



## Molyn Leszcz Featured at NCGPS Fall Event 2006

By David Wasserman

Each fall, NCGPS invites a renowned group psychotherapist to present a daylong workshop. This year, Molyn Leszcz, MD was our presenter. Dr. Leszcz is Psychiatrist-in-Chief, Mount Sinai Hospital and Associate Professor and Head, Group Psychotherapy at the University of Toronto Department of Psychiatry. He is also the co-author, with Dr. Irvin D. Yalom, of the fifth edition of "The Theory and Practice of Group Psycho-

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## Training Program Review, 2006

By Barbara Ilfeld  
Director, NCGPS Training Program

NCGPS offers an intensive Group Psychotherapy Training Program designed to assist the participant in becoming a Certified Group Psychotherapist (CGP) as well as contributing valuable ongoing training in the art of group psychotherapy. Upon completion of any component of this training, you will have increased your knowledge and skills in group psychotherapy and improved your ability to integrate theory and practice. Moreover, you will have joined a community of enthusiastic and enlightened colleagues who provide keen interest and support to each other.

In September we completed our second annual NCGPS Training Program offering of the 12 Hour Core Course. Last year's evaluations encouraged us to broaden our curriculum and design advanced courses. Our committee researched other AGPA affiliate programs to consolidate the most innovative and up-to-date ideas in the group therapy training field. We assembled an exceptionally talented, nationally and internationally respected faculty, selected for their demonstrated expertise in clinical group psychotherapy, didactic and experiential training.

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## NCGPS ANNUAL DINNER

### A fun social evening with music and magic

By David Wasserman

Our Annual Dinner will be held on Sunday, March 25 from 5:30 to 9:30 PM at the Highlands Country Club, 110 Hiller Drive in Oakland. The Annual Dinner is always a fun and lively event, with great conversation, excellent food and drink, and live music. This

year, Debbie Poryes, a talented and versatile pianist, composer, and recording artist, will grace us with her harmonizations of jazz standards. Debbie has toured and taught jazz in Europe and currently performs throughout the Bay Area at clubs, restaurants,

and hotels. She also teaches at the Jazzschool in Berkeley. We also are delighted to announce that NCGPS Member Andy Pojman will entertain us with a magic show. Plus, this year will see the return of the highly successful,

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# FROM THE EDITOR

Thanks to all who have once again contributed to a newsletter that spreads the word about the value of group psychotherapy and acknowledges the accomplishments of our society and its members. I appreciate the patience, timeliness, interest, and helpfulness of all who contribute to the content and production of each newsletter. I especially want to acknowledge the superb contributions of our former Newsletter Editor, **Rob Zeszotarski**, who continues to enrich our organization in his new role as NCGPS President.

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

— David Wasserman

NORTHERN CALIFORNIA GROUP  
PSYCHOTHERAPY SOCIETY



NEWSLETTER WINTER 2006-07

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## NCGPS Committee Chairs

*This information is also available on our telephone line (415/442-1976)  
and our new Web site: www.NCGPS.org.*

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# FROM THE PRESIDENT

As the newest President of NCGPS, I am pleased to be heading an organization which has played a large and influential role for me both personally and professionally since I first attended an Asilomar conference several years ago. I am also writing as the departing Newsletter Editor, handing over this important job to the very capable hands of **David Wasserman**. I am looking forward to continuing to mentor David as he continues to produce subsequent editions of the newsletter.

Since it has been some time since the last publication of our newsletter, quite a bit has happened in our Society which I would like to highlight in this edition. In February of last year, NCGPS hosted the Annual Meeting of the American Group Psychotherapy Association at the Westin St. Francis Hotel in downtown San Francisco. I hope that many of you had the opportunity to attend this wonderful meeting, made possible by the strong work of our local committee, which included **Elaine Cooper, Alison McCabe, Lois Friedlander, Regina Armas, Walter Stone, Peggy Johnstone, Barbara Ilfeld, Geri Alpert, Ann Steiner, Bill Roller, Daisy Reese**, and my ever so helpful co-chair **Rose Phelps**. The feedback I received both throughout the conference from participants and later from the leadership of AGPA was that they were thoroughly pleased with our Society's contribution to this year's meeting and were grateful for all of the hard work which went into the meeting from a local level. The meeting also contributed to considerable enthusiasm for group therapy within our local community, with many newcomers attending for the first time and expressing desire to attend similar events in the future.

