



The Group Therapist PERSPECTIVE

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

August/September 2000

PRESIDENT'S MESSAGE AUGUST 2000 By: Jo Christner, Psy.D.



It's with a great deal of excitement that I write this first message as President of GPASC. There is a shift occurring in this association that is apparent in the changes that have already occurred over the last year, the plans for many more changes to come and an energy that vibrates with professionalism, warmth and enthusiasm. This has already been an exciting journey and it has just begun! I would like to begin my term by recognizing and extending my appreciation to all of those participating in making these changes a reality.

- Thanks to Marvin Kaphan, MSW, our Past President who served several terms in office and has shown an outstanding commitment to the growth and well being of this Association. His energy, devotion and vision for growth continue to support us toward our new goals. His contributions continue to be appreciated and valued.
- Thanks to all of the past officers, committee members and Board members who worked so hard, often against the odds, to keep the organization intact, alive and diligently serving the profession and public for all of these years.

- Thanks to the current officers, committee members and Board members for working together as a team and helping GPASC to grow in numbers, strength and vision.
- Thanks to the diligent individuals from our membership who volunteer their time, energy and ideas. Our association is beginning to vibrate with new energy and life. My hope is that more of our members will take an active role in taking GPASC into its next century and that our membership continues to grow.
- Thanks to our new newsletter editor, Dr. Marcia Craig-Smith, and our administrator, Jennifer Henry for our newsletter's exciting new look. They are working diligently to make sure that each issue will be packed full of relevant information to the profession and life's journey.
- Thanks to Jennifer Henry, we have joined cyberspace! Our web site is a valuable benefit to the membership, other professionals and a great service to the general public. What an easy way to get your own free home-page, be a part of educating the public, be part of a public referral source for your groups and stay apprised of the news and events about GPASC and it's members.
- Thanks to Conference Co-chairs, Dr. Edward Dreyfus, Dr. Herb Goldberg and the Conference Committee, we are anticipating the November 7th Annual Conference to be extremely informative, exciting and a whole lot of fun!

How honored I feel to belong to an association that has held steadfast to its mission for the last 48 years. I look forward to a strong future for this association and invite you to play a role in the present in creating and actualizing our visions. May this years motto be: **Progress with group strength!**

Message From Editor By: Marcia Craig-Smith, Psy.D.

Welcome to GPASC's 49th year! The knowledge and experience of the long-standing board members combined with the fresh energy and perspective of the newer board members offer an exciting year of transformation ahead. Like any professional organization, GPASC can't be solely dependent on the actions and decisions of the board. The organization is only as good as it's members' participation and contribution. "Your Voice Counts"...is my message to all membership, challenging each and everyone of you to pull together and offer your attendance at board meetings, submit

letters to the editor of your concerns and constructive ideas, attend Continuing Education Seminars (CES) and volunteering for committees and subcommittees, as well as to attend our educational forums to volunteer for committees and subcommittees. You are invited to make this organization work for you.

I would like to express my heartfelt thanks to Sylvia Landon, MFT, as past newsletter editor. She has preserved the newsletter's prime directive as the operating link between the executive body and the membership. I shall proudly take her fine example and further develop it in response to the ever changing needs of our vast growing membership.

As you will notice, the newsletter has undergone a facelift, offering visual and intellectual appeal. In addition to many of the traditional contributions, (President's and Editor's Messages, Advertising, Function and Workshop Announcements, New Member List) we will add an ongoing column by Linda De Villers Ph.D. reviewing movies and books relative to the therapeutic process, an informative column about the GPASC web site and computer tips by Jennifer Henry (GPASC Administrator) entitled *Cyber Jenn*, as well as Feature Articles reflective of the group therapy process by active members who have excelled in their areas of expertise.

Enjoy the newsletter, and all the benefits GPASC has to offer. Write to me in care of GPASC, P.O. Box 491191, Los Angeles, CA 90049 or email me at marciaroger@mediaone.net with any constructive concerns.

Remember, "Your Voice Counts"!

