



Annual Training Institute

Asilomar Conference Center, Pacific Grove, CA

June 5-7, 2009

The NCGPS Institute offers a unique opportunity for both learning and connection. During this period of economic distress and cultural change, it seems especially important to support our connection to each other and to our profession. In an effort to make the opportunity more accessible to as many as possible, **we're holding fees at the 2007 level.**



15 GROUPS TO CHOOSE FROM

(Get details & register on-line: www.ncgps.org)

TWO PSYCHODYNAMIC PROCESS GROUPS

Beginning/Intermediate Level
Advanced Level

THIRTEEN SPECIAL INTEREST GROUPS

- The Group as a "Hall of Mirrors"
- "Wearing 3 Hats" – Developing a Group Culture
- Women as Group Leaders
- Understanding the Group as a Whole
- Integrating Group and Individual Therapy
- Somatic Group Therapy
- Redecision Group Therapy
- Psychodrama
- The Pair in the Group: Working with Collective Consciousness
- Working with the Intersubjective: from Isolation to Connectedness
- Group Therapy "In the Now"
- Hunger and Longing: a Mind-Body Approach
- Stages of Group Development



The Institute is designed for group therapists at all levels and allows participants to select one of 15 groups, all led by Master group therapists. Participants will engage deeply in group process as members and also examine the process from a cognitive, theoretical perspective. We are offering many long-standing favorites along with some new and exciting possibilities. Join us at this beautiful coastal retreat for an experience not to be missed. To register **NOW** go to www.NCGPS.org For information, contact Daisy Reese, LCSW, at DaisyReese@hotmail.com

REGISTRATION:	Postmarked <u>by April 1</u>	Postmarked <u>after April 1</u>
Regular	\$275	\$325
NCGPS Members	\$225	\$275
Students/Trainees Regular	\$200	\$250
Students/Trainees Members	\$175	\$225
Agencies with 4 or more registering together receive member rate.		

NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



NEWSLETTER – SPRING, 2009

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Notes From the Editor

by Barbara Elbl, MFT, CGP

Thanks to everyone who helped to make this edition of your newsletter. I hope all of you reading this will consider putting your thoughts about group therapy to written word, for publication in future newsletters.

As I sometimes suggest to clients, it is impossible to be perfect. Therefore, much to my regret, you might find an occasional typo or other error in the newsletter. If this happens, I sincerely apologize! It seems almost inevitable when one person does everything, without a cross check. Your understanding is much appreciated. Better yet, please volunteer to be a proof reader!

See you at Asilomar!

Advertising Rates

Display Ads	Member	Non-member
Full page insert (7 ½" W x 9 ¼" H)	\$125	\$155
½ page (7 ½" W x 4 ½" H)	\$ 70	\$100
¼ page (3 ½" W x 4 ½" H)	\$ 45	\$ 75
Classified Ads	\$15/50 words + .05 each additional word	\$25/50 words + .07 each additional word

Important: All advertisements **must** be submitted by email (elbl@att.net) as an attachment, and written in Microsoft Word. Please send a check to me at the same time (see elsewhere on this page for the address.) Ads for which no payment has been received by the deadline, will not be published.

Publication of Articles

Articles written by members are welcome, at any time prior to the deadline. The **word count** should be about **500 or less**. (For longer articles, please consult first with the editor.) And, please include a digital photo of yourself!

NCGPS reserves the right to edit or not to publish at all. If you have any questions or concerns, please call me – I am happy to discuss them with you.

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Visit our web site: www.ncgps.org

From the President



by Daisy Reese, LCSW,
CGP
NCGPS President, 2009

After a cold and snowy week in Chicago at the AGPA conference, it feels great to be back in California. No matter the weather, the Annual Meeting always supplies its own heat source – plenty of intellectual excitement combined with the warmth of friendships that deepen over the years. As always, NCGPS can be proud of our representation among the faculty and leadership of the AGPA. Special congratulations to **Andy Pojman** on his recently completed *Adolescent Group Psychotherapy: Method, Madness and the Basics*.

