



# MAGPS News

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## Parting Words from the President, Farooq Mohyuddin, MD

It is amazing how quickly the past two years have gone since I was elected to serve this wonderful organization. It is a testament to the supportive Board of Directors; my capable mentors, past Presidents Lenore Pomerance and Reginald Nettles; and the MAGPS members who made this responsibility so easy to shoulder. In particular, I would like to thank the Board: Maryetta, Rose, John, Eleanor, Ron, Tom, Rob Lew, Karen, Lisa, and Bridgett; for your collective wisdom, guidance, and hard work to keep the organization vital and growing. Your commitment and efforts have kept us on track!



Over the course of the last two years, we have continued our tradition of successful conferences, reaching out to the larger community, increasing diversity, building bridges with public agencies, and continuing the mission of furthering education in group psychotherapy.

I look forward to the Spring Conference, *Group Psychotherapy and Recovery from Addiction*. At this time, I will also transfer my responsibilities to the capable hands of the next President, Maryetta Andrews-Sachs, and welcome her to the helm of MAGPS. She brings with her years of experience and superb leadership skills. We are in good hands.

In my final message as President, I would like to underline the power of the group that I have experienced on my professional journey, which includes my beginnings as an immigrant trainee through my roles today. This would not have been possible without the nurturing community that is MAGPS. Thank you all and I look forward to seeing you and participating in the Spring Conference.

## MAGPS 2013 Election Results

**President:**.....**Maryetta Andrews-Sachs, LICSW, CGP, FAGPA**  
**President-Elect/Conference Chair:** .....**Eleanor Hoskins, LCSW, CGP**  
**Past President:** .....**Farooq Mohyuddin, MD**  
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Cinema Series: Lenore Pomerance, MSW, CGP  
 Webmaster: Rob Williams, MBA, LICSW, CGP  
 Newsletter Editor: Karen Eberwein, PsyD

Two Student/New Professional Representatives positions will be appointed by the incoming President.

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# MAGPS News

## Spring Conference Returns to St. Elizabeths Hospital

*Eleanor Hoskins, LCSW, CGP, Spring 2013 Conference Chair*



“The opportunity to continue learning and growing in a space that is part of our history is a special one.”

It's Spring Conference planning time again and we are looking forward to returning to St. Elizabeths in Washington, DC. Jeffrey D. Roth, MD, FASAM, FAGPA, will be presenting on *Group Psychotherapy and Recovery from Addiction* on April 20 and 21, 2013. Online registration will be available soon at [www.magps.org](http://www.magps.org). Information about reserving hotel rooms at a discounted conference rate at the Courtyard Marriott Capitol Hill/Navy Yard is available at [www.magps.org](http://www.magps.org) and the [MAGPS blog](#).

As psychotherapists in the 21st century, we are frequently confronted with the effects of addiction and addictive processes on individual lives, families, and communities. Our understanding of neurobiology, interpersonal regulation, and social learning is growing, making us better able to recognize the ripple effect of addictive processes in the lives of our clients. Access to addictive substances and processes is greater than it has ever been with the evolution of mass marketed prescription drugs and technology that can facilitate almost constant compulsive activity of all sorts, including work, sex, gambling, and gaming.

Our clients may display widely varied and often subtle symptoms of addiction. Whether we are working with an alcoholic or the adult child of a workaholic, we see the struggles with intimacy and shame that can develop in addicted systems as they play out in our offices. Further, as group therapists, we are uniquely situated to work with addiction



Nathaniel V. Kelso/The Washington Post

because it is so closely linked with processes of joining and interpersonal relatedness.

With a focus on addiction as a group phenomenon, Jeffrey Roth will present didactic material and demonstration groups. Attendees will also participate in small, experiential groups. Dr. Roth is an experienced presenter of workshops and conferences on the topics of addiction and groups. He is a lifelong learner, as well as a teacher of group-as-a-whole processes at both the large and small group levels. He has also initiated creative exploration of the use of technology in group processes, facilitating online groups at AGPA annual meetings and through Working Sobriety, the agency where he is the medical director.

Dr. Roth is past-president of the Chicago Center for the Study of Groups and Organizations, a Fellow of the American Group Psychotherapy Association, and a Fellow of the American Society of Addiction Medicine. He is the author of the book *Group Psychotherapy and Recovery from Addiction: Carrying the Message*, and the editor of the *Journal of Groups in Addiction and Recovery*. His breadth of knowledge and experience in the areas of addiction and group process will make for an enlightening and lively conference event.

