

MAGPS NEWS

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Fall 2007



MAGPS Fall 2007 Conference: 'From Generation to Generation and Back Again' by Reginald Nettles

As a growing and inclusive organization, MAGPS encounters intergenerational differences at all of our conferences, knowingly or unknowingly. Our Fall, 2007 conference, 'From Generation to Generation and Back Again' challenges us to journey into the heart of the intergenerational and to find our ways back with a deeper sense of understanding of how these very fluid dynamics play out in our lives and work over time. We are privileged to have a father-son team, George Max Saiger, MD and his son, Ira Saiger, PhD to lead us in this conference.

George is a long-time member and Past-President of MAGPS, and founding chair of the Center for Study of Psychotherapies for the Aging at the Washington School of Psychiatry in Washington, D.C. His psychiatry practice includes the directorship of the Senior Intensive Outpatient Program at Montgomery General Hospital in Maryland. Ira is founder of the Society for the Study of Psychology in Popular Culture and visiting professor of psychology at Yeshiva University in New York City. He also works as a developmental psychologist in the Head Start Program at Yeshiva.

George and Ira have put together a unique conference experience that will include both experiential learning and use of video material from film and popular culture. Excerpts from several well known films, including "On Golden Pond", "Raisin in the Sun", and "Avalon" will be shown. Opportunities to view some lesser known films will also be available to participants. The conference will examine intergenerational issues and themes in therapy groups as well as the larger society. Issues that emerge between generations that reflect the sandwich generation phenomenon, affiliation between grandchildren and grandparents, becoming caretakers of parents, misunderstandings due to cultural shifts between generations, unresolved childhood conflicts manifested in mid life and later, and multicultural and immigrant experiences will be explored. Important psychological issues that emerge between generations, including respect, envy, disdain, dependency, and honor will be examined.

Continued on Page 3

What's Inside??

Letter from the President2	AGPA Scholarships	3
Interview with the Saigers3	Member Memos)
AGPA Annual Meeting in DC5	MAGPS Cinema Series1	1
Spring Memories & Pictures6	Listserv Announcement1	1

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Letter from the President

Dear Colleagues:

Your new Board met in June with renewed energy and excitement following our dynamite Spring conference chaired

by Venus Massalem and conducted by our new conference chair and Presidentelect, Reggie Nettles. Venus gives you all the conference details in this newsletter. Our new Spring conference chair is Margo London.

While Reggie was putting the finishing touches on his presentation he was also submitting a proposal for an all day workshop on behalf of himself and his committee to the AGPA 2008 Conference program committee. The proposal was accepted, so in addition to chairing our Fall conference Reggie will be working with his committee members — Venus Massalem, Farooq Moyhuddin, Cheryl Poe, Ivory Clarke-Roberts, Tom Wessel and myself- to refine the workshop.

We are very proud to have George Max Saiger, MD and his son Ira Saiger, Ph.D presenting our Fall Conference. Reggie previews this conference and Leon Paparella interviews our presenters.

At our Board meeting we authorized new MAGPS member Rob Williams to redesign our website and be our new webmaster. The Board, including Sally Brandel as our new Secretary and Publications Committee chair, applauds Rob's efforts.

Our new membership chair, Deb Sinek, thought all she needed to get the directory out last May was a walk-through with the directory's programmer, until she discovered he had disappeared off the face of the earth! She spent the summer recreating a new program that produces the directory with the advantage that it is not programmer dependent. Look for it soon.

Last, but not least, co-chairs of AGPA's Local Host Hospitality Committee, Molly Donovan and Barry Wepman, have updated us on their committee's accomplishments to ensure a great welcome to AGPA's 2008 Conference next February.

