



Annual Dinner: Silent Auction, Back By Popular Demand

By Geri Alpert, PhD, CGP, 2010 Annual Dinner Committee Member

After several years of the NCGPS Boards' acceding to the sensible desire to limit the number of activities that involved large amounts of hard work, popular demand has been so effective that the board has decided to once again, provide a silent auction as part of the fun (and fundraising) at our Annual Dinner.

With an energetic new board member chairing the committee (Thank you Lois!) and some senior members who have experience with this event, we expect it to again be a great success, providing not only a fun shopping experience, but also a fun way to gather and gab. To say nothing of the great opportunity to re-gift some of those still brand new Christmas presents that are really nice but not quite your taste.

For those whose gift givers are more sensitive to their likes and who have nothing to re-gift, there are many other ways to help us get to the number of items we need to make this fun. Here are a few suggestions: Request TAS Deductible donations for our terrific, service oriented non-profit organization from folks you regularly seek services from or do business with.

These might include favorite restaurants, theaters that you have season tickets with, spas, barbers or beauty salons, favorite wineries, and any artist friends (or artists among you) who would like to donate a piece of work.

Keep in mind that the amount of fun is somewhat proportional to the number of items and that we need everyone's help to make this a success. Once you have your intended items, please email Lois a description of the item so she can prepare an

appropriate bid sheet and then plan to either arrive with your item a half hour early or get your item to one of the committee members: **Geri Alpert**, **Rose Phelps**, or **Los Friedlander**, by the day before the dinner. (See page 2 for phone numbers.) We look forward to seeing you (and your items!) at the Seafood Peddler on Saturday, January 29th. Look for inventions on line and in the mail, as well as on the NCGPS website.

Alpert PhD, CGP, Past NCGPS President and 2010



Annual Dinner Committee member, practices in San Francisco and San Rafael. She treats individuals, couples and groups; and provides supervision, consultation and short-term "crisis intervention" to therapists at all levels of experience.

Volunteer Opportunities

If you would like to volunteer and contribute to the work of the Northern California Group Psychotherapy Society, now is an excellent time. Meet other group therapists, network, share ideas and help us run the organization.

Whether it is helping out at an event, working on a committee or volunteering to become a board member, getting involved with NCGPS is a good way to learn and get known in our community of group psychotherapists, and that can lead to professional growth.

We are interested in hearing your ideas and getting to know you. The board meets every third Tuesday of the month, most months. For more information and to RSVP, please contact 2010 – 2011 NCGPS President **Haim Weinberg, PhD** at 916-212-6424.

NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



NEWSLETTER – Winter, 2010

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Publication of Articles and Ads

Articles written by members are welcome, at any time prior to the deadline, but the sooner in, the more likely you'll get in the next issue. And, please include a line (35 words max) about your practice and a digital photo.

NCGPS reserves the right to edit or not to publish at all. If you have any questions or concerns, please call and discuss with the Editor.

IMPORTANT: All articles and advertisements **must** be submitted by email (elbl@att.net) as an *attachment*, and **written in Microsoft Word, New Times Roman, with no additional formatting**. For ads, please send a check to the Editor (see elsewhere on this page for the address) made out to NCGPS. Ads for which no payment has been received by the deadline, will not be published.

DEADLINE

Now accepting submissions for
Spring 2011
Absolute Final Deadline:

March 15, 2011

Advertising Rates

Display Ads	Member	Non-member
Full page insert (7 ½" W x 9 ¼" H)	\$125	\$155
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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

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Visit us at www.NCGPS.org

From the President

by Haim Weinberg, PhD, CGP
NCGPS President, 2010 - 2011



The Fall Event and the Core Course are already behind us. These are the main professional events that the NCGPS organizes in the Fall/Winter term. The Fall Event is a one day workshop led by a well known speaker in group psychotherapy who usually presents an updated approach. This year we invited **Richard Billow** from New York who discussed and demonstrated his version of relational group therapy. It was a very thought provoking event. Read all about it in this newsletter. **Daisy Reese** chaired and organized it at Berkeley.

The Core Course is our basic introduction to group therapy for those who want to become Certified Group Psychotherapists (CGP). This is the first requirement to become certified in our field and each year between participants use this opportunity to become more knowledgeable about groups. **Barbara Ifeld** and **Justin Hecht** chaired this event.

