

# EASTERN GROUP PSYCHOTHERAPY SOCIETY ANNUAL CONFERENCE

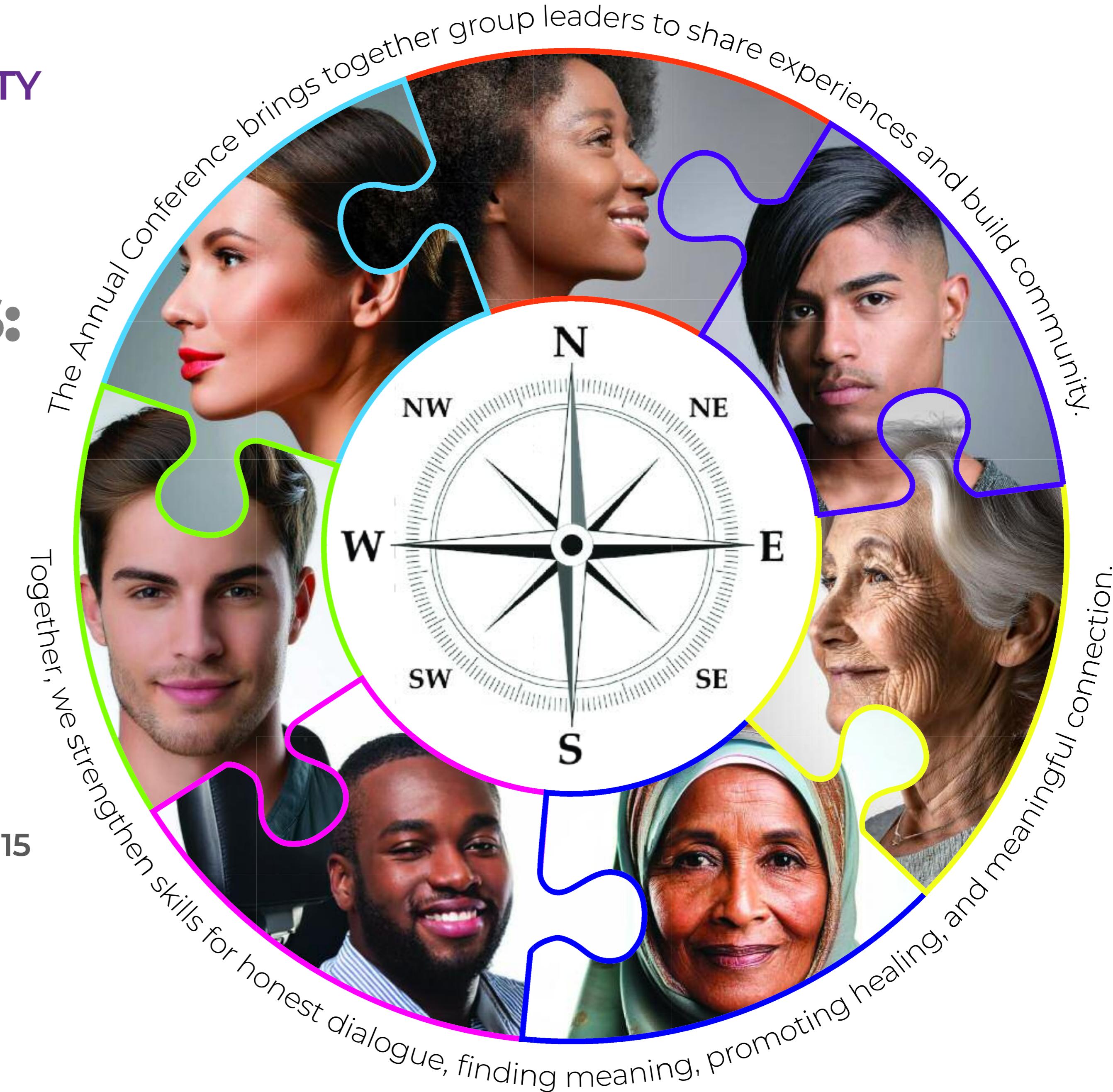
## NAVIGATING DIFFERENCES: AUTHENTICITY, SELF EXPRESSION AND RESTORATIVE PRACTICES IN GROUPS

Plenary, Thursday, November 13 (Online)

Online: Friday, November 14

In-Person at The Riverside Church: Saturday, November 15

[WWW.EGPS.ORG](http://WWW.EGPS.ORG)



## CONFERENCE OVERVIEW AND THEME

### A Multi-day, Multi-modality Event

**Thursday, November 13, 2025**

**Plenary, Live Online, 7:00 – 9:30 PM**

**Friday, November 14, 2025**

**Live Online Event - Worldwide (Eastern US Time)**

**AND**

**Saturday, November 15, 2025**

**In-Person at The Riverside Church, New York City**

### **Navigating Differences: Authenticity, Self Expression and Restorative Practices in Groups**

In today's climate of cultural and social division, differences within groups can spark disconnection, tension, and misunderstanding. Yet, when approached with openness and reflection, these challenges can become powerful gateways to healing, connection, and growth.

Group work offers a vital space to transform conflict into curiosity and division into dialogue. As group leaders, we are called to hold complexity: encouraging authentic expression while honoring safety and boundaries. Through restorative practices and compassionate accountability, we create containers where members can explore hard truths, deepen relationships, and remain grounded in integrity and care.

Together we will deepen our understanding of how group process supports movement through fear, repair of relational ruptures, and greater tolerance for difference. We will explore how cultivating empathy, active listening, and emotional honesty creates space for people to feel seen, heard, and understood, building a framework for both personal insight and collective transformation.

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

## 2025 CONFERENCE COMMITTEE

### **Chairperson**

Aisha M. Mabarak, LMHC, CGP

### **First-Time Attendee Coordinator**

Jonathan Lebolt, PhD, LCSW, CGP

### **Plenary Subcommittee Co-Chairs**

Nardia Brooks, Psychoanalyst, LCSW-R  
Hilary Levine, PhD

### **Program Subcommittee Co-Chairs**

Brooke Greene, PhD  
Fanita Henderson, PhD, LMHC, NCC, CCMHC

### **Program Subcommittee**

Nardia Brooks, Psychoanalyst, LCSW-R  
Ed Elder, MDiv, LMFT, LMHC  
Miriam Nkrumah, LCSW  
Lynn Pearl, PhD  
Judith White, LCSW, CGP, CST, CST-S

### **Scholarship Subcommittee Co-Chair**

Amy Kossoy, BA

### **Site Volunteers Subcommittee**

Elyse Blake, MA  
Claire Julian, BA

### **EGPS**

PO Box 867, Maywood, NJ 07607  
201-880-4773 • fax 631-223-1726  
[info@egps.org](mailto:info@egps.org) • [www.egps.org](http://www.egps.org)

## 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](mailto:info@egps.org).**

**EGPS Conference Scholarship Fund:** EGPS makes available partial scholarships to individuals who have financial constraints for attending, coupled with a sincere desire to advance their knowledge of group dynamics.

