

NCGPS

NEWSLETTER SUMMER 2007

The Group Therapy Salon: a New NCGPS Offering

By Haim Weinberg, PhD

How long has it been since you've read a paper about group therapy? How well acquainted are you with new papers about groups? When was the last time you had a theoretical discussion about an issue in the group psychotherapy field?

NCGPS is embarking on a new project: the Group Therapy Salon. The idea is to establish small

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Fall Event: Ellen Wright to Speak on Aggression as a Positive Group Force

By David Wasserman, PhD

NCGPS is delighted to announce that **Ellen L. Wright**, PhD will be the presenter for our day-long 2007 Fall Event, to be held on Saturday, November 10 in San Francisco. The topic of Dr. Wright's presentation will be "Aggression as a Positive Force: Working with Aggression in Modern Group Process." Mark your calendars now and be sure to attend this exciting workshop. Brochures detailing the day's schedule, location, and registration process will arrive in your mailboxes in September.

Dr. Wright is a warm, enthusiastic, and dynamic instructor with a talent for communicating difficult clinical issues with clarity and humor. A graduate of Princeton and Temple University, she is a Licensed Psychologist and Certified Psychoanalyst in private practice in Philadelphia. She is also a faculty member and Senior Supervising and Training Analyst at the Philadelphia School of Psychoanalysis and a faculty member at the Center for Group Studies in New York City. Dr.

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Third Annual Group Psychotherapy Core Course Slated for September

By Barbara Ilfeld, MSN, RNCS

Join us for our third annual NCGPS Group Psychotherapy Training Program 12-Hour Core Course at The Four Points Sheraton Hotel in San Rafael, California, on September 29 and September 30, 2007. This is your opportunity to fulfill one of the

three criteria required to become a CGP (Certified Group Psychotherapist), the only credential that certifies individuals nationally in group psychotherapy.

This program provides an introduction to and the basics of dynamic group psychotherapy. You will

observe didactic presentations and video demonstrations, participate in experiential small groups that will operationalize theoretical material, and renew and enhance your group psychotherapy knowledge base and skills. 12 CEUs have

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FROM THE EDITOR

Thanks to all who have contributed articles for our Summer 2007 issue: **Geri Alpert, Regina Armas, Barbara Ilfeld, Daisy Reese, Haim Weinberg, and Rob Zeszotarski.** The focus of this issue is on group therapy education and training. Daisy provides a wrap-up of this summer's highly successful NCGPS Training Institute at Asilomar, which she co-chaired with Haim Weinberg (p. 4), while Barbara Ilfeld highlights an upcoming NCGPS event: the third annual 12-hour "Core Course" on group psychotherapy (p. 1). Wondering about this year's Fall Event? Read about the all-day workshop on November 10 with **Dr. Ellen L. Wright**, who will teach us in depth about mobilizing aggression as a positive group force (p. 1). Adding even more richness to our educational offerings, Haim and **Walter Stone** tempt us with the forthcoming Group Therapy Salon, which will offer lively discussions of group therapy papers and important theoretical issues. Also in this issue (p. 6), Regina Armas profiles the impressive group therapy training program at Langley Porter Psychiatric Institute. And finally, for a change of pace, we thank Geri for her

fascinating perspective on the effects of communal singing on group cohesion (p. 5).

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

NCGPS Committee Chairs

This information is also available at our Web site: www.NCGPS.org.

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NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



NEWSLETTER SUMMER 2007

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FROM THE PRESIDENT T

In this column, I would like to extend my appreciation to several members of our organization who have done a remarkable job for NCGPS in the past year. Each of these individuals has contributed enormously to the educational offerings and membership services available to members of NCGPS and the larger therapist community here in Northern California.

Congratulations first go to NCGPS President-elect **Daisy Reese** and Board Member **Haim Weinberg**, who served as co-chairs for the 2007 Biennial Institute at Asilomar this past June. Daisy and Haim, with the help of their dedicated committee, organized an extremely successful, fun, and enjoyable weekend of Institute sections at our traditional coastal retreat site near Monterey. The participant ratings for this event were consistently quite high, and everyone I spoke to over the weekend expressed gratitude for their enriching and powerful experiences in the Institute groups. The planning for the Asilomar meetings begins nearly a year in advance, and some of the arrangements occur far before that time to secure venue dates. I want to again thank Haim, Daisy, their committee, and all who participated in this highlight event. Daisy also continues to make invaluable contributions to NCGPS as Membership Committee Chair and last autumn did a stellar job organizing the Fall Event featuring the distinguished Molyn Leszcz.

