

EASTERN GROUP PSYCHOTHERAPY SOCIETY
2024 ANNUAL CONFERENCE



**CONTENDING WITH DYSTOPIA:
EXPERIENCING OUR SELVES AND BODIES THROUGH GROUP PROCESS**

Plenary, Thursday, November 14, Online • Friday, November 15, Online • Saturday, November 16, In-person at The Riverside Church

WWW.EGPS.ORG

CONFERENCE OVERVIEW AND THEME

2024 CONFERENCE COMMITTEE

A Multi-day, Multi-modality Event
Thursday, November 14, 2024
Plenary, Live Online, 7:00 – 9:30 PM
Friday, November 15, 2024
Live Online Event - Worldwide (Eastern US Time)
AND
Saturday, November 16, 2024
In-Person at The Riverside Church, New York City

Contending With Dystopia: Experiencing our Selves and Bodies Through Group Process

Welcome to the Eastern Group Psychotherapy Conference, where this year's theme invites us to explore how groups can help metabolize and survive extreme feeling states.

We exist at a time of turmoil, where racism and oppression are still alive in our communities and societal structures, where war is raging, and marginalized identities continue to be at risk. In the face of these varying states of chaos, fear and pain, groups can decrease isolation by allowing connection, co-regulation, and providing the opportunity to manage strong feelings in community. As group leaders, we can create spaces that foster contained, reflective, and embodied interactions. Together we will discover how group work can help understand the mind-body connection, how differences in identity and perspectives can show up in our bodily experiences, and how our bodies can help us know more about ourselves.

The Conference values an interdisciplinary approach, bringing together psychotherapists, teachers, social workers and other group leaders to share expertise and collaborate on strategies for guiding individuals through challenging times.

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 (www.egps.org) for details.

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Miriam Nkrumah, LCSW
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- Scholarship Subcommittee Co-Chairs**
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- Site Volunteers Subcommittee**
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EGPS
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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 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 for whom attendance would be a financially burdensome.

- ◆ To apply for a scholarship please contact the EGPS office at info@egps.org or 201 880-4773.
- ◆ The EGPS Conference Scholarship Fund is completely funded by donations. Please see the registration form to contribute to the fund, or contact the EGPS office at info@egps.org or 201 880-4773. Your donations are greatly appreciated.

Racial Equity Rate: Consistent with EGPS' mission to be an organization that advances racial equity, and in acknowledgement of EGPS' complicity in white supremacist practices, 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: Phone: 201-880-4773 • info@egps.org • www.egps.org

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FACULTY INDEX

Aledort, Stewart, C28	Knight, Autumn, D33
Bender, Philip, A7	Kramer, Yair, A10
Beren, Susan, C24	Legendy, Mineko (Anne), Large Group
Bordoley, Kobi, D35	Lepak, Michelle, Plenary, C22
Burks, David, B15	Levine, Ronnie, C23
Carson, Gregory, Plenary, C22	Lutz, John, C26
Cooper, Marty, A8	Metz, Oona, D36
Dante, P.M. Vicenza, B16	Mitchell, Katherine, B17
Desmond, Fabiola, C31	Mozeson, Ariel, A9
Eidlitz, Laura, A1/B11	Perlman, Hillary, A5
Elder, Edward, A6	Rosenbaum, Sarah, Large Group
Fadelici, Keith, C26	Rothauser, Caryn, D34
Finnis, Chera, D31	Rothauser, David, A4
Fried, Matt, B18	Schmidt, Christine, C27
Gerson, Cheryl, A8	Seewaldt, Virginia, A2
Giraldo, Macario, D38	Seibel, Jean, C29
Good, Robin, C25	Slonim, Tzachi, C21/D30
Greene, Beverly, A6	Tomback, Alex, A5
Grover, Sean, B14	Usadi, Eva, B19
Grundy, Dominick, B12	Wenninger, Lisa, B13
Guarino, Susanna, B20	White, Judith, A6
James, Leon Anthony, Large Group	Winkler, Jacob, A3
Joseph, Jennifer, D37	Wittig, Joan, A2
Klebanoff, Nina, D32	

