A Return to Asilomar

By Geri Alpert, Ph.D, CGP.

We are excited to announce our return to Asilomar this year! This is an important opportunity for all of us who have loved having our outstanding conference at this very special venue, to each do what we can to make this one of our best-attended conferences ever. This means that if you have been thinking about doing Asilomar, this is definitely the year to do it. And not only to bring yourself, but also a colleague!

With an eye toward enticing our veteran Asilomar attendees (those having attended 10 or more times), as well as our newer enthusiasts, this year’s Conference Committee began the 2018 preparations with an unusually active presenter recruitment process. We focused on two groups of clinicians: presenters who had not previously presented at our conferences but whose skills were clear from the very detailed proposals and background information that they provided us; and those of our former presenters who have been the biggest draws in the past. The result is such a terrific lineup, that with many of our workshops being limited to between 12 and 15 participants, we expect that if you have not yet signed up, you will want to do so as soon as possible.

Since this is the Conference Year, the format involves two-hour workshops on Friday evening, six-hour workshops that run all day on Saturday, and three-hour workshops on Sunday. In addition to the very large selection of workshops in each of these categories, there will also be an opportunity for those who are not yet Certified Group Psychotherapists, to take the 12-hour Core Course that is part of the requirements for becoming a CGP. Because we are eager to see more of our community become CGP qualified, we are providing scholarships for the Core Course for both students and early career professionals who are in need of financial assistance.

The Conference provides not only an intensive opportunity for professional and personal learning, but also a unique opportunity to make important social and professional connections. Since it is commonly agreed that the majority of group therapy referrals come from therapists who appreciate the value of groups, the opportunity to connect with group-loving colleagues provides outstanding networking possibilities. In addition to the invaluable learning and networking opportunities, there are at least three other factors that make this such a cherished event: the incredible beauty of the Asilomar Conference Center, 11-12 CEU’s in one fell swoop, and last but not least, it’s fun!

So mark your calendars now for June 1-3rd, and go to the NCGPS website (ncgps.org) where you will find the full catalogue, as well as a quick way to get yourself registered -- both for the conference and also for your lodging at Asilomar. And please remember, the Early-bird deadline is April 1, and in order to get the $50 Early-bird discount you need to register by that date for your lodging at Asilomar as well as for the conference.

If you have any questions about the Conference contact: Erica Anderson (drericaanderson@gmail.com) or Geri Alpert (Geraldine.Alpert@gmail.com).

Go to NCGPS.org for more details and online registration.

Scholarship Information:
We strongly encourage scholarship students take the core course, which covers important basic material for all group therapists, and includes a good sized experiential component. Contact the Scholarship Co-chairs, Beth Cooper Tabakin (lifeafterbreakfast@gmail.com) or Carla Haimowitz (carlahaimo@sbcglobal.net).

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.
Join the fun and help to shape upcoming NCGPS events!
Get on board, with the “NCGPS BOARD”.
Please contact: The Nominating Committee, see page 3 for contact information.

**NCGPS Committee Chairs 2017-2018**

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<td>Geraldine Alpert &amp; Erica Anderson</td>
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<td>Annie Danberg</td>
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<td>Latoyia Piper</td>
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<td>Fall Event-2017</td>
<td>Bridget Bertrand</td>
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<td>Annie Danberg</td>
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<td>Newsletter - Classified Ads</td>
<td>Renee Owen</td>
<td>415-453-8117</td>
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<td>Open Group Studio Co-Chairs</td>
<td>Lois Friedlander</td>
<td>415-383-3337</td>
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<td>Laura Kasper</td>
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<td>Outreach Coordinator</td>
<td>Ildiko Ran</td>
<td>650-353-8885</td>
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Publication of Articles and Ads

DEADLINES: Fall -- 7/15/18, Winter -- 11/15/18, Spring -- 2/15/19

**SUBMISSION GUIDELINES:**

Submissions for each issue are due as follows:
The NCGPS Newsletter is printed 3 times a year.

Send newsletter content (articles, reports, announcements) directly to Annie Danberg: connecting@anniedanberg.com

Images should be no less than 300 dpi and at least 4x6 inches. Articles should be 500-1000 words, plus your headshot and short professional biography.

Please send me only what you consider to be your final draft.

**ADVERTISING GUIDELINES:**

**DISPLAY ADS:**

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Display ads should be in pdf format. We prefer artwork supplied in a high resolution PDF or TIFF format of at least 300 dpi, with fonts embedded.

1. Email your ad to Annie, connecting@anniedanberg.com
2. Send a hard copy of the ad and check payable to NCGPS to: Annie Danberg at PO Box 150725, San Rafael, CA 94901

**CLASSIFIED ADS**

Member rate: $15 for 50 words / Non-members: $25 for 50 words

1. For new ads, or changes to existing ads, email your ad to Annie at connecting@anniedanberg.com
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.
4. QUESTIONS, call Renee 415-453-8117.
From the President

Dear NCGSP colleagues and friends,

As I write you registration is open on our website for Asilomar! Yes Asilomar where we are returning by popular request. The catalog (available on the web site and which should be in your mailbox (if your snail address is current) displays 33 workshops over the 3 days and should have something for just about every interest and level of experience with groups.

Our promotion efforts are strong thanks to many of you and especially Geri Alpert our Conference Co-Chair, who has tirelessly encouraged presenters, Board members and every member to share the word about Asilomar. I know many of you have taken this to heart and been marvelously engaged in the promotion of our return to Asilomar. If you wish to take Asilomar catalogs anywhere to colleagues and students let us know and we will mail them to you.

The early bird deadline for the discount is April 1. Firm. Some of you perhaps read my letter to AGPA about the deplorable human rights issues in Texas. I can forward it to you if you did not catch it. According to all reports, AGPA has taken to heart the feedback from many about human rights and the mistreatment of marginalized groups in America. Yes groups. As many of you know, I am involved in LGBTQ civil rights and am an activist and educator about gender issues. Don’t expect me to slow down anytime soon. Thanks for your support.

