

# The *EGPS* News

**Newsletter of the Eastern Group Psychotherapy Society**  
**Fall 2010** **Vol XX No. 2**

**NEWSLETTER EDITOR**  
*Shoshana Ben-Noam,*  
*PsyD, CGP, FAGPA*

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## Letter from the President

*Michelle Collins-Greene, PhD*



Dear Colleagues,  
 Here we are sailing into fall with a new wind after the sultry calm of a long hot summer. By the time you read this, our EGPS calendar will be welcoming you with many fresh opportunities for you to become engaged with our extended network of colleagues who share this common goal of practicing and promoting the best in group therapy.  
 Over the last few years EGPS governance and members have worked tirelessly to identify current organizational goals as we promote education and training, good practice, and leadership development, as well as community outreach and dissemination of information to the public. The strategic plan developed by the Board of Directors last year is committed to reflecting membership needs and wishes. At the end of the 2009 Annual Conference you might recall

the concluding plenary session led by Evangelina Holvino where we explored what and how we could apply our experiences and learnings from the Conference to our everyday lives. The results of that application session were most revealing and significant. Conference attendees were clearly most impressed and appreciative of the importance of interpersonal and group process, much more than any other specific content area. The Board and Executive Committee incorporated this value of process and experiential learning in the preamble of the Strategic Plan:  
 “EGPS 2010 Strategic Plan is designed to support EGPS’s mission to be a group psychotherapy organization that provides a professional home for its members. The Strategic Plan seeks to sustain and expand EGPS’s role in helping its members develop as group therapists within their field and practice. Furthermore, the Plan is designed to enable EGPS to promote its members’ growth by expanding the organization’s network of professional interaction and by maintaining its rich learning environment, which emphasizes experiential learning, sharing of experience and the development and teaching of theory.”  
 As I began my term as

President I highlighted three directions for EGPS to expand upon, directions which all related to group and interpersonal process: 1) enhancing collaboration within our organization, 2) facilitating a democratic process, and 3) transferring and translating our therapeutic group skills to our other workaday groups and the public in general. My hope is to develop and extend a *culture of relating*, driven by our commitment to the value of participating in and exploring group and interpersonal process. As President, I have worked to reinforce a commitment on the part of EGPS governance and our organization as-a-whole to authentic and genuine collaboration, encouraging everyone to find a voice and recognizing each of our unique contributions. I believe these are process values that we all can, and mostly likely often do, practice in all our group settings. More than this, many of the technical skills we use regularly in our group therapies have pertinence and are applicable to our other groups in life—not just as leader but as members in those groups—skills such as monitoring and managing group cohesion, bridging and encouraging connection between members,

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The *EGPS* News is published twice a year.

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## Down “Memory Lane”: Letter from the Editor

*Shoshana Ben-Noam,  
PsyD, CGP, FAGPA*

Last summer I spent a week down “memory lane” visiting my favorite childhood haunts in my hometown in Israel. It has been a bitter sweet experience, with longings, memories and gratitude. I realized how important the early experiences have been in shaping who I am now.

While taking count of other important experiences in my life, I realized that my involvement with EGPS mentors, colleagues/friends, governance and educational events has a significant place amongst them. EGPS is a stimulating and nurturing professional environment which allows us to grow professionally and personally.

I invite all of you to become involved members of this exciting community and continue to grow together. ■

## Letter from the President

*continued from page 1*

acknowledging similarities first and then differences (following Agazarian’s work), thinking about and being attuned to the group as a whole, encouraging and respecting diversity, and putting feelings into words, even when those feelings reflect uncomfortable truths. As is often said in another professional love of mine – the practice of yoga – let’s bring the experience and awareness found in our practice today into the practice of our everyday lives. The ways we think and act in our group therapy work – our psychological selves – can be meaningful and judiciously

applied to our nuclear family group, to extended social groups, to the EGPS governance and Society, AGPA, political parties, and even international relations. We all belong to a multitude of groups, beyond our roles in our therapy groups. Varying in size, structure and purpose, all of our life groups become a part of us affecting our individuality and uniqueness, our likenesses to and differences from others. Our group ties define who we are to ourselves and others.

In line with this idea of bringing values of group and interpersonal process from inside out, are the Plenaries being offered in our upcoming Annual Conference on November 19-20. Our opening Plenary “The Enemy Within and The Enemy Among: Desire, Conflict, and Aggression in Group-Analytic Therapy,” led by the renowned British therapist John Schlapobersky BA, MSc, addresses our work in the consulting room. Our concluding Plenary “Seeds of Peace in the Midst of Hate and Fear: International Reconciliation One Moment at a Time,” led by Barbara Gottschalk, MSW, PhD, Co-Founder and Member of Seed of Peace, Board of Directors, and several facilitators and recent campers from Seeds of Peace, will help us transfer our group process knowledge to the larger social arena. Conference Co-Chairs Patti Cox, PhD, CGP and Ed Elder, MDiv and administrator Jan Vadell have worked together as a team, along with their large and efficient Committee, to bring us another Annual Conference full of richly diverse experiential and process-oriented content. You won’t want to miss out on the experience!