CONFERENCE SCHEDULE OVERVIEW		PLENARY PRESENTATION	
THURSDAY, NOVEMBER 14 – (Included with all registrations, both In Person and/or Online)		Thursday, November 14, 7:00 – 9:30 PM LIVE 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		<div>  <div> Contending With Dystopia Through Presence, Awareness, and Community Michelle Lepak, LCSW and Greg Carson, LCSW </div> <p>We hold feelings and beliefs about dystopian elements of society in our bodies. Group work with Presence Psychotherapy provides both a container and a readily accessible resource for us to experience and process our extreme bodily-held feelings and sensations related to marginalization, dehumanization, political and climate events, war, as well as whatever early unprocessed experiences current circumstances trigger within us. By opening awareness to our interconnectedness and the diversity of our somatic experience through the lens of Presence Awareness, we access the possibility of accepting, healing and transforming our internal and external worlds. Michelle Lepak and Greg Carson will facilitate a process orienting the group to the Four Dimensions of Presence: Grounded Embodied Presence, Spacious Presence, Relational Presence, and Transcendent Presence. We will have the opportunity to sense the impact of Presence Orienting in our bodies and utilize this resource to meet somatically held pain and protective stances. We will explore the healing power of a large group experiencing Presence Awareness as a container for our bodily held feelings and beliefs about current events. Through the Presence Orienting Process, we can have an embodied awareness that we are part of society and that how we meet our internal and interpersonal experiences co-creates a new consciousness.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Identify Presence in and around the body. • Describe how being part of a group process can facilitate Presence Awareness. • Explain how Orienting to Presence creates safety and allows for a fuller identification and processing of dystopian thoughts, feelings, and sensations. • Practice sensing feelings and thoughts in the body while aware of Presence. • Name 3 ways to help group members Orient to Presence that already exists in the group. <p>Michelle Lepak, LCSW is the developer of Presence Psychotherapy, a somatic-based, experiential trauma treatment model. Her work has been published in the APA <i>Journal of Integrative Psychotherapy</i> and the International Journal <i>Trauma Care</i>. Ms. Lepak has been Clinical Associate Faculty for the University of Pennsylvania Department of Psychiatry, is faculty at the Omega Institute in Rhinebeck, NY where she leads week-long in-person Presence Psychotherapy trainings, has been faculty at the postgraduate Training Institute for Mental Health, has taught somatic-based trauma treatment to postgraduates through Rutgers University and the National Institute of the Psychotherapies. Michelle is an IFS approved consultant and has trained in many somatic trauma treatment models. Ms. Lepak has been a meditator and psychotherapist for over 30 years.</p> <p>Greg Carson, LCSW is Chair of The National Institute for the Psychotherapies' Clinical Affiliate Program and Co-Founder of their Trauma Group Therapy component. He is a Certified Presence Psychotherapy Consultant, a graduate of EGPS' Training Program in Group Psychotherapy, a Certified Somatic Experiencing Practitioner (SEP), an EMDRIA Certified Consultant in EMDR, and has trained in Internal Family Systems, Coherence Therapy, and IFS for couples (IFIO). He is an Associate Instructor of the Coherence Psychology Institute and has served as faculty at The Training Institute for Mental Health, the Institute for Contemporary Psychotherapy, and at The National Institute for the Psychotherapies. Gregory published in multiple journals and is second author of "Presence Psychotherapy: A Novel Trauma Treatment Model for thorough Memory Reconsolidation," (The Journal of Psychotherapy Integration), and authored the chapter "Greater Than the Sum of Its Parts: The Value of Co-Led Trauma Group Psychotherapy" which appears in Stephanie Wise and Emily Nash's "Healing Trauma in Group Settings: The Art of Co-Leader Attunement."</p> </div> <p>Plenary Co-Chairs: Hilary Levine, PhD, Private Practice; Alice Shepard, PhD, Private Practice</p>	
FRIDAY, NOVEMBER 15 – ONLINE			
8:30 – 9:00 AM Social Gathering 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 – 2:40 PM Lunch Break 2:45 – 5:15 PM “B” Workshops 5:15 – 6:15 PM Affinity Groups 6:15 – 7:30 PM Social Gathering			
SATURDAY, NOVEMBER 16 – In Person at The Riverside Church			
8:15 – 9:00 AM Registration and Coffee 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 Affinity Groups 6:15 – 7:30 PM Social Time/Reception			

LARGE GROUP EXPERIENCE

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

Friday, November 15 and/or Saturday, November 16
Large Group Experience: 11:45 AM – 1:00 PM
Review and Process: 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 unconscious 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, consultant attention is focused on boundaries, roles, and relationship to authority as managed by participants.

Emerging group dynamics about identity, sub-groupings, desire, fear, 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, Psychologist in 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 for the Study of Social Systems

Leon Anthony James, RN, BSN, MA, Infectious disease & epidemiology, mental health and emergency medicine Registered Nurse, Baltimore, Maryland; Member, Washington-Baltimore Center for the Study of Group Relations

Sarah Rosenbaum, PhD, Private Practice of psychotherapy and consulting services; Member, the New York Center; Fellow and past president, A.K. Rice Institute for the Study of Social Systems

AFFINITY GROUPS AT THE EGPS CONFERENCE

What is an Affinity Group?