Our annual dinner is coming very soon. (January 29th). This is the time to meet with colleagues, network, talk about your practice and your groups, and socialize with other NCGPS members and group lovers. **Lois Friedlander** chairs this event, which will take place in the Seafood Peddler in San Rafael.

This coming Spring, we will be presenting our bi-annual Institute at Asilomar. You can participate in two and a half days of continuous workshops. **Esther Stone** and **Andy Pojman** chair this conference. They have already sent out the call for proposals and now the committee is reviewing them.

The NCGPS listserv is opening its discussions these days. It took us time to subscribe all of our members due Yahoo restrictions, but now it's almost done. **Tara Ingram Hudson** is moderating the listserv.

How do you become more involved with the NCGPS? It is very easy and there are many ways to do that: you can come to the professional events, write to the newsletter, post on the NCGPS listserv, and volunteer to committees. If you really want to have an impact and make a difference, you can even become a board member! We need more enthusiastic members to

contribute and help us in our activities. Contact me directly if you are interested.

Our devoted board members work hard for you. I want to thank those I haven't mentioned yet: Phyllis Jenkins (our president-elect), Geri Alpert, John Rochios (our treasurer), Rose Phelps, Barbara Elbl (who edits this newsletter), Kyle Yamasaki (who is our website master), Peggy Johnstone (our secretary), and Carlos Canales (our librarian). Regina Armas (CEU chair) is doing an important job as well.

Haim Weinberg, PhD, CGP has a private practice in Sacramento and teaches at the Wright Institute in Berkeley, the Alliant University in Sacramento and at the Professional School of Psychology. For more information, see www.group-psychotherapy.com



Change Comes to the 21st Annual Training Institute at Asilomar!!!!

by Esther Stone, LCSW, CGP, 2011 Asilomar Co-coordinator

Yep! Big change comes to NCGPS's annual training institute at Asilomar. One change is the date – instead of the usual first weekend of June, it has been moved forward this year so that it is a week later – June 10th through the 12th. But have no fear, the “good stuff” about the training institute has not changed, e.g., collegiality, good food, the beach, new friends, and opportunities for learning and sharing.

The Institute, a 2-1/2 day event, provides participants with the opportunity to experience a specific theory or clinical issue in depth. By being members of a small group, participants will have both a “here and now” experience and a didactic understanding of their process. Additionally, psychodynamic process groups will be offered for the beginning group therapist, as well as for the more experienced clinician. These groups allow you to learn about leading groups by being a member.

Proposals for Institute groups have been received and are in the process of being reviewed. We are fortunate to have in our organization members who are nationally and internationally recognized presenters, authors, and educators in group psychotherapy to participate in our events. A number of them have graciously submitted proposals with topics ranging from Intersubjectivity, (*Continued on Page 4*)

(Continued from Page 3) Self-Psychology and Object Relations Theory to Reflective Network Therapy for preschoolers. While the experience in Institute groups are often personally and professionally rewarding and challenging, they are educational and not therapy.

Stay tuned for more details. Mark your calendar now. Supervisors, now is the time to begin encouraging your interns, residents, or trainees to attend. The NCGPS Training Institute is a great way for the novice to get an idea about the power of the group.

Esther Stone, LCSW, CGP has a private psychotherapy practice in Marin County and San Francisco for individuals, couples, families and groups. She also consults. She is an active leader in AGPA, IAGP as well as NCGPS and will co-chair the 2011 NCGPS Institute at Asilomar with **Andrew Pojma, PhD**.



Report

The 2010 Core Principles Course in Group Psychotherapy does it again!

by *Barbara Squire-Ilfeld, MSN, Co-Director NCGPS Training Program*

The NCGPS Training Program co-directed by **Barbara Ilfeld** and **Justin Hecht** completed the sixth annual intensive Core Principles Course in Group Psychotherapy in San Francisco at the UCSF Faculty Alumni House October 29th and 30th, 2010. This program was designed to assist the twenty-five participants in becoming Certified Group Psychotherapists (CGP) as well as contributing valuable ongoing training in the art of group psychotherapy. Upon completion of this training 100% of the participants gave an overall rating of EXCELLENT on the MCEP Evaluations indicating that they believed the program had helped them to meet the goals of increased knowledge and skills in group psychotherapy and improved ability to integrate theory and practice. These invested professionals have joined a community of enthusiastic and enlightened colleagues who provide keen interest and support to each other.

