

50th NCGPS Conference, May 29-31, 2020

Asilomar Conference Center
Pacific Grove, California

Workshop Information and Presenter Bios

Saturday Morning Groups

The Over-Functioning Therapist: Integrating The Archetypal Wounded-Healer Split

Jim Fishman, LCSW, CGP
Cheryl Krauter MFT

When psychotherapists sublimate their own growth and healing processes, focusing on client's needs at the expense of their own, they are at risk of over-functioning as clinicians. Through the use of expressive media (poetry, art, and imagery) participants will identify, explore, and share the dilemmas of balancing self and other. Guggenbuhl-Craig's "Wounded Healer" Archetype and Kalsched's work on "The Soul's Journey and its Interruption" will be presented as a way for participants to re-imagine a balanced identity.

Jim Fishman 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.

Cheryl Krauter is an Existential Humanistic psychotherapist with over thirty five years of experience in the field of depth psychology and human consciousness. With a background in theater arts, working with performing artists, visual artists and creative people has inspired her for close to 40 years. She works with people who have been diagnosed with cancer, their partners, family members, and caregivers. Her private practice is in Albany and San Francisco with individuals, couples and groups. She is an experienced group facilitator and has taught a graduate course in group process at John F. Kennedy University. She is a certified Expressive Arts Therapist and facilitates groups, classes, and workshops in intuition, creativity and the process of self discovery.

Establishing Culturally Inclusive Safety in Group

Latoyia Griffin Piper, LCSW, CGP

Description: This course helps participants identify the value of and tools for establishing safety in group settings inclusive of diversity, the ethical implications, the potential damage relevant to lack of attention to diversity for individuals and the general public. Format will include didactic material, case studies,

discussion and experiential activities.

Latoyia Griffin Piper. I am a Licensed Clinical Social Worker and Certified Group Psychotherapist, in private practice. As an NCGPS Board member I've served in several roles, including Diversity Committee Chair, Bylaws Committee Chair, NCGPS Institute Co-Director, with the goal of holding to healthy traditions as well attention to diversifying and modernizing in needed areas. My career has entailed the following: individual, group and family therapy; developing and directing mental health programs, developing educational materials for distribution, systems analysis and policy and procedure development; corporate, professional and layperson training at the local, state, and national level; Social Work Board authorized supervision of interns; Registered Mental Health Facilitator for NBCC International, several Faculty appointments, Board and community organization service. Although I have provided targeted training around Diversity matters throughout my career (in Corporate, Clinical, Academic, Community based settings), I infuse attention to diversity and cultural inclusivity as a matter of ethics throughout my professional and personal life.

Giving Back: The Aging Therapist and Our Role in Group, Community and Fellowship.

Keith Miller, LCSW

The aging therapist is affected by the same forces as all aging people. There is a tension or a psychosocial conflict between pulls and plans To "retire" – a more traditional approach--- or to carry on giving back to the profession and our community as elders. Let us ask the significant questions as aging professionals together. Dialogue about the possibilities and the hazards of aging.

Keith Miller Biographical Information. Professional Affiliation: Recently Retired from Kaiser Permanente Psychiatry Department /Chemical Dependence Recovery Program. I am in "transition" from 35 years of Private Psychotherapy Practice. Sacramento, California. Leadership Experience: I have led a variety of workshops, presentations and retreats including: Co---Presenter NCGPS--- Asilomar 2008. "Facilitation of Men's Psychotherapy Groups from 3 Perspectives." Co---Leader in Everyman (Organization of Male Therapists)1991---2014. Leading groups, workshops and retreats on all aspects of male psychology and men's issues. Psychiatric Social Worker. Kaiser Permanente. 2000---2016. Direct Services and Treatment. Main Presenter in Chemical Dependency Program Education Series. Group leader in all areas of Substance Abuse Disorders and Individual and Family Recovery

Working with Anger and Aggression in Groups

Shanon Sitkin, LMFT, CGP

The aspect of their work for which psychologists find themselves least prepared is the anger they encounter, both in their patients and themselves. (Goleman, 1993)

Since before Winnicott published his seminal paper, "Hate in the Countertransference", psychology has been grappling with how to address hateful feelings in the clinical relationship. Modern analysts pay particular attention to aggression, anger and hatred, in part because much of psychopathology is a result of repressed and suppressed aggressive affect. Modern analysis hypothesizes that by helping clients to express aggression they draw libido away from the ego. Even mild defenses against anger can inhibit self-assertion, block positive and libidinal feelings, and restrict maturational development and gratifying contact with others.

