



# MAGPS News

Volume 10, Issue 1

Spring 2002

## An Interview with David Hawkins, MD by Don Zuckerman

The Mid-Atlantic Group Psychotherapy Society &  
The Uniformed Services University of Health Sciences

SPRING 2002 MAGPS CONFERENCE

Zuckerman: "Intimacy and Sexuality in the Life of the Group" is a compelling topic. Do you see them as inextricably connected?

Hawkins: 'Intimacy and Sexuality' are important, stimulating, and confusing words. When we hear them, very basic needs and longings are stirred: we want to know and be known, to love and be loved, and to express our passionate, creative, aggressive selves. They are intricately but not inextricably connected. They helix around each other in a wonderful dance, while the true self and false (social) self do component dances within each. These words also stir up idealized images of what they might or should mean and defenses that protectively inhibit, disguise, or pervert our expression of them.

Zuckerman: How do idealized images emerge in group therapy?

Hawkins: Idealization is inevitable, not to be avoided, but recognized and investigated. Early in life we are relatively helpless. Idealizing our caretakers reduces overwhelming anxiety and offers hope to someday 'be big like them.' We see such idealization of the leader and of the group when the group is young, or when it is entering new developmental phases. Idealization also plays an important role in the experience of 'being in love.' Idealization, however, may also serve to maintain a merger fantasy, to transfer responsibility for self-activation or to facilitate repression of self-awareness that might threaten a relationship



## INTIMACY AND SEXUALITY IN THE LIFE OF THE GROUP

With David M. Hawkins, M.D., CGP, DFAGPA

At USUHS  
Bethesda, Maryland

April 26 - 28, 2002

This conference is dedicated to  
the memory of Barry Bukatman, M.D.

CEU'S AVAILABLE:  
12 CONTACT HOURS

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## PRESIDENT'S COLUMN

It is with a heavy heart that I write this message to the MAGPS community. As many of you know, Barry Bukatman died on Super Bowl Sunday. He had a massive heart attack while playing racquetball.

Not wanting people to hear the news indirectly, I called about 50 MAGPS members whom I thought knew him best, then emailed the sad news to the rest of the community. Apologies if I missed getting in touch with you. I was dazed making those painful calls; each time hearing the shock and the struggle to take in the awful news. The outpouring of love and respect for Barry was palpable. He touched so many of our lives, personally and professionally.

It's hard to fathom that Barry has died because he often bragged about never getting sick a day in his life or even getting headaches. I keep seeing the sparkle in his eyes, his huge warm smile and amazing vitality. He was our best joke teller and one of our most important visionaries. He combined the impishness of a kid with the wisdom of a talented psychiatrist and mentor. Barry was a real team player who put everyone at ease and brought out the best in everyone. He softened our rough edges and helped us pull together and strive toward new goals. We are all stunned by this loss.

He loved his new role as conference chair and pulled off one of our most successful conferences ever. He was committed to bringing new people into the organization and was active in our grass roots agency-level Training Day. He advocated for scholarships to our meetings and diversity within our membership. He established a grant for psychiatry residents to come to our conferences in exchange for joining MAGPS. Barry was excited about becoming more involved with AGPA and building bridges between regional and national.

Barry lived a well-rounded life and played as hard as he worked. He was happily married, loved his kids and grandkids. A multitude of MAGPS colleagues and close friends from all walks of life packed the funeral service. Barry would have thought it a good party.



The board has rallied in this crisis by taking on tasks for our upcoming conference. The work will get done and new leadership will emerge but it is Barry's heart and spirit we will miss the most. His loss is profound though he has left a gift within each of us through kinship and mentoring.

Barry represented the best of MAGPS.