We are excited to be returning to St. Elizabeths, the occupational home of MAGPS leaders and membership throughout our organizational history. The opportunity to continue learning and growing in a space that is part of our history is a special one.



## MAGPS Spring Conference Group Psychotherapy & Recovery

From Addiction

Jeffrey Roth, MD

Saturday & Sunday, April 20 & 21, 2013

St. Elizabeths Hospital

Washington, DC

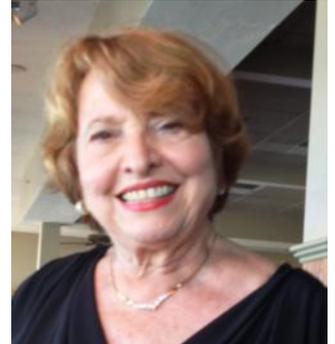
Conference brochure and registration:

<http://www.magps.org/conferences/conferences.html>

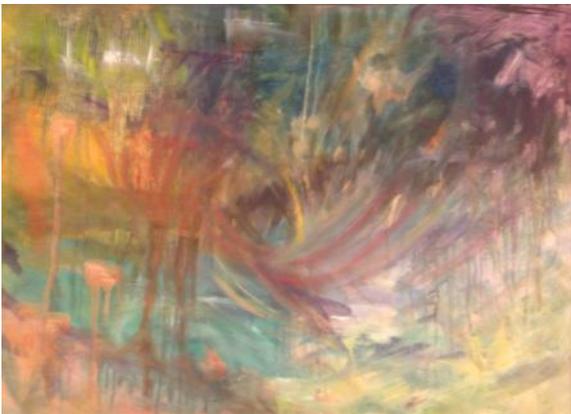
## Aging: We Are All Doing It!

Venus S. Masselam, PhD, MS, CGP

**Editor's Note:** Venus S. Masselam, PhD, MS, CGP has been an active member of the MAGPS, including having served as our spring conference chair in 2006 and 2007. Starting in Spring 2013, Venus will be a Member-at-Large on the Board. During the past few years she has deepened her expertise and helped to create a certificate program in ["Aging" at the Washington School of Psychiatry](#). We are grateful that she was willing to share some of the wisdom she has gained for the benefit of helping us all develop more awareness about aging.



A phenomenon is occurring in the general population of the United States—we are aging. We might consider asking ourselves what we need to be aware of. How can we remain relevant to a large portion of our client base? And, also how can we continue to be productive within our organization? According to the United States Census Bureau, the 20<sup>th</sup> century saw the life expectancy for our population increase from approximately 50 to 80 years. Now, in the 21<sup>st</sup> century, we are witnessing the impact of a silver tsunami of baby boomers who are experiencing longevity changes in droves. By 2050, the US Census Bureau predicts that individuals over the age of 65 will constitute more than 20 percent of the population, and their time in this age group will extend far past retirement to age 85 or beyond. In an attempt to describe the developmental tasks individuals in the mid–20<sup>th</sup> century faced, Evelyn Duvall suggested a model with eight stages. The eighth and final stage she defined was simply **"Retirement and Death"**—pretty limiting for a stage of life that could last 25 or more years! Baby boomers' longevity, in this, the longest developmental life-stage will impact families, businesses, and the entire contextual fabric of our world, far beyond the tasks of "retirement" and "death." We might consider how increased life expectancy can be far more complex and impact more than just that individual.



*Aging—a painting by Venus Masselam*

We should ask ourselves how we will support our clients, as well as each other, as we gain awareness about the challenges and rewards we may face within ourselves, or with a loved one who is in this later stage of life. For the last several years I have had the good fortune to help create a certificate program in **"Aging" at the Washington School of Psychiatry**. I learned it is not enough to understand one's developmental stage without having a greater perspective of the entire life span, and the interplay between each stage. In my practice as a family therapist, I have incorporated the older adult stage as part of my understanding of human development, which is demanded of all of us in the mental health profession. I have learned that for many, it is a stage with an extended singular journey that need not be traveled alone. Erikson did not recognize the importance of social interaction for the older adult. Numerous sources including **"The Longevity Project," by Friedman and Martin (2011)**, cite how the importance of establishing and maintaining an active social life to help aging. In fact, **strong social relationships promote physical health and one's self concept, fea-**

tures that are indicative of successful aging and prevent one from experiencing loneliness and depression, which may result without these supports. We are in position to help our clients achieve mutuality and reciprocity within relationships, rather than distance, social isolation, and bitterness while navigating through this stage of life. We might ask ourselves how we can harness our own generativity in this effort, and how we can reach across all stages of the lifespan to vitalize the interests and talents of our diverse membership.