Advertising Rates and Information

- ◆ All copy should be print ready
- ◆ Ads must be accompanied by a check, made payable to GPASC
- ◆ Member rates apply to current GPASC members only.
- ◆ Send copy and check to: PO Box 491191 Los Angeles CA 90049

Type of Ad	Size	Member Rate	Non-Member Rate
Full page display	7.5" x 9.5"	\$60	\$90
3/4 page display	5.0" x 7.0"	\$50	\$75
1/2 page display	7.5" x 4.75"	\$35	\$50
1/4 page display	4.75" x 4.75"	\$20	\$35
1/8 page display	4.75" x 2.25"	\$15	\$25
1/16 page display	2.5" x 2.25"	\$10	\$20
Business card	3.5" X 2.0"	\$10	\$20
Classified Ads	30 words	\$10	\$15
Flyer Inserts		\$75	\$90

Calendar of Events

September 10, 2000 CES – Andrea Brandt, Ph.D., MFCC
September 10, 2000 Board Meeting
October 1, 2000 Board Meeting
November 5, 2000 GPASC Annual Conference

Membership Information

Full Category \$65/year

Clinical licenses including psychiatrists, psychologist, social workers and marriage-family-child counselors.

Affiliate Category \$50/year

Those with advanced degrees in the behavioral sciences, interns, students in mental health fields, others in allied areas.

Feature Article : Discovering Intimacy through Autonomy in Couples/Groups

By: Moon Kerson, Ph.D. and Bill Rolfe, Ph.D.

Don't miss Moon and Bill on November 5, 2000 at the GPASC Annual Conference!

"I Love you, You're Perfect, Now Change !" This humorous and ironic title for a play actually performed here in Los Angeles carries even greater irony (but less humor) in the theater of real life as it accurately represents a conundrum experienced by couples. Many couples initially bask in the glow of mutual acceptance until their relationship is lanced by the emergence of expectations and wish lists of how each thinks the other should indeed be different. Frequently, the roots of this conundrum lie in assumptions that intimacy constitutes sameness, that caring is analogous with consensus, and that responsibility is equivalent to blame.

We have evolved an approach for helping couples through the intimacy challenge that is based on our experiences as spouses, clinicians, and co-therapists. Our model emphasizes intimacy through autonomy. We help couples increase their ability to connect with each other by helping each to manage transference, self validate and deliver warmth and good will, even in the face of disagreement. We have found two particular conditions when couples are most likely to attempt to change each other: (1) when they feel unimportant and uncared about by the other and; (2) when their needs to maintain personal integrity appear to be in conflict with perceived expectations from their partners. In terms of managing differences, our goal is to help couples create acceptance rather than contempt. Although our approach is not formulaic, there are some specific structures, guidelines, and interventions which have proven useful in helping couple increase their connectedness. These include promoting self responsibility through self talk and facilitating rupture repair, within the group therapy format. We promote two kinds of self talk: revealing vulnerabilities about oneself only (not the other) and self validation. The ability to self validate enables individuals within couples to simultaneously hold their integrity as well as their connection with their partner during times of difference .

Another intervention we employ is rupture repair. Couples who are stuck usually want to break their stalemate, but don't know how to while each one is feeling hurt and angry. We help couples link these feelings and the meanings they have constructed in the present to the past; through dissipating the impact of the past onto the present, each partner is then in a more readied position to hear what the other is saying as well as to be more available to experience understanding and empathy in the face of a difference. We help couples communicate their available warmth and care as a completely separate step. Finally, we have discovered that group therapy for couples is an ideal forum for promoting intimacy through autonomy. When couples are added to the group modality, the chances for vicarious learning are enhanced. Couples benefit from other's work through emotional contagion. The couples become powerful models and sources of inspiration for one another. Join us at the GPASC November conference where we will demonstrate how to help couples enhance intimacy through autonomy in an action- oriented group setting.

About the leaders: In addition to maintaining independent private practices, Moon Kerson , Ph.D. and Bill Rolfe, Ph. D. are co-therapists and have treated hundreds of couples over the past sixteen years. They have taught classes in group and couple therapy at the graduate level, have published articles and have made presentations on Redecision therapy locally and nationally. They are co-directors of the International Institute of Redecision therapy. For the past decade they have co-lead training groups in Redecision therapy as well as consultation groups in West Los Angeles.