Some of that enthusiasm must have continued to flourish, as our own biennial Conference at Asilomar was a great success. Although local meetings are sometimes overshadowed by the AGPA annual meeting, we saw the opposite. We had one of the highest attendance rates for this event in recent years, and our Institutes and Workshops were once again well

received by those who participated. I would again like to thank my committee for this event which included **Jo Ann Costello, Randy Dunagan, Geri Alpert, John Rochios**, and my co-chair **Rose Phelps**. Our continuing education chair **Art Raisman** played a huge role in the planning and execution of the educational portion of the program and went the extra mile to guarantee that all Workshops and Institute groups granted continuing education credits for psychologists, nurses, marriage and family therapists, and social workers.

For 2007, I am pleased to announce that NCGPS President-elect **Daisy Reese** and Council newcomer **Haim Weinberg** will be co-chairing the biennial Institute. The event is scheduled for June 1-3, 2007 at the Asilomar Conference Grounds, so I hope everyone will mark their calendars and save the date for what I'm certain will be another rewarding and personally enriching weekend of Institute sections.

Before that, however, I believe that congratulations are in order to **Daisy Reese** for again organizing the NCGPS Fall Event. This year featured an excellent daylong workshop by renowned group therapist **Molyn Leszcz, MD** who presented "Integrating the Interpersonal and the Existential: an Evolving Approach to Group Therapy."

Many thanks also go to **Barbara Ilfeld** and the remainder of the Training Program Committee who once again taught the 12-hour Core Course in Group Psychotherapy this September as well as three ongoing "Beyond the Core" evening seminars. NCGPS now has a well established training program aimed at helping therapists meet one of the requirements for becoming Certified Group Psychotherapists with the National Registry of Group Psychotherapists, and work is underway to support those who complete this course to continue their process of obtaining supervised hours of group therapy experience to fully complete the requirements of this credential.

I am also pleased to announce the new Officers and Councillors of NCGPS

for 2006-2007. Continuing on as Secretary will be **Alison McCabe**, as well as **Daisy Reese**, now President-elect and Membership Chair (as well as those positions listed above), **Rose Phelps** as Immediate Past President and Chair of the Web Site Committee, **Barbara Ilfeld** as Councillor and Chair of the Training Program Committee, **Geri Alpert** as Councilor and Paper Directory Chair as well as Negotiations and Contracts Chair, and **John Rochios** as Treasurer as well as Marketing and Tape Library Chair. Joining our group as new Councillors are **Regina Armas, Haim Weinberg**, and **David Wasserman**.

As all of us settle into our current positions within the leadership of NCGPS, we are planning ways to continue providing the quality educational and networking services that NCGPS has provided for years while also looking at ways where we might begin to extend our skills and areas of strength and creativity as an organization. This would include processes for including new approaches to group psychotherapy practice into our educational offerings and looking for creative ways to serve the educational and training needs of therapists in Northern California.

My hopes for the coming year are that I will come to know many of you in the organization and also discover ways in which NCGPS can reflect and stimulate the wide array of ways in which group psychotherapy can enhance our practices and communities. In this regard, I would invite members of NCGPS to see how your own individual talents and interests might add to our ongoing programming and activities. For more information on how you can get involved, please contact me at 415/402-0755 or by email at [drrobz@yahoo.com](mailto:drrobz@yahoo.com). All members of NCGPS are welcome at our monthly Council meetings, held in Oakland, California. This is another opportunity to learn about the workings of this organization and the ways you might be able to participate in the future.

—*Rob Zeszotarski, President*

# Presidential Farewell

By Rose Phelps, MFT

It has been 5 months since I handed over the NCGPS presidency to Rob Zeszotarski. Since this is our first newsletter in a while, I want to take this opportunity to thank all of our wonderful NCGPS members for their participation and support during the past two years.

Reflecting back on the past two years, I found myself listing the many things we have accomplished as a Council and as an organization. We have a new and improved Web site. We have launched our training program. We had two successful silent auctions at our Annual Dinner; these auctions raised money for our Scholarship Fund. We hosted AGPA in February in San Francisco. AGPA and NCGPS co-sponsored a one-year free membership for newly licensed professionals. One of our past presidents, Connie Concannon, became President-elect of AGPA. Then there were the usual activities, the Fall Event, Asilomar, the Annual Summer Retreat, the Annual Dinner, and the monthly Council meetings.