We can incorporate knowledge of aging within the programs MAGPS offers. We already have programs that we can use to strengthen our organization as we face this rapidly expanding life stage. We are also in a unique position to provide one another with tools to promote successful aging. For example, we provide scholarships and discounted membership fees to bring students and young professionals to our workshops. Additionally, our Cinema Series is an easy vehicle for individuals who wish to expand their knowledge or expertise, but are unable to devote an entire weekend to a conference. We have a wealth of talent representing all ages who want to be involved. We cannot be all things to everyone, but we are a group with an intergenerational and diverse membership that resembles the world we wish to enrich. We can improve our skills and revitalize our own organization by dealing with the challenges associated with this newly expanding task. Your active participation is important, your ideas are needed. Will you help?

# MAGPS News



**"I am delighted to introduce Dr. Jeffrey Roth to the MAGPS community as our featured presenter for the upcoming MAGPS Spring Conference."**

## MAGPS Interview with Jeffrey D. Roth, MD, FAGPA, FASAM

*Interviewed by Trish Cleary, MS, LCPC-MFT-ADC, CGP, FAGPA*

Dr. Jeffrey D. Roth is an addictions psychiatrist and group psychotherapist. He graduated from Yale University Medical School and did his residency in psychiatry at the University of Chicago. Dr. Roth is the past-president of the Chicago Center for the Study of Groups and Organizations. He is board certified in addictions medicine and a Fellow of the American Society of Addictions Medicine. He is also a Fellow of the American Group Psychotherapy Association. Dr. Roth is the author of the book *Group Psychotherapy and Recovery from Addiction: Carrying the Message*. He is also the editor of the *Journal of Groups in Addiction and Recovery*.

**Dr. Roth's perspective on addiction as a disease of isolation focuses on the paralyzing impact of shame in compulsive disorders.** His unique skill in facilitating cyber-relationships has resulted in cutting edge applications for treatment and supervision via the Internet and Skype. Visit his interactive website [workingsobriety.com](http://workingsobriety.com) to explore this powerful

educational resource and to discover more about his web-based Recovery Assistance Program that provides online support for those seeking support and recovery from the impact of addiction.

**Years ago, I participated in one of Dr. Roth's online groups via AGPA. It was a remarkable experience that allowed me to discover** the power of interactive group connection while alone in my office. In this time-limited co-facilitated group composed of individuals from all over the country, we worked together round-the-clock and across time-zones. **We witnessed each other's thoughts and feelings in and out of sequence** as they streamed onto our computer screens. In this cyber-format that went beyond the sequential interactions of an in-person group circle, predictable group processes of projection, transference, counter-transference, and projective identification reactions played out. Without overt and covert stimuli and the distractions of sight, scent, and sound, opportunities for self-awareness were plentiful and personally revealing.

**My experience with Dr. Roth's skill in establishing a high level of emotional intimacy in a cyber-group format suggests how powerfully engaging he will be as our guest presenter for the MAGPS 2013 Spring Conference, "Group Psychotherapy and Recovery from Addiction.**

*(Continued on Page 5)*

Are you planning to attend AGPA in New Orleans this February?  
These MAGPS members will be there...

### Tuesday, February 26—

Mary Dluhy will present the Opening Institute Plenary Address entitled *What are We Hiding from and Who are We Hiding From?*

### Tues-Wed, Feb 26 & 27—

Maryetta Andrews-Sachs and Reginald Nettles will each be leading General Process Groups.

Barry Wepman will be leading the second year of a two-year Process Group Experience.

Stewart Aledort is offering a Special Interest Section: *Excitement and Shame in Group Psychotherapy*.

Steve Van Wagoner will be offering a Special Interest Section, *Passionate Feelings in Groups: The Interplay between Envy, Competition, and Intimacy*.

### Thursday, February 28—

Joseph Tarantolo will host a Morning Workshop called *Good-Me, Bad-Me, Not-Me: Harry Stack Sullivan Revisited*.

George Max Saiger will be offering an Afternoon Workshop on *Challenges and Opportunities for Therapists after Age 65*.

