

EGPS Annual Conference
Friday, November 22 & Saturday, November 23, 2019

WORKSHOP DESCRIPTIONS

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 22

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/B13

The Devil Within: Aging, Denial and the Senior Clinician

Chera M. Finnis, PsyD, CGP, FAGPA, *Private Practice; Maria Droste Counseling Services & Elizabeth (Libby) Shapiro, PhD, CGP, Cambridge Health Alliance; Harvard Medical School, Cambridge, Massachusetts*

This process group will explore the oft-denied experience of being in the last third of one's professional and personal life. We will raise questions about how to leverage our wisdom, plan for our advanced years, protect our patients, and grieve our losses.

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

Open to those with 20+ years experience ♦ Sharing of Experience – Group Process

All-Day Workshop A2/B14

Befriending the Saint and Sinner in You and Me

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

The inclination to categorize others - perceived as different from ourselves - as bad or less than, limits our ability in group to engage and know the other. Being in the presence of the other often arouses excitement, fear and disdain. This intense affect can render us blind to our disavowed parts in the other, thereby interfering with our ability to identify with them. This all-day workshop will expand participants' emotional capacity to tolerate affect, to interact with partial identification, and to enhance curiosity about difference.

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

Open to all ♦ Experiential - Group process - Sharing of Experience - Didactic

Friday, November 22

"A" Workshops 2:00 – 4:30 PM

A3

Couples Gone Wild: Top 10 Complications in Treating Couples

Joseph Shay, PhD, CGP, LFAGPA, *Private Practice; Dept. of Psychiatry, Harvard Medical School, Cambridge, Massachusetts*

Homer Simpson arrives for couple therapy with his wife, Marge. Ugh. You hate him! Get a divorce, Marge. Individual therapy training never prepared you for this! But, since couples are small groups, perhaps your group training can help. Using video clips, we will examine common complications in treating couples—and what to do about them. (Rated R)

Open to all ♦ Didactic - Audio-visual - Sharing of Experience

A4

Attraction to the Love/Hate Dichotomy: There Went Ambivalence

Robin Good, PhD, CGP, FAGPA, EGPS *Training Program in Group Psychotherapy; Private Practice*

Enculturation plus our need for certainty leads us to adopt the love/hate dichotomy. From childhood friendships to love relationships, we get drawn to the extremes, the bubble of adoration vs disdain. The gray area is lost. This process group will delve into intimate relationships and our difficulties sustaining ambivalent feelings.

Open to those with a minimum of 5 years experience ♦ Experiential - Process Group - Sharing of Experience - Didactic

A5

There's a Racist in our Midst: "White Fragility" and Vilification of the Other as Barriers to Progress in Society

Chris Dolin, LCSW, *Private Practice; Center for Group Studies* & **Virginia Seewaldt**, PhD, *Private Practice*

Racial bias is difficult for many white people to acknowledge. "White fragility" describes defenses that white people often use to keep these biases outside their awareness. Group process can help minimize the shame that often accompanies racist attitudes, making these feelings available to be explored in the group.

Open to all ♦ Experiential (Group process) - Didactic - Sharing of Experience

A6

Helping Teens Talk Across Differences

Michael Hessdorf, LCSW, CGP, *NYC DOE-Manhattan High Schools; Private Practice*

In this workshop, we will explore how to run groups with teenagers using the techniques of joining/mirroring and working in the "here and now" to enable students with different backgrounds, both from each other and from the group leader, to connect and engage in progressive emotional communication. We will look at different case examples and engage in a group process to experience the feelings of "us vs them."

Open to all ♦ Experiential - Group Process - Sharing of Experience - Didactic

A7

Connecting Through Group: Bridges Toward Communication

Gail A. Brown, MA, LP, CGP, *The Center for Group Studies; Private Practice*

Group process brings together voices from different walks of life, divergent cultures, and dissimilar values. This experiential here-and-now workshop will demonstrate how the leader can help a disparate group of people evolve into a cohesive group. As conflict and polarization emerge, we will highlight the use of various techniques to enable members to develop connections where they did not exist before.

