

EASTERN GROUP PSYCHOTHERAPY SOCIETY

TREATING THE SELF:
**REVISITING THE
PERSONHOOD
OF THE LEADER**

Saturday & Sunday, November 20 & 21, 2021
Plenary, Friday evening, November 19

ONLINE CONFERENCE
WWW.EGPS.ORG



CONFERENCE THEME

2021 EGPS Virtual Annual Conference Treating the Self: Revisiting the Personhood of the Leader

In our quests as leaders to serve the needs of our group members, we sometimes fall prey to the illusion that the leader's personal identities and experiences are somehow outside of the group process, when, in reality, we bring into the group much of who we are as human beings. During a time of national and international crisis, in which the world is forced to re-examine past and current social injustices, many of us are challenged to confront ourselves in new ways. Whether we are enduring collective traumas or navigating life transitions, the experiences of the leader and the group members interact to create a group culture of either generativity or stagnation.

How do our visible and invisible identities (i.e. race, gender, sexual orientation, ability, immigration, religion, etc.), community memberships, allegiances, and lived experiences shape how we lead and participate in groups? How are we modeling self-awareness, self-care, advocacy, and curiosity for our group members? And how might our personal limitations, unexamined biases, or forestalled growth stifle the group?

Conference Learning Objectives:

Participants will acquire the skills to:

- identify and describe basic group concepts and processes;
- compare and contrast different methods of group intervention;
- integrate and apply newly learned group skills in their professional practice.

Continuing Education Credit available; see the EGPS Conference Registration website for more details.

[Click Here](#)

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GENERAL INFORMATION

The **Eastern Group Psychotherapy Society (EGPS)**, a regional multi-disciplinary affiliate of the American Group Psychotherapy Association, was founded in 1955 to promote group approaches to the delivery of human services through teaching, training, research and collegial support. The Society welcomes members and event attendees from diverse educational and professional backgrounds and is a multiracial, multicultural community striving to be an equitable, anti-racist, and anti-oppressive organization. EGPS offers a wide variety of benefits to its members. Please check out our website at www.egps.org.

Not a member? Submit a membership application with your Annual Conference registration and attend the Conference at member rates! For more information contact the EGPS office at info@egps.org.

Contact EGPS at:
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EGPS Conference Scholarship Fund:

EGPS makes available partial scholarships to individuals who demonstrate financial need, coupled with a sincere desire to advance their knowledge of group psychotherapy. The EGPS Conference Scholarship Fund is completely funded by donations. Please see the registration form for your opportunity to participate or contact the EGPS office at info@egps.org or 201 880-4773. Your donations are greatly appreciated.

Racial Equity Rate: EGPS recognizes the historical and current impacts of systemic racism in the United States and worldwide and the inevitable complicity of EGPS with white supremacist practices. To advance our moral and professional aspiration to become an anti-racist organization, we offer a Racial Equity Rate for this Conference that acknowledges past and current discrimination against Black, Indigenous, and other People of Color. The Racial Equity Rate is available to Conference participants (both EGPS members and non-members) who identify as members of racial and ethnic groups that have historically been denied equal access to education and training. If you so identify, regardless of financial need, we invite you to choose the Racial Equity Rate at check-out.

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PROGRAM OVERVIEW

FRIDAY, NOVEMBER 19

6:30 – 6:45 PM	Socializing Time
6:45 – 7:00 PM	Welcome & Introductions
7:00 - 9:30 PM	Plenary

SATURDAY, NOVEMBER 20

8:30 – 9:00 AM	Coffee talk- Gathering Space
9:00 – 11:30 AM	“A” Workshops
11:30 AM – 1:00 PM	Lunch Break
1:00 – 2:30 PM	Large Group
2:30 – 2:45 PM	15 Minute Break
2:45 – 5:15 PM	“B” Workshops
5:15 – 6:00 PM	Social Space/Happy Hour

SUNDAY, NOVEMBER 21

8:30 – 9:00 AM	Coffee talk- Gathering Space
9:00 – 11:30 AM	“C” Workshops
11:30 AM – 1:00 PM	Lunch Break
1:00 – 2:30 PM	Large Group
2:30 – 2:45 PM	15 Minute Break
2:45 – 5:15 PM	“D” Workshops
5:15 – 6:00 PM	Social Space/Happy Hour

PLENARY PRESENTATION

FRIDAY, NOVEMBER 19 7:00 – 9:30 PM



New Rules for Radicals: Self - Care and Spirituality for Caregivers in the Age of the Quadruple Pandemic

