



The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

March 2005

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PRESIDENT'S COLUMN

Mimi Davis, MFT



This will be a reiteration of a recent message I sent to our Membership via GPASC's ListServ. It involved asking individual members to volunteer for Board positions...which seems to be a plea made every spring! It is fairly common that volunteer, non-paying jobs in organizations are hard to fill. Those jobs, similar to our Board positions, are usually filled by idealistic and concerned individuals who have a belief in the mission of a given group. In GPASC's case, the result is that our Board is composed of responsible, caring individuals who are willing to donate their time, energy and creativity to a collaborate group effort that promotes the use, expertise and benefits of group psychotherapy in our community.

I am now asking all of you to think about (really think about) joining the Board to participate in this endeavor. The time spent on meetings is minimal; the benefits are many. Feel free to call any Board Member to ask about their experience on the Board and a description of their specific position. It is my guess that most of them will tell you that, yes, some time is involved...no, it's not an inordinate amount of time...and yes, it's a worthwhile, enjoyable and productive involvement.

You have probably already received the initial Nominations Letter. Please consider volunteering for any position or committee that would interest you. We need to fill various positions and various committees. The Board meets on Sunday mornings every other month, either in Santa Monica or Encino, and the meetings usually coincide with our CE workshops.

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ead@docdreyfus.com

As I said in my ListServ message last week, an organization is only as vital as its active members. In addition, it is only as vital as its leadership. Our meetings are lively and creative; Board members are congenial and sharp. Meetings are never boring! We are all participating in the ongoing effort to make group psychotherapy a more available and increasingly more effective tool for psychological growth and healing. I again invite all of you to consider participating at the leadership level of our organization to help make these goals a reality.

Feel free to contact me at mimidavis@earthlink.net to discuss the possibility of a GPASC Board position. Thank you.

Please note that the date for ***Body-Centered Group Therapy***, the workshop presented by Stella Resnick has been changed to **March 20**. Please reserve your spot. (Email Marabon@cox.net or (310) 265-6644) If you have a reservation for the March 13 workshop please reserve again so I can get an accurate count. If you have pre-paid and are not able to make the change, please notify me and I will arrange for a refund or a credit. We (GPASC board) apologize for any inconvenience this causes, the change is due to a scheduling conflict that is beyond our control.

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 2005, from 1:00 to 4:00 PM on the second Sunday of January, March, May (the third Sunday), July, September, and November.

- *Clinical and Practical Aspects of Starting, Advertising, and Maintaining a Therapy Group*
January 9, 2005 Encino
Presented by Jim DeSantis, Ph.D.
- *Group Therapy Using Body-Centered Gestalt Therapy*
March 20, 2005 **NOTE DATE CHANGE** Santa Monica
Presented by Stella Resnick, Ph.D.
- *Enhance Your Group With Voice Dialogue*
May 15, 2005 Encino
Presented by Elaine Rosenson, MA, MFT
- *Mindfulness in the Role*
July 10, 2005 Santa Monica
Presented by Ron Sharrin, Ph.D.
- *Meaning & Metaphor: Group writing therapy using a postmodern lens*
September 18, 2005 Encino
Presented by Lynne Rosen, L.C.S.W., and Eve Brandstein M.A.
- *The Use of Interpretation in Psychodynamic Groups: A Video of an actual treatment group*
November 13, 2005 Santa Monica
Presented by Marvin Kaphan, LCSW, CGP

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 ☐ 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 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
The Wellness Center at 2716 Ocean Park Blvd., Suite 1040, Santa Monica**

MEMBERS ONLY SALON

*(GPASC is introducing a new program: **Members Only Salon** (MOS) and you are all invited to participate. There are no additional fees to participate; but you must be a GPASC member to attend. This is part of the continuing effort on the part of the Board to honor the GPASC mission of creating a unique professional organization where members can become more connected with one another in a therapeutic community.)*

GPASC's first "Members Only Salon" was held Friday evening, February 12th at Mimi Davis's Beverly Hills office. It was hosted by Susan Seeck and Mimi Davis, and attended by five therapists, all of whom braved difficult weather and driving conditions to attend this relaxed and collegial event. Two main subjects emerged as the topics that stimulated a lively and helpful exchange:

- the impact on a group when individual members meet outside of group
- various ways that group members monopolize group time, the impact of that on group process, and ways the therapist-facilitator can deal with this.