A new venue to expand the relevance of group therapy to

a wider audience of students, professionals, and those therapists who work mostly with individuals took place in October: “Why Group Therapy?”, a workshop organized by Susan Frankel, LCSW, CGP, Robin Good, PhD, CGP, FAGPA and Mary Sussillo, LCSW, CGP.

Over the next year, I hope we can all raise consciousness about interpersonal and group therapy process. Let’s start by making our EGPS group membership more meaningful for each and all of our members by examining what brings us together, who we are as a collective, what we as individual members want in relation to the group, and what unique contribution we can bring to the collective whole of EGPS. Think about what you get and what you give to EGPS. Is there a sense of excitement and anticipation there? If yes, share it and make it contagious. If there is not, let’s get creative and figure out together what you individually would like and what the group should be, in order to draw you in. In this way we can grow and evolve together as professional group therapists.

The more everyone’s voice can be heard in a democratic manner, the more we will be able to achieve this. The more we can cooperate and collaborate on projects, the more opportunity for involvement and refining our interpersonal skills. The more we work on ourselves and group skills, the more we have to bring to the larger communities, as well as for our patients and clients. And finally, I encourage anyone interested, to come get involved in the group process of EGPS governance. ■

## SAVE THE DATE! Annual Conference November 19 & 20

Patti L. Cox, PhD, CGP &  
Edward Elder, LMHC, MDiv

This year's Conference theme is *Desire, Conflict and Aggression: The Lifeblood of Groups*. We can see clearly in the world around us how desire, conflict and aggression play out in both creative and destructive ways. This year's talented workshop leaders will help us find ways to enhance the creative resolution of these ideas and minimize the destructive. Take a look at our aggressively bright brochure which should have arrived in your mailbox! Don't forget that you can also access the brochure on our website at [www.egps.org](http://www.egps.org) by entering the site and then clicking on "Annual Conference."

We got such great feedback about our "bookending" the Plenaries last year that we are keeping this format going. **Friday's Plenary** will be lead by the renowned British therapist John Schlapobersky, BA, MSc. He's titled it, "The Enemy Within and The Enemy Among: Desire, Conflict, and Aggression in Group-Analytic Therapy." As John describes it, the group-analytic approach requires special tasks of the therapist—the **location** of a group's pre-occupations and the **translation** and **interpretation** of hidden issues into a common and conscious language—tasks then adopted by the group's members. The group's dynamics move between constructive and de-constructive experience, leading at last to re-constructive experience that can make for lasting change. The presenter will lead a demonstration group of volunteers from the audience, role-playing members of an

actual group conducted using this approach. Our discussant for this plenary will be **Richard Billow**, PhD, ABPP, CGP. John is going to be a big part of this year's Conference, since he is also co-leading the Large Group experience and will be hosting a Sunday Workshop. But more about those later.

For **Saturday's Plenary Session** we are going a bit outside the therapist box. We've invited Seeds of Peace to present their work to us. They've titled their Plenary, "Seeds of Peace in the Midst of Hate and Fear: International Reconciliation One Moment at a Time." Since 1993, Seeds of Peace has brought thousands of young people from conflict-ridden regions of the world to summer camp in Maine, where they meet, compete against, and share meals and housing with those they believe to be their enemies. Through stories from campers, video documentary, and discussion, we will learn how teenagers raised to hate and fear one another learn to cooperate, understand, and befriend one another; how they maintain these profoundly new perspectives back in their home cultures; and what their deeply moving stories teach us about our work as group therapists and as citizens of the global community.

This Plenary will be lead by **Barbara Gottschalk**, MSW, PhD, Co-Founder and Member, Board of Directors, and **several facilitators and recent campers from Seeds of Peace**. We're very pleased to have **Elliot Zeisel**, PhD, LCSW, CGP, FAGPA, be the discussant for this program.

We also heard from you that you liked the new time placement of the **Large Group**. We are therefore keeping this time slot to make everyone's life easier. As was mentioned

**Desire,  
Conflict and  
Aggression:  
The Lifeblood  
of Groups**

2010 Annual  
Conference  
of the  
**Eastern Group  
Psychotherapy Society**

Friday, November 19, &  
Saturday, November 20

Riverside Church  
91 Claremont Avenue  
New York City  
(one block east of Riverside Drive  
@120th Street)

earlier, John Schlapobersky is going to be one of our new Conductors this year. He and Phyllis F. Cohen, PhD, PsyD, CGP, LFAGPA, have agreed to do a two year stint for us in this capacity. By having John lead a small group demonstration during his Plenary and then lead our Large Group, we anticipate a terrific opportunity to experience how one therapist manages two very different modalities.

Then, since we have him on this side of the ocean, we asked John if he would do a Sunday workshop for us. He very generously agreed and will lead a master workshop on **Couples In Trouble – Psychotherapy for The Pair and The Person: A Group-Analytic Approach**. Group analysis and object-relations

theory together give a coherent approach to relational problems, allowing combined use of individual, marital and group therapy. He will explore the theory as it has evolved in London, use it with role-play in assessment and apply it to conjoint, 4-way, and couples group therapy. Here is one more opportunity to experience John's work in yet another modality. For any of us who do couples work, this is not to be missed.

