

THE VOICE

AUSTIN GROUP PSYCHOTHERAPY SOCIETY



An Interview with Dr. Ellen Wright

By Travis Sebera, MA, LPC

Spring 2008

Travis Sebera: Dr. Wright, it is so exciting to consider, with you, your topic of "Working with Gender Issues in Group." We look forward to you being in Austin on March 22, 2008. I remember the feminist movement, the men's movement that followed, and the somewhat blended view of 'genders are the same therapeutically.' It is wonderful to consider that there are differences and ways to work with these differences internally and in groups. I am interested to hear a bit about your background, in general, and your special interest in gender studies.

Ellen Wright: While all of us acquire our gendered role assumptions from our original family, I would like to credit my first group of male Italian cardiac patients, who I call my "Italian family", with teaching me the therapeutic impact of being a woman. In the Italian culture, sexuality and aggression are frequent bedfellows. Being a naïve doctoral student seeking to complete her dissertation, I thought that my expertise, rather than my gender, would be the primary focus of my work with these medically ill patients. As my tenure in their lives progressed, these men taught me a humbling and inspiring lesson-- that my femininity, my sexuality, was a crucial and undeniable factor in their treatment and ultimately their cure. I learned to understand that their seemingly hostile comments were a form of contact and that relationships were forged by learning to parry these comments in kind. Returning comments such as, "Hey doc, your socks are mismatched, what were you doing last night?" with my own humorous and pointed retort, "Don't you wish you were there to know!" symbolized my joining their world and ultimately confirmed for these men, injured in body and in spirit, that they were still virile, strong men who could engage even a young female doctor!

The sexualized nature of their communications also carried with it an underlying fear held by many male patients, not just those with cardiac disease-- the primitive and profound fear that women are potentially dangerous to men. Our therapeutic model professes a gender neutral belief that emotional communication is safe and progressive. For many men, emotional disclosure to significant women in their lives, has led to betrayal and humiliation. My Italian "family" taught me the essential lesson that much as I wanted to escape my womanhood, and the negative attributes associated with it, much was gained by my accepting or tolerating being seen as someone capable of seduction and manipulation, someone who could as easily love as reject. While it was, and remains, painful for me to explore and, at times, inhabit such projections, the acceptance of these gendered transferences has led to the most profound changes in my relationships with my patients, both men and women. Only by recognizing and allowing these transferences can we create the avenue for new, more constructive gender relationships.

TS: In a paper, you mentioned the idea of "pseudo-intimate connection." Would you elaborate?

EW: Yes. There are cultural clues about the variation of female/male upbringing in our society. Little girls are taught to be aware of the feelings of others, to take care of them, avoid hurting them, to be clued in to their wants and needs. The implicit threat is that if they behave otherwise, boys and, later men, will not like them. Little boys are more often trained to fix things: to do, achieve, be independent, action-oriented and competitive.

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AGPS ACTIVITIES

March 22

AGPS Spring Conference – "Working With Gender Issues in Group," with Ellen L. Wright, PhD, 8:30 am to 4:30 pm at the Doubletree Club Hotel.

March 23

Sunday Morning Consultation Group - A topical exploration of case/group material in an informal setting focusing on developing a gender-sensitive awareness as a group psychotherapist. 9:00am – 12:00 noon
Ellen L. Wright, PhD

June (Date to Be Determined)

Friday Afternoon Training – "In Search of the Group Therapist's Sexual Feelings: A workshop on a topic that isn't there" presented by Bob Murphy, LPC, LMFT, CGP and Nancy Kelly, PhD
LCSW 3 CEUs available.

October 4-5

AGPS Fall Conference - "The Evocative Object: Imagination, Play, and Creativity in Group Therapy" presented by Lise Motherwell, PhD.

LETTER FROM THE PRESIDENT

Dear AGPS Members,

I am thrilled to be writing my first letter as the new AGPS president. To give you an idea of my level of enthusiasm I will let you in on a little-known secret. I was a high school cheerleader. Cheerleading helped me tap into and strengthen the part of me that loves to cheer a team on to success and AGPS is definitely my team. My energy level is high right now, and I plan to channel much of that energy into doing thoughtful and productive work for our organization.

This past year has been a great journey for me in getting to know the ins and outs of AGPS. I have served on the board with some amazing and hard-working folks. I would like to thank all of them for making my first year on the board so rich and enjoyable. Our outgoing board members include Travis Sebera, Lois Graham, Randy Frazier, and DeLinda Fox. I will miss seeing them at meetings and hearing their valuable input. They have been dedicated to AGPS and have done valuable work for AGPS. Katie Griffin, Bernard Fleming, Patricia Florence, and Kate Culligan will continue their work on the board this year, and our new board members include Josie Whitley, Judy Hardwick, Alyson Stone, and Derek Leighton. As you can see, I am surrounded by great minds and hearts.

If you don't happen to know some of the folks I just mentioned, I hope you will introduce yourself to them at the next AGPS event. Look for the AGPS nametags that board members wear during our workshops and conferences. I would love to meet you and welcome you to the event, so please say hello.

I was lucky to join the board on the year we went national. I am speaking, of course, about our first year hosting the AGPA annual meeting. It was amazing last year to watch our local society take on such a mammoth challenge and receive such overwhelming praise for success. Co-chairs Michael Hegener and Jan Morris, along with so many others who dedicated their time and energy to the Annual Meeting, set the bar high for all meetings to follow. I continue to be impressed and excited that AGPS hosted the AGPA Annual Meeting in 2007 and I look forward to the next time.

I would like to thank you, our membership, for sending in donations this year for our AGPS Scholarship Fund with your membership dues. Our membership committee, headed by Bernard Fleming, has put together a wonderful new membership form. This made it possible for Katie Griffin, who heads up our Scholarship Development Committee, to easily request scholarship funds for our local society events. Many of you responded generously and I thank you for it. Having funds available and marked for scholarships will help us to offer great training to professionals who need assistance.

By the time *The Voice* goes to print, our annual meeting will have taken place including the vote on the proposed by-law change. The new section is intended to lengthen the presidential term from one year to two years. As a result, the proposed by-law change would also lengthen the total time in executive office to four years. In the following two years, the past-president would consult with the board in an advisory capacity. This change actually reflects the typical length of presidential terms in affiliate societies around the country, and we anticipate that experienced leadership will provide consistency and momentum to reach our organizational goals. As always, we depend on our membership to serve on our board and keep it going. If you have an interest in serving on the board, please let me know.

You may have noticed that there were two ethics workshops offered in 2007. We hope our offerings made getting your ethics continuing education more enjoyable and interesting. The programming committee plans to continue offering ethics workshops at least once a year.

Last year, because we hosted the AGPA Annual Meeting, we missed out on our usual local Spring Conference. Not this year! In 2008 we welcome Ellen Wright to speak on gender and I am really looking forward to her thoughts on the topic. Don't miss our conference in March and enjoy her interview with Travis Sebera in this issue of *The Voice*.

Membership enhancement continues to be a priority. AGPS members will be visiting counseling and psychology training programs in the Austin area this winter and spring to inform students about our training opportunities and our strong community. The AGPS mentorship program began toward the end of 2007, and we look forward to enhancing this program in 2008. If you are a student or new professional, please contact us to get more information about our volunteer mentors and the benefits of joining our community.

We have made some changes to the website and will continue to make it more user-friendly, topical, and current. The AGPS Groups Listing is a comprehensive resource for our members and the Austin community. Consider updating your groups each time you send in your membership dues or more often if you have a new group offering. If you add a new group to your private practice, please make sure to add it to our website.

I look forward to this year and hope to see you all at our Spring Conference on March 22.

Go team,

Pam Greenstone, MA, LPC

LETTER FROM THE EDITOR

Dear AGPS Members,

When this issue arrives in your mailbox, many of you will just be returning from the AGPA Annual Meeting in Washington, DC, entitled "Passion, Power, and Politics: Dynamic Interplay in Groups". We hope that you will bring your passion to our Spring Conference presented by Dr. Ellen Wright, who will continue to elaborate on the theme of dynamic interplay by focusing on the topic "Working with Gender Issues in Group". Dr. Wright will explore "therapeutic androgyny" –the ability to move from gender-consistent to gender-discordant intervention styles to resolve treatment impasses. Our Spring Conference promises to be thought-provoking and challenging.

Travis Sebera and our conference presenter, Dr. Ellen Wright, hold a lively discussion exploring the life-enhancing benefits for group members when a gender-conscious therapist is able to assist them to move from a rigid view of gender dichotomy to a wider range of self-awareness and expression. The potential for greater intimacy and playfulness abounds.

Several contributions in this issue will spark your interest, particularly a new column by Pat Louis entitled "Turning Points". Pat and I discussed ways to support connection among our members in an interview style format. Pat, a seasoned member of AGPS, followed her curiosity and interviewed her peers about turning points in their professional lives. I think you will enjoy the results and may learn something you don't already know about colleagues you've known for years. Pat is eager to continue the column with additional contributors in the fall issue of *The Voice*.