- ◆ To apply for a scholarship please contact the EGPS office at [info@egps.org](mailto: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](mailto: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](mailto:info@egps.org) • [www.egps.org](http://www.egps.org)

## EGPS BOARD OF DIRECTORS

### OFFICERS

**President**  
Joseph Hovey, LCSW

**Treasurer**  
David A. Burks, MBA

**Secretary**  
Fanita Henderson, PhD, LMHC, NCC, CCMHC

**Immediate Past President**  
Christine Schmidt, LCSW

### MEMBERS-AT-LARGE

Jacqueline Ambrosini, LCSW  
Nardia Brooks, Psychoanalyst, LCSW-R  
Kyle Brown, LCSW  
Susan Convery, LCSW  
Keith Fadelici, LCSW, CGP

April Harvin, LCSW  
Aisha M. Mabarak, LMHC, CGP  
Martha Rose, MBA  
Virginia Seewaldt, PhD  
Joan Wittig, MS, BC-DMT, LCAT

### COMMITTEE CHAIRPERSONS

**Annual Conference**  
Aisha M. Mabarak, LMHC, CGP

**Budget & Finance**  
David A. Burks, MBA

**Journal GROUP**  
Keith Fadelici, LCSW, CGP

**Membership Committee**  
Kyle Brown, LCSW  
Jonathan Lebolt, PhD, LCSW, CGP

**Seminar Series**  
Jacqueline Ambrosini, LCSW  
Nardia Brooks, Psychoanalyst, LCSW-R

**Spring Event**  
Aisha M. Mabarak, LMHC, CGP

**Training Program**  
Virginia Seewaldt, PhD  
Joan Wittig, MS, BC-DMT

**Website**  
Ed Elder, MDiv, LMFT, LMHC  
Libby O'Connor, LCSW

**Work Group for Racial Equity**  
Chris Dolin, LCSW  
April Harvin, LCSW

### Administrator

Jan I. Vadell  
PO Box 867, Maywood, NJ 07607  
201-880-4773 • Fax 631-223-1726  
[info@egps.org](mailto:info@egps.org) • [www.egps.org](http://www.egps.org)

## FACULTY INDEX

Ambrosini, Jacqueline, C26  
Anderson, Julie, B16  
Arcudi, Louis, B16  
Bender, Philip, C38  
Bulman, Alison, A2  
Bowman, Joanne, B20  
Brooks, Nardia, D36  
Burks, David A., B12  
Charis-Buchman, Mette, B20  
Chen, Daniel, A4  
Coleman, Shaina, B12  
Convery, Susan, B20  
Cooper, Marty, A10  
Dehili, Vincent, C22/D31  
Diamond, Daniel, B21  
Dolin, Chris, A8  
Eig, Andrew, C23  
Fadelici, Keith, A5  
Friedman, Howard, C25  
Gardner-Schuster, Erica, B14  
Gaztambide, Daniel Jose, Plenary, C30  
Gerson, Cheryl, A10  
Grover, Sean, D33  
Grundy, Dominick, A6  
Harvin, April, C24  
Henderson, Fanita, A8  
Hovey, Joe, A9  
Isaac-Campbell, Kathleen, A7

Klebanoff, Nina, D35  
Kramer, Yair, B14  
Legedy, Mineko Anne, C25  
Levine, Hilary, B19  
Levine, Ronnie, D32  
Lutz, John, A5  
Lynch, Joseph, C27  
Mack, Dianne, C24  
McRae, Mary, C28  
Merton, E., C22/D31  
Metz, Oona, C29  
Nathanson, Terry, B18  
Nisco, Laurie, C27  
Oxman, Alan, D37  
Perlo, Evan, B11  
Roldan, Aaron, A1  
Rust, Jonathan, C25  
Sasso, Scott, D39  
Schmidt, Christine, A3  
Seewaldt, Virginia, D34  
Sharf, Jennie, B15  
Sharp, Deborah, B13  
Smith, LaTasha, B19  
Solomita, Teresa, C26  
Stern, Lisa, B17  
Teseema, Christian, D36  
Walker, Martin, B20  
Wittig, Joan, D34

## CONFERENCE SCHEDULE OVERVIEW

### THURSDAY, NOVEMBER 13 (Included with all registrations, both In Person and/or 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

### FRIDAY, NOVEMBER 14 LIVE ONLINE

8:30 – 9:00 AM	Social Gathering
9:00 – 11:30 AM	<b>“A” Workshops</b>
11:45 – 1:15 PM	Theatre of the Oppressed
	Open to all attendees
1:15 – 2:30 PM	Lunch Break
2:30 – 5:00 PM	<b>“B” Workshops</b>
5:10 – 6:00 PM	Affinity Groups
6:00 – 6:45 PM	Social Gathering

### SATURDAY, NOVEMBER 15 In Person at The Riverside Church, Manhattan

8:15 – 9:00 AM	Registration and Coffee
9:00 – 11:30 AM	<b>“C” Workshops</b>
11:45 – 1:15 PM	Theatre of the Oppressed
	Open to all attendees
1:15 – 2:30 PM	Lunch Break
2:30 – 5:00 PM	<b>“D” Workshops</b>
5:10 – 6:00 PM	Affinity Groups
6:00 – 7:30 PM	Social Time/Reception

## PLENARY PRESENTATION

**Thursday, November 13, 7:00 – 9:30 PM LIVE ONLINE**



#### **A Decolonial Approach to Psychoanalytically Informed Developmental Theory, Case Formulation and Treatment** **Daniel Jose Gatzambide, PsyD**

Most approaches to relational therapy depend on some theory of development to inform how clinicians think about the patient's difficulties, guiding case formulation and treatment. This focus, however, sometimes chafes with recent thinking on the role of sociocultural and political factors in psychotherapy. This presentation will bridge this gap through a theory and research-grounded review of the decolonial psychoanalytic perspective, offering pragmatic tools for thinking about the relational/developmental and social/political as a matter of course.

#### **Learning Objectives**

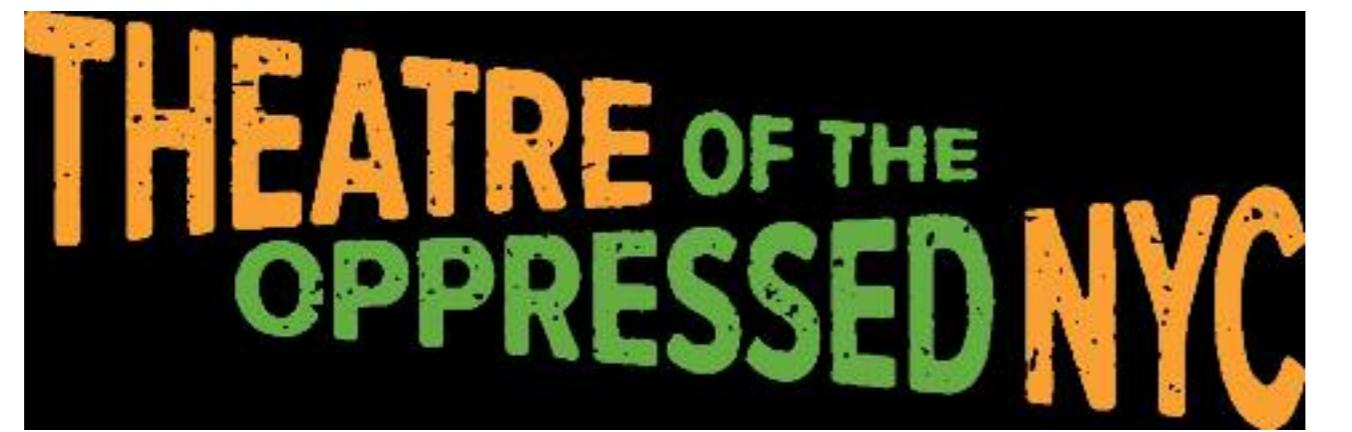
As a result of this presentation, participants will:

- Describe the history and theory of the decolonial psychoanalytic perspective;
- Distinguish between psychological systems oriented around attachment, relatedness, and connection, and those oriented around status, identity, and power;
- Integrate considerations of culture, race, ethnicity, sexuality, gender, gender orientation, and identity into case formulation and treatment;
- Identify the sociogenesis (social determinants) of everyday clinical phenomena and presenting problems;
- Consider how to bridge therapeutic action with political action as part of their work.