An Affinity Group is a space where individuals who share an element of their identity gather to explore, process, and share their experiences around that identity. It is a group where, together, members can reflect on their realities given their shared identity.

Why Affinity Groups at the Conference?

The EGPS Annual Conference offers attendees opportunities to learn about their work and themselves as individuals and group leaders. As we navigate and explore alongside others, many emotions and reactions arise. We can be harmed and harm others, especially when considering the inevitable enactments of microaggressions, racism, oppression, and white supremacy. We offer Affinity Groups as a space to welcome, hold, contain, and collectively process these experiences within a shared identity.

Why join an Affinity Group?

We invite you to join an Affinity Group and use it in the way that will be the most helpful for you. This can be to process emotions in an interaction, share thoughts about a workshop, express opinions, and be amongst others with whom you share an identity. The Affinity Group leaders are committed to creating a welcoming space to talk and make meaning of emotions and reactions to any aspects of the Conference: the Plenary, Large Group, Workshops, Social Spaces, and anything in between. We recognize that identities are multi-faceted and intersectional. We invite attendees to choose the group that fits the identity that has been the most salient throughout experiences at the conference.

	Live Online (5:15-6:15 PM)	In Person (5:15-6:15 PM)
	Facilitators	Facilitators
BIPOC* Affinity Group	Robin Dean, PsyD, MEd	Robin Dean, PsyD, MEd
Black Affinity Group	Miriam Nkrumah, LCSW & Alice Shepard, PhD	Miriam Nkrumah, LCSW & Alice Shepard, PhD
Jewish and Allies Affinity Group	Ronnie Levine, PhD, CGP & Steve Schneider, PhD	Ronnie Levine, PhD, CGP & Steve Schneider, PhD
LGBTQ+ Affinity Group	Joe Hovey, LCSW, CGP	Edward Elder, MDiv, LMFT, LMHC
Palestinian and Allies Affinity Group	Zainah Ben Essa, LMHC	Lama Khouri, DPSA, LCSW-R
White Affinity Group	Chris Dolin, LCSW & Virginia Seewaldt, PhD	Chris Dolin, LCSW & Virginia Seewaldt, PhD

*Black, Indigenous, and people of color

The Conference Co-Chairs, Miriam and Aisha, greatly appreciate the guidance of Dr. Kathleen Isaac-Campbell, PhD, CGP who generously offered her expertise in all aspects of the Affinity Groups.



LIVE ONLINE DAY

FRIDAY, NOVEMBER 15

“A” WORKSHOPS
LIVE ONLINE
FRIDAY, NOVEMBER 15, 9:00 – 11:30 AM

WORKSHOP A1/B11
(9:00 – 11:30 & 2:45-5:15 PM)

AI-Powered Group Therapy: Augmented-therapist or Intrusive Robot?
Laura Eidlitz, PhD, Private Practice
Technologies powered by artificial intelligence (AI) are transforming many aspects of society, including mental health treatment. In this all-day workshop, I will discuss potential uses, benefits, pitfalls and risks of utilizing AI in group therapy. I'll then lead a process group, which will be recorded, transcribed and analyzed using ChatGTP. In the second part of this two-part workshop, I'll present a ChatGPT-produced written summary of the session, then lead a discussion about the impact, utility and limitations.
Attendees must register for both sessions of this two-part workshop
This Workshop is Open to All Levels of Experience
Group Process – Sharing Experience – Didactic – Experiential

WORKSHOP A2

Help! How Do I Run a Group? Fundamentals of Group Psychotherapy
Virginia Seewaldt, PhD, Private Practice & **Joan Wittig, MS, BC-DMT, LCAT**, Pratt Institute; Private Practice
This workshop introduces essential components of beginning and leading groups 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 situations. Participants will learn when and why group.
This is an Introductory Workshop
Didactic – Group Process – Experiential – Sharing Experience

WORKSHOP A3

Cultivating the Heroic in Group
Jacob Winkler, LCSW, MSW, Private Practice
What are we to do with the time that is given us? How do you help your patients tolerate the fear and anxiety that are inherent in difficult times? Drawing on affective neuroscience, affect phobia, existential psychotherapy and the techniques of modern analytic group, this workshop will empower you to empower the people you work with.
This Workshop is Open to All Levels of Experience
Group Process – Didactic – Sharing Experience

WORKSHOP A4

Pulling Together: The Teamwork of Group
David Rothauser, MA, MS, LP (NYS), 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 the group is ready, 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 Experience

