


EASTERN GROUP PSYCHOTHERAPY SOCIETY
ANNUAL CONFERENCE



**MAKING THE INVISIBLE VISIBLE
AND THE UNSPOKEN SPOKEN:
INVITING WHO AND WHAT'S
MISSING INTO OUR GROUPS**

Saturday, November 11, 2023
In-Person at The Riverside Church, New York City

Sunday, November 19, 2023
Live Online Event – Worldwide (Eastern US Time)

A MULTI-DAY, MULTI-MODALITY EVENT

WWW.EGPS.ORG

CONFERENCE OVERVIEW AND THEME

A Multi-day, Multi-modality Event

Saturday, November 11, 2023

In-Person at The Riverside Church, New York City

AND

Sunday, November 19, 2023

Live Online - Worldwide (Eastern US Time)

Making the Invisible Visible and the Unspoken Spoken: Inviting Who and What's Missing into our Groups

After three years of exclusively live online Conferences, we are excited to offer an in-person day-long event in New York City AND a vibrant live online event. These two modalities are both separate and connected, and we invite all who are able to join us for both unique parts of this event or one or the other.

As group leaders and as members, we strive for our groups and communities to function in cohesive, equitable, and integrated ways. We are charged with examining our roles as leaders and members, while also recognizing the gaps in representation: which people and communities are missing from our groups, which voices are not heard, what parts of self are hidden from ourselves and others.

This year's Conference challenges us to recognize the unnamed, the unseen and the unspoken. We explore how our groups, and society at large, can engage in acts of accessibility that promote and protect the inclusion of identities and parts of self that have been concealed as a result of oppression, othering, projection, disavowal and other group processes.

Conference Learning Objectives:

Participants will acquire skills to:

- identify and describe group concepts and processes;
- compare and contrast varied approaches to group assessment and intervention;
- integrate and apply newly learned group skills in professional practice.

Continuing Education Credits available: See the **EGPS website at www.egps.org** for details.

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PO Box 867, Maywood, NJ 07607
201 880-4773 ♦ fax 631 223-1726
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GENERAL INFORMATION

The Eastern Group Psychotherapy Society (EGPS), an affiliate of the American Group Psychotherapy Association, is a multidisciplinary, multicultural, multiracial, professional organization. We advance group approaches to the delivery of human services through training, community, scholarship, and advocacy. Recognizing that multiple communities have been marginalized and unjustly treated, including within our professions, EGPS aspires to be intentionally anti-oppressive to all people. The Society welcomes members and event attendees from diverse educational and professional backgrounds and offers a wide variety of benefits to its members.

Not Yet a Member? Complete a membership application at the time you register for the Annual Conference and attend the Conference at member rates! For more information contact the EGPS office at info@egps.org.

EGPS Conference Scholarship Fund: EGPS makes available partial scholarships to individuals who have financial constraints for attending, coupled with a sincere desire to advance their knowledge of group dynamics. The EGPS Conference Scholarship Fund is completely funded by donations. Please see the registration form for your opportunity to participate or contact the EGPS office at info@egps.org or 201 880-4773. Your donations are greatly appreciated.

Racial Equity Rate: EGPS recognizes the historical and current impacts of systemic racism in the United States and worldwide and the complicity of EGPS with white supremacist practices. To advance our moral and professional aspiration to become an anti-racist organization, we offer a Racial Equity Rate for this Conference that acknowledges past and current discrimination against Black, Indigenous, and other People of Color. The Racial Equity Rate is available to Conference participants (both EGPS members and non-members) who identify as members of racial and ethnic groups that have historically been denied equal access to education and training. If you so identify, regardless of financial need, we invite you to choose the Racial Equity Rate at check-out.

Contact EGPS at: Phone: 201 880-4773 • info@egps.org • www.egps.org

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PO Box 867, Maywood, NJ 07607
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FACULTY INDEX

Ambrosini, Jacqueline, B16
Ashley, Willard, A9
Baptiste, Jessica Jean, D34
Biron, Cassandra, A6
Bresler, Simon, A3
Brown, Kyle, D36
Canales, Carlos, D37
Cooper, Marty, D34
Cox, Patti, C26
Dean, Robin, B15
Desmont, Fabiola, C24, D35
Emerson, Sara, B13
Evans, Shenell, D31
Finnis, Chera, D38
Fraser, Andrea, A1/B10
Fraser, Shawndel, D31
Good, Robin, B14
Gray, Arthur, C19/D29
Grover, Sean, A8
Grundy, Dominick, B17
Harvin, April, C26
Henderson, Fanita, B14
Hovey, Joe, C21
Isaac-Campbell, Kathleen,
Plenary, D35

