

# NORTHERN CALIFORNIA GROUP PSYCHOTHERAPY SOCIETY



NEWSLETTER

WINTER 2012

## Annual Dinner – January 28<sup>th</sup> Features Unique Musical Treat

by Peggy Johnstone, MSN, RN

While our annual dinner is always a fun filled event with great food and a terrific opportunity to mingle with friends, this year's dinner offers as a special treat the unique sounds of the UC Berkeley Men's A Cappella Octet, an internationally recognized group of singers with an exuberant performance style. As in the past, we are very excited about hosting this event because it gives our members and their guests and an opportunity to come together in a festive and relaxed setting in which there is not only great entertainment but also ample time for people to meet new colleagues in our community and to reconnect with many who we already know.

The evening provides a chance to learn what others are doing - both personally and professionally, and to share resources and referral information. But most important, the dinner helps to reinforce a feeling of belonging and connection with a wonderful professional community.

The dinner event will be held at Il Pescatore, in Jack London Square. On the Oakland Waterfront, the restaurant features a charming dining area and a delicious Italian menu. It is wheel chair accessible and parking is nearby. Considering the offerings for the evening, the dinner price of \$45 (complete) is very good, but as a special benefit to those who renew their NCGPS membership by January 20<sup>th</sup>, we are taking \$10 off the Dinner price, making this very enjoyable evening available for just \$35.

For additional information about the event, including meal options and making your dinner reservation, you may either contact event chair *Peggy Johnstone*: (925)284-8566 or (925) 876-4558; maj4u@comcast.net; or find full details at the NCGPS website

(www.ncgps.org). For making your 2012 dues payment, please go to the website.

We hope all of you will be able to join us at this lively professional event!



*Margaret, Peggy, Johnstone RN CNS FNP, Annual Dinner Chair and Secretary of NCGPS, recently retired from Kaiser as a Psychiatric Nurse Practitioner. She is now using her group therapy skills as a Psychiatric Liaison Nurse at John Muir Hospital in Walnut Creek and Concord*

*Dues for the 2012 Membership Year is now due. To pay dues and become listed in the NCGPS Group Therapy Directory, go to [www.NCGPS.Org](http://www.NCGPS.Org).*

## Evenings With The Masters *In Treatment: Demonstrating and Discussing Group Psychotherapy*

by Geraldine Alpert, PhD, CGP

After an absence of nearly 10 years, we are excited to be re-launching the Evenings With The Masters, with the first round of 3 hour presentations consisting of a mini-series entitled, "In Treatment: Demonstrating and Discussing Group Psychotherapy."

Just as the TV series *In Treatment* provided an up close look at individual therapy, this "mini-series" is designed to provide an inside view of psychodynamic group psychotherapy. Each of the presenters is highly experienced both in leading groups and in teaching / supervising group psychotherapists, so that in addition to demonstrating group psychotherapy (either by  
*(continued on page 5)*



NEWSLETTER – Winter, 2012

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**Publication of Articles and Ads**

Articles written by members are welcome at any time prior to the deadline. Please include a description (maximum of 35 words) about your practice and a digital photo. NCGPS reserves the right to edit or not to publish at all. All articles and advertisements must be submitted by e-mail (rdunagan@mac.com) as an *attachment*. Only Microsoft WORD documents using 12 point Times New Roman font, with no additional formatting will be accepted. Ads must be accompanied by a check made out to NCGPS mailed to Randy Dunagan. To guarantee publication, payment must be received prior to the deadline below. See www.NCGPS.org for more information.

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½ page (7 ½" W x 4 ½" H)	\$ 70	\$100
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**Are you listed in the NCGPS online Group  
Therapy Directory?**

**Don't miss out on this free member benefit to  
advertise your groups!**

**To add or update your listing contact Scott Weber  
(scottawebermsw@yahoo.com)**

# From the President

by Haim Weinberg, PhD, CGP, FAGPA



Hello People Who Love Groups,

This newsletter will probably reach you just before our Annual Dinner on January 28th. The Annual Dinner is THE place to meet with people like you who lead groups, to enjoy the social interaction, to let others know about what you are doing and to network. If you haven't registered yet, go to [www.ncgps.org](http://www.ncgps.org) immediately to do so.