Earlier in the spring of this year, many of our members had the pleasure of attending the Annual

Dinner, hosted by Past President and Board Member **Barbara Ilfeld** and Immediate Past President **Rose Phelps**, with significant help from NCGPS member **Joan Cole**, who arranged the venue as part of her personal membership at the Highlands Country Club. Barbara and Rose pitched in to make this event happen under a tight timeline and did a wonderful job creating a memorable evening for those present. Thanks also go to our entertainer for the evening, **Andy Pojman** (who demonstrated his talent as a magician), our volunteer bartenders **John Rochios** and **Regina Armas**, and **Alison McCabe** for her work on the Silent Auction.

Several members of our Board have transitioned to new roles in the past year. After serving nearly six years in the role, Past President and ongoing chair of the CEU Committee **Art Raisman** recently stepped down as Treasurer of NCGPS. Past President and former Treasurer **John Rochios** has again stepped graciously into the role of Treasurer and has done an excellent job continuing to perform all of the essential financial responsibilities required by our organization.

Regina Armas has continued to contribute to NCGPS in a myriad of ways, most recently being elected to take on the job of Board Secretary. Regina has also joined the Training Committee. Along with Training Committee member **Walter Stone**, Regina has begun to investigate ways in which NCGPS might be able to grant continuing education credit to physicians, which might involve

us in forging partnerships with regional educational institutions.

In his first year on the Board, member **David Wasserman** has done an excellent job as the Editor of our organization's newsletter. David will also be serving as the Chair of the 2007 Fall Event Committee, so look for further correspondence from David about this upcoming educational event.

Past President and current Board Member **Geri Alpert** enhances our organization in important ways. Geri continues to serve as our primary liaison to Asilomar Conference Grounds, putting in countless hours as she attends to myriad details involved in our yearly contracts with this vendor. Geri has also continued to be a very important contributor to the ongoing development and refinement of our organization's Web site. I truly appreciate all that Geri has done for NCGPS over the years as an experienced Board Member with a vast knowledge of the organization's history and policies and am pleased that she will continue to contribute to the organization's success as an ongoing Board member.

I would also like to thank outgoing Board member and former Secretary **Alison McCabe** for her contributions to NCGPS over the past several years. It has been a pleasure getting to know Alison through our work together in NCGPS, and we will greatly miss her insightful input into the organization's ongoing business. Also transitioning to a new role in the organization is Immediate Past President **Rose Phelps**, who is in

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ASILOMAR: PART OF THE RICH TAPESTRY

By Daisy Reese and Haim Weinberg, Institute Co-Chairs

The Asilomar Institute of 2007 is now only a memory. It has taken its place in the history of NCGPS and added its bit to the complex richness that is our community. From new members: “Wow! This is really going to change the way I practice,” to long-time regulars: “Every year I just have a sense of ‘coming home,’” it was clear from comments overheard and on the evaluation forms that the Asilomar experience is powerful for all who attend.

A number of new additions added to the liveliness of the Institute:

- Elizabeth Plummer offered an interactive opening for the entire community. Using her

expertise in psychodrama, she was able to bring us all together and start the weekend with a sense of connectedness.

- We responded to an unusually high demand for a beginning process group by providing two – facilitated by Walter and Esther Stone and by Ann Steiner.
- David Wasserman and our president, Rob Zeszotarski, hosted newcomers’ tables at Friday dinner, giving new attendees a chance to make connections, ask questions and start to develop a sense of belonging. Of course, the well-loved familiar was also in evidence. Our presenters brought a great deal of experience and expertise to their

groups, and this was reflected in the evaluations. Asilomar itself provides a setting like no other. Surrounded by natural beauty, just steps away from the ocean, participants find a magical blend of relaxation and stimulation.

For NCGPS, as for any organization, it is an ongoing challenge to strike the right balance between the familiar and comfortable and the fresh and exciting. As we look toward the Asilomar Conference in 2008, we’re hoping to develop a program that will bring in some new elements and reach out to the entire group therapy community. If you have thoughts about what you’d like to see included, please feel free to contact us.

FALL EVENT

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Wright has conducted training groups and seminars in the United States, Canada, and abroad. Currently, she leads ongoing training groups in Portland, Oregon three times per year in a process group setting. Dr. Wright has also lectured and authored papers on innovative applications of modern analytic psychotherapy.