We accomplish so much with a small but dedicated group of vol-

unteers. I appreciate all the contributions made by our members. I want to thank Barbara Ilfeld, my Immediate Past President, and Rob Zeszotarski, my President-elect, for their excellent team work as we formed an Executive Team. This was so helpful to me in learning the job and in mentoring Rob for his turn. Running the organization is a true group process. I also want to thank all the Past Presidents who contributed their expertise: Geri Alpert, Elaine Cooper, Connie Concannon, Art Raisman, John Rochios, Dave Rovno, and Ann Steiner.

Many more thanks to Alison McCabe, Daisy Reese, Cathryn Lewis, Jim Fishman, Colleen Brent, Regina Armas, David Wasserman, and Haim Weinberg, current and past Council members. Many thanks to Carla Haimowitz, Pat McCaffrey, Walter Stone, Peggy Johnstone, Marianne Gunther-Murphy, Randy Dunagan, Joann Costello, and to the many workshop and institute leaders.

I learned a great deal during the past two years. Thanks again for supporting NCGPS.

## **MOLYN LESZCZ**

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therapy." The Fall Event was held on Saturday, November 18, 2006, at the Four Points Sheraton in San Rafael, CA. Approximately 50 persons attended.

Dr. Leszcz's presentation was titled "Integrating the Interpersonal and the Existential: an Evolving Approach to Group

Therapy." The day consisted of a mix of PowerPoint lecture, discussion, and demonstration groups. Throughout, Dr. Leszcz wove together theory, research, clinical examples (from his practice as well as vignettes offered by attendees), and moving stories from his own life. Dr. Leszcz's erudition, therapeutic skill, warmth, genuineness,

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**IMPORTANT! PLEASE READ:**

## **New and Improved Web site**

By Rose Phelps

We have an updated Web site, [www.ncgps.org](http://www.ncgps.org), that needs membership attention. We need you to update your directory information and keep it updated. It is up to you to make sure that your listings are current.

By visiting the Web site often, you can keep up with NCGPS news and events, search for groups when you need to make referrals, register for NCGPS events, pay online for membership or event registration, and read about the benefits of group therapy.

The following is a step-by-step instruction guide for entering your data. Remember that your dues need to be current for your listing to show online! If you have any questions contact the Web Chair, Rose Phelps at [rosepmft@hotmail.com](mailto:rosepmft@hotmail.com).

### **WEB SITE DATA ENTRY INSTRUCTIONS:**

1. Go to [www.ncgps.org](http://www.ncgps.org)
2. Click on "Find a Group Therapist"
3. At the prompt, "Search for a Specific Therapist," enter your name in the search box
4. Click on your name
5. Click on the words "Update this Listing"
6. Enter your email address and password (Your temporary password is `asilomar06`)
7. Make sure you enter all the fields applicable, then click on "Submit" at the very bottom.

# SAVE THE DATE!

## NCGPS Biennial Training Institute at Asilomar

Pacific Grove, California

June 1-3, 2007

Once again, we are delighted to offer a unique opportunity for intensive learning, connecting with friends and colleagues, and fun! Join us at this beautiful coastal retreat for an experience not to be missed.

### **16 Groups To Choose From:**

#### **THREE PSYCHODYNAMIC PROCESS GROUPS**

Beginning Level

Intermediate Level

Advanced Level

#### **THIRTEEN SPECIAL INTEREST GROUPS**

Building a Positive Body Image

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Psychodrama

Jungian/Object Relations

Couples Groups

Women's Group

Food as an Emotional Issue

Building a Group Culture

Group Development and Leadership Roles

Consulting with Organizations and Work Groups

Interpersonal Gestalt

Sandtray and Authentic Movement

### **Plus – Our First Ever Community-Wide Welcome Event on Friday Evening**

Approved for 12 CEUs for Psychologists, Social Workers, MFTs, and Nurses.

For additional information or a downloadable Course Catalogue, go to

**[www.NCGPS.org](http://www.NCGPS.org)**

or contact Institute Co-director **Haim Weinberg, PhD**

3010 I Street, Sacramento CA 995816

(916) 212-6424

[haimw@group-psychotherapy.com](mailto:haimw@group-psychotherapy.com)

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# EARLY BIRD REGISTRATION: WHY IT'S IMPORTANT!