This is the second newsletter that has been unofficially edited by Geri Alpert and Randy Dunagan. We still do not have a permanent editor, but Geri & Randy generously volunteered to pull things together until we do. I am impressed by their energy and dedication. I would like to invite people who see themselves suitable for editing the newsletter to step forward and volunteer. Although it requires a good knowledge of our organization and events, it does not require any technical or specific computer knowledge, as the administrative/technical work is done by people we hire.

Since our last newsletter, we've had two important events at NCGPS: First was the Core Course, at the end of September, chaired by Barbara Ifeld and Justin Hecht. This is the 7th year for this event, which is the first step to becoming a Certified Group Psychotherapist. Barbara and Justin did a great job, and the feedback of the participants was highly positive. The second was our highly successful Fall Event, in November, chaired by Lois Friedlander, which featured Susan Gantt, presenting the Systems-Centered Group Therapy model (SCT). It was a very emotional day and we learned a lot both about the model and group processes.

As said above, the next NCGPS gathering, in January, is the Annual Dinner. Next comes the "Evening with the Masters" series. We have been planning for the return of this series for about a year, and Geri Alpert has put together a great looking line up for the first set of Events in this series. The purpose and format of the Series is described earlier in this Newsletter. For more detailed information and to register, for any (or hopefully all) of these "evenings," go to our website.

We have received a lot of interesting proposals for our Asilomar conference which, fortunately, will be back on our original dates at the first weekend of June (1-3 June 2012). This is the Conference year, and we are going to have a rich variety of short (3 hours) workshops. Among the proposals, we received subjects such as Nuts and Bolts in Group Therapy, Cultural Competency, Mindfulness in Groups, Co-therapy in groups, Group of schizophrenics, Men's groups, Use of Qigong in groups, Psychodrama, Groups for Combat PTSD, Ethical Dilemmas, and many others. The committee is still working on reviewing all the proposals, so it will take some time to compose the entire program, but you can expect a very interesting one. We plan to send the initial information within the month so get ready to register at Early Bird rates (before April 1st).

Board members who are doing this work ask themselves many times "why do I do it"? The success of our events and the enthusiastic feedback from our colleagues is part of the answer. I want to thank all the board members who are volunteering and investing the time and energy to promote group therapy in Northern California: Phyllis Jenkins, President Elect; John Rochios, Treasurer and Past President; Peggy Johnstone, Secretary, Annual Dinner and Scholarship Chair; Regina Armas, CEU Chair; Carlos Canales, Librarian and Ambassador Chair, Daisy Reese, Immediate Past President; Geri Alpert, EWM Chair and Past President; Lois Friedlander, Fall Event Chair; Scott Weber, Website Chair; and Randy Dunagan, Newsletter Coordinator. I also want to thank Tara Ingram for moderating the listserv that became such an important tool of communication among us. Many thanks to all of you.

I invite you to come to the board meetings and take part in this exciting work. You are welcome to contact me.

Haim Weinberg, PhD, CGP, FAGPA  
NCGPS president  
[haimw@group-psychotherapy.com](mailto:haimw@group-psychotherapy.com)



*Haim Weinberg, PhD, CGP, FAGPA has a private practice in Sacramento and teaches at the Wright Institute (Berkeley), the Alliant University (Sacramento) and the Professional School of Psychology (Sacramento).*

# Thinking About Our Work

by Walter Stone MD

My goal for this column is to ask us to think a bit more about our work. I subscribe not only to a number of group therapy journals, but I also read on a regular basis general psychotherapy literature and analytic journals. I have found that a number of articles from these journals can be very applicable to group therapy, although we have to do the transposition.

This idea came to me as I recently was reading a report of a very difficult case in dyadic therapy that had gone on intermittently for more than three decades. The therapist was a young analyst when she got the case and she did a number of things that were not considered correct technique by her analytic supervisors. For example she had given her depressed patient anti-depressants, which was a “no-no” at the time. She also called 911 to rescue the patient who was threatening suicide – which the patient could not accept and broke of treatment for almost 5 years. Finally as the patient improved, married and had a child, divorced and raised her daughter as a single mother. The analyst agreed to help teach the patient how to mother. When the patient’s daughter showed great promise musically, and when she was eight, the analyst bought her a violin, which her patient could not afford.