The Core Course received the best evaluations in six years. Comments included: “More than what I expected.” “I felt that the information was amazing and will serve me well in the future.” “Really, really good-very challenging, provocative, informative.” “...what a tremendous gift to the community of students in the field of mental health.” “Thank you for one of the greatest experiences (professionally) of my life.”

The twenty-five participants fulfilled one of the three American Group Psychotherapy Association requirements for becoming a Certified Group Psychotherapist. Their names have been sent to the National Registry of Certified Group Psychotherapists to await their applications indicating fulfillment of 300 hours of leading group psychotherapy, 75 hours of supervision for group psychotherapy, and licensure in their professional discipline. These professionals are on their journeys toward joining the ranks of colleagues who hold the only credential that certifies individuals nationally in group psychotherapy.

We assembled an exceptionally talented, nationally and internationally respected Faculty, selected for their demonstrated expertise in clinical group psychotherapy, didactic and experiential training. Our Faculty included **Fred Ilfeld**, who proficiently set the stage, the tone, and the culture of the course with his Friday lecture on group theory, dynamics and development for much of what would emerge throughout the group experiences. **Mitchel Adler, Jim Fishman, Peter Cole** and **Daisy Reese** expertly and creatively facilitated the experiential groups. They were joined in post group discussions by faculty observers **Lois Friedlander, Barbara Ilfeld** and **Justin Hecht** to assist the participants in linking the process to the didactic materials. **Walter Stone** shared his wealth of knowledge and experience in a seasoned presentation regarding the therapeutic factors promoted by competent group therapists designed to lead to therapeutic change. **Lois Friedlander** delivered a vibrant, creative and informative presentation regarding the various roles of the leaders of group psychotherapy. **Connie Concannon** accepted the challenge expertly and with the wisdom of examples of defining and exploring the concepts of transference and counter transference, 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. **Justin Hecht** eloquently conducted a demonstration group of eight of the participants while the others observed with the request of connecting their observations to their learnings throughout the program. **Barbara Ilfeld** led a debriefing of the group encouraging observations connecting didactic materials to the process.

Also impressive was 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 has been compiled into an excel format (*Continued on Page 5*)

(Continued from Page 4) to utilize in producing future training events. If you have ideas to share to grow our training program, we welcome your emails at barbara.ilfeld@gmail.com to be added to this document. Our Training Program Committee worked creatively and well together. **Regina Armas** and **Lois Friedlander** assisted co-directors **Justin Hecht** and **Barbara Ilfeld** with the myriad of functions required for this production. **Barbara Ilfeld** and **Walter Stone** founded the Training Program Core Course in 2005.

We appreciate the generously donated time, effort, and energy invested in making our 2010 Training Program Core Course 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.

The next Core Course will be fall 2011, date to be decided. To learn about our fall 2011 program as plans evolve, stay tuned to our website at www.ncgps.org.

Barbara Ilfeld, MSN, CGP is in private practice in Olympic Valley, California, working with adults, adolescents and families in group and individual psychotherapy. She's an AGPA board member and Co-director of NCGPS training (along with Justin Hecht, PhD, CGP.) You can contact her at barbara.ilfeld@gmail.com or 530-581-3567



Review

2010 NCGPS Fall Event with Richard Billow

By Haim Weinberg, Phd, CGP

The NCGPS Fall Event with **Dr. Richard Billow** as a presenter took place at the International House in Berkeley, in October 2010.

Richard Billow is a very interesting writer in the group psychotherapy field. He has already written two books about group therapy: the first was published in 2003 - *Relational Group Psychotherapy: From Basic Assumptions to Passion*. The second was published just now: *Resistance, Rebellion and Refusal in Group: The 3 R's* (New International Library of Group Analysis.) He also wrote numerous articles on IJGP.

Those who saw him "in action" (leading a group), either at the **AGPA** (he presents there frequently, and actually he is going to lead a special Institute day this year in NY)

or at the **IAGP** (he presented both in Brazil 2006 and Rome 2009) probably noticed his unique style of leading. He uses a kind of humor that is on the verge of sarcasm, and can be very provocative.

