

Asilomar 2010 Brochure:

The Conference is divided into 4 time segments.

Friday evening there will be a plenary speaker followed by small group discussions and a large group wrap-up session

Saturday there will be 3 hour morning and 3 hour afternoon workshops and 6 hour workshops

Sunday there will be 3 hour morning workshops.

Total of 12 CEU credits

Friday, June 4th, Evening

A. Plenary session: The Social Unconscious in Persons and Groups: An Introduction to Clinical Work

Earl Hopper, PhD, MInstGA, CGP, Fellow AGPA , psychoanalyst, group analyst.

Honorary tutor, The Tavistock and Portman NHS Trust, UK. Faculty, Post-Doctoral Program Adelphi University, New York.

Private Practice: London, UK.

The social unconscious refers to the existence and constraints of social, cultural and communicational arrangements of which people are to varying degrees 'unaware'. It includes anxieties, fantasies, defences and object relations, as well as various aspects of socio-cultural-economic-political factors and forces, many of which are also co-constructed unconsciously by the members of particular groupings, e.g. basic assumption processes, phases of group development, etc.

The lecture will be followed by small discussion groups led by Geri Alpert, Colleen Brent, Connie Concannon, Elaine Cooper, Justin Hecht, Larry Malcus, Rose Phelps, Andy Pojman, Art Raisman, Rita Silverstein, Ann Steiner, Walt Stone.

Saturday, June 5th: All day Workshops

B. Healing In Community: Somatics in group psychotherapy

Kitty Chelton, MFT

Private Practice: Sebastopol, CA.

Somatics trainer & supervisor, Lomi Psychotherapy Clinic, Santa Rosa, CA

Theresa Beldon, MFT, certified Bodydynamic Analyst.

Private Practice: Sebastopol, CA.

Somatic techniques enhance the healing power of community and mutual connection. Participants will learn the importance of being grounded and centered in a group as a way of staying connected to self and others. We will teach somatic interventions to facilitate and build a sense of communal support and containment.

B. Wearing Three Hats: Experiencing and comparing multiple approaches to group therapy (limited to 9 participants)

Frederic Ilfeld, Jr., MD, CGP. Member AGPA
Clinical Professor of Psychiatry, University of Nevada School of Medicine

This workshop will help the participant understand and compare group-as-a-whole, interpersonal, and psychodynamic perspectives. Each approach will be experienced sequentially in our small group. Then, didactically, we will use the concepts of Values (shared belief systems) and Norms (shared expectations of behavior) to characterize and contrast these three different therapy approaches

C. A Theater of Dreams: The use of psychodrama in dreamwork

Elizabeth Plummer Ph.D., LCP, CP, PAT
Founder & Director of *the Santa Barbara Psychodrama Center*
Adjunct Faculty Antioch University, Santa Barbara, CA.
Private Practice: Santa Barbara, CA

Dancing dragons, colliding stars and bottomless rabbit holes; images and insights emerge through dreams. The technique of *Active Imagination*, enriched by the power of psychodrama, creates a space in which dreams take physical shape, revealing their logic and their meanings. Participants will gain an overview of basic dream theory and learn two action methods to work with dreams.

Saturday, June 5th, Morning, 3 hour workshops

D. Supervision of Trainees Conducting an Adolescent Therapy Group

Beth Walton, MFT.
Clinical Supervisor, Cleo Eulau Center, Redwood City, CA.
Private Practice: Redwood City, CA.

Walter N. Stone MD, CGP, Distinguished Fellow AGPA.
Professor Emeritus University Cincinnati

Camala Kirchen, BA. Wright Institute Student

This workshop will present live supervision of a trainee's work with a group of teens in the justice system. A supervision of a previously unsupervised session will be observed by the audience. The goals of the workshop are to provide participants an example of how to structure a supervision session, as well as some ways to communicate and teach to trainees the complex process occurring in groups.

E. Back to Basics: Starting and Maintaining Healthy Groups

Ann Steiner, Ph.D., MFT, CGP, Fellow AGPA
Consulting Faculty, Group Training Program, Psychotherapy Training
Institute, Berkeley, CA.
Private Practice: Lafayette, CA

This primarily didactic workshop will provide participants with a comprehensive overview of the different types of group work, ways to evaluate their preferred leadership style, how to design, set up and maintain healthy psychotherapy groups. Common challenges, the importance of screening, preparation, and how to write a termination agreement will be discussed as they apply to participant's needs.

F. Developing Therapist Empathy Through Play-reading

John Dluhy, M.D., CGP, Fellow AGPA
Private Practice: Washington, D.C.

