

# THE VOICE

AUSTIN GROUP PSYCHOTHERAPY SOCIETY



Fall 2008



Dr. Lise Motherwell

## An Interview with Dr. Lise Motherwell

By Andrea Pully, MEd, LPC, CGP

**Andrea Pully (AP):** Lise, I am delighted that you are going to be joining us in Austin this fall to present on "The Evocative Object: Imagination, Play, and Creativity in Group Therapy." To begin with, I am very curious. What do you mean by the "evocative object"?

**Dr. Lise Motherwell (LM):** I, too, am looking forward to my return visit to Austin to see friends and colleagues. The concept of the "evocative object" was first coined in 1984 by MIT professor Sherry Turkle in relation to her studies of how people think about and interact with computers. She described the computer as an "evocative object" because it "...fascinates, disturbs equanimity, and precipitates thought." Turkle, a sociologist and psychologist, was interested in the way computers have entered into our social life and psychological development; that is, how the computer affects the way we think, especially about ourselves. Later, as I trained in psychological assessment and worked with children in therapy, I became interested in the use of objects as a projective medium. Objects can take on many shapes and meanings. A stuffed lion may be a soft, cuddly soothing object for one client or a ferocious, man-eating, threatening force for another. Thus, the client's introduction of an object (a Slinky, dollhouse, or Lego) says something about his/her internal world and often his/her relationships including the one with the therapist. An evocative object elicits feelings, thoughts, wishes and fantasies about who we and others are. It helps us to think differently about our inner and outer worlds. While I do not use concrete objects in my adult therapy, I find that adults often offer "evocative objects" in the therapy session. These can be literal objects such as photographs, pictures, poems, books, favorite objects from home, or letters, or they can be abstract such as a metaphor or image from a movie, a reference to a song or story. In group therapy, clients often "bring" an object to the session that the group members then can project onto and play with. When an object is introduced into group, the "hall of mirrors" effect takes place with members presenting a range of associations, perceptions, feelings, and fantasies about the object. This process allows for a range of responses, making the experience deep and rich.

**AP:** This kind of group process sounds incredibly rich and creative. As a group therapist I find myself immediately wondering; what might help me identify such an "evocative object"? And what group conditions nurture an environment that facilitates that sort of creativity and play?

**LM:** Evocative objects help us to learn about ourselves and each other; so I pay particular attention to the ways in which clients introduce objects and then ask us to play with them. Humor is a common way clients ask us to play with them—they might offer an object like a joke, a pun, or express aggression in a humorous manner. I try to notice when clients do that and pick up on the metaphor which I then re-introduce to the group. It is like a child bringing a toy to a friend's house. The choice of toy says something about the child, but what two children playing together do with the toy is likely to carry different meanings than what the individual child does with it. That's where

See "Interview," page 4

## IN THIS ISSUE

Interview . . . . .	1
Letter from the President . . . . .	2
Letter from the Editor . . . . .	3
Adventures in Creativity . . . . .	5
What Are the Turning Points in Your Career? . . . . .	6
AGPS Group Listings . . . . .	7
The Voice of Experience . . . . .	10
The Voice Book Review . . . . .	11
AGPS Members Earn CGP . . . . .	14
Fall Conference Information . . . . .	15
AGPS News . . . . .	16

## AGPS ACTIVITIES

### September 12

Friday Afternoon Training – "Creative Space: Exploring Artistic and Creative Energy in Groups" presented by Drema Albin, Barbara Davis, Lois Graham, Lisa Mersky, Jan Morris, Bob Murphy, and Paula Shea.  
Doubletree Club Hotel – 2:00 to 5:00 PM.

### October 4

AGPS Fall Conference – "The Evocative Object: Imagination, Play, and Creativity in Group Therapy" with Lise Motherwell, PsyD,  
Doubletree Club Hotel – 8:30 AM to 4:30 PM

### October 5

Sunday Morning Consultation Group – A topical exploration of case/group material in an informal setting focusing on the use of imagination and metaphor in group psychotherapy. 9:00 AM to 12:00 noon with Lise Motherwell, PsyD.

### November 7

Friday Afternoon Training – "The Over-Functioning Therapist: From Narcissistic Injury to Sustainable Self-Care" presented by Delinda Fox and Jeanne Bunker. Doubletree Club Hotel – 2:00 to 5:00 PM.

### November 14

Annual Fall Party

## LETTER FROM THE PRESIDENT

Dear AGPS Members,

Fall is here and I am surprised that the year has gone by so fast. We have had such an exciting and active year as a society. Attendance has been high at our events and it has made things feel very lively and enjoyable.

In April, Katie Griffin hosted our first Friday Night Conversation (FNC) in several years. The board thought it was a good time to bring it back and offer a place for our members to get together in the evening. It was a roaring success and the discussion about "nice" groups was anything but "nice" or boring. In fact, it was downright fun, honest, and playful. We plan to have another one next year and hope to see you there. The FNC is a relaxing atmosphere to spend time with colleagues and friends, eat some delicious food, and have an interesting discussion. We had several AGPS first-timers which was wonderful as well.

Nancy Kelly and Bob Murphy generously donated their time and talents with us at their workshop in June titled, "In Search of the Group Therapist's Sexual Feelings". It was the beginning of a much needed ongoing discussion in our society on the topic of the therapist's sexual feelings. What pioneers they are to bring their expertise to us and skillfully open up such an important dialogue.

Also in June, Katie Griffin attended the Affiliate Society Assembly meetings in Chicago. Many thanks to her for the time and energy she has spent representing our society at a national level. Her dedication to AGPS and AGPA is strong and I appreciate all she does. That includes fundraising for both organizations, working on several committees at both the local and national level, and being my Past-President mentor whenever I call.

In August, we took part in a collaborative effort with Austin In Connection. I was thrilled when Sue Marriott called me several months ago and invited AGPS to work with them to bring internationally known researcher and analyst Allan Schore to lecture in Austin. I hope you were able to attend and join in the energy of seven local organizations working together to bring high-quality training to Austin.

Speaking of high-quality training, for the second year in a row our Program Chairperson, Patricia Florence, has provided our board with a positive, bubbling energy around our programming and it has produced a rich calendar for the remainder of 2008. Just around the corner in September we will enjoy a workshop called, "Creative Space: Exploring Artistic and Creative Energy in Groups". This will be facilitated by Drema Albin, Barbara Davis, Lois Graham, Lisa Mersky, Jan Morris, Bob Murphy, and Paula Shea.

I am really looking forward to the workshop and the activities they plan to share with us.

In October, please join us for the Fall Conference. I have seen Lise Motherwell present at the AGPA Annual Meeting several times and she provides a thoughtful, smart, grounded style that draws me to her and her trainings. You can learn more about her in the interview by Andrea Pully in this issue of the **Voice**.

Please check the website on a regular basis for more information on upcoming events. The address is [www.austingroups.org](http://www.austingroups.org). Derek Leighton, the President-Elect of AGPS, has done a tremendous job of taking over the website responsibilities this year. He and Bernard Fleming, our hard-working Membership Chair, have also worked together to upgrade the membership portion of the website and group listings. I recommend that you peruse the website when you have a chance.

Let me tell you that your board is getting a lot done this year! Our newest board members, Alyson Stone, Josie Whitley, Judy Hardwick, and Derek Leighton, have all added a tremendous amount and it has been fun working with them. Alyson is our CEU chair, serves on several committees, and plans to edit the **Voice** next year. Josie is our Secretary and also headed up the AGPS part of the Allan Schore lecture. Judy has been right on top of AGPS finances all year as our Treasurer and Derek has taken our website to the next level while serving on several committees and preparing for his presidency next year. I want to thank all of them for their dedication and work.