Naomi Freireich provides a timely article on the topic of "Understanding Something More: Exploring Gender in Group Therapy", integrating postmodern

concepts on gender into psychoanalytic theory. Understanding gender as fluid and contextual provides a springboard for our conference. Naomi's experience as a psychoanalyst and seasoned group leader will inspire us to explore how our views on gender impact our group interventions.

Rather than reviewing one book for this issue, Lisa Mersky offers us a random sampling of the fiction and nonfiction recommended by members of our community. I, along with Jan Morris, found *The Center Cannot Hold: My Journey Through Madness* a particularly interesting read. Lisa's plans for the next *Voice* focus on the books we as therapists recommend to our clients for patient education. In the coming months, she welcomes recommendations from you.

In their selection of poetry for the "Still Echoes" column, Gaea Logan and Candyce Ossefort-Russell rejoice in the path of the meanderer and the subtle richness on the journey of life.

I wish to thank Pat Louis for inviting me to my first AGPS annual meeting in the fall of 2005 and shepherding me through my first AGPA Annual Conference in Austin last year. What luck to have it here! I want to recognize the outgoing board members, Randy Frazier, Lois Graham, DeLinda Fox, and Travis Sebera for their warm welcome and assistance during my first year on the board. Last year I volunteered to assist Lois Graham with *The Voice*. Lois is a tough act to follow and I appreciate her help, enthusiasm, and encouragement as I assume this new role.

I look forward to another exciting year of high-quality conferences, workshops, and friendships.

Sincerely,

Kate Culligan, LMFT

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Interview*(continued from front page)*

So what happens when these so-called therapeutic virgins enter a group? Predictably, the women try to relate on a feeling level, resorting to touchy-feely words and expressions of sympathy and care taking. "Oh, that must have been so sad for you," or, "I felt the same way when my sister moved out of town." The new man in group, however, usually relates by using his powers of observation to scout out the potential danger and when he speaks asks, or answers a question, it's on a factual basis. Characteristically, the new male group member most often talks about career, family, and achievements as a way to re-create a hierarchical status in group.

Both are implementing a familiar nascent form of intimacy. A pseudo-intimate connection, if you will. It is a transitory identity which can freeze up empathy, backfire, or be used by the gender-aware therapist, as a tool to create safety and further emotional maturity.

TS: Then these pseudo-connections can be seen as a part of the maturational continuum?

EW: Yes. By coupling the therapist's style with the emotional needs of the client, the interplay from receptive (maternal) to action (paternal) can help the client learn how to 'go against' normal reactions or develop skills of androgyny.

TS: This means the therapist must utilize therapeutic androgyny. How can a therapist become more androgynous?

EW: The best way for a therapist to become more gender-oriented is to learn through their relationships. As one uses the observing ego in all relationships, professional and personal, the ability to consciously discern these gender differences becomes easier. One wants to be able to study the resistances to androgyny, the usefulness of moving from gender-consistent to gender-discordant.

As an example, I was working with a group in which there was a female member who aggressively and actively repudiated my authority. This member had keen interest in the comments of the men, barely concealed her contempt for my interventions, and sometimes even my actual presence. I gathered early on, from her critical comments, that my major failing was the lack of a penis.

I enlisted help from the group as to why they thought I was having difficulty being helpful to this client. They noted her seeming indifference to my communications as well as my being more demanding and critical. In silently exploring my feelings, I discovered my strong competitive impulses toward this person. I also began observing the group's resistances to the expression of sexuality and aggression, issues historically charged for group members.

The wall was breached through the reporting of a dream by the client. In the dream I was wearing a shower cap and a dowdy house dress. Her pleasure in reporting the dream and subsequent negative feelings toward me were obvious. As I helped the group discuss the possible issues of the dream she turned to me and accused me of an overt preference for the man sitting next to me in group. She said, "Look at you! You even have your body turned toward him! You are attracted to him!" I smiled and said, "I enjoy men. What of it?" I then turned to the group and said, "Is there a reason I can't enjoy myself in here?!" The group laughed and then proceeded to talk about previously unexplored feelings of sexual attraction and risks of talking about sexuality in the group.

TS: So by becoming more gender-discordant, that is, actively talking about your sexual attraction, you helped the group resolve its resistance?

EW: Right. My interventions helped the group move into the here and now a common issue between men and women – the different ways in which sexuality is

expressed. My exchanges with the client and the group demonstrated therapeutic androgyny. By this I mean the emotional and technical flexibility to move between gender-consistent and gender-discordant intervention styles.

TS: It also seems paramount that one maintains a sense of humor.

EW: To be able to laugh at one's self and one's gender is vital. The many trappings of our genders can be either stifling, or if viewed light-heartedly, liberating and freeing. Because there is such inherent shame about gender and sexuality, the ability to poke fun at one's own biases can help the group alleviate its hidden shame.

TS: It seems that a gender-conscious therapist can use oneself and the group to bridge the gender gap.

EW: Gender issues, as well as separation and engulfment issues, can specifically be dealt with using bridging and allowing the group to be the other parent. So a client who views the therapist as withholding or critical can be helped by the group offering nurturing and warmth.

There was once a small, beautiful soft-spoken actress in one of my groups who saw herself as a "dishrag." Fortunately, there were some wonderful women in the group who through progressive emotional communication were able to become the "good enough" mother. During several months of sessions, these women contacted her, cajoled her, modeled for her their own growth, and even helped the men see her as a competent adult woman. As a result, this woman was able to experience a more complete parenting and achieve a sense of connectedness.

TS: Any concluding thoughts?

EW: As members of group improve their capacity for empathy and interplay, they discover new value for mature intimacy.

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Understanding Something More: Exploring Gender in Group Therapy

By Naomi Freireich, Ph.D.

When I was asked to write an article for the voice about gender in groups, I jumped at the chance. For many years I've led groups with adolescent girls and adult women, and recently I began to lead mixed gender groups. I am aware that this paper can lean in many directions such as an emphasis on the gender of the therapist and the group members. For this paper, I have highlighted the many layers of gender development. I'm intrigued with the notion of understanding bisexuality, gender fluidity, and how engagement between genders can help individuals be open to experiencing more parts of themselves.

As therapists working in individual psychoanalysis, psychotherapy or group psychotherapy, how we understand gender affects how we perceive and work with clients on both conscious and unconscious levels. In recent years, as postmodern concepts have been integrated into psychoanalytic theory, gender has come to be understood as fluid, contextual, unconsciously as well as consciously determined, and growing out of a relational matrix throughout life. In other words, our sense of ourselves as masculine or feminine has been interactively or relationally constructed through ongoing experience with significant others. At the most basic level, it is created through relationships with family and friends. In society, institutions, government, media, literature, the arts and political movements affect what is seen as gendered. All of these notions of acceptable gender experience have a political dimension. History suggests that the political ebbs and flows concerning what is good and bad or what is ideal maleness and femaleness have a significant influence on each of us. Given this influence, we cannot escape internalizing the dominant gender values of our culture, community and the family in which we live. Goldner (1991) in "Toward a Critical Relational Theory of Gender" points out that individuals develop gender in and through relationships with gendered others. As individuals interact with others they make meaning of who they are, based on who/what they identify or dis-identify with. Goldner speaks of a new psychoanalytic goal related to the ability to tolerate ambiguity and instability of gender categories vs. the old goal of a single, sex-appropriate goal for oneself.

In 1982 Carol Gilligan wrote her groundbreaking work, *In A Different Voice*. In it she emphasizes that based on gender constructions, men and women come to have different qualities, different voices. Men in general speak from a voice of separation and individuation while women predominantly speak from a voice of intimacy and connection. Similarly, Chodorow (1978), in *The Reproduction of Mothering*, points out that in our culture these differences occur because for example, men are taught to separate from their mothers. She states, "men develop...a self more based on denial of relation and connection and on a more fixed and firmly split and repressed inner self—object world" (p.160). Women, on the other hand, are typically raised by women who are often caretakers and who usually imagine their daughters as future mothers and potential caretakers. As a result the development of relational capacities are encouraged both on conscious and unconscious levels. Kaplin (1979) has noted stereotypes in our culture that are consistent with these differences. Men are seen as independent, self-assertive, aggressive, emotionally constricted, given to action and sexually assertive. On the other hand, women are described as passive, nurturing and caring, sexually passive, intuitive, open, and less frightened of feelings.

This was recently demonstrated in two different mixed gender groups where members spoke to the gender stereotypes. In one group, where new members were about to be added, the lone man in the group spoke of his fear of losing his closeness to others in the group. While at first he was unsure about being the only man, now he stated he liked the way he felt included by the women in the group, how they provided him a place where he could have his feelings and be accepted for them. He enjoyed joining in and feeling included and feared this would be lost with the addition of more men.

In another group, two of the male group members spoke about feeling a sense of jealousy around the fantasy of a "sisterhood" among women vs. the "take care of business" camaraderie of men. The men joked about how if one of them got hurt on the basketball court the guys would make sure they would get home safely. However, checking on their emotional welfare wasn't something men do for one another; rather, "you just suck it up and deal".