Nina Brown is also leading an Afternoon Workshop entitled *Healing Strategies for Group Inflicted Narcissistic Injury and Micro-Aggressions*.

### Friday, March 1—

Lorraine Wodiska will be presenting a Morning Workshop, *Puppy Power: The Basics of Dog-Assisted Group Psychotherapy*.

Myrna Frank will be co-presenting *To Change and Not to Change: Functional Subgrouping, Organizational Development, and AGPA*.

### Saturday, March 2—

Robert Schulte, Kavita Avula, John Dluhy, Mary Dluhy, Molly Donovan, Liz Marsh, Rosemary Segalla, & Rob Williams will be participating in a Morning Open Session with a play reading to illustrate the principles of dynamic group psychotherapy.

(Roth Interview continued from Page 4)

Trish: *As mental health providers, regardless of our particular client population and treatment approach, addiction issues emerge regularly in our work. From an assessment perspective, please identify some of the personal and social characteristics that can help us detect unstated addiction issues.*

Jeffrey: Any of the difficulties that bring someone to treatment may be related to unstated addiction issues, either in the person coming for treatment or in a family member. When we consider that addiction is a family disease, we may be hard pressed to find someone who does not have unstated addiction issues.

Trish: *In your writing you draw parallels between 12-step recovery principles and psychodynamic group psychotherapy. When and how did your thinking about these parallels evolve into a focus for your career?*

Jeffrey: I served as the medical officer on an inpatient drug and alcohol rehabilitation unit shortly after graduating from my psychiatric residency. I was also becoming more involved in group relations conference work and I attended my first nine-day residential conference. Between seeing certain aspects of my own dysfunction emerge in that conference, and realizing that my personal analysis had barely touched those difficulties, I began several decades of integrating 12-step recovery and psychodynamic group psychotherapy.

Trish: *In your book **Group Psychotherapy and Recovery from Addiction: Carrying the Message**, you state that “Addiction is a disease of isolation” regardless of the addictive substance or behavior. How did you identify isolation as a common theme in addiction?*

Jeffrey: The primary affect that paralyzes the practicing addict is shame, and shame is the affect that leads us to hide. When we hide progressively larger parts of ourselves from others, we lose the capacity for intimacy and become increasingly isolated.

Trish: *How does your therapeutic model integrate 12-step group recovery principles and group-as-a-whole processes to support recovery from addiction?*

Jeffrey: An integrated model benefits from the understanding of addiction as a family disease. The use of group-as-a-whole creates an intentional family where the dynamics of addiction and recovery may be systematically investigated for the benefit of members and therapists.

Trish: *How do you define and think about boundaries from a group-as-a-whole perspective for your group clients who might also be involved together in the larger 12-step recovery community?*

Jeffrey: The boundaries of the group-as-a-whole are consistent with an open systems model of group and organizational functioning. The group ideally is not sequestered from the environment. The important boundaries to attend to are those that relate to the authority differential between therapist and group members. Therefore, members ideally bring any outside contact with other members into the group sessions. The therapist in this model has no anonymity; if group members attend a 12-step meeting where the therapist is present, any information received by the member is speakable in the group.

Trish: *What new perspective(s) about addiction treatment do you hope the MAGPS Spring Conference participants will take away from their training experience with you?*

Jeffrey: **Participants may experience the work in the demo groups as “magical,” which is a common response to the degree of aliveness that is possible in working in the here-and-now.** Considering the option of letting go of the illusion of control and embracing what occurs in each moment of the group would be ideal gifts for participants to take away from their training experience.



SAVE THE DATE—

MAGPS-AGPA Dinner, New Orleans, LA

Friday, March 1st at 6:30 pm

See MAGPS listserv for more information

Or contact Farooq Mohyuddin,  
[farooqmohyuddin@yahoo.com](mailto:farooqmohyuddin@yahoo.com)

Partners and Spouses Welcome!