Here in this letter, I tell you a little about the upcoming elections for Board and officer positions. I also want to acknowledge the significant contributions to NCGPS made since I last wrote you. Our Fall Event was a resounding success and was led by Bridget Bertrand, the successful Annual Dinner which created a warm and convivial experience was ably co-chaired by Carla Haimowitz and Beth Tabakin—many thanks to these friends and colleagues who took their responsibilities and ran with them. And speaking of running with things, our own Geri Alpert has done something extraordinary in single handedly securing approval as a CEU provider through the California Psychological Association. This effort involved a minimum of 40 hours on her part in learning the requirements and completing the application (approved the first go around). This will save us tens of thousands of $ for CE credit at Asilomar this year alone and be an ongoing cost savings in the future. This allows us maximum flexibility and will allow us to keep the costs of our events lower than they would be otherwise.

At the same time we are gearing up for Asilomar we are soliciting nominations (self-nominations welcome) for upcoming openings on the Board of Directors. At this time we are making available several key positions needing a devoted member. These include Secretary, Membership Chair, and Newsletter Editor. Ildiko Ran and Annie Danberg have tried to support with special attention from Carol Hillman our Administrator, the gaps in our huge needs to welcome and support members and communicate in all the ways we do now. We are also inviting those interested to express interest in the position of President Elect, who will serve this next year with me in preparation for becoming President in 2019. At that point (June 2019), God willing and creek don’t rise as they say in some places; I will pass the baton and become immediate Past President, continuing to offer support and continuity, as has been the tradition for many years. It is also permissible under our current and proposed bylaws that any member receiving nominations from five other members will be invited to stand for election. If you are interested we can help you with securing additional nominations.

In the near future, I will share more information about Board nominations and elections, which will take place late in April and May. We expect several openings. Also at another time instructions about voting will be disseminated. In all likelihood voting will be electronic in some way. We will also be telling you about potential committee involvements for those of you who want to help but may not wish to be a Chair or other officer. On the Board we are trying to have each standing committee led by one or more Board members, and they will welcome anyone who expresses interest in a committee. We have made significant strides in recent years toward inclusion.

Most of our Board meetings are held by Zoom now. We are trying to register events through our website, as we are using electronic means to communicate with you. These have become the ordinary technologies of professionals. However, it is never lost on me that some prefer the traditional ways of using mail, and phone. We have not abandoned these. And we want your involvement even if you are at times frustrated or confused by technologies. I admit that I am not myself a techie, so I get it. But don’t let any of your trepidation or frustration keep you away from our wonderful events and community. As she has for years, Carol Hillman is extremely responsive to your needs and the Board members want every member valued.

Like many of you I am very busy and so try to keep a lot of plates in the air. Sometimes one falls and breaks. I hope you understand. Group work and the opportunity to work in this community keep me coming back. I hope the same is true for you.

With all good intentions, Erica E. Anderson, Ph.D.
President

Erica E. Anderson, Ph.D. is a clinical psychologist in private practice in Oakland, and teaches at UCSF and JFKU. Her special interests are sexuality, gender, and identity, especially transgender issues.

You are invited to be a part of shaping the future of this organization!

The Nominating Committee is seeking Board and Committee Chair nominations for the 2018-2020 term

Questions? Please contact:
Erica Anderson, PhD: derricaanderson@gmail.com
Geri Alpert, PhD: geraldine.alpert@pacbell.net
Ildiko Ran, LMFT: ildikoran@gmail.com
Letter from the Editor

Dear Community,

In the spring of 2016 I was inspired by then President Randy Dunagan’s appeal during the community meeting at Asilomar for committee volunteers. What inspired me in the moment had several facets: my love of community building, my attachment to NCGPS as a whole based on group healing experiences, and my desire to make use of my particular skill set. This particular skill set being graphic design, a profession that I’ve worked in for 30 years.

When I saw that I could contribute to the website, the newsletter, the Facebook page, and the Listserv, I had an epiphany: Why not develop a Communications Committee — a central hub from which to organize all communications within NCGPS as well as between NCGPS and the greater therapeutic community? And I put my name on all the lists. I don’t recall seeing any other names. Since then, I’ve been operating as a committee of one. Certainly others have been here to support this effort: our very adept administrator, Carol Hillman, our web developer, then Incoming President, Shira Marin, and Outreach Coordinator, Ildiko Ran.

This experience is showing me where I need to work in terms of my relationship to the group as a whole: risk vulnerability by asking for help, admit my limitations and learn how to share the work with others.

And so I appeal to you, dear reader — the Communications committee needs you! Do you enjoy writing, gathering or disseminating information? Are you social media savvy? If so, I’d love to speak with you about editing this newsletter (you can share the role with a colleague), or helping with online communications. I also welcome your suggestions to improve NCGPS’ communications.

Warmly,
Annie Danberg, LMFT

From the Outreach Coordinator

Dear NCGPS Community,

I am writing this letter on my way to Houston, the Annual AGPA (American Group Psychotherapy Association) Conference. We are the Northern California affiliate of AGPA and I like to emphasize this connection. Those of you who have been to AGPA meetings know the feeling of being at home among a thousand group therapists. With our local events we support our local members and strengthen our feeling of belonging and inspiring each other. In order to strengthen our profession and gain personally as well, I would like to encourage you to become certified as a CGP (Certified Group Psychotherapist). Check out our website for more information on this or ask any of our many local CGPs to tell you about the benefits of being a CGP!

It has been an exciting year for NCGPS. The last couple of years, in my role as Membership Chair I found myself promoting NCGPS and focusing on bringing in new members. Once I transitioned into my Outreach Chair role this past year, I have continued promoting our events and have been listening to the community’s diverse needs. The Board has been working on being responsive to your needs and requests! We experimented with the Oakland location for our last annual conference and now we will bring the conference back to Asilomar. We hope that those of you who had enjoyed our annual retreat setting in beautiful Asilomar, will be the first ones to sign up for this upcoming conference!

Our Open Studios continue to spread good vibes about the various expertise and specialties of our local group therapy experts. Our very successful Fall Event with Melyn Leszcz was one of the highlights of the year. We brought our local master group therapists as well as our newest intern, student, and resident members, under one roof! We learned from Melyn and enjoyed what we do the best: discussing the value of processing here-and-now experiences in order to explore the intricacies of the art and effectiveness of our work with our group members!

