A Short Conversation with Nina Brown

Nina Brown, EdD, is our presenter for the Spring 2006 Conference at the Johns Hopkins University in Rockville, Maryland. Dr. Brown is a professor and Eminent Scholar at Old Dominion University in Virginia and a past President of MAGPS. She has spent many years studying the concept of destructive narcissism and has four published books on the subject. Mike Stiers spent a little time with Dr. Brown for the sake of our readers.

MS: Nina, you are a very prolific writer and theorist in the fields of education, counseling and group psychotherapy. I am aware that you have written over twelve books and published over forty articles while serving as a professor at ODU. Also, you have been designated as an “Eminent Scholar.” Could you tell us what it means to be an “eminent scholar” and also tell us a little about your career and the work that you are doing at this time?

NB: The designation of Eminent Scholar is a special honor to recognize “unusual merit and service to the university.” It is a state recognized and supported designation that is awarded to tenured full professors who meet certain criteria. Out of about 700 full-time faculty members at Old Dominion University, only 35 professors have this designation. You will find the same proportion at other universities in the state. Other states have something similar, but may call them Distinguished Professors. Generally, the criteria emphasize scholarship and research, and research dollars play an important role in the decisions. Those of us in colleges where research dollars are scant, have a harder time receiving the designation.

I have fifteen published books, five on group counseling, and four on narcissism. I am currently working on a revision for The Destructive Narcissistic Pattern, a text on group counseling, and the curriculum for

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This past February two endangered species made their annual migration to Northern California. Monarch butterflies and group psychotherapists!

The Monarch is a beautiful orange and black species that lives on nearly every continent. Yet it’s only the North American group whose yearly mating ritual includes a 2,000-mile migration—from all over the continent to Pacific Grove in Northern California. Their migration peaks in mid-February with a mating ritual of sustained embrace between the female and her partner for twelve continuous hours! (Sound like an AGPA Institute Process Group?) And then everyone flies home to ensure that the species survives and thrives. Pacific Grove residents honor their winged visitors with an annual Butterfly Parade.

The group psychotherapist is also beautiful, a many colored species that lives on nearly every continent. And yes, it’s only the North American group who always makes a yearly winged migration mid-February to the AGPA Annual Meeting—this year in San Francisco, California—for the sake of impregnating one another with new ideas, inspiration, contagious feelings, and good will. And then they return home to ensure the survival and vitality of their groups.

Both species have been making a comeback in recent years. Witness the group therapist.

Nearly 1000 clinicians attended this year’s AGPA Meeting with nearly 100 scholarships awarded. The week featured a Special Institute with icon Irvin Yalom and Molyn Leszcz combining fiction, theatre and group therapy. There were also fascinating plenary talks on deep metaphors (i.e. the journey) and the social brain, process group experiences and special interest institutes, dozens of workshops, open sessions and table talks, and SIG (Special Interest Groups) meetings.

A Community Meeting celebrated contributions of AGPA members including our own Amy Bush for Outstanding Contribution to an Affiliate Society and Trish Cleary as AGPA Fellow. Special thanks are due to Mary Dluhy and Joan Medway for dedicated service as Institute Co-Chair and Open Sessions Co-Chair respectively. The new President of AGPA, Beth Knight, was introduced to the membership as only the second social worker to hold the highest office.

Next year’s Meeting will be in Austin, Texas from March 5-10, 2007. And Austin is known for its hospitality, warm weather and local live music. See you there? If you’ve never winged your way to such a gathering, why not make next year a first? Or return for another memorable week. To be one of a 1000 gathering group therapists is quite an experience—a veritable Butterfly Parade.

Bob

For CD recordings of open sessions and plenary talks from this year’s meeting or information about next year’s Meeting, go to www.agpa.org or call toll free 1-877-668-AGPA.
AGPA/CGP focusing on group dynamics for non-clinicians. I will be writing a second edition for *Children of the self-absorbed*, probably beginning next year.

**MS:** One of your interests and the focus of our MAGPS spring conference is understanding narcissism in therapists. How does this topic apply to group therapy and group therapists, and how will the members of the spring conference benefit from the experience?