**MAGPS Awards & Scholarships**

Student Scholarships  
 Volunteer Scholarships  
 Conference 1<sup>st</sup>-Time Attendee Scholarships  
 Louisa Schwartz Memorial Scholarship  
 Barry Bukatman Memorial AGPA Scholarship

*For more information about receiving a scholarship or to make a donation, see the MAGPS directory, contact Reginald Nettles at 410-290-7999, or visit <http://www.magps.org/join/scholarship.html>.*

# MAGPS News

## Remembering Our Fall Conference in Solomons

*Nancy Hafkin, PhD, CGP, Fall 2012 Conference Chair*



Our Fall 2012 Conference, *The Effective Group Therapist*, was warm and lively, inspirational, and dynamic. Held on October 19-21 in Solomons, Maryland, the topic of effectiveness in the group therapist was ably led by Modyn Leszcz, MD, a warm and self-revealing presenter. Assisting him in facilitating the topic in the process groups were Josephine Tervalon, the visiting small group leader from Texas, and from MAGPS: Gloria Myers Beller, Trish Cleary, Bob Schulte and Karen Eberwein, Bradley Lake, Venus Masselam and Ted Siedlecki, Jonathan Stillerman, Katherine Thorn, and Maryetta Andrews-Sachs and Lorraine Wodiska. The conference faculty and Dr. Leszcz met as a consultation group during the Conference.

Meeting and was followed by music and dancing.

Dr. Leszcz led four plenary sessions and two demonstration groups. Some of the pertinent topics included the group as a social microcosm (group in the here-and-now), illuminating transference/countertransference as the therapist functions as participant-observer, and the multiple opportunities for interaction and interpersonal feedback in group therapy. Dr. Leszcz reminded us that language is the surgical skill of the psychotherapist; therefore, one of the tasks of the group psychotherapist is to learn to say unpalatable things in palatable ways. Dr. Leszcz discussed the topic of the therapist contribution to poor outcome in therapy and demonstrated how the Group can provide a corrective emotional experience. He reminded us of the obvious: As therapists, we should *not* disclose, and transparency is a tool that we can better learn to manage. Dr. Leszcz also modeled therapist transparency and self-disclosure by sharing regret about a decision he made while setting up the demo group.

There were 82 persons at the Conference. These included long-time members of MAGPS and AGPA, first-time attendees, residents from St. Elizabeths, and graduate students from University of North Carolina, University of Baltimore, Fielding Graduate University, and George Washington University. Fourteen were Scholarship recipients. A Friday evening reception facilitated the integration of students and first-time attendees into the Conference. They were also matched with Mentors and these were invited to lunch together on Saturday. The Banquet on Saturday evening was preceded by a short Community

Cooperative weather, a beautiful setting, a gifted teacher, and fine company—the Fall Conference was a fine opportunity to learn and play in Southern Maryland.



Photos courtesy of Paul Timin. Many more are available on our [Facebook](#) page and the [Mid-Atlantic website](#).





# COCOON

by *Pranay Adsule*

I wrap myself  
in the flow;  
gently so.

**Detached...**  
by my soul;  
a hazy place  
with an invisible space.



It's easy to sway  
in gentle waves,  
of lights and sounds  
that hold you  
in memories not yet made.

An only life.  
I roam to reach  
a place, so close  
it's far away.

Entwining layers  
of clarity  
rise in puzzles,  
and the warmth of light,



like a sea of feelings  
engulfing thoughts  
in myriad ways and hues.



Hidden,  
I see, the life I know  
and grow,

in my cocoon.



MAPGS News is published twice a year.

MAGPS News seeks to promote the objectives of the Mid-Atlantic Group Psychotherapy Society while also serving as a forum for the exchange of ideas, information, and expressions among MAGPS members.

Do you have something creative to share?

MAGPS News is now accepting announcements, articles, poetry, and graphics.

Submissions:  
Karen Eberwein, PsyD  
(202) 409-7774  
[newsletter@magps.org](mailto:newsletter@magps.org)

Advertising Rates:

- Full Page (w/pic).....\$240**
- Half Page (w/pic)....\$140**
- Quarter Page.....\$100**
- Business Card.....\$80**

Ads are published in either the Spring or Fall and are circulated on the MAGPS *Here and Now* classifieds for 6 months after receipt of purchase.

To purchase advertising:  
<http://payments.magps.org>

The opinions expressed in articles & advertisements are the sole responsibility of the author and may not represent the views of MAGPS.

