



# The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

*December 2003*

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ead@docdreyfus.com

Dear GPASC Members:

Welcome to our first attempt at an electronic newsletter. We've undertaken this format for two reasons. First, to save money. Second, because it's a lot of work to edit and mail a paper newsletter and we did not have anyone willing to continue the task. Ed Dreyfus has agreed to serve as editor of an electronic newsletter. Please send him any items of interest you wish to share with your fellow members.

Our annual conference, held October 26, was a successful event. We had 65 attendees. Each attendee experienced a Jungian and an intersubjective/self-psychotherapy group leader. Feedback was mostly positive. Each year we hope to break even financially from the conference and this year we finished \$200 in the black.

Bonnie Kennon has organized six continuing education programs for six Sunday afternoons throughout the year. On November 9, Dr. Richard Gilbert, Associate Professor of Psychology at Loyola Marymount University, presented to a group of twenty-five members on the subject of resistance. Dr. Gilbert's presentation was outstanding. He distinguished between a psychotherapy which serves purposes of affect regulation and one which attempts to facilitate enduring change. Dr. Gilbert suggested that, instead of considering resistance as an impediment to change, we conceptualize the desire for change and the desire for continuity as forces which find a balance in each individual. He described several factors which make individuals reluctant to seek more change in their lives and particularly in the psychotherapy endeavor.

Finally, GPASC, similar to many group psychotherapy organizations throughout the country, is struggling to remain healthy and relevant.

At GPASC's November 9 Board meeting, the Board voted to establish an ad hoc committee, with a life of six months, to study the state of GPASC and make recommendations to the Board regarding long-term planning. I appointed Vicki Dauber to chair this committee. This is an exciting opportunity to effect the future of GPASC and effect the future of group psychotherapy. If you are interested in participating on this committee, contact Vicki at (323) 876-5855.

Raymond Bakaitis, Ph.D.  
President, GPASC

## Premier Issue

This is the premier issue of the new e-version of the *Group Therapist Perspective*, the official newsletter of the Group Psychotherapy Association of Southern California. We welcome your contributions. Since it is an electronic newsletter, we are not limited by cost, so theoretically at least, we could include a lot more information and news.

GPASC is a small, intimate organization. We pride ourselves at being an informal, interdisciplinary group of colleagues who wish to share information, ideas, experiences, and theories. We welcome contributions of up to approximately 500 words. Case studies, marketing ideas, theoretical discussions, book and movie reviews relevant to clinical practice, clinical anecdotes, are all welcome.

You do not have to be a professional writer. Submit your material and see how it goes. As Editor, I am more interested in creating a climate of interchange and sharing, than I am in erudition and polish. I would like to see this medium become one that you look forward to reading each month or two (depending on whether there is enough material).

Ed Dreyfus  
Editor

## We Need Your Input

Your Board of Directors has put together what it believes to be a terrific organization making GPASC ready to meet the demands of the 21<sup>st</sup> century. However, we cannot do it alone. We need your guidance and input. We need to know what you, the membership, want from your professional organization. We have developed:

- a website to facilitate communication and disseminate information ([www.gpasc.org](http://www.gpasc.org))
- an online listserv to make it possible for members to have immediate access to one another ([gpasc@topica.com](mailto:gpasc@topica.com)) for online sharing of case material, collegial consultation, networking and referrals
- a bulletin board for members to learn about positions, group openings, office space, internships, etc.
- an opportunity to earn up to 25 continuing education credits at a nominal cost
- a training institute offering an opportunity for you to hone your clinical skills

However, we need to hear from you to know whether we are meeting your needs. We also need volunteers to serve on the Board and on committees. Please email us letting us know how we can better serve you:

[groups@gpasc.org](mailto:groups@gpasc.org)

## GPASC Training Institute in Gestalt Group Therapy

(36 CE credits)

The **GPASC Training Institute** is offering an opportunity to enroll in a six-month training in Gestalt Group Therapy. The training group will begin approximately **January 14, 2003**. (Exact dates will be announced.) Once this training group is formed, it will remain intact, meeting twice a month on Wednesday afternoons for twelve three-hour sessions.