We think we've put together an exciting and informative Conference. Don't let conflicts get in your way, but follow your desire to reconnect with old friends, network, meet new friends, and *get revitalized* with new ideas that are applicable to your practice, whatever the setting. Come and join us! ■

## Men and Women: Separate and Together Sustaining Our World

*Hylene S. Dublin, LCSW,  
BCD, CGP, LFLAGPA<sup>1</sup> & Paul  
Kaye, PhD, CGP, FAGPA<sup>2</sup>*

To compare and contrast similarities and differences between men and women in single gendered and mixed gendered groups, we presented a half-day workshop at the February, 2010 American Group Psychotherapy Association Annual Meeting in San Diego, California. The workshop consisted of three demonstration groups, each lasting twenty five minutes, and an observation group.

### The Men's Demonstration Group

The men's demonstration group, led by Paul, consisted of five men. The members began by addressing family dynamics that detailed past experiences with fathers, brothers, and male friends. The stories emphasized descriptions of failed and frustrated relationships.

As the discussion turned from experiences located outside the group to the possibilities awaiting members within the group, an interesting change occurred. The content shifted from longings and desires for closeness to images of wrestling and fears of being attacked. The references to wrestling and being verbally attacked suggested that much work had to be done around safety, trust, and the management of anxiety before the group could sustain moments of closeness and safety.

At the point of transition from closeness to wrestling stories, a female voice from the observation group entered the group's space. She spontaneously offered a comment aimed at correcting the leader who was attempting to clarify a comment made by one of the group members. At that moment, a group boundary had been violated. Other members of the observation group quickly intervened, attempting to silence this woman.

This was followed by one of the member's cherished memory of his newborn son. He recalled how special it was to feel his son's face pressing his neck as he held him in his arms. It served to stimulate a quiet moment within the group that felt like a parallel experience of being safely held by the group. In securing the boundaries, the group appeared to shift once again from images of fighting and wrestling to references of feeling comfortable, secure, complacent, and nestled by the group.

As the group leader reluctantly reminded the group of its impending end, it disrupted any hope of preserving this reparative moment. It appeared that these five men wanted to maintain and savor as much of this experience as they could before it was over.

### The Women's Demonstration Group

The women's group of five, led by Hylene, started with considerable caution and hesitation.

It began by careful sharing of anxiety regarding participation, perhaps being somewhat intimidated by the involvement and camaraderie with which the men's group ended. Competitive themes were evident. Members focused on similarities and differences

regarding appearance, clothing styles, and envy of the youth of some of the members.

One young woman member addressed her difficulty in speaking loudly enough to be heard, "claiming her voice," in group situations especially with colleagues. The leader acknowledged that speaking up and addressing her concerns in the present was "claiming her voice and power." This member appeared to be voicing the symbolic issue of "claiming voice" for the entire group, perhaps particularly in relation to the male voices we had just heard. What ensued was a constructive and supportive acknowledgement of this member and her self-revelation.

One difficulty that arose at this point was a comment by the same female observer whose comments had entered the men's group. She observed that the "voiceless" member was also expressing hostility through her withholding behavior and projecting responsibility onto those outside herself. While potentially an observation with some accuracy, this early confrontation broke the boundary (and safety) between group and observers and initiated a competitive, provocative interpretation at a time when the demonstration group was ending—leaving little opportunity for a productive, corrective experience.

### The Mixed Gendered Demonstration Group

The group began with frustration regarding the limited time to interact. Focus turned quickly to one married man who had revealed that he had no children. This was a choice that the married couple had made, but the group seemed unwilling to accept this perspective—pressing the man to deal with disappointment

regarding childlessness. Perhaps this reflected the group's need to symbolically join male and female forces resulting in a new outcome.

The rest of the session focused on the ending and loss of what was experienced, with much more to be covered and understood. This included the expression of some frustration that more could not be explored.

### Discussion

The men's group demonstrated cohesiveness and intimacy emerging within a short period of time. Is it a factor of the homogeneous group? One might argue that such "intimacy spikes" early on in a group's life are not sustainable. Is it consistent with the early group tendency to be comfortable with the similarities and to ignore the differences? Most theorists describe men as less likely to acknowledge the need for closeness and dependency. However, these group members demonstrated a heightened sense of vulnerability and a willingness to disclose personal information. Since group members were therapists, were they more in touch with their softer, tender feelings? Some argue that a group's capacity for sustained intimacy is a developmentally based process that requires, like a good vintage wine, a maturing period that cannot be compromised or rushed.

The women's group was more able to acknowledge and examine differences—more directly addressing a competitive theme. Was this the natural group progression from the search for similarities to examining differences? The member who spoke about not being able to "claim her voice" may have been reflecting the often held view that women have difficulty speaking out in

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the presence of men (Lazerson & Zilbach, 1993), i.e. following the productive, engaging men's experience. The group worked to support this member's right to claim her voice, symbolically claiming it for all of them.

Inherent in this experience, unfortunately, is the dilemma of maintaining boundaries when utilizing a fishbowl format within a larger group. Perhaps the interjecting member was expressing her discomfort at being "left out" although the statements seemed to indicate a need to compete with and "best" the two group leaders.

Obviously, the shortened format (25 minutes for each group) was considerably limiting. Significant issues were raised at the end of each group segment and given short shrift based on time limitations.

