



Mid Atlantic Group Psychotherapy Society

MAGPS News

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Fall 2014

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MAGPS Welcomes Justin Hecht, PhD to Cambridge, Maryland

by Nancy Hafkin, PhD, CGP, Spring Conference Chair

MAGPS is delighted to have Justin Hecht, PhD, as our guest presenter for the upcoming Fall Conference, "Becoming Who We Are in Groups: A Jungian Approach to Group Therapy." The Conference will take place on the Eastern Shore of Maryland in historic Cambridge, from Friday evening, October 24 to Sunday morning, October 26.

Justin Hecht, PhD, CGP, is a licensed psychologist and certified group psychotherapist who is in private practice in San Francisco. He is also a Jungian analyst. This will be his second visit to MAGPS, as he was a guest small group leader in 2011. Dr. Hecht is from the Northern California Group Psychotherapy Society and is a regular presenter at AGPA Annual Meetings. MAGPS members who have attended one of Dr. Hecht's AGPA Institutes, or participated in one of his process groups, are enthusiastic about his return to MAGPS.

The workshop will approach group psychotherapy from a Jungian perspective. Through a combination of didactic presentations, demonstration groups, large group experiences, and small breakout groups, the workshop will address core Jungian issues including understanding the dynamic unconscious and transference from a Jungian perspective, activation of the transcendent function, and fostering individuation. He will also discuss specific Jungian techniques for amplification of symbolic content

and dreams, and encouraging greater personal authenticity. The workshop will help participants connect with meaningful personal visions as group psychotherapists.

Small group leaders for this Conference are Bradley Lake, Lorraine Wodiska & Liz Marsh, Elliot Blum & Ann Reifman, Jonathan Stillerman & Alison Howard, Sally Brandel, and Maryetta Andrews-Sachs & Mary Chappell. Our visiting small group leader is Jeff Hudson, who will be joining us from Austin, Texas. Biographies of all small group leaders are available at: www.magps.org/.

Our Conference hotel is the lovely Hyatt Regency Chesapeake Bay Golf Resort, Spa & Marina, located at 100 Heron Boulevard, at Route 50, in Cambridge, Maryland. The four hundred acre resort sits on the Choptank River, and provides a multitude of activities for Conference downtime. Attendees can relax at the indoor pool, play on the miniature golf course, hike or bike miles of trails, walk the streets of downtown Cambridge, and work out at a fantastic exercise facility overlooking the river. Additional information about room reservations is available on our website, www.magps.org.

We hope that Fall Conference in Cambridge is in your plans. It promises to be nourishing and energizing!

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MAGPS News



"Do we really believe in the power of group? Are we really sold on the idea of group as a key treatment modality? Or is it still the stepchild that it has historically been?"

A Letter from the President

Maryetta Andrews-Sachs, LICSW, CGP, FAGPA

My take-away this summer, from a Chicago meeting of the AGPA group affiliate societies, was that we do not "sell" group therapy adequately in the mid-Atlantic. We have a huge number of clinicians laboring in the fields of psychotherapy, but too few actively leading groups, except in agency settings. Why is this? Do we really believe in the power of group? Are we really sold on the idea of group as a key treatment modality? Or is it still the stepchild that it has historically been?

We need to be steeped in the ways that groups heal people (see Yalom's "therapeutic factors") and actually believe the folks coming to see us will benefit greatly from group therapy. I think of Anne Alonso, a past President of AGPA, saying that people come to individual therapy and talk about their problems, but they come to group and *have* their problems. The President of LA's group psychotherapy association, John Chebultz, said the "dirty little secret" he tells prospective group therapists is that running groups is financially beneficial. You can earn far more money per hour running a group! and it is more cost-effective for patients. (It also allows me to have some people

who pay sliding scale fees in my groups.)

Of course it takes good training to become a good group therapist. It is not simply putting individual patients in a room together and having them talk. Things can quickly run amok. The leader's limitations become the group's limitations. If he/she cannot handle intimacy--or sexuality--or envy and competition--or aggression--or death--etc, this will be communicated unconsciously to the group unconscious, and certain pieces of work will not happen. Thus to be good group therapists, we need to continuously seek training in many forms. As I said in another newsletter, I feel it's imperative that anyone leading a group should be, or have been, a patient in a long-term group. In addition, we can attend training programs, whether local, regional (MAGPS), or national (AGPA). We should also read, form peer groups, and find good supervision.

