



# Rochester Area Group Psychotherapy Society

---

Newsletter of the Rochester Area Group Psychotherapy Society, Inc.

An Affiliate of the American Group Psychotherapy Association

Volume XVII

Y

Number XLIII

Y

Winter 2008

## PRESIDENT'S Column

*Ann Betz, LCSW*



**T**wo years ago Kate Fisher and I talked about how we would each be willing to step forward into the role of President if we did it together. The board contemplated a new venture into co-presidency but we decided to stay with the current

format of first being President Elect in order to learn about the role, then transition into two years as President and then two years as Past President.

It is now my turn to function in the role of President and I'm grateful to those who have been president before as they have each contributed in different ways to how we work together on the board of directors. I've been connected to RAGPS since almost the beginning, having witnessed the founding group of clinicians negotiate all that goes into creating an affiliate society of AGPA.

First, I was invited to participate in the Education Committee, which takes responsibility for developing the workshops and other educational offerings of RAGPS. I can still recall those early meetings at the therapy office of the committee chair. Soon enough, it was time for me to step into the role of Chair, which I held for many years. The meetings were then held at my house over coffee and treats. I have fond memories of those meetings and some more difficult memories of what I learned about myself in a leadership role, my tendency to over-function and the

need for me to learn how to be a more effective leader.

The Board also went through important transformations by revisiting how we did business as a group, and thoughtful work went into enhancing the structure of the board into where it is now. Those developments were key in creating a board structure where the work was evenly distributed. We now function as a well oiled machine, of sorts, sharing in the work and the creativity that goes into what we do. It is because of the trust I have in my fellow board members that I was willing to volunteer to become President, knowing that the role does not doom me to carrying tasks that are a burden.

I also took stock recently of the deep relationships I've developed over the years, solely because of my connection to RAGPS. These relationships have enriched my personal and work life in ways that are impossible to measure. It is important for me to note that through this history with RAGPS with dates back somewhere in the early 90's, I have not lead a formal psychotherapy group since 1996! I've facilitated many group conversations in my role as clinician with Strong Employee Assistance Program but have not led groups in my private practice, which I'm now doing full-time. I decided to share this overview of my travels with RAGPS and the irony that I do not lead groups, to highlight that one does not have to be immersed in group psychotherapy to contribute to this organization or to be enriched as well.

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

## RAGPS

### NOMINATING COMMITTEE

Peter Sullivan, LCSW, GCP



Following the Fall 2007 election, six members at large were elected for the 2008-2010 term: Amanda O'Hearn, PhD, Howard Markus, PhD, CGP

Margie Taber, BS, CASAC, Candace Sorensen, PhD, Elizabeth Driscoll, LCSW, CGP, and Peter Sullivan, LCSW, CGP. Other continuing Board Members are Wendy Sullivan, LMSW, Amy Lyons, MS, LCAT, Lynn Chauvin-Bezinque, MS, LCAT. Kate Fisher, MS, LCAT, CGP is the current Past President and Ann Betz, LCSW, CGP our current President. The current Board membership is representative of a number of professional disciplines and a mix of public and private practices. RAGPS remains interested in the theory and application of group interventions with a range of populations including children and teens, persons with substance abuse problems, and an eclectic mix of structured to unstructured therapy interventions with adults, as well as group work with community education settings and with professional peer group dynamics.

As you see in this current edition of the newsletter there are a variety of active committees at work and any one of them would welcome fresh input, involvement and whatever short or longer term time commitment you might be able to make. If you have any interest in joining this lively and diverse group of your fellow professionals, please contact me any time at 275-2844 or email me at Peter\_Sullivan@urmc.rochester.edu. RAGPS is dedicated to remaining local and lively, YOUR organization at your service.



#### Charming office space Bushnell's Basin/Pittsford

less than ½ mile from 490. Serene location on the canal, near coffee shop and Abbott's Custard. All utilities, including Air Conditioning are included. Large sign on well traveled road.

Full time or part time. Share with another therapist. Each has a separate office, common waiting room and restroom.

If interested, please call **Ellen** at **820-0722**.

### REMEMBER:

If you want to see the full colorful addition, log onto our website at <http://www.ragps.org/> or check your email!

## RAGPS

### EDUCATION COMMITTEE

Amanda O'Hearn, Ph.D.



The 2007 year season started off with a workshop by Lisa Lindsay: *The Body-Mind Connection in Group: Bringing Embodiment to Your Practice* which treated attendees to an experiential workshop which was geared toward

enriching therapeutic work by bringing in more of the connection to the body, both within ourselves as therapists and with our clients. Attendees remarked at the powerful nature of the workshop both on a personal level and on a professional level.

Our second workshop was conducted by JoAnne Baxter and Joe Russo on *Group Therapy with Individuals with MRDD: Making It Work!*

Attendees enjoyed the experiential group which allowed participants to explore their feelings, attitudes and experiences with people with MRDD. Both presenters shared their extensive knowledge, as well as their library of modified materials and exercises they use in their groups. Participants remarked that they hoped this would be offered again.

