Do you believe that groups heal? Do you find that participating in workshops that give you the opportunity to be part of a group increases your clinical skills as a group therapist? Have you wanted to lead a group but lack the training? Do you want more training? Do you just love being at the ocean and relaxing in between all the incredible learning experiences? Does meeting other friendly therapists from other areas interest you? Well, if you answered yes to any question, it’s time to register for the 47th Annual Clinical Conference, which is happening from June 3- June 5th at Asilomar Conference Grounds, Pacific Grove, CA.

This year the NCGPS Clinical Conference will highlight two major themes: trauma treatment in groups and the use of mindfulness in group therapy. The conference committee is excited to present many new presenters as well as some of our returning presenters.

We hope to excite new and returning attendees alike. We believe that as group therapists we have the task of spreading the word about how healing group therapy treatment can be. So please consider sharing this information with all of your colleagues. Training in group therapy is hard to come by and NCGPS has continued to be one of the few places in Northern California to provide continuing training.

Some of the workshop highlights include:

Bearing the Unbearable – leading groups with traumatized members; Trauma of Transgender and Gender Non-conformance; Psychodramatic Group Therapy; Group with Male Sexual Abuse Survivors; Neuroplastic Tools for Healing; Improvisation and Group Therapy; Working with Wounded Warriors; Mindful Self-Esteem; Art Therapy; The Dance of Connection; The Nuts and Bolts of Starting and Maintaining Healthy Groups; Jungian Group Psychotherapy; and many, many, more exciting offerings.

We are also excited about some other offerings such as: A large group experience of Mindfulness to begin the conference on Friday evening; Yoga during our break on Saturday; and a 2 hour experience of Mindful Drumming on Saturday evening (as part of our social time) with Kokomon Clottey, the author of “Mindful Drumming”.

Kokomon Clottey was born to the Ga-Adagbe tribe in Accra, the capital of Ghana, in West Africa. The Ga society is rich with ancient codes of conduct, deep spiritual beliefs and awesome rituals of power. As an interpreter of his tribe’s indigenous wisdom and rituals, Kokomon is a bridge between cultures. Kokomon received his musical training from master musicians in Ghana, West Africa, the Royal Schools of Music Workshop in London, and at the Dick Grove School of Music. He sings, plays a wide range of musical instruments, and composes his own songs. In 1977, Kokomon came to the United States to share his musical gifts with the world. Kokomon now lives in Oakland, California where he is a co-founder with Aeeshah Clottey, of the Attitudinal Healing Connection.

Please go to our website to register www.ncgps.org and also check out our Facebook page under Northern California Group Psychotherapy Society for more information about our conference and the presenters. Remember early registration helps you save some money and ensures that you get to stay onsite at Asilomar.

Hope to see you there!

Rose Phelps, LMFT, Conference Co-director
Daisy Reese LCSW, Conference Co-director
NCGPS WANTS YOU!
Members we need your help. NCGPS needs volunteers to help with our ongoing programs like Asilomar and the Fall Event. We need help on the various NCGPS Board Committees and most of all we need you to be interested in the NCGPS Board. If you have gotten something from this organization over the years why not give something back. Come to a Board Meeting. We meet once a month, often by online video conferencing. To volunteer or find out more about the Board contact me, Randy Dunagan at rdunagan@mac.com or 415-587-8456.

NCGPS Committee Chairs – 2014-2016

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<td>Membership Chair</td>
<td>Ildiko Ran</td>
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<td>Fall Event</td>
<td>Shira Marin</td>
<td>415-499-0737</td>
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<td>Renee Owen</td>
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<td>Web site</td>
<td>Scott Weber</td>
<td>510-926-9852</td>
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<td>AGPA Liaison- Feb Conference Hospitality</td>
<td>Lois Friedlander</td>
<td>415-497-9370</td>
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Publication of Articles and Ads
Articles (300-500 words) written by members are welcome at any time prior to submission deadlines*. Please include a description (maximum of 35 words) about your practice and a digital photo. NCGPS reserves the right to edit or not publish at all. All articles and advertisements must be submitted by e-mail as an attachment to CarlaHaimo@sbcglobal.net. Only Microsoft WORD documents using 12 point Times New Roman font, with no additional formatting will be accepted.

Pay for display ads by check, made out to NCGPS and mailed to: Carla Haimowitz 5108 Manila Ave., Oakland, CA. 94618-1020. To guarantee publication, payment must be received prior to the 2016 deadlines (2/10, 8/10, 11/10). See www.NCGPS.org for more info. For Classified Ads, see guidelines “How to Submit a Classified Ad” on page 9.

Advertising Rates

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From the President

Dear Members,

It has been an honor to serve as your President these past two years. I have done my best to help navigate NCGPS through some tough times. I appreciate those who have stepped up to help. NCGPS needs more of you to step forward now.

It has been a meaningful experience to work with this board. My heartfelt thanks go to: John Rochios, Treasurer, Shira Marin, Secretary and Fall Event Chair, Phyllis Jenkins, Past President, Carla Haimowitz, Newsletter Editor and Retreat Host, Geri Alpert, CEU Chair, Lois Friedlander, AGPA Conference Liaison, and Scott Weber, Website Chair. I want to give special thanks to Melinda Douglas for creating and managing our beautiful new Facebook page. Thank you all for support and goodwill during my tenure as your President.

Spring is here and that means Asilomar is right around the corner. Register for the NCGPS 47th Clinical Conference at Asilomar Conference Center June 3-5, 2016 at our website NCGPS.org. This year both Asilomar lodging and Asilomar registration is online only. There is a good chance that this will be the last conference we do at Asilomar so I urge those of you with a connection to the lovely dunes and ocean to attend this year.

