



The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

December 2005

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When I was in the 8th grade I went to a high school production of the musical *Carousel*. I had never seen a musical comedy before. The overture wasn't even finished before I knew I was completely hooked. I knew then that it would be the first of many musicals in my life. I think that sometime during the third chorus of *June Is Busting Out All Over*, I said to myself, "I can do that!" A few years later I found myself on a noisy street corner, jumping around and cheering noisily for the finishers of the New York Marathon. I was especially impressed with the regular folks who had taken on the challenge of running 26.2 miles. Once again, I couldn't help myself as I said, "I can do that."

Fast forward to my first day of school at Phillips Graduate Institute in 1994. I remember it so clearly. All around me students were buzzing with excitement about launching this new endeavor. We were setting out to become therapists. We were hearing horror stories of the state licensing process already: "I know someone who had to take his orals four times!" The second year students were earnestly whispering bits of advice about which instructors to watch out for, whose growth group was the best, and whether quantitative was superior to qualitative research "just in case you decide to go on and get a Ph.D." Although, at that moment, licensure seemed about as likely as walking to Canada on my hands, I pompously said to myself, "piece of cake...I can do that."

We are all goal-directed, achievement oriented creatures. It is our dreams and aspirations that give our lives meaning and a larger sense of purpose. Those grand aims are translated into smaller, more readily attainable medium-range goals. And it is those less dramatic, but incredibly important, clearly defined daily to-do lists that give us a reason to get out of bed in the morning.

As I mentally create my holiday gratitude list I am particularly appreciative of this fact: I have an interesting, stimulating, and meaningful profession. Being a psychotherapist need never be dull, as there are always fresh things to learn, and new ways to stretch oneself. I suspect that most, if not all of you agree with me on this aspect of our shared occupational pursuit.

Enjoying the holiday season will be easy, but I tend to be more focused on January and New Year's resolutions. I know from experience that January is coming. A perennially nagging question is this: How do I become a better therapist? What new learning do I need to integrate into my life to more fully master my craft?

In his seminal book on leadership, "The Seven Habits of Highly Effective People," Stephen Covey writes about the importance of self-mastery. "You can't have the fruits without the roots," he states. "It's the principle of sequencing.

Private victory precedes public victory. The most important ingredient we put into any relationship is not what we say or do, but who we are.”

In no arena is this more applicable than in the therapeutic relationship. When we do therapy we are no more or less than the sum total of our preparation. The instrument must be finely tuned and we, ourselves, are the instruments. Much like it is in a Broadway musical or a 26-mile marathon, we cannot fake it. We are what we have earned and learned, and there are no shortcuts. When I set out to be a musical comedy singer I quickly learned that the practice room needed to become my second home. Furthermore, to run a marathon, I had to be on the track every day and put in my miles. Private victory preceded public victory.

Our personal philosophies have led us to different theories, techniques, and paradigms of healing. Now, regardless of *how* we work, wisdom requires that we keep asking ourselves, what’s next? Creative genius is not a spontaneous accident. What daily disciplines will each of us create in 2006 to continue the process of growth?

The path will be different for each of us. It is not as clearly defined as in distance running. But I assert that there are some similar themes if we are to do our work with the clarity, dignity, and integrity it requires. We must be authentic. While imitation is an important part of the early learning experience, there is a point at which we must integrate that learning into a unique and authentic therapeutic self. We must have boundless, but appropriate compassion. And we must do something each day that makes us a little bit wiser.

As you enjoy the holiday merriment that is to come, pause for a moment and do this thought experiment. Imagine it is exactly one year from today. 2006 is winding down and you are looking back, reflecting on how you spent the year. What happened? What didn’t happen? How do you feel about that?

The good news is that the year is still before us. Like the awakening Ebenezer Scrooge, we still have time. We can do with 2006 what we will. As you think about how you want to grow your therapeutic skills, and satisfy your hunger for knowledge in the coming year, plan to spend some time with your colleagues at GPASC. As your president, my highest priority is to continue to lead the board in providing meaningful, thoughtful, high quality training experiences. We will continue to work together to create exciting new programs and to refine and build on the ones that we already have.

