subjects are subject to institutional review and the paperwork this entails."

In theory, a clinician who is not affiliated with a large institution could use private funding to conduct research without obtaining IRB approval, but they will have a really hard time getting the research published in any reputable journal.

There are independent IRBs for researchers who are not affiliated with an institution. Some helpful information can be found at <http://www.consortiumofirb.org/history.htm>.

Regretfully, I have seen clinicians collect large amounts of data only to find out the results were not publishable. Rather than be discouraged, I sincerely hope practitioners will do research and have the resources to support the process. It has been painful to watch practitioners learn that after years of collecting data, expecting to analyze and disseminate it, find it was not feasible. I am glad to be a resource to those embarking on research on groups.



Clinical Research for Fostering Curiosity in Child Group Therapists

Karin Hodges, PsyD

Are you aware of the clinical research study done within the classic musical “My Fair Lady”? The lead investigator was Henry Higgins. In his clinical work, Henry decided to transform Eliza into a lady. This was a shared goal between the subject and the clinician/experimenter. To determine if the treatment was successful, Henry conducted an experiment: he planned to take Eliza to a ball. This was in order for him to see if she could pass as a lady (as opposed to a poor flower girl) after his intervention was complete. Watching this musical, I got the clear sense that Dr. Higgins’ own needs were at the forefront of his mind, and those needs *eclipsed* his curiosity about Eliza. In one example of this, Eliza exclaimed that nobody would want to marry her and Dr. Higgins bragged aggressively, “The streets will be strum with the bodies of men shooting themselves for their sake before I am done with you!” That is ambition, don’t you think? Dr. Higgins was thrilled to *know* he would change Eliza’s behavior. While Eliza simply wanted to work in a flower shop, Henry Higgins wanted to transform her into a queen. “I’ll make a queen of that barbarous wretch,” he bragged. Henry Higgins’ grandiosity and narcissistic need was in the way of his openness to Eliza as a human being and as a patient. He used her growth for his own gratification.

Once the experiment was through, Dr. Higgins had successfully taught Eliza to speak and act in a particular way. His intervention was found to be effective. He and his peers bragged about Henry’s accomplishments with “He did it!” Certainly Eliza changed, from the outside observers’ perspective; she shifted from the category of “Wretch” to “Royalty—of Royal Blood.” Eliza responded to this transformation, and also to Dr. Higgins’ interactions with her, with feelings of grief and loneliness, and then with rage. She was perhaps left feeling less than human, and sad that her complex history and life were overly reduced to crude labels such as wretch and queen/royalty.

When working with children—in research or in treatment—we have related challenges which Henry and Eliza have illuminated for us. What is *for our patients* and what is *for us*? Children are dependent and impressionable, and

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their parents legally consent to the treatment and/or research. Thus, the answer to this question is not crystal clear. Sometimes I feel confident about the groups I run in my clinical role. On better days, when I perceive that the groups are going “well,” I feel some pride and anticipation with some expected outcome. Dare I admit, I sometimes think to myself, “We did it!”

Integrating clinical and research roles can be a way to strengthen curiosity about children’s groups. We can *fold the research findings back in the mix of our clinical thinking*. We can get past “I did it!” And, instead we can say, “Hmm, what in the world could we make of these findings?” With integrated clinical research, clinicians can *include research findings in the mix of information about the patient* which can allow both clinicians and researchers to ask more questions, to remain in a process of inquiry and connection with patients, and, hopefully, to avoid premature conclusions about our work. This cycle can continue as long as treatment continues which can foster further curiosity, and, ultimately, hopefully, growth for the patient.



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Group Psychotherapy offers a rich alternative or adjunct to individual psychotherapy providing clients with an interpersonal experience of healing and growth.

NSGP Foundation Garden Party and Fundraiser

It's that time of the year again! The snowdrops and tulips will be pushing their heads up through the earth soon and the NSGP Foundation will hold its 11th annual garden party at Lise Motherwell's house on May 16th from 5-7:30 PM. We will hold our silent auction and provide you with hors d'oeuvres and wine. Any donations to the silent auction are appreciated but those of particular interest include restaurant gift certificates, sporting event tickets, theater tickets, massages, professional services (window cleaning, lawn mowing, plumbing, etc.), and vacation homes or packages. For more information, or to donate something to the auction, contact Lise Motherwell at motherwell@post.harvard.edu or Todd in the NSGP office at 617-484-4994.



