



SPECIAL 2008 ASILOMAR CONFERENCE ISSUE
Mark Your Calendars: June 6-8, 2008

Jump-Starting Your Group

By Art Raisman, PhD, CGP

[Editor's Note: This article introduces the author's Asilomar workshop, "Psychodynamic Group Process: Use of Structure in the Early Phase of Development."]

As group leaders, we face continual challenges to the vitality and viability of our groups. Right from a group's beginning, or for a new member at the point of entry in an ongoing group, there are key issues that must be worked through: establishing a basic sense of trust and comfort with one

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Asilomar 2008: Clinical Conference Emphasizes Creativity and Connection

By David Wasserman, PhD

NCCGPS will hold its biennial Clinical Conference June 6-8 at Asilomar Conference Grounds in Pacific Grove, California. The Conference always offers a richly varied selection of presenters and workshops. This year, Conference Co-Directors Rose Phelps and Daisy Reese have brought together another stellar assemblage.

This year the Conference structure is a little different from

in the past. On Friday evening, instead of the usual menu of workshops, all participants will join together in a single activity. Renowned psychotherapist and drama therapist Armand Volkas and the Living Arts Playback Theatre Ensemble will offer an interactive performance in which personal stories told by Conference participants will be transformed into the-

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Experiencing Intersubjective Group Psychotherapy: From Isolation to Connectedness

By Martha Gilmore, PhD, CGP, FAGPA and Haim Weinberg, PhD, CGP, FAGPA

[Editor's Note: This article is an introduction to the authors' Saturday workshop at Asilomar.]

The relational/intersubjective approaches are the latest development in psychodynamic approaches to therapy. In the last few years, several authors (e.g., Gans & Alonso, 1998; Grossmark, 2007; Rubenfeld, 2005; Weegmann,

2001; and Wright, 2004) applied these approaches to group therapy as well. Approaching the group from an intersubjective/relational point of view puts enactment at the center of attention. Traditional concepts such as transference and

resistance are perceived as co-created by both group therapists and members. In relational psychology, enactment replaces the notion of resistance, transference and countertransference that governed the

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FROM THE EDITOR

Thanks to those contributing articles to our Spring 2008 issue: **Elaine Cooper, Martha Gilmore, Art Raisman, Daisy Reese, and Haim Weinberg.** This issue highlights the 2008 NCGPS Clinical Conference at Asilomar. Co-chairs Rose Phelps and Daisy Reese have assembled a stellar program, including, on Friday evening, a performance by the Living Arts Playback Theatre Ensemble. On Saturday and Sunday, 23 workshops will be held, many of which blend the creative arts with group psychotherapy. My gratitude to Art, Haim, and Martha for taking the time to write such thoughtful articles about their upcoming day-long workshops. In addition, Elaine has contributed a wise perspective on a book review that appeared recently in the *International Journal of Group Psychotherapy*.

For future issues, I am accepting articles relevant to the practice of group psychotherapy, announcements of your professional accomplishments, and advertisements for our classified section. Please refer to the following guidelines to assure the inclusion of your submissions in the newsletter:

- All materials should be word-processed as MicroSoft Word documents and emailed to me (davidwinsf@sbcglobal.net) in the form of an attachment. This greatly reduces the error rate in publishing classified ads, in particular.
- Articles should be 500 words or less.
- The fees for ads (\$15 for each classified ad per newsletter issue; \$75 for quarter-page display ads and \$50 for eighth-page ads) must be paid by check to NCGPS and mailed to me at PO Box 14531, San Francisco, CA 94114-0531.

As your editor, I look forward to receiving your submissions for forthcoming issues as well as your feedback.

—David Wasserman

NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



NEWSLETTER SPRING 2008

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It's that tender time of year again in Northern California. I am especially appreciating the sun and the spring blossoms after the AGPA Annual Meeting on the slushy, sleety East Coast. I arrived home bearing many gifts – rich learning experiences both professional and personal.