By Geri Alpert

**A**s you have probably noticed, NCGPS has routinely given discounts, often sizable, to people who sign up for our events "early." Since, over the years, a number of people have asked, in essence, "Couldn't I please still pay at the early rate, even though it's after the deadline," it has occurred to us that some people may not understand what these rates are intended to accomplish—and why they are so very important to us. For every event that NCGPS sponsors, we are given deadlines by the various people that we contract with (hotels, caterers, etc.) to let them know how many people we expect. If we guess too low, we may contract for fewer rooms, say, or less food, than we actually need, running the risk of needing to turn people away. On the other hand, if we contract for too much, we run the risk of having large costs that we are liable for, even though we do not have enough participants to cover these costs. The purpose of the Early Bird rate is to get as many people as possible to sign up BEFORE we need to sign our final contract, allowing us to estimate our needs better and hopefully reduce the financial risk we could incur from poor estimates. We tolerate the cost to NCGPS of the Early Bird price break because it is worth it to reduce the costs

of either overestimating (having to pay for unneeded space, food etc.) or of underestimating (having to turn people away, losing both revenue and valued participants). So when people want the price break, even though they did not help us with the information that we needed, they are missing the fact that the price break (which costs us) is given in exchange for this very specific and very badly needed form of help.

The moral of this story is, "DO YOURSELF AND US A BIG FAVOR AND SIGN UP EARLY." You can begin putting this into practice, and save yourself \$50 by signing up for the Training Institute at Asilomar by April 1st. You can wait to do this until your brochure arrives in the mail early in March, or you can download a copy of the Brochure at the NCGPS Web site ([www.NCGPS.org](http://www.NCGPS.org)). And, remember that in addition to this being an easy way to save money, there is a second and perhaps even more important reason to sign up early: TO INCREASE YOUR CHANCES OF GETTING INTO THE GROUP THAT YOU WANT MOST! Although we know that people have great experiences even if they get their second or third choices, many people have strong preferences that we will most likely

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## AGPA Annual Meeting 2007: Austin, Texas

**T**he American Group Psychotherapy Association will hold its 2007 Annual Meeting March 5-10 at the Hilton Austin Hotel in Austin, Texas—the "Live Music Capital of the World." The theme of this year's meeting is "The Promise of Group Therapy." Group therapists of all disciplines will be gathering to further their professional development in this powerful and effective modality. The six-day event features special presentations by leading experts in group therapy, One-day and Two-day Institute sessions, and a three-day Conference that incorporates lectures, courses, panels, and approximately 100 workshops. You will have the opportunity to participate in and learn about many forms of group interventions that incorporate evidence-based and empirically supported treatments and that represent a wide range of innovative group modalities. The program and complete event descriptions, along with the option of online registration, can be found at [www.agpa.org](http://www.agpa.org).

The impressive line-up of distinguished speakers begins with Dr. Ann Alonso, who will deliver the One-day Special Institute Presentation, "Who's Crazy Here? The Slippery Slope in the Therapeutic Moment." Next, Dr. David Hawkins will open the Two-day Institute Process and Specific Interest Sections with his talk, "Finding Yourself in the Group." Other major presentations will be delivered by Dr. King Davis, Dr. Anna Ornstein, and Dr. Peter Irons.

There will be many chances to connect to others who share your specific interests. Eighteen Special Interest Groups, or SIGs, will be meeting throughout the Conference. Plus, there will be numerous receptions and social events, including a dance on Friday, March 9.

Please join the many NCGPS members who will be attending and presenting at this exciting meeting in Austin. For more information, consult the AGPA Web site.

# Annual Retreat Review

By Rob Zeszotarksi

**A**t our Annual Retreat on August 19, 2006, the NCGPS Council first met for a Council meeting to discuss each of our interests, goals, and commitments to work for NCGPS in the coming year. Following this meeting, we joined members of the organization for a potluck luncheon followed by an introduction of each member and a discussion of the goals and interests of the participants. Based on the group's responses, three breakout discussion groups were formed to generate ideas and stimulate interest for the coming year. Each breakout group met, after which we

reconvened as a large group, with a representative from each group reporting on the outcomes of each group's discussion.

