



Third Annual Group Psychotherapy Core Course: A Report

By Walter Stone, MD

In NCGPS's continuing efforts to provide a broad spectrum of training, the third annual 12-hour Core Course was held on the last weekend in September at the Sheraton Four Points in San Rafael. The weekend was planned by the NCGPS Training Committee, chaired by Barbara Ilfeld, with

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NCGPS Group Therapy Salon: a Surprising Success?

By Haim Weinberg, PhD

In November 2007, NCGPS launched a new program: the Group Therapy Salon. From our experience and acquaintance with colleagues who lead groups, we noticed that many of them focus on their practices and on how to lead their groups but seldom read papers on group therapy once their formal education and training is complete. Thus, their grounding in group theory fades, and advances in the theory and practice of group therapy escape them. Group therapy conferences can

provide some of this information, although they are often focused on experiential workshops, with scant attention to theory.

We think that this is a mistake: a clinician who gains theoretical understanding of groups and has a solid theoretical basis will do better work as a group therapist. We decided that the best way to deal with this problem would be to create the Group Therapy Salon: a series of meetings in which a small group of colleagues read important papers about group

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Rob Zeszotarski Resigns as NCGPS President

(Editor's note: Rob Zeszotarski has asked us to publish excerpts from his resignation letter as a way of informing the membership about his decision.)

November 12, 2007

Dear Members of the NCGPS Board:

It is with extreme regret that I tender my resignation as President of NCGPS, effective December 1, 2007. I realize that this puts the organization in a potentially dif-

ficult position. I have been thinking about this for months and have determined that, in terms of my life, it is a better decision to resign from NCGPS midstream than to allow the other parts of my life to pay the price for my involvement. I made the commitment to serve as President-elect and then

President three and a half years ago, while I was single and residing in a rental apartment in San Francisco. I now have a partner, three teenage children, and two condominiums (one in San Francisco and one in San Mateo) that I share responsibility for.

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FROM THE EDITOR

Thanks to all who have contributed to our Winter 2007-2008 issue: Geri Alpert, Jim Fishman, Daisy Reese, Ann Steiner, Walter Stone, Haim Weinberg, and Rob Zeszotarski. I asked Geri and Jim to share their personal perspectives on our recent Fall Event with Ellen Lack Wright, PhD. Dr. Wright presented a stimulating and well-received workshop, "Aggression as a Positive Force: Working with Aggression in Modern Group Process," on November 10 at the UCSF Faculty / Alumni House. Geri took part in Dr. Wright's morning demonstration group; Jim volunteered for the afternoon group. Each has contributed a beautifully written and thoughtful piece capturing what it was like for them to be in the "fish-bowl" and what they learned from this powerful experience.

I am grateful to Haim and Walter for reporting on two of our society's other successful educational efforts, the new Group Therapy Salon and the Core Course. Ann Steiner, in her article, educates us about a highly important topic, creating a Professional Will, and offers some great ideas about how to start. Finally, this issue brings sad news of Rob Zeszotarski's

resignation as NCGPS President. His successor (and former President-elect), Daisy Reese, contributes her first "From the President" column.

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 WINTER 2007-08

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Did you ever get the question, “Do you want the bad news first or the good news?” My response to that has always been to get the bad news out of the way first. Then I’m free to appreciate the good news. In this case, the bad news is the resignation of our President, Rob Zeszotarski. We’re sorry to see him go and appreciative of his contributions to NCGPS over the past years. All the best to you in your next chapter, Rob. I look forward to our paths continuing to cross.

Now for the good news. I’m stepping into the exciting and challenging role of President with the support of a terrific Board. Special thanks go to **Rose Phelps** for her generosity and willingness to step in wherever she’s needed. **Geri Alpert** continues to hold the community’s center with her wisdom and dedication. **Barbara Ifeld** has made a significant, ongoing contribution to area psychotherapists with her organization of the Core Course and

Beyond the Core. **John Rochios** gives generously of his time as Treasurer – for the second time around! **Art Raisman** continues to do the difficult job of CE chair with competence and grace.

Regina Armas is our reliable Secretary whose sharp eye catches a lot of mistakes before they can happen. **David Wasserman** gets the credit for this newsletter that you’re reading. He can be counted on to come through in any capacity when called upon. Finally, our “unofficial” Board member—

Dave Rovno continues to quietly provide what’s needed with little fuss and much good humor.