When you are setting goals for the upcoming year, just remember one thing. The magic of growth and development begins quite simply. Whether as individuals or as an organization, progress begins when a tiny seed is planted. Whatever goal you have chosen to pursue, it will begin with a moment of absolute clarity and determination when you have the courage to say to yourself, “I can do that.” Happy Holidays to all of you and I look forward to seeing you at GPASC events in 2006!

From the Editor

Reviews of Two Transforming and Illuminating GPASC Events

***Working with Dreams in Group Therapy* – Presented by Karen Shore, Ph.D., CGP
and
The Use of Interpretation in Groups – Presented by Marvin Kaphan, LCSW, CGP**

Members and guest attendants at our Fall Conference and at our November “Mastering Group Therapy” workshop were able to experience two fascinating, revealing and profoundly educational events. Each event was presented by an extremely experienced group therapist and permitted attendees to have a chance to absorb the techniques and expertise that these clinicians have brought to GPASC.

In October, at our Annual Fall Conference, Karen Shore discussed two models of working with dreams in group therapy, the “Group Dream” and the “Group Experiential” model. During the morning, Karen described these two methods, gave specific examples of how they can and have been used in group therapy, explored the potential benefits of both methods and, using didactic and case material, discussed the powerful impact that these two models can have on the insight and growth of both the individuals in a group and on the group as a whole.

During the afternoon, the workshop attendees selected one member’s recent dream to work on and, in a step by step approach, were guided to “take on” the dream as if it was each person’s individual dream. This creative and emotionally insightful approach had a profound effect on the “dreamer” and on all the other

members attending the workshop. In addition to facilitating a deeper understanding of the specific dream material, the process promoted deep emotional exploration, insight and connectedness in the group as a whole.

As the individual whose dream was selected, I can personally attest to the powerful effect the experiential approach had on me. The associations, insights and empathic statements offered by group members deepened my understanding of the dream and its place in my life experience, as well as illuminating larger psychological implications that were represented by the dream material. It certainly seems that members of dream groups (not psychotherapy process groups) that use this creative technique could be constructively helped to understand the intra-psychic meaning of their dreams and the dreams of other members of their group. This, in turn, could deepen the general level of insight in their lives as well as increasing their empathy for others.

In November, Marvin Kaphan presented a video of an actual group therapy session he had facilitated some time ago. This was followed by a lively and enlightening discussion of Marvin's technique and of the psychological implications and effects of the interactions of the video taped group members on each other and of Marvin's statements and interventions during that group therapy session. The video was fascinating, Marvin's expertise and technique was extremely helpful and illuminating to observe and understand, and the workshop had an invigorating and stimulating effect on everyone. It was a particular treat to actually observe such expertise demonstrated by a long time "master" of the art of group psychotherapy.

In thinking about just these two presentations, two of many that GPASC has presented, it is really quite astounding and moving to realize how fortunate we are as a group to have access to this kind of professional expertise and to the willingness of these experts to share their knowledge and experience with the rest of us. In sum, as a therapist and as an ongoing "student" of individual and group psychotherapy, I wish to thank both Karen and Marvin for affording us such helpful and illuminating learning experiences in the practice and art of group therapy.

Review and discussion by Miriam Davis, MFT, Newsletter Editor and GPASC Board Member

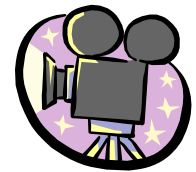
Photos from GPASC's 52nd Annual Conference - October 30, 2005

**"WORKING WITH DREAMS IN GROUP THERAPY"
Presented and Facilitated by KAREN SHORE, Ph.D., CGP
(Held at The Topanga Community House in Topanga, California)**





Member Spotlight



CHARLYNE GELT, Ph.D., CGP



Charlyne Gelt, Ph.D., CGP, is a psychotherapist who specializes in helping others in their struggle to define themselves as individuals, often while in a committed love relationship. She has developed Women's Empowerment Groups, encouraging a new math in relationships: $1 + 1 = 3$. Dr. Gelt is experienced treating crises, grief and loss due to divorce, death, and serious illness. She brings over twenty years experience as an educator (Spec. Ed & Gen. Ed.) into her practice, including teaching severely emotional disturbed and autistic adolescents. She entered the field of psychology through her work with autism/Asperger's Syndrome children and their families, facilitating both parent and adolescent groups. She offers both psychoeducational and process groups as an adjunct to individual therapy. She has facilitated Groups for Young Widows and Widowers, Asperger Social Skills Groups, Lymphedema, and an on-going support group for families who have someone in prison.