**Daniel José Gatzambide, PsyD**, is assistant professor of psychology at Queens College, where he is the director of the Frantz Fanon Lab for Decolonial Psychology, and a faculty member in the Department of Critical Psychology at the CUNY Graduate Center. He is the author of the books *A People's History of Psychoanalysis: From Freud to Liberation Psychology*, and the recent *Decolonizing Psychoanalytic Technique: Putting Freud on Fanon's Couch*, which received a 2024 Gradiva Award for Best Book. He is in analytic training at the NYU Post-Doctoral Program in Psychotherapy and Psychoanalysis, and is the recipient of multiple fellowships including a Mellon Foundation Fellowship and a Miranda Family Fellowship for his research on colonial mentality and the application of psychoanalytic treatment to diverse populations. His recent paper, "Standing against racial capitalism: Reconsidering psychology's role in dismantling systemic racism," was published in a recent special issue in *American Psychologist* on addressing racism in psychology. This work is an extension of his service as a Taskforce member at the APA's Taskforce on Strategies for the Elimination of Racism, Discrimination, and Hate, for which he received a presidential citation for his work.

## Theater of the Oppressed NYC

**Friday, November 14 and/or Saturday, November 15**  
**11:45 AM – 1:00 PM**



Theatre of the Oppressed (TO) is an interactive, hands-on approach that uses theatre as a rehearsal space for real-life change. Developed by Brazilian theatre-maker Augusto Boal, TO invites participants to investigate situations of injustice & conflict, rehearse creative interventions, and imagine new possibilities for action. Through games, improvisation, and collaborative scene work, participants become “spect-actors” — active problem-solvers instead of passive observers.

In the context of group work, TO creates space for reflection, healing, and connection while uncovering hard truths about the systems, communities, and group dynamics we navigate. This method supports group leaders in fostering solidarity, strengthening their own capacity for authentic self-expression, and engaging in collective transformation for both themselves and their group members. By blending embodied play with critical reflection, TO helps groups develop the “muscle memory” to confront challenges and co-create more equitable futures. Absolutely no theatre experience is necessary — every person is already an actor in their own life.



## AFFINITY GROUPS AT THE EGPS CONFERENCE

### What is an Affinity Group?

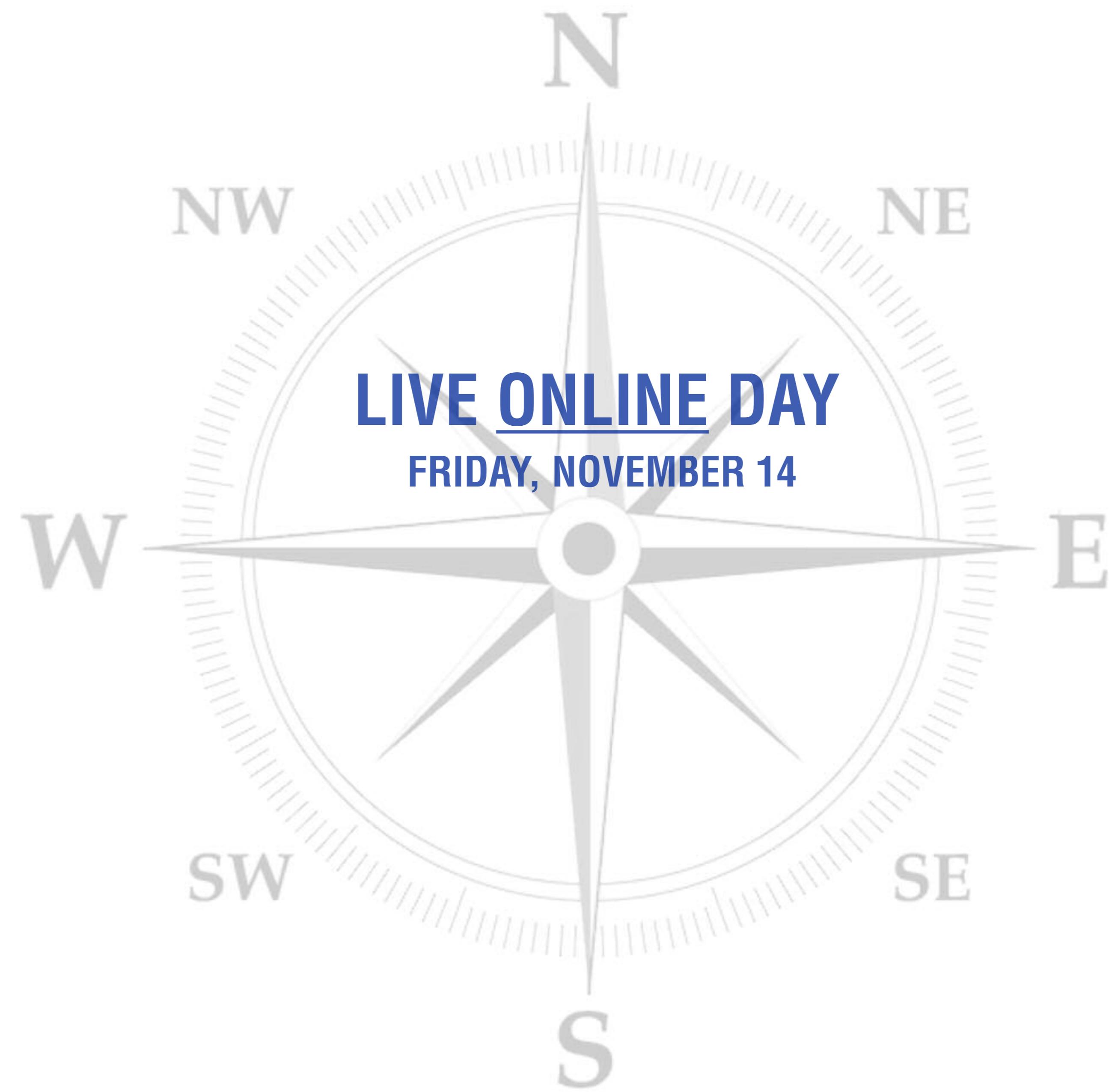
An Affinity Group is a space where individuals who share an element of their identity gather to explore, process, and share their experiences around that identity. It is a group where, together, members can reflect on their realities given their shared identity.

