

2008 Annual Conference
of the
**Eastern Group
Psychotherapy Society**

Friday, November 21, &
Saturday, November 22

**Mutual Desires,
Mutual Growth:
How Therapists
Evolve
with Their
Groups**

Riverside Church
91 Claremont Avenue
New York City
(one block east of Riverside Drive
@120th Street)

GENERAL INFORMATION

The Eastern Group Psychotherapy Society (EGPS), a regional multi-disciplinary affiliate of the American Group Psychotherapy Association, was founded in 1955 to promote group approaches to the delivery of human services through teaching, training, research and collegial support. The Society welcomes members from diverse professional backgrounds including psychiatrists, psychologists, social workers, nurses, alcohol & substance abuse counselors, creative arts therapists, mental health and pastoral counselors. Among its activities, EGPS sponsors the Annual Conference, a Spring Educational Event, a One-Year Training Program, the quarterly journal *GROUP*, a newsletter, a Group Therapy Information and Referral Service, an On-Line Membership Directory and social/networking events. Membership benefits include subscriptions to the Society's publications and reduced fees for all Society events.

Group Therapy Information and Referral Service specializes in matching individual personal needs to professional group psychotherapists. The program is designed to serve the medical and health care communities by providing group psychotherapy referrals to qualified EGPS members.

On-Line Member and Group Directory, searchable by a variety of criteria, allows you to locate a specific member, psychotherapy, support or training group through the On-Line Directory located on the EGPS website www.egps.org.

Contact EGPS at:
Phone: 631 385-0763 • Fax: 631 385-3123
egps@optonline.net • www.egps.org

The EGPS One-Year Training Program in Group Psychotherapy

A concentrated, psychodynamically oriented training program designed to accommodate therapists in clinics, agencies, and private practice.

All work is offered on Wednesday evenings at St. Vincent's Hospital, 144 West 12th St., NYC.

The program, which leads to a certificate, offers training in long-term and time-limited groups and includes a group experience, supervision and theory.

For further information contact:

Ellen Rubin, 212-721-5546 or Anne Slocum McEneaney, 212-998-4787, Co-Deans of Admissions

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Annual Conference

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Journal *GROUP*

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Ronnie Levine, PhD, CGP, FAGPA

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Stephanie Kravec, CSW, CAS
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Spring Event

Lynn Pearl, PhD, CGP

Training Program

Leon Schein, EdD, LCSW, BCD, CGP

Website

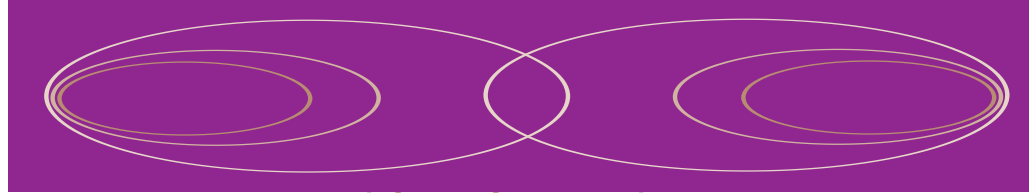
Shuki Cohen, PhD
Jonah Schwartz, LCSW

Current Website Maintenance

Margaret M. Postlewaite, PhD, CGP


Administrator

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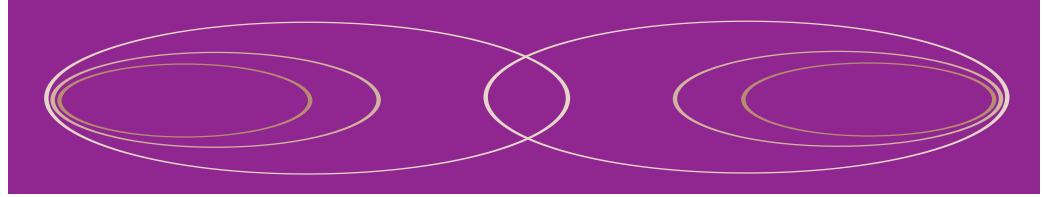
PROGRAM OVERVIEW