I believe that our successful educational events prove to the community that we are a wonderful resource to continued learning and inspiration for each other. I hope to see most of you in Asilomar, to continue in this tradition! And I would like to recruit all of you to be our “outreach committee”: please spread the word about our events. Come and bring a colleague or two along! I believe that our colleagues who work with individuals, couples, and families can greatly benefit from and appreciate our group work. Not only they will deepen their own experience of working with clients but will have a more thorough understanding of the work we group therapists do. We cannot do without our individual therapist colleagues.

We want our group members to continue being in individual therapy while they do their group work with us. Some of us work with our individual clients in conjoint group therapy and some of us have group members who have an established relationship with another therapist. Let’s bring those individual therapists to our events to let them see the inner workings of group work.

I look forward to seeing you at Asilomar. We are a community that strives to work together, all diversities included. We are building something important - be part of it.

In connection,
Ildiko Ran, MFT, CGP

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
48th Clinical Conference

Dear Reader,

While gathering material for this issue, I became intrigued to get a “behind the scenes” view of what inspired our members to become group leaders and develop their particular offerings for this year’s conference. Below are a few of the responses I received, may you be inspired to explore their offerings. — Ed (Annie Danberg)

Creative Ways to Cope with Chronic Pain: Art Therapy Groups for Injured Workers

Ari-Asha Castalia, LMFT, ATR, CI/CT

To be one hundred percent transparent, I am truly puzzled by the phenomena of group therapy. My deep curiosity and drive to understand more about group work, coupled with the enthusiasm and belief in the healing power of this kind of work, were the major influences that have propelled me to tackle it!

I saw the NCGPS call for proposals and it mentioned the topic of chronic pain. As a part of a Functional Restoration Program for injured workers where I was employed, I facilitated six hours weekly of Group Art Therapy for program attendees. I’ve given a similar workshop for Art Therapists about this topic in the past, and am excited to offer it this year at Asilomar. I look forward to the insights group practitioners will bring to this process!

Ari-Asha Castalia, MFT, ATR is in the current cohort of the Group Therapy Training Program through The Psychotherapy Institute, learning all she can about being a group member/leader. She co-leads a support group for Associate MFTs and is pondering beginning a process group employing Art from her San Mateo office.

Group Process in the Now

Judye Hess, PhD, CGP

I grew up in a household where group therapy was the norm—both my parents ran therapy groups for years before I left home to go to college. In college I trained with Claude Steiner, who ran the Radical Psychiatry Center. Claude Steiner is the psychologist who coined terms such as Warm Fuzzies and Cold Pricklies, and The Personal is Political.

The Radical Psychiatry Center ran hundreds of free, high-quality therapy groups. I have always studied the art and science of psychotherapy from a perspective of ethics and justice. My dissertation had to do with moral development and cognitive development as that coincided with perspectives on nuclear war and nuclear weapons. I am always curious about the intersection of ethics and law—most interesting is when that which is ethical is illegal and that which is legal is unethical. Maybe I’m just a rebel looking for justification.

Have you ever noticed that when you go to a course in law and ethics not a word is spoken about ethics? Every day we are faced with conflicting choices, directions, priorities, and we deal with our choices from our perspective, our usually contaminated perspective. That’s where mindfulness comes in, not that we won’t have some contaminated thinking, but at last we can hope to be aware of those prejudices. This will be the third time we have gathered to share ethical dilemmas and each time, thanks to the participants, I learn more about the law, and its intersection with ethics.

Carla Hiamowitz, PhD is a licensed marriage and family therapist since 1975, and a licensed psychologist since 1995. She has run groups for sexually abused children of all ages, for divorced/divorcing adults, adults abused as children, traumatized Bosnian refugees, groups for trauma victims in Spanish, for parents in English and in Spanish, for single
parents, for parents of teens, for anxious latency aged boys, years ago, women’s conscious-raising groups.

Wise Intimacy: How Close is Too Near? How Far is Too Distant? How Soon is Too Fast?
Cheryl Krauter, LMFT and Jim Fishman, LCSW, CGP

Cheryl Krauter: My first group therapy experience was in 1968 when I was in college. The group was wild, scary, exciting, and very intimidating to a shy 17 year old. It was very experimental and the leaders tried out all kinds of new techniques and tools as the group members flailed, cried, and screamed in those early days of breaking through the traditional boundaries of psychology. I pounded pillows and batted tennis rackets on mattresses. I endured projections and projected onto others with practically no awareness of what was actually occurring. As I recall, the boundaries around sexuality were less than clear … ahem. Ah, the early days of group therapy in California - they inspired me to formally study psychology a decade later and then to become a psychotherapist.

50 years later I find myself working with a wonderful co-facilitator, Jim Fishman. I finally found an amazing co-therapist! Over these past several years we have offered numerous groups where we combine our different styles and perspectives and at this year’s conference we’ll join together to offer a group exploring intimacy in group therapy. Working with Jim is always an intimate adventure and I’m excited to see what our 2018 Asilomar group experiences brings forth.

I’ll also be offering a Friday evening group on helping clinicians work with the partners, family members, and friends of people who have been diagnosed with a life threatening illness. This group of people has largely been ignored in regard to the issues they face with the diagnosis of another. My interest in working with cancer comes out of my personal experience with a cancer diagnosis. I bring a humanistic, narrative approach to the stark, colorless world of cancer and help people tell the stories of the joys, sorrows, and everything else that comes with facing a life changing illness. Who knew that I would be working with cancer … I call it the specialty that chose me!

Jim Fishman: While an undergraduate student, I gravitated towards running groups. At Rochester's Strong Memorial Hospital I was lucky to run 3 play therapy groups as part of a federally-funded study that examined the effects of play therapy groups for 5-year-old children. After transferring to UC Berkeley, and coming out as a gay activist, I implemented a “problem solving group for gay men” at Fort Help in San Francisco in 1972. In 1978 I was introduced to Irv Yalom’s Interpersonal Model, and from that vantage point began a “coming out” group for gay men, an adolescent boys groups, and a group for fathers with developmentally challenged kids, as well as other empowerment groups.