As always, **Elaine Cooper** and **Geri Alpert** organized a Northern California dinner for about 30 of us. How exciting to see what a sizeable presence we have at the Annual Meeting. Many of us were also presenters, including **Geri** and **Elaine**, **Haim Weinberg** and **Martha Gilmore**, **Justin Hecht**, and **Fred** and **Barbara Ilfeld**. Of course, **Connie Concannon** is

now steering the ship. Her presidential address reflected the person she is – touchingly personal, humorous, and full of heart.

One of the workshops I attended spoke to me particularly. The presenters, Susan Jacobson and John Rhea, provided a handout called:

“What I Bring to Group Psychotherapy – A Pledge to Myself and the Members of My Group.”

Somehow this seems to speak to the essence of what we, as group therapists, hope to offer to our group members. Here's a brief excerpt:

I pledge to bring an open mind and an open heart – a willingness to learn and to feel in ways that are new to me.

I pledge to bring my darkness – even those parts of me I fear are evil.

I pledge to bring my light – that which might be considered sacred.

I pledge to bring my hope – for finding all that I seek in the group and in my life.

I pledge to bring my pain – from the past, in the present or anticipated in the future.

I pledge to bring my longing – for connection, for love, for meaning – for anything that calls from deep inside me.

I pledge to bring my soul – even if I don't believe in the concept.

I pledge to bring my Self.

Here's wishing you a joyous spring and groups that are rich in longing, hope, openness, and soul.

—Daisy Reese, LCSW, CGP

Book Review in the International Journal of Group Psychotherapy: A Commentary

By Elaine J. Cooper, PhD, LCSW, CGP, FAGPA

Three men whom I consider to be among the most intelligent in our field are Les Greene, PhD; Modyn Leszcz, MD; and Irvin Yalom, MD. They come together in Dr. Greene's review of the latest edition of *The Theory and Practice of Group Psychotherapy* by Drs. Yalom and Leszcz. This review appeared in the October 2007 issue of the *International Journal of Group Psychotherapy* (57(4):550-553). Dr. Greene is the current editor of the *IJGP*. Dr. Leszcz gave a fall workshop for NCGPS in 2006 that was well attended and valued by the attendees.

The first edition of this book came out in 1970, and the 2005 revision is the fifth edition. I was early in my training when I discovered the book, and I remember my co-therapist, Henry Spitz, saying, “Oh, you are reading the cookbook for group therapy.” Dr. Greene expresses the same excitement that I felt when he read the book in 1975. In the book review, he shares my curiosity about which ideas about group therapy have survived all these years and which ones were dropped. I re-

member that encounter group experiences were a very big thing in the 1970's, but they “now read as historical footnote” (p.551). Also, over the years, the book has been criticized for neglecting the psychoanalytic theory of groups (e.g., transference, resistance, and group-as-a-whole unconscious material). It was this omission that prompted Walter Stone and Scott Rutan to write *Psychodynamic Group Psychotherapy* – now in its fourth edition. For this reason, I have always told trainees to read both books so they would get the best of both approaches.

In the fifth edition, Drs. Yalom and Leszcz now refer to transference and resistance, and “group-as-a-whole” is fully integrated into the text. Dr. Greene quotes from page 199: “Group-as-a-whole forces are continuously at play in the therapy group. The therapist needs to be aware of them in order to harness group forces in the service of therapy and to counter them when they obstruct therapy.” It is suggested that all group therapists, including cognitive-behav-

iorists, learn how to understand and work with this unconscious process. Wow, what a change!

Other changes that Dr. Greene notes are that homosexuals are not considered difficult patients but borderline and narcissistic patients are considered to be difficult. “Self-righteous moralists” and “doctor's assistants” have been dropped.

Contributions that Dr. Yalom has made to the literature that have stood the test of time are his delineation of the “curative factors” and the value of working with here-and-now group process, using the group as a social microcosm. It is hard to imagine the group therapy field without Dr. Yalom's contributions. Two generations have depended on him for knowledge and guidance. What a legacy!

Remember that receiving the *International Journal of Group Psychotherapy* is a benefit of AGPA membership. If you are not a member of AGPA and would like a guest membership for a year, please call me at: 415/931-1958 or 510/540-6555.