Willard W. C. Ashley, Sr., DMin, Rev, SCP, NCPsyA, CGP

How can caregivers sustain the soul of their work during challenging times? COVID-19, systemic racism, violence, and partisan politics have created what is called a quadruple pandemic that has taken a toll on our professional and personal lives. The multiplicity of our social identities, our soul and spirituality have contributed to how we work with our clients. The events of the past few years highlighted the need to create new radical rules for how we care for ourselves. Self-care decreases exhaustion and prepares us for the future. A more active engagement in spirituality feeds the soul. Dr. Ashley's combined experiences as a psychoanalyst and spiritual leader have led him to develop new rules for radicals to care for themselves in the age of the quadruple pandemic. He will provide helpful insights to create a sustainable spirituality that is socially conscious and steeped in psychoanalytic integrity.

BIO: Willard Walden Christopher Ashley, Sr. is the President & CEO of Dr. Willard Ashley, Sr., LLC, Upper Montclair, New Jersey, whereby he conducts webinars, consultation, psychoanalysis, group therapy, and coaching. Dr. Ashley is a trustee and faculty member of the New Jersey Institute for the Training in Psychoanalysis. He is also a trustee of Andover Newton Seminary at Yale Divinity School. He is the President & CEO of Unity with Diversity, a charitable think tank on diversity, race, and racial inequalities. Ashley instructs doctoral students about racial trauma at the Rutgers University School of Social Work. Reverend Ashley has served as pastor for 39 years at various congregations. Judson Press released Ashley's 4th book, *New Rules for Radicals: TNT for Faith-based Leaders*. Dr. Ashley was the second African American to be granted tenure and the first African American Dean of the New Brunswick Theological Seminary (NBTS).

Plenary Co-Chairs: Kathleen Ault, PMH-NP, BC, CGP, FAGPA, Past President EGPS; Retired Psychiatric Nurse Practitioner & **Mary McRae**, EdD, Private Practice

LARGE GROUP EXPERIENCE
SATURDAY, NOVEMBER 20, 1:00 – 2:30 PM
SUNDAY, NOVEMBER 21, 1:00 AM – 2:30 PM

SATURDAY, NOVEMBER 20
2-PART Workshops
9:00 – 11:30 AM & 2:45 – 5:15 PM

The Large Group is an experiential event which offers members the opportunity to experience and study the nature of authority and the interpersonal and intergroup problems encountered in the “here-and-now” that may occur in large assemblies or in crowds or mobs, where face-to-face interactions are limited.

The primary task of the Large Group is to study the group's behavior as it occurs in real time. The ability of individuals to work effectively in groups and organizations is influenced by the way in which authority is vested, and how responsibilities for leadership and followership are assumed. The forces which influence this process can best be understood when they are seen in actual operation. Since the exercise of authority is dependent upon the presence of others, the focus of study is upon the group rather than individuals. The shift from the narrower perspectives of the individual to the group-as-a-whole provides an opportunity to examine the complexities of group life and explore both the overt and covert factors influencing behavior in groups and how members take up personal authority. The aim is to bring together experience and thought, emotion and intellect, without neglecting one for the other. The consultants may offer observations when they feel it will advance the learning of the group.

Consultants: Kimberley A. Turner, PhD, Organization Development Consultant, Member and Past President, Washington-Baltimore Center for the Study of Group Relations; Associate, AK Rice Institute; Executive Coach; Associate Minister, Metropolitan Baptist Church; **Janice K. Wagner, MSW**, Psychotherapist, Member and Past President, Center for the Study of Groups and Social System, Boston; Fellow, A.K. Rice Institute; Co-creator, Group Relations International; **Jonathan Rust, PhD, NCC**, Associate Professor of Psychology and Counseling at the State University of New York (SUNY) at New Paltz; NYS licensed psychologist; Associate/Certified Group Relations Consultant, AK Rice Institute for the Study of Social Systems; member, the New York Center for the Study of Groups, Organizations and Social Systems.

Registration for the Large Group is included with Full or 2 -Workshop registration.

