



Letter from the President



The days are getting longer and the cold, snowy, damp days of winter are beginning to fade into the background. Our conference is approaching and anticipation is building for what I believe will

be a rich and rewarding experience. I have just returned from AGPA, which was in NYC this year (and will be again next year). Each year on Thursday night, NSGP has a dinner for our members attending the Annual Meeting. It is a festive evening, always ending with a joke telling session. At times, when we don't have a private room, like this year, we have found that the patrons of the restaurant are very entertained by our stand up comics! Over the years, we have "adopted" other trainees, for example, from Greece, Ireland, and China. In total, 45 people attended the dinner. We were also able to recognize and toast Cecil Rice on his award of Distinguished Fellow of AGPA, and Arnie Cohen and Barbara Keezell, who became Fellows of AGPA. It is wonderful to see the way the connections and spirit of NSGP carries into the AGPA Annual Meeting.

In addition, as President, I am the representative to the Affiliate Societies Assembly of AGPA. Prior to the beginning of the Annual Meeting, the Assembly convenes. The Assembly is comprised of representatives from across the country, and we meet to share our concerns and accomplishments, to provide support and information to one another, and to have a voice within AGPA. Many of you may already know this, but we are one of the strongest and most active affiliate societies in the country. We have so much to be proud of with our organization. It is interesting to me to see how other societies are organized and the events they plan. There are many groups which are struggling to form a functioning local society and I hope that the Affiliate Society will be able to help them reach their goals. As I said in my fall letter, I want to continue

to think of how we can draw on and expand our resources as a society. NSGP is about social and professional connections. We run groups to help people make deeper and more significant connections and to be able to participate more fully in their lives. In parallel, by participating in NSGP and other professional groups, we have an opportunity for collegiality and to enhance and increase our social networks. Our June conference, "People in Groups: New Insights on the Social Synapse" focuses on this. I would like to encourage all of you to attend. It is a vast and rich conference with a broad range of offerings and experiences.

We are financially in a steady place, which is great news! This enabled the Board to vote to keep the dues the same for the second year in a row. In addition, the Conference Committee, in conjunction with the Board, decided to keep the conference fee the same as last year as well. The conference is also aided by the NSGP Foundation Board which continues to be committed to providing scholarships for the conference.

Like most vibrant organizations, our membership spans the life cycle; people are in different stages of professional development and life, with concurrent responsibilities. So the question is, how can NSGP enhance your professional life and how can you contribute to NSGP? I would like to encourage all of you to consider this question. Many of our members may feel they have moved on, "been there done that," and for many that may be true; they already "gave at the office." However, this group of "been theres" has so much to offer the Society and our newer members. Think about becoming a committee member or chair as a way to enrich the organization and to help it continue to grow and thrive. Think of how you have gained and benefitted from being a part of NSGP and how you might continue to do so by giving back. Hopefully, the Board too will continue to be creative and not just rest on its laurels. One of our challenges as an organization is to keep evolving and meeting the needs of our current membership, while recognizing the complexities of the health care world.

This is not such an easy task but one worth exploring. The Board is working on these issues and welcomes your input. Please also be sure to vote in the upcoming election so that your voice can be heard.

I would like to thank all of the Committee Chairs and members. People have worked hard and enthusiastically and we will all reap the benefits. I look forward to seeing you at the June conference, and to meeting and welcoming new or recent additions to NSGP!

As always, feel free to contact me with any suggestions, thoughts, or concerns.

Sara Emerson, LICSW, CGP, FAGPA
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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

Letter from the Editor

So, this is not really my swan song. Yes, this is my last issue as co-editor of the newsletter, having been in this post now for the past eight years. It's not a swan song because, as is happens, it is a myth that the swan is mute all its life until it sings its only beautiful song at the moment of death.

Please consider this, instead, a love song. This is my tribute to NSGP, the organization I love more than any other, and which has offered me the opportunity to serve in this role for so long (without having me tarred and feathered—which may also be another one of those myths anyway). No, I'm not leaving NSGP, but I want to honor it and also to invite you into more active participation with it.

This has been a theme of mine since my first editor's letter many years ago. Though you may not really believe that I am shy—this is not a myth—I have been able, within NSGP, to cultivate a presence that only a warm, welcoming, and encouraging group of people can make possible.

All I had to do—and all many of you have to do—is say “yes” when I was asked to participate in a role (in my case to make a presentation at our annual conference). I could have saved myself some time if I had pushed myself to call the president of the organization—or anyone I knew—soon after I joined to ask if there was anything I could do to feel that I belonged more.

Please think about making that call if you're not involved with us already. The sense of belonging that can result from this is one of the great pleasures of my life.

For those readers already active, I thank you for having given me the opportunity to work with you and get to know you. Some of my connections forged through NSGP feel like they will last as long as my memory does.

Don't we already know this about groups? We know the power of groups to help us feel we belong, to help us heal, to help us connect to an energy source greater than any one of us.

NSGP does this so well because it not only has a large variety of roles within which to find a place of comfort and value, but also because so many members have made it their mission to welcome others into these roles. This is the philosophical and emotional underpinning of NSGP, forged in part because so many members have, over the years, related to one another in the annual conference experience groups—groups which make it fairly difficult to maintain much of the formal veneer so prevalent in other professional organizations.

I've tried to live this message myself, if imperfectly, within these pages by sharing my personal reflections—and weaknesses—in prior editor letters. I hope they have been well-received by readers.

The newsletter will continue in very able hands, with the wonderful Barbara Keezell remaining at the till, who also believes deeply in the NSGP mission.

As it happens, the Mute Swan does make some noises as I mentioned: it honks, grunts, and hisses on occasion. I hope my editorship has resulted in noises more appealing than that.

Until we meet again, then, my love to all.

Joe
aka Joseph Shay, PhD, CGP, FAGPA

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How to Market Your Group Practice

Carolyn Stone, EdD, CGP

One Sunday evening last November, ten NSGP members gathered at the home of David and Monica Goldfinger to hear from Scott Rutan, PhD on the topic of "Maintaining a Group Therapy Practice in a Recession." This networking event was sponsored by the Referral Committee and organized by the co-chairs, David Goldfinger, PhD, and Carolyn Stone, EdD. First, we came together over a potluck meal. True to form, NSGP members provided a sumptuous spread. Once we were cared for with food, wine, and good conversation, we turned to the program. Carolyn invited participants to share a little about their work in order to introduce themselves. She then gave the floor to Scott.

Scott Rutan is a past president of NSGP and AGPA and he is known locally, nationally, and internationally as an expert on group psychotherapy. With typical wit and wisdom, Scott took us back over the basics of marketing a practice, particularly a group therapy practice. We broke down into small groups to practice our "elevator speeches." Scott gave us thirty seconds to articulate what we do. Try it—it's pretty challenging, but a useful practice.

