A MAGPS NEWS

Volume 9, Issue 2

Fall 2001

AN INTERVIEW WITH ELLIOT ZEISEL, MSW, FAGPA By George Saiger, M.D.

GS: MAGPS is really looking forward to having you at our fall meeting in Easton, Maryland. Please tell us something about the conference title: Immediacy in Group: A Modern Analytic Approach.

EZ: The work I do in Modern Group Analysis emphasizes the here and now. We teach and learn with patients that the past is important, as background, and yet the focus is on the present. The past is an invitation to depression and living in the future is an invitation to anxiety!

When you listen to patients enough, you hear over and over the phrases, "I could have, I should have." These are indicative of regrets, a surefire way to get depressed. While the past and future bracket the present, therapy involves learning how to live in the moment, in concert with what you feel about self and the other person. When we are successful in teaching this concept, emotional life improves.

GS: Working in the here-and-now has become standard for all interpersonal based psychotherapies. How does the Modern Analytic approach differ from all the rest?

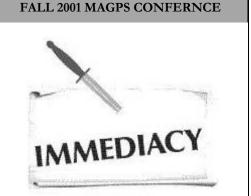
EZ: Modern Analysis uses all therapeutic theories to come up with helpful interventions. Modern Analysis is a *theory of technique* that designs interventions to help you be effective. It is shameless in that it will beg, borrow, or steal any verbal technique to resolve resistance.

GS: Any technique?

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The Mid-Atlantic Group Psychotherapy Society

IN GROUP: <u>A modern analytic approach</u>

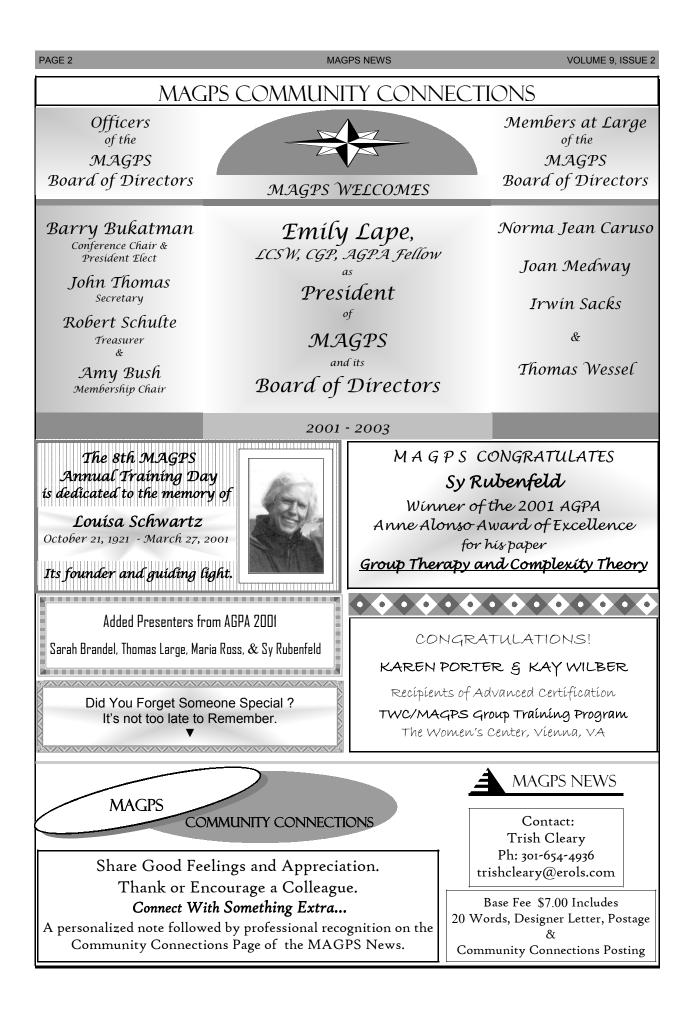
With Elliott Zeisel, MSW, FAGPA

The Tidewater Inn Easton, Maryland

October 26 - 28, 2001

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CEU'S AVAILABLE: 12 CONTACT HOURS



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PRESIDENT'S REPORT: FROM EMILY LAPE TO THE MAGPS COMMUNITY

I step into my new role as MAGPS President with a sense of excitement and positive challenge. Nina Brown's legacy left a strong organizational structure. I will preserve and build on the projects she set for our future development. I appreciate the memberships confidence in electing me and look forward to your support, constructive feedback, and active participation.