Please note you must register for both sessions of these two-part Workshops

Workshop A1/B11

Introduction to Group Psychotherapy

Carolyn Ehrlich, LCSW-R, CGP, Co-Dean of Admissions, EGPS Training Program in Group Psychotherapy; Private Practice;
Robin Good, PhD, CGP, FAGPA, Director, EGPS Training Program in Group Psychotherapy; Private Practice
 Driven by the learning needs of participants, the morning introduces components of beginning a group in agencies, hospitals and private practice. Topics include assessment/preparation, establishing group boundaries along with norms and the therapist's role in early sessions. Defensive postures that attempt to manage vulnerable and/or shameful feelings will be explored. There will be ample time for questions. Attendees experience a process group in the afternoon.
Participants must register for both sessions of this two-part Workshop
This is an Introductory Workshop
 Didactic – Group Process

Workshop A2/B12

Staying with Each Other Despite the Noise in Our Heads and in Our Homes

Yair Kramer, PsyD, CGP, Private Practice
 Through use of group process, this workshop focuses on the challenges associated with staying emotionally present in times of crisis, distance notwithstanding.
Participants must register for both sessions of this two-part Workshop
This Workshop is Open to All Levels of Experience
 Group Process – Sharing of Experience – Didactic

Workshop A3/B13

Sister Circle: Connection, Competition, Complicity

Fabiola Desmont, LMSW, NYU Silver School of Social Work;
Kathleen Isaac, PhD, NYU Langone Health; Private Practice
 Feminist dialogue has often excluded the voices of womxn of color, failing to identify the roots of intersectionality and the underpinnings of white supremacy. This workshop will explore what happens in a womxn only group, unpacking the complexities of the female experience and offering opportunities to connect and learn from each other.
Participants must register for both sessions of this two-part Workshop
This Workshop is Open to All Levels of Experience and all participants who self-identify as womxn.
 Experiential – Didactic – Sharing of Experience – Group Process

**Saturday, November 20,
“A” Workshops 9:00 – 11:30 AM**

Workshop A4

Privilege and Implicit Bias within Groups and in Co-leadership

Kavita Avula, PsyD, Therapists Beyond Borders; Implicit Bias Institute Washington State; **Bradley Lake, LCSW**, Private Practice; Implicit Bias Institute, Maryland

Through didactic, relational, and experiential modalities presenters will explore their places of privilege and unpack unconscious bias and its impact on group co-leadership and group dynamics. Modeling will allow attendees to experience and attend to their own privilege and unconscious bias. A demonstration process group, facilitated by both presenters, will clarify the concepts and interplay among privilege, implicit bias and group dynamics.

This Workshop is Open to All Levels of Experience

Experiential – Didactic – Group Process – Demonstration – Sharing of Experience

Workshop A5

Container-Contained: Exploring Bion’s Theory in a Group Setting

Carolyn Ehrlich, LCSW-R, CGP, Co-Dean of Admissions, EGPS Training Program in Group Psychotherapy; Private Practice

Bion defined a container as a space that processes our experiences, while at the same time encouraging us to act as our own containers. We, like Bion, are living in an emotionally evocative time of pandemic, political unrest, and racial turmoil. Amidst all this, we have been challenged to act as containers for ourselves, our relationships, and the groups that we lead. Please join me to explore Bion’s theory, apply it to case examples, use it together in an experiential group, and consolidate our learning in a question-and-answer format.

This Workshop is Open to All Levels of Experience

Experiential – Group Process – Demonstration – Didactic

Workshop A6

Peer-Led and Professional-Led: Sharing Asexual/Aromantic Identity with Group Participants

Sunanda Jalote, MHC-LP, MA, EdM, The LGBT Community Center;
Stella Jendrzewski, MA, EdM, The LGBT Community Center

As co-facilitators of a support group for those who identify on the asexual and/or aromantic spectrum, our workshop will discuss what it is like to run a group wherein the facilitators and participants share marginalized identities. We will examine the impact of utilizing our own identities in the group, demonstrating how integral such disclosure has been to the continued strength and success of an affirming and exploratory space for participants.

This Workshop is Open to All Levels of Experience

Sharing of Experience – Experiential – Demonstration

Workshop A7

Organizational Development: Learning with a Racial Literacy Lens. Are You Ready?

Melissa Elliott, LCSW-R, SIFI, CPC, NYU School of Social Work;
Brigid Lang, MPA, CFRE, Racial Literacy Groups

What makes an organization ready to tackle racism in its programs and operations? The answer is racial literacy, or the ability to anticipate, detect, interpret and respond effectively to racism in the workplace. This workshop will examine the characteristics of individuals and organizations that promote change, such as vulnerability, emotional resilience, curiosity, and analysis. We ask this question: How do we shift organizational systems to build capacity for change by increasing our own racial literacy?