**NB:** The topic applies to group therapy and group therapists as the group leader has a significant impact on the progress of the group as a whole and on individual members. Some leading group therapists propose that the capacity to be empathic is critical for effective group therapy, and since a characteristic of healthy adult narcissism is the capacity for being empathic, it becomes important for group leaders to continue to develop and work with their undeveloped narcissism. Further, since we do not see these undeveloped parts of self, just as pathological and destructive narcissists do not, it takes a certain amount of openness, self-exploration, and feedback to become aware of needed development. I like to describe the inability to see our undeveloped narcissism as trying to see the back of your head, or the middle of your back, without a mirror or other reflective device. It simply cannot be done. Receiving constructive feedback from others can be a valuable part of learning.

At the conference group leaders can increase their awareness of the undeveloped and/or destructive narcissism of group members, and gain a better understanding of the incompleteness of their psychological separation and individuation that may be preventing them from having significant, meaningful, satisfying and enduring relationships. Conference participants, through self-exploration and feedback in the small groups, can increase their awareness of their undeveloped narcissism and its impact on factors such as their inability to be empathic, their exploitation of other members, their unconscious admiration and attention seeking behaviors, their failure to maintain appropriate boundaries, their arrogance, and so on. They will learn ways to reduce their self-absorption, and to increase sensitivity to the possibility of having too many self-absorbed behaviors and attitudes.

**MS:** Could you give us some idea of what you will be presenting at the spring conference and the format you plan to use?

**NB:** I will give definitions of destructive and undeveloped narcissism and describe the four types of narcissism. I will provide operationalized descriptions for some of the behaviors and attitudes of destructive narcissists. I will also describe how to use the leader’s experience to identify a destructive narcissistic pattern. Finally, I will discuss how to make use of external validation, how to work with difficult members, and how to deal with narcissistic wounding and narcissistic rage.

I will use the usual format for MAGPS conferences: presentations and lectures with questions and discussion, small group experiences, and maybe one or two demonstration groups. I’m not sure about the demonstration groups as I don’t see what they will contribute to the topic.

**MS:** Finally, given the topic of narcissism in therapists, do you have any idea why the conference committee thought of me when they were looking for someone to do this interview?

**NB:** I really don’t know why you were chosen, but I have a possible reason. You probably come to mind when they think of an experienced group leader who is open to the possibility that he may have some unrecognized underdeveloped narcissism, (as do we all) and is willing to try and explore this as a part of personal growth and development.
Spring 2006 MAGPS Conference

by Venus Masselam, Conference Chair

We have the good fortune to have Eminent Scholar Nina Brown, our own clinical member and past president, presenting on “The Group Therapist’s Destructive Narcissism” a subject discussed in one of her 15 published books. She describes “destructive narcissism” as behavior that comes from being self-absorbed and feeling entitled. It is therefore possible for the therapist to inflict injury without awareness of the effect of her/his action. Although the therapist is unaware the injury has occurred, the group member experiences and recognizes the wound. Dr. Brown has vast and varied experience in the field and has been dedicated to the group psychotherapy field, attending conferences, chairing conferences for MAGPS and now presenting in this one.

I am fortunate to have Lorraine Wodiska PhD as Co-Chair and a Committee including: Lenore Pomerance MSW, Trish Cleary MS, Molly Donovan PhD, Farooq Mohyuddin MD, Nial Quinlan Med, Deborah Sinek PhD, Paul Timin MSW, Pat Monell-Gonz MSW, Merry Macke MSW and Ann Yeck PhD.

The small group leaders have much to offer as seasoned group psychotherapists. They are: Gloria Myers-Beller MSW, Emily Brown MSW, Elaine Klionsky PhD, Thomas Large MSW, Dayne Narretta MSW (President GPS of Louisiana), Thomas Wessel EdD, Judy Tyson PhD and co-leader Ari Kopolow MD, Henry Morris DSW and Irwin Sacks PhD as CGP trainers.

In keeping with our good fortune we are proud and pleased of the co-sponsorship with Johns Hopkins University Professional School of Counseling at the Rockville Campus. They have been supportive and helpful in working with us and we plan to continue the relationship in subsequent years.