In 1985, I moved to SF and took over the job of Director of Men's Services at Operation Concern. Through the mentorship of Donald Brown, M.D., I discovered the work and research of Ariadne Beck, M.A. A truly profound shift occurred in my group work after taking an Institute of hers at an AGPA conference in 1991. Meeting her, reading her research findings and studying with her personally for 12 years opened my eyes to how the lens of developmental phases of groups and the leader roles of groups can optimally chart the phases of groups’ safety and depth. My group work has deepened as I found the immense satisfaction in co-leading groups.

At Asilomar 5 years back, I met the wonderful Cheryl Krauter, MA. She is an extremely clinically deep and sophisticated co-leader, and Cheryl and I have led several richly satisfying workshops examining countertransference as an important clinical tool in groups. We are now highlighting Attachment Theory, especially the therapist's own attachment style and how this may advance or hinder a group's development. Cheryl Krauter and I will weave attachment styles, stages of a group's development, and intimacy. We hope that exploring this most recent topic (attachment) will shed further light on the optimal phase-specific interventions that therapists can employ. Come join us at Asilomar and be ready to dive deep!


Jim Fishman, LCSW, has run a variety of groups throughout his career, but the thread has been focusing on blocks and breakthroughs toward intimacy.

A Mindfulness-based Group Model for Infertility or Fundamental Life Crisis
Janetti Marotta, Ph.D.

It’s hard not to be inspired to become a group therapist if you’ve grown up in a large extended Italian family. Emotionally driven close, interwoven, chaotic exchange is the norm. So the constantly changing, erupting, emerging landscape of the group has a familiar ring. And when you grow up with everything being about relationship, as a therapist you truly believe it is, all about relationship.

The group experience is a rich dynamic interplay, displaying a clear window into who you are and what you aspire to be. Group sheds light on how you get stuck and how to break free. When the group norm is based on non-judgment, members are able to feel safe and let go of the need to be seen in a certain light. Every interaction becomes an opportunity of connection to one another and one’s true self.
Group is family. When based on a foundation of acceptance and compassion, it inspires and transforms. When intimately sharing vulnerabilities and hopes, the truth that we all suffer and we’re all in this together, takes us out of our loneliness and into our connection with one another. As the truth of our common humanity is experienced, the whole world is revealed.

For six years I struggled with infertility. I lost several pregnancies and tried almost every family-building option: in vitro fertilization (IVF), IVF with donor eggs, adoption, and finally surrogacy, which resulted in the birth of my now 23 y/o daughter. Over these years, my sense of worth was reduced to a feeling of total inadequacy and failure. After pursuing different sources for healing, I came upon an East-West spiritual path that sustained me on the journey. This path eventually led to mindfulness, which I began to integrate into my work as a psychologist and an 8-week group program I developed for infertility.

I’ve recently published a book, *A Fertile Path: Guiding the Journey with Mindfulness and Compassion*, which presents this program as an individualized guide and for therapists who wish to use it in group format or counseling practice. While it is recommended to spend one week on each of the ten chapters, it can be adapted to any length or modified for any crisis that challenges basic life assumptions.

Infertility is recognized as a life crisis because it reaches into the most important areas of our life, there is overwhelming loss of control, and identity as a man or woman is rocked at its core. Mindfulness is learning to accept reality for what it is with a sense of peace and stability so we can better deal with life’s challenges, such as the challenge of fertility.

This workshop is inspired by my personal journey, my work as a group therapist guiding others through theirs, and the desire to pass the teachings along so you can embark on your own. Janetti Marotta, Ph.D., Her identity as a group therapist began as a participant in encounter, tavistock, and process groups and member of several communal groups. For the next 10 years, she led groups in inpatient psychiatry and outpatient chemical dependency programs, and over the last 20 years for different fertility centers and organizations.

**Consult to a Work Group, Directly or Indirectly**

Sharon A Mulgrew, M.P.H

I attended my first Tavistock Conference in 1971 and immediately was hired on as Assistant Director to a Johns Hopkins halfway house based on Tavistock influenced sociotherapy principles. When I reached Yale Public Health graduate school, I ‘adjusted’ my Community Mental Health degree to spend more time in the Department of Psychiatry. Because Psychiatry had a special bond with the Tavistock institute in England, it offered several courses in groups and Tavistock/systems theory and co-sponsored several Tavistock Group Relations Conferences.

On finishing my MPH, I applied this theory to the Sociotherapy program at YPI and was invited to consult throughout the department. I focused on what helped things to work better – for staff and for patients – and was drawn to the effective group characteristics of Wilfred Bion and the rest of the often-overlooked practical emphasis on systems framework, structure, and task. I continued this work with Don Brown, mentor and colleague, when I arrived in the Bay Area in 1980.

As I designed group dynamics courses for USF Professional School, I first observed how perfectly acceptable it was for all group topics to be isolated in separate chapters (leadership, conflict, group development, communication, etc. etc.) and taught in separate sessions of a course. And, secondly, I observed how demoralizing the group development theorists appeared to be – focusing on adult members as decompensated whiny or combative children rather than the adults they were – Yes, Tavistock unconscious process does the same.

Don and I began to apply task, structure and system thinking to analyzing group development stages. I started to teach a more integrated view of group dynamics by imbedding topics in the relevant developmental stages. My students analyzed their own work groups. Iteratively, I began to realize the power of members when they could identify and use effective behaviors at every stage. And I saw how quickly groups – new or experienced - solved normal issues that kept groups limping along or stalled them all together. Students were able to advance their groups to more effective, consistent performance and resilient membership.

Sharon Mulgrew MPH, is an adjunct professor at GGU - MBA and Psychology (Industrial Organization) Programs. She designs collaboration assessments and strategies (Integration Strategies), and high engagement presentations and workshops (ParCenTra). She published e-books on Service Partnering and is finishing a workbook on Effective Member Behavior in Groups.

**A Change of Mind: Neuroplastic Tools for Healing**

Danielle Rosenman M.D.

I am a physician who practiced family medicine for many years before developing a medical counseling practice, in which I provide counseling and medical guidance using a variety of medical, mind-body, neuroscience, and other techniques. I have also lived with chronic pain for many years and have “managed” it as a physician for my whole career.