Scott also reminded us to take good care of our referral sources by saying thank you on the phone or by mail and giving

them updates as appropriate. He suggested we look for ways to offer talks in our local communities. Some participants reported having given talks for groups like the Rotary or the Chamber of Commerce. We shared about which people in our communities do refer to us. Scott reminded us not to forget clergy.

Another reality in this economy is that our colleagues are less likely to refer to us for groups. Clients are scarce resources, so we need to rely on our own clients to fill our groups. These have always been the best group referrals because we can prepare them so well. Scott reminded us of these and many other basics of maintaining a practice.

Events like these allow us to get to know each other in a small, comfortable setting. People who had been only names on the NSGP listserv became real people with interesting work. At this event, we had a wide range of types of practice and length of experience. Some of the practices included long term adult psychotherapy, substance abuse counseling, university based counseling, and spiritual counseling. Networking Events offer rich opportunities to learn from experts in the field, such as Scott, as well as our fellow colleagues.

Watch for future Networking Events. We hope you will join us.



Hospitality Committee

Wanted: A few volunteers to help with the **Hospitality Committee** for the NSGP conference in June. Volunteers are needed to prepare for social hours and to be welcoming. If able, please contact Leah Slivko at lslivko@hotmail.com for more details.



The 30th Annual Regional Conference
June 10 - 12, 2011
Simmons College, Boston, MA

People in Groups: New Insights on the Social Synapse

More than 20 engaging workshops - 22.5 CEs
25 % discount for first time attendees



Special Presentation
Your Mind In Mine: Empirical Foundations and Clinical Applications of Mentalization Therapies
Presenter: Lois Chol Kaln, MD

The Demonstration Group
Attachment Theory and Group Psychotherapy
Group Leader: Philip J. Flores, ABPP, CGP, FAGPA Discussants: Eleanor Counselman, Ed.D, CGP, FAGPA & Joel Frost, Ed.D, CGP, FAGPA, ABPP

For conference updates, see NSGP blog at www.nsgpconference.blogspot.com
Register online at www.nsgpregistration.com

CHILDREN'S GROUP THERAPY ASSOCIATION

ANNUAL FALL CONFERENCE

The Theory and Practice of Group Treatment of Children and Adolescents Activities to Enhance Child and Adolescent Group Development

James Caron, EdD, CGP
Director
Connections Child and Adolescent Group Program
Lexington, MA

Kathy Jantzen, RN, MS, CS
Child and Adolescent Group Specialist
Private Practice and Consultation
Andover & Boston

The most frequent request we receive from group practitioners is: "What activities can I use in my groups that will promote social development and achievement of group goals?" In this workshop you will learn and try out a range of activities to use with your groups, as participants try out and share activities. Participants will go home with a group activity book loaded with write-ups of tried and true group activities for all ages.

Check CGTA.Net ~ For More Information

The Walker School, Needham, MA

Partial working scholarships: Sandy Houde, LICSW, CGP, 781-646-2897 or houdesa@aol.com

In Collaboration With
NSGP, The Northeastern Society for Group Psychotherapy, Inc.

For more information, Pam O'Callaghan
at 508-740-2115 or cgtanet@yahoo.com

CGTA, P.O. BOX 521, Watertown, MA 02472

Fall 2010 Auction Poker Party



Jennifer McLain & Sara Emerson



Jennifer McLain, Sara Emerson,
Barbara Keezell & Alan Witkower



Marc Bolduc & Kelley Bothe



Keezell envies Witkower's chips as
Bolduc looks on



Keezell unhappy with Witkower
for his victory

Breakfast Club: Feeding Your Mind, Belly, and Soul

Joel Krieg, LICSW

As I reflect upon my NSGP experience, I'm struck by how rapidly my starving professional appetite became satiated. This process began at last year's Annual Conference and continues today through NSGP in other forms—my favorite being the Breakfast Club. This is a place where one can learn more about a topic (or present a topic of your own), connect with other curious people who value connecting, and enjoy sharing food.

The journey to my first Breakfast Club began when I practically fell into last year's Annual Conference, desperate for support and a professional home. A stranger to this group of group people, I stood at the registration table Saturday morning wondering if I should be there. A contagious energy swept around me (somewhat out of place for so soon after sunrise on a weekend), reassuring me that I was indeed in the right place. After deciding which workshops to sign up for, I noticed a flyer for the Breakfast Club. My initial thought: "I love breakfast. This has potential." Later in the day, Jennifer McLain introduced the gatherings more formally. She shared how important they were to her and her involvement in NSGP and she strongly encouraged me to attend. More recently she added, "The presence of the Breakfast Club as a forum where everyone from the most senior clinicians to the newest students can share ideas and explore topics with equal respect and passion (and a good bit of fun!) is a perfect illustration of why NSGP is such a valuable professional home."

Eager and somewhat anxious to see what this talk was all about, I showed up to my first Breakfast Club in September with what has become a trusted Breakfast Club dish: cheesy scrambled eggs. I recognized many faces from the conference which helped calm my nerves. Faces without names were short-lived, as others seemed to quickly identify me as a newcomer and introduced themselves. Their relaxed authenticity put me at ease

while we mingled around a spread of food ripe with tempting choices. Howie Schairsohn's face was one of those I recognized, and I later learned that he too shared some of my initial trepidation. He recalls, "I feared that my 'social anxiety' would get the better of me but the Breakfast Clubbers got the better of it and won me over with their warmth." Howie has come to appreciate and look forward to each gathering, describing them as "a unique and delightful mix: the first meal of the day, wonderful company, and learning more about the thing I love doing most."

Each gathering follows the same structure. First, there is an informal period of eating, drinking, and connecting. This is followed by the featured presentation, for which one can obtain CEUs. A second round of non-structured socializing completes the mind, belly, and soul experience. Breakfast Clubbers leave full and energized.

This season of Breakfast Clubs included a wide variety of topics. Leading off in September, William Sharp discussed how to facilitate talk with adolescents and preadolescents, focusing on how thoughts, feelings, and ideas will be expressed in talk or action.

October featured Betty Martin superbly presenting the fundamentals of DBT in group. She introduced the ideas of "urge surfing" and replacing destructive behavior with slightly less destructive behavior—maintaining the pros of the emotionally regulating behavior and reducing the cons, even if the reduction is slight.

Joe Doherty led a discussion in December about the challenges of working with a difficult-to-treat population—sex offenders. Joe focused on assessment tools used over the years to identify individuals most at risk to offend and some of the problems that arise in treatment.