Women in this group spoke of appreciating the care taking, emotional parts of themselves, yet struggling to balance caring for others as well as themselves. In many groups, I notice it is the women who open the discussion by asking another member how they are doing in relation to something that happened in a past session. Women often struggle within the group around issues of how to claim time for themselves during sessions as well as how to express and maintain feelings of anger and rage. Alonso and Rutan (1973) point out "in group, women, often for the first time, can be in a position of status and power because they know how to express caring and the need to be cared for. In their identification with the leader, they offer a model of competency that is more defined by empathy than by productivity and for once the sex bias works for them."

Elliot (1986) believes that in groups, role reversals are experienced from the earliest moments of group process. She feels that both genders act out their "destructive fantasies of the opposite sex position". Men split off their ambivalence about femininity by withdrawing and withholding whereas women's ambivalence about their masculinity is defended against by being controlling and punishing. She goes on to say, "that once these patterns are interpreted by the therapist, the group members can begin to explore their own bisexuality and then deal with whatever arises for them".

I hear Elliot's thoughts and see group as a place where one can live out different transference of expressed emotion, a place where one can step out of these locked roles and begin a process of reorganization of one's emotional self. This may be similar to Freud's (1915) use of the concept of "mental freedom" which I understand means giving voice to parts of oneself by allowing room for conscious exploration. With exploration we can begin to see an individual's multiplicity, their moment-to-moment differences and their desires of having qualities of both sexes.

I tend to think of group as a Winnicottian place of exploration—a transitional space in which play may include seeing sameness and difference in others as well as in ourselves. Ideally, it is a place for trying on different hidden parts of oneself in order to experience a more authentic self. It may be the place where the compliant self (or parts of the self that have been split off in attempts to please others), get to be given a new voice. Group is a place where one's fluidity of self can be ever expanded. Group members become caring, loving, frustrating, and reliable companions who together will help others find their full gendered selves in ways they cannot do alone.

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Understanding Something More:

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Naomi Freireich, LCSW, Psychoanalyst, has been in private practice in Austin for 15 years. She holds a certificate in Psychoanalysis from the National Institute of Contemporary Psychoanalysis in New York, and an LCSW from the University of Texas. She is a member of the Women's Psychotherapy Project, past president of ASPP and a past board member of AGPS. She provides individual supervision and group consultation. She facilitates adolescent and adults therapy groups. You may reach her at 306-0180 or email at naomifreireich@yahoo.com.

What Are the Turning Points in Your Career?

By Pat Louis

That is the question that Pat Louis, L.C.S.W., asked AGPS members with at least 20 years of experience as a psychotherapist. Here are the first four responses that came Pat's way. Their answers may peak your curiosity to identify your own turning points.

Rich Armington, L.C.S.W.

1. Meeting the founder of Systems-Centered Therapy, Yvonne Agazarian more than 15 years ago in San Antonio. I was in a large group of over 30 people and more than a bit overwhelmed. At the break, Yvonne went to the board and sketched out how she thought conceptually of the work of the group. Her attuned framing of our group, explaining how people and larger systems stall, change, and grow, though not fully understandable intellectually to me at the time, had the truest resonance of my inner feeling experience, one which had not previously been articulated by anyone else, including myself. I became fascinated by the psychological, emotional and multi-dimensional interactions of human systems: individuals, couples, and groups.

2. Seemingly outside my career, the loss of all four of our parents in less than 7 years created a collective turning point. The potent loss of each parent changed my view of grieving, attachment, and dependency. Together Heloise and I were involved in each parent's death, and thankfully were able, not always artfully, to support each other to feel the pain of loss - the emptiness of no parents. I also discovered the scary and enlivening experience of fully depending - opening to each other through those dark hours. We continue to learn of both the long work and connecting nature of grieving, the gifts it ultimately offers, and the ubiquitous lack of understanding of the value of grieving in our society. This has changed the ways I think of and work with the losses and separation that my clients face.

It also has helped me to hold the dependency of clients toward me in my role as therapist.

3. Recently, taking two months off in the summer to travel with Heloise has been both a culmination and a turning point in my career: This generous gift of time to reflect, play, discover, and deeply relax gave me a true knowing of the love and commitment I have for my profession, and importantly, the large amount of energy required to do my work in a full way. Also I saw more clearly the intricate ways my work teaches and challenges me to create a fuller intimacy with myself, and, of course, in my marriage. And I have a wider perspective of the ways that my marriage challenges and helps me to be present to all the genuine ways clients are working on exactly these same issues - an interdependence worthy of a systemic perspective!

Rich Armington, L.C.S.W., received an undergraduate degree in engineering at Northeastern University, later graduating from the School of Social Work at UT in 1985. He was a one-year intern at the Counseling Center at UT and became a member of the senior staff after graduation. He entered into private practice in 1989. Co-leading has been a special interest - co-leading a men's group with Jim Haws, later with Steve Finn for 10 years; and now co-trains and co-supervises with Susan Cassano. In addition to systems theory and practice, Rich has a strong interest in mindfulness training and interpersonal neurobiology, and has studied on numerous occasions with Dan Siegel. Rich attended a two-week intensive with Mary Main and Eric Hesse on the work of attachment and the AAI (Adult Attachment Interview). In general, he thinks and discovers, and works and lives from a systems perspective thanks to the theory and practice of Systems-Centered Therapy.

Kathleen Adams, Ph.D.

After thirty years of practicing psychotherapy, I have changed and evolved a lot. The first turning point came as I tore myself away from intensive inpatient child treatment and opened a full time private practice for children, adolescents and adults. The delights and complexity of multi-disciplinary team treatment had been steeped into my pores. I thus created an outpatient multi-dimensional treatment team within which my patients still continue to thrive. My treatment team encompasses body and movement therapy, spiritual direction, art therapy and sandtray work in addition to the more traditional interventions of group, couples and individual therapy. Sharing the treatment in a collaborative fashion not only does not dilute the transference in any meaningful way, but also offers opportunities for resolution of complex negative transferences within the holding environment of multiple professionals. This kind of work actually deepens the transference with the primary therapist and allows for the integration of profound splits within the self structure of patients who might have fled treatment otherwise.

A second turning point emerged as I began facing the challenges of middle life. I shifted my patient population from severely traumatized and abused individuals to patients who suffer from chronic shock, emotional neglect and shame. At the same time I re-structured my practice to allow for longer vacations, emulating one of my first analytic supervisors who took several months off every summer. Instead of losing patients, I found that the work of therapy actually deepened. My patients know up front that I will be gone for at least two months over the summer. Some choose to do phone sessions with me (this can be an amazingly powerful intervention, much like working on a couch and free associating). Others rely on their group or other co-therapists to 'hold' them during my absences.

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AGPS GROUP LISTINGS

SPRING 2008

AGPS Groups Listing is an ongoing feature of *The Voice*. You must be a paid member to list your group in *The Voice*. For additions, changes or deletions to this list, please make the changes via our website (www.austingroups.org), mail the information to the AGPS mailbox, or e-mail the information to agps@austingroups.org.

