



The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

February 2004

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ead@docdreyfus.com

EDITOR'S CORNER

I am writing this column wearing three hats as: a presenter at the first workshop of the 2004 Mastering Group Therapy Series (Nuts and Bolts of Group Psychotherapy) on January 11th, Chair of the Research, Education and Training, and lastly as Editor of the GPASC e-Group Therapist Perspective.

As a presenter, I had a great time and was delighted to be part of the kick-off presentation for the Mastering Group Therapy Series. I was honored to have the opportunity to with such distinguished practitioners as Felice Miller and Marvin Kaphan. Preparing for the workshop with them was exhilarating. We talked about what we wanted to accomplish, each of us took a section, shared some of our ideas, but we did not put it all together until the actual presentation. It was like seeing the first screening of a film after the independent scenes have been put together for the first time. It came together seamlessly. And judging from the audience reaction, we accomplished our goal of sufficiently reducing the anxiety and setting the stage for people to entertain and begin thinking about integrating group therapy into their practices. The energy in the room during the discussion phase of the presentation was high and palpable.

As the Chair of the Research, Education, and Training Committee, I am very excited by the Mastering Group Psychotherapy Series assembled by Bonnie Ray Kennan, the Chair of the Continuing Education Series. The series offers something for everyone, the new and seasoned practitioner alike. Through the series we hope to accomplish several objectives. *First*, we hope that practitioners will get a sense of the power and excitement of group therapy. We are particularly focusing on the next generation of practitioners, for it is with them that the future of GPASC and group psychotherapy lies. We want more people to feel comfortable with group therapy as a mode of treatment and, in many instances, the treatment of choice for many individuals. *Second*, we hope that practitioners will become motivated to educate the various managed care organizations as to the value of group therapy in the treatment of their subscribers. MCOs have slow to recognize that group therapy is both clinically and cost effective. It is my understanding that Kaiser Permanente has finally recognized group therapy as a viable treatment modality and is now utilizing it as the treatment of choice in most instances. The *third* hope for the series is to encourage members to sign up for all six workshops. In so doing, not only will they save money, but they will create a synergy within the workshop through participating with many of the same attendees in each of the workshops by meeting every other month. Members will get to know one another thereby creating a support network and a level of intimacy gained through familiarity which, in turn, adds to the workshop experience for both the attendees and the presenters.

As Editor of GPASC e-Group Therapist Perspective, wish to encourage all of you to contribute your impressions of the workshops that you attend, how you were able to integrate material from the workshops into practices, your ideas regarding group therapy, case vignettes, clinical issues, and questions about group therapy to which others might respond. I would like to see this newsletter become an extension of the excitement of the last workshop.

HOPE TO SEE YOU AT THE NEXT WORKSHOP!

EAD

MEMBERSHIP NEWS

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

MEMBERSHIP UPDATE

As of January 15, 2004 twenty-nine (29) GPASC members have renewed their membership for the year 2004. Since our November conference 14 “new” professionals (including licensed individuals, interns, psych. assistants and student/trainees) have joined GPASC; a number of others are in the midst of completing the membership procedure and are awaiting Board approval.

At our recent Executive Board Meeting on Sunday, June 11th, the following people were voted on and received Board approval to join GPASC:

Karen Greenhouse, IMF
Ronald Alexander, Ph.D.
Michael Gellert, LCSW
Robert Resnick, Ph.D.

In addition to these four people, the following people have joined (or, in one case, rejoined) GPASC:

Melody Bacon, Ph.D.	Karen D. Cohen, MS
Mario DeSalvo, MFT	Dan Franklin, MFT
Colleen Land, MFT	Michael Levittan, Ph.D.
Susan Mandel, Ph.D.	Nadia Mishael, MA
R. Grant Ramey, ND	Tony Hawkins, ND
Allen Koehn, MFT	Jennifer Laurico, RN, BSN
Christine Olney, MA	

The following people are in the midst of the application process: Diane Shipley, MSW, Judith Gunther, RNC, BSN, Suzanne Hermes, Ph.D., Louise Lelievre, IMF, Nilda Lopapa, IMF, Irma Nava, RN and Barbara Perle, MSW. In addition, after last weekend’s exciting workshop, two people began the application process: Rick Thomas, MA and Terri Burns, MFT.

