Volume 11, Issue 1 Spring 2003

An Interview with Howard D. Kibel, MD, CGP, DFAGPA by Harry S. Gill, MD, PhD

Harry: How do you conceptualize the "social unconscious?"

Howard: I think of the social unconscious in terms of the influence of social factors on the way the unconscious gets expressed. Confusion results without form to express what is inside: the psychological sense of the self is associated with socially induced affects and the physical sense of self with both biological and social components. The unconscious, therefore, is influenced by social factors and is expressed as a facet of the ego. The ego, at the very least, can be considered inand-of-itself a social entity.

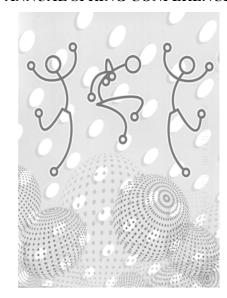
Harry: How does the social unconscious develop internal objects?

Howard: The unconscious which is composed of ill-formed internal perceptions and affects, is shaped by social experiences and thereby influences the development of internal object representations. Clearly, those who believe in the trans-generational transfer of trauma recognize social factors as significant in the development of internal objects.

Harry: How do psychoanalytical and sociological perspectives reflect the social unconscious?

Howard: These two perspectives can be viewed on a bipolar continuum. For the psychoanalytic perspective, personal factors shape the individual. For the sociological perspective, context shapes experience. Certain patients, particularly ones with more severe psychopathology, are often influenced by contextual factors. Yet, everyone is represented

The Mid-Atlantic Group Psychotherapy Society ANNUAL SPRING CONFERENCE



THE SOCIAL UNCONSCIOUS AT PLAY: INFLUENCING THE GROUP PROCESS

With Howard D. Kibel, MD, CGP, DFAGPA

Saturday, April 26 & Sunday, April 27, 2003

Holiday Inn Select, Bethesda, MD

(Continued on page 11)

CEU'S AVAILABLE: 12 CONTACT HOURS

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A Letter from the Secretary

by John Thomas, MAGPS Secretary

As many of us were made aware via the January 2003 letter from our President, Emily Lape, the timing of our current election cycle has been thrown off, owing to the untimely death last year of the then President-Elect and Conference Chair, our friend and colleague Barry Bukatman. Following a special election, Bob Schulte assumed Barry's office and duties, and Irv Sacks moved into Bob's vacated Treasurer's job.

A PROBLEM SURFACES...

Owing to the Nominating Committee's not being able to find a candidate to stand for President-Elect in this election, the Board of Directors confronted a potential future void in both leadership and conference planning functions. Notwithstanding that continuing efforts would be made to find a suitable candidate, there was considerable risk to the Society's functioning in the event such a person couldn't be found in a timely manner.

After considering the situation, the Board then developed two options for dealing with it:

- The first would have held the election without a candidate for President-Elect, with the hope that someone would come forward to fill that position at a date not too far in the future.
- The second called for Emily Lape to remain as President and Bob Schulte as President-Elect for one more year. By then, presumably, a Society member would have been found to take on the President-Elect position, and would serve a one year term (2004-2005), with Bob assuming the presidency for the same one year period. We would then re-enter a normal election cycle with elections in January 2005 for the usual two year terms.

Since this second option marked a departure from the By-Laws governing our elections, it required that a membership meeting be held in which the merits of the two options could be discussed and a formal vote taken. In accordance with an announcement made to MAGPS members on February 1, 2003, a membership meeting was held on February 15, at the Washington School of Psychiatry, to consider the issues. Ten people attended the meeting and 36 absentee ballots were submitted by mail. For purposes of constituting a quorum, these ballots were counted and the quorum requirement (41 votes) was met.