This is how I started working with neuroplasticity and with groups. At the end of 2012, I learned of a completely different approach to treating pain. Dr. Michael Moskowitz and Dr. Marla Golden — profiled in Norman Doidge’s book: *The Brain’s Way of Healing* — are pain treatment physicians who developed a method designed to reduce chronic pain by reversing neuroplastic brain pathways associated with pain. I
learned that method from Dr. Moskowitz and started immediately using it for my patients and practicing it myself. Realizing that this neuroplastic approach could also benefit people who did not identify their primary issue as “pain,” but rather as symptoms of illness and medical conditions, anxiety, depression, or reactions to stress, I adapted the method for that use.

I had been interested in working with groups to benefit participants who live with illness, pain, anxiety, and depression for a long time, inspired by my dear friend, psychotherapist Dr. Marya Marthas, who did Spiritual Tools for Healing groups many years ago. Around the same time that I was learning the neuroplastic method, my colleague Dr. Jan Chambers and I developed a prototype Tools for Healing groups. As I took over leadership (because of her health issues), it made sense to me to structure the group around the potential of Neuroplasticity to help people learn how to change the brain and decrease symptoms, as opposed to “managing” them.

My passion has always been to reduce suffering. Now I am passionate about the opportunity to teach people how to reduce symptoms of chronic pain, anxiety, chronic illness, and depression by understanding how to use the neuroplastic ability of the brain to change itself. My support and education groups, called “A Change of Mind: Neuroplastic Tools for Healing,” teach participants basic principles and practical applications of the neuroplastic ability of the brain to change, in order to actually reduce and even eliminate symptoms, and improve quality of life. I was privileged to offer a workshop at teaching these groups at the 2016 NCGPS Conference and am looking forward to offering my updated workshop this year.

In my 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 I teach which counter-stimulate and soothe the brain, while discussing how to use these techniques in your own practice setting.

Danielle Rosenman, M.D. is a physician who has helped people living with illness, pain, and emotional distress over many years, previously as a family physician, in her current medical counseling practice, and in the innovative “A Change of Mind: Neuroplastic Tools for Healing” groups.

Presence and Connection: The Keys to Overcoming Public Speaking Anxiety
Doreen Hamilton, Ph.D.

What inspired me to lead groups on how to overcome public speaking anxiety is the success that I’ve experienced in my own life as I’ve learned how to dissolve fear and find the power of my authentic voice.

I once suffered from stage fright. Although I had a Ph.D. in psychology, I was able to hide this fact for many years. After all, most of my sessions were with just one person or a couple. I knew I was holding myself back, but as an introvert, being in the middle of a spotlight with all eyes on me was a dread I constantly carried.

My journey to overcome my public speaking anxiety began after I refused to present at a conference. The organizer was shocked and exclaimed… “Dr. Hamilton, isn’t fear your business?!”

Stepping toward this debilitating fear was the first step. Now, after combining the lessons I’ve gathered and creating a Signature 7-Step Program, I lead groups, teach workshops, and train facilitators around the world. Unlike conventional speaking classes that focus on performance with scripts and techniques, Essential Speaking programs guide participants so they can discover, connect with, and express who they really are…their essential self.

I believe that learning how to be fully present in the moment, aware, connected to yourself and others while speaking in front of a group is what transforms this fear. Starting with step one, Be Silent, participants are introduced to a new way of being that allows them to safely experience not only the fear, but to discover their own underlying natural strengths. The following steps, Be Present, Be Aware, Be Attuned, Be Positive, and Be Yourself are designed to encourage one’s depth of presence to grow from within.

I am inspired to offer the presentation, Presence and Connection: The Keys to Overcoming Public Speaking Anxiety, at our conference for two reasons.

The first is that I would love to encourage other therapists who might have a dream of presenting their expertise to groups but hold themselves back because of public speaking anxiety. If any of my colleagues find themselves in such a situation, I can provide a path that leads to being freer to speak in any public setting.

The second reason is that many of my colleagues may be working with people who have identified public speaking anxiety as a major problem. With the tools I have developed and the book I have written, Essential Speaking: The 7-Step Guide to Finding Your Real Voice, I can pass on to them tips that they might be able to use in their practice. And, for those who would like to refer to my groups, I’d like to be available or collaboration.
EARLY BIRD for Asilomar

As you have probably noted, NCGPS has routinely given discounts, often sizable, to people who sign up for our events “Early”. Since over the years, a number of people have asked in essence: “Couldn’t they please still pay at the early rate even though they were just a little bit later than the deadline”, it has occurred to us that many people may not understand what these rates are intended to accomplish – and why they are so very important to us. For every event that NCGPS puts on, we are given deadlines by the various people that we contract with (hotels, caterers etc.) to decide what we will need and how much money we are prepared to commit up-front. If we guess too low, we may contract for less than we actually need - running the risk of needing to turn people away. On the other hand, if we contract for too much, we run the risk of having large costs that we are liable for, even though we do not have enough participants to cover these costs.

The purpose of the “Early Bird rate is to get as many people as possible to sign up, BEFORE we need to sign our final contract – allowing us to make some better estimates of what our needs will be, and hopefully reducing the amount of financial risk we have from miss-estimating. We tolerate the cost of the price break because it is worth it to us to reduce the costs of either overestimating (having to pay for unneeded space, food etc.) or of underestimating (having to turn people away, losing both revenue and valued participants.). So when people want the price break, even though they did not help us with the information that we needed, they are missing the fact that the price break (which costs us) is given in exchange for this very specific and very badly needed form of help.

The “moral” of this story is “DO YOURSELF AND US A BIG FAVOR AND SIGN UP EARLY.” You can begin putting this into practice, and save yourself $50 by signing up for the upcoming Clinical Conference at Asilomar by April 1st. To do this, go to NCGPS.ORG. And be sure that you also use the link on our website to register for your lodging at Asilomar. Lodging registration via this link must occur by April 1st in order to get the Early Bird Conference Rate.

And remember that in addition to this being a very easy way to save some money, there is a second and perhaps even more important reason to sign up early: TO INCREASE YOUR CHANCES OF GETTING INTO THE WORKSHOPS THAT YOU WANT MOST!. Although we know that people have great experiences even if they get their 2nd or 3rd choices, many people have strong preferences which we will most likely be able to accommodate for those who sign up early. Also, since there is a possibility that we have made our preliminary bed estimate too low, signing up early assures that you will have on-site lodging.

Remember: in order to get the Early Bird rate, both the Asilomar lodging and the Institute registration must be paid by April 1.