NSGP Board Retreat November 2009



Gerri Reinhardt, Helen Hwang, & Carol Crosby



Rowell Levy & Laura Crain



The Board on Retreat

On the Tenth Anniversary of the NSGP Foundation

Walker Shields, MD, CGP, FAGPA



Walker Shields

This is an abbreviated version of Dr. Shield's remarks at the 10th anniversary celebration of NSGPF. Dr. Shields was a founding member of NSGPF.

Welcome to the celebration of the 10th anniversary of the NSGP Foundation! I believe each of us is here because each of us has seen the extraordinary transformative power of the working group for its members.

Our stories

We each may have our own stories of how we came to this recognition.

My own, first such story is of an experiential training group for residents in psychiatry at McLean Hospital led by Norm Neiberg. I was a very young 30-year-old resident at the time. I still vividly recall the experience of sitting there with ten other, very young residents listening to each other and talking. Those times, when we gathered together in that way, opened up for us, more than any other aspect of our training, a whole new perspective not only about psychiatry but also about friendship and life. Through his thoughtful interest in what each of us had to say, as well as by his deep knowledge of the workings of groups and how people may relate within them, Norman provided an atmosphere of safety and adventure in learning that made an extraordinary experience of development possible for that very young group of residents.

The Bridge of San Luis Rey

Some years later, I recall listening to a lecture on object relations and group therapy given by Anne Alonso. After describing the major theoretical principles, she ended most powerfully and memorably with a quotation from the end of Thornton Wilder's novel, *The Bridge of San Luis Rey*.

The character who spoke was the Abbess of a monastery in 18th Century Peru. She spoke as she stood in a hospital among a group of patients and their visitors. She spoke of five individuals, known well by this group, whose lives and then deaths by falling during the sudden and unpredictable collapse of the ancient bridge of San Luis Rey were described in the earlier chapters of Wilder's novel.

The Abbess says, "soon we shall die and all memory of those five will have left the earth. We ourselves shall be loved for a while and forgotten. But the love will have been enough. All those impulses of love return to the love that made them. Even memory is not necessary for love. There is a land of the living and a land of the dead ... and a bridge between ... and the bridge is love, the only survival, the only meaning." This was Anne's summary of our work in groups as I remember it: "The bridge is love, the only survival, the only meaning!"

We each have our own stories. Each of us knows that therapeutic groups are an extraordinarily potent means to enable people to learn to build and deepen relationships as well as to work imaginatively together on all sorts of problems together.

Our vision

We also may believe it is extremely important in our time in history when the world is in such upheaval, a time when all too frequently human core values are in danger of being lost, to advocate as broadly as we can for heightened general awareness of the transformative power of well-structured groups. Yet we also know many do not share our knowledge and perspective in this regard.

Some of you may have recently seen the program on PBS TV about the history of the development of our system of national parks. Most of this story took place almost one hundred years ago. It is the story of John Muir, Steven Mather, Teddy Roosevelt, and others. It may shed some light on our own situation as group therapists at this point in time. Initially their vision was not shared by the majority. Yet they believed our natural

NSGPF 10th Anniversary Gala

resources should not only be preserved, they should be available to all and not just to the privileged few.

As with these early visionaries about the importance of our natural environment, I believe we as group therapists are at a very embryonic stage in our journey to find application for our vision of the importance of groups: they are valuable human resources to be cared for and made available in many forms for the general benefit.

Inspired by our own teachers and by our own experiences, I want to emphasize that we hold a vision not only of the importance of therapeutic groups but also of the importance of the process of learning about the principles by which such groups may be offered with benefit.

There is definite hard psychodynamic knowledge about how people may grow and develop in a well-structured group as well as about those situations that make such growth more difficult. There is important knowledge to be gained about taking up leadership. A variety of types of training is required to take full advantage of the opportunity provided by a working group.

While there are many types of groups that exist in many settings, we have come to know there is one core to all of them: they all involve human beings gathering together to connect in the attempt to work on their problems together. Thus, there is a psychodynamic core to all groups. Depending on how the psychodynamic issues are managed, the group may succeed or falter.

The future

The mission of the NSGP Foundation is to provide long-range support for the study and application of these principles in the future. In our first ten years, a basic structure has been established. Now the issue is growth and expansion of our realm of impact. The task before us in the coming decade is to find ways to articulate our meaning to the professional and the general public alike and, eventually, hope to make this valuable resource available in creative ways to as many people as possible.

