



The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

February / March 2002



I wish you all a very healthy, prosperous, and most importantly, peaceful New Year. The last year has been a difficult one for many of us. We entered a recession and experienced terrorism first hand with the attacks of September 11th. The day shall go down in infamy. We are more vigilant, more connected with nations around the world, and are experiencing a new patriotism and nationalistic spirit. Now we look forward with renewed

energy, faith, and optimism to a new year.

2002 ushers in the 50th anniversary of the Group Psychotherapy Association of Southern California. We celebrate a half-century of being the premier group psychotherapy association in Southern California, if not all of California. GPASC is moving headlong into the 21st Century. We are successfully pursuing affiliation with the American Group Psychotherapy Association, the largest professional organization in the world dedicated to the promotion of group psychotherapy. To be more accurate, AGPA has been pursuing us. We have had several conversations with the AGPA representatives and all of our concerns have been addressed. We will maintain the time honored GPASC name as well as our independence. As an AGPA affiliate we have much to gain and nothing to lose. We will gain national recognition through AGPA's website, publications, and news media in general. We will have access to AGPA's speakers' bureau and have its support in promoting our conferences and continuing education programs. Our members do not have to become members of AGPA, but are encouraged to do so and would be welcomed by AGPA. By affiliating with AGPA we become the nationally recognized group psychotherapy association in Southern California, which could result in a significant increase in our membership. While we have not yet signed the papers, we are well on our way toward concluding our affiliation.

As a convenience for all members, GPASC now accepts credit cards for payment of dues, conference and CES fees, books, tapes, and other merchandise that may become available through our website. Fees can be paid through the website, by mail, or in person. We are hoping that by offering this convenience we will be able to collect membership dues and other fees more promptly, thus allowing us to plan future programs more efficiently.

As I mentioned in the last President's Column, GPASC is developing a Group Psychotherapy Training Institute. This Institute will provide ongoing training to students and practitioners in various approaches to group psychotherapy as well as training in the treatment of specific disorders through group psychotherapy. Our plan is to offer several Institutes per year conducted by experts in the field. These Institutes will more intensive than the CES programs, spread out over several sessions for each component. We are considering the possibility of offering both certification and continuing education credit. If you have expertise in any specific approach, disorder, or population and would like to be considered as a trainer in the Institute, please submit your name, CV, and statement about your specialty or area of expertise. This is a work in progress, so stay tuned for further developments.

Your Board of Directors is committed to the mission of maintaining the GPASC tradition of offering its members the highest quality educational programs, networking opportunities, practice referrals, within an atmosphere of warmth and collegiality. We have assiduously avoided becoming a high profile, impersonal organization. We believe that we can maintain a high level of professionalism without losing the personal connection. Our Board is a microcosm of what we would hope for the entire organization. The Board is comprised of dedicated, energetic, and experienced professionals each of whom brings a genuine concern for the evolution of GPASC.

Continued...

In this context we are sorry to say "goodbye" to Doris McElwee as Membership Chair. After many years of dedicated service to GPASC, Doris has decided to step down from the Board to devote herself to other pursuits. The Board will miss Doris. She has left an indelible mark on the organization. Taking Doris' place as Membership Chair is Dr. Jo Christner, our current Past-President. Also retiring from the Board is Colleen Land, our long-standing Secretary. Colleen will continue in her role as one of the coordinators of our Annual Conference. GPASC is now, therefore, seeking a volunteer to work as Secretary, an Executive Board position.

We have created a new Board position, that of Website Coordinator. This position is necessary as we develop more of a web presence. Jennifer Horowitz, our terrific webmaster, cannot also be the liaison to the Board and create web policy. We need someone who can develop

and/or collect website content (Jennifer can prepare it, but cannot decide on what should be included.) The Coordinator would also review the site for corrections, additions, new links to conferences, continuing education, etc. and develop our GPASC Online Store. We want to be able to offer for sale such items as: members' books, video and audio tapes, educational materials, etc. We are looking for a volunteer to take this position. If you want more information contact me.

We are also looking for a Student Liaison to the Board and a Member at Large. If you know anyone interested in these positions, please have him or her contact me. If any of you are interested in becoming more active on the Board, please let us know. Remember, as with any organization, we are only as strong as our membership.

Message From The Editor By: Mimi Davis, MFT

GPASC's Continuing Education Series presentation, held on Sunday, January 13, 2002 at Encino Hospital, was an inspiring, thought-provoking and informative event for all who attended. Therapist, trainer and educator, Raja Selvam, Ph.D., spoke on the timely subject of working with symptoms of trauma in individuals and groups. Though he approached the subject of severe trauma from a biological point of view, his work is solidly based in an impressive knowledge of psychoanalytic theories, attachment theory, inter-subjectivity, developmental theory, etc. Many seminars, meetings, classes and workshops have addressed and are being scheduled in Los Angeles and throughout the country to address the clinical impact and therapeutic techniques of dealing with Post Traumatic Stress Disorder, particularly since the horrific events of September 11th. Dr. Selvam's presentation brought both a universal lens to these therapeutic issues and a very specific model to work with.