How separate, in actuality, were the two single gendered experiences? Did the focus and disclosures in the first men's section stimulate envy, competition and/or anxiety in the second experience along the lines of normal group development? Was this intensified by the gender issues involved?

The female co-leader had to intercept the boundary violation behavior, deal with the conflict expressed between the two and express limits to the outside observer. One wonders how this influenced the experience and the perceptions of the leaders. Butler and Geis (1990) demonstrated that female leaders evoke more negative nonverbal affects from group members than do male therapists—and the female leader is expected to be unendingly warm and accepting and never angry or critical.

## Conclusions

Unfortunately, little time was available for discussion

regarding co-leader interactions and interventions, which would have added greatly to the workshop experience. A more extended experience would be highly desirable. Since this was the first shared leadership experience for the two leaders, a certain amount of self-consciousness and caution may have inhibited each leader despite their similar theoretical orientations.

Much theoretical material emphasizes the differences between men and women in groups and how women behave differently when in the presence of men. From this time-limited experience, it would be difficult to generalize about these differences except to speculate that societal changes may be occurring—with men more clearly recognizing their need for vulnerability and closeness and women getting more in touch with their competitive, conflictual side. In observing each other, the opportunity arises for men and women to develop greater understanding and appreciation for each other as well as to integrate projected and disowned parts of their selves. ■

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## EGPS Website Task Force

*Margaret Postlewaite, PhD, CGP, FAGPA & Jonah Schwartz, LCSW - Co-Chairs*

The EGPS Website Task Force was formed during the Presidency of Peter Taylor to redesign the EGPS Website. After several years of hard work, the Task Force is proud to announce that the new website was recently launched. The Task Force, composed of Margaret Postlewaite, PhD, CGP, FAGPA, and Jonah Schwartz, LCSW, Co-Chairs; and Lynn Pearl, PhD, CGP, and Jan Vadell, administrator of EGPS, has been communicating with the web designer, as well as the Executive Committee and the Board, to make sure that everything is in working order. The newly designed website provides much more information, and is more organized than the old one. ■

## Highlights From the Board

*Joan Wittig, MS, BC-DMT, LCAT, Secretary*

The May Spring Event marked changes in the composition of the Board of Directors.

We said a grateful goodbye to Past President Peter Taylor, PhD, CGP, FAGPA, who left the Board after many years of valuable service. Michelle Collins-Greene, PhD, continues as President, and Neal Spivack, PhD, CGP, moved from Treasurer to President-Elect. Patti Cox, PhD, CGP, was appointed as Treasurer for the remainder of the term; and Jonah Schwartz, LCSW was appointed to fill Patti's vacant Member-at-Large

position as she took on the role of Treasurer.

The Board welcomed newly elected Members-at-Large Mildred Forrell, LCSW, CGP, Phil Luloff, MD, CGP, Lynn Pearl, PhD, CGP, Dan Raviv, PhD, CGP, and Mary Susillo, LCSW, BCD, CGP. Other changes included Ethel Barber, LCSW, and Kari Taylor, PhD, stepping down as co-chairs of the Brooklyn and Long Island Discussion Groups, respectively. Sherry Breslau, PhD, stepped down as Co-Chair of the Spring Event. Stephanie Kravec, CSW, and Kathie Ault, MS, NP, CGP, both stepped down as Co-Chairs of the Referral Service. Claudia Arlo, LCSW, CGP, CASAC, stepped down as Co-Chair of the Manhattan Professional Discussion Group, and has taken on a position as Co-Chair of the Conference Committee. Wayne Ayers, PhD, was appointed new Co-Chair of the Manhattan Professional Discussion Group. Jim Ellis, PhD, CGP is no longer a Member-at Large, but will continue to attend Board meetings as Co-Director of the EGPS Training Program. Cheryl Gerson, LCSW, was appointed as new Managing Editor of our journal, GROUP.

The BOD wishes to especially acknowledge and thank Margaret Postlewaite, PhD, CGP, Jonah Schwartz, LCSW, Lynn Pearl, PhD, CGP, and Jan Vadell, our administrator, for the extraordinary work they have done on the new EGPS website. ■

## Spring Event 2010

*Lynn Pearl, PhD, CGP & Sherry Breslau, PhD, CGP – Co-Chairs*

This year's Spring Event was held on Friday evening, May 21, 2010. It was held at Pratt Institute, co-sponsor of the event with EGPS. It featured a fascinating presentation by

Dr. Susan Gantt entitled "Developing the Group Mind: Applying Neurobiology to Group Therapy." Dr. Gantt was an eloquent speaker, and she skillfully ran an engaging demo group.