FRIDAY, NOVEMBER 21

- 8:00 – 9:00 AM  **Registration and Coffee, Cloister Lobby**
- 9:00 – 11:30 AM **"A" Sessions**
- 11:30 AM – 1:30 PM **Lunch** (on your own)
- 12:00 Noon – 1:15 PM **Large Group Experience** (*open to attendees who have registered for both days*)
Martha Gilmore, PhD, CGP, FAGPA
Haim Weinberg, PhD, CGP, FAGPA
Group Consultant: Mary Dluhy, MSW, CGP, FAGPA
- 1:30 – 1:45 PM **Welcome**
Michelle Collins-Greene, PhD, Conference Co-Chair
Peter J. Taylor, PhD, CGP, EGPS President
- 1:45 – 4:00 PM **Plenary Session**
I Dread My Group: Group Supervision – An Opportunity for Mutual Growth and Development
Plenary Speaker: Kathleen Ulman, PhD, CGP, FAGPA
Chair: Margaret M. Postlewaite, PhD, CGP
Panelists: David Altfeld, PhD, CGP, LFAGPA
Ronnie Levine, PhD, CGP, FAGPA
- 4:00 – 4:15 PM **Introduction to the EGPS Training Program**
- 4:00 – 4:30 PM  **Coffee Break**
- 4:30 – 7:00 PM **"B" Sessions**
- 7:00 – 8:30 PM **Wine and Cheese Reception**

SATURDAY, NOVEMBER 22

- 8:00 – 9:00 AM **Registration and Coffee, Cloister Lobby**
- 9:00 – 11:30 AM **"C" Sessions**
- 11:30 AM – 1:30 PM **Lunch** (on your own)
- 12:00 Noon – 1:15 PM **Large Group Experience** (*open to attendees who have registered for both days*)
Martha Gilmore, PhD, CGP, FAGPA
Haim Weinberg, PhD, CGP, FAGPA
Group Consultant: Mary Dluhy, MSW, CGP, FAGPA
- 1:30 – 4:00 PM **"D" Sessions**
- 4:00 – 4:30 PM  **Coffee Break**
- 4:30 – 4:45 PM **Welcome and Introduction to Plenary**
Sherry Breslau, PhD, CGP, Conference Co-Chair
- 4:45 – 7:00 PM **Plenary Session**
Spontaneity & Creativity: A Psychodrama Take on How Therapists Evolve with Their Group
Plenary Speaker: Louise Lipman, LCSW, TEP, CGP, CET III
Chair: Mary Nicholas, LCSW, PhD, CGP, FAGPA
Panelists: Mark Ettin, PhD, CGP
Jacob Gershoni, MSW, CGP
- 7:00 – 8:30 PM **Wine and Cheese Reception**



FRIDAY NOVEMBER 21
"A" SESSIONS
9:00 – 11:30 AM

A1/B12

Institute

Introduction to the Basics of Group Psychotherapy

This two-part Institute will provide an introduction to the essential components of beginning a group in agencies, hospitals, and private practice. The topics will include patient selection and assessment, patient preparation, the therapist's role in early sessions, combined individual and group psychotherapy, transference/countertransference, the therapist's interventions in situations with patients experienced as difficult, and planned/unplanned termination. *Didactic – Sharing of Experience / Open to registrants with less than 3 years experience / Participants must register for both sessions of this Institute*

Anne M. Slocum McEneaney, PhD, CGP, Co-Dean of Admissions, EGPS Training Program; **Ellen I. Rubin**, PsyD, Co-Dean of Admissions, EGPS Training Program; **Leon A. Schein**, LCSW, EdD, CGP, Chair, EGPS Training Program; **Alan L. Shanel**, LCSW, BCD, CGP, Dean of Faculty, EGPS Training Program; **Phyllis Wright**, LCSW, Dean of Professional Development, EGPS Training Program

A2/B13

Institute

The Depth and Power of Somatic Experiencing: Applications for Group Psychotherapists

Somatic Experiencing is a therapeutic approach which facilitates re-establishing one's natural capacity to self-regulate activation, relaxation, and social engagement. We will explore how basic concepts of SE can help group members and leaders deepen the felt experience of self and other, mind and body, and the interpersonal field groups. *Experiential – Sharing of Experience – Didactic*
Participants must register for both sessions of this Institute

Peter J. Taylor, PhD, CGP, SEP, President, EGPS, and Private Practice, Manhattan and Briarcliff Manor, NY; **Roger Saint-Laurent**, PsyD, CGP, SEP, Private Practice, Manhattan and Briarcliff Manor, NY

A3

Parallel Process and Induced Feelings in Group Development

In this workshop we will explore how parallel process and induced feelings affect the development of groups. As group leaders become more aware of the parallel process and their own resistance, their group evolves. *Experiential – Sharing of Experience – Didactic*

Gail A. Brown, MA, LP, CGP, Director of Academic Training, The Center for Group Studies

A4

Group Process Revisited

The changing definition and usage of countertransference has shifted the neutrality of the group therapist toward emotional reactivity. Increased attention to the use of self, self disclosure, and the universality of existential factors are some of the changing map of group psychotherapy. We will examine these factors experientially. *Experiential – Sharing of Experience*

