



MAGPS NEWS

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Volume 12, Issue 1

Spring 2004



Social Dreaming Matrix: Image & Symbol

With Mary Dluhy & Sy Rubenfeld

May 1 & 2, 2004

The Mid-Atlantic Group Psychotherapy Society

Annual Spring Conference

Holiday Inn Select, Bethesda, MD

CEU'S AVAILABLE:
12 CONTACT HOURS

An Interview with Mary Dluhy, MSW, CGP, FAGPA and Sy Rubenfeld, PhD, CGP

By Reginald Nettles, PhD

Reggie: As the featured presenters, what would you like prospective conference goers to know about the subject of Social Dreaming?

Mary: Social dreaming was discovered by W. Gordon Lawrence in the early 1980's, as a situation and a method of working with dreams that are shared and associated to in a gathering of people who come together for that purpose. He and his associates called a session held for the purpose of working with shared dreams a "Matrix," meaning a place in which something grows. Social Dreaming Matrices have been held with groups in many places all over the world, including learning events, organizations, and in corporate settings.

Sy: Social Dreaming relates to Jung's collective unconscious. Social dreams are not entirely the property of the dreamer. A dream may be as wide and deep as the world a dreamer lives in. Dreams are seen as belonging to the matrix, not the individuals. Therapeutic dreaming elaborates the past. Social dreaming may reflect trends in a culture and in that sense may be predictive of future events. In the matrix, event comments about the personalities of others present are discouraged, so that feeling threatened is very much reduced.

Reggie: How do we understand images and symbols in the context of a social dream matrix?

Sy: We know that dream images contain symbols that can be quite meaningful. People who attend these conferences typically have had therapy and are familiar with analytic thinking. As we interpret dreams, it becomes clear that they set up certain patterns. In an effective matrix, these patterns will be discovered. Dream images can strikingly capture important elements of the situations they are in. We cannot know what kinds of images and symbols will emerge in a given context until it develops.

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Letter from the President by Emily Lape



As I sit down to write my final President's Letter I realize I have been on the MAGPS Board for over ten years! It has been a true privilege to serve in a leadership role for such a wonderful organization.

I've had the opportunity to watch MAGPS go through a number of transformations over the years. We have grown in size, sophistication, diversity and professionalism. Our quality of conferences, range of member services, training opportunities, outreach, mentoring, newsletter and website technology, collaboration with other organizations, collegiality have grown with us. We've been able to draw trainees and new professionals, bring in valued colleagues at mid-career and woo back some of the old guard. We have a sense of history and new beginnings. We have lost some deeply valued friends to death and serious illness and have watched the new guard rise to committee roles and leadership opportunities. I hope many of you will consider becoming more involved in what is truly a vital affiliative community.

On a personal level, I was deeply moved by the outpouring of cards, phone calls and well wishes after my car accident last fall. At a time I could have felt very vulnerable and alone, I felt cared about and "held" by the MAGPS community. You really cheered me up and made me feel valued. I am out of my cast, have started driving again, and don't have any permanent injuries. Such life-altering experiences make one aware of what we hold most dear. MAGPS and AGPA are way up there for me.

I was fortunate to move into the Presidency with a very strong organizational groundwork laid by Nina Brown. She got us through strategic planning and rewriting of by-laws. She provided a clarity of mission and calm, level-headed leadership. I am very pleased to in turn pass the Presidency on to the very talented hands of Bob Schulte. He is fortunate to have a wonderful working Board. There was a time when it seemed like the lion's share of the work was carried out by a small handful of people. Now there is a rich layering of volunteers who are active on numerous committees and projects. We are truly a shared enterprise. Thank you for allowing me the opportunity to be part of such a thriving organization.

Sincerely,



Emily Lape, LCSW, CGP, FAGPA

The Group Psychotherapy Foundation welcomes Trish Cleary to its Board of Directors. MAGPS will now have an inside voice on the happenings at the GPF and we look forward to the support that will bring to the Mid-Atlantic Society and the support we can lend Trish in her new role.

Marsha S. Block, AGPA Chief Executive Officer

MAGPS BOARD OF DIRECTORS

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Spring 2004 Conference by Robert Schulte, Chair Social Dreaming Matrix: Image & Symbol

The Spring Conference offers a unique learning experience. Imagine a large group with everyone sharing their dreams without interpretation in “a space out of which something grows” — a matrix. Social dreaming is an innovative way of working with dreams that moves us beyond the individual dreamer into a group experience of discovery, creativity and dialogue. Participants are invited to share their dreams and associations collaboratively without interpretation or clinical comment.