In this 3-hour workshop, we will explore the modern analytic approach and its understanding of aggression in our patients and in ourselves. Many of our missteps in working with groups comes from

our disavowal of aggression and the stigma surrounding it. During our time together, participants will learn how to identify and work with aggression in groups. To accomplish this, the workshop will be divided into three sections: didactic discussion, live demonstration and case presentations.

Shanon Sitkin practices in downtown San Francisco. He has been in practice for 7 years and has run groups for 5. In addition to private practice, Shanon has been adjunct faculty at Sofia University where he taught group dynamics. He is a current board member for NCGPS, as well as CE chair and Fall Event chair. Previous to these roles, Shanon served as Outreach Chair and developed programs to increase awareness about NCGPS and group therapy throughout the Bay Area. Shanon is passionate about groups. In his free time, he travels around the state and sometimes the country attending workshops and trainings for group therapy. He has been deeply impacted by his own participation in groups and sees the value in doing group work whenever and wherever possible. His hope for NCGPS is to see the community continue to diversify and flourish. Although he has been a member of NCGPS for several years, he recently decided to become more involved because he felt there was a need for a broader spectrum of voices and wished to be part of that chorus.

The Nuts and Bolts of Starting and Maintaining Groups that Thrive

Ann Steiner, Ph.D., LMFT, CGP, FAGPA

This primarily didactic workshop provides participants with a comprehensive overview of the different types of group work, ways to evaluate their preferred leadership style, how to design, set up and maintain healthy psychotherapy groups. Common challenges, the importance of screening, preparation, and termination agreements will be discussed as they apply to participant's needs.

Ann Steiner, Ph.D., MFT, CGP, FAGPA has been leading and consulting about various types of groups for 30 years. She is a former Associate Clinical Professor, UC Medical School, S.F.; Founding Member and Faculty member, Psychotherapy Institute's Group Therapy Training Program, since 2005; former Board Member of the American Group Psychotherapy Association, and Past President of NCGPS. The second edition of her book *How to Create and Sustain Groups that Thrive: A Therapist's Workbook and Planning Guide*, Routledge Books will be released in May, 2020. She is passionate about the healing power of groups, and leads **four** groups in her private practice in Lafayette. She has taken the lead in teaching about and leading therapy groups for therapists and groups for the medically ill. As a professional speaker, she enjoys speaking to international organizations and teaching Law and Ethics workshops about her pioneering work with The Therapist's Professional Will.

Writing for Yourself

Edna Wallace, LMFT, LPCC, CGP

This will be an opportunity to write in a form of your choosing—poetry, short story, journaling. I will provide several prompts to stimulate the creative juices and off you'll go with it. It's an opportunity for introspection and inspiration. A time to rejuvenate and share your feelings — through the beauty and comfort of writing. We will read our writings aloud to the group afterwards, if we so want, and hear the group's response (positive comments only). Come write! No judgment, just exploration!

Edna Wallace has worked at El Camino Hospital in their Behavioral Health Services department for over twelve years. She is also in private practice in Los Altos. She co-led a weekly process group together with Dr. Benjamin Page for over three years. She has been active in the NCGPS community almost from the start of her practice. She loves group!

As a self-taught writer, Edna writes daily and has written over 80 pieces, a number of which have been published in newspapers, brochures, and newsletters over the years. In addition, Edna co-leads a women's writing salon together with Rowena Dodson, LMFT. This writing salon has been meeting monthly since Edna and Rowena started it in 2015. Besides writing, Edna enjoys contra dancing, hiking, biking, Scrabble, volunteering, recreational groups, and spending time with her friends and family

Enhancing the Power of Group Psychotherapy

Nancy Wesson, PhD Licensed psychologist, CGP, FAGPA

Through didactic presentation, experiential group process, and group discussion, this workshop will teach methods for enhancing the therapeutic power of psychotherapy groups. These include: shaping the therapeutic process, developing the group culture and norms, application of therapeutic factors, and the therapeutic use of conflict, absenteeism, and monopolizing in psychotherapy groups.

