

The Group Therapist Perspective



GPASC Group Psychotherapy Association of Southern California



GPASC President

Irene Harwood,
MFT, LCSW, Ph.D. Psy.D., CGP, FAGPA

Coming Events:

- **Use of Poetry in Group Therapy (March 11, 2007)**
- **Anger Management (May 20, 2007)**
- **Gestalt with Adolescents and their Families (July 8, 2007)**

*We're on the
Web!*

See us at:

www.gpasc.org

President's Message

Dear GPASC friends/colleagues,
With this first Newsletter of the year, I wish for every one of you to break through your own "marble" or "glass" ceiling. I also hope that the New Year opens for each of you many new possibilities, both personal and professional.

Our first GPASC Holiday Party allowed us to close the year with a wonderful new tradition. Many who at the beginning greeted each other as colleagues, at the end of the evening, after laughter, poetry and song, were saying goodbye with a new feeling of friendship. As important as our learning opportunities are, I believe it is the unscripted social gatherings that allow spontaneous moments of laughter and joy, which are the best antioxidants for well being and health. There is good reason why all of us are involved in group!

Continuing the spirit of communal participation in our first Holiday party, I am gratified with the interest and response I have received for the PRACTICE DISCUSSION GROUP. The first meeting will be February 25th. Email iharwood@ucla.edu or call my office 310-824-1355 for address and directions.

I want to restate what I shared with you the day I took office:

"There is no such thing as too much knowledge. But, there is also no such thing as too much support. Our patients need both from us, and our groups, and so do we as professionals. It is difficult to practice in isolation and without the camaraderie of collegial support."

I hope that this new PRACTICE DISCUSSION GROUP will give us in GPASC an opportunity to be social, exchange ideas, discuss practice issues, and get to know other members in an informal group atmosphere.

As all of you are aware, all GPASC workshops and the annual conference help our members earn CEU credits. What I want to remind you is now that GPASC has become an affiliate of the American Group Psychotherapy Association (AGPA), our workshops and Annual Conference also allow our members to earn points towards receiving national recognition as a Certified Group Psychotherapist (CGP), which is offered through AGPA.

In addition, those of you who found our Annual Conference's groups meaningful (or those who missed this opportunity) and want a more in depth group process experience over two days (called an Institute), you have another special chance with new colleagues from AGPA. I would like to invite everyone, who is interested in learning more about group dynamics (in workshops or through the two day Institute) and also wanting to experience a larger communal group feeling, to attend AGPA's annual conference in Austin, Texas in March 5-10, 2007. To view the program go to www.AGPA.org or link to it through GPASC's website www.GPASC.org.

AGPA's annual conference has been, always, the most communal, meaningful and joyous conference that I have attended over two decades. I have met more colleagues who have become and remained friends and collaborators than at any other national or international conference. I hope to see you there!

Editor's Notes



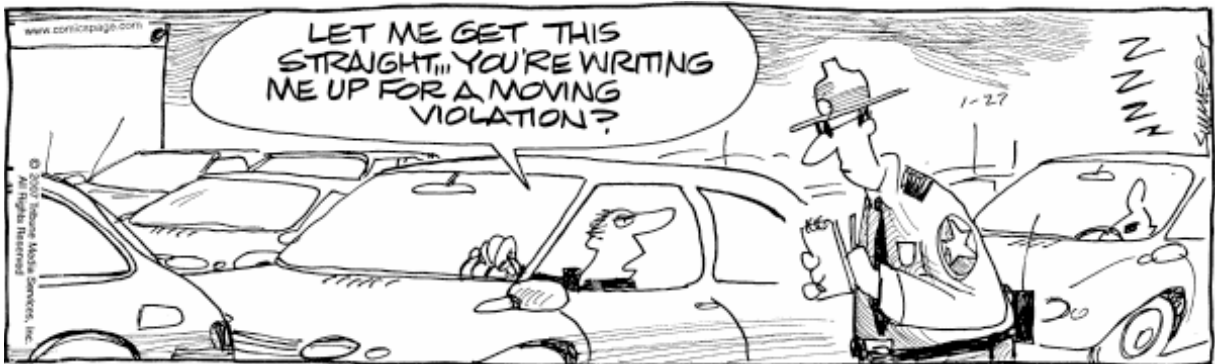
Evelyn Pechter, PsyD
Newsletter Editor
Website Liaison

So much has been said about cyberspace. Is the Internet about isolating or connecting? I think it's about both. Like anything else, there needs to be a balance. We are a society in need of coming together. The question is, what role progress (via the internet) plays in bringing us together or pulling us apart? There is no doubt we are headed in a direction of more computer communication. People are meeting their significant others via the Internet. There are numerous websites set up as dating services. Let's not forget ebay and various other online shopping sites. Frankly, I shop online. It's convenient. I do research on the Internet. And yes, I do email too. Most likely you are reading this newsletter sent via email.