I think that is sufficient clinical data to move to my main focus provided by Steven Stern, one of the discussants of the paper. Stern discusses analytic love as “reciprocity of affection-an authentic affective matching that... gives its healing power” (p.492). He continues regarding the acts that took place later in therapy, “if these acts of care and assistance had been violations of the analytic frame-for example, had they implicitly demanded some kind of reciprocity, rather than being strictly (asymmetrically) in the [patient and her daughter’s] welfare and growth, they would have punctured or undermined the potential for more traditional analytic work” (p.492).

The remainder of the paper discusses this concept in greater detail. However, I wanted to draw to the attention of NCGPS members the presence of positive loving emotions directed towards our patients. We talk about also sorts of negative transferences, but not about the positive feelings (admiration, caring, loving – *non-erotic*,

pleasure in their successes) that we have.

As Stern observes patients are constantly checking to see how we care for them, how we regard them – this has many therapeutic implications, particularly for our patients who have had neglect or severe deprivation. But we all have had some of that, and I believe we all behave in this manner to some extent in our relationships.

*My view, which is also reflected in Stern’s article is that we still need to attend to our behaviors which alter the treatment frame – We don’t have free licenses under the rubric of analytic love We cannot really know all of the aspects of any of our motivations, because we still have an unconscious. Nevertheless, we do love our patients and at times we may act in ways that may not be deemed by an observer as within the realm of dynamic neutrality. We must think about these acts without undue self-negation and in some instances obtain a consultation.*

These are my musings about these articles. I hope that they help us reflect on more deeply on our reactions to our patients and to part of how we help people change.

## References:

Weisel-Barth, J (2011) Katherine: A Long, Hard Case. *International Journal of Psychoanalytic Self Psychology* 6, 444-468.

Stern, S. (2011) The Therapeutic Action of Analytic Love: Commentary on Joye Weisel-Barth’s “Katherine: A Long Hard Case.” *International Journal of Psychoanalytic Self Psychology* 6, 489-504.



*Walter N. Stone MD, is Emeritus Professor of Psychiatry, University of Cincinnati. He has an enduring interest in the application of self psychology to group psychotherapy and treatment of persons with persistent mental illness, and has authored/coauthored numerous articles and five books*

## Looking for more Contact with NCGPS Colleagues?

**Benefits of NCGPS Membership include regional Peer Consultation Groups and Group Psychotherapy Salons**

**(See NCGPS website for details)**

## Evenings With The Masters *(continued)*

fishbowl demonstration groups or video tapes) presenters will discuss what they are demonstrating and leave lots of room for Q and A and participant comment. These are intended as small, intimate learning experiences and, in most cases, will be held in the group rooms of the presenters. While the events are each designed to provide an introduction to aspects of group therapy that will be appropriate even for therapists who are currently unfamiliar with group, because of the heavy focus on the *demonstration* portion, the series provides an unusual opportunity for advanced therapists to see colleagues "in action."

The series is designed to be diverse in two ways: First, is the diversity of method. Presenters each have different styles and emphasize different aspects in their work with groups. The second is diversity of location, representing the geographical distribution of our members: South Bay (Phyllis Jenkins); San Francisco (Jim Fishman and Linda Rose); North Bay (Elaine Cooper and Geri Alpert); East Bay (Rose Phelps); and Sacramento (Haim Weinberg and Martha Gilmore)

Registrants may opt for the entire series (five presentations) or individual events, as preferred. For those registering for all five events, the 5th event will be free -- thus the price being the same as for four events. Flyers for the event and on-line registration will be available in January. Early registration is encouraged for two reasons. The first is that there is a considerable cost savings for those who are "early birds". (Signed up before March 15th.) The second is that, in the past, many of these events filled up quickly, so early registration will make sure that you get in. It is anticipated that all of the presentations will qualify for three hours of Continuing Education Credit and that this will be verified well ahead of each of the events. For more information about the series, go to the ncgps website ([www.ncgps.org](http://www.ncgps.org)) or contact event chair, Geri Alpert: 415 453-8969; [geraldine.alpert@gmail.com](mailto:geraldine.alpert@gmail.com). For questions about specific presentations, contact the individual presenters.