In January, Jennifer McLain led a spirited and open discussion around the role labels play in group therapy and group formation. Attendees paired up and were tasked to identify "best fit" groups for

individuals given their presenting problems and other relevant information. A menu of groups was available to choose from and the selection process raised many tough and engaging issues. It was difficult to bring the discussion to a close.

Roberta Slavin's "Meeting the Challenges and Finding Success: Bringing Group Psychotherapy to Non-Clinical Settings" and Marni Chanoff's "Exploring Psychosis Through the Subjective Experience" conclude this season's Breakfast Clubs.

Whether you are new or not-so-new to the NSGP community, my hope is that you treat yourself to a Breakfast Club soon. Your mind, belly, and soul will thank you!



The Ambassador Committee could use your help!

The Ambassador Committee was established to provide a liaison to the wider community for the purpose of reaching out to people who are unfamiliar with NSGP and are either currently leading groups or interested in leading groups in clinical, medical, educational, or addiction settings. We want to invite a broad, diverse population of professionals and paraprofessionals to attend the conference. The committee members do the reaching out, meet the attendees at the conference, organize a daily lunch table for discussion and questions, and follow up with a questionnaire about their experience. The intent is to create a rich, exciting experience for the Ambassadors that will spark an interest in becoming part of our organization.

We are currently soliciting suggestions about outreach possibilities, and reaching out to individuals. We would also welcome extra help for this year, and even more importantly need to recruit new committee members for next year.

Please contact Vanessa Gamble at either **617-720-1957** or **vlgamble@comcast.net**.



Bob Steinberg & Lise Motherwell

Siobhan O'Neill, Karsten Kueppenbender
& Dave Dybdal

Don Wexler & Scott Rutan



Kathy Ulman & Jianyin Qiu



Dave Dybdal & Karen Wischmeyer

Attachment, Affiliation, and Adult Resiliency

AGPA Conference 2011

Peter Gumpert, PhD, CGP

The objectives of this AGPA workshop (led by Irene Harwood, MSW, PhD, PsyD, CGP, FAGPA) were (1) to help participants compare attachment styles in childhood and adulthood; (2) to consider group composition and member selection for optimum development of resiliency; and (3) to discuss how multiple early attachments contribute to adult resilience, and the selection of members by attachment style for effective affiliation in groups.

Irene was particularly well qualified to lead this workshop. She has extensive experience working with mothers and their young children and with expectant mothers at risk. She has a deep personal and professional understanding of the influence of attachment styles and of affiliation history on children and the adults they become. She has also observed carefully and thought much about the consequences of these early influences on the way people function in relationships, and about the ways in which adult therapy groups can be effective for their members' capacity to attach and affiliate.

The workshop was primarily didactic, along with useful demonstrations and some discussion. Irene's didactic methods used narrative liberally to illustrate the ideas she offered. Her narratives and demonstrations were, moreover, laden with emotion, and generated affective responses in participants. She talked briefly about her own early history, and at length about her personal experiences with traumatized mothers and their young children in a way that was particularly affecting and therefore highly memorable. For example, when Irene described the effects of an over-intrusive mother on her child (who averted his eyes, withdrew, and then vomited), I found myself remembering the parental intrusions in my own childhood.

Irene elaborated on attachment and attachment failures in early childhood, and the subtleties of helping mothers learn to follow their child's gaze, and to

activate attachment in them. She also discussed dyadic regulation of affect, Lichtenberg's five motivational systems, and Mary Ainsworth's classification of attachment styles in adults: secure, dismissing, preoccupied, and unresolved/disorganized. She talked at some length about how to recognize these styles in interviews with adults, and articulated guidelines for choosing group members according to their adult attachment styles. She suggested, for example, that a group of eight members should contain two (rather than one but not more than four) members who have adopted a dismissing/avoidant attachment style. She advised therapists to do their best to avoid adding sociopathic or more-than-mildly psychotic patients to their groups, because of their inhibiting or destructive effects on genuinely affiliative processes. Finally, she offered some beginning thoughts about generating curative affiliation and belonging (multiple attachments) in groups. Irene's movement across subtopics was always easy to follow, and consistent with the complexity of the domain.

From my perspective, Irene's ideas were quite interesting, and her demonstrations of the process of activating and augmenting attachment in infants and young children were superb. She recruited a participant sitting next to her for this purpose. She showed how she worked with infants (and taught mothers) to observe carefully, to make eye contact without intrusion, to soothe and touch lightly, and to reflect infants' productions with words and vocalizations. Her descriptions of children's reactions to the behavior of their mothers and other adults were graphic, sometimes delightful and sometimes painful, but always useful.

The workshop was intellectually stimulating. I've found myself thinking several times about possible implications of Irene's ideas for individual, couples, and group therapy. And I look forward to reading some of Irene's work, and the books she recommended during the workshop.



My First AGPA Institute

AGPA Conference 2011

Jennifer J. Thomas, PhD

"You may delay, but time will not."
Benjamin Franklin

It was with excitement and trepidation that I arrived for my first 2-day Institute at AGPA. As a research-trained cognitive-behavioral therapist, the impending 48-hour immersion in an unstructured experiential process group with other therapists was at once thrilling and terrifying. How would we know what to talk about, un-cooed by the safe structure of the CBT handouts that I present in the groups that I lead? Would our group appropriately form, norm, storm, and perform—as I'd learned about from my group therapy seminar leader, Dr. Kathy Ulman? At it happens, that's exactly what we did, catalyzed in part by my inadvertent 5-minute tardiness on Day 2. But let me start at the beginning.

Upon walking into the room and participating in the first hour of the Institute, the most salient aspect of our group was its amazing diversity. Not only were we a veritable United Nations of race, ethnicity, and religion, but we also differed with regard to age, medical discipline, extraversion, and theoretical and sexual orientation. However, as the afternoon approached, our appreciation of diversity melded into an even richer understanding of key similarities. All of us shared the experience of working with patients we wished we'd been able to help more. Most of us had siblings with whom we wish we could feel closer, or significant others for whom we wished we could be even better partners.

As we talked, our conversation began to flow more naturally. There was space for everyone to speak, even if it meant taking the risk of inviting a previously silent member to join the discussion. It soon became okay for a group member to cry while relating a particularly heartbreaking or tragic story, and for others to offer empathic understanding and tissues.

There was a decided shift, however, when I arrived to group approximately 5 minutes late the next morning. I had no idea how powerfully my lateness would impact upon group discussion over this final day. At first I felt defensive about the



Cecil Rice & Eleanor Counselman

group's consensus that my tardiness suggested that I was "devaluing" the experience. Our preliminary discussion confirmed my worry that process groups run the risk of making mountains out of proverbial molehills in the pursuit of identifying shared group experiences to analyze. After all, I was only 5 minutes late!