Group is a powerful tool. Develop your skills, express your belief in it, and learn to use it well.

I often think, if everyone had a good group to go to every week, run by a well-trained group therapist, the world would be a far better place. We have important work to do. Let's do it well.

MAGPS Cinema Series Presents

Saturday, November 15, 2014 • *Si Puro Fare* • Farooq Mohyuddin

Saturday, January 10, 2015 • *Soldier of Orange* • Maryetta Andrews-Sachs

Saturday, March 14, 2015 • *Off the Map* • Pat McCallum

Saturday, May 9, 2015 • *A Late Quartet* • Ceil Berlin

All films will be hosted at :

6014 28th Street North, Arlington, VA

Light Dinner served at 5:45 • Movie from 6:30-9:30

RSVP at www.magps.org

Elect our 2015-2017 Board of Directors

We need a majority of the members to respond to fulfill our by-law requirements, so please be on the look out for your ballot and...

Participate!

- | | | |
|-------------------------------------|---------------------------|---|
| <input checked="" type="checkbox"/> | August 1, 2014: | Call for Nominations |
| <input type="checkbox"/> | November 1, 2014: | Candidates Established, Ballots Mailed |
| <input type="checkbox"/> | November 20, 2014: | Deadline for Returning your Ballot |
| <input type="checkbox"/> | April 2015: | New Board takes Office |

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Newsletter Editor

The current President, Maryetta Andrews-Sachs, LICSW, CGP, FAGPA, and the President-Elect, Nancy Hafkin, PhD, CGP, will automatically assume the positions of the Immediate Past-President and President, respectively. For further information, please contact Farooq Mohyuddin, MD, the chair of the Nominations Committee.

Interview with Our Spring Conference Presenter, Justin Hecht, PhD, CGP by Liz Marsh, LICSW



"Another important Jungian concept, and part of the unconscious, is the idea of individuation. This is the notion that each of us there is something within that is driving us to become who we really are. At the conference, I will spend a lot of time talking about, and leading some exercises on, the idea of individuation."

Editor's Note: Liz is an individual and group psychotherapist, and art therapist working in Washington, DC. Her work focuses on adolescents and adults struggling to solidify identity and strengthen relationships. She works at a public mental health clinic and at her private practice office in Woodley Park.

Liz: The theme of this conference is "becoming who we are in groups" using a Jungian perspective. What unique experience and lessons can attendees anticipate from this opportunity to learn from you?

Justin: What I believe makes me different in the group psychotherapy world is that I'm a Jungian analyst, which means I'm deeply committed to the ideas and theories of Carl Jung. To set a context for what this means, I'd like to give some history.

Freud and Jung were, together, the two seminal geniuses of the 20th century *depth psychology* movement, helping us to understand the power and dynamic potential of the unconscious. For many years Freud and Jung were close friends and colleagues, but gradually Jung began to become critical of Freud. My understanding is that the key source of the conflict was that Freud was adamant that the dynamic unconscious was principally determined by sexuality and aggression. Jung never disagreed with Freud about this, and I certainly don't either. These are very key things in our unconscious that we don't want to deny and need to be attended to. However, Jung said, "Yes and..." and Freud said, "That's it." Jung said that in addition to aggression and sexuality there were a number of very important things that also come out of the unconscious. One of those things was something that he called *kinship libido*, or the desire to get together in groups where feelings of kinship can be fostered. This is the origin of community. This is an irreducible drive, which cannot be reduced to sublimation.

Jung also said that humans have the desire to create and interpret symbols and develop new ways of looking at things. He believed that the drive for art and symbolic expression is an innate human capacity stemming from our desire to understand. This is the thing that produces culture and religion, and should also not be reduced to a drive or sublimation.

Jung's ideas form one of the broadest, most humane, and, I think, one of the most benevolent interpretations of the unconscious, and this is the reason that I'm a Jungian.