WORKSHOP A5

Embracing Body Neutrality: Navigating the Complexities of Women's Body Image in Group Therapy
Hillary Perlman, LCSW, Private Practice; Grounded Therapy LCSW PLLC & **Alex Tomback, LMSW**, Grounded Therapy LCSW PLLC
This workshop will explore the transformative journey of a group therapy program designed for women struggling with body image issues. With a combined experience of 20 years in social work, the presenters will delve into the intricacies of group formation, diverse topics discussed, member growth and connection, and successful termination of the group. Through sharing personal anecdotes, professional insights, and evidence-based strategies, the presenters aim to inspire and educate fellow mental health professionals on the profound impact of group therapy in facilitating body neutrality and self-acceptance among women.
This Workshop is Open to All Levels of Experience
Experiential – Didactic – Group Process – Sharing Experience

WORKSHOP A6

Challenges to Same Sex and Inter-racial Intimacy: Considerations for Group Psychotherapy
Edward Elder, MHS, M.Div, LMHC, LMFT, Private Practice; **Judith C. White, MS, LCSW, CGP, CST-S**, Private Practice; & **Beverly Greene, PhD**, St. John's University; Private Practice
We will explore the challenges facing individuals /couples in same sex and interracial relationships as well as their permutations. Group therapists will be helped to better appreciate the challenges and complexities faced by these individuals/couples in navigating their relationships in a world replete with racism, homophobia and transphobia.
This Workshop is Open to All Levels of Experience
Sharing Experience – Didactic – Experiential

“A” WORKHSOPS (con’t) LIVE ONLINE FRIDAY, NOVEMBER 15, 9:00 – 11:30 AM		“B” WORKHSOPS LIVE ONLINE FRIDAY, NOVEMBER 15, 2:45 - 5:15 PM
WORKSHOP A7	WORKSHOP A9	WORKSHOP A1/B11 (9:00 – 11:30 & 2:45-5:15 PM)
<p>Let’s Get Existential: Death, Terror & Freedom in Group Therapy Philip Bender, PhD, CGP, Private Practice Learn about working with existential concerns in group therapy, including our awareness of death, personal autonomy, isolation, meaninglessness, and modern realities such as climate change. We'll start with a presentation and discussion of these topics, followed by a process group experience, with special attention on these themes in our processing. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Group Process – Didactic</p>	<p>Investigating “The Hate That Cures” Ariel Mozeson, LCSW, Private Practice Using Evelyn Leigner’s “The Hate That Cures” as a springboard, we will explore when and how hate can be curative. We will then engage in group process to explore our own relationship with hate and determine whether we can access its curative properties. Inherent in the articles' title is the awareness that hate is often not curative, and this will possibility be explored in the process to see if differentiation of the two types of hate can be obtained. We will close with reflection on the themes provided. <i>This Workshop is Open to All Levels of Experience</i> Group Process – Experiential – Sharing Experience – Didactic</p>	<p>AI-Powered Group Therapy: Augmented-therapist or Intrusive Robot? Laura Eidlitz, PhD, Private Practice Technologies powered by artificial intelligence (AI) are transforming many aspects of society, including mental health treatment. In this all-day workshop, I will discuss potential uses, benefits, pitfalls and risks of utilizing AI in group therapy. I'll then lead a process group, which will be recorded, transcribed and analyzed using ChatGTP. In the second part of this two-part workshop, I'll present a ChatGPT-produced written summary of the session, then lead a discussion about the impact, utility and limitations. Attendees must register for both sessions of this two-part workshop <i>This Workshop is Open to All Levels of Experience</i> Group Process – Sharing Experience – Didactic – Experiential</p>
WORKSHOP A8	WORKSHOP A10	WORKSHOP B12
<p>The Value of Writing in a Time of Turmoil Marty Cooper, PhD, State University of New York (SUNY); Private Practice & Cheryl Gerson, LCSW, BCD, Private Practice Writing collects, organizes and synthesizes ideas, valuable especially in tumultuous times. Writing and publishing also communicate this synthesis across time and space. When there is too much intense input, we clinicians can become overwhelmed, hindering our ability to maintain our therapeutic position. Our groups suffer. This workshop explores resistances to writing. We highlight how writing can help process intense clinical and personal material and how organizing intense affect through writing benefits our clinical practice. discuss and receives expert consultation, support, and encouragement. <i>This Workshop is Open to All Levels of Experience</i> Group Process – Sharing Experience – Didactic – Experiential</p>	<p>Roadblocks and Bridges: Wading through the Waters of Projection and Denial in Group Yair Kramer, PsyD, Private Practice With all the disturbing and polarizing experiences existing in the world today, it can be hard to find a way to stay present with ourselves and one another, especially, when someone sees things in a way that feels threatening to our understanding of ourselves. This experiential workshop looks to face those feelings together in community, while identifying the pulls of projection and denial that take us further away from ourselves and each other. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Group Process – Sharing Experience</p>	<p>Utopia and Dystopia: Trust and cynicism in the group Dominick Grundy, PhD, CGP, AGPA-F, Private Practice Several thinkers, especially Bion, suggest that a current of collective emotion runs beneath the surface of a designated group task. Will the collective emotions bind members in pro-social acts or fragment the group in cynicism and passivity? Thomas More's "Utopia" is Greek for Nowhere, so Dystopia is a non-existent Somewhere that may inspire critical thought, passive resignation or destructive behavior. Using writing, we will explore this topic in the workshop. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Sharing Experience – Group Process – Didactic</p>

