



The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

March 2006

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I cozied in with my husband, Alan, and my excitable golden retriever, equipped with diet Dr. Pepper on the rocks and massive quantities of guacamole, to watch the Oscars. It is an annual event. I cheer and boo and offer a victory toast when they have the good sense to pick the right people (according to me, of course) for the winners. Though it starts with a bang, the program begins to meander as soon as the first award is given. We all know that the real fun is hours away. Thank heaven for the gentle strains of *It's Hard Out Here For a Pimp* - this year's winner for Best Song – for providing time to think.

As the Academy Awards attest, we love movies. Perhaps that is because boundaries barely exist in the world of film. We witness the most private moments of characters we love and hate. An endless supply of tabloid magazines and TV programs shows us the good, bad, and ugly moments of the actors who play those roles, as well. To an outsider, the film industry seems like one giant family. Movie making is highly collaborative and appears never to be lonely.

Could any industry be further from our own? We do our work privately, one on one, and shrouded in secrecy. For good reason, confidentiality is legally and ethically mandated. We work almost entirely in solitude. This lonely image of the private practice psychotherapist brings up some questions.

First, because of the highly private nature of our work, how do we stay fresh, alive, connected? Can we realistically work with others to build their relationships if we ourselves become so adept at working as a one-man band? How do we take care of ourselves and avoid burnout? The answers to these questions are far beyond the scope of this short article. I simply offer a belief that I live by: I have an obligation to myself and to others to connect meaningfully with other professionals on a regular basis. I have made it my business to give support to colleagues as well as to receive the support that I need. GPASC membership and board service has offered an extraordinary opportunity to keep this commitment.

I'd like to extend an invitation to each of you to consider how you are using your GPASC membership. GPASC offers numerous training and networking opportunities. These include: Members Only Salons, headed by Mimi Davis, the Mastering Group Therapy Workshop series, lead by Lynelle Goodreau, and the GPASC Training Institute, administered by Bill Flaxman. We also have our annual conference in the fall, and mark your calendars now for our President's party in June.

Finally, please think about giving back to the organization. Volunteer to host a Member's Only Salon or write an article for the newsletter. Think about

serving on the GPASC Executive Board. Some members are retiring from the board after years of faithful service. You could take the opportunity to step into their shoes. The commitment is minimal; the payoffs are plentiful. If you are interested in serving, let us know.

Message From The Editor
By Mimi Davis, MFT

A Very Personal Editorial

There are times when life provides particularly intense challenges and learning opportunities, whether we have asked for them or not. Sometimes those moments are experienced by several individuals at the same time (a small group) and there is the possibility of even greater learning or insight if the individuals are able to share their perceptions and make use of this expanded interpersonal experience. Someone outside of the actual experience may be supportive or insightful or empathic or informative, but the people “inside” the event usually have the strongest, most enduring bond and, potentially, the greatest opportunity to teach and help each other during and after their experience.

When my daughter, Hilary, went into labor 2 ½ months prematurely, the crisis provided a window into the fluctuating and intensely vital “groups” that she and her infant son, Colby, needed to connect with, contribute to and learn from to allow for the most positive outcome possible for mother and child. There were no guarantees despite the amazing scientific advances that have been made in the field of neo-natal pediatric medicine. The initial grouping of emergency personnel, obstetrical nurses, obstetrician, ultrasound physician, ultrasound technicians and pediatrician immediately engaged Hilary, her husband, her close friends and family members in an intense effort to help Hilary and her baby through this difficult crisis.

After the baby was born the grouping immediately shifted to the doctors and nurses of the neo-natal intensive care unit (NICU.) Learning, therefore, shifted to what all the specific monitors and IVs and readings meant, along with the smallest changes and nuances in Colby’s functioning: respiration, skin color changes, sounds, movement, lack of movement, heart rate, food absorption, etc. A new learning and support group formed, the other parents and families of babies in the NICU. The families grew close in their need to learn vital information and to support each other through this ordeal. Babies did well or faltered. Very few of them cried. One baby suddenly developed an intestinal infection and, despite emergency treatment and surgery, died. All the families grieved. The families grew closer even as their group expanded to include the parents of new infants admitted to the NICU.