But as each group member discussed his or her own individual experience of my tardiness—one member looked longingly at my iced coffee as he related his decision to forgo Starbucks in order to make it to group on time, and another discussed waking up at 5:30 a.m. for her 2-hour commute from a neighboring state—I began to feel grateful that the members were able to speak so honestly about how they truly felt. Was this how my friends and work colleagues felt when I regularly arrived to meetings "just a few minutes late?" Once the group established that it was comfortably able to address but also contain interpersonal conflicts, members felt freer to give one another personalized feedback about how others came across.

Because the efficacy of the CBT interventions I utilize in my own practice have largely been supported by randomized controlled trials, I entered my first AGPA institute wondering how much behavioral change process groups could actually produce. At the end of my first institute, I can certainly attest to the effectiveness of experiential groups (N = 1). I have not been late to a meeting since! I am therefore very much looking forward to incorporating attention to group process in my ongoing CBT groups, and cannot wait to attend the 2012 AGPA next year...on time.



Jerry Gans & Scott Rutan



Sara Emerson, Marsha Vannicelli, Larry Kron & Jenn McLain



Judy Silverstein & Suzanne Brennan Nathan



Jennifer McLain & Judy Ullman



Kathy Ulman, Jenny Thomas & Barbara Kezell

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 Barbara Keezell, LICSW through the NSGP office, or via email to newsletter@nsgp.com. (Please remember to preserve the confidentiality of any group members described.)

Dear Analyze This

I am writing about a dilemma in my weekly, ongoing men's group, a psychodynamic and interpersonal group which has been meeting for eight years.

Recently, a few old and new members have been dropping out of the group without holding to the group agreement of leaving enough time to say goodbye (at least two weeks after announcing they are leaving). Last year, two of the older members of the group left without saying goodbye to the group, calling me and stating they had started new jobs which were during group time. Even though I requested they return for at least two weeks to say goodbye to the group, they said they couldn't due to their new schedules. Obviously the group felt loss about this and some even felt betrayed and devalued. The departing members had both stated there were no other reasons they were leaving. However, the fact that they also neglected to take care of their remaining balance was one of the reasons that led me to believe otherwise.

At the beginning of this year, a new member, who had been in the group for only about ten sessions, stated he could not attend for a few weeks as his significant other had broken up with him over the holidays and then she was hospitalized for depression. He stated he was attending couples therapy in hopes of working on the relationship, and hoped to be back in a few weeks, but did express doubt about continuing in the group. The group and I were supportive with him regarding his family crisis, as well as around encouraging him to come back to the group for his own support. He also understood he was responsible

for payment during his recent absence, another group agreement. When he returned, he gave his notice at the beginning of the group, stating he would need to leave due to a scheduling conflict with couples therapy, so this group would be his last.

The group was supportive of him and his decision, due to his situation, discussing how they felt about each other, from first impressions to now. I was surprised, however, that no one challenged him around trying to schedule his couples therapy at another time, or around his breaking the group agreement of allowing two weeks to say goodbye.

I had a few theories regarding this non-challenge. I wondered if the group did not have enough of a connection to him since he had been in the group so briefly. The other hypothesis was that no one felt comfortable challenging him due to the distressing nature of his family crisis. As the leader, this was my dilemma as well. I wondered how much, if at all, to challenge some of his choices due to this sensitive situation.

I was wrestling with whether to take his decision to leave group at face value. But some of my experience told me that this could be resistance, as people usually leave group prematurely if they are not getting their needs met.

I decided to discuss this with him as this would be his last night anyway. I asked him what had worked for him in the group and what wasn't working which might be influencing his decision to leave. He said everything was good, that his only disappointment was that there never seemed enough time to talk. I asked him if he would be able to reschedule the couples therapy so he could continue in the group. He responded that he couldn't. I debated making some group-as-a-whole interpretations, such as wondering why no one in the group was challenging this decision, or advocating for him to reschedule the other therapy. I decided not to, however, feeling he or the group might feel shamed.

Ultimately, these feel like group boundary issues and violations of the contract, but I'm not sure how much to take at face value or how much to push in situations like these.

Help Needed! From "No Man's Land"

Dear Help Needed

Unilateral, precipitous terminations are distressing for all concerned but do offer rich opportunities for learning. In responding to this dilemma, let me first acknowledge that to be running the same weekly ongoing, psychodynamic interpersonal group for eight years, you must be doing several things well.

I will address three topics that I hope you find useful: (1) the group contract (2) reality as resistance and (3) unilateral termination.

Longstanding members of a therapy group usually come to care about and to know each other well. It would make sense that members contemplating leaving the group would want to know what other group members think about such a decision before it is made. The willingness and capacity of a member contemplating termination to allow the group to provide feedback before making the decision often proves a reliable indicator of that person's readiness to leave. This is so because the ability to seek the group's input without being defensive or compliant,

and to consider dispassionately their comments, bespeaks an inner strength that the person most likely did not possess when he joined the group.

Thus, I wonder, is one of the items in your contract "I will allow the members of the group to participate in my decision to leave?" If not, I suggest you consider adding it to your contract. Also, in setting the bar so low for time to terminate, are you unwittingly giving the message that termination is either not that important or that ending the relationships formed in the group do not require—or deserve—more processing time. I prefer the more opened-ended contract item that states, "Once I have allowed the group to participate in my decision to terminate, and have then decided to terminate, I will leave enough time to say good-bye."

Sometimes reality is the best resistance; distinguishing between the two can be difficult. Group therapy provides a

"I wondered how much to challenge some of his choices due to this sensitive situation."

wonderful opportunity to explore this distinction because members often ask a variety of penetrating and thought-provoking questions, many of which may not have occurred to you as leader. You shied away from inviting the group to embark on such an exploration for fear of shaming the member in question or the group-as-a-whole. Since such questioning—being a form of intimacy—resides at the heart of psychodynamic group work, I wonder if you are unconsciously giving the group the message not to go “too deep.” A lack of depth in the evolving relationships could account for people departing with seeming impunity.

In my experience, the only meaningful topic of discussion in unilateral termination is to *explore* what is involved in the patient’s deciding to leave the group *before* discussing the decision with the group. Since unilateral termination reflects a poor to non-existent therapeutic alliance—assuming that you stressed in the screening interview the importance of talking about any important decision before acting on it—exploring content with the member in question at this juncture constitutes pseudo-therapy. Thus, at this point I am less concerned with imminent departure of a member, over which I have little control, and I am more invested in enhancing the group’s therapeutic efficacy by stressing the importance of non-judgmental exploration. As a result, I do not focus discussion directly on the person who is leaving but rather I ask the other group members what thoughts, feelings, and questions they have about the timing of the decision of the member in question. I try to promote interaction between the group and the unilateral terminator. Once the decision has been thoroughly discussed and explored, I then address the member in question now that I am in fuller possession of all the factors involved in the decision.