Open to all ♦ Experiential – Didactic - Sharing of Experience

A8

Group as Sanctuary: Nurturing Mind/Body/Spirit in the Current Political Climate

Johanna Climenko, LCSW-R, BC-DMT, LCAT, CRET, *Private Practice; Center for Reichian Energetic Therapy &*

Corinna Brown, MA, MS, BC-DMT, LCAT, CRET, *Pratt Institute; Center for Reichian Energetic Therapy*

When the full spectrum of emotions are acceptable, from the most vulnerable to the most aggressive, integration can occur for individuals, groups or systems. Using the combined modalities of Dance/Movement Therapy, Reichian Character Analytic Therapy and Laban Movement Analysis, we explore how to reduce splitting, projection and polarization to focus on our shared humanity, and embrace our diversity.

Open to those with 10 years or less of experience ♦ Didactic – Experiential - Group Process - Sharing of Experience

A9

The Experiment: A Play Reading with Discussion

Dominick Grundy, PhD, CGP, FAGPA, *Private Practice*

Bion and Foulkes dominated the psychoanalytic group therapy movement but ignored each other. We bring them back and ask them to interact with each other. As each led groups for traumatized soldiers, the play reflects on the war setting of their ideas and contrasts these with a modern clinical setting.

Open to all ♦ Experiential – Didactic - Group Process

A10

Working with Projective Identification in Groups

Neal Spivack, PhD, CGP, FAGPA, *Department of Veterans Affairs, New York Harbor Healthcare System; Private Practice*

Groups and group members often project their devilish impulses into other group members. This workshop will explore the projective process in group and ways that group leaders can support members owning their own projections.

Open to all ♦ Didactic – Experiential - Sharing of experience

A11

Am I My Brother's Keeper? An Exploration of Sibling Dynamics and Their Impact on Who We Become

Brett Kociol, PsyD, *Two Chairs Mental Health Clinics, Redwood City, California*, **Yair Kramer**, PsyD, *Private Practice; Icahn School of Medicine at St Lukes & Benjamin Mueller, PsyD, *Department of Psychiatry, Albany Medical Center**

Siblings are the only other people in the world who know what it was like to grow up in our family, and yet, our siblings' experiences frequently differ from our own. This workshop will explore this unique affiliation and the intense feelings of love, rivalry, connection, envy, and loss that arise in these formative bonds that establish a template for future relationships.

Open to all ♦ Experiential - Sharing of Experience

A12

The “Thermostatic Function:” Regulating the Emotional Temperature as Experienced During Process Groups

Judith Schaer, LCSW, CGP, FAGPA, *EGPS Training Program in Group Psychotherapy; Long Island Center for Group Training & Alan Pine*, MS, LMHC, CGP, *Long Island Center for Group Training*

This term, coined by Dr. Leslie Rosenthal, best describes the group leader's major role in insulating and regulating the degree of stimulation and frustration experienced in group process. Close observation of the various feelings and transferences occurring in the room maximizes the development and maintenance of a safe and productive environment, optimal for constructive communication.

Open to those with 10 + years of experience ♦ Experiential - Sharing of Experience - Didactic

Friday, November 22

“B” Workshops 5:00 – 7:30 PM

B15

Revisiting Families: The scapegoating Dynamic

Alice Byrne, LCSW, CGP, FAGPA, *Private Practice*

The phenomenon of scapegoating (i.e. finding the “bad object”) is a familiar dynamic pattern in group psychotherapy. Using techniques of word association, singing, relaxation and sharing we will increase our awareness of the scapegoat object(s) that arise in groups. By exploring the patterns that we learned in our families - our first group - we aspire to an enhanced understanding and empathy for the group scapegoat.

