

RAGPS

Rochester Area Group Psychotherapy Society

Newsletter of the Rochester Area Group Psychotherapy Society, Inc.
An Affiliate of the American Group Psychotherapy Association.

PRESIDENT'S REPORT

There's an old story about a man who, upon dying, finds himself before God. The man asks God to please explain to him what the true meaning of "heaven" and "hell" is. God shows him an image of eight gaunt, malnourished, despairing people sitting in a circle around a giant bubbling pot of hot chicken soup. In their hands, each person held a spoon with an incredibly long handle—so large that not one of them could manage to feed him or herself. "This," responded God, "is hell". Next, the man was shown an image of eight different people sitting around a similar pot of soup—well nourished, happy, and clearly content. These eight people held the same long-handled spoons as in the previous scene. The difference, however, was that the people had learned to feed each other. God instructed the man, "This is heaven."

The story doesn't inform us how the members of the second group came to realize that in helping each other they could help themselves. Surely there **MUST** have been a skilled group leader to help the members navigate the travails of early group development in order to achieve this advanced stage of functioning! Or, perhaps, it started with one member reaching out with altruism and caring in order to cultivate this sense of community.

My involvement in RAGPS was facilitated by several such individuals who took the time to reach out and invite me in. When I first came to Rochester, mentors such as Sherrie Smith, CSW, FAGPA and Alexis Abernethy, Ph.D., CGP encouraged me to attend RAGPS workshops and conferences. To my good fortune and enduring gratitude, Ann Betz, CSW personally reached out to me and invited me to join the RAGPS Education Committee. I quickly became involved in the planning and coordination of the quarterly workshops. I eventually joined the Board of Directors and now, with some sense of surrealism, I find myself President of an organization of which I truly feel proud to be a part. I am surrounded by hard-working, dedicated Board members and Committee members who all have my utmost appreciation. I hope that we will all take the time to reach out to colleagues and friends who have an interest in group therapy and invite them to become a participant member in this exceptional organization.

RAGPS remains committed to the enhancement of group therapists' clinical skill through quality didactic training, workshops and conferences, experiential groups, supervision, and consultation. Planning is currently underway for stimulating workshops and a larger conference in 2004 and 2005. Under my Presidency, I hope to continue expanding the educational opportunities available to our membership. I invite your input

and requests. RAGPS is, inherently, an organization by, of, and for the membership. Your participation and involvement at all levels (be it attendance at workshops or participation in committee work) is what will keep us all well-nourished, happy, and content.

Howard Markus, Ph.D., CGP
President, RAGPS (markusphd@cs.com)

Dates To Remember

"The Triadic Interaction of Aggression, Projection and Boundaries in Group Process"

Date: June 3, 2004 at 6:15
Location: Brighton Library
Presenters: Lisa Lindsay, Ph.D.
Sheila Cummings, Ph.D.
Lisa Willis, Ph.D. from the University
Counseling Center at the University of
Rochester.

A program about Group Therapy with Sexual Perpetrators

Title to be Announced at a later date

Date: October 1, 2004
Following a brief Annual Business
Meeting
Location: Brighton Library
Presenters: TBA

RAGPS BOARD OF DIRECTORS

President: Howard Markus, Ph.D., CGP
Past President: James Wallace, MD, CGP
Secretary: Ann Betz, CSW-R, CGP
Treasurer: Lynn Chauvin Bezinque, MS, ATR
Members At Large: Edith Bernstein, CSW-R, CGP
Margie Taber, BS, CASAC
Kate Fisher, MS, ATR, CGP
Beth Hoh, CSW-R
Amanda O'Hearn, Ph.D.
Elizabeth Driscoll, CSW
Peter Sullivan, CSW-R, CGP

Annual Business Meeting:

October 1, 2004 at the Brighton Library from xxx to xxx, just prior to the workshop.

Annual Conference:

Postponed until the spring of 2005—date to be announced.

Annual Election of Board Members:

August 2004 to elect or re-elect 3 – 4 Members at Large for the RAGPS Board of Directors

RAGPS EDUCATION COMMITTEE REPORT

RAGPS was approved on November 17, 2003 to be an OASIS Education and Training Provider! This allows us to offer CASAC credit for any training programs we sponsor. The first workshop to qualify for CASAC credits was Johanna Kelly's entitled "Motivational Group Therapy – Chemical Dependency Style" which was well received by both Mental Health and Chemical Dependency group therapists.

Upcoming workshops include the June 3rd evening program at the Brighton Library presented by three psychologists at the University Counseling Center at the University of Rochester, Lisa Lindsay, Sheila Cunnings and Lisa Willis entitled "The Triadic Interaction of Aggression, Projection and Boundaries in Group Process." There is also a workshop scheduled on October 1st following the Annual Business Meeting at the Brighton Library by Marcy Bush on the topic of Group Therapy with Sexual Offenders. The Education Committee works hard to fill the calendar with a variety of educational offerings and we are always open to suggestions.

