



The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

March 2004

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ead@docdreyfus.com

President's Column

Ray Bikaitis, Ph.D.

This year is shaping up to be an eventful one for GPASC. A number of significant events are occurring that will effect the future of our organization.

On February 8 Vicki Dauber chaired an all-day meeting of the *ad hoc* planning committee which the Board had authorized in November. The committee is reviewing GPASC's mission statement, evaluating our current activities, and proposing a long-term plan. It is preparing a report which it will submit to the Board at the March Board meeting.

At its January meeting, the Board voted to affiliate GPASC with the American Group Psychotherapy Association (AGPA). We expect this affiliation to be approved by AGPA and for us to move into a working relationship with them.

We expect affiliation with AGPA to provide us with opportunities for richer training and educational experiences in group psychotherapy. There is considerable work involved in managing all the aspects of affiliation process.

Bill Flaxman and Irene Harwood have been working very hard to accomplish the task of this transition for us.

Bonnie Kennon has developed an integrated package of six Sunday afternoon CE programs to be offered throughout the year. Response to the first program in January was very enthusiastic. Review this newsletter or our website for further information. Members or non-members can attend either the entire series or individual events.

Jo Christner has been doing a fantastic job of managing our website. Check out our site at gpasc.org. Jo wants your ideas and feedback so contact her if you have any comments or questions.

Ed Dreyfus has single-handedly moved us into the electronic age by transmitting our newsletter via e-mail. This transition to an electronic medium is allowing us to continue to publish a newsletter. We no longer have the manpower to publish a paper newsletter because doing so is extremely time-consuming. In addition, publishing electronically also saves us money at a time when we need to cut costs.

The October conference, at which we presented contrasting approaches to group psychotherapy (Jungian and inter-subjective self psychology) was successful. Feedback from attendees was mostly positive. Hal Stone, Ph.D. shared his personal experiences with us during a wonderful luncheon talk. We actually made a small amount of money on the conference (our goal is always to break even) and the event brought in new members.

Meanwhile, Bill Flaxman continues to work to start a GPASC Training Institute which would offer ongoing training experiences in various group modalities. He is currently organizing a training group in gestalt group psychotherapy, led by Stella Resnick, Ph.D. If you are interested in this training group or other opportunities in the Institute, contact Bill.

The work of people like Vicki, Bonnie, Jo, Bill, Ed, and Irene show the possibilities for personal and professional growth which participation in GPASC's committees and Board can provide. Individuals take on tasks they enjoy and develop creative products that both serve members and enhance their own development. GPASC is entering a vital period of growth. We are currently looking for more members who are interested in working actively on the Board or in committees. If you would like to be involved, contact our President-Elect, Mimi Davis, or myself.

GUIDING GROUPS

Marvin Kaphan, LCSW, CGP

There has been a lot of interest recently among participants in the International Group Psychotherapy Forum and among the members of GPASC in the use of home offices. Some people are wondering whether this is a workable solution, and some have been doing it for years with great success. Those who are using this expedient have, for the most part, taken great pains to use guest houses or at least separate entrances, in order to keep their practices separate from their homes and families. They have also usually been successful at keeping the sounds of their families' activities from intruding on their work with patients.

I have a somewhat different concern about this practice based on some experiences of my own. Although I have always practiced away from my home, and my home telephone is unlisted, on at least two occasions my practice has come close to impinging on my home life.

Many years ago in California, the law required that car owners have their home addresses posted in their cars. A woman in one of my groups confessed that she had found my car in my office parking lot, had managed to read my address, and had been parking across the street from my home studying the movements of my wife and son. Her actions were a relatively benign result of a positive transference, but might have led to a more serious problem.

On another occasion, I received a telephone call in the middle of the night on my home telephone. It was from the drunken husband of one of my patients. He was very angry because his wife had decided to get a divorce. He pointed out that he was able to discover my unlisted telephone number, that he could find out where I lived, and that he planned to kill me and rape my wife. Fortunately, I had had enough contact with this man to know that I had little to fear from him, and was able to calm him on the telephone.

Even though neither of these situations, nor several others in the almost 50 years I have been in practice, have resulted in terrible outcomes, they have reinforced my conviction of the need for an office separate from my home. I would recommend to anyone starting in practice, if they can't set up their own office, that they find a way to sublease space in an office belonging to someone else. If your practice isn't large enough to support a full time sublease, there are many therapists who are willing to rent space by the hour to beginning therapists.

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

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 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**

MEMBERSHIP NEWS

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

I am very excited for all of you to check out our new group listing page on the website. Cheri and I have been working on it all week. It is now searchable by category.... and much easier to use. PLUS.... it is all up to date and the groups are all current!!!

http://www.gpasc.org/find_a_group.htm

Also, please check out the members section to list groups. There is a different form that will help to make the information easier to list, more uniform and searchable: http://www.gpasc.org/list_group.htm

Jo Christner, Psy.D., Website Coordinator

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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

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