*Geri Alpert, PhD, GCP, Past President, current Board Member of NCGPS and a Fellow of AGPA, practices in San Francisco and San Rafael. Geri provides treatment for individuals, couples and groups as well as supervision, consultation and short-term "crisis intervention" for therapists at all levels of experience*

## My Life in Groups

*by Jim Fishman LCSW, CG*

I grew up in the 1950's in Revere, Massachusetts -- an immigrant Jewish and Italian city -- in a "triple decker." This classic Boston structure housed my family on the top floor, my grandparents in the middle floor, and uncle & aunt on the first floor. We visit each other constantly, and this is my first group.

In 5th grade, we move to Swampscott, a middle suburb where I have my first taste of being on the margins.

Sports are "in," and I'm now the Sissy who "doesn't throw like a boy".

I excel academically and join the Drama Club. A week before graduation, I'm alerted by my friend that he's had to intervene at a planning meeting for ritual called The Last Will and Testament. 10 seniors meet to think up a hazing for each senior. Our names are read out loud from the stage, followed a "parting shot/gift". They want to leave me something so awful he has to insist they change it. I drag it out of him: they wanted to leave me "A Pair of Pink Laced Underwear." I'm mortified, because now I know my mannerisms give me away. To them, I'm a QUEER. .

I enter college in 1968 in upstate New York, University of Rochester. During my freshman year, I attend the Human Relations Weekend, a weekend encounter group sponsored by the NTL labs. This pivotal group changes my life, because the intense pressure cooker of group opens me up to deep feelings of connectedness to others. Sophomore year I declare my major as psychology and land a job running "placebo" play therapy groups at Strong Memorial Hospital. My discovery: I love running groups!

Again, I enroll in the Human Relations weekend, but this time we are being screened carefully beforehand. During my interview with my leader-to-be (a clinical psychologist from Strong Memorial) I realize this guy suspects I'm gay. He pronounces, "I can't let you go on the weekend, Mr. Fishman. I think you know what I mean. This is a very perceptive group of people, and I think you'd make people up tight." I protest. "Yes, I'm a homosexual, but why does this even have to come up?"

*(continued on pg 6)*

## My Life in Groups (continued)

This is the first time in my life I ever disclose this to anyone. I am not allowed to go. My worst fears have come true

In a panic, barred from attending, I flee to New York City for the weekend. I'm a closeted 19 year old male, it's 1969, and I've read in Time Magazine that Greenwich Village is 'gay.' I take the subway to Christopher Street I come upon a man with long hair selling a gay newspaper: IN PUBLIC. I'm terrified, I finally go up to him and ask him where I can meet others "like him." A gay male couple on the corner feeling compassion, approaches me: "Come with us, we'll show you around." Suddenly I'm being introduced to my first gay bar.

My hosts let me "crash" at their upper east side apartment and I'm struck by how NORMAL they seem. On the bus ride back to Rochester, I reflect that meeting them has provided me with something that the Human Relations Weekend couldn't hope. For the very first time, I can imagine that being gay and being an open human being are not mutually exclusive. I have just found my first Subgroup!

I am accepted to U. of California at Berkeley. Upon arrival I notice signs for the Gay Students Union and also the more leftist group Gay Liberation Front. It's 1970 and I'm actually in California! And taking the steps to come out happens in a much more receptive and inviting climate. It's as if a 300 pound gorilla of shame has been lifted off my shoulders. I come out for good.

I join a "Consciousness Raising Group" with other gay men to explore commonalities and connectedness. With the belief that "the personal is political," we begin to speak at high schools and colleges about the Gay Experience. We move in together and form a collective. We write articles for Gay Sunshine.