Three Social Dreaming Matrix sessions, each with an accompanying dialogue segment, will alternate with small process groups dispersed over two days. A plenary to discuss realizations and implications for practice will conclude the conference. Our ultimate goal is to provide a welcoming learning environment in which you can integrate a deeper understanding of the Conference theme into your group leadership style and clinical practice.

Guest presenters Mary Dluhy, MSW, CGP, FAGPA and Sy Rubinfeld, PhD, CGP are long-time MAGPS members and have presented their workshop at the AGPA Annual Meeting the last three years. Mary is the President Emerita and Founder of the Clinical Social Work Institute of Washington, D.C., and former Director of the National Group Psychotherapy Institute Training Program of The Washington School of Psychiatry. She is Co-Chair of the Institute Committee of AGPA and is in private practice. Sy was Founding Director of the National Group Psychotherapy Institute of the Group Psychotherapy Training Program of The Washington School of Psychiatry, was a recipient of the Alonzo Award, and is in private practice.

The conference will again be at the Holiday Inn Select in Bethesda in their most spacious ballroom meeting space. The Conference Committee and Staff have worked very thoughtfully to design an exciting and creative program. Thanks go to Amy Bush, Trish Cleary, Elaine Klionsky, Rose McIntyre, Farooq Mohyuddin, Lenore Pomerance, Venus Masselam, Irv Sacks, Paul Timin and Barry Wepman. An extra thanks goes to Emily Lape for her mentoring and support.

MAGPS supports the professional development of students, interns, and residents through a “First-Time Attending” Scholarship Fund. Scholarships to cover all or part of the registration fee are available. To apply, contact Barry Wepman, PhD, Scholarship Co-Chair at 202-337-0705

Pre-Conference Institute: Principles of Group Psychotherapy

A one-day institute will precede the Spring Conference on Friday, April 30. The training day will use didactic, discussion and demonstration methods to give an overview of the theory and practice of group psychotherapy. Areas to be covered include foundations of group therapy, group dynamics and group process, the change process, the role of the leader, and time-limited approaches to group psychotherapy. Participants wanting to satisfy the AGPA requirement of 12 hours of didactic instruction for CGP certification may do this by also registering for the Spring Conference and joining the small process group designated “CGP.” For more information contact the Institute Co-Chairpersons, Elaine Klionsky, PhD at 301-718-8100 or Venus Masselam, PhD, CGP at 301-635-3948.

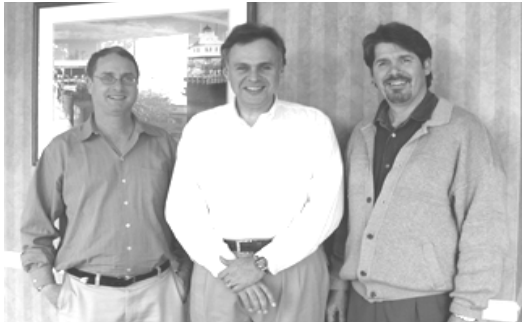
Conference brochures are available as of March 1, 2004. A registration form is also available on the web at www.magps.org. For more information contact Bob Schulte at 703-838-1633.

Come Dream With Us!!

Cordially,
Bob Schulte, MSW



COMMUNITY



Fall 2003 Conference Wrap Up

"Artfully Done," "Seamless," "Molyn was a gem in a perfect setting" were just some of the comments following the Conference. A record 85 persons attended including many first timers who were supported through the weekend by the Mentoring Program chaired by Paul Timin.

The conference, titled the Integration of Interpersonal and Existential Approaches to Group Psychotherapy, featured Molyn Leszcz, MD, from Toronto. Solomons was an idyllic venue, and the weather was so balmy that an impromptu boating excursion on the Chesapeake was arranged at the last minute for the extended lunch break.

Kudos to John Dluhy, Bernard Murphy, and John Thomas (a.k.a. Ivan, Serge and Marc). Theirs were virtuoso performances in the dramatic reading "Art." Bernard suffered a mild heart attack on the first day of rehearsal and spent the next week in Fairfax Hospital. In true "the show must go on" spirit, he insisted on continuing in the production, and reports the experience was a valuable part of this recovery. Hats off to you, Bernard.