Another important Jungian concept, and part of the unconscious, is the idea of *individuation*. This is the notion that within each of us there is something that is driving us to become who we really are. At the conference, I will spend a lot of time talking about, and leading some exercises on, the idea of individuation.

I'm not aware of a lot of people who talk about fostering the qualities of individuation in groups. That's something unique that I will bring and the reason for the title of my paper and this workshop. More specifically, I want to explore the paradox that a group, by reducing feelings of shame, facilitating risk taking, and by helping us to articulate and hold a vision, can help us to truly become who we are. If we believe that within the dynamic unconscious there is a desire to grow towards wholeness and to develop our unique individual capacities, to individuate, then I believe that our interventions will follow.

In the workshop, we will begin to attend to those strivings of individuation that we see within individual members of the group and within ourselves. This is what I see as the most important idea for the conference: to help clinicians understand a different view of the unconscious that is more affirming and more nurturing of human potential, as well as to take the implications of these theories and find some practical interventions and techniques to use while running groups.

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(Interview Continued from Page 4)

Liz: *Justin, I hear you saying that through the unconscious, both practitioners and clients in any psychotherapy group are driven towards the common goal of individuation. Are you calling this a paradox because individuation is, by definition, unique to each person, but we can get there by working collectively?*

Justin: Yes, we have an opposition here: if we're going to be individuals, should we disconnect from other people? Do we need retreat into introversion to find out who we are, or do we need to connect to others? Whenever you ask Jung, "Either-or?", he'll say, "Yes." The idea is that there is something paradoxical here, but if we're emphasizing in a group context the unique strivings of everyone, including ourselves as leaders, then there's a way that a group becomes a permission-giving place where we can take some risks to be ourselves and have a more joyful and fulfilling life.

Liz: *How did you become interested in the Jungian perspective?*

Justin: Like all good Jungians, it was a dream. I had heard of Jung and read some of his theories and thought that his conception of how people seek fulfillment and personal growth throughout the lifespan was very appealing. Then, when I was working on my doctorate at UCSF, Rick Steele, the man who would become my mentor, gave a presentation on Jung's idea of the spirit of Mercury.

Jung was always looking for ways that myths of different cultures expressed the experiences of his patients and himself. Mercury was the only god that was at home in three worlds. He could be in the realm of humans, he could be with those who had died, and he could be in the realm of the gods. So, he was always bringing messages back between beings and thus, metaphorically, between different ego states.

Jung didn't believe that myths were literally true, but that they were psychologically true. He believed that when two people were doing psychotherapy in a way that was effective, then the God Mercury was helping to provide an unconscious resonance between the two of them that would allow for a close, healing connection for both the patient and the practitioner. Of course, the idea is that it would be more healing for the patient, but Jung was unapologetic that the work of analysis cannot help but force the analyst on his own journey of growth.

So, I went home that evening after learning this material and woke up with a huge dream that connected me with people who had died; mentors that I was very close to. I had a sense in this dream of belonging to the entire human community. The event of that dream changed my life. I felt like this was a sign or a symbol that I should learn more about these ideas.

Liz: *I have training as an art therapist and my association to Jung is the idea of a Collective Unconscious full of symbolism, archetypes, and story motifs. I love that you brought the myth of Mercury into this interview and, for me, those images, stories, and metaphors are really how I incorporate Jung into the work I do. Can we anticipate seeing some of this material used at the conference?*

Justin: What I'd like to do is provide some intellectual and theoretical knowledge that will help participants engage with their own passion, whatever that might be. Regardless of the way you work or what you do for leisure, what I hope to help people see is that myths and archetypes are all around us. Whether in movies, songs, reality TV, professional sports, or opera, wherever you see a hit in popular culture, you know there is mythic and archetypal content.

I'm hoping that the time we spend together will be a mix of my lecturing to provide theoretical backgrounds, clinical examples, and stories, and an opportunity for people to express and understand their own myths and the stories that sustain them. We'll do that through individual guided reflection, small group work, and large group work.