*Emily Lape*

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Emily Lape 434-243-5150				
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### NEWSLETTER EDITOR & WEBMASTER

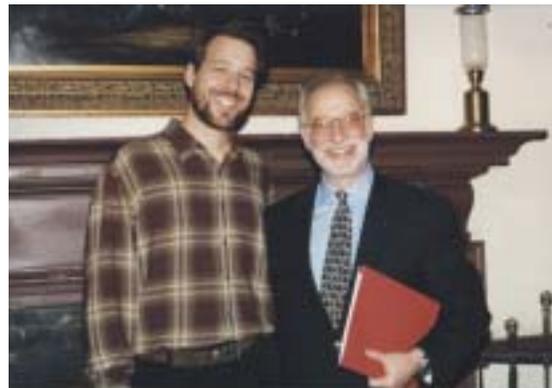
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# MAGPS Community Connections

## Fall 2001 Conference in Easton, MD

By Barry Bukatman, MAGPS Conference Chair

Coming on the heels of September 11<sup>th</sup>, we all needed the boost we got from the exciting conference, *Immediacy in Group: A Modern Analytic Approach*, led by Elliott Zeisel. There were 77 conference attendees and in keeping with recent trends, a large number were students, trainees and residents. Elliott not only “talked the talk” he “walked the walk” as he led a three-session demonstration group illustrating the implementation of Modern Analytic theory in a here-and-now framework. MAGPS participated in its first opportunity to experiment with having a small group leader join us from another affiliate society. David Dumais made this first “experiment” a great success. We hope to continue this approach in the future.



Pictures by Linda Parkes, MAGPS Photographer

## **Member Services and Training Committee**

by Bob Schulte, MAGPS Treasurer

This committee was created at the MAGPS Board of Directors 2001 summer meeting in an effort to better integrate the recruitment and support of new members while enhancing the experience of long-standing MAGPS members. Bringing the various chairs of MAGPS program activities together as a steering committee has created a forum for support, feedback and exchanges of strategic information so that 'the right hand knows what the left hand is doing'! Our newest project is a Mentoring Program that will be launched at the Spring 2002 Conference.

The committee is co-chaired by Amy Bush, Membership Chair and Bob Schulte, Treasurer. Committee members include Hilary Casaretto, Vienna Women's Center/MAGPS Group Therapy Intern Program, Trish Cleary, GPAA/MAGPS Seminar Series Chair, Elaine Klionsky, Training Day Co-Chair, Venus Massalem, Katherine Thorne, Mentoring Program Chair, Irv Sacks, AGPA Scholarship Committee Chair, and Judy Tyson, GPAA/MAGPS Seminar Series Committee Member.

Members with energy and ideas for any of our committee's projects are very welcome to contact Bob or Amy. We'll be delighted to find a place for your talents and enthusiasm!

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

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## **Response to 9/11**

by Judy Tyson

AGPA has been honored with a \$2 million grant from the New York Times Company Foundation's 9/11 Neediest Cases Fund to provide group interventions for people who might be deterred from seeking help because of financial considerations, ignorance of the benefits of group participation, or fear of stigma. This grant serves people living in New York City, Washington, D.C., and their suburbs.

The AGPA Disaster Outreach Task Force is chaired by Harold Bernard to organize and oversee the administration of the grant. Ari Kopolow and Judy Tyson represent MAGPS on the committee. Diane Feirman, AGPA public affairs director, will handle administrative tasks associated with this project. Group clinicians, serving this grant, must have CGP credentials and training in post-trauma issues.

You can help with this project if:

- You are currently running groups dealing with September 11<sup>th</sup> issues.
- You have contacts with communities/organizations that would be valuable partners in this endeavor.
- You know of parent groups needing information on how to support children's concerns.

AGPA will be subsidizing services in a variety of settings, including:

- Consultations to help organizations assess the needs of employees and to provide support services.
- Psychoeducational sessions identifying symptoms of post traumatic stress and treatment strategies.
- Time-limited groups.
- Groups that meet on an ongoing basis.
- Follow-up services.
- Anniversary support groups.
- Supervision and consultation for therapists providing treatment services.