Bernard Frankel, PhD, ABPP, LCSW, BCD, FAGPA, Clinical Professor of Psychology, Adelphi Post-Doc Programs in Individual, Couple and Group Psychotherapy Training

A5

The Value of Anger in Group Therapy for Group Members and Therapists

Although most group therapists agree that the expression of anger in group work can be a vital part of experience, many of us struggle when anger is expressed. This workshop posits that by deepening our understanding of the value of anger and our reaction to anger we will be better equipped to help members explore their anger in a way that encourages growth and change. And we will learn, too. *Experiential – Didactic – Sharing of Experience*

Jeffrey R. Conway, LCSW, CGP, Private Practice and Institute Supervisor at The Cognitive Therapy Center of New York

A6

Managing Love and Hate in Group Settings

This workshop is designed to help therapists understand and work more comfortably with loving, angry and hateful feelings in groups and in themselves. This workshop will help participants to identify the indicators of disguised feelings, to control destructive aggression, and to transform it creatively. *Experiential – Didactic – Sharing of Experience*

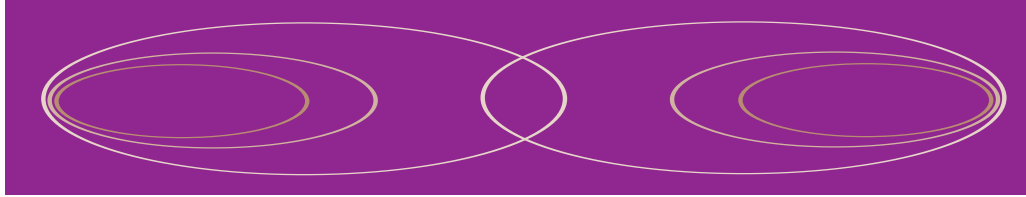
Ronnie Levine, PhD, CGP, FAGPA, Faculty, Center for Group Studies

A7

Beyond Words: Using Psychodramatic Techniques to Enhance Creativity in Groups

Multi-layered challenges in leading groups provide rich opportunities to deepen and expand our own growth as we help group members. Psychodrama and Sociometry will be taught, bolstering our repertoire in clinical work and supervision. Experiential, interactive and expressive techniques (e.g. doubling, role reversal, mirroring) will be demonstrated in action. *Experiential – Sharing of Experience – Didactic*

Jacob Gershoni, LCSW, CGP, TEP, Co-Director, New York Psychodrama Training Institute



Therapist Self-Disclosure: Its Mutual Impact on the Therapist and Group

Therapist self-disclosure can be voluntary. It can enhance the group process or work against it. This workshop will examine the impact of group therapist self-disclosure on both the therapist and the members. Critical issues of timing, modeling, the eliciting of transference material and the therapist's vulnerability will be addressed. A demonstration group will be followed by a discussion.

Experiential – Sharing of Experience – Didactic

Shoshana Ben-Noam, PsyD, CGP, FAGPA, Faculty, EGPS Training Program, Private Practice;
Eleanor F. Counselman, EdD, CGP, FAGPA, Assistant Professor of Psychiatry, Harvard Medical School

A8

“The Nice Group”, Collusion Between Leaders and Members to Avoid Conflict and Seek Approval

This workshop will help participants become more aware of their part in their relationship problems as group leaders. The presentation will show how Imago Theory can be used to understand how our denied self impacts our functioning as group leaders. *Experiential – Sharing of Experience – Didactic / Open to registrants with more than 5 years experience*

Judith Schaer, LCSW, CGP, FAGPA, Co-Director, Long Island Center for Group Training

A9

IMAGO: Meeting and Reclaiming the Denied Self in Groups

How do you get couples to explore/reflect on sexual difficulties in a group? After a brief review of current trends in couples work with sexuality and intimacy, join us as we demonstrate the power of a couples group to treat sexual and intimate dysfunction. Our goal is to help you take home concepts and ideas for your own practices. *Experiential – Didactic – Sharing of Experience*

Carol J. Kramer Slepian, LCSW, Private Practice

A10

The Effects of Countertransference on Emotional and Cognitive Functioning in Groups Conducted in Non-Clinical Settings

This workshop will focus on group processes in non-clinical settings such as schools and community centers. In these centers educational staff, students, and families utilize group concepts without actually using clinical terminology. In this workshop we will explore non-clinical group dynamics and challenges from a clinical perspective. *Sharing of Experience – Didactic*

Roberta L. Slavin, PhD, [Affiliation?](#); **Neil Friedman**, MA, NYC Board of Education

A11

LARGE GROUP EXPERIENCE

The Large Group explores the interface between psychotherapy and sociotherapy. Membership in a Large Group is akin to citizenship. It enables conscious and unconscious processes within community to surface, including anxieties, competitions, and defenses. It provides a forum for understanding social processes, interrelationships between social subgroups and one's social role.