Mothers and fathers spent endless hours swaddling, holding, feeding, watching over and caring for the babies along with the seemingly tireless professionals. Other family members spent many hours supporting and symbolically “holding” the parents so that they had the strength to be there for their infants. The mothers knew the names and conditions of each other’s babies. When they went home at night they poured over books and reading material to learn all they could about the developmental milestones, problems and possible outcomes for their fragile babies. Information became as vital to the mothers as their bonding presence was to their infants. They met in lactation groups and support groups. Anything that was learned by one mother was shared with the rest. Information allayed fear and kept the parents focused and awake, despite the exhausting concentration and presence that was required.

The input, presence and involvement of the NICU fathers were eloquently sustaining sources of support for the mothers and the infants. It was evident that the focused involvement, resilience and commitment of the

fathers provided life-sustaining emotional and physical strength and support to the mothers. This, in turn, added to the progressive and successful development of the infants. Again, the quality of the interpersonal relationships between the adults had a very real impact on the emotional and physical functioning of the babies.

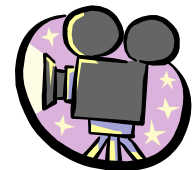
When a baby was able to go home, the entire NICU (including doctors, nurses, other specialists and all the other parents) rejoiced. The camaraderie and involvement continued after the babies and families left the NICU. The groups met and continue to meet...the successful alumni of this life-changing and sharply emotional learning experience. The shared strength of the NICU parents seems to have filtered down to their developing infants. Without being aware of it, all the babies have benefited from the group bonding of their parents. All the parents gained strength from all the other parents. All the babies were loved and treasured, none was taken for granted. Perhaps that, in the end, is the gift of this ordeal...that at a very young age, these babies internalized the intense awareness of the fragility and the preciousness of life itself, the need for resilience and strength, and the very vital emotional and physical importance of sharing life with other human beings.



For myself, as a mother and grandmother, and as a therapist and nurturing figure in the lives of my patients, this has been a profoundly moving experience. I have enormous respect and admiration for my daughter, Hilary, for her courage and focus, and for the love she shared with her son and with all the other parents and babies in the NICU.



Member Spotlight



The Flaxman Family Counseling Center

2665 30th Street, Suite 211
Santa Monica, CA 90405
(310) 452-6693

williamflaxmanphd@mac.com
gflaxman@verizon.net

William Flaxman, Ph.D., M.F.T., has been treating individuals, couples, families, and groups (mixed, men's, couples) for almost 30 years. Bill specializes in: 1) containing individuals, couples, and families in crisis; 2) in guiding people through transformational growth processes of learning how to "Self"-manage painful emotional experiences and moods, improving their quality of life and personal relationships; and 3) in guiding people to extricate or "unlock" themselves from compulsive syndromes of substance abuse or addictive behavioral patterns. Bill is a Past-President of The **Group Psychotherapy Association of Southern California** and serves as GPASC's Chair of Research, Education, and Training (www.gpasc.org). He is also a Board member of the Blackfeet Buffalo Horse Coalition, a Native American non-profit youth and community training organization on

the Blackfeet Reservation in Browning, Montana (www.buffalohorse.org).

Geraldine Flaxman, M.A., M.F.T., has been treating individuals, couples, families, and groups (mixed, women's, couples, expecting parents, and assertiveness training) for 25 years. In her practice, Geraldine uses insight meditation and guided imagery to gently facilitate people in the process of raising self-awareness which can, in turn, allow them to envision change and "other ways" of leading their lives. She is certified in EMDR, which she uses in the treatment of PTSD and in helping people effectively recover from childhood trauma. Geraldine has found, over 25 years, that psycho-educational group training in assertiveness is extremely empowering and effective as a catalyst in helping people learn how to increase their perception of what's going on internally and interpersonally in their relationships, so that they can more accurately communicate in constructive ways both their negative AND positive ideas and emotions.