Do you have access to and want to help those in need and want to be qualified as a provider? Contact: Diane Feirman, CAE, AGPA Public Affairs Director, toll-free at 877-668-AGPA (2472), or [dfeirman@agpa.org](mailto:dfeirman@agpa.org)

## 1st MAGPS Scholarship to AGPA

by Irv Sacks

The MAGPS Scholarship for the 2002 AGPA Annual Conference was awarded to Hany Malik, a doctoral intern at Howard University. Hany was chosen in the MAGPS December 2001 lottery drawing of five scholarship applications. He was excited and delighted when Emily Lape notified him of his selection. The scholarship covered his registration for a two day institute and one day of workshops at AGPA.

This scholarship, funded by the MAGPS treasury, will hopefully be followed by future scholarships offered from a separate fund established by MAGPS member contributions. The intention of the scholarship to the AGPA annual conference is to enable trainees and/or new professionals to obtain training he/she might otherwise not be able to afford and to introduce the recipient to AGPA and leading group therapists in our field. Our hope is for scholarship recipients to become active members and future leaders in MAGPS.

*The MAGPS scholarship committee consists of Irv Sacks, Chair with Bob Schulte, Amy Bush, and Emily Lape.*

Center

→  
Hany Malik, scholarship recipient to AGPA 2002, is a doctoral student of Clinical Psychology at Howard University



## Treasurer's Report

by Robert Schulte, MSW

The year 2001 was financially very good for MAGPS. Both weekend conferences earned a substantial profit, totaling over \$6,000. Membership dues income increased from the year 2000.

The 2002 Budget, included in the Treasurer's End of Year Report for 2001, was approved by the MAGPS Board of Directors at the Fall 2001 board meeting. It is available for members to review upon request and will be submitted to the MAGPS membership for review at the Spring 2002 Conference business meeting luncheon.

*Bob Schulte: 703-838-1633*

## Spring Conference - April 26 - 28, 2002

by Barry Bukatman, MAGPS Conference Chair

This Spring Conference features an entertaining and dynamic presenter with a topic that is certain to intrigue, puzzle, and challenge all of us.

Dr. Hawkins, a psychiatrist in private practice in Chapel Hill, NC, is an Adjunct Associate Professor of psychiatry at Duke University Medical Center, and at the University of North Carolina at Chapel Hill. He is a past president of both the American Group Psychotherapy Association and the American Academy of Psychotherapists. He will utilize lecture, discussion and a three-session demonstration group to explore this fascinating territory.

Experiential small groups will be led by Marty Allen, Barbara Cristy, Elaine Klionsky and Ricky Geiger, our invited guest leader from North Carolina, and Venus Masselam and Merry Macke will co-lead a group.

A new feature will be a group led by Barry Wepman for those interested in taking the MAGPS training to be a MAGPS small group conference leader in the future. I recommend early registration if you have a strong desire to be in a particular group.

We are again offering a post conference study group to further explore the conference themes. Judy Tyson will lead this three-session group

Mark your calendars for the MAGPS Spring Conference, April 26 - 28, 2002, and prepare yourselves for another stimulating and educational weekend.



### Save The Date

April 26 - 28, 2002

## MAGPS Spring Conference

### Intimacy & Sexuality in the Life of the Group

with

## David Hawkins, MD, CGP, DFAGPA

## MAGPS COMMUNITY



*Amy Bush, PhD, CGP*  
*Judy Tyson, PhD, CGP*

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### MAGPS 2002 Events Calendar

Spring Conference  
April 26 - 28, 2002

Fall Conference  
November 1-3, 2002

The 9<sup>th</sup> Annual Training Day  
November 16, 2002

GPAA/MAGPS Seminar Series  
To be announced

For More Information

[www.magps.org](http://www.magps.org)

### *The Women's Center/MAGPS Group Training Program*

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

**703-281-2657**



### ACCESS A Disaster Resource

ACCESS provides comfort to friends and families of air disaster victims and survivors & helps people cope with their grief and pain by connecting them to grief mentors who have also survived or lost loved ones in an air tragedy.