Aggression and conflict in groups are topics that confound many of us. We can feel anxious or intimidated in the face of aggressive thoughts and behavior and be uncertain about how to respond. Also, many individuals are fearful of their anger and resist express-

ing and verbalizing it. Using didactic and experiential methods, Dr. Wright will teach us how the theory and practice of Modern Group Therapy can transform self-destructive, self-limiting aggression into a growth-promoting force. Key theoretical concepts such as the treatment contract, the narcissistic defense, negative transference, scapegoating, and the role of gender issues in the management of aggression in group will be reviewed and experientially demonstrated. Among the objectives will be helping participants to: provide a safe environment for appropriate expression of aggression, to apply

techniques for modulating aggression in the group, and to analyze the therapist’s blocks against experiencing aggression and working with aggressive clients.

This program is approved for six hours of continuing education credit by the California Board of Registered Nursing and the Board of Behavioral Sciences. Approval for six hours of MCEP credit for psychologists is pending.

Please contact David Wasserman, 2007 Fall Event Chair, for more information (415/263-0980 or davidwinsf@sbcglobal.net).

Let There Be Song: The Impact of Communal Singing on Group Cohesion

By Geri Alpert, PhD

Coming of age in the 60's, the era of song-filled peace and civil rights rallies, I've long had a sense of the close feelings that develop in groups of people who sing together. However, David Siegel's plenary address on the neurobiology of interpersonal experience, given at the 2006 AGPA Annual Meeting, provided a powerful opportunity to re-experience this phenomenon. As those who attended the lecture may recall, Siegel asked everyone to sing together a few verses of "Michael, Row the Boat Ashore." While I no longer remember the point that he was making in having us do this (only that it was incredibly interesting and important, as was all of his talk), I do remember how exceptionally good I felt for the rest of the day and how connected I felt to the large group of fellow singers. In rehashing the conference with longtime AGPA buddy Deborah Cross, we discovered that we both considered those few minutes of communal singing to be a meeting highlight and wondered whether there might be a way to create a legitimate workshop whose primary activity would be singing. So we went home, explored some fascinating literature, and came up with a proposal for the 2007 meeting. The workshop design included a presentation by Deborah on the impact of communal singing on mood, and one by me on its impact on group cohesion. It also,

of course, included a great deal of singing, which was preceded and followed by the participants doing informal ratings of their mood and their experience of connection with the rest of the group. Not surprisingly, the members of the workshop group reported significant improvement both in mood and feelings of connection during the course of the workshop. Although this was hardly a well-controlled study, the results were of great interest to us, as they clearly validated the personal experience that had motivated us to do the workshop. Equally validating were the many things discovered in the literature:

Evolutionary and Biological Evidence

Communal singing and chanting appear to have been important cohesion-building activities since the days of the Neanderthals, for whom early forms of music-making and chanting replaced group grooming, the primary bonding activity of lower primates. While for primates, groups need to have fewer than 50 members in order to be cohesive (due to the amount of time that it takes for everyone in the group to groom everyone else), human groups, thanks initially to chanting, are able to be cohesive with as many as 150 members. Much of the important work on cohesive group size and singing as a form of social glue has been done by Robin Dunbar, the

British anthropologist and evolutionary biologist whose formulations about group size were recently made popular by Malcolm Gladwell's book, *The Tipping Point*. Consistent with his theories about singing as means to group cohesion, Dunbar has done research suggesting that church singing produces a type of endorphin thought to be important in social bonding.

Also making an impressive contribution to our knowledge of singing, brain function, and social cohesion is Steven Mithen, a cognitive archeologist whose book, *The Singing Neanderthals*, is a gold mine of historical and biological information. According to Mithen, the crucial variable for social bonding, both in chanting and other forms of communal music-making, is rhythm. He believes that the brain size and brain capacities needed to respond to rhythm developed when man became able to stand on two feet. Taking this argument further is another multi-talented scholar, William Benzon, who is not only a professional musician but also a well-published social scientist and neurobiologist. Benzon argues that the merged, bonded experience that occurs with singing stems from a synchronicity in the brains of the co-music makers--a resonating rhythm in which all of the brains do a matching to fit with the group sound and group rhythm. This results in shared experience

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Langley Porter Psychiatric Institute Expands Group Therapy Training and Services

By Regina Armas, MSW, PhD

As the economy tightens and psychiatry is faced with increased demands to provide cost-effective, evidenced-based interventions, a heightened interest in group psychotherapy has emerged. UCSF's Langley Porter Psychiatric Institute (LPPI) has responded to this interest by expanding the array of group services offered.