Bill & Geraldine have established a relationship assessment and treatment model ("Intensive Containment of Couples in Crisis" and "Graduating" into a Couples' Group) that has been highly effective in facilitating constructive metamorphosis in couples wanting to improve the quality of their relationship, and with couples (and families) who present in crisis. Following initial individual and conjoint sessions (to establish and clarify each partner's personal history and the development of the couple's relationship leading up to the current situation), each partner's individual as well as relationship goals are established. Once a couple demonstrates a clear preference for constructive patterns of interpersonal processing at achieving individual and relationship goals, they "graduate" into Couples Group Therapy where, for each group member, sharing of vulnerable and sometimes painful issues enhances empathy in each couple, improves communication, diminishes blaming, and encourages intimacy. For each individual in a couples group, the experience of observing other couples' problems and styles of processing normalizes the kinds of difficulties couples

encounter in their relationships. The group process expands couples' awareness of issues, conflicts, and ways of seeking "win-win" resolution to problems, and stimulates the development of partnering skills that enhance intimacy and romance.

CLASSIFIED

GPASC NEWSLETTER ADVERTISING RATES AND 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
¼ page display	5.0" x 7.0"	\$60	\$90
½ page display	7.5" x 4.75"	\$40	\$60
¼ 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
Business Card	3.5" x 2.0"	\$15	\$30
Classified Ads	30 words *	FREE	\$25

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

ADS WILL NOT BE PLACED IN THE NEWSLETTER UNTIL EDITOR RECEIVED CONFIRMATION CONFIRMING PAYMENT.

Make checks payable to GPASC and send to:

GPASC
P. O. Box 2631
Winnetka, CA 91396

Jewish Men's Supportive Therapy Groups

Jewish Men's Supportive Therapy Groups, join our Monday or Wednesday evening group, 8:00pm to 9:30pm, lead by a licensed professional Marriage and Family Therapist. Meets in West Los Angeles, near Westwood, at 11110 Ohio Avenue, Suite 202, corner of Ohio Ave. and Sepulveda Blvd. Meet and get to know a small group of very supportive men who help one another by sharing, discussing, and processing personal issues related to family, relationships, or work.

Professional and Confidential. Very reasonable fee. Please call: Rich Hirschhoff, MFT at 310 /281-8476, or email at RichHMFT@aol.com.

Website: www.richhirschhoffmft.com

"Tend and Befriend":

Ongoing psychotherapy, growth and support group for women. This group meets from 7-8:30 on Wednesday evenings in Burbank. Please contact Mimi Davis, MFT at (818) 848-3022 for more information.

Experiential Gestalt Psychotherapy Group - with opportunities to discover inner resources for greater self-acceptance and enhance relationship skills. Collaboration with individual therapists available. Tuesdays - Encino, CA - contact Nickie Godfrey - (818) 783-5470.

Parents Finding Solutions:

Ongoing weekly groups. Informative, supportive workshops. Individualized coaching and counseling for parents. Contact Dr. Melissa Johnson, Institute for Girls' Development, 626.585.8075, ext. 108.

Del Mar Girl Power groups:

Ongoing weekly groups for girls 2nd grade through High School. Promote self-discovery, hardiness skills, growth-fostering relationships, and empowerment. Social skills groups also available. Contact the Institute for Girls' Development, 626.585.8075, ext. 108.

Young Women's Program for women 18 - 30:

Groups, individual therapy, workshops and resources empower young women through emerging adulthood and beyond. Contact Dr. Georgina Smith, Institute for Girls' Development, 626.585.8075, ext 102.

Co-ed Psychotherapy Group

Tuesdays, 7:00 P.M., Encino

Facilitator Nickie Godfrey, L.M.F.T.

