

EGPS Annual Conference

Friday, November 16 & Saturday, November 17, 2018

Please complete the registration form indicating your choices. You must email, fax or mail the registration form to the EGPS office. *There is no online registration for this event.*

Friday, November 16

All-Day Workshops

2:00 – 4:30 PM & 5:00 – 7:30 PM

Please Note: You must register for both sessions of an all-day workshop.

All-Day Workshop A1/B14

Obedience vs Authenticity: A Full-day Process Group

Shoshana Ben-Noam, PsyD, CGP, LFAGPA, Pace University; Private Practice & **Darryl Pure**, PhD, ABPP, CGP, FAGPA, Feinberg School of Medicine, Northwestern University; Private Practice, Chicago, Illinois

In this process group workshop we will explore how group members manage the tensions between compliance and authenticity in the context of cultural factors and the emerging dynamics of group participants.

Participants must register for both sessions of this all-day workshop.

Open to those with over 10 years experience - *Experiential*

All-Day Workshop A2/B15

Authenticity & Discovery: Therapeutic Word, Deed, and Presence

Richard Billow, PhD, ABPP

All groups bear our imprint, conveyed in words, deeds, and presence. This workshop concentrates on therapeutic discovery, an authentic realm where much of the work gets done, and how that integrates with the common goals of group psychotherapy. Via demonstration and large group interaction, we will witness how the discovery process links with the realities and growth potentials of the group's discourse.

Participants must register for both sessions of this all-day workshop.

Open to all - *Experiential – Didactic*

Friday, November 16

"A" Workshops 2:00 – 4:30 PM

A3

The Play's the Thing! Developmental Use of Theater Games in Adolescent Group Psychotherapy

Diana Feldman, LCAT, RDT-BCT, ENACT, Inc. & **Emilie Ward**, LCAT, RDT, ENACT, Inc.

Participants in this fun, interactive workshop will utilize drama therapy theory, group dynamic understanding, and developmental learning principles. Participants will walk away with concrete and replicable facilitation tools aimed at adolescent engagement, social and emotional skill building, and adjusting group work for the individual challenges of put-at-risk youth.

Open to all - Experiential – Didactic – Sharing of Experience/Self-Reflection

A4

Authenticity versus Compliance in Group Discussions of Race

Chris Dolin, LCSW, Private Practice; The Center for Group Studies & **Kevin Gillette**, PsyD, Postgraduate Psychoanalytic Institute Group Therapy Training Program

Exploring and expressing individuality within a group can feel problematic and risky when doing so challenges group norms. When these processes address the interplay of identity, race and racism the dilemma grows more complex. Using clinical material and experiential process we will explore how the pull to conform to group norms can derail conversations about race, and ways of addressing this resistance.

Open to all - Experiential – Sharing of Experience

A5

Feast or Famine: Opportunity and Peril in Process Groups

Jeff Muller, PhD, Private Practice

Being with others can feel like a feast full of respect, understanding, and caring. Alternatively, in the midst of others we can experience a famine: lost, or lonely, or hurt without repair. Do we run and hide or explore ways to engage? Let's explore together.

Open to all - Experiential

A6

Systems-Centered™ Couples' Groups

Nina Klebanoff, Ed.M, LCSW, CGP, Licensed Systems-Centered Practitioner, Private Practice

This workshop will allow participants to experience a Systems-Centered group for couples which is the context where a couple can move from a self-centered system to a systems-centered system. For leaders it is a unique opportunity for transformational work similar to group therapy for individuals.

Open to all levels

Didactic – Experiential – Group Practicum

A7

Religious Affiliation: Conflicts Of Authenticity to Self vs. Community

Yair Kramer, PsyD., Private Practice

Within the format of a process group, the search for authenticity, as well as the values and costs of compliance or defiance, will be explored, all within the context of religious community. After the group, the participants will have an opportunity to discuss their experience.