(continued on Page 9, column 2)

MAGPS BOARD OF DIRECTORS					
PRESIDENT	Emily Lape 4	134- 243-5150	MEMBERS-AT-LARGE		
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SECRETARY	John Thomas	703-435-7052	NEWSLETTER EDITOR & WEBMASTER		
PAST PRESIDENT	Nina Brown	757-683-3245	Trish Cleary	301-654-4936	

SPRING 2003 CONFERENCE

by Bob Schulte, Conference Chair

The Annual Spring Conference, "The Social Unconscious at Play: Influencing the Group Process" features Howard Kibel, MD, CGP, DFAGPA. Affectionately known by his friends and colleagues as 'Howie,' Dr. Kibel is an internationally recognized leader in the field of group psycho-therapy and a past president of the American Group Psychotherapy Society.

Social forces are at play...

The Conference location was changed from the Uniformed Services University of Health Sciences: USUHS out of concern that military action in the Middle East would trigger security restrictions causing our event to be cancelled. The new Conference location is at the Holiday Inn Select in Bethesda on Wisconsin Avenue, two blocks from the Bethesda Metro Station - Red Line.

Good news! The demonstration groups will be amplified with lapel microphones.

The small group leader team includes: Gloria Meyers-Beller, Macario Geraldo, Nicholas Kirsch, Rachel Lenn, Cooke Read, Connie Vitale, Tom Wessel and Isaiah Zimmerman.

Volunteers are needed to help with on-site conference responsibilities. To volunteer contact Bob Schulte, Conference Chair, 703-838-1633.

The Fall 2003 Annual Conference "Integrating Interpersonal & Existential Approaches to Group Therapy" features Molyn Leszcz, MD, FAGPA. 1



Holiday Inn Select - Solomons Island, MD

Why Volunteer at a MAGPS Conference? by Michael Loscalzo

I never felt as connected to MAGPS until I responded to a request for volunteers buried in a sea of junk emails. The decision to respond with "sure, what can I do?" came easily after reflecting on past group supervision.

- Groups need care and feeding
- Group members need to give something to feel included.
- Groups need new participants to survive.

My experience of helping with on-site registration was a great way to put names to faces. As conference snafus surfaced, experienced members were always nearby with a helping hand. By the end of the weekend, I couldn't remember having a better time. Volunteering with MAGPS is a fun way to meet other members and give back something to a great organization.

What we tell our group members is true:

If you want to feel part of a group, You need to participate.

Letter from the Editor

Trish Cleary, Newsletter Editor & Webmaster

I have enjoyed serving MAGPS over the past three years as newsletter editor and webmaster.

Now, it is time to pass the baton, or in this case the software, to another member of MAGPS.

What many of you may not realize is I had no prior experience in the field of publications: editing, layout and design. The Board asked me to take the job with the expectation to succeed and facilitated my success by providing tutoring from Susan Culbertson of KIND Technology.

Your patience with my learning curve and appreciation of my efforts have been a valued part of the job for me.

Thank you, Trish







COMMUNITY

Fall 2002 Conference in Williamsburg, VA by Bob Schulte, MSW, Conference Chair & Amy Bush, PhD, Co-Chair

After a week of rain, the skies cleared and the Annual 2002 Fall Conference commenced in Historic Williamsburg, Virginia. Seventy-five attendees joined guest presenter Philip Flores, PhD to explore the conference theme, 'Addiction as an Attachment Disorder: Implications for Group Therapy.' A format variation on the demonstration group changed group participation for each of three sessions. The dynamic was transformative and will be utilized again at the spring conference.

Many thanks to small group leaders Carolyn Angelo, Mary Dluhy, Susan Jacobson, Ron Kimball, Darryl Pure, Sy Rubenfeld and Rosemary Segalla for facilitating participants in their small group experiences.

A live performance at the Saturday evening banquet by Dance Exchange Artist Margot Greenlee was entertaining and interactive.

We want to extend an extra thanks to the volunteers who helped with the many on-site tasks of the conference; their team spirit and graciousness made the conference a joy for us.



CONNECTIONS

Photographs by Linda Parkes































We could have danced all night...