James, Leon Anthony,
Large Group
Koenig, Ashley "Smash," D33
Lang, Brigid, A1/B10
Legendy, Mineko (Anne),
Large Group
Levine, Ronnie, A7
Lucas, Rudy, C26
Mack, Dianne, D32
McRae, Mary, A1/B10
Metz, Oona, B18
Mitchell, Katherine, A4
Pepper, Robert, C28
Postlewaite, Margaret, D38
Rothauser, David, A5
Schmidt, Christine, C26
Seewaldt, Virginia, C23
Silver, Robin, A6
Slivko, Leah, A2/B11
Slonim, Tzachi, C20/D30
Solomita, Teresa, B16
Stern, Lisa, B12
Watson, William, C22
Williams, Brandon "Diggs," C27
Winkler, Jacob, C25
Wittig, Joan, C23

CONFERENCE OVERVIEW

FRIDAY, NOVEMBER 10 PLENARY (Included with all registration both, In Person and Online)

Plenary will be held Live Online

6:30 – 6:45 PM	Socializing Time
6:45 – 7:00 PM	Welcome & Introductions
7:00 – 9:30 PM	Plenary

SATURDAY, NOVEMBER 11 In Person at The Riverside Church

8:30 – 9:00 AM	Registration and Coffee
9:00 – 11:30 AM	“A” Workshops
11:45 – 1:00 PM	Large Group Experience
1:00 – 1:30 PM	Large Group Review and Process
1:30 – 2:35 PM	Lunch Break
2:45 – 5:15 PM	“B” Workshops
5:15 – 6:15 PM	Racial Affinity Groups
6:15 – 7:30 PM	Social Time/Reception

SUNDAY, NOVEMBER 19 Live Online

8:30 – 9:00 AM	Social Space
9:00 – 11:30 AM	“C” Workshops
11:45 – 1:00 PM	Large Group Experience
1:00 – 1:30 PM	Large Group Review and Process
1:30 – 2:35 PM	Lunch Break
2:45 – 5:15 PM	“D” Workshops
5:15 – 6:15 PM	Racial Affinity Groups
6:15 – 7:30 PM	Social Gathering

PLENARY PRESENTATION

FRIDAY, NOVEMBER 10, 7:00 – 9:30 PM - LIVE ONLINE



Group as a Secure Base for All: Prioritizing Empathy, Attachment and Exploration of Identity in the Group Process

Kathleen Isaac-Campbell, PhD, CGP

As we continue to grapple with socio-political divides, group offers opportunities for corrective experiences and connection. Despite efforts to create inclusive spaces, many groups struggle to meet the needs of individuals whose identities are marginalized, and at times recreate experiences of othering, exclusion and invisibility. How do we create a group environment that invites the entirety of one's experience, including the parts of themselves that are othered and discriminated against? This plenary session will illustrate how to use empathy, attachment and principles of liberation psychology to reframe how we conceptualize anger, trauma and identity in the group process. Using clinical examples, Dr. Isaac will demonstrate how clinicians can foster connection through healthy attachment and exploration of differences.

Learning Objectives

- Illustrate how culture and power dynamics shape the experience of group members.
- Develop skills in integrating sensitivity to race, gender, sexual orientation and other identities in the clinical encounter
- Reconceptualize how anger and aggression are addressed in groups
- Define intersectionality and understand the impact of racism, homophobia and patriarchy on individuals and groups
- Identify three strategies for creating an inclusive, culturally sensitive group space using empathy
- Integrate principles of liberation psychology into clinical practice
- Establish practice guidelines on how therapists and group facilitators can address intersectionality dynamics in groups.

BIO: Kathleen Isaac, PhD, CGP is a Haitian-American, cis-gender female, licensed Clinical Psychologist and Clinical Assistant Professor at NYU Langone Health, where she directs the Medical Student and House Staff Mental Health program, which provides individual, couples and group psychotherapy to medical students, residents and fellows. She also has a part-time private practice focused on serving BIPOC and LGBTQ+ clients with integrative treatment approaches, specializing in trauma, health psychology, and cultural issues. In addition to her clinical work, Dr. Isaac is an adjunct lecturer in the City College of New York's doctoral program in clinical psychology and offers consultation and training to organizations to increase racial literacy and promote racial dialogue. Dr. Isaac has been featured on multiple media platforms, including *Essence Magazine* and *The New York Times* discussing the importance of mental health in communities of color.

Dr. Isaac has served in multiple leadership roles in EGPS, including Secretary, Conference Co-Chair, Co-Dean of Curriculum for the Training Program and is currently a member of the organizing committee of the Work Group for Racial Equity.

Plenary Co-Chairs: Erica Gardner-Schuster, PhD, Private Practice; Alice Shepard, PhD, Private Practice

LARGE GROUP EXPERIENCE

The Large Group Experience will be held for both the In Person Day and the Live Online Day of the Conference. You will have access to the Large Group for the day(s) you are registered.