Open to all - Experiential – Sharing of Experience

A8

Title: Chera Finnis, PsyD, CGP, FAGPA, Private Practice; Maria Droste Counseling Services

The root of the word obedience is to listen. We listen with the eyes, the ears, but most especially, the heart to that which is spoken and unspoken. Through a Pause-Write-Share exercise, we will explore what we each hear, see and experience.

Open to all - Experiential with Pause-Play Exercise – Sharing of Experience

A9

Restoring the Curious Mind in Group

Andy Eig, PhD, ABPP, Derner Institute for Advanced Psychological Studies, Adelphi University; Private Practice
Curiosity is a desire to know about the world, each other, and ourselves. It is fundamental to our aliveness and at the heart of the therapeutic process. Participants will learn how to stimulate curiosity when it has been thwarted in the group, its members, or the leader.

Open to all - Experiential – Didactic – Sharing of Experience

A10**Choosing One's Self: Beckoning and the Power of the Therapist's Being**

Robert B. Karen, PhD, Private Practice

The idea that we operate through different selves, or self-states, is now widely accepted. When therapists operate through a secure self (in attachment terms), they beckon patients to do the same. This beckoning process is a crucial aspect of implicit communications. In this workshop we will learn about beckoning within a group culture that supports authenticity, self-awareness, and truth amongst its members.

Open to all - Experiential – Didactic

A11**Moving Toward What Matters: Using Acceptance and Commitment Therapy (ACT) to Make the Moments Count in Group**

Michael Altshuler, LCSW, CGP, Private Practice & **Hilary Levine**, PhD, CGP. Private Practice, City University of New York

This workshop will explore how an ACT approach to group therapy may be applied to process-oriented groups. We will introduce the concept of *psychological flexibility*, the capacity to function more freely and fully in the moment. We will study our interaction as a group - how we move *towards* or *away from* what we value in group - to discern how we undermine or support this pivotal adaptive capacity.

Open to those with over five years experience - Didactic – Experiential – Discussion

A12**A Fine Balance: Finding Independence While Staying Connected In Group**

Teresa Solomita, LCSW-R, Private Practice; The Center for Group Studies

There's much at stake in stating your truth when your position is unique – being shunned, feeling alone. But the stakes are higher when you obey the group current – depression, joylessness and the group itself will lack spontaneity. This workshop demonstrates techniques that assist members in taking risks to express their own voice.

Open to all - Experiential – Sharing of Experience – Didactic

A13**To Raise Your Voice or Not: Exploring the Tension Between Fitting In and Standing Out**

Mary Sussillo, LCSW, CGP, FAGPA, EGPS Training Program in Group Psychotherapy; The Center for Group Studies

Group members learn how to engage with others while maintaining an awareness of self. Use this workshop to strengthen your emotional muscle, and to raise your voice while remaining open to others' responses. Understanding obstacles/resistances will allow fuller participation. Know when you need to be reflective and quiet and when to stand out or join others.

Open to all - Experiential – Sharing of Experience - Didactic

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Open to all - *Experiential – Didactic*

Friday, November 16

“B” Workshops 5:00 – 7:30 PM

B16

Playing with Traditional Masculine Perceptions: Deconstructing Toxic Masculinity

Wayne Ayers, PhD, Brooklyn VA Medical Center; Private Practice

In this workshop, we will examine the role masculinity plays in our lives, and in our clinical work. We will investigate how masculinity becomes toxic, at times, and consider how we can free ourselves from traditional views of masculinity. And what, if anything, might be redeemed?

Open to all - Experiential – Sharing of Experience - Didactic

B17

Vicissitudes of Obedience: Between the Law, the Will, and the Ethics of the Act

Macario Giraldo, PhD, FAGPA

This workshop will explore a Lacanian approach to addressing a patient's obedience to diagnosis, symptoms, transference, and the unconscious. We will examine how the will and the law inform our ethical stance and necessary action.