NCGPS Annual Dinner: An Entertaining Evening

By David Wasserman, PhD

The NCGPS Annual Dinner was held on Saturday, January 26th at San Rafael Joe's. Fifty NCGPS members and guests from the Bay Area (and beyond) braved the heavy rains to share a delicious meal and enjoy each other's company. Event Chair Art Raisman and his Committee, Geri Alpert and Bob Aude, did a terrific job planning and overseeing this memorable event.

The evening started off with greetings, mingling, and before-dinner drinks. The party atmosphere was enhanced by the elegant vocals and keyboard of Sara Klotz de Aguilar, a specialist in Art Deco-era jazz, blues and swing. After we were all seated for dinner, new NCGPS President Daisy Reese welcomed everyone. She then proposed a delightful ice-breaker for each table of six: every person was to tell three "facts" about themselves – actually, two truths and one lie. The others at the table were then assigned to guess which "fact" was false – not an easy task, as it turned out (at least at our table)!

Several NCGPS members were publicly recognized for their accomplishments. Dave Rovno, who recently retired from clinical practice, received a special award for his decades of service to NCGPS. Dave spoke touchingly about his long-time connection to NCGPS, and a number of attendees added their praises. Also honored were Connie Concannon, the new President of the American Group Psychotherapy Association, and Barbara Ilfeld, newly elected to the

Group Therapy Salon: Update and Announcement of New South Bay Group

By Haim Weinberg, PhD, CGP, FAGPA

During the last few months, starting in November 2007, three group therapy salons have met to read and discuss articles in group therapy. The three salons were held in San Francisco (moderated by Dr. Walter Stone), the East Bay (Dr. Lawrence Malcus), and Sacramento/Davis (Dr. Haim Weinberg). Each group met once a month for a series of four meetings to discuss papers about self psychology and relational aspects of group therapy. Building on the success of these groups, a new salon group is now forming in the South Bay, moderated by Alice Sklar, MFT and Alan Sklar, MD. You will find details on this salon at the end of this article.

The salon in San Francisco will take a break and resume meeting in September 2008. The East Bay salon will meet two more times this year (April and May 2008) and will probably resume its meetings in the fall. As all the members decided to continue participating for the next two sessions, this group is currently closed to new members.

The salon in Sacramento/Davis will convene for another series of four sessions (April - July 2008) and is accepting new members. The readings for this salon will focus on British theorists such as

Bion and Foulkes (group analysis). If you would like to join, please write immediately to Haim Weinberg at haimw@group-psychotherapy.com or call Haim at 916/212-6424.

Following is an announcement about the new South Bay Salon:

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South Bay Group Therapy Salon

A small group of therapists interested in reading and discussing theoretical papers about group psychotherapy will begin meeting in Palo Alto on Monday, April 14th at 7:45 PM.

Similar groups have been meeting in Sacramento, San Francisco and the East Bay with great success. At each Salon, a participant summarizes a paper, and another participant discusses the paper. The entire group then considers clinical implications and applications.

Alan D. Sklar, MD and Alice J. Sklar, MFT, CGP will co-host and facilitate the South Bay Salon at their home in Palo Alto for four consecutive months on Monday evenings: April 14, May 12, June 9 and July 14. The Sklars are both very experienced group psychotherapists.

If you are interested in joining this newly forming group, please call Alice Sklar at 650/961-3482.

AGPA Board of Directors. (It was also Barbara's birthday, which was reason enough for a special cake.) Finally, Rose Phelps received a long-overdue plaque recognizing her past presidency of NCGPS.

A comprehensive display of NCGPS memorabilia was on view throughout the evening, thanks to Geri Alpert. Many guests enjoyed leafing through the materials and reminiscing. It was one more element of an exhilarating and fun evening.

Join Us at Asilomar!

NCGPS Biennial Clinical Conference

**Asilomar Conference Grounds, Pacific Grove, California
June 6-8, 2008**

A unique opportunity for intensive learning, connecting with friends and colleagues, and having fun! Join us at this beautiful coastal retreat for an experience not to be missed.