I want to introduce our new Board of Directors and outline our goals for my tenure as President, which include sharing ideas from my participation at the AGPA June Affiliate Society Assembly in New Orleans, highlighting new MAGPS activities, and introducing plans for the future.

A warm welcome to our new and returning members of the Board: Amy Bush as our new Membership Chair and Board Officer; Norma Caruso, Irv Sachs, and Tom Wessel as new Members-at-Large; Joan Medway returns as a Member-at-Large; Barry Bukatman returns as our new Conference Chair/President-Elect; and John Thomas, as Secretary, and Bob Schulte, as Treasurer, return as new Board Officers.

In our first Board Meeting on June 15, 2001 at Joan Medway's home, we worked harmoniously together in a balanced dialog between creative visions and pragmatic realities. I asked the board to reflect on what they value most about our organization and their visions for the future of MAGPS. I invite each of you to reflect on what you value most about MAGPS, your visions for its development, your energy to contribute, and your interest in serving on committees.

My goals as President with the Board of Directors are to:

Ensure the quality of MAGPS conferences, newsletters, and additional programming. I am confident that Barry Bukatman, Amy Bush, Bob Shulte, and Trish Cleary will provide intellectually exciting, emotionally meaningful, and clinically relevant opportunities to both private and agency clinicians.

Improve our continuing education policy and delivery. MAGPS is an important contender in meeting certification and licensure requirements. Many clinicians make decisions about spending training dollars based on the availability of CEU's and CME's. An MAGPS Board committee will strive to improve the timely delivery of certified continuing education credits at conferences and training activities.

Develop a website and listserve for MAGPS. Trish Cleary will develop the MAGPS website and John Thomas will organize volunteer support and policies for creating a listserve.

Maintain and build on the current vitality of MAGPS in an atmosphere of cohesion and inclusiveness that honors diversity and individual uniqueness by continuing to provide personal and professional affiliation and mentoring at multigenerational stages of professional development for graduate students, interns/residents, new professionals, those of us in mid-career, and especially our senior members who bring a depth of skill and experience. We all have much to give and learn from each other.



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Continue the expansion and preservation of the MAGPS membership with the new Member Services and Training Committee designed to: enhance the MAGPS member experience; attract new members searching for a professional home, cultivate a sense of belonging to a larger group therapy community, and integrate outreach, member services, and training. We hope to increase membership with more visibility to therapeutic communities in our affiliate areas as a resource for group therapy practitioners.

Build collaborative bridges with AGPA, their national office, and other affiliate societies; the Washington School of Psychiatry group programs; universities; training sites; and community agencies.

Explore scholarship opportunities. We are launching a Pilot Scholarship to pay registration for an MAGPS trainee or new professional to attend a two day Institute and a day of workshops at the February 2002 AGPA Conference in New Orleans. The board voted to fund this initial pilot scholarship through the general MAGPS Treasury and anticipates establishing a separate scholarship fund in the future from membership donations and other fundraising endeavors. Supporting scholarships affords us the opportunity to give back to our profession and establish continuity by attracting and training newer members. Selection of the MAGPS/AGPA scholarship recipient will be based on trainee/new professional status, an essay of interest, then a lottery drawing from all qualified applications received. *For more information contact Irv Sacks:* Phone at 757-498-9391 - E-mail: irsacks1@home.com

Introduce a small group leader exchange program with AGPA affiliate societies. Exchanging small group leaders among affiliate conferences stimulates fresh ideas, provides expanded professional opportunities within the AGPA community, and offers MAGPS conference participants an alternative small group leader selection in an effort to reduce multiple role complexities in our group community.