Psychiatry residents and, at times, psychology fellows at the Institute are now being trained in the techniques of long-term psychodynamic group psychotherapy. They also are being trained in brief group interventions, using Cognitive-behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), or Mindfulness-based Cognitive Therapy (MBCT). As part of his or her clinical responsibilities, each resident runs a short-term and a long-term group for outpatient adults. Typically, the groups are co-facilitated with another resident, but at times, especially in the short-term groups,

a faculty member is present, thus providing live training and supervision. Conversely, the long-term groups typically are supervised by volunteer clinical faculty outside of the group sessions. Many of these supervisors are nationally recognized as experts in psychodynamic group psychotherapy and are active members of our organization, NCGPS, or our parent organization, AGPA. They include Colleen Brent, LCSW; Connie Concannon, LCSW; Lois Friedlander, MFT; Art Raisman, PhD; John Rochios, PhD; David Wasserman, PhD; and Dennis Zeitlin, MD. There is a didactic portion to the group training, which consists of weekly seminars. The first year of these seminars is taught by Elaine Cooper, PhD, while the second year is co-taught by Drs. Cooper and Zeitlin.

Currently, there are 11 long-term groups at LPPI, most of which are general psychodynamic psychotherapy groups. A few focus on a special population, such as

young adults or women, or employ a specialized intervention, such as expressive arts therapy. In contrast, the several short-term groups are designed to abate the symptoms of a specific diagnostic condition. These skill-building groups focus on:

- Eating disorders
- Depression
- Social phobia
- Coping with chronic medical conditions
- Bipolar illness

Virtually all of the short-term and long-term groups have openings at this time.

There is a fee for these services, but using mental health insurance may reduce or eliminate the out-of-pocket expense. Various types of private insurance, Medicare, and Medi-Cal may be used.

For more information or to refer patients, please call Regina Armas, MSW, PhD, who heads the Group Psychotherapy Program for Adults: (415) 476-7267.

GROUP CORE COURSE

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been approved for MFTs, Nurses, and LCSWs and are pending for Psychologists.

Following successful completion of this program, you will receive proof of completion, and your name will be sent to the National Registry of Certified Group Psychotherapists. Once you

have verified completion of the other two criteria (300 hours of Group Leadership Experience and 75 hours of Group Psychotherapy Supervision with a licensed professional who either has a CGP or is CGP-qualified), you may apply for your CGP. You will receive a packet to do so at the conference,

or you may contact the NRCGP at 877-668-AGPA (2472) or email: info@agpa.org. The Web site is www.agpa.org.

To receive information and download an application for the Core Course, check out our NCGPS Web site at www.ncgps.org. The

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GROUP CORE COURSE

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brochure, including faculty, content, and course format, is posted on the Web site and has been mailed to NCGPS members.

To request a mailing or to ask questions, contact Barbara Ilfeld at barbara.ilfeld@gmail.com or 530/581-3567. Please provide your mailing address and contact information, preferably via email.

Space will be limited. We encourage you to apply early.

COMMUNAL SINGING

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that is not only an external production but something that occurs inside the brain of each participant. He offers as a close analogy the well-known phenomenon of multiple out-of-sync pendulum clocks that are together on a wall and that ultimately all move to the same rhythm. In other words, with communal singing, all the brains are vibrating identically, and this common neural activity makes for a tremendous experience of merging and bondedness.

Post-Neanderthal Evidence

Throughout the ages and across various cultures, we find examples of cohesive groups that have utilized communal singing. Christians, Jews, Buddhists, Hindus, Muslims, as well as countless tribal religions all use ceremonial singing or chanting. While in these religious groups the stated purpose of the singing activity is exaltation of a Higher Power, an equally important, although unstated, purpose would seem to be the creation of group cohesion

and the feeling of connectedness and oneness that is inherent in religious experience.

We can easily picture the monks of the Middle Ages spending hours together singing Gregorian chants, the enthusiastic chanting and dancing of various tribal groups warming up for a mutual group activity, and the exuberant singing of participants at a religious revival meeting. In addition to the psychological benefit coming from feelings of connectedness, it was important for members of these groups to be bonded with one another in order to work cooperatively toward common goals, both secular and spiritual, tasks aided by communal singing.

