

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](http://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](http://www.egps.org)** for details.

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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](mailto: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](mailto: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](mailto:info@egps.org) • [www.egps.org](http://www.egps.org)

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## 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 Conference Day**  
Saturday, 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 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 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 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><b>Help! How Do I Run a Group? Fundamentals of Group Psychotherapy</b>  <b>Robin Good, PhD, CGP, AGPA-F, EGPS</b> Training Program, Private Practice &amp; <b>Fanita Henderson, MA, LMHC, EGPS</b> 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><b>Who's Afraid of Women's Aggression</b>  <b>Teresa Solomita, LCSW-R, Center for Group Studies, Center for Modern Psychoanalytic Studies &amp; Jacqueline Ambrosini, LCSW-R, Center for Modern Psychoanalytic Studies</b></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><b>Deepen Your Understanding of Your Patients with Creative Writing Exercises</b>  <b>Oona Metz, LICSW, CGP, AGPA-F, Private Practice</b></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><b>Creating Space to Talk About Diversity</b>  <b>Robin Dean, PsyD, MEd, Perspective Insight Consulting</b></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><b>The Hidden Aspect of Clinical Identity in Group</b>  <b>Dominick Grundy, PhD, CGP, AGPA-F, Private Practice</b></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](mailto: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](mailto: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](mailto:info@egps.org) for more information.

**[CLICK HERE TO REGISTER](#)**