**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.*

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**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*

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**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 while. 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 it 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, quite 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*
’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

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

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

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.

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, 2017
“B” Workshops  5:00 – 7:30 PM
B14
Contact and Conversation: Using Mindfulness Meditation and Human Contact to Support Vulnerable Conversation Around Racism
Darryl Aiken-Afat, 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
“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

Two-Day Workshop A1/B12 & C22/D34
Practicing in our Senior Years: Promises, Perils and Pearls
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Participants must register for both sessions of this all-day workshop
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*