# Fall Conference Scholarship Attendee Reflections

## MAGPS News

### Reiss Powell

As an MSW student entering my final year of coursework, attending the Fall 2012 Mid-Atlantic Group Psychotherapy Society conference was a wonderful experience for me, a new clinician. First, the material offered a tremendous amount of insight into facilitating an effectively run group. The ability to integrate the material, especially the interpersonal approaches necessary for the activation of the here and now, made a significant impact on how I facilitate and view the group therapy process. As a part of my field practicum for my MSW program, I facilitate process

groups for clients with substance use and co-occurring disorders. I can earnestly say that attending this conference has increased my knowledge, confidence, and ability to run a more cohesive and focused group, with emphasis on process rather than merely content. More important than the knowledge I obtained, the way in which the conference members embraced me and the other students made all the difference in my learning process. Conference members reached out and made me feel like an honored guest during the weekend and ensured

that I had access to anything necessary for an optimal learning environment. Upon arriving, I was immediately greeted by a senior mentor who could answer my questions.

MAGPS represents a rich learning environment with a focus on not only developing effective therapists, but also a community of compassionate and genuine individuals that enjoy reaching out to new clinicians. I cannot wait to attend another conference in the future and I encourage you to do so as well.

### Andrea Liner

I cannot express enough how much I enjoyed my first experience with MAGPS. The other members made me feel immediately at home and not once did I feel the distinction between myself as a student, and the rest of the professional community. Being able to see Dr. Leszcz was an

honor and it really solidified my interest in both group therapy and continuing a relationship with the organization. Experiencing the small groups was a life-changing experience for me and I look forward to continuing my own personal growth throughout my career.

I would like to thank the scholarship committee and everyone who made it possible for me to attend the conference as well as the community at large. I look forward to continuing to work with each of you and to hopefully get to know more members of the community. See you all next year!

### Kristin Thoma

I felt incredibly welcomed throughout the entire weekend; everyone involved went out of their way to make me feel comfortable. Dr. Leszcz was a wonderful guest speaker! His incredible breadth of knowledge of group therapy was truly awe inspiring. His presentation was superb and

watching him lead the presentation group was incredibly helpful. In addition, my small group experience provided opportunities for my personal, as well as professional growth. I learned a great deal throughout the weekend that I will be able to utilize in my own practice as a group therapist.

Thank you to everyone at MAGPS who makes these scholarships possible! Without this scholarship I would not have been able to attend this conference, and would have missed an invaluable opportunity. I look forward to attending in the future!



## Jen Bissell

These are just a few things that come to mind when thinking about my experience at the MAGPS Fall Conference:

Unlike other scholarship recipients, this was not my first MAGPS Conference. I was fortunate enough to receive a volunteer scholarship to be able attend this conference, for which I am extremely grateful.

Since my first conference with MAGPS, I have felt that I am finding a voice in group psychotherapy and a home in the group psychotherapy community. With each

experience, I feel that I am gaining more secure footing with immense support surrounding my journey. Since I transitioned my career to become a psychotherapist, I have worked hard to find professional development opportunities that help me continue to fine tune my work and myself, to strive to become a more effective therapist. I have continued to find the experience that I receive and take away from MAGPS conferences to be extremely rich, informative, and fulfilling.

I am hooked by the in vivo learning and continue to be amazed by

the power of the group experience. Participating in the experiential process groups and watching the group dynamics unfold in just a few days is a profoundly powerful and rewarding experience. Dr. Molyn Leszcz was also truly inspirational. His genuine and unimposing manner helped to affirm the importance of the relationship and bringing my authentic self into my work and my groups.

Thank you for the opportunity to continue to grow as a group therapist with the support of MAGPS.



## Pranay Adsule

Although group therapy as a modality was an interest of mine, the push to actually attend a conference was encouraged by Dr. Farooq Mohyuddin, who is not only the President of the MAGPS but also the program director of my residency program. An important factor in the decision to sign up was the scholarship that was awarded to first-time attendees which encourages students like myself to be open to such an experience without adding to the worries about fitting the conference in their training.

I was in for a surprise when Jen Bissell, who I already knew, was appointed as my mentor. She instantly made me feel comfortable and pretty soon I knew a bunch of

people. The first evening had a presentation by Molyn Leszcz, which served as an excellent introduction to the basics of group therapy. It provided me with quite a few new mantras for effectively conducting a group. These essentials of group therapy were then solidified over the next few days with the demo and small groups. It was an incredible learning experience to be in a group full of therapists and to see the process not only develop, but being facilitated by our co-leaders, Bob Schulte and Karen Eberwein. I am sure it was not an easy job to do. It became apparent to me during these experiential learning groups what their purpose encompassed. It was not just the learning of the technicalities or the interaction among

members, but an understanding and enrichment of oneself that occurred. And for all that I learned during the conference, I would regard that experience the biggest thing I take from it.