COMMUNITY

MENOPAUSE SUPPORT GROUP

What:

A workshop in a confidential setting to explore tools for coping with menopause in a holistic context.

Who:

Lenore M. Pomerance, LICSW

Certified Menopause Educator Psychotherapist in Private Practice Writer and speaker on issues concerning women, sexuality, and aging.

When:

The first Tuesday of every month: Beginning: Tuesday, April 8, 2003 7 – 8:30 p.m.

Where:

2000 P St. NW Suite 720 Washington, D.C. 20036

Why:

Approaching menopause holistically gives appropriate weight to all the choices available in dealing with the long-and-short-term effects of menopause and aging: hormone therapy, lifestyle changes, counseling, complementary practices.

How:

To register - Contact: Lenore Pomerance: 202-333-2434 or Lenore@menopausecounseling.com There is a \$15 fee to attend.

MAGPS 2003 Events Calendar

March 14, 2003
GPAA/MAGPS Cinema Series
Celebration 1998
John Dluhy & Bob Schulte
WSP Conference Room

April 26 & 27, 2003
Annual Spring Conference
The Social Unconscious at Play:
Influencing the Group Process
Howard D. Kibel, MD, CGP, DFAGPA
Bethesda, MD

September 12, 2003
GPAA/MAGPS Cinema Series
Babette's Feast 1987
Pat McCallum
WSP Conference Room

October 31 - November 2, 2003
Annual Fall Conference
Integrating Interpersonal & Existential
Approaches to Group Therapy
Molyn Leszcz, MD, FAGPA
Solomons Island, MD

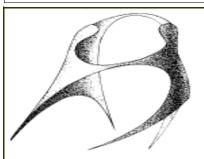
Fall 2003

Annual Training Day Bethesda, MD

For more Information:



www.magps.org



Amy Bush, PhD, CGP Larry Liesner, BS "Most people waste their lives searching for the perfect lover when they ought to be working on the perfect love"

Tom Robbins, Still Life with Woodpecker

The Couples Program

703-442-8088

FOCUS



GPAA/MAGPS Cinema Series

Trish Cleary, Chair & Nancy Swain, Co-chair

March 14, 2003 <u>Celebration</u> 1998 John Dluhy & Bob Schulte

5:45 to 6:30 PM - Light Supper & Wine 6:30 - 9:30 PM Feature Film & Discussion

The Cinema Series is free psychoeducational program for mental health providers and guests.

Receive up to 3 free CEU's from the Washington School of Psychiatry for each Cinema Series event.

Reservation Suggested - Call 202-237-2700

See corresponding article on Page 10

I'm pleased to announce the opening of my Full-time Psychotherapy Practice.

To all who helped me reach this shore, my heartfelt appreciation.

Robert Schulte, MSW, CGP

119 South Saint Asaph Street Alexandria, VA 22314 703-838-1633



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5th Presentation

of the

National Group Psychotherapy Institute

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

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George Saiger, MD, FAGPA, CGP 301-770-5016 gsaiger@mindspring.com

The Women's Center/MAGPS Group Training Program

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

703-281-2657

2003/2004 Membership Directory Gets a Sophisticated New Look

Amy Bush, Membership Chair Bob Schulte, Member Services Chair

Each new year brings an opportunity to welcome old and new members and extend an invitation to become more involved in the activities of the society. The Member Services and Membership Committees have collaborated to facilitate this goal with a glossy new Membership Directory.

The new directory will include traditional information about members and sport a special section on member services and programs.

There will be information about the Mentoring Program, Newsletter, and a variety of volunteer opportunities.

Membership applications are available to join MAGPS or renew your membership. Scholarship opportunities and Awards information will be available with applications forms.

If you are interested in community activities and training opportunities, you can find schedules for the Spring and Fall Conferences, the Annual Training Day, the AGPA Annual Meeting and Seminar Cinema Series events.

Information about the website will provide you access to past newsletters, the community photo gallery, advertising and up-to-date detailed information about programs and services.