This Workshop is Open to All Levels of Experience

Experiential – Didactic

Workshop A8

Seeing the In/Visible: Creating a Digital Holding Environment for Teens

Nkomo Morris, MS Ed, New York City Department of Education;
Betsy Norlander, LMSW, New York City Department of Education

This workshop will explore how group leaders create a digital holding environment in the Winnicottian sense. Drawing from the experience of co-facilitating a virtual teen peer mentorship class with only the adult facilitators visible, participants will examine what may feel absent because of participants' invisibility/disembodiment and what opportunities arise in the group as a result. Participants will also practice conscious facilitation with minimal feedback.

This Workshop is Open to All Levels of Experience

Didactic – Experiential – Sharing of Experience

Workshop A9

Writing for Publication: A Journey Towards Understanding Oneself

Marty Cooper, PhD, Assistant Professor and Co-Chair, Institutional Review Board, SUNY Old Westbury; **Erica Gardner-Schuster, PhD**, Private Practice; New School for Social Research; **Brunhild Kring, MD**, New York University; **Jonah Schwartz, LCSW**, Correctional Health Services/NYC Health and Hospitals Corporation

Many clinicians shy away from writing for publication. Taking one's clinical experience and turning it into a scholarly article can increase the writer's awareness of how their practice is informed by patient/client interactions. The writing process broadens the perspective of both author and audience. This workshop, facilitated by the editorial staff of GROUP, the scholarly journal of EGPS, will help participants to harness their experiences through the development of ideas and themes for scholarly writing through the supportive process of a writing group.

This Workshop is Open to All Levels of Experience

Experiential

**Saturday, November 21,
“A” Workshops 9:00 – 11:30 AM (con’t)**

**SATURDAY, NOVEMBER 20
“B” Workshops 2:45 – 5:15 PM**

(Please note: Workshops A1/B11, A2/B12 & A3/B13 are two-part Workshops that continue in the afternoon. You must register for both sessions of these Workshops.)

Workshop A10

Exploring Identities and Leadership in the Here-and-Now Using the Systems-Centered® Approach
Juliet Koprowska, MSW, University of York; Independent trainer and academic, United Kingdom
 How do social identities interact with leadership? Identities may be visible, invisible or purposefully disclosed. Social identities are multiple, not singular, intersecting with one another, and carry different social statuses. Agazarian’s Systems-Centered method of functional subgrouping enables exploration of similarities and integration of differences in experience. We will learn the theory that underlies functional subgrouping and explore our experiences of identities and leadership in the here-and-now, using functional subgrouping as our means of communication.
This Workshop is Open to All Levels of Experience
 Experiential - Group Process – Didactic

Workshop B14

The Group Leader in Survival Role: Its Impact on Ourselves and our Groups
Susan Beren, PhD, Private Practice; Systems Centered Training and Research Institute, New York
 Systems-Centered Therapy (SCT)® suggests that we develop “survival roles” during childhood and import them into the present when we are under stress. Group leaders get triggered into survival roles all the time. We will discuss the SCT understanding of survival roles and explore the impact of our roles on ourselves and our groups. Together, we will discover how to recognize the triggers and signals of our survival roles and a method for undoing them.
This Workshop is Open to All Levels of Experience
 Experiential – Demonstration – Sharing of Experience – Didactic

Workshop B16

From Hippocrates to Hypocrisy
Sara Jenkins, MD, Grace Congregational Church, New York
 It only took a few months for the pandemic of 2020 to lay bare evidence of structural racism on many levels and in many American institutions. The medical field was no exception. Why were African American and Latinx people dying of COVID-19 at such an alarming rate? From Hippocrates' pledge "do no harm" to the hypocrisy of medical abuse and neglect, how do we improve our cognitive processes to counter implicit bias?
This Workshop is Open to All Levels of Experience
 Didactic – Experiential

Workshop B15

Finding our Rhythm on the See-Saw: A Somatic Exploration of Ethnicity and Leadership Dynamics
Yolanda Dandridge, MA, LPC, R-DMT, GALS, Colorado;
Julie Dolin, MA, LPC, BC-DMT, GALS, Colorado
 Using the lessons from developing a counseling program at the Girls Athletic Leadership School-Denver, participants will explore the impact of ethnicity on their experiences as leaders, therapists, supervisors and educators. Participants will use embodied exercises (dance & movement) to explore leadership dynamics and identify structures and relationships that support or limit their leadership potential. Participants will also reflect on how they maintain their personal integrity while working as therapists within larger systems.
This Workshop is Open to All Levels of Experience
 Sharing of Experiences – Experiential