Dr. Charlyne Gelt received her doctorate in Clinical Psychology from Pacifica Graduate Institute where her dissertation, Hell's Angels, studied the lived experience of 26 women in committed relationships with lifers and death row inmates having met them after their incarceration. She draws from different theoretical frames, mainly self-psychology, using an emotional spectrum model and a family systems lens. She maintains a clinical practice in Encino and Beverly Hills. Dr. Gelt has published numerous articles related to her areas of clinical expertise: **Father Hunger**, discusses how an unmet hunger for a masculine father figure in our lives affects us as individuals and within our society.

Dr. Charlyne Gelt is also an outside supervisor for MFT interns of The Maple Center. Charlyne Gelt, Ph.D., MFT, CGP (818) 501-4123 www.drgelt.com

FATHER HUNGER

by Charlyne Gelt, Ph.D.

*Originally published in the CAMFT Newsletter

Currently, a hunger for the masculine father figure exists in crisis proportion in the American family – a hunger for someone who presents as a steadfast, focused, goal-directed and compassionate guide for young males. _Parents have become increasingly removed – both emotionally and physically – from their families due to the pressures of work, home, heavy mortgages, and in many cases, the conflicting demands of divorce, remarriage and step-parenting.

Basic Needs vs. Material Needs

While more and more couples need to work to meet the basic needs of the family, the crisis I am speaking of has little to do with meeting the basic family needs. Rather, I am speaking of the felt pressure to satisfy the family's growing need for *material* gratification. This drive for monetary gain has resulted in more and more fathers staying away from the house in order to work for *things*.

The strong male protector and guide who functions alongside the strength of an intelligent, nurturing, devoted maternal figure, is missing or often a phantom. Yet, it is the father who molds and influences his son through affection, direction, structure, and involvement. Sadly, a father can also mold and influence his son, negatively, through his absence and disregard.

Prison Warehouses

My deep concern about the need for an emotionally present father comes from my work with families who have someone in prison -- a son, a daughter, or a spouse -- and from trying to help these families work through the trials and tribulations of the court system and the prison system, not to mention the on-going grief of losing a child or spouse to a 6 X 9 cell. To put the problem in more poignant terms, I recently discovered that prison officials in a neighboring state rely on numbers of underachievers in the third grade to project prison construction needs in the future. What does it take to invest, emotionally, in the front end? (Needham, N. 1992. "The Prison Experience." NEA Today 10 (April) 4-5)

My concern also comes from working with families in which young men are growing up without appropriate boundaries and guidance, without a sense of family values, without a sense of self, and frequently without a father figure to harness and channel that warrior energy and provide that loving, caring masculine identity. Acting out their anger and hostility, these young men have found it "normal" to turn to gangs for a sense of family and identity, to drugs and alcohol to fulfill an emotional hunger, and when all else fails, even to suicide for peace. Men commit suicide at four times the rate of women, and male teenagers are five times more likely to take their own lives than female teenagers.

Too many young men today feel powerless, confused, discouraged, and without identity. The fact that prisons are filled with them is telling. These young men count themselves as lost, warehoused there among the many, waiting, their minds and their potential untapped. In our fast-paced technological society, wants and needs often get confused. The family gets caught up in focusing on achievement and on the acquisition of material goods, leaving little time and energy to tend to the family's emotional needs -- the primary need being the sense that one belongs within the family system. Material objects offer little feedback to the child as to his/her value within that system and no sustenance in times of crises.

Immediate Gratification Junkie

Without a sense of belonging, the emotionally hungry child becomes an immediate gratification junkie who develops into a pseudo-mature adult without a sense of identity. The divine, true self within is drowned in a sea of things, led astray by the Pied Piper god of material goods.

In an agricultural economy, each member of the family was an essential contributor and therefore cooperated in order to meet the family's economic survival needs. Family roles were clearly, though rigidly, defined. One-room schools emphasized cooperative learning, and life and death often depended upon a healthy, respectful balance between man and his natural environment. These factors, emphasized by rituals and celebrations, increased a sense of belonging to a family unit and to a larger community – a We.