As previously, a light buffet supper was served, and attendees had the pleasure of socializing and spending time with their colleagues. ■

## SPRING EVENT 2010



*Standing from left to right: Dan Raviv, Phillip Luloff, Lynn Pearl, Neal Spivack, Patti Cox, Joan Wittig, Ed Elder, Claudia Arlo. Sitting from left to right: Michelle Collins-Greene, Mildred Forrell, Mary Sussillo, Jonah Schwartz.*



*Michelle Collins-Greene*



*Susan Gantt*



*Peter Taylor & Neal Spivack*

## Referral Service Committee

*Mary V. Sussillo, LCSW, CGP, Co-Chair*

So what's new? This year, the Referral Service is in the process of integrating changes in leadership and committee focus. Stephanie Kravec, LCSW, CSAT's has stepped down as Co-Chair after 12 years of dedicated service. Her long-standing commitment and contributions are deeply acknowledged. Kathie Ault, NP, CGP has also stepped down as Co-Chair. We are especially grateful for her rigorous update of EGPS group lists.

We are delighted to have a new committee member, Libby O'Connor, LCSW, join us. She will be responsible for updating the active members' group lists. Libby brings a rich background in clinical experience and teaching. She is Adjunct Lecturer (on group therapy), Silver School of Social Work, NYU, and Alumna, Objects Relations Institute. Formerly, she was a staff member at the Greenwich Alcohol Treatment Program and the Callen-Lourde Community Health Center.

Going forward, the Referral Service is adapting some of its functions to the new EGPS listserv. Since active members can make referrals directly to each other, the Referral Service will focus on responding to inquiries from potential group patients visiting our website, and to requests from professionals (primarily non-EGPS professionals) who are seeking group recommendations for their clients.

Moreover, the Referral Service will continue its outreach efforts to such organizations as hospitals, agencies, mental health training programs/institutes, Employee Assistance Programs, Student Assistance

Programs, substance abuse and other addictions programs, and to non-traditional settings.

The Referral Service will update the group lists of active members within a few months. You will be notified at that time to update your group information.

Stay tuned! ■

## Membership Committee

*Carol Dallinga, LCSW, CGP, Chair*

The Membership Committee has accumulated numerous lists of new professionals in a variety of settings such as high schools, universities, clinics, EAPs, private practice in the Bronx, Brooklyn, Queens, Manhattan, New Jersey and Westchester. The lists consist of names, degrees, addresses, telephone numbers and email addresses. These lists will be used by EGPS to advertise all upcoming workshops, discussion groups, the Annual Conference, the 'Why Group Therapy' event, and the EGPS Training Program.

The Committee is also in the process of editing the EGPS brochure which will aid as a marketing tool to inform/solicit new members to EGPS; and, formulate a membership recruitment letter to be sent with a sample of the journal GROUP. ■

## Save the Date!! Spring Event 2011

*Lee Kassan, MA, CGP - Chair*

The Spring Event will be held on Friday, May 20, 2011. The presenter will be J. Scott Rutan, PhD, CGP, DFAGPA. The topic for the workshop will be: "What Just Happened?: Dealing with the Unexpected in Group Therapy." The location will be announced. ■

## Redecision Therapy: Individual Therapy in Group

*Marti Kranzberg, PhD,  
ABPP, FAGPA, CGP<sup>1</sup>*

The use of individual therapy in group is certainly not unusual; most group therapists would acknowledge that individual therapy is sometimes appropriate and necessary. Few therapy models, however, specifically promote individual work as the primary focus in group and as the agent of change. Redecision therapy is one model that is structured around individual work and engages group members and the group in some unusual ways. In this article, the author will provide an overview of Redecision therapy, identify the structure of Redecision groups, the effects on individual group members and the use of the group.

### Redecision Therapy

Redecision therapy grew out of the human potential movement of the 1970's as new existential and humanistic therapies emerged. Bob and Mary Goulding (Goulding & Goulding, 1978, 1979, Kranzberg, 1999) began with the assumption that we are all meaning-making beings trying to make sense of our lives. Even as children we make decisions based on our experiences and how we make sense of them. These decisions are, however, necessarily flawed by children's limited cognitive abilities, their dependency on parents and adults for survival, and their inability to self-regulate affect. But they were adaptive decisions made in

the service of survival. The abused child, for example, might decide that he is bad because he is beaten by an alcoholic parent. This gives him some sense of power. If he can figure out a way to be good he may be able to stop the beatings. It also provides an explanation for the behavior of an alcoholic parent that he cannot understand. These early decisions then become beliefs that inform how the individual experiences himself and other people. As an adult, he may believe that anything problematic that happens to him is because he is bad.

Obviously, not all of these are problematic. When an individual finds herself in repetitive, problematic patterns of behavior, chronic bad feelings, persistent difficulties interacting with others, then underlying beliefs are worth exploration. Redecision therapy involves making these implicit beliefs explicit so that the individual can change her limiting perspectives. The focus of therapy is a contract negotiated between client and therapist about what the client wants to change about himself. This is the beginning of the therapy process.

### Structure of Group with Individual Therapy

The structure of Redecision groups is deceptively simple. At the beginning of the session, the therapist asks who wants to work and what do they want to change about themselves. With the question, the responsibility for change rests with the client who may know what he wants to change or may need to explore what is problematic for him. While the therapist is working with the client, the rest of the group members observe the process. Group members do not inter-

rupt the work but will have the opportunity to work individually as well if they choose to do so. The individual focus allows a client to work to some type of resolution without interruption. The therapist or client may decide when to end although usually a piece of work lasts 15-20 minutes. When the work is over, there are no questions or comments to the group member who has worked. This allows the member who has worked to continue the internal process rather than having to shift focus externally and attend to questions or comments from the group.