On Thursday night, NCGPS members gathered for our traditional dinner, arranged by **Elaine Cooper**. Toward the end of the evening, a discussion started about mentors. A lot of heartfelt appreciation was expressed toward many of our senior members and it gave me food for thought. What does it really mean to have or be a mentor? The way I define it, mentorship means taking an active interest in the growth and development of a younger or less experienced colleague. It can involve direct teaching; but equally important, it includes seeing the potential in the one being mentored and encouraging that in any number of ways. Probably most of us can think of past or present mentors whose support has been instrumental in shaping our professional lives. The benefit to the one being mentored is apparent, but what is the advantage of acting as a mentor?

Erickson writes about the primary choice at mid-life as being between “generativity” and stagnation. Mentorship offers an opportunity to be truly generative, to pass along what we have learned, to have an impact on the next generation of our profession. NCGPS offers many opportunities for mentorship. If you are a newer member, it will be well worth the effort to seek out senior members you respect and let them know that you would like to learn from them. If you’re a more senior member, I hope you’ll be open to welcoming and

supporting our newcomers. Just as in a family, every “generation” in our organization has something unique to offer. When we “pay it forward” we’re acknowledging and expressing our gratitude toward those who have been our own mentors. At the same time, we’re opening to the fresh, vital energy that will keep our organization growing and thriving.

“Early Bird” registration

by Geri Alpert, Ph.D.

Why registering early is important – for you and for NCGPS too!

As you have probably noted, NCGPS has routinely given discounts, often sizable, to those who sign up for our events early. Since over the years, a number of people have asked, in essence, *Couldn’t they please, still pay at the early rate, even though they were just a little bit later than the deadline*, it seems that many people may not understand what these rates are intended to accomplish – and why “early birds” are so very important.



For every event that NCGPS puts on, we are given deadlines by the various people that we contract with (hotels, caterers etc.) to decide what we will need and how much money we are prepared to commit “up-front.”

If we guess too low, we run 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.

So, 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 make better estimates of what our needs will actually be, thereby reducing financial risk, or, the possibility of having to turn people away.

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 NCGPS 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. The fastest way to register is to download a copy from the website: www.ncgps.org Remember, in addition to this being a very easy way to save some 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 2nd or 3rd choices, many people have strong preferences, which we will most likely 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.

Member News

Ann Steiner, Ph.D., MFT, CGP, FAGP, recently launched her “new and improved website.” The site, www.DrSteiner.com, has earned the International Honor Code Certification for medical websites. It’s designed for both therapists and the public and includes its original *Medical Information form* – a free, downloadable method for patients to keep track of medication and emergency contact information. The extensive 70 page website includes free articles about the different kinds of therapy groups, chronic pain, the *Therapist’s Professional Will*, why every therapist needs one, and much more!

Dr. Steiner also recently joined the editorial team for the Northern California National Speakers Association magazine, *Professionally Speaking*, and her manual for group therapists, *The Nuts and Bolts of Starting and Maintaining Healthy Groups* is due out in 2009.

Bette Kiernan, MFT, will be a speaker at the MIT International Media Conference, April 24-26, 2009, presenting her paper: *The New Story: How to transform violent patterns in the Bible and the Koran to create a compassionate world.*

Why I'm passionate about Group Psychotherapy!

by Barbara Elbl, MFT, CGP

Individual Therapy

I sit and listen as each client tells of the world he or she lives in. Some present with a great deal of anxiety. Over-focused on what others might think, they're afraid they're unlovable, unworthy, or not "perfect" enough. Others are in a rage about the unfairness of their world. They envy or disparage the people in their lives. Still others, have gone numb and immobile. They sit at home, encased in pain, unable to take action on their own behalf. All describe to me, over time, the people and events of their lives, how their "reality" has come to be, and how, day to day, this reality persists.