Anyway, we invited him to give the Fall Event workshop. He started the day with notes about **Bion's** L(ove), H(ate) & K(nowledge): He claims that we are all looking for some "truth", and that in the group there is a hunger for truth. This truth has its roots in our deep need for LKH. As it is not easy to tolerate the emotional truth, or share it with others, the group and its leader have to struggle and find meaning for this difficulty in the group process. Billow also talks about the three R's created in the group during exploration of this truth: Resistance, Rebellion, and Refusal.

He started the workshop with a didactic discussion about the three R's, but did not make it a structured lecture, more like a conversation and a discussion with the audience relating to issues they raised. This attitude was criticized in the demonstration group he led later. One of the participants of the demo group (I think his name was Haim :-)) claimed that he should have given a more organized lecture (isn't it a nice rebellion example?) I probably held this attitude because of my position as the NCGPS president (thus having a "role") my Israeli background (Israelis as you know, are direct and sometimes blunt), and my personality. Some of the group members supported my attitude and some were in the opposite position. Billow's style showed in his humorous response: "it's good to have some supporters too..." or "well, everyone needs an opponent sometimes". I should say that he allows and encourages discussion about his style. He also very nicely encourages group members to take risks and to interact with one another. One can say that his sarcastic style is a model for the group members to take risks and not stay guarded.

My feeling is that Billow encourages the group members to explore their relationship with the group leader in a kind of a playful manner. The group becomes a playground for exploration of the relationships. He focuses on the here-and-now, on different points of view expressed by group members, and on the interactions developing in the group (with some analytical interpretations from time to time.)

In the afternoon he led a large group discussion with all the participants in the workshop. Somehow, there was a lot of anger and resistance in the group. I think that when you title a workshop "Resistance, Rebellion, and Refusal" you almost inevitably (*Continued on Page 6*)

(Continued from Page 5) invite these dynamics to happen. Billow dealt with the attacks very well, enhancing their expression at not retaliating, and discussing them seriously and not only as projections. He modeled how important it is for the group to experience a leader who survives under attacks without becoming defensive.

Bottom line: a very thought provoking day. I personally was reminded to take more risks as a group leader, and encourage group members to interact more.

Haim Weinberg, PhD, CGP has a private psychotherapy practice in Sacramento and teaches at the Wright Institute in Berkeley, Alliant University in Sacramento and at the Professional School of Psychology. For more information, see www.group-psychotherapy.com



Membership Renewal Time

Join or Renew Today!

Please take a moment to join or renew your membership in NCGPS today. Membership offers so much:

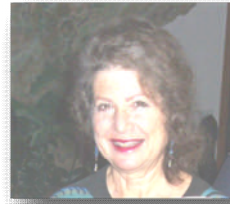
- Professional and collegial support
- Reduced price admission to events
- Early notice of upcoming educational and networking activities

Plus, you get to support the premier organization for group therapists in Northern California. Please go online at www.ncgps.org to join or renew today, and follow the simple prompts. For more information or assistance, please contact Justin Hecht, PhD, Membership Chair 415-673-0283 or Justin@JustinHecht.com

MEMBER NEWS

Ann Steiner, PhD, MFT, CGP, FAGPA will present a workshop on the Therapist Professional Will at the 2011 AGPA Conference in New York and present a course for The Psychotherapy Institute's Spring 2011 continuing education series **The Big Picture: Challenges and Joys of Group Therapy**. She was invited to present an AGPA Distance Learning course, **When the Group Therapist Gets Ill** and recently released her manual, **Starting and Sustaining Groups that Thrive: Workbook and Planning Guide**, now available at www.PsychotherapyTools.com

Supervision & Consultation



Elaine (Loneragan) Cooper, LCSW, PhD

Psychotherapy for individuals, couples and groups

Elaine is a Clinical Professor at the University of California, School of Medicine, San Francisco, Department of Psychiatry (LPPI). She has nine years of teaching awards and has 40 years of experience.