A site called Dailystrength.org meshes social networking and health care. There are many online chat rooms. People who grieve and are lonely find a place to "chat" and not feel so alone. Does this increase of using the Internet mean more loneliness, more depression, and more stressors? Or, is it simply a way to save time and decrease stress levels? There is probably no road rage on cyberspace. Oh wait a minute, perhaps there is with faster DSL, faster bigger computers. Are we geared towards I want what I want when I want it even on the computer? Wishing you peaceful surfing on the web and... more to ponder.

Laughter while you ponder...

Bound and Gagged by Dana Summers:



DILBERT

Scott Adams



As part of The Mastering Group Therapy Series, a 3 hour
GPASC Continuing Education Program. . .

**Poetic Medicine: The Healing Art of Poem Making,
Giving and Receiving**

Poetry Therapy is defined by the National Association for Poetry Therapy as "...the promotion of growth and healing through language, symbol and story." In this workshop, participants will be invited to experience and theoretically explore the process of hearing, writing, and voluntarily sharing a variety of assembled words and silences defined as poetry.

Presented By:

Thomas Hedberg, Ph.D., MFTm RPT M/S, is a past Ed. Chair for NAAPT (Nat. Assoc. for Poetry Therapy), author, Pres. of Bd. of Dir. of Breakthrough Parenting Services, founder of Y.E.S. International (English/Spanish youth & family programs) and Director of the Center for Sacred Psychology in WLA (an Interfaith Network). Dr. Hedberg received the DR. ARTHUR LERNER Award for Excellence in Mental Health in 2000.

Sharon Rizk, Psy.D., LMFT, is a Clinical Psychologist and Licensed Marriage & Family Therapist. She is in private practice in a counseling facility that she recently opened in Pasadena, CA and specializes in trauma- and attachment-related issues and symptoms. She teaches psychology courses as an Adjunct Professor at Citrus College in the San Gabriel Valley and provides Clinical Supervision for three agencies. She is a published poet and uses poetry as a therapeutic intervention in groups and with individuals with supervisory support from Thomas Hedberg.

Location: Encino Hospital, 16237 Ventura Blvd., Encino

March 11, 2007; 1-4pm

The cost is \$25 for GPASC members and \$50 for non-members;
1/2 price for students. Fee includes your certificate for 3 CE Credits

**To reserve a seat, call Lynelle Goodreau M.F.T., at 818.995.3547
or e-mail her at yogaflow@msn.com**

OR

[Register online: WWW.GPASC.ORG](http://WWW.GPASC.ORG)

The Group Psychotherapy Association of Southern California (GPASC) is approved by the American Psychological Association to offer continuing education for Psychologists. The Group Psychotherapy Association of Southern California maintains responsibility for the program. GPASC is approved by the Board of Behavioral Sciences (#PCE 528) as a provider of Continuing Education Credits for MFTs and LCSWs. Certificates for APA or BBS CE credit will be issued upon completion of the 3 hour program.

Save the Date:

October 28, 2007

**GPASC's Annual
Conference**

**Details coming
Soon.**

**Three Ways to
register for GPASC
workshops:**

- www.gpasc.org
- **Call 818-995-3547**
- **Email:
yogaflow@msn.com**

**Therapy is a discussion
between two people, one
of whom is more anxious
than the other,
and it's not always clear
who that is.**

**Harry Stack Sullivan
American Psychiatrist**

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New Group Forming:

Life Transition and Positive Well-Being
Learn the Building blocks to
Optimism, Gratitude, Mindfulness and Hope

PRACTICE DISCUSSION GROUP for our GPASC membership

An informal group, where members can experience collegiality, enjoyment, and participation in a monthly discussion group... An opportunity to come together, get to know each other, exchange ideas and discuss issues encountered in all aspects of practice, not only group therapy. As clinicians, it is important to feel that we are not alone with the many issues we encounter. One of the reasons that our patients join groups is to experience what Irvin Yalom calls one of the most essential "curative factors" UNIVERSALITY. As clinicians we have similar needs. Hearing familiar issues from a different perspective or novel approaches will invigorate each of us as a person, as a clinician, and our practices as well.