### 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 DAY**  
FRIDAY, NOVEMBER 14

**“A” WORKSHOPS**  
**FRIDAY, NOVEMBER 14, 9:00 – 11:30 AM**  
**LIVE ONLINE**

**WORKSHOP A1**

**Group Intervention: Marginalized Therapist Identity & Presence**

**Aaron Roldan, ASW, SUDCC, Soul Centric Counseling**

Participants will explore the inherent impact of a group facilitator's marginalized identity and presence on group dynamics and treatment outcomes. The presenter will share a case vignette illustrating the use of "self" as a group intervention within a predominantly white, cisgender eating disorder treatment center. Broader implications of using the self as an intervention within the current sociopolitical climate will also be discussed.

*Open to All Levels of Experience*

Didactic – Sharing Experience – Group Process

**WORKSHOP A2**

**Lovitation to Elevate Group Communication**

**Alison Bulman, LCSW, Private Practice**

In a time when misunderstanding and polarization often dominate our interactions, this workshop introduces Lovitation, a mindfulness-based communication practice rooted in the principles of Circling. Designed to help groups "resist and confront the pull of vilification," Lovitation guides participants to shift their focus from analysis, judgment, or fixing, to fully inhabiting the present moment with one another. Through structured yet organic group processes, participants will learn to attune to the here-and-now emotional impact of connection, while sustaining a meditative group awareness.

*Open to All Levels of Experience*

Didactic – Experiential – Group Process – Sharing Experience

**WORKSHOP A3**

**Social Aspects of a Working Group in Group Psychotherapy**

**Christine Schmidt, MSW, CGP, Private Practice**

This workshop will examine the leader's role in co-constructing a container for a psychotherapy process group. Zoom softened traditional group boundaries that could not be reversed by simply returning to in-person work. How does the group psychotherapist respond to interpersonal desires, requests, and demands without compromising the therapeutic integrity of the group? Workshop participants will engage with examples that highlight group psychotherapists' choices and the impact of these choices on client outcomes.

*Open to All Levels of Experience*

Experiential – Didactic – Sharing Experience – Group Process

**WORKSHOP A4**

**Individualism vs Collectivism: Beyond the Culture**

**Daniel Chen, MHC-LP, Private Practice**

This workshop will explore the impact of an individual's culture and how it scaffolds their every decision especially when they are in a group setting. Each participant will share where they fall on the spectrum of individual/collective culture and highlight how this has impacted their work or presence in groups.

*Open to those with Introductory Experience or Early Career Professionals*

Sharing Experience – Group Process – Experiential – Didactic

**WORKSHOP A5**

**Taking Our Shoes Off: Navigating Difference Through Empathic Practice**

**Keith Fadelici, LCSW, CGP, Private Practice and John Lutz, PhD,**

Long Island University; Webb Institute of Naval Architecture

This workshop is designed to deepen our understanding of empathy, not as a quality-of-person, but as a lived practice and a valuable clinical skillset. Central to navigating difference is our ability to privilege the experience of the other over our own world view, allowing for the creation of an empathic connection by setting aside (not denying or erasing) the biases that block us from understanding. The workshop will begin with a didactic exploration of the characteristics of empathy and the obstacles to its practice, as seen within the context of current events. A process group will demonstrate empathic practice followed by concluding discussion.

*Open to All Levels of Experience*

Group Process – Didactic – Experiential - Sharing Experience

**WORKSHOP A6**

**Roads Not Taken: Mistakes or New Opportunities for Reflection?**

**Dominick Grundy, PhD, CGP, AGPA-F, Private Practice**

As we look back, we may imagine other roads we could have taken. What if? We must come to terms with consequences and take responsibility for our share of harm to ourselves or others. In this workshop, in which there will be some writing, we will develop a sympathetic de-idealized understanding of who we were then, including the social circumstances and intellectual milieu. This is especially applicable for work with older adults.

*Open to All Levels of Experience*

Experiential – Sharing Experience – Group Process – Didactic

**“A” WORKSHOPS (con’t)**  
**FRIDAY, NOVEMBER 14, 9:00 – 11:30 AM**  
**LIVE ONLINE**

**WORKSHOP A7**

**Whose Safety Is It Anyway? What We Can Learn from Affinity Spaces**

Kathleen Isaac-Campbell, PhD, CGP, Langone Health; HEAL'D Therapy & Consulting  
Intergenerational trauma can challenge our capacity to relate to ourselves and others. We are currently living through a time when the stories we hold about ourselves and others can create disconnection rather than community. Racial affinity spaces offer a unique opportunity to explore individual and collective experiences in a safe environment. This workshop will help us understand why these spaces are important and why they should be protected and not feared.

*Open to All Levels of Experience*

Didactic – Experiential – Group Process – Sharing of Experience

**WORKSHOP A9**

**Navigating Differences Differently with SAVI®**

Joseph Hovey, LCSW, CGP, Private Practice  
Every relationship – strangers, loved ones, group members – involves differences. From thoughts and feelings; to religious and political beliefs; to lived experiences and identities. Sometimes we work to understand each other's differences, sometimes we try to transform them, sometimes we fight or avoid them. In this workshop we'll learn about SAVI (the System for Analyzing Verbal Interaction) and through experiential application, see how it might help us navigate differences differently, in our groups, relationships and world. We will close with reflection on the themes provided.

*Open to All Levels of Experience*

Experiential – Didactic – Sharing Experience – Group Process

**WORKSHOP A8**

**Navigating Cultural Diversity in Process Groups**

Fanita Henderson, PhD, LMHC, NCC, CCMHC, New York Institute of Technology; Private Practice & Chris Dolin, LCSW, Private Practice  
This workshop explores the dynamics of racially and culturally diverse process groups, focusing on how intersecting identities impact group dynamics. Drawing on our experiences as group leaders of racially mixed groups, we will address how social processes manifest in groups, the challenges of hierarchical racial dynamics, and how mindfulness techniques can facilitate brave communication across racial and cultural differences. Participants will learn practical strategies for navigating difficult emotions and fostering transformative dialogue about race in group settings.

*Open to All Levels of Experience*

Didactic – Experiential – Group Process – Sharing Experience

**WORKSHOP A10**

**Developing Authenticity and Self-Expression Through Writing**

Marty Cooper, PhD, SUNY Old Westbury; NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, and Cheryl Gerson, LCSW, BCD, Private Practice

The "use of self" is one of the most important skills in leading a group. A leader who is unaware of their own biases will flounder when a group hits a "rough" spot, such as creating a scapegoat or dysfunctional subgrouping. Writing, whether shared or not, can help us stay honest with ourselves. It can help us explore those things that we might not want to share with others and add language to those things that we do share.

*Open to All Levels of Experience*

Didactic – Sharing of Experience – Experiential – Group Process

**“B” WORKSHOPS**  
**FRIDAY, NOVEMBER 14, 2:30 – 5:00 PM**  
**LIVE ONLINE**

**WORKSHOP B11**

**Joining and Delighting: Cultivating Group Cohesion and Attachment Security**

Evan Perlo, MA, LMFT, CGP, Private Practice; GPALA

This workshop explores two complementary concepts from Modern Psychoanalysis and applied Attachment Theory that foster belonging and mattering in groups. Attendees will learn how joining addresses early anxieties and resistances, and how expressing delight promotes a felt sense of mattering. Through didactic teaching and a demonstration group, participants will learn to use interventions that cultivate inclusivity, cohesion, and positive self-regard across the developmental phases of a group.