The building is new, wonderfully light-filled and welcoming. Parking is easy and access to the campus is off Route 270 (which is directly off of 495 heading north). The area can also be reached by Metro on the Red Line. There is no shuttle service from the hotel, but if any one needs a ride, please let us know and we will help accommodate you.

We have had the privilege to select food vendors and hotels from a list of approved facilities provided by the university. The hotel selected for our first annual spring conference at JHU is the Courtyard Marriott (2500 Research Boulevard, Rockville, MD 20850; 301 670-6700 or 800 321-2211) right off of Shady Grove Road and only three minutes from the campus. Be sure to make reservations before April 5, 2006 to ensure the fee of $84. There is a restaurant right across the street and multiple choices no more than eight minutes away.

In addition we can now receive CEUs for all mental health professionals with the exception of physicians. This will mean strict sign in and out procedures requiring the attendees to be present at all sessions in order to receive the CEUs for the entire conference.
A Return

by Henry Morris

After an extended absence from MAGPS activities, I attended the Spring, 2005 Conference with Dr. Richard Billow. I was interested in Dr. Billow’s application of Bion’s group-as-a-whole theory to interpersonal relationships in group psychotherapy. I also wanted to participate in the Pre-Conference continuing education program to validate what I had been doing for several years in my own groups and teaching at the VCU School of Social Work in Richmond. Friday’s presentations by the MAGPS instructors were excellent. The program also provided an early opportunity to meet others attending the weekend conference.

Dr. Ron Kimball was my “new attendee” mentor. Ron’s welcome was warm and genuine. When we met Saturday morning, I was delighted to have him tell me that I had been described as “distinguished-looking,” which was quite contrary to my own self-perception as being old, overweight and with too much gray hair. I looked forward to meeting all the MAGPS members who had perceived me in such a delightful way. I found Dr. Billow’s presentation informative and thought provoking. I had always believed Bion could be utilized effectively within an interpersonal paradigm.

I first attended a MAGPS conference at Virginia Beach 25 years ago at the urging of my supervisor, Bev Lordi, and my mentor Dr. Bill Lordi. Bea Liebenberg’s leadership made my small group experience meaningful and powerful. In the information for the Billow conference, I noticed one of the small group leaders was Susan Lieberman. In a fascinating transference process, I assumed not only that Susan was the daughter of Bea Liebenberg but that she would offer the same wonderful nurturing leadership style I had experienced 25 years earlier. Susan was not Bea’s daughter, but she was warm and supportive and used masterful interventions with the dynamics and issues in our small group. The closing meeting on Sunday with Dr. Billow was fascinating. Bion’s basic assumptions of dependency, intimacy and autonomy were flying around the room quite vividly. All ended well, and no one was hurt. This was a successful meeting for me as I reconnected to MAGPS and was again reassured that groups can be a powerful force in changing people’s lives.
Memories of the Beach

Lenore Pomerance

Imagine attending a conference on a beach where all the rooms - plenary, bedrooms and breakfast rooms - faced the beach and the ocean. Imagine a bright, sunny weekend in early November, warm enough to walk on the beach and boardwalk and even take a daring plunge into the water. This was the setting for our Fall 2005 Conference at which Dr. Kenneth Porter shared his passion for spiritually-oriented group psychotherapy at the Ramada-on-the-Beach in Virginia Beach, Virginia. Dr. Porter began every plenary with a guided meditation and then posed a thoughtful question that we would discuss in groups of three. As hesitant as we all may have been initially to articulate answers with our colleagues about - for example, what is the most spiritual experience we had ever had - once we began we were reluctant to stop. As Dr. Porter commented, it was like bath time for kids: you can’t get them in and you can’t get them out.

Our small group leaders, Mary Dluhy, Laura June, Jeff Price from Colorado, John Rhead, Cooke Read, and Rosemary Segalla, complemented Dr. Porter’s wisdom and authenticity with their own broad skills in leading groups and their own special spiritual styles. Saturday night we watched and discussed the award-winning film by Korean film-maker Kim Ki-duk, Spring, Summer, Fall, Winter...and Spring. Using the four seasons as a backdrop, it taught about compassion, suffering, loss, desire, attachment, and transformation in the life of a Buddhist monk living on a small Buddhist monastery floating in the middle of a mountain lake.