Where: SKYPE (or equivalent) or face-to-face in Berkeley

Contact: Elainejean@sbcglobal.net or 510-540-6555

More info: www.ElaineCooper.com

Becoming Who We Are In Groups

An Experiential and Training Group for Therapists (San Francisco)

Come join a group of thoughtful therapists for an authentic and challenging experience. We meet weekly in an intimate and supportive setting to explore our inner experience and our relationships with each other. Each month, a didactic and reflective period complements the experiential sessions.

The group provides personal and professional support, depth exploration in a group setting, and a variety of perspectives on group psychotherapy

Justin Hecht, Ph.D., CGP, a licensed psychologist, certified group psychotherapist, and certified Jungian analyst leads the group using psychodynamic principles.

For more information, please contact Justin:

Phone: 415-673-0283

Email: Justin@JustinHecht.com



The 'Core' Training Course . . .

A personal reflection

by Justin Hecht, PhD, NCGPS Training Co-director

I've been Co-director of the NCGPS core group psychotherapy training course (with **Barbara Squire-Ilfeld**) for three years now, and it seems to get better with each passing year.

Being co-director of the training course is an experience that calls on many roles: administrator, promoter, group therapist, observer/consultant, demonstration group leader, colleague, confidante, and friend.

The positive experience starts, I believe, with my solid personal and professional relationship with **Barbara Squire-Ilfeld**, who started the core course along with **Walter Stone** about 6 years ago. Their solid investment in the administration and curriculum pays off year after year. Next, we have a committee that handled the administration of the course: this year it included **Lois Friedlander** and **Regina Armas**. Regina handled the important tasks of continuing education and keeping us supplied with delicious food; a practical and nurturing benefit, respectively! Then, we have our talented lecturing faculty: **Connie Concannon**, **Lois Friedlander**, **Fred Ilfeld**, **Walter Stone**, and **Haim Weinberg**. This year, the experiential groups were ably led by **Mitchel Adler**, **Peter Cole** and **Daisy Reese** (a co-therapy team), and **Jim Fishman**. Our committee and faculty worked creatively and energetically together, and everything seemed to come together smoothly.

There's something unique and wonderful about the training group experience. It brings together new students of group psychotherapy with those who have practiced in the field for many years. Each person who participates in the core course gets something different. Those new to the field have a personal 'felt' experience of the power of group psychotherapy. This is supplemented by the intellectual knowledge provided by the lectures.

Some aspects of the core course evolve spontaneously. Two years ago, our videotape equipment wasn't available, and we had to respond quickly. I volunteered to lead a 'live' demonstration group. This proved a well-received and dynamic experience for the conference, and we decided to continue with it. Playing a faculty and administrative role has given me great empathy for our faculty: it generates considerable anxiety to expose your work to the critical feedback of your professional peers. But the challenge also provides invaluable experience and constructive feedback.

The volunteers in the demonstration group get to take risks and have an experience of group psychotherapy that magnifies the exposure that patients can feel in a group... a great way to generate empathy! Those who observe the demonstration group get to watch the application of the principles they've

just been taught, as well as to sharpen their critical skills and provide feedback on what seemed to work and what didn't.

Faculty members experience some 'relearning' of the material they present in lectures. Organizing the important points for presentation before a professional audience is a challenging and rewarding experience that deepens each lecturer's commitment to and knowledge of group psychotherapy.

Experiential group leaders get to sharpen their therapeutic skills with an enthusiastic and perceptive group. This year, most experiential group leaders had a full-time observer/consultant present throughout the entire time of the group. This happy accident resulted from a problem: we weren't able to use the upstairs conference room and had to 'sacrifice' the faculty room for a process group. There was no place else for the observers to wait, so we spent the whole time with the groups. This change resulted in a much deeper and more comprehensive consultation experience for the group leaders and participants, and the observer/consultants. We intend to continue with this positive development next year.

I'm struck by the personal connections that are made between participants. There's palpable warmth as participants in the process groups share personal material and risk greater intimacy with each other. The delicious food and pleasant surroundings of the UCSF Faculty/Alumni house provided a 'good enough' container to foster personal and professional bonding. Many participants seemed 'jazzed' about the potential for adding more group psychotherapy in their practice settings, whether clinics, agencies, hospitals, or private practice.