Watch for the AGPS board nominations ballot coming your way in November. If you are interested in joining the board of AGPS, now is the time to let us know! Call me and let me know you are interested. Or, if you know someone who might be a good candidate, let me know and I will talk with them. We would love to hear from you!

I want to thank Kate Culligan for the quality work she has done on the spring and fall 2008 issues of *The Voice*. Her attention to quality and detail has created a newsletter packed full of wisdom and insight from our members!

I look forward to seeing you at all the upcoming events.

Respectfully,

Pam Greenstone

## LETTER FROM THE EDITOR

Dear AGPS Members,

When this issue arrives in your mailbox, many of you will be returning from summer vacation. Autumn has arrived! Over the summer your AGPS Board has been planning and scheduling some exciting autumn workshops. Thanks to Patricia Florence, our Program Chairperson several events have been arranged for your professional growth and enjoyment. There is something for everyone: from exploring creativity in groups, to self-care for the busy therapist and our fall conference focusing on working with metaphor and play in group therapy. Whatever your interests or level of experience, you may benefit greatly from our offerings.

In August, your AGPS board co-sponsored a Sunday Evening Lecture with Austin In Connection, along with several other Austin professional groups. We were excited to work with others to bring Dr. Allan Schore to Austin to present on the topic *The Paradigm Shift: The Right Brain and the Relational Unconscious*. Josie Whitley, Ph.D., volunteered to represent AGPS in the planning and operational aspects of this exciting evening. It was a success with many AGPS members in attendance.

If you haven't already signed up for our upcoming Friday Afternoon Workshop on September 12 entitled *Creative Space: Exploring Artistic and Creative Energy in Groups*, please look at our homepage on our new improved website [www.austingroups.org](http://www.austingroups.org). Thanks to the work of Derek Leighton, our President-Elect, the website is now timely, more user-friendly and better serves our members. Bernard Fleming, our Membership Chairperson, has worked with Derek on our website and has instituted several new outreach programs including our robust Mentor Program and Brown Bag presentations at universities to inform new clinicians of our professional community and educational opportunities.

Our Fall Conference on October 4-5 promises to be informative, exciting and most of all *playful*. The title alone is intriguing: *The Evocative Object: Imagination, Play, and Creativity in Group Therapy*. Join your colleagues for a day of play. Andrea Pully has provided our readers with a thoughtful interview with Lise Motherwell.

As a great compliment to our preceding workshops, on November 7 Jeanne Bunker and Delinda Fox present a topic near and dear to our hearts: *The Over-Functioning Therapist: From Narcissistic Injury to Sustainable Self-Care*.

Katie Griffin, our Past President and Chairperson of the AGPS Development Committee, has long had an interest in supporting students, new clinicians and the Austin mental health community. Now **YOU** have an opportunity to welcome them into our community. Do you remember when you were a fledgling clinician attempting to build a private practice or counting required hours to prepare for licensure? Perhaps you wanted to register for workshops and conferences, but there were other priorities in your budget. The AGPS Scholarship Fund provides financial support for access to group psychotherapy education and advance training for students and new clinicians. The fund's primary goal is to extend opportunities for learning and professional development by awarding scholarships to attend AGPS or other AGPA Affiliate Societies' programs. Consider sponsoring a clinician for a workshop or conference. It's easy to do: simply mail a check to our post office box with *Scholarship Fund* noted on the check memo line or give your donation to any board member when you attend an AGPS event.

I have enjoyed being Editor of the *Voice* and this role has enabled me to meet and work with many AGPS members and become more aware of the AGPS community.

## AGPS BOARD CONTACT LIST

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Thanks to all the members who have offered their time and energy to write articles, assist with editing, and help me do a better job. Your new Voice Editor will be Alyson Stone and please offer her your support and your creative ideas for articles in the coming year. Lastly, a special thanks to my friend Pat Louis for all of her help and support.

Kate Culligan



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## Interview

(continued from page 1)

the richness comes in. As a leader, you both need to provide the environment for play (and for objects to be introduced) and a way to engage the use of the object. That means encouraging group members to play with the object **and** the person who brought in the object. Sometimes using the language of childhood can help. For example, if a “hot” topic is introduced, the leader might want to comment on the “hot potato” in the room, referring to a popular childhood game. Many clinicians have been taught to interpret the meaning of the object rather than to accept it and play with it. Interpretation often kills playfulness.

**AP:** Yes, I agree, and I have smushed some group hot potatoes with an interpretation, particularly with a group-as-a-whole interpretation! I think you are highlighting an important distinction between interpreting the meaning of an object in group and playing with an object when it is introduced into the group process. Would you give us a clinical example that illustrates this difference?

**LM:** Ah, smushed hot potatoes. Sounds like an excellent side dish for Thanksgiving dinner, but not great for group therapy! An individual client of mine is a depressed, painfully shy, lonely guy. He has recently made several heroic efforts to get out and meet new people. He invited neighbors over for wine and cheese, he went on a blind date, and he went with friends to a ball game. In the session he complained about not making progress. I pointed out the efforts he had made. Always the pessimist, he said to me, “Stop with the glass half full! I’m drowning in it!” I laughed, and said, “Well, we’ll need to get you a life preserver...” His humor is clever and funny and allowed us to connect on a human level...something he has a difficult time doing in his life. Had I interpreted his comment, I would have lost our connection. And maybe that would have pulled for the negative transference, but I thought maintaining our closeness was more important. In group what happens is a member brings in a metaphor that the group can play with. In my ongoing divorce group, several of the women have husbands who

had affairs. One group member said her rabbi called her husband’s new girlfriend “Just the getaway car.” The group members laughed, both in appreciation of the rabbi’s take and to manage their own pain. At the time I stayed with the affect because it allowed the group to connect, but I later brought back the car metaphor to explore what kind of lives the group members wanted for themselves in the future. Did they want to be in the driver’s seat or the passenger’s seat, and what kind of car would they want to drive? A Volkswagen? A Ferrari? Who would they want in the car with them? This deepened the conversation and allowed members to take risks they might not otherwise because the play was in displacement. Somehow it’s easier to talk about wanting to be in the passenger’s seat than it is to say one wants to be taken care of. And who really wants to admit to caring about money? Talking in displacement doesn’t eliminate the experience of shame, but it sure can soften it.

**AP:** Through reading your articles, conversing with you at AGPA, and listening to a mutual friend and colleague glowingly describe “Lise and her Legos,” I have learned that you are a woman who is passionate about play! Would you be willing to tell us what is exciting to you about play in therapy and what draws you to the topic of “Imagination, Play, and Creativity in Group Therapy”?

**LM:** I grew up in a family of artists, so creativity and imagination were highly valued. My father’s painting (he was an abstract expressionist) was a translation of free association where he painted from his feelings rather than mediating his work with thoughts. From an early age my sister and I shared our dreams with my parents during breakfast, which gave voice to our imaginations and unconscious. We played and painted in my parents’ studios. My stepmother has a wonderful *joie de vivre*—she loves life and knows how to make life fun. For example, one year the sculptor, David Smith, came to visit and brought my father, who was a gourmet cook, meat from a bear he had hunted. My father and stepmother invited dinner guests to share the bear that

night. When my stepmother answered the doorbell, she greeted the guests in a huge bear costume. It was hilarious. I have some of that playfulness in me, which I like to use in my work. I have found that traditional analytic theory focuses too much on pathology whereas the Positive Psychology movement may not allow enough room for difficult experiences and feelings. I’m interested in finding ways clients can give voice to their pain, but do so using some higher-level defenses. Laughter is great medicine. It decreases the production of cortisol, a stress-related hormone, and helps people heal. When we help our groups to play, we help them become more flexible, resilient, and imaginative, and we create a sense of safety, which promotes deeper relationships. Play also helps us as clinicians. The nature of our work can easily lead to burnout. About ten years ago I considered leaving the field because I felt so exhausted by the work. Instead I thought about what rejuvenates me—and I realized it was a sense of fun and playfulness. Since I am a child clinician, playing came naturally to me, and I wanted to find a way to incorporate it in my adult work. I find myself much more engaged when playing with my clients.