Sincerely,

Lenore M. Pomerance, President, MAGPS



Continued from Page 1

Small process groups will be central to understanding how intergenerational themes are manifested in groups. Two of the small groups will be co-led by mother-son pairs: Anna Lake, MSW, CGP and Bradley Lake, MSW, and Rosemary Segalla, PhD, CGP and Roger Segalla, PhD. Another small group will be co-led by Michael Kaufman, MS and Maria Ross, MSW. Three of our small groups will be individually led by MAGPS members Molly Donovan, PhD, CGP, Marjorie Lane, LCSW, CGP, and Joan Medway, PhD, CGP. Traditionally, MAGPS invites one small group leader from outside of the MAGPS area. We are pleased to have Sherrie Smith, LCSW, CGP, in that role this time. Sherrie is Assistant Professor and Director of Group Therapy Services and Continuity of Care programs, Department of Psychiatry, University of Rochester. She is also the current chair of the National Registry of Certified Group Psychotherapists and member of the AGPA Executive Committee and Board of Directors. Continuing education credits (12.5) will be provided for licensed professional counselors, psychologists and social workers who attend the conference in its entirety. A "Community Meeting" along with our usual fall banquet will be held on Saturday evening.

As Fall Conference Chair, it has been a pleasure for me to work with the guest presenters and small group leaders as we have discussed various aspects of the conference. I have also had the support of several MAGPS members and Board Members who have joined the Fall Conference Committee. Special thanks to Venus Masselam, Lenore Pomerance, Deborah Sinek, Sally Brandel, Ivory Roberts-Clarke, Farooq Mohyuddin, and Brandon Phillips for their work in putting this conference together. Special thanks are also due to Michelle Surwit, artist, who has developed the art work for this and other MAGPS conferences in recent years.

The MAGPS Fall Conference will be held November 2-4, 2007 at the Holiday Inn Select, Solomons, Maryland. Solomons is a waterfront fishing village 55 minutes south of the Washington, DC beltway where the Patuxent River meets the Chesapeake Bay. It is accessible by car or by boat. The hotel is a quiet and comfortable conference center with panoramic views of the waterfront. A special room rate of \$103.00 per night, double occupancy, will be available to conference attendees who register before October 2, 2007 (800-356-2009). Be sure to mention reservation ID# M12 to obtain the discounted rate.

Interview with Drs. George (G) and Ira (I) Saiger

By Leon Paparella

Leon: What intergenerational issues are being played out in our society?

- *I:* The demographics in the United States show the elderly population growing by leaps and bounds and acquiring power and clout. In the past they were nearly forgotten, now they are a force with which to be reckoned. Also, given the correlation between generational and cultural differences, there is an added dimension of difficulty in understanding between generations.
- **G:** I agree with Ira and would add a couple of other factors. For some or for many, the greater life span of seniors comes with "vigor" and a higher quality of life, which, in turn, increases competition for leadership positions. Also, another source of tension is that the increased number of disabled elderly makes care-giving responsibilities more burdensome for those in younger generations.

Leon: What intergenerational issues do you see affecting families?

I: "Control" and/or "loss of control" is a dynamic I have observed. For example, law firms have mandatory retirement age of 65-70, forcing attorneys to retire before desired. After they retire they form their own businesses. Also, because increasingly adult children have to take care of parents, they may feel their ambitions are thwarted.

Continued from Page 3

G: I'd like to emphasize "attachment theory" in response to this question. The affectionate bond between parent and adult-child persists. The feelings of respect, love and honoring the wisdom of the elderly are present. From my experience, when an old family member dies, people do experience a loss and do grieve, whether they are able to acknowledge it or not, is another matter. Since the care-giving relationship is loaded with ambivalence and/or care-giving chores.

Leon: What have you experienced in clinical settings?

- I: I have worked in Head Start programs with teen and young-adult parents with whom I identified. But the intergenerational issue that was most notable for me was "supervision" experiences. My supervisors were exclusively older women who did not understand my concerns. Also, I had few male colleagues. So, intergeneration and gender issues were most prominent.
- G: As a geriatric psychiatrist working with older people, a strong emphasis has been their relationships with adult children. I have heard much resentment expressed by seniors. They feel "not taken seriously," "not understood," and "not valued." Also and in contrast, I have heard expressed by the elderly at various holidays and special events, great satisfaction when young family members function well in their roles as parents, spouses, dinner hosts, and members of their own churches and synagogues.