Industrial Shifts

With the onset of the industrial revolution, men left the home and farm to work in factories, bringing with them a shift, a transformation in their traditional roles. The industrial economy focused on the marketplace, on achievement and production goals, which were measured fiscally by comparison to the competition. Educational achievement, too, began to be determined by state guidelines rather than family, tribal or cultural needs. At this point, the personal self – the I – started becoming more highly valued than the family unit – the We.

With this shift, men were judged by what they could do and provide rather than by who they were. Thus, work served as a man's major source of identity and self-worth. Men and women both, perhaps influenced further by the media, have been led to believe that the successful man should be fiercely competitive, self-absorbed, and power-oriented. Women who bought into the Myth of Dependency learned to value, and use, a man for what he could provide rather than who he is. Even today, despite women's increasing independence, many still look to men in terms of their work-drive, measuring their knight's strengths by what they can offer in terms of money and social status rather than who he is, inside.

As psychotherapists, we can offer a unique service by helping individuals and families achieve a healthier balance between the I and the WE, between internal and external goals, thus move towards a sense of wholeness. We can also help fathers learn to balance their own need to compete in the workplace with their important role of being there to fulfill their child's hunger to experience them as a strong presence, and loving guide.

The competing needs of the I and the We, if balanced well, can walk hand in hand.

GUIDING GROUPS

By Marvin Kaphan

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I recently received the following question:

I will be starting a new, ongoing group next week. I will review Scott Fehr's book this week, but I am curious about your thoughts about that first session. I know some others do more complex exercises to break down barriers and create initial connections between members. What I am now asking is for ideas of what you do to get a group off the ground.

My answer:

I run six open-end groups. The oldest is 45 years old. In the early days, I collected myriad books on technique and gimmicks for stirring up the groups if they began to drag. I did marathons and had body movement experts come in.

Eventually, I realized that most of it was to cover my own anxiety. Through the years, I came to recognize and trust the power of the group dynamics. I'm much more relaxed now in group, and have a lot more fun with it.

My main activities in the group are interpretation and pointing out parallels in individual psychodynamics.

Most important is that I know the patients very well before I place them in a group, so their interactions are rather predictable. When I am surprised by something that happens in group, it's almost always because people have achieved so much more than I expected.

I do a lot of preparation before patients are added to the group, communicating to prospective group members that the group needs to be a safe place for them, and about what their job is in the group, with emphasis on two aspects:

1. To try to be as open as possible about what is going through their heads, and
2. That since one aspect of the group is to function as a microcosm of their world, every minute that they're in the group, they're to be aware that in large part what happens in the group is within their power to effect. They need to constantly think about what would make this group more fun, more satisfying, and more valuable to them and then they need to try to make that happen.

I also make the point about the value of risk taking, indicating that the things that are hardest to get into are probably the most valuable, and that while they will never be forced to talk about something they don't want to talk about, I reserve the right to ask them to look at why not. This process is achieved by asking the patient to examine a fantasy in which they blurted out the forbidden information, and examine what would change in their situation if they did. This provides a valuable window into their fears.

It may take some courage at first to begin a session as I do, with absolutely no interference from me, but if you can handle the anxiety that silence produces, I think you'll find that it will stimulate the group members to dive in faster.

About the only rituals that I have left, are around new members entering the group and members leaving.

At the end of a new member's first session in a group, I ask the members of the group to give an emotional reaction to the effect the new member has on the atmosphere of the group. I also ask the new member to look at each of the other group members and talk about what emotions they stir in him/her. If you're willing to try this device with a new group, it might be useful.

When group members decide to leave the group, they know that they are expected to give the group a month's notice, and to use that month to focus the attention of the group on themselves, and what went into their decision to leave.

The last ritual some of my colleagues think sounds upsetting, but I find very effective. I call it a "funeral". At the end of the patient's last session, I ask the one who is leaving to lie on the floor silent, with eyes and mouth shut, while the other group members gather around and discuss two questions:

1. What has this person meant to me and what effect has s/he had on me?
2. How will this group be different next week because of his/her absence?

The first issue almost always becomes a kind of eulogy, that usually leaves the central character deeply moved and much more aware of his/her importance.

The second almost always brings out different aspects of the loss from each member of the group. In my experience, in future weeks, each participant tends to fill the role that they expected to find vacant.