Each of the therapists was able to relate to the various reasons for and problems emerging from 'outside of group' contact, leading to a reiteration of the need for clarity in terms of group rules and boundaries. Examples were shared and various interpretations and clinical responses discussed.

Similarly, the subject of individuals who monopolize group attention for various reasons produced another animated discussion. Different "styles" and "meaning" of monopolizing behavior (or affect) were presented, as well as group responses (or lack of response) and long term results of these behaviors. Both conscious and unconscious internal states were explored, leading to a thought provoking discussion of how therapists can interpret, intervene, access their own counter-transference responses to and deal with monopolizing behaviors during group sessions.

It was an invigorating evening and everyone left feeling excited about attending future "Members Only Salons". The next one, in April, will be hosted by Ray Bakaitis and Terrence O'Connor and will be on the subject of "Anger".

Anger Felt Toward the Therapist and the Therapist's Own Anger in the Psychotherapy Group.

Friday, April 22, 7:30 - 9:00

Venice

Hosted by

Terrence O'Conner, MFT

Raymond Bakaitis, Ph.D.

Please RSVP and receive address from Terrence O'Conner (310-396-4942)

NEW MEMBERS

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!*

Full Member
Barbara Mignosi, MFT



CLASSIFIED

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
¾ page display	5.0" x 7.0"	\$60	\$90
½ page display	7.5" x 4.75"	\$40	\$60
¼ 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

Parents Finding Solutions:

Ongoing weekly groups. Informative, supportive workshops. Individualized coaching and counseling for parents. Contact Dr. Melissa Johnson, The Institute for Girls' Development, 626.585.8075, ext. 1.

Del Mar Girl Power groups:

Ongoing weekly groups for girls 4th grade through High School. Promote self-discovery, hardiness skills, growth-fostering relationships, and empowerment. Contact the Institute for Girls' Development, 626.585.8075, ext. 8.

**Gestalt Associates
Training Los Angeles**
Tel & Fax 310.395.6844
www.gatla.org
www.couplestherapytraining.com
email: ritaresnick@gatla.org

**HELSINGØR,
DENMARK**
*1 hour from Copenhagen
Elsinore - near Hamlet's Castle*
http://www.dkbs.dk/english/center_detailjer1.cfm/id/75

**COUPLES THERAPY TRAINING
WORKSHOP
JULY 10 - 16, 2005**

**ROBERT W. RESNICK, PH.D.
RITA F. RESNICK, PH.D.**

New 5 Day Residential Couples Therapy Training workshop for Therapists. Basic & Adv. Groups. You need not be part of a couple to attend.

- Daily live demonstrations
- Increased time for Supervised practice
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Fees: USD \$1495 - \$1695 inclusive
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**GESTALT THERAPY TRAINING
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JULY 17 - 29, 2005**

**TODD BURLEY, PH.D. ABPP, RITA RESNICK, PH.D.,
ROBERT RESNICK, PH.D. & INTERNATIONAL FACULTY**

**2 SIMULTANEOUS PROGRAMS
6 DAY (8 NIGHTS) & 9 DAY (12 NIGHTS)
HANDS ON SUPERVISION
ELECTIVE THEORY**

- Participants from 25 countries
- 5 levels of training: Introductory to
- Trainer's Group
- 80% return rate

Fees: USD \$1795.00 - \$2995.00 inclusive
Some partial scholarships available

CE Credits available