Leon: What about your relationship, father and son, what have you experienced working on this conference?

- *I*: I have fallen into a familiar pattern for me of "mentor-mentee" relationship with my father. Since our professional lives overlap, it seems natural. However, I bring a wealth of my own experience and skill that is relevant to this MAGPS conference.
- G: Seeing the way he works with concepts, I feel a great sense of pride working in this arena with my son. However, there is a shadow part of my concern that has to do with being in my late sixties and moving to becoming "irrelevant" or a "wuzzy," (A term referring to someone who was but is no longer).

Leon: A final question is what intergenerational issues do you anticipate will be manifest in the conference and in the small groups?

- *I*: I'm trying not to have expectations or draw conclusions. I'm looking forward to the unknown.
- G: I'm excited about the possibilities of discovery as demonstrated by our previous conference on Multiple Minority Identities. I look forward to what might be learned in the small groups regarding similarities and differences of age, roles and culture.

Reginald Nettles, PhD, CGP

Licensed Psychologist Columbia, MD.

INDIVIDUAL, COUPLES AND GROUP PSYCHOTHERAPY FOR ADULTS

Men's Psychotherapy Group Mixed Adult Psychotherapy Group Young Adult Psychotherapy Group

(410) 290-7999

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AGPA in DC February 18-23, 2008

Passion, Purpose, and Power: Dynamic Interplay in Groups

By Molly Donovan and Barry Wepman

It hardly seems possible, as the temperature today (and yesterday and tomorrow) is hovering around 95 degrees, that February and the 2008 AGPA Annual Meeting, *Passion, Purpose, and Power: Dynamic Interplay in Groups*, will be upon us before we know it. The MAGPS local hosting committee has been hard at work for the last year. We want to report to you what has been done, what remains to be done, and invite you to help out.

Program: We are pleased to announce that there will be two Special Institutes: one will be led by Ruth Ellen Josselson, who presented at the MAGPS Fall 2004 conference; the other, by Yvonne Agazarian, an international authority on group-as-a whole technique. The Institute Plenary Speaker will be Jerome Gans, another former MAGPS presenter and a long-time presence in AGPA. The public lecturer will be Robert Michaels, who, in addition to being a psychotherapist, is an expert on health care delivery. And for the Conference Plenary Speaker we will have Jeremy Holmes from London, author of *Attachment, Intimacy, Autonomy: Using Attachment Theory in Adult Psychotherapy.* We are especially pleased to announce that there will be approximately 29 workshops, panels, and institutes presented by local colleagues. We commend the Program Subcommittee chairs, Bob Schulte and George Saiger, and the subcommittee members for their work in recruiting such an outstanding lineup from local talent. The subcommittee will be looking to enlist student volunteers to help AGPA with on-site administrative tasks, in exchange for which the volunteers will be given free access to attend programs. If you have personal contact with student professionals who might be interested in volunteering, please let Bob or George know.

Hospitality: We are going to have GREAT entertainment!! Chairs Lenore Pomerance, Maryetta Andrews – Sachs, and Venus Masselam were able to enlist the *Capitol Steps* to provide entertainment at the Saturday luncheon. Bernie Stoltz and the subcommittee identified a few outstanding local bands, out of a large number of promotional videos, for the Friday night dance. AGPA has taken their recommendations and is negotiating with the bands. The committee is now at work compiling a visitors' guide to DC, so, if you have any tips, favorite spots, or hidden gems to suggest, please do so by contacting any of the chairs. As the meeting nears, we will need volunteers from the MAGPS membership to host tables for dining excursions, and to staff the MAGPS booth during the meeting itself. Both of these tasks are great ways to connect with colleagues, meet AGPA members, and contribute to the Annual Meeting in meaningful ways. You can also contact the chairs if you are interested in doing one of those jobs.