Consultants: **Martha Gilmore**, PhD, CGP, FAGPA, Private Practice, Sacramento, CA; **Haim Weinberg**, PhD, CGP, FAGPA, Private Practice, Sacramento, CA; Advisor: **Mary Dluhy**, MSW, CGP, FAGPA, Washington School of Psychiatry, National Group Psychotherapy Institute

It is strongly encouraged to register for both the Friday and Saturday sessions. Lunch will be available for purchase at the Conference beginning at 11:30 AM and participants are requested to eat prior to the beginning of the Large Group session.

FRIDAY NOVEMBER 21
LARGE GROUP EXPERIENCE
12:00 – 1:15 PM

I DREAD MY GROUP: GROUP SUPERVISION – AN OPPORTUNITY FOR MUTUAL GROWTH AND DEVELOPMENT

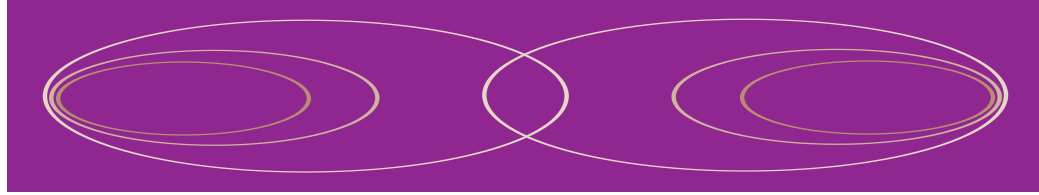
We are all familiar with the experience of dreading, hating or feeling paralyzed in our groups. Therapeutic challenges turn into impasses when group leaders are unable to step back far enough from their internal experiences to see alternate perspectives. Group supervision can help address these impasses by providing a hall of mirrors that enables the member to see their blind spots, metabolize their reactions and imagine new ways of reacting. In this Plenary Dr. Kathy Ulman will review special approaches to supervision and then will lead a demonstration supervision group that will highlight how the use of participants' affective reactions to the material can promote members' mutual growth and development.

Plenary Speaker: **Kathleen Ulman**, PhD, CGP, FAGPA, Assistant Professor in Psychiatry, Harvard Medical School, Boston MA

Chair: **Margaret M. Postlewaite**, PhD, CGP, Private Practice

Discussants: **David Altfeld**, PhD, CGP, LFAGPA, Co-Director, Supervisory Training Program, National Institute for the Psychotherapies (NIP); **Ronnie Levine**, PhD, CGP, FAGPA, Faculty, Center for Group Studies

FRIDAY NOVEMBER 21
PLENARY PRESENTATION
1:30 – 4:00 PM



FRIDAY NOVEMBER 21
"B" SESSIONS
4:30 – 7:00 PM

B12/A1

Institute

Introduction to the Basics of Group Psychotherapy

This two-part Institute will provide an introduction to the essential components of beginning a group in agencies, hospitals, and private practice. The topics will include patient selection and assessment, patient preparation, the therapist's role in early sessions, combined individual and group psychotherapy, transference/countertransference, the therapist's interventions in situations with patients experienced as difficult, and planned/unplanned termination. *Didactic – Sharing of Experience / Open to registrants with less than 3 years experience / Participants must register for both sessions of this Institute*

Anne M. Slocum McEneaney, PhD, CGP, Co-Dean of Admissions, EGPS Training Program; **Ellen I. Rubin**, PsyD, Co-Dean of Admissions, EGPS Training Program; **Leon A. Schein**, LCSW, EdD, CGP, Chair, EGPS Training Program; **Alan L. Shanel**, LCSW, BCD, CGP, Dean of Faculty, EGPS Training Program; **Phyllis Wright**, LCSW, Dean of Professional Development, EGPS Training Program

B13/A2

Institute

The Depth and Power of Somatic Experiencing: Applications for Group Psychotherapists

Somatic Experiencing is a therapeutic approach which facilitates re-establishing one's natural capacity to self-regulate activation, relaxation, and social engagement. We will explore how basic concepts of SE can help group members and leaders deepen the felt experience of self and other, mind and body, and the interpersonal field groups. *Experiential – Sharing of Experience – Didactic / Participants must register for both sessions of this Institute*

Peter J. Taylor, PhD, CGP, SEP, President, GPS, and Private Practice, Manhattan and Briarcliff Manor, NY; **Roger Saint-Laurent**, PsyD, CGP, SEP, Private Practice, Manhattan and Briarcliff Manor, NY