Open to all - Didactic – Experiential – Sharing of Experience

B18**Trusting and Cultivating Authenticity in Group Work**

Anthony Patterson, LMHC, CRC, Private Practice; Callen-Lorde Community Health Center

In a society that tragically divides along the lines of race, ethnicity, gender, sexual orientation, class and age, we can become distracted and fail to see our intersections or present our multiplicities in the group process. This may mean we fail to achieve authenticity and genuine connections. This workshop will show how the use of psycho-education bridging, mirroring and validation can create a safe space for group members to address, and attempt to overcome, their struggle with authenticity.

Open to all - Didactic – Sharing of Experience – Experiential

B19**The Political is Personal**

Nina Thomas, PhD, ABPP, CGP, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis; Center for Psychotherapy and Psychoanalysis of New Jersey

The socio-political worlds within which we live often penetrate the boundary of our therapy groups. The attachments we have to deeply held beliefs, at times reified as “principles,” can occlude our seeing the transference and countertransference roots for our reactions whether as participants or group leaders. This group encourages an empathic listening to ourselves and others for where difference gets in the way of our interactions.

Open to all - Experiential – Didactic

B20**Discovering Your Voice in Groups & Systems Using a Group Relations/Tavistock Model**

Howard A. Friedman, PhD, NY Center/AK Rice Institute; Private Practice & Mineko (Anne) Legendy, PhD, NY Center/AK Rice Institute; Private Practice

There is a dynamic tension between silence, obedience, and taking up one’s authority. In this workshop we will introduce participants to the group relations approach for understanding oneself in groups and organizations. We will present an introduction to the theoretical framework of the group relations model, followed by an experiential component for here and now learning.

Open to all - Experiential – Didactic

B21**What Are We Not Talking About? Two Perspectives on the Here-and-Now**

Jacob Winkler, LCSW, CAMS-II, Insight Psychological Group; Private Practice

Many of us grew up in families where expressing certain thoughts and feelings was taboo. Even in therapy there is often pressure to avoid discussing what is happening in the moment. In this experiential workshop we will explore Betty Joseph’s and Hannah Segal’s different approaches to working in the here and now.

Open to all - Experiential

B22**The Therapist’s Role in the Family of Origin and Its Impact on Authenticity and Individuation in Groups**

Alice Byrne, LCSW, CGP, FAGPA, Private Practice

Our conscious and unconscious family operates at all times to limit and enrich our work as therapists supporting authenticity. Verbal and non-verbal exercises will be used to evoke memories of our own early influences in allowing disobedience and non-compliance. Techniques of guided imagery and relaxation will be demonstrated.

Open to all - Experiential – Sharing of Experience – Didactic

B23
Choice and Authenticity in Substance Use: An Introduction to Integrative Harm-Reduction Psychotherapy (IHRP) Groups

Adam Frankel, PhD, CGP, Center for Optimal Living; Private Practice

This workshop will teach core principles of Integrative Harm Reduction Psychotherapy (IHRP), and how to apply these principles and intervention techniques in a group psychotherapy framework with individuals who misuse substances. Role-plays using a mock harm-reduction psychotherapy group will be employed to teach IHRP techniques.

Open to all - Didactic – Sharing of Experience – Experiential

B24
Directions: Explore the Past? Stay in the Present? When to Follow? When to Lead?

Dominick Grundy, PhD, CGP, FAGPA, Private Practice

Theory, training and supervision offer helpful guidance, but rigid rules may also hinder creativity. We will examine the authority of some contemporary therapy models in their approach to past history. When does exploring the past help; when does it obscure experiential evidence in the present; how can we tell the difference?

Open to all - Experiential – Didactic – Sharing of Experience

Saturday, November 17,
All-Day Workshops
9:00 – 11:30 AM & 2:00 – 4:30 PM

ALL-DAY WORKSHOP C25/D38

From Being at Risk to Taking a Risk

Ronnie Levine, PhD, ABPP, CGP, FAGPA, EGPS Training Program in Group Psychotherapy; The Center for Group Studies

This group will invite both leader and group members to enter into unknown emotional territory, thereby creating potential emotional risk. This experience will explore how the leader helps the group to develop sufficient emotional insulation to enable them all to move from fearful risk to transformative adventure.