Therapy gets underway, and we explore. We look especially at those people and events early in life, associated with trauma and/or attachment. Eventually, we explore the relationship between the two of us. We discover body sensations and emotions, look at negative thoughts and beliefs, and come to understand object relations and trauma. I empathize. I educate. We go deep. But, one thing I never have a chance to do in individual therapy, is witness, *what clients are actually like with others, help them understand the impact they make, and how that in turn, affects how others behave toward them.*

My first group in private practice

Years ago, despite my background in running groups, I believed like others, that in private practice, *"it's too hard to get groups going"*. Then one day, I noticed I had a number of clients, each describing considerable relationship difficulties. One boastfully described to me how "bitchy" she was on the job, and how that kept co-workers in line. She also sat at home on her days off,

weeping, with the lights off. Another, while laughing and joking, told of being alienated from her abusive children. Now, that she's completely alone, she says, life is great. She's here to tell me how afraid she is of her suspicious neighbors living on all sides of her, and of her hateful co-workers. A third complains of feeling rejected and "not good enough," because she's unmarried. She comes in every week to tell me of the many recent dates she's had, men she's met, and how each one is unacceptable.

The "miracle" of group therapy

It dawned on me that I had an opportunity, in hand. I put these clients together in a group and therapy took off. Their problematic patterns emerged in no time, as they interacted with each other. Soon, the "miracle" of group happened. What can take years to develop in the client-therapist relationship, can happen in a relatively short time, in group. When group members are confronted by their peers, in a safe and supportive context, with truths about what it's like to be with them, they "get it." They can often *spontaneously* associate genetic material and locked up emotions, and get the difference between now and then. Hearing how they affect others, from peers who have made themselves equally vulnerable, along with my gentle guidance, and the genuine support and intimacy generated by the group, accelerates growth.

How does group therapy help, in life?

I make the following distinction to group members. What happens, is you learn. But, it's a *different kind of learning*. It's not like when you learn a new skill, and then take that and consciously apply it. Rather, what happens is that by having emotionally charged, and new kinds of experiences with people, something inside changes (new neural connections?) You then find yourself, in your life, reacting and behaving in new, more effective

ways, *naturally*, without thinking about it. Clients often come back in amazement to share with the group how this has happened. It's wonderful to see, and that's what fires my passion for group therapy!

Northern California Group Psychotherapy Society

presents

A FREE Workshop!

"Run a Psychotherapy Group & get Referrals"

- Find out about running psychotherapy groups in your setting – whether private practice or institutional
- Find out ways to get started
- Discover different kinds of groups to run
- Learn about when group psychotherapy is appropriate for your own clients
- Discover clinical advantages of concurrent therapy (individual & group)
- Learn to distinguish when group psychotherapy is *not* appropriate, and why
- Discover ways to gain group psychotherapy skills and how to get advanced training and support

There will be a live group demonstration and plenty of time for questions and answers. **Continuing Education credit** will be available at no charge.

IMPORTANT NOTE: Due to space limitations, an RSVP is requested.

Sacramento: April 4, 2009, 2-5 pm
Leader: Haim Weinberg
Alliant International University, 2595 Capitol Oaks Dr., Suite 200, Sacramento, CA 95833
RSVP: haimw@group-psychotherapy.com

South Bay: April 11, 2009, 3-6 pm
Leaders: Kyle Yamasaki & Phyllis Jenkins
The Enlightened Mind, 409 E. Campbell Ave. Suite 220, Campbell, CA 95008
RSVP: kyle.yamasaki@gmail.com

San Francisco: April 18, 2009, 2-5 pm
Leaders: Barbara Elbl & Justin Hecht
UCSF, Clinical Science Bldg, Room C-130, 500 Parnassus Avenue, SF 94122
RSVP: elbl@att.net

Berkeley: May, 3, 2009, 2-5PM
Leaders: Daisy Reese & Peter Cole
Psychotherapy Institute, 2232 Carelton St., Berkeley, CA 94704
RSVP: daisvreese@hotmail.com

The Group Therapy Salon

by Haim Weinberg, PhD



The Group Therapy Salon was launched in November 2007 by the Northern California Group Psychotherapy Society (NCGPS) after we have noticed that many group therapists focus on their practices, and on practical skills in leading groups, but seldom read papers on group therapy, once their formal education and training is complete.