I am confident in the leadership of our Board of Directors and the MAGPS community as we develop and actualize our collective visions of the future for the Society. I hope you are as excited as I am about the creative work ahead for the continued development of MAGPS. Please join me in supporting Barry Bukatman's inaugural conference in Easton. I am looking forward to connecting with you, for the first time in two years, as a small group member and active conference participant.

Emíly Lape

SY RUBENFELD: Winner of the Anne Alonso Award of Excellence by John Thomas

Sy Rubenfeld has been working with groups for more than 40 years, dating back to his early work with delinquent boys. That work resulted in a book, *Family of Outcasts; A Psychocultural Theory of Delinquency*", in which, as he puts it, he "tried to stand between established domains of knowledge," synthesizing existing work on culture, psychology, and delinquency into a different perspective on these deeply troubled youngsters.

That impulse to reach beyond one-dimensional ways of looking at things is a part of Sy familiar to all who know him, and it's very much in evidence in his paper on "Group Therapy and Complexity Theory," which will appear in the <u>International Journal of Group Psychotherapy</u> this fall. As he explains in this stimulating article, Complexity Theory seeks to understand "self-organizing, dynamical systems" in nature; systems characterized not by linear determinism but by such elements as "asynchronous change factors," dynamic forces whose unfolding can sometimes appear chaotic. He relates this to the phenomenon that "nothing happens in a group therapy session quite as the therapist might predict." Sy's outline of this new theoretical orientation, and his linking of it to the "self-organizing ecosystems of competing, collaborating personalities called therapy groups," provide reassurance in the face of this sometimes disconcerting fact.

Asked when he became convinced that group therapy was going to be a major focus for him, he remembered that, "as a very young psychologist", he was working one Saturday with the late psychiatrist, Jim Thorpe, co-leading a men's group: "And they were all talking about their wives and their children and their problems at work, and I thought "my god, this is the first time I've seen a bunch of adults talk about real things among each other...that made me feel alive to the possibilities of intimacy and community in groups."

FLIRTING WITH DIVERSITY: SOME REFLECTIONS by Michael J. Stiers

At the Spring 2001 MAGPS Conference, I participated with Ayana Watkins-Northern as a consultant in the pre-conference workshop, "Flirting with Diversity" chaired by Lamis Jarrar. Although the title of the event connotes an expectation that the complex issues related to diversity could barely be touched upon in a 3 hour single session. I experienced the workshop moving beyond the superficial into a genuine dialogue about one of our nation's most difficult breaches, race relations. While other cultural issues were explored, I will focus on race, because dialogue across racial boundaries is desperately needed in our society but infrequently addressed.

Shipler (1998) believes that whites and African-Americans do not know each other very well, and we do not know what the other thinks of us. He feels that we are still a divided people and the very lines that separate us also entangle us, because even as we look upon each other as strangers from afar we are trapped in each other imaginations. We cannot escape our intimate histories, our unacknowledged racial mixtures, our awkward and unsatisfying efforts at integration. We have not completely purged the prejudices from our inner thoughts. We do not discount the body's appearance, the voice's sound, the suspicions of the mind's inadequacy. We do not refrain from moral judgments; at the least we make them secretly in our heads. We fear violence from the other, and no reasoned explanation entirely extinguishes our apprehension (pp. 561-562). Yet, we as predominantly white therapists rarely explore these issues. One reason, which Chené (2000) observes, is that many diversity workshops move us toward a form of cultural relativism with a sense that "We all have culture." Members share unique qualities pertaining to their cultural backgrounds, and most participants identify themselves with an ethnic, racial or religious group that has suffered historically at the hands of another group. This type of experience is valuable in allowing individuals to see others in a fuller and richer way, and collectively it gives us all a glimpse of the unlimited diverse characteristics that constitute the world in which we live. However, if the work stops here Chené suggests that we are colluding in a form of denial that equates diversity with a celebration of differences while failing to explore the sources of our conflicts. He states that we are not in conflict because of our racial, ethnic, gender, religious, or linguistic differences (p.15). [We should add sexual orientation and possibly other differences.] He does feel that these differences are real, but he believes that we are in conflict because these differences are structured in relationships based on dominance (p.15). Dominance in the U.S. is perpetuated by deeply embedded cultural standards which are still mostly white, heterosexual, male, of Western origins and of the dominant social classes. This leads not only to overt and covert prejudice but a pervasive condition of white privilege which McIntosh (1998) describes as an invisible package of unearned assets that I can count on cashing in each day, but about which I was "meant" to remain oblivious.