Participants must register for both sessions of this all-day workshop.

Open to those with over 20 years experience - Experiential – Didactic – Sharing of Experience

ALL-DAY WORKSHOP C26/D39

Introduction to the Basics of Group Psychotherapy

Morning Session: **Robin Good**, PhD, CGP, FAGPA, EGPS Training Program in Group Psychotherapy; Private Practice & **Leah Slivko**, LICSW, PsychA, EGPS Training Program in Group Psychotherapy; NJ Institute for Psychoanalysis;

Afternoon Session: **Phyllis Wright**, LCSW, BCD, EGPS Training Program in Group Psychotherapy; Private Practice & **Alan Shanel** LCSW, CGP, EGPS Training Program in Group Psychotherapy; Private Practice;

This all-day workshop provides an introduction to the essential components of beginning a group in agencies, hospitals, and private practice. The topics will include patient selection and assessment, patient preparation, the therapist's role in early sessions, combined individual and group psychotherapy, transference/counter-transference issues, therapist's interventions in situations with patients experienced as difficult and planned/unplanned termination.

Participants must register for both sessions of this all-day workshop.

Open to those with less than 3 years experience in group therapy

Morning session – Didactic; Afternoon session – Experiential

Saturday, November 17, **“C” Workshops 9:00 – 11:30 AM**

C27

The Aging Therapist: Some Considerations

Bruce Bernstein, PhD, ABPP, FAGPA, NYU Postdoctoral Program & **Lita Moses**, CSW, FAGPA, Private Practice, Great Barrington, Massachusetts

Aging is inevitable, but it can be challenging to accept and easy to neglect. It has profound implications for all aspects of our lives, including our work as therapists. This workshop will be an opportunity to identify where we are in our life cycle, and to consider the road ahead.

Open to those with over 10 years experience - Sharing of Experience – Experiential – Didactic

C28

Group Work with a Heterogeneous Mix of Learning Disabled Adolescents

Stephen Friedman, LCSW, William Alanson White Institute; Private Practice

This workshop focuses on ways to maintain continuity and group cohesion with a diverse group of learning disabled adolescents in a school-based setting. We will explore the question of how one fosters self-determination and emerging narrative voices in a group based on the compliance of mandated attendance.

Open to all - Didactic – Sharing of Experience

C29

Welcoming Vulnerability Through the Portal of Understanding COLORISM

Ericka Echavarria Adams, LCSW, JD, Columbia University School of Social Work & **J. Rudy Lucas**, LCSW, CASAC, SAP, Private Practice

The need for social acceptance creates obstacles to group honesty. However, we need group honesty to counter the self-hatred of internalized racial inferiority. Together, by observing and reflecting on our cognitive, emotional and somatic experiences, we will learn how racism divides people of color into hierarchies of privilege.

Open to all - Sharing of Experience – Experiential – Didactic

C30

Why is this Group so Boring? A Systems-Centered Perspective on Compliance in Groups

Susan Beren, PhD, Licensed Systems-Centered Practitioner, Private Practice

In this workshop, participants will have the opportunity to take part in a systems-centered experiential group. We will then discuss the experience and explore moments of compliance from a systems-centered perspective: what induced them, the goal of the compliant behavior, and ways to address them. We will conclude with applications to participants' work contexts in which compliance is an obstacle.

Open to all - Experiential - Didactic

C31

Countering Mental Health Stigma in a Depression Support Group with Positive Psychotherapy

Heather Holtman, EdD, The City College of New York, **Jennifer Stewart**, MS Ed, Fordham University & **Serena Tchania**, MA, The Graduate Center, City University of New York; The City College of New York

Clients often voice trepidation about beginning group for fear of stigma. This workshop will explore how a positive psychotherapy approach can minimize stigma and shame and increase openness and participation.

