

[Complete Workshop Descriptions can be found on the EGPS website at www.egps.org.](http://www.egps.org)

TWO-DAY WORKSHOP

Friday, November 17,

2:00 – 4:30 PM & 5:00 – 7:30 PM

AND

Saturday, November 18, 2017

9:00 – 11:30 AM & 2:00 – 4:30 PM

Two-Day Workshop A1/B12 & C22/D34

Practicing in our Senior Years: Promises, Perils and Pearls

Chera M Finnis, PsyD, CGP, FAGPA, Private Practice; Maria Droste Counseling Services & **Elizabeth (Libby) Shapiro**, PhD, CGP, FAGPA, Private Practice; Cambridge Health Alliance Department of Psychiatry, Cambridge, Massachusetts

Advanced years of practice bring many experiences: increased skills, a family of colleagues/ friends, loss of our mentors, our own physical decline and many challenging experiences around responsible practice. This process group will explore the joys and sorrows of our senior years and decisions about both our professional and personal lives.

Experiential – Sharing of Experience

Registrants must register for, and attend all 4 sessions of this workshop.

Open to those with over 20 years experience leading groups.

Friday, November 17

2:00 – 4:30 PM & 5:00 – 7:30 PM

ALL-DAY WORKSHOP A2/B13:

Searching for Lost Objects: Group as a Forum for Finding Oneself, Others, and Community

Sara J Emerson, LICSW, CGP, FAGPA, Private Practice; Massachusetts Institute for Psychoanalysis, Cambridge, Massachusetts

Wittingly or not, we spend time and effort searching for “lost objects” - those whom we imagine might complete or satisfy us, unlike lost or unobtainable objects/relationships from our past. Groups provide a unique opportunity to explore the nature of this search. They also offer the opportunity to explore and develop a new, or previously un-experienced, sense of belonging and acceptance.

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

Didactic – Experiential – Sharing of Experience

Friday, November 17,

“A” Workshops 2:00 – 4:30 PM

A3

Working Within and Across Differences in Groups

Mary B. McRae, EdD, NYU Associate Professor of Applied Psychology (Retired), **Autumn Knight**, MA, Artist, Drama Therapist, & **Kelley Hershman**, LMHC, NCC, PLLC, The Soho Center for Psychotherapy

Working within and across differences involves exploring multiple levels of interactions – interpersonal, group, intergroup, and group as a whole. Racial and cultural dynamics created from intentional and unintentional comments and behaviors, when not recognized and worked with, create havoc in a group. In this workshop,

participants will engage in authentic dialogue about differences, while working with the commonalities that create cohesion in groups.

Brief Didactic – Experiential

A4

Minding the Body, Embodying the Mind

Wayne Ayers, PhD, Brooklyn Veterans Affairs Medical Center; Private Practice & **Joan Wittig**, MS, BC-DMT, LCAT, Private Practice; Pratt Institute

Our bodies are our holding environment, the very foundation of our identity. Consequently they are infused with meaning: repulsion and desire, health and status, vulnerability and need. We'll investigate our body and its movements. We will experience its wisdom and see what it can teach beyond language.

Experiential – Sharing of Experience – Didactic

A5

Silence is Golden: From Vulnerability to Opportunity

Sherry D. Breslau, PhD, CGP, Private Practice; Derner Institute for Advanced Psychological Studies

Though leaders and members often feel vulnerable during times of silence, these still, quiet moments offer rich opportunities for self-reflection, communal interaction, and growth. This experiential workshop will explore how our approaches to silence can turn fear to curiosity, and deadliness to aliveness.

Experiential – Didactic – Sharing of Experience

A6

Welcoming Vulnerability in Group: What the Leader Has to Do With It

Robin Good, PhD, CGP, FAGPA, Co-Director, EGPS Training Program; Private Practice

Via a brief exercise, experiential group and discussion, we explore leadership techniques that: 1) create a safe transitional space and holding environment, 2) give voice to difficult, often withheld feelings and 3) model a considered use of self that invites and engages members to grapple with vulnerability and shame.

Experiential – Sharing of Experience – Didactic

A7

The Rules of Engagement: Applying Couple Therapy Techniques to Group

Lee Kassan, MA, LPsyA, LMHC, CGP, LFAGPA, Private Practice; Training Institute for Mental Health

The same principles that foster attachment and intimacy in couples can also create engagement in group. This workshop will teach principles and techniques for fostering emotional communication and uncovering the unexpressed fears that underlie the problem. A demonstration process group will show how to apply these ideas in group.