Saturday, November 11

Large Group
Review and Process 11:45 AM-1:00 PM
1:00 – 1:30 PM

Sunday, November 19

Large Group
Review and Process 11:45 AM-1:00 PM
1:00 – 1:30 PM

From a Group Relations tradition, the Large Group is an experiential, “here-and-now” event that provides opportunities to study conscious and unconscious group processes. The primary task of the Large Group is to study the group’s behavior, and one’s own behavior nested within the group, as it occurs in real time. Consultants will share observations about the group’s process as it unfolds, using a “group-as-a-whole” perspective, when it will advance the learning of the group. The unique perspective of group relations allows for the exploration of the overt and covert themes and ambivalences; underlying anxieties and dynamics that surface when group members do not have familiar social contact with others. When sitting with each other in the here-and-now spiral, consultants attention are focused on boundaries, roles, and relationship to authority is managed by participants. Emerging group dynamics about identity, sub-groupings, desire, and competition are among the topics open for member reflection. Consultants will closely observe the time boundaries of the event..

Consultants: Mineko (Anne) Legendy, PhD, Private Practice;

Faculty, EGPS Training Program in Group Psychotherapy; Member, The New York Center for the Study of Groups, Organizations and Social Systems; Member, A.K. Rice Institute.

Leon Anthony James, RN, BSN, MA, Infectious disease & epidemiology, mental health and emergency medicine Registered Nurse, Baltimore, Maryland

RACIAL AFFINITY GROUP SPACES

This year the EGPS Annual Conference will again offer Racial Affinity Group spaces. Groups will meet for one hour (5:15 – 6:15PM) at the end of both the in-person and live online days of the Conference. We offer these groups in response to past experiences in Large Group and in the overall Conference that led members to express a need and desire for a safe place to process their reactions.

We offer Racial Affinity Groups in recognition of the deep and on-going impact of race and particularly of the systemic racism of white supremacy on the lived experiences of Conference attendees. We recognize that identities are multi-faceted and intersectional and that there are other dimensions of oppression that interact with racial oppression in complex ways. We encourage attendees to bring their full selves and their intersectional identities into whichever groups they choose to attend. We will announce the particular groups offered and identify group facilitators prior to the start of the Conference.



**In Person Day,
Sunday, November 11th**

SATURDAY, NOVEMBER 11
WORKSHOPS ON NOVEMBER 11TH ARE PRESENTED
IN-PERSON AT THE RIVERSIDE CHURCH IN MANHATTAN
 All Workshops have limited registration and all registration is processed on a first-come, first-served basis.

SATURDAY, NOVEMBER 11
“A” Workshops 9:00 – 11:30 AM

SATURDAY, NOVEMBER 11
2-PART WORKSHOPS
9:00 – 11:30 AM & 2:45 – 5:15 PM
 Please note you must register for both sessions of these two-part Workshops

Workshop A1/B10

Making Whiteness Visible: A Performance-Based Video and Process Experience
Andrea Fraser, Professor, UCLA Department of Art; Brigid Lang, MPA, CFRE, CPC, MPG Consulting; Mary McRae, EdD, New York University
 This two-part workshop will include a screening of Andrea Fraser's 'This Meeting is Being Recorded,' a 99-minute, performance-based video in which Fraser embodies and performs seven White women who participated in a group to examine their internal racism and their roles in upholding White supremacy using Group Relations Methods. The video will be used as a stimulus for a process-oriented experience to help us discover whiteness at work.
Participants must register for both sessions of this two-part Workshop
This Workshop is Open to All Levels of Experience
 Group Process – Experiential – Sharing of Experience – Didactic

Workshop A2/B11

The Body's Presence in Group
Leah Slivko, LICSW, PsychA, Private Practice, NJ Institute for Training in Psychoanalysis
 During COVID, the presence of human bodies in group was limited. Eye contact was difficult, masks covered expressions, and the body's shape, size and movement was left to participants' projections. This workshop explores how reconnecting in others' physical presence impacts on group process. We will address how visual cues influence how we communicate and connect with one another as well as how cognizant we are of being in our bodies in the presence of others
Participants must register for both sessions of this two-part Workshop
This Workshop is Open to All Levels of Experience
 Experiential – Group Process – Sharing of Experience - Didactic

Workshop A3

Cosmic Transference: An Exploration of Fears and Fantasies of the “Unknown”
Simon Bresler, LCSW, CGP, Private Practice
 Recent disclosures by the NYT and the DOD have documented significant military encounters with Unidentified Aerial Phenomenon (UAP). Combined with the groundbreaking work of Harvard psychiatrist John Mack, who researched hundreds of cases of alien abductees with no psychiatric pathology, a mysterious ontological space emerges. Using our current understanding of UAP, this experiential workshop will explore the ways that individual and group identities struggle to make sense of the “Unknown,” as well as the potential for a deeper interconnectedness to emerge.
This Workshop is Open to All Levels of Experience
 Group Process – Experiential – Didactic – Sharing of Experience