Marketing: The marketing committee has been assembling lists of local schools, hospitals, centers, programs, etc., and people associated with these programs to receive copies of the Annual Meeting brochure. We also want to distribute brochures at meetings of local professionals and at national and regional meetings being held in Washington in the months before the Annual Meeting. If you are aware of any such meetings, please contact the marketing subcommittee chairs, Nick Kirsch and Susan Jacobson, who have been spearheading the marketing efforts with thoroughgoing diligence. Also, if you are aware of any organization, hospital, program, *etc.*, which may want to rent space for a table at the conference, notify Nick or Susan.

So, that is the story to date, folks. We are excited to present this to you, and to encourage you to register for the Annual Meeting (You can do so now, on line.) and to spread the word to colleagues, coworkers, friends, trainees, and whoever you think might be interested or benefit from attending.

It is going to be a TERRIFIC meeting (best ever).





AGPA Scholarships & The Power of Group

by Trish Cleary

The American Group Psychotherapy Association truly exemplifies the power of group. AGPA provides a secure environment for growing and nurturing our professional capabilities as group psychotherapists while graciously welcoming new generations of professional peers into our community with Annual Meeting registration discount opportunities and scholarships.

As the Chair of AGPA's Group Psychotherapy Foundation Scholarship Committee, I am impressed with AGPA's dedicated outreach and funding efforts in order to provide tuition discounts and scholarships to those who otherwise would not be able to attend our annual meetings.

- Did you know outreach for tuition discounts and scholarships extends not only to students and new professionals interested in group psychotherapy but also to active duty military providers and mental health agency providers wanting to expand their group therapy skills?
- Did you know AGPA subsidizes all tuition discounts and scholarships upfront by fifty percent before the GPF approaches the membership and others for matching scholarship contributions?

Are you impressed too? If so, I hope you are inspired to promote the upcoming AGPA Annual Meeting in DC by identifying scholarship applicants and giving generously to the GPF donated scholarship fund.

The following excerpts of letters from recent scholarship recipients to AGPA and its scholarship donors poignantly mirror our capacity as a group to connect, nourish and actively support one another.

- ♦ I want to thank the scholarship committee for helping me attend an event of such magnitude and to thank those philanthropists whose generosity sustains the art of group therapy and encourages scores of beginning therapists to get their "therapeutic legs."
- ♦ The AGPA Annual Meeting was a life changing experience for me. I'm hooked!
- The friendships, partnerships and professional relationships at the Annual Meeting feel real and important in a way that does not seem to exist at other conferences I have attended.. I am, simply, in love.
- ♦ AGPA is a significant source of my training and inspiration as a clinician and has been one of the most helpful components of my education as a professional.
- ♦ I attend a lot of different meetings on a yearly basis as a child psychiatrist. After two years at AGPA, I've decided to make it my annual personal/professional retreat.
- ♦ I, as well as others, have decided to "adopt" AGPA as their professional family, but more than "adopting," I feel I have been "adopted" by AGPA vis-à-vis the scholarship program.
- ♦ I will give back to AGPA through volunteering, promoting the organization via its website "www.agpa.org" and providing someone else a scholarship opportunity in the future.
- ♦ Because I was able to save money in my budget and as thanks for providing financial assistance to me, I will be making a donation to the general scholarship fund.
- ♦ The entire annual meeting experience fed my mind and soul and made me proud to be a psychotherapist and a member of AGPA.
- ♦ I feel renewed and rejuvenated and ready to be a therapist again.

Member Memos by Deborah Sinek (This Column is a space devoted to chronicling members' achievements and activities. Information should be forwarded to Deborah Sinek at 434-979-0808 or dmsinek@yahoo.com.)

Joan Medway was recently elected to the board of AGPA. **Steven Van Wagoner** is running for the board.

A number of MAGPS member have recently be appointed to leadership positions at The Washington School of Psychiatry. **Michael Stiers** is the new Director and Chief Academic Officer of the School. **Maryetta Andrews-Sach** has been elected the new Chair of the National Group Psychotherapy Institute. **John Thomas** is the new Dean of the Institute. Two of the five new faculty for the Institute are members **Barry Wepman** and **Farooq Mohyuddin**.