The *Group Therapy Salon* was born out of an interest in filling this gap. It is a series of meetings in which a small group of colleagues read updated papers about group therapy, discuss them, and think how they apply to their daily work.

Salon participants commit themselves to 3-4 meetings once a month. These meetings take place for an hour and a half, in the home or the office of participants, creating an intimate and warm atmosphere. For each series of 4 meetings, members choose a theme on which they would like to focus, and a moderator distributes papers and facilitates the discussion.

The Salon in the East Bay is moderated by **Larry Malcus**. If interested, contact Larry at Lawrence.malcus@va.gov. San Francisco's Salon is lead by **Walter Stone** at w_stone@comcast.net. The South Bay salon is moderated by **Alice** and **Alan Sklar**. Contact them at A2SKLAR@aol.com. The salon in Sacramento/Davis is moderated by **Haim Weinberg**. If you are interested in this group, contact Haim at haimw@group-psychotherapy.com.

“Basic papers” in group psychotherapy, the therapist’s shame, the therapist countertransference, and Bion’s “Experiences in Groups,” have all been recent themes.

Malcolm Gladwell’s book, *Outliers and the Case for Group Psychotherapy*

by Geri Alpert, PhD

Like his prior #1 Best Sellers, *Tipping Point* and *Blink*, Malcolm Gladwell’s *Outliers*, would be an important book, even if it didn’t provide terrific evidence of the need for Group Psychotherapy.

From the tragically alone, socially impaired genius, who was as gifted and hard working as any of the successful “outliers,” to the seven Korean Airline cockpit crews that each allowed planes to crash, rather than defy a culturally mandated deference to authority, Gladwell provides numerous examples of how the family and larger group cultures from which people originate heavily determine their ability to make use of their talents, and to perceive and make use of the crucial opportunities, that along with hard work, make the difference between success and mediocrity (or, in some cases, down right failure).

In contrast to the families of origin and larger subcultures which produce the gifted individuals who fail to thrive, all of Gladwell’s outliers turn out to be from subcultures which either modeled or advocated the following qualities: good social skills; self respect; an ability to speak up for oneself and to reason or negotiate with people in authority; a sense of optimism and control of one’s destiny; valuing of education and training; a healthy degree of entitlement and willingness to fight for what one deserves; a strong work ethic; and last but not least, a supportive community that provides both encouragement and assistance for the desired achievements.

As Gladwell says of his tragic Genius-failure, Chris Langan, “He’d had to make his way alone, and no one—not rock stars, not professional athletes, not software billionaires, and not even geniuses – ever makes it alone.” It is Gladwell’s appreciation of the need for connection and community, along with the specific internal and behavioral attributes he finds crucial to success, that makes this book so important to Group Psychotherapists. For while it would be grandiose to suggest that group therapy could tip people into becoming Outliers (even late blooming ones!) it seems safe

to conclude that the qualities Gladwell identifies would be important for most kinds of success, and that Group is the ideal environment for developing and enhancing these qualities.

Two Myths vs. the Role of Luck

In addition to discussing the role of family and group culture, Gladwell successfully debunks two popular and contradictory Myths about how people come to be Outliers, and provides a convincing data based explanation of how it really happens. The incorrect myths can be summarized as:

1) The Mozart Myth: Success comes purely from “Gifts from the Gods”. Talent alone (including extraordinary intelligence) is what differentiates those who are fabulously successful from those who are not. According to this theory, the outliers have nothing to be particularly proud about – they were simply given more at birth.