Cheryl Welch, our Administrative Assistant, has done an amazing job of organizing our membership files and doing her best to keep me organized as well.

Even though spring has not yet sprung, we’re looking forward to the Asilomar conference.

This year’s format will hold some surprises that we hope you’ll enjoy. The theme of the confer-

ence is “Building Connection in a Time of Isolation,” and much of the focus will be on the interconnections within the conference community as a whole. We’ve invited **Armand Volkas** and his **Playback Theater** to open the conference on Friday night. Saturday will consist of a variety of 6-hour workshops with a choice of terrific presenters, including **Jim Dugo, PhD**, who memorably presented at our Fall Event in 2004. **Mark your calendars now for June 6–8 at Asilomar.** This is a conference you won’t want to miss.

Finally, a word of thanks to the NCGPS membership. Whether you’re a newcomer or an “old-timer,” we hope that this will be the year you get more involved. The Board meets the third Tuesday of each month and any member is welcome to attend. Contact a Board member for details. We look forward to seeing you soon.

—Daisy Reese, LCSW, CGP

Planning for the Unexpected: Why Every Group Therapist Needs a Professional Will

By Ann Steiner, PhD

It is never too early to plan for the unexpected. We all get sick occasionally, have family emergencies, and eventually will no longer be able to, or wish to, continue being in practice. The ethics and clinical importance of planning for and techniques for skillfully handling our expected and unexpected absences has been a neglected area in the field. For example, most clinicians aren’t aware that their Ethics Codes require that they have a plan for the disposition of their practice in the event of their absence.

What is the Therapist’s Professional Will? The actual Therapist’s Professional Will is a document detailing your wishes for the continued care of your clients in your absence, whether planned or unplanned. It is designed to reduce the trauma and impact on your clients, colleagues, and yourself for when you are unavailable. For example:

- What would happen to your practice if you had to take a sudden or unexpected leave of absence, became seriously ill, or died?

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Confrontation and Tenderness

By Jim Fishman, LCSW, CGP

During our recent fall event, Dr. Ellen Wright—who was speaking on aggression in the group—held two demonstration groups in which she was to play the therapist. The morning-group volunteers were asked to play their most difficult client; the afternoon members were free either to role-play or be themselves. I volunteered for the afternoon one. As I moved forward to take my seat in the “fish-bowl” group-within-a-group, I decided to play myself, as did all but one of the seven members.

The depth of authenticity and vulnerability into which our group had plunged took me by surprise, given that 50 or so therapists were watching our interactions. I remember feeling the heat and intensity of direct emotional contact wash over me, and I steadied myself inwardly to take it all in. Across from me in group the female “group member” deciding to play her own client played a person self-absorbed by grief. The member next to me quickly joined her in her grief and made a huge disclosure of his own past losses. Several other members had difficulty with the grief-stricken client, and somehow I found my own hostility towards her melting away. I wanted to reach out to her and ventured to make an empathic comment to her, as I casually took a drink of water from my water bottle.

In a style that I experienced as both combative and shaming, the leader (Dr. Wright) interpreted my drink of water as an aggressive enactment and a defiance of group rules. I felt put on the spot, as I

had not recalled any such rule ever being made; when I pushed back and told her she was hardly empathic, her response was, “Who says I need to be empathic?”

The group tensions escalated, and several members came to my defense. One woman challenged Dr. Wright: “I feel you are intervening in a way to obstruct the intimacy that we, as a group, have created.” She felt that Dr. Wright had made certain presumptions that led her to misread the culture we members had created on our own.

I remember feeling freed up enough to share with Dr. Wright that I felt so angry that I “felt like skewering her.” I followed up with a conscious act of defiance by taking a dramatic swig of water. Try and Stop Me, is what I was feeling.

She fully allowed my anger and defiance, and appreciated my directness. I viscerally felt that I could fight back without fearing she would crumble. This was a new experience for me, having come from a family with women who seemed fragile and easily injured.