Dr. Selvam's model looks at the biological impact on humans (and other species) of extreme stress...traumatic stress which is either life-threatening or felt to be life-threatening. These traumas are neurologically and psychologically fragmenting events which produce fairly predictable physiological and emotional responses. Using video sequences and anecdotal experience, Dr. Selvam brought to his audience vivid examples of the kinds of biological and psychological responses humans and other animals have to trauma, and he was then able to discuss (and demonstrate) ways to apply his three-tiered treatment model to the

symptoms produced by these traumatic events. For the many therapists who attended this presentation and who deal with clients who have experienced a variety of severe life traumas, this was an intense, thought-provoking and extremely helpful discussion. Whether individuals have survived calamitous near-death physical events, violent early childhood events, political or social upheavals which have endangered (or destroyed) their personal safety or society, severe experiences of abuse, abandonment or neglect during infancy, childhood, adolescence or adulthood...Dr. Selvam's approach combines compassion and insight with a clearly focused understanding of biology. The members of the audience who study with him were all able to attest to the power and significance of his clinical approach in helping clients work through symptoms of traumatic stress. Therapists hearing his approach for the first time were significantly impacted by Dr. Selvam's clarity, insight and passion.

This presentation followed a GPASC Board meeting which was so infused with energy, plans, projects and decisions that there was barely time to finish our work before Dr. Selvam and all the attendees arrived. It is exciting and inspiring to be part of an organization which is so vital, so involved with the real needs of the community, and so able to provide insightful and thought-provoking material to its members!



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Member Spotlight: Sietze VanDerHeide, PhD

Sietze is a relatively new member of the GPASC but his involvement in groups is not new. As a matter of fact he feels that his participation in groups, beginning with Gestalt groups at the Esalen Institute in the early 1980's, was a formative influence on his current clinical interests.

Sietze is a licensed clinical psychologist and marriage family therapist in private practice in Brentwood. He is a member of the faculty at Ryokan College and conducts workshops at the Esalen Institute. His teaching interests extend into the professional community where he lectures on contemporary clinical issues as well as leading training and supervision groups. His education and training includes a postdoctoral fellowship in neuropsychology with the Los Angeles County USC Department of Mental Health, a Doctorate in Clinical Psychology from Ryokan College and a Bachelors degree in Psychology from the University of California at Berkeley.

The human need for growth has fueled his interest in the field of psychology. This focus on growth and change emerged from his personal experiences in groups that facilitated a relational environment giving feedback and nurturance.

"The most powerfully transformative personal experiences I have had were in groups. From emotional process groups at Esalen to Jungian dream work groups, I feel that these interactions between emotionally invested people have indelibly enriched my life."

The transformative nature of the human relationship defines Sietze's current focus on relational psychology as the vehicle for change and growth. He defines relational psychology as a fusion of Gestalt and Object Relations Therapy. For Sietze the exchange of awareness and emotion between individuals, either in a clinical dyad or in psychotherapy groups, is the key ingredient of the therapy process.

**WHEN PSYCHOLOGY REPLACES PHILOSOPHY AS OUR PREMIER MODE OF
MAKING SENSE OF THE WORLD AROUND US,
IT THREATENS TO REDUCE THE WORLD AROUND US TO
THE WORLD INSIDE US.**

(L.A. Times entry; anonymous.)

Member's Bulletin Board

GPASC

FOUNDED 1952

AN INTERDISCIPLINARY NONPROFIT ORGANIZATION FOR THE
ADVANCEMENT OF GROUP PSYCHOTHERAPY

Membership Information

Full Category \$75/year

*Clinical licenses including psychiatrists,
psychologists, clinical social workers and
marriage and family therapists*

Affiliate Category \$60/year

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

Website: www.gpasc.org

Email: groups@gpasc.org

PO Box 2631
Winnetka, CA 91396

Phone: (323) 960-5143

Gay Men's Personal Development

Group: Growth and insight oriented group addresses life enrichment, self-esteem, and personal relationships..
Tuesday, 6-7:30 pm, Glendale. Jim DeSantis, Ph.D., C.G.P. (PSY10315)
(818) 551-1714

High functioning Men's Group: Candor, trust, caring and empathy are hallmarks of this Yalom- model process group. Weds 7:30 PM, Brentwood. Miles Hillis, Ph.D., CGP, FAGPA (Psy 4423), (310) 471-7692

Ongoing Gay men's psychotherapy groups meeting weekly In West Hollywood. Openings available in Yalom-model process groups. Please contact Steven Isaacman, MFT (#MFC29803) 323-654-7582.

EXECUTIVE BOARD

President - Edward Dreyfus, Ph.D., CGP

President-Elect - William Flaxman, Ph.D., MFT

Past President - Jo Christner, Psy.D.