Nancy Wesson received a Ph.D. in psychology in 1984 from Alliant International University in San Diego with specialized training in clinical and counseling psychology. She is a founding member of the National Association of Certified Group Psychotherapists. She is also the founder and president of the Center for the Study of Group Psychotherapy, whose mission is to promote group psychotherapy and train group psychotherapists. She has served as president of Santa Clara County Psychological Association both in 1999 and 2015. She teaches continuing education courses on Group Psychotherapy and has given several professional level presentations and workshops on shyness/social anxiety, relationship issues, codependency, and group psychotherapy.

Saturday Afternoon Groups

Turning up the Heat: The Therapeutic Task of Optimizing Group Affect

Geri Alpert PhD, CGP, FAGPA

This workshop will explore various alternatives available to the group therapist for optimizing the affective quality of the group. Participants will learn how to assess when affect needs to be increased or decreased, how to increase safety so that increased affect can be effectively utilized, and specific tools for modifying both affect and safety.

Geraldine Alpert is a Fellow of the American Group Psychotherapy Society; and a former President of the Northern California Group Psychotherapy Society. She is also a the former Director of Group Therapy Training at Saint Mary's Hospital, and Associate Clinical professor of Psychiatry at the University of California Medical School. She practices in San Francisco and San Rafael, where she works with individuals, couples, and groups.

Using Group and Personal Process to Explore Generational Social Trauma

Elaine Jean Cooper, LCSW, PhD, CGP, DFAGPA

At least 23% of Americans have one parent born in another country. Many of these immigrants escaped

war, poverty, oppression and their children and grandchildren appear in mental health clinics. In this workshop, clinicians will learn techniques to help clients explore effects such traumas have on them and their clients, including psychiatric symptoms and intimacy issues. Leader will share her own experience as well as biological and clinical material on healing generational trauma. Participants will also explore their personal social trauma through a private and a group exercise. The workshop will include voluntary sharing of these explorations

Elaine Jean Cooper is Clinical Professor of Psychiatry, University of California School of Medicine in San Francisco. She is Distinguished Fellow of AGPA and author of: *Let's All Hold Hands and Drop Dead: Three Generations - One Story*. She is also on the Editorial Board of the *International Journal of Group Psychotherapy*

Ethical Issues for Group Therapists

Carla Haimowitz, PhD

Content Description: Group therapy calls for split-second decision-making often with long-term consequences. Some of these decisions pose ethical dilemmas, and ethical decisions are vulnerable to contaminated thinking—contaminated by our own unfinished business, opinions, and prejudices. Participants will discuss ethical issues presented by the leader as well as air and share their own ethical puzzles, past and present, in this confidential, thoughtful format.

Carla Haimowitz is a psychologist who has been leading groups in the East Bay since 1974. Groups for Bosnian refugees, Latino parents and their sons, single parents, divorcing men and women, adults molested as children, children molested as children, teenage girls in transition, persons struggling with alcohol and drugs, folks in partial hospitalization, seniors in assisted living, and the “worried well”, persons like you and me. Dr. Haimowitz did original research on moral development and how persons perceive nuclear war. She’s always been interested in ethics, maybe since reading *The Emperor’s New Clothes*.

Becoming Who We Are In Groups: Applying Jungian Theories of Individuation in a Group Setting: A 3 Hour Workshop

Justin B. Hecht, Ph.D., CGP, FAGPA, CJA

C.G. Jung was perhaps best known for his emphasis on *individuation*, the process by which an individual’s unconscious guides his or her development through the lifespan. The idea of fostering individuation in a group setting may at first seem paradoxical. In this workshop, participants will learn how Justin Hecht has used his skills as a Jungian analyst to foster individuation in a group setting, and will participate in a group experience that can help demonstrate these theories and techniques.

This will be a practical workshop that is intended to help provide participants with relevant and useful information, as well as offering an experience of being together in a group.