I would like to suggest that at a future conference, we start to take a look at ourselves and our world from this perspective. McIntosh lists forty-six examples of conditions that she as a white woman can count on most of the time which African-Americans cannot. Let me end by mentioning a few:

- 1. If I need to move, I can be pretty sure of renting or purchasing housing in an area which I can afford and in which I would want to live.
- 2. My culture gives me little fear about ignoring the perspectives and powers of people of other races.
- 3. When I am told about our national heritage or about "civilization," I am shown that people of my color made it what it is.
- 4. If a traffic cop pulls me over, I can be sure that I haven't been singled out because of my race.
- 5. I can go home from most meetings or organizations I belong to, feeling somewhat tied in, rather than isolated, out of place, outnumbered, unheard, held at a distance, or feared.

References:

Chené, R. (2000). Teaching the basics of intercultural leadership: some reflections. In *Cutting Edge Leadership* 2000 McIntosh, P. (1998). White privilege and male privilege. In M.L. Anderson & P.H. Collins (Eds.), Race, class and gender: An anthology (pp. 94-105. New York: Wadsworth.

Shipler, D. (1997). A country of strangers. New York: Vintage Books

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VOLUME 9, ISSUE 2



Emily Lape, LCSW, CGP, FAGPA

MAGPS NEWS



NEW MAGPS COMMITTEE & SERVICES

By Bob Schulte

The Member Services and Training Committee was created at the MAGPS Board of Directors meeting, summer 2001. By combining the mandates of outreach, training, and member services, this committee will integrate the recruitment and support of new members and enhance the experience of long-standing MAGPS members. New initiatives being introduced this year include: a Study Group, the GPAA/MAGPS IOC Seminar Series, the AGPA-designed Basics of Group Psychotherapy Course, and a Mentoring Program for new members.

The committee is co-chaired by Amy Bush, Membership Chair and Bob Schulte, Treasurer. Committee members include Hilary Casaretto, TWC/MAGPS Director; Trish Cleary, GPAA/ MAGPS IOC Seminar Series Chair; Elaine Klionsky, Training Day Co-chair; Venus Massalem; Irv Sacks; & Judy Tyson, GPAA Chair.

Interest in joining the committee or providing consultation and/or suggestions? Please call....

Bob: 703-838-1633 or Amy: 703-442-8088



TWC/MAGPS GROUP TRAINING PROGRAM By Amy Bush

The Women's Center/MAGPS Group Therapy Training Program continues to grow, providing more training and exposure to process and collegiality. Sessions by Mary Dluhy on qualities of group leaders, and TWC group members on counter-transference and parallel process in group supervision to enhance therapeutic work, challenged trainees to look within themselves.

Nine TWC/MAGPS members attended the MAGPS Fall meeting, including Katie Slemmer, a scholarship recipient and assistant to Emily. A senior TWC member, Kirstin Pickle, is leading a new group supervision group, one of three in the program. Linda Parkes, the new official newsletter photographer, is the first of many TWC members planning to help do the work required to keep MAGPS vital.

The first training retreat, at Wintergreen, offered 10 hours of process group experience. The hard work and fun of the 8 women attendees is detailed in "Reflections" in the next column.