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COMMITTEES

Annual Conference - Steve Wolf, Ph.D. & Martin Novell, MFT

Public Relations & Communications - Marvin Kaphan, LCSW, CGP

Continuing Education Series - Matthew Seidman, Ph.D., MFT

Group Psychotherapy Training Institute - William Flaxman, Ph.D., MFT

ADMINISTRATOR: Diana Castle

Grief Groups Forming for people suffering: the loss of a PET, loss of a Friend, and/or a Family Member.
Vivian Sontag, MFT (MFC 36533) 818-886-8860

WOMAN'S SUPPORT/THERAPY GROUP.

High functioning. Understand yourself and others, make clearer choices, have more satisfying relationships, improve self-esteem. Mondays, 5:30pm-7pm. Elaine Rosenson, MFT (MFT 25804) (818) 501-3118

Women's Clinic & Family Counseling Center offers sliding scale for group & individual counseling.

Women's group now forming

Call for more information Carla Becker, MFT (MFT37084) (310)205-2663
Evelyn Pechter, MFT trainee (310) 596-4855 under the supervision of Isaac Berman, PhD (PSY 2798)

WWW.WOMENS-CLINIC.ORG

Member's Bulletin Board

A place for members to list any of the following for FREE:

•Office address and phone changes •Available office space •Job Opportunities •Professional achievements and awards • New therapy groups being formed •Therapy group openings •••All advertising for mental health services must include the practitioner's license number. One 30 word Ad per issue free; \$10 for any part of any additional 10 word increment. Additional Ad (s): \$15 for 30 words: \$10 for any part of any additional 10 word increment.

Women's Group: West LA Mondays 12:00-1:30, high functioning, ages 25-40, focus on relationships, career, individual growth and fulfillment. Jo Christner, Psy.D. (PSY15532) 310-471-2773

Group Openings: Six heterogeneous (mixed ages and genders), psychodynamic groups, from high to moderate functioning. Marvin Kaphan, (LCS 181, MFT 717) (818) 766-9540, mkaph@aol.com

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• **Openings:** Mixed Single
• Group - Young Women and
• Men for Supportive Therapy
• Group Saturdays, 11:00am-
• 12:30pm. Low Fee \$25./
• week. Call Rich Hirschhoff,
• MFT (310) 281-8476
• Lic.#MFC32070
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Bereavement Groups: Widow/Widower Loss Groups in the Valley and Westside. Contact Marilyn Stolzman, Ph.D. for details, at the H.O.P.E. Unit Foundation, (818) 788-HOPE (4673).

Co-Ed Adult Personal Development Group: Growth and insight oriented group, high-functioning, addresses interpersonal dynamics in a supportive environment. Wednesday, 6-7:30 pm. Glendale. Jim DeSantis, Ph.D., C.G.P., (PSY10315) (818)551-1714.

New Group: Psychologically Oriented, Spiritually Centered groups now forming. Contact Steve Wolf, Ph.D. (PSY10230) at 310-479-1143.

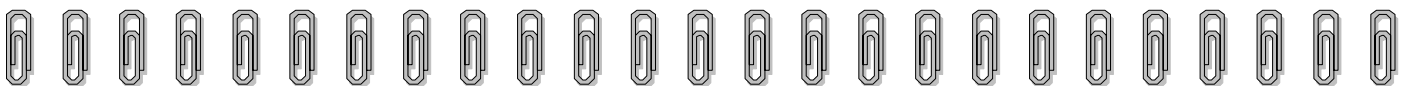
Men's Personal Development Group: Growth and insight oriented group addresses male-female relationships, work life, coping, and roles. Thursday, 6-7:30 pm. Jim DeSantis, Ph.D., C.G.P., (PSY10315) (818)551-1714.

DEL MAR GIRL POWER promotes resilience, self-discovery, and empowerment in preteen and teen girls. Groups available for 4th-5th graders, middle and high school girls, and seniors heading for college. Workshops/consultations for parents. Melissa Johnson, PH.D., License #PSY 13102, (626) 585-8075.

6-week Love Skills Groups: (1) Making Your Relationship Successful (for couples), Saturday mornings, 9:00-10:30 a.m ; Love Skills for Singles: Finding and Creating A Healthy Sex Relationship, Saturday afternoons, 1:00-2:30 p.m. Linda De Villers, Ph.D., Author, *Love Skills: A Fun, Upbeat Guide to Sex-cessful Relationships*; AASECT Certified Sex Therapist; Adjunct Faculty, Pepperdine University; Psy 8518; 310-535-9110; sexpert@earthlink.net.