Being a psych major, I am determined to start a "Problem Solving Group for Gay Men". I find my way to an alternative mental health clinic called Fort Help; they're sympathetic to my idea. I find a co-leader who is gay, who has a Masters degree in psych. We run the group successfully for more than a year. Upon graduation, I move back to Boston and get my MSW. Fast-forward to 1982. I'm a clinical social worker at the

Fenway Community Health Center in Boston, and the AIDS epidemic is raging. Several of us call for a community meeting and this group morphs into the AIDS Action Committee of Massachusetts. Through this group I meet a segment of the gay community that I used to feel alien from: the established "bar" crowd. A bartender named Kevin approaches us wanting to do a benefit for our organization. I form a deep personal bond with Kevin. He is diagnosed with AIDS. Our house becomes a hub for the AIDS Action board. Kevin has become a leader and a bridge between the two worlds of bars and politics. He dies a year later, leaving behind a legacy of honesty and community.

It's 1985, and I move back to the San Francisco. I land a job running a mental health program for gay men at Operation Concern. AIDS is decimating the community. Our clinic has a vibrant group therapy program, spear-headed by a brilliant yet crusty psychiatrist: Don Brown. Don introduces us to the Northern California Group Psychotherapy Society. He shares about Tavistock. He's gives us articles to read by Yvonne Agazarian and Ariadne Beck. I've been running groups from the Yalom perspective but my work deepens when I also see the Group-as-a-Whole dimension. My world shifts on its axis: I now have a map to track the process of groups, their stages and leadership roles. Because of Don, I attend AGPA and eventually meet and study with Beck, who becomes an important mentor.

Now AGPA and NCGPS have become an important support group and community. And I'm grateful that our communities exist-- especially for others entering the field. The rich world of groups-- it amazes me to look back and see how I have been transformed by joining groups and by studying and refining my own group skills. The process goes on. I'm now one of the teachers.



*Jim Fishman, LCSW, CGP has a private practice in San Francisco where he runs co-led groups and consults to therapists on groups. He teaches stages of group development and leadership roles, based on the research of his mentor Ariadne Beck.*

# Fall Event 2011

by Lois Friedlander, MFT, CGP

In the fall of each year, NCGPS hosts a conference where Bay Area group therapists gather to discuss debate and deliberate over the theory and methodology of group process. This year the event was again held at UC Berkeley's International House and our presenter was Dr. Susan Gantt, Director of the Systems-Centered Training and Research Institute.

It is a tradition that conference goers participate in several groups over the course of the day as part of the learning process. The group action in the room that day was non-stop. With the stamina of an athlete, Susan deftly kept us moving between short, small groups of 3-4 persons, transitioned us to experiential "fishbowl demonstration" groups, then segued to a large group process that included the total 80-member attendance.

As Chair of the Fall Event this year, I felt the responsibility to remain an overseer and therefore did not succumb to my usual urge to claim one of the center seats offered in Dr. Gantt's demonstration groups. From this hovering perspective I admit to moments when my initially rapt attention of the morning began to grow sluggish. What was happening to me? What was happening to this lively, charged, intense group of people? How slow and tedious would the process in that fishbowl group become?

Then, I became aware that observing this group was similar to watching grass grow. Standing in the outer circle looking into that group I was not privy to the nuances of eye contact, muscle twitches, voice inflection, and body language at the "ground level". I was not in close visceral, active contact with all the metabolizing, the synthesis, and the constant rhythmic action that is the life of very busy grass as it grows.

Sure enough, upon revealing my experience, members of the inner demonstration group affirmed the intensity of their experience with each other and Dr. Gantt stating, "the time flew by!" and "we were very deeply immersed"  
*(continued on pg 8)*

# Group Time in Three Parts

by Peter Cole, LCSW

I

This place is familiar,  
Though I've not been here before.  
You gave me that book.  
You know, the stories from Isaac Bashevis Singer.  
Market Street, Warsaw.  
A world gone vanished.  
Yet from here I can hear an echo.

In Group Time, my memory is not so singular and  
boundaried.

I sense footprints long blown over.  
I can almost feel the harsh hand,  
Your mother's panicked „shush!“  
Your child's electrified stillness.

II

In Group Time, all time is present.  
We enter together,  
Finding in our joining,  
That time is not flat, but spatial.  
Remembrance is as from a bell tower,  
Revealing the contours  
Of the landscape below.

III

A wave dissolves  
And becomes the sea.  
Now a new wave forms.  
Let us dissolve & evolve  
Together for a time,  
Here in Group Time.  
Remembering all who brought us  
To this scarred and sacred circle.