Open to all ♦ Experiential - Sharing of Experience - Group Process – Didactic

B16

Systems-Centered® Couples' Groups

Nina Klebanoff, EdM, CSW, CGP, Licensed Systems-Centered® Practitioner, *Private Practice*

Participants will learn the unique challenges of leading a Systems-Centered couples' group. Systems-Centered couples' groups help couples move from self- to system-centered. The core method of Systems-Centered Therapy, functional subgrouping, enables members to resonate with similarities and explore differences without conflict.

Open to all ♦ Didactic – Experiential - Group Practicum

B17

The Trouble Between Men and Women: Misattunements and Cultivation of Desire

Jacqueline Ambrosini, LCSW-R, *Private Practice*

Much goes unspoken between men and women in both romantic relationships and social interactions. These encounters are often unconscious and filtered through projections based on early dependency needs. Utilizing our projections, and moments of misattunement, this workshop will explore the way men and women relate to these dynamics in our group interactions.

Open to all ♦ Experiential – Didactic - Sharing of Experience

B18

The Cost of Being the Devil's Advocate

April R. Harvin, LCSW, *Racial Literacy Consultation; MPG Consulting* & **Christine Schmidt**, LCSW, CGP, *Private Practice*

How members attend to their own internalized biases impacts group development. In this interactive workshop participants and group leaders will be challenged to determine whether silence is collusion or support. We will examine the destructive nature of caretaking and sympathy. Acting from our individual and diverse group identities will have vital impact.

Open to those with less than 10 years experience ♦ Experiential - Didactic

B19

Leadership, Membership and Identity in Groups

Howard A. Friedman, PhD, *NY Center/AK Rice Institute; Private Practice* & **Mineko Anne Legendy**, PhD, *New York University; 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 ♦ Didactic – Experiential

B20

Protecting the Devils and Challenging the Angels

Sherry Breslau, PhD, *Private Practice; City College of New York*

It's easy for active group members to be scapegoated while other members live vicariously through the active members' displays of aggression, sharing of shameful behaviors, or monopolizing of group time. Let's explore the flip sides of ourselves and other group members to enable us to protect the devils and challenge the angels in our groups.

Open to those with less than 10 years' experience ♦ Experiential – Didactic - Sharing of Experience

B21**Reconsidering “Problem” Group Members Through a Lens of Impact on Self and Other**

Marty Cooper, PhD, LMHC, NCC, *SUNY Old Westbury; Private Practice*

This workshop will utilize the profiles of “problem” group members to challenge the existing terminology and the negative connotation that can be associated with individuals labeled as such. A group process will be employed to demonstrate incorporation of personality dynamics into the group experience.

Open to all ♦ Didactic – Experiential - Sharing of Experience

B22**“You See Me as An Animal:” Self-vilification and Projection in Traumatized Patients**

Nikki Press, PsyD, *New York Harbor Healthcare System, Brooklyn Campus* & **Gillian Wilson**, PhD, *New York Harbor Healthcare System, Brooklyn Campus*

Based on experiences leading therapy groups for traumatized veterans in a VA setting, we reflect upon the processes of vilification that occur on several levels: self-vilification of the traumatized perpetrator, projection of self-loathing onto group leaders, splitting of the self and the group to hold different aspects of trauma, and finally vilification of the health system that both provides and withholds care.

Open to all ♦ Experiential – Sharing of Experiences – Didactic

B23**Where the Wild Things Are: Finding our “Other” in Group**

Simon Bresler, LMSW, *Family Services of Westchester, Community Mental Health; Private Practice* & **Kerin Nadler**, LCAT, BC-DMT, CGP, *Mount Sinai Hospital; Private Practice*

In both our intimate and polarized spaces we take refuge in our affiliations, we overestimate our differences, and we live in the comfort of our narratives. This workshop explores how we (dis)engage with and identify as the “other”, (both intrapsychically and interpersonally), and how we can communicate more authentically to deepen connections.