I notice that you anticipate the questions coming from the members as constituting *challenge* rather than reflecting non-judgmental curiosity. Perhaps you decided not to encourage the group’s exploration of the member’s unilateral decision because you anticipate the unleashing of anger (rather than shame) at either the departing member or toward you for poor judgment in bringing in an inappropriate member.

Even the best evaluation of a person’s candidacy for group therapy does not preclude precipitous, unilateral termination. On the other hand, if your selection of this member was not optimal, you have an opportunity to learn and even to model how mistakes can be acknowledged without self-flagellation or loss of self-esteem.

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



Dear Help Needed

It is certainly unsettling when people leave our groups unexpectedly. We group therapists tend to feel protective of our groups and we do not like events which cause them discomfort or which interfere with their ongoing work.

But there are a few pieces of information which would have been useful in this instance. For one thing, how many members are in your group? Did you have 8 and are now left with 5? Or did you have 5 and are now left with only 2? If the group is now reduced to a very small number, feelings about the group’s very survival might be present for both you and the group members.

Another very important missing piece of information is the context of these departures. What had been going on in the group? What were the issues members were presenting (or avoiding)? Were important in-group feelings being shared openly or avoided?

Also, we have to determine whether these are really “drop outs.” Did these individuals leave therapy *prematurely*, or did they just leave *poorly*? It is very unusual for so many members to drop out of a mature group. In a newly forming group, one that has not yet achieved cohesion, this many dropouts would be less unusual. If this many members of a mature group leave within a brief time period, it usually means something is being left unattended in the group process.

Finally, are all these leavings similar? You state that two long-term members dropped out last year. Then a new member stopped coming after a few sessions at the beginning of this year.

While these leavings might be related, it is also possible they are quite different.

You have labeled these leavings as “drop outs,” and you note that not only did the older members not arrange to attend and say goodbye, they also did not pay the full amount owed to you. Those facts certainly suggest that these members might be leaving for other than the reasons they gave. It is one thing to have external events mandate leaving a group (and sometimes it is possible that unconscious motivation is not at work!), but the fact that both members chose not to pay you money they owed strongly suggests that other feelings are involved.

Based on the limited information we have, I would suggest that something powerful was going unaddressed in the group. Given that you emphasize that these individuals were not keeping their group agreements, and you feel like the issues may have to do with “violations” of the group contract, it sounds as if you are angry at these members for disrespecting you and the group. That may be a very important diagnostic clue as to the feelings these members (and perhaps the group-as-a-whole) may have been avoiding—anger. Or if you follow the Self Psychologists, perhaps anger was a feeling secondary to narcissistic wounds and hurt feelings.

I would suggest you address this as a group-as-a-whole issue. For example, I would likely inquire, “I wonder what must be going on here if so many feel a need to exit so quickly?” A few iterations of this might need to be offered by the therapist before the group—sensing the therapist’s focus on this—takes up the question. Also, rather than focus on boundary violations and breaking of rules, I would try to engage the remaining members’ curiosity: “How do we understand what has been happening in group?” I would start with this open-ended question and might move to more pointed questions later, such as, “does the group think that strong feelings, like anger, had anything to do with the departures?” or “perhaps some of you are feeling frustrated or angry with me for the group not feeling safe?”

I hope these comments leave you feeling less in no man’s land.

J Scott Rutan, PhD, CGP, DFIGPA





Eleanor Counselman & Rowell Levy



Judy Silverstein, Julie Anderson & Helen Hwang



Oona Metz & Pamela Enders



Gerry Reinhardt & Steffen Fuller



The Board on Retreat

Speaking Culture

Ilana Tal, PhD

On a typical summer day in Cambridge, MA, in a local coffee shop people are sitting, each at their own table, facing electronic note-book screens. Others are hiding behind actual newspapers. Unlike those coffee shop regular visitors, Suze Prudent and I were sitting opposite each other, each with her paper notebook, having a face-to-face conversation about “cultural considerations in disaster response.” You have to agree that it is at least an uncommon occurrence in our culture. Apparently one guest who was sitting at the adjacent table thought so too, though he was pleasantly surprised. When he approached us and said how nice it is to hear people actually discussing culture, I have to admit that I was not surprised that such a comment was made by no other than a black man.

Thinking about how uncommon it is to talk about cultural differences, including for those of us who speak about it professionally, reminds me of Anne Alonso’s (unpublished) speech from some years ago. Anne was invited to speak at the Cambridge Hospital Grand Rounds about her experience as an Arab woman given the world’s events and tensions post 9/11. In the context of discussing the meaning of the woman’s “veil” in the Arab world, Anne said the following: “The traditions of academia provide a veil of their own: do not use a personal voice; reference and cite others...and above all remain dispassionate and wedded to evidence.” In talking about her personal experience in becoming “Anglicized” she said: “The veil protects but also covers the face. Implicit in this symbol is the idea that there is much to hide.” I personally identify with Anne’s, and many other known feminists’ position, that “there is data, and there is what I know to be true.”

Therefore, I will attempt not to speak much psychobabble. Rather than generalizing and conceptualizing different human experiences, I will speak from my own experience as it is this personal knowledge of my own identity that I bring with me whenever I meet the “other.”

I am a single child of holocaust survivors, a child growing up among adults—adults with a stolen childhood. I was raised on many stories, some that were actually told and many that were just imagined...stories that kept changing while being told, adapting to the New World and creating a new culture. I was raised by people who searched for a new culture to replace the one they wanted to forget.

Since arriving with my family in the US in 1986, I became an immigrant. As of this day, I identify with being forever marginal. The otherness in me is something I know and do not know. It is only through the encounter with the otherness in others that I could know the otherness within me. In other words, the dynamic nature of the unconscious continually provides meaning through such encounters.

I remember meeting with a group of women leaders from the Wampanoag tribe in Mashpee when I had learned that race is not just your skin color. Rather, it is a complex concept including the political position one has vis-a-vis the other. In the words of my Wampanoag colleague, I was told that I am not “white” since I am not associated with the Anglo-Saxon oppressor. I felt welcomed. For my old white male supervisor in Gosnold, my otherness was defined by the fact that I am an Israeli woman, the kind he never met but just heard about. As such, I was perceived as “tough,” one who “probably knows how to use an Uzi” (quoting from memory). With him, I felt misunderstood.