Past Presidents Daisy Reese and Rose Phelps have been impressive in creating a conference that is new and calls us all to participate in our community. The theme of the conference is Mindfulness and Trauma. There are new presenters as well as some of our familiar experts. There will be a large group experience Friday night, 6-hour workshops on Saturday and 3-hour workshops on Sunday for a total of 11 CEU’s. There is information, videos of some of the presenters and a great piece on drummer Kokomon Clottey who Saturday night is leading a large group mindful drumming experience at our Facebook page.

The Early Bird Deadline is April 15th. Register for housing at Asilomar and for the conference by the 15th and you will receive a $50 discount on the conference fee. More information is at our website NCGPS.org.

The Annual Dinner held this year at Il Fornio was fun, warm and friendly. I met new people and made contact with old friends. There was something convivial about the setting that promoted conversation and connection between those in attendance. Some of us found ourselves dancing to the music of local crooner Ted Sanchez. Congratulations to our member Justin Hecht for joining the Board of AGPA. It is great to have some local input in the governance of our parent organization.

In closing I want to again thank you all for allowing me the honor of being your president.

Randy Dunagan, President

Randy Dunagan, LMFT & NCGPS President has a Family Therapy Practice in San Francisco (individual, family, couples and group therapy. He has a background in nonprofit administration, community organizing and organizational consulting. He has consulted with a broad range of organizations including unions, mental health clinics, educational organizations, nonprofits, and small businesses.

Thinking about International Women’s Day, this poem from Ruth Whitman’s book of poetry.

Laughing Gas: Poems New and Selected 1963-1990

She doesn’t want to bring the tides in anymore Every time she tugs the sun across the sky some old wound comes apart at the seams. But housekeeping by the clock means keeping Every star prompt. She puffs along, Blowing a strand of graying hair out of her eyes, But she gets each planet to its place On time. She bruises a hip Moving all this furniture around. She steers clouds, fans winds, and slices Or mends the moon, according to the day. Worst of all is bringing in the tides. One hand brings them in one side, The other pushes them away, while her knee Keeps the tipped earth spinning on its axis Precariously.

No wonder she went away and sat down on a sand dune, Wishing she were grass. If she sits long enough, Rain will come to her.
BEARING THE UNBEARABLE
Martha Gilmore, PhD CGP, FAGPA
Leading groups that include traumatized members can be extremely challenging. Managing your own reactions to the stories and enactments of trauma as well as the reactions of other group members takes courage, strength, and resilience. Often the residue of a meeting can overshadow our personal lives and affect us in surprising and unpleasant ways. Please join me in discussing how to bear the unbearable burdens of this work while being an effective group therapist. I will offer some theory and techniques and we will discuss and experience the work together. Together we can find ways to discover the hidden joys of this meaningful work.

MOVING ALTARS: Working With Effigies
Arthur Colman and Pilar Montero
For the past two decades of organizational and therapeutic group work with the NCGPS and others, we have gradually added a variety of experiential techniques to complement process interpretation, e.g. drumming, toning, meditation, visioning, and dreams, that have been carried forward by students and colleagues. Arguably the most important and ‘original’ of these techniques is our use of effigies in therapeutic and other group settings.

Effigies are small, but not miniature, sculptural representations given collective meaning within cultures. Arranging effigies in a group over time creates moving altars, spiritual gateways for an emerging group consciousness. This workshop will introduce our theoretical framework and hands on methodology to participants learning how to work with this new (and ancient) modality.

Using effigies in collective settings to enhance consciousness has existed throughout history: for example in altars, as symbolic scapegoats as in ‘to hang in effigy’, in religious icons (Mary, Quan Yin). They are carriers of specific energies and behavior as archetypes of wisdom, sexuality, youth, aggression, consumption and the like. Miniature effigies have been a favorite in childhood and adult games and used in sand play therapy for individuals. Learning how to use effigies in controlled group settings offers the possibility of adding a new and powerful technique in our therapeutic armamentarium.

Our own work has focused on collective group settings such as group therapy, leadership training and organizational consultation and workshops. We have collected sculptures of the kind used in rituals and altars--often made by artisans and artist from many different cultures and traditions--as well as commonplace commercial items from different cultural settings.

We provide thirty or more of these figures for participants as part of the structure of the exercise. As the group proceeds, some of these figures get added, usually in the middle of the group, forming representational tableaux. This unique collection of changing effigies gain a life and collective meaning of their own, generating a series of moving altars reflecting and representing the group process in time and space. With the help of our interventions and interpretations, the developing montage provides new vistas and insights about the group’s and individual’s resistance, transformation, and therapeutic movement.

In our workshop for Asilomar ‘16, we hope to introduce group members to the history, theory and method underlying the use of effigies in therapeutic setting; also to provide them opportunity to participate in creating and interpreting their own group altars. In effect two group processes are enfolding together—member interactions and the assemblage of effigies. With the help and advice of the workshop leader, members will learn how to work therapeutically with the interactive and referential processes that develop between effigy and human group.

PSYCHODRAMATIC GROUP THERAPY
Judye Hess PhD
As many of us have experienced when we are in a group or other settings, other people seem to take on the roles of our family members, at least in our minds, both consciously and unconsciously. What would happen if these group members were deliberately role-playing our family members, with guidance from us about their attributes, ages and life circumstances? We wouldn’t have to worry about our “projections” onto these other people, since their job would be to specifically role–play that family member.