Saturday, June 7: All-day Workshops

- **Adolescent Group Psychotherapy**
- **After the Honeymoon: A Couples Workshop**
- **Starting and Maintaining Healthy Groups**
- **Beck's Developmental Model of Group Development in Later Stages**
- **Group Process Through the Lens of Group Cohesion**
- **Dynamic Issues in Women's Groups**
- **Intersubjective Group Psychotherapy**
- **Psychodynamic Group Process**
- **The Bridging Power of Attunement**
- **Psychodrama, the Basics and Beyond**
- **Multiple Approaches to Group Psychotherapy**

Sunday, June 8: Morning Workshops

- **The Art of Mindful Creativity**
- **Create the Happy Ending**
- **Men's Psychotherapy Groups**
- **The Group Odyssey**
- **Models of Supervision**
- **Remembering the Body**
- **Play Therapy Techniques**
- **The Shy/Avoidant Client**
- **True Self, True Wealth**
- **Poetry in Psychotherapy Groups**
- **Facilitating Process Training Groups**
- **Resistance and Aggression**

Plus:

**Armand Volkas and the Living Arts Playback Theatre Ensemble
on Friday Evening**

11 CEUs available for MFTs, LCSWs, Psychologists, and RNs

For additional information or a downloadable brochure, visit www.ncgps.org

MEMBER NEWS

CONNIE CONCANNON, LCSW, CGP, FAGPA, is the new President of the American Group Psychotherapy Association. Connie delivered her Presidential Address, "The Mystery and the Magic of the Group: What Happens Here that Happens Nowhere Else?" at the recent AGPA Annual Meeting in Washington, DC. Connie will serve as President for two years. Barbara Ilfeld, MSN, RNCS, CGP, has been elected to a four-year term on the AGPA Board of Directors. Both Connie and Barbara are past Presidents of NCGPS. Bob Aude, MFT was recently appointed by President Daisy Reese to the NCGPS Board. Bob is also our new Membership Chair. Congratulations to all.

JUMP-START

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another, making room for disagreement and the expression of negative feelings, and creating a consensus to relate openly, collaboratively, and inclusively. In time-limited groups such as those offered at NCGPS's Asilomar Conference/Institute or at the AGPA Institute, we tend to think of these issues as constituting a succession of developmental stages. But, actually, this impression is an artifact of the limited time per se, as the group goes from a start to an end in 12 hours or so. In long-term groups these issues are never fully settled, never put to rest once and for all, but are continually revived and reactivated by group events: members leaving or joining, fee changes, transference reactions between members or with the leader, and errors on the part of the leader, to name a few. The question is: what tools does a leader have to help group members negotiate these difficulties in intimate relating so they can use their experience to best advantage?

Clinical research has shown that leader-provided structure can foster reduced anxiety, higher levels of authenticity, and more constructive group interaction (Bednar, Melnick, & Kaul, 1974). What do we mean by "leader-provided structure"? In the broadest

sense, everything we do provides a structure (or to put it another way, defines the container) within which the group operates. The time; the place; the arrangement of the room; rules about payment, contact outside the group, and bringing food or drinks to the meeting; and, most importantly, the leader's member-selection decisions are all part of the structure of the group. But, what the authors really have in mind are the purposeful actions, the interventions, that a group leader can choose to take, or not, that can directly mediate group members' level of anxiety. Generally speaking, by taking greater charge of the process, as by giving more explicit directions, the leader can lower anxiety and thereby raise the level of members' openness with one another. For instance, indicating the order in which people are to respond to a question usually elicits quicker responses than simply asking the question of the group and leaving it up to the members to decide themselves.

How can this idea be applied to difficult situations that arise in groups? As stated earlier, the beginning of one's participation in a group is inherently difficult. One faces a lot of unknowns: what the other members will be like and how one will be received by them; what one is supposed to do; and,

of course, how will any of this help with the issues one came to address? The ambiguity of how to use the group increases members' anxiety and lowers the willingness to take the necessary risks of disclosing oneself and responding openly to others. And, later, but still early in the group's life, there will be other challenges, such as expressing disagreement and dissatisfaction, which risks putting oneself in a marginalized position.