**AP:** I think most of us could benefit from more play and more enjoyment in our work and I’m excited that you will be helping us develop this capacity. Thank you for your candor and generosity in sharing your thoughts, Lise. I have enjoyed this process and I look forward to seeing you in Austin this fall.

**LM:** Thanks, Andrea. I, too, have enjoyed our conversation. And I can’t wait to play with all of you in Austin.

Andrea Pully, a private practitioner for sixteen years, specializes in group psychotherapy, and has five ongoing groups including a training group for therapists that she co-leads with Jeff Hudson. Andrea is a former member of the AGPS Board of Directors where she served as Treasurer. At the national level, Andrea is a member of the American Group Psychotherapy Association Board of Directors and is Co-Chair of the Special Interest Group for Co-Therapy. She is also a frequent faculty presenter at the AGPA Annual Meetings. Andrea is most proud of being a member of a weekly therapy group for close to twenty years. She may be reached at 477-9945.

## Adventures in Creativity

By Jan Morris, Ph.D., CGP

When I was a little girl I used to love taking out my mother's paints and brushes and painting pictures. She painted as a hobby and was quite talented. I never thought I had any particular talent at painting. Although I enjoyed playing around with it, I told myself that I wasn't as good as she, and my interest died out for about 30 years. An unspoken belief that my talent was unremarkable closed off the opportunity to know more about my creative self.

Several years ago I was talking with a group of close friends, and someone brought up Julia Cameron's *The Artist's Way*. We were all interested in reading her book and seeing what we could do with it. Reading her book and following many of her recommendations for awakening creativity was a life-changing experience for me. As we began reading and following her program, a voice arrived in my mind that said, "I want to paint flowers." Purple flowers, red flowers, splashes of watercolor on paper. So I did. Then I started sketching with pencil, and then pen and ink. I was having a great deal of fun, and I discovered, to my surprise, that I had some talent.

What I didn't expect, amid the excitement of this discovery, was my entry into a world of struggle and difficulty. The pleasure of producing images and colors on paper was complicated by uninvited internal commentary, "That looks like crap." "That was a waste of time, paper, and paint." "People are expecting something from me and I will disappoint them." "This is a frivolous expenditure of time...there are more important things I should be doing." What should have been a

pleasurable activity turned into frequent disappointment, a comparison to other better artists, and all manner of avoidance reactions. In that state of mind I could get through the day doing everything but creative activities. Watching TV, reading, laundry, grocery shopping, working, cleaning gutters were preferable to facing the trials and tribulations of artistic expression.

With this struggle in mind, I began talking with colleagues and discovered that many therapists pursue creative activity of one form or another: photography, collage, writing, music, painting, drawing, etc. Even those who say, "I have no talent," like to garden, decorate, cook, dance, and sing. I also discovered that many of us seem to struggle with various forms of "creative resistance." Several of us therapists formed a group to explore our creative interests and potential and to address one of the resistances straightforwardly: time. Setting aside a regular time to make space for creative activity helped us place this pursuit higher on the priority list. We also found that the safety, intimacy, energy, and creative expressions that emerge in such a setting are often fun, exciting, and inspiring. We have been learning more about our resistances to creativity. We have asked ourselves the question: How can such pleasurable, exciting activity get bogged down in a quagmire of critical voices and avoidance? Here's what we understand so far:

1. Emotionally "safe" activities are passive, like reading, watching a movie, anything that involves taking in information from outside sources. Creative activities are active, involving the production of something personal, unique. Revealing one's original, creative self is a risky, vulnerable thing.
2. In such a vulnerable state, we are more exposed to the reactions of others as well as our own reactions. Critical parents, high expectations, a competitive culture, positive interest, encouragement, and praise all play a part in encouraging or discouraging creative activity.
3. Resistances that come into play around creative life have a strong similarity to what we know about resistances in psychotherapy. We have our group that meets every other week, and many resistances have become apparent: internal critics or skeptics, busy schedules of work and travel and family obligations, disappointments in what we produce. The support and encouragement of the group helps replace the negative reactions with more positive ones.
4. As we discover hidden talents and expand our repertoires of creative expression, our work as clinicians is enhanced. New freedom to experiment with creative activities gives us more freedom in our work with individuals and groups.

What do analytic perspectives teach us about resistance? Freud, who was interested in electrical activity as it paralleled human thinking, originally talked about resistance as being like the covering around a wire that keeps the electrical charge from spilling out everywhere. Resistance serves the purpose of preserving psychological equilibrium. In psychotherapy when a client is invited to say everything, resistances emerge. In a group when a contract is established, members resist the contract.

Clients come to see us because they want to grow in some way, relieve some form of suffering or improve their quality of life. We all know it is never a straight line from "I need help" to "I am cured." If we could just give advice and suggestions and expect the client to follow them, therapy would take a lot less time. Instead, along with their suffering, they bring their histories in which their fears of vulnerability, being rejected, being controlled, being destructive, and being abandoned originate. These fears inhibit clients' willingness to speak freely.

Modern analysts as well as other psychodynamically-oriented psychotherapists know that one of the key elements to good therapy work is identifying, exploring,



See "Creativity," page 6

## Creativity

(continued from page 5)

understanding, and resolving resistances to making progress. Leslie Rosenthal (1994) in his book, *Resolving Resistance in Group Psychotherapy*, describes five basic types of resistance that appear in individual as well as group therapy:

**Id resistance:** Involves repetition compulsions, pursuit of pleasure ("I'd rather spend this therapy money on a new dress."), dependency needs such as waiting to be fed by the leader.

**Ego resistance:** Involves objections that sound reasonable, "I signed up for a class that meets at the same time as this group so I'll have to drop out."

**Superego resistance:** Involves feelings of shame, guilt, and embarrassment. "I don't deserve this therapy." "I'm too ashamed to talk about my money problems in here."

**Secondary gain:** Perverse, or concealed pleasure is gained from symptoms and their maintenance. "If I continue to fail, I can punish my parents."

**Transference resistance:** Feelings and experiences transferred onto the therapist or the group members inhibit the free expression of thoughts and feelings. "If I

tell you I'm mad at you, you will retaliate and hurt me like my mother did."

Spotnitz (1969), the earliest contributor to modern analytic theory, came to believe that resistances are necessary elements to patients' functioning, and are communications about their earliest experiences in life. They are not to be overcome by pressure and interpretation but by joining, supporting, and reinforcement until these resistances are understood well enough that they can be given up voluntarily.

One of the reasons we want our clients to say everything in their individual therapy, and to explore their relationships with others in group therapy, is because we value the process of transferring the contents of our unconscious mind into conscious thought. When the unconscious becomes conscious, we have the opportunity to have new ideas, new feelings, to soften old beliefs that got crystallized in early life, and thus to grow and mature. Although our creativity group is not a modern analytic group in which the exploration and resolution of resistances is a priority, we have found that the supportive, playful, and encouraging atmosphere helps address

Rosenthal's resistances in gentle ways. The more we learn about our original ideas, our talents, our creative inclinations, the more we learn about our conscious and unconscious selves. The more we learn, the more fully human we can be.