In a shift in perspective, she said, “You’re wondering if your needs can take precedence over my rules,” and she later remembered that I had been the one to raise questions about Kohut, anger, and empathic attunement. My defensiveness melted; now the full force of our confrontation reversed directions. The tides had shifted, and I could see she was visibly moved. We held our gaze for the longest time, in silence. This was a moment of tenderness, compassion, and, for me, integration.

None of us wanted to break for a bathroom break when our “group” session ended. Instead, we continued to process what had happened, and Dr. Wright revealed her own process and admitted that she knew she could fight with me, that I could take it. But she also stepped outside of her “persona” to reveal her own vulnerability as a guest presenter: she allowed herself to reveal her therapeutic choices, some of which, by necessity, were snap decisions made in a moment’s assessment. She was clearly moved by the depth and authenticity that emerged. In front of all of us, she had exposed her own vulnerability, without falling apart.

I left the day-long conference in a state of exhilaration, and also with a new sensation: that of feeling “comfortably exposed” in front of my peers. As I metabolize this event—and it was, for me, a true event—I left feeling fully seen by my professional peers and “held” by the leader and our group and by the outer circle of “observers.”

The demonstration group experience continued to unfold over the next several days, even impacting my stance as a therapist with individual and group clients of my own. I find myself looking for opportunities to make explicit the aggression or subtle undermining forces that clients are denying. And, as odd as this may seem, the whole experience has helped me feel more fully seen, like 56 peers of mine got a glimpse into my psyche and found out that, hey, Jim Fishman is human.

Special thanks to Alison Trules, LCSW, Amy Glick, MFT, and Martha Gilmore, PhD.

The Pleasure of Revenge: Fun and Insight from a Fishbowl Demonstration Group

by Geri Alpert, PhD

When Ellen Wright, who presented at our Fall Event, asked for volunteers to portray a group member whose anger had proved challenging to the leader, I immediately thought of someone who I wanted to try to be. The patient, whom I will call Sally, was a member, many years ago, of a group for high-functioning women that Elaine Cooper and I have been co-leading for nearly 25 years. Although Elaine and I generally feel very comfortable in dealing with therapist-directed anger, Sally's seemingly insatiable anger at us, triggered by a substantial change in our fee structure, came close to precipitating her premature termination, and for many weeks seriously interfered with other work the group members needed to do. Since Elaine and I felt that Sally's anger was, at least in part, an expression of anger for the whole group, we tried to get other group members, who were less adept at anger expression, to join with her, hopefully unburdening her of the portion that belonged to the others. While this strategy seemed to help Sally to feel validated and was good practice for some members who had trouble accessing their anger at us, Sally's fury continued undiminished, causing a memory of an impasse that has remained with me for many years.

As I sat in Ellen's group with my fellow role-play group mem-

bers, trying to repeat as many of Sally's statements of anger and disappointment as I could remember, I discovered several things. First, I was fully able, at a visceral level, to feel the intense disappointment and anger at a group leader who I viewed as having done something seriously wrong. While the intensity of these feelings did not particularly surprise me, what I did find surprising was that as I continued to critically rant at Ellen—not only for the primary offense, but for countless other things that bothered me about how she was running the group, now that I was mad at her anyway—was how much I was enjoying my own unreasonableness and what felt like a free pass to punish Ellen for the distress that I felt that she had caused me. I wanted to make her feel as unvalued and destabilized as her wrongdoing had made me feel, and I was prepared to do whatever I could—including, if possible, holding the group hostage, thereby rendering her impotent. I felt myself to be incredibly annoying and disruptive, and as I imagined that I was having my intended effect, I found myself feeling astonishingly gleeful. Although the ideas of sadistic pleasure and secret wishes for revenge (more euphemistically termed “justice”) are hardly new to me, my being able to personally experience these feelings in this context opened up new thoughts about how we might have intervened with Sally.

Believing, as I do, that interventions that convey understanding and acceptance of painful, ego-dystonic feelings are helpful only when they are complete, it began to make sense to me that our continued understanding, reflecting, and accepting of Sally's (and the other group members') disappointment and anger had failed to work. Missing was a conveyed understanding (which we ourselves did not have at the time) of the sadistic pleasure of “getting” us—both by the relentless ranting and also the disruption to the rest of the group process while this was occurring—a pleasure that I assume was shared by the other members. The challenge would have been to find a non-shaming way to label these very understandable and acceptable feelings and to help the other members to own them as well, rather than leaving Sally as the sole carrier of these feelings.