In Psychodramatic Group Therapy, this is what happens. We can feel like we are literally in a room with our real family members and thus can work through our deeper family issues. In addition to “protagonists” getting to explore this often hidden terrain, this kind of experiential work also benefits the role-players, who can get to see the world through the eyes of these various family members, and develop more empathy for these sometimes difficult people. Observers get to see how the whole system functions and can give valuable feedback to the protagonist and the whole group.

Psychodramatic Group Therapy was developed by Judye Hess,PhD., long time member and contributor to NCGPS and AGPA. She is very skilled in working this way, and finds this method to be a useful adjunct to both individual and group therapy.
ONLINE GROUPS ARE THEY VIRTUAL?
Haim Weinberg
This year I am presenting a unique workshop at Asilomar about online groups. This is a cutting edge topic and not very much is written about it. I published a book on group dynamics in Internet forums ("Alone in the presence of the virtual other") from a point of view of group analysis, but I do not know of any other books or articles dealing with this issue theoretically. There is some promising research showing that online groups can be effective, but most of the time it's about short term psycho-educational or CBT groups.

I am now in the process of doing research about online process groups using both audio and video in the meetings. On the one hand it seems very close to reality, because people see and hear one another (and aren't limited to email or text). However, there are many differences, some subtle, some obvious. My impression from the process groups that I have already led online is that it is surprisingly effective and powerful.

In this workshop, I will discuss the dynamics of Internet forums that are actually large groups (which have their own dynamics) disguised as small groups. I will delineate the skills required of the forum leader and focus on how to create connection and presence online.

In order to discuss the online groups using videos, we will experience such a group ourselves. I will ask the participants to bring their laptop or tablets and we will go to our rooms and connect through an application called Zoom. I invite you all to come to this workshop, and experience the excitement of an online process group. Don't worry about the technology. It is really simple.

Leading a Group Comprised of Severely Traumatized Refugees/Immigrants
Jon Frankel
I am very excited to be presenting a workshop which focuses on how to lead a group composed of severely traumatized refugees and immigrants. Participants will be exposed to a variety of mindfulness techniques and case examples of how the leader's experience and limitations can be used to sensitively reduce severe trauma in this at risk group. The group experience will be both didactic and experiential.

As the group workshop leader, I hope to expand your appreciation and understanding of how you as a group leader can provide healing and support to this special population. In addition, you will see how it is possible that your experience will be transformative in your personal and professional life. I look forward to sharing my work with all of you. Thanks. Jon

The Mindful Therapist's Use of Countertransference, Projective Identification, and Leader Disclosure
Jim Fishman, LCSW and Cheryl Krauter, MFT

Bringing mindfulness into group facilitation strengthens the efficacy of how and when a group therapist 'uses' his or her own personal material when he or she is "holding" or "carrying" an emotion, a tension, or possibility that is being denied, split off or avoided by the group. How may the leaders' choices be informed by "timing," "group readiness to hear" feelings of excitement, anxiety, competition or attraction?

How does a leader decipher when his or her own countertransference signal unresolved material from his or her imperfect self-- and does this automatically mean "don't disclose"?

When might co-leaders' transferences and projections with and upon each other serve the group as important portals of entry into deepening encounters-- or when is it imposing or just 'spilling'?

Members of this experiential group will be invited to observe, authenticate, or counter the therapists "leads." Can members also "use" their countertransference and projective identifications as doorways into the unconscious? Join us to create this group and explore the possibilities …

NUTS AND BOLTS OF STARTING AND MAINTAINING HEALTHY GROUPS
Ann Steiner, Ph.D., LMFT, CGP, FAGPA

This primarily didactic 6-hour workshop combines didactic material with a group consultation/ discussion format. We will cover topics ranging from the basic nuts and bolts of planning a new group, an overview of the wide range of different group modalities and approaches, ethical issues that arise in groups, to the challenges of marketing and adding members to long-standing groups.

Other specific topics that I will be presenting include: ways to evaluate your preferred leadership style, and how to design, set up and maintain healthy psychotherapy groups. Common challenges, the importance of screening, preparation, group and termination agreements will be discussed. Our discussions will be enriched by from those of you who are new to leading group as well as seasoned group psychotherapists. your questions, curiosity, and, if you want, your laptops. 3 CEU law and ethics credits available.
A CHANGE OF MIND: NEUROPLASTIC TOOLS FOR HEALING

Danielle Rosenman MD.

Neuroplasticity – the brain changes with every experience we have. Persistent symptoms like pain, anxiety, depression, and symptoms of chronic illness create brain pathways which actually perpetuate these symptoms. These “dysfunctional brain pathways” can be reversed with education, time, and practice, thus decreasing and even eliminating symptoms.

Presenter Dr. Danielle Rosenman has adapted the cutting edge methods of pain physicians Drs. Michael Moskowitz and Marla Golden (profiled in Norman Doidge’s book “The Brain’s Way of Healing”), using them to help people who live with pain and additionally teaching them to people living with chronic illness, anxiety, depression, and more. She call mindfulness meditation a “foundational practice” for training the attention, among other benefits, and teaches other techniques, such as imagery, arts and music, storytelling and the brain-changing power of words to participants in groups and in her individual practice.

In her experiential and didactic workshop at Asilomar, you will learn about neuroplasticity and the principles by which the brain changes, the difference between acute and chronic pain in the brain, and the relationship between pain, anxiety, and mood, as well as the role of the amygdala in pain, anxiety, and trauma. You will learn the neuroplastic method of Dr. Michael Moskowitz and Dr. Marla Golden and practice some of the techniques Dr. Rosenman teaches which counter-stimulate and soothe the brain, while discussing how to use these techniques in your own practice setting.