My group of creative fellow-therapists is helping me feel more confident about my artistic self. Resistance is still with me, but in less obstructive forms. My group inspires me to incorporate creative thinking into my personal and professional life. Now if you'll excuse me, I have some laundry to fold.

### References

Cameron, J. (2002). *The Artist's Way*. New York: Tarcher.

Rosenthal, L. (1994). *Resolving Resistance in Group Psychotherapy*. New Jersey: Jason Aronson.

Spotnitz, H. (1969). *Modern Psychoanalysis of the Schizophrenic Patient*. New York: Grune and Stratton.

*Jan Morris, Ph.D., CGP, is a psychologist in private practice in Austin. She earned a certificate in Modern Group Leadership from the Center for Group Studies in New York City in 2005. She can be reached at (512) 346-2332.*

## What are the Turning Points in your Career?

By Pat Louis, L.C.S.W.

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 three more responses that Pat received and some readers may be surprised by the various backgrounds of these respondents.

### Jeff Hudson, L.P.C.

The first turning point in my career occurred while I was preparing to be a professional musician. I was an undergraduate piano major at the University of North Carolina and was fortunate to study with a gifted pianist and teacher, who cared about his students' well-being, Dr. Marmaduke Miles. Dr. Miles told me how much he believed in psychotherapy, especially for musicians. He made several invaluable recommendations

about how to utilize therapy. First, he told me to say everything to your therapist without worrying about shocking them and second, I needed to stay in therapy for at least a few years to experience significant growth. His advice inspired me to seek much-needed help and planted a seed for my future career.

A second turning point occurred during graduate school in music at Johns Hopkins University. I knew I needed to continue my therapy and sought help through the university counseling center. Hopkins offered a wide range of mental health services and I was intrigued at the prospect of being in psychoanalysis, without having any real idea what that entailed. I began my analysis with 3 to 4 weekly sessions with Dr. Ghislane Godenne, a wonderful

analyst in her 70's, and worked with her throughout my four years at the Peabody Conservatory. This analysis opened the world of the unconscious to me and taught me about the powerful impact of personal history on understanding ourselves and our interactions with others. In addition to the analysis, Dr. Godenne recommended group therapy, and I began my group treatment in 1985. With the exception of the year that I relocated to Austin, I have been a member of a weekly therapy group since. Eventually, I left the music world, completed a graduate degree in counseling, and began seeing clients in 1991.

A third turning point occurred in 1999 when I met Dr. Elliot Zeisel in an institute

See "Career," page 13



# AGPS GROUP LISTINGS

FALL 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 change via our website ([www.austingroups.org](http://www.austingroups.org)), mail the information to the AGPS mailbox, or email the information to [agps@austingroups.org](mailto:agps@austingroups.org)

## Female Groups

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
Tammy Brown, LCSW, CGP	327-5001	Mon	11:00 AM - 12:30 PM	women's process group
Tammy Brown, LCSW, CGP	327-5001	Thu	5:15 - 6:45 PM	psychodynamic
Jeanne Bunker, LCSW, CGP	328-3947	Tue	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	7:00 - 8:30 PM	Women, Mood, and Food
Jane L Cobb, LCSW, BCD	323-0021	Thu	11:00 AM - 12:30 PM	Overcoming Bulimia
Ruth Fagan-Wilen, LCSW, LMFT, PhD	(210) 219-0055	Mon	6:00 - 7:45 PM	Women's Self-Esteem Groups
Florence w/ Pressley	320-4582 / 402-5344	Tue	5:00 - 6:30 PM	Psychodynamic Women's 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
Pam Greenstone, LPC	689-7279	Tue	6:30 - 7:45 PM	ongoing psychodynamic group
Katie Griffin, LPC, CGP	656-4067	Mon	5:00 - 6:30 PM	Adult Psychotherapy
Kelly Inselmann, LCSW	586-2121	Mon	4:30 - 6:00 PM	Yoga and Talk: group therapy for girls (middle school)
Kelly Inselmann, LCSW	586-2121	Mon	6:15 - 8:00 PM	Yoga and Talk: group therapy for girls (high school)
Fabianna Laby, PsyD	638-3555	Mon	1:00 - 2:30 PM	Mothers of infants
Beverley M Larkam, LCSW, LMFT, CGP	476-4182	Mon	7:00 - 8:30 PM	psychodynamic
Sue Marriott, LCSW, CGP	419-7018	Tue	5:45 - 7:00 PM	psychodynamic
Lisa Mersky, LCSW, BCD, CGP	474-6148	Mon	8:00 - 9:30 AM	psychodynamic
Lisa Mersky, LCSW, BCD, CGP	474-6148	Mon	8:00 - 9:30 AM	psychodynamic
Lisa Mersky, LCSW, BCD, CGP	474-6148	Mon	8:00 - 9:30 AM	psychodynamic
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
Candyce Ossefort-Russell, MA, LPC	789-6244	Tue	11:15 AM - 12:45 PM	Ongoing psychodynamic for ages 55 and up
Candyce Ossefort-Russell, MA, LPC	789-6244	Tue	6:00 - 7:30 PM	Advanced Women's Psychodynamic (With Some Writing)
Pressley w/ Florence	402-5344 / 320-4582	Tue	5:00 - 6:30 PM	Psychodynamic Women's Group
Seja Rachael, MA, LPC	441-8334 x1	Thu	7:00 - 8:30 PM	Ages 38-58 relational/ insight oriented

## Male Groups

Joseph Acosta, MA, LPC	576-9523	Mon	7:00 - 8:30 PM	Interpersonal therapy group for men
Jay M Erwin-Grotsky, LCSW-CGP	732-7272	Mon	6:30 - 8:00 PM	Gay Men's Modern Analytic Process Group
Jay M Erwin-Grotsky, LCSW-CGP	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	Third Grade Boys Group
Bernard Fleming, LPC, LMFT	329-9890	Mon	5:15 - 6:15 PM	Adolescent Males
Bernard Fleming, LPC, LMFT	329-9890	Thu	4:30 - 5:30 PM	Middle School Boys Group
Randy Frazier, PhD	342-8950	Mon	6:15 - 7:30 PM	Interpersonal process-oriented group
Michael Hegener, 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, MEd, LPC, CGP, FAGPA	472-7476	Tue	6:30 - 8:00 PM	gay and bisexual men
Jeff Hudson, MEd, LPC, CGP, FAGPA	472-7476	Thu	4:30 - 6:00 PM	gay and bisexual men
Beverley M Larkam, LCSW, LMFT, CGP	476-4182	Mon	5:15 - 6:45 PM	psychodynamic
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

**Male Groups (cont.)**

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, supervisor	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 Gender**