REFLECTIONS: THE TWC/MAGPS 2001 SUMMER RETREAT AT WINTERGREEN

Contributions by: Debra Babarsky, Kirstin Pickle Karen Porter, & Terry Tuttle

The TWC/MAGPS weekend retreat was a deliciously selfish experience. We had the experience of being in the universe in a different way. The security of boundaries and process in a beautiful setting 24 hours a day for 2 full days promoted an intensity and depth in our work beyond our ongoing training and supervision at The Women's Center. Our continued work with a trusted leader promoted each member's willingness to work and to own projections with a high level of honesty and self revelation.

Our group process meetings were set. The "down" time available allowed us to bond with each other and to trust each other in a way that promoted deeper personal work. We played, slept, ate, danced, walked, read, and talked together. We had fun getting to know each other as people, not just as therapists. We also discovered unique ways of finding needed alone time in a crowded environment. We interacted as a close knit family. Our leader was mother, father, wise woman, facilitator, protector.

We worked on how groupings and subgroupings affected our interactions. Feelings of insider versus outsider surfaced. We spoke of feelings of safety as professionals and then risked struggling with our personal issues and women's issues. We cried, laughed, and felt understood. We were nurtured and fed with rituals, meditation, relaxation, private time, silent time, and conversations. We bonded through dance and explored our sensuality through movement and the energy of us-a great group of women.

This was one of those points in life where things change. Nothing elaborate, just a subtle shift in awareness of ourselves. A shift wide enough for clients to notice and slip through to discover themselves and their own right to be fully alive and vital in the universe.

A Beginning: Report from a MAGPS Scholarship Recipient

As a first-time attendee, I was thrilled to be offered the privilege of attending MAGPS on a scholarship. I came without expectations for either my role or the conference.

My experience began on Friday afternoon when I arrived with trays of food for Friday's reception. Immediately, members introduced themselves to me and gave me a hand with the trays. From that moment on, I was part of a team effort. Members helped me staff the registration table, move materials from one location to another, and tidy the rooms at the end of the weekend. I enjoyed my administrative role in the conference, because it allowed me to do something useful while giving me a unique view of the organization.

My role as attendee in a small group was profound. I shared with my group members my thoughts and feelings and hopefully conveyed my desire to continue learning about group process, others, and myself.

My 12-month internship in Missouri will unfortunately interrupt my affiliation with MAGPS until the fall conference in 2002. Then, I hope to reunite with fellow teammates, meet new colleagues, and strengthen the friendships that were formed during the April 2001 conference.

Thank you for a rewarding opportunity to help in the success of the MAGPS Spring 2001 Conference.

Sincerely, Katherine M. Slemmer (Katie)

An Ending: Farewell from our Past President

My tenure as president of MAGPS ended in April at the Spring 2001 Conference with many conflicting emotions among which were relief, pleasure and sadness.

Relief, because the Board and MAGPS members worked with me to accomplish objectives enhancing the vitality of the organization: the continuing development of an excellent Outreach Training Program and TWC/MAGPS Group Training Program, increased membership and attendance at conferences, an exemplary newsletter, program proposals such as the GPAA/MAGPS Seminar Series, and other new proposals on the table for your consideration.

Pleasure, to realize how much was accomplished and will continue to be accomplished through the time and effort freely given by many members that make MAGPS such a vibrant and viable organization.

Sadness, with the death of Louisa Schwartz, a friend and valued member of the Board responsible for originating the MAGPS Outreach program and supporting its continued development and growth During the memorial service held for Louisa at the Spring 2001 conference, feelings of sadness were shared among her many friends who spoke of how she enriched their personal and professional lives.

As group therapists, we place emphasis on the importance of setting and maintaining boundaries. However, we have no boundary demarcation for passing on leadership for the organization. The lack of visible symbols and process for installing new officers of the Board can make it difficult for members and visitors to know when a change or shift has taken place and can result in shrouding the leadership in ambiguity. My awareness of this important need for a more formal passing of the leadership increased when it came time for me to step down.