“B” WORKSHOPS (con’t) LIVE ONLINE FRIDAY, NOVEMBER 15, 2:45 - 5:15 PM		
WORKSHOP B13	WORKSHOP B15	WORKSHOP B17
"But I'm Not Racist!": How the Emotions of Whiteness can Impede Patient Connection in Group Settings Lisa Wenninger, MBA, MA, PhD, LPCC , Private Practice; Antioch University Talking about diversity can be intimidating. In this experiential workshop, the brave space paradigm is used to increase participants comfort and competence in talking about diversity in groups. Participants' 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. <i>This is an Introductory Workshop and for Early Career Professionals</i> Didactic – Experiential – Sharing Experience	Your Dystopia, My Reality David Burks, MBA, MPG Consulting ; Private Practice Our experiences shape the way we see the world. Too often, those experiences don't match the reality of most people. When worldviews are at odds, relationships erode, conflict arises, and positions crystallize. The group process allows us to work through those differences and start to heal the wounds associated. <i>This Workshop is Open to All Levels of Experience</i> Experiential - Sharing Experience - Group Process - Didactic	A Modern Analytic Approach to Working with the Narcissistic Defense in Groups Katherine Mitchell, PsyD, CGP, ABPP , Private Practice This workshop will define the modern analytic concept referred to as the narcissistic defense. Key concepts and interventions will be demonstrated experientially and didactically. The leader will provide didactic information and then demonstrate the application of techniques. She will facilitate working through within the group process, for both individuals and the group-as-a-whole. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Group Process – Didactic – Sharing of Experience
	WORKSHOP B16	WORKSHOP B18
WORKSHOP B14	Body Image & Movement Analysis: Intervention Tools for Re-connection P.M. Vincenza Dante, MS, R-DMT, LCSW, LCAT , Danteworld Integrative Solutions The Instructor, an LCAT and Clinical Social Worker, will review elements from the field of Dance/Movement Therapy to aid clinicians in making Intervention choices for group members needing to reconnect with themselves and the group in response to destabilizing and oppressive societal stressors. Didactic instruction and experiential group process will focus on: 1-Body Image in relation to Self-Esteem and Behavioral Symptoms and 2-Movement Analysis to better develop Attunement Skills, build Trust, and improve Social Cohesion <i>This Workshop is Open to All Levels of Experience</i> Didactic – Experiential – Group Process – Sharing Experience	Creating New Imaginal Narratives Promoting Justice and Safety via Group Matt Fried, MA, PhD, MFA , Private Practice Teaching learnable skill sets and principles, including the commitment to justice, this workshop will use the brain's capacity for suspending disbelief to work with role-playing in the service of constructing alternative personal histories-- new “synthetic” memories of growth and healing experiences with ideal figures. This safe, participant-centered, group experience, both didactic and experiential, is based upon the work of Albert Pesso and aligns well with the tenets of memory reconsolidation. <i>This Workshop is Open to All Levels of Experience</i> Didactic – Experiential – Group Process – Sharing Experience
Essential Leadership Skills for Conducting Effective Virtual Groups Sean Grover, LCSW , Private Practice Leading effective virtual therapy groups requires unique leadership skills that are frequently absent from group training programs. This workshop will utilize didactic and experiential methods to instruct participants in fostering strong therapeutic alliances with virtual group members. New leadership skills essential to virtual groups will be covered, such as maintaining visual boundaries, using chat boxes, the role of extra contact hours, and preparing new members. <i>This Workshop is Open to All Levels of Experience</i> Didactic – Experiential – Group Process – Sharing Experience		

“B” WORKSHOPS (con’t)
LIVE ONLINE
FRIDAY, NOVEMBER 15, 2:45 - 5:15 PM

WORKSHOP B19

Regulation through the Power of the Herd: Group Psychotherapy for Military Moral Injury

Eva Usadi, MA, BCD, CGP, Private Practice; Founder & Executive Director of Trauma and Resiliency Resources, Inc.