The largest interest was in the group dedicated to outreach and membership. Daisy Reese spoke on behalf of this group to report ideas for including paraprofessionals (including drug and alcohol counselors) in our trainings and our organization. This group emphasized a need for NCGPS to be attentive to creating an inviting and welcoming environment for these individuals. The idea of "collaboration" with other groups, agencies, and organizations was

also described by this breakout group. As opposed to merely inviting members of such groups to our events and vice versa, the concept of collaboration here meant that members of both groups (i.e., NCGPS and an agency or other professional organization) would sit down together and try to develop a plan for possibly offering trainings and other membership benefits that would be of mutual interest to the members of both groups.

Other concepts mentioned by this group included the development of programs or a speakers

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## THERAPY GROUPS FOR WOMEN

**T**hese groups are dynamic, supportive, interpersonal, and interactive. In a warm and proactive setting, women can share their issues regarding their relationships, self-worth, life transitions, depression, anxiety, and work, and grow to lead more full and positive lives. A variety of integrative interventions (from Gestalt to guided imagery) are utilized to facilitate change. The groups meet in Burlingame (near Highway 280) and are led by Betty Stern, Licensed MFT (#30130), who has been leading groups for 23 years.

**CALL 650/343-6737**

## Consultation Groups

**Case Presentations  
Diagnosis and Formulations  
Medications Consultation  
Collegial Interaction  
CEUs Available**

Two ongoing groups, limited to five, meet every other week: Mondays at 10 AM or Wednesdays at noon.

Alan D. Sklar, MD practices and teaches individual and group psychotherapy. He is an Associate Clinical Professor Emeritus at Stanford University. His publications are in the fields of Childhood Parental Loss and Group Psychotherapy.

**650/493-5462**

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## **MOLYN LESZCZ**

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generosity, and deep respect for others shone throughout the day.

Dr. Leszcz devoted the morning portion of the workshop to a presentation of existential group psychotherapy. He highlighted four existential issues: death, isolation, freedom/responsibility, and meaning, and elaborated on each in depth. A 50-minute demonstration group with seven members followed, in which Dr. Leszcz expertly illustrated how to work with these concepts. His work with the group was aimed, in part, at enhancing awareness of choice and a sense of agency, as well as fostering awareness that time is short.

After a delicious lunch, most of us dining al fresco in the warm Marin sun, we reconvened for Dr. Leszcz's exposition of the interpersonal model. In his lecture, he impressively synthesized the key concepts of many seminal thinkers, highlighting in particular Harry Stack Sullivan and the interpersonal theory of psychiatry, Stephen Mitchell (relational psychoanalysis), Donald Kiesler (the interpersonal circle), Joseph Weiss and Harold Sampson (Control Mastery theory), and McCulloch and Keller (the Cognitive Behavioral Analysis System of Psychotherapy). Another demonstration group followed, this time emphasizing the interpersonal rather than existential perspective.

Dr. Leszcz's style, both as presenter and group psychotherapist, was always respectful. He suggested that we try refraining from authoritative and potentially off-putting interpretations, opting instead for tentative formulations less likely to mobilize resistance--for example,

saying to a patient, "Sometimes I've noticed that..." instead of "You always..." Acknowledging uncertainty can also be helpful: "I don't know you that well yet, but my impression is..." or "If I've heard you correctly..." Also flowing out of respect for, and collaboration with, the patient was the suggestion to ask the patient's permission before proceeding with a line of inquiry that might be difficult. He also championed therapist genuineness, which can require risk-taking. In certain instances it may be therapeutic to tell patients, in a direct fashion, what you feel they need to know about themselves even when you are worried about the consequences. Taking such a risk, if sensitively carried out, may lead to a deepening of the therapeutic relationship rather than a rupture. As Dr. Leszcz put it in one of his slides, "Find palatable ways to say unpalatable things." Another of Dr. Leszcz's suggestions was to err on the side of acknowledging patients' adaptational efforts, even if imperfect, rather than focusing on the pathological. He said (I'm paraphrasing a bit), "Celebrate that the person put a crayon on the paper for the first time. Don't criticize that he went outside the line." Many of his suggestions for maintaining a respectful, genuine, and collaborative stance echo the work of Carl Rogers, James Bugenthal, and William Miller and Stephen Rollnick, the elaborators of motivational interviewing.

