



MAGPS NEWS

Volume 10, Issue 2

Fall 2002

An Interview with Philip J. Flores, Ph.D, FAGPA by Brigid Noonan, Ph.D

The Mid-Atlantic Group Psychotherapy Society

FALL 2002 MAGPS CONFERENCE

Brigid: Please talk about which aspects, attributes and tools are important for the group leader to possess in order to be successful in working with clients with attachment disorders?

Phil: The short and quick answer is broken down into three crucial components: *the therapeutic alliance, the therapeutic alliance, the therapeutic alliance*. Attachment theory holds the view that mental health or maturity is defined by a person's capacity to move towards interdependence rather than independence from relationships.

Brigid: How does the group leader assist clients in early treatment, middle of treatment as well as in later-stage treatment?

Staying connected is the primary aim of this treatment model. Remaining in relationship, even when the patient is detached, angry or avoidant is accomplished not by clinging to the patient, but rather by remaining empathically understanding of the patient's attachment fears and difficulties with relationships. Negotiating the vicissitudes typically involved in the give and take of any relationship eventually helps the alcoholic and addict move toward experiencing even more subtle and satisfying ways of being in relationship. Eventually, the substance abuser will learn how to transfer these subtleties outside the therapeutic milieu in the form of mutuality with others. Mutuality can be defined as any growth-enhancing relationship that benefits both parties in the relationship. It is not about being enmeshed or codependent, it is more

(Continued on page 2)



Art Image: Precious Cargo by Nicholas Shi

ADDICTION as an ATTACHMENT DISORDER IMPLICATIONS FOR GROUP

Philip J. Flores, Ph.D, FAGPA

November 1- 3, 2002

The Williamsburg Hospitality House
Williamsburg, Virginia

www.magps.org

CEU'S AVAILABLE:
12 CONTACT HOURS

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about the efforts to know and understand another's experience. While this is true for both the addicted and non-addicted, it is an especially important capacity for the alcoholic and addict because as Jeffery Roth (2002) says, "addiction is a disease of isolation."

Being joined by another empathically in an atmosphere of mutual respect and trust helps reduced the addicted individual's sense of alienation and aloneness. Mutuality from this perspective provides each person in the relationship with the simultaneous affect regulation that is the hallmark of emotional stability and mental health. Lewis et al. (2000) agreed when they wrote, "Total self-sufficiency turns out to be a daydream...stability means finding people who regulate you well and staying near them" (p.86.). All interventions need to occur in the service of moving the relationship along. A key to successful treatment is the therapist's capacity and skill at working through the inevitable conflicts that arise in any relationship. Since attachment theory is focused on the ebb and flow inherent in all long-term attachment relationships, this model looks at the *relational resilience* of the substance abuser. What is their capacity to stay connected to others when there are disagreements and conflicts? How soon will they be able to move back into the relationship when there is a rupture in the alliance?

Brigid: Talk a little about the interplay between attachment, cohesion, and interaction in treatment.

Phil: The concept of cohesion plays a dominant role in attachment oriented group psychotherapy, not only during the early stages of group therapy, but throughout the entire course of addiction treatment. Relationships—or more correctly, the alcoholic and addict's inability to establish healthy affect regulating attachments—are key factors in both the etiology and resolution of addictive disorders.

Group psychotherapy, with its myriad of relationship possibilities—member-to-member, member-to-group, and member-to-leader—provides a vehicle that not only examines individual member's attachment style deficits, but most importantly furnishes a social culture that can be reparative. The optimal culture and emotional atmosphere the group leader looks to establish is one that is cohesive.

The concept of cohesion, therefore, is central to understanding the significance that this construct plays in successful group treatment with all diagnostic categories, not just substance abusers. Cohesion in group has come to be recognized as those factors which refer to the essence of the attachment relationships that get established in group which provide the context within which therapy or treatment occurs. Cohesion is to group psychotherapy what the therapeutic alliance is to individual therapy. Without cohesion in a group, little can be accomplished, just as individual therapy will be limited if a therapeutic alliance is not established.