Knowing what members face, a group leader can design certain experiences to help them get over these predictable hurdles. For instance, s/he can begin the first meeting by directing the group to go around in turn and talk about the thoughts and feelings they had in anticipating the beginning of the group. To make it even less threatening, the leader could be a model, disclosing his/her anticipatory feelings of excitement and anxiety.

While the authors of the article cited above focused on the beginning phase of group therapy, their ideas have much broader application. Basically, they have said that because we can anticipate certain difficulties in group development, we can intervene in a targeted way at critical moments to help group members interact more constructively. By the same reasoning this should also be a helpful way to intervene at any time.

Here is a case in point. It is not uncommon in groups that from one week to another, one or more members may be a few minutes late. In my experience it is rare for other members to address this matter, either in a manner that expresses worry about whether the late member was going to arrive or in terms of missing his/her presence when the group started, and almost never in a confrontive or annoyed way. What I do, as I expect most leaders do, is to note this pattern and invite comment. When at times this intervention doesn't yield very much, I'll take a more structuring approach, basi-

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cally directing the group to go around and share their thoughts and feelings on the subject, and especially why they haven't previously shared these reactions.

The title of this brief article has two meanings. The obvious one is that there may be things that we can do to get things going in a new group that accelerate the developmental process and create a better learning environment for its members. I hope to validate this idea in the very brief format of a six-hour group at Asilomar this June. But, there is a second meaning to my use of this metaphor which, if true, has more far-reaching implications. Namely, that *at any time* in a group's history, it may be helpful to give members a thoughtfully crafted nudge to become more conscious of and more willing to address their anxieties.

REFERENCE:

Bednar, R.L., Melnick, J., & Kaul, T.J. (1974). Risk, responsibility, and structure: a conceptual framework for initiating group counseling and group psychotherapy. *Journal of Counseling Psychology, 21*, 31-37.

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atre pieces using spoken improvisation, movement, and music. The Ensemble's performances are always illuminating and heart-opening, and this plenary event will undoubtedly foster a greater sense of group unity and connection.

The rest of the weekend will follow the traditional Conference structure. On Saturday, participants will be able to choose one of 11 six-hour workshops. Sunday will offer a choice of 12 three-hour workshops. We are pleased to have a blend of seasoned (and much-treasured) Asilomar presenters as well as some individuals making their Conference "debut."

Nominations Sought for NCGPS Board

NCGPS is seeking nominations for the 2008-2009 NCGPS Board. If you would like to get more involved with our organization and put your creativity and expertise to excellent use, the Board is the place to direct your energies! Board members serve two-year terms. Responsibilities include coming to monthly Board meetings, holding an office or chairing a committee (e.g., Web Site, Scholarship, or Newsletter), and helping to plan and support our stimulating educational and social events, which include Asilomar, the Fall Event, the Core Course, the Group Therapy Salon, and our Annual Dinner.

Board meetings are held on the third Tuesday of every month from 8:15 to 10:15 PM at the Oakland office of Rose Phelps. Any NCGPS member is welcome to attend. If you're considering joining the Board, come to our next meeting and learn more about what we do. To express your interest in serving or for more information, please contact NCGPS President Daisy Reese at 916/498-0308 or daisyreese@hotmail.com by April 30, 2008.

Throughout the weekend, you will find abundant enticing training possibilities. James Dugo, so impressive as our Fall Event presenter in 2004, will lead two workshops with Sandra Lema-Stern: one focusing on Ariadne Beck's Developmental Model, the other on resistance and aggression. A subset of offerings will highlight the creative arts. In addition to the Playback Theatre Ensemble on Friday, there will be presentations on psychodrama (with Elizabeth Plummer and Sylvia Israel), mindfulness and creativity (Lisa Mitchell), gleaning wisdom from stories and dreams (Bette U. Kiernan), play therapy (Lyla Tyler), and poetry (Phyllis Klein). Jim and Felicia Matto-Shepard will present a couples workshop focusing on attachment, differentiation, and the erotic connection. The psychology of money will be the topic of Peter Cole's contribution. And there are many more excellent offerings, from basic "how-to" courses to theoretically sophisticated workshops for advanced group therapists – something for

everyone. Up to 11 hours of continuing education credits will be available for LCSWs, MFTs, Psychologists, and RNs.