FEMALE GROUPS

Drema Albin, PhD	236-9091	Tue	6:00 - 7:15 PM	Weight & Body Image Issues
Patty Andrews, LCSW	472-7411	Wed	6:00 - 7:30 PM	Lesbian & Bisexual Women's Interpersonal Therapy Group
Patty Andrews, LCSW	472-7411	Thu	6:00 - 7:30 PM	Psychoeducational Group: finding one's voice
Sharon Bates, MEd, LPC	328-6885	Thu	6:00 - 7:30 PM	ongoing psychodynamic
Zorena Bolton, MSSW, LCSW	472-3624	Thu	6:00 - 7:30 PM	psychodynamic
Tammy Brown, LCSW, CGP	327-5001	Mon	11:00 AM - 1:15 PM	women's process group
Jeanne Bunker, LCSW, CGP	328-3947	Mon	6:45 - 8:15 PM	Women's Psychotherapy Group
Janet Carbonneau, M.Ed, LPC	469-0392	Mon	5:30 - 7:00 PM	Adult Women's Process Group
Janet Carbonneau, M.Ed, LPC	469-0392	Wed	6:15 - 7:30 PM	Adolescent Eating Disorder Group for Girls 14 to 18
Jane L Cobb, LCSW, BCD	323-0021	Wed	5:30 - 7:00 PM	Overcoming Bulimia
Jane L Cobb, LCSW, BCD	323-0021	Thu	11:00 AM - 12:30 PM	Overcoming Bulimia
Stacie Crochet, LCSW	921-5925	Mon	4:30 - 6:00 PM	Eating Disorder Recovery
Stacie Crochet, LCSW	921-5925	Wed	10:00 - 11:30 AM	Women's psychotherapy group
Florence w/ Pressley	320-4582 / 402-5344	Tue	5:00 - 6:30 PM	Lesbian, Bi, & Questioning Women's Process Group
Fox w/ Greenstone	771-9313/374-1099	Thu	11:30 AM - 1:00 PM	Eating Disorders Psychotherapy Group
Naomi A Freireich, LCSW	306-0180	Tue	5:30 - 6:45 PM	adult women's group
Naomi A Freireich, LCSW	306-0180	Thu	5:30 - 6:45 PM	adolescent girl's group
Naomi A Freireich, LCSW	306-0180	Sat	11:30 AM - 12:30 PM	girl's group ages 7-10
Lynne Gacono, PhD	472-4348	Thu	3:30 - 5:00 PM	Adolescent Eating Disorders Group -6 week psychoeducational
Pam Greenstone, LPC	689-7279	Tue	6:30 - 7:45 PM	ongoing psychodynamic group
Katie Griffin, MA, LPC	656-4067	Mon	5:00 - 6:30 PM	Adult Psychotherapy
Kelly Inselmanan, LCSW	586-2121	Mon	4:30 - 6:00 PM	Yoga and Talk: group therapy for girls (middle school)
Kelly Inselmanan, LCSW	586-2121	Mon	6:15 - 8:00 PM	Yoga and Talk: group therapy for girls (high school)
Kimberly Judd, LPC	731-8105	Thu	6:45 - 8:15 PM	women's long-term
Jan King, LCSW	241-0405	Mon	5:30 - 7:00 PM	women's ongoing process-oriented group
Fabianna Laby, PsyD	638-3555	Mon	1:00 - 2:30 PM	Mothers of infants
Beverly M Larkam, LCSW, LMFT, CGP	476-4182	Mon	7:00 - 8:30 PM	psychodynamic
Gaea Logan, MA, LPC	327-6311	Wed	10:30 AM - 12:00 PM	psychodynamic
Marguerite MacDonald, LPC	736-4678	Wed	5:30 - 7:00 PM	Women's Process Group
Sue Marriott, LCSW, CGP	419-7018	Tue	5:45 - 7:00 PM	psychodynamic
Deanna Miesch, MAAT, LPC	385-6278	Tue	3:30 - 5:00 PM	The pink elephant girls club (art club for girls ages 6-8)
Deanna Miesch, MAAT, LPC	385-6278	Sat	10:00 AM - 12:00 PM	Art Thrive (open studio group for adolescent girls ages 14-17)
Stacy Nakell, LCSW	586-6862	Sat	3:00 - 4:30 PM	Psychodynamic Group- Women in their 20s and 30s
Joanne Olsen, LCSW	474-8555	Tue	6:15 - 7:45 PM	High School Adolescent Girls' Group
Joanne Olsen, LCSW	474-8555	Thu	6:15 - 7:45 PM	Middle School Adolescent Girls' Group
Candycy Ossefort-Russell, MA, LPC	789-6244	Tue	11:15 AM - 12:45 PM	Ongoing psychodynamic for ages 55 and up
Candycy Ossefort-Russell, MA, LPC	789-6244	Tue	6:00 - 7:30 PM	Advanced Women's Psychodynamic (With Some Writing)
Michael D Penticuff, PhD	454-9300	Tue	5:30 - 7:00 PM	ACOA group
Pressley w/ Florence	402-5344 / 320-4582	Tue	5:00 - 6:30 PM	Lesbian, Bi, & Questioning Women's Process Group
Seja Rachael, MA, LPC	441-8334 x1	Thu	7:00 - 8:30 PM	Age 38-58 relational/ insight oriented

MALE GROUPS

Joseph Acosta, MA, LPC	576-9523	Mon	7:00 - 8:30 PM	Interpersonal therapy group for men
Austin Men's Center	477-9595	Tue	12:00 - 1:15 PM	men's group
Austin Men's Center	477-9595	Thu	12:00 - 1:15 PM	single father's group
Austin Men's Center	477-9595	Thu	6:00 - 7:30 PM	anger management group
Jay M Erwin-Grotsky, LCSW	732-7272	Mon	6:30 - 8:00 PM	Gay Men's Modern Analytic Process Group
Jay M Erwin-Grotsky, LCSW	732-7272	Wed	6:30 - 8:00 PM	Gay Men's Modern Analytic Process Group
Bernard Fleming, LPC, LMFT	329-9890	Mon	4:00 - 5:00 PM	Aspergers Boys Ages 9 - 11 years
Bernard Fleming, LPC, LMFT	329-9890	Thu	4:30 - 5:30 PM	Middle School Boys Group
Bernard Fleming, LPC, LMFT	329-9890	Thu	5:30 - 6:45 PM	Adolescent Males
Randy Frazier, PhD	342-8950	Mon	6:15 - 7:30 PM	Interpersonal process-oriented group
Michael Hegener, MA, LPC, CGP	472-2880	Thu	6:45 - 8:15 PM	men's ongoing psychodynamic
Richard Holt, PhD	236-0448	Tue	7:00 - 8:30 PM	gay men
Jeff Hudson, LPC, CGP	472-7476	Tue	6:30 - 8:00 PM	gay and bisexual men
Jeff Hudson, LPC, CGP	472-7476	Thu	4:30 - 6:00 PM	gay and bisexual men
Beverly M Larkam, LCSW, LMFT, CGP	476-4182	Mon	5:15 - 6:45 PM	psychodynamic
Rick Laskowski, LCSW	444-9922	Mon	6:00 - 7:30 PM	gay/bisexual men (Waterloo Counseling Center)
Rick Laskowski, LCSW	762-1024	Tue	4:45 - 6:15 PM	gay/bisexual men
Rick Laskowski, LCSW	444-9922	Tue	7:00 - 8:30 PM	gay men's coming out support group (Waterloo Counseling Center)
Derek Leighton, LMFT, LPC, NCC	658-2960	Wed	7:00 - 8:15 PM	Sexual Health / Porn Addiction & Sexual Compulsion
Derek Leighton, LMFT, LPC, NCC	658-2960	Thu	6:00 - 7:15 PM	Gay / Bisexual Men
Gerry Lowe, LCSW	327-5400	Mon	4:30 - 6:00 PM	men's psychotherapy group
Bob Murphy, LPC, LMFT, CGP	707-0102	Thu	6:00 - 7:30 PM	ongoing psychodynamic group for adults
Travis Sebera, LPC	327-7500	Mon	5:00 - 6:15 PM	ongoing focusing on anger and mens issues using modern analytic short term formula
Mark White, LCSW, LMFT	329-6070	Tue	4:30 - 5:45 PM	Pre-Adolescent Boys' Counseling Group: 4th, 5th, and 6th Grades
Mark White, LCSW, LMFT	329-6070	Tue	6:00 - 7:15 PM	Adolescent Males Counseling Group: Young Adult Group
Mark White, LCSW, LMFT	329-6070	Wed	4:30 - 5:45 PM	Adolescent Males Counseling Group: Middle School Group

MIXED GROUPS

Acosta w/ Kelly	576-9523	Tue	11:00 AM - 12:30 PM	Interpersonal therapy group for clinicians
Joseph Acosta, MA, LPC	576-9523	Wed	7:00 - 8:30 PM	Interpersonal therapy group
Kathleen Adams, PhD	327-8311	Mon	4:45 - 6:15 PM	beginner group; learning about feelings, individual therapy not a prerequisite
Kathleen Adams, PhD	327-8311	Tue	5:30 - 7:00 PM	hi-function individuals dealing with very primitive affects; all members in long-term ind. Therapy
Drema Albin, PhD	236-9091	Tue	8:00 - 9:15 PM	psychodynamic/interpersonal
Rich Armington, LCSW, CGP	306-0166	Thu	5:15 - 7:15 PM	SCT; includes 1/2 hour of body centering/awareness w/ Heloise Gold
Zorena Bolton, MSSW, LCSW	472-3624	Tue	6:00 - 7:30 PM	psychodynamic group (30-50+)
JoAnn Bradshaw, PhD	480-8132	Mon	8:00 - 10:30 AM	for psychotherapists
Bradshaw w/ Roberts	480-8132	Tue	6:00 - 7:30 PM	process group (30-60)
Tammy Brown, LCSW	327-5001	Thu	5:15 - 6:45 PM	psychodynamic
Bill Bruzy, LCDC	477-9595	Wed	5:30 - 6:45 PM	Addictions recovery
Hope Buckner, LCSW	327-2286	Mon	7:00 - 8:30 PM	grieving our mothers / therapeutic grief group
Hope Buckner, LCSW	327-2286	Thu	4:00 - 5:30 PM	adolescent issues
Bunker w/ Erwin-Grotsky	328-3947 / 732-7272	Mon	12:00 - 1:30 PM	Modern Analytic Process Group
Bunker w/ Erwin-Grotsky	328-3947 / 732-7272	Tue	11:00 AM - 12:30 PM	Modern Analytic Process Group
Jane L Cobb, LCSW, BCD	323-0021	Tue	5:30 - 7:00 PM	psychotherapy group (psychodynamic)
Paul Compton, MD, CGP	658-2805	Tue	4:00 - 5:15 PM	psychodynamic
Barbara E Davis, LCSW	345-9353	Mon	5:30 - 7:00 PM	body-oriented psychotherapy
Sherry Dickey, PhD	452-3035	Thu	5:30 - 7:00 PM	Psychodynamic
Bernard Fleming, LPC, LMFT	329-9890	Tue	5:30 - 6:45 PM	Psychodynamic/Object Relations
Carl Gacono, PhD	472-4348	Mon	6:00 - 7:30 PM	Psychodynamic
Engracia Gill, LCSW	680-2784	Mon	1:00 - 2:00 PM	Mixed Gender Substance Abuse and Codependency...