Workshop A4

An Analytic Approach to Working with the Narcissistic Defense in Individuals and in Groups
Katherine Mitchell, PsyD, Private Practice
 This workshop will define the narcissistic defense and the application of techniques to facilitate working through within the group process for both individuals and the group-as-a-whole. A brief didactic will be offered followed by an experiential demonstration group and, lastly, there will be a debriefing and discussion of the techniques utilized within the demonstration group.
This Workshop is Open to All Levels of Experience
 Experiential – Group Process – Sharing of Experience – Didactic

Workshop A5

Pulling Together: The Teamwork of Group
David Rothauer, MA, MS, NCPsyA, Private Practice
 Group becomes an agent of change as members develop the capabilities needed for progressive dialogue, emotional relating, and shared meaning making. When appropriate, we get interested in members' reluctance to function therapeutically, each holding in mind and working towards the well-being of the group and one another. This is the teamwork of group. In this experiential workshop, we'll explore teamwork as a developmental achievement as well as common sources of resistance to teamwork and techniques for their resolution.
This Workshop is Open to All Levels of Experience
 Experiential – Group Process – Didactic – Sharing of Experience

Workshop A6

Grieving Ancestral Trauma as a Healing Practice: A Death Doula and Ecopsychologist Talk About Grief in Community
Cassandra Biron, LCSW, Co-Founder, Your Morbid Friends, Private Practice & Robin Silver, MA, Naropa, Co-Founder, Your Morbid Friends
 Balancing the clinical and transpersonal lens, the facilitators will co-create a space wherein participants can learn how grief literacy in clinical settings promotes embodiment, self-understanding, and feelings of interconnectivity. The workshop will include discussions of grief practices and tools for ancestry and lineage research as well as guided somatic and mindful exercises, and personal anecdotes.
This Workshop is Open to All Levels of Experience
 Didactic – Experiential – Sharing of Experience

SATURDAY, NOVEMBER 11
“A” Workshops 9:00 – 11:30 AM (con’t)

SATURDAY, NOVEMBER 11
“B” WORKSHOPS 2:45 – 5:15 PM
(Please Note: Workshops A1/B10 & A2/B11 are two-part Workshops that continue in the afternoon. You must register for both sessions of these Workshops.)

Workshop A7

Becoming Comfortable with Uncomfortable Group Feelings

Ronnie Levine, PhD, ABPP, CGP, FAGPA, Center for Group Studies
Creating a group culture of inclusion requires the group therapist to live through and work with feelings that are difficult to contain and hold. Among the most difficult group feelings to bear are the leader’s (and group’s) feelings of shameful badness, following painful misattunements, while also finding ways to remain open, curious, and available so that all feelings can be invited and explored. This workshop will explore how the leader can develop transformative exploration.
This Workshop is Open to All Levels of Experience
Group Process – Experiential – Sharing of Experience - Didactic

Workshop A9

Unmasking Racist Systems

Willard Ashley, MDIV, DMIN, SCP, NCPsyA, CGP, Rutgers University, School of Social Work; New Institute for the Training of Psychoanalysis
Participants explore the invisible wounds embedded in racist systems. We examine racial oppression and how we make an impact to undo racism in organizations, institutions, and systems. Each participant brings an actual case or lived experience to discuss and receives expert consultation, support, and encouragement.
This Workshop is Open to All Levels of Experience
Didactic – Sharing of Experience – Group Process – Experiential

Workshop B12

Don't Let it Ruin Your Ride

Lisa Stern, PhD, CGP, ABPP, Private Practice, Adelphi University
Relational theory posits that our responses to feeling excluded or actively being othered is borne of our earliest experiences. I propose that we can divert the emotional ossification of early life that narrows possibilities. Rather than retreating to depression, insidious anger, or escaping in manic flight we can stretch, stay on course, remain our own leader. That is, we can repair the past by living creatively in response to present day threats and injuries.
This Workshop is Open to All Levels of Experience
Group Process – Experiential – Sharing of Experience - Didactic

Workshop A8

How to Start and Sustain a Thriving Group Practice

Sean Grover, LCSW, Private Practice
Starting a group practice from scratch can feel intimidating, even impossible, to even the most seasoned individual therapist. This workshop will teach new therapists--or just therapists new to running groups--how to start and sustain a thriving group practice while managing their own anxieties around being a group leader. Participants are encouraged to bring any and all questions about leading a thriving group practice.
This Workshop is Open to All Levels of Experience
Didactic – Experiential – Group Process – Sharing of Experience

Workshop B13

Locating Oneself in an Expanding World

Sara Emerson, MSW, LICSW, CGP, Private Practice
Groups provide a unique opportunity to explore, examine, and experience oneself in relation to others. They afford the challenges of exploring differences, opening to alternative experiences and self-definition. This experiential workshop will open dialogue around differences of gender, sexual identity, diversity, socio/economic background, and ethnicity.
This Workshop is Open to All Levels of Experience
Sharing of Experience – Didactic – Group Process – Experiential