“Even if we know some of the tools, it is in community (groups) that we can understand what has happened to us and where we can find the truth of ourselves as whole, as healed, as active, so that possibilities open for us, our lives open up once again.”

SEXUALITY AND GENDER

Erica E. Anderson, Ph.D.

Sexuality and Gender lie at the core of personhood. They inform many individual differences cutting across biological, psychological, and social aspects of individuality. Some even say that sexuality and the sacred are intertwined. In the last few years the latent movement to express individual differences among those who are transgender and gender nonconforming has become manifest and exploded into the public eye. In television, film, and fashion, trans has become trendy. Many see the fluidity of gender and gender expression which until now was largely closeted and confined to a few artists and outlaws.

Few health professionals have been educated fully about the variation in gender identity and expression they now see. Many young people, rejecting the binary construction of gender (i.e. male or female), experiment with their own self-conception and before our eyes are inventing or reinventing themselves without regard to social conventions of gender and so called gender queer or gender fluid persons reject conventions altogether, to the dismay of many. At the same time many gender nonconforming persons have lived in a time of repression and marginalization. Many of these have been traumatized and suffer from complex PTSD. Language to engage each other fails us. Moving targets attempting to parse pathology from difference confound efforts to get current and understand these issues.

How can psychotherapists work with such persons and help them? Even more, how can we provide effective group treatment for gender nonconforming persons when at the core of the issue is idiosyncrasy and individual differences? What is the nature of trauma and its treatment with such persons? Such are the challenges taken up in this session and those brave enough to attend it. The presenter is a clinical psychologist and transgender woman, who herself has struggled with these issues professionally and personally for many years.

ETHICAL DILEMMAS in GROUP PSYCHOTHERAPY

Carla Haimowitz Ph.D.

Ethics is one thing no one can really teach us. We take required courses every few years on “law and ethics” but the classes are about the law, and ethics get short shrift. Ethical dilemmas are the issues that stay with us, trouble us, and for which there are no obvious, comfortable answers. Like other courses on “Law and Ethics” our three-hour, confidential gathering does meet requirements for same, but this is not a didactic presentation. We will briefly visit differences and similarities between codes of ethics according to the American Group Psychotherapy Association, professional marriage and family therapists, social workers, and psychologists. We will examine the ethics and philosophy of the DSM by playfully creating our own.

Carla Haimowitz will offer up ethical dilemmas from her 41 years of licensed professional life. Everyone will have an opportunity to share their own ethical dilemmas as much or as little as they want to.
Integrating Dysregulated Affect Through Art

Shira Marin, PhD

In this workshop, participants will immerse in the imagination, which becomes the guiding principle for activating the self-healing psyche. In a safe group context, participants will also engage their direct experience through the use of mixed media visual journaling, didactic and personal process conversation as a means of developing their capacity for working with their own and others’ trauma. In this workshop the members constellate the demonstration group dynamics.

LIVING IMPROV: Improv Group Therapy

Elizabeth Ehrenberg, LCSW and Ali Kimmell, LCSW

Life is improvised! The principles that help actors create scenes and stories are the same principles that help people create fulfilling connections with others and live their lives with grace and joy. The tools of improv can be applied to aspects of everyday life (such as personal relationships, family, career, or school) to help us be more in the moment, let go of old patterns, and feel more connected and confident.

Improv Group Therapy offers an approach to healing and personal growth that is at once fun and therapeutic. At its base, improv is about play. Research has found that adults who play are more likely to lead authentic lives, rich with growth and creativity. (Brown, Brené. *The Gifts of Imperfection*. Minnesota: Hazelden, 2010. 100-101).

By engaging in structured but creative improvisation routines, we can learn more about our thoughts, emotions, and habitual patterns of relating to others and experiment with new roles and ways of interacting. But without therapeutic support and group discussion, many areas of rich learning go untapped. In Living Improv, we pair improv techniques with facilitated group therapy to help participants explore these patterns as they arise, receive mutual feedback and support, and ultimately transform this learning into increased fulfillment in ourselves, our relationships and our lives.

Please join us for a playful and interactive workshop in which Elizabeth Ehrenberg, LCSW and Ali Kimmell, LCSW will present this innovative group modality. Workshop participants will get to play improve games, participate in a process group and come away with a felt sense for how improv can be used to enhance group therapy. Didactic material and discussion of case examples will explore the philosophical similarities between improv and group therapy and ways in which improv principles can be used in groups to support role flexibility, build group cohesion, and celebrate risk-taking. We hope you can come play with us!

DANCE OF CONNECTION: Group Process Through the Lens of Group Cohesion

Elaine Jean Cooper, PhD, LCSW, CGP, DFA and Geraldine Alpert, PhD, CGP, FAGPA

Connection with others is both profoundly desired and profoundly feared. Known in group contexts as cohesion, it is not only a crucial therapeutic factor but also a prerequisite for the emergence of other therapeutic factors. In this process group for senior therapists (10 plus years), there will be 4 discussion pauses, during which the participants will reflect on the groups development, with emphasis on the cohesiveness of the group and the factors that have both facilitated and impeded its development.

EARLY REGISTRATION DISCOUNT

COMPLETE BOTH CONFERENCE REGISTRATION AND HOUSING RESERVATION BY APRIL 15 TO RECEIVE $50 DISCOUNT.

ALL CONFERENCE REGISTRATION AND HOUSING RESERVATIONS MAY BE DONE ONLINE ONLY.