Workshop B17

Do I Belong Here? Hate, Safety and Being Asian American
Robert Hsiung, MD, Private Practice, Illinois;
Teresa Lee, MD, Private Practice; Mt Sinai Hospital, New York
 Anti-Asian hate, triggered by the COVID-19 pandemic, intensified in 2021 with the massacre of six Asians in Atlanta. Since COVID began, we started Zoom groups specifically for Asian American therapists. Although Asians can feel safer in Asian-only spaces, is it racist to exclude others based on their race? In this workshop, we discuss affinity groups and Asian Americans, and explore through group experience hate, safety, belonging, and being Asian American. Non-Asian therapists are welcome.
This Workshop is Open to All Levels of Experience
 Experiential – Group Process – Didactic

SATURDAY, NOVEMBER 20
“B” Workshops 2:45 – 5:15 PM (con’t)

SUNDAY, NOVEMBER 21
2-PART Workshops 9:00 – 11:30 AM & 2:45 – 5:15 PM

Workshop B18

Liberating Our Patients—and Ourselves: A Decolonizing Approach to Treating Addiction and Historical Trauma

Marcia Nickow, PsyD, CADC, CGP, Private Practice; SunCloud Health Residential & Outpatient Treatment Center, Clinical & Organizational Advisor, Illinois; **Joe Whitlock, CADC**, SunCloud Health Residential & Outpatient Treatment Center, Addictions Specialist/ Group Leader, Illinois

People with addictions transform by “attaching” to cultures of recovery. Building on family systems theory, antiracist community organizing principles and liberation psychology themes, this workshop targets healing from addictive disorders, trauma, and historical trauma. Rage, betrayal, despair and pedagogies of oppression will be explored in a demo group led by a mixed race team. The co-therapists, each representing a legacy of historical trauma, will share how their own ongoing transformative processes shape their work with patients.

This Workshop is Open to All Levels of Experience

Group Process – Experiential – Demonstration – Didactic

Workshop B19

What Do My Group Members Want from Me? Leading the Group as a Responsive But Genuine Leader

Scott Sasso, PhD, Private Practice, New York

Each patient wants something different from the group leader based on individual psychology, and often times patients might not even be conscious of what they want. This workshop is intended to examine the role of the group therapist in this context. The therapist must consider how and if to try and meet the wants and needs of each patient and the group-as-a-whole without shifting out of an authentic self-state.

This Workshop is Open to All Levels of Experience

Experiential

Workshop B20

Leading by Example: Dismantling White Supremacy by Embracing Vulnerability and Connection

Chris Dolin, LCSW, Private Practice; Advanced Student at Center for Group Studies, New York; **Virginia Seewaldt, PhD**, Private Practice; Racial Literacy Collective, New York

What if much of what we have learned to call ‘resistance’ in groups could be identified as the enactment and performance of whiteness within White Supremacy culture? What if group leaders rejected white supremacy in their leadership styles and encouraged members to name and sit with feelings of shame, inadequacy, and horror? What if mindfully and deliberately not performing whiteness removed a primary barrier preventing white people from truly connecting to one another and to ‘others,’ and from taking action and doing the work of collective liberation?

This Workshop is Open to All Levels of Experience

Experiential – Didactic – Sharing of Experience

Workshop B21

Looking Through a Glass Darkly: Understanding the Impact of Unexamined Internalized Racial Oppression on the Group Leader

April Harvin, LCSW, Private Practice; Racial Literacy Consultation Groups; New York

A leader's perspective, approach, and practice are informed through the lens of their lived experience and social identity. This workshop will explore how a leader's unexamined manifestations of Internalized Racial Oppression in any group, corrupts practice and process, harming both members and leader. Strategies for repair, resilience and restoration will be discussed.

This Workshop is Open to All Levels of Experience

Didactic – Experiential – Group Process – Sharing of Experiences

Please note you must register for both sessions of these two-part Workshops

Workshop C22/D32

Becoming Comfortable with Uncomfortable Feelings in Group Therapy

Ronnie Levine, PhD, ABPP, CGP, FAGPA, Faculty, Center for Group Studies, New York

Creating a group culture of inclusion requires the group therapist to live through and work with feelings that are difficult to contain and hold. Among the most difficult group feelings to bear are the leader's (and group's) feelings of shameful badness following painful mis-attunements while also finding ways to remain open, curious, and available so that all feelings can be invited and explored. This workshop will explore how the leader can develop transformative exploration.