### Effects on Individual Group Members

Like any group, individuals can be stirred by the work of others. There is a certain contagion that occurs particularly when observing others do deeply personal work. Similar events or feelings are evoked which then become the work for another group member when it is his time to work. Sometimes group members will do their own internal work while an individual is working.

Specific to this type of group, members do not interrupt, give advice, express criticism or interact in the ways that they usually do in more interpersonally-focused groups. Group members can become quite uncomfortable when they cannot help or talk about their similar experiences or change the focus of the group. Rather than act or react, they are required to attend to their own internal experience, to sit with their own feelings. By waiting until someone has finished, they learn to listen and to be present with another person rather than interrupting with their own evaluations, fears, or wishes. They can become skilled at

containing their own discomfort, an important self-regulation process that can be developed in this type of setting.

One way that members are encouraged to respond is by talking about their own experience when others have worked. They can do this as part of their own personal work or in response to someone else's work. This is another way that group members stay with their own experience and also share themselves with the group.

Particularly poignant experience comes from limited verbal communication. In the absence of talking to each other, group members often find themselves attending to non-verbal communication. They tend to feel support without using words. They observe themselves being caring towards others without saying so. They can feel cared about without hearing the words from other group members. Attention to these often implicit types of communication can be developed and strengthened through limited verbal interaction.

### Use of the Group

The group serves many functions common to group therapies. It becomes a container for all types of feelings, a safe place to explore without fear of criticism, blame, giving advice. There are times that group members interact and those are usually done at the invitation of the therapist. An individual may have worked with a new decision to celebrate her accomplishments changing an early belief that she needed to stay invisible to be acceptable. The therapist might ask her to look at each member of the group, tell them something she has accomplished

*continued on page 8*

<sup>1</sup>Private Practice, Dallas, Texas, Faculty, Fielding Graduate University, Santa Barbara, CA, Email:mbkranzberg@swbell.net

## Redecision Therapy

*continued from page 7*

and allow herself to experience their reactions. If the group member feels she is alone in her experience, the therapist might ask if they have to ask group members if they have had a similar experience. In this way, group members also learn that they can ask specifically for what they want and can choose who they ask for feedback. Because the purpose of the group is a supportive, holding environment, the therapist is careful of how she supports group interactions. And as the group matures, there are often more frequent interactions as group members know each other's struggles and successes and can provide useful feedback and support having practiced attending to their own process. ■

### Bibliography:

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- Kranzberg, M. B. (1999). Redecision therapy: More than just individual therapy in group. *Journal of Redecision Therapy*, Spring 1999, 117-133.

## Member News

### New Members

Nazia Ahmad, BA  
Johana Climenko, LCSW,  
LCAT, BC-DMT  
Valerie Frankfeldt, LCSW, PhD  
Sally Henry, LCSW-R, CGP  
Dagmar O'Connor, PhD  
Eleonora Odes, PhD  
Staci Weiner, PsyD

### Honor Roll of New Member Sponsors

Barbara Bartlik (two  
new members)  
Ronnie Levine  
Greg MacColl  
Peter Taylor

RICHARD BECK, LCSW, BCD, CGP, FAGPA moderated an AGPA Telecourse on the Contributions of Self Psychology to Group Psychotherapy; co-chaired a workshop entitled: "Group Interventions in the Aftermath of a Disaster," NSGP Annual Conference, Boston, July 2010; Led a process group at the Northern Island Group Therapy Conference, Belfast, August 2010.

ALICE BYRNE, LCSW, CGP, FAGPA led a workshop entitled: "The Mourning After," Northern Island Group Therapy Conference, Belfast, August 2010.

RUTH GELLER, MD, MEd, presented a workshop on the application of mindfulness practice in CBT and DBT groups, AGPA Meeting, San Diego, February 2010.

BONNIE JACOBSON, PhD, announces the publication of her book, "Choose to be Happily Married: How Everyday Decisions Can Lead to Lasting Love," Adams Media, May 2010.

LEE KASSAN, MA, CGP, announces the publication of his book, "Peer Supervision Groups: How They Work and Why You Need One," Jason Aronson, November 2010.

KENNETH REINHARD, PhD, has been appointed Assistant Professor of Psychiatry & Behavioral Sciences at the New York Medical College.

PAUL SCHIENBERG, PhD, CGP, has been hired by a minor league baseball team (Staten Island Tide) to improve the team's performance.

ANNE ZIFF, LMFT, CGP, announces the publication of her book, "Marrying Well: The Clinician's Guide to Premarital Counseling" (2010), a Norton Professional Book, co-authored with Elena Lesser Bruun. ■

## EGPS Training Program

*Jim Ellis, PhD, CGP & Marie Rothschild, LCSW, CGP - Co-Chairs*

The EGPS Training Program had a very busy several months. The culmination of the year was the graduation ceremony for the class of 2010. Our guest speaker gave an inspiring talk entitled: "Life Is With People," Hillel Swiller, MD, CGP, L FAGPA, is the Director of the Division of Psychotherapy, Department of Psychiatry at Mt. Sinai School of Medicine.