Go to: www.ncgpcs.org
From the Membership Chair
by Ildiko Ran, LMFT, CGP

This year the theme of the AGPA conference was Transformation in Group: From Isolation to Connection. I would like to extend this theme to our NCGPS year as well. My focus as membership chair has been to reach out to the community and attract new members as well as increase the options for meeting and connecting for all of us. Many of us work hard on maintaining our groups in our practices and promoting group work in various ways. Since we know that we draw inspiration from each other, I believe it is important to have a community that provides us with different venues of nurturing connections and support. Offering services and community events that provide a framework for such connections is one of the roles NCGPS can fulfill for its members and those who lead groups in the Bay Area.

In this spirit, our new adventure, the Open Group Studio series has been popular and successful. Read below two reflections from Jim Fishman’s Mandala painting Open Studio attendees. Check out the Open Studio calendar and spread the word about the upcoming Open Studios!

In other news we had a great turnout of NCGPS members attending the AGPA conference in New York, including two new members. Visit the NCGPS Facebook page to see photos from the NCGPS dinner in New York, as we gathered around a large table and shared favorite moments from the conference and other common interests. Two of our old time members, who since then moved to Hawaii, hosted Elaine Cooper there for two Transgenerational trauma workshops on two islands, and shared some memorable moments of Elaine’s visit to the islands.

Our upcoming Open Studios in March are hosted by Lois Friedlander in Mill Valley (sold out!), Jamie Moran (sold out!) and then in April by Justin Hecht in San Francisco and Geri Alpert in Marin. I encourage you to attend some of these Open Studios, to get better acquainted with the hosts’ specialty and your fellow community members. Justin Hecht was elected this year to be on the AGPA board. Congratulations, Justin! NCGPS has always been well represented at AGPA, an important tradition to continue, staying connected and influencing the group therapy community on a national level.

Yet another level of connecting is participating in some of the events offered by GPALA, our Southern sister organization, the LA Affiliate of AGPA. They have some wonderful offerings throughout the year. I would like to encourage you to check out their website (gpala.org) along with their calendar and see if you might visit LA and take part in an institute or a course.

Please enjoy the reflections below from the Mandala painting studio. They give you a taste of the value of both of the art space offered by Jim and the community. If you have any feedback or thoughts about our membership’s needs and the Open Studios, do not hesitate to get in touch with me. I am going to host a community feedback session on July 17th in my San Francisco office, I hope many of you will attend!

Reflection #1:

“It was an ideal day to be indoors for the Open Studio event at Jim’s house. The weather was vacillating between intermittent showers and bouts of sunshine. Upon arriving at Jim’s, I had the feeling of passing over a threshold from one world into another. Outside it was cold and unpredictable and inside it felt warm and comfortable, a perfect day to engage in art making.

Although there were only 12 of us, it felt like a full house. Jim had laid out all of our supplies between two tables in his kitchen. Every participant had all that they would need to make a mandala. Jim gave us some background and some generalized instructions on how we were to go about creating. I felt Jim’s excitement about sharing his passion with all of us and I felt gratitude for him.

We started the workshop with a meditation that helped us get in touch with our creative spirit. Not long after we were deep into creating our own mandalas. Working with watercolor is akin to entering into a dream state. The colors interact with the paper creating a watery image that elicits an unconscious vibration. I was uncertain of first of what I was doing, but I kept referring back to the image that my mind had conjured when we meditated and used this as my guide.

As the day progressed I found myself entering in and out of the exercise to chat with other participants. Many people were new to me and even those that weren’t I learned more about. By the end of the workshop I felt as though we had all been on a journey together. We went around the table sharing our creations and everyone chimed in if they felt particularly moved to share how they were impacted by another’s creation. I was impressed by the varying degrees of artistry displayed, and moved by the recognizable imprint of the spirit in each of our paintings. I left the workshop feeling full in body, mind and soul.

Thank you to everyone who came, and especially to Jim for opening up his home and his heart to the community!”

Shanon Sitkin, LMFT, is a licensed psychotherapist in private practice in downtown San Francisco. He has studied relational gestalt therapy at the Pacific Gestalt Institute and is ongoing group therapy training through the Sierra Institute for Contemporary Gestalt. Shanon has over half a decade of experience with groups, as both leader and participant. He believes that group work is among the most vital experiences that one can have and can lead to exponential growth.
Reflection #2:

“Mandala watercolor --- a vehicle for letting the unconscious speak ---- can I hear myself? Yes, I can also hear myself in the reflections and interpretations of the projections of others onto all of our various productions. The process is about seeing what will happen but also about what can I allow myself to see, feel, be witnessed and then ponder, consider, accept and maybe even embrace.

My Mandala was a work of determination--- so much so that I scrapped it and the 2nd one was like a crisp water drop --- fully formed within a minute of inception. I suppose that day -- like many others I tend to muddle through until a gem is born.

Witnessing others is freeing for me...the paint process crystallized this for me. The power of participation in a group is again affirmed.

Thank you Jim for your warmth and giving presence. You made me comfortable, piqued my interest, entertained my tired work soul on a Saturday, created a space to ponder self and others and hosted an enjoyable couple of hours.”

Jana Morgan, LCSW, lives and practices in the south bay, seeing clients for individual treatment at this time, at her Los Gatos and Scotts Valley offices. She has a particular interest in working with people who are experiencing psychotic symptoms, by creating narrative via exploring and understanding metaphor, working with language associations and perceptual sensitivities. Her participation in group therapy education and experiential trainings add to her understanding of the power of social forces, the other, projections and utilizing induced feelings.

Ildiko Ran, MFT, CGP, along with seeing individuals and couples, co-facilitates two interpersonal process groups in her private practice in San Francisco. She teaches group dynamics at JFK and Sofia University, facilitates process groups for interns and psychiatry residents, and works with intensive outpatient hospital groups.