[www.accesshelp.org](http://www.accesshelp.org)

*Submitted by Mark Dembert, MD, Author of  
current articles in the ACCESS Newsletter.  
[Mdembert@aol.com](mailto:Mdembert@aol.com)*

## FOCUS

### THE IMAGERY TRAINING INSTITUTE, INC

Spring 2002  
Weekend Imagery Workshops

TOPICS INCLUDE

***Using Imagery with Couples and Groups***

March 1 & 2

***Enlivening and Inspiring the Therapist:  
A Day of Meditation and Creativity***

April 20

***The Mind/Body Connection***

May 3 & 4

INSTRUCTORS

Susan Drobis, LICSW Mark Lawrence, MD  
&  
Natalie Shaw, LCSW

FOR INFORMATION & BROCHURE

**Call: 703-821-0761**

### The 5th Presentation of the National Group Psychotherapy Institute

**November 15 -17, 2002**

Group Contexts:  
Interpersonal & Systems

**January 24 - 26, 2003**

Intersubjectivity & Self Psychology  
Malcolm Pines, M.D.

**April 4 - 6, 2003**

Relational-Constructivist Approaches

**September 19 -21, 2003**

The Unconscious in Groups

**January 23 - 25, 2004**

From an Object Relations View  
J. Scott Rutan, Ph.D.

**April 16 -18, 2004**

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**[www.wbcakri.org](http://www.wbcakri.org)**

## CEU's & CME's

by Norma Caruso, MAGPS Member at Large

Let's face it, we all like credit for putting forth the effort to learn something new. We feel even more strongly when renewal of our professional license requires obtaining such credit. MAGPS has struggled with the question of how to provide such recognition in the form of continuing education units.

Over the years numerous board members have explored this complex issue and the significant cost factors due to the professional diversity of our membership.

Until now, MAGPS has offered non-APA approved CEU's as part of an arrangement with Old Dominion University. We are negotiating a new partnership with them that will allow us to offer APA approved credits. Our efforts continue to find a way to offer CME's as well. We'll keep you posted.

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## MAGPS Website

by Trish Cleary,  
MAGPS Webmaster & Newsletter Editor

[www.magps.org](http://www.magps.org) is one of MAGPS' newest communication mediums. It will provide updated information year-round with links from the home page directly to new items of interest.

Email notices will let you know when website updates include important information and resources.

One feature of this technology is the capacity to carry the newsletter in its entirety on the MAGPS website. Now you can see unabridged guest interviews online and other member articles.

Another feature is the ability to display official MAGPS photographs by Linda Parkes.

I will appreciate your help in keeping our community up-to-date. Send dates, resources and items of interest to me at: [trishcleary@erols.com](mailto:trishcleary@erols.com)

[www.magps.org](http://www.magps.org)

## TWC/MAGPS

by Hilary Casaretto, TWC/MAGPS Director

The Women's Center/MAGPS Group Therapy Program has changed leadership. Amy Bush, Director; Katherine Thorn, Co-Director; and Debra Babarsky, Training Co-Chair are being succeeded by Hilary Casaretto, Karen Porter, and Kirstin Pickle.

The TWC/MAGPS Group Therapy Program draws on the expertise of group therapists from the Washington School of Psychiatry's National Group Psychotherapy Institute and MAGPS for its 4-6 annual in-service trainings. Recent programs included Mike Stiers and Maryetta Andrews-Sacks presentation, "Working in the Here and Now." Judy Tyson presented, "The Opportunities and Challenges of Running a Successful Therapy Group." In March 2002, John Thomas will present on the issue of money and fees in group therapy.

The Fall 2001 MAGPS Conference was well attended by eight Women's Center staff. Several were first time attendees and reported their experience as simulating and enriching.

Ten participants recently completed the advanced certification and one completed the basic certification. We look forward to new members participating in this program.



2nd on Right:   
Hilary Casaretto,  
New Director of the TWC/  
MAGPS Training Program

Standing:   
Amy Bush,  
1st Director of the TWC/  
MAGPS Training Program



### MAGPS 8th Annual Training Day

by Elaine Klionsky

The 8<sup>th</sup> Annual MAGPS Training Day, *Groups that Work*, was held on November 17, 2001. It was dedicated to the memory of Louisa Schwartz, a founder and guiding light for many years. Forty group workers from a variety of professional disciplines and work settings participated in an experientially-based process group format to learn about group dynamics.