Moon Kerson, PhD

612 N. Sepulveda Blvd. #17

Los Angeles 90049

310-471-9997

www.redecisiontherapy.com

Bill Rolfe, PhD

612 N. Sepulveda Blvd. #18

Brentwood 90049

310-824-1560

President's Party 2000 By: Marcia Craig-Smith, Psy.D.

June 11, 2000 marked the induction of GPASC's 43rd President. The passing of the gavel from past president Marvin Kaphan to current president Jo Christner took place during the President's Party 2000 at the beautiful home of Marvin and Iris Kaphan. Over 50 members and their guests joined in the celebration and the fanfare.

Matthew Seidman, OSS Chairman, eloquently recapped Past-President Kaphan's contributions to GPASC with warmth and admiration, paying him well deserved recognition for a job well done for the past two years. Current President Jo Christner is no stranger to this newly appointed post, as she has worked hand in hand with Marvin for the past year as president elect and served as the co-chair of GPASC's 1999 Annual Conference, which was a huge success. As one of the new board members of GPASC, I look forward to working under the direction of my esteemed colleague throughout the following year.

Special recognition was made to Marvin's wife, Iris Kaphan, for her kind and generous hospitality over the past 2 years. Not only did she share her home with the GPASC Board and others during numerous GPASC functions, she also provided refreshments with a smile and warm conversation.

Laura Israel arranged the food for the party and managed a delectable spread which everyone thoroughly enjoyed. We appreciate all the time and labor that went into this task.

Door prizes were awarded and one of GPASC's newest members, Joe Cavins won three times. His winnings included the Video and Workbook combination entitled *Evolution of a Group* by Gerald Corey, the *International Journal of Group Psychotherapy*, and Gerald Corey's book entitled *Theory and Practice of Group Counseling*. Other winners included Colleen Land who won a Time Management session donated by Jo Christner, Psy.D. and Laura Israel who won a free 1 ½ hour computer consultation donated by Jennifer Henry, GPASC Administrator.

This party truly exemplified the warm and personable spirit of the GPASC membership. A good time was had by all!

Member Spotlight: Jo Christner, Psy.D.

Licensed as a Clinical Psychologist and a Marriage Family Therapist, Jo Christner, Psy. D. has been in private practice as a time management consultant and licensed therapist for over 15 years in the Los Angeles-Brentwood and Encino areas.

She has been a strong supporter of GPASC for the last several years, serving as the 2000 President, 1999 President Elect and 1999 Annual Conference Co-Chair. She has extensive experience working with a variety of individuals and businesses with problems of adult life including: time management/stress related issues, geriatrics, mood disorders, anxiety disorders, eating disorders and bereavement. Dr. Christner is the owner of the Wellness Resources Center and a member of Person to Person Referral Center, servicing the public with therapy referral needs. Groups have always been an integral part of her experience and practice, currently facilitating 2 ongoing weekly bereavement support groups and women's growth groups.

Dr. Christner is a founder of *A Time Out*, a company that provides time management and organizing services to individuals, professionals, educational institutions, hospitals and businesses. She has conducted successful time management workshops, seminars and private sessions throughout California for over 15 years. Having been a longtime member of the National Association of Professional Organizers, she serves as a consultant and lectures about the psychological components of disorganization. Her unique approach is based on extensive research and real-world experience with educators, psychiatrics, mental health professionals and time management/organizing professionals.

"I am responsible for my own well-being, my own happiness. The choices and decisions I make regarding my life directly influences the quality of my days."

--Kathleen Andrus

GPASC Annual Conference By Edward Dreyfus, Ph.D.

Gender 2000: The Male-Female Experience

Edward Dreyfus, Ph.D. and Herb Goldberg, Ph.D. (Conference Co-Chairs)

Interested in sex, violence, and relationships? Want to know more about how to build your practice? Interested in professional advancement? Wish to earn CEU or MCEP credits? Want to enjoy the camaraderie of your colleagues?

If you have answered "yes" to one or more of these questions, you must attend the GPASC conference this year. Even if you are not a frequent attendee of conferences, this conference will have something of interest to you.