A special award was given to Amy Bush for her distinguished work in helping produce the last **NINE!** MAGPS conferences. She gives new meaning to "behind the scenes." Thanks, Amy.
...Bob Schulte



CONNECTIONS



AGPA FOUNDATION MEETING AT TRISH'S HOUSE



C O M M U N I T Y

**THE INSTITUTE OF CONTEMPORARY
PSYCHOTHERAPY & PSYCHOANALYSIS
10TH ANNUAL SPRING CONFERENCE*****RACE AS SOCIAL CONSTRUCTION:
POSTMODERN AND RELATIONAL PERSPECTIVES*****Adrienne Harris, David Eng, Shinhee Han, and Janice Gump****Saturday, April 17, 2004, 8:15 AM—5:00 PM***** * *****PRE-CONFERENCE WORKSHOP**
(Sponsored by ICP&P's Psychoanalytic Training Program)***ETHNIC FACTORS IN EXPLORATORY PSYCHOTHERAPIES*****JOSEPH LICHTENBERG****Friday, April 16, 2004, 4:00pm – 6:00pm***** * *****Conference and Pre-Conference at the
Key Bridge Marriott, 1401 Lee Highway, Arlington, VA**

Conference, 4/17

Members: \$125 (\$140 after 3/26)

Non-members: \$150 (\$165 after 3/26)

Students: \$50 (\$65 after 3/26)

Five CEs

Pre-Conference, 4/16

Members: No Charge

Non-members: \$25

Students: \$15

Two CEs

Some scholarships available.

For more information, email icpeastadmin@worldnet.att.net

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Supervision Group Georgetown

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Contact: Barry Wepman, PhD (202) 337-0705



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Dramatic Reading of *ART* at Fall Conference

by John M. Dluhy, MD Past President, MAGPS

The President-elect of MAGPS, Robert Schulte, as program chair for the Williamsburg conference, had arranged for a performance artist, Margot Greenlee for the evening entertainment on Saturday night. This was so successful with our members, that he decided to try a dramatic reading of the internationally acclaimed play, *ART*. He cast three members of the Society with acting experience: John Dluhy, John Thomas, and Bernard Murphy. The rehearsals were held in Bob's office and then in his health club. It must be noted that at the onset, Bernard has a mild heart attack. Fortunately, he recovered fully. The practice sessions had some of the qualities of group psychotherapy with Bob in charge.

All three actors looked forward to the practices and each of us benefited from every experience. The performance of this play, with its existential and "friendship crisis" themes fit nicely into the planned agenda for the conference. Additionally, each of the actors was a member of a small process group. Bob convened the weekend and guided all activities, so he was the de facto director. The actual performance, enhanced with the new mikes and electronic equipment, seemed to stimulate the audience and the discussion which followed. The general themes of the weekend were extended through the reading and the discussion. It is my feeling, as a cast member, that it was perfect casting of each of us and the experience of performing these roles felt authentic and the reception ultimately satisfying. Mike Stiers expressed an interest in possibly having the reading repeated at the Washington School of Psychiatry Spring conference on existential topics.

It is clear that Bob Schulte has set a high standard for entertainments at future conferences. This one was certainly engaging and thought-provoking.



The Art of *Art*

by Barry Wepman

While it may not be unusual for there to be dramatics at an MAGPS conference, the attendees of the Fall meeting on Solomon's Island were treated to a session of theater of a most creative and significant sort. Part of the program on Existential Group Therapy with Dr. Molyn Leszyz was a dramatic reading of the play, *Art*, written by Yasmina Reza, brilliantly cast and directed by Bob Schulte, and performed magnificently by Bernard Murphy, John Thomas, and John Dluhy. The play is a masterpiece, and

won not only the Tony award on Broadway, but also the Tony's British and French equivalents.

While it purports to be about *art*, it is really about relationships: the value of friendship and the art of dealing with differences. The themes of the play, thus, fit seamlessly with the context of the conference. One example was the play's treatment of how a person's mental construct of others influences one's own identity, encapsulating the idea in a way that is humorous and goes down easily. Yvan (quoting his psychiatrist) says:

If I'm who I am because I'm who I am, and you're who you are because you're who you are, then I'm who I am and you're who you are. If, on the other hand, I'm who I am because you're who you are, and you're who you are because I'm who I am, then I'm not who I am and you're not who you are.