*Open to All Levels of Experience*

Group Process – Didactic – Sharing Experience

**WORKSHOP B12**

**DASH Sequence: What Do YOU Bring to Every Group?**

Shaina Coleman, David & Shaina, Inc. and David A. Burks, MBA, David & Shaina, Inc.

There's one constant in every group you're in—you. The DASH Sequence is a framework for exploring how your default settings, assumptions, strengths, and values shape your presence as a group leader. Through reflection, shared experience, and group process, participants will examine how personal patterns influence group dynamics and leadership choices. This session will support more intentional, equity-minded facilitation by helping leaders align their principles with their practice and produce better patient outcomes.

*Open to All Levels of Experience*

Sharing Experience – Didactic – Group Process

**“B” WORKSHOPS**  
**FRIDAY, NOVEMBER 14, 2:30 – 5:00 PM**  
**LIVE ONLINE**

**WORKSHOP B13**

**Marginality and the Stages of Group Development**

**Deborah Sharp, LCSW, CGP, AGPA-F, Private Practice**

The stages of group development are useful for the group leader in accurately assessing group dynamics and crafting appropriate interventions. We will explore two models of group development and their impact on marginalized group members. Workshop attendees will explore the risks and benefits of the two models and experience their differences via a demonstration group.

*Open to All Levels of Experience*

Didactic – Group Process – Experiential – Sharing of Experience

**WORKSHOP B14**

**Reparenting the Parentified Child**

**Erica Gardner-Schuster, PhD, Private Practice; The New School for Social Research, and Yair Kramer, PsyD, Private Practice**

This workshop will explore how many therapists come to the work shaped by early experiences of parentification—being placed in developmentally inappropriate caregiver roles as children. Together, we'll examine how these roles can unconsciously influence our adult relationships, clinical work, and sense of self. We'll consider what it takes to recognize and disrupt the impacts of parentification and reparent ourselves in service of greater freedom, authenticity, and connection, as well as in the service of greater clinical effectiveness.

*Open to All Levels of Experience*

Group Process – Experiential – Sharing of Experience

**WORKSHOP B15**

**Can We Agree to Disagree? Reducing Dropout Risk in Group Psychotherapy**

**Jennie Sharf, PhD, Private Practice**

Misattunement and disagreement between group participants (and leaders) are risk factors for dropout. Yet recovering from misattunement and disagreement are essential to group participants' personal growth. How do we balance creating a safe-enough group space with the need to express challenging, and sometimes hurtful, differences? This experiential group will highlight interventions that have been correlated with reduced dropout risk, such as aligning participant and leader expectations, repairing ruptures in the therapeutic alliance, and addressing microaggressions.

*Open to All Levels of Experience*

Group Process – Experiential – Didactic – Sharing Experience

**WORKSHOP B16**

**Embracing Contrast: Exploring Connection Across Differences**

**Julie Anderson, PhD, CGP, Private Practice; Brookline Community Center for Mental Health, and Louis Arcudi, MA, LMHC, Private Practice; Brookline Community Center for Mental Health**

This group experience will explore the timely challenge of relating to others who are different from us. We will emphasize awareness of projection and expectations vs curiosity about others and note the ways we may protect against feeling vulnerable. We will invite discussion of defensive patterns that serve to keep our connections limited, or safe.

*Open to All Levels of Experience*

Experiential - Group Process – Didactic - Sharing Experience

**WORKSHOP B17**

**At the Interface of Intrapyschic and Social Trauma**

**Lisa Stern, PhD, CGP, ABGP, Private Practice; Adelphi University**

Our relationship to difference develops in the context of our original group/family and internalized intergenerational "enigmatic messages." These messages govern our capacity to be open to others and shackle us in fear that others will not accept us in our difference. This workshop is an invitation to reflect on those earliest messages in order to make meaning of how we suffer differences, rejection, and miss out on loving invitations to reciprocal enrichment.

*Open to All Levels of Experience*

Group Process – Experiential – Sharing Experience – Didactic

**WORKSHOP B18**

**What Online Sessions Have Taught Us About Working “In Person.”**

**Reclaiming Spatial Wonder, Innocence, and Group Attunement**

**Terry Nathanson, LCSW, Private Practice; NYU Silver School of Social Work**

This interactive online workshop welcomes participants to explore how capacities developed in virtual group facilitation - such as spatial attunement and embodied presence - can enhance “in person” group therapy. Participants will deepen their ability to work with groups through spatially-oriented exercises and small group practices including energetic tracking, work with place-attachment, and sensory informed seeing and listening. We'll engage the spatial and perceptual opportunities cultivated online, translating these resources into more resonant group dynamics across all therapeutic settings.

*Open to All Levels of Experience*

Experiential – Group Process – Sharing Experience – Didactic

## “B” WORKSHOPS (con’t)

FRIDAY, NOVEMBER 14, 2:30 – 5:00 PM  
LIVE ONLINE

### WORKSHOP B19

#### **Belonging Begins Here: Challenging Imposter Dynamics in Group**

LaTasha Smith, PhD, LCSW, CGP, Loyola University of Chicago; Private Practice and Hilary Levine, PhD, CGP, CCNY; Private Practice  
The imposter dynamic refers to a phenomenon that is ever changing and morphs in different ways but is based on a core belief that we are not as smart and competent as others see us to be. The persistent fear of being exposed as a fraud despite clear evidence to the contrary is rooted in real-life, formative experiences, both familial and socio-cultural. Secrecy, shame and experiential avoidance fuel the imposter syndrome. This workshop invites you to explore how imposter dynamics manifest in your life and to learn how groups can detoxify their impact.

*Open to All Levels of Experience*

Experiential – Group Process – Sharing Experience – Didactic

### WORKSHOP B21

#### **Igniting Connection: Group as Campfire**

Daniel Diamond, LCSW, Private Practice

Participants will learn the process of communal fire-building, and reflect on its warmth, function, and danger. We will use this knowledge to understand our tasks, desires, and fears when it comes to joining a process group. Using the metaphor of the campfire, participants will track the development and progress of the group in the here-and-now. (No literal fires will be made in this session, but participants will be prepared to help build one in the future.)