In retrospect, I understand that it takes more than recognition of the differences in a dyad to experience empathy (especially since differences may be perceived in a stereotypical way as it appears in the previous example). If empathy means understanding the otherness in the other, the therapist has to first access her own otherness through identification and relatedness to the other.

One of the most difficult experiences I remember was in the early nineties when I ran a group for male survivors of clergy

sexual abuse. I was relatively new in the country; my son was about the age that these men were when they were first abused. I was the only woman and clearly from a different culture. There was however a place we all knew in different versions: the place of knowing shame, of feeling forever marginal, and perhaps the place of knowing inconceivable trauma, though for me only as second generation to survivors. Indeed I did not know the men's pain, but I could find the place in me that could easily be an attuned and empathic witness.

There are different ways of listening and not all are about listening to the words. This brings up for me the example of a young Greek American woman who asked to bring her family for a session (an invaluable contribution to the treatment). When they came into the room, she and her brother took their seats on the couch, while the father sat across from his daughter on one of the additional chairs brought in by me, and her mother moved the other chair outside the circle and against the wall where she sat crying the whole session. My patient was talking to her parents in English and they responded in Greek. The brother was trying to be the interpreter, but no one agreed with his interpretations. Towards the end of the session, following a heated discussion between the father and daughter, where I intervened without the help of the interpreter, the father turned to me and said with a big smile, "I didn't know that you speak Greek." And I replied: "Neither did I." I guess we all felt understood, regardless of what language we spoke.

More than any other multicultural skill, I would emphasize knowing thyself and finding the place in you that could genuinely relate to the other. To do so, do not hide behind your DSM. Learn something about the other culture though do not pretend to be an expert in it. Look for commonalities, not just the differences. When appropriate use humor. Begin now by thinking of a time when YOU felt different.



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Eleanor's Excellent EFT Adventure

Eleanor F. Counselman, EdD, CGP, FAGPA

Last June I decided to indulge my interest in couples therapy by enrolling in a four day "externship" in Emotionally-Focused Therapy (EFT) led by Dr. Sue Johnson. EFT is a therapy protocol for couples based on an integration of attachment and systems theory. It has been well researched and is suitable for most couples who want to work on their relationship.

Having just completed my term as NSGP President, I wanted a break from being in charge. I thought the externship would be a nice opportunity to lounge in the back of the classroom, view PowerPoint presentations, take notes, and generally enjoy passive learning. My first hint that this would not be my experience was when I walked into the classroom and saw 12-14 round tables with eight chairs around each. Uh oh, participation might be required. Over the course of the four days, we had a packed schedule of lectures (almost all by Sue who has an amazing level of energy) with PowerPoint, videos, two live interviews with couples, and a number of role playing situations with our table mates.

The role plays were both the most anxiety-arousing and the most productive. We broke into groups of four. Two would role play the couple with a particular situation and the other two would take turns being the therapist and the observer. A number of EFT consultants floated among the groups, offering suggestions and guidance when someone got stuck (which happened a lot!). At times, I felt totally deskilled and uncomfortable, but when the consultant got me back on track, I really absorbed the learning.

What did I learn? I had read a lot of the attachment literature, and Sue's model is based on that. Her model is a powerful integration of attachment and systems theories. She sees the couple as a system trying to manage the question of "Are you there for me?" (the basic attachment question). Couples with strong relationships experience each other—and the relationship itself—as their "safe haven," just as a small child will similarly experience a mother's lap. The anxiety of potential abandonment is behind so many couple struggles. Abandonment can be literal (as in couples who withdraw to the point of leading separate lives) or emotional

(where couples do not understand each other's experience). Abandonment (real or threatened) creates painful anxiety, and people attempt to protect themselves against the anxiety with strategies generally learned early in their lives. Thus, at its heart, attachment theory (and therefore EFT) is a theory of affect regulation.

Sue is very clear that she does not focus on the content of an argument as much as the "music," which is where the attachment themes reside. She wants to know "What is happening for you right now?" She believes that the early learning about relationships, generally in one's family of origin, creates security or insecurity about basic attachment needs. Insecure attachment is manifested in anxious, avoidant, or disorganized styles of relating. The most typical pair is one anxious and one avoidant person who create an attack/withdraw interaction.

This is where the systems perspective comes in, as Sue describes the "dance" that partners do. The most common interaction, which I'll use as an example, is the attack/withdraw pattern. The attacker feels abandoned, feels anxiety about that, and seeks to manage the anxiety by pursuing the withdrawer aggressively. The withdrawer pulls back in self-protection, which creates even more of a sense of abandonment in the attacker. The attacker pursues some more, and the withdrawer continues to pull back. Neither partner feels any sense of safe haven within their relationship.

The EFT therapist would first create safety within the therapy. This is done largely through conveying an empathic and non-judging understanding of each partner's experience. Then the therapist works on helping each partner talk about what feelings come up in each of them as this dance is enacted. The therapist tries to slow down the reactivity and amplify expressions of attachment anxiety, linking these feelings to the dance. The therapist can then try to create a corrective enactment, spoken or behavioral, that promotes a sense of connection, comfort, and safety in the relationship.

The learning in EFT is first experiential. The couple experiences their attachment longings and learns to create more safety and security within the relationship. The EFT then puts a cognitive framework around their work that appears to help cement the changes. Because the

language of EFT is non-pathological and the terms make sense to couples, they learn to articulate their needs and experiences more clearly to each other. This improvement reinforces the sense of a secure relationship. Research has shown that couples who complete a course of EFT have quite low relapse rates.

So why am I writing about this for a group therapy newsletter? As I have written elsewhere, I believe that group therapy training is excellent preparation for other kinds of therapy, such as couples work, because group therapists are taught to be comfortable with affective interpersonal interaction in the room. We are used to thinking systemically, and we are used to holding multiple perspectives as we go about our work. As group therapists, it is second nature for us to bring the action "into the room" and ask "what is happening for you right now, here in the room?"

The field of couples therapy is growing in exciting ways. EFT is of course only one of many new methodologies that have arisen. I personally like it because of the humanistic, nonjudgmental approach that underlies its techniques, because attachment makes sense to me as a primary human motivation, and because the growing knowledge of neurobiology supports the significance of human attachment needs. And it works! (References available upon request).



What's a Therapist Like Me Doing in an Organization Like This!?!

Daniel I. Schacht, LICSW

Ready for my embarrassing secret? I'm an active member of NSGP, a member of the executive committee on the Board of NSGP, and I'm not even a group therapist.

Yes, at the start of my career, over a decade ago, I ran a group or two while in graduate school internships and dabbled in therapeutic groups. For many years, I haven't, however, identified myself or practiced as a group therapist. I know that I am not the only such member of NSGP, but I think that many of us feel as

though we may not belong or have as much to gain from an affiliation with a group therapy organization.