In addition there were two student speakers, Michael

Mance, PhD and Adeline Pirinea, LCSW. They were chosen by their fellow students to represent the class. They did an admirable job of sharing their experience in the Training Program.

As we begin our 22nd year, the Training Program commenced on October 6, 2010 at our new home, the Blanton Peale Institute located on 29th Street and Fifth Avenue.

There will be two new members joining our esteemed faculty, Robert Grossmark, PhD and Edward Elder, MDiv, LMHC. We look forward to a very successful year. ■

## Graduates of the One-Year Program



*Standing from left to right: Michael Mance, Lee Shapiro, Rebecca Walkley, Suzy Pasette, Christina Spieler, George Okumu-Camera, Oxana Martiniouk, and Carolyn Altman. Sitting from left to right: Philip Rosenbaum, Adeline Pirinea, Joseph Squitieri, Sararivka Liberman, and Elizabeth Merrill*

## Second-Year Supervision Program



*Standing from left to right: Kristine Miranda, Kevin Braga, Wayne Ayers. Sitting from left to right: Yoon Im Kane, Shawnladee Cole, Jani Klebanow*



*Hillel Swiller*



*Michelle Collins-Greene*

## Financial Report

*Patti L. Cox, PhD, CGP,  
Treasurer*

Like most financial reports in troubled economic times, this year's Treasurer's report has both "good news" and "bad news." As you can see from the attached report, the fiscal year '09-'10 shows a deficit of a little under \$11,000, an increase of about \$2,700 from last year's budget, indicating our expenses currently exceed our income. That's the bad news. The good news is that we have already begun to address the deficit by voting at the May Board Meeting to raise membership dues and the Annual Conference Registration fee by \$25. At last tally, we have already taken in

\$26,915 in membership dues, an increase from last year, and we have yet to send the final reminder to folks letting them know it's their final chance to renew. Another bit of good news is that 10 former members, who had not renewed in several years, chose to renew their membership this year. Despite tough economic times, people apparently think their EGPS membership is still worth the money! Finally, the Budget and Finance Committee, under the leadership of the Treasurer, is in the process of reorganizing and is looking for people who are interested in tackling how EGPS can balance its budget. If you are interested in learning more about this committee, do not hesitate to contact Patti Cox at [pattilcox@earthlink.net](mailto:pattilcox@earthlink.net). ■

### EASTERN GROUP PSYCHOTHERAPY SOCIETY FINANCIAL SUMMARY

Comparison 2009 – 2010 to 2008 – 2009

INCOME	6/01/09-5/31/10	6/01/08-5/31/09
<b>Membership Activities</b>		
Annual Conference	\$44,917	\$41,615
Training program	\$36,450	\$28,350
Professional Discussion Groups	\$ 2,400	\$ 3,207
Spring Event	\$ 4,983	\$ 5,380
Fund Raiser	\$ 4,645	\$ 7,275
General Fund Contributions	\$ 310	\$ ---
<b>Member Services/Benefits</b>		
Membership Dues	\$25,487	\$29,389
Journal Royalties	\$13,133	\$15,389
Newsletter Ads	\$ 1,670	\$ 1,405
Publication Sales	\$ ---	\$ 245
Mailing List Rental	\$ ---	\$ 100
<b>TOTAL INCOME</b>	<b>\$133,995</b>	<b>\$132,355</b>
<b>EXPENSES</b>		
<b>Membership Services/Benefits</b>		
Annual Conference	\$42,781	\$41,611
Training Program	\$31,387	\$28,790
Professional Discussion Groups	\$ 1,497	\$ 2,115
Spring Event	\$ 4,362	\$ 4,630
Why Group Therapy? Task Force	\$ 820	\$ ---
Fundraiser	\$ 4,825	\$ 4,434
Membership (renewals/ret/listserv)	\$ 3,175	\$ 2,344
GROUP Journal	\$29,470	\$29,579
Newsletter	\$ 5,046	\$ 4,768
Website/Directoy	\$ 686	\$ 974
Website Task Force	\$ 1,095	\$ ---
Referral Service	\$ 869	\$ 1,526
AGPA Hosting Task Force	\$ 1,400	\$ ---
Past-Presidents Committee	\$ 169	\$ ---
<b>Administration</b>		
BOD & EC	\$ 5,319	\$ 4,421
Nominating Committee	\$ 1,642	\$ 2,185
Annual Report	\$ 536	\$ 502
Administrative/Finance	\$ 9,312	\$10,891
Contributions (GPF)	\$ 250	\$ 500
Admin. Exp. for Fundraising Activities	\$ 337	\$ 1,087
<b>TOTAL EXPENSES</b>	<b>\$144,978</b>	<b>\$140,628</b>
<b>NET - EXPENSE OVER INCOME</b>	<b><u>\$(10,983)</u></b>	<b><u>\$(8,273)</u></b>

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*Lynne Spevack, LCSW, maintains a full time private practice offering individual, couples and family psychotherapy for therapists and others utilizing an approach that integrates CBT, psychodynamic and family/systems models. A seasoned psychotherapist practicing for 26 years, Lynne has enjoyed being in private practice - free from the intrusion of managed care - for 19 years. Lynne teaches the popular workshop "Creating a Prosperous Private Practice: What to Do & How to Do It" for the NYC Chapter of NASW. Since 2002, Lynne has been the founder and chairperson of the Private Practitioners Group, an NASW-NYC committee focusing on the pragmatic business considerations of establishing and maintaining a private practice.*