Asilomar Carpool
By Carla Haimowitz, PhD.

Ten Reasons to Carpool to Asilomar:
1. You’ll get there on time.
2. You get to be a passenger, you don’t have to drive, you can relax and watch the scenery.
3. You can drive and won’t be alone—others will appreciate you and feed you snacks.
4. The ride will go faster—you will be there in no time.
5. It’s cheaper—everyone chips in for gas.
6. If you get a flat tire everyone will cheer you on while you change the tire.
7. You’ll have made friends before you even get to Asilomar—and have more people to sit next to at mealtimes.
8. It’s WAY more ecological—you’re going green.
9. You can actually go with one group and come home with another group—be creative!
10. You won’t each have to struggle with parking there.

Email me to set up your carpool—let me know if you want to drive, where you are starting from, etc.
Carlahaimo@sbcglobal.net

Let’s Carpool!

Email me to set up your carpool—let me know if you want to drive, where you are starting from, etc.
Carlahaimo@sbcglobal.net
AGPA CONNECTS AGAIN!

What was so great about AGPA CONNECT in Houston this year? Just about everything! Effusive kudos to the organizers who prevailed magnificently in the face of serious obstacles, including Hurricane Harvey and the transgender restroom debacle. The Houston affiliate team encountered fully the transgender ban on restroom use; they also worried that it would sway attendees away from the conference (eventually, the ban was defeated); some members changed their vote to “yes” about attending based on the political vote. Heeding the response of its members, AGPA leadership took very seriously the need for authentic gestures of inclusion.

In spite of the two very challenging deterrents to attendance, AGPA showed up for its members. To begin, the volunteers at the registration table offered attendees not only their usual packets, they also offered LGBTQ rainbow stickers in various styles, pronoun stickers to support non-binary identity, Black Lives Matter ribbons, gender neutral bathrooms on the floor of the conference, and a half-day training course on inclusion for the Joint Board leadership.

In the course of the conference, there were additional substantive groups such as a day-long intimate examination of white privilege to enhance the learning for those interested. Judging by the 800-plus attendees, I infer that a fair-sized contingent participated in these groups. Through observation, it was clear that the majority of attendees felt gratified to see so many engaged actively in a vitally important part of our education as therapists and for personal growth.

There were many other kinds of offerings as well, including healing assaults to the self in a group context, tragic experiences faced by immigrants and refugees, culturally sensitive dream work, and an introduction to modern analytic process. A sample of presenters came from our own affiliate: DAISY REESE and PETER COLE, ANDY POJMAN, ANN STEINER, and more.

The plenaries were fascinating; especially popular were the ones offered by Elizabeth Knight and Pat Ogden via video. Anyone who attended Elizabeth’s talk on her life as a group therapist will forever remember her vivid description of a hypothetical group member as “a piranha in a marshmallow suit”! Pat Ogden offered a valuable presentation of the sensorimotor approach, which is thought to be an excellent adjunct to more traditional trauma therapy.

Each year a large process group convenes that usually numbers from 200-500 participants. It is generally a true searching out of ideas, feelings, and somatic responses conducted in the here and now about community relations. Whatever prevails in the conference usually airs itself in this setting. While there was most often a great deal of expression that could become interruptive, sometimes scorching, there was also a healthy portion of thought provoking commentary, good will, compassionate, empathic response, and seeking to create intimacy as the group unfolded over three days. This year proved particularly interesting to me: People were listening more attentively, expressed more care, and were generally less aggressive than in other years. The shift was poignant to me; there was a bit more grace in the room, more genuine desire for connection through conversation, more continuous dialogue, more awareness of impact on others.

The most challenging element of the conference may have been the seven-minute walk between the two hotels where participants stayed and attended their groups. The hotels were connected by a mall offering every possible consumer item and food choice imaginable: One could eat, shop, and exercise in a fell swoop! More seriously, though, I was concerned for those who might have ambulatory disabilities who needed to traverse the mall. Or maybe it’s that I could be in better shape!

The environs of Houston gave folks a chance to visit NASA Space Center, a rodeo, many fine restaurants, art museums, and to experience a very integrated population. I was grateful for the opportunity to experience first-hand the graciousness and warmth of Houstonians and a cultural and societal environment different from my Northern California ways. I was reminded once again how valuable it is to get out and see the world.

So, what has prompted my elaborate telling of life at the annual AGPA Connect? Simply, it’s one of the best conferences I ever attend. I want to spread the joy and wish for you to consider coming along next year when the meeting will take place in Los Angeles. I didn’t take a poll this year, but I suspect a really good time learning and “liking” was had by all! So, maybe I will see you there: fingers crossed.

Shira Marin, PhD, LMFT, a Licensed Marriage and Family Therapist, Certified Expressive Arts Therapist, and Certified Transformative Learning Coach, is a clinician with over 35 years of experience. Dr. Marin leads interpersonal process groups and serves individuals, couples, and families.

Life is really simple, but we insist on making it complicated.

Confucius
At the 2017 conference, I had the good fortune to participate in the institute group lead by Alexis Abernathy. The focus of the group was the use of metaphor to bridge differences.

Many group models emphasize the role of similarities among group members, especially in early phases of group life, to find common ground and build connection and cohesion. Alexis’ approach illuminated the capacity of differences to provide ground as well for connection among group members. Right out of the gate she modeled the essential leadership skill of holding the tension of differences rather than moving too quickly to resolution.

The question arose as to how group members felt about taking notes during the group process. The concern was memory: being able to capture/hold gems that might be turned up during our time together. Rather than decide the question, Alexis encouraged the group to consider what was being evoked by the question. What emerged was concern around the problem of presence. How would not taking impact group member’s ability to be fully present? So, we were in the tension between how could we assure being able to take away gems for later, and how could we assure that we would be as fully present in the here and now of our short time together. After thorough discussion Alexis offered a suggestion that the problem of memory could be held by the group. That is, we could ask each other for help remembering, holding the problem of memory with group interaction rather than leaving it as a problem to be held by isolated individuals.

She skillfully demonstrated how emergent metaphors could provide bridges between group members. In her leadership role she paid close attention to the metaphors/images that were present in group member’s stories about themselves and/or their responses to each other, and by bringing explicit awareness to those images showed how unique experiences/differences could find a connecting bridge through a shared metaphor/image.