We are pleased to announce that, once again, tuition scholarships will be available. Students and trainees are encouraged to apply. Please refer to page 11 of the Conference brochure. Allison McCabe has graciously agreed to coordinate scholarships this year.

The Conference won't be all work. Parties will be held both evenings and coffee breaks in the mornings. Yoga classes will be held on Saturday and Sunday (outside workshop hours).

Our gratitude goes out to our many accomplished workshop presenters, who give their time and talent to make the Conference a success. In addition, Rose and Daisy have assembled a terrific Conference Committee, consisting of Geri Alpert, Art Baum, Vicky Booth, Barbara Elbl, and Peggy Johnstone.

To register for the Conference, please fill out and mail the registration form in the brochure, or

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register online at www.ncgps.org. Please remember that *lodging must be arranged directly with Asilomar* by mailing or faxing the Asilomar Housing Registration Form on page 14 of the brochure. To learn more about the beautiful, rustic, and serene Asilomar Conference Grounds, go to www.visitasilomar.com.

INTERSUBJECTIVE GROUP

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scene in traditional psychodynamic approaches (Wright, 2004).

“Relational theory is based on the shift from the classical idea that it is the patient’s mind that is being studied (where mind is thought as independently and autonomously within the boundaries of the individual) to the relational notion that mind is inherently dyadic, social, interactional, and interpersonal” (Aron, 1996). Another important aspect of the intersubjective approach is the acknowledgment of the person’s experience and subjectivity (Benjamin, 1995). This new way of understanding transference brings into therapy a legitimate notion of the client’s perception of the therapist and puts both therapy-partners on equal footing. It also implies that the therapist’s countertransference, which in traditional psychoanalysis is perceived as a response to the patient’s transference, can actually be seen as the therapist’s transference. Since the patient is seen as ‘interpreting’ the therapist as much as the therapist interprets the patient, the resistance of the patient is inextricably linked to the therapist’s participation. Thus, not all resistant behaviors “originate” from the patient. Resistance may be co-constructed by both participants.

Given that the relations between the therapist and the patient are the focus of treatment, it is only natural to broaden this idea and apply it to the group, focusing on the relationships developing in the group between members and between therapist and participants. As relational psychotherapy in practice involves moving from enactment to enactment, the group is *the* arena for enactments. All the group members and the therapist participate both in creating these enactments and in their exploration. The group also allows for mutual exploration of the individual experiences and for the acknowledgment of the different subjectivities of group members.

In our Asilomar workshop, “Experiencing Intersubjective Group Psychotherapy: From Isolation to

The Psychotherapy Institute

Berkeley, California

GROUP THERAPY TRAINING PROGRAM Advanced Training in Group Therapy

A 15-month program, **beginning FALL 2008**, covering both the process and tasks of developing groups and the basics of group psychotherapy. The program will help members develop a group, or can simply enhance their fundamental skills in group.

Program includes weekly group consultation covering didactic material and here-and-now exploration of the dynamics of the training group.

Weekly consultation is available, and required when participants start their own group.

Applications Now Being Accepted

**For Information and Applications:
Call (510) 548-2250, ext. 108**

Connectedness,” participants will learn about intersubjective group therapy focusing on members’ and leaders’ subjectivity. We will explore the participants’ experience and the difficulty in acknowledging other members’ different experience, the therapists’ limitations and their impact on the group, and enactments and reparation in the group process. Experiential and didactic parts will alternate to clarify the approach.

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CLASSIFIED ADVERTISEMENTS

SAN FRANCISCO

Therapy Groups for Gay Men.