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FALL 2002 CONFERENCE

by Bob Schulte, Conference Chair

The MAGPS Fall Conference, "Addiction as an Attachment Disorder: Implications for Group Therapy", features Phillip Flores, Ph.D. from Atlanta, Georgia. Dr. Flores is a clinical psychologist who has worked and written extensively for the past twenty years in the area of addictive disorders and group psychotherapy.

The therapeutic relationship will be examined as a crucial aspect of the *relational approach* to treatment in both individual and group therapy.

Dr. Flores' approach integrates attachment theory, self psychology and affect regulation theory in an effort to understand addiction as a person's misguided attempt at self-repair because of deficits in psychic structure. He views the vulnerability of the self as the consequence of early developmental failures and environmental deprivation, leading to ineffective attachment styles and a propensity to substitute addictive substances and behaviors for mutually regulating interpersonal relationships.

The conference will use plenary, demonstration groups and small group experiences to illuminate the conference theme. The small group leaders include Carolyn Angelo, Mary Dluhy, Ron Kimball, Sy Rubinfeld, Rosemary Segalla, Susan Jacobson, and Darryl Pure from the Illinois Group Psychotherapy Society. The deadline for registration is October 20, 2002.

For more information, contact Bob Schulte, Conference Chair, 703-838-1633.



SAVE THE DATE
November 1 - 3, 2002
MAGPS Fall Conference
Williamsburg, VA

**Addiction as an Attachment Disorder:
 Implications for Group Therapy**

with
Phillip Flores, Ph.D.

MAGPS 9th Annual Training Day

by Elaine Klionsky, Training Day Co-Chair

The 9th Annual Training Day is on Saturday, November 16th. \$35 per participant includes lunch and handouts. Two scholarships, in memory of Louisa Schwartz, for participation at a MAGPS Spring Conference will be awarded.

Welcome to Venus Massalem, Ph.D. my new training day co-chair and congratulations to Bob Schulte, last year's co-chair, on his new position as Conference Chair and President Elect.

For eight years MAGPS has conducting one day trainings for individuals in public agencies and in the private sector who lead groups and/or want to learn more about the use of groups in treatment.

Our training day participants consistently provide positive feedback about the faculty and how much they value and appreciate the training experience. They also promoting the Training day to those who will benefit from this valuable low cost training opportunity.

We, however, need to rely on you and the support of the MAGPS community to promote the Training Day to service providers, too.

Your assistance in "getting the word out" is appreciated. Look for your Annual Training Day brochures in the mail and give them to your community mental health contacts.

If you are interested in participating as a committee member and/or as faculty, please call:

Elaine: 301-718-8100 or Venus: 301-365-3948.

For Additional Brochures - Call: 301-718-8100.

MAGPS
9th Annual Training Day
November 16, 2002
The Topaz House
4400 East West Highway, Bethesda, MD
Walking Distance from the Bethesda Metro
Elaine Klionsky, Ph.D - 301-718-8100
Venus Massalem, Ph.D - 301-365-3948

COMMUNITY

SPRING 2002 CONFERENCE

at USUHS

by Bob Schulte,
MAGPS Conference Chair



The Spring Conference, led by David Hawkins, M.D., was a special occasion for the 91 conference attendees. Together they explored the themes of 'Intimacy and Sexuality in the Life of the Group' through dialogue, a three-session demonstration group and small group experiences. A special thanks goes to the small group team leader Nina Brown and small group leaders: Barbara Christy, John Dluhy, Ricky Geiger, Elaine Klionsky, Venus Masselam, Merry Macke, John Thomas and Barry Wepman.

The conference was dedicated to the memory of Barry Bukatman, past President-Elect and Conference Chair. Barry's vision of the conference was fulfilled under the loving guidance of Emily Lape with Amy Bush, Bob Schulte, Trish Cleary, and Barbara Arnold.