What I would do now would be to ask the group members to imagine that they were each as angry and disappointed with us as Sally was. And, assuming such feelings (imagined or real), what revenge fantasies might they find satisfying and allow themselves to enjoy? Although I did not make the connection to the “Sally” impasse until just now, the revenge approach, in fact, worked wonderfully in another group, some years later, in which another member

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CORE COURSE

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members Regina Armas, Rose Phelps, Walter Stone, and Haim Weinberg helping to organize and coordinate the event. This year the course was held on a Saturday and Sunday, which seemed to better fit the needs of our members and interested group therapists in the area.

With wide-ranging advertising and promotion efforts covering not only Northern California but also Oregon, Southern California, Nevada, and New Mexico, we had 33 enrollees. Sixteen were non-members of NCGPS, suggesting a broad interest in this type of training. Reduced rates were provided for students, and four individuals received scholarships.

The 12-hour course, designed to satisfy the course requirement for the National Registry of Certified Group Psychotherapists, covered the basics of group psychotherapy, with lectures on theory, demonstration groups with theoretical review, and a video presentation, providing opportunity to apply the learning to understanding dynamics and processes from an observer perspective. Didactic portions of the course were

presented by Haim Weinberg, Dennis Zeitlin, Jim Fishman, and Ann Steiner. Rose Phelps, Rita Silverberg, and Esther Stone led the small process groups, and Walter Stone presented the video segment.

AGPA central office was notified of 30 registrants' full participation, thereby providing documentation of their completion of the course. The immediate feedback and evaluation from the participants indicated that the course provided an excellent blend of didactic, experiential, and observational learning. The overall rating was 93% "Excellent" or "Very Good." The major complaint was insufficient time, which only highlighted the stimulation and interest the course evoked. Plans are underway for a repeat of the training course in the fall of 2008.

GROUP THERAPY SALON

(continued from page 1)

therapy, discuss them, and think how they apply to their daily work.

We were unsure how this idea would be accepted. There were concerns that no one would register, since no continuing education units would be awarded for attending. Some also wondered whether an unspoken, hidden norm might exist that thinking theoretically is an activity for scholars and academics, not practitioners. The question we faced was how worthy learning is in itself, without any extrinsic reward.

So, we started this project with hesitation, but a belief that a clinician who is well-grounded in group theory will do better work as a group therapist and a hope that practicing group therapists would agree. We decided to begin with two groups, one in San Francisco, moderated by Dr. Walter Stone, and another in Sacramento, moderated by Dr. Haim Weinberg. We were surprised and gratified to find that the groups filled up very quickly. We soon opened another group in the East Bay, moderated by Dr. Larry Malcus, which also filled quickly. What's more, we are thinking of opening a fourth group in the South Bay.

The salon participants committed themselves to four meetings once a month. These meetings take place for an hour and a half in the houses or the offices of the participants, thus creating an intimate and warm atmosphere. We decided to start with self-psychological aspects and relational / intersubjective perspectives of group psychotherapy and to read the following papers:

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NCGPS Annual Dinner

San Rafael Joe's
in lovely downtown San Rafael

Saturday, January 26, 2008
6:30-10:00 PM

Music by Sarah and Swingtime
Fine Italian food and wine
(no host bar)
Great company

Easy parking

Members \$35, Others \$45

Art Raisman, Chair 415/453-4271

Watch for your invitation

GROUP THERAPY SALON

(continued from page 6)

Stone, W. (2005). Group-as-a-whole: A self psychological perspective. *Group*, 29, 239-255.

Gans, J.S., & Alonso, A. (1998). Difficult patients: Their construction in group therapy. *International Journal of Group Psychotherapy*, 48, 311-326.

Weegmann, M. (2001). Working intersubjectively: What does it mean for theory and therapy? *Group Analysis*, 34, 515-530.

Weinberg H., & Ditroi, A. (2007). Concurrent therapy, countertransference, and the analytic third. *Group*, 31, 47-62.

In some of the salon groups, for every meeting, one of the participants summarizes the paper (although all the participants read it) and another serves as a discussant. The moderator helps with facilitating the discussion. So far, it seems that the level of satisfaction is high and the participants learn a lot from this format.