More veterans have died by suicide than in Vietnam, Iraq, and Afghanistan combined. Repairing the damage done to people’s psyches after serving in a war zone - moral injury - can be accomplished through group psychotherapy as veterans serve as a group, not as individuals. Highlighted will be group psychotherapy incorporating horses as they model effective emotional regulation and non-predatory power - a model widely applicable to other populations.

Open to those with an Intermediate/Advanced Level of Experience

Didactic – Group Process – Sharing Experience – Experiential

WORKSHOP B20

Healing Dystopia: Working with Religious Trauma

Susanna Guarino, LMHC, Private Practice

Religious trauma encompasses the psychological wounds that occur after adverse religious experiences such as involvement in a high-control group (or cult), abuse by a narcissistic leader, or experience of indoctrination. 1 in 3 clients have experienced some type of religious trauma. Additionally, religious trauma rates are rising because high-control groups attract more members in politically chaotic and uncertain times. This workshop will help participants identify religious trauma and provide tools for helping clients in both individual and group therapy settings.

This Workshop is Open to All Levels of Experience

Didactic – Experiential – Group Process – Sharing Experience





IN-PERSON

SATURDAY, NOVEMBER 16

“C” WORKSHOPS IN PERSON @ The Riverside Church, Manhattan SATURDAY, NOVEMBER 16, 9:00 – 11:30 AM		
WORKSHOP C21/D30 9:00-11:30 AM & 2:45-5:15 PM	WORKSHOP C23	WORKSHOP C25
<p>Facing the Other in Group Tzachi Slonim, PhD, ABPP, CGP, Adelphi University; Private Practice This all-day workshop draws inspiration from French philosopher Emmanuel Levinas' insights on ethics and interpersonal encounters. What are the images, feelings, and demands that are evoked, consciously and unconsciously, by the proximity to our group members' faces? As I will demonstrate in this workshop, many of the defensive reactions we have to each other stem from a deep sense of responsibility we feel—and sometimes have a hard time tolerating—for our fellow members. Attendees must register for both sessions of this two-part workshop <i>This workshop is open to those with an intermediate level of experience</i> Group Process – Experiential – Didactic – Sharing Experience</p>	<p>Becoming Comfortable with Uncomfortable Group Feelings Ronnie Levine, PhD, CGP, ABPP, AGPA-F, Faculty, Center for Group Studies; Faculty, EGPS Training Program in Group Psychotherapy 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. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Group Process – Didactic – Sharing of Experience</p>	<p>Help! How Do I Run a Group? Fundamentals of Group Psychotherapy Robin Good, PhD, CGP, AGPA-F, Private Practice This workshop introduces essential components of beginning and leading groups 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 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. <i>This is an Introductory Workshop</i> Didactic – Group Process – Experiential – Sharing Experience</p>
WORKSHOP C22	WORKSHOP C24	WORKSHOP C26
<p>Presence Psychotherapy in Group: Using Embodied Relational Presence to Process our Experience of Dystopia Michelle Lepak, LCSW, Presence Psychotherapy Institute; Private Practice & Gregory Carson, LCSW, National Institute of the Psychotherapies; Presence Psychotherapy Institute Presence Awareness can increase resilience so that we may metabolize and process extreme feelings and protective responses. Group work with Presence Orienting deepens the ability of members to sense Presence in and around their bodies and in the group as a whole. Join us in a fishbowl experience and explore how Embodied Relational Presence and Grounded Presence helps increase capacity to listen to diverse views of dystopia, experience vulnerability, and give and receive compassion. <i>This Workshop is Open to All Levels of Experience</i> Didactic – Group Process – Experiential – Sharing Experience</p>	<p>Failures in Group Leadership: A Systems Centered® Exploration Susan Beren, PhD, Licensed Systems-Centered Practitioner, Private Practice; Systems Centered Therapy and Research Institute There is nothing like leading groups to instill a dose of humility. We will use the Systems-Centered method of functional subgrouping (and a bit of humor) to process our failures as group leaders. We will explore triggers that shift us out of our functional roles as group leaders into personalizing, fear, and old survival roles. We will then see how to recover, with ourselves and our groups. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Sharing Experience – Group Process – Didactic</p>	<p>Radical Empathy: An Embrace of Difference in Group Process Keith Fadelici, LCSW, CGP, Private Practice & John Lutz, PhD, Long Island University; Webb Institute of Naval Architecture This workshop will reflect on the nature of Empathic Connection: a tool central to all group and clinical work. Keith Fadelici and literature professor John Lutz will draw upon the wisdom of literature, fine art, and clinical experience to expand our understanding of what it takes to connect with radical empathy across difference to enhance the transformative process in group therapy and improve patient outcomes. <i>This Workshop is Open to All Levels of Experience</i> Sharing Experience – Didactic – Group Process – Experiential</p>