Think about it.

The production was an impressive piece of the experience of the weekend. Clearly, the four men who participated in the staging of this event are talented people. That the actors brought the characters to us so fully can be attributed both to their noteworthy abilities, and to the inspiration of the casting director/director. John Thomas presented Marc, the classicist-snob to us as a real person; Bernard incarnated Serge, the modernist-dilettante, and John Dluhy became Yvan, blowing back and forth in the winds generated by the force of the other two personalities.

The whole enterprise seemed to occur with such a generosity of spirit that I began to wonder that a certain parallel process might have occurred: that in working together on a text that dealt with the value of relationship and the need to incorporate differences, the ensemble created a bond that was, as much as the artistry of the performance, their gift to the audience. Whether that was true, or was just my fantasy, it was an impressive event, and a powerful addition to a fascinating and textured conference.

They all deserve a standing ovation.

All Resistance is to Change by H. Cooke Read

All resistance is to change; All defenses are to affect. These two principles move easily between my conscious and sub-conscious. It's early on a Friday afternoon and I'm beginning to get more and more ADD. I have one more patient to see before I gather myself together to leave for what I think will be my last MAGPS weekend conference. In that last session of the day I'm nagged a bit by a slight dis-ease. I have so many things to attend to before leaving. Why am I going at all? It's time to get out of the office and there are still things to do. I'm really ADD now. One or two last calls, something else to bring. Oh, shit, I forgot to water the plants! AARRGH! Finally I'm out on the road and things are worse. TRAFFIC! Why do I do this? For the first time of many to come my thoughts turn to being at home. I'm wondering why I get so distracted that all my efforts to get to the conference in time are thwarted. All resistance is to change; all defenses are to affect.

About the time I should be at the conference I'm still in traffic and a long way from both home and the hotel. I'm beginning to think about being home with some comfort food. I spend the week "being there" with people, being engaged and deep in thought and feeling. It's Friday night and I want to be alone. I don't want to have to be "present." I'm tired and cranky and... But then I think about the people I'm going to any of them for a while. I've been seeing patients, being with Sheila, There are people I really want to see.



This time, as I go to the conference, preparing myself to leave MAGPS. Leaving friends and colleagues. My and tender my resignation to the Board and Society, say "Thanks, it's been great," and go. My mindset has been on one track. I think that because I'm moving out of the area, I must end my affiliation with the society and say goodbye to lots of people. That's that. Turn it all off. But there are alternatives I never considered. I'm not very good at saying good-bye. It surprised me that no one said, "Cookie, you can't do this" As they said "take care," they just asked me to stay. Invited me to continue. I was taken aback. I was surprised that I was wanted. It was pleasing to me.

I see and be with. I haven't seen submerged in my daily routine of and riding my bike when I can.

things are different. I've been I'm moving out of the area. plan is to go to the conference

The first MAGPS conference I attended was in Baltimore in, I think, 1990. Ann Alonzo was the presenter (The chair of the History Committee can't remember!) I was awed by everything. There I was in the presence of luminaries, my own therapist, supervisors and mentors. I waswhelmed! What a great experience it was for me to be around so many people with so much experience. Of course, I stayed in the wings. (Do you believe that?!) No way! I was in a bubble group the first time.

It was the first of many in those early years as I stumbled into group work, but in many ways I stayed on the fringes of MAGPS. I admired and respected so many of the members and presenters that I felt small and insignificant. I was new and learning. Kohut said that a child needs two things: to be admired so s/he can feel perfect and to be able to idealize the parent and have the idealizing reflected back in a merger. "You are great." "Yes, I am and you are too." Empathy in these selfobject transferences is restorative and leads to what Bowlby would call a secure attachment. This is what I have experienced in the MAGPS: a positive response to me as I grew as a
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The Women's Center/MAGPS Group Training Program

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

2003 Annual Treasurer's Report by Irv Sacks

MAGPS had a sound financial year in 2003. Our total net worth was \$32,826.48 as of 12/31/03 with \$7,078.68 in investments and \$25,747.80 available for check writing and Visa. For the first time in four years, our investment portfolio showed an appreciation rather than a loss.