In February, we will start a new round of four meetings. If you are interested in joining the salon, or if you want to join a new one opening in the South Bay, please write to Haim Weinberg at haimw@group-psychotherapy.com

—Haim, Walt, and Larry

RESIGNATION

(continued from page 1)

To have a fulfilling relationship takes time and energy. To meet the emotional needs of three teens and to help them get into college also takes considerable time. When I weigh all of these things, I see that my idealism of three and a half years ago and the belief that I could do everything are no longer sustainable. I have familial, emotional, and financial obligations that preclude me from being able to invest the time that an organization like NCGPS deserves.

I have tried my best and would ask for your understanding of my life where it is today and the fact that I have to face my limitations and create a life that is fulfilling for me.

I hope that this explains my decision and makes it clear to everyone why I have arrived at this decision.

I hope that NCGPS continues to prosper, grow, and change. I ask that you consider including this letter in the next NCGPS Newsletter so that I can convey what I have already articulated here to all the members of NCGPS, whom I deeply care about.

Sincerely,

Robert S. Zeszotarski, MD

PROFESSIONAL WILL

(continued from page 3)

- Who has access to your office keys, client contact information, and other details needed in an emergency, such as your voicemail access code and appointment schedule?
- Who would cancel your clients in your absence?
- How do you want your clients and their records handled in your absence?

While the concept of creating a Will resonates with most helping professionals, the prospect of putting one in place can seem daunting for nearly all of us. By making the commitment to create your own Will, you will have done everything possible to assure continuity of care for your clients and given yourself peace of mind.

Being Proactive about Unexpected Absences.

The process of creating your own Therapist's Professional Will builds community and eases the stress and burden on our family members, colleagues, and others during a difficult time of crisis and perhaps loss and grief. Putting together your own Professional Will removes the guesswork, confusion and headaches that often

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PROCESS THERAPY GROUPS

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MEMBER NEWS

Ann Steiner's latest article was published in *The New Therapist*, a South African journal distributed in South Africa, New Zealand, and Australia. She has just returned from doing a workshop in Costa Rica for The International Human Learning Resources Network and will be presenting an Open Session and Workshop again for AGPA in Washington, DC this February. She recently completed a CD, "The Therapist's Professional Will: The Complete Guide," that demystifies and simplifies this all-too-often delayed practice a necessity. Her Web site is www.PsychotherapyTools.com.

PLEASURE OF REVENGE

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was also furious with us. As might be expected, many members objected (on principle) to the idea of revenge. However, with considerable prodding on my part (which included repeating the unpopular question several times and explaining how normal it is to have feelings of wanting justice and fantasies about how to get it), revenge fantasies slowly began to emerge—the most enjoyable ultimately coming from a woman who had initially protested most vigorously the "whole disgusting idea of revenge." Her offering, though not directed toward the leaders, hit the spot particularly well, perhaps because it was so perfect and could actually be carried out, whereas most of the others could only be enjoyed in fantasy. Nicknamed by the group the "brussels sprout revenge," this delightful piece of justice consisted of an obnoxious brussels sprouts concoction that the patient dreamed up in response to Aunt Emma's ignoring, for the third year, the patient's desire to provide dessert for the family Thanksgiving dinner and her aunt insisting, instead, that the patient bring "just any green vegetable."

Subsequent to the revenge-fantasy group session, the anger toward the leaders not only seemed to disappear, but was replaced by a level of warmth and connection—both toward the leaders and the group—that was remarkably different.

PROFESSIONAL WILL

(continued from page 7)

accompany an unexpected event in our lives that would make us unavailable to our clients.

The first step is to put together your own "Emergency Response Team," a group of trusted colleagues who will follow your wishes and help you and your clients cope with your absence if you have to be out of the office unexpectedly. Most of us have someone who covers for us when we go on vacation, so you may already have a group of colleagues who can form the core, be on each other's "Emergency Response Team," and agree to meet regularly to cheer each other on in the process.

How 'bout starting now? Take ten minutes to list three colleagues you would be comfortable discussing these ideas with, and commit to meeting to discuss how you can get started. This will move you a big step closer to creating one of the best gifts you can give your clients, loved ones, and yourself. Completing your own Professional Will can be a challenging yet doable, rewarding, and important process.