2) The Myth of The Self Made Man (or what has recently become known as the 10,000 hour principle). This is the myth that hard work alone, exemplified by a minimum of 10,000 hours of practice, is what differentiates the outliers from the rest of us. According to this myth the outliers’ successes are due solely to their extraordinary dedication and hard work, and that those who are less successful, have simply not worked as hard. As evidence of this “delusional” belief, Gladwell provides some amazingly smug quotes from Jeb Bush. “I’ve worked real hard for what I’ve achieved, and I’m quite proud of it”.

The Winning Combo: Ability, Hard Work and Extraordinary Luck.

Outliers emerge via a combination of sufficient ability (180 IQs do not prove to do better than 120’s!), hard work, and extraordinary opportunity. No one succeeds without all three. No matter how great the talent, there is no evidence of anyone rising easily to the top without hard work and opportunity. But in the final analysis, good fortune, is a shockingly large determinate. This includes not only what one inherits from one’s family and culture, but also some totally external situational variables, one of the most startling of which is *when* one is born – not only the era and sub-era, but in some cases the actual month!

(Continued on page 6)

The Outliers *(Continued from page 5)*

For example, because of the time of the year in which selections are made for competitive little league teams, and the enormous difference in size and physical ability that occurs within the 12 month spread of kids in the “same” age group, a 10 year old boy has a much better chance of becoming an all star hockey player if he is born in January, February or March, than if he is among the younger of the boys in his age cohort. This means that something so seemingly small and arbitrary as birth date can be extremely good luck for one person but extremely bad for another – despite equal talent and hard work.

As someone who, until now has believed that success comes primarily from a combination of hard work and advantageous family/cultural attributes – the things that I discussed earlier as potentially modifiable through Group Therapy – I end up by finding it both distressing and humbling that such a big part of all of this is *luck* – something that, sadly, we have no power to change.

In Memory of Mary Goulding, LCSW



Redecision Therapy Co-founder

by Phyllis Jenkins,
MA, LMFT, CGP

Phot courtesy of Inger Aeking

Mary Goulding, LCSW, early member of the International Transactional Analysis Association, a transactional analyst and Co-founder of Redecision Therapy, died on December 7, 2008 at 83 years young.

Nearly 100 family, friends and colleagues gathered together on February 28, 2009, in Marina, California to celebrate her life. What a large life she lived! A social worker by training, she was a life-long social justice activist.

Passionate about human rights, she used much of her life-energy fighting for human rights all around the globe. She pioneered many training and therapy approaches still in use today. She was a world traveler who loved to practice her

Spanish with anyone who spoke it. She was an accomplished swimmer and loved to snorkel, which she did in oceans around the world. An accomplished writer, she authored and co-authored many books and professional articles.

I knew **Mary Goulding** most of my professional life and was lucky, along with many therapists all over the world, to have been mentored by her.

She and the late **Robert Goulding, M.D.**, trained thousands of therapists in the science and art of Redecision Psychotherapy (a TA-based, brief therapy theory synthesized with gestalt and other modalities).

In the 1970's, Mary brought a unique, even radical, approach to training and supervision by requiring trainees to be both client and therapist in training groups.

In the group setting, trainees alternately took the client chair and then the therapist chair, at one time working on a real problem in their life, and the next moment being the co-therapist (with Bob or Mary) conducting a session.

The Gouldings were one of the first to use video feedback immediately after each individual session of training. Many of their trainees have gone on to become famous in their own right.

Rather than ruminate over childhood experiences, she guided therapists to use pivotal childhood incident(s) as springboards to healing.

Emotionally dramatic gestalt role-plays led to emotional and cognitive “aha!” redecisions, and then to corrective action.