Participants must register for both sessions of this two-part Workshop

This Workshop is Open to All Levels of Experience

Experiential – Sharing of Experience – Didactic

Workshop C23/D33

How Alive Are We Willing to Be?

Angelo Ciliberti, PsyD, CGP, Private Practice, Colorado

What does it mean to be fully alive as a leader? Is it an experience we can tolerate having? How do excitement and fear influence our ability to listen and respond? This workshop will take up these questions by exploring the therapist's capacity to think and feel in the moment with the group. An experiential process will be used to better understand rhythms of meeting the relational moment versus retreating into prescribed forms of knowing.

Participants must register for both sessions of this two-part Workshop

This Workshop is Open to All Levels of Experience

Experiential

SUNDAY, NOVEMBER 21
2-PART Workshops 9:00 – 11:30 AM &
2:45 - 5:15 PM (con't)

SUNDAY, NOVEMBER 21,
“C” Workshops 9:00 – 11:30 AM

Workshop C24/D34

The Person Comes First: Engaging the Individual in the Group Process
Arthur A. Gray, PhD, CGP, Institute for the Psychoanalytic Study of Subjectivity (IPSS) Instructor, Training Analyst, Coordinating Committee Member, New York
 A leader's sense of self is essential to effective group therapy. That leader's concept of group process can cocreate affective engagements among individual members that reveal personal goals. Patterns of engaging that can promote or undermine those goals can be explored. The workshop will demonstrate that a leader's self-experience and group-process formulations can join forces to enhance how both leader and individuals feel about self, other, and self with other.
Participants must register for both sessions of this two-part Workshop
This Workshop is for those with an Advanced Level of Experience
 Group Process – Didactic

Workshop C25

Racialized Trauma: Challenges for the Leader
Willard Ashley, Sr., MDIV, DMIN, NCPsyA, SCP, CGP, Private Practice; Instructor, Rutgers School of Social Work, DSW Program, New Jersey
 How do leaders include race, racism and racialized trauma in the healing process? What are the challenges and opportunities for growth? How does the personhood of the leader impact the discussion? How does the leader weave best practices, forgiveness and courage into a process group? We explore the stories that unearth psychoanalytic material for the group to process.
This Workshop is Open to All Levels of Experience
 Group Process – Didactic – Sharing of Experience

Workshop C26

When the Group Leader is White/White Presenting: Group Leadership in Diverse Settings
Howard Friedman, PhD, A.K. Rice Institute; Private Practice, New York;
Mineko Anne Legendy, PhD, A.K. Rice Institute; Private Practice, New York
 Leaders who present as White generate and experience complex interactions within multiracial settings. We will explore how we can stay in touch with the group at the same time connecting with our own experience and the experience of Whiteness. This workshop will introduce the Group Relations approach to groups and organizations.
This Workshop is Open to All Levels of Experience
 Experiential – Didactic

Workshop C27

Working Through of Racial Enactment in a Group Process
Rhona Kaplan, LCSW-R, Private Practice, New York
 This workshop focuses on thinking through the complex dynamics that emerge around diverse socio/political/cultural identities, particularly in a group comprised of members with complex trauma histories. We will focus on understanding the role that the facilitator's disavowed and dissociated relational histories and socio/political/cultural identity related to power and privilege were enacted in the group process.
This Workshop is for those with an Intermediate/Advanced Level of Experience
 Didactic – Experiential

Workshop C28

Exploring Sensitivities and Differences Among Group Members and Their Leader: How We All Evolve in Group Psychotherapy
Greg MacColl, LCSW, FAGPA, Faculty, Center for Group Studies, New York
 Both group members and leaders are frequently confronted and challenged with the issues that differences (i.e. race, gender, professional status, abilities) present to one's group. Even with the best of intentions, both members and leaders make mistakes, misspeak, and cause hurt feelings. In this workshop, we will explore these experiences in the service of evolving towards better understanding of our differences.
This Workshop is Open to All Levels of Experience
 Experiential - Sharing of Experience

**Sunday, November 21,
“C” Workshops 9:00 – 11:30 AM (con’t)**

**SUNDAY, NOVEMBER 21,
“D” Workshops 2:45 – 5:15 PM**
(Please note: Workshops C22/D32, C23/D33 & C24/D34 are two-part Workshops that continue in the afternoon. You must register for both sessions of these Workshops.)