Marketing Workshop for licensed therapists and interns wanting to build a private practice. Action-oriented didactic, support, and homework format. 12 facilitated meetings, every other Tuesday, 10-11:30 am, Glendale. (818) 551-1714

12 - Week Group Forming: Self-Management of Anger
Cognitive-behavioral focus for group members to: 1) understand what function anger may serve in an individual's historical & family patterns; 2) learn how to extricate oneself from adversarial relationships and the drama triangle; 3) learn how to substitute effective assertive behaviors that satisfy needs and resolve conflicts; and 4) learn how to self-define as an ally in satisfying relationships.
William Flaxman, Ph.D., M.F.T.
2665 30th Street, Suite 211, Santa Monica 90405 -- (310) 452-6693





Cyber Jenn



As always, I am happy to report that the GPASC web site continues to do well in the search engines and traffic to the site increases monthly.

I hope you have all had a chance to visit the new look of the web site. I am pleased to announce that by the mid-March, we should have the site all complete - with the addition of new content and some problems fixed. Please check back often.

A few members have taken the time to email comments and suggestions, and I just wanted to say that I appreciate it and most of their suggestions will be implemented. So, the rest of you - get on the web site and get your comments, suggestions and requests in to me.

There is also room to post articles and information from members online. We hope to build up a strong resources section, so if you have anything you want published online, please submit that material to groups@gpasc.org.

GPASC has gotten a merchant account and a secure certificate for our web site. Very soon we will offer the convenience of paying for workshops and conferences online by credit card. You will also be able to pay your Dues online. We also hope to open a GPASC book store where members can list and sell their books. All those interested—please email me.

We are really working on expanding and growing the web site - but we need your help. It's your articles, group listings, books and information that really add to the value of the site and give you the opportunity to promote your work on a site that is attracting more and more visitors. Take advantage of it.

Now for a fun computer tip: did you know that you can personalize and customize many aspects of your computer? From putting pictures of loved ones on your computer desktop to creating your own screen saver - with a few simple steps you can enjoy looking at your family or friends as you work on your computer. Personally, I chose the logo of my favorite hockey team for my desktop.

To change the picture, go to your Control Panel (one way to get there is through Start button, then Settings, then Control Panel.) Once in your Control Panel - choose Display. Go to the Background tab and you will see a list of pictures. You can choose any of those, or you can choose Browse and look through your hard drive. If you've chosen Browse you can put a picture or photo from your hard drive or from the internet onto your desktop. Here's how: if you see a picture you like on the internet - first, "right click" and save it to your hard drive (Mac users drag the picture to your desktop); second, find it through Browse and use that picture. To change your screensaver, click on the Screen Saver tab. Please note that these instructions are for Windows ME, but most Operating Systems are similar - so you should have no problems. Email me with any questions.

There are many ways you can customize your computer, create folders, move contents from one folder to another and set things up in a way that is more convenient for you. One more tip, if you have a nice picture on your desktop, and lots of icons are hiding it - create folders on your desktop and put relevant icons in folders - you'll be more organized and more of our desktop picture will show. Enjoy and be creative. When you start to look at the fun things you can do on your computer it can become less scary and you may actually end up enjoying it!

FEATURED ARTICLE: EMPOWERMENT, CONNECTION, AND VOICE IN GROUP WORK WITH GIRLS by Melissa Johnson, Ph.D.

Sometimes I surge with power.
Sometimes I am unable to buckle down my euphoria.
Sometimes I feel really terrible.
Sometimes I want to go home.
Sometimes I hate my body.
Sometimes I want someone to love all my faults.
Sometimes I don't want anyone to look at me.
Sometimes I don't say what I feel.
Sometimes I regret what I did.
Sometimes...
Sometimes wish I was six.

Sabrina Ward Harrison
Spilling Open: The art of becoming yourself

These words from a young woman's published journal reflect just some of the joys and challenges of growing up today. In the context of the new girls' movement, clinicians and community programs are looking for tools and strategies to support girls' strengths, growth, and diversity. We're not talking just about girls at risk these days. We are talking about supporting all girls in becoming full participants - and yes, heroes - in their own lives and in their communities. My work in developing Del Mar Girl Power (a group program for preteen and teen girls) has given me much opportunity to reflect on the importance of empowerment, connection, and voice. These three imperative and interwoven goals are useful in working with girls who are dealing with serious and/or chronic psychological issues such as depression, anxiety, eating disorders, self-injury behaviors, and trauma. They are equally useful objectives for working with girls who are simply dealing with the monumental challenges and opportunities of growing up. In addition, these goals are appropriate for community programs that serve girls.

Empowerment is intimately connected with the other goals of connection and voice. Empowerment is fostered when girls have a significant role in determining and creating their group experience, whether it be a therapy group or a community-based program (Collaborative Fund for Healthy Girls/Healthy Women, 2001). Girls are amazingly articulate when identifying the issues important to them for group work. Hand in hand with influencing the direction of the group is determining the group ground rules that will help them feel safe. When girls take a leadership role in their own group development, the group becomes a practice ground - a place where they can experiment with being a full and active participant in their own lives; of using their voices to speak about their desires, needs and vision.