Open to those with less than 5 years experience ♦ Group process – Didactic - Sharing of Experience

B24**Speaking While Staying Connected: Using Speaking Circles® to Cultivate Presence and Combat Anxiety**

Lois B. Feldman, PhD, *Private Practice* & **Fred Stern**, PhD, *Private Practice*

In this workshop participants will learn about and experience a Speaking Circle®, the purpose of which is to address inhibitions in public speaking and to foster confidence in spontaneous self-expression. These groups offer an opportunity to explore what is frightening about speaking in groups and to develop capacity for staying connected to oneself and to the audience.

Open to all ♦ Experiential

Saturday, November 23,**All-Day Workshops****9:00 – 11:30 AM & 2:00 – 4:30 PM****C25/D38****Introduction to the Basics of Group Psychotherapy**

Robin Good, PhD, CGP, FAGPA, *EGPS Training Program in Group Psychotherapy; Private Practice*; **Leah Slivko**, LICSW, CGP, *Private Practice; EGPS Training Program in Group Psychotherapy* & **Alan Shanel**, LCSW, BCD, CGP, *Private Practice; EGPS Training Program in Group Psychotherapy*

Morning: Driven by the learning needs of participants, the morning introduces essential components of beginning a group in agencies, hospitals and private practice. Topics include assessment/preparation,

establishing group boundaries and norms, the therapist's role in early sessions, transference/countertransference and therapist interventions in challenging scenarios.

Afternoon: An experiential process group will be led by Alan Shanel

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

Open to those with less than three years experience ♦ Didactic – Experiential - Sharing of Experience

C26/D39

Widening the Lens: Group as An Interactional Space to Explore Similarities and Differences

Sara Emerson, LICSW, CGP, FAGPA, *Private Practice; Massachusetts Institute for Analysis, Boston Massachusetts*

We all enter an experience or room and almost immediately evaluate others by how they look, informed by our own assumptions and history. Giving voice to those assumptions and initial perceptions is crucial to understanding our similarities and differences.

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

Open to all ♦ Experiential - Group Process - Didactic

C27/D40

Narrative and Creative Aspects of Splitting and Vilification in Groups

Robert Grossmark, PhD, ABPP, *New York University Postdoctoral Program in Psychoanalysis; National Institute for the Psychotherapies*

Splitting and vilification in groups have typically been regarded as the manifestation of aggressive and destructive drives that need to be interpreted and excised. This workshop will demonstrate how these phenomena can be explored as the enactive co-narration of past trauma, object relations and the expression of self with others.

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

Open to all ♦ Didactic – Experiential - Group Process

Saturday, November 23,

“C” Workshops 9:00 – 11:30 AM

C28

Systems-Centered® Consultation: Shifting the Problem from “Them” to “Us”

Susan Beren, PhD, Licensed Systems-Centered® Practitioner; *Private Practice*

When we respond to work frustrations by pathologizing our patients and groups, we neglect our own challenges. In this workshop, participants will learn to use a systems-centered (SCT) approach to shift from seeing the problem "out there" to exploring our struggles as therapists. We will discuss SCT theory, do consultations in a fishbowl, and use SCT methods to process the experience.

Open to all ♦ Experiential - Didactic

C29

Can We Talk? The Intersectionality of Sexuality and Race/Ethnicity

Edward Elder, MHS, MDiv, *Private Practice* & **Judith C. White**, MS, LCSW, *Private Practice*

Discussing issues of sexuality, race/ethnicity and gender can often engender anxiety and terror for both the therapist and group members. We will explore resistances and offer interventions to increase the freedom of group therapists to discuss their feelings, thoughts and experiences about the intersectionality of sexuality, race/ethnicity, and gender.