B14

Panel/Play

Using a Stage Play to Illustrate Desire and Mutuality in Therapy Groups

The Event is Sponsored by The Mid-Atlantic Group Psychotherapy Society

A dramatic reading of the play, 'Art', written by Yasmina Reza, will dramatize the interconnectivity of attachment bonds, interpersonal conflict and existential confrontation in the service of mutual growth, as illustrated in the lives of three men facing an "apocalypse". A post-performance discussion will allow participants to share reactions to the play and reflect the play's thematic relevance to the group therapy enterprise. *Experiential – Sharing of Experience*

John Dluhy, MD, FAGPA, Private Practice; **Robert Schulte**, MSW, CGP, Private Practice; **Barry Wepman**, PhD, CGP, Private Practice

B15

The Therapeutic Use of Boundary Crossings in Groups

This workshop provides an opportunity to investigate issues of boundary crossings and violations in psychotherapy, continuing education and supervision. What we are taught in graduate school is often not sustainable in actual practice. Is boundary crossing potentially adaptive coping or always a violation? Under which conditions? These issues will be explored. *Experiential – Sharing of Experience – Didactic*

Shari Baron, MSN, RN, CNS, CGP, Private Practice; **Anne McEneaney**, PhD, CGP, New York University, Private Practice

B16

Mindfulness and Loving-Kindness Meditation: Transformative Practices for Therapists and Their Groups

Mindfulness and Loving-Kindness Meditation are powerful practices rooted in the Buddhist tradition. The cultivation of Mindfulness is particularly effective for clients who worry obsessively, suffer from anxiety, depression and excessive stress. Loving-kindness practice teaches compassion for oneself and others. These practices are life-transforming for both the therapist and patient. *Didactic – Experiential*

Diane Johnston, MS, APRN-BC, PMHNP, Private Practice

B17

Vulnerability, Affect and the Therapist's Use of Self Experience

Leader strives to create safety while encouraging the exploration of protective barriers and promoting mutual vulnerability. In turn, vulnerability facilitates the further processing of affective experience. This self psychological workshop will illustrate this process as a mutual journey. *Experiential – Didactic*

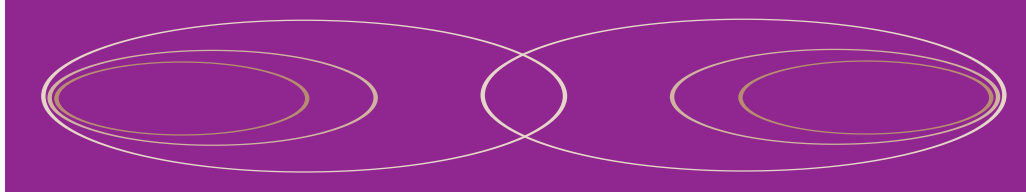
Marty Livingston, PhD, CGP, FAGPA, Director, Group Department, Postgraduate Center for Mental Health

B18

Gender Bias: Leader Growth Through Awareness of Gender Countertransference

Early family experiences shape the leaders' gender countertransference. Awareness of the resulting gender bias may be mutually beneficial to group and therapist. This workshop is experiential and will investigate gender biases via writing exercises, kinetic family drawings and group process. *Sharing of Experience – Didactic / Open to registrants with over 10 years experience*

Alice Byrne, MSW, CGP, Senior Faculty, Training Analyst, Postgraduate Center for Mental Health; **Lois Kennedy**, PsyD, Senior Faculty, Training Analyst, Postgraduate Center for Mental Health; **Jerome Leff**, MSW, Senior Faculty, Training Analyst, Postgraduate Center for Mental Health; **Emanuel Shapiro**, PhD, CGP, FAGPA, Senior Faculty, Training Analyst, Postgraduate Center for Mental Health



Addictions: Going Where We Never Went Before

Exploring the issues for therapists working with a challenging population in a new group model. Member selection, group structure, boundaries, and countertransference examined for both male and female therapists. Special considerations with this population will be addressed. Be prepared to express your concerns. *Didactic – Sharing of Experience*

Stephanie Kravec, LCSW, Certified Sex Addiction Therapist and Supervisor, EGPS Referral Service Co-Chair, Private Practice of Addictive Disorders

B19

Supervisory Dilemmas

Like therapeutic impasses, supervisory dilemmas present challenges and opportunities for mutual growth and development of both supervisor and supervisee. This workshop will use examination of parallel process and participants' reactions to case material to explore supervisory dilemmas from both points of view. Participants are encouraged to bring case examples.