Of course, there are always challenges and difficulties in putting on this type of program. We struggle to attract a group that's gender balanced and representative of the diversity of Northern California. Small details are overlooked (who forgot to bring tissues? Oh yeah, that's me...). Some participants are occasionally disappointed with aspects of the program. But on the whole, the conference continues to receive high ratings, and to generate considerable enthusiasm for the field of group psychotherapy in the participants, and in the faculty!

There is clearly a need in the community for this kind of conference. Although it's a great deal of work to put on, I find it a kind of 'high', and plan to continue as co-director of the annual course for some time. Perhaps in the future our committee will also sponsor a similar experience for graduates of the core course and more experienced group therapists. "Beyond the Core Course", anyone?

Justin Hecht, PhD, CGP is a certified group psychotherapist and Jungian analyst in private practice in San Francisco. His specialization is integrating Jungian and other psychoanalytic approaches in group psychotherapy, and he loves teaching group psychotherapy.



Classified Advertising

Psychotherapy Groups

SAN FRANCISCO

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 a four month commitment; one group requires a nine month commitment. For more information, please call **Jamie Moran, LCSW, CGP** (LCS 14447, CGP 42559) 415-552-9408 jammoran@aol.com, www.jamiemoran.com Jamie has led groups since 1984.

Psychotherapy Group: Self-Confidence and Better Relationships Psychodynamic, mixed gender groups for high functioning adults, on-going for 8 years, has openings for both men and women. Intimacy, genuine communication, awareness of self process, anger, shyness, boundaries, etc. **Barbara Elbl, MFT, CGP** 415-681-1757. For info, see 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 and excessive responsibility. Two openings beginning in January, 2011. Contact: **Ron Rohlfs, MFT** at 415-273-1024 www.sftherapygrowth.com

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.

Groups for Gay & Bisexual Men (San Francisco) I offer two ongoing long-term groups for gay & bi-sexual men. We focus on intimacy, improving relationships, and building self-esteem. The groups are led on general psychodynamic principles, with an

emphasis on healthy individuation. **Justin Hecht, PhD, CGP** (415) 673-0283 Justin@JustinHecht.com

General Adult Psychotherapy Group Focused on improving relationships, building self-esteem, and self-actualization. Led by **Justin Hecht, PhD, CGP** Justin@Justinhecht.com 415-673-0283

Social Skills Groups for Children and Teens. Summer and year-long groups in SF and Marin. Ages 4-15, groups are organized by age, developmental level, and are usually a boys or girls group. Semi-structured, activity and discussion based groups. Groups help children in improving communication, conflict resolution, anxiety and anger management skills, and help them to improve their friendships. Contact: **Chaya Rivka Mayerson, PsyD** (PSY 17310) 415- 674-5912

Psychodynamic Group A psychodynamic group for adults with a diagnosis of eating disorder or struggling with symptoms of disordered eating patterns, including body image issues, meets Tuesday evenings in San Francisco. New members are welcome. Please contact **Esther Stone** at 415-380-8996 or email at egstone@comcast.net

Social Skills Groups for Children and Teens. Summer and year-long groups in SF and Marin. Ages 4-15, groups are organized by age, developmental level, and are usually a boys or girls group. Semi-structured, activity and discussion based groups. Groups help children in improving communication, conflict resolution, anxiety and anger management skills, and help them to improve their friendships. Contact: **Chaya Rivka Mayerson, PsyD** (PSY 17310) 415- 674-5912

EAST BAY

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. **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.

Interpersonal Therapy Group Openings now in Thursday evening group for mid to high functioning men and women in their 40s and beyond. Focus on improving relationship skills, changing old scripts, and developing fuller access to one's authentic voice. Free screening interviews. **Andrew Condey, PhD**, The Solano Center, 510-525-5660, X-1.