The Executive Board congratulates all the new members of GPASC and is delighted to welcome them, and the in-process individuals, into our organization. We invite you to attend all of our upcoming workshops and events (including the start of our GPASC Training Institute in Gestalt Group Therapy) and encourage you to introduce yourselves to the general membership through on-line New Member Spotlights. Please check out our on-line web site for further information and/or contact Edward Dreyfus, Ph.D., our e-Newsletter Editor, at ead@docdreyfus.com if you wish to submit any introductory or other information for on-line publication. WELCOME TO GPASC!

This is also a reminder to ALL GPASC MEMBERS to renew your membership for the year 2004. You may do that using the application that was mailed to you, or on-line through our web site: www.gpasc.org.

Mimi Davis, MFT – Membership Chair

GPASC Continuing Education Series Presentation

*An Exploration of Co-Therapy
In Group Psychotherapy*

Bruce R. Gordon, Ph.D., and David S. Gordon, Ph.D.

Will be featured as part of The Mastering Group Therapy Series presented by

The Group Psychotherapy Association of Southern California

This Continuing Education workshop will be held at the

Wellness Community
2716 Ocean Park Blvd., Suite 1040
Santa Monica, CA
On Sunday, March 14, from 1:00-4:00 p.m.

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

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

How can working with a co-therapist be a benefit to both patient and therapist? Join us for a lively investigation of all aspects of the co-therapy experience. This workshop will be presented by father/son co-therapists.

Bruce R. Gordon, Ph.D., has been in private practice from 1956 to the present. Dr. Gordon has a wealth of experience in both group therapy and organizational consultation. David S. Gordon, Ph.D., is a clinical psychologist in private practice and assistant Clinical Professor at UCLA where he supervises residents and teaches an ongoing seminar in guided imagery. Dr. Gordon is past president of the Los Angeles Society of Clinical Psychologists.

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.

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

Improvitational 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 19, 2004

Use of the Here and Now in Yalom-model Groups

Encino

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

November 14, 2004

***Understanding Attachment Patterns and Traumatic Experiences
in Working With Narcissistic and Borderline Patients in Group Psychotherapy
Including 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. You may also register online at 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

A Review of the First Workshop

The first workshop in GPASC's "Mastering Group Therapy Series", *The Nuts and Bolts of Group Therapy*, given on Sunday, January 11th in Encino, was a rousing and sold-out success!! The three presenters, Edward Dreyfus, Ph.D., CGP, Marvin Kaphan, LCSW, CGP and Felice Miller, Ph.D., each presented exciting, specific and inspiring information to an enthusiastic and extremely involved audience. Their expertise and personal enthusiasm gave the attendees (licensed and unlicensed professionals at all stages of life and career) an enormous amount of information and support to think about. Everyone left with a feeling of excitement, commitment and inspiration in terms of getting new groups going on their own...or continuing and improving the ones that they already led.

Ed Dreyfus got things going with a wealth of guidelines and things to think about in structuring various types of groups: deciding between the different types of groups that therapists can set up, determining the focus of a group, choosing optimal numbers of group members to both start or limit in a group, selecting from various orientations and theoretic foundations as facilitators, utilizing professional or personal contacts as "gateway" sources of referrals for groups, structuring interviews to ensure the appropriateness of potential group members, and much more. He also discussed issues related to marketing, confidentiality, fees, contracts and the expectations of group members.

Marvin Kaphan continued the discussion, focusing more specifically on issues of safety and integrity, initial screening, termination and/or cancellation, decisions about outside contact between group members, commitments from clients entering a group, and the optimal stance of the facilitator in the actual "happening" of a process group meeting. He discussed the therapeutic and inspiring benefits of group therapy, his approach in helping clients learn how to use group therapy and how he has dealt with a variety of situations in his over forty years of running groups (including his present on-going SIX weekly groups.)