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
Rich Armington, LCSW, CGP	306-0166	Thu	5:15 - 7:15 PM	SCT; includes 1/2 hour of body centering/awareness w/ Heloise Gold
Bill Bruzy, LCDC	477-9595	Wed	5:30 - 6:45 PM	Addictions recovery
Bunker w/ Erwin-Grotsky	328-3947/732-7272	Mon	10:00 - 11:30 AM	Therapy Group for Therapists
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	Thu	4:00 - 5:15 PM	psychodynamic
Barbara E Davis, LCSW, CGP	345-9353	Mon	5:30 - 7:00 PM	body-oriented psychotherapy
Sherry Dickey, PhD	452-3035	Tue	5:30 - 7:00 PM	NA
Sherry Dickey, PhD	452-3035	Thu	5:30 - 7:00 PM	Psychodynamic
Erwin-Grotsky w/ Bunker	732-7272/328-3947	Mon	10:00 - 11:30 AM	Therapy Group for Therapists
Bernard Fleming, LPC, LMFT	329-9890	Tue	6:00 - 7:15 PM	Psychodynamic/Object Relations
Carl Gacono, PhD	472-4348	Mon	6:00 - 7:30 PM	Psychodynamic
Lois Graham, PhD	346-0079	Mon	12:15 - 1:45 PM	Modern Analytic
Lois Graham, PhD	346-0079	Tue	5:15 - 6:45 PM	Modern Analytic
Katie Griffin, LPC, CGP	656-4067	Thu	5:00 - 6:30 PM	Adult Psychotherapy
Michael Hegener, 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
J. Worth Kilcrease, LPC, FT	658-2674	Tue	6:30 - 8:00 PM	HOPE Perinatal Loss Group - Grief
J. Worth Kilcrease, LPC, FT	658-2674	Thu	6:30 - 8:00 PM	PAL (Pregnancy After Loss) Group - Anxiety
Fabianna Laby, PsyD	638-3555	Wed	12:00 - 1:30 PM	Support for parents of children with special needs
Beverly M Larkam, LCSW, LMFT, CGP	476-4182	Mon	9:00 - 10:00 AM	AAMFT, AASECT
Pat Louis, LCSW	231-8737	Mon	7:15 - 8:30 PM	Psycho-educational Classes: Healing Codependency
Thomas Lowry, PhD, ABPP, LFAGPA	346-2332	Mon	5:00 - 6:30 PM	intensive psychodynamic group for mid-adults
Alaire Lowry, PhD, CGP, ABPP, FAGPA	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)

**Mixed Gender (cont.)**

Thomas Lowry, PhD, ABPP, LFAGPA	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
Jan Morris, PhD	346-2332	Tue	5:00 - 6:30 PM	Modern Analytic
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
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
Amiel Romain, MEd, LPC	560-0846 / 762-1024	Wed	6:00 - 7:30 PM	psychodynamic/interpersonal
Rochelle Satterfield, PhD	499-8419	Mon	7:00 - 8:30 PM	psychodynamic
Rochelle Satterfield, PhD	499-8419	Wed	7:00 - 8:30 PM	psychodynamic
Travis Sebera, LPC, supervisor	327-7500/306-1488	Wed	6:00 - 7:30 PM	psychodynamic
Travis Sebera, LPC, supervisor	327-7500/306-1488	Thu	11:30 AM - 1:00 PM	psychodynamic--relationships, social phobias
Travis Sebera, LPC, supervisor	327-7500/306-1488	Thu	6:00 - 7:30 PM	general issues/psychodynamic
Robert Seidel, MSSW, LCSW, BCD	473-8293	Thu	6:00 - 7:30 PM	Psychodynamic/Interpersonal
Sydnor Sikes, PhD, ABPP	469-0582	Mon	4:45 - 6:15 PM	SCT
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
Matthew Snapp, PhD, LMFT, CGP	327-5208	Mon	6:00 - 7:30 PM	NA
Matthew Snapp, PhD, LMFT, CGP	327-5208	Thu	11:30 AM - 1:00 PM	NA
Rebecca Stadtner, PhD	343-6812	Tue	6:00 - 7:30 PM	object relations
Audry Steele, LPC	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
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

**Study/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
Cassano w/ Armington	327-4170	Wed	9:00 - 10:00 AM	SCT(tm) supervision group (alt weds.)
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)
Thomas Lowry, PhD, ABPP, LFAGPA	346-2332	Mon	TBA	AAMFT supervision
Lisa Means, MA, LPC	472-5848	Fri	9:45 - 11:15 AM	Consultation and Study Group

## Study/Training Groups (cont.)

Jan Morris, PhD	346-2332	Fri	12:00 - 1:30 PM	Modern Analytic Study/Training (Alt. Fri.)
Candyce Ossefort-Russell, MA, LPC	789-6244	Tue	8:30 - 10:00 AM	Therapists Bearing Witness Study Group
Candyce Ossefort-Russell, MA, LPC	789-6244	Wed	8:30 - 10:00 AM	Therapists Bearing Witness Study Group
Candyce Ossefort-Russell, MA, LPC	789-6244	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
Travis Sebera, LPC, supervisor	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, LCSW	338-9797	Fri	TBA	InterPlay Pilot Project (6 wks)

## The Voice of Experience

By Lois Graham, PhD

### Watch Me Dance!

When I watch an artist at work I'm filled with wonder at how lighthearted and simple their performance seems. Mikhail Baryshnikov leaps into the air and floats there effortlessly before landing softly and nonchalantly moving on to the rest of his dance. Such moments are, of course, the product of years of experience and daily practice. But I do believe that the beauty of that moment comes from something more. During that performance, he has forgotten everything else around him: he is the dance. Therapists are artists too and what feeds our souls helps us to have moments like this in our work. Sometimes I stumble into those moments and in the afterglow try to understand what I did that led me there. More recently I've decided that the key to this magical place lies in creative play of various sorts.

What does creative play look like? As I sat in front of my computer searching for the words to describe my thoughts about this process, the experiences in the following paragraphs came to mind. By sharing them with you I hope to learn something more about how to nourish myself.

It's early evening and I'm driving home, full of the voices and experiences I've sat with during the day. A familiar critical voice chimes in, noting what I said and shouldn't have said, what I didn't say and should have said. She is relentless and unforgiving. I picture her as an old crone sitting on the front porch of a broken down shack in the desert. She's wearing dirty jeans with a Mexican blanket

thrown casually over one shoulder. She squints at me through cold blue eyes. Her gaze is steely, mean, Clint Eastwood in a geriatric version of a spaghetti western. This ride home with me is her favorite part of the day. I am tired and vulnerable and she has more power in these moments. Smiling thinly, she leans back in her chair, boots on the railing, cigarillo in her left hand. She picks a piece of tobacco off her tongue and

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*"Object relations.  
Counter-transference.  
The shadow of the object."  
She spits the words out  
contemptuously.  
"Who talks that way?  
Get a real job!"*

---

sneers at me. "Object relations. Counter-transference. The shadow of the object." She spits the words out contemptuously. "Who talks that way? Get a real job!"

Carpooling with her is a definite downer. I tune her out and turn on my CD player. The mind-cleansing words of Chip Taylor and Carrie Rodriguez float out into the air with my favorite lyrics from "Don't Speak in English":

...we can just talk it out  
Tell me what it's all about  
But don't speak in English  
You can just let it go—get it right from your soul

But don't say words I understand  
I've had enough—of that kind of stuff  
For a long, long time  
Exactly! That's exactly how I feel after a day full of listening. I smile and tap my foot, singing along, delighting in the words about not using words. I turn it up louder shouting out another verse:

...you can let the telephone ring  
Don't pass me that thing  
I am not a receiver

As I crawl through early evening traffic, the music plays on, taking me out of my head and into myself. Memories, associations, new connections appear along with the occasional creative thought about myself, my work and the people I'm beginning to understand. Voila! I have successfully employed what a friend recently labeled "optimal distraction." Such distractions allow me to escape from my internal fears long enough to find my own voice. That voice comes from my authentic, intuitive self, the part that has absorbed all the theory and technique from those years of training and woven it together with my life experience. As I loosen up, delighting in something outside the prison of my self-criticisms, my mind gets unshackled and feels free to play. Paradoxically it's in the midst of this play that I get the insights and the refreshment that informs my best work.

Deliberate activities aimed at liberating the unconscious can help the child within come out to play. In one session of the Friday afternoon creativity group I belong to we

See "Dance," page 12

# THE VOICE BOOK REVIEW

Welcome, readers! For this issue of The Voice Book Review, I am offering a cornucopia of suggestions from our members of favorite books that we recommend to our clients. A big thanks for the therapists who responded so generously to my request for suggestions.