An outdoor memorial service for Barry Bukatman was held on Saturday for his wife, members of his family, friends and colleagues. We all offered remembrances, tributes and farewells to a man much loved and admired. His presence was felt throughout the weekend.



CONNECTIONS

Photographs by Linda Parkes



COMMUNITY



Coupleworks

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Rediscovering commitment

A COUPLES TREATMENT PROGRAM

*using individual group, couples group,
and private couples sessions*

Amy Bush Judy Tyson
 & &
Larry Liesner Ari Kopolow

MAGPS 2002 EVENTS CALENDAR

GPAA/MAGPS Seminar Series'
Cinema Series
September 13 & December 6, 2002
WSP Conference Room

Fall Conference
November 1 - 3, 2002
Williamsburg, VA

The 9th Annual Training Day
November 16, 2002
Bethesda, MD

Spring Conference
April 25 - 27, 2003
DC Metro Area

For More Information
www.magps.org

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Rockville, MD 20852
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Catholic Charities
11160 Viers Mill Road
Wheaton, MD 20902
(301) 942-1856

The Women's Center/MAGPS Group Training Program

Hilary Casaretto, Director
Karen Porter, Assistant Director
Kirstin Pickle, Training Director

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Please tell others you know who might be interested

FOCUS



Susan Drobis, LICSW
Mark Lawrence, MD
Natalie Shaw, LCSW

2002/03 WEEKEND WORKSHOPS

- Enlivening & Inspiring the Therapist - Nov 2
- Using Imagery in Therapy - Sept 20/21
- Ego State Psychotherapy - Dec 6/7
- Using Imagery w/ Couples & Groups - Feb 28/Mar 1
- The Mind/Body Connection - May 2/3

2002/03 COURSES

- Using Imagery in Therapy: A Comprehensive Experiential Course for Practicing Clinicians
- Ego State Psychotherapy Clinical Case Seminar
- Imagery Clinical Case Seminar

Courses in: Chevy Chase ~ McLean ~ Tenleytown
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5th Presentation
of the
National Group Psychotherapy Institute

November 15 -17, 2002

Group Contexts: Interpersonal & Systems

January 24 - 26, 2003

Intersubjectivity & Self Psychology
Malcolm Pines, M.D.

April 4 - 6, 2003

Relational-Constructivist Approaches
Fred Wright & Hallie Lovett, Ph.D.

September 19 -21, 2003

The Unconscious in Groups

January 23 - 25, 2004

From an Object Relations View
J. Scott Rutan, Ph.D.

April 16 -18, 2004

Group Psychology & Existential Confrontation
Molyn Leszcz, M.D.

The Washington School of Psychiatry

202. 237. 2700

www.wspsych.com



GPAA /MAGPS Seminar Series'
"CINEMA SERIES"

Friday, September 13, 2002

5:30 to 6:30 PM - GPAA Reception
6:30 to 9:00 PM - 12 ANGRY MEN, 1957
Discussion with Dr. Thomas Wessel

Friday, December 6, 2002

6:00 to 9:00 PM - THE BREAKFAST CLUB, 1985
Discussion with Maryetta Andrews-Sachs

Washington School of Psychiatry Conference Room
Reservation Suggested - Call 202-237-2700

See article on Page 10

The Married Co-Leader Team a Healing Factor in Couples Group: A Lay Co-Leader's Perspective

by Larry Liesner

The married team co-leading a couples group provides a safe bridge for clients. They see their therapist in a long-term committed relationship that works and get to experience the energy and dynamics of a successful relationship in a group setting. The married co-leader relationship models how a marriage can work.

One dynamic we have found is that fear of sexual vulnerability and lack of trust between partners is a cause of problems within a relationship. The resulting loss of intimacy and what we term "couple anxiety" is destructive to marriages. The message we bring to the group is that learning to trust our partners and deal with issues by sharing them with one another as they occur will reduce "couple anxiety" and bring about more trust and more intimacy.

