



# The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

2003

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ead@docdreyfus.com

## President's Column

**Raymond Bakaitis, Ph.D.**

These continue to be interesting times for GPASC. The report of the *ad hoc* long-term planning committee aroused lively debate at the March Board meeting. The Board accepted the premise of the committee report, *viz.*, that GPASC can not continue to operate using a business "growth" model. That is, we can not function as a large, bureaucratic organization in which new people can continually be plugged in to serve prescribed roles and tasks. Instead, we have to operate more creatively and flexibly, allowing people to gravitate toward projects to which they have intrinsic interest.

However, the Board was hesitant to implement the specific downsizing recommendations that were suggested by the planning committee. There were several reasons for this.

*First*, our treasury is in relatively good shape compared to a year ago. So there is less immediate pressure for cuts in activities that cost money.

*Second*, we don't know how GPASC will be effected by its re-established affiliation with the American Group Psychotherapy Association (AGPA). We need to be open to seeing where this affiliation takes us. (One Board member described us as being at a fork in the road.) Given the high probability that we will be changed by AGPA affiliation anyway, it seems unwise to undertake any other shifts in direction at this time if we can wait.

*Third*, one of the most pressing issues facing the Board was the Fall Conference. Because no one was willing to take on leadership of the conference, the committee had recommended that the conference be suspended. However, during the Board meeting Irene Harwood offered to develop and chair a Fall Conference. Her idea of creating a conference on a theme of infant attachment issues and their applicability to group psychotherapy was enthusiastically received by the Board. So we are back on track again for what should be an exciting, innovative Fall Conference.

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Members of the Board experienced the meeting as exciting, similar to how members of the *ad hoc* planning committee had experienced their retreat meeting the previous month.

GPASC appears to be entering into a period of transition and, hopefully, healthy development. This is an opportune time for you to get involved if you are looking for a professional environment that can be fertile for nurturing your energy and ideas.

Consider getting involved with committee or Board work. Call myself, President-Elect Mimi Davis, or anyone else on the Board whom you know. You can find our phone numbers on the GPASC website ([www.gpasc.org](http://www.gpasc.org)).

Apropos to creative work, I want to recognize the effort of Bill Flaxman in successfully launching the first GPASC Training Institute program. A time-limited gestalt training group, led by Stella Resnick, Ph.D., has begun. Bill is looking to create other training groups oriented around other approaches to group psychotherapy. Contact Bill if you have ideas or requests for any training group you might like to participate in or lead.

Finally, please mark on your calendar the date of the GPASC President's party: **Sunday afternoon, June 13** in the Pacific Palisades. The President's party is always a relaxed event where members and their guests can have fun and get to know each other.

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## **UPDATE ON THE G.P.A.S.C. TRAINING INSTITUTE IN GESTALT GROUP THERAPY**

Six therapists signed up for the GPASC Training Institute's inaugural Gestalt Group Therapy training program. The program is being conducted by Dr. Stella Resnick, who studied with Fritz and Laura Perls, and is a Past-President of the Group Psychotherapy Association of Southern California, and a Past-President of the Society for the Scientific Study of Sexuality (Western Region). The training group, which began on March 10th and meets every other Wednesday for twelve three-hour meetings, will earn for participants 36 hours of continuing education credits and a certificate of completion of 36 hours of training in Gestalt Group Therapy.

After a January 28th meeting with Dr. Stella Resnick, most of these individuals who signed up called me or e-mailed to express their enthusiasm for the training and urged me to let you all know how positively they each experienced meeting with Stella and the other interested training group members. Subsequent reports that I received from several participants (after the first training meeting on March 10th) all stated that the first meeting lived up to, or exceeded, expectations. Two people stated that they were looking forward to directly transferring new and stimulating learning into their work with new or existing groups. Follow-up evaluation of the training will be reported upon completion of the training in August.

William Flaxman, Ph.D., MFT  
Chair, GPASC Training Institute

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***

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

**Encino**

**March 14, 2004**

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

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

**Santa Monica**

**May 16, 2004**

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

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

**Encino**

**July 11, 2004**

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

Andrea Brandt, Ph.D.

**Santa Monica**

**September 19, 2004**

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

Keith Rand, MFT, CGP and Nancy Fawcett, MFT.

**Encino**

**November 14, 2004**

***Understanding Attachment Patterns and Traumatic Experiences  
in Working With Narcissistic and Borderline Patients in Group Psychotherapy  
Including Optimum Group Placement***

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

**Santa Monica**

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**

**Mastering Group Therapy Series**  
**Explorations of Co-Therapy**  
**Bruce Gordon, Ph.D. & David Gordon, Ph.D.**

**A Review**

On Sunday, March 14<sup>th</sup>, GPASC members and guests were simultaneously presented with a thought provoking and unique example of insightful and powerful therapeutic work conducted by two masterful co-therapists...and a poignant and powerful model of respectful, loving and thoughtful family dynamics. In this unique presentation, father and son psychologists, Bruce Gordon, Ph.D. and David Gordon, Ph.D., discussed a variety of issues emerging from their twenty years of collaborative work as co-facilitators of a process based therapy group. Their presentation, sensitive and unflinching, held their audience at rapt attention for three fascinating hours.

Many of the therapists attending this workshop, held at the Wellness Community in Santa Monica (thanks to the generosity of both the Community and its director, Harold Benjamin) are leading or have led psychotherapy groups; some are presently co-leading groups or are planning to co-lead groups. The material that the Gordons covered targeted many of the specific concerns that these clinicians have in relation to this work: boundary concerns, therapist illness or absence, differences between two co-therapists, projections, transferences, resistance, etc. Some of the issues were unique to two family members working together: impact on the larger family structure, protectiveness, envy (on the part of clients), differentiation of personal and professional identities, etc.

Still other issues were unique to this particular father and son duo, specifically the handling of a grave family illness and crisis. It was impossible not to be both moved and respectful of the sensitive and courageous way that both Dr. Gordons articulated their very real concerns, ongoing activities and mutual respect throughout this crisis. In the end, it was also clear that both men had an enormous respect for their patients and their work, and an acute and ongoing awareness of their responsibilities to both.

This workshop, the second in GPASC's series, has demonstrated, yet again, how powerful and useful these presentations are to those that attend. It was with great excitement that all attendees anticipated the one to follow on May 16<sup>th</sup> in Encino, "Improvisational Approaches in Psychodynamic Group Therapy". And it is with earnest enthusiasm that GPASC Board Members invite as many members (and guests) as possible to attend and benefit from these fascinating presentations.

Reviewed by: Mimi Davis, MFT

## CLASSIFIED ADS

### GPASC NEWSLETTER ADVERTISING RATES AND INFORMATION

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
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1/16 page display	2.5" x 2.25"	\$15	\$30
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Classified Ads	30 words *	FREE	\$25

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GPASC

P. O. Box 2631  
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**Mixed psychotherapy groups for well functioning women and men  
with a focus on relationship, intimacy, sexual, family, and career issues.**

**Yalom model. Tuesday and Wednesday evenings.**

**Raymond Bakaitis, Ph.D., (310) 841-6870.**