In an interesting historical review, Joe Kincheloe, a social psychologist, shows how politicians of the 19th and 20th centuries incorporated the cohesion-arousing techniques of the religious evangelicals, modeling their campaigns after the evangelical camp meetings that were popular in Tennessee and Kentucky in the 1800's. Communal singing was a very big part of these meetings, adding significantly to the intensely emotional atmosphere. By 1840, political rally organizers had

been exposed to group singing and its effects at camp meetings for several decades. When they began planning the Whig campaign that year, they so effectively applied what they had learned that many felt that the Whigs literally sang William Henry Harrison into the United States presidency.

The Whig Party's use of singing to join together various groups of working people, and to then harness the cohesive group spirit into productive action, is something that we have also seen in more recent times. This has been very clear in the Labor Movement, the Civil Rights Movement, and the Peace Movement. In all of these, we have seen the impact of melody and rhythm, combined with the power of lyrics, to move singers into a cohesive action force.

Consultation Group for Psychotherapists

**Case Presentations
Formulation and Diagnosis
Medication Consultation
Collegial Interaction
CEUs Available**

This ongoing group, limited to five members, meets every other Wednesday at noon. Each member presents for two consecutive sessions; the first being an overview of a case and the problems being addressed; the second a detailed description of a current session. One opening available.

Alan D. Sklar, MD practices and teaches individual and group psychotherapy. He is an Associate Clinical Professor Emeritus at Stanford University. His publications deal with the effect of parent loss in childhood and the process of personality change in group psychotherapy.

650/493-5462

GROUP THERAPY SALON

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groups (10-12 members each) that will meet monthly to read papers in group therapy and discuss theoretical issues about groups.

The meetings will begin in November 2007. As a pilot, we will launch two groups: one in San Francisco, led by Walter Stone, MD, and one in Sacramento, led by Haim Weinberg, PhD.

Each meeting will last 90 minutes. The meetings will be informal, not providing continuing education units, and the venue will be the home or office of the chair or one of the salon members. Participants will receive a "reader" containing the articles and will be asked to read one paper before each meeting. Every month, someone will be appointed to discuss the paper.

Participants will sign up for a series of four meetings at a time. The general theme for the first series will be "group psychotherapy from a self psychological / relational perspective." The theme for the next series of meetings will take into consideration the members' interests.

The fee will be \$40 per series for NCGPS members and \$50 for non-members, to be paid by the first meeting. The fee will cover the cost of the reader, refreshments, advertising, and other expenses.

If you are interested or have more questions, please contact Haim Weinberg in the Sacramento Valley Area (916/212-6424 or haimw@group-psychotherapy.com) or Walter Stone in San Francisco and the Bay Area (415/415 380 8996 or w_stone@comcast.net).

Good luck to all of us in this endeavor!

— Haim and Walter

FROM THE PRESIDENT

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the process of mentoring our new Web Site Committee Chair **Victor Yalom** as he takes on that important role in the organization.

Also on the horizon of changes in our organization will be the launching of a new educational program spearheaded by the wonderfully creative and innovative **Haim Weinberg**. The Group Psychotherapy Salon promises to be an exciting and collegial event that will supplement our other educational offerings in smaller group formats. Please see Haim's future writings on this topic for further information on this new program.

Past President **Barbara Ilfeld** continues to do an excellent job as the Training Committee Chair.

Barbara is an inspiration to us all as she and her committee prepare for the third offering of the 12-hour Core Course in group psychotherapy, to be held September 29th and 30th of this year. Barbara's unwavering dedication to this committee has been extremely admirable as we look forward to what will undoubtedly be another

strong offering of the course next month.

As I reflect on the dedication, resourcefulness, creativity, and ingenuity that the members of the NCGPS Board have shown in the past year, I invite you as a member of the organization to contact me with your ideas and suggestions on how we might together make NCGPS an even more important professional affiliation for you and other members. All of the above individuals head committees that are open to participation and input from members of our organization. Please contact me for more information about your areas of interest so that we might include your feedback and ideas into future planning of events and programs.

— Rob Zeszotarski, MD

Recovery Oriented Psychotherapy Groups

For men and women involved now or in the past with alcohol or other drugs. Groups foster hope, accountability, and intimacy.

- **Early Abstinence Group** for adults 18 and over who have recently achieved abstinence or are committed to doing so
- **Long-term Recovery Group** for adults with sustained abstinence (usually a year or more)

Groups will meet weekday evenings in San Francisco.

David A. Wasserman, PhD (PSY 11987)
415/263-0980 or davidwinsf@sbcglobal.net

Dr. Wasserman has a Certificate of Proficiency in the Treatment of Alcohol and Other Psychoactive Substance Use Disorders from the American Psychological Association.

CLASSIFIED ADVERTISEMENTS

SAN FRANCISCO

Therapy Groups for Gay Men.