*Open to All Levels of Experience*

Experiential – Group Process – Didactic – Sharing Experience

### WORKSHOP B20

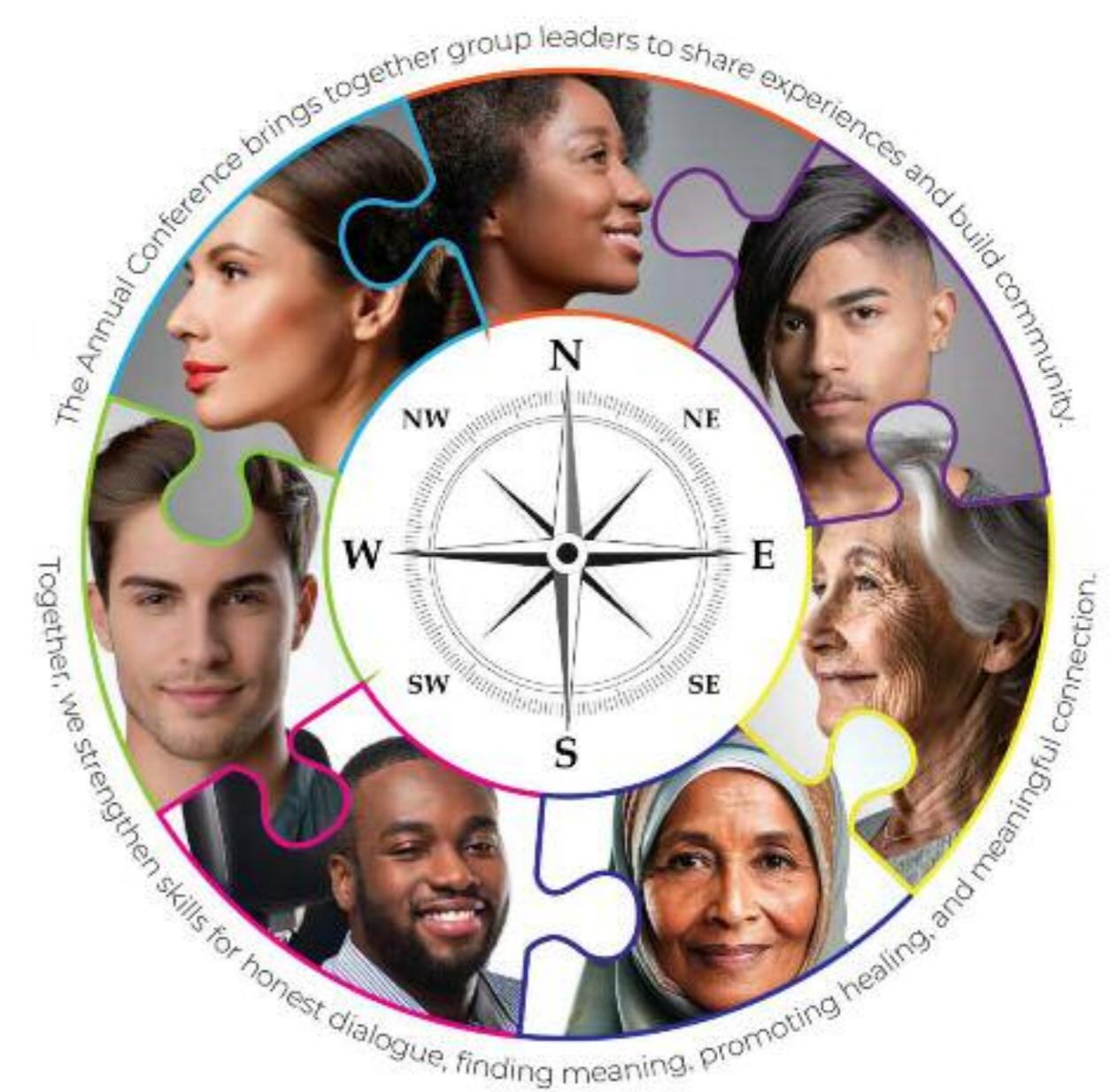
#### **Social Dreaming: A Method of Fostering Connection**

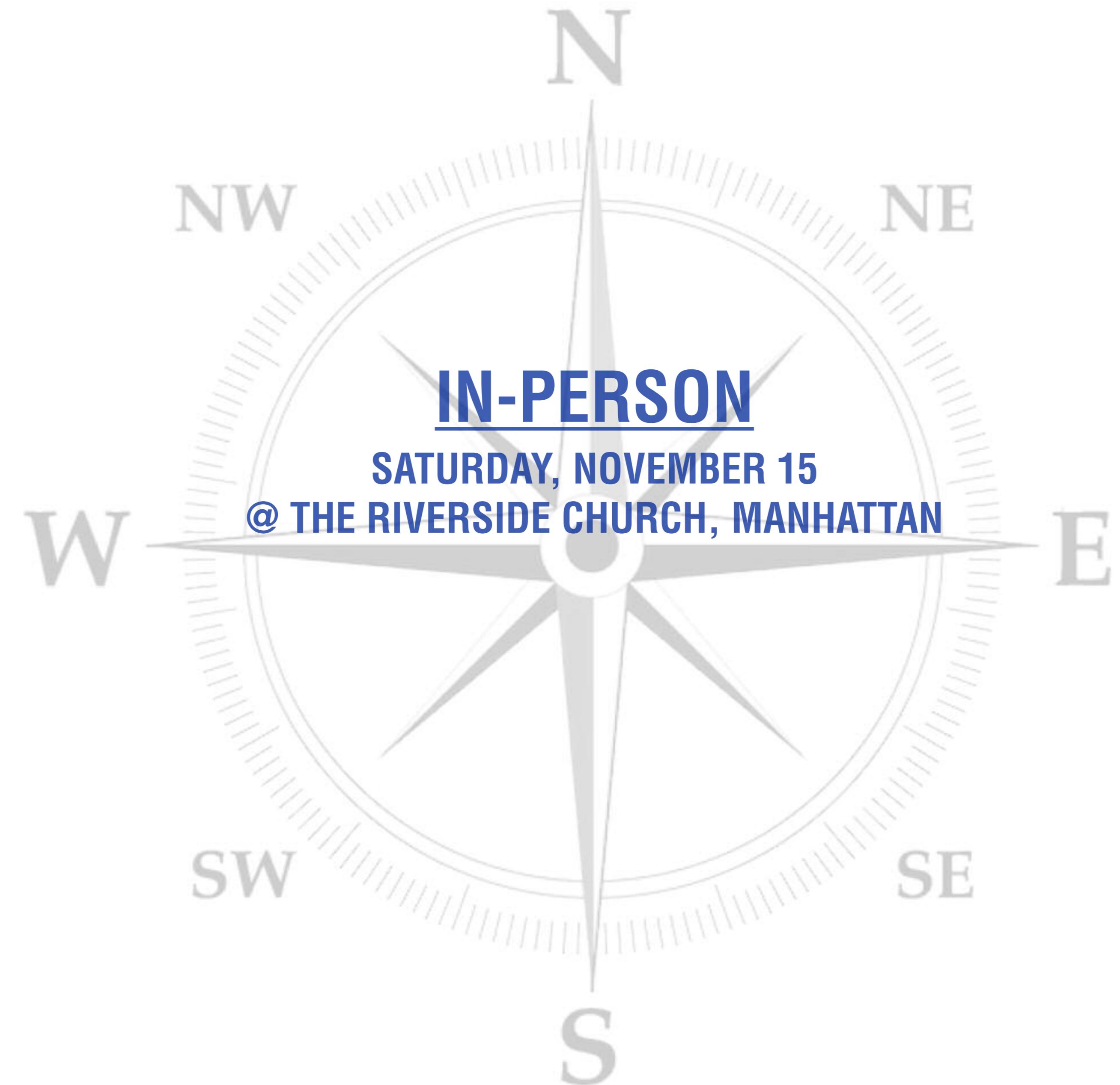
Susan Convery, LCSW, New York Center for the Study of Groups, Organizations and Social Systems; Private Practice; Joanne Bowman, MA, CHWC, New York Center for the Study of Groups, Organizations and Social Systems; The International Society for the Psychoanalytic Study of Organizations (ISPSO) Martin Walker, PhD, YA500, New York Center for the Study of Groups, Organizations and Social Systems; William Alanson White Institute for Psychiatry, Psychology, and Psychoanalysis Mette Charis-Buchman, MA, Org.Psy.M., PhD Candidate, New York Center for the Study of Groups, Organizations and Social Systems; The National Institute of Organisation Dynamics Australia (NIODA)

Social dreaming offers connections across physical, cultural, and language boundaries. Through the sharing of dreams and free associations without interpretation, we will examine the infinite unconscious in the group, the EGPS Conference and our larger world. This session will offer an introduction to social dreaming, the experience of two matrices, personal reflection and discussion of themes and applications. All dreamers and dreams are welcome! No prior experience required.