Robert Schulte, MSW, CGP, Member AGPA
Private Practice: Alexandria, VA

John Thomas, MSW, CGP, Member AGPA
Private Practice: Reston, VA

Rob Williams, MSW, CGP, Member AGPA
Private Practice: Washington, DC

Workshop participants will be assigned roles, and share in the task of dramatically reading the play *Dog Sees God: Confessions of a Teenage Blockhead* by Bert Royal. Imagine the Peanuts characters ten years later, beset with teenage angst about sex, identity and life! A discussion to explore themes related to group therapy with adolescents and young adults will follow the reading.

G. The Passionate Group: A collaborative effort between leader and members

Sara J. Emerson, LCSW, CGP, Fellow AGPA
Adjunct faculty Simmons College and Boston College Graduate School of Social Work, Faculty Massachusetts Institute for Psychoanalysis, MA.
Private Practice: Cambridge, MA.

This workshop will explore the development of passion in the group through the lens of intersubjectivity and affect regulation. It is the leader's role to develop a safe environment to explore affects and to be present, accessing their own affects, and passion. The leader must be available to help members regulate their affect. Passion keeps the group in the here and now and enlivened.

H. A Profound Tale for Group Therapy

Don Scully, MFT, Master of Divinity Degree. Member AGPA
Private Practice: St. Helena & Sebastopol. CA

This workshop is designed to inform and teach group therapists about the benefits of using ancient tales to connect deep psychological content and archetypes with group process. Participants will experience the effectiveness of this process for themselves in a supportive small group.

I. An Object Relations Approach to Group Psychotherapy: Fostering Regression and Exploring the Passionately Held Bad Fit

Justin B. Hecht, Ph.D., CGP, Member AGPA
Clinical Faculty, University of California, San Francisco, CA.
Private Practice: San Francisco, CA.

This workshop will explore the origin of the ‘passionately held bad fit’, a maladaptive response to mis-attunements in the parent-child relationship. The leader will foster regression in the service of healing and understanding. This approach is based on the work of Stewart Aledort, MD, with whom the leader trained and consults.

J. Introduction to Systems-Centered Theory (SCT) and methods

Lucy Fine, RN, MFT, Certified Professional Coach
Private Practice: Oakland & SF, CA

Peter Bernhardt, MFT
Private Practice: Albany, CA

This workshop will introduce participants to a Theory of Living Human Systems developed by Yvonne Agazarian. We will explore how the theory and its systems-centered (SCT) methods organize a group’s energy and facilitate system change. Participants will be introduced to Functional Subgrouping, which is the systems-centered method for group development and conflict resolution.

K. Metabolizing Shame: Learning from Our Defenses

Tara Ingram Hudson, PhD.

Chair: Martha Gilmore, PhD, CGP, Fellow AGPA,
Private Practice: Sacramento and Davis, CA

Embarrassment and shame are ubiquitous in interpersonal dynamics. We will identify common defensive reactions to the experience of shame, and use expressive arts modalities to explore these defenses. This process will lead us to discover creative and effective interventions that assist in metabolizing shame.

Saturday, June 5th, Afternoon, 3 hour workshops

L. What I Wish I’d Been Told Before Doing Group Therapy : How to Conceptualize and Use Individual Therapy Skills in a Group

Marianne Gunther-Murphy, MFT, CGP
Core faculty: The Wright Institute; Faculty: Women’s Therapy Center and The Psychotherapy Institute; Berkeley, CA
Private practice: Oakland, CA.

This group will focus on ways that anxiety, attachment and transference show up in groups, integrating concepts from individual therapy with concepts useful to group facilitation. It is designed for clinicians newer to group facilitation. Participants will benefit by increasing their knowledge in order to make more informed and effective choices in interventions as a group facilitator.

M. Groups in Enchanted Realms

Bette Kiernan, MFT

Private Practice: Palo Alto, CA

Creative processes will enable the development of spiritual evolvment, group bonding, personal development and healing within the group setting. Members will have the opportunity to work with active imagination, shamanic processes, fairy tales and dreams. The connections between archetypes in the psyche, nature and the group will be highlighted.

N. Understanding the Group as a Whole.

Colleen Brent, M.S.W. Member AGPA

Senior Faculty San Mateo County Psychiatry Residency Training Program
Associate Clinical Professor, UCSF Dept of Psychiatry, CA

Lawrence Malcus, Ph.D. Fellow AGPA

Veterans Affairs Palo Alto Health Care System, San Mateo County Psychiatry
Residency Training Program, CA

Whole group dynamics/processes are powerful, driving forces. Their understanding is crucial for formulating interventions that advance the work and development of both the group and its members. We will explore group dynamics and demonstrate their use to inform therapeutic group interventions which will be directed to the group, individuals and subgroups.