Living and Working in the Disposable Era: Product versus Process

by Carla Haimowitz
Part Two of a two-part series

In elections for public office, in spectacular public sporting events, in school auditoriums, TV shows, stardom is given not to the best team player, the most cooperative student, but the one who bests the others—in numbers of delegates, academics, athletics, beauty. When one wins a competition in a hierarchical system, only the ones who win experience success, the rest, the majority, experience failure, lower self-esteem, regard themselves as onlookers, losers. The onlookers, although neutral, then appear to be agents for the dispensing of public approval and disapproval (parent substitutes). Those who were not rewarded, with lower self-esteem, perceive these neutral on-lookers as if they were actually in agreement. At some informal social event, impressing others with the “look of success” feels important even though one may never see these others again.

In process-centered environments experimentation and initiative are encouraged as part of growing up and as a wholesome way of learning skills, in contrast to the Disposable Society which features convenient ready-made solutions, why go through the tedious and time-consuming process of learning to prepare foods when you can “just add water and stir”. Velcro, a god-send for the disabled, makes it unnecessary for children to learn to tie their shoes, even as digital clocks make it possible for children to grow into adults unable to tell time.

Easy convenient-appearing time-saving, ready-made solutions on an immediate level appear freeing. But ultimately these products diminish independence, competence, initiative, and inner growth. In the presence of ready-made solutions, one ceases to understand how to create for oneself more complex solutions for oneself, or even feel the need to learn. Many situations which foster over-dependence, the promise of security, freedom, and independence are illusory and deceptive. They are part of what Philip Slater described, the pursuit of loneliness. The parental message we learn is that it is ok to take the quick way out, even if that requires manipulating data (lying). If it works, do it! In such an environment there is an underdevelopment of an inner self, a disinterest in listening to inner cues. People come to rely heavily on cues from the outside, on external stimulation to counteract inner emptiness. Heavy doses of TV, tobacco, food, alcohol, spectator sports, pornography, religious cults, violence, are required to excite.

Desensitization begins early. Many smokers begin by age eleven, 90% before adulthood. As the exhibited self, the Adapted Child, expands, contact with the authentic self, the Natural Child, diminishes. This threatens survival. The “I just work here” philosophy enables persons to look the other way when they are, for examples, dumping carcinogens into the river, or enlisting young people to go to war. An amusing (to this writer) example: My niece and her partner were checking in to the hotel where they had reservations, having just walked from the train station in torrential rains. They were completely soaked, dripping their way into the reception area. My niece asked for a towel, “Do you have a towel?” She asked politely. The receptionist said, “No.”*

Specialization is a hallmark of a technologically efficient society where there is so much information that
members only acquire the latest skills and up-to-date information in circumscribed areas. This specialization wears away at development of a responsible self, connected to the real world. Specialization does create an efficiency in production, but leaves members of the specialized environment vulnerable, and, ironically very dependent. An example: a senior editor in one of the highest of the high-tech companies. Been at this for many years. He cannot set up his own home computer. The high tech giants provide three meals a day, massage, dry-cleaning, and many other ways to keep their employees at their computers instead of home, home to the real world, so much so that employees feel ashamed, guilty and threatened with losing their job if they even think about going home after eight hours of work. In other jobs, the I-just-work-here philosophy enables employees to cut corners on safety, and partake in many pursuits for which they feel no responsibility.

The military provides an important example of hierarchical structures with each person assigned his/her duties. Training stresses obedience, but disintegration from their relationship with themselves. One result? In the Vietnam War, more men returning committed suicide (out of depression, PTSD, inner incongruence) than were killed while enlisted. The Milgram study, the Nuremberg trials offered significant data about the impact of specialization on moral or amoral activities in groups. When one specializes in one small part of a job, one assumes someone else is in charge. This is the most common justification of inactivity in the presence of abusive behavior. Middle managers, church clergy (see Spotlight) the military are trained to maintain order and the status quo. They are not expected to consider whether the status quo is fair or/and then to behave according to their conscience, their own values and priorities. Bradley Manning is jailed for having voiced his concerns about drone strikes. Questioning authority can be honorable, but it is not easy, and may be punished. Words attributed to Bradley Manning reveal that he went through a profound moral struggle between the time he enlisted and when he became a whistleblower. Through his experience in Iraq, witnessing suffering of innocent civilians and soldiers alike, he became disturbed by top-level policy that undervalued human life. Like other whistleblowers, he was driven foremost by a desire to reveal the truth.

Given this built-in isolation, specialization, and alienation from one-another, and from our Natural Child, the essence of our role as therapists becomes clear. Our work is to help our clients reconnect with their authentic selves. We help our clients maintain self-support and self-esteem when they are not performing to perfection, or when their external “village” cannot or will not actively provide healthy Parental support.

Radical psychiatry is an approach to mental health integrating the work of R.D. Laing with transactional analysis literature. Radical psychiatry states: Oppression comes from Isolation and Mystification. Liberation grows out of Information and Contact. Mental health is compromised by isolation from others, undermined by distrust, paranoia, poor social skills. Lack of emphasis in school curricula and public media further isolates. People experience their own personal problem but their perception of their problem being a result of political forces eludes them. Information itself is political. The free distribution of information is the cornerstone of democracy, so that informed citizens can intelligently exercise self-government. A small example: One effect of controlled information is the differential attention paid to drug addictions as compared to tobacco addictions. Tobacco kills more persons in the U.S. than all drugs combined, more than were killed in Vietnam, or World War II. Yet the media emphasizes a war on drugs, building jails to deal with illegal drug use. We therapists know that the way to deal with drug use is to attend to the longing for drugs, not the drugs themselves. If you put most of us in a room full of cocaine we would not be the least bit interested in that white powder. This is because we identify our needs and get our needs met elsewhere. The tobacco interests corrupt the media so that our Adult perceptions are distorted, our Adult thinking contaminated.