The prospect of joining together in a shared creative future with each other while working on this mission together is truly an exciting one!



Carl & Suzanne Cohen



Kelley Bothe, Suzanne Cohen, June Mendelson, Don Wexler & Jane Rutan



Cecil Rice, Betty Grossman, Sharan & Milt Schwartzberg



Suzanne Cohen, Sara Emerson, & Barry Cheslin



Karsten Kueppenbender & Barbara Keezell



Renee Hoekstra, Betty Martin, & Scott Rutan




Kathy Ulman & Walker Shields





Walker Shields, Lolona & Todd Morse

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.


 **Alan Albert** received a two-week artist residency grant for attendance at the Vermont Studio Center in Johnson, Vermont. He is using the time there to work on a new collection of poems.


 **Tyler Carpenter** is in the process of writing a theme paper integrating Jung's recently published *The Red Book*, models of causality, and Tantrism, for an upcoming issue of the *Journal of Psychotherapy Integration*.


 **Greg Chilenski** and **Gail Hall**, with current offices in Camden, Maine, have together opened a second office in Brunswick, Maine. They look forward to further developing their professional relationships with colleagues in the greater Portland and Brunswick areas. Greg still believes that he is the northern-most member of NSGP. (At least when he sits at the north end of the dining room table in Camden, which still remains their home.)


 **Marion Cohen** wearing her poet hat, has been honored with two first prizes: the Elizabeth Bolton prize from Portland, Oregon, and the Surprise Valley Prize from California.


 **Eleanor Counselman** presented on "Affect in Supervision" to the Carolinas Group Psychotherapy Society in September. She also presented a workshop at EGPS in November on "Promoting Healthy Attachment in Couples." At the recent AGPA meeting, Eleanor chaired an open session on "Conversations about Organizational Leadership" and, at the same meeting, she and **Kathy Ulman** co-lead a workshop on "Affect in Supervision."


 **Laura Crain** graduated from the Boston Psychoanalytic Society and Institute in May 2009.


 **Jerry Gans** received the prestigious Distinguished Fellow award at this year's AGPA Annual Meeting. Also, Jerry published his first book, *Difficult Topics in Group Therapy: My Journey from Shame to Courage*. He also contributed a chapter entitled "The Role of Clinical Experience in the Making of a Psychotherapist" to the book, *The Making of a Psychotherapist* (Bernard, Klein, & Schermer, Eds.) Finally, Jerry co-authored, with **Eleanor Counselman**, "Patient selection for psychodynamic psychotherapy: Practical and dynamic considerations" for the current volume of *IJGP*.


 **Charlie Glazier's** three youngest daughters, Jessie, Cecilia, & Evelyn, celebrated their first birthday at the end of February, and all appear to be on the verge of walking. The girls recovered very well from the trials and tribulations of delivery at 33 weeks, as did their wonderful mother, Luciana. Not coincidentally, Charlie has been participating in a fellowship in Infant Mental Health at Jewish Family & Children's Services since September, 2009. The triplets have given him plenty of opportunity to put his reading in attachment and intersubjectivity theory to good use.

 **Andrea Grunblatt** presented a workshop on social interaction groups for children and pre-adolescents at the EGPS conference in New York in November. She purchased a new office building in Kingston, and is busy with the renovations, hoping to move in by March. In April, as part of the lecture circle, Andrea will be presenting to the psychiatric residents at Mt. Sinai Hospital on children and pre-adolescent groups. In addition, this past fall, Andrea sent her 18 year old son off to Columbia University to study Astrophysics.


 **Karin Hodges** was recently appointed a part-time research fellow in the MGH Center for Group Psychotherapy. As a post-doctoral intern at BIP, Karin has begun group work with children in Roxbury and in South Boston. She is co-leading five grant-funded school-based groups, and is also coordinating groups being led by interns, teachers, and nuns in a Catholic school.


 **Renee Hoekstra** is a very proud first author (with M. Tsai) of the chapter "Functional Analytic Psychotherapy for Interpersonal Process Groups" which will be coming out in the next month in *The Practice of Functional Analytic Psychotherapy*, edited by Kohlenberg, Tsai, and Kanter. In addition, Renee recently presented at the Functional Analytic Psychotherapy conference in Colorado. Renee's work in the application of Functional Analytic Psychotherapy to group is being presented by others at upcoming conferences in London and San Antonio.


 **Barbara Keezell** led an institute entitled "Projective Identification and Countertransference" at AGPA's recent meeting in San Diego.