Experiential – Didactic

A8

How to Lead a Workshop

Phyllis Mervis, PhD, LCSW, NY Hospital Weill Cornell Medical School, Department of Psychiatry

A workshop is different than a formal lecture. It presents theoretical content within an interactive, experiential format. The clinician who first attempts this professional activity may feel vulnerable when leading a workshop for other clinicians. This workshop will address how to organize material and time, while actively engaging participants in a series of tasks involved in creating a workshop that succeeds for both the leader and participants. Participants should come prepared with proposals to work on.

Didactic – Experiential

A9

'99 Unconventional Interventions in Group Psychotherapy

Robert S. Pepper, LCSW, PhD, FAGPA, Long Island of Mental Health; Private Practice

Interpretations don't necessarily work with difficult groups. "'99 unconventional interventions" refers to the amalgam of techniques, other than interpretations, culled from over thirty years of training with senior leaders of various orientations. Using a demonstration group in which volunteers role-play difficult members, Dr. Pepper will show how to use innovative techniques to resolve resistance. A debriefing process group and discussion will follow.

Experiential – Didactic – Sharing of Experience

A10

Fasten Your Seatbelts: Group Therapy with Gay Men Who Misuse Substances

Joseph Ruggiero PhD, Private Practice; Addiction Institute of Mount Sinai

Gay men who misuse substances such as methamphetamine may feel most comfortable in a homogenous group. Despite the comfort of commonality, members discussing issues of homophobia, identity, HIV, and sexual behaviors, often feel vulnerable. While this may be crucial to members' recovery process, it can be a challenging to keep the group safe.

Didactic – Sharing of Experience

A11

The Use of Miniatures as a Safe Way to Overcome Vulnerability in Group Therapy

Andrea Grunblatt, PhD, CGP, FAGPA, Private Practice

This workshop will address the power of each participant choosing a particular miniature as representation of themselves and how disclosing the meaning of that miniature is a safe way to overcome group members' vulnerabilities. The workshop will contrast this method with talk group therapy.

Experiential – Sharing of Experience – Didactic

Two-Day Workshop A1/B12 & C22/D34

Practicing in our Senior Years: Promises, Perils and Pearls

Chera M Finnis, PsyD, CGP, FAGPA, Private Practice; Maria Droste Counseling Services & **Elizabeth (Libby) Shapiro**, PhD, CGP, FAGPA, Private Practice; Cambridge Health Alliance Department of Psychiatry, Cambridge, Massachusetts

See description above

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Friday, November 17, 2017

"B" Workshops 5:00 – 7:30 PM

ALL-DAY WORKSHOP A2/B13:

Searching for Lost Objects: Group as a Forum for Finding Oneself, Others, and Community

Sara J Emerson, LICSW, CGP, FAGPA, Private Practice; Massachusetts Institute for Psychoanalysis, Cambridge, Massachusetts

Wittingly or not, we spend time and effort searching for "lost objects" - those whom we imagine might complete or satisfy us, unlike lost or unobtainable objects/relationships from our past. Groups provide a unique opportunity to explore the nature of this search. They also offer the opportunity to explore and develop a new, or previously un-experienced, sense of belonging and acceptance.

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Didactic – Experiential – Sharing of Experience

B14

Contact and Conversation: Using Mindfulness Meditation and Human Contact to Support Vulnerable Conversation Around Racism

Darryl Aiken-Afam, LMP, CPT, Meridian Touch, LLC; Ambient Noise & **Suzie Choi**, MHC-LP, Teachers College, Columbia University; SUNY Binghamton

The cognitive dissonance associated with facing the societal conditioning of racism is powerful, impacting people interpersonally, institutionally, and systemically. Contact & Conversation uses mindfulness meditation, partner yoga, and social psychology to create a supportive space that helps participants stay present and vulnerable through the discomfort of engaging the topic of race.

Blended didactic - group meditative and physical contact experiential – small group conversation

B15

Is Safe-Enough Good-Enough?: How the Group Encourages Taking Risks

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

Fears of the unknown, danger and vulnerability often inhibit group members from taking risks, thereby preventing emotional connections. This experiential workshop will address how the leader can help members feel “safe enough” to take risks as well as help members develop ways to become insulated enough so that the need for safety becomes less emotionally paralyzing.