Workshop B14	Workshop B16	Workshop B18
<p>Help! How Do I Run a Group? Fundamentals of Group Psychotherapy Robin Good, PhD, CGP, AGPA-F, EGPS Training Program, Private Practice & Fanita Henderson, MA, LMHC, EGPS Training Program, Private Practice</p> <p>Whatever the setting of one's work, this workshop introduces essential components of starting a group. Participants will learn when and why group work is indicated and useful. Topics introduced are assessment, preparation, establishing group boundaries and norms and the therapist's role in early sessions. We will discuss the need to address diverse identities and social justice in developing group safety and cohesion. The workshop will include a brief group process piece as well as the didactic material.</p> <p><i>This is an Introductory Workshop</i> Didactic – Experiential – Group Process – Sharing of Experience</p>	<p>Who's Afraid of Women's Aggression Teresa Solomita, LCSW-R, Center for Group Studies, Center for Modern Psychoanalytic Studies & Jacqueline Ambrosini, LCSW-R, Center for Modern Psychoanalytic Studies</p> <p>Women have been trained to disown, swallow, and project their aggression in the service of others through socialization within the patriarchy. BIPOC women suffer the added complexity where white disowned aggression is projected onto them (i.e., "angry black women"), making it unsafe for BIPOC women to express their aggression in multiracial settings. This workshop will explore how aggression is disowned, split off or repressed and how women's expressed aggression may be received in the group.</p> <p><i>This Workshop is Open to All Levels of Experience</i> Experiential – Group Process – Didactic – Sharing of Work Experience</p>	<p>Deepen Your Understanding of Your Patients with Creative Writing Exercises Oona Metz, LICSW, CGP, AGPA-F, Private Practice</p> <p>In this dynamic workshop, participants will tap into their unconscious through a series of writing prompts to enhance their understanding of their group members. Bring a pen and come prepared to uncover a deeper level of understanding about how to work more effectively (and affectively) with your groups. No formal writing experience necessary.</p> <p><i>This Workshop is Open to All Levels of Experience</i> Experiential – Sharing of Work Experience – Didactic – Group Process</p>
Workshop B15	Workshop B17	
<p>Creating Space to Talk About Diversity Robin Dean, PsyD, MEd, Perspective Insight Consulting</p> <p>Talking about diversity can be intimidating. In this experiential workshop, the brave space paradigm is used to increase participant's comfort and competence in talking about diversity in groups. Participant's will identify obstacles to talking directly about culture and diversity in therapy groups. They will explore the benefits of using a brave space paradigm and be challenged to engage in the process of exploring individual and group needs in creating a brave space.</p> <p><i>This is an Introductory Workshop</i> Experiential – Group Process – Sharing of Experience – Didactic</p>	<p>The Hidden Aspect of Clinical Identity in Group Dominick Grundy, PhD, CGP, AGPA-F, Private Practice</p> <p>Psychotherapists form their clinical identity through group identification, e.g., therapists, teachers, training and experience. Clinical identity evolves to safeguard "good" practice. But the history of group therapy records many splits, whereby one movement actively opposed another. This antagonism may be built into the clinical identity of a therapy orientation but be downplayed or forgotten. In this workshop we will reintegrate the "positives" of our chosen clinical identity with the "negative" ones it was designed to oppose.</p> <p><i>This Workshop is Open to All Levels of Experience</i> Experiential – Sharing of Work Experience – Group Process – Didactic</p>	



Live Online Conference Day,
Sunday, November 19th

SUNDAY, NOVEMBER 19
WORKSHOPS ON NOVEMBER 19TH ARE PRESENTED LIVE ONLINE.
All Workshops have limited registration and all registration is processed on a first-come, first-served basis.

SUNDAY, NOVEMBER 19
“C” Workshops 9:00 – 11:30 AM

SUNDAY, NOVEMBER 19
2-PART WORKSHOPS
9:00 – 11:30 AM & 2:45 – 5:15 PM

Please note you must register for both sessions of these two-part Workshops

Workshop C19/D29

"Race" Here and Discover: An Immersive Engagement in Group Therapy

Arthur Gray, PhD, CGP, Institute for the Psychoanalytic Study of Subjectivity (IPSS); The International Association for Psychoanalytic Self Psychology (IAPSP)

"Race" Here and Discover, is a double entendre. It suggests hurry here, but can also be interpreted as a racial reference, interpret as you will. Discover an all-day group experience in which each participant will be free to address any issue. The workshop demonstrates how the leader can promote a welcoming, engaging, immersive atmosphere in which all perspectives about any topic can be openly pursued. A didactic section is included.