O. Cognitive-Behavioral Treatment of Chronic Pain in Groups

Daniel Röckers, PhD

Private Practice: Sacramento, CA

Patients learn a simple yet effective method for making progress: many small steps accumulating to a path of healing (known as One-Path). Participants will learn how to use CBT in group for pain patients. Therapists also learn to address common problems that arise in such groups.

P. Therapeutic Frame, Courage and Risk: How co-therapists' interventions in a later phase group evolved into a new group paradigm

James Fishman, LCSW, CGP, PCE. Member AGPA

Private Practice: San Francisco, CA

Linda G Rose, LCSW, CGP, PCE, BCD, ADTR.

Adjunct Professor, The Wright Institute, Berkeley, CA

Through the use of didactic material, case examples and experiential exercises, participants will experience the flexibility, benefits and challenges of the co-leadership relationship in which a combined therapy model with both co-therapists is utilized, and the potential impact this has on therapists and group members alike.

Q. Adolescent Group Psychotherapy: Method, Madness, and the Basics

Andrew P. Pojman Ed.D., CGP, Member AGPA
Adjunct Professor, The Wright Institute, Berkeley, CA
Private Practice: Walnut Creek, CA

This course will provide participants with an understanding of the theoretical framework behind the basics of adolescent group treatment, i.e. group culture, formation, dynamics, and process. Using a sharing of work experiences and a demonstration group, specific techniques useful in the treatment of this challenging population will be highlighted.

R. Using Social Network Analysis to Analyze Group Behavior

Sharon Mulgrew, M.P.H.
Nan Cowardin-Lee, MAOP
Nermin Soyalp - Organizational Consultation:

Enter the dynamic system of a small network software company as we model organizational consulting through a mapping of the work group relationships, collaborative and not. Learn how the analysis of these social network maps can help an organization become more collaborative. Join us in identifying effective and ineffective 'central' network behaviors.

S. The Synergy of Combined Individual-Group Psychotherapy

Orin Borders, Ph.D
Private Practice, Sacramento & Tahoe City, CA.

Paul Aikin, Ph.D
Private Practice, Davis CA. & Aikin Associates Seminars

This workshop will examine the practice and theory of combining individual and group psychotherapy. We will examine how combined treatment amplifies therapeutic gains in both the individual and group settings, resulting in much heightened impact on the whole of our patients' lives. We will address how a relational model of therapy both supports and contains the practice of combined treatment.

Sunday, June 6th, Morning, 3 hour workshops & papers

T. Ethical Dilemmas and Conflicts in Highly Diverse, Multi-Cultural Groups

Bill Roller, MA, CGP, Fellow AGPA
President, Berkeley Group Therapy Education Foundation, Berkeley, CA

In this experiential workshop, we shall examine specific ethical dilemmas and conflicts that confront group therapists as we work with highly diverse groups. We shall divide into subgroups and consider ethical guidelines from an international and multi-cultural perspective which is particularly relevant to the demographic of California

U. Psychodynamic Group Process: Accelerating Group Development

Art Raisman, Ph.D., CGP, Member AGPA
Assistant Clinical Professor of Psychiatry, UCSF, CA
Private Practice, San Francisco and San Rafael, CA

Key issues in group development are establishing trust, accepting disagreement, and creating collaboration and inclusiveness. This experiential workshop will demonstrate how active leadership can accelerate positive group development by reducing anxiety, increasing openness and authenticity, and thereby promoting more meaningful and constructive interaction.

V. Families: Fathers, Homeless Women, and Cults – paper presentations

1. The New Fathers Group: How fatherhood changes men

Bruce Linton, MFT, Ph.D.
Founder, Fathers' Forum Programs, Berkeley, CA

This presentation will focus on the changing role of fatherhood and the importance of father-to-father contact. There are few resources for fathers to discuss the practical and emotional aspects of parenting with a peer group. The process of "role-making" will be highlighted and explored in this paper presentation.

2. Transitioning Homeless Women to Independent Living

Jonathan Porteus, PhD,
Deputy Director/Director of Clinical Services, The Effort in Sacramento, CA.

Adriana Weyandt, MA,
Transitional Case Management Social Worker at the California Medical Facility in Vacaville, Ca.