“C” WORKSHOPS (Con't) IN PERSON @ The Riverside Church, Manhattan SATURDAY, NOVEMBER 16, 9:00 – 11:30 AM			“D” WORKSHOPS IN PERSON @ The Riverside Church, Manhattan SATURDAY, NOVEMBER 16, 2:45 – 5:15 PM		
WORKSHOP C27		WORKSHOP C29		WORKSHOP C21/D30 9:00-11:30 & 2:45-5:15 pm	
<p>Ow! Racial Enactment in a Group Christine Schmidt, LCSW, Private Practice You know that moment a racial enactment occurs in the group and your body screams for everything to stop? That visceral moment when everything else retreats into the background and the moment of racial violence dominates everything in the room? When nothing can proceed until the moment is addressed? This blended experiential/didactic workshop will consider some strategies and interventions that can move the halt back to dynamic engagement. There are no shortcuts. <i>This Workshop is for those with Intermediate Experience</i> Experiential – Didactic – Sharing Experience – Group Process</p>		<p>Grounding Therapeutic Work in the Language of the Body Jean Seibel, LCAT, BC-DMT, Private Practice; Visiting Instructor, Pratt Institute Successful therapy requires a working knowledge by the therapist that our body selves are an inherent part of the communication process. Discover how words arising from the body serve to integrate thoughts and feelings into a sense of a cohesive self. In this workshop therapists will gain tools to help patients make the bridge between the body's felt sense of self and the verbal cognitive self. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Group Process – Sharing Experience – Didactic</p>		<p>Facing the Other in Group Tzachi Slonim, PhD, ABPP, CGP, Adelphi University; Private Practice This all-day workshop draws inspiration from French philosopher Emmanuel Levinas' insights on ethics and interpersonal encounters. What are the images, feelings, and demands that are evoked, consciously and unconsciously, by the proximity to our group members' faces? As I will demonstrate in this workshop, many of the defensive reactions we have to each other stem from a deep sense of responsibility we feel—and sometimes have a hard time tolerating—for our fellow members. Attendees must register for both sessions of this two-part workshop <i>This workshop is open to those with an Intermediate Level of Experience</i> Group Process – Experiential – Didactic – Sharing Experience</p>	
WORKSHOP C28				WORKSHOP D31	
<p>Living in the Passionate Bad Fit Stewart Aledort, MD, Private Practice To be able to get to the hidden passionate bad fits in the group, the leader must assume the patients are newborn children, and the therapist is the mother of symbiosis. In the process, the therapist and the group's narcissism is overtly dealt with along with shame. Through the group process, the group relives the earliest preverbal dyad in their lives and discovers the narcissism, shame, and the need to recapture the early grandiosity that is the core of the passionate bad fit. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Didactic – Group Process – Sharing Experience</p>				<p>Hope Through Heartfelt Connection: Good Clinical Work is Anti-Racist Chera Finnis, PsyD, CGP, AGPA-F, Private Practice & Fabiola Desmont, DSW, LMSW, Private Practice This workshop will use process-oriented and experiential learning to explore strategies that help clinicians better integrate solid clinical practices that are inherently anti-racist/anti-oppressive and thereby improve clinical outcomes. We will delineate how relevant issues, e.g., social justice, racism, oppression, etc., insidiously affect clinical practice. Consciousness and radical empathy have the potential to increase our ability to tolerate discomfort, ambiguity, and the complexities of intersectionality. We will discuss factors that promote and advance honest and difficult conversations in the service of increasing our consciousness. <i>This Workshop is Open to All Levels of Experience</i> Sharing Experience – Group Process – Experiential – Didactic</p>	