Open to all ♦ Sharing of Experience - Experiential Exercise

C30

Bridging the Gap between Similarities and Differences

Anthony J. Patterson, LMHC, CGP, *Private Practice*

In a time where humanity is being challenged and, tragically, divided along the lines of race, ethnicity, gender, sexual orientation, class and age, we often struggle with differences. This may mean we fail both to achieve authenticity and to make genuine connections. This workshop will show how the use of psycho-education, bridging, mirroring and validation can create a safe space in which to explore these issues.

Open to those with less than five years' experience ♦ Didactic – Experiential - Sharing of Experience

C31

Good Play/Bad Play: Assumptions, Biases, and Interactions with Put-at-Risk Youth in Drama Therapy Groups

Diana Feldman, MA, LCAT, RDT-BCT, *ENACT, Inc.* & **Alicia Thompson**, BA, *ENACT, Inc.*

Participants in this interactive workshop will examine their own assumptions and biases when working with put-at-risk youth. Through fun, interactive game play, discussion, and drama therapy techniques, participants will explore how trauma and adversity is often played out in the group process through the assigned role of “bad student.”

Open to all ♦ Experiential – Didactic - Sharing of Experience

C32

Becoming Comfortable with Uncomfortable Feelings

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

In order to be effective with working with feelings generated in any group, group leaders need to be comfortable with polarizing and problematic feelings (generated in ourselves and the group): love, hate, shame and vulnerability and all that surrounds them. This workshop addresses becoming more effective with uncomfortable feelings.

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

C33

Expressive Movement to Explore Life Transitions: Group Process and Stages of Change

Suzanne L. Cohen, EdD, CGP, FAGPA, *Private Practice, Newton Massachusetts*

The body is a resource that helps us to navigate life transitions. We will focus on the body through the Nia Technique, which is expressive movement to music that leads to body/mind/ emotion awareness and insight. We will observe the body's response to the rhythm of change (awakening, increasing, containing and completing). Group process will be used to integrate the experiences.

Open to those with over 20 years' experience ♦ Experiential - Group Process – Didactic

C34

Writing for Publication: Conquering Your Inner Demons

Erica Gardner-Schuster, PhD, *Private Practice; New School for Social Research; Brunhild Kring, MD, *New York University* & **Jonah Schwartz**, LCSW, *New York City Correctional Health Services**

Many therapists would like to write about their clinical experiences, but they don't know how to get started. This workshop, led by the editors of *GROUP*, the quarterly journal of EGPS, will help you develop your skills and confidence as a writer. Participants will support each other's growth through interactive writing exercises, group process, and didactic teaching. The goal is to assist participants in developing their scholarly writer's "voice."

Open to all ♦ Experiential - Sharing of Experience - Didactic

C35

Addressing Substance Misuse in Groups: It Can Get Ugly

Joe Ruggiero, PhD, *Addiction Institute of Mount Sinai; Private Practice*

Group therapy is the most common treatment modality for substance misuse. And these groups often come with challenges. The most common dilemmas such as boundary violations in this community, scapegoating the active user, processing differing substance use goals, and working with issues involving diversity, will be presented and discussed.

Open to all ♦ Didactic - Sharing of Experience

C36

The Effective Use of Anger in Groups

Greg MacColl, LCSW, CGP, FAGPA, *Center for Group Studies; Private Practice* & **Jeff Muller**, PhD, *Private Practice*

Being comfortable with our own, and the group's expression of anger, is key to having a vibrant group experience. Therapists often have ambivalence about being on the receiving end of expressions of anger. We will examine our discomfort with, and handling of, expressions of anger in groups.

Open to those with over 10 years' experience ♦ Experiential - Group Process

C37

Working with Feelings of Inadequacy and Incompetence in Group

Beth Ostergaard, LCSW-R, CGP, *Private Practice*

Feelings of incompetence arise not only during the early years of clinical work but can also surface over decades of practice. This workshop explores how we can understand and work with these feelings, in ourselves and in our patients, viewing them as inevitable and ultimately beneficial aspects of our work.