As neophyte chairpersons, Bob Schulte and I approached this year's MAGPS Training Day with trepidation and excitement. We were keenly aware of the absence of Louisa and co-chair's emeritus Barry Wepman and Lenore Pomerance. Barry and Lenore were gracious and generous in their assistance and support throughout the year and during the day itself, by conducting a mid-day debriefing session for the faculty. Special thanks to all the clinicians at the Topaz House who made their offices available to us. Barry Bukatman was especially helpful in arranging meeting space for the training day and we will miss his support.

This year's faculty included Alicia George, Gloria Meyers-Beller, Nick Kirsch, Lisa Robinson, and Judy Tyson. The benefits of their enthusiasm and expertise were evident in the overwhelmingly positive feedback received from participants who reported the training to be engaging, enriching, and relevant to their work. In turn, the faculty had the opportunity to work with a group of talented professionals who were eager to learn and appreciative of our efforts.

The 9<sup>th</sup> Annual Training Day is scheduled for November 16, 2002 at the Topaz House.  
Contact Bob Schulte, 703-838-1633 or Elaine Klionsky, 301-718-8100 for more information. ↙



Pictures by Linda Parkes, MAGPS Photographer

## **MAGPS Conference Experience**

by Bernard Murphy

My work at The Women's Center facilitating small group workshops and my interest in starting groups in my private practice inspired me to pursue more training in group dynamics. I recently had two very different group experiences.

First, I attended a Group Process Workshop at The Women's Center as part of the TWC/MAGPS Training Program. I learned that "a process group is not a therapy group and being part of a group studying its behavior results in increased awareness of group process." So, I threw myself into the small group and willingly offered myself as content. My experience was collegial and comfortably therapeutic; a welcome relief from the habitual loneliness of my professional life. As I rejoiced in this unusual opportunity for professional interaction, I paid little attention to observing the group process.

The MAGPS Fall 2001 Conference agenda, my second group training experience, promised participatory learning in small groups. Just what I needed and the discount registration fee for first-time attendees was not to be ignored. When I arrived at the MAGPS conference, colleagues greeted me with welcoming comments. The conference check-in was warm and friendly – all of which was in marked contrast to past professional experiences.

My small group experience at MAGPS was painful. An emotional maelstrom snared me. Feelings of being unwelcome and devalued by the group brought up insecurity, frustration, and anger. I was certainly focusing on group processes this time and observed group alliances forming and falling apart, mini-movements gaining brief momentum before petering out, and stereotypic group roles assigned and acted out. While this group experience was instructive, it was definitely unpleasant. Still more confusing was that my grumpy group transformed themselves into lively and likeable folk once they left our group. Like the TWC/MAGPS experience, the overall conference was great. I am looking forward to the Spring meeting and wonder what is in store for me next?

## **NEW:**

### **MAGPS Mentoring Program & Email Distribution List**

by Amy Bush, Membership Chair

The Membership Committee is focused on two important new projects for the MAGPS community: the Mentoring Program and the email distribution list, in addition to the usual business of membership renewals, updating of information and preparing the 2002 directory.

The Mentoring Program is designed to provide a contact person for every new member to MAGPS. At the Fall conference there were 80 participants; almost half were new members or first-time attendees. We want to welcome these new people into our community by linking senior members with new members to share support, resources, and experience. Katherine Thorn and Anna Lake are co-chairing this new program.

Members with a year or more of experience with MAGPS will volunteer to mentor new members by welcoming them to conferences, answering questions, introducing them to other members, contacting them about other MAGPS events, and generally facilitating their inclusion in the community. Mentors may also introduce new members to our parent organization, AGPA, and group community resources. The program will be launched at the Spring 2002 conference with a special meeting for interested members. There will be materials, guidelines and discussion to help mentors and new members get started.