There will be a lot of time for people to connect with themselves. The weekend will be a time for participants to become who

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MAGPS News

Remembering our Spring Conference on Psychodrama

by Nancy Hafkin, PhD, CGP, Fall Conference Co-chair



Nancy Hafkin, Conference Co-Chair (left) & Cathy Nugent, Conference Presenter (right).

The MAGPS Spring 2014 Conference was a unique experience for the presenter and attendees. "Care for the Heart and Soul of the Psychotherapist: Psychodramatic Explorations" brought psychodrama back to St. Elizabeths for a weekend and offered small group leaders from MAGPS an opportunity to pair with leaders from MAC (Mid-Atlantic Chapter, American Society of Group Psychotherapy and Psychodrama). It also gave attendees a view of self care and wellness via action methods.

Our presenter, Cathy Nugent, LCPC, TEP, demonstrated basic psychodramatic techniques of soliloquy, double, role reversal and concretization. Cathy has been conducting psychodrama groups for over 30 years and she has a special interest in recovery from trauma, spirituality as a resource for health and wellness, and self-care for helping professionals. She assisted attendees in assessing current levels and patterns of self-care, identifying barriers to caring for ourselves, and exploring new roles for increased self-compassion and self-care.

Within the small process groups, members had a chance to broaden their understanding of psychodramatic methods and their application. Some groups used action methods and



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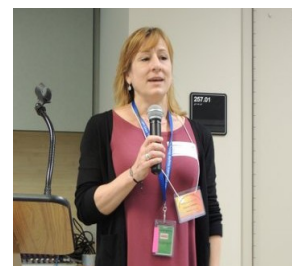
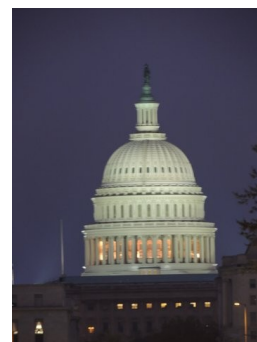


Photos courtesy of Paul Timlin. Thank you so much Paul! Your photos bring back many fond memories from this past Spring.

processed their reactions to what was a new modality to many. Conference attendees were enthusiastic in their feedback.

Psychodrama was practiced for over 30 years at St. Elizabeths. A number of the MAC co-Leaders had trained and worked at St. E's in the Psychodrama program, so the Conference was a homecoming for them. The Spring Conference truly was a collaboration of MAGPS and MAC, as the two groups worked together to envision and implement a lively, informative, and nourishing weekend.

A special appreciation goes to the Small Group Co-Leader pairs: Merry Alice Macke & Venus Masselam, Marc Hafkin & Matt Fleming, Maryetta Andrews-Sachs & Merri Goldberg, Rob Williams & Eleanor Hoskins, John Rhead & Linda Oberst, Cliff Chamberlin & Paula Catalan, and Lenore Pomerance & Milton Hawkins.



Eleanor Hoskins, LCSW, CGP, Conference Co-Chair, speaks to our group.



Spring Conference Small Group Co-Leaders

Save the Date: MAGPS Spring Conference
April 18-19 2015
St. Elizabeths Hospital, Washington, DC

(Interview Continued from Page 5)

they are. One thing I would like to do is tell a little bit about my journey as a therapist and group therapist and invite others to reflect on their personal journeys as therapists; to understand the arc of the stories that is carrying them through their practices and their lives and to help them imagine where it might go.

Liz: *Justin, I have done an all-day workshop and an institute with you at AGPA, so I have learned from you as a group leader and in a more didactic role. One of the things I've taken from these experiences is a visceral memory of a group dream. Can you talk about this technique?*

Justin: A group is a transitional, liminal space. When you step over the threshold into a therapist's office for a group, you are in a space that's "in between." It's between rational and irrational, sanity and madness, passion and apathy; there are many "betweens" in a psychotherapy group. It's a space where our creative faculties can interact with one another to create a story that's bigger than any individual member.

I want to explain that Jung wasn't big on techniques, he didn't have a lot of them and he didn't like to prescribe the way others might work. This goes back to his belief in individuation. Freud and Adler and other psychoanalytic descendants were very technical about ways that therapy should be done. That's an area where some have been critical of Jung and may be critical of me and what I have to offer at the conference.