I cannot underestimate the importance of the warmth and collegiality shown by all the members I talked to in providing me with that experience. I am amazed at the number of people I had warm conversations with and how much of a **part of the 'group' I felt in spite of** it being my first interaction with them. At the end of the weekend, I was not just a better group leader but also a better person.



## Anna Richmon

The Effective Group Therapist with Molyn Leszcz, MD was the first professional conference that I attended. As a last year graduate student I feel more responsibility to seek out additional quality training in the areas of my interests, group therapy being one of them. Being a novice I didn't know what to expect, but I was positively sur-

prised by how much I gained from this experience. First, Molyn Leszcz is a very knowledgeable and charismatic speaker, who captured my attention at all times and was able to convey concepts that were difficult for me to fully comprehend without practical experience. Second, the experiential component of the conference was invaluable in

sealing my existing and newly acquired knowledge. And third, the small group sessions allowed me to truly experience the power of group therapy and being in the 'here-and-now'. I was moved in more than one way by the participants' **honesty, openness, and engagement.**



Don't miss [MAGPS Cinema Series](#) Film, **The King's Speech**, Saturday, April 6th, 2013.

Presented by Stephanie Koenig, LICSW & Mark Feldman, PhD

Hosted at 6014 28th Street North, Arlington, VA • Light dinner served at 5:45pm • Movie from 6:30-9:30 • [RSVP at MAGPS.org](#)

# MAGPS News

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## Lenore Pomerance Goes to China

*Lenore Pomerance*

In keeping with a tradition of mine (starting at 50) to celebrate the arrival of a new decade in my life with something meaningful, I decided that upon turning 70 I would visit China. Visiting China has many layers for me. I developed a fascination for all things Chinese growing up in San Francisco and spending days trolling the streets of Chinatown. I could sit for hours in a tea and pastry shop listening to people talk, marveling that they understood each other. In college I majored in Asian history and took three years of Mandarin, realizing then that I still **couldn't understand** what they were saying in those tea shops since they were speaking Cantonese.

Teaching English with the Peace Corps in Thailand got me closer to China (the PRC or **the People's Republic of China**), but I had to take on another language, Thai, which though tonal is not directly related to any Chinese dialect. I lived for two years in Ratchaburi, a provincial capital west of Bangkok and periodically found a Mandarin speaker with whom to practice Chinese. After Peace Corps I lived in Taiwan (the Republic of China) since the PRC was off limits to foreigners as the Cultural Revolution **was raging, and especially to Americans whose government didn't recognize its existence**. In Taiwan I studied more Chinese and supported myself teaching English to adults. I left Asia in 1967 not to return for more than 20 years when I took my family to Thailand to visit Ratchaburi.



There were two important aspects to this recent trip: First, I wanted to see if at 70 I could travel around Asia the way I did at 24. Would I have senior moments in which I would forget this or lose that? As a foreign older woman, would I be a spectacle or would I be invisible?

**Second, I wanted to do it alone. I needed to convey to my husband, with whom I've taken many wonderful trips, that to connect** my newly minted 70-year-old self with my 20-something self I needed to travel solo. While there was something threatening for both of us in my conviction, **after a thorough working through he gave me his blessing. I wouldn't find out whether I could still do it until I was** doing it! At the last minute I also decided to visit Ratchaburi, my Peace Corps town, to further test my mettle.

To prepare for my first trip to the PRC I began to relearn Mandarin after a 43-year hiatus. To my delight, it came flowing back to me even though I had to learn a new system of romanization, pinyin, and new, simpler forms of the traditional characters. My next challenge was to figure out what kind of trip I wanted to take. After much deliberation it came down to this: I wanted it to come as close as possible to my Ratchaburi experience. This meant living in one place where I could experience small town and rural life, study Chinese, and teach English.