In summary, the development of character, with three functioning ego states, requires, for the Adult, an environment in which information is readily available. A healthy Child ego state recognizes one’s wish for immediate gratification, one’s needs for connection as well as self-expression, as well as a tolerance for the postponing of that gratification. The ability and willingness to pursue unpopular paths in response to internal moral imperatives defines a healthy Parent ego state. The need to co-create community, engagement and safety characterizes maturity. This maturity is threatened in a Disposable Society.


About the original author: Dr. Natalie Haimowitz, 1923-2005 was a teaching member of the ITAA since about 1963, a member of the Board of Trustees for many years, and was known for the quality of her psychological evaluations.

Carla Haimowitz Ph.D. About the editor of the document: Dr. Carla Haimowitz was a Clinical member of the ITAA for many years, a member of the board of trustees for some years, and now practices group and individual therapy in Northern California.
Psychotherapy Groups

San Francisco

HIGH FUNCTIONING ADULT PSYCHOTHERAPY GROUPS, Art Raisman, Ph.D. (Licensed Psychologist/PSY 7795, Ass’t Clinical Prof., Psychiatry, UCSF). High functioning, psychodynamic groups for men and women, including mental health professionals and trainees. Tues. & Wed. evenings, San Francisco. 415-453-4271. artraisman@msn.com

WOMEN’S INTERPERSONAL GROUP, Lois Friedlander, MFT, CGP. Ongoing group integrates psychodynamic/interpersonal models. A blend of students and professionals focus on building relationship skills in all aspects of life; family, work, partner, social, spiritual. Consultant: Dr. Irvin Yalom, Wed. 6:30-8:00, San Francisco, 3569 Sacramento St., 415-383-3337.

GAY MEN’S INTERPERSONAL PROCESS GROUPS, Jamie Moran, LCSW, CGP, Tuesday-Thursday evenings. Safe yet challenging environment to explore relationship concerns, family dynamics, social issues, sexuality and other feelings with seasoned group facilitator in practice over 30 years. Contact: jammoran@aol.com or visit http://www.jamiemoran.com.

East Bay

MEN’S & COED INTERPERSONAL GROUPS, Scott Weber, LCSW. In Albany, in warm and convenient office right off of Solano Ave., with easy bus access & convenient parking. Individual appointments available as well. 510-926-9852 scottweber@scottweberlcsw.com.

NEW COED GROUP, Carla Haimowitz Ph.D. For adult men and woman. Focus on relationship skill building. Monday nights in North Oakland, 6:30 - 800 pm. 510-655-7828.

GRIEF SUPPORT GROUPS, Claudia Sieber, LMFT#44012. Support for those who must go through the pain of losing their loved one to death.

Tuesdays, 7:30-9:00pm (general grief) and Wednesdays, 7:00- 8:30pm (suicide grief). 510-238-0741 or sieberclaudia@yahoo.com

North Bay

INTERPERSONAL PROCESS GROUP FOR MEN & WOMEN, Lou Dangles, LMFT & Chris Armstrong, LMFT. Members have an opportunity to learn about relationship patterns in their lives, and to understand their impact on others. Wed., 7:30 - 9:00pm, San Anselmo. 415-454-2722.

GROUP FOR MEN 60+, Lou Dangles, LMFT. Ongoing interpersonal support group for men in the second half of life. Emphasis on emotional communication, and giving & receiving feedback in a here-and-now interactional frame. Thur. evenings, 6:30-8:00pm. 415-454-2722.


ARTS-BASED PROCESS GROUP FOR WOMEN, Shira Marin, PhD & Annie Danberg, MFTI. For clinicians and non-clinicians. Liberate self-expression, cultivate self-awareness & self-acceptance, transform self-judgment. 8-week session beg. Sept. 16th, in San Rafael, Marin County. CEUs available. For more information call 415-499-0737 and see shiramarinphd.com or anniedanberg.com.

South Bay/Peninsula

WOMEN IN TRANSITION, Deborah Dowse Runyon, LMFT, CGP. Process group for women approaching or already in second half of life. Now forming in Redwood City. Wednesdays, 6:30–8:00pm. Call 650-363-0249, ext.111.
South Bay/Peninsula (continued)

L.I.V.E.: LIFE-INTERVENTIONS-VISIONS-EMPOWERMENT, Deborah Dowse Runyeon, LMFT, CGP. Support/process group for people moving beyond their mental illness. Now forming in Redwood City. Tuesdays, 1:00-2:30pm. Call 650-363-0249 x111.

MEN’S INTERPERSONAL PROCESS GROUPS, Jamie Moran, LCSW, CGP. Monday evening groups for gay, bi and straight men. Safe yet challenging environment to explore relationship concerns, family dynamics, social issues, sexuality and other feelings with seasoned group facilitator in practice over 30 years. Contact jammoran@aol.com, or www.jamiemoran.com.