Those who attended Dr. Leszcz's workshop were lucky indeed. For those who did not attend, and also for those who did but would like a refresher, Dr. Leszcz has generously permit-

ted us to upload his PowerPoint presentation to the NCGPS Web site ([www.ncgps.org](http://www.ncgps.org)).

Daisy Reese did a stellar job chairing this year's Fall Event. Since Daisy was chair last year as well, when Erving Polster was the presenter, we owe her a double debt of gratitude. A group of enthusiastic volunteers ably assisted her. Also, we are grateful to AGPA for their financial support of Dr. Leszcz's visit, bestowed in recognition of our society's hosting the AGPA Annual Meeting earlier in 2006. The 2007 Fall Event is tentatively scheduled for this November.

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## **TRAINING PROGRAM**

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The Core Course was well received. Twenty-one participants fulfilled one of the three American Group Psychotherapy Association requirements for becoming a Certified Group Psychotherapist; they will be included in the National Registry of Certified Group Psychotherapists. These professionals will be joining the ranks of colleagues who hold the only credential that certifies individuals nationally in group psychotherapy. The next Core Course will be Saturday, September 29 and Sunday, September 30, 2007.

Our Faculty included Fred Iffeld, who proficiently set the stage, the tone, and the culture of the course with his Friday lectures on group theory, dynamics, and development for much of what would emerge throughout the group experiences. Andy Pojman and Esther Stone joined me in expertly and creatively facilitating the experiential groups and

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## **TRAINING PROGRAM**

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linking the process to the didactic materials. Marianne Gunther-Murphy delivered a vibrant, creative, and informative presentation regarding the therapeutic factors promoted by competent group therapists designed to lead to change. Ann Steiner shared her wealth of knowledge and experience in a seasoned presentation of valuable material and handouts to guide participants in forming and leading groups and managing their practices. Larry Malcus accepted the challenge of defining and exploring the concepts of transference and countertransference, and then pulled it all together at the end with a skillful bridging of the various elements of the previous lectures leading up to termination. Walter Stone treated us to an intriguing video session of a group in process and guided us through a vibrant discussion.

The Second Component of our 2006 training program consisted of three 3-hour evening courses addressing advanced issues in group psychotherapy. The verbal and written evaluations for the Beyond the Core workshops demonstrated that each became the vibrant, rich, and productive training experience we had hoped for and promised. Connie Concannon, our President-elect of AGPA, presented "Recruiting Patients." She succeeded in stimulating curiosity, providing valuable information, sharing concepts and suggestions, and inspiring vital group work. Haim Weinberg presented on the topic "How the Process Works," skillfully utilizing didactic and demonstration groups to highlight the essentials of group

process. Geri Alpert and Elaine Cooper presented "The Difficult Patient." We were incredibly fortunate to have Geri and Elaine sharing their knowledge and expertise and demonstrating their proficient co-therapy / faculty team. The individual excellence contributed by each developed into more than the sum of their parts.

Also impressive were the extensive efforts so many of the participants put into the evaluations, responding to our request to let us know what we did well and what we could improve upon, with suggestions included. The wealth of information which we received is being compiled into an Excel format to utilize in producing future training events. If you have ideas to share to grow our training program, I welcome your emails at [barbara.ilfeld@gmail.com](mailto:barbara.ilfeld@gmail.com) to be added to this document.

The third component of our training program is in the process of being designed. It may ultimately consist of supervision in an individual or group format. It will be geared toward assisting participants to meet the "75 hours of group supervision" required for the CGP credential.

Our Training Program Committee worked creatively and well together. Rose Phelps, Pat McCaffrey, and Marianne Gunther-Murphy assisted with the myriad of functions required to bring our show to the stage. Carla Haimowitz, in addition to the efforts mentioned above, fed us decadently and hosted us elegantly at the core course event as well as at our committee meetings. Walter Stone designed our comprehensive program teaching the basic elements of group psychotherapy and

advanced issues enhanced by the expertise and experience of the faculty whom we selected.

I appreciate the generously donated time, effort, and energy invested in making our 2006 Fall Training Program the success that it was. Our Faculty and Committee have participated in spreading the good that is group psychotherapy and creating the growing culture that is our NCGPS training program.

To learn about our Fall 2007 Training Program offerings as plans evolve, stay tuned to our Web site at [www.ncgps.org](http://www.ncgps.org).

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## **ANNUAL DINNER**

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and now Third Annual, Silent Auction.