The first to integrate other theories in practice, she said, “A Redecision Therapist uses the map of Redecision Therapy along with any other modality (cognitive behavioral, gestalt, imagery, psychodynamic, social learning theory, family systems, etc), to help the client get well.”

Mary was steadfastly consistent in building on the strength of the individual. For every person who trained with **Mary Goulding**, there are amazing stories of revelation and growth.

Sometimes radically departing from the standard training methods of the day, she taught: The power resides in the client; appreciate and align with it. Support autonomy...in all ways. Help clients discover what is more attractive than doing what isn't now working.

Secondly, people don't play ‘psychological games’ because they're bad; they play them because it worked then (in the childhood situation).

Third, in showing clients how smart they were ‘then’, shame is eliminated, freeing them to re-decide ‘now’ to learn and use appropriate behaviors to current adult functioning.

Fourth, use of the power of play to join the change-agent energy of the Child Ego State; it's okay to laugh and have fun with your clients. Therapy can be fun. Model joy.

Fifth, end sessions with a clear victory. She would often end a demonstration session saying, “That was fun!” Effective therapy can be fun.

Sixth, the original pioneer of positive therapy; seeing strength, she helped all around her own their strengths.

Seventh, be your own person. Living that, she could seem blunt...the yield: spot-on blurts aimed at and hitting targeted strength. She was famous for the use of intuition; the message to us, “trust yourself.”

And finally, be open. Learn from others; share what you know but learn as you go. Always inclusive of other viewpoints, she encouraged training therapists to share and teach what they came in with and invited therapists from different orientations to teach at **Western Institute for Group & Family Therapy (WIGFT)**, which she co-founded with **Bob Goulding** and where they taught for many years when they weren't traveling to teach.

Eric Bern, an early colleague of the Gouldings, and founder of Transactional Analysis (TA), taught the TA world how to say ‘hello’ and ‘goodbye.’ In the end, Mary showed us how to die.

Her energy good and her mind sound, at 83, she was actively involved in planning a **Redecision Conference for Fall 2009**.

Mary Goulding *(Continued from page 6)*

Then on a Saturday, came a pronounced fatigue that eventually brought her to the hospital. The day before she died, using her last precious energy, ever the writer, she wrote in her own hand, this message to her colleagues describing her experience:

"On Monday I had a new sensation, difficulty breathing, so I dressed in my flashy pink jeans and my lavender sweatshirt from my daughter Claudia and called my favorite cab driver, "Maybe I should go to Alta Bates". He asked why, and I told him I was having trouble breathing. He said, 'Unlock your front door. I'm calling an ambulance.'

".... It turned out I had congestive heart failure, a heart attack on Saturday and one on Monday. Seems diabetic women are prone to silent heart attacks. I have pneumonia in both lungs and pulmonary edema, which is getting worse. Long explanation of why I am dying. I feel strangely calm as I drift in spite of medicine and a constantly needed oxygen mask. I know the pain of saying good-bye to the living. As an atheist moving into nothingness, there is no pain. No matter when I died there would be places left to visit and beauty still to enjoy. I cannot imagine a better life than I have had --

"Many thanks and much, much love to all of you, Mary"

Many, many thanks and much, much love to you, Mary, for being who you were, and for bringing your many gifts to the world of psychotherapy.

With love and gratitude, **Phyllis Jenkins**, President, Redecision Therapy Association

The Redecision Therapy Association, The United States Transactional Analysis Association, and The Americas Transactional Analysis Association present, **"The Mary Goulding Memorial Conference", November 5-8, 2009, New Orleans, Louisiana.** For information, contact PhyllisBJenkins@aol.com

NCGPS Annual Dinner

Members delight to Entertainment at the NCGPS Annual Dinner

On January 24, 2009, members new and old got together for a relaxing get-together and dinner at the Lafayette Park Hotel, in Lafayette, California.



After dinner, what a delightful surprise to hear two fantastic opera singers entertain us with pieces from some of the most memorable operas.