**You can read Lynne's series of published practice building articles at:**

[www.naswnyc.org/PrivatePractice.html](http://www.naswnyc.org/PrivatePractice.html)

*For more information, contact:*

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Stephanie Kravec\*, LCSW, CSAT-S, NY, 212-315-3449, Westchester, 914-738-7896  
Susan Malewicz, LCSW, CSAT, LI, 631-750-5616  
Stephen McFadden\*, LCSW, 212-627-8419  
Gilbert McCurdy\*, LCSW, CSAT, NY, 212-414-1808  
Eileen Riordan, CASAC, CSAT, NY, 212-315-3660  
Harriet Power, LCSW, CSAT, NJ, 973-902-5002  
Tony Stiker, LMSW, 917-334-6285

\*EGPS Members

## Member News

**We are pleased to announce**

*Stephen McFadden*, LCSW, and *Tony Stiker*, LMSW, have joined our group

\*\*\*\*\*

*Jodi Conway* will be joining The Stony Brook Center in Framingham, Mass in addition to her practice in Dumont, NJ

*Stephanie Kravec*, LCSW, CSAT-s has opened an additional office in Cazenovia, NY, located in Central New York near Syracuse

Several members have started new groups for Sex Addicts and groups for Partners of addicts both in New York and New Jersey

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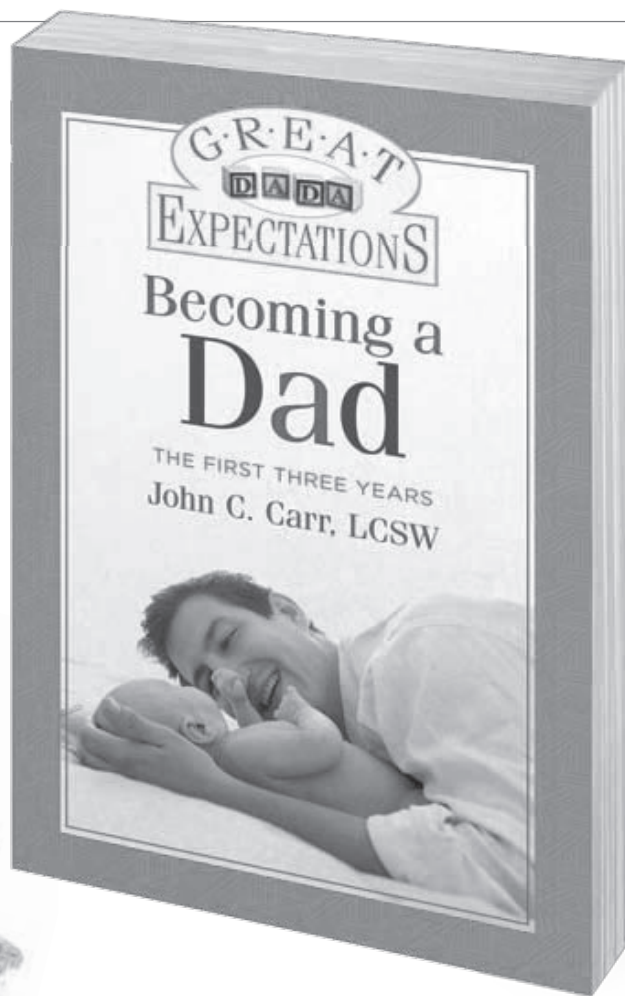
Gone are the days of fathers sitting in the waiting room, handing out cigars, and then settling into the role of provider and disciplinarian. The twenty-first century dad is expected to provide, to protect, to participate in hands-on baby care, to support the mother's needs, to be compassionate and caring and yet strong and resilient. Oh, and to be successful, too.

**G**reat *Expectations: Becoming a Dad: The First Three Years* is the most comprehensive guide for new fathers. Author John C. Carr covers not only the practical nuts and bolts of pregnancy, labor support, and baby care, but also the more elusive, emotional side of becoming a father. Men will find reassurance, as well as the insights and skills needed to manage work, family expectations, and their own needs as they adapt to their new role.

Few authors are better prepared to write about fatherhood. As a social worker and psychotherapist Carr understands the psychological development of both infants and men. And, as a dad of three, he's on the front lines of fathering. Says Carr, "In my experience, many men don't feel they can consult their own fathers for support, guidance, or information and as a result don't feel comfortable reaching out to fellow dads. Fathers have few places to turn. This book is intended to be one of those places."

#### ABOUT THE AUTHOR

**JOHN C. CARR**, a clinical social worker and psychotherapist in private practice in New York City, has counseled men on fathering and parenthood for 20 years. In his practice, he works with individual dads, runs father support groups, and conducts dad-only workshops in churches, schools, and counseling centers. John is affiliated with Soho Parenting Center and Everyday Parenting. He has a masters in social work from Hunter College and did his advanced post-graduate training at New York's Blanton-Peale Institute. John lives with his wife and children, ages 8, 6, and 2, in New York City.



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