Reginald Nettles has had two recent publications: "Multiple minority identities in group psychotherapy: Ethnic minorities, same gender sexual orientation, and

people with disabilities" appears in *The Group Psychologist*, Vol. 17, No. 2. The second publication, "Challenges to health African American lesbian, gay, bisexual, or transgender status," appears in the August issue of *Communique*, the online newsletter of the APA's Office of Ethnic Minority Affairs. The special section, Psychological Perspectives on Sexual Orientation in Communities of Color, is available online at: http://www.apa.org/pi/ocma/special_section_august%202007_communique.pdf.

Susan Jacobson and **John Rhead** have an article appearing in the next issue of *Voices: The art and Science of Psychotherapy*. It is entitled "Group therapy: an owner's manual: How to get the most out of group psychotherapy."

Updated Website Ready

Make the new Society website, **www.magps.org**, one of your "favorites" and with a click of your mouse you will be able to contact Board members, find conference registration forms, look for yourself in the conference photo albums, and find referrals within our membership. Rob Williams, a MAGPS member, has updated the original website developed by Trish Cleary using conference artwork and new website technologies. Take a look. We hope you will like what you see. By making the site a "favorite," you can readily return.

It is no longer a secret, nor merely an assumption, that men in our culture are taught to function emotionally in ways that are different than women. It is also apparent that some of these ways of functioning can be less than ideal for living a healthy, productive and dignified life. Sometimes "issues" arise. (Men don't have "problems," we have "issues.") Dealing effectively with these "issues" becomes difficult because of the same learned societal expectations that led to their presence in the first place. One helpful alternative is a therapy group for men.

Announcing the formation of a Psychotherapy Group for Men $\,$

To begin when 6 to 8 members have been recruited.

Where: 910 17th Street, NW, Suite 306

Washington, DC 20006

When: **Monday evenings, 5:30—7:00 PM**

If you have questions or a referral, contact:

Ron Kimball, PhD, CGP 202-452-6257 r.rkther@verizon.net

Washington School of Psychiatry

Group Psychotherapy Training Program

announces the 6th presentation of the

NATIONAL GROUP PSYCHOTHERAPY INSTITUTE

The Institute offers a two-year program of six intensive group weekends, each focusing on one of the major modern approaches to dynamic group psychotherapy, and each offering multiple opportunities within the faculty/member community for didactic and experiential learning. The institute participants will explore these perspectives through readings, paper and panel presentations, observation groups, large and small group experiences.

The Institute is a lively forum for the study of groups and group culture. Learning occurs by observing and experiencing the formation of the group, sub-grouping and boundary issues, the role of the therapist, transference, counter-transference, resistance, acting out and racial and cultural differences.

Each conference provides 12 hours of continuing education credits including psychologists and social workers and also CME credits for psychiatrists.

WSP has been training group therapists since 1962. The NGPI was added in 1994 and has been supported by the AGPA through a grant from the Group Psychotherapy Foundation.

The Institute welcomes registrants for either the entire Institute Series, with assignment to an ongoing small group, or on a *per conference* basis, with assignment to a small group for that weekend only. Past NGPI participants and graduates of the Group Program are always welcome to return for individual conferences of interest or the entire series.

For more information contact WSP at 202-237-2700 or www.wspdc.org.

The Program

Webs, Tangled & Otherwise: Systems in Group Therapy & Elsewhere

Ayana Watkins-Northern, PhD, CGP John Thomas, MSW, CGP Co-Chairs October 12-13, 2007

Love & Hate in the Group Setting:
A Modern Analytic Approach
Ronnie Levine, PhD, CGP, FAGPA
Guest Presenter
Steven Van Wagoner, PhD, CGP, Chair
January 25-26, 2008

Evolving Subjectivity:
Relational Theory & Group
Psychotherapy
Molly Donovan, PhD, CGP
Mary Ann Dubner, PhD, CGP
Co-Chairs
April 18-19, 2008