Castro Valley - Women Over 50 Group meets 6:15-7:45 wed 1/2 hour free consultation to join. Sliding fees/8-week commitment. Group limited to six members. A safe place to explore your challenges and create a positive identity as you enter the second half of life. **Marilyn Stettler, MFT** 510-582-7769

Breast Cancer Survivor Group Emphasis on exploring the issues that survivors face in their return to daily life. The intention of the group is to facilitate the discovery of finishing treatment for breast cancer with an emphasis on exploring the issues that survivors face in their return to daily life, and to facilitate the discovery of how one has been altered by their diagnosis and experience of breast cancer. Monday 5:30-7pm. **Cheryl Krauter, MFT** at 510-528-8954 or email cekrauter@sbcglobal.net

Adult General Psychotherapy Group: Mixed, long-term psychodynamic, insight-oriented psychotherapy group for high-functioning adults. Lafayette. Led by **Ann Steiner, PhD, MFT, CGP, FAGPA** more than 28 years leading groups and consulting to therapists www.PsychotherapyTools.com for more info. To discuss referrals call 925-962-0060.

Classified Advertising

Adult General Psychotherapy Group

Two openings in mixed, long-term psychodynamic, insight-oriented psychotherapy group for high-functioning adults. Lafayette. Led by **Ann Steiner, PhD, MFT**, CGP, FAGPA more than 28 years leading groups and consulting to therapists www.PsychotherapyTools.com for more info. To discuss referrals call 925-962-0060.

Chronic Pain Support/ Therapy Group:

Supportive, long-term support group addresses chronic pain, hidden disabilities, and life-altering medical challenges. Lafayette. Led by **Ann Steiner, PhD, MFT**, CGP, FAGPA more than 28 years leading groups and consulting to therapists, www.PsychotherapyTools.com for more info. To discuss referrals 925-962-0060

PENINSULA/SOUTH BAY

Therapy Groups for Gay and Bisexual Men

In Menlo Park, one long term psychodynamic process group focusing on intimacy, relationships and work in the here and now. Requires a four month commitment. New group to begin in the fall. For more information, please call **Jamie Moran, LCSW, CGP** (LCS 14447, CGP 42559) 650-598-8877 jamoran@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 or go to www.wespsych.com

Women's Group in San Jose For women who want to improve their relationships, develop healthy communications and pursue personal development. Some of the issues addressed include self-esteem, assertiveness, grief and loss, childhood concerns, anxiety, and depression. Please contact **Claire Wright, MFT** at 408-998-7098 for more details. Thank you for your referrals!

MARIN/NORTH BAY

Therapy Groups: Three Intimacy Groups (ongoing, coed, process-oriented). Singles Group (9-week psycho-educational coed

group). Women's Group for Spiritually-Oriented Women (ongoing, process & support). Monday, Tuesday, or Thursday evenings in central San Rafael. Contact **Renee Owen, LMFT** at 415-453-8117.

SACRAMENTO AREA

Adult General Psychotherapy Group

Openings for new members. The group focuses on interpersonal interactions, so relationship problems are addressed well. Meets Thursdays 7:30-9:00 pm in Midtown Sacramento. To discuss referrals, contact **Haim Weinberg, PhD, CGP** at 916-212-6424 or haimw@grouppsychotherapy.com

Davis – Women Over 50 – On-going

Group meets 7:15-8:45 Tuesdays. 1/2 hour free consultation to join. Sliding fees/8-week commitment. Group limited to six members. A safe place to explore your challenges and create a positive identity as you enter the second half of life. **Marilyn Stettler MFT** 530-902-1285

LAKE TAHOE AREA

Adult General Psychotherapy Group

in the North Tahoe Area currently has openings for members. Meets Weds., 5:30-7pm, Olympic Valley, CA (AKA Squaw Valley). Contact **Barbara Ilfeld, MSN, CGP** at 530-581-3567 or **Barbara.Ilfeld@gmail.com** to discuss potential referrals.

Groups for Therapists

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.

Therapy Group for Women Therapists

Openings in on-going 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

Groups for Therapists Supportive, growthful, deep exploration with peers in new group on Monday AMs and in ongoing

group for senior clinicians on Wednesday AMs. Facilitated by **Andrew Condey, PhD** (PSY5784), 35 years experience, The Solano Center, Albany 510-525-6970, #1

Therapy and Training Group for

Therapists • Personal support • Collegial atmosphere • Object Relations/Jungian orientation Led by **Justin Hecht, PhD, CGP** Please call or email: 415-673-0283 Justin@Justinhecht.com

Therapy Groups for Therapists A safe place to take your therapist's hat off and explore your personal and practice-related issues. Lafayette. Led by **Ann Steiner, PhD, MFT, CGP, FAGPA** more than 28 years leading groups and consulting to therapists, www.PsychotherapyTools.com for info. For questions or to schedule an interview call 925-962-0060

Consultation

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.