Ann Steiner, PhD, MFT, CGP, FAGPA is Associate Clinical Professor, University of California, San Francisco School of Medicine.

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CLASSIFIED ADVERTISEMENTS

SAN FRANCISCO

Group Therapist Needed. Due to a family illness, I am looking for assistance with three ongoing, long-term, adult groups focusing on interpersonal relationships. In the coming months, I will occasionally need to be absent from the groups. Looking for a group therapist to do a month of groups with me quarterly and to fill in during my absences. Groups meet Monday and Wednesday evenings in San Francisco. Compensation to be determined based on experience. Call Randy Dunagan, LMFT, at 415/587-8456.

Social Skills Groups for Children and Young Adults. Ongoing. Ages 5-6, 7-9, 9-11, 17-22. Semi-structured, relational, activity-based, and talk. Focus: increase social awareness, perspective-taking, verbalization of feelings, peer relationships. Requires evaluation to determine group fit. Contact Debbie Vuong, MFT (MFC #39895), 415/290-3829.

Therapeutic Writing. An 8-week group for those healing from grief, depression, anxiety, eating disorders, or trauma. We'll use poetry, writing prompts, and group discussion as catalysts. No previous writing experience needed. Downtown SF and Palo Alto locations. Contact Phyllis Klein, LCSW at 415/273-1036 or go to www.womenintherapy.com.

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

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 profession-

als and trainees. Current openings. Mornings, San Francisco and San Rafael. Led by Art Raisman, PhD, Licensed Psychologist (PSY7795). Past President, NCGPS. 415/453-4271.

EAST BAY

Adult Group. Interpersonal process. Open-ended. Stable group. Members learn about relationship patterns in order to have more satisfying lives in work, love and play. Tuesday evenings near Rockridge BART. Facilitated by Marianne Gunther-Murphy, MFT, CGP. 510/655-8250.

Daytime Depression Group. Cognitive work and psycho-education are combined with insight and group process. This stable group offers more immediate and very safe support for members facing depression and other challenges such as anxiety, life transitions, loss or isolation. Focus is on improving coping skills, changing negative patterns of self talk, increasing self-acceptance, and building upon strengths. Wednesdays 1:15pm. Near Rockridge BART. Marianne Gunther-Murphy, MFT, CGP. 510/655-8250

Women's Therapy Group. Interpersonal, ongoing new group. Members use in vivo experience to work on issues such as personal empowerment, body image, having more satisfying relationships, voicing one's needs, setting boundaries, navigating transitions or loss, and decreasing anxiety or depression. Tuesday evenings. Near Rockridge BART. Marianne Gunther-Murphy, MFT, CGP. 510/655-8250.

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

Writing and Meditation. Connecting the Mind, Body, and Spirit through reflection and creativity. February 10, 9:00-4:30 in Campbell. No meditation or writing experience needed. CE credits available. Shalia Catherine, founder of Insight Meditation South Bay and Phyllis Klein, LCSW, psychotherapist and certified poetry therapist. Contact Phyllis at 415/273-1036 or www.womenintherapy.com.

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

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 5-7 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.

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. llfeld@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:

March 1, 2008

Display Ad Rates:

One-fourth page: \$75 (4 $\frac{3}{4}$ " high by 3 $\frac{1}{2}$ " wide); One-eighth page: \$50 (2 $\frac{3}{8}$ " high by 3 $\frac{1}{2}$ " wide)

C ALENDAR & ANNOUNCEMENTS

NCGPS Annual Dinner	January 26, 2008 San Rafael, CA
AGPA 2008 Annual Meeting	February 18-23, 2008 Washington Hilton Hotel Washington, DC
Asilomar Biennial Conference	June 6-8, 2008 Asilomar Conference Grounds Pacific Grove, California

A Web Reminder

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

Our Apologies

In the last issue, due to an editorial error, we inadvertently omitted Walt Stone's name from Regina Armas's article on group therapy training at Langley Porter Psychiatric Institute. Walt should have been listed as one of the group therapy supervisors for psychiatry residents. We apologize to both Art and Regina.

**Submissions Deadline for Next Issue:
March 1, 2008**

NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



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

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