Experiential – Didactic – Sharing of Experience

B16

Therapists Confronting Their Own Mortality with Their Patients

Debora A. Carmichael, PhD, CGP, Private Practice, Cambridge, Massachusetts

This workshop will explore the challenges to the treatment and the potential for growth and deepening connection when the therapist is confronted with a life threatening illness. In such a circumstance, how can a therapist make the best use of self and self-disclosure? What is the particular impact on the transference and counter-transference?

Experiential – Sharing of Experience – Didactic – Practical Guidance

B17

The Unobtrusive Relational Group Analyst

Robert Grossmark, PhD, NYU Postdoctoral Program; EGPS Training Program

This workshop will focus on the enacted dimension of the group matrix. The group analyst unobtrusively companions the group in the flow of enactive engagement and in the emergent narratives of trauma, regression and transformative states that emerge. Healing occurs when the members accompany each other into and out of enactments and regressed worlds of trauma and neglect.

Didactic – Experiential

B18

Parenting: A Myriad of Vulnerabilities

Yair Kramer, PsyD, Private Practice

This experiential workshop will explore the topic of parenthood, the vulnerabilities that come with it, and how it can impact our work as practitioners. The primary focus of this workshop will be a process group with an emphasis on the vulnerabilities of parenthood and the hopes, dreams, fears, losses and struggles that people experience when relating to children or the idea of children.

Experiential – Sharing of Experience

B19

Being Big and Having More

David Rothauser, MA, MST, Private Practice

As group leaders we (along with our members) struggle with “being big” - taking up space, being fully ourselves. “Having more” often involves relinquishing something - an identity, story, childhood agreement, or role. Feelings of deprivation, competition, and shame arise, stimulating vulnerability and interfering with connections and closeness in the group. The leader will establish a group culture that allows us to embrace and express our biggest desires.

Experiential – Didactic – Sharing of Experience

B20

To Be In Touch with the Untouchable Through the Group Process

Nimer Said, MA, Public Psychiatric Center, Clalit Medical Services, Nazareth; Private Practice, Haifa, Israel

This workshop will provide participants a space to experience personal growth through the exploration and experience of personal and interpersonal vulnerability in group. Participants will learn how relatedness in the here-and-now can help members live beyond their fears.

Blended Experiential and Didactic

B21

To Use or Not To Use? Leading Integrative Harm-Reduction Psychotherapy Groups for Individuals Dealing with Substance Use

Adam Frankel, PhD, CGP, The Center for Optimal Living

This workshop will focus on identifying core principles and themes of Integrative Harm-Reduction Psychotherapy (IHRP) while practicing the application of IHRP clinical strategies in a group setting. Our purpose will be to help participants deepen their openness and understanding of individuals negotiating substance misuse challenges.

Didactic—Sharing of Experience—Experiential

Open to those with less than five years experience

Two-Day Workshop A1/B12 & C22/D34

Practicing in our Senior Years: Promises, Perils and Pearls

Chera M Finnis, PsyD, CGP, FAGPA, Private Practice; **Maria Droste** Counseling Services & **Elizabeth (Libby) Shapiro**, PhD, CGP, FAGPA, Private Practice; Cambridge Health Alliance Department of Psychiatry, Cambridge, Massachusetts

See description above

Registrants must register for, and attend all 4 sessions of this workshop.

Open to those with over 20 years experience leading groups.

Saturday, November 18,

9:00 – 11:30 AM & 2:00 – 4:30 PM

ALL-DAY WORKSHOP C23/D35

Introduction to the Basics of Group Psychotherapy

Marie Rothschild, LCSW, CGP, Private Practice, EGPS Training Program; **Ellen I Rubin**, PsyD, Co-Director, EGPS Training Program, Private Practice; **Alan Shanel**, LCSW, BCD, CGP, EGPS Training Program, Private Practice; & **Phyllis Wright**, LCSW, BCD, CGP, EGPS Training Program, Private Practice

This all-day workshop will provide an introduction to the essential components of beginning a group in agencies, hospitals, and private practice. The topics will include patient selection and assessment, patient preparation, the therapist’s role in early sessions, combined individual and group psychotherapy,

transference/counter-transference issues, therapist's interventions in situations with patients experienced as difficult and planned/unplanned termination. The second part of this workshop will have an experiential component.