Lois Graham, PhD	346-0079	Tue	6:00 - 7:30 PM	Object Relations/Psychodynamic
Katie Griffin, MA, LPC, CGP	656-4067	Thu	5:00 - 6:30 PM	Adult Psychotherapy
Michael Hegener, MA, LPC, CGP	472-2880	Tue	6:45 - 8:15 PM	psychodynamic
Richard Holt, PhD	236-0448	Wed	6:00 - 7:30 PM	psychodynamic group
Richard Holt, PhD	236-0448	Thu	6:00 - 7:30 PM	psychodynamic group
Charlotte Howard, Ph.D	469-6008	Mon	4:45 - 6:15 PM	Young Adult Psychotherapy Group
Charlotte Howard, Ph.D	469-6008	Mon	6:30 - 8:00 PM	Adult Psychotherapy Group
Charlotte Howard, Ph.D	469-6008	Tue	5:30 - 7:00 PM	Young Adult Psychotherapy Group
Charlotte Howard, Ph.D	469-6008	Tue	7:15 - 8:45 PM	Anxiety Reduction Group
Hudson w/ Pully	472-7476 / 477-9945	Mon	4:30 - 6:00 PM	object relations/interpersonal
Hudson w/ Pully	472-7476 / 477-9945	Wed	5:15 - 6:45 PM	object relations/interpersonal
Hudson w/ Pully	472-7476 / 477-9945	Thu	6:30 - 8:00 PM	object relations/interpersonal
Kelly w/ Acosta	458-4646	Tue	11:00 AM - 12:30 PM	Interpersonal group for clinicians
Katy Koonce, LMSW	329-6699	Thu	4:30 - 6:00 PM	Psychodynamic
Fabianna Laby, PsyD	638-3555	Wed	12:00 - 1:30 PM	Support for parents of children with special needs
Beverley M Larkam, LCSW, LMFT, CGP	476-4182	Mon	9:00 - 10:00 AM	AAMFT, AASECT
Laskowski w/ Romain	762-1024 / 560-0846	Wed	6:00 - 7:30 PM	psychodynamic/interpersonal
Gaea Logan, MA, LPC	327-6311	Mon	11:45 AM - 1:15 PM	psychodynamic/interpersonal
Gaea Logan, MA, LPC	327-6311	Tue	12:30 - 2:00 PM	psychodynamic
Gaea Logan, MA, LPC	327-6311	Tue	3:45 - 5:15 PM	psychodynamic
Pat Louis, LCSW	231-8737	Mon	7:15 - 8:30 PM	Psycho-educational Classes: Healing Codependency
Thomas Lowry, PhD, ABPP, CGP	346-2332	Mon	5:00 - 6:30 PM	intensive psychodynamic group for mid-adults
Alaire Lowry, PhD, ABGP	346-2332	Tue	11:00 AM - 1:00 PM	psychodynamic psychotherapy for adults
Lowry w/ Lowry	346-2332	Tue	5:15 - 6:45 PM	young adult psychotherapy group (19-30)
Thomas Lowry, PhD, ABPP, CGP	346-2332	Wed	11:00 AM - 1:00 PM	intensive psychodynamic group for mid-adults
Joy Luther, LCSW	343-9609	Wed	5:45 - 7:30 PM	Short term psychoeducational group: DISCOVERING THE AUTHENTIC SELF: The SCT® approach to change
Beth Malitz, LCSW	476-5649	Wed	4:15 - 5:45 PM	object relations
Beth Malitz, LCSW	476-5649	Wed	6:00 - 7:30 PM	object relations
Sue Marriott, LCSW, CGP	419-7018	Tue	11:30 AM - 1:00 PM	psychodynamic
Lisa Mersky, LCSW, BCD, CGP	474-6148	Wed	5:45 - 7:15 PM	psychodynamic
Deanna Miesch, MAAT, LPC	385-6278	Wed	6:00 - 8:00 PM	artful life (open studio group for adults)
Jan Morris, PhD	346-2332	Wed	5:00 - 6:30 PM	Modern Analytic
Bob Murphy, LPC, LMFT, CGP	707-0102	Tue	6:00 - 7:30 PM	ongoing psychodynamic group for young adults (21-33)
Stacy Nakell, LCSW	586-6862	Sat	1:00 - 3:00 PM	Teens with Trichotillomania
Michael D Penticuff, PhD	454-9300	Mon	7:30 - 9:00 PM	ACOA group
Pully w/ Hudson	477-9945/472-7476	Mon	4:30 - 6:00 PM	object relations/interpersonal
Andrea Pully, MEd LPC	477-9945	Mon	6:30 - 8:00 PM	ongoing process group
Pully w/ Hudson	477-9945/472-7476	Wed	5:15 - 6:45 PM	object relations/interpersonal
Pully w/ Hudson	477-9945/472-7476	Thu	6:30 - 8:00 PM	object relations/interpersonal
Seja Rachael, MA, LPC	441-8334 x1	Thu	7:15 - 8:45 PM	NA
Victor Rivera, MA, LPC	732-2120	Wed	6:30 - 8:00 PM	psychodynamic
Romain w/ Laskowski	560-0846 / 762-1024	Wed	6:00 - 7:30 PM	psychodynamic/interpersonal
Elizabeth Ruefli, RN, CS, PhD	328-0134	Mon	6:30 - 8:00 PM	bereavement for parents who have lost children
Elizabeth Ruefli, RN, CS, PhD	328-0134	Thu	4:30 - 6:00 PM	bereavement for spouses over 45
Rochelle Satterfield, PhD	499-8419	Mon	7:00 - 8:30 PM	psychodynamic
Rochelle Satterfield, PhD	499-8419	Wed	7:00 - 8:30 PM	psychodynamic
Rebecca Seamon, M.Ed, LPC	716-0001	Sat	1:00 - 4:00 PM	Developing Healthier Relationships: Imago for Singles
Sebera w/ Carlson	327-7500/306-1488	Wed	6:00 - 7:30 PM	psychodynamic
Sebera w/ Carlson	327-7500/306-1488	Thu	11:30 AM - 1:00 PM	psychodynamic--relationships, social phobias
Sebera w/ Carlson	327-7500/306-1488	Thu	6:00 - 7:30 PM	general issues/psychodynamic
Robert Seidel, MSSW, LCSW	473-8293	Tue	4:15 - 5:45 PM	Psychodynamic/Interpersonal
Sydnor Sikes, PhD, ABPP	469-0582	Mon	4:45 - 6:15 PM	SCT

AGPS GROUP LISTINGS

Jev Sikes, PhD	469-0888	Mon	4:45 - 6:15 PM	object relations for 20's
Jev Sikes, PhD	469-0888	Tue	8:00 - 9:30 AM	object relations
Sydnor Sikes, PhD, ABPP	469-0582	Tue	4:45 - 6:30 PM	SCT
Jev Sikes, PhD	469-0888	Wed	8:00 - 9:15 AM	object relations
Jev Sikes, PhD	469-0888	Wed	4:45 - 6:15 PM	adult object relations
Jev Sikes, PhD	469-0888	Wed	6:30 - 8:00 PM	adult object relations
Jev Sikes, PhD	469-0888	Thu	8:00 - 9:30 AM	adult object relations
Sydnor Sikes, PhD, ABPP	469-0582	Thu	4:45 - 6:15 PM	SCT
Candace Smith, LCSW	680-0425	Tue	6:00 - 7:45 PM	DBT Group
Snodgrass w/ Smith	419-9816	Tue	6:00 - 7:45 PM	Dialectical Behavior Therapy Skills Group
Beverly Snodgrass, MEd, LPC	419-9816	Thu	12:00 - 1:45 PM	Dialectical Behavior Therapy Skills Group
Rebecca Stadtner, PhD	343-6812	Tue	6:00 - 7:30 PM	object relations
Audry Steele,	619-5714	Tue	11:45 AM - 1:15 PM	psychodynamic/interpersonal
Alyson Stone, PhD	306-0072	Tue	4:30 - 6:00 PM	Object Relations/Interpersonal
Patricia Tollison, PhD	478-1064	Mon	12:00 - 1:30 PM	Psychodynamic
Karen Vinson, LMSW	565-1903	Mon	1:00 - 12:00 PM	group for family/friends of people with mental illness or chemical dependency
Josie Whitley, PhD	469-0765	Mon	5:15 - 6:45 PM	long-term, psychodynamically oriented group
Josie Whitley, PhD	469-0765	Tue	6:00 - 7:30 PM	long-term psychodynamically oriented group