Group Therapy Consultation &

Supervision San Jose near 17 & 280. Meets Monthly, Third Thursdays, 10am-Noon; \$50. Facilitator: **Phyllis B. Jenkins, MA, LMFT, CGP** Information/Register, call 408-265-9200.

Office Space

Lovely, SF Office Big enough for groups. Available Tuesdays, Thursdays, Fridays and Saturdays. For photos and full details, go to www.Craigslist.com and search for *Psychotherapy* under *Housing, Commercial*. California & 5th Avenue. Contact **Barbara Elbl, MFT, CGP** at 415-681-1757.



For full details on placing either a Classified or Display ad, please see page 2.

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- Annual Dinner – January 29, 2011
- Report from the NCGPS Training Program
- Review: Fall Event, Richard Billow
- News from the Fall Retreat
- **Your Group listings** (Classified ads)
- and, more

Visit our website: www.ncgps.org

Information line: 415-442-1976

Deadline for next issue: **March 15, 2011**

NORTHERN CALIFORNIA GROUP
PSYCHOTHERAPY SOCIETY



c/o Barbara Elbl, MFT
NCGPS Newsletter Editor
4333 California Street
San Francisco, CA 94118

ADDRESS SERVICE REQUESTED

Case Consultation Group for Licensed Therapists

with

Chris Armstrong MFT and Louis Dangles MFT

- Would you like to work more effectively with your clients' issues as they emerge in the here and now of the therapeutic hour?
- Would you like a safe place to discuss difficult cases and sharpen your therapeutic skills?
- Would you like to deepen your capacity to be more fully present with your clients?
- Would you like to make more effective use of your counter-transference responses?
- Would you like to develop your personal style?
- Would you like to build your practice and develop a community of trusted colleagues?

Many outcome studies indicate that positive therapeutic results depend more on the therapeutic relationship than the particular techniques or theoretical orientation of the therapist. This group will focus on helping participants enhance the impact of their theoretical orientation by making more effective use of themselves in the here and now dimension of the therapeutic hour. We will discuss case material, and use active role play techniques to illuminate transference/counter-transference dynamics and practice different approaches to working interpersonally in the here and now. We will approach case formulation from different points of view, including psychodynamic, systems, somatic, and archetypal ideas. In group work we integrate the interpersonal approach pioneered by Irvin Yalom and the group-as-a-whole approach developed by Ariadne Beck and the Chicago Research Group.

- *Open to licensed therapists, we will meet every other week for 1-1/2 hours on Wednesdays from 12:00-1:30*
- *Location: 74 Madrone Ave, San Anselmo, CA*
- *Fee: \$75.00 per session. An initial 12 meeting commitment is required.*
- *For an initial 30 minute interview, call Lou Dangles, MFT or Chris Armstrong, MFT at 415.454.2722*

Christine Armstrong MFT (Lic 7529) and Louis Dangles MFT (Lic 8207) established private practices in 1976, specializing in individual, couple, and group psychotherapy with adults, from an existential perspective. They maintain individual practices, work together as co-therapists in couples and group therapy, and are frequent presenters on clinical issues at various community mental health agencies in Marin and San Francisco and at the Existential Humanistic Institute's annual conference. Over the past 20 years they have had the good fortune to study and consult with two of the seminal teachers and practitioners of the existential perspective; James F. T. Bugental Ph.D. and Irvin Yalom M.D.



"I treasure my time with my clients. The tears, the laughter, the struggles to make meaning from the painful experiences of life, all those precious shared moments are some of the most gratifying experiences of my life." – Chris Armstrong

"The poet William Stafford begins his poem, 'The Way It Is' by stating: 'There is a thread you follow. . . ' The challenge of finding the healing thread in each conversation is a humbling task. The courage with which my clients open their hearts in search of that healing thread touches me and inspires me almost daily." -- Lou Dangles

Walking the healing arts path is a journey rich in surprising, touching moments of discovery that can change people's lives. Along the way, we have gathered some wisdom that we are now excited to share with others who have chosen to travel this challenging road.