A Window into a Salon...by Evelyn Pechter, PsyD

It was a Sunday morning, September 25, 2005 when I met Mimi Davis at her office to set up for the Salon we were co-hosting. It seemed to come together so simply, Mimi brought the bagels and other goodies, I did the coffees and juices. We were ready for the others to arrive.

And arrive they did, Nadia Mishael, Carla Becker, Elaine Rosenson, Irene Harwood and Ray Bakaitis. We were ready to begin the topic of discussion, balancing our lives with our practices and balancing the various aspects of our professional lives such as individual clients versus groups.

After introductions, we jumped right into the discussion. Several difficulties and conflicts were shared. For some, the problem was feeling guilty about leaving a spouse or family members at home too many evenings. For some, it was when to say no to Saturday office hours. Everyone seemed to agree that we were all "juggling" a variety of demands, commitments and desires. One person brought up feeling good about taking time to exercise and someone else said, "You have time to exercise??"

I suspect that many of you reading this would have related to our discussion about taking on projects that take on a life of their own and the sense that, over time, those same projects don't seem to provide the same interest that was there in the beginning. Then it's time to find a new project and begin again. Again, there is the elusive search for balance...this time between stimulation and commitment.

Something happened at this Salon; as a group we were able to do just what we hope would happen in all of our therapy groups. We felt comfortable; a real group had taken formation. The best compliment one can give came about when we all agreed that we would like to meet again.

For those of you who have not taken the opportunity to participate in a GPASC Salon, I can say from personal experience it is just as posted on the website...

"When the coffee's strong and the chemistry's right, our conversations seem to tap directly into the zeitgeist. One person's ideas inspire another's and another's. Since our distant ancestors first gathered around the fire, most cultures have had some social form like the salon. It's just basic to being human-- people need to get together and talk over things they care about and believe in. Salons are fun, glamorous, and evocative of 17th Century Paris. They might even change the world."

Eric Utne, from his introduction to *The Joy of Conversation*

Membership News

We wish to congratulate the following new GPASC members, voted upon and approved by the Executive Board:

Lori Beth Landau, MFT - Full Member
Charlyne Gelt-Price, PhD - Full Member
Barbara Dreyfus, MFT - Full Member
Ronit Davidyan, LCSW - Full Member
Dalila Jusic, BA - Affiliate Member (student)
M. Holly O'Meara, MA - Affiliate Member (student)

We welcome you to GPASC and look forward to meeting you at our upcoming meetings and events. You are also invited to submit a "New Member Mini-Spotlight" for publication in an upcoming edition of the *Group Therapist Perspective*. If interested, please send your paragraph (and perhaps a photo) by email to Newsletter Editor, Mimi Davis, MFT at miriamdavis@verizon.net or by "snail mail" to GPASC at P.O.Box 2631, Winnetka, CA 91396

Thank you,
Susan Seeck, MSW
Membership Chair

Update on GPASC's TRAINING INSTITUTE

There are 3 psychologists and 2 MFTs attending the current Training Institute in Voice Dialogue Group Therapy presented by Elaine Rosenson from 9/23/05 through 3/3/06. The training group has met for five (of the twelve) 3-hour sessions to date.

Through Elaine's interweaving of didactic info and moving, experiential processes of Voice Dialogue, the five of us in this training group agree that this is a powerful way of getting around "talkiness" directly to core issues. Through these processes, and through Elaine's guidance in applying them to our own clinical work, there is a quick initial learning curve that, of course, will require time and continuing application in both individual and group work to generate clinical depth and experience. Take-home demonstration audiotapes and videotapes of the Voice Dialogue perspective (by innovators Hal and Sidra Stone) are also instructional and helpful.

Beyond the refreshing experience of discovering a new methodology, I have at times been pleasantly surprised at witnessing a patient rapidly "discover" through Voice Dialogue new insights that allow not-yet-seen pieces of their puzzle fall into place.

For people who missed these unique training classes, a new group will be starting January 27, 2006 on alternating Friday mornings. Call Elaine at (818) 501-3118 for more information.

NEW MEMBER SPOTLIGHT



Nadia Mishael, Psy.D., LCSW

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Dr. Nadia Mishael is in private practice in West Los Angeles, where she works with individuals, couples, families and groups. Dr. Mishael specializes in the treatment of anxiety, depression, relationship issues, and weight management. She integrates psychodynamic and humanistic theories with current findings in neuroscience in her practice. She utilizes various treatment approaches and modalities, as suited to individual client needs.