SUPERVISION/TRAINING GROUPS

Joseph Acosta, MA, LPC	576-9523	Fri	9:00 - 10:30 AM	Consultation group
Kathleen Adams, PhD	327-8311	Wed	11:15 AM - 12:45 PM	Lessons from Pandora's Box: Adventures in Psychotherapy Study Group
Armington w/ Armington	306-0166	Mon	12:00 - 1:30 PM	Intermediate level SCT training group
Bunker w/ Erwin-Grotsky	328-3947/732-7272	Mon	10:00 - 11:30 AM	Consultation Group for Co-Therapists
Jeanne Bunker, LCSW, CGP	328-3947	Wed	10:00 - 11:30 AM	Human-Animal Bond, Ecopsychology & Modern Analysis
Cassano w/ Armington	327-4170	Wed	9:00 - 10:00 AM	SCT(tm) supervision group (alt weds.)
Erwin-Grotsky w/ Bunker	732-7272/328-3947	Mon	10:00 - 11:30 AM	Consultation Group for Co-Therapists
Freireich w/ Marriott	306-0180 / 419-7018	Mon	1:00 - 2:30 PM	psychoanalytic study/consultation group (alt. Mon.)
Hudson w/ Pully	472-7476/477-9945	Wed	9:00 - 10:30 AM	object relations/interpersonal
Nancy Kelly, PhD LCSW	458-4646	Fri	9:45 - 11:15 AM	Study grp. for early-career therapists (Alt. Fridays)
Gaea Logan, MA, LPC	327-6311	Wed	8:00 - 9:30 AM	wisdom and psychoanalytic psychotherapy (15 CEUs/3 Ethics)
Gaea Logan, MA, LPC	327-6311	Fri	11:00 AM - 12:30 PM	wisdom and psychoanalytic psychotherapy (15 CEUs/3 Ethics)
Thomas Lowry, PhD, ABPP, CGP	346-2332	Mon	TBA	AAMFT supervision
Jan Morris, PhD	346-2332	Fri	12:00 - 1:30 PM	Modern Analytic Study/Training (Alt. Fri.)
Candyce Ossefort-Russell, MA, LPC789-6244		Tue	8:30 - 10:00 AM	Therapists Bearing Witness Study Group
Candyce Ossefort-Russell, MA, LPC789-6244		Wed	8:30 - 10:00 AM	Therapists Bearing Witness Study Group
Candyce Ossefort-Russell, MA, LPC789-6244		Fri	8:00 - 10:00 AM	Writing Group for Therapists
Amy Person, M.S., LPC	494-9977	Mon	12:45 - 2:00 PM	Private Practice/Consultation Group
Pully w/ Hudson	477-9945/472-7476	Wed	9:00 - 10:30 AM	object relations/interpersonal
Rebecca Seamon, M.Ed, LPC	716-0001	Tue	10:30 AM - 12:00 PM	LPC Supervision Group
Travis Sebera, LPC	327-7500	Wed	12:00 - 1:15 PM	Supervision group focusing on countertransference issues using modern analytic approach
Sydnor Sikes, PhD, ABPP	327-3408;469-0582	Wed	2:00 - 3:30 PM	SCT Foundation Training Group (NEW-begins March 24)
Sydnor Sikes, PhD, ABPP	469-0582 / 343-9609	Thu	12:30 - 2:00 PM	SCT training group
Beverly Voss, MSW-ACP	338-9797	Fri	TBA	InterPlay Pilot Project (6 wks)

TRANSGENDER GROUPS

Katy Koonce, LMSW	329-6699	Mon	4:45 - 6:15 PM	psychodynamic group for gender variant, long term
Katy Koonce, LMSW	329-6699	Wed	7:00 - 8:00 PM	Support group female born, identify differently, 1st and 3rd Wed, by donation
Katy Koonce, LMSW	329-6699	Wed	7:00 - 8:00 PM	Support group for trans women, MTF or MT, 2nd and 4th Wednesdays, donation

Book Reviews

by Lisa Mersky, LCSW

For the Spring edition of The Voice, instead of asking someone to review one book, we decided to ask a random sampling of AGPS members what they were reading: fiction or nonfiction. And here are some of their recommendations!

We have two memoirs: Jan Morris recommended *The Center Cannot Hold: My Journey Through Madness*, by Elyn R. Saks. Saks is a professor at University of Southern California's Gould School of Law who suffers from schizophrenia. She describes in forthright detail what it is like to become psychotic, what her experiences on medications have been, how she has been treated by society and how much value talk therapy has been in her life. Jane Cobb just finished reading *Eat, Pray, Love* by Elizabeth Gilbert. It is a nonfiction work about the author's experiences of traveling to Italy, India, and Bali after a gut-wrenching heart-breaking divorce. She planned 3 months in each country with the intent of eating her way through Italy, developing a spiritual practice in India, and finding life balance in Bali. Jane's favorite part of the book was Part I where she takes the reader from the sobbing-on-the-bathroom-floor pain of her own divorce through the libidinous thrill of taking Italian lessons with a sexy, but platonic friend.

In terms of fiction, Pat Louis is recommending *The Master*, by Irishman Colm Toibin. It is a fictional biography of Henry James, author of *The Portrait of a Lady*, *Washington Square*, *Wings of a Dove*, and numerous other novels, plays and essays. This novel really allows James to "come alive." It is well researched and the reader is introduced to his intellectual family, including his oldest brother, William, the distinguished psychologist and philosopher. Pat writes that Toibin's "minimalist" style of writing is masterful. In a postscript Pat noted that she had just picked up the latest Martha Grimes British mystery, *Dust*, and was delighted when one of the main characters lives in Henry James' former home in Rye, England, for a brief period. She notes, "Another good read from Grimes!"

Bob Harverstick is rereading *No Country for Old Men* and *Blood Meridian* by Cormac McCarthy. He includes a quote from McCarthy's Suttree, "Somewhere in the gray wood by the river is the huntsman and in the brooming corn and in the castellated press of cities. His work lies all wheres and his hounds

tire not. I have seen them in a dream, slaverous and wild and their eyes crazed with ravening for souls in the world. Fly them?"

For professional reading, Rich Armington has recommended *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain*, by Louis Cozolino. Cozolino writes about the social brain: parts of the brain that are not as easily viewed that have connections to both the cortex and the limbic systems. Rich notes the huge implications for those of us interested in attachment, psychotherapy and emotional regulation, and adds that it is very well written.

Kate Adams has highly recommended *Writing about Patients: Responsibilities, Risks and Ramifications*. This book thoroughly reviews the pros and cons of getting informed consent, having patients co-edit and all the dilemmas faced by those of us who write about psychotherapy.

Sue Marriott recommends *Emotional Intelligence in Couples Therapy: Advances from Neurobiology and the Science of Intimate Relationships* by Brent Atkinson. She writes, "This easy read pulls together lots of different ideas from this quickly advancing field of research and nicely applies them to couples work. It's very detailed, with flowcharts and all, and you can purchase workbooks for couples that you can use electronically with their personal information."

And just for fun, I will recommend two books by my favorite illustrator, Maira Kalman. She illustrated *The Elements of Style*. Most writers are familiar with *The Elements of Style*, the classic guide to clear prose and the only style manual to ever appear on bestseller lists. Her 57 exquisite illustrations give the surprisingly entertaining prose a jolt of fabulous energy. Kalman wrote and illustrated her newest book *The Principles of Uncertainty*. Most of this book originally appeared as her online column for *The New York Times*. The book consists of twelve chapters, one for each month of the year, with free associative, highly fanciful and entertaining musings, highlighted by her superbly unique drawings, paintings and photographs. Try it! You'll like it!

To include all the genres of writing, I will end with a new favorite quote of poetry, from a poem by Mary Oliver:

"When it's over, I want to say: All my life I was a bride married to amazement.

I was the bridegroom, taking the world into my arms."

May we all continue reading with enthusiasm, wonder and amazement! Happy reading!

For the next issue of *The Voice*, Lisa Mersky, LCSW, I would like to focus on books that we as therapists recommend to our patients for patient education. Please e-mail her at mermaid1953@yahoo.com with all suggestions, and thanks in advance!

Interview

(continued from page 4)

As men overtly excuse themselves from solving problems to demonstrate masculine strength, talk becomes more emotional. As women gain the feeling of being listened to, being heard and valued, they can risk being seen as strong. A sense of accomplishment appears when old patterns and defective life stories are replaced with currents of emotional communication.

Group treatment leads members to a better self-image and expectation of life. No longer does a gender dichotomy hinder intimacy, but admission of feelings about their own gender enhances a sense of self-confidence and ability to articulate emotions, in public, as experienced in group.

TS: Well, if what we have looked at in this interview is an indication, your workshop will be lively, stimulating, and lots of fun! Thank you, Ellen.

Travis Sebera, LPC, has been in private practice for 18 years providing a therapeutic environment for men and women to work on their relationships with self and others. He co-leads 3 mixed gender groups and provides, as an LPC Supervisor, a supervision group. He has been a student of Modern Analysis for 6 years.

Membership Newsfrom the chair

I would like to take this opportunity to introduce you to various activities regarding membership, including changes to our procedures for maintaining AGPS membership and respective benefits.