Open to all - Sharing of Experience

C32

Screw Ups Don't Have to be Knock Outs: Managing Therapist's Mistakes as an Opportunity for Connection

Judith Schaer, LCSW, CGP, FAGPA, Long Island Center for Group Training

This workshop will explore the courage we must muster to face our successes as well as our blunders in dealing honestly with our wrongdoings, empathic failures and poorly timed interventions. In doing so with humor and forgiveness we build increased tolerance for shameful feelings and offer a role model that is trustworthy and capable of deep connection enlarging the therapeutic alliance.

Open to all - Experiential – Sharing of Experience – Didactic

C33

Motivational Interviewing with Individuals and Groups

Jonah Schwartz, LCSW, Private Practice

Many clinicians, particularly those working in organizational settings, struggle with helping clients to resolve difficult resistances. This fun, interactive workshop will introduce participants to Motivational Interviewing, an evidence-based practice that assists individuals in activating the change process. The workshop leader will outline techniques utilized with individuals, and will also run a demonstration group.

Open to all - Experiential – Didactic – Sharing of Experience

C34

Trading Short Term Safety for a Life of Wonder in the “Aesthetic Moment”

Lena Friedman, MPS, ART-BC, LCAT, CGP, EGPS Training Program in Group Psychotherapy; Bellevue Hospital Center & **Neil Friedman**, MsEd, Retired

Through the use of art materials and wooden mannequins participants will create two “model-selves,” one “authentic” and the other “obedient.” Participants will discuss the role compliance and non-compliance has played in the making of their models and their lives. This workshop will begin with 10 minutes of body awareness and mindfulness exercises.

Open to all - Experiential – Sharing of Experience – Didactic

C35

Sexual and Romantic Infidelity: From Betrayal of Others to Betrayal of Self

Michael Crocker, DSW, LCSW, Sexuality Attachment & Trauma Project; Private Practice & **Andrew Erdman**, LCSW, Sexuality Attachment & Trauma Project; Private Practice

People who are unfaithful often seek redemption and/or forgiveness by way of confessions and other enactments which rarely achieve the desired end. In this workshop, the group leaders will discuss the dynamics underlying infidelity and how they can manifest in group therapy, along with effective approaches to treatment. Participants will have the opportunity to discuss their thoughts, feelings and experiences.

Open to all - Didactic – Discussion/Sharing of Experience

C36

Introverts Unite!: How a Group Challenges the Status Quo and Revolutionizes Therapeutic Work

Michael Alcee, PhD, Private Practice; Manhattan School of Music

This presentation will showcase a group that debunks misconceptions of introversion, challenges the individual's unconscious loyalty to the 'extrovert ideal', supports introverts in learning how they operate, and re-envision their contributions in our culture. Providing a unique social community, this group challenges conformity and obedience to a culture that overvalues extroversion.

Open to all - Didactic

C37

The Struggle for Forgiveness: Holding On and Letting Go

Patti L. Cox, PhD, CGP, Private Practice

Nearly everyone has wronged another and nearly everyone has suffered an injury at the hands of another. Who has not struggled to forgive and who has not longed to be forgiven? This workshop will explore the process of forgiveness by identifying unhealed wounds/wrongs and the blocks to working through and letting go.

Open to all - Experiential – Didactic – Sharing of Experience

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Participants must register for both sessions of this all-day workshop.

Open to those with less than 3 years experience in group therapy

Morning session – Didactic; Afternoon session – Experiential

Continued on next page

Saturday, November 17, **“D” Workshops 2:00 – 4:30 PM**

PLEASE NOTE: The printed brochure incorrectly listed the incorrect times for the “D” Workshops. The following workshops will be held from 2:00 – 4:30 PM on Saturday, 11/17.

D40

A Person is a Person Through Other People*

April Harvin, LCSW, Racial Literacy Consultation Group, MPG Consulting & **Christine Schmidt**, LCSW, Private Practice

Our nature as social beings underlies Ubuntu philosophy* and Native American restorative circles. Western group psychotherapy, while embracing our social nature, is also influenced by Judeo-Christian theology that privileges obedience over sacrifice (1 Samuel 15:22). This workshop will explore Native, African and western approaches to group work. Best practices ensure that each voice is heard by respecting member’s responsibility to step up and step back.