Many thanks to **John Rochios**, who took the lead in putting the evening together and finding our wonderful entertainers!

Asilomar: Share a room!

Enough bed space is sometimes a problem at Asilomar. Help us avoid running out of beds by sharing a room with a colleague or friend.

Seeking submissions

Member news, ads, articles

Please let us know about your professional accomplishments and other news about your work.

Have you written a book or had an article published? Are you teaching a new class? Have you joined the board of a professional organization? Let us know!

We are also seeking articles for the Newsletter on the topic of doing group psychotherapy.

For all details about submissions, whether articles, ads or member news items, please see page 2.

News from Chicago

The 2009 AGPA Conference

The Institute is the heart of AGPA
by Margaret Johnstone

The AGPA institute process groups provide two days of experiential group training conducted by many of the country's outstanding group therapists. I found it a wonderful opportunity to experience the amazing power of groups, in a safe and supportive environment, without distractions. The Institute is often called the "heart of AGPA" for good reason—by looking at what is going on inside ourselves we grow personally and professionally, thereby enriching our lives and those of others.

This year, I gave myself the gift of attending a two-day institute process group. My group meeting was the second year of a three year continuous section. I was very anxious and curious to see if what I had learned and remembered from the prior year still applied. The seven members of my group assembled from all parts of the country. All group members were experienced therapists with busy careers and lives and all managed to return for our second year meeting.

Initially, it took time for the group to reestablish itself, reconnect and begin the work of exploration anew. Over the next two days we made many new, exciting and sometimes painful connections. Our group leader kept us on course by pointing out resistances and leading us to new and deeper understandings. The group termination process, always a bit emotional, left me feeling the group had ended too soon but at least there would be another meeting next year.

The two days of our group went very quickly. I personally found this experience intense, exhausting and ultimately very rewarding. Chicago offered a variety of diversions along with seeing many old friends and meeting some new ones. I will look forward to rejoining my group in San Diego next year, and will use the gift of personal growth I received from group, in my work and in my life.

Classified Advertising

IMPORTANT NOTE ON ADVERTISING:

To continue your ad or to place a new ad, you must:

1. Send a check so editor receives it by **August 30, 2009**
2. Send new ads by email, as an attachment, in Microsoft Word, to the editor: elbl@att.net by **August 30, 2009**

The editor welcomes your questions or comments. Call Barbara Elbl, MFT, CGP at 415-681-1757, or write to the email address above.

Advertising rates: See page 2

SAN FRANCISCO

Social Skills Groups for Children and Young Adults On-going. Ages: 4-6, 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.

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.

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

General Adult Psychotherapy Groups Long-term, psychodynamic. For men and women. Current openings. Evenings, San Francisco. Led by Art 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.

San Francisco Therapy Group – adults (mid-30's and up) Mixed group for adults wanting better relationships, i.e., too "people pleasing," withheld or explosive anger, problems with intimacy, being direct, social anxiety, self-esteem, etc., Barbara Elbl, MFT, CGP 415/681-1757 For more info, see my web site: www.SanFranciscoTherapist.info

San Francisco Therapy Group – young adults (20's & 30's) Mixed groups for adults wanting better relationships, i.e., too "people pleasing," withheld or explosive anger, problems with intimacy, being direct, social anxiety, self-esteem, etc., Barbara Elbl, MFT, CGP 415-681-1757 For more info, see my web site: www.SanFranciscoTherapist.info

The Men's Therapy Group Provides a friendly environment where men can address their problems with the help of other thoughtful and responsive members. In a safe atmosphere afforded by the group, men work to overcome restrictions and inhibitions resulting from negative beliefs. The group assists men in overcoming fears, guilt, shame responsibility. Contact: Ron Rohlfs, MFT at 415-273-1024 www.sftherapygrowth.com

Eating Disorders Now interviewing members for a psychodynamic process group for adults who struggle with issues of disordered eating. The group will meet evenings in either Marin or San Francisco. Please contact Esther Stone at 415 380 8996 or email at egstone@comcast.net for information

Therapy Group for People with Bipolar Disorder Openings in on-going insight-oriented process group. Recover and maintain equilibrium; cope with feelings about diagnosis and medication; build self-esteem; improve relationships; establish reasonable goals; find inner strength. Tuesdays, 6:15-7:45. Jody Reiss, LCSW (LCS 15298), 415/401-9428.