Justin Hecht is a Certified Jungian Analyst and Analyst/Member of the CG Jung Institute of San Francisco. He is also a Certified Group Psychotherapist and Fellow of the American Group Psychotherapy Association. His specialty and passion is the rare combination of Jungian analytic perspectives and techniques with group process.

Title: Contemporary Adolescent Group Psychotherapy: Method Madness, and the Fun

Andy Pojman, PhD

Course Description: Group work with adolescents is challenging, stimulating, and overwhelming. This workshop will increase the participants understanding of adolescent group psychotherapy. Opportunities will be provided to learn new interventions, better understand ethical issues, and gain insight into group group with this demanding and challenging population.

Dr Pojman is a licensed psychologist and credentialed school psychologist in private practice. Having worked as a school psychologist, he has experience in dealing with adolescents in inpatient and outpatient settings. He is the author of *Adolescent Group Psychotherapy: Method, Madness, and the Basics* and has published chapters on adolescent group therapy in other prominent books on group psychotherapy.

A Demonstration of Redecision Therapy

Bill Roller, LMFT, CGP, FAGPA

Redecision Therapy is a creative synthesis of Gestalt and Transactional Analysis, pioneered by Robert and Mary McClure Goulding, one time members of NCGPS. He will demonstrate how people can identify and change their early childhood decisions in order to enhance their professional growth and personal happiness.

Bill Roller is founder and president of the [Berkeley Group Therapy Education Foundation](#), a non-profit organization dedicated to the education of the public in the purpose and value of group therapy and the development of comprehensive programs and materials for the training of group psychotherapy professionals. He is a Fellow of the American Group Psychotherapy Association, Chairman of the Ethics Committee of the Board of Directors of the International Association for Group Psychotherapy and Group Processes (2006-2012), and past Co-Chairman of the Group Therapy Symposium, Department of Psychiatry, University of California School of Medicine, San Francisco. He is author of more than 40 publications, including books, scientific articles, book chapters, videotapes, and a biography of Paul Schilder- a pioneer in group analysis and mentor to S.H. Foulkes.

“Stop Your Pain: Teaching Neuroplasticity in Support Groups”

Danielle Rosenman MD

In this workshop, clinicians will be able to understand/teach, in the support group: principles of neuroplasticity, science of pain, the amygdala, and anxiety, and many techniques (mindfulness, imagery, non-judgement, more) to use with the neuroplastic method (developed by Drs. Moskowitz/Golden) which changes brain pathways to reduce chronic pain and anxiety.

Danielle Rosenman is a physician who helps people with the impact of pain, illness, anxiety, depression, and other life challenges. She uses her experience as a family physician, mind-body practices, neuroplasticity and her personal experience of chronic pain in her Medical Counseling practice and in the innovative groups “Stop Your Pain Group! Learn Powerful Tools that Work” (formerly “A Change of Mind: Neuroplastic Tools for Healing”). She teaches and practices the neuroplastic method for reducing

symptoms developed by Dr. Michael Moskowitz and Dr. Marla Golden, profiled by Dr. Norman Doidge in "The Brain's Way of Healing.

Sunday Morning Two Hour Workshops

Together Though Song: The power of Communal Singing to Elevate Mood and Enhance Connection

Geraldine Alpert, PhD, CGP, FAGPA

Workshop Description: There is growing evidence of an impressive connection between communal singing and positive changes in both mood and feelings of connection to other people -- two variables clearly related to positive mental (and physical) health. This workshop examines the evidence from evolutionary, sociological and neurobiological perspectives, as well as the perspective of the participants' personal experience with communal singing during the workshop. Intended both for therapist self care and applications with our patients, the workshop is designed to increase therapists' appreciation of this activity and the implications both for adjunctive interventions/recommendations, as well as incorporation into more traditional forms of psychotherapy. Since the format involves communal singing of old familiar songs, some knowledge of "oldies but goodies" (campfire songs, peace songs, kids songs) is recommended.