MAGPS made a small profit at our Spring Conference and a profit of \$1673.53 at the Fall Conference. The hotel bill from the Fall Conference was not paid until after 1/1/04, so it does not show in the 2003 figures. This means we actually sustained a small loss in 2003, offset by stock gains.

More complete Report available from the Treasurer.

Continued from Page 9 (Read)

therapist and a person. The Society "held" me, contained me enabling me to grow. This last conference was not much different from my first.

As I write this I have been reminded of the message left to us by Jimmy Valvano, in his speech just days before succumbing to cancer. He said that we need to do three things each and every day, and if we do we can lead lives rich beyond measure. Every day we must laugh, think, and be moved to tears. I know that at this Fall conference those three things happened to many others and to me. A good group session has these three things. I hope that every one of my patients upon completion of their treatment has the capacity to experience these three things daily. That is richness I have in my life and I want to bring it to others. My affiliation with the Society has greatly enhanced my life and my work and I expect it will continue to do so.

The Cinema Series

Trish Cleary, Chair

The Cinema Series, chaired by Trish Cleary MS, LCPC, CGP and sponsored by the Mid-Atlantic Group Psychotherapy Society and the Washington School of Psychiatry, offers free psychoeducational programs to both the mental health and group psychotherapy communities. You do not have to be a member of WSP/GPAA or MAGPS to attend. The Series is free and due to its popularity movie seating is limited, so reserve your space early (**202-237-2700**). Contributions to cover food and wine are welcome.

***Washington School of Psychiatry Conference Room
5028 Wisconsin Ave., NW, Ste 400, Washington DC***

Light dinner: 5:45-6:30 pm; movie: 6:30-9:30pm



Friday, March 12, 2004

"Strangers in Good Company" 1990

Moderators:

Trish Cleary & Macario Giraldo

"Sometimes the middle of nowhere can lead to the most beautiful of places."

Description & Learning Objectives

This film is about a group of travelers who, when stranded, turn their experience into a magical adventure. They lose their way and find each other.

1. The issue of recognition is central in human desire. How does this film inform you of such a process as it applies to the psychotherapy group?
2. Reflect on group therapy as a conversation on life.
3. Explore the power of the "here and now."

Bring colleagues, spouses, friends and enjoy a light dinner, the feature film and a scholarly exploration of the group themes in the film.

IMPORTANT

Due to security requirements, arrive before 6:15 and maintain quiet in the hallways to respect the therapy sessions in progress.

For more information and to volunteer check on the MAGPS website at:

www.magps.org

Mentoring

by Paul Timin, Chair

The Mentoring Program continued to offer first-time attendees and new MAGPS members welcoming, orientation, and a personal connection at our Fall Conference in Solomon, Maryland. The Chairperson's torch was passed from Katherine Thom to me, for this 2003 conference. Many thanks to Katherine for laying the foundation for the mentoring program and making the transition a smooth one.

A ten-minute meeting held with all mentors and mentees shortly before the end of the conference suggests the program was much appreciated and enjoyed by both mentor and mentee. Positive feedback was gained to make some changes and improvements for the Spring conference of 2004.

Able support and guidance was provided by Amy Bush, the conference co-chair. Special kudos go to the volunteer mentors agreeing to accept this role on short notice: Reggie Nettles, Daryl Yoder, Tom Large, Susan Lieberman, Lenore Pomerance, Trish Cleary, Mary Dluhy, Irwin Sacks, Cook Reed, Judy Tyson, Ron Kimball, Katherine Thorn, and Ari Kopelow.

I look forward to the challenge as current Chair and welcome emails (PTIMINI@ATTGLOBAL.NET). Please call or email in advance to volunteer early to insure we have an adequate pool of mentors. Thanks also to Bob Schulte and the Board for their faith in selecting me for this chairmanship.

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MAGPS

2004 EVENTS CALENDAR

Friday March 12, 2004
GPAA/MAGPS Cinema Series
The Company of Strangers (1990)
Trish Cleary & Micario Giraldo
WSP Conference Room
5:45—9:30 PM

April 30, 2004
Pre-Conference Institute
AGPA Course:
Principles of Group Psychotherapy
Holiday Inn Select, Bethesda, MD

May 1 & 2, 2004
Annual Spring Conference
Social Dreaming Matrix:
Image & Symbol
Mary Dluhy, MSW & Sy Rubinfeld, PhD
Holiday Inn Select, Bethesda, MD

Friday September 17, 2004
GPAA/MAGPS Cinema Series
To Be Announced

November 5, 6 & 7, 2004
Annual Fall Conference
The Space Between in Group Therapy:
A Multidimensional Model of Relationship
Ruthellen Josselson, PhD, CGP
Omni Hotel, Charlottesville, VA

Continued from Page 1 (Nettles)

Reggie: How does the idea of a social dream relate to group psychotherapy?