[Susan Anson](#) sent in several recommendations:

- *I Can't Get Over It: A Handbook for Trauma Survivors*, by Aphrodite Matzak. It is in workbook format, a good "primer" and offers a more comprehensible writing style than Herman.
- The *Anxiety and Phobia Workbook*, by David Bourne. A great workbook for all types of anxiety with lots of practical helpful suggestions.
- *Parenting from the Inside Out*, by Dan Siegel and Mary Hartzell. A great introduction to attachment research for parents, bringing a hopeful message about resolving traumatic backgrounds and raising secure emotionally healthy children.

[Derek Leighton](#) recommended three books for use in relationships with sexual issues. Derek writes, "These books contribute to viewing sexuality, whether it is vanilla or S & M or polyandry or any kind of erotic play, as potentially positive expressions that don't necessarily mean pathology or perversion."

- *Mating in Captivity: Reconciling the Erotic and the Domestic*, by Esther Perel. This book delves into boredom, power and money in relationships. Perel discusses the importance of preserving some mystery in a relationship through a thoughtful emphasis on appropriate boundaries and separateness, while at the same time learning to share more than might be comfortable.

- *Arousal: The Secret Logic of Sexual Fantasies*, by Michael Bader. Bader uses sexual fantasies as a key to understanding unresolved psychological issues, without pathologizing.
- *The Erotic Mind: Unlocking the Inner Sources of Passionate Fulfillment*, by Jack Morin. Morin invites the reader to explore their own unique erotic psyche and encourages a look at one's own peak erotic experiences as a way of understanding one's own eroticism.

[Kathleen Adams](#) offered four recommendations:

- *Scarred by Struggle, Transformed by Hope*, by Joan Chastiser. Addresses the dark night of the soul in a reader-friendly manner, identifying the gifts which come with struggle.
- *Legacy of the Heart: Spiritual Gifts of a Painful Childhood*, by Wayne Muller – spins the victim position on its ear!
- *Dark Side of Love*, by Jane G. Goldberg. Addresses the inevitability of hatred in intimacy and how it can open the door for deeper emotional contact.
- *Trapped in the Mirror*, by Elan Golom. Explores the impact of growing up with narcissistic parents.

[Rich Armington](#) recommends *The Fear Book: Facing Fear Once and For All*, by Cheri Huber. This is a well-written, thoughtful and easily read book by an American Zen Teacher, emphasizing the value of fear, and the way to use it to grow by approaching it with curiosity. Rich writes: One of my favorite parts is reflected in the statement, "We don't have to take our feelings personally." Yet the book also offers great respect for the value of noticing and listening to fear, and emphasizes not acting in destructive ways by overlooking the important message of fear.



[Travis Sebera](#) recommends *HE* by Robert Johnson. Johnson uses the myth of Parsifal's search for the Holy Grail as a vehicle for understanding the psyche of men. Travis writes, "Johnson uses myth and psychological principles to help the reader more fully understand the tapestry of the emotions of men. The book is entertaining, thought-provoking and easily read. It can be useful to help men, and those of us who wish to help men, learn about and appreciate the masculine journey."

To finish up our collection, I will suggest a new book which I am finding useful to recommend to couples: *Hold Me Tight: Seven Conversations for a Lifetime of Love*, by Dr. Sue Johnson. Johnson, who developed Emotionally Focused Couples Therapy, offers couples an approach that integrates attachment theory with an emphasis on "healthy dependence."

So there you have it! I hope you have found some new titles to pique your curiosity and interest. Please let me know if you would like to write a full-length book review for the next issue of *The Voice*.



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## Dance

(continued from page 10)

did a guided imagery exercise. Our leader asked us to choose an artist who could serve as our mentor. "Close your eyes," she said. "Imagine going to meet that person. Describe what you're wearing and where you are. Imagine what he/she says to you."

My first choice is Shakespeare. I set off to meet him wearing the complete Elizabethan rig: high starched collar, corset, and hoop. As I walk down the tree-lined pathway I feel very uncomfortable. These clothes bind me tightly making it hard to breath. Now that I think about it, do I really want to talk to Shakespeare? All that twisted English. He's intimidating and he's bald. Who else could I choose? I know. How about John Banville? He has a dissolute Irish look to him that I find attractive and he's a beautiful writer. Also he relishes the sweet underbelly of his dark side (read [The Book of Evidence](#) to watch someone having a good time letting their id out to play!). I slip into something more comfortable....slinky black dress, red hibiscus blossom behind my ear, bare legs, bare feet,...and stroll toward him. He's standing with his back to me. As I approach he turns and opens his mouth to speak. I move closer. What will he say? Surely he will share his secrets, initiate me into the world of writing, and tell me for God's sake how to do it! "Yes!" I say breathlessly. He leans towards me and whispers one word, only one word: "Inhabit."

According to Webster's to inhabit is "to be present in or occupy in any manner or form." But to me, in that moment, the word "inhabit" came as a moment of truth, straight from my unconscious (not, despite the disguise, from John Banville who has his own secrets to uncover). Whether it's in my writing or with my clients, I need to inhabit my work, be there, and be visible. When I focus on my audience, I lose my voice. Instead of tuning in to what I see and feel in my groups I find myself worrying "What does this mean? What should I say? Quick, get a real therapist on the phone so I can find out what to do!" When I can remember who I am, I no longer feel the panicky need for a roadmap. My work becomes more pleasurable, authentic, and effective.

"Well, that's just great!" you say. "But how do I find my own inner artist? Give me a little guidance here." I suppose I could get you John Banville's phone number but as you can see he doesn't really have much to say on the subject. I'm afraid this is your journey and, like me, you'll have to figure out where that elusive piece of yourself is hiding and how to encourage it to take up more space. For my own part I've decided the biggest obstacle to inner peace is the fear of being known, a defense left over from childhood, one that the crone oversees and encourages. Play helps me to remember that her reign is over. Her power is illusory and each time I defy it by becoming visible I become more fully individuated. Now that I think about it that's what I'm doing by writing this article: making myself more visible so I can know myself more clearly.

I have a large collection of photographs of my granddaughters that I keep on my computer screen saver. They float past, lighting up the room and bringing me random glimpses of the girls as I walk in and out of my study. Most of the pictures are of my oldest granddaughter, Stella. She is climbing, laughing, crying, scowling, and smiling. In all of those pictures she is supremely, confidently herself, clearly unafraid of her mother's eye, the eye behind the camera. In one picture she flies through the kitchen, momentarily off the ground. Her hair is an unbrushed tangle, her feet are bare (and truth be told a bit dirty), but she's blissfully unaware of this because she's wearing her new birthday dress and she can make the skirt twirl. Nobody's scolding: "Stop running! You'll break something. Come get your hair brushed. Sit it up straight. Smile!!" She is lucky enough to be growing up with my daughter, a mother who sees her with an accepting eye. "There she is, being who she is," says her mother, clicking away with her camera. "Look at my lovely daughter. Isn't she a delight?"

Why does this picture stay in my mind? It makes me feel proud of my daughter, happy for my granddaughter. It helps me understand myself and the people I work with who weren't lucky enough to have that

accepting eye. And it makes me want to find a way to give that to myself so I can help my patients find it for themselves.

As I come to the end of this article I realize that talking with you about these experiences is a form of creative play. Ideas that floated vaguely through my mind took shape and became clearer. I feel delighted that by writing and rewriting I managed to defy gravity (pun intended) and play my way through to greater self understanding. And because I got to share some of the playful images that go through my head, I feel like smiling, somewhat pleased with myself in a four-year-old kind of way: "Look at me! Look at what I can do! Watch me dance!" I could listen to the old crone with her mean-spirited criticism, but instead I've decided to be my own good mother and allow my playful self the pleasure of twirling in delight as I watch fondly from the sidelines.