We welcome your donations to the Silent Auction. The range of suitable items is enormous and includes art, jewelry, fashion accessories, food and wine, catered dinners, books, personal services, and weekend getaways. There are many more possibilities, so don't let this list limit your imagination. If you would like to make a tax-deductible donation to the auction, email Rob Zeszotarski ([drrobz@yahoo.com](mailto:drrobz@yahoo.com)). Provide a description of your items, including estimated value and a suggested minimum bid, and arrive with your items before the party starts, preferably by 5:00 PM. Proceeds will benefit NCGPS.

The Highlands Country Club is in a lovely, serene setting with beautiful views. Directions to the club will be included in your invitations.

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## **ANNUAL DINNER**

*(continued from page 9)*

The cost for the dinner to NCGPS members will be \$30 per person--\$25 if payment is received by the early bird deadline specified in the invitation--a bargain. Non-members will pay \$35. (It pays to join for 2007 if you haven't already.) So, mark your calendars, come have fun with us, bring your significant others and friends, and think about what you can donate to the auction.

Invitations will be mailed shortly, so be on the lookout. If you have questions or need a reservation form, call or e-mail the Annual Dinner Co-chairs: Barbara Ilfeld (530 / 581-3567, Barbara.Ilfeld@gmail.com) or Rose Phelps (510/658-4344, RosePMFT@hotmail.com).

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## **ANNUAL RETREAT**

*(continued from page 7)*

bureau that would offer free trainings and group consultation to community groups and agencies in order to educate them about group therapy, NCGPS, and how individuals in those agencies might gain from further involvement with NCGPS. In the process, the members of this group highlighted the need to gain a better understanding of the educational needs of newly or recently graduated therapists embarking on practices that could (and should) incorporate group therapy.

This concern was also raised by the breakout group focused on education and training. In addition to discussing the training needs of those just entering the field, many ideas were stimulated by

this group for how NCGPS might vary its educational offerings to be more diverse and approachable to a greater number of people. This included daylong conferences with multiple presenters who would teach in a didactic format and then be followed by smaller groups led by another set of leaders to further discuss the topic in question. Other ideas included innovative ways of gaining supervision. For example, several supervisors could rotate through supervision groups assembled on the workshop date, giving different theoretical or stylistic perspectives on the questions raised within the groups. Incorporating discussions of a film or film excerpt has been one format successfully used to include participants in the teaching process, and it was suggested to revive this as a Friday night large group activity during the biennial Asilomar conference years. Some specific topics which members of this group wanted to see included in future programming included therapists' relationship to and relevance to politics and social justice.

Finally, this year's third breakout group discussed the possibility of NCGPS becoming more directly involved in conducting research within the field of group psychotherapy. This group emphasized how it could be possible to do research beginning on a relatively small scale in a number of ways. One way would be to survey our members on their standard practices simply to look at the range of practice behaviors within our professional community. Another would be to educate members on group therapy assessment measures, which therapists could then use to

monitor the progress of members in their groups. As incentives to participate in these research efforts, this breakout group suggested that participants be entered into drawings for free registrations to NCGPS events like Asilomar and the Fall Event.

In addition to these specific areas of discussion, the day provided a forum for those in attendance to connect professionally and personally. Members of the NCGPS Council appreciated hearing from those present regarding their views on how they would like to see NCGPS grow and expand as an organization in the areas described. The hope is that more and more of our members will continue to contribute their energy and interests for further planning. Should any members reading of these ideas or related suggestions or ways you would like to get involved in the future, please contact NCGPS Rob Zeszotarski at drrobz@yahoo.com for details on how to do so. Particular appreciation goes to Dave Rovno, who once again served as the host for this event at his home in Oakland.

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## **EARLY BIRD REGISTRATION**

*(continued from page 6)*

be able to accommodate for those who sign up early. Also, since there is a possibility that we have made our preliminary bed estimate too low, signing up early assures that you will have on-site lodging at Asilomar.

Please note that in order to get the Early Bird rate, both the Asilomar lodging and the Institute registration must be paid by April 1.

# CLASSIFIED ADVERTISEMENTS

## SAN FRANCISCO

### Therapy Groups for Gay Men

New 16-week process group starts Winter, 2007. Additionally, two long-term, general issues, psychodynamic process groups on-going for over ten years. For more information, please call Jamie Moran, LCSW, CGP (LCS 14447), 415/552-9408. [www.jamiemoran.com](http://www.jamiemoran.com) Jamie has been leading groups since 1984.