A presentation reviewing a four week group therapy module used in 2009 with homeless women at a homeless shelter in Sacramento, California. The four-week module addresses issues such as addiction, getting one's needs met, finding appropriate social support and dissemination of community resources.

3. From Cults to Group for Former Members: Opportunities for Recovery and Change

Colleen Russell, LMFT, CGP, AGPA member

Private Practice: Mill Valley, CA

Participants will gain an understanding of cult dynamics and structure, the process of recruitment and indoctrination, challenges of leaving, former members' typical presentation, needs and goals. I will present my observations of how the group I facilitate provides an environment that counters self-limiting beliefs internalized through thought reform.

W. The Social Unconscious

Earl Hopper, PhD, MInstGA, CGP, Fellow AGPA, psychoanalyst, group analyst.
Honorary tutor, The Tavistock and Portman NHS Trust, UK. Faculty, Post-Doctoral Program Adelphi University, New York. Private Practice, London, UK.

Participants will be able to explore the social unconscious through experiencing a process group.

X. Together Through Song: The Power of Communal Singing to Create Connection and Elevate Mood

Geraldine Alpert, PhD, CGP, Fellow AGPA
Associate Clinical Professor UCSF; CA
Private Practice: San Francisco and San Rafael CA

This workshop will explore the evolutionary, sociological and neurobiological impact of communal singing, with particular emphasis on creating group cohesion and feelings of connection. Since workshop participants will express feelings entirely via communal singing of old familiar songs, some knowledge of camp fire songs, peace songs, folk songs etc. is recommended.

Y. Resistance in Group Psychotherapy

Elaine Jean Cooper, PhD, LCSW, CGP, Fellow AGPA
Clinical Professor, University of California School of Medicine, Department of Psychiatry, San Francisco, CA

Resistance in Group Psychotherapy will be explored. Leader will give a didactic presentation that will include theories of resistance and the forms resistance can take in a group. A videotape will be shown of a "group-as-a-whole" resistance. Discussion will include examples from participants' clinical practice.

Z. Termination in Group Psychotherapy: Dynamics and Facilitating Therapeutic Intervention in Termination Issues

Connie Concannon, LCSW, CGP, Fellow AGPA
Associate Clinical Professor UCSF Department of Psychiatry, CA
Private Practice: Walnut Creek, CA

Many people seeking Group Psychotherapy for relational issues are coming in treatment with a history of "bad endings" and difficult unresolved losses. This affects their ability to attach, experience intimacy, and be emotionally vulnerable in relations

in the face of real or feared loss. Understanding the dynamics and defenses that arise in termination processes and how they affect individuals and the group as a whole is vital. We will learn to manage and facilitate the intensity of feelings that emerge from different types of terminations the individual members experience both in and outside of the group.

AA. Shaping the Therapeutic Process in Group

Nancy Wesson, Ph.D.
Private Practice: Mountain View, CA

A group's therapeutic process evolves from the internal working model of the group psychotherapist. After a review of concepts, participants in this workshop will engage in exercises designed to understand the ways in which their own theoretical beliefs and values shape the therapeutic process of the groups they lead.

BB. Breast Cancer Psycho-educational groups: An Insider's view

Katherine Brown Capel, Ph.D.
Private Practice: Sacramento, CA

Workshop attendees will gain knowledge of the challenges and nuances of conducting breast cancer psycho-educational groups. This will help psychotherapists and health care providers gain a deeper understanding of the physiological, psychological, sociological and spiritual changes that occur with the diagnosis, treatment and after effects of breast cancer.

CC. An In-classroom group treatment of disturbed preschoolers

Gilbert Kliman, M.D. Distinguished Life Fellow and Diplomate American Psychiatric Association.
Faculty, San Francisco Psychoanalytic Institute
Medical Director, The Children's Psychological Health Center, CA

Preschoolers entering the educational system have a high rate of developmental and psychological disorders, notably autism. This workshop will present a manualized and well-studied form of psychodynamic preschool therapy which organizes and depends on classroom group processes. Videos will show techniques with actual patients.

DD. A Psycho-educational Group: The Neuroscience of Relational Difficulties

Emily Lyon, PhD, CGP

Leaders often struggle to begin groups for people who have low trust levels in relationships. Opening with psycho-education about the neuroscience involved in relationships can create a safe arena for questions and discussion. The leader then carefully decreases the education while helping group members gradually increase their interactions with one another.

recommended courses for workers 1-5 years
Steiner, Gunther-Murphy, Concannon, Cooper
recommended courses for child & adolescent work
Stone, Pojman, Kliman, Schulte