EAST BAY

Therapy Group for Women Therapists Openings in ongoing psychodynamic process group for women therapists. Group meets in Oakland on Wednesdays from 12 to 1:30pm. This group is appropriate for women therapists wishing to work on themselves, their relationships and their practice issues. For information or to set up an interview call Rose Phelps, MFT, CGP at 510-658-4344 or email rosepmft@hotmail.com

Therapy Groups for Childhood Survivors of Sexual Abuse Ongoing supportive groups for women who have experienced childhood sexual abuse and/or are incest survivors. Groups meet in Oakland near Lake Merritt. Groups were formerly led by Brenna Stein, PhD now led by Rose Phelps, MFT, CGP. Currently interviewing for new group to start this spring. Contact Rose Phelps at 510-658-4344 or email rosepmft@hotmail.com

Women's Therapy Group Ongoing interpersonal group for women 30 yrs + has openings for one new member. 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. Group meets Tuesday evening in Oakland. For information or to schedule interviews call Rose Phelps, MFT, CGP at 510-658-4333 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 Connie Concannon, LCSW, Andrew Pojman, EdD, or John Rochios, PhD at 925/944-1800.

Contemporary Gestalt Training Group

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

Classified Advertising

PENINSULA/SOUTH BAY

Women in Transition: a process group for women approaching or already in the second half of life. Now forming in Redwood City. Wednesdays 7:30-9 PM. Contact Deborah Dowse Runyeon, MFT at 650/363-0249 x111.

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

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

Ongoing Groups-Interpersonal Group Process Approach

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

Women's Therapy Group in San Jose

For women who want to improve their relationships, develop healthy communications skills and pursue personal development. Issues addressed include assertiveness, self-esteem, grief and loss, anxiety, depression and childhood concerns. Please contact Claire Wright at 408-998-7098 for details. Thank you for your referrals!

MARIN/NORTH BAY

Therapy Groups: Three **Intimacy Groups** (ongoing, coed, process-oriented). **Singles Group** (9-week psychoeducational coed group). **Women's Group for Spiritually-Oriented Women** (ongoing, process & support). Monday, Tuesday, or Thursday evenings in central San Rafael. Renee Owen, LMFT 415/453-8117.

Experiential Offerings

In San Rafael, CEUs for MFT/LCSW: *Law and Ethics in Action*, Oct 17, meets BBS requirement. **Psychodrama Trainings:** *Steps to Forgiveness* Oct 18-19. *Taming Your Inner Critic/Being Your Own Best Friend* Dec 6-7. *Healing and Recovery* Feb 8-9, 2009. **Sylvia Israel**, MFT, TEP, RDT/BCT and **Elizabeth Plummer**, PhD, LCP, PAT. Also **Psychodrama Therapy Group** Monday evenings starting Sep 8. Sylvia 415/454-7308 www.imaginecenter.net.

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.

Eating Disorders Now interviewing members for a psychodynamic process group for adults who struggle with issues of disordered eating. The group will meet evenings in either Marin or San Francisco. Please contact Esther Stone at 415 380 8996 or email at egstone@comcast.net for information

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. Group meets Thursdays 7:30-9:00 PM in Midtown Sacramento. To discuss referrals or to participate, contact Haim Weinberg, PhD, CGP at 916/212-6424 or haimw@grouppsychotherapy.com

LAKE TAHOE AREA

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



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NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



c/o Barbara Elbl, MFT
NCGPS Newsletter Editor
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