Geraldine Alpert is a Fellow of the American Group Psychotherapy Society; and a former President of the Northern California Group Psychotherapy Society. She is also the former Director of Group Therapy Training at Saint Mary's Hospital, and Associate Clinical professor of Psychiatry at the University of California Medical School. She practices in San Francisco and San Rafael, where she works with individuals, couples, and groups. Geri has given this workshop a number of times -- in part because she believes it's an important topic, but mainly because she finds it fun!

Painting One's Mandala as a Path towards Wholeness

Jim Fishman, LCSW, CGP

Mandalas are meditative images, where varied opposites are grouped around a nuclear center. This represents the symbolic goal of individuation.

The goal: to experience one's own soul as nearly as possible in its entirety. In this experiential workshop, in the first hour, participants -- through the medium of watercolors-- will be invited to express a symbolic container to "hold" the various sides of archetypal polarities, such as the Wounded Healer. In the second hour, people will be invited to share these images and see how they may "resonate," "Mirror" or "Differentiate" from others' personal expressions. Jim has offered this experience through NCGPS's Open Sessions and he is a self-trained watercolorist.

Jim Fishman has a private practice in San Francisco, where he treats individuals, couples and groups. He offers consultation, supervision, a supervision group, and trainings on a wide spectrum of topics, and he has published on Navigating the Co-Leader Relationship in Dreams; AIDS, Countertransference, and Therapeutic Frame; Sexual Compulsivity. For many years he studied with his mentor, Ariadne P. Beck, MA., and teaches her model of Stages of Group Development and Leadership Roles based on her extensive research. In the 1980's, he was co-founder of the AIDS Action Committee of Massachusetts and served as Men's Clinical Director at Operation Concern/New Leaf in San Francisco. He is also a watercolorist and has had his work published in several books; he enjoys introducing artistic expressions to others, especially with Painting One's Mandala as a Path to Wholeness.

Theories and Techniques for building and sustaining groups in your practice

Justin Hecht, Ph.D., CGP, FAGPA, CJA

In this didactic and interactive workshop, Justin B. Hecht, Ph.D., CGP, FAGPA, will present theories that can help build a dynamic and effective group specialty for clinicians. Following the theoretical presentation, Dr. Hecht will discuss the techniques that help to foster and sustain group cohesion and therapeutic effectiveness. A question-and-answer session will follow the presentation, and participants will have an opportunity to share experiences and discuss the ideas that were presented.

(Note: although this workshop is primarily intended for therapists in private practice, many of the principles will also be applicable to those in other clinical settings)

Justin Hecht is a Certified Jungian Analyst and Analyst/Member of the CG Jung Institute of San Francisco. He is also a Certified Group Psychotherapist and Fellow of the American Group Psychotherapy Association. His specialty and passion is the rare combination of Jungian analytic perspectives and techniques with group process.

Remembering What You Sometimes Forget

Cheryl Krauter, LMFT

This 2 hour workshop will explore contemplation and writing as a way to step away for a moment from your loud and busy life and reconnect with what truly matters to you. We will search within ourselves by integrating mindfulness to encourage reflection and by using writing exercises to open up avenues of expression.

Cheryl Krauter an Existential Humanistic psychotherapist with over thirty five years of experience in the

field of depth psychology and human consciousness. With a background in theater arts, working with performing artists, visual artists and creative people has inspired her for close to 40 years. She works with people who have been diagnosed with cancer, their partners, family members, and caregivers. Her private practice is in Albany and San Francisco with individuals, couples and groups. She is an experienced group facilitator and has taught a graduate course in group process at John F. Kennedy University. She is a certified Expressive Arts Therapist and facilitates groups, classes, and workshops in intuition, creativity and the process of self discovery.

Who Am I? Using Sandtray to Explore Your Own Culture

Karen Pernet, LCSW

As our communities become more diverse, it is increasingly important for therapists to be comfortable exploring our own culture and its effect of our work. Using the modality of sandtray, the goal of this training is to create a safe space where participants are able to reflect on their own culture-defined as a "a broad multidimensional concept that includes ethnicity, race, gender, social class, sexual orientation and so on." The training is highly experiential: each person will create an individual sandtray and discuss both the content and the process. As a group we will engage in a conversation relating our own culture to our work as therapists, including discussions of race, gender, orientation, class and privilege. No experience in sandtray necessary.

