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MAGPS 2020 Spring Conference Canceled

Post-Processing: A Means to Being Seen with Presenter Kristi Vera, LICSW April 18-19, 2020



Dear MAGPS Members,

In light of the recent COVID-19 pandemic, the DC Mayor declared both a state of emergency and a public health emergency in Washington DC. DC health recommended that all non-essential mass gatherings, including conferences and conventions, be canceled or postponed.

Unfortunately the decision to cancel our 2020 Spring Conference is out of our hands. Members who registered already will receive a full refund within the next 30 days.

I want to thank my Conference Co-Chair, David Heilman, our Conference Committee, our guest presenter, Kristi Vera, and our Small Group Leaders for their hard work.

I am planning to reschedule the Spring 2020 Conference, we would still like to have Kristi Vera present on Post-Processing. We are planning to work with Kristi and find a new date for this particular theme and keep you informed.

Cristina Secarea MAGPS President

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President's Column by Cristina M. Secarea, MD

I joined MAGPS in 2014 shortly after I started my psychiatry residency at Saint Elizabeths Hospital. I knew that I wanted to be part of the organization after attending the 2014 Fall Conference. I remember having a warm feeling and thinking, "what a great group of people."

I became a MAGPS Board member in 2017 after I nominated myself as the Young Professional Representative. I felt ready to take on the role and wanted to meaningfully contribute to the organization that, three years prior, welcomed me with their open arms.

In 2019 when I was nominated to run for the President-Elect position, I asked, "why me?" The response to this question was simple but powerful: "because the organization will be in good hands with you."

As you know, my 2019-2021 President-Elect term became short-lived in November 2019 when we all learned that the President role needed to be filled. You probably agree, things have moved quickly for me!

Now, more than ever, I am ready and motivated to serve as the MAGPS President. I am grateful for every board member and excited that Karen Eberwein has joined the board as President-Elect for 2020-2021.

During the upcoming year, I plan to focus on increasing our members' involvement in the organization, encouraging and supporting young members in learning about our organization, keeping our conferences interesting and well-attended, and proudly representing MAGPS at the AGPA Affiliates Meetings.

MAGPS had two events scheduled for this spring and I was excited to invite you to attend, be involved, and volunteer for both of them. The first event was the Psychotherapy Networker Conference on March 19-21, 2020 at Omni Shoreham Hotel, in Washington DC.

Unfortunately, due to the COVID-19 pandemic, both events have been canceled. Instead of asking you to be involved, I am asking you to stay healthy, safe, and at home (if possible).

I am positive that we will recover by the fall and I hope to see you during our 2020 Fall Conference on November 6-8, 2020 with guest presenter Richard Bilow, PhD, ABPP, CGP, at the Hyatt Regency in Cambridge, Maryland.



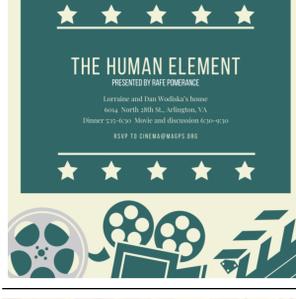
April 4th Cinema Series Event Postponed

Dear All, In the service of caution we are postponing our April 4 Cinema Series movie, "The Human Element," which climate activist, Rafe Pomerance, was going to present.

We have a clearer idea of the extent of COVID-19 in our area and country, and will be able to comfortably reschedule movie night. Sonia Kahn will be writing the interview with Rafe, who has just refreshed his memory by seeing the movie for the third time.

So we'll keep you posted. Thanks for all your enthusiasm and support for the Cinema Series over the years. We're coming back with great movies, presenters, and food!!!

Everyone take extra care, Lenore M Pomerance, MSW, CGP Chair, MAGPS Cinema Series



Spotlight on Exciting Events in the MAGPS Community

AGPA is Coming to DC in 2021!

Greetings from the Hosting Committee! The 2021 AGPA conference will be held in Washington DC's Gaylord Hotel. As the local Affiliate, we have been asked to help coordinate with the central office in New York.