For information or to arrange an initial consultation, call 818/783-5470

Adolescent Psychotherapy Groups

Ongoing Interpersonal/Psychodynamic psychotherapy groups for adolescents: early adolescents (11-13 years old) and adolescents (14-17 years old). Contact Adam Fogel, LMFT at (818) 757-0404

Group Psychotherapy for Men and Women

Timeframe: Open ended

Depth psychotherapy group focusing on life issues: achieving goals, creating happiness and self-esteem, developing healthy relationships, intimacy, assertiveness, setting boundaries, job and career concerns. All members have had, or are having individual therapy with another therapist or with Dr. Stoltzfus. Facilitated with a blend of humanistic, psychodynamic and behavioral approaches.

When: Monday or Thursday, 7:30 to 9:00p.m.

Contact Name: D. Lee Stoltzfus, Ph.D.

License Number: Psy 8607, MFT 6746

Location: (City only): La Canada

Phone number: 818-952-1599

E-mail: dr.lee.phd@doctor.com

MISSING OUT?

If you are missing some of GPASC's great activities, there are several steps you can take.

1. Make sure that you read the newsletter whether it's the hard copy issue or the electronic issue.
2. Make sure you are on the GPASC Listserv from Topica. If you are not on it, you are missing one of the great benefits of GPASC membership. It provides continuous interactive discussion of group therapy issues, and a constant stream of referrals. To sign on you must be a GPASC member, and send an E-mail to: gpasc-subscribe@topica.com . If you have any trouble, please let me know at: mnk22@columbia.edu .
3. To be sure that you hear about everything going on, go to the GPASC website at: <http://www.gpasc.org/index.html> and click on "Join Our Mailing List" on the right side of the page. The mailing list is available to non-members as well as members. You will be doing a great favor to your colleagues as well as to GPASC, if you encourage non-member colleagues to sign up.



THE GROUP PSYCHOTHERAPY ASSOCIATION OF SOUTHERN CALIFORNIA
Presents.....

MASTERING GROUP THERAPY 2006

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 on the second Sunday of January, March, May (the third Sunday), July, September, and November.

- ***Compassionate Gestalt Therapy for the 21st Century - Encino***
Presented by David Gorton, Ph.D. **May 21, 2006**
- ***Couple Therapy in Group - Santa Monica***
Presented by William and Geraldine Flaxman, Ph.D. **July 9, 2006**
- ***Aging and Long-Term Care for the Elderly in Your Practice - Encino***
Presented by Max E. Fuhrmann, Ph.D. **September 10, 2006**
- ***Reflection to Resonance to Relationship - Santa Monica***
Presented by Joan Rosenberg, Ph.D. **November 12, 2006**

Fees: Individual workshops (including CE certificates) cost \$25.00 for members and \$50.00 for non-members. **Save \$\$ by purchasing the entire series of six workshops for \$125.00 (for GPASC members) and \$250.00 (for non-members).** **STUDENT MEMBERS PAY ½ PRICE (\$62.50 for the series and \$12.50 per workshop).**

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 Workshops are held at: The Encino Hospital at 16237 Ventura Blvd., Encino The Wellness Center at 2716 Ocean Park Blvd., Suite 1040, Santa Monica

Mastering Group Therapy Series – Two Reviews

DESIGNING, MARKETING AND STARTING PSYCHOTHERAPY GROUPS IN YOUR PRACTICE

Presenter: Jim DeSantis, Ph.D.

On Sunday, January 22, 2006, approximately 25 clinicians attended the first of the GPASC 2006 Mastering Group Therapy series lead by Dr. Jim DeSantis. Jim gave a highly informative presentation and led a lively discussion of useful tips for designing, marketing and starting groups in our psychotherapy practices.