This year, for example, the 4th and 5th grade girls in the

Girl Power Club wanted a Halloween party. When the group worker asked how they might make such a party into a therapeutic experience, they creatively designed several games. A favorite: The Cake Walk became the Feelings Walk. The girls wrote feeling words on pieces of paper that formed the circle. They brought in their favorite music; they role played and talked about the feelings that they landed on when the music stopped. As creative as this activity was, the most important thing was that the girls themselves came up with it. This empowerment opportunity gave them an experience with connection and with the power of their own voices.

Empowered girls are leaders - among their friends, within their families, and in their communities. Group provides a valuable context in which to explore, define, and redefine girls' leadership. Research indicates that girls demonstrate a diversity of leadership styles, frequently departing from the gendered and more traditional definition of leadership as being first, strongest, and most vocal. For example, girls often carry family responsibilities: caring for younger siblings; caretaking in their homes for working or absent parents; and serving as arbiters and translators vis-a-vis the dominant culture. These roles for girls can, in fact, be constructed as family leadership opportunities. Discussion and art (especially collage and drawing) can help girls explore traditional and non-traditional forms of leadership.

Connection: Two theoretical models ground my therapeutic group work regarding connection. First, the research into the Stone Center's Relational/Cultural Model (Jordan, 1997) illustrates the phenomenon of growth-fostering connections. This model values each individual's phenomenology and honors the social construction of each girl's experience. It argues that, contrary to historic, mainstream psychological formulations of growth as autonomy and individuation, we grow through our peer and intergenerational connections. Second, the concept of "hardiness zones," adapted from health psychology, captures the struggle of an individual in relation to a stressful world (Debold, Mikel, Weseen, Kearsse Brookins, 1999). Specifically, it emphasizes the internal and external resources people use to resist stress, including knowledge, skills, and support.

Group is a place for girls to connect with themselves (see section on Voice), with peers, and intergenerationally with the group worker. In addition, groups for girls can help girls discover and build connections and resources outside the group that can support them. Countering the notion that being strong means "handling it yourself",

girls are encouraged to identify the external resources that appropriately support them; they expand the boundaries of their "hardiness zones." In our school-based group for young women, the participants wanted to have a holiday open house, inviting friends and a few other supportive campus personnel. This event provided the girls with a chance to learn more about the resources available and, more importantly, to connect on a personal level with other supportive women on campus.

Many communities have a range of services and group workers need to know about them. In Pasadena, for example, the city offers a community-wide Youth Month in August, Planned Parenthood offers multiple youth development programs, the Healthy Babies Alliance organizes parenting mentors, and the Office for Creative Connections provides annual leadership training for youth. Web sites, too, are great resources. Two favorites of our girls are newmoon.org (for and by girls ages 8 - 14) and ItsNotOk.org providing information about relationship violence and abuse, as well as healthy relationships. The experience of connection has long been viewed as one of the key healing experiences of group therapy. When working with girls, it is often helpful to extend the experience of connection to resources such as these, outside the group.

Voice: Authenticity and speaking one's truth are preceded by the ability to listen to oneself. Research shows that girls who were once vibrant, outspoken preteens often begin to lose their voice in adolescence (Taylor, Gilligan, & Sullivan, 1995). In fact, objectification theory (Fredrickson & Roberts, 1997) explores the ways girls' and women's phenomenology is socially constructed to experience themselves from the outside, looking at themselves from the viewpoint of others. Group becomes a place where girls receive support for maintaining their voices by becoming more acutely attuned to their internal experience: viewing themselves from the "inside out."

Two examples of fostering this internal attunement in group work are: (1) promoting personal safety skills and (2) addressing girls' food and body conflicts. Regarding the first, personal safety and self-defense skills teach girls to be attuned to their bodily and emotional cues about danger, boundaries, and personal space. They literally use their voices to firmly and, if necessary, loudly set boundaries to keep themselves safe. Regarding the latter, girls use dialogue, journaling, and art to "listen" to their bodies - identifying and rating feelings of hunger and fullness. They learn to distinguish the body's desire for food from the desire for less stress, more rest, human contact, and physical movement. They develop an inner dialogue with their bodies that promotes healthy well being.

Embedded in developing one's own voice is the task of

Becoming a Cultural Critic (Johnson, 1999). Multiple messages from our culture put girls at risk and undermine their ability to listen to themselves. These messages can be dangerous: "Girls can't defend or protect themselves, physically or verbally;" "Girls must be thin and diet," "Girls must be nice and kind." It's noteworthy that some communities help girls resist these dangerous cultural messages. Check out Fordham's (1993) anthropological work on black adolescent girls in Washington, D.C. and Striegel-Moore's and Smolak's (1996, 2000) work on the influence of race and ethnicity on eating disorders. Girls use dialogue and creative activity, such as drawing and collage, to illustrate "society's ideal versus real girls" or "what society says we should look like and who we really are." Viewing the video (*Killing Us Softly 3*) and writings (*Deadly Persuasions*) of Jean Kilbourne is terrific for high school girls and older. These are just a few activities that can enhance critical thinking about cultural messages.