There will even be a special segment on MAGPS history. (Can you name the first President of MAGPS?)

This will be more than a directory. It will be a guide and an introduction to the community and the society with all its opportunities and benefits.

Be sure to send in your renewal form if you are a member and please join us if you haven't yet. You won't want to miss the chance to be included and to have a copy of this valuable resource. It contains everything you always wanted to know about MAGPS.

TWC/MAGPS

by Hilary Casaretto, TWC/MAGPS Director

The Women's Center in conjunction with MAGPS continues to offer training opportunities for externs and therapists interested in expanding their knowledge of group therapy.

In September, Marjorie Lane presented an inservice titled, "The Secret Life Of A Group." Upcoming Spring events include an inservice presented by Amy Bush and Larry Liesner titled, "When You Think Your Spouse Knows More Than You Do: My Life As A Co-Therapist" and a group process weekend co-facilitated by Kirsten and Bruce Pickle.

As we plan additional in-services, we look forward to involving other MAGPS member presentations.

If you are interested in presenting an in-service training session at the Women's Center - Please contact Hilary Casaretto: 703-281-4928

MAGPS 2002 Annual Treasurer's Report by Irwin S. Sacks, PhD, Treasurer

2002 turned out to be a financially good year for MAGPS. The Spring and Fall Conferences combined earned \$5,382.51 (\$4,731.00-Spring and \$651.51-Fall).

Our total net worth as of 12/31/02 is \$26,096.36 with \$5,111.37 in investments and \$20,984.99 available for check writing and VISA. Total income from all programs exceeded expenses by \$4,271.75.

Long-term stock investments depreciated \$1,554.79 for the year. This loss, however, represents only a paper loss as no stocks were sold or traded. Improvement in our performance is expected over the long term as our investments are on a five-year schedule.

An approved 2003 budget as well as a more complete itemized treasurer's report can be obtained from the Treasurer, Irwin S. Sacks at 757-498-9391 or irsacks1@cox.net.

Annual Training Day November 16, 2002

by Venus Masselam, Co-chair

It was gray, cold, and raining on Saturday, November 16, 2002, the Ninth Annual Training Day, LEADERSHIP SKILLS FOR SUCCESSFUL GROUPS. The snipers had been apprehended just a few weeks earlier and everything was set for an experiential training day. Elaine Klionsky continued in her capacity as co-chair as she had the year before and I was fortunate to co-chair with her. Loyalty to Barry Bukatman's memory made things possible at the Topaz building where six clinicians volunteered the use of their offices for the day.

Attendees from a variety of disciplines and work settings agreed to the commitment of a full day's attendance and participation, while a dedicated faculty accepted the responsibility for creating a safe environment where leadership skills could be demonstrated and the benefit of group movement result in personal learning. Continuity from earlier training days was provided by emeritus chairwoman Lenore Pomerance who provided supervision for the faculty during a luncheon meeting. The faculty included Victoria Balenger, Debra Babarsky, Alicia George, Nick Kirsch, Gloria Meyers-Beller, and Katherine Thorn. Due to limited numbers of registrants, the faculty, who actually led groups this day, were Victoria, Nick and Gloria.

The enthusiasm of the leaders was conveyed to the participants, who were both verbally and in the written evaluations, exuberant in their praise of the leaders' modeling and instructive demonstration. Specific comments attested to the good feelings group members experienced in getting to know other participants and about the quality of the leaders' insight and interventions. All participants who were first time attendees were grateful for learning so much in one day. The training day was a success for all involved.

Since the number of participants diminishes each year and given the cost and work involved, it would be wise to assess if the training day needs to be reconstructed in order to reach and serve a larger number of participants.

(Continued from page 2) - Letter from the Secretary

The final votes were:

Option I: 8 Option II: 37 Abstaining: 1

AND NEW POSSIBILITIES EMERGE...