All in all, it was a rich, intimate weekend.▲
Scholarship Winners Respond

As the recipient of a MAGPS Student Scholarship, I had the chance to attend all three days of the Fall Conference held in Virginia Beach, Virginia. My very first contact with MAGPS was by electronic correspondence with Emily Lape, to whom I am very grateful for guiding me through the application process and making my experience quite pleasant.

Thanks to excellent organization, I was able to find my way to the conference location without any problem. The more experienced participants were welcoming and helpful, creating an environment where I found that I could easily concentrate on learning. I am extremely grateful to all the professionals with whom I interacted for sharing their knowledge and feelings. This experience has helped me to become more aware of the nuances of interaction within a group. I plan to pursue the study of group psychotherapy and hope to attend future conferences.  

Patricia Zorzoli

I wanted to thank MAGPS for the scholarship and opportunity to attend the annual Fall Conference. The topic of Spirituality was very relevant and important for me to learn about and address in my practice. I found the speaker enlightening and thought he did a wonderful job leading meditation. The small group exercises were the most essential part of the conference for me. I learned a great deal about leading a successful process group and addressing the topic of spirituality. I feel fortunate to have had this experience and would consider attending future MAGPS conferences.  

McKenzie Casad

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**Dr. Brown’s Reading List for the Spring Conference**

**Member Memos**

The Member Memos column is a space devoted to chronicling members’ achievements and activities. Information for publication should be forwarded to Deborah Sinek (dmsinek@yahoo.com or 434-979-0808).

**AWARDS AND HONORS:**

Nina Brown was elected to the AGPA Board of Directors. Trish Cleary was made a Fellow of AGPA and is the incoming Chair of the AGPA/GPF Scholarship and Awards Committee. Barry Wepman joined the National Registry Board and sits on the Clinical Professional Relations Committee. Amy Bush received the Affiliate Society Assembly Award for outstanding contribution to an affiliate. Lisa Zimmerman was awarded a full scholarship to attend the 2006 AGPA Annual Meeting and chosen to participate in the Affiliate Leader Designate Group, a training opportunity in preparation for leading small groups at the affiliate conference level. Ms. Zimmerman’s scholarship benefactors were Trish Cleary and Diana Kunkel. Sally Brandel (MAGPS) and Landis Vance (DC) also received full scholarships to AGPA through benefactors David and Linda Manning. Bernie Stoltz was awarded his Doctoral degree and has entered private practice. Venus Massalem received her post-doctoral Master’s degree in psychopharmacology in January.

**SERVICE:**

Nial Quinlan participated in post-Katrina relief efforts. He writes, “Having lived for some time in New Orleans I felt an added urge to help this great city that was devastated by Katrina. I had the opportunity and found the experience both rewarding and exhausting. The resilience of these people, who have lost everything, was extremely energizing. The complete devastation of such an important part of our country has left me with such sadness - and I expect this feeling will linger for a long time.” Lorraine Wodiska was similarly involved in disaster relief after the hurricane. She shared a lengthy list of things she would remember from her experience ranging from the abstract to the mundane, including the following selections: “the good hearts and spirits of the residents/clients,” “their determination to find meaning in the disaster,” “the smell and the moldy filth,” “showering in the decontamination tent,” “sleeping with 150 snorers on cots surrounding me,” “waking at 4:30 am to have the one bathroom sink to myself for two minutes.”

**PROFESSIONAL ACTIVITIES/PUBLICATIONS:**

Thomas Large published an article, “Resistance in Long-Term Cancer Support Groups,” in the October issue (Vol 55, No 4) of the *International Journal of Group Psychotherapy*. John Thomas recently co-chaired a National Group Psychotherapy Institute Weekend Conference at the Washington School of Psychiatry, ‘The Unconscious in Groups.’ Rosemary Segalla’s article, “Selfish and Unselfish Behavior: Scene Stealing and Scene Sharing in Group Psychotherapy,” appears in the current issue (Vol 56, No 1) of the *International Journal of Group Psychotherapy*. As part of an advanced group course she offered at Johns Hopkins, Lorraine Wodiska arranged to run a week-long open group for 15-25 women at a homeless shelter in Montgomery County. The experience was powerful for both students and the shelter residents.