Thank you for letting me be your president for the past two years. My best wishes go to our new president, Emily Lape, and the new and continuing members of the Board of Directors.

Nina Brown

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CONFERENCE NEWS: MAGPS FALL 2001 & SPRING 2002 CONFERENCES by Barry Bukatman, MAGPS Conference Chair

I feel a real sense of excitement as I prepare to chair my first MAGPS conferences. The Fall 2001 Conference will be at the Tidewater Inn in Easton, Maryland from October 26 - 28. Our presenter, Elliot Zeisel, is one of the most exciting workshop leaders at AGPA. I had the personal pleasure and privilege of attending his workshop, <u>Immediacy in Group: *A Modern Analytic Approach*</u> in Boston and found it to be a tremendously moving and educational experience. At my request, he has agreed to bring this workshop to MAGPS.

Dr. Zeisel is a psychoanalyst in private practice in New York City. He is on the faculty and serves on the Board of Directors of the Center for the Advancement of Group Studies, which he helped found in 1987. He is also a faculty member and training analyst at the Center for Modern Analytic Studies and is Clinical Director of the treatment service.

A highlight of the fall weekend is that for the first time the presenter will be leading a demonstration group for three consecutive sessions. The first session will focus on foundation concepts of modern psychoanalysis, the second on the use of countertransference, and the third on working with aggression. I expect that this will be a wonderfully invigorating and intellectually stimulating weekend.

As usual there will be in experiential component to the weekend with five small groups led by Carolyn Angelo, Bette Harrington, Marjorie Lane, Joe Tarantolo, and a co–led group led by Ari Kopolow and Judy Tyson. *12 Contact Hours of CEU's are available for conference participation*. Attendees will have the opportunity to join a pilot study group led by Joseph Tarantolo, MD. This monthly study group, formed at the conference, will explore themes that emerge from the conference experience.

In addition to the weekends program agenda, a four-hour block of time Saturday afternoon is arranged for attendees to partake of the many pleasures in Easton. A historic map of Easton (the Colonial Capitol of Maryland's Eastern Shore) for walking or driving tours and other information about the area can be obtained from the Easton Welcome & Resource Center, 11 South Harrison Street, Easton, MD 21601 (Tel. # 410-820-8822 email: welcome@goeaston.net).

MAGPS SPRING 2002 CONFERENCE

Our Spring 2002 Conference, co-sponsored by USUHS, will be held at USUHS in Bethesda, MD, April 26-28. David Hawkins, M.D., is a past president of AGPA and the most requested guest in my survey of MAGPS. He will focus on: <u>Intimacy and Sexuality in the Life of the Group</u>. The Pre-conference workshop: <u>Eros and Ethics in Groups</u> offered on Friday afternoon, April 26, 2002 will be a panel presentation composed of members of the MAGPS Board of Directors and moderated by Emily Lape.

	X3 N	SAVE THE DATE : MAGPS SPRING CONFERENCE 2002 APRIL 26 - 28, 2002 Uniformed Services University of Health Sciences, Bethesda, MD		
	Intimacy & Sexuality in the Life of the Group			
232323		With David Hawkins, M.D.		
	Friday Pre-conference Workshop: Eros and Ethics in Groups With Members of the Board of Directors and Moderated by Emily Lape, LCSW, CGP, AGPA Fellow			

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EZ: Any *verbal* technique. I wouldn't want people to get the idea that it would be OK to do wild things like having the patient sit in your lap.

GS: It seems like part of the historical struggle of Modern Analysis has been to be recognized.

EZ: We could talk about the past now but I'd prefer to stay focused on Modern Analysis in the present. The immediacy of the moment is what it is all about. Modern Analysis is not, in itself, a coherent theory of human development. Drive theorists and inter-personalists are both under the umbrella as are those of us who are open to an amalgam. I am an inter-personalist drive theorist. People are too varied to ascribe who they are to any one way of becoming. One would do best to look at both drives and interpersonal relations.