The first part of Jim's presentation dealt with marketing. Many of the suggestions he offered applied not only to advertising groups, but provided useful information for general marketing of one's practice. Jim suggests that in your marketing, that you sell what you do - what benefits a client would gain from coming to your group (e.g. improve relationships") rather than telling them about your process orientation. He also suggested that you promote your group as an "adjunct to individual therapy – an added opportunity to learn from others, and a way for a client to increase his/her involvement in their therapy". He also gave helpful hints on where and how to market the group. This included developing material such as brochures, fliers, and postcards; what kind of publications to advertise in; how to use direct mail; ideas on where to mine for clients, and identifying clients in your case load; and where and how to network. Further, he talked about the value of developing a waiting list and the need to continue marketing the group even when it filled.

Jim shared some clues as to how to design and start the group. He emphasized that the therapist feel comfortable and competent doing her/his work by surveying what kinds of issues are in high demand and then work only in those areas s/he knows best. He also recommends starting a group with as few as 3 people and build from there.

Jim, once again, proved himself to be very knowledgeable on the marketing aspect of group psychotherapy, and the information he shared was invaluable. From a marketing perspective, he pointed out that just having a group sets us apart from other clinicians. I can personally attest to this. I currently am facilitating a group and I have gotten a considerable number of referrals from my group advertising, even at times when my group was not current. Along with other useful handouts, Jim passed out copies of his very valuable "The Group List" which is the largest resource of psychotherapy groups in Los Angeles County. Again, I can add that one of the members in my new group was a referral from "The Group List", and I am hearing from other practitioners that they are referencing this publication.

Jim DeSantis is a member of GPASC and has made enormous contributions to the practice of group psychotherapy in the Los Angeles area. He conducts a private psychotherapy practice and does consulting in the area of the business of psychotherapy. He is very knowledgeable and I find it easy to learn from him. From the lively discussion (that went beyond Jim's presentation) and the apparent enthusiasm of the attendees, I gather my praises for this meeting were shared by most if not all the others.

Nickie Godfrey, L.M.F.T.

Relational-Somatic: A Gestalt Mind-Body Approach to Group

Presenter: Ron Alexander, Ph.D.

Ron Alexander, Ph.D gave a fascinating and most intriguing experiential workshop for our GPASC organization on Sunday March 19, 2006. He was very passionate about his Mind/Body approach to psychotherapy integrating Gestalt Therapy which is a relational-somatic psychotherapy based on one's attention in the here and now, present centered awareness, insight, concentration and self-wisdom. Ron touched upon the difference between mouth breathing (increasing the fire quality within the body- increasing aliveness and energy) and nose breathing (more of a cooling down effect to calm oneself down and move to a state of centeredness). Both are polarities on the continuum of mental health depending on what flow of energy is needed.

Ron believes that breath, movement of energy (both physical and emotional) and shuttling between polarities of the self are important ways of tracking awareness and bringing more present centered experiences to the person. Mind/Body Ericksonian approaches were also addressed, focusing on the unconscious as an important part of the self that focuses on one's creative internal resources, curiosity, discovery, and trauma resolution. Overall Ron's shared experiences, both personally and professionally, were profound, liberating and insightful for us all. Attendees left the workshop hoping that he will return for future discussions of this psychotherapeutic approach. Ron may be reached at (310) 395-2243.



INFORMATION AND SUGGESTIONS NEEDED FOR WORKSHOPS

GPASC is looking for volunteer presenters for the year 2007 to give three hour presentations to our group therapy organization on a multitude of topics that preferably relate to the process of group therapy. We present 6 workshops a year, 3 of which are in the Santa Monica area and 3 of which are in the San Fernando Valley area. Please contact Lynelle Goodreau at yogaflow@msn.com if you are interested in becoming a presenter or might know someone that would be an interesting presenter for me to contact. If you have specific suggestions on group therapy related subjects we might explore please let me know that also.

SAVE THE DATE

GPASC will be holding its annual President's Party and Board Inauguration on Sunday, June 11th from 3-6 PM in lovely Rancho Palos Verdes. Details and invitations will come by mail.