### Women's Substance Abuse

**Group** for women who have unresolved issues with drugs and alcohol and want to work in a combined motivational enhancement and interpersonal therapy group. Alternative to 12-Step. Call 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.

### Financial District General Psychotherapy Group

for men and women (ages 22-45). Thursday evenings 6-7:30pm. 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 [drrobz@yahoo.com](mailto:drrobz@yahoo.com) for referrals/information.

### Therapy Group for Women:

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

### 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.

### General Adult Psychotherapy

**Groups:** Long-term, psychodynamic. For men and women. Current openings. Evenings, San Francisco. Led by Art Rais-

man, PhD, Licensed Psychologist (PSY7795). Past President, NCGPS. 415/453-4271.

## EAST BAY

### 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.

### Three Psychodynamic, Pro-

**cess-oriented Groups:** Safe, supportive setting. Explore trust, intimacy, and self-care in relationships. 1. **General, Relationship-focused** 2. **Psychotherapy Group For Therapists** 3. **Chronic Medical Illness.** Led by Ann Steiner, PhD, MFT (#ML17115), CGP, Fellow, AGPA. Over 26 years leading groups and teaching therapists. Lafayette 925/472-8822. Group info available: [www.DrSteiner.com](http://www.DrSteiner.com)

### 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](mailto: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](mailto:rosepmft@hotmail.com).

### Therapy Groups for All Ages.

OasisCenter 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

**Women's Process Group:** For midlife challenges. Now forming in Redwood City. Wednesdays 7:30-9 PM. Please contact Deborah Dowse Runyeon, MFT for more information at 650/363-0249 x111.

### LIVE: Life Interventions Visions

**Empowerment:** A support and process group for high-functioning women with serious mental illness. Eight-week repeating groups in Redwood City. Mondays 5-6:30 PM. Please contact Deborah Dowse Runyeon, MFT for more information at 650/363-0249 x111.

**Adult Groups** - Four ongoing psychotherapy groups for men and women in Palo Alto. Groups vary in ego strength from low to high, 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.

### Therapy Groups for Women:

Long-term psychodynamic groups. Safe, supportive environment. Exploring intimacy, relationships, and how is my life going. Meeting in Menlo Park. Marcie Pais, MFT #28005, 650/529-1144.

### Therapy Groups for Women:

Dynamic, supportive, interpersonal. Explore issues regarding relationships, self-worth, life transitions, work, etc. in a warm and supportive setting. Led by Betty Stern, MFT in Burlingame. 650/343-6737.

### 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), 650/598-8877. [www.jamiemoran.com](http://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.

### Psychotherapy Group for

**Psychotherapists:** Space available in a long-term therapy group with a psychodynamic/interpersonal orientation. Group has both men and women and meets on Wednesdays from 9:30-11:00am. Co-led by Geraldine Alpert, PhD and Elaine Cooper, PhD, LCSW. 415/453-8969.

### Consultation Group for Group

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

## 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](mailto: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:

March 15, 2007

### Display Ad Rates:

One-fourth page: \$75  
(4<sup>3</sup>/<sub>4</sub>" high by 3<sup>1</sup>/<sub>2</sub>" wide); One-eighth page: \$50 (2<sup>3</sup>/<sub>8</sub>" high by 3<sup>1</sup>/<sub>2</sub>" wide)

# C ALENDAR & ANNOUNCEMENTS

**AGPA 2006  
Annual Meeting** March, 5-10, 2007  
Hilton Austin Hotel  
Austin, Texas

**NCGPS Annual  
Dinner** March 25, 2007  
5:30 - 9:30 PM  
Highlands Country Club  
110 Hiller Drive  
Oakland, California 94618

**Asilomar Biannual  
Training Institute** June 1-3, 2007  
Asilomar Conference  
Grounds  
Pacific Grove, California

## Our Apologies:

The NCGPS Council has extended an apology to Phyllis Jenkins, LMFT. In this year's Call for Proposals for the Asilomar Institute, we used a past proposal of hers as an example without her permission. Phyllis has graciously accepted our apology, and the Council would like to thank her publicly for her patience and understanding with regard to this oversight.

**Submissions Deadline for Spring Issue:  
March 15, 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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