Workshop C29

What About My Needs? Finding Value in Exploring Our Unmet Needs as Group Leaders

Nate Page, PhD, LP, CGP, Private Practice; Group Therapy Central LLC, Minnesota

This experiential group will work in the here-and-now to help each member (and the group-as-a-whole) practice identifying and expressing unmet emotional needs. Interventions are derived from the leader's experience running ongoing online groups designed for therapists. We will engage in fantasy work, shifting from generalities to specifics, from the unspoken to the spoken, from abstract to concrete, and from thoughts/feelings about the past/future to those of the here-and-now.
This Workshop is Open to All Levels of Experience
Group Process

Workshop C30

Breaking Through Transgenerational Patterns: Mother and Daughter Duo Tell Their Stories and Create Space for Sharing

Deborah Barnett, INHC, Institute for Integrative Nutrition, Holistic Health Coach; Private Practice, New York; **Judith Schaer, LCSW CGP, FAGPA**, Faculty, EGPS Training Program in Group Psychotherapy; Private Practice, New York

Where else are women loved so much and blamed so intensely as in motherhood? As a mother and daughter duo, we share the same birthday, ancestry, and race. Through this lens, we will share our experiences and consider some of the unrealistic and ensnaring attitudes both from our own mothers, our grandmothers, our systems of privilege, that limit full potential and place an unrealistic burden on “motherhood.”
This Workshop is Open to All Levels of Experience
Experiential – Didactic

Workshop C31

Journey From the Pain of Disconnection to Love: Emotionally Focused Couples Therapy in Action

Zoya Simakhodskaya, PhD, New York Center for Emotionally Focused Therapy; Private Practice, New York

This workshop will introduce participants to the theory and practice of Emotionally Focused Therapy (EFT) with couples and families and how it can be used to build resilience and connection. In addition to presenting the structure and therapeutic interventions of the model, we will also focus on the role of the therapist as a collaborator, process consultant and a transitional attachment figure. Presentation will include didactic, video and experiential formats.
This Workshop is Open to All Levels of Experience
Didactic – Experiential – Demonstration

Workshop D35

Who Do You think You Are: Exploring Therapist Cultural Identity

Robin Dean, PsyD, MEd, NYS Office of Mental Health, New York
This workshop offers the opportunity for participants to better understand the complexity of self by exploring the various aspects of their own cultural identity. Attendees will process how they see themselves and how others in the world see them. The presenter will raise awareness of clients as complex individuals with multiple cultural affiliations, prepare practitioners to apply their reflections on self to be sensitive to clients as a whole person and reduce assumptions based on limited aspects of a client's identity.
This Workshop is Open to All Levels of Experience
Experiential – Didactic

Workshop D36

Writing from the Self in Group: Enlivening Ourselves and Our Work

Joe Hovey, LCSW, CGP, Private Practice; Institute for Human Identity, New York; **Karol Marshall, PhD, ABPP**, Private Practice, Arizona
Creative clinical and personal writing has the potential to deepen and enrich our understandings and our relationships with ourselves, each other, and our clients. In this interactive and exploratory group writing workshop, participants will hear about the presenters' process and experience in a long-standing, on-going writing group. Participants will be invited into a similar live experience of writing about their clinical and personal selves, coupled with sharing and exploring together in an experiential process group.
This Workshop is Open to All Levels of Experience
Experiential – Group Process

**SUNDAY, NOVEMBER 21,
“D” Workshops 2:45 – 5:15 PM (con’t)**

Workshop D37

Group Psychotherapy that Supports Psychedelic Integration

Cass C. Biron, LCSW, Brooklyn Minds, New York;

Shenell Evans, PhD, Resilience Psychological Services PLLC, New York
Psychedelic Integration Psychotherapy is gaining acceptance as a treatment for trauma and substance use problems and as a catalyst for personal growth. Group therapy can be a space for integrating insights gained from the psychedelic experience and can support members in developing new insights and behaviors. This workshop will present an overview of group therapy formats that support psychedelic experiences, present safety, ethical, and cultural considerations, and provide an opportunity to explore leader biases about psychedelics that can impact a group’s safety.