We have formed a Hosting Committee, which will assist with three major parts of the conference: Hospitality, Programs, and Marketing. We are in the very early stages of this effort and we are looking for volunteers to help with each of these subcommittees.

We have a good start on recruiting volunteers but we need a lot of help! If you are interested in learning more about what is needed, or if you are interested in joining one of the subcommittees, please contact me at AlisonHoward2@gmail.com or 202-368-3501.

Thank you!

Alison Howard, M.Ed., Psy.D., CGP AGPA Hosting Committee Chair

Cinema Series Returns for the 2020-2021 Season!

Mark your calendars for upcoming Cinema Series events! Please contact Lenore Pomerance at cinema@magps.org if you are interested in presenting a film, conducting an interview with a presenter, or preparing food for one of the events!



Reflections on the Fall 2019 Conference

Indecent Exposure?: The Pitfalls and Potential of Group Therapist Self-Disclosure

by Nancy Hafkin, PhD, CGP Co-Chair of the Fall 2019 Conference Committee

When Jonathan Stillerman, PhD, CGP accepted a long-standing invitation to present at Mid-Atlantic, we knew we could count on a vibrant and challenging weekend. We were not disappointed. Ninety group psychotherapists attended the 2019 MAGPS Fall Conference in Cambridge, Maryland.

The Conference title, "Indecent Exposure?: The Pitfalls and Potential of Group Therapist Self-Disclosure" was vintage MAGPS, focusing on the role of the group psychotherapist and the ways in which self-disclosure is used and sometimes, misused, in group psychotherapy.

The first Plenary, A Tale of Two Statures, focused on valuing the self of the group therapist and understanding different types of self-disclosure and their impact on a group.

The second, Moments of Truth, looked at the decision points in group and considered the choices that the group psychotherapist can make when attempting to be transparent.

The third Plenary involved a demonstration group consisting of members from the registrants who had volunteered. The fourth Plenary focused on Death Bed Confessions and discussed the therapist's tendency to over-reveal as a client is terminating therapy.

Throughout the weekend, Dr. Stillerman led with his own self-disclosure, sharing with us examples from his own group practice which illustrated usage of his self-disclosure and choice points in his work.

Dr. Stillerman was assisted by a talented cadre of Small Group Leaders. Laura Kaspar joined us from California. Local leaders were Maryetta Andrews-Sachs, Molly Donovan, Natalia Grekova, Susan Jacobson, Mustafa Kaghazwala, Bradley Lake, Farooq Mohyuddin, Reggie Nettles, Barry Weisman, and Lorraine Wodiska.

Nancy Hafkin and David Heilman, Conference Co-Chairs, were supported by a cast of many including the entire Board of MAGPS. It was hard-working members of the Conference Committee who made sure that Save-the-Date postcards were created and mailed, the conference was announced and marketed, members were registered, Scholarships were awarded, students and first-timers were welcomed, registrants were well fed, vendors and hotel were paid, and continuing education credits were received.

Grateful thanks to Dr. Stillerman, the Small Group Leaders, the Conference Committee, and all who attended.



David, Jonathan, and Nancy; Small Group Leaders; Laura and Jonathan

2019 Fall Conference Reflections from Scholarship Recipients

Zixuan Wang, Psy.D. As a newly licensed psychologist, I am aware of the anxiety I hold when I started working in a group practice, one week prior to attending this fall's group conference.

There is that impostor syndrome, the adjustment into taking on a much bigger caseload, the fact that I do not need a supervisor's signature on my notes anymore to make sure that I'm doing my job right, they continue to run in the back of my mind, and they seep out in a variety of forms of self-disclosure, through adding a little piece of item here and there in my new office, or disclosing the year of my graduation on my Psychology Today profile.

I was so glad that I attended this conference at the end of my first week of work, to learn the theories and practical scenarios of self-disclosure in therapy, to process my personal experience of self-disclosure in my small group, and to observe and discuss it in a larger group setting.