I found all of that in the Linden Centre, an American-run, **beautifully restored, wealthy merchant's family compound in rural Yunnan Province**, southwest China. Go to [www.linden-centre.com](http://www.linden-centre.com) for a peek at this rare jewel slightly off the beaten track. The Linden Centre thrives on helping its guests realize their travel fantasies. They found me a wonderful Chinese teacher, a kindergarten class for teaching English, and had a bicycle at my disposal whenever I wanted to investigate village life. Staff also knew when to help by providing an enthusiastic young woman to co-teach with me, and when to leave me on my own. Another wonderful surprise at the Centre was a very interesting assembly of other foreign guests with whom to talk and sightsee. I never would have sampled so much tea in a version of a Chinese tea ceremony, or visited a Chinese bee keeper without them. Likewise a German friend came with me to one of my kindergarten classes, and my English friend visited the local market with me. I am still in the process of metabolizing all that this trip was and has meant for me. My experiences in both countries exceeded my expectations many fold. I discovered that an old Peace Corps volunteer (PCV) can learn new tricks such as: riding the elevated urban trains around Bangkok; staying at a three star hotel in Ratchaburi (this former PCV would only stay in a no-star hotel); being heartily welcomed by my school, which now was co-ed, had a total immersion English-language program, and other foreign-language teachers of French, Chinese, and Japanese; being both a spectacle and ignored by Thais and Chinese and being fine with it; knowing enough technology to use a Chinese dictionary on my iPad, visit my family with Facetime, blog, and take pictures and videos with my iPhone and iPad; and finally brimming with confidence that this 70-year-old could still travel around Asia!

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## Newsletter Contributions Welcome

The newsletter welcomes announcements, contributions, and feedback from members. Please keep us posted on your professional activities and thoughts. Also, consider writing an article of educational, informational, or instructional quality related to the field of Group Psychotherapy.

Submissions should be approximately 500-1000 words in length.



For more information, please contact Karen Eberwein at

202-409-7774 or [newsletter@magps.org](mailto:newsletter@magps.org)

## Dr John Breeskin's Latest Kindle Book

Dr. John Breeskin, aka **Sparky the Mind Doc**, offers **Training Wheels for Therapists/A Memoir**



**Click to learn more**



## American Society of Group Psychotherapy and Psychodrama 71<sup>ST</sup> ANNUAL CONFERENCE

**April 11 - 15, 2013**

**Crystal Gateway Marriott, Arlington, VA**

**SATURDAY KEYNOTE SPEAKER:**

***True Refuge – Awakening from the Trance of Separation and Unworthiness***

**TARA BRACH, PhD**

Tara Brach, PhD, is founder and senior teacher of the Insight Meditation Community of Washington, and a co-founder and guiding teacher of the Meditation Teacher Training Institute. She offers Buddhist meditation workshops and retreats at centers throughout the United States. A clinical psychologist, she teaches extensively on the use of meditation practices in promoting emotional healing and spiritual awakening. Dr. Brach is the author of *Radical Acceptance – Embracing Your Life with the Heart of a Buddha* (Bantam, 2003,) and *True Refuge – Finding Peace and Freedom in Your Own Awakened Heart* (Bantam, 2013.)

**FRIDAY OPENING PLENARY SPEAKERS:**

***Beyond Psychotherapy: The Global Reach of Moreno's Ideas, and How They Merge with Other Trends***

**ADAM BLATNER, MD, TEP and ALLEE BLATNER**

Adam Blatner, MD, TEP, is a board certified adult and child psychiatrist, an internationally-known psychodramatist, a Life Fellow of the American Psychiatric Association, and the author of four books on psychodrama and associated methods, along with innumerable chapters in books and journal articles.

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**FOR MORE INFORMATION, or to register on-line, go to [www.ASGPP.org](http://www.ASGPP.org)**



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## Mid-Atlantic Group Psychotherapy Society Dates to Remember

Save the Date:

### MAGPS Membership Dinner at AGPA

Friday, March 1, 2013 at 6:30 pm in New Orleans, LA

More information to be provided...

RSVP to Farooq Mohyuddin

[farooqmohyuddin@yahoo.com](mailto:farooqmohyuddin@yahoo.com)

### AGPA Annual Meeting & Conference

February 25—March 2, 2013

Overcoming Obstacles: The Power of the Group

New Orleans Marriott, New Orleans, LA

### MAGPS Cinema Series

All films will be hosted at 6014 28th Street North, Arlington, VA

Light dinner served at 5:45pm • Movie from 6:30-9:30 • [RSVP at MAGPS.org](#)

### **Film: The King's Speech**

Saturday, April 6, 2013

Stephanie Koenig, LICSW & Mark Feldman, PhD

### MAGPS Spring 2013 Conference

Group Psychotherapy & Recovery from Addiction—Jeffrey Roth, MD

Saturday & Sunday, April 20-21, 2013

St. Elizabeths Hospital, Washington, DC

July 13, 2013: Deadline for 2013 Fall Newsletter Announcement, Article, and Advertising submissions.