Our March 6<sup>th</sup> workshop *Ethical Dilemmas and the Group Therapist: A Panel Discussion and Open Forum* Moderated by Ann Betz and Howard Markus promises to be enlightening and includes Peter Sullivan, Signe Kastberg & Aaron Black. Our final workshop will be held May 1<sup>st</sup> by Jim Wallace on *How Clinical Teams are Like Groups: Tricks and Traps*.

The Education Committee is always looking for new ideas so please let us know your suggestions for workshops (or if you are interested in presenting!).



Many thanks to Education Committee members who work so hard to bring the RAGPS membership quality trainings: Duane Beck, Brigid Cahill, Cindi

Coyle, Elizabeth Driscoll, Caroline Richards, Joe Russo, and Margie Taber.



## RAGPS MEMBERSHIP COMMITTEE

*Candace Sorensen, PhD.*

I am happy to report that membership in RAGPS is steady and strong. We currently have over 60 members from across the Rochester area, and by the end of the year we anticipate that number growing still more. Over the years, we typically have had a large core group of members who renew from year to year as well as individuals who appear to join for a specific workshop and who may or may not renew. As an organization, we are interested in creating a network where individuals can connect with others, become involved, and grow as group therapists over time. We are also interested in increasing our membership base. Therefore we are interested in your ideas and thoughts about how to better serve our membership as well as how to reach out to others who are not currently involved in RAGPS but who may benefit from joining. We would love to learn about any organizations, academic/training programs, or groups that you think would benefit from the resources of RAGPS. Please feel welcome to email me with any information, ideas, or questions at [Csoorensen88@hotmail.com](mailto:Csoorensen88@hotmail.com).

The current Membership Committee consists of Kate Fisher, MS, ATR, Sue John MS, NCC, Elizabeth Driscoll, MSW, and Candace Sorensen, PhD. We invite any RAGPS members who would be interested in joining the committee to contact me or any of the committee members for further information. We also look forward to meeting and speaking with you at our next workshop!

### *Many thanks...*

To **Howard Markus, Ph.D** for the wonderful job that has done as editor of the RAGPS newsletter over the past two years. He kept us well informed, set a high standard for interesting articles and did it all with his usual grace. We have appreciated his hard work!

## RAGPS

### WEBSITE

*A Valuable Resource for Group therapists*  
*Wendy Sullivan, MSW*

Did you know that membership in RAGPS includes electronic group recruitment through the RAGPS website? Groups may be listed on the website providing a quick resource for finding groups for your patients. In addition, RAGPS members may recruit for their groups by sending group information to RAGPS members.

With groups starting and ending throughout the year, the RAGPS website and list serve are great resources for obtaining current and up-to-date information about current group openings with a minimum of time and effort.

We've received feedback that this referral services has been quite helpful and has fostered referrals and placements to many of our colleagues.



## WOULD YOU LIKE TO ADVERTISE IN OUR NEWSLETTER?

A GREAT PLACE TO  
PROMOTE YOUR GROUPS OR  
POST YOUR SPACE RENTAL

\$100 FULL PAGE  
\$50 HALF PAGE  
\$25 QUARTER PAGE  
\$20 BUSINESS CARD





**DON'T MISS THIS  
UPCOMING  
WORKSHOP**

**Thursday, March 6<sup>th</sup>**  
6:45PM Registration  
7:15 – 9:00PM Workshop

**St. Johns Fisher College:  
Wilson Formal Lounge**  
**\*\* (NEW LOCATION) \*\***

**Ethical Dilemmas and the  
Group Therapist:  
A Panel Discussion and Open Forum**

**Moderated by:**  
Ann Betz, LCSW

**Panel Members:**  
Aaron Beck, Ph.D  
Teri DiGuseppe, BS, CASAC  
Signe M. Kastberg, Ph.D  
Peter Sullivan, LCSW, CGP

**Save the date!**

**May 1<sup>st</sup>, 2008**  
*Thursday Evening*

**Jim Wallace, MD**  
will present  
Group dynamics on a work team  
Come and bring your whole team

**"How Clinical Teams Are Like  
Therapy Groups: Tricks and Traps"**



**Space available**

A Suite including a waiting room,  
rest room, closets with storage and 3  
interview rooms.

Rooms available with as little as  
4 hours a week up to full time.

At 16 North Goodman St. near the corner of  
East Ave. It's a well maintained 2 story red  
brick office building with lots of parking.

Please call:  
**Gary Wolk 546 6560**

DOONESBURY GARRY TRUDEAU



Rochester Area Group Psychotherapy  
Society  
Board of Directors

**President**

Ann Betz, CSW-R

**Past President**

Kate Fisher, MS, ATR, CGP

**Secretary**

Amy Lyons, MS, LCAT

**Treasurer**

Lynn Chauvin Bezinque, MS, ATR

**Members At Large**

Elizabeth Driscoll, CSW,CGP

Howard Markus, Ph.D., CGP

Amanda O'Hearn, Ph.D.

Candace Sorensen, Ph.D.

Peter Sullivan, CSW-R, CGP

Margie Taber, BS, CASAC

Wendy Sullivan, CSW



**Rochester Area Group  
Psychotherapy Society**

601 Elmwood Avenue

PO Box 310

Rochester NY 14642

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