I decided the universe was telling me I needed to start a second Loss Group, specifically for those who had experienced loss in recent months or years. Meanwhile, I was scheduled for total knee replacement surgery on December 16th, 2019.

I wanted to launch the new group early in the new year; how would I manage this feat given my compromised physical, emotional, and mental state? For anyone who has had this procedure or knows someone who has, you can well appreciate the extreme challenge of the recovery process that impacts all facets of one's life.

Most of what I've done to get this new group started would not conform to recommended protocols. Only one group member is seeing me for weekly individual therapy. Two others are seeing colleagues. The rest have outside therapists who are unknown to me, and some I have yet to contact.

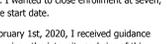
Prior to the first meeting of the Recent Loss Group, which occurred on Saturday, February 1st, 2020, I received guidance from Rafe Williams' consultation group that having a co-leader would be a good idea, given the intensity and size of this group.

In our group practice, we don't normally work in pairs, largely because of the logistical difficulties associated with insurance and our schedules. And while there have always been a few groups in the practice, we are only recently beginning to develop a more robust and varied group therapy program.

I expect it will take a while for the Recent Loss Group to transition from support and safety to a more probing, psychodynamic level of interaction. As of now, there's no apparent hesitation to speak or guardedness about sharing the raw details of the traumatic event that brought them (though, of course, there's more to uncover). There is great relief in finding your tribe, as each person names their most traumatic loss, unafraid of making someone else uncomfortable for, as one member put it, "being the girl with the dead Mom."

Note: The Recent Loss Group is currently closed; it is expected that there will be space for new members by June 2020.

Jonathan Lebolt, PhD, CGP published an article, Healing Directly in our Relationships, in January 2020 in the Mental Health Library of NetworkX Direct. Please go to https://www.networkxdirect.com/library/index.cfm?link=DirectlyInOurRelationships-2131js to read the article.



Washington School Presents Pioneering Gay Analyst Jack Drescher, MD on LGBT Issues by Jonathan Lebolt, PhD, CGP

On November 16, 2019, from 9:00 am - 5:00 pm, the Center for the Study of Race, Ethnicity and Culture (CSREC) of the Washington School of Psychiatry presented Jack Drescher, MD in Psychotherapy and LGBT Identities: Historical, Clinical and Ethical Issues.

The morning plenary addressed the evolution of psychoanalytic thought about homosexuality—from Freud's view of it as "inversion," to Rado's pathologization of it as "perversion," to Kinsey's and Hooker's studies that normalized homosexuality, to the American Psychiatric Association's 1973 decision to remove ego-syntonic homosexuality from the DSM, and, finally, to the postmodern "queering" of psychoanalysis, in which homosexuality is viewed affirmatively.

The program offered 6.5 CE's and included small group meetings and large group discussion. This small group leader was impressed by the depth of sharing in which members engaged. The conference was well-attended and -received. In the words of one participant, it was "(b)autifully organized and well executed. All phases of the day were important and rich."

Advertisements from our Community Members

Ongoing Process Oriented Therapy Groups for Therapists

Several openings in weekly groups that are exclusively for therapists. These groups offer a rare opportunity to be with other relationally oriented therapists who value authentic interpersonal connections and here-and-now processing.

DETAILS: 1. Groups are ONLY FOR THERAPISTS. coed, novice through seasoned. Limit 8. 2. Groups meet weekly for 75 minutes. 3. 3 groups in Dupont Circle, 1 group in Bethesda. 4. Sliding scale available for new practitioners, grad students, and agency employees. Diversity is promoted.

Please call/email with questions or to discuss further. Nicholas Kirsch, Ph.D. 301.442.7618 nicholaskirsch56@gmail.com bethesdaapsychotherapist.com

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Thank you for taking the time to read our bi-yearly newsletter. Please let us know what you think by emailing Rebecca Abel, PsyD, CGP at newsletter@magps.org.