Participants must register for both sessions of this two-part Workshop

This Workshop is Open to All Levels of Experience

Group Process – Sharing of Experience – Experiential – Didactic

Workshop C20/D30

Lacerations: Experiencing the Agitation of Early Wounds in Group Process

Tzachi Slonim, PhD, CGP, ABPP, Private Practice, Adelphi University
The Russian word 'Nadryv,' usually translated as 'Lacerations' is the heading of Book IV of Dostoyevski's "Brothers Karamazov." Central to his profound insight into the human psyche, why do we "lacerate" ourselves or feel "lacerated" in ways that seem repetitive and inevitable? This workshop will be predominantly a group process experience that will examine ways in which group can traumatize and how a leader tends to these "lacerations" to promote growth and revitalization.

Participants must register for both sessions of this two-part Workshop

This Workshop is Open to Those with a Minimum of Five (5) Years Experience

Experiential – Group Process – Sharing of Experience

Workshop C21

Making the Unheard Heard: Reducing “Noise” in our Communication

Joe Hovey, LCSW, CGP, Private Practice

Communicating clearly and effectively is at the heart of building meaningful connections, in groups and in all relationships. In this workshop we'll explore the concept of "noise" in communication, understanding how ambiguity, redundancy and contradiction get in the way of deeper, more authentic relating. When we speak and hear more clearly, we're seen and known more fully. Participants will learn and practice practical tools to improve communication in any context.

This Workshop is Open to All Levels of Experience

Experiential – Didactic – Sharing of Experience – Group Process

Workshop C22

Integrating ISTDP into Modern Analytic Training Groups to Deepen Experiential Learning

William Watson, PhD, University of Rochester Medical Center

Both ISTDP (Intensive Short-Term Dynamic Psychotherapy) and Modern Group Analysis have at their core an emphasis on resolving resistances to emotional experience and emotional closeness. In this workshop, concepts and techniques from both approaches will be integrated and applied to experiential training groups, with particular focus on how attending to habitually overlooked and excluded somatic aspects of emotional experience can expedite and deepen learning and rapidly clarify the triangle of conflict (Feelings--Anxiety--Defense) for trainees.

This Workshop is Open to All Levels of Experience

Experiential – Group Process – Didactic – Sharing of Experience

Workshop C23

Help! How Do I Run a Group? Fundamentals of Group Psychotherapy

Joan Wittig, MS, BC-DMT, LCAT, EGPS Training Program, Pratt Institute & Virginia Seewaldt, PhD, EGPS Training Program, Private Practice

This workshop introduces essential components of beginning group in agencies, hospitals, and private practice. Topics include assessment, preparation, establishing group boundaries and norms, the therapist's role in early sessions, transference/counter-transference, and therapist interventions in challenging situations. Participants will learn when and why group work is useful and will be introduced to the importance of social identities in developing cohesion in groups. The workshop will include both didactic and experiential components.

This is an Introductory Workshop

Didactic – Group Process – Experiential – Sharing of Experience

Workshop C24

Parenting with the Collective: Utilizing a Group Framework to Strengthen Parenting Practices

Fabiola Desmont, DSW, LMSW, New York University Silver School of Social Work

Collective Parenting (CP) and Parenting-CRADLE are two conceptual frameworks exploring a collectivist parenting approach reflected in the African Proverb, "it takes a village," Collective Parenting (CP) mirrors parenting practices through collectivist concepts. Parenting-CRADLE demonstrates a group-based parenting framework that affirms BIPOC families' cultural strengths and cultural pride, helping create community through a mutual-aid process. These frameworks embrace and affirm cultural traditions within BIPOC families and communities as historically-rooted practices that have implications for group practitioners serving BIPOC individuals and families.

This Workshop is Open to All Levels of Experience

Didactic – Experiential – Group Process – Sharing of Experience

SUNDAY, NOVEMBER 19
“C” Workshops 9:00 – 11:30 AM (con’t)

SUNDAY, NOVEMBER 19
“D” WORKSHOPS 2:45 – 5:15 PM
 (Please Note: Workshops C19/D29 & C20/D30 are two-part Workshops that continue in the afternoon. You must register for both sessions of these Workshops.)

Workshop C25

Working in the Here-and-Now with Politically Diverse Groups
 Jacob Winkler, LCSW, MSW, Private Practice
 In the current cultural moment, it's easy to demonize those who disagree with us politically. Rare are spaces where diversity of perspective on charged issues is encouraged and cultivated. Today, in addition to learning how to make groups more immediate, members are invited to learn about their projections and defenses, especially toward those who differ politically. In this workshop you will learn the three essential ingredients to creating spaces where antagonists can engage.
This Workshop Open to All Levels of Experience
 Sharing of Work Experiences – Didactic – Experiential – Group Process

Workshop C26

Does Social Justice REALLY Belong Here?
 Christine Schmidt, LCSW, CGP, Racial Literacy Groups; Rudy Lucas, LCSW, CGP, CASAC, Racial Literacy Groups; April Harvin, LCSW, Private Practice & Patti L. Cox, PhD, Private Practice
 We say we want to center social justice values in our group organization, but rapid change often leaves critical voices in its wake. This workshop will offer a panel to stimulate engaged conversation about losses and gains on the path to being an inclusive, accessible, and anti-oppressive organization. Together we'll examine group processes that advance positive change and responses to group resistance to change.
This Workshop Open to All Levels of Experience
 Sharing of Experience – Group Process – Experiential – Didactic