*Interested members can contact Katherine Thorn at (703)281-4928 x498 or thornc@erols.com.*

The email distribution list has been active since November 2001. It will be used for official announcements, MAGPS reminders, notices of new information on the website, and for contact with the membership in an emergency or crisis. Our president, Emily Lape, noted it would have been useful in the aftermath of 9/11 to determine what support services were needed and how to get out vital information about available programs. Members need only e-mail [amybush@erols.com](mailto:amybush@erols.com) if they are not already on the list.

(Continued from page 1)

Zuckerman: How do you work with the defenses operating in groups?

Hawkins: Our job is not to remove these defenses but to soften them and open up possibilities for more adaptive defenses. I generally believe that a group acts defensively when its members think it is, or they are, in danger. The work of the group and the leader is to give expression to the fear so it can be explored rather than acted out.

Zuckerman: How do you recognize inhibitions against intimacy and sexuality?

Hawkins: I assume whatever the group is doing is about the valued relationships among its members. I note the vitality of each person's participation, and stay attuned to my own sense of involvement around what is happening, what is not happening, and how I am stimulated, inhibited, agitated, encouraged, and/or curious. All of these states, once registered, attest to the group's current limitations and possibilities. The more a group can deal with what is in the room, the more sexuality and intimacy will emerge.

Zuckerman: Do you find that the longings (to know and be known and to love and be loved) show up differently toward the group leaders than to the other members of the group?

Hawkins: I'm amazed that I am still amazed at the variety of transference experiences possible. As leaders, we are clearly the targets for frustration (that we never lead the group well enough) or envy (that we, of course, have perfect and untroubled lives). Member-member transferences, in addition, present with amazing power and variability.

Zuckerman: What defenses do you see operating in therapists to protect themselves from their own longing for intimacy and connection?

Hawkins: We therapists have and require a myriad of defenses against being needed, not being needed, and *needing*. I work from the understanding that people's reactions are, first and foremost, about themselves, though I strive to stay open to how it is that I am the "other" as a temporary cast member. To paraphrase Winnecott, as group therapists, we have to tolerate being the object mother: we are what is wanted or hated and are the way to or impediment of the gratification of desire. We are also the environmental mother, we exist and operate in the background often without recognition or thanks and are discarded eventually like a squeezed out orange. We must, therefore, deal with our own needs for intimacy and connection. There is no substitute for an intimate interpersonal forum for ourselves.

Zuckerman: Comment about your experience with gender barriers that might complicate both same-sex and opposite-sex feelings of intimacy and sexuality in groups.

Hawkins: Early in the life of a group gender differences are often used as defenses or resistances while later in the life of a group these differences become fields that are rich for exploration. Whatever our sexual object choice, all of our identities have been spoiled, or at least complicated, by social prescriptions for what "ought to be" which therefore hinder our discovery of "what is." Group members who struggle together with the work of intimacy can offer each other profound understanding and support for the varieties and complexities of gender presentation and sexual expression.

Zuckerman: "Socializing forces hindering our discovery of what is" could be seen as a central focus in group therapy. I imagine the theme of our spring conference will provide a provocative lens for exploring it further.

Hawkins: I find enormous value in the kind of experiential learning that this weekend promises us. Only together can we advance toward understanding concepts and processes that are too complex for any of us to manage alone. I look forward to our adventure.



# MAGPS NEWS

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## Mid-Atlantic Group Psychotherapy Society

### MAGPS Spring 2002 CONFERENCE

April 26 - 28, 2002

*CEU's Available: 12 Contact Hours*

### Intimacy & Sexuality in the Life of the Group

with

David Hawkins, MD, CGP, DFAGPA

## MAGPS

*9<sup>th</sup> Annual Training Day  
November 16, 2002*

*The Topaz House  
4400 East West Highway  
Bethesda, MD*

*Elaine Klionsky, Ph.D - 301-718-8100  
Bob Schulte, MSW - 703-838-1633*



Save The Date :

November 1 - 3, 2002

magps fall 2002 conference

**In Williamsburg, VA**