Sacramento/Davis

ADULT GENERAL PSYCHOTHERAPY GROUP, Haim Weinberg, PhD, CGP. Openings for new members. Group focuses on interpersonal interactions, so relationship problems are addressed well. Meets Tues. 7:00-8:30 pm in Midtown Sacramento. Referrals call 916-212-6424 haimw@grouppsychotherapy.com

Groups for Therapists

CO-LED GROUP FOR MATURE THERAPISTS, Geri Alpert, Ph.D. & Elaine Cooper Ph.D. Possible opening(s) in high functioning, long-running therapist group. Unique group, very mature in group functioning, as well as members’ age & life experience. Meets weekly in San Rafael on Wed.’s from 9:30-11:00am. Also openings in our bi-monthly, “lunch time” group. Both groups co-led and psychodynamic/interpersonal in orientation. Call Geri Alpert at 415-453-8969; Geraldine.Alpert@gmail.com or www.GeraldineAlpert.com

THERAPY GROUPS FOR THERAPISTS, Art Raisman, Ph.D. (Licensed Psychologist/PSY 7795, Ass’t Clinical Prof., Psychiatry, UCSF). Open to mental health professionals & trainees. Ongoing for 30+ years. Current openings on Tues. & Thur. mornings, San Francisco. 415-453-4271. artraisman@msn.com

Consultation

CONSULTATION GROUP FOR GROUP PSYCHOTHERAPISTS, Geraldine Alpert, PhD.

Bi-monthly consultation group, meeting in San Rafael on Wed.’s, 5:00-7:00 pm. 415-453-8969.

INTEGRATIVE TRAINING GROUP, Master Therapists John McNeel, PhD & Phyllis Jenkins, LMFT, CGP. Fridays, monthly: learn to treat hidden injunctions that grip the lives & health of clients. Appropriate adjunct to all theories. Group training is integrative, interactive; includes supervision. Satisfies criteria for licensure, ITAA membership, CGP certification. Information, Phyllis Jenkins, 408-265-9200 or Dr. McNeel, 650-327-9036.


GROUP LEADERS CONSULTATION GROUP, Jamie Moran, LCSW, CGP. Collegial group focusing on topics related to group formation, leadership, fundamentals and challenges. Meets first and third Mondays 10:00am - 12:00pm in Menlo Park. A commitment of six sessions is required, after which point group is ongoing for participants desiring deeper engagement. Contact jammoran@aol.com or visit http://www.jamiemoran.com/services.html#consultation.

Office Space

San Rafael: Beautiful, sunny & spacious office available for part-time sublet, in wonderful Victorian. Quiet, semi-residential neighborhood with trees, window box seating, fireplace, antique & Asian-inspired furnishings, lots of windows, waiting room and parking. San Rafael (walking distance to downtown). Perfect for groups or writing studio. Available weekday mornings (9-hour morning block, Mon., Tues. & Thur., till 11a.m.) and/or Saturdays & Sundays. Not available by the hour. Call Renee Owen, LMFT, at 415-453-8117.

See How to Submit a Classified Ad on the next page.
How to Submit a Classified Ad

See page 2 for Display Ad guidelines.

The NCGPS Newsletter is published 3 times/year.

**DEADLINES:**
- Fall 2016 (08/10/16)
- Winter 2017 (11/10/16)
- Fall 2017 (2/10/2017)

**CLASSIFIED AD RATES:** (round up to nearest $)
- Members: $15 for 50 words, $.05 per additional word.
- Non-members: $25 for 50 words, $.07 per add. word.

**SUBMISSION GUIDELINES:**
1. For new ads, or changes to existing ads, email your ad to Carla Haimowitz at carlahaimo@sbcglobal.net
2. Mail a hard copy of your ad (if new or changes) to Renée Owen, at the address below.
3. Mail a check payable to NCGPS to Renée Owen at 1703 Fifth Ave., #101, San Rafael, CA 94901.

**FOR QUESTIONS:** Call Renée Owen at 415-453-8117.

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**OPEN GROUP STUDIO**

**April 17** - Justin Hecht (San Francisco)

**April 30** - Geri Alpert (Marin)

**June 25** - Peter Cole and Daisy Reese (Berkeley)

**July 17** - Ildiko Ran, MFT (San Francisco)

**August 6** - Bill Roller (Berkeley)

**September 16** - Phyllis Jenkins (San Jose)

*Please go to: NCGPS.org for more information and registration to the groups.*

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**Art-Based Process Group for Women**

*Using Mixed Media Visual Journaling as a vehicle for creative expression and inner exploration*

Led by Dr. Shira Marin, LMFT (15972) | PCE (5766) and Annie Danberg, MA, MFTi (71044)

“At the deepest level, the creative process and the healing process arise from a single source.”

Introductory Workshops: January 6 & 13, 6:00 - 8:30 • $65 | $115 for both

Winter Group: Wednesday Evenings, January 20 – March 16, 2016

No experience needed • For clinicians and non-clinicians alike

For details contact:
Dr. Shira Marin: (415) 499-0737 | ShiraMarinPhD.com or Annie Danberg, MA: (415) 302-4542 | AnnieDanberg.com
See inside for news about the **Asilomar 47th Clinical Conference**

**June 3 to 5, 2016.** Register online by **April 15th** for the **Early Bird Discount.**

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**CALENDAR AND ANNOUNCEMENTS**

August 10, 2016 - Deadline for Fall Newsletter (please submit articles and ads by that date)

**Open Studio Events**

April 17 - Justin Hecht in San Francisco  
April 30 - Geri Alpert in Marin  
**June 25** - Peter Cole and Daisy Reese in Berkeley  
**July 17** - Ildiko Ran in San Francisco  
**August 6** - Bill Roller in Berkeley  
**September 16** - Phyllis Jenkins in San Jose

**June 3-5, 2016**  
47th Biennial Clinical Conference at Asilomar

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**Member News and Notes**

Please Volunteer –*EVERY COMMITTEE NEEDS HELP!* Contact us! Volunteer!  
Visit our website:  [www.ncgps.org](http://www.ncgps.org)