Dr. Mishael is certified in clinical hypnosis. With certain patients, the use of hypnosis in conjunction with psychotherapy decreases or alleviates many psychological symptoms in a more rapid and long-standing manner. Dr. Mishael coordinates the use of both hypnotherapy and psychotherapy with patients dealing with anxiety, stress, low self-esteem, weight control problems, as well as other patients who are seeking performance enhancement and increased confidence.

Dr. Mishael is a member of the Los Angeles Collaborative Family Law Association, where she works as a psychotherapist in a team approach with family lawyers and financial advisors to coordinate amicable separation and divorce. Collaborative Family Law is a relatively new and healthy approach to dealing with the multi-faceted issues confronted by divorcing couples, such as family, legal, psychological, and financial issues.

Dr. Mishael has extensive experience working with the developmental, social, and familial dynamics confronted by teenagers today. She was the first Coordinator of the Beverly Hills High School Student Peer Counseling Program in 2002 when she helped create and start the program. She wrote the program's Peer Counseling manual, and trained and supervised high school students to be peer counselors for other students.

For further information, please call (310) 470-6444.

Tips from Practitioners on Finding Work-Life Balance

by Communications Staff

From: APApractice.org

November 1, 2005 -- During the first few months of her post-doc at a hospital, Christy Hom, PhD, felt overwhelmed by her work and family responsibilities. "I was constantly scrambling to find babysitters and rushing to get out of work in time to pick up my kids from daycare before the daycare center closed," says Hom, who was also on call evenings and weekends. "Although I was able to fulfill my responsibilities at work, I was very stressed and exhausted."

Midway through her post-doc year, Hom's program director allowed her to reduce her work week to three-and-a-half days per week by extending her commitment from 12 months to 15 months. "The extra day-and-a-half off made a huge difference," says Hom. "It allowed me to take care of all sorts of family matters and take my kids to the park one or two days a week. The trade off was that I had to work a lot harder and be much more efficient on the days that I did go to work, but I was a much happier and relaxed person."

Like Hom, many practitioners today are faced with juggling a multitude of demands in their professional and personal lives. From caring for young children and aging parents, to managing new technologies that can keep them "on call" day and night, practitioners are discovering the challenges and the benefits of balancing work, family and other responsibilities in their lives.

When work and family demands conflict with each other, the negative effects may include psychological distress, physiological concerns, decreased work performance and decreased job and life satisfaction. As related to practicing psychologists in particular, research shows that working in isolation and handling others' emotional problems can lead to emotional stress, especially when patient trauma is acute or experienced over the long term (Stamm, 1999).

Roberta L. Nutt, PhD, chair of the APA Board of Professional Affairs' Advisory Committee on Colleague Assistance (ACCA), says that managing stress and finding balance is an essential undertaking for psychologists. "We all have stress in our lives; that's to be expected," says Nutt, director of the counseling psychology doctoral program at Texas Woman's University. "But if our lives are not balanced, we increase our stress. Work-life balance helps keep us healthy—physically and mentally."

How can practitioners today find balance amid multiple work and life demands? Practitioners recommend the following steps:

Incorporate self-care activities into your life

Nutt recommends that practitioners tap into a variety of self-care strategies involving physical and emotional self-care. Research supports this recommendation by showing that self-care can help create balance and can contribute to good physical and mental health and improved quality of life (Pope & Vasquez, 2005).

Know your limitations

Take a look at the amount of time you devote to work, family and other demands and consider how you can better balance your schedule, say practitioners. If your schedule is full, know when to say "no," and know when to take a break. "Nowadays with the information age it feels as if there is always more to do than one can truly accomplish in one day," says Jonathan Huppert, PhD, assistant professor of clinical psychology in psychiatry at the University of Pennsylvania. Huppert and his wife, a cardiologist, combine busy professional schedules with caring for three children, ages 5, 3 and 1. "Accept that you're not going to be able to do everything that you want to do. If your emotions are telling you that you're overwhelmed, that's a good time to take a step back."