*Peter Cole, LCSW, is in practice in Berkeley and Sacramento. He is the co-Director of the Sierra Institute for Contemporary Gestalt Therapy and teaches Group Therapy at the Stanford University Department of Psychiatry.*

## Fall Event (continued)

in the group work...it was a powerful experience". Indeed it was. And, it was affirming that as facilitator's we have the opportunity and privilege to experience the life of our groups at the intimate ground level.

Susan highlighted personal awakenings in each group by devoting time to a structured segment of the group entitled, "Surprises and Learnings". This allowed for integration of member's sensory and cognitive experiences, and solidified the overall learning experience. Then she once again turned our attention to the larger group process where the all attendees collectively began to reflect the work of the smaller group culture. The room grew palpable with emotion as members continued to share, and the process deepened.

The day ended with a lively Question and Answer period. Most queries were directed to Dr. Gantt's formation and utilization of sub-grouping. Functional sub-grouping contains the two sides of every conflict so that differences can be explored and integrated. This lowers scapegoating and enables a different group climate, one more compatible with the conditions that facilitate openness and the neuroception of safety. **Differences then become resources rather than problems.** Dr. Gantt guided us to understand and embrace the richness of difference and diversity, lower reactivity to differences, and bring functional change to the group system.

Participating in the unfolding and evolution of group process at the International House that day was a remarkable experience. Dr. Susan Gantt is a master at her craft of Systems Centered Group facilitation. You can read more about her SCT training program, publications, upcoming conferences and the San Francisco Chapter of SCT at the SCT website:

<http://www.systemscentered.com>

NCGPS proudly hosts these events every fall, and we are already preparing for the next one which will be on Saturday, November 3rd. Entitled "Projective Identification Goes to the Movies," it will feature Dr. Joe Shay whose riveting presentations are well known at AGPA and are not only educational but also very fun! So

mark your calendars for this date and watch for more detailed information in the fall.



*Lois Friedlander, MFT, GCP is the NCGPS Fall Event Chair. She has a private practice in Marin County and San Francisco and is Associate Clinical Professor at the UCSF Medical School. She offers groups, consultation, and supervision.*

## AGPA Returns to New York

### Featuring Many NCGPS Members

While the Annual AGPA Conferences and Institutes are always great, wherever they are held, the AGPA Meetings in New York tend to be particularly popular -- because of course - Its New York.! There are so many good offerings -- both for the two day Institute and also for the Conference that it can be hard to choose. The offerings range from short one hour presentations, to those that are two full days, with various length options in between. Presenters utilize both experiential and didactic teaching methods, with some using primarily one or the other, and others combining both. Regardless of method, presentations offer a wealth of information, opportunities for professional growth -- and even for fun!

Those invited to present come from all over the world -- and many are in fact world famous. However many are also from our own group therapy community, with this year perhaps being a record number. NCGPS Members who will be presenting at this years AGPA Conference include: Esther Stone, Elaine Cooper, Walter Stone, Vivian Nelson and Bill Roller, Fred Ilfeld and Barbara Squire-Ilfeld, Haim Weinerg, Nick Kanas, Connie Concannon, Art Raisman, Geri Alpert, Paul Cox, Phyllis Jenkins, Bette Kiernan, Justin Hecht, Fanita English, and Anne Steiner.

We are fortunate in having so many excellent presenters among our members.

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# Classified Advertising

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## Psychotherapy Groups

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### San Francisco

#### General Adult Psychotherapy Groups

High functioning, psychodynamic groups for men and women, including mental health professionals and trainees. Current openings for Tuesday and Wednesday evenings, San Francisco. Led by **Art Raisman, Ph.D.**, Licensed Psychologist (PSY7795), Past President, NCGPS, (415) 453-4271.

#### 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. Contact **Ron Rohlfes, MFT** at (415) 273-1024, [www.sftherapygrowth.com](http://www.sftherapygrowth.com).