Evaluating Your Program for Girls: How can you evaluate the programs that promote girls' empowerment, connection, and voice? Drawing on Debold's work on "hardiness zones" and the "Healthy Girls, Healthy Women" research, I am suggesting some guidelines for evaluating programs for girls.

Evaluation questions from "Healthy Girls, Healthy Women":

How can a program create and maintain safe space for girls within communities and within youth programming?

How do girls define leadership and how is this definition connected to adult women, family, and culture?

How can programs and communities support the continuum of development that grows girls into effective agents of social change?

How are girls involved in program design and leadership?

How are girls' cultures and traditions acknowledged?

How are girls' families welcomed into and involved in the girls' programs?

Evaluation questions from Debold's and colleagues work on "hardiness zones":

Is the program a place where girls can exert and gain greater control over their lives and bodies?

In what ways do the girls connect with their own values?

In what ways are girls connecting with a positive belief system?

How does group help girls connect with people who will commit to them?

In what ways do girls receive encouragement to learn and persist in the face of struggle?

In this exciting time, there is much creative, innovative group work to be done with youth. Empowerment, connection, and voice are effective goals for informing this work with girls.

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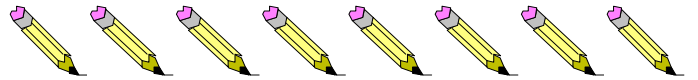
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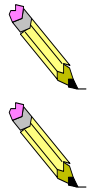
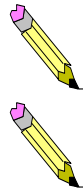
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Melissa Johnson, Ph.D. is founder and director of Del Mar Girl Power which promotes resilience, self-discovery, and empowerment in girls through growth-fostering connections. In addition, Dr. Johnson is co-founder of the Girls' Resource Network, a non-profit organization that advocates for girls. Her private practice is located in Pasadena. Contact her at 626.585.8075 or drmelissa@girlpowernow.com.



GPASC is accepting submissions for the web site. Please submit your articles, book reviews, movie reviews and other content written by members for the web site.

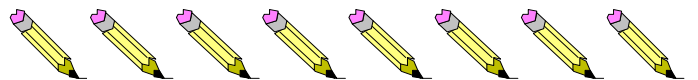


Get your submissions in today.



groups@gpasc.org

All content online will be published at the discretion of the Web Site Committee Chair.



**NEW MEMBER MINI-SPOTLIGHT:
PARASTOO BARNAJIAN, Ph.D.**

Parastoo recently graduated from CSPP-L.A.'s clinical psychology Ph.D. program with an emphasis in Health Psychology. Her most recent emphasis, however, has been on adolescent mental health. She is currently working with adolescent girls who reside in a residential facility, providing individual, family and group therapy services. Parastoo joined GPASC after our November conference.

(IF ANY OTHER NEW MEMBERS WISH TO SUBMIT MINI-SPOTLIGHTS FOR OUR NEWSLETTER, PLEASE DO SO BY E-MAILING THEM TO THE EDITOR, MIMI DAVIS, AT mimidavis@earthlink.net)



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.

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
Business card	3.5" X 2.0"	\$15	\$30
Classified Ads*	30 words	\$15	\$25
Flyer Inserts**		\$75	\$90

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

**Flyers (250 copies) should be photocopied on any color 20 pound paper and delivered to the GPASC address by the newsletter deadline. Contact Newsletter Editor for deadlines.

NEWSLETTER SUBMISSION AND MAILING SCHEDULE – 2002

March 1 – submission deadline for April/May newsletter

March 15 – newsletter mailed out

May 3 – submission deadline for June/July newsletter

May 17 – newsletter mailed out

July 12 – submission deadline for August/September newsletter

July 26 – newsletter mailed out

September 13 – submission deadline for October/November newsletter

September 27 – newsletter mailed out

November 15 – submission deadline for December '02/January '03 newsletter

November 29 – newsletter mailed out



REQUEST TO ALL MEMBERS:

PLEASE HELP WITH OUR OUTREACH EFFORTS By: Marvin Kaphan

Some years ago GPASC began sending out an E-mail newsletter to as many psychotherapists in Southern California as we could reach. We have used this method to notify the community of our activities and of other things of interest regarding groups.