Felice Miller picked up the discussion from there, inspiring a rapt audience with her insightful discussion of how therapists can utilize their personal histories and experiences to explore the possible focus of different groups. Her own history made this part of the presentation come alive for many of the listeners, followed by a closing, experiential portion of the workshop, when all attendees formed small groups to apply her ideas in coming up with themes for possible groups connected to their own life experiences, what the problems might be, and sharing possible ways to approach these themes and problems. She, like Ed Dreyfus and Marvin Kaphan, emphasized the importance of specificity in the initial interview of potential group members and the corresponding importance of cohesiveness within a given group.

All three presenters shared handouts and reading suggestions, conveyed a feeling of enthusiasm and support to all the attendees, and were certainly excellent personal and professional models in attesting to the efficacy of group therapy. Upon leaving, it was clear that everyone's interest, excitement and confidence about forming and running groups had increased tenfold. Everyone left with an eagerness to learn more at the next workshop, which will be held on March 14th in Santa Monica. This exciting Series could not have had a more inspiring start!

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
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 *	FREE	\$25

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

GPASC

P. O. Box 2631

Winnetka, CA 91396

GROUPS FORMED

Artist Way Groups: Groups for those who want to explore and nurture their inner Spirit and more fully express their creativity. Based on the bestselling book by Julia Cameron . Warm and supportive group atmosphere - a great adjunct to therapy. New groups starting in Encino. Contact Maureen Serra, MFT, 818-906-8925 or McSerra@aol.com. License #MFC22471.

Time Out for Moms: Leave the kids at home for one evening every other week and give yourself the gift of a support group for moms. Time to share concerns, develop a support system, and take a few moments to nurture yourself. Convenient Encino location. Contact Maureen Serra, MFT, 818-906-8925 or McSerra@aol.com. License #MFC22471.

Women's ongoing process group

Tuesdays 7:30 PM - 9:00 PM
25550 Hawthorne Blvd., Suite 212
Torrance, CA
Call Bonnie (310) 265-6644 or
Terri (310) 296-4942

Women's ongoing process group

Thursdays 11 AM-12:30 PM,
5800 A Hannum, Suite 215
Culver City, CA
Call Bonnie (310) 265-6644 or
Terri (310) 296-4942

Ongoing Mixed gender process

Thursdays 8 PM-9:30 PM
5800 A Hannum, Suite 215
Culver City, CA
Call Bonnie (310) 265-6644 or
Terri (310) 296-4942

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

Couples Group Forming: Change

oriented group for couples experiencing ongoing patterns of conflict and emotional distress that distance partners from each other, who want to deepen their trust, improve connectedness, and increase intimacy and relationship satisfaction.
Bill Flaxman, Ph.D., MFT (MFT 11720) &
Geraldine Flaxman, M.A., MFT (MFT 18856),
(310) 452-6693

After-care addictions men's inter-personal psychotherapy group

Mondays starting January 26, 2004 in Sherman Oaks from 8-9:15pm cost is \$45.00 per session; space is limited. For more info. Contact Karen Cohen, LMFT, CGP 818-400-1001

Gay and Lesbian Support Group

A new 12-week support group is being formed for families and spouses struggling with a gay or lesbian loved one. The group is being co-led by a straight a gay therapist in order to provide a balanced perspective on learning how to cope and improve their relationships with their gay and lesbian significant other(s). for more info. Contact Karen Cohen LMFT, CGP or Susan Scalzo LCSW 818-400-1001

LOW COST COUPLES COUNSELING

The Neighborhood Counseling Center
(a not for profit agency)

Santa Monica Office
Sliding scale from \$25 per session

Call: Barbara Dreyfus, M.A.
(IMF 38715)
(310) 452-2260

Alan Rudolf, MA, MFT, Director & Supervisor

**33rd 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

www.gatla.org