The Institute is open to licensed practitioners, interns and graduate students.

Instructor: Stella Resnick, Ph.D.

Past-President of the Group Psychotherapy Association of Southern California; is currently President of the Society for the Scientific Study of Sexuality, Western Region; and is on faculty at Santa Barbara Graduate Institute where she teaches Gestalt Group Psychotherapy.

For additional information visit the GPASC website: [www.gpasc.org](http://www.gpasc.org)

**Marvin Kaphan, MSW, CGP, Felice Miller, Ph.D.,  
and Edward A. Dreyfus, Ph.D., CGP**

**Will be featured at**

**The Group Psychotherapy Association of Southern California  
Continuing Education Series meeting at the  
Encino Hospital  
16237 Ventura Blvd.  
Encino**

**On Sunday, January 11, from 1:00-4:00 P.M.  
This stimulating and lively three hour presentation**

***The Nuts and Bolts of Group Psychotherapy  
Everything You Need to Know About Starting, Maintaining,  
and Running Groups In Your Practice***

**The cost is \$25.00 for GPASC members and \$50.00 for non-members (fee includes certificate  
for 3 Continuing Education Credits).**

**Save \$\$\$ by purchasing entire 2004 series now. Call for details.**

**To reserve a seat, call Bonnie Ray Kennan, M.F.T.  
at (310) 265-6644 or email her at [Marabon@cox.net](mailto:Marabon@cox.net)**

The Group Psychotherapy Association of Southern California is approved by the American Psychological Association to offer continuing education for Psychologists. The Group Psychotherapy Association of Southern California maintains responsibility for the program. GPASC is approved by the BBSE to offer CEU for MFTs and LCSWs.

**About the Presenters**

**Dr. Felice Miller** received her A.B. degree from the University of Rochester, her Ph.D. from the University of Maryland, and completed postdoctoral training programs in Gestalt therapy, Family therapy, and Cognitive-Behavioral therapy. Currently, she is a licensed clinical psychologist in private practice working with individuals, couples, families and groups. Her group specialties consist of Communication Training, Adult Children/Aging Parents, Women's personal growth, Stress management, and Pelvic Pain Groups.

As faculty at UCLA Medical School and Extension and Pepperdine University, she teaches and trains the general public, psychology graduate students and physicians in group therapy and communication and lectures in women's health and life cycle issues. As expert in the field of interpersonal and intercultural communication and team building, she is a consultant to business, education and medical groups.

**Marvin Kaphan, LCSW, CGP**, is a Diplomate of the American Board of Examiners in Clinical Social. He has engaged in the full-time private practice of psychotherapy since 1960. For almost all that he has been an enthusiastic advocate of group psychotherapy, and has maintained six on-going groups in addition to a full schedule of individual sessions.

Mr. Kaphan has studied at CCNY, NYU, Princeton University, Rutgers University, and Columbia University. He has taught at several local colleges and has served as a field teacher for the University of Southern California School of Social Work. His experience has included residential treatment, child guidance, play therapy, and supervision in various settings. Mr. Kaphan was the first full-time professional employee of the Los Angeles Suicide Prevention Center at its inception. He was chief Psychiatric Social Worker when he left.

Mr. Kaphan has done many demonstrations and lectures in Los Angeles and in other parts of the United States and Canada. On two occasions he has addressed the American Psychiatric Association. His writings have been published in many journals including the American Journal of Psychiatry the American Journal of Psychotherapy. He currently writes a column on advice for Group Psychotherapists in "The Group Psychotherapist Perspective" and at several locations on the Internet.

Mr. Kaphan also holds an MFT license from the state of California, is a Certified Group Psychotherapist, and is a Licentiate Member of the Royal Society of Health of Great Britain, and was President of the Group Psychotherapy Association of Southern California for two successive terms.