First there has been great effort by the board to spearhead membership recruitment. This includes our new Mentor Program and our new Brown Bag Lunches. The Mentor Program connects new members to AGPS with veteran members on an informal basis. Along with welcoming newcomers the purpose of our program is to engage both new and veteran members in the affairs of AGPS and provide a familiar face for new members to be introduced into Austin's vibrant group therapy community. I'd like to thank the many veteran members who have volunteered as mentors this year. As soon as we receive requests for mentors you will be contacted and introduced to new clinicians seeking a warm welcome into our community.

The Brown Bag Lunches are meet-and-greet conversations between AGPS members and students in local counseling programs. The objective is to introduce upcoming therapists to the benefits of AGPS membership. We'll keep you posted, as this program will soon provide the opportunity to veteran members to meet with students over lunch and share information about AGPS trainings and workshops.

As you will notice on the new membership application form, there are new membership levels: Contributor, Sustainer and Benefactor. Members are offered the opportunity to both contribute to and benefit from your favorite therapy organization. Contributor level members receive all the professional benefits of AGPS membership including complimentary listing of their group offerings in *The Voice* and on the AGPS website, fall and spring issues of *The Voice*, invitations to spring and fall training conferences featuring nationally recognized leaders in the field of group psychotherapy, invitations to several training workshops led by experienced practitioners from Austin's own group therapy community, and an invitation to the annual AGPS fall party. Often our professional enhancement opportunities provide necessary continuing educational credits at an affordable fee.

Benefactor and Sustainer membership levels allow members to offer AGPS additional support to sustain and enhance our many programs and website. In addition to all the benefits at the Contributor level of membership, Benefactors and Sustainers will be specially recognized in spring and fall issues of *The Voice*, the widely circulated newsletter of AGPS. In addition, AGPS welcomes direct donations to support our local Scholarship Fund, enabling clinicians and students to attend our workshops and conferences with the hope that we will continue to support our local professional community.

In an effort to continue to offer high-quality conferences and training opportunities as well as provide a newsletter and website that list the many group offerings by AGPS members, please note the following change. For this year, membership dues must be paid in full by July 1, 2008, in order for members to list their groups in the Fall 2008 issue of *The Voice* and maintain their group offerings and website links on our website. Next year, membership benefits will only be extended to members in good standing. Specifically, if your membership dues are not paid in full by the first of each year, your name and group listings will be removed from our website and future publications of *The Voice*. Please make sure to send in your membership dues prior to July 1, 2008, so that you can continue to receive uninterrupted membership benefits.

It's been an exciting year to be on the board of AGPS. I look forward to another year of rewarding service and getting to know you better. Feel free to contact me with your membership ideas.

Bernard Fleming, LPC, LMFT, focuses on individual and group psychotherapy with adults and male adolescents, along with couples counseling. In addition he maintains a caseload of special needs children, such as those diagnosed with Asperger's, ADHD, and trauma as well as children with divorced parents. He has over 10 years experience providing counseling to adults and children in various modalities and his office is off Bee Caves Road adjacent to Westlake High School. He can be reached at 329-9890 or at bernardf.fleming@earthlink.net.

AGPS Contributions

AGPS wants to recognize those members at the Sustainer and Benefactor levels who have demonstrated their commitment to support our professional organization at an enhanced level. Thank you for your contributions!

Benefactors:

Jeanne Bunker, LCSW
 Patricia Florence, LCSW
 Delinda Fox, LCSW, CGP
 Pamela Greenstone, LPC
 Katie Griffin, LPC, CGP
 Richard Holt, Ph.D.
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Joseph Acosta, LPC
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 Kate Culligan, LMFT
 Bernard Fleming, LPC, LMFT
 Lois Graham, Ph.D.
 Charlotte Howard, Ph.D.
 Joanne Farrow Olsen, LCSW
 Kathy Rider, LCSW
 Randy Frazier, Ph.D.

Still Echoes: Poetry for Contemplatives, Listeners, and Witnesses

Compiled by Gaea Logan and Candyce Ossefort-Russell

life is a garden

life is a garden,
not a road

we enter and exit
through the same gate

wandering,
where we go matters less
than what we notice

- by Bokonon, in *The Lost Book*

The Brain

The Brain is wider than the Sky
For; put them side by side,
The one the other will contain
With ease, and you, beside,

The Brain is deeper than the sea
For hold them, Blue to Blue,
The one, the other will absorb
As sponges, buckets do

The Brain is just the weight of God,
For; heft them, pound, for pound,
And they will differ; if they do
As Syllable from Sound

- by Emily Dickinson, in *The Enlightened Heart: An Anthology of Sacred Poetry*, edited by Stephen Mitchell

Ask Me

Some time when the river is ice ask me
Mistakes I have made. Ask me whether
what I have done is my life. Others
have come in their slow way into
my thoughts, and some have tried to help
or to hurt: ask me what difference
their strongest love or hate has made.

I will listen to what you say.
You and I can turn and look
at the silent river and wait. We know
the current is there, hidden, and there
are comings and goings from miles away
that hold the stillness exactly before us.
What the river says, that is what I say.

- by William Stafford, in *The Language of Life: A Festival of Poets*, edited by Bill Moyers

The Road

Here is the road: the light
comes and goes then returns again.
Be gentle with your fellow travelers
as they move through the world of stone and stars
whirling with you yet every one alone.
The road waits.
Do not ask questions but when it invites you
to dance at daybreak, say yes.
Each step is the journey; a single note the song.

- by Arlene Gay Levine, in *Bless the Day*, edited by June Cotner

What Are the Turning Points in Your Career?

(continued from page 6)

Another turning point for me occurred when I was forced out of my over-investment in therapeutic naiveté. The idea that patients might lie to or turn on their therapists was shocking to me. So was my discovery that a consultation practice is dangerous; if the primary therapist receives a board complaint or lawsuit, so does the consultant. Careful documentation and informed consent are essential if a therapist is going to be allied with any other professional as a consultant. Most shocking of all was the dawning realization that many individuals in the helping professions are betrayed by their office managers. I personally know of four therapists, two priests and several psychiatrists who were so trusting of their office managers, and so willing to turn over all the unpleasant financial aspects of their business to them, that the office managers were able to embezzle tens of thousands of dollars, all the time pretending to be as concerned about the disappearing money as their bosses. Thomas Ogden writes about this phenomena as an over-investment in the depressive position to the exclusion of the paranoid position. My spouse is a forensic accountant, and the vulnerability of well-meaning helping professionals to embezzlement is well known within the accounting world. Therapists need to preserve a bit of healthy skepticism and even a bit of paranoia to keep themselves and their practices intact.

Kathleen Adams received her Ph.D. in clinical psychology (child specialization) in 1976. She managed an outpatient treatment service for several years and then was Chief Psychologist in a children's inpatient facility that was also a teaching hospital. She developed intensive (4x week) group therapy programs in both these facilities. In 1988 she opened a full time private practice. She has enjoyed teaching other professionals in a study group format for over 20 years, and also is adjunct faculty at Seton/Shoal Creek Child and Adult residency programs. In 2006 she won the Anne Alonso award for excellence in contribution to the group psychotherapy literature for her article Falling forever: The price of chronic shock. She is writing a book entitled The Sky is Falling: Nightmares and Awakenings from Chronic Shock.

Jan Morris, Ph.D.

The most memorable turning point in my career took place in AGPS at the Annual Meeting (around January, 1997, I believe) when I had the opportunity to talk about and demonstrate Modern Analytic group techniques. At that meeting, the Board decided to do something like AGPA had modeled in previous years, asking a group of volunteers to be a group for two or more different styles of conducting groups. At that AGPS meeting, Modern Analytic group psychotherapy was compared with Systems Centered Therapy (SCT). This event was my first chance to stand before my colleagues and explain and model the techniques I had been learning at the Center for Group Studies in New York City. It was quite an honor to be invited to do this, and I could not have considered such a thing had I not been training with the CGS faculty and had them to help me prepare. Ronnie Levine, whom many of you know, talked with me at length about her experience with both methods. That experience at the AGPS annual meeting was like a coming-out party for me, challenging me to show what I had been learning and connecting me more strongly with the community that is AGPS. And as many turning points go, it could not have happened without a lot of help. How did I get to CGS? Back then it was called CAGS, the Center for the Advancement of Group Studies. It was founded in 1989 by Lou Ormont, Ph.D., and several of his followers. Jev Sikes was leading a study group on group psychotherapy, and was also instrumental in recruiting Dr. Ormont to give a workshop in Austin in 1994. The workshop was about defenses in group psychotherapy. Meeting and learning from Dr. Ormont was another turning point for me. I was so inspired by his skill, his knowledge, and his passion for groups I was determined to learn more from him through CGS. Thus began the most significant training experience of my career. Because of that training over several years, I have grown in innumerable ways personally and professionally. I have gained the confidence to run study, supervision, and training groups locally and AGPA Institute groups at the Annual Meetings. These are activities I could not imagine myself doing when I began my career. The Austin-CGS connection has grown ever stronger over the years as more and more Austin group therapists have begun training there, and faculty from CGS have come to Austin to train us here. Billy Crystal was recently asked his advice to aspiring actors and said something like, "You owe it to yourself to get the best training you can get, so you can use all of yourself in your work." We therapists can say the same thing about practicing psychotherapy. The best way to create career turning points is to passionately pursue your own

training throughout your career.