GS: Louis Ormont has a piece in the current *International Journal of Group Psychotherapy*. He seems to be finding threads of both deficit theories and conflict theories in his work.

EZ: Yes. Of course one sees both, and the group context is an excellent place for this to be addressed. Group is not for everybody. Then again, individual therapy is not for everybody. I've come to believe that the most powerful way to work is in conjoint therapy. But not every patient wants to do that, and it is not right for all. By and large, I think individual therapy is like being alone with mother; group is like being with father and all the family members. In assessing anyone, you try to tailor what you do to what they ask of you. Let me give you a clinical example: I had a patient whose father was killed in a medical accident. He had a great deal of trouble with authority. Much as he needed to be in the room with me, he couldn't bear it. He had need for a loving father figure, but at the same time anger at authority figures blocked all his attempts. Group was what he could tolerate, since in group it is easy to be overlooked, easy to get your needs melded, and he had allies to keep an eye on both of us. The group slowly led him to see that his need was deeper, eventually allowing him to become an individual patient.

GS: So, theoretically eclectic as you might be, there is a coherence to the approach you'll be discussing and demonstrating at our conference.

EZ: Yes, it is this: You become emotionally resonant and responsive to patients. The key is to be in the moment and to respond to requests people make of you, to the best of your ability. One of my teachers, Les Rosenthal, is fond of saying that his groups have dragged him into mental health. I think it's true. If you teach enough patients to be in the moment, it's impossible not to be touched and you wind up doing it yourself.

There really are two things that Modern Analysis is particularly good at. One is what I've been saying: it trains your intuitive instrument to become highly responsive. This is especially important when dealing with very primitive, pre-Oedipal, *pre-verbal* issues. These are key in patients who are hard to reach and who desperately want to be reached! It allows the work of the patient and that of the therapist to be joined so that the therapist is not experienced as an intrusion. For that you need a well-tuned intuitive instrument, since what you work with are memory traces and images that have to reach you without the patient's words.

GS: And the other strength of Modern Analysis?

EZ: One learns to deal with the whole question of aggression and negative transference. Negative transference is going to have to come into the treatment if it is to succeed. Ormont talks about the development of an insulation barrier, an essential component of the therapeutic process. One develops it first inside oneself, and then one helps the patients develop it inside themselves. It is like sheathing on a wire or myelin on a nerve cell. Without it, you get overload! Through the demonstration group, I hope to illustrate how the analyst develops this insulation barrier.

GS: Sounds great. I'm sure our group will be eager to tangle with these processes.

EZ: I'm looking forward to it, too. I'm already enjoying your insightful questions.

A MAGPS NEWS

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MID-ATLANTIC GROUP PSYCHOTHERAPY SOCIETY

MAGPS FALL 2001 CONFERENCE

IMMEDIACY IN GROUP: <u>A MODERN ANALYTIC APPROACH</u>

With Elliott Zeisel, MSW, FAGPA

October 26 - 28, 2001

CEU's Available: 12 Contact Hours

The Tidewater Inn, Easton, MD Reserve rooms by September 26, 2001 MAGPS

<u>The 8th Annual Training Day</u> In Memory of Louisa Schwartz

Saturday, November 17, 2001

4400 East West Highway Bethesda, MD

Elaíne Klíonsky, Ph.D - 301-718-8100 Bob Schulte, MSW - 703-838-1633

SAVE THE DATE :

MAGPS SPRING CONFERENCE 2002 APRIL 26 - 28, 2002

Uniformed Services University of Health Sciences, Bethesda, MD

Intimacy & Sexuality in the Life of the Group

With David Hawkins, M.D.

Friday Pre-conference Workshop: Eros and Ethics in Groups

With Members of the Board of Directors and Moderated by Emily Lape, LCSW, CGP, AGPA Fellow