People can only be safe with us if we are willing to own who we are (the good, the bad, and the ugly). When I tune into my playful self I am more likely to recognize and work with all these parts. Play makes me more comfortable in my own skin and helps me separate from the critical, self-deprecating voices from my past. I bring this with me to my groups where heightened self-awareness helps me understand what's going on and what part I am playing in it. Most importantly, when I can accept myself I'm less likely to look at my clients with a crone-like eye. Instead I can say to myself, "Look at him. Look at her. Isn't that interesting? I wonder why they're doing that now?"

### References

- Banville, John. (1989). *The Book of Evidence*. London: Martin Secker & Warburg Limited.  
Taylor, Chip. (2003). *The Trouble With Humans*. Austin, Texas: Train Wreck Records.

Lois Graham, PhD is a psychologist in private practice. She works with individual adult men and women as well as with couples. She has been leading long-term, co-ed groups for over fifteen years. Her work is informed by Modern Analytic Psychotherapy. She has a special interest in creativity and artistic expression.

## Career

(continued from page 6)

at the AGPA Annual Meeting. I had been exposed to Modern Psychoanalysis through workshops with Dr. Louis Ormont and others, but had never met a group leader who was as genuine and involved with the group as Elliot. During the didactic portion of the Institute he shared how much he had needed group treatment to help with his most challenging resistances. He also said he had been in weekly group treatment for over 24 years and believed in lifelong therapy for anyone working with unconscious material. I knew I had found a kindred spirit and my work with Elliot continues.

Throughout my career as a therapist I have been involved in intensive training – through AGPS, AGPA, local consultation and study groups, and at the Center for Group Studies in New York. Like a professional musician, I have always pursued expert training. However, my turning points are important because they have affected both my emotional life and my relationships. Each of them pointed me toward the rich, sometimes difficult work of personal and interpersonal healing. I feel so fortunate that the psychotherapy, which increases my effectiveness as a clinician, also benefits me personally. Nothing has deepened my clinical skills and group leadership more than my ongoing work as an individual and group client.

Jeff Hudson holds a Bachelor of Music in Piano Performance from the University of North Carolina, a Master of Music in Piano Performance from the Peabody Conservatory, and a Master of Education in Counseling from Texas State University. He is a former President of AGPS and has served two terms on the AGPS Board of Directors. Jeff is currently in his second term as a Board Member of the Group Psychotherapy Foundation and is a Fellow of AGPA. He is an active presenter on group therapy at the local and national level. Jeff has six weekly groups in his practice including a training group for therapists and three ongoing therapy groups that he co-leads with Andrea Pully, his co-leader of fourteen years. Andrea and Jeff's training group focuses on helping therapists who are interested in exploring transference and countertransference phenomenon, developing fluency with their own emotional experience, and building fee-for-service practices.

### **Alaire Lowery, Ph.D.**

In 1982 I resigned my associate professorship in the department of Music at UT Austin. As a choral conductor and teacher at UT, I had

developed close relationships with my young singers, many of whom I had gotten to know well as we toured together concertizing and recruiting. The students often came to me with their problems, and I became aware of my very limited ability to offer much help. I was saddened and frustrated by their distress, so I'm sure I listened a lot, which may have helped, and gave plenty of advice, which probably didn't! About the same time I was going through a personal crisis of my own involving dissatisfaction with my work life. As a part of trying to understand what I wanted to do, I had discovered Earl Koile's groups at Laos House. His "Magic Shop" weekend experience kindled in me the hope and excitement for some new beginnings in my life. And like so many other people, I was enchanted and moved by Earl's skill, warmth, light touch and perceptiveness. I found out, also, how sensitive and honest and kind other people can be. His group sessions often did seem like magic! I was awed by the power of group to help people grow and change, beginning with me. This became a turning point for me. I wanted to learn how to do this work.

I enrolled in the Counseling Psychology program at UT and finished the Ph.D. degree in 1988, after an exciting and eye-opening internship at Austin State Hospital, which was then packed with patients and bustling with programs and training opportunities. I led my first short-term groups there. I began to lead long-term groups in my newly-established private practice. These meetings were often the most interesting and exciting parts of my week. But being in a demonstration group with Lou Ormont at a workshop in Austin in 1994 showed me a new world of possibility. I was amazed at how Lou would "support the resistance," which removed any sense of shame or pressure to change for the client and gave the leader time to understand the importance of the resistance and how it functioned. I was surprised at how "safe" I felt in the group with Lou. My friend Jan Morris was equally excited about "Modern Group Analysis," Lou's method of working, and we embarked on a challenging but collegial training program that took us to New York City three times a year for long weekends of intensive learning. In between,

we had reading assignments and telephone supervision.

The real turning point for me was my increasing comfort with my own aggression and that of others. I had been raised in a family where anger was not supposed to be a good thing, but now I began to see how positive aggression can be when we use it in constructive ways to protect ourselves and strive for what we want. I began to look at anger in a new way, far more curious about it and far less afraid. How wonderful to discover that anger and safety did not have to be mutually exclusive! As a result I began to notice that I had a new confidence in my individual work, there was a new sense of excitement in my groups, and I felt a new freedom and zest in my own life. I regret not having learned this earlier, but I am sure we cannot learn all we need to know before we begin working. We must continue training, supervision or personal therapy throughout our careers. The work may be frightening and difficult, but the rewards are great.

Alaire Lowry, Ph.D., has been in practice in Austin since 1988, after a previous career as a professional harpist, conductor and educator. She holds a certificate in Modern Group Leadership from the Center for Group Studies in New York City and the ABPP Diplomate in Group Psychology. She is a Fellow of AGPA and has been a trainer and leader in Southwestern Group Psychotherapy Society for over 20 years. In her practice she sees individuals of all ages, couples and groups, specializing in anxiety, depression, relationships and parenting. The mother of two grown sons, her latest exciting turning point is becoming "Grandma" to a precious little girl.

### **Randy Frazier, Ph.D.**

I've been perplexed in considering how to write about "Turning Points" in my career as a psychotherapist. It feels more accurate to say my career has been marked more by "shifts" than "turning points". These shifts seem to occur after the accumulation of knowledge and experience converge to promote change. Subtle yet evolving changes in the ways I think and behave professionally. Also perplexing is the feeling that when thinking about shifts I should be remembering things like acceptance to graduate school, mentorship from leaders in the field, things more "professional" in nature. I have had

See "Career," page 14

## Career

(continued from page 14)

many influential professional experiences, but a more prominent memory is my first visit to a therapist as a second year undergraduate student at UT. I was upset, likely depressed, over a relationship break-up. I went to therapy thinking I needed to talk about the girl who dumped me and how wronged I was; instead I spent most of the sessions talking about my relationship with mom and dad, their relationship with each other, and what I learned in my family. What an eye-opener to recognize that much of what influences my relational-behavior was set in course years ago. A whole new world was opened for me, the world of introspection and learning by self-examination. This experience initiated a major shift in how I thought about my relationships and myself. It also perked my interest in the unconscious, an interest that led to many future shifts in my personal and professional life.