**AT THE AGPA ANNUAL MEETING:**

MAGPS members were in full force at this year’s AGPA institute and conference.

Helping to bring the conference together, Mary Dluhy was the co-chair of the AGPA Institute. Next year, she will co-chair the Annual Meeting in Austin, Texas. Joan Medway co-chaired this year’s Open Sessions.
For the Institute portion of the meeting, Barry Wepman led a general Process Group and John Dluhy led the first year of what will be a three-year continuous Process Group. Stewart Aledort led a Special Interest session entitled ‘Fostering Regression: The Omnipotent Child Takes Center Stage.’ George Max Saiger offered a Special Interest session under the auspices of the Geriatric and Senior SIG entitled, ‘Old Therapist/Young Therapist: Young Client/Old Client.’

During the Conference, Bea Liebenberg chaired a three-part Large Group Open Session. Joan Medway presented a Workshop on Multiple Family Therapy Group (MFTG) technique. Rosemary Segalla was a panelist in an Open Session entitled ‘Advances in Self Psychology and Intersubjectivity.’ Nina Brown offered the Workshop ‘Group Dynamics for Leaders of Nonclinical Groups.’ Trish Cleary chaired a Workshop entitled ‘Caring for the Caregivers: Experiences, Thoughts and Reflections.’ Mary Dluhy and Sy Rubenfeld led a two-day Social Dreaming Matrix Workshop. Beryce MacLennan co-presented the Workshop ‘Group Psychotherapy Experience with Seniors: Different Therapeutic Changes at Different Age Levels.’ Lorraine Wodiska offered the Open Session ‘Great Teaching ideas for Graduate Courses on Groups.’ Bob Schulte, John Dluhy, John Thomas and Thomas Wessel presented an Open Session entitled ‘Using a Dramatic Play to Illustrate Relational and Group Dynamics.’

The Institute of Contemporary Psychotherapy & Psychoanalysis

presents

Affective Neuroscience: The Implications for Psychotherapy

with

Douglas Watt, PhD

Saturday, April 29, 2006

Bethesda Marriott Hotel, 5151 Pooks Hill Road, Bethesda, MD

Anyone who attended ICP&P’s conference on the role of Spirituality in Psychotherapy and Psychoanalysis (October, 2004) will remember Dr. Watt’s lucid illustration of the compelling links between human spirituality and the tenets of contemporary science. At ICP&P’s Twelfth Annual Conference, Dr. Watt will return to DC, for another foray into the realm where science underpins the practice of psychotherapy. He will begin with an explanation of the neuropsychological underpinnings of prototype emotional states such as fear, rage, separation distress, play, and attachment. He will show how these prototype emotions are blended with cognitive structures to create complex “cognitized” emotions such as shame and guilt. He will also touch on work illuminating the processes underlying empathy and their implications for the practice of psychotherapy.

* * *

Brochures for this conference will be mailed to all on ICP&P’s mailing list in mid-March. If you are not on the mailing list and wish to be added, send the pertinent information to ICP&P by email at icpeastadmin@att.net or mail it to: ICP&P, 3000 Connecticut Avenue NW, Suite 108-A, Washington, DC 20008.
Great Teaching Ideas for Graduate Courses on Groups

Lorraine Wodiska

In February, Lorraine presented this Workshop at the AGPA Annual Meeting in San Francisco.

In October 2000 I asked my adult children and their respective spouses, each of whom was in graduate school at the time, “what elements made the best ever professor you had and why?” They had lightning quick answers. For example, class notes—have them typed and distributed so that there is no need to split focus from the process of the class with the necessity for written material. This also gives students cogent notes and important references years after the course when they need them in their work.