Mary: The Social Dream Matrix is a different format that has more in common with the large group experience than a small group. In the matrix, the focus is on the dream, not the dreamer. We associate and derive meaning from the shared associations, but not the same way that we may interpret dreams for therapeutic purposes.

Sy: The people who are present and productive will have renewed experience of the power of the unconscious to produce meaning and symbols for all therapies.

Mary: The social dream is not a different kind of psychotherapy group. My awareness of the matrix, however, has broadened my level of responsiveness to dreams in groups. If I hear a dream, I am aware that it may include the context of the larger system, the family, the group, and so on. It has broadened by responsiveness, for sure!

Sy: Certainly many of us use dreams in our psychotherapy groups. Mary strikes me as a person who always used her dreams. In our faculty work, Mary will often share a dream with the group. Over the years she has sensitized me to the value of using dreams in a variety of situations where people come together to study and do intellectual as well as emotional work. In fact, it was Mary who strongly suggested that I come into a workshop led by Gordon Lawrence, using the social dream matrix.

Mary: We both attended a Gordon Lawrence workshop in Israel several years ago. I was just enthralled by the process. It is profound to be in a situation where the many unconscious linkages between participants and events in the world can simultaneously come together for study in this way. Understanding the social dreaming matrix can be enormously enriching in all forms of therapeutic work, whether individual, group, or couples. This process can also be applied in organizational work and consulting. A consultant could in fact ask participants in a work group to share dreams and use them to better understand the organizational culture.

Reggie: What will people gain by being part of the social matrix of this conference?

Mary: We want people to participate and become part of the matrix of the weekend event. We want them to bring their dreams, even dreams from the past. Gordon Lawrence once spoke about a Tavistock conference in the 1980's in which members' dreams seemed to speak to the conference-as-a-whole.

Sy: People will become more sensitized to the value of dreams in all aspects of their work.

Mary: In addition, I think people will come away with a deeper appreciation for what is lost when dream content is not allowed in or is not examined.

Reggie: If dreams are overlooked, then, a rich source of data can be missed?

Mary: Absolutely. If we pay close attention to dreams shared in these sessions, the associations can be extremely rich, even poetic, at times. This is very exciting work. There is potential for real transcendence in the use of dreams in the learning that can occur in this conference.

Sy: When a therapy group is going on, bonds are formed between people. Unconscious connections that people make become part of their dreams. This is dramatized in the matrix. A veritable spider web of connections is made.

Mary: Dreams are shared and then dialogue occurs so that we can work on integrating and understanding rationally the things that are important to the work group. In this conference, we expect that people will come out with a deep appreciation for the social dream as well as the matrix in which it grows.





MAGPS NEWS

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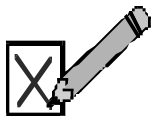
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MID-ATLANTIC GROUP PSYCHOTHERAPY SOCIETY



SAVE THE DATES May 1 & 2, 2004
2004 ANNUAL SPRING CONFERENCE

Social Dreaming Matrix: Image & Symbol

with Mary Dluhy, MSW, CGP, FAGPA and Sy Rubenfeld, PhD, CGP

Holiday Inn Select - Bethesda, MD

Pre-Conference Institute April 30, 2004
AGPA Course: Principles of Group Psychotherapy



GPAA /MAGPS CINEMA SERIES

Trish Cleary, Chair & Nancy Swain, Co-chair

Friday March 12, 2004

The Company of Strangers (1990)

Trish Cleary & Macario Giraldo

5:45 to 6:30 PM - Light Supper & Wine
6:30 ~ 9:30 PM Feature Film & Discussion
Washington School of Psychiatry Conference Room

For Reservations - Call 202-237-2700

Put In Your Calendar!

November 5, 6 & 7, 2004



MAGPS ANNUAL FALL CONFERENCE

**The Space Between in Group Therapy: A
Multidimensional Model of Relationship**

with Ruthellen Josselson, PhD, CGP

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