One 16-week process group with openings in August. Also, two long-term, general issues, psychodynamic process groups ongoing for over 10 years. For more information, please call Jamie Moran, LCSW, CGP (LCS 14447, CGP 42559), 415/552-9408, jammoran@aol.com, www.jamiemoran.com. Jamie has been leading groups since 1984.

Therapy Group for Women:

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

Women's Therapy Group: One opening in a long-term, insight-oriented psychotherapy group for high-functioning women. Group meets Tuesdays, 6-7:30 PM in San Francisco. Led by Geraldine Alpert, PhD and Elaine Cooper, PhD, LCSW, 415/453-8969.

Men and Women in Recovery.

Two new groups forming: 1. Early Abstinence Group for those striving to attain abstinence from alcohol and other drugs or to sustain abstinence recently achieved. 2. Long-term Recovery Group for those with at least 1 year of abstinence. Maximum 6-8 members. David A. Wasserman, PhD (PSY 11897), 415/263-0980 or davidwinsf@sbcglobal.net.

Financial District General

Psychotherapy Group for men and women (ages 22-45). Tuesday evenings 6-7:30 pm. Led by Rob Zeszotarski, MD, CGP. Focuses are interpersonal relationships, depression, and anxiety. Psychodynamic and interpersonal theories are applied. Call 415/402-0755 or email drobz@yahoo.com for referrals/information.

General Adult Psychotherapy

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

Trauma and Substance Use

Group for women or men who have histories of trauma and use drugs and alcohol to cope. Based on "Seeking Safety" and on harm reduction, this group will be ongoing. Contact Perri Franskoviak, PhD, 415/789-8309.

Mixed Substance Abuse Group

for men and women who have unresolved issues with drugs and alcohol and seek gradual change in an interpersonal therapy group. Alternative to 12-Step. Call Jeannie Little, LCSW, 415/431-9848 x3.

Drop-in Substance Use and

Relationships Groups for men and women. Sliding scale, low threshold, no need to change drug-using behavior before entry. Call Dorcas Gaines, PhD, 415/863-4284, x2.

EAST BAY

Divorce and Separation Support

Groups. North Oakland and Walnut Creek. Carla Haimowitz, PhD, 510/655-7828.

Support Groups for Families of

Substance Abusers: alternative to Al-Anon that takes into consideration the complexity of change in drug use. Harm Reduction Therapy Center. Call Patt Denning, PhD, 510/534-8967.

Drop-in Substance Use & Relationships

Groups for men and women. Sliding scale, low threshold, no need to change drug-using behavior before entry. Call Dorcas Gaines, PhD, 415/863-4284, x2.

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.

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 either Connie Concannon, LCSW, Andrew Pojman, EDD, or John Rochios, PhD at 925/944-1800.

PENINSULA/SOUTH BAY

Adult Group. Four ongoing psychotherapy groups for men and women in Palo Alto. Groups vary in ego strength from low to high ego functioning with content ranging from communication and intimacy to assertiveness and conflict tolerance. There are two therapists in each of these long-term process groups. Call Alan Sklar, MD at 650/493-5462.

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

Therapy Groups for Gay and

Bisexual Men. In Menlo Park, two short-term psychodynamic process groups; openings occur every other month. 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.

MARIN/NORTH BAY

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 Raisman, 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 6:00-7:30 PM in Midtown Sacramento. Contact Haim Weinberg, PhD, CGP at 916/212-6424 or haimw@group-psychotherapy to discuss referrals or to participate.

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.

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 any potential referrals.

Classified Ad Rates:

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

Deadline: Dec. 1, 2007

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

NCGPS Training Program—12-Hour Core Course September 29 & 30, 2007
San Rafael, CA

NCGPS Fall Event November 10, 2007
San Francisco, CA

NCGPS Annual Dinner January 26, 2008
To Be Announced

AGPA 2008 Annual Meeting February 18-23, 2008
Washington Hilton Hotel
Washington, DC

A Web Reminder

We now have Web site referral capabilities from our online NCGPS directory at NCGPS.org.

For only \$50 per year, you can list your Web site address on your NCGPS member page and have it hyperlinked to your Web site. Contact Rose Phelps at rosepmft@hotmail.com.

**Submissions Deadline for Winter Issue:
December 1, 2007**

**NCGPS Information & Referral
Service 415/442-1976**

NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



c/o Rob Zeszotarski, MD
388 Market Street, Suite 1010
San Francisco, CA 94111

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