Our couples group is not intended to be therapy. It is instead one part of an integral program designed specifically for married couples. The format is a discussion group where couples begin to break the myths they grew up with and to focus on trusting each other. The therapy in this program occurs in their individual group and private couples sessions. The overall reward is increased intimacy and sexuality.

Larry Liesner co-leads married couples groups with his wife, Amy Bush..

Treasurer's Report

by Robert Schulte, MSW

A special election will select a new treasurer to complete the term of office that runs through April, 2003. Irv Saks has been nominated. Results will be announced by e-mail and the new treasurer will be introduced to the membership at the Fall Conference.

The Annual Budget Report was submitted to the MAGPS membership at the Spring Business Meeting. Copies are available upon request. The Spring Conference made a profit of \$ 4,178.

TWC/MAGPS

by Hilary Casaretto, TWC/MAGPS Director

The Women's Center/MAGPS Group Psychotherapy Training Program is continuing to involve staff in various training opportunities. In March, Kirsten and Bruce Pickle co-facilitated their first group process weekend and received positive feedback from participants. John Thomas presented an in-service workshop titled, "Money and Fees: Does the Institutional Mother have to Offer a Free Lunch?" Clinical as well as several administrative staff attended this presentation. In June, Susan Leiberman illustrated the interpersonal approach to group therapy with video tapes of Irv Yalom.

In September, as new externs arrive at the center, we look forward to having them participate in the TWC/MAGPS training program. The first Fall 2002 in-service, will feature Marjorie Lane's workshop on The "Secret Life" of a group.

Membership News 2002

by Amy Bush, Ph.D., CGP

The membership drive was very successful and we have 167 members listed in the new directory.

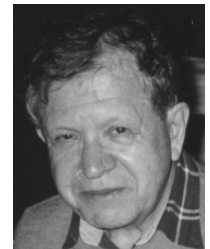
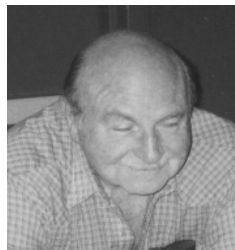
The 2002-2003 Directory was sent to members in May and a supplement will be printed in November including additional information. Members will receive a form asking about group specialties such as co-therapy work, supervision groups, and other services. Be on the lookout for the survey and return it ASAP to be included.

As always, our best source of new members is the enthusiasm and outreach of current members.

Treasurer's Report cont.

A recommendation under consideration by the Board of Directors is to change from a calendar year (January 1 – December 31) to a fiscal year (July 1 – June 30). This change would make the Annual Budget Report more reflective of the MAGPS calendar of events (Fall to Spring), and thereby give a more informative view of the relative success of the Society's programming.

MAGPS Dinner at AGPA 2002 in New Orleans



Hany Malik is a Clinical Psychology doctoral student at Howard University.



Photos: Courtesy of Paul Timin

AGPA Scholarship Experience

by Hany Malik

I was very excited about winning the lottery for the 1st MAGPS scholarship to the AGPA conference. Deciding on which workshops to attend was very confusing to figure out for a first-timer, so I ran to the experts for help. Dr. Tom Wessel, Dr. Ayana Watkins-Northern, and Dr. Lamis Jarrar all had different ideas of which courses and workshops would provide me the fullest AGPA experience except when they agreed I must attend the 2-day Institute process group. With a sinking feeling I realized their unusual unanimity and similar grins on their faces meant I didn't really have a choice. Besides, it's not a good idea to disagree with your clinical supervisors while in training.