The Group & the Other: Where is the Father in Today's Groups and Society? Macario Giraldo, PhD, CGP, Chair September 26-27, 2008

Fostering Regression:
The Omnipotent Child
Takes Center Stage
Stewart Aledort, MD, CGP, Chair
January 23-24, 2009

Beyond Theory:
The Art of Group Psychotherapy
Bob Schulte, MSW, CDP, Chair



Cinema Series 2007-2008

Anna Lake & Eileen McClatchy, Co-Chairs

The up-coming season offers a selection of diverse and intriguing films. The Series, sponsored by MAGPS and the WSP Group psychotherapy Alumni Association (GPAA), is an opportunity for clinicians and friends to enjoy a film with experienced facilitators and group discussion.

Each evening includes time for socializing with a light supper before the film. CEU's are available. A donation is always greatly appreciated. The event is held at:

The Washington School of Psychiatry 5028 Wisconsin Ave., NW, Ste 400 Washington, DC

All screenings are on Friday evenings. The starting time is 5:45pm, and due to security concerns, please arrive before 6:15pm. Reservations in advance are requested: 202-237-2700.

September 28, 2007

Junebug

Director: Phil Morrison

Moderator: Leon Lurie, MSW

"A funny/painful study of clashing culture and repressed hostilities within a tightly knit North Carolina clan." ...Stephen Holden, New York Times

December 7, 2007

Tsotsie

Director: Gavin Hood

Moderator: To Be Announced

"Tsotsie is the tale of a Johannesburg shantytown hoodlum nicknamed Tsotsi who rediscovers his humanity. In Tsotsie, ethnicity play a seconday role to the more complex issues of class and social disparities." ... Andre Soares, New York Times

April 25, 2008

Film and Moderator to Be Announced

MAGPS Listserv Available to You

All MAGPS members will have been invited to participate in a new listsery—hopefully by the time you read this newsletter. Participation is intended to enliven the organization and keep abreast of continuing educational and practice opportunities between conferences and AGPA annual meetings. The listserv is available for professional purposes only. Members may advertise their group openings, give and get referrals, ask for consultation, mindful of confidentiality requirements, share ideas about books, movies, specialized treatment centers, and post information about office space availability. The listsery does not encourage grousing or promoting political views—as experience suggests that such postings tend to drive away all readers except the promoters and grousers. You will have the opportunity to "opt-in" and "optout." We hope you will opt-in and use the listsery in support of your work as a group psychotherapist. you have "how to" questions, please contact Rob Williams at (rob.williams.msw@gmail.com)

New Group Forming: SEEKING GOD IN THERAPY

Structurally this is a traditional, existentialpsychodynamically-informed experiential, psychotherapy group. It will emphasize the here-andnow experiences of the members, especially as these pertain to relationships between members. It will presume that unconscious motives need to become conscious for the quality of life to be enhanced. It will differ from a traditional psychotherapy group only in its being guided explicitly by the assumption that the obstacles to meaningful and deep interpersonal relationships between members and with significant others outside the group are the same as the obstacles each member has to meaningful and deep communion with God. The term "God" is used broadly and inclusively.

The group will meet in my office:

5560 Sterrett Place, #205 Columbia, MD 21044

at a time to be determined and when enough members have committed to 16 weeks.

John C. Rhead, PhD, CGP: (410) 997-5060



MAGPS NEWS

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MAGPS FALL 2007 CONFERENCE

From Generation to Generation And Back Again

Presenters George Max Saiger, MD Ira Saiger, PhD

November 2-4, 2007

Holiday Inn Select Solomons, Maryland

SAVE THE DATES

APRIL 26 & 27, 2008

MAGPS 2008 Spring Conference



Topic & Presenter(s)
To Be Announced

Johns Hopkins Rockville Campus

GPAA/MAGPS Cinema Series

Anna Lake & Eileen McClatchy, Co-Chairs

Friday, September 28, 2007



Junebug

Leon Lurie, Moderator

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

For Reservations — Call: 202-237-2700