*Open to All Levels of Experience*

Didactic – Sharing Experience – Experiential





## "C /D" WORKSHOP

SATURDAY, NOVEMBER 15, 9:00 – 11:30 AM & 2:30 – 5:00

IN-PERSON @THE RIVERSIDE CHURCH, MANHATTAN

### WORKSHOP C22/D31

#### **Roll for Insight: Using Collaborative Roleplaying Integrative Therapy (CRIT) in Group Work**

Vincent Dehili, PhD, CGP, ABPP, AGPA-F, Vassar College; Change the Narrative Counseling, LLC and E Merten, LICSW, Advance Psychotherapy Practice

This full-day, experiential workshop introduces CRIT—Collaborative Roleplaying Integrative Therapy—a transtheoretical framework merging group therapy with tabletop roleplaying games like Dungeons & Dragons. Grounded in nine dialectical therapeutic factors, CRIT offers a novel approach to identity exploration, relational repair, and systemic insight. Through two live demonstration groups, didactic content, and process reflection, participants will develop tools to support co-facilitation, psychological flexibility, inclusivity, and narrative healing through roleplay-based group therapy.

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

Open to All Levels of Experience

Experiential – Group Process – Didactic – Sharing of Experience

### "C " WORKSHOPS

SATURDAY, NOVEMBER 15, 9:00 – 11:30 AM

IN-PERSON @THE RIVERSIDE CHURCH, MANHATTAN

### WORKSHOP C23

#### **Working with Dissociative Processes In Group**

Andrew Eig, PhD, ABPP (Group), Faculty, Adelphi University; Faculty NYU Postdoctoral Program in Psychoanalysis

Explore the complexities of dissociation in group psychotherapy and learn effective strategies to foster authenticity and connection. This workshop delves into the structural dissociation model (van der Hart, Nijenhuis and Steele, 2006) and methods to enhance self-awareness and co-consciousness among participants including the leader. Attendees will gain insights into managing dissociative symptoms, creating a safe-enough therapeutic environment, and promoting integration within group settings. We will also investigate how dissociative processes interact with the group and society at large.

Open to All Levels of Experience

Didactic – Experiential – Group Process – Sharing Experience

### WORKSHOP C24

#### **We are \*HERE: BIPOC Persons' Journey to Authentic Self-Expression in Groups. \*Healing, Existing, Resilient, Empowered**

April Harvin, MSW, LCSW, Private Practice, ARH Soulutions LLC and Dianne Mack, PhD, LCSW, MSW, Private Practice

Through didactic, small-group, reflective exercises, and group process, participants will explore how unconscious biases, cultural assumptions, and interpersonal, institutional, systemic, and anti-black racism shape authentic self-expression for BIPOC members and leaders, and how these forces impact relational ruptures and opportunities for repair in groups. This workshop will center the experiences of attendees who identify as Black, Indigenous, People of Color. (POC includes Latino/a/x/e, Asian, Pacific Islander, MENA [Middle Eastern, North African], and multi-racial identities.)

*Open to All Levels of Experience*

Experiential – Group Process – Didactic – Sharing of Experience

### WORKSHOP C25

#### **Leadership Authority Repair in Groups and Organizations**

Howard Friedman, PhD, Private Practice; Mineko Anne Legendy, PhD, Private Practice and Jonathan Rust, PhD, Associate Professor, SUNY New Paltz

In the life of groups and organizations adverse experiences occur. Repair becomes a necessary part of processing these experiences. Leadership with both formal and informal authority are components of the repair process. Using a group relations lens, along with small groups and a large group, participants will have an opportunity to explore their thoughts and feelings connected to this theme. A brief didactic presentation and a debrief are included.

*Open to All Levels of Experience*

Experiential – Sharing Experience – Group Process – Didactic

### WORKSHOP C26

#### **Gender - Why Can't We All Get Along!**

Jacqueline Ambrosini, LCSW-R, Certificate in Psychoanalysis, Private Practice; Center for Modern Psychoanalytic Studies and Teresa Solomita, LCSW-R, NCPsyA, Center for Group Studies; Center for Modern Psychoanalytic Studies

Interdependence refers to the mutual reliance and interconnectedness between individuals, groups, or systems within a larger context. It describes how the actions and well-being of one entity are influenced by and dependent on the actions and well-being of others, creating a web of reciprocal relationships. How do we create a more healthy, interdependent relationship between men, women and gender non-conforming persons? How do we move from patriarchy to mutuality? What's possible in a group? Our group workshop will explore interdependence through didactic and group process.

*Open to All Levels of Experience*

Experiential – Group Process – Didactic – Sharing Experience

### WORKSHOP C27

#### **The Unconscious Power of the Parental Voice: An Exploration of this Influence on the Male Therapist and His Clients**

Joseph Lynch, PhD, Private Practice and Laurie Nisco, PhD, Private Practice

The male therapist brings into the room the internalized voices and his lived experience of his parents/parental figures, and these inevitably influence his work and impact his clients, whether consciously or not. Does the internalized father or mother predominate? Does the parent manifest in the therapist's tone, facial expression, body language or experience of others? Is sexuality, competitiveness, and aggression avoided or overemphasized? In this experiential workshop, we will explore these and other aspects of the internalized parental voice and their impact on client care.

*This Workshop is Open to Men/those who identify as Male*

*Open to All Levels of Experience*

Sharing Experience – Group Process – Experiential – Didactic

**“C” WORKSHOPS (Con’t)**  
**SATURDAY, NOVEMBER 15, 9:00 – 11:30**  
**IN-PERSON @THE RIVERSIDE CHURCH, MANHATTAN**

**WORKSHOP C28**

**Let's Talk About Our Differences**

Mary McRae, EdD, William Alanson White Institute; Private Practice  
In this workshop, we will look at some video clips of a group working with some of their differences. We will share observations and interpretations of the racial and cultural dynamics in the video group. We will then form a small group that will engage in a here-and-now experience of the differences that exist in group members. There will then be time for review and application of experiences to those in current lives.

*Open to All Levels of Experience*

Didactic – Sharing Experience – Experiential – Group Process

**WORKSHOP C29**

**Building a Group One Word at a Time**

Oona Metz, LICSW, CGP, AGPA-F, Private Practice;  
Founder, Beacon Group Fellowship  
In this dynamic workshop we will build a group using both written and spoken words. We will investigate the use of unconscious process to build cohesion, foster connection and deepen insight. Through a series of brief, guided, creative writing exercises, participants will use the page as a space to observe and express emotions, experiences and desires, learning more fully about themselves and each other. No writing experience needed.