Sharing of Experience – Didactic

Kathleen Ulman, PhD, CGP, FAGPA, Assistant Professor of Psychiatry, Harvard Medical School

B20

I Never Gave a Workshop: Banishing Professional Stage Fright and Creating New Possibilities

We will define needs and identify blocks that have interfered with participation as a workshop leader in the past. Each participant will be aided in the beginning creation of a sample presentation based on personal strengths, passions and prior knowledge. Role playing and examples of earlier successful workshops will be offered. *Experiential – Sharing of Experience – Didactic*

Phyllis F. Cohen, PhD, Center for Human Development

B21

SATURDAY NOVEMBER 22
"C" SESSIONS
9:00 – 11:30 AM

Development of Sexual Health in Group Therapy

This Institute will focus on essential leader interventions for developing a "sex positive" group culture. Groups can navigate lust and love in a "sex positive" approach when the leader's "sex negative" attitudes are conscious and flexible. Live demonstration groups will model facilitator interventions for inculcating a group culture of sexual health.

Experiential – Sharing of Experience / Open to registrants with more than 10 years experience / Participants must register for both sessions of this Institute

Douglas Braun-Harvey, MFT, CGP, The Sexual Dependency Institute of San Diego

C22/D32

Institute

Spirituality and Meditation in Group Therapy and Their Contribution to the Growth of the Leader

This Institute will experientially demonstrate spiritually-oriented group psychotherapy, teaching an innovative paradigm of therapeutic philosophy, self, healing process and therapeutic technique. Time will be spent in spiritually-oriented group process, meditation with instruction, spiritual exercises, and brief didactic sessions *Experiential – Didactic – Sharing of Experience / Participants must register for both sessions of this Institute*

Kenneth Porter, MD, Past President, Association for Spirituality and Psychotherapy

C23/D33

Institute

Senior Therapists Share: Evolving With Their Groups

As therapists evolve in their group work, what factors contribute: theory, technique, personal experience, the group itself? A panel of senior therapists discuss these questions in regard to dimensions of group work (termination, self-disclosure, boundaries), followed by a Q&A and lastly, an experiential group to explore these questions more deeply. *Sharing of Experience - Experiential – Didactic*

Moderator: **Mark Ettin**, PhD, CGP; **Bruce Bernstein**, PhD, CGP, FAGPA, ABPP; **Robin Good**, PhD, CGP, Faculty, EGPS Group Therapy Training Program; **Margaret Postlewaite**, PhD, CGP, Private Practice; **Fred Wright**, PhD, Emeritus Professor of Psychology, The John Jay College of Criminal Justice

C24

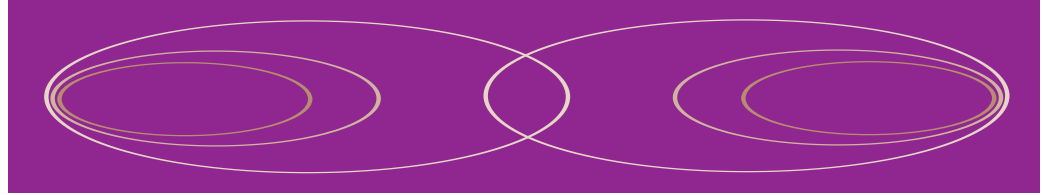
Panel
Presentation

Creating Your Own Leadership Style

In today's climate of practice guidelines and evidence-based treatments, group leaders need support in developing their own style of leadership. This workshop will explore how having a distinctive style can be helpful to group members and leaders and will demonstrate a model of consultation that can facilitate leaders in crafting their own style. *Sharing of Experience – Experiential – Didactic*

James W. Ellis, PhD, CGP, Pastoral Counselor, Private Practice; **Neal Spivack**, PhD, CGP, Clinical Psychologist, VA NY Harbor Healthcare System

C25



C26

In Seeing You, I Find Myself

Foulkes described group therapy as a “hall of mirrors”. There are times when these mirrors are experienced as distorted like those at an amusement park, and other times clear or magnified. This workshop will provide a group experience to explore our many faces and self states as reflected by others. *Experiential – Sharing of Experience*

Sara J. Emerson, LICSW, CGP, FAGPA, Private Practice, Cambridge, MA

C27

Diverse Identities, Mutual Growth: Going Beyond Stereotypes

Socio-cultural, racial and sexual identities can be among the more challenging areas for group exploration. These same points of diversity may provide a source for deepening the therapeutic process and enhancing inter- and intra-personal knowledge. This workshop will assist clinicians in understanding how such exploration may evolve over the life of the group *Sharing of Experience – Experiential*

Edward Elder, LMHC, MDiv, MHS, Private Practice; **Kevin F. Gillette**, PsyM, Manhattanville College Counseling Center