 **Kim McNamara** and her husband, Dave, had a baby girl, Emily Riley Rogers, on


December 7th. They're "having a lot of fun and so happy to add a new member to our family group!"


 **David M. Poles**, a new member of NSGP, recently sought advice from **Marianne Zasa** using the NSGP free consultation service. Her sage advice has assisted him in growing his practice and in starting a new ongoing Men's Support Group.

 **Ginger Reiber** had back surgery in early December, and actively sought the support of the NSGP community to help with decision-making and preparation for the care of her patients and groups during her recovery. She would like to thank NSGP for its support as well as various members of the organization for covering her groups for her.

 **Betsy Ross** presented an early bird open session at AGPA entitled "From Combat To Collaboration" about a kinder, more humanistic approach to divorce called Collaborative Divorce. Betsy, co-presenting with her colleague, Catherine Kligler, a collaborative attorney, suggested that group therapists are well suited to serve as Collaborative Divorce Coaches.

 **Scott Rutan** ran an all-day workshop in January for The Washington School of Psychiatry on "Treating the Difficult Patient."

 **Dan Schacht** will be teaching two courses this Spring for the BU School of Social Work, one on Adult Psychopathology and one on "The Gift of Countertransference."

 **Sharan Schwartzberg** was recently elected to the board of AGPA. To support the AGPA mission, she offered, with S.A. Wagoner, a membership phone conference entitled, "Talk with the SIGs: Helping You Find your Professional Home." Busy as well at the AGPA Annual Conference, Sharan presented, with Schwartz and Saiger, "Don't Just Sit There, Do Something! Contrasting Groups and Activities Therapy Groups for Older Adults." She presented a similar workshop at the Canadian GPA annual meeting in Toronto. Sharan also conducted a workshop with Jane Crimmins on "Group Outcome Study: Integrating Education, Research and Practice" at the annual meeting of the Massachusetts Association for Occupational Therapy. Sharan also did a poster presentation with Mary Barnes on "Disembodied: Betrayal and Loss of Meaningful Social Role." Finally, Sharan and **Kathy Ulman** conducted a workshop on "Countertransference in Working with Medically Ill and Rehabilitation Populations" at the EGPS meeting in New York.

📌 **Joe Shay** was presented with the Affiliate Society Assembly Award at AGPA. He also led a workshop at AGPA entitled "Couples Gone Wild," and made a presentation to the psychiatry residents at McLean Hospital on the TV drama, *In Treatment*.

📌 **Walker Shields** is teaching a course in the Program in Psychoanalytic Studies at the Boston Psychoanalytic Society and Institute entitled "Shakespeare, Love Relationships, and the Work of the Unconscious."

📌 **Carol Kramer Slepian** has been facilitating an Imago Basic Clinical Training in Portsmouth, NH for therapists interested in becoming certified Imago Relationship Therapists. Carol will be presenting a full day workshop at our June NSGP conference on using the Imago model for groups. She is also offering "Keeping the Love You Find Workshop—for Therapists ONLY" in June at her home in the Berkshires.

📌 **Maxine Sushelsky** published "Law Practice and its Relevance to Lawyers' Mental Health: Damages and Remedies" as a featured article on www.lawyerswithdepression.com.

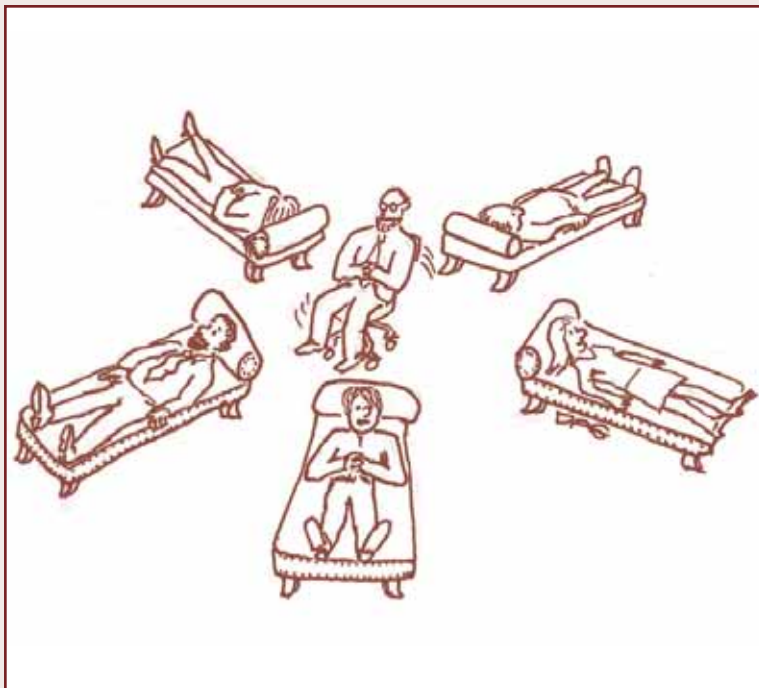
📌 **Kathy Ulman** was elected as President of AGPA.