*Open to All Levels of Experience*

Didactic – Group Process – Sharing Experience – Experiential

**WORKSHOP C30**

**Identity Politics, Cultural Competence, and our Lived Clinical Practice**

Daniel Jose Gatzambide, PsyD, Assistant Professor of Psychology, and Director of the Frantz Fanon Lab for Decolonial Psychology, Queens College; Department of Critical Psychology at the CUNY Graduate Center.

Much has been written about the role of cultural competence in the clinical setting, yet growing confusion abounds about the application of these principles in an open, experience-near and practical fashion. This workshop will engage attendees in reflecting on their training on cultural competence principles, and how they can both help and hinder their clinical practice. Attention will be given to how we discuss identity in our work, to articulate a more inclusive approach.

*Open to All Levels of Experience*

Didactic – Sharing of Experience – Experiential

**“D” WORKSHOPS**  
**SATURDAY, NOVEMBER 15, 2:30 – 5:00**  
**IN-PERSON @THE RIVERSIDE CHURCH, MANHATTAN**

**WORKSHOP D32**

**Becoming Comfortable with Uncomfortable Group Feelings**

Ronnie Levine, PhD, ABPP, CGP, AGPA-DF, Faculty, Center for Group Studies

Creating a group culture of inclusion requires the group therapist to live through and work with feelings that are difficult to contain and hold. Among the most difficult group feelings to bear are the leader's (and group's) feelings of shameful badness, following painful misattunements, while also finding ways to remain open, curious, and available so that all feelings can be invited and explored. This workshop will explore how the leader can develop transformative exploration.

*Open to All Levels of Experience*

Group Process – Didactic – Sharing Experience

**WORKSHOP D33**

**Essential Leadership Skills for Adolescent Groups**

Sean Grover, LCSW, Private Practice

Adolescent groups offer clinicians the rare opportunity to help teens heal from familial, social, and cultural injuries. This workshop will use both didactic and experiential methods to train participants in creating an inclusive environment through effective adolescent group leadership. By fostering peer solidarity and acceptance, group leaders help teenagers rewrite their painful histories and honor their authentic selves.

*Open to All Levels of Experience*

Didactic - Group Process – Experiential - Sharing Experience

## “D” WORKSHOPS (Con’t)

SATURDAY, NOVEMBER 15, 2:30 – 5:00

INPERSON @THE RIVERSIDE CHURCH, MANHATTAN

### WORKSHOP D34

#### **Help! How Do I Run a Group: Fundamentals of Group Psychotherapy**

Virginia Seewaldt, PhD, Private Practice and Joan Wittig, MS, BC-DMT, LCAT, Pratt Institute

This workshop introduces essential components of beginning a group 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. The workshop will include both didactic and experiential components.

*This is an Introductory Workshop*

Didactic – Experiential – Group Process – Sharing Experience

### WORKSHOP D35

#### **Money: Clinical Issues**

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

The therapist's relationship to their own financial issues has a direct impact on their work with clients. Using a Systems-Centered approach, this workshop will explore these issues for the therapist and their effect on their work.

*Open to those with an Intermediate Level of Experience*

Experiential – Group Process – Sharing Experience - Didactic

### WORKSHOP D36

#### **Where Do We Go From Here: Chaos or Community?**

Nardia Brooks, LCSW-R, Private Practice; Center for Modern Psychoanalytic Studies & Christian Tesema, Psychoanalyst, Private Practice

In June 2023 the Holmes Commission published a report that confirmed a history of racism in psychoanalysis. In considering the implications of its findings for the future, the Commission quoted MLK: “where do we go from here, chaos or community?” Accordingly, this workshop aims to engage in restorative and authentic conversations about structural racism with a hope of healing and change. We will confront, address enactment, and attempt to move from chaos to community.

*Open to All Levels of Experience*

Experiential – Didactic

### WORKSHOP D37

#### **Do I Matter Here? Navigating Differences Through the Lens of Mattering in Group Psychotherapy**

Alan Oxman, LCSW, DSW, Private Practice

This workshop explores how group therapists can use the psychology of mattering to foster authenticity, deepen emotional connection, and address ruptures within diverse group settings. Using modern analytic theory, participants will learn how to identify and intervene in dynamics of mattering and anti-mattering to support restorative processes, navigate cultural and interpersonal differences, and promote relational safety. Clinical examples, experiential learning, and theoretical grounding will guide participants in cultivating meaningful, reparative group experiences.

*Open to All Levels of Experience*

Experiential – Group Process – Sharing Experience - Didactic

### WORKSHOP D38

#### **Interpersonal Meets Existential: Autonomy and Powerlessness in Group**

Philip Bender, PhD, CGP, Private Practice,

Many of our group members' interpersonal complaints stem from their desire to change others, which is often impossible. We'll discuss an existential approach to group therapy and how it can help encourage acceptance of the painful differences and disappointments that members experience from other people in their lives. This will be followed by a process group experience, with special attention to these themes.

*Open to All Levels of Experience*

Experiential – Group Process – Didactic

### WORKSHOP D39

#### **What to Do About It Now? Adult Patients and Present-day Relationship with Their Parents**

Scott Sasso, PhD, CGP, ABPP, Private Practice; Long Island University

Adult patients frequently speak about their ongoing relationships with their parents in individual and group psychotherapy contexts. Existing literature examines childhood circumstances and longstanding patterns but is sparse regarding machinations of current conflicts. This workshop will examine ways for patients to take direct real-world action as well as work through conflicts internally or symbolically. The workshop will also elucidate common group scenarios and effective group management when this topic arises.

*Open to All Levels of Experience*

Group Process – Experiential – Didactic – Sharing Experience

CA  
NC  
EL  
LE  
ED  
ED  
ED

**Eastern Group Psychotherapy Society  
2025 Multi-day, Multi-modality Annual Conference  
Registration Information**

**Friday, November 14, 2025, Live Online  
And/or**

**Saturday, November 15, 2025, In-Person at The Riverside Church, Manhattan**

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

The Live Online Plenary is included with all registrations. (It will be held Live Online, Thursday evening November 13.)  
All Workshops have limited registration and are filled on a first-come, first-served basis.

**FEES:**

**BY November 3rd:**

**FULL CONFERENCE - Both Live Online and In Person**

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

**ONE CONFERENCE DAY - Either In-person or Live Online**

Members: \$260  
Nonmembers: \$350  
Students/Residents: \$130

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

Members: \$130  
Nonmembers: \$175  
Students/Residents: \$60

**AFTER November 3rd:**

**FULL CONFERENCE - Both Live Online and In Person)**

Members: \$480  
Nonmembers: \$630  
Students/Residents: \$240

**ONE CONFERENCE DAY - Either In-person or Live Online**

Members: \$315  
Nonmembers: \$420  
Students/Residents: \$160

Members: \$155  
Nonmembers: \$210  
Students/Residents: \$75

**2025 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](mailto:info@egps.org). Donations to the Conference Scholarship Fund are greatly appreciated.

**Cancellation Policy:** Cancellations received prior to November 3rd will be assessed a \$50 fee. There are no refunds for cancellations received after November 3rd.

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

**CLICK HERE TO REGISTER**