“D” WORKSHOPS (Con’t) IN PERSON @ The Riverside Church, Manhattan SATURDAY, NOVEMBER 16, 2:45 – 5:15 PM		
WORKSHOP D32	WORKSHOP D34	WORKSHOP D36
<p>Systems-Centered Couples’ Groups Nina Klebenoff, EdM, CSW, CGP, Licensed Systems-Centered Practitioner, Private Practice A group of couples has an additional context compared to a group of individuals. For the participants it's an opportunity to see one's partner in a member role, which can open up new relational possibilities. For the leader(s) it requires awareness of a new layer of group defenses, and differences in how the authority issue is worked. This workshop will give participants a taste of the unique nature of systems-centered couples' groups and demonstrate their clinical relevance. <i>This Workshop is Open to All Levels of Experience</i> Didactic – Experiential – Group Process</p>	<p>The Inner Work of Starting a Group Caryn Rothauser, LCSW, CGP, Private Practice The complexity and richness of starting a new group is unique to each leader. Family of origin dynamics, fantasies, and life experiences that motivate us to start groups can support or hinder our efforts. Understanding the leader's pre-group material can increase freedom to experiment, ultimately enhancing patient care and outcomes. This workshop will provide participants an opportunity to explore their motivations, resistances, and desires that come into play when imagining and starting new groups, with an emphasis on how these elements can impact patient outcomes. <i>This Workshop is Open to All Levels of Experience</i> Group Process – Sharing Experience – Experiential – Didactic</p>	<p>Deepen Your Clinical Insight Through Creative Writing Exercises Oona Metz, LICSW, CGP, AGPA-F, Private Practice Guided writing exercises can promote deeper learning and insight into ourselves and our group members. Group members can use the page as a space to observe and express their emotions, as well as connect with what their unconscious already knows. In this experiential workshop, participants will experience the way writing can promote group cohesion, reduce shame and increase insight. Participants will be guided through a progressive series of writing exercises. No writing experience needed! <i>This Workshop is Open to All Levels of Experience</i> Group Process – Experiential – Sharing Experience – Didactic</p>
WORKSHOP D33	Workshop D35	WORKSHOP D37
<p>SANITY TV: An Experience of Immediacy and Collective Authorship in Group Process Autumn Knight, MA, DramaTherapy, Private Practice The Sanity TV Workshop is an experiential performative space intended to generate, engage in and reflect on group behavior in the here and now. The workshop leader will facilitate interactions and provide prompts to participants who are encouraged to take on and embody new roles to manage distress within the group process. Participants will practice facilitation and co-authorship skills that can be translated to professional group work with a range of clients. <i>This Workshop is Open to All Levels of Experience</i> Experiential – Group Process – Sharing Experience – Didactic</p>	<p>Wrestling Together: Masculine Identities in Dystopia Kobi Bordoley, MA, MHC-LP, Embodied Mind NYC; New York University How can men balance pursuing their authentic selves with the stories and myths they've internalized about masculinity? How should clinicians, steeped in social justice and the urgent, current moment, support them? What possibilities can emerge when men meet together in a therapeutic setting, and how can these spaces be intersectional, inclusive, and contactful? This experiential workshop (open to all genders) will explore how group dynamics appear for male-identified people navigating these questions and spaces. <i>This Workshop is Open to All Levels of Experience</i> Group Process – Experiential – Sharing Experience – Didactic</p>	<p>Recognizing and Sustaining Immediacy in Groups Jennifer Joseph, PsyD, CGP, Private Practice This workshop is designed to enhance our understanding of how to foster immediacy in group process. We will focus on identifying when members are most alive and in the moment and what contributed to this phenomenon. Additionally, we will focus on using our emotions, bodily sensations, and body language as guides for connection and interpersonal relatedness. Ultimately, we will better understand, appreciate, and experience the benefits of working in the here-and-now in groups. <i>This Workshop is Open to All Levels of Experience</i> Sharing of Experience – Experiential – Group Process – Didactic</p>

“D” WORKHSOPS (Con’t)
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WORKSHOP D38

Between a Rock and a Hard Place: Or Between the Real and Reality

Macario Giraldo, PhD, CGP, AGPA-F, Private Practice,
Lacanian Forum DC
We can approach the concept of dystopia in today's world as intimately related to Angst in how subjects are confronting their identity in a changing culture. The parameters in today's culture are in flux. Subjects find themselves "between a rock and a hard place." In Lacanian language we say "between the real and reality." I will delve into this real and this reality with the group to hopefully open a window for understanding.
This Workshop is Open to All Levels of Experience
Didactic – Group Process – Sharing Experience – Experiential



**Eastern Group Psychotherapy Society
2024 Multi-day, Multi-modality Annual Conference
Registration Information**

**Friday, November 15, 2024, Live Online
And/or**

Saturday, November 16, 2024, In-Person at The Riverside Church, Manhattan

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

The Live Online Plenary is included with all registrations. (It will be held Live Online, Thursday evening November 14.)
All Workshops have limited registration and are filled on a first-come, first-served basis.

**FEES:
BY November 1st:**

FULL CONFERENCE - Both Live Online and In Person)

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

ONE CONFERENCE DAY - Either Live Online OR In Person

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

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

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

AFTER November 1st:

FULL CONFERENCE - Both Live Online and In Person)

Members: \$460
Nonmembers: \$600
Students/Residents: \$230

ONE CONFERENCE DAY - Either Live Online OR In Person

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

2024 Racial Equity Rate

Consistent with EGPS' mission to be an organization that advances racial equity, and in acknowledgement of EGPS' complicity in white supremacist practices, 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 nonmembers) 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.

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 also 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](#)