Why, then, has NSGP become one of my professional homes, and why have I pursued and been rewarded with opportunities to help guide the organization? The simple answer is that NSGP has a great deal to offer the group and non-group therapist alike.

My first experience of NSGP was as a conference attendee at an all-day Tavistock Institute. The experiential learning and intense blending of emotional and intellectual stimulation offered a new way for me to think about myself and my work. That is why I have continued and deepened my involvement with NSGP: because I keep learning more about myself as a person, as a therapist, and about the work of doing therapy.

Whether at a conference workshop, Breakfast Club meeting, or business meeting on behalf of the Society, there is a culture that supports self-examination, dialogue, and collaboration. Often there may be disagreement, resistance to change, or even tension, but I have always felt encouraged to engage in the process and have always felt that my contributions were valued.

My activities on committees and in planning meetings have helped my confidence grow over the years. Taking on new and more challenging responsibilities within NSGP has been a factor in the evolution of my self-image from a new therapist, right out of graduate school, into an established practitioner who can teach and who believes he has something useful to share. I have learned to value my own ideas, opinions, and observations more fully. I have also grown in my confidence and skill as a leader of non-therapeutic groups, whether co-leading a board retreat or in a class, as a graduate school professor. This is a result of my having learned a lot about how I feel and behave in groups. It has also meant that I have had many opportunities to experiment, grow, and develop in the ways that I want to experience and be experienced in groups.

My capacities and confidence as an individual and couples therapist have also benefited from the lessons taught by NSGP members. I try to remember that no matter what stage my professional development is at, I can always learn

more and need not be afraid of situations when I know very little. I have attended many conference workshops where senior clinicians sat with unruly and challenging groups and seemed able to do so in part because the leader was not burdened by feeling that they had to know it all or fix everything. The ideas that the feelings of the group can be tolerated and that the group is responsible for doing most of the work, have easily translated to my work with individuals, couples, families, and as a teacher.

Many other lessons about group phenomena have proven very useful to me in the non-group work that I do. Feelings that get aroused when the group challenges the authority of the leader have been similar to ones I experience when my angry adolescent clients vent their aggression at me. My observations of and experiences with in-group/out-group dynamics in workshops or in the Society at large have deepened my sensitivity to these issues as they play out in the lives of my clients. In general, my deeper appreciation for group dynamics has enabled me to help my clients work through group-related issues in their own lives.

In addition to all of these theoretical and clinical benefits, I have appreciated the friendships, community, and role models that NSGP has offered. The life of a private practice therapist can at times be an isolating one and therefore feeling part of a larger group has been very meaningful. Although I was not around when NSGP was founded or during its early days, I am now a part of its history and am helping to maintain and create a welcoming community for other professionals—"paying it forward," as they say.

The Boston area has an abundance of professional activities and organizations for therapists. Each has its own personality and benefits. Given this selection, there have been times that I questioned why a non-group therapist like me would choose to be involved with NSGP. Perhaps, as is true in most groups that we value, I have found that NSGP promotes, provokes, and enables me to grow, explore, play, and feel alive in ways that I treasure.



Cecil Rice receiving his award

Congratulations

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



Arnie Cohen & Jerry Gans



Barbara Keezell & Jerry Gans

Congratulations

to **Arnie Cohen** and **Barbara Keezell** for having been made Fellows at this year's AGPA Annual Meeting.

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** led an institute entitled "Mother-Daughter Interaction through the Group's 'Hall of Mirrors'" at the AGPA Annual Meeting.

📌 **Tyler Carpenter** has started a private practice for individual and group psychotherapy.

📌 **Greg Chilenski** presented a workshop called "Group Therapy Members' Agreements and the Group Therapist's Ethics" sponsored by the Maine Association for Specialists in Group Work. He also is a volunteer consultant to two community groups: the Rig, a local teen drop-in and outreach center for high school students, and Veterans Helping Veterans, a Veterans for Peace-supported project offering "therapeutic opportunities for veterans who want to heal the wounds of war." Finally, Greg recently received the CGP.

📌 **Eleanor Counselman**, together with **Joe Shay**, co-led an all day workshop on couples therapy at AGPA entitled "'Hi—I'm Homer Simpson and I'm Calling for Couples Therapy': Common Couples Problems and How to Treat Them." Eleanor also wrote an "In Consultation" article on group therapy for the November 2010 issue of the *Psychotherapy Networker*.

📌 **Mark Fanger** writes: "On January 21 I entered the hospital for standard hip replacement surgery, planning to close my office until March 15; an unduly optimistic plan. I experienced many unusual and painful post-surgery complications. The biggest lessons I have learned are seeing what we human beings can endure and developing greater empathy with a patient's pain—regardless of the cause. There is no theory so valuable as living the experience and growing from it. I do not know when I will reopen my practice, so I rely on my Professional Will team to keep in touch with all of my patients. **Steve Krugman** and **Scott Reinhardt** have graciously agreed to cover my groups. I feel so appreciative of my visitors, supporters, friends for the kindness, food, and leg massages they have given to me. I hope to see you all at the June Conference. I wonder if I'll be walking, using crutches, or riding my motorcycle!!!"

📌 **Jerry Gans** was the invited guest presenter for the Austin GPS's Fall Conference in October, 2010. His chapter entitled "The Role of Clinical Experience in the Making of a Psychotherapist" appeared in Klein, Bernard, and Schermer's new book,

On Becoming a Psychotherapist. Jerry's paper, "Unwitting Self-disclosures in Psychodynamic Psychotherapy" will appear in the April issue of the *International Journal of Group Psychotherapy* which is dedicated to the memory of **Anne Alonso**. Moreover, Jerry led two distance learning sessions for AGPA, one with **Eleanor Counselman** on the selection of patients for psychodynamic group psychotherapy and one on dealing therapeutically with money issues in a depressed economy.

📌 **Karin Hodges** will serve as discussant for a symposium titled, "What Did We Learn? Doctoral Students Discuss Facilitation of Experiential Training Groups" at the American Psychological Association Annual Convention in August.

📌 **Barbara Keezell** led a two day Institute entitled "Projective Identification and Countertransference" at AGPA's conference in New York. She was also made a Fellow of AGPA.

📌 **Joel Krieg** has opened an individual and group private practice in Cambridge near Porter Square.

📌 **Larry Kron** presented his workshop, "The Therapist and Money: Why We Do What We Do," at the recent AGPA Annual Conference. **Greg Chilenski** co-led.

📌 **Joanne Lipner** reports: "For six weeks this past winter **Alan Albert** covered my psychotherapy group while I recovered from hip surgery. The group of eight described the time with Alan as both an opportunity to maintain continuity and an unusually productive learning experience. They continue to capitalize on this growth as they resume sessions with me."