C28

Mindfulness in Group Psychotherapy

This workshop has been designed to address how mindfulness can become a resource for enhanced awareness, empathic understanding and acceptance within the evolving therapeutic relationship. The participants will explore the complexity of thoughts, feelings and behaviors associated with “mindfulness” (mental disorders) and will examine what can happen when one is attached to the “unhealthy processes” of dysfunctional living. *Experiential – Didactic / Open to registrants with more than 5 years experience*

Stuart W. Bassman, EdD, Private Practice, Cincinnati, OH

C29

Resistance in the Group: Obstacles and Growth

In this workshop we will explore the dynamic origins and the impact of resistance on the group and its leader through personal experience and didactic presentation. The participants will examine the subconscious communications conveyed by resistance and learn techniques for deepening the therapeutic process. *Sharing of Experience – Didactic – Experiential*

Rachel Barak Stein, Educational Psychologist

C30

An Evolutionary Map: Psychodramatic Role Theory

Psychodramatic Role Theory gives us an excellent framework for looking at our evolution as Group Psychotherapists. Moreno believed that the “self emerges from the roles”. In this workshop we will look at how that statement can be used to explore our own development as group leaders. *Experiential – Didactic*

Louise Lipman, LCSW, TEP, CGP, CETIII, President, NY Chapter of the American Society of Group Psychotherapy and Psychodrama

C31

Whose Therapy is it Anyway?

Emphasizing group safety while striving to deepen affect is a complex task, requiring integration of multiple perspectives. Through the exploration of reactions such as empathic breaks and transference, the leader can promote safety while deepening affect. *Experiential – Sharing of Experience – Didactic*

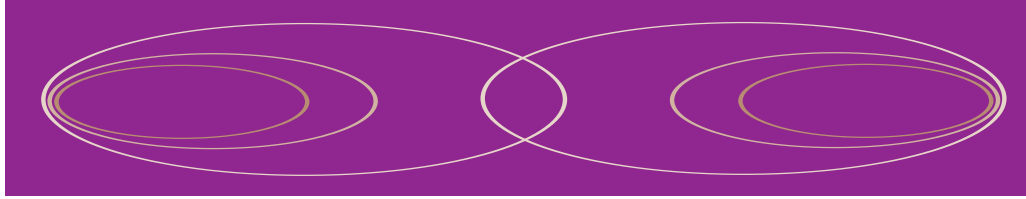
Gladys B. Levy, MA, NCPsyA, Private Practice; **Louisa R. Livingston**, PhD, Private Practice

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12:00 – 1:15 PM

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SATURDAY NOVEMBER 22
"D" SESSIONS
1:30 – 4:30 PM

Development of Sexual Health in Group Therapy

This Institute will focus on essential leader interventions for developing a "sex positive" group culture. Groups can navigate lust and love in a "sex positive" approach when the leader's "sex negative" attitudes are conscious and flexible. Live demonstration groups will model facilitator interventions for inculcating a group culture of sexual health.

Experiential – Sharing of Experience / Open to registrants with more than 10 years experience / Participants must register for both sessions of this Institute

Douglas Braun-Harvey, MFT, CGP, The Sexual Dependency Institute of San Diego
Suzanne L Cohen, EdD, CGP, FAGPA, Private Practice, Wellesley, MA

D32/C22

Institute

Spirituality and Meditation in Group Therapy and Their Contribution to the Growth of the Leader

Difficult patients are attuned to leaders and members most primitive flaws. By their sudden outburst, sullen responses, sarcastic barbs, unsocial withdrawal, they challenge our leadership. However, they also provide us with invaluable opportunities to grow. In this workshop we will discuss these challenging moments, attempting to gain mutual understanding. *Experiential – Didactic – Sharing of Experience / Participants must register for both sessions of this Institute*

Kenneth Porter, MD, Past President, Association for Spirituality and Psychotherapy

D33/C23

Institute

Difficult Patients: Their Role in Uncovering Flaws in Leader and Group

This panel and small group discussions will explore the varied complimentary ways in which we can nurture ourselves within and outside our therapeutic work. Participants will learn the value of identifying personal needs, setting positive priorities, and ways to manage conscious and unconscious forces that interfere with maintaining our balance. *Sharing of Experience – Experiential – Didactic*

Gregory MacColl, LCSW, CGP, Private Practice

D34

Mourning and Mutual Influence in an Early (Prenatal to 35) Parental Loss Group

The presenter will demonstrate how to both "let go" and "hold on" to the dead parent while creating new group relationships. The following question will be explored experientially: Can the relationship with the dead parent survive in some healthy sense, and can the dead still influence the living. In this process, the therapist will highlight the mutual influence between therapist and group member and between group members. *Experiential – Sharing of Experience – Didactic*

Mary V. Sussillo, LCSW, BCD, [Affiliation?](#)