Develop a social support network

Research has shown a correlation between social support and lower levels of work family conflict (Quick & Tetrick, 2002, p. 151). Nutt advises practitioners, especially those who work in isolation, to seek out and develop social support networks at work and at home. "Find a supportive peer group," says Nutt, who adds that

support is available through peer consultation groups, informal sharing with friends and colleagues and personal psychotherapy.

Develop outside interests

Finding and nurturing interests apart from psychology is important, says Nutt. She recommends finding hobbies, volunteering or engaging in recreational activities, exercise and travel to relieve stress and find balance.

Don't let work take over your life

"We tend to form our identity around what we do as a job," says Nutt. "Part of the point of work-life balance is recognizing that there's more to you than being a psychologist. Work-life balance helps practitioners to avoid over-identifying with one role." Nutt notes that the literature shows that those who identify with multiple roles that are important to them are healthier than those who identify with a single role, as long as the multiple roles are not overwhelming.

Embrace flexibility

Practitioners agree that setting aside time for various responsibilities requires discipline as well as flexibility. "One needs to set priorities," says Huppert. "It comes down to protecting one's own time and making decisions. Part of it is working differently. I will work later at night after my kids are asleep so I can spend time with them before they go to sleep. And generally, I don't schedule patients at 8:00 a.m." Allowing for scheduling changes is key, says Eileen Kennedy-Moore, PhD, a clinical psychologist, author and mother of four children. "Whatever work-family balance you establish, give yourself some wiggle room," she says. "Things come up: kids get sick, deadlines loom, new opportunities come up, spouses change jobs... Your work family balance should involve enough flexibility that you can respond to these normal but unpredictable events without driving yourself into the ground."

Seek out a supportive work environment

Research has shown that both employees and employers can benefit from supportive work-life balance programs, such as flexible scheduling and childcare or eldercare. Such programs can help workers balance the many demands in their lives (Jamison & O'Mara, 1991). In addition, organizations that offer alternative work arrangements can lessen work-family conflicts and promote organizational commitment and job satisfaction (Scandura & Lankau, 1997). Hom values the support her current work setting offers. "I have been very fortunate in being able to find part-time work that is flexible enough to fit my family's schedule," says Hom, who works as associate director of the Neuropsychology Laboratory of the University of California's Irvine Child Development Center. "Prior to my post-doc, I never would have imagined wanting to work part-time. But for me, right now, a job of 15-20 hours per week is perfect," she says.

Adopt a long-range perspective

Work-life balance means something different for each person and depends on each individual's life and career stage, says Nutt. "We all have different needs to balance during different stages of our careers," she says. "Keeping things in perspective and creating a long-term balance is important. We may not be able to keep every day balanced, but we can work to keep the week or the month balanced. We all need to find the steps that work for us."

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Parents Finding Solutions:

Ongoing weekly groups. Informative, supportive workshops. Individualized coaching and counseling for parents. Contact Dr. Melissa Johnson, Institute for Girls' Development, 626.585.8075, ext. 108.

Del Mar Girl Power groups:

Ongoing weekly groups for girls 2nd grade through High School. Promote self-discovery, hardiness skills, growth-fostering relationships, and empowerment. Social skills groups also available. Contact the Institute for Girls' Development, 626.585.8075, ext. 108.

Young Women's Program for women 18 - 30:

Groups, individual therapy, workshops and resources empower young women through emerging adulthood and beyond. Contact Dr. Georgina Smith, Institute for Girls' Development, 626.585.8075, ext 102.

Co-ed Psychotherapy Group now forming.

Tuesdays, 7:00 P.M., Encino
Facilitator Nickie Godfrey, L.M.F.T.
For information or to arrange an initial consultation, call 818/783-5470

Adolescent Psychotherapy Groups Now Forming

Ongoing Interpersonal/Psychodynamic psychotherapy groups for adolescents: early adolescents (11-13 years old) and adolescents (14-17 years old). Contact Adam Fogel, LMFT at (818) 757-0404

LAW . . . ETHICS . . . aaarrrrgh

We all know about the BBS requirement that we have 6 CEU in "law and ethics" every two years. To make this process more rewarding and personally useful, the American Mental Health Alliance (AMHA-CA) is presenting a "double session." You may sign up for either or both:

ETHICS

On Friday, September 16, 1-4 pm, Nancy Williford, LCSW,BCD, will present a 3-hour, 3 CEU session on professional ethics for mental-health practitioners. Nancy is a Certified Group Psychotherapist, and she plans

to offer opportunities for us to process our own professional muddles or questions of ethics, in a safe and collegial group. Bring your worst fears or your most pressing concerns to contribute to the discussion. We plan to have fun.