#### 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) at (415) 674-5912.

**moMENTum** (Moving Men To Understand Masculinity) moMENTum provides a safe environment where men can address their problems with abuse, with the help of other thoughtful and responsive men. Current openings in structured, activity and discussion based group for men who want to address their need to control and abuse others. Long-term psychodynamic, insight-oriented psychotherapy group for male batterers. Led by **Vernon Lee, PhD, CSAT**, whom has more than 20 years experience leading groups. [www.malebatterers.com](http://www.malebatterers.com) for more info. To discuss referrals call 415-771-1967.

### East Bay

#### Women's Therapy Group

Ongoing interpersonal group for women has one opening. Group meets Tuesday evening in Oakland. Rose Phelps, MFT, CGP, (510) 658-4344 [www.rosehelpsmft.com](http://www.rosehelpsmft.com).

#### Survivors of Sexual Abuse

Group members work deeply with each other to gently work through the trauma of childhood sexual abuse including incest. Special emphasis on how the childhood trauma is currently impacting your life and your body. Oakland location. Rose Phelps, MFT, CGP, (510) 658-4344 [www.rosehelpsmft.com](http://www.rosehelpsmft.com)

#### Interpersonal Therapy Group

Openings now in the Thursday evening group for mid to high functioning men and women in their 40's 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 6:16 -7:47 pm, Wednesdays. Half-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 – 7:00 pm. **Cheryl Krauter, MFT**, (510) 528-8954 or [cekrauter@sbcglobal.net](mailto:cekrauter@sbcglobal.net).

### Peninsula / South Bay

#### 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

#### 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](mailto:haimw@grouppsychotherapy.com)

# Classified Advertising

## Groups for Therapists

### Therapy Groups for Therapists

Open to mental health professionals and trainees. Current openings on Tuesday and Thursday mornings, San Francisco. Led by **Art Raisman, Ph.D.**, Licensed Psychologist (PSY7795), Past President, NCGPS, (415) 453-4271.

### Co-Led Therapy Group for Mature Therapists

One opening in a high functioning, long running group that is mature in terms of group functioning, as well as age and life experience of members. Group meets weekly in San Rafael on Wednesday mornings from 9:30-11, and currently has 3 men and 4 women. Also openings in a newly forming bi-monthly, "lunch time" group. Both groups co-led by **Elaine Cooper, Ph.D.** and **Geri Alpert, Ph.D.** with psychodynamic /interpersonal orientation. Contact Geri Alpert (415) 453-8969; [Geraldine.Alpert@gmail.com](mailto:Geraldine.Alpert@gmail.com).

### Therapists Group for Women

This is a wonderful, relational group that offers a warm, safe yet challenging place to explore and work through issues and dynamics that impact your life. This is a unique opportunity to engage in your own therapy with a group of highly intelligent and trained women and also learn how group therapy works. Therapists at all levels of experience are welcome. Wednesday 12pm to 1:30pm. Oakland location. Rose Phelps, MFT, CGP, (510) 658-4344 [www.rosephelpsmft.com](http://www.rosephelpsmft.com)

## 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, 10 am-noon; \$50. Facilitator: **Phyllis B. Jenkins, MA, LMFT, CGP**. For Information or to register, call (408) 265-9200.

### For therapists, coaches, counselors and other mental health practitioners

Feeling isolated or burnt out? Join a lively consultation/supervision group using various modalities. Meets bi-monthly Wednesdays, 4:00-6:00 pm in San Mateo with **Fanita English, MSW, FAGPA**. Call (650) 685-8418 or e-mail [Fanitae@aol.com](mailto:Fanita@aol.com).

## Office Space

### Counseling Office

Large, elegant Union Street (SF) office available Monday, part of Thursday, Friday and Saturday. Wood wainscoting, large bay window, elegantly furnished/decorated with comfortable leather chair and sofa, oriental rug, teak furniture and beautiful art, pottery, and statues. Appropriate for counseling individuals, couples/pairs, families or small groups of up to 10 people. Contact Daniel at 415 883 5600 or [Daniel@relationshipsthatwork.com](mailto:Daniel@relationshipsthatwork.com)

## Have you paid your Membership Dues for 2012?

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Reduced Rates at all NCGPS Events  
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For a better look at what we have to offer  
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*Dear Friends and Colleagues,  
I am pleased to offer general adult groups and groups for therapists.*

**General Adult Groups  
(San Francisco)**

I offer two weekly ongoing psychotherapy groups for men and women, one on Monday night, and one on Wednesday night. The groups are run on general psychodynamic principles, with additional perspectives from object relations and Jungian theories.