Our keynote speaker, Dr. Walter Brackelmanns, a psychiatrist and psychoanalyst with over 30 years of experience in working with couples, will discuss receive GPASC's Distinguished Contribution Award and present his approach to working with couples. Dr. Brackelmanns is a marvelous speaker and educator.

You will have an array of ten workshops to choose from, one for the morning and a second for the afternoon. You will learn the latest thinking in working with various populations as well as practical advice in starting a group with these populations: men's groups, women's groups, transgender groups, mixed groups, adolescent groups, gay and lesbian groups, batterer's groups.

As space is limited for each workshop, we suggest that you sign up early to reserve space in the workshop of your choice. And please tell a colleague about this event.

The GPASC annual conference is the least expensive way to earn seven continuing education credits toward re-licensure. And a banquet lunch is included!

GPASC Continuing Education Series By: Matthew Seidman, Ph.D.

It's not too early to reserve Sunday, September 10 from 1:00 to 4:00 p.m. for an exciting Continuing Education Series presentation, when **Andrea Brandt, Ph.D., MFCC** will share her expertise on anger management. On the Advisory Board of Divorce magazine, Dr. Brandt is the founder of LifeWorks, offering classes, support groups and private consultations, as well as three-day intensive workshops dealing with management of anger in daily life situations.

Dr. Brandt will present at 3100 Glendon Avenue, West Los Angeles. The GPASC Board will meet from 10:30 a.m. until 12:30 p.m., just prior to Dr. Brandt's presentation. All members are welcome to the Board Meeting and urged to attend. Your input is sought.

In a continuing effort to give our membership more perks, about five years ago, GPASC's Board of Directors instituted CES (formerly OSS) with a presentation, that December, on holiday stress and it's effects on the population. Well received by our members, OSS meetings subsequently featured a variety of presenters; all specialists in various fields of psychotherapy.

These events have become an integral part of our association's 48-year story. GPASC was founded in 1952, years before many of our members were born, and is a professional organization seeking to further the use of groups in the practice of psychotherapy today. Each CES meeting offers those attending, not only valuable information, but an opportunity to socialize and network.

The next CES event following Dr. Brandt's presentation will be held on January 14, 2001. Please keep an eye out for news pertinent to this next exciting presentation. As always, attendance at CES sessions is **gratis** to GPASC members. Non-members are welcome at a cost of \$15.00 each. **CEUs and MCEPs will be issued** at a cost of \$10.00 for three hours of credit. **Please call Matt Seidman, Ph.D. at (818) 788-8110 to reserve your space.**

The Movie Review Corner By: Linda DeVillers, Ph.D.

Note from the Editor...

Linda DeVillers, Ph.D. has agreed to write a column every issue for *The Group Therapist Perspective* to assist the therapist in utilizing books and movies as a therapeutic tool. This article serves as an introduction to her series.

Several months ago I mentioned a recent article in *Psychology Today* that highlights the use of films to facilitate the therapeutic process. Here is a little synopsis of that January/February 2000 issue, along with a few other ideas.

Psychologist John Hesley, author of the article, views the use of film in therapy as not unlike Dr. William Menninger's assigning of fiction to psychiatric patients, which traces back to the 1930's. The basic tradition is thus a long one.

When a therapist assigns a film, particularly one that is likely to tap at the core of the client's issues, Hesley offers several tips. He suggests that in advance, you discuss the plot of the film and alternative ways of viewing it. For example, if the film deals with sexual abuse, you might suggest renting a video version so that it can be watched in segments. The client can also decide to view it alone, with a spouse or other significant person. If a primary purpose is cathartic release, watching the film at home is likely to be more comfortable, so that tears can flow freely in a private setting.

In other cases, the purpose of assigning a film is to give hope, provide role models, develop empathy, suggest problem-solving strategies, or make clients feel less alone with their difficulty. The possibilities are endless.

The use of film in group psychotherapy is not discussed in the *Psychology Today* article, but the possibilities seem obvious.

Assigning a film to a group creates a cohesive focus for the group. It also provides a wonderful opportunity to glean multiple insights and perspectives of various characters and situations portrayed in the film.