Nancy is a former chair of the Arizona Board of Behavioral Health. She taught ethics courses at Arizona State University, and she wrote the core ethics course for the American Group Psychotherapy Association. She is in private practice in San Diego and La Mesa.

LAW

On Friday, October 21, 1-4 pm, William Eddy---Attorney, Mediator, and Social Worker--- will present a 3-hour, 3 CEU session on California law as it applies to mental-health practitioners. His major focus will be on what we need to know and practice to avoid getting sued. We will also discuss the internal signs that can alert practitioners to the presence of the high-conflict personalities most likely to be difficult clients or to engage in litigation.

Bill practices divorce mediation and is the author of two books, including "High Conflict Personalities," which is available on Amazon. Bring your legal fears and dilemmas to share and discuss. Again, we plan to have fun!

NITTY GRITTY

AMHA is a continuing education provider approved by the California Board of Behavioral Science (BBS PCE 3296). Both sessions will be held at the Scripps Well Being, on the corner of Genesee and La Jolla Village Drive in San Diego. The Well Being is upstairs in the northwest corner of University Towne Centre. Parking is convenient and free. You may enroll for either session or both. Fee for each session is \$40 (\$30 for current AMHA members).

To enroll, please send your check and psychotherapy license number, designating which session(s) you plan to attend, to:

American Mental Health Alliance
AMHA-CA
4545 Park Blvd #105
San Diego 92116

Questions? (858) 492-8620
Space is limited; please enroll promptly.

Group Psychotherapy for Men and Women

Timeframe: Open ended

Depth psychotherapy group focusing on life issues: achieving goals, creating happiness and self-esteem, developing healthy relationships, intimacy, assertiveness, setting boundaries, job and career concerns. All members have had, or are having individual therapy with another therapist or with Dr. Stoltzfus. Facilitated with a blend of humanistic, psychodynamic and behavioral approaches.

When: Monday or Thursday, 7:30 to 9:00p.m.

Contact Name: D. Lee Stoltzfus, Ph.D.

License Number: Psy 8607, MFT 6746

Location: (City only): La Canada

Phone number: 818-952-1599

E-mail: dr.lee.phd.@doctor.com

THE GROUP PSYCHOTHERAPY ASSOCIATION OF SOUTHERN CALIFORNIA

Presents.....

MASTERING GROUP THERAPY 2006

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 2006, from 1:00 to 4:00 PM on the second Sunday of January, March, May (the third Sunday), July, September, and November.

- ***Designing, Marketing and Starting Psychotherapy Groups in Your Practice*** - Encino
Presented by Jim DeSantis, Ph.D. **January 22, 2006**
- ***Relational-Somatic: A Gestalt Mind-Body Approach to Group*** - Santa Monica
Presented by Ron Alexander, Ph.D. **March 12, 2006**
- ***Compassionate Gestalt Therapy for the 21st Century*** - Encino
Presented by David Gorton, Ph.D. **May 21, 2006**
- ***Couple Therapy in Group*** - Santa Monica
Presented by William and Geraldine Flaxman, Ph.D. **July 9, 2006**
- ***Aging and Long-Term Care for the Elderly in Your Practice*** - Encino
Presented by Max E. Fuhrmann, Ph.D. **September 10, 2006**
- ***Reflection to Resonance to Relationship*** - Santa Monica
Presented by Joan Rosenberg, Ph.D. **November 12, 2006**

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 ½ PRICE (\$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 Lynelle Goodreau, MFT at 818.995.3547 or (email) yogaflow@msn.com. You may also register online at www.gpasc.org Workshops are held at: The Encino Hospital at 16237 Ventura Blvd., Encino The Wellness Center at 2716 Ocean Park Blvd., Suite 1040, Santa Monica

Best wishes to one and all for a joyous and healthy holiday season, and a New Year that somehow reverses the tide of suffering throughout the world, whether brought on by natural disasters or man made disasters. May we somehow find a way to live in peace with all the creatures and humans that share our planet with us.