This difficult situation has revealed a flaw in our long-standing practice of having one person serve as both president-elect and conference chair: If that individual is unable to serve his or her full term, for whatever reason, **two positions, not one, must be filled.** In addition, the Board has reason to believe, based on the Nominating Committee's report of its recruitment efforts, that linking the two functions creates obstacles to Board participation for otherwise well-qualified potential candidates. Some who were approached would have been willing to serve in one capacity or the other, but not both.

But in fact, the Society's By-Laws do not call for one person's serving in both capacities. They specify only that each Board member shall chair one of the standing committees (of which there are eight) provided for in the By-Laws. Accordingly, any Board member might chair the Conference committee with his or her interests and skills the only criteria.

Furthermore, the individual chairing that committee need not bear the whole burden of running the conference, but could, depending on her or his available time, energy, and other commitments, either do the lion's share of the work or distribute it among committee members recruited from the membership at large.

The Board is hopeful that, with the foregoing in mind, Society members who have considered contributing their time and energy to its work, but who have ruled it out as too time consuming, will give the idea a fresh look.

Your efforts are welcome and will be appreciated, whether in the form of Board membership or as members of one of the standing committees. You just might have a good time in the bargain.

THE MENTORING PROGRAM

Katherine Thorn, Chair

Greeting new members and colleagues coming to experience our community for the first time is sponsored by members services' Mentoring Program. This program was launched at the Spring 2002 Conference and continues to be a huge success.

17 first-time attendees were mentored at the Spring 2002 conference at USUHS and 9 at the Fall 2002 conference in Williamsburg. A total of 15 mentors have volunteered for this program with some mentoring up to 2-3 mentees. Each was available to guide, welcome, and mentor first time attendees and new members in addition to those from the previous year.

The responsibility of a mentor can be minimal while the opportunity to make a difference is enormous. The following are two examples of the difference mentoring can make.

- While attending the Fall 2002 conference in Williamsburg, Pam Jinnahara had to go to the emergency room. What could have been a frightening out of town conference experience became a comforting experience supported by our community with Hilary Casaretto, Pam's mentor, by her side at the hospital for several hours.
- Cheryl Poe, one of our first mentees, is now the AGPA 2003 scholarship winner and an active member of our community.

Thank you to all who volunteered as mentors and participated as mentees. In all there have been a total of 50 mentoring pairs and the feedback has been exceptionally positive.

Every first-time attendee, as well as anyone else wanting a mentor, will be assigned one at the Annual Spring 2003 Conference.

For more information about being a mentor and requests to be connected with a mentor, contact Katherine Thorn, Mentoring Program Chair, at 703-288-9595.

THE SEMINAR SERIES by Trish Cleary Seminar Series & GPAA Steering Committee Chair

The Seminar Series provides psychoeducational programs to the area's mental health and group psychotherapy communities. It is sponsored by the joint efforts of MAGPS and the Washington School of Psychiatry's National Group Psychotherapy Institute (NGPI) Group Psychotherapy alumni association (GPAA). The Cinema Series is the first program offered by the GPAA / MAGPS Seminar Series.

The Cinema Series premiered on September 13, 2002 with 12 Angry Men 1957. Dr. Thomas Wessel, MAGPS board member and a NGPI faculty member, was the guest moderator. Tom introduced the film and facilitated the post-film discussion on group dynamics and themes represented in the film.

On December 6, 2002 Maryetta Andrews Sachs, WSP/NGPI faculty adviser to the GPAA Steering Committee, was the guest moderator for <u>The Breakfast Club</u> (1985).

Both evenings were well represented with WSP/NGPI faculty & alumni, MAGPS members, and guests (spouses, family members and colleagues).

Nancy Swain, Cinema Series co-chair, and I appreciate Tom and Maryetta's involvement as moderators and those attending both events. Thank you for your support and enthusiasm!

Cinema Series events are held at the Washington School of Psychiatry in the conference room. Each evening includes a light supper with wine, the feature film, a lively post-film discussion, and up to 3 free CEU's.