This Workshop is Open to All Levels of Experience

Didactic – Sharing of Experiences – Experiential

Workshop D38

EXHAUSTED NIPPLES: When the Leader is Sucked Dry

Kelley Hershman, LMHC, Soho Center for Mental Health Counseling, New York; **Autumn Knight, MA**, Private Practice, New York;

Mary McRae, EdD, Private Practice, New York

The goal of the workshop is to explore the ways in which group leaders experience dependency as a persistent yearning to give more, until there is no more to give. Dependency denies the reality that nurturance and vitality of the group are products of the interdependence of members and group leaders. We will use drama therapy techniques to identify signs of fatigue and feelings of emptiness in group leaders, including how the leader can set boundaries to foster group independence.

This Workshop is Open to All Levels of Experience

Experiential

Workshop D39

The Process of Terminating Your Practice - Various Considerations

Dan Raviv, PhD, CGP, FAGPA, Private Practice, New York

Therapists experience many emotional reactions as they contemplate ending their practices. Participants in this workshop will share feelings about this decision and explore how to make the termination process effective and safe for both patients and therapists.

This Workshop is for those with an Advanced Level of Experience

Didactic – Sharing of Experience

Workshop D40

Social Injustice Issues in Group Psychotherapy: Can We Talk?

Stephen Schneider, PhD, Carnegie West Psychology, PLLC; Faculty, EGPS Training Program in Group Psychotherapy, New York

When social justice issues enter psychotherapy groups, at times, groups break down in ways that mirror our deeply dysfunctional and polarized society. In this workshop we will consider: 1) holding social identities and individual psychologies in a dialectical “both/and” relationship to each other; 2) erasure that occurs when one aspect of identity is privileged at the expense of the other; 3) the role of group leaders in being and modeling a “sturdy, bad-object” to facilitate deep emotional expression of social trauma.

This Workshop is Open to All Levels of Experience

Didactic – Group Process

Workshop D41

Collective Leadership as a Means for Activating Biracial Identity Development

Erik Yazdani, MPA, LCSW, Private Practice, New York

Biracial identity development is a complex process full of pushes and pulls from familial and cultural forces, which can leave areas of identity under explored. Traditional group leadership can unintentionally re-enact these same forces, perpetuating similar dynamics of suppression. This workshop will re-imagine the role of leadership as one of a collective leadership capacity in the group, rather than in the person of the group leader.

This Workshop is Open to All Levels of Experience

Experiential

**Eastern Group Psychotherapy Society
2021 Online Annual Conference
Registration Information**

Please Note: All Workshops have limited registration and are filled on a first-come, first-served basis.

You can register for the FULL Conference (4 workshops) OR PARTIAL Conference (2 Workshops - they do not have to be on the same day).

All Registration includes the Plenary and the Large Group meetings

FEES:

BY November 8th:

FULL CONFERENCE

Members: \$300

Nonmembers: \$400

Students/Residents: \$150

2 WORKSHOPS ONLY (they do not have to be on the same day):

Members: \$200

Nonmembers: \$275

Students/Residents: \$100

AFTER November 8th:

FULL CONFERENCE

Members: \$375

Nonmembers: \$475

Students/Residents: \$200

2 WORKSHOPS ONLY (they do not have to be on the same day):

Members: \$275

Nonmembers: \$345

Students/Residents: \$ 150

PLENARY ONLY (for those who would like to ONLY attend the Plenary session on Friday evening.)

Members/Nonmembers \$100

Students/Residents: \$ 50

2021 Racial Equity Rate

EGPS recognizes the historical and current impacts of systemic racism in the United States and worldwide and the inevitable complicity of EGPS with white supremacist practices. To advance our moral and professional aspiration to become an anti-racist organization, we offer a Racial Equity Rate for this conference that acknowledges past and current discrimination against Black, Indigenous, and other People of Color. The Racial Equity Rate is available to all conference participants (both EGPS members and non-members) who identify as members of racial and ethnic groups that have historically been denied equal access to education and training. If you so identify, regardless of financial need, we invite you to choose this 50% Racial Equity Rate at check-out.

Continuing Education Credits: For those requesting CEs there is an additional \$30 fee.

Conference Scholarships:

- For information on applying for a Scholarship contact info@egps.org.
- Donations to the Conference Scholarship Fund are greatly appreciated and can be made through the registration form or by calling 201 880-4773.

Cancellation Policy: Cancellations requests received prior to November 8th will be honored and assessed a \$50 administrative fee. There are no refunds for cancellations received after November 8th.

Discounted Rates for groups of registrants from the same organization (5 or more people). Contact info@egps.org for more information.

[CLICK HERE TO REGISTER](#)