I look forward for GPASC members to experience warmth and camaraderie in this PRACTICE DISCUSSION GROUP

Please email me at: iharwood@ucla.edu or call me at (310) 824 -1355.

Office Space:

Beautiful, historic Pasadena building near freeways and Old Town. Offices available full or part time. Call light system, waiting room, separate restroom, kitchen, fax, copy machine, DSL w/firewall.

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Melissa Johnson, Ph.D., PSY13102



**Do You Have A WebSite? Are You Listed in the Search Engines?
If Not – You Are Missing Out.**

Register for access to a free video and free report on understanding how marketing online can grow your practice. Take our quiz to determine if you would benefit from having a website. Visit <http://www.ecombuffet.com/GPASC>

Many of you know me – I'm Jennifer Horowitz. My company has been donating Search Engine Optimization services to GPASC for years to help drive traffic to the GPASC site. I also work with a few GPASC members on their own sites. I am offering a special promotion on my services – and free information that could help you even if you don't decide to work with me. Please check out: www.ecombuffet.com/GPASC

New Therapeutic Options for Regulating Anxiety/Panic

By Jane R. Wheatley-Crosbie, MSW, LCSW

Challenged by clients whose trauma histories leave them susceptible to anxiety or panic? If so, you may be interested in an article I wrote that was recently published in the [USA Body Psychotherapy Journal](#) and can now be accessed on our GPASC website. Interweaving somatic, Jungian and psychodynamic treatment approaches with affective neurobiology (including diagrams that make it more accessible), this article offers a clinical application of regulation theory to a specific case of traumatic reenactment.

Located in the section called "Articles of Interest" on the home page, its title is "Healing Traumatic Reenactment: Psyche's Return from Soma's Underworld."

I've always been interested in mythology, initially emerging out of my experience of living in Greece as an exchange student when I was an adolescent, and later expanding in conjunction with my study of Jung's analytical psychology. As a clinician my specialty is working with psychological trauma in adults that emerged out of early developmental attachment wounds and is embedded in a variety of psychological and somatic conditions. Myths about enduring and surviving a journey to the underworld provide powerful metaphors for the traumatic themes that clients bring regularly into my consulting room.

Trauma work has led me to develop an integrative treatment model, since patients with chronically impaired self-regulation don't get better until they learn how to work with the unconscious traumatic memories stored in their bodies. This model has emerged out of my interest in early attachment trauma, its impact on the developing body-mind-brain, and its long-term psychological and physiological effects. My approach incorporates both analytic and somatic methods, including Peter Levine's Somatic Experiencing, and is informed by developmental affective neurobiology, which I've been studying with Allan Schore for the past seven years. An earlier version of this paper was presented at the California Psychological Association Convention in San Francisco in March of 2006, as part of a panel with Allan Schore on Regulation Theory and the Neurobiology of Psychopathogenesis.

Many thanks to Evelyn Pechter, Marvin Kaphan, and GPASC for helping this article make its way out into the world...

The Benefit of Belonging

It's that time to renew your GPASC membership...

We have a secure online way to renew by going to www.gpasc.org and clicking on Member's Administration.

There, you can also update your member listing and your group listing. Reminder!! If you do not already have a listing, there is NO additional charge, these listings are included in the already LOW GPASC membership dues.

Membership includes the opportunity to attend six workshops each year at a very reduced fee. (Members pay \$25 per workshop) What a deal!!

In addition, you are reading a newsletter in which you can advertise your groups and your practice at low to FREE ads.

So, take a few moments right now, if you haven't already, and go to our website www.gpasc.org

EARN POINTS
TOWARDS
BECOMING A
CERTIFIED GROUP
PSYCHOTHERAPIST
... Ask us how!!!

IMPORTANT LISTSERV INFORMATION: Our listserv address has changed. Please make a note of the new address: gpasc@listbox.com.