The success of the Cinema Series depends on film suggestions, moderators, volunteers, and participants. You can promote the Cinema Series by inviting colleagues to join you at Cinema Series events.

For more information or to volunteer contact: Trish Cleary, Cinema Series Chair, by phone: 301-654-4936 or email: trishcleary@erols.com (Continued from page 1)

on some point of this bipolar continuum.

Harry: How does the social unconscious manifest in group?

Howard: Through the social issues identified within the material of the group session. If there is talk of vulnerability in the session, the group therapist ought to consider that the members may be made to feel acutely vulnerable by events outside the group. This is readily evident with inpatient hospital groups since the context and dynamics of the environment have an enormous influence on group process.

Harry: Is group therapy well suited for exploring the social unconscious?

Howard: Both the contribution of contextual influences and the context of treatment have major effects. Yet, I don't know how much of the unconscious gets explored in the group. More likely it is the derivatives of the unconscious that the social nature of the group magnify along with the social aspects of interactions. The unconscious in group and in individual therapy have a different meanings and are indeed different phenomena. For example, in a psychotherapy group the leader may notice and interpret fears about sexual attraction only to find out that several members were consciously thinking about the subject. While this information was "unconscious" to the group, it was conscious to the individuals in the group. Regardless of whether we speak of social phenomena as "unconscious," I believe it is important to explore social factors in the group as they always, to some degree, affect the dynamics of the group.

Harry: How does the social unconscious manifest in the 'here-and-now' of the group process?

Howard: Therapists should pay attention to the There-and-Now and balance consideration of the There-and-Now and the Here-and-Now. Sometimes the There-and-Now is more important and other times the Here-and-Now dominates. Two instances come to mind in which the There-and-Now dominates. In the hospital setting, dynamics emanating from the environment usually override the processes generated by the small group itself. Another is with latency age children, whose enormous dependence on parents dictates attention be paid to the There-and-Now in addition to the Here-and-Now.

Harry: The discussion of social considerations in group process inevitably invites a consideration of recent major disturbances in social and psychological matrices in this country and the world in general. What is the impact 9/11 as a traumatic social force on the social unconscious in group?

Howard: I have been considering this question not only in terms of the effects of 9/11 on groups but also the effects on me. At the conference, I may talk about my childhood experiences growing up during World War II and the effect of my parents' experiences on me and a dream I had just after 9/11 to illustrate how what happens in the world gets played out in our (or my) unconscious.

Since 9/11 we seem to have a greater need for safety because of a feeling of greater vulnerability. For example, people who travel now experience anxieties they did not have before, and political consequences reflect the need to attach to a strong leader. When internal security is threatened, there is a greater tendency to look for an enemy without, that is, paranoid elements in the personality get a bit stronger. However, I am not sure if indeed these traits are stronger or just that my awareness of them is stronger.

I don't think I can give an answer as to how September 11th has influenced our social unconscious, or even that it is possible to answer the question now. Historians teach us that we need the perspective of time and distance in order to understand properly the factors that influence us today. It may take another 20 or 30 years before we will know how 9/11 has truly influenced the social unconscious in all of us.



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MID-ATLANTIC GROUP PSYCHOTHERAPY SOCIETY



SAVE THE DATE Saturday, April 26 & Sunday, April 27, 2003

2003 ANNUAL SPRING CONFERENCE

The Social Unconscious at Play: Influencing the Group Process

with Howard D. Kibel, MD, CGP, DFAGPA

Holiday Inn Select, Bethesda, MD



GPAA/MAGPS CINEMA SERIES

Trish Cleary, Chair & Nancy Swain, Co-chair

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<u>Celebration</u> 1998 John Dluhy & Bob Schulte

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



SAVE THE DATE

CEU'S Available: 12 Contact Hours

October 31 - November 2, 2003

2003 Annual Fall Conference

Integrating Interpersonal & Existential Approaches to Group Therapy

with Molyn Leszcz, MD, FAGPA

Holiday Inn Select - Solomons Island, MD