Three long-term psychodynamic process groups for gay men, focusing on intimacy, relationships, and working in the here and now. Two groups require a four-month commitment; one group requires a nine-month commitment. For more information, please call Jamie Moran, LCSW, CGP (LCS 14447, CGP 42559), 415/552-9408, jam-moran@aol.com, www.jamiemoran.com. Jamie has been leading groups since 1984.

General Adult Psychotherapy Groups.

Long-term, psychodynamic. For men and women. Current openings. Evenings, San Francisco. Led by Art Raiman, PhD, Licensed Psychologist (PSY7795). Past President, NCGPS. 415/453-4271.

Therapy Groups for Therapists.

Open to mental health professionals and trainees. Current openings. Mornings, San Francisco and San Rafael. Led by Art Raiman, PhD, Licensed Psychologist (PSY7795). Past President, NCGPS. 415/453-4271.

Therapy Group for Women.

Long term, psychodynamic therapy group for women. Meets evenings, low fee. Led by Colleen Brent, MSW 415/921-5188.

EAST BAY

New Group for People With Co-Occurring Disorders.

Monday evenings 6:00-7:30 in Concord. Limited to seven participants. Minimum commitment: 24 meetings. Led by Robert Picariello, LMFT (#40955) and Certified Drug & Alcohol Counselor with 20 years of group experience. 925/274-3226 or Robtpic@netzero.com.

Group for Couples Healing Relationships Damaged by Substance Abuse.

In Concord on Tuesday or possibly Wednesday evenings 6:00-7:30. Two meetings per month. Five-couple limit. Led by Robert Picariello, LMFT (#40955) and Certified Drug &

Alcohol Counselor with 20 years experience. 925/274-3226 or robtpic@netzero.com.

Therapy Groups for All Ages.

Oasis Center in Walnut Creek offers ongoing psychodynamic groups for children, adolescents, young adults, men, women and mixed groups. Contact Connie Concannon, LCSW, Andrew Pojman, EdD, or John Rochios, PhD at 925/944-1800.

Contemporary Gestalt Training Group.

We offer a stimulating, supportive learning environment for professionals at all levels of experience. Four weekends (November-May) didactic and experiential learning, group process, "live" supervision, plus an opportunity to develop and expand your professional community. Daisy Reese, LCSW and Peter Cole, LCSW 916/498-0308 or www.gestalt.to.

Women's Therapy Group.

Ongoing interpersonal group for women 30 yrs + has openings for 2 new members. This group is appropriate for mid to high functioning women wanting to work on relational skills. Group members empower each other to make profound life changes. Tuesday evenings, Oakland, for interview call Rose Phelps, MFT, CGP at 510/658-4344 or email rosepmft@hotmail.com.

Eating Disorders Therapy Group.

Ongoing therapy group for women in their 20's and 30's who are struggling with Anorexia, Bulimia, Binge Eating and Body Image difficulties. Group has 2 openings, meets Thursday evening in Oakland. DBT skills training is incorporated into the group process. This is a very supportive group; members are all invested in recovering from their eating disorder and actively working on it in group. For information or to schedule an interview, call Rose Phelps, MFT, CGP at 510/658-4344 or email rosepmft@hotmail.com.

PENINSULA/SOUTH BAY

Women in Transition: a process group for women approaching or already in the second half of life.

Now forming in Redwood City. Wednesdays 7:30-9 PM. Contact Deborah Dowse Runyeon, MFT at 650/363-0249 x111.

L.I.V.E.: life-interventions-visions-empowerment. A support and process group for women moving beyond their mental illness. Now forming in Redwood City. Wednesdays 5:30-7 PM. Contact Deborah Dowse Runyeon, MFT at 650/363-0249 x111.

Therapy Groups for Gay and Bisexual Men. In Menlo Park, two long-term psychodynamic process groups focusing on intimacy, relationships, and work in the here and now. Requires a four-month commitment. For more information, please call Jamie Moran, LCSW, CGP (LCS 14447, CGP 42559), 650/598-8877, jammoran@aol.com, www.jamiemoran.com. Jamie has been leading groups since 1984.