Workshop C27

The Invisible Struggle: Making the Invisible Visible
 Brandon “Diggs” Williams, BSW, MSW, LCSW, Veterans Administration, Private Practice, Durham, North Carolina
 “The Invisible Struggle: Making the Invisible Visible” is a training I developed in 2019. The focus of this training is to identify and uncover often unknown and/or unnoticed factors that contribute to dissension and division between various groups of people in the United States. The Invisible Struggle eventually became a therapeutic group offering with the focus on developing the ability to cope with stress connected to race-related challenges. Participants in this group will be offered didactic theory and, for those who want it, the opportunity to participate in a demonstration process group.
This Workshop Open to All Levels of Experience
 Didactic – Experiential – Group Process – Sharing of Experience

Workshop C28

2 Big Ideas in Group Therapy
 Robert Pepper, PhD, LCSW, CGP, AGPA-F, Director, Training and Education, The Long Island Institute for Mental Health
 Emotions are not of the intellect. And alterations of the frame of treatment always have consequences. These two separate but related concepts will be the focus of this workshop. The goals of this workshop are to teach the importance of progressive emotional communication in resolving group members' ambivalence about intimacy; and to demonstrate the potential iatrogenic consequences of blurred boundaries in group treatment, particularly how dual relationships have the potential of undermining the negative transference.
This Workshop Open to All Levels of Experience
 Experiential – Group Process – Sharing of Experience - Didactic

Workshop D31

Tear Gas, Whole Milk, and Chocolate Friends: How to Get Invited to the Cookout
 Shenell Evans, PhD, Resilience Psychological Services, PLLC & Shawndel Fraser, MA, The Blue Dome Creative Healing Arts
 Visiting emotionally charged historic sites and monuments can be challenging without tools to support contextualized understanding and meaningful communication. We will share a framework that promotes socially healing conversations, utilized after tours of John Brown's Farm and “A Memorial Field” in upstate New York. Group leaders will learn to: 1) foster conversations that contextualize historic sites and events; 2) craft questions that help participants identify and comprehend the hidden mechanisms of inequality and social control; 3) create safer spaces for reflection, expression, embodiment, and growth.
This Workshop is Open to All Levels of Experience
 Experiential – Group Process – Sharing of Experience – Didactic

Workshop D32

Life After COVID?
 Dianne Mack, PhD, MS, MSSW, LCSW, Harlem Family Institute
 Is the pandemic over yet? There are many ways in which COVID19 impacted the ways in which we love, live, laugh, love and learn as individuals and in small or large groups. As a group facilitator or member, this workshop explores identity, presence, speech, and action when each are publicly invited and declared into the group space. This group will include a focus on racial and ethnic identities.
This Workshop Open to All Levels of Experience
 Sharing of Work Experience – Group Process – Didactic – Experiential

SUNDAY, NOVEMBER 19
“D” WORKSHOPS 2:45 – 5:15 PM (con’t)

Workshop D33

Identity in Language and Experience: Adapting Approaches and Engagement to Invite, Include, and Affirm Trans* Individuals in Group Settings

Ashley "Smash" L. Koenig, MA, MS Ed, Pace University
 Trans* and gender expansive people should feel free and safe when engaged in psychotherapy groups, including those groups outside of affinity spaces. Group leaders (and group members) may struggle to wholistically adapt their practices and approaches in order to limit instances of harm, notice and address microaggressions, and step into uncomfortable conversations around language and identity. This workshop will be oriented towards helping group leaders and members to adapt their approaches and engagement to inviting, including, and affirming Trans* individuals.
This Workshop is Open to All Levels of Experience
 Didactic – Experiential

Workshop D34

Inclusive Writing Pedagogy: Using Equity-Centered Language in Manuscript Writing

Marty Cooper, PhD, SUNY Old Westbury & Jessica Jean Baptiste, PhD, New York University
 Using equity-centered language in manuscript writing is an essential aspect of promoting inclusivity and dismantling systemic biases within academic communication. By adopting such language, writers actively acknowledge and strive to challenge the power dynamics that exist within society. Equity-centered language involves using terminology that is sensitive to different social identities, cultures, and experiences, ensuring that no group is marginalized or misrepresented. This workshop, facilitated by the editors of the scholarly journal of EGPS, will assist participants in developing ideas that emphasize equity in scholarly writing.
This Workshop is Open to All Levels of Experience
 Group Process – Sharing of Work Experiences – Didactic – Experiential