**Edward Dreyfus, Ph.D., CGP** is in independent practice in Santa Monica where he practices as a clinical psychologist, sex therapist and life coach. He ran his first group in 1962 and continued practicing as a group therapist continuously for over thirty years both in private practice and in institutional settings.

Two of his four books have been recently revised and published: *Someone Right For You: 21<sup>st</sup> Century Strategies for Finding Your Special Someone* and *Keeping Your Sanity (In An Insane World)*. Dr. Dreyfus has also published over a dozen articles in professional journals, presented at State and national conferences, has often been quoted in newspapers and magazines and has appeared as a guest on television and radio programs.

Dr. Dreyfus is a Licensed Psychologist and a Licensed Marriage & Family Therapist. He is also a Certified Sex Therapist of the American Association of Sex Educators, Counselors and Therapists. He is a Fellow of the American Psychological Association, a Diplomate and Fellow of the American Board of Sexology, a Fellow of the Academy of Clinical Sexologists, a Diplomate in Professional Psychotherapy of the International Academy of Behavioral Medicine, Counseling, and Psychotherapy, Inc., and a Diplomate of the American College of Forensic Examiners. Dr. Dreyfus is a Registrant in the National Register of Health Service Providers in Psychology and is a Registrant in the National Register of Certified Group Psychotherapists. In 1996 Dr. Dreyfus was the recipient of the Los Angeles County Psychological Association's prestigious *Distinguished Psychologist Award*. He is also

## NEW GPASC MEMBERS

**We wish to congratulate and welcome the following new GPASC members, voted upon and approved by the Board of Directors:**

Melody Bacon, Ph.D. – Full Clinical Member Status  
Tony Hawkins, BSN, Psychiatric Nurse – Affiliate Member Status  
Allen Koehn, MFT – Full Clinical Member Status  
Jennifer Laurico, BSN, Psychiatric Nurse – Affiliate Member Status  
Susan Mandel, Ph.D. – Full Clinical Member Status  
Christine Olney, M.A. – Affiliate Member Status  
S. Grant Ramey, B.A. – Affiliate Member Status

We would like to get to know all of you better. Please feel free to submit a short paragraph for our "**New Member Mini-Spotlight**" telling us more about yourself, your work and your interests. Please send your paragraph by email to Edward Dreyfus, Ph.D., our on-line **Group Therapist Perspective** Editor, at [ead@docdreyfus.com](mailto:ead@docdreyfus.com).

**THE GROUP PSYCHOTHERAPY ASSOCIATION OF SOUTHERN CALIFORNIA**

presents

**MASTERING GROUP THERAPY**

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 2004, from 1:00 to 4:00 PM on the second Sunday of January, March, May (the third Sunday), July, September, and November.

**January 11, 2004**

***The Nuts and Bolts of Group Psychotherapy***

**Encino**

Marvin Kaphan, LCSW, CGP., Felice Miller, Ph.D., and Edward Dreyfus, Ph.D., CGP

**March 14, 2004**

***An Exploration of Co-Therapy***

**Santa Monica**

Father-son Co-therapists: Bruce Gordon, Ph.D. and David Gordon, Ph.D.

**May 16, 2004**

***Improvisational Approaches In Psychodynamic Group Therapy***

**Encino**

Norman Tabachnick, M.D., Evelyn Tabachnick, Ph.D, and Elinor Grayor, Ph.D.

**July 11, 2004**

***The Anatomy of Anger In Group Psychotherapy***

**Santa Monica**

Andrea Brandt, Ph.D.

**September 12, 2004**

***Use of the Here and Now in Yalom-model Groups***

**Encino**

Presenter to be announced

**November 14, 2004**

***The Narcissistic and Borderline Patient in Group Psychotherapy and Optimum Group Placement***

**Santa Monica**

Irene N.H. Harwood, M.S.W., Ph.D.