📌 **Oona Metz** started a new women's group in her Brookline office. After a full year with no groups running (the only group-free year of her 18 year career), she is delighted to be back in the saddle again.

📌 **Cecil Rice** was awarded the honor of Distinguished Fellow of the American Group Psychotherapy Association. At the same AGPA Annual Conference, he co-led an all-day workshop, "Infected by Trauma" with **Bobby Moore, Hallie Lovett, Kathy Ulman, Pat Doherty & Sara Emerson**. Also in March, Cecil retired as President of the Boston Institute for Psychotherapy and was honored at the BIP's 40th Anniversary Party. Two of his latest publications are "The Psychotherapist as 'Wounded Healer': A

Modern Expression of an Ancient Tradition" in *On Becoming a Therapist* and (with Schermer) "Towards an Integrative Intersubjective and Relational Group Psychotherapy" in *The Wiley-Blackwell Handbook of Group Psychotherapy*.

📌 Last fall, **Scott Rutan** gave the Keynote Address to the Canadian Group Psychotherapy Association, "Things I have Learned: Creating Sustainable & Healing Groups," and also gave a Grand Rounds at Dalhousie University, "Belonging as a Curative Factor." The following weekend he ran a workshop for the Atlanta Group Psychotherapy Society. Scott also edited two Special Journal Issues. The first, honoring Anne Alonso, is for the *International Journal of Group Psychotherapy* and the other is a special issue on aging group therapists which will appear in *GROUP*.



Scott Rutan with Canadian group therapists

📌 **Sharan L. Schwartzberg** is co-editor (with Navaro and Friedman) of the forthcoming book *Desire, Passion, and Gender: Clinical Implications*. In addition, she was the recipient of the 2010 MAOT Catherine Trombly Award given recently at the MAOT Annual Meeting in Norwood MA. She reports joining forces with the Neighborhood Association of Back Bay (NABB) as a Graffiti Nabber, removing graffiti from Back Bay in liaison with the City of Boston promoting neighborhood safety.

📌 **Marian K. Shapiro** was asked to be the judge of a Publisher's Award for the *Old Mountain* anthology series to which she's been a contributor of poetry in the past. Marian commutes between her private practice and her writing desk without going out in the frozen winter—she has a home-based therapy office.

📌 **Joe Shay** presented "From the Intrapsychic to the Interpersonal: Projective Identification in Couples Therapy" at the Harvard Medical School Conference, and "Betrayal in Relationships" to the Psychoanalytic Couples and Family Institute of New England. With **Eleanor Counselman**, he offered a one day

workshop at AGPA on common problems in couples therapy. Joe also discussed the TV drama *In Treatment* on a BIP panel he chaired entitled "The Drama of Psychotherapy: In Treatment's Search for the Big Bang." Joe then chaired a teleconference for AGPA entitled, *The Experts Speak*, which ran for 4 Sunday evenings. Finally, he published three articles in the *International Journal of Group Psychotherapy*, one examining the movie, *The Breakfast Club*, from a group therapy point of view, a second on projective identification, and a third, written with **Cecil Rice** and **Libby Shapiro**, on how to keep a group alive after the death of a group leader.

📌 **Walker Shields** received the Felix and Helene Deutsch Prize for "an outstanding contribution to psychoanalysis" from the Boston Psychoanalytic Society and Institute for his paper "Imaginative Literature and Bion's Intersubjective Theory of Thinking." This spring he will be teaching a course entitled "Shakespeare, Love Relationships, and the Work of the Unconscious: The Late Romances" at the Program for Psychoanalytic Studies at the Boston Psychoanalytic Society and Institute.

📌 **Maxine Sushelsky** conducted a workshop/presentation entitled "Eat Sit Breathe: A Self-Care Toolkit for Lawyers" to members of the Women's Bar Association this past January.

📌 **Tracy Wallach** reports, "It has been an eventful year. My dad died in August after a long illness. I received my PhD from Lesley University in Educational Studies in November. My dissertation reported on a group relations (Tavistock) conference which I convened for Palestinian/Arab, Jewish, and Middle Eastern Diaspora communities in the US about the Israeli-Palestinian conflict. The NSGP Foundation offered a small grant for the project."

📌 **David Ward**, will present a workshop at the University of Southern Maine, "Attachment and Group Therapy: Rebuilding the Bridge." David is also the president of the Maine Association of Specialists in Group Work which recently was given the Outstanding Branch Award at the Association of Specialists in Group Work Luncheon in New Orleans.

📌 **Bob Weber** presented "ContemplAgeing: Anchoring Ourselves in the Stormy Seas of Caregiving" to the Chaplains of Covenant Health Systems; "The Practice of ContemplAgeing: Aging as a Natural Monastery" to the Faith & Life Forum of the Harvard University Memorial Church; and "A Spirituality for Later Life" to the community at Hebrew Senior Life—New Bridge on the Charles. He also published two articles: "Aging: A Natural Monastery and a Time for ContemplAgeing" in *Aging Today on Line* (American Society on Aging); and "Aging and Existential Factors" in a Special Issue of *GROUP* entitled "The Aging of Group Therapists."

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

Winners for the Fall, 2010 cartoon

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



Third runner up:

"I should have taken the job at Wal-Mart." —Daniel Even

Second runner up:

"Most groups have just one scapegoat." —Bet MacArthur

First runner up:

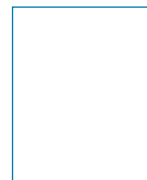
"Okay, then. You finally got rid of the sacrificial ram! Now, I hope the group will welcome our newest member, Peter the Wolf." —Mel Salomon

The winning caption:

"That's scapegoat, not **escape**goat." —Bet MacArthur



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the newsletter spring 2011

People in Groups: New Insights on the Social Synapse

NSGP's 30th Annual Conference!

June 10, 11, & 12, 2011

2011 NSGP Events Calendar

March 30, 2011	Experiential Learning Group —with Cecil Rice, PhD, CGP, DFIGPA A three-month long group
April 17, 2011	Breakfast Club 11-1:30pm—with Marni Chanoff, MD Exploring Psychosis Through the Subjective Experience Hosted by Joyce and Walker Shields—Belmont
Spring, 2011	Special Event: Planning for the Unexpected: Preparing a Professional Will for a Transition in Your Practice
June 10-12, 2011	Register Early! People in Groups: New Insights on the Social Synapse 30th Annual Northeastern Society for Group Psychotherapy Conference
Fall, 2011	Special Event: Using Mindfulness in Group Therapy —with Chris Germer, PhD
Fall, 2011	Special Event: Psychopharmacology for the Non-MD Group Therapist

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