Jan Morris, Ph.D., has been in practice in Austin since 1985, when she received her Ph.D. from the Counseling Psychology program at UT. She earned a certificate in Modern Group Leadership from the Center for Group Studies in 2005, after almost ten years of study and training. She helped recruit CGS faculty to conduct training, supervision, and therapy groups for therapists in Austin. She maintains a private practice of individual and group therapy as well as supervision and training groups.

Jane Cobb, L.C.S.W.

Looking back on my past 22 years as a therapist, a few turning points stand out for me. The first was getting licensed to practice independently. I was living in Illinois and had gone to school at the University of Chicago but felt new to the field of psychotherapy. No one in my family had ever done this kind of work, so I felt I was on foreign ground. Taking the licensing exam was a big deal and a time of high anxiety. I still remember the excitement I felt when I opened the envelope with the results saying I'd passed. I felt I'd arrived! My second turning point came when I moved to California. I was married at the time. My then-husband and I had relocated with the idea of having a better (More exciting? Warmer?) life. After getting licensed there, I found a job as a therapist at a school for severely emotionally disturbed children. While I learned a tremendous amount, the work was very strenuous. It was a tough population to work with – inner-city kids with very troubled backgrounds. Many of the boys on my caseload had Oppositional-Defiant Disorder. I had never worked with children or adolescents before, and these boys were 7, 8, and 9 going on 15, 16, and 17. I was challenged everyday, not just emotionally and intellectually, but also physically. Yet I was happy and proud to have found a job in my field in California, a state that had only existed in my fantasies until then. A few years later I moved to Austin and took a job at the University of Texas Counseling and Mental Health Center. This job was especially gratifying. I loved having such a knowledgeable and gifted group of colleagues and working with a bright and diverse client population. After working with rebellious pre-adolescents, having clients who said "thank you" at the end of an appointment was icing on the cake. For several years I was happy working in the "womb" of U.T.

The next major turning point came when I chose to go into private practice. No longer was I working "for the man." I was working "for the woman," and the woman was me! Ever since going into practice for myself, the rewards and challenges feel more personal. The risks and benefits affect me immediately and deeply. Being in private practice has called upon me to become more visible – something I simultaneously relish and dread. At this stage in my career I see that it's now or never: I have the opportunity to pursue challenges of my own choice, to tailor my practice to my own desires, and to grow in ways that I am only beginning to imagine.

The truth is new things scare me. But there's also a part of me that's curious, adventurous and likes to push beyond my existing limits. The turning points I've chosen hold special meaning because each one involved taking a chance on the unknown. Each one brought up feelings of fear, but in the end yielded the kind of excitement, pride, and satisfaction that only came because I was willing to leap.

Jane Cobb earned her B.A. from Earlham College in 1981 and her Masters in Social Work from the University of Chicago in 1985. She worked for 4 years as a therapist at a community mental health center in Chicago and later worked at a school for severely emotionally disturbed children in San Leandro, CA. Upon arriving in Austin in 1991 she served on the senior staff at the University of Texas Counseling and Mental Health Center. In her private practice, which she began in 1994, she sees individuals, couples, and groups, specializing in eating disorders and relationship issues. In her spare time she paints watercolors.

Pat Louis, L.C.S.W., has been in practice for 31 years. She works with individuals and couples on developmental issues focusing on the capacity to become more interdependent and less codependent. As an adjunct to ongoing psychotherapy, Pat offers a series of three psycho-educational classes focused on developing skills that foster more satisfying relating. Pat looks forward to the submission of more turning point essays for the next issue of The Voice. Pat especially wants to hear from those AGPS members who have volunteered, but have yet to submit their contributions. Please email your essays to pat-louis119@sbcglobal.net or for more information contact her at (512) 231-8737. THANKS to the four contributors in this issue and Pat welcomes future contributors.

March Conference

Working with Gender Issues in Group
 Ellen L. Wright, PhD
 March 22, 8:30am - 4:30pm

Saturday Conference
 Location: Doubletree Club Hotel, MLK and I-35, 512-479-4000

Modern group is a powerful setting where emotional communication creates bonds while respecting differences. Differences, such as those between men and women, become evident in the group setting where subtle and overt patterns of reacting to the opposite gender become activated. Modern Group Therapy offers practitioners a unique theory and set of techniques that help group members bridge the gender gap and develop a gender empathy that is expressed in new ways of men and women relating.

Using experiential and didactic formats, this workshop offers group therapists the opportunity to identify gender assumptions that can impede therapeutic progress. Case material and group demonstrations will be used to demonstrate how "therapeutic androgyny" – the ability to move from gender-consistent to gender-discordant intervention styles – can resolve difficult treatment impasses. Topics will include: understanding the impact of gender on engagement and communication in the group setting, techniques for respecting and bridging gender differences in communication and connection, gender-specific issues in the development of transference, gender-related issues in working with aggression, identifying and working with erotic transference, and gender-specific counter-transference challenges.

Sunday Consultation Group
 March 23, 9:00am – 12:00 noon
 Fee: \$100 (payable to AGPS)

The Sunday morning consultation group will be an informal group in which participants may further explore topical questions and consult on pertinent group/case material from their practices.

The first 10 people to sign up will compose the consultation group; they will be notified of the location and other details. Please check the appropriate box on the registration form to attend.

About the Speaker

Ellen L. Wright, Ph.D. is a Licensed Psychologist and Certified Psychoanalyst in private practice in Philadelphia. She is a faculty member at the Center for Group Studies in New York City and Senior Supervising and Training Analyst at the Philadelphia School of Psychoanalysis. Dr. Wright has pioneered the development of group techniques for the treatment of patients with physical illnesses and has expanded the scope of psychotherapy to previously therapeutically resistant populations. Dr. Wright has conducted training groups and seminars in the United States, Canada, and abroad, and has lectured

Information & Registration

To register, complete the form below and mail it along with your payment (payable to AGPS) to:

Austin Group Psychotherapy Society
 P.O. Box 684434
 Austin, TX 78768

Name _____

Discipline _____

Address _____

City, St, Zip _____

Telephone(s) _____

Saturday Workshop

<input type="checkbox"/> AGPS Member	\$90
<input type="checkbox"/> AGPS Non-Member	\$100
<input type="checkbox"/> Student*	\$45
<input type="checkbox"/> Agency Staff**	\$80

Total amount paid _____

I would like to attend the Sunday morning consultation group 9am-12pm (\$100 payable Sunday)

*Must be enrolled in a professional training program. Please send documentation of student status with payment.
 **Limited to members of mental health agencies or hospital staffs who preregister as a group of three (3) or more individuals. Private practice groups do not qualify for this rate.

-Limited scholarships to cover registration fee available. Contact AGPS at 473-3893 for more information.
 -Early registration is encouraged and appreciated; there will be a \$10 surcharge for at-the-door registration.
 -Refund Policy: A \$15 administration fee will be deducted from all refunds. No refunds will be given after the conference.

and authored papers on innovative applications of modern analytic psychotherapy. Her years of experience as an individual and group therapist, teacher, and supervisor are evident in the unique and practical topics she presents. Dr. Wright presents on a wide range of treatment topics including working with issues of group resistance, transference and countertransference, termination, intimacy and sexual issues. Dr. Wright is an enthusiastic and dynamic instructor with a talent for communicating difficult clinical issues with clarity and humor.

AGPS News

SHARE YOUR VOICE

Several AGPS members contributed their ideas and creativity to make this issue a rich compilation of our voices. If you have not yet submitted an article, please consider following your interests and curiosity and sharing your voice with this vibrant community. Perhaps the title of the Fall Conference will stimulate your imagination: "The Evocative Object: Imagination, Play, and Creativity in Group Therapy". If you have the germ of an idea, please contact Kate Culligan at 512-275-3606 or kculligan@hotmail.com and I would welcome an opportunity to collaborate with you and help give your imagination a voice.

THANKS FOR ALL YOUR HELP

The Voice is a collaborative effort and I want to extend my sincere thanks to Pat Louis, Katie Griffin, Lois Graham, Lisa Mersky, Patricia Florence and Josie Whitley for assistance with editing. Thanks also to several board members who helped fill in the blanks at the last minute.

SAVE THE DATES FOR 2008

**June Friday Afternoon Training (Date to Be Determined) with Bob Murphy, LPC, LMFT, CGP and Nancy Kelly, PhD, LCSW
In Search of the Group Therapist's Sexual Feelings: A workshop on a topic that isn't there**

**October 4-5
AGPS Fall Conference –
with Lise Motherwell, PhD
The Evocative Object: Imagination, Play, and Creativity in Group Therapy**

**November 15
Annual Fall Party**



Austin Group Psychotherapy Society - AGPS
P.O. Box 684434
Austin, TX 78768-4434

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