Ongoing Groups-Interpersonal Group Process Approach. Clients develop awareness about relationship patterns and learn in vivo about healthy connection with others. Issues such as depression, dating, shyness, codependency, ACOA, self-esteem, and divorce recovery are explored with the support and feedback of peers. Two groups with openings meet Tues. and Wed. 6:30-8 PM. Nancy Wesson, PhD at 650/965-7332. www.wespsych.com

MARIN/NORTH BAY

Psychodrama Training and Psychodrama Therapy Groups. Sylvia Israel, MFT, Trainer Educator and Practitioner of Psychodrama (TEP); Registered Drama Therapist/Trainer (RDT/BCT); San Rafael and San Francisco. Quarterly Law and Ethics in Action Class, meets BBS Law/Ethics requirement for MFT/LCSW. Sandplay and Psychodrama Training, 7/08. Sylvia 415/454-7308. www.imaginecenter.net.

Therapy Groups: Three **Intimacy Groups** (ongoing, coed, process-oriented). **Singles Group** (9-week psychoeducational coed group).

Women & Spirituality Group (ongoing, process & support). Monday, Tuesday, or Thursday evenings in central San Rafael. Renee Owen, LMFT 415/453-8117.

Therapy Groups for Therapists

Led by Art Raiman, PhD. See ad under San Francisco. 415/453-4271.

Consultation Group for Group Psychotherapists: A bi-monthly Consultation group, meeting in San Rafael on Wednesday Evenings from 5-7 PM. Facilitated by Geraldine Alpert, PhD. Phone 415/453-8969.

SACRAMENTO AREA

Adult General Psychotherapy Group in Sacramento has openings for new members. The group focuses on interpersonal interactions, so relationship problems are addressed well. The group meets every Thursday 7:30-9:00 PM in Midtown Sacramento. Contact Haim Weinberg, PhD, CGP at 916/212-6424 or haimw@group-psychotherapy.com to discuss referrals or to participate.

LAKE TAHOE AREA

Adult General Psychotherapy Group in the North Tahoe Area currently has openings for members. The group meets every Wednesday, 5:30-7PM, in Olympic Valley, CA (AKA Squaw Valley). Please contact Barbara Ilfeld, MSN, CGP at 530/581-3567 or Barbara.Ilfeld@gmail.com to discuss potential referrals.

Classified Ad Rates:

(for our members only)
\$15 for up to seven lines, approximately 7 words per line

Deadline:

July 15, 2008

Display Ad Rates:

One-fourth page: \$75 (4³/₄" high by 3¹/₂" wide); One-eighth page: \$50 (2³/₈" high by 3¹/₂" wide)

CALENDAR & ANNOUNCEMENTS

**Asilomar Biennial
Clinical Conference**

June 6-8, 2008
Asilomar Conference
Grounds
Pacific Grove, CA

**NCGPS Training
Program—12-Hour
Core Course**

September 19-20, 2008
(9 AM to 5 PM each day)
UCSF Faculty/
Alumni House
San Francisco, CA

NCGPS Fall Event

November 8, 2008
*Location to Be
Announced*

**AGPA 2009
Annual Meeting**

February 16-21, 2009
Sheraton Chicago Hotel
and Towers
Chicago, IL

A Web Reminder

We now have Web site referral capabilities from our online NCGPS directory at www.ncgps.org. As a member, you can list your Web site address on your NCGPS member page and have it hyperlinked to your Web site.

Newsletter Now Online

Recent issues of the NCGPS Newsletter can now be viewed online at www.ncgps.org. On the home page, click on "Newsletter."

**Submissions Deadline for Next Issue:
July 15, 2008**

NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



c/o David Wasserman, PhD
PO Box 14531
San Francisco, CA 94114-0531

ASILOMAR ISSUE

Featured inside:

Asilomar Overview

**Experiencing
Intersubjective Group
Psychotherapy**
(Martha Gilmore and
Haim Weinberg)

**Jump-starting
Your Group**
(Art Raisman)