Pot luck buffet - beverages - surprises - intelligent and/or foolish conversation - fun.

Please call Bonnie Kennan at (310) 265-6644 or contact Mimi Davis at miriamdavis@verizon.net (after April 14th) if you want to help plan, cook or shop for this event.

The **Group Psychotherapy Association of Southern California**
Presents, as part of *The Mastering Group Therapy Series*, a 3 hour
GPASC Continuing Education Program .

Compassionate Gestalt Therapy for the 21st Century

Presented by

David Gorton, Ph.D

Sunday, May 21, 2006, from 1:00-4:00 p.m., at the

The Encino Hospital, 16237 Ventura Blvd., Encino

David Gorton, Ph.D is the Director of the Gestalt Therapy and Training Center in Woodland Hills and has been practicing Gestalt therapy since 1975. He has been leading Gestalt Therapy training workshops for graduate students and professionals throughout the United States and Europe since 1977 and is a guest presenter at many Southern Calif. Universities, hospitals and clinics some of which are Camarillo State Hospital, California School of Professional Psychology, Tarzana Psychiatric Hospital and the Western Regional Center for the Developmentally Disabled.

David will present a brief overview of the theory, methodology and techniques of Gestalt therapy which include the philosophies of holism, existentialism, field theory, phenomenology and the dialogic approach. The remainder of the time will be used for demonstrations of Gestalt therapy principles as practiced today, including the principles of total organismic awareness and therapy without resistance.

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**

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GPASC TRAINING INSTITUTE UPDATE

Five therapists signed up for the GPASC Training Institute in Voice Dialogue Individual & Group Therapy presented by Elaine Rosenson, M.A., M.F.T. Elaine has trained extensively with Drs. Hal and Sidra Stone, originators of this internationally acclaimed work; she has assisted Hal and Sidra in their trainings and is endorsed by them to provide continuing education to therapists in Voice Dialogue Therapy. Elaine has facilitated Voice-Dialogue group therapy and the training of therapists in this profoundly deep work for 15 years, helping many therapists compatibly weave Voice Dialogue into their different orientations, varying from psychoanalytic and Self psychology work to Gestalt, Cognitive-Behavioral, and somatic therapy.

The training group (of three psychologists and two MFTs) began September 23, 2005, meeting every other Friday for twelve three-hour meetings, and concluded on March 3, 2006. Participants earned 36 hours of continuing education credit, plus an attractive (for framing) certificate of completion of 36 hours of training in Voice Dialogue.

Among the training group members, there was unanimous consensus that Voice Dialogue, as a modality, is extremely effective at quickly bypassing avoidance, denial, suppression, and intellectual defenses that mask or obscure a person's emotionally-charged character aspects that function as "the various emotional tails that wag the dog." In addition to insightful didactic material and instruction, Elaine modeled a gentle, sensitive, and empathic "honoring" style of approaching each individual's experience and defenses, working only with what was presented in such a way as to facilitate each person's "giving voice" to the real but often polarized and subdued, not yet articulated, or even unrecognized energies of sub-personalities. (This orientation called to mind the seminal work of the first American psychoanalyst and one of the early "Self" psychologists, Harry Stack Sullivan, who postulated and wrote about "dynamisms" or clusters of experience and energies that form sub-personalities of the individual.)

As Krishnamurti said, "the description is not the experience." As such, the members in this GPASC Training Institute concurred that Voice Dialogue, as a modality, lived up to its advance description as "a unique experiential process that effectively facilitates the recognition and integration of split off, disowned or polarized, conscious and unconscious aspects of the self" and as "a technique allowing the clinician to work empathically with client defenses and gain access to core material."