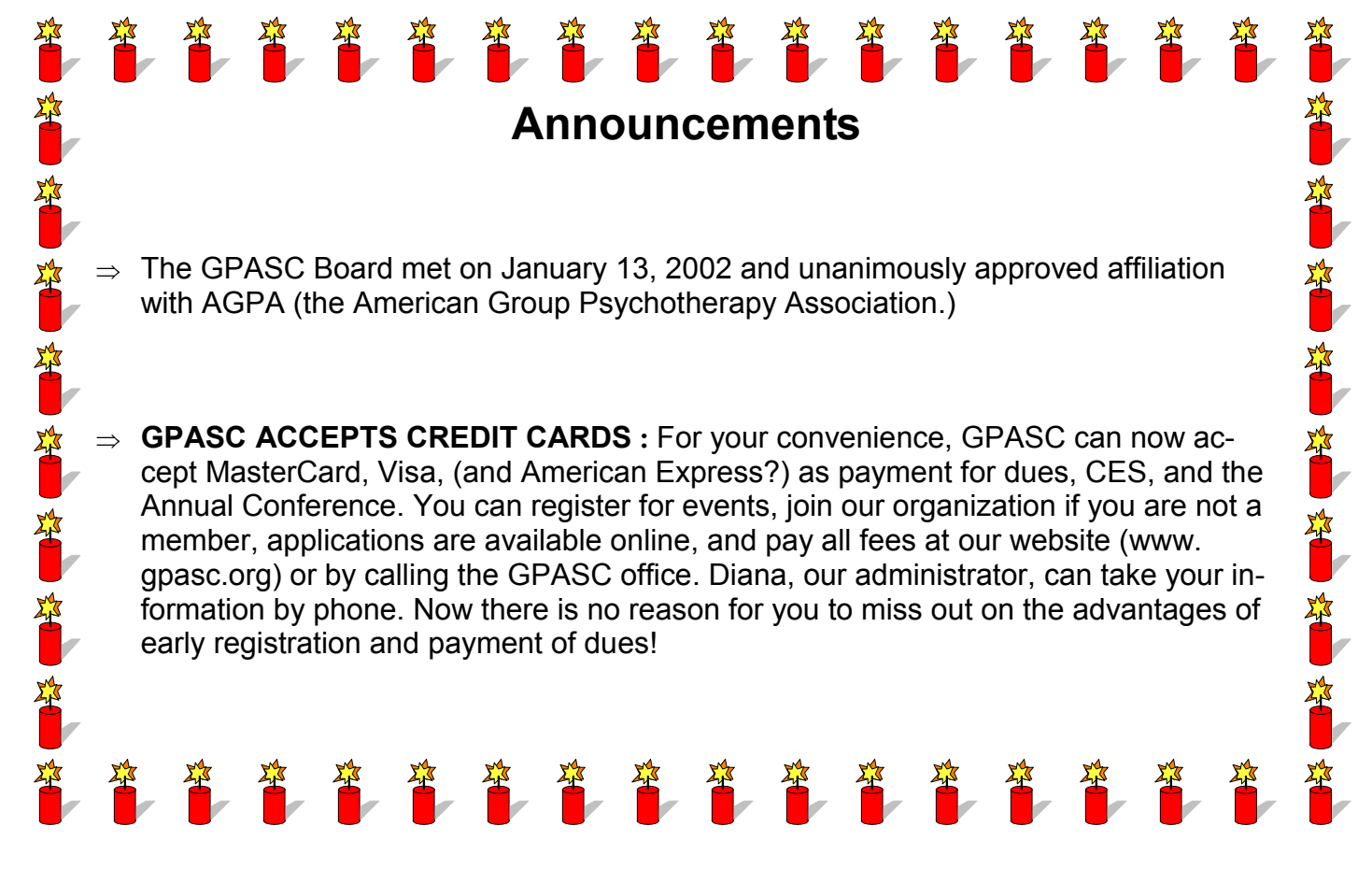
Finding the e-mail addresses for such an effort is not easy. I collected addresses from the directories of organizations I belong to, and from friends and colleagues. We make unsubscribing very easy, but only a handful have requested to be removed from the list. Of course, when I had direct contact with someone giving me an address, I would ask their permission to add them to our mailing list. They were invariably grateful.

The list is now well over 500 addresses, but it still does not begin to cover the entire community. At our last Board meeting I proposed that the membership be requested to collect e-mail addresses. Concern was raised about the ethics of using an address privately provided by one professional to another for a more widely circulated listing and purpose. This could be handled by asking permission of individuals giving you their cards, but still would not solve the problem of faculty and student lists, which I believe are most important for us to reach.

I am as much against Spam (unrequested e-mail advertising) as most people, but I think of our newsletter as more of a service to the recipient, although it does benefit GPASC as well. I would like members' opinions before asking your help. Meanwhile, if you receive any addresses that you would feel comfortable adding to our list, please send it to me at mkaph@aol.com or to Jennifer at tortuejenn@earthlink.net



Announcements



⇒ The GPASC Board met on January 13, 2002 and unanimously approved affiliation with AGPA (the American Group Psychotherapy Association.)

⇒ **GPASC ACCEPTS CREDIT CARDS** : For your convenience, GPASC can now accept MasterCard, Visa, (and American Express?) as payment for dues, CES, and the Annual Conference. You can register for events, join our organization if you are not a member, applications are available online, and pay all fees at our website (www.gpasc.org) or by calling the GPASC office. Diana, our administrator, can take your information by phone. Now there is no reason for you to miss out on the advantages of early registration and payment of dues!