Alexis’ approach is anchored in a multidimensional vision of diversity that includes racial, ethnic, religious, political, cultural, gender, and sexual orientation dimensions. In our group, family background material was a rich source of imagery including the multigenerational impacts of immigration and world events.

Throughout Alexis attended to another key dynamic: who feels in, who feels out? It was instructive to experience how fluid, even mercurial in and out can be.

In our feedback session at the end of the institute, Alexis made the point that connection across difference has more to do with being truthful than being in some kind of agreement.

At the start, Alexis asked us to commit to an attitude of respect, suspended judgment, and openhearted listening. Her capacity to hold the tension of differences helped us to get a taste of the healing power of speaking truthfully to one another. The gift of the death topic is one seen in the family I work with, not just explicitly as a topic but — I suspect — they come to therapy because they desire to live more fully now. At the workshop it was said, “Group is a place where I look for things that I wanted in my family, and didn’t get…” This family has chosen group therapy with each other. They seek and find what they couldn’t get with each other in earlier years by taking the risk of looking and sharing deeply and learning to empathize, and know each other more fully.

Group, family and individual therapy is an opportunity to risk sharing what is really there inside, and to make sense of it together. Therapy is a rare setting that invites a practice of living fully in the face of death by opening to our inner truths and sharing with others. The day with Molyn gave me increased confidence to be really fully alive in the therapy room. I have found myself freer to express my deep empathy, humanness, and an increased capacity to go deeply into existential feelings that come up in the face of death, grief and loss.

What an amazing gift, this intimacy, and no wonder so many of us therapists came together that day to reflect on how to do this job more effectively.
Here are some of my personal reflections, somewhat unrefined, on Cultural Diversity. My perspective on cultural diversity and what it entails comes from a combination of my professional life and personal life experiences. Growing up, I had the benefit of growing up in Berkeley and Oakland California, as well as Lexington, Ky. I experienced life in a more progressive arena as well as one that I view as more conservative; I have since lived and traveled throughout the country and parts of the world, increasing my insights into what diversity entails. My academic and professional training has taken me to places where I’ve had experiences with those of a range of backgrounds different as well as similar to my own. In early years, some of my exposure was the result of familial and academic mentors. However, I have always been the curious type, question asker, seeker of knowledge…and from an early age it was with intention that I continued to expose myself to people, places and things dissimilar as well as similar to those I was familiar with. What I gained was a perspective that diversity is a many faceted wonder. I also gained insight that it could be a bitter dividing force at times, or a heart-warming force to bring people together.

I recall connections to those newly immigrating to the US from other countries as well as those who have been here for many generations. I recall one of my classmates newer to the US taking me to my first Vietnamese restaurant. I recall a range of events that my family took me to where I was exposed to those of different backgrounds from my own and also a portion of my family that made strong connections with those who were mostly similar to them. I recall reciting both the pledge of allegiance as well as singing Lift Every Voice and Sing in grade school classes and a teacher who helped foster the pledge of allegiance as well as singing Lift Every Voice and Sing and appreciation for all that Diversity entails, it offers the opportunity to bring us closer to cultural awareness, sensitivity and empathy.

...I recall discussions with one of my closest friends about her upbringing in an active duty military family, just one aspect of her cultural diversity, how similar themes were shared, how we gained insight into the similarities even through the differences. However, I also feel it’s equally as important to increase my knowledge and insight by reading, researching and gathering information in other ways, as I want to deepen my knowledge base and not rely solely on my encounters with others. I don’t feel it’s the job of others to educate us, but we to do ourselves with the aid of others.

Cultural Diversity to me has been about what each of us brings to the table: our unique identity, background and experience, familial history, connections and experiences—community, regional, national, global—all of the little and big facets that make up who we are. After gaining a greater appreciation for all that Diversity entails, it offers the opportunity to bring us closer to cultural awareness, sensitivity and empathy.

Latoyia Piper, LCSW, CGP provides therapy to individuals, couples, families and groups, supervises Social Work interns, has held faculty positions at several universities. She provides training around diversity and mental health issues and does program development.
Psychotherapy Groups

San Francisco

HIGH FUNCTIONING ADULT PSYCHO-THERAPY 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 Street. 415-383-3337.

GAY MEN’S INTERPERSONAL PROCESS GROUPS, Jamie Moran, LCSW, CGP, Tuesday-Wednesday 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

TRANSWOMAN GROUP, Dr Erica Anderson, PhD. Process group focused around issues for trans feminine members. Age 25+. Screening interview/session required. Monday. Runs weekly in Rockridge / North Oakland. 510-910-1578 or www.drericanderson.net, drericanderson@gmail.com.

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


North Bay

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.

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.


ARTS-BASED PROCESS GROUP FOR WOMEN, Shira Marin, PhD & Annie Danberg, LMFT. For clinicians and non-clinicians. Liberate self-expression, cultivate deeper self-awareness & self-acceptance and transform self-judgment. In San Rafael, Marin County. For more information call 415-499-0737 and see shiramarinphd.com or anniedanberg.com.

WOMEN’S THERAPY & SUPPORT GROUP, Deborah Haarstad, LMFT. On-going interpersonal group. Focus on relationships, life transitions, loss and healing old wounds while learning to trust self and others. Santa Rosa, Tues: 6:30 8:00 and Wed: 7:00-8:30 707-484-7242. www.deborahhaarstadmft.com

DREAM GROUPS, Shira Marin, PhD, LMFT. Benefit your life through the psyche’s language of images; Immersion in dreams with possible Expressive Arts. Come find out! Group 1) for Clinicians: Group 2) Non-Clinicians. Friday mornings, 1.5 hrs. / weekly, 6 members. 40 years of experience. 415-499-0737

See page 2 on How to Submit a Classified Ad. For questions about Classified Ads, please call Renée Owen at 415-453-8117.
South Bay/ Peninsula

GAY & BISEXUAL MEN'S INTERPERSONAL PROCESS GROUPS, Jamie Moran, LCSW, CGP. Monday evening. 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 jammoran@aol.com or http://www.jammoran.com

LIFE BEYOND MENTAL ILLNESS, Deborah Dowse Runyeon, LMFT. Support/process group for people moving beyond their mental illness. Now forming in Redwood City. Tuesdays 1-2:30pm. Contact 650-363-0249 x111.