📌 **Marsha Vannicelli** and **Jeff Mendell** presented a workshop at AGPA entitled "Making Time to Say Goodbye."

📌 **Bob Weber** led a day-long event in Cambridge, "ContemplAgeing: Spirituality and Fulfillment throughout Life" (see his website and blog at www.ContemplAgeing.com) and he was a discussant for the MGH Psychodynamic Case Conference, "The Good, The Bad, and the Ugly: Reality and Distortion in the Self and Therapy." In February, he led a half-day event focused on "Spirituality for a Time of Financial Crisis" in Cambridge. Bob has organized a day-long continuing education conference for the Massachusetts School of Professional Psychology entitled "Silent Connections: Spirituality, Mental Health and Illness in Old Age" scheduled for May 15.

Caption This!

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

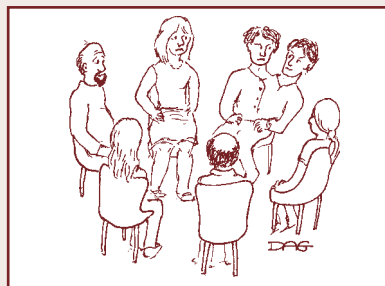


Drawn by David Goldfinger

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Winners for the Fall, 2009 cartoon

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



Fourth runner up:

"All you do is mirror and reflect!" —Betsy Ross

Third runner up:

"We're the envy of the men in the group—two full heads of hair!"
—Joseph DeAngelis

Second runner up:

"That's not quite what I meant when I suggested the usefulness of bringing in opposing parts of yourself!" —Marsha Vannicelli

First runner up:

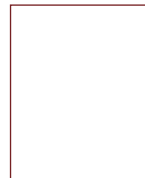
"I thought it was your turn to hold the affect for the group." —George Stavros

The winning caption:

"It seems we're letting Jim carry the ambivalence for the whole group."
—Greg Chilenski



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the newsletter spring 2010

Group Therapy Today: Explore, Experiment, Experience

NSGP's 29th annual conference!

June 11, 12, & 13, 2010

2010 NSGP Events Calendar

March 21, 2010	Breakfast Club 11am–1:30pm — with David Dybdal, MD & Frederick Winsmann, PhD <i>Shall We Dance: The Role of Presence, Empathy, and Connection in the Healing Relationship</i> Hosted by Eleanor Counselman—Belmont
April 11, 2010	Breakfast Club 11am–1:30pm — with Karin Hodges, PsyD <i>Nurturing the Curious Mind of the Group Therapist: Integrating Clinical and Research Agendas, Truly!</i> Hosted by Walker Shields—Belmont
May 2, 2010	Networking Event Time & Location TBA Referral committee will host a potluck supper and chance to share ideas about marketing groups.
May 16, 2010	NSGP Foundation Spring Gala 5–7:30pm Hosted by Lise Motherwell—Cambridge
June 11-13, 2010	Register Early! Group Therapy Today: Explore, Experiment, Experience 29th Annual Northeastern Society for Group Psychotherapy Conference
Sept. 12, 2010	Breakfast Club 11am–1:30pm — with William Sharp, MA, MPsyA <i>Talk or Action: A Study of What Facilitates Talk in Adolescent Group Treatment</i> Hosted by Sara Emerson—Cambridge
Oct. 17, 2010	Breakfast Club 11am–1:30pm — with Betty Martin, PhD <i>The ABC's of DBT: An Introduction to Dialectical Behavioral Therapy in Group Settings</i> Hosted by Barbara Keezell—Newton
Dec. 5, 2010	Breakfast Club 11am–1:30pm — with Joe Doherty, EdD, CGP <i>Clients No One Wants: Sex Offenders in Group Treatment</i> Hosted by Arnie Cohen—Newton

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

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Northeastern Society for Group Psychotherapy