Open to all ♦ Experiential - Group Process – Didactic - Sharing of Experience

Saturday, November 23,

“D” Workshops 2:00 – 4:30 PM

D41

Restoring Wholeness and Empathy in Groups Divided Against Themselves

Robert H. Klein, PhD, *Yale School of Medicine* & **Victor L. Schermer**, MA, LFAGPA, *Private Practice, Philadelphia, Pennsylvania*

When differences become “otherized,” groups polarize into us and them, with empathic failures, derailed object relations, and traumatic enactments. This workshop utilizes relational and self-psychological frameworks to show how vilification arises in groups and how resolutions of loss and trauma can lead to more functional, empathetic group relations.

Open to all ♦ Group Process - Sharing of Experience – Didactic – Experiential

D42

The Rules of Engagement: Applying Couple Therapy Techniques to Group

Lee D. Kassin, MA, LPSyA, LMHC, CGP, LFAGPA, *Private Practice; Training Institute for Mental Health*

The same guidelines that foster attachment and intimacy in couples can also create engagement in group. This workshop will teach principles and techniques for fostering emotional communication and authenticity. A process group will show how to apply these ideas to help people confront their fears of self-disclosure.

Open to all ♦ Experiential - Didactic

D43

Using Drama Therapy Techniques and a Tavistock Framework to Explore the Devil Within

Autumn Knight, MA, *Private Practice*, **Mary B. McRae**, EdD, *Private Practice*, **Kelley Hershman**, LMHC, PLLC, *The Soho Center for Mental Health Counseling*

Using performative and dialogic exercises, the group will learn to identify with both the vilified and the vilifier. This involves working with conflicting politics, values, beliefs, and lifestyle choices. Participants will reflect on and evaluate the experiential portion of the workshop.

Open to all ♦ Experiential

D44

The Saint and Sinner in Me and My Group

Shoshana Ben-Noam, PsyD, CGP, LFAGPA, *Pace University; Private Practice*

This workshop will attempt to raise awareness of the duality of the good and evil in ourselves and others. How we respond to conflicted situations is often impacted by transference and counter-transference reactions. By exploring various interventions for working through conflicts, the group will examine how it resists and confronts emotionally loaded interactions involving both group members and the leader.

Open to all ♦ Didactic – Experiential - Sharing of Experience

D45

Love is Ambiguous, Hate is Lucid: The Dynamics of Human Drives

Macario Giraldo, PhD, *Washington School of Psychiatry; Lacanian Forum, Washington DC*

In this workshop, the leader will be presenting important aspects of the dynamics of human drives, passions and desires, along with their manifestations in the individual and society. These dynamics will be explored at both the small group and societal levels.

Open to all ♦ Didactic – Experiential - Sharing of Experience

D46

Conversations About Race, Gender, Class, and Mid-East Politics: A Path to Group Cohesion

Stephen Friedman, LCSW, *William Alanson White Institute; Smith College School for Social Work & Naomi*

Snider, LLM, *William Alanson White Institute; New York University*

Issues of race, gender, social class, and Israeli/Palestinian relations will be discussed. We will explore the question of whether or not a group culture can be sustained that contains these polarizing issues.

Open to all ♦ Didactic - Group process - Sharing of Experience

D47

Blurred Boundaries: Working with Sexual Assault and Abuse Survivors in Groups

Jennifer Joseph, PsyD, CGP, *Private Practice*

As group leaders, we implement a group contract in order to encourage free verbal expression. What happens when survivors of sexual violence violate that contract through touch, gift giving and outside contact? Do we risk becoming re-victimized if we are too strict? Or is it riskier if we become too permissive and allow for it? In this workshop, we will discuss ways in which we can unwittingly cross boundaries or allow boundaries to be crossed in working through sexual trauma in groups.

Open to those with less than 10 years' experience ♦ Didactic - Experiential