Didactic – Sharing of Experience – Experiential

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

Open to those with less than three years of experience

Saturday, November 18, 2017

“C” Workshops 9:00 – 11:30 AM

C24

Race, Privilege & Vulnerability in the Group Setting

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

Discussions of race and privilege frequently trigger anxieties about safety and interpersonal connection. Yet, in avoiding these topics, we often fail to provide the conditions in which group members can feel safe enough to risk being fully vulnerable and open. Using clinical vignettes and experiential learning, workshop participants will explore how they can enrich a group process through attention to these dimensions of experience.

Experiential – Sharing of Experience

C25

Touch, Movement, Sound: Modern Bioenergetics in Group Psychotherapy

Scott Baum, PhD, ABPP, Private Practice

Opening to the experience of somatic process - breathing, movement and expression - in a group, adds dimensions of vulnerability and exposure beyond the already intense states engendered by the group experience. Using these dimensions for psychotherapeutic process requires that both therapists and patients learn a discipline. This workshop will explore the process of learning that discipline.

Experiential – Discussion

Participants should have experience as both patient and therapist in a psychotherapy group

C26

The Unfinished Conversation

Dominick Grundy, PhD, CGP, FAGPA, Private Practice

The most powerful conversations are often ones we never had. The assumption that they can never be heard may lead to depression, related difficulties or worse. Group is the ideal protected place to reengage in unfinished dialogue that may have been lost or dissociated with the passage of time.

Experiential – Sharing of Experience – Didactic

C27

The “Two Hats” Problem

Ellen Mezan, PhD, Private Practice, Department of Psychiatry, Icahn School of Medicine, Mt. Sinai Medical Center

This workshop will focus on the special vulnerabilities belonging to complex group situations, where group leaders and group members simultaneously have more than one kind of relationship with each other. This is frequently the case with experiential process groups run in agency, hospital, academic or corporate settings, and can create unintended conflicts.

Didactic – Sharing of Experience – Experiential

C28

The “Thermostatic Function”: The Crucial Leadership Role in Regulating the Emotional Temperature of the Group Process

Alan Pine, MS, LMHC, CGP, Private Practice & **Judith Schaer**, LCSW, CGP, FAGPA, Long Island Center for Training, Private Practice

This term, coined by Dr. Leslie Rosenthal, best describes the group leaders' major role in insulating and regulating the degree of stimulation and frustration involved in the group process. The various feelings and transferences occurring in the room must be carefully observed and attended to. Efforts will be made to maintain a safe and productive environment optimal for constructive communication.

Experiential – Sharing of Experience - Didactic

C29

Resolving Resistance to Vulnerability in Group

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

Over time, group members may begin to play it safe to maintain the status quo of the group. In this state, the group lacks spontaneity and members stop growing. This workshop will discuss and demonstrate techniques that assist in resolving these resistances to progress and help group members access their vulnerability.

Experiential – Sharing of Experience – Didactic

C30

Working Towards a Unified Theory: Integrating Three Perspectives

Claudia Arlo, LCSW-R, CGP, CASAC, Mt Sinai Health System, Private Practice; **Andrew Eig**, PhD, ABPP, Adelphi University, Private Practice & **Elliot Zeisel**, PhD, CGP, DFAGPA, The Center for Group Studies

In this workshop we will briefly outline key concepts in Modern Analytic, DBT-informed, and Relational approaches. We will then invite the group into a process with a focus on interpersonal and supervisory experience. The goal is to promote connections, enhance clinical skills, and invite multi-theory thinking.

Didactic – Sharing of Experience – Experiential

C31

How to Deepen Experience and Reduce Defensive Communication in Groups through the Use of Systems-Centered® Methods

Susan Beren, PhD, Licensed Systems-Centered Practitioner, Private Practice & **Meigs Ross**, LCSW, Licensed Systems-Centered Practitioner, Private Practice

Members often hide in groups through defensive communication. This pattern can enter a group at the outset when safety is the primary goal. Members find solace in ambiguity. Through experiential learning of Systems-Centered methods, participants will discover how to address these defenses and deepen group members' here-and-now experience.

Experiential – Didactic

C32

Becoming Effective with Uncomfortable Group Feelings

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

This workshop will utilize the group to explore multiple ways of understanding the leader's and group member's emotional communications and relational experiences. Through a didactic and experiential process, we will analyze and form interventions to help therapists become more comfortable and effective with a fuller range of emotions.