Membership Renewal Time - 2002 - GPASC's 50th Year

Just a reminder!!! Dues are based on a calendar year and are due in JANUARY of each year. If you haven't paid your dues, please take a moment and be sure to stay active in an organization that is just getting better and better as we celebrate our 50th year! If dues have not been received by April, your membership will expire. We would miss you...and you would miss out on all of the benefits that GPASC has to offer! We encourage you to renew your membership so that you can take advantage of the great membership benefits listed below.

- ◆ Attend professional educational seminars at low membership prices while earning your required CEU/MCEPs. FREE Continuing Education Series (CES) workshops are offered numerous times a year allowing you to earn low cost CEUs (\$10.00) and MCEPs (\$12.00).
- ◆ FREE LISTING in an online searchable database, with a FREE PERSONAL WEB PAGE when you submit your bio. Such a listing normally costs a minimum of \$100 a year. This alone is worth more than your dues.
- ◆ Opportunities for you to present papers, facilitate workshops, write articles and be a featured writer for the newsletter. The featured article will also be posted on our web site.
- ◆ Photos of GPASC officers and featured writers will be posted on the web site.
- ◆ Email alerts of clients seeking groups and/or individual therapy
- ◆ Free group listings in the newsletter, as well as on the web site.
- ◆ Enjoyable networking events (i.e. President's Party)
- ◆ Reasonable dues and fees to educational events and the Annual Conference

Please don't miss the opportunity to continue to be a part of a re-energized and progressive organization that has been in existence for 49 years and knows how to bring it's membership into an exciting new century.

Name: _____

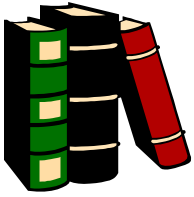
Date: _____

Amount: _____

Check #: _____

Full Membership \$75.00
Affiliate Membership \$60.00

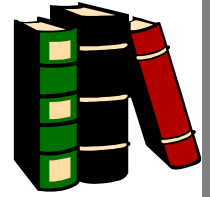
Please send to: GPASC PO Box 2631 Winnetka, CA 91396



BookEnds

How To Find a Compatible Mate

-- a Motivational Guide for Struggling Singles



Most people put more time and energy into planning a dinner party or shopping for a car than they do seeking a mate who is right for them. Unfortunately, there are serious consequences when romance and marriage is left to chance: unhappiness, boredom, domestic violence, codependency, divorce. Still, many singles trust the person of their dreams to materialize out of thin air. *Someone Right For You* exposes the myth that romance happens by accident, proving that by simply waiting and hoping for a satisfying romantic relationship to come along, even the "best" people can end up alone.

Someone Right For You offers readers a practical, step-by-step, action-oriented plan for seeking and finding the right mate, based on one's own personality and priorities. Here Dr. Dreyfus maintains that people must not only be sincere about finding the perfect partner, but also be committed to taking specific steps to find someone who is compatible.

Dr. Dreyfus' proven strategies show readers how to:

** Devise a complete list of characteristics that prospective mate should have*

** Develop a plan of action to search for a mate -- and stick to it*

** Apply the interpersonal techniques needed to make the plan work*

** Overcome roadblocks to romance, including shyness, fear of intimacy, and unrealistic objectives*

By following Dr. Dreyfus' field-tested advice, readers can break the repetitive, self-defeating cycles that so often frustrate the search for a mate. The book includes real-life case studies of people who have followed Dr. Dreyfus' program and found a lifelong companion, illustrating techniques that can help readers avoid the pain of failed relationships and take charge of their romantic lives.

SPECIAL GPASC PRICE : \$10.00 (includes postage within continental U.S.; others add \$5.00 for shipping)
(TAB/McGraw-Hill publishers price \$17.95)

Edward A. Dreyfus, Ph.D.

1421 Santa Monica Boulevard
Santa Monica, CA 90404

We wish to congratulate the following new GPASC members, voted upon and approved by the Board of Directors on 01/13/02:

Bonnie Ray Kennan, MFT - Full Clinical Member

Raymond Bakaitis, Ph.D. - Full Clinical Member

Una M. Connolly MFT, RSC (Religious Sisters of Charity) - Full Clinical Member

Dana Longino, M.S., MFCC - Full Clinical Member

Audrey Levy, MFT - Full Clinical Member

We would like to get to know your better! Please feel free to submit a short paragraph for our "New Member Mini-Spotlight" telling us more about yourself. If interested, please send your paragraph by email to Newsletter Editor, Mimi Davis, MFT mimidavis@earthlink.net) or by "snail mail" to GPASC at : PO Box 2631, Winnetka, CA, 91396.

**GPASC
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Calendar of Events

- Board Meeting - March 10
Meeting will be held at the office of President Ed Dreyfus - 1421 Santa Monica Blvd
10:30 AM to 1 :30 PM
- Board Meeting - May 19
Venue to be announced.
10:00 AM to 1:00 PM
- CES - May 19
Details to be announced
- President's Party - June 9
5 PM to 7 PM at the home of President Ed Dreyfus. Watch for your invitation in the mail.