I started teaching the basic group course at Johns Hopkins University a few weeks later and incorporated every one of their suggestions. Twelve courses later I have changed the syllabus each semester to reflect new suggestions from current students and although it is never the same course twice, the basics of their “great teaching ideas” have remained. So, my first and enduring ideas about teaching a graduate course on groups are from my family: students of business, politics, theater and engineering.

There are many venues in which group courses are taught—at the doctoral and masters levels as well as in professional schools and training programs. Each presents its own challenge but any course in group is unique because inevitably we bring group dynamics into the classroom. Do we explore those dynamics and if so how do we manage the clinical with the educative process with appropriate boundaries and safety for the students? There seem to be only uneasy solutions given the realities of the setting. Regardless of significant efforts to create safe space within a school structure (as I would in any group) my students still find it challenging to explore self, process and material in an integrated way.

In the one hour presentation I am hoping to convey two ideas. The first is to note that we each have great ideas and it is important to share these with one another regardless of the setting. The second is to focus attention on our process in the workshop as I would do in the group classes I conduct—demonstrating an aspect of my answer to the boundary question I posed.

Sixty minutes is a short time but I plan to consider the following questions in this session:

- What material do you try to cover?
- What is the structure of your course?
- What do you consider the best features of your course?
- What features do you struggle with?
- How do you manage ethical issues?
- How do you work with the process issues that arise?

I am hoping to create connections among workshop members for future consultations but would like to thank my original consultants—Russ, Joan, Susan and Ken. ▲
We are happy to announce that the new Cinema Series Co-Chairs for the next season will be Anna Lake, LCSW and Eileen McClatchy, LCSW. Both are alumni of the Washington School of Psychiatry Group Psychotherapy Institute and are members of MAGPS. In addition to their vast experience in clinical group work they bring with them an avid interest in film and its power to tell an evocative story.

Our next and last film of this season will be shown Friday, April 7. *The Sweet Hereafter* (1997) is a Canadian film directed by Atom Egoyan. A tragic school bus accident has robbed a remote, rural community of all but one of its children. Grief, anger and guilt consume the community. The film, beautifully performed and shot, shows the community struggling with each other and within themselves in the aftermath of this catastrophic loss. A provocateur with his own heartbreak and agenda is presented in the role of an out-of-town litigation attorney. Discussants will be Mark Dembert and Bruce Pickle.

This film is an opportunity for all of us, both clinicians and friends, to enjoy a truly wonderful movie presentation with capable and interesting discussion and presentations. The evening includes time for socializing and light dining before the film. CEUs are available and the admission is free.

The event is held at the Washington School of Psychiatry, 5028 Wisconsin Avenue, NW, Suite 400, Washington DC. It starts at 5:45pm. *Due to security concerns, you are asked to arrive before 6:15pm.* Reservations in advance are suggested.

Call:
202-237-2700

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**MAGPS Spring Conference Scholarships**

For: 1st-Time Attending Students, Interns & Residents

Deadline: April 15, 2006

Late Applications Accepted on a Space-Available Basis

To Apply, contact:

*Emily Lape, Scholarship Chair*
eel4r@virginia.edu
424-243-5150

Application online at www.magps.org
Newsletter Classified Policies

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Spring 2006 MAGPS Conference
When It’s All About YOU: The Impact of the Group Therapist’s Destructive Narcissism
Nina Brown, EdD
April 29, 30, 2006
Johns Hopkins University
Rockville, MD Campus

Pre-Conference Institute
Principles of Group Psychotherapy
April 28, 2006

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MAGPS 2006 FALL CONFERENCE
Wild Civility: Working with Erotic Feelings in Group Therapy & Supervision
with
Dale Godby, PhD & Melissa Black, PhD
Clarion Hotel and Conference Center
Shepherdstown, MD
November 3-5, 2006

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GPAA/MAGPS Cinema Series
Nancy Swain & Pat McCallum, Co-Chairs
Friday, April 7, 2006
The Sweet Hereafter (1997)
Moderators: Bruce Pickle & Mark Dembert
5:45 to 6:30 PM  Light Supper & Wine
6:30 ~ 9:30 PM  Feature Film & Discussion
Washington School of Psychiatry
For Reservations—Call 202-237-2700