The morning of my requisite two day Institute process group started by sitting in a hotel suite with 12 perfect strangers staring at each other waiting for the group leader to appear. When she finally showed up, she said "We will be meeting together for 12 hours over the next 2 days to try to learn about ourselves and each other". Suddenly I understood the grins on the faces of my supervisors. Then I asked myself if I would dare allow myself to let these 12 individuals see parts of myself not even known to myself, if not now, when?, and if not with them then with whom? In the next 2 days, I learned valuable lessons not only about myself, but also about the power of group work.

The rest of the conference was wonderful. I attended many workshops full of great information. However, often while the workshop presenters were busy delivering their material, I would catch myself playing back parts of what went on during in the two day process group. When I thought to myself, "I can't wait till next year's small group" I was aware of a small trembling voice wondering "why wait when I can practice being totally myself every day".

Groups to Cope with the Effects of 9/11

by Beryce MacLennan, Maurine Kelly & Trish Cleary

Trish Cleary, Maurine Kelly and Beryce MacLennan are offering free 9/11 groups subsidized by AGPA and the New York Times Foundation Grant for individuals traumatized by September 11, 2001. Beryce and Maurine offer a weekly afternoon group and Trish offers a weekly evening group.

Unlike New York City and Boston, traumatized individuals are quite scattered in the Washington Metro area. We therefore decided to start open-ended groups and spread the word extensively so those in need would have access to these free 9/11 services. Keeping in mind safety, trust and control as major issues for traumatized individuals, we offer relaxed groups in which members are encouraged to share and help each other with their 9/11 experiences and related problems.

Some trauma experiences by group members include: death of family members and friends at the World Trade Center, bomb site evacuations, displacement from the Pentagon, job layoffs, and anthrax scares. Grief responses for some are so profound that they travel over an hour to attend.

Usually group members start by sharing their experiences and reactions to 9-11 events as well as their anger at others who do not appreciate their horror. Later in the process, they begin to explore what they want out of life for themselves.

Psycho-educational themes in both groups include: coping with PTSD symptoms, managing panic attacks and using relaxation and imagery to reframe challenging feelings. Members share how they are coping with their PTSD symptoms and how they are gradually facing up to their fears of flying, crossing bridges and going into tall buildings. Learning to anticipate the possibility of risks and how to deal with them relieves their sense of helplessness and enables them to take better control of their lives.

Both groups are ongoing and have openings. For referrals, contact: Beryce at 301-320-4151, Maurine at 301-649-1896 and/or Trish at 301-654-4936.

The Mentoring Program

by Katherine Thorne

The Mentoring Program was launched at the Spring 2002 Conference and was a huge success. There was a wonderful response from both those wanting to be mentors and 1st time conference attendees wanting to be mentored. Thank you to all those who volunteered and participated with our fifteen mentees.

Every first-time attendee at the Fall 2002 Conference will be given a mentor, as well as anyone else requesting a mentor. So, we need more mentors to volunteer.

Please contact Katherine Thorn at 703-288-9595



GPAA/MAGPS Seminar Series'

"Cinema Series"

by Trish Cleary

The Group Psychotherapy Alumni Association/ Mid-Atlantic Group Psychotherapy Society's Seminar Series presents its new "Cinema Series."

Bring your colleagues and friends and introduce them to the group psychotherapy community. Enjoy a movie and then an interesting exploration of group themes and dynamics in the film.

Come on **September 13th, 2002** to a reception for the 2002 Washington School of Psychiatry National Group Psychotherapy Institute alumni and faculty from 5:30 to 6:30 PM and stay for the Cinema Series. Join Dr. Thomas Wessel for his introduction and post film discussion about the group dynamics in **12 Angry Men** (1957) with Henry Fonda and Lee J. Cobb at 6:30 PM.

On **December 6, 2002** join Maryetta Andrew-Sachs for her introduction and discussion of group themes in **The Breakfast Club** (1985) with Molly Ringwald and Emilio Estevez at 6:00 PM.

The Cinema Series is free and open to everyone; so bring a guest! Receive up to 3 CEU's from the Washington School of Psychiatry.