Karen Pernet is an LCSW, Registered Play Therapist Supervisor and Gestalt Therapist with an office in Oakland, CA. She has been practicing for over 30 years and provides training, supervision and consultation in play and sand tray therapy. The founder of Growth through Play Therapy Trainers, Karen has presented nationally. Karen is a certified trainer of Filial Family Therapy and created the Filial Parenting Program geared to inner city families in Philadelphia. Racism and diversity are personally and professionally important to her and she has developed a sandtray model to address culture in ways that bypass defensiveness.

The Meaning of Mentoring

Bill Roller, LMFT, CGP, FAGPA

I have enjoyed the opportunity to mentor many clinicians in group and family therapy across the past four decades. The mentoring process is always a reciprocal relationship, meaning the trust must go both ways: I must trust you are serious about learning and you must trust that I know what I am doing. The learning must also be mutual --both mentor and protégé benefitting from the exchange. At times, I have the opportunity to co-lead a therapy group or family therapy session with the person and that can lead to a long lasting collaboration. I remain quite enthusiastic about mentoring and am still looking for clinicians and clinicians in training to work with me.

Biographical Information:

I have practiced as a Family and Group Psychotherapist in Berkeley for over four decades, 41 of those year in co-therapy partnership with my wife, Vivian Nelson. Across those years, I have presented locally, nationally and internationally in conferences and symposia on both my clinical practice and my group psychotherapy and process research. That work is captured in

more than 60 scientific articles, books and teaching videos, highlighting original studies in the art of co-therapy, phases of group therapy development and leadership roles, and most recently, the group dynamics of individuals acting in concert to advance ethical goals in the public interest. In March of this year, I shall deliver the Key Note address for the Dutch Group Psychotherapy Association Conference in Utrecht, Netherlands. The title of my presentation will be "L'homme engage': A Lifetime Engagement with Ethics."

Earth as Facilitator: An Eco-Psychological Exploration of the Group Process

Rob Schene, MFT, CGP and Michal Matar, MFT

Description: In this workshop, participants will be invited to come home together by going into nature and use their felt sense to creatively express their relationship to the earth, self, and other. After an experiential exercise, the participants will come together as a group to share and reflect on what is being expressed as a collective and as individuals. The group will have an opportunity to focus on the 'here and now' and explore their feelings about one another and the Earth at this moment in the history of the "group".

Rob Schene, MFT, CGP, has a private practice in San Francisco where he works with individuals, couples and runs three on-going groups. He deeply believes in the transformative power of groups and nature. He has experience leading vision quests, has been a therapeutic wilderness field guide in the mountains of Utah and has enjoyed studying the practice and theory of eco-psychology. Rob has also taught group facilitation at CIIS and offers supervision and consultation as part of his practice.

Michal Matar, MFT, is a marriage and family therapist in private practice in San Francisco. She has an extensive and unique experience working with individuals, couples and facilitating groups. Michal has apprenticed and trained in working with plants as medicine and with different modalities of energy work. In her practice, she has offered individual and group plant initiations, with the emphasis on connecting to the Self with the support of nature's inherent wisdom.

Learn about Yourself and Learn about Group Psychotherapy

Nancy Wesson, PhD Licensed psychologist, CGP, FAGPA

The main goal of this workshop is for participants to learn through experiential learning and group discussion key concepts for leading a successful psychotherapy group. These include: 1) Designing a group agreement to set norms for the group 2) Developing a therapeutic group culture 2) Building group cohesiveness.

This course will be taught at the post-graduate level to increase the knowledge and skill level of psychotherapists who lead or who are planning to conduct a psychotherapy group.

Nancy Wesson received a Ph.D. in psychology in 1984 from Alliant International University in San Diego with specialized training in clinical and counseling psychology. She is a founding member of the National Association of Certified Group Psychotherapists. She is also the founder and president of the Center for the Study of Group Psychotherapy, whose mission is to promote group psychotherapy and train group psychotherapists. She has served as president of Santa Clara County Psychological Association both in

1999 and 2015. She teaches continuing education courses on Group Psychotherapy and has given several professional level presentations and workshops on shyness/social anxiety, relationship issues, codependency, and group psychotherapy.