Open to all - Blended Didactic – Experiential

D41

’99 Unconventional Interventions in Group Psychotherapy

Robert Pepper, LCSW, PhD, FAGPA, Long Island Institute for Mental Health; New York Institute for Technology
Emotions are not of the intellect, so interpretations are not always helpful. ’99 unconventional interventions come out of thirty years experience training in a variety of orientations. Using a demonstration group in which volunteers role-play difficult members, participants will learn how to use innovative techniques to resolve resistance. A debriefing process group and discussion will follow.

Open to all - Experiential – Didactic – Sharing of Experience

D42

Coercive Trauma: The Annihilation of Authentic Selfhood and the Path to Recovery

Robert H. Klein, PhD, ABPP, CGP, FAGPA, Yale School of Medicine; Private Practice, Westport & Milford, Connecticut, **Suzanne B. Phillips**, PsyD, ABPP, CGP, FAGPA, Clinical Psychology Doctoral Program, LIU Post & **Victor Schermer**, MA, LFAGPA, Private Practice, Philadelphia, Pennsylvania

Perpetrators of trauma and abuse often use coercion and enforced silence to maintain control. The victim’s obedience is at the cost of authenticity: such abuse destroys the spontaneous expression of self. This workshop explores the benefits and hazards of group psychotherapy in treating the victim’s shutdown of true self.

Open to all - Sharing of Experience – Didactic – Sharing of Experience

D43

The Group Leader’s Desire to Cure: From Historical Solution to Authentic Responsiveness

Lisa Stern, PhD, ABPP, Private Practice; Derner Institute, Adelphi University

The desire to cure reflects an old attempt to feel acknowledged by the other. This intention blocks creative self-expression, empathy, and intimate relating. This workshop will provide a theoretical context from which members can discover how their unconscious desire to cure limits a fuller, more authentic use of the self.

Open to all - Experiential – Sharing of Experience – Didactic

D44**Negotiating Boundaries in Therapy Groups****Daniel J. Cook**, LMHC, Embodied Mind NYC

If you just say 'yes' to me then where do you end? How long would I have to push you until you push back? Is that edge there where we truly meet? This experiential workshop will explore edges of contact and the facilitation of boundary negotiation in experiential therapy groups.

Open to all - Experiential

D45**Finding Authenticity through Somatic Experience****Joan Wittig**, MS, BC-DMT, LCAT, Pratt Institute; New York Center for the Study of Authentic Movement

Through the practice of Authentic Movement, participants will attend to and examine their authentic impulses, allowing them to more fully inhabit what is already going on rather than trying to control the process with ideas of how one "should be." Movers will explore a willingness to engage in somatic experience, and embrace the mystery of not knowing what is yet to come.

Open to all - Experiential

D46**The Unobtrusive Relational Group Analyst and The Emergence of Authenticity and Narrative****Robert Grossmark**, PhD, ABPP, NYU Postdoctoral Program in Psychoanalysis

Authenticity is not there to be uncovered but emerges in group interaction and enactment. When that emergence is thwarted by rigidity of theory or task, authenticity withers and only obedience or rebellion beckon. When the group analyst can be authentically present and simultaneously unobtrusive to the unbidden emergence of yet-to-be-known narratives, the seeds of authenticity and new personal truth emerge. **Level of**

Open to all - Didactic – Experiential

D47**The Promise of Being Big / the excitement in remaining small****David Rothauser**, MA, MST, Private Practice

We and our group members often struggle with "being big" – i.e., being fully and uniquely ourselves. The process of expansion can involve relinquishing something. At the crossroads of what's new and what's familiar, feelings of deprivation, competition, and shame can arise. Remaining small - in the safety of the known – can be more attractive than adventure. We will investigate this paradox together.

Open to all - Experiential – Didactic – Sharing of Experience