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 ½PRICE (\$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 Bonnie Ray Kennan, M.A., MFT, at (310) 265-6644 or (email) [Marabon@cox.net](mailto:Marabon@cox.net). You may also register online at [www.gpasc.org](http://www.gpasc.org)**

**Workshops are held at:**

**The Encino Hospital at 16237 Ventura Blvd., Encino and at  
The Wellness Center at 2716 Ocean Park Blvd., Suite 1040, Santa Monica**

## MEMBERSHIP NEWS

[Please send anything that you wish to share with your colleagues,  
e.g., awards/honors received, licenses, publications, speaking engagements, etc.]

**Edward A. Dreyfus, Ph.D.** published revisions of two of his books, *Keeping Your Sanity (In an Insane World)* and *Someone Right for You: 21<sup>st</sup> Century Strategies for Finding Your Special Someone*. Both books were published by Xlibris, Inc. in 2003 and are available in local and online bookstores: [www.keepingyoursanity.com](http://www.keepingyoursanity.com) or [www.someonerightforyou.com](http://www.someonerightforyou.com).

**Irene Harwood, Ph.D.** published two articles:

"*Distinguishing Between the Facilitating and the Self-Serving Charismatic Group Leader*," in the journal *GROUP*, Vol. 27, 2/3, pp.121-9. September 2003. The paper was presented on a panel at the AGPA 2003 New Orleans meeting and will be republished in the INTERNATIONAL JOURNAL of GROUP PSYCHOTHERAPY.

"*Creative Use of Gender While Addressing Early Attachment, Trauma, and Cross-Cultural Issues in a Cotherapy Group*" which was presented at the European Group Analytic Conference in Bologna (Summer 2002) is about to be published in PSYCHOANALYTIC INQUIRY, Vol. 23/5.

## CLASSIFIED ADS

[Ads of up to 30 words in length are free to members.

Business card size ads with borders are \$25.00 per issue of the newsletter. Non-members: \$50.00]

### OFFICE FOR LEASE IN SANTA MONICA

Unique residential environment. Fireplace, individual AC control, operable window, sound-proofing, call-light system, furnished waiting rooms, microwave, refrigerator, filtered water, & tenant parking included. 1452 26<sup>th</sup> Street. \$850. Dr. Edward Dreyfus (310) 208-5700; E-mail: [ead@docdreyfus.com](mailto:ead@docdreyfus.com)

### FURNISHED OFFICES

Excellent San Fernando Valley Location Between Coldwater Canyon & Laurel Canyon; Near Freeways For Group or Individual; Hourly, Part time or Full time.

Marvin Kaphan, MSW, (818) 766-9540; E-mail: [mnk22@columbia.edu](mailto:mnk22@columbia.edu)

### MIXED GROUPS

Mixed psychotherapy groups for well-functioning women and men with a focus on relationship, intimacy, sexual, family, and career issues. Yalom model. Monday and Wednesday evenings. Raymond Bakaitis, Ph.D., (310) 841-6870.

**33<sup>rd</sup> Annual  
European Training Workshops  
Couples Therapy ~ Gestalt Therapy**

July 11- 16, 2004

July 18 - 26, 2004

**Geilo, Norway**

*land of the midnight sun*

**Todd Burley, Ph.D., ABPP Rita F. Resnick, Ph.D.  
Robert W. Resnick, Ph.D. & Guest Faculty**

Contact: [SweetRita@aol.com](mailto:SweetRita@aol.com)

[www.gatla.org](http://www.gatla.org)

# HAPPY HOLIDAYS!

To all of our members and friends of GPASC:

On behalf of the entire Board of Directors, we wish you each a very healthy, happy, prosperous, and above all, peaceful holiday season. May they all be filled with warmth, love, and many blessings.

We wish you a Happy Thanksgiving, a Joyous Chanukah, a very Merry Christmas, and a Wonderful New Year.

Very truly yours,

*The GPASC Board of Directors*