The extended time frame of this training allowed each of the five members in the training group to select a patient or two in their practice to work with using Voice Dialogue, so that part of the training group's time was utilized for consultation about our experiences of using Voice Dialogue, and some of the time was used for working on either personal issues or role-playing therapist or patient. The didactic material and these experiential learning processes greatly enhanced the opportunity for assimilating Voice Dialogue into clinical work with new or existing patients. As a caveat, while this modality, as utilized by a practitioner skilled in Voice Dialogue, is brilliantly effective in accessing core material, the nature of the depth of the work requires considerable internal emotional fluency on the part of the practitioner – this is not a quick way of picking up "a few new skills" but a modality that, because it accesses a depth at which "strings are being plucked" requires a sufficient contextual grounding. As is true of other depth orientations, those therapists interested in acquiring the gifts and capacity that Voice Dialogue offers should consider dedicating a few years of their continuing education effort in this direction. The exposure offered by this training group was like a comparative wine tasting; it will take some additional time and effort to become a good winemaker.

A fellow participant, Lori Landau, M.F.T., said: "Studying Hal and Sidra Stone's Voice Dialogue is always an enlightening adventure in self discovery. To have taken the trip with several others in Elaine's introductory course was a treat to look forward to every two weeks. I highly recommend this course to anyone interested in furthering their understanding of themselves and their relationships."

As originally stated, the intent of the GPASC Training Institute is to offer a series of training workshops in each of an undetermined number of proposed efficacious modalities of group psychotherapy and eventually other psycho-educational specialty modes. These training workshops will be available for licensed therapists (a) who either may not have group experience or (b) who may be experienced group therapists seeking training in

additional modalities, and (c) for graduate school students seeking to acquire training in various group psychotherapy modalities in order to supplement their education and clinical skills. Licensed therapists will receive 36 continuing education credits for each GPASC Training Institute workshop completed. Each GPASC Training Institute group will meet for either twelve 3-hr. or eighteen 2-hr. meetings, depending on which time frame is most appropriate in the judgment of the presenter. Licensed therapists and graduate students who complete a GPASC Training Institute workshop and course evaluation will receive a GPASC Certificate of Training in that modality.

In the future, it is likely that another introductory training in Voice Dialogue may be offered, as well as a “level two” offering in Voice Dialogue. Currently, two additional modalities are being considered for the next GPASC Training Institute offering: 1) “Inter-subjectivity and Self Psychology in Group Therapy” (to be presented by Dr. Irene Harwood, CGP, expert presenter on this topic at both national and international Self Psychology Conferences); and 2) “A Gestalt Relational-Somatic Approach to Group Therapy” (to be presented by Dr. Ron Alexander, distinguished national and international presenter of this orientation. A third proposed modality has also been just recently put forth, and I would like to extend an open invitation to all GPASC members to propose, for our mutual study and benefit, a group therapy orientation you would like to recommend to be offered for training, either by yourself, or by an expert you recommend.

Collegially,

William Flaxman, Ph.D., MFT
Past-President, Group Psychotherapy Association of Southern California
Chair, GPASC Training Institute
williamflaxmanphd@mac.com
(310) 452-6693

It was a pure pleasure and a treat to work with five really excellent therapists. Each person brought so much to the process of Voice Dialogue. They brought their experience, excitement and enthusiasm. They challenged me as group facilitator and together we created a rich experience. Each one was vulnerable and curious, adventurous and courageous. We laughed and we cried. It takes mature professionals to carry the opposites of eagerness and skepticism, intellect and feelings. The learning and sharing was profound and I am grateful for the xperience.

Elaine Rosenson, MFT, Facilitator

A thought-provoking quotation: Several months before Christopher Reeve died; Dana and Christopher gave the 2004 commencement address at Middlebury College in Vermont.

Some of the choices in life “will choose you,” Dana said. “How you face these choices, these turns in the road, with what kind of attitude, more than the choices themselves, is what will define the context of your life.”

We have just been informed that longtime GPASC member, Eugene Landy, Ph.D., died last week of lung cancer. He will be greatly missed by those who worked with him and those he helped during his long and active career.