One of the many benefits of membership with GPASC is our listserv...

The list will be monitored to the extent that anything that you send to the address will first be sent through a monitor for approval, in keeping with our guidelines as follows:

1. The purpose of the list is to facilitate collegial interaction and clinical information.
2. Professional dialogue, professional and clinical issues, case consultation, sharing of techniques, ethical concerns, etc. are all welcome.
3. Please do not include commercial advertising. Do not use this list to advertise or publicize your practice, books you have written, workshops or seminars that you are presenting. We have our newsletter and website for that purpose.
4. You may, however, announce articles that you have published in professional journals or honors you have received.
5. You may request referrals for your patients.
6. Do not announce groups you are running; these should be placed on our website or advertised in our newsletter.
7. Remember, when discussing clinical or case material, to protect confidentiality of your clients.

The address for listserv postings is: gpasc@listbox.com

Please note: when you click reply to a listserv posting, your reply will be sent ONLY TO THE ORIGINAL SENDER.

New addition to our website!! Articles of interest... written by GPASC members.

GPASC is a small group of colleagues who wish to share information, ideas, experiences and theories in an informal collegial atmosphere. Our website offers that venue. If you would like to be part of this sharing, we welcome your contributions. Please submit your article via email to drevelynpechter@earthlink.net as long as it is within the parameters of theoretical discussions, case studies and clinical anecdotes relevant to clinical practice it will be appreciated and considered for publication.

Go to www.gpasc.org and click on "Articles of Interest".

THE GROUP PSYCHOTHERAPY ASSOCIATION OF SOUTHERN CALIFORNIA

Presents.....

MASTERING GROUP THERAPY 2007

March 11, 2007	Sharon Rizk, Psy.D, LMFT and Thomas Hedburg, Ph.D, LMFT Use of Poetry in Group Therapy
May 20, 2007	Ronit Davlyan, LCSW Anger Management
July 8, 2007	Ruth Lampert, MFT Gestalt with adolescents and their families
September 9, 2007	Dr Stephen David "Cognition in Older Adults: Differences in Normal Aging, Psychiatric Disorders and Dementias."
November 11, 2007	Sheila Hatcher, MFT Working with anger in group through CBT

Earn (up to) 18 CE credits. Plan now to attend this exciting series in which you will join with colleagues throughout the coming year to explore a wide range of topics related to group therapy.

Six 3-hour workshops are scheduled for 2006, from 1:00 to 4:00 PM Fees: Individual workshops (including CE certificates) cost \$25.00 for members and \$50.00 for non-members.

Each of these six courses is approved for 3.0 CE hours for Psychologists, MFT's and LCSWs. The Group Psychotherapy Association of Southern California (GPASC) is approved by the American Psychological Association to offer continuing education for psychologists. GPASC maintains responsibility for the program. GPASC is approved by the Board of Behavioral Sciences (#PCE 528) as a provider of Continuing Education Credits for MFTs and LCSWs. Certificates for BBS or APA EC credit will be issued upon completion of each course. **IMPORTANT NOTICE:** Those who attend the workshop & complete the evaluation will receive continuing education credits. Note that APA CE Rules require that we only give credit to those who attend the entire workshop. Those who arrive more than 15 minutes after the scheduled start time or leave before the workshop is complete will not receive CE credits.

To reserve a seat (space is limited), or for additional information contact Lynelle Goodreau, MFT at 818.995.3547 or (email) yogaflow@msn.com. You may also register online at www.gpasc.org Workshop locations will be announced on our website and by email.



GPASC NEWSLETTER ADVERTISING RATES & INFORMATION

Member rates apply to current GPASC members only.

Type of Ad	Size	Member Rate	Non-Member Rate
Full page display	7.5" x 9.5"	\$75	\$110
3/4 page display	5.0" x 7.0"	\$60	\$90
1/2 page display	7.5" x 4.75"	\$40	\$60
1/4 page display	4.75" x 4.75"	\$30	\$50
1/8 page display	4.75" x 2.25"	\$20	\$35
1/16 page display	2.5" x 2.25"	\$15	\$30
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Classified Ads	30 words *	FREE	\$25

• \$10 additional charge for any part of any additional 10 word increment

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www.gpasc.org