**Groups for Therapists  
(Berkeley and San Francisco)**

I offer two groups for therapists, one on Monday mornings, the other at lunchtime on Wednesdays. The groups combine consultation, experiential group process, and a didactic/reflective period.



*Please contact me for information about openings and any other questions you might have at (415) 673-0283 or Justin@JustinHecht.com. Justin Hecht, Ph.D., GCP, is a licensed psychologist, certified group psychotherapist and certified Jungian analyst.*

*Relationships determine the quality of life...*

**Openings in ongoing groups (Lafayette):**

- **Chronic Medical Illness Group:** Supportive group includes hidden disabilities and chronic pain issues. Helps members make the most of life with limitations and add more compassion for themselves.
- **Consultation Group:** Join us as we look closely at clinical case material, countertransference issues, and explore the personal issues evoked.
- **Psychotherapy Group For Therapists:** One opening in this warm, non-threatening safe environment for personal and professional growth.
- **Over 50's Relationship-Focused Group:** Supportive, process-oriented group addresses relationship issues, trust, and self-care.



*Ann Steiner, Ph.D., M.F.T., CGP, FAGPA has been leading and teaching about psychotherapy groups for over 28 years, supervises, trains and consults to therapists.  
(925) 962-0060 • www.PsychotherapyTools.com*

**Sex Addiction Recovery Groups**

The groups are currently offered Wednesday evenings from 5:30 to 7:00 pm and Thursday evenings from 5:30 to 7:00 pm in downtown San Francisco.

**The Sex Addiction Recovery Program** is based on the groundbreaking work of Dr. Patrick Carnes. Dr. Carnes thirty-task curriculum has been empirically validated to be an effective form of treatment of sexually compulsive behavior. Patients receive individualized attention as well as being incorporated into a group process. This cutting-edge program provides patients with the most progressive and well-researched treatment available. The SARP Program offers gender specific treatment to aid men and women in regaining their freedom from the disease of sex addiction. Most patients are simultaneously treated for mood disturbance, anxiety or other addictions.



*Vernon Lee, Ph.D., CSAT-S is a licensed Psychologist, certified Sex Addiction Therapist and Substance Abuse Professional. For more information, please contact Vernon (415) 771-1967, vernsting@pacbell.net and www.bayareasexaddict.com*

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## CALENDAR AND ANNOUNCEMENTS

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<b>January 28, 2012</b>	<b>Annual Dinner (Early Bird Deadline January 20<sup>th</sup>)</b>
<b>March 5-10, 2012</b>	<b>AGPA Annual Meeting</b>
<b>March 15, 2012</b>	<b>Deadline for Spring Newsletter</b>
<b>March 24-April 30, 2012</b>	<b>Evenings with the Masters</b>
<b>June 1-3, 2012</b>	<b>NCGPS Asilomar Meeting</b>

The newly resurrected Evenings With The Masters Series will take place on 5 weekends in March and April. All events will include live demonstrations of group psychotherapy and will occur in Los Gatos, San Francisco, Oakland, San Rafael and Sacramento. See article inside and NCGPS website for more information

### Member News

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Haim Weinberg will become a distinguished fellow of the Israeli Association of Group Psychotherapy for his contribution to the group therapy field in Israel. He also has published a new book "The Social Unconscious in Persons, Groups & Societies" co-edited with Earl Hopper. In addition Haim, Martha Gilmore, Walt Stone and Andy Pojman have chapters in a newly published Handbook of Group Psychotherapy edited by Jeff Kleinberg, president of AGPA.

**Visit our website: [www.ncgps.org](http://www.ncgps.org)**

**NORTHERN CALIFORNIA GROUP  
PSYCHOTHERAPY SOCIETY**



c/o Randy Dunagan, MFT  
2000 Van Ness Avenue, Suite 209  
San Francisco, CA 94109

**ADDRESS SERVICE REQUESTED**

**See inside for news about the Annual Dinner on January 28th!**

***Deadline for Early Bird Discount is January 20<sup>th</sup>***