D35

Incorporating Music and Somatic Exercises into Group Therapy

An experiential group workshop utilizing music, movement and breathing techniques with limited use of conventional talk therapy. Non-verbal techniques encourage access to the whole body. This work helps reduce anxiety, promote mindfulness, and opens up the possibility of connection to the whole body. The result can be a deepening of affect and the emergence of early and unprocessed experience. [Designation?](#)

Jane Burbank, LCSW, Private Practice

D36

Growing From Our Clinical Mistakes

All therapists make mistakes, some leading to serious consequences. How can we and our patients grow from them? In a supportive atmosphere, we will identify our mistakes, discuss how to repair them and explore ways to help our patients and us to mutually benefit from understanding them. *Sharing of Experience – Experiential - Didactic*

Herbert M. Rabin, PhD, ABPP, CGP, L FAGPA, Private Practice

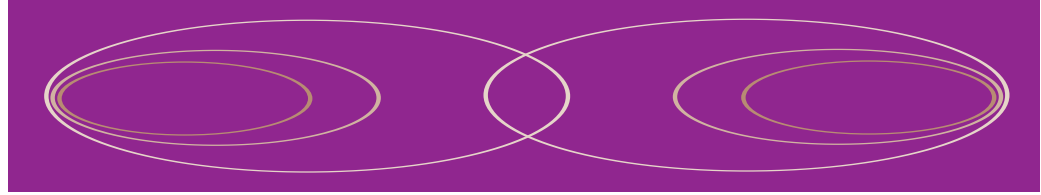
D37

The Therapist's Use of Self Awareness in Couple Group Therapy

This workshop will demonstrate how Couples Group Therapy and the therapist's use of their knowledge of self can build, reinforce, repair and strengthen the foundation of the interaction between couples leading to a lasting loving and more fulfilling relationship. A demonstration couples group using a fish bowl technique will demonstrate communication, intimacy, sharing and empathy. *Experiential – Didactic / Open to registrants with more than 5 years experience*

Philip Luloff, MD, CGP, FAPA, Assistant Professor of Psychiatry, Mount Sinai School of Medicine, Department of Psychiatry

D38



D39

Getting Back Into our Bodies: What We Can Learn From Compulsive Overeaters

Many of us learn early to use food as a source of comfort. Often this leads to a lifetime of disengaging from our bodies, leaving us confused about the difference between physical and emotional hunger. This workshop will use an integration to explore how working with compulsive overeaters can teach us about our own relationship to eating and food. *Experiential – Didactic – Sharing of Experience*

Joan Wittig, MS, ADTR, LACT, Private Practice

D40

Therapist in Long Term Groups: Mutuality, Self-Reflections and Regeneration

In this workshop we will explore the deepening process of mutuality, self reflection and regeneration in long term groups and its effects on how therapist and group beneficially evolve. Beginning with a short introduction by the leader, the workshop participants will share experiences of various challenges and rewards related to running long term groups in private practice and other settings. *Sharing of Experience – Experiential – Didactic*

Michelle Collins-Greene, PhD, Private Practice

D41

“What I’m Thinking May not Be Relevant, but...” Come Explore an Experiential Group Model of Supervision

This model emphasizes conscious and unconscious processes of group members and utilizes projective identification and parallel process to help illuminate presenting supervisory issues. To reflect on the other from within the self rather than through cognition alone is emphasized. Come and present your group or individual case. *Experiential – Sharing of Experience – Didactic / Open to registrants with more than 5 years experience*

David A. Altfeld, PhD, CGP, L FAGPA, National Institute for the Psychotherapies (NIP)

SATURDAY NOVEMBER 22
PLENARY PRESENTATION
4:30 - 7:00 PM

SPONTANEITY & CREATIVITY: A PSYCHODRAMA TAKE ON HOW THERAPISTS EVOLVE WITH THEIR GROUPS

J.L. Moreno’s statement, “the therapist needs to be the most spontaneous person in the room” challenges us as group therapists to continue to grow as our groups develop. In this closing plenary, we will look at several things: the roles of spontaneity and creativity in the reciprocal evolution of the therapist and the other group members and the demand for the expansion of our role repertoires to make the best use of our creative selves.

Plenary Speaker: **Louise Lipman**, LCSW, TEP, CGP, CET III, President, NY Chapter of the American Society of Group Psychotherapy and Psychodrama

Chair: **Mary Nicholas**, LCSW, PhD, CGP, FAGPA, Private Practice, New Haven, CT

Discussants: **Mark Ettin**, PhD, CGP, Private Practice, New Jersey; **Jacob Gershoni**, LCSW, CGP, TEP, Co-Director, New York Psychodrama Training Institute

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