Although I enjoy assigning films in my psychotherapy work, I also find it illuminating to encourage clients to talk about certain films they have chosen to see. Films are, in many respects, like Rorschach cards. They can be used to facilitate the client's expression in a very illuminating way.

Stay tuned for my future articles about movies and books I find therapeutically interesting and useful.

Linda De Villers

310-535-9110

310-535-9118 (Fax)

email: sexpert@earthlink.net

Serving the Westside and South Bay, conveniently located between Marina del Rey and Manhattan Beach

Welcome New GPASC Members

At our recent Board Meeting the following two members were approved as new members of GPASC:

Moon Kerson, Ph.D.

Marilyn Stolzman, MFT, Ph.D.

Both of them have full status, and we warmly welcome them into our organization. Congratulations.

Doris McElwee, MFT
Membership Vice President

GPASC
PO Box 491191 Los Angeles CA 90049
(323) 960-5143
FOUNDED 1952

AN INTERDISCIPLINARY NONPROFIT ORGANIZATION FOR THE ADVANCEMENT
OF GROUP PSYCHOTHERAPY

Officers

President.....Jo Christner, Psy.D
President-Elect.....Ed Dreyfus, Ph.D
Membership VP..Doris McElwee, MFT
Treasurer.....Rich Hirschhoff, MFT
Secretary....Colleen Land, Ph.D (ABD)
Historian.....Haroldine Moseman, MFT
Parliamentarian.....Vicki Dauber, MFT

Executive Board

Annual Conference.....Ed Dreyfus, Ph.D
Herb Goldberg, PhD
Nominations.....Vicki Dauber, MFT
Membership Outreach.....Laura Isreal,
LCSW
Cont. Education.....Bruce Derman, Ph.D
President's Party.....Vacant
Past President.....Marvin Kaphan, MSW
CES.....Matthew Seidman, Ph.D
Newsletter.....Marcia Craig-Smith, Psy.D
Communications Chair.....Cele Cooper, MSW
Member-at-Large.....Claire Fox Wolpe, Ph.
D

GPASC web site: <http://www.gpasc.org>
(NEW!!) GPASC email: groups@gpasc.org
Address: PO Box 491191, Los Angeles, CA 90049
Phone: (323) 960-5143
(NEW!!) Jennifer Henry – Administrator email: tortuejenn@earthlink.net

GPASC

P.O. Box 491191
Los Angeles, CA 90049



Non-Profit. Org.
U.S. Postage
PAID
Culver City, CA
Permit No. 14

FREE Workshops to earn CEUs!
See page 5 for details!

CYBER JENN!

I'm very excited to introduce Cyber Jenn, the newest feature in "The Group Therapist Perspective". In this column, I will share with you the latest tips, insights, and strategies for navigating the dynamic world of cyber space.

I would like to start by encouraging everyone to visit our new web site at <http://www.gpasc.org>. Our site is constantly evolving and becoming more attractive and informative. Please check in regularly for updates and info (remember to press "Refresh/Reload" on your browser, to ensure you are seeing the most current version). Even if you are not online yet, you can benefit from having a bio on our web site. Please be sure to submit your bio to me soon!

EXCITING NEWS!

SearchEngineWebPromotion.com, an Internet promotion company, has generously offered to donate their services to GPASC. They will be submitting our web site to search engines with the goal of getting us multiple Top 20 rankings. For those of you that don't know what this means, it means that they are listing us in all the major online search engines (kind of like databases that index sites on the internet) So, when people go to the main search engines (Yahoo, Alta-Vista, Excite, etc.) and enter searches such as "therapy," "associations to join," "group therapy," etc., we will be popping up! This is so exciting for us, as it will truly give us a strong presence in the cyber world. We will become more well known, and easier to find. We will serve as a resource to the public, and facilitate the public in finding therapists and groups.

We would like to thank SearchEngineWebPromotion.com for their generosity and talents. Please check out their site at <http://www.SearchEngineWebPromotion.com> to see more about their services and what it all means. You will find their site to be very informative. In return for their generosity in donating this service (a \$2,664 value!), all they ask is that you look through the site and kindly refer anyone you know who has a web site and wants more visitors!

Stay tuned for future articles and information on search engine promotion, as well as many other cyber topics!