MAKING THE MOST OUT OF MIDLIFE, Deborah Dowse Runyeon, LMFT, CGP. Ongoing weekly group for women feeling socially isolated and wanting more meaningful relationships in their lives. Mindfulness techniques and general process used to promote self-awareness and practice new behaviors. Group closed once filled. Redwood City. Wednesdays 6:30 – 8PM. Contact Deborah at 650-363-0249 x111 or Terry at 650-363-0249 x112.

RELATIONSHIP GROUP FOR MEN AND WOMEN, Terry Wilcox-Rittgers, LMFT, CGP and Deborah Dowse Runyeon, LMFT, CGP. Ongoing weekly process group with the focus of gaining skills to create meaningful and fulfilling relationships in members' lives. Group closed once filled. Redwood City. Mondays 6:30-8PM. Contact Deborah at 650-363-0249 x111 or Terry at 650-363-0249 x123.

MEN'S GROUPS (Los Gatos), Gary H. Plep, LCSW. 36th year running, ongoing groups for men who want a safe place to deal with life issues, express feelings, understand and improve relationships, and confront addictions. Four ongoing groups for men: Monday's at 4 and 6:30 and Wednesdays at 4 and 6:30. Contact Gary at 408-399-5545 or at camensctr@aol.com. See Mensgroups.com.

Consultation Groups

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.


CONSULTATION GROUPS: PRACTICE-BUILDING or GROUP THERAPY CONSULT, Renée Owen, LMFT. Two groups for: help creating a thriving practice or starting, sustaining, and successfully facilitating groups. San Rafael. Experienced facilitator, 20+ years leading 4-6 private practice groups/week. Previous successful business career, including Marketing & MBA degrees. For more info. 415-453-8117.

Groups for Therapists

THERAPY GROUPS FOR THERAPISTS, Art Raisman, Ph.D. (Licensed Psychologist/PSY 7795, Assistant 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 or artraisman@msn.com

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, age & life experience. Meets weekly in San Rafael on Wed.’s 9:30-11:00am. Also openings in our bi-monthly, "lunch time" group. Both groups co-led and psychodynamic/interpersonal in orientation. Geri Alpert 415-453-8969 www.GeraldineAlpert.com Geraldine.Alpert@gmail.com

Office Space

Shards of a Broken Mystery
The Restoration of Hekate

A memoir by
Shira Marin

Shards of a Broken Mystery: The Restoration of Hekate records the unfolding relationship between the author and a Titan Greek goddess, Hekate: discarded, and all but forgotten during the rise of the patriarchy in millennia past.

The work could be called a psychoactive memoir as page after page seeds and grows a sense of psychological process.

This book supports the evolving nature of full, true inner development, including a fresh perspective on the often discussed shadow aspect of the human condition.

FROM THE FOREWORD: Mystery! The word itself means “seeing with the eyes closed,” in the context of initiation. Shira Marin’s Shards of a Broken Mystery: The Restoration of Hekate, is itself a mystery, and must be approached as a mystery, seeing with the eyes closed, preparing oneself for ritual initiation.

Should you be so fortunate to be chosen to serve even an unlikely presence as a goddess of old, make no mistake, nothing less than your future is at stake.

Shards of a Broken Mystery facilitates the awareness of possible futures through the agency of Hekate and even more so as she is restored to vitality in the individual psyche. This is the gift, Shira Marin, through her devotion to Hekate, has presented to us.

— Russell Arthur Lockhart, Ph.D.

Shira Marin, PhD, LMFT
415/499-0737 | shira@shiramarinphd.com
Available from the author and Amazon

Summer Camp for the Soul
Mixed Media Visual Journaling Groups
Led by Shira Marin, PhD, LMFT (15972) and Annie Danberg, MA, LMFT (96861)

“Page-by-page, week-by-week, my journal became deeply layered with images, text, color, and my words. I now ‘make my mark’ fearlessly. My decision-making skills, confidence and relationships with others have blossomed.”

— P.H., group participant

Imagine connecting to your innermost guidance through creative expression.

Imagine receiving the compassionate, unconditional regard of others who share the journey.

Engage deeply in creative process in a safe environment to:

• Find direction through inner guidance
• Envision the path forward
• Resolve unresolved conflict
• Speak your authentic voice more fully

Begins June 13, 2018

7 Wednesday Evenings: 6:30-8:30
Cost: $435 (if paid in full by 5/15) or $65 per session
Held in downtown San Rafael
Limited to 8, No experience needed! For men, women, clinicians and non-clinicians alike. Most materials included. Complimentary pre-participation interview required.

9-month Group Begins in September 2018
For details or to register, contact:
Shira Marin: (415) 499-0737 • ShiraMarinPhD.com
Annie Danberg: (415) 322-8984 • AnnieDanberg.com
See inside for news about the 48th Clinical Conference at Asilomar. Register online by APRIL 1st for a $50 Early Bird Discount.

Visit our website: www.ncgps.org

CALENDAR AND ANNOUNCEMENTS
June 1-3, 2018- 48th Clinical Conference
July 15, 2018-Submissions due for Summer Newsletter
September, 2018-Annual Member Retreat, Oakland, CA. You don’t need to be a member to attend.
November, 2018-Fall Event-TBD

Open Group Studio Events
Now accepting proposals for 2018 Open Group Studios!
Open Group Studios offer a unique opportunity for you to share your work with your colleagues in the intimate setting of your own office! We’ve experienced many wonderful offerings in the past 2 years and invite you to share your good work with the community. Visit: https://www.ncgps.org/news/ or contact Open Group Studio Chairpersons listed on page 2 inside this issue.

Member News and Notes
Our member, Ann Steiner, Ph.D., MFT, CGP, FAGPA, will be presenting her Nuts and Bolts of Groups that Thrive workshop at the American Psychological Association’s Annual Convention this August. Her latest book about group, written for the public, Help Your Group Thrive: A Workbook and Planning Guide, with Routledge, is due out this April.

Thank you to our members volunteering in the community using their group therapy skills: Thank you for spreading good vibes and adding to the positive image of NCGPS in the therapeutic community!