However, one of the techniques that we *can* offer is *amplification*, where the group might build on or associate to a dream image. I invite people to see what's happening in their active imagination and unconscious. If there's a vision that's suggested, members elaborate on them throughout the group. I have some examples of that in my paper. I do believe that that kind of emphasis, like what you experienced with me at AGPA, is something that's more Jungian and an example of something unique that I can bring to participants of this conference.

Maybe I can expand here to share some of the limitations that I perceive going into the weekend. My work is the synthesis of the work of a lot of people, so a lot of what you will see at the conference will not be specifically Jungian. Jung said that his theories were designed to foster an attitude, not provide a series of techniques.

I also think I'm a little bit of a lone pioneer and I'm less enamored of academic research and writing, so if people are looking for a how-to manual, they might be a little disappointed. However, if you're looking to learn something about Jung and open up possibilities and develop an attitude of risk-taking and connecting with your authentic self, then that is what I have to offer.

Liz: *That sounds very exciting to me. Is there anything else that you would like people who are considering attending to know about the upcoming Fall conference?*

Justin: Well Liz, I want to close by talking a little bit about the archetypes and the collective unconscious and why it matters.

First, I don't want to define the archetypes here in this interview, but I do want to say that an awareness of archetypes and the collective unconscious can be very helpful for clients who are struggling; who are feeling a want of connection, are isolated, or lack a sense of dignity in their lives. There's a saying that "when we lose our myths, we lose our meaning." Often we lose connection to human history and those that have struggled with the basic existential questions before us: Who am I? Why am I here? How do I lead a good life? These questions never go away, and myths and other products of the collective unconscious evolved to answer these questions. So when we lose our connection to that consciousness, we can feel very small and compensate with an inflated sense of the ego instead of an appropriate connection to our own human heritage.

If a group can help people to feel and respect and respond to the cultural products of human history, it really helps each member increase a sense of meaning, dignity, belonging, and connection. It reduces isolation, can tamp down inflation, and can provide a very comforting sense of continuity in the great river of life.



A Heavy Heart

Oil Painting by Sharvari Shivaneekar, M.D.

About the Artist: Sharvari Shivaneekar is a Psychiatry Resident at St. Elizabeths Hospital. She notes that *A Heavy Heart* is “one of my early oil paintings, which is very close to my heart. It is a little boy who looks sad and scared to me, but people see different emotions in his expression. When I see patients, sooner or later, I see the sad, and scared child in them, and it brings me back to this image.”

Just Forgot

Manoj Regmi, MD, Psychiatry Resident, St. Elizabeths

Gazing towards your eyes,
I kept watching silently;
how I got drowned,
and forgot I had drowned.

Catching your vibrations
with my sensitive heart;
I began to sing
and forgot I was singing.

Caught in awe;
at your admiration,
I slipped off myself
and forgot I was flying.

Lost in the heaven
I saw in you;
I was flowing with the breeze
and forgot I had boundaries.

The distance seemed unreal;
the difference so deceptive.
I got the same heart in you
and forgot it was you.

*Photo by Paul Timin of
St. Elizabeths Hospital.*

MAGPS News is published twice a year.

MAGPS News seeks to promote the objectives of the Mid-Atlantic Group Psychotherapy Society, while also serving as a forum for the exchange of ideas, information, and expressions among MAGPS members.

Do you have something creative to share?

MAGPS News is now accepting announcements, articles, poetry, and artwork.

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Karen Eberwein, PsyD
(202) 409-7774
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More Spring memories and information on scholarships.



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Conference 1st Time Attendee Scholarships

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For more information about receiving a scholarship or to make a donation: see the
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Save the Date: MAGPS Fall Conference

**Becoming Who We Are in Groups:
A Jungian's Ideas on Individuation, Fulfillment, and Personal Authenticity**

Justin Hecht, PhD, CGP

October 24-26, 2014

Hyatt Regency Chesapeake Bay
Cambridge, Maryland



Conference brochure & registration: <http://www.magps.org/conferences/conferences.html>