Call: Trish Cleary at 301-654-4936 for information.

(Continued from page 2)

Brigid: What are the factors you would term as self-destructive or detrimental in the group process?

Phil: Transference intensity is reduced and spread out in group therapy. The group provides a holding environment, allowing the addict or alcoholic to achieve an appropriate mutually dependent relationship with other group members without the crippling interference of their own anger, dependency, or fear of intimacy. The group helps create a safe space between the addict and the group leader. Through identification, a more stable set of internal self and object representations (internal working model) will be incorporated. The group format is better able to accomplish this task because it provides many key elements that individual therapy cannot provide. Group therapy can more readily do this because it gives substance abusers a far wider array of individuals upon whom they can either depend on and/or direct their anger. By virtue of the number of group members, the group format dilutes the intensity of the feelings that are sure to be activated in any close interpersonal relationship and that have to be worked through if characterological change is to occur. While this process is likely to be too threatening in a one-to-one relationship, the group provides a safer holding environment that gives substance abusers more "space," while permitting them to deal with the intense feelings of hostility and ambivalence that they are sure to experience as their needs for approval, dependence, and caring surface. Usually, most addicts and alcoholics cannot tolerate the stimulation of "object hunger" and/or their own dependent yearnings that become activated in individual therapy as well as any in intimate relationships.

Brigid: Finally, regarding the long-term goals of mutuality and autonomy, how important are they and what role does the group play in terms of developing these goals?

Phil: The long-term goals of Attachment Oriented Therapy are mutuality and secure attachment. These help break the substance abuser's cycle of alienation and isolation. However, as important as attachment is, the maintenance of a sense of separateness is equally important. The polarity between attachment and autonomy has to be carefully managed. Secure attachment can only be established once insecure and ambivalent attachment styles are relinquished (Ainsworth, 1989).

If long-term treatment requirements are successfully achieved, the substance abuser will begin to understand and experience healthy mutuality. Every alcoholic and addict must learn the important task of resolving conflicts without resorting to alcohol or drugs. The goals of substance abuse treatment are very similar to the goals of therapy for individuals suffering from narcissistic disturbances. As Kohut (1984) wrote, cure in therapy is obtained when a person can establish healthy relationships outside of the therapeutic milieu.

Attachment Oriented Therapy accomplishes this in a number of ways. First, it provides a predictable and consistent holding environment that allows substance abusers to have their attachment and self object needs met in a way that is not exploitive, destructive, or shameful. Because of unmet developmental needs, substance abusers will have strong and overpowering needs (object hunger) for human responsiveness so much so that they feel insatiable and then shamed and frightened by their neediness.

Through their identification with others in group therapy and twelve step programs like AA, they have the opportunity to accept in themselves what they could not previously accept because they have felt so unique in their badness. Acceptance at this level of emotional vulnerability can only be tolerated by substance abusers if they feel understood at a very basic empathic level (immersion experience) by another who is as vulnerable as they are. This can only be provided by someone who is perceived as a peer or equal, not by someone who is in a one-up position. True mutuality is the necessary catalyst for shame reduction and attachment. Therapy, both individual and group, if conducted along the lines of attachment theory, can provide this experience much more effectively than other forms of therapy.



MAGPS NEWS

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MID-ATLANTIC GROUP PSYCHOTHERAPY SOCIETY

MAGPS FALL 2002 CONFERENCE

NOVEMBER 1 - 3, 2002

Williamsburg

CEU's Available: 12 Contact Hours

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with
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November 16, 2002*

*The Topaz House
4400 East West Highway
Bethesda, MD*

*Elaine Klionsky, Ph.D - 301-718-8100
Bob Schulte, MSW - 703-838-1633*



SAVE THE DATE
APRIL 25 - 27, 2003

MAGPS SPRING 2003 CONFERENCE

**The Social Unconscious
in Group**

with
Howard D. Kibel, M.D., CGP, DFAGPA