So it seems that most of the shifts in my professional career have involved either my own personal growth or that of another person. The potential of personal growth and healing offered through psychotherapy is what has attracted me to this field and sustains me still. I remember my first group psychotherapy conference, a Southwestern Group conference in Corpus Christi in approximately 1987. I can still remember my first attempt to be fully present in a group, taking the risk to be more honest by sharing what was really going on with me, not what I thought others wanted to hear. I faced some of my biggest interpersonal fears: conflict and rejection. Taking this risk

set in course a shift from less authentic to more authentic relations with others. This shift had profound impact on my work with clients. It continues to be a guiding principal in most aspects of my life.

Currently, a major challenge for me is knowing how to integrate the abundant knowledge and experience I've accumulated into a coherent approach to my work. I tend to make things more complicated than they need to be. When people ask me "how do you work" I often stumble through some explanation that feels too complex yet not very informative. I think I try too hard to sound smart. One day recently I was playing golf with a colleague/friend and we were paired with two young men (30-somethings) who had MBA's and worked in the financial world. We were all sitting around during a rain-delay and they asked what we did when we weren't playing golf. Discovering we were psychologists prompted some very incisive questions. They wondered what it was that distinguished psychotherapy from just talking to a friend. They were curious and skeptical. I felt a familiar discomfort; how could I communicate the complexity of what we do in terms they could understand? I was stymied, so I deferred to my friend. His answer was simple yet substantial: "we help people figure out what gets in their way". No theory, no jargon, just a clear and simple statement that cut to the heart of the matter. I loved the way the phrase "what gets in their way" captured more of the subtleties than any theoretical statement ever could hope to do. I was as impressed

as our two playing partners were, and since that day I've felt a shift in my thinking about the work of psychotherapy. I still appreciate and use theory, but now when bogged-down in a complex case I remind myself of the basic, simpler premises of our work and move from this place. It helps me stay present and more settled with my clients, especially when I feel lost. It keeps me from trying too hard.

Randy Frazier, PhD, began his career in mental health as an attendant at the Austin State Hospital in 1973. Experience as a paraprofessional in various mental health facilities over the next 10 years steered him towards training as a psychologist in the Counseling Psychology program at UT, Austin. Since receiving his doctorate in 1990 he has worked as a staff psychologist at Austin Regional Clinic, taught Introduction to Counseling at UT, and currently has a private practice where he sees adolescents and adults.

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. Presently, Pat has three essays from therapists to be published in the spring, 2009, issue and is hoping to receive at least one more. Please email your essay to [pat-louis19@sbcglobal.net](mailto:pat-louis19@sbcglobal.net). For more information about Turning Points contributions, email or call Pat (telephone: 512-231-8737). Thanks for the previous essays and these additional three and for the ones to come!

## Four AGPS Members Earn CGP

In April, 2008, it was announced that 45 group clinicians had recently earned their Certified Group Psychotherapist credential from the National Registry of Certified Group Psychotherapists, a professional organization established in 1993. "The CGP designation is a symbol of competency and accomplishment," said Sherrie Smith, CSW-R, CGP, FAGPA, and Chairwoman of the Registry. "These individuals should be commended for their commitment to

the group field, and their drive to pursue standards that make them effective group leaders, providing quality mental health services to the public at-large."

Our organization would like to recognize the following AGPS members who have earned the Certified Group Psychotherapist credential:

DeLinda Fox, LCSW, CGP  
Katie Griffin, LPC, CGP

Nancy Kelly, PhD, MSSW, CGP  
Rebecca Stadtner, PhD, CGP

Congratulations to all of you from the AGPS Board and please join us in recognizing your colleagues' accomplishments. Rebecca Stadtner, a friend and colleague to many, has re-located to the Napa Valley and we wish her well as she re-establishes her practice there.



## Fall Conference

**The Evocative Object:  
Imagination, Play and Creativity in Group Therapy**  
Lise Motherwell, Psy.D.  
October 4, 8:30am - 4:30pm

### Saturday Conference

**Location: Doubletree Club Hotel**  
**MLK and I-35**  
**512-479-4000**

Projection is a complex mechanism that lives in all groups. The feelings evoked by our projections onto others and theirs onto us are often uncomfortable, but our (and their) ability to integrate these feelings back into ourselves is crucial to healthy development. Physical objects can become evocative symbols for the group-as-a-whole as well as for individuals in the group. The postcard sent to the group when the patient is on vacation, the gift a patient leaves when she terminates, the metaphor developed for the group-as-a-whole are rich symbols that the group members can project onto to learn about themselves and others. In this workshop, we will explore the use of physical objects as they relate to projection and then will move to the symbolic (imagination, metaphor, and narrative) to see how these symbols can be used in group therapy.

### Sunday Consultation Group

**October 5, 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

**Lise Motherwell, Psy.D.** is on the faculty at the Center for Psychoanalytic Studies at Massachusetts General Hospital, past-president of the Northeastern Society for Group Psychotherapy, president of the Northeastern Society for Group Psychotherapy Foundation, Inc., and a Fellow of the American Group Psychotherapy Association. Dr. Motherwell is in private practice in Brookline, Massachusetts, where she conducts assessments of

## AGPS Conference 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, State, 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**  
9:00 am-12:00 noon (\$100 payable Sunday)

\* Must be enrolled in a professional training program. Please send documentation of student status with payment.

\*\* Limited to member of mental health agencies or hospital staff 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 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.

children and adolescents; treats children, adolescents, and adults; and runs ongoing psychodynamic divorce groups. Her research interests include the psychology of women, play, the effect of divorce on families, group dynamics and group therapy. In 2005 she published an edited book with Joseph Shay, Ph.D. entitled **Complex Dilemmas in Group Therapy: Pathways to Resolution**.



Austin Group Psychotherapy Society – AGPS  
P.O. Box 68434  
Austin, TX 78768-4434

Address Service Requested

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# AGPS News

## SHARE YOUR VOICE

Several AGPS members from our community have contributed articles to this issue and many budding writers are waiting in the wings to add their voices. If you would like to be a future contributor to this publication, but do not know how to get started, please contact the new **Voice** editor Alyson Stone at 306-0072 or [alyson@alysonmstone.com](mailto:alyson@alysonmstone.com).

You may want to offer a book review or make a contribution as the “Voice of Experience” or write an article about a topic you are researching. Get involved and make your voice heard!

## A BIG THANK YOU

As I relinquish my editor position to Alyson Stone, I wish to thank all the members who assisted me this past year. The board members who helped with editing duties and gave me ideas and suggestions were very much appreciated. I would like to offer thanks to the following people: Pam Greenstone for suggestions, Derek Leighton for all his organized information, Alyson Stone for assistance with articles, Pat Louis and Josie Whitley for editing help, and of course to the all the regular contributors: Lisa Mersky, Candyce Ossefort-Russell and Gaea Logan, and Pat Louis.

## SAVE THE DATES FOR 2008

### September 12

Friday Afternoon Training – “Creative Space: Exploring Artistic and Creative Energy in Groups” presented by Drema Albin, Barbara Davis, Lois Graham, Lisa Mersky, Jan Morris, Bob Murphy, and Paula Shea. Doubletree Club Hotel – 2:00 to 5:00 PM.

### October 4

AGPS Fall Conference – “The Evocative Object: Imagination, Play, and Creativity in Group Therapy” with Lise Motherwell, PsyD, Doubletree Club Hotel – 8:30 AM to 4:30 PM

### October 5

Sunday Morning Consultation Group – A topical exploration of case/group material in an informal setting focusing on the use of imagination and metaphor in group psychotherapy. 9:00 AM to 12:00 noon with Lise Motherwell, PsyD.

### November 7

Friday Afternoon Training – “The Over-functioning Therapist: From Narcissistic Injury to Sustainable Self-Care” presented by Delinda Fox and Jeanne Bunker. Doubletree Club Hotel – 2:00 to 5:00 PM.

### November 14

Annual Fall Party