Experiential – Didactic – Sharing of Experience

C33

“If Not Now, When?”: Living in the Moment and Deepening Emotional Connection Through Group Process

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

In an age of social media, we often experience instant connections and fleeting ties. In this workshop, participants will learn how to use their feelings to deepen connections and form lasting bonds. Group members will engage and interact with others in a vital way while maintaining an awareness of self.

Experiential – Sharing of Experience – Didactic

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Didactic – Sharing of Experience – Experiential

Open to those with less than three years of experience

Saturday, November 18, 2017

2:00 – 4:30 PM

D36

Vulnerable Moments in the Conversation about Race

Julie Sullivan-Redmond, MSW, CGP, Private Practice

This workshop will help group facilitators and participants identify how their self-states come up in group interactions about racism. They will understand how the dynamics embedded in trauma, dissociation, and group enactments can be used to help people get beneath the words. Participants will be helped to understand how group interactions can serve a healing function.

Blended Didactic and Experiential

D37

The Journey from Sexual Enactments To Verbal Expression: Helping Men Speak from a Place of Vulnerability

Michael M. Crocker, DSW, LCSW, MA, The Sexuality, Attachment & Trauma Project

Men with out of control sexual behavior often experience feeling states in their bodies, leaving them vulnerable to a flight into action. This workshop will demonstrate how naming, understanding and consciously expressing feelings through combined therapy, provides men with the opportunity to face feelings and experience new levels of intimacy.

Didactic – Experiential

D38

Motherhood: What Happens When a Miracle is Fueled with Fear, Doubt, and Vulnerability?

Fabiola Desmont, LMSW, Private Practice

Being a mother involves learning about strengths you did not know you have and discovering fears you did not know existed. This workshop will examine what happens when black mothers enter *motherhood* with fear, trauma, painful historical memories and racial biases that create vulnerability and fragility while parenting. We will explore how this gets reenacted in group.

Blend group activities – Experiential – Didactic

D39

“This Group is a Lasagna”: The Group Leader’s Use of Metaphor in Group Psychotherapy

Oona Metz, LICSW, CGP, FAGPA, Private Practice, Brookline, Massachusetts

In this dynamic workshop, we will look at the ways in which group leaders use metaphor and imagery to increase group cohesion, invoke playfulness, increase understanding, and confront difficult topics in groups. We will incorporate a mix of discussion, didactic and experiential modalities.

Experiential Exercises – Didactic – Demonstration – Discussion

D40

Dismissive-Avoidant Attachment Styles: Perceiving and Exploring Vulnerability

Darryl L. Pure, PhD, CGP, ABPP, FAGPA, Northwestern University Feinberg School of Medicine, Private Practice, Chicago, Illinois

Those with dismissive-avoidant or disorganized attachment styles often present challenges for the group and the therapist alike. This workshop will explore the underlying vulnerability of these individuals and methods for facilitating their work in the group.

Didactic – Experiential – Sharing of Experience

D41

Discriminating and Integrating Differences for Survival, Development and Transformation: A Systems-Centered® Approach To Groups

Nina Klebanoff, EdM, LCSW, CGP, Licensed Systems-Centered Practitioner, Private Practice

This workshop will present a Systems-Centered® approach to groups. The participants will build a group in order to experience and learn sub-grouping, a method of discriminating and integrating differences useful in clinical, organizational and educational contexts, as well as training for citizenship.

Experiential – Didactic

D42

“Hello, I Must be Going”: Working with Members’ Desire to Leave Group

Hilary Levine, PhD, CGP, Private Practice, City University of New York

Faced with a member’s wish to leave group, leaders often feel vulnerable and anxious - rather than excited - by this unique opportunity to explore unmet maturational needs. This workshop will consist of a brief didactic presentation, a discussion and a process group where participants will be invited to explore a member’s wish to leave the group.

Experiential – Didactic – Sharing of Experience

D43

Intersection of Leadership, Authority, and Identity: Creating Environments for Learning

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

This half-day program will introduce participants to the group relations approach for understanding groups, organizations, and oneself. The program consists of an introduction to the theoretical framework of the group relations model, followed by an experiential component for here and now learning.

Experiential – Didactic

D44

The Paradox of Vulnerability

Lisa Stern, PhD, ABPP, Private Practice, Adelphi University

Vulnerability is always experienced relationally. It takes courage to be vulnerable. This workshop will provide a theoretical context from which to explore the meaning of vulnerability, and will highlight how linking vulnerability and courage shifts group members’ very experience of vulnerability.

Experiential – Sharing of Experience - Didactic