Workshop D35

Sister Circle: Exploring the Superwoman and the Imposter that Lives in Us

Fabiola Desmont, DSW, LMSW, New York University Silver School of Social Work & Kathleen Isaac-Campbell, PhD, NYU Langone Health
 Life as a womxn of color is complex and contradictory. The intersections of our identities and lived experiences shape how we see ourselves and other womxn. How do we navigate, internalize and externalize the projections and assumptions placed on us? How do we make space for ourselves and our communities as we battle white supremacy and patriarchy? We invite womxn from minoritized backgrounds to explore the complexity of our strength, vulnerability, competition, and unity and how these themes converge and diverge.
This Workshop Open to All Levels of Experience
 Sharing of Experience – Experiential – Group Process - Didactic

Workshop D36

Let’s Talk About It: How to Invite Intimacy, Connection, and Safety With a Diverse Group On Your First Day

Kyle Brown, LCSW, SEP, Private Practice
 Not everyone feels safe enough to connect in group therapy. This is especially the case for those who have experienced systemic rejection based on their identities. This workshop will explore the value of encouraging people to share their various identities in the first group to build group cohesion. After this workshop, participants should be able to utilize this intervention to invite intimacy, connection, and safety with a diverse group from the first meeting.
This Workshop Open to All Levels of Experience
 Experiential – Sharing of Experience – Group Process – Didactic

Workshop D37

Attachment-Focused Somatic Experiencing Group Psychotherapy

Carlos Canales, PsyD, SEP, CGP, AGPA-F, Private Practice, Vida Psychotherapy, West Des Moines, Iowa
 Attachment-focused therapy centers on addressing the barriers to safety and security, particularly in social environments. It prioritizes connection, bonding, and issues related to belonging or not. Somatic Experiencing emphasizes how our nervous system supports our every moment. When bodies are regulated our connections with ourselves and others are deeper and richer. This training combines both modalities for the purpose of demonstrating our inherent drive for coherence, stability, healing, connection, and support.
This Workshop is Open to Those with an Intermediate Level of Experience
 Experiential – Group Process – Didactic – Sharing of Experience

Workshop D38

Senior Years: Who Are We if We're Not a Therapist?

Margaret Postlewaite, PhD, CGP, SEP, AGPA-F, Private Practice & Chera Finnis, PsyD, CGP, AGPA-F, Private Practice
 Join us to explore the possibilities, challenges and gifts inherent in the next stages of our lives/careers. We want to encourage people to task themselves to identify one or two areas where they might expand beyond their clinical work.
This Workshop is Open to Those with over Twenty (20) Years Experience
 Sharing of Experience – Experiential – Group Process - Didactic

**Eastern Group Psychotherapy Society
2023 Multi-day, Multi-modality Annual Conference
Registration Information**

Please Note: All Workshops have limited registration and are filled on a first-come, first-served basis.

You can register for the FULL Conference which includes both the In Person day at The Riverside Church AND the Live Online day, OR PARTIAL Conference which would include **EITHER** the In Person day or the Live Online day.

The Live Online Plenary is included with all registrations. (It will be held Live Online, Friday evening November 10th.)

FEES:

BY October 27th:

FULL CONFERENCE (both In Person and Live Online)

Members: \$380
Nonmembers: \$500
Students/Residents: \$190

One Conference Day - Either In Person or Live Online

Members: \$250
Nonmembers: \$330
Students/Residents: \$125

Plenary Only (for those who would like to ONLY attend the Plenary session on Friday evening.)

Members \$150
Nonmembers \$200
Students/Residents: \$75

AFTER October 27th:

FULL CONFERENCE (both In Person and Live Online)

Members: \$460
Nonmembers: \$600
Students/Residents: \$200

One Conference Day - Either In Person or Live Online

Members: \$300
Nonmembers: \$400
Students/Residents: \$150

2023 Racial Equity Rate

EGPS recognizes the historical and current impacts of systemic racism in the United States and worldwide and the complicity of EGPS with white supremacist practices. To advance our moral and professional aspiration to become an anti-racist organization, we offer a Racial Equity Rate for this Conference that acknowledges past and current discrimination against Black, Indigenous, and other People of Color. The Racial Equity Rate is available to Conference participants (both EGPS members and non-members) who identify as members of racial and ethnic groups that have historically been denied equal access to education and training. If you so identify, regardless of financial need, we invite you to choose the 50% Racial Equity Rate at checkout.

Continuing Education Credits: For those requesting CEUs there is an additional \$30 fee.

Conference Scholarships are available. For information: info@egps.org. Donations to the Conference Scholarship Fund are greatly appreciated.

Conference Scholarships are funded through the generous contributions from donors. Should you wish to contribute you can do so on the Conference Registration form or by contacting the EGPS office at info@egps.org or 201 880-4773. Your generosity is greatly appreciated.

Cancellation Policy: Cancellations received prior to November 1st will be assessed a \$50 fee. There are no refunds for cancellations received after November 1st.

Discounted Rates for groups of registrants from the same organization (5 or more people). Contact info@egps.org for more information.

[CLICK HERE TO REGISTER](#)