The Annual Conference and Experiential Group originally scheduled for this spring has been postponed until the spring of 2005 due to planning glitches. We apologize for the delay but look forward to a great conference with Elliott Zeisel next spring.

We did a survey of the RAGPS members and found some pretty strong interest in a journal club. We will explore some options for hosting a journal club in the future.

Thanks to the following committee members for their much appreciated hard work: Kate Fisher, Amanda O'Hearn, Caroline Richards, Cindy Coyle and Brigid Cahill.

Margie Taber, BS, CASAC
Education Chairperson

RAGPS Membership Committee

I have great news, good news and a change of policy to report. The great news is that RAGPS has more than 80 paid members already this year, well ahead of our usual pace. The good news is that the membership directory on the RAGPS.ORG website has been reconfigured to be more user-friendly and easy to read. We continue to work hard to update and correct addresses and phone numbers.

The RAGPS Board of Directors voted to change our protocols with the directory. Instead of printing an annual document and mailing it to members, we are now going to

continuously update the data for accuracy and members can download a paper document whenever they would like.

Check out the directory at RAGPS.ORG and let me know what you think! Enjoy the warmer weather and I look forward to seeing you at the next workshop.

Edith Bernstein (ehbern@rochester.rr.com)
Membership Director March 29, 2004

RAGPS Conference Committee Report

The Communication Committee has been busy bringing RAGPS into the electronic age through efforts related to the website and the newsletter.

If you are reading this, you got word that the newsletter would be published electronically on the website (RAGPS.ORG), allowing us to include more color and pictures, clipart and content than we had in the past. Amy Lyons has joined me and created a beautiful format, Linda Brown has agreed to put it all together and everyone I know is helping me to proof read the articles. I took over as Editor of the newsletter and chair of the committee so please bear with our growing pains and feel free to give feedback. We will print only a few paper copies due to expense but go ahead and download a copy to pass around or tip your friends and colleagues off to our website.

Our website (RAGPS.ORG) is ever evolving through ideas from many members of the board and though the increased use of the website by our working committees. The Membership Committee now uses the website to post the directory and keep it up to date and has decided with the support of the Board not to print and mail copies. The Educational Committee posts a lot of information about workshops, presenters and a pretty busy calendar of events. The Communication Committee is now publishing the biannual newsletter only on the website which is cheaper and allows more bells and whistles to make it more attractive and interesting. Alexander Terepka continues as our able web master, striving for accuracy and creativity. We continue to work at expanding the bulletin board section of the website to allow members to recruit referrals for therapy groups and we may link this effort with other sites with similar goals in the community.

Jim Wallace, MD, CGP
Past President, RAGPS
Chairman, Communication Committee
Editor, RAGPS Newsletter

RAGPS AUTHORS

A Survey of Pediatrician and Therapist Priorities for
Child and Adolescent Group Therapy

Wendi Cross, Heather Jewell, & Joseph Smith
University of Rochester Medical Center/ Strong Behavioral Health

This article appeared in The Group Psychologist, APA Division Newsletter, June 2003

Abstract

Several developments in the field of mental health service delivery indicate that effective group therapy is a vital modality for child and adolescent treatment. Group therapy clinicians and administrators may find an objective assessment of the community's needs and perceived obstacles to utilizing group services to be a valuable tool in strategic planning. This article describes findings from a survey of community therapists and pediatricians about their patients' treatment needs, and the steps that our group program took to develop and sustain a responsive and successful child and adolescent group service.

Office Space for Rent

Ideal for Counseling or Massage Therapy Practice Convenient location in the East End, off East Avenue reasonable rent, off-street parking Call: Joe Gentile, CSW-R @ 454-0431 or Susan Daggett, LMT @ 234-0694

RAGPS MEMBERS IN THE NEWS

Howard Markus, our President, was recently interviewed by TV Guide for his impressions related to the group dynamics on the reality TV show, "The Apprentice." We hope they quote him accurately and will let you know when the article appears.

AGPA NEWS

Why Become a Certified Group Psychotherapist?

The National Registry of Certified Group Psychotherapists certifies group psychotherapists according to nationally accepted criteria and promotes these practitioners and criteria to other mental health professionals, employers, insurers, educators, and clients as maintaining the highest standards for group psychotherapy practice and quality care. The National Registry of Certified Group Psychotherapists has been making some very important strides in regards to the promotion of standards for group psychotherapy practice and quality care. The Registry developed guidelines regarding clinically based, patient-focused service indicators to be utilized in discussions with accrediting organizations regarding appropriate quality measures for groups. The guidelines are also applicable to discussions with employers regarding delivery of mental health services in groups, as well as managed care and health maintenance organizations.

Earning the CGP will benefit you by:

- Recognizing you as having met national standards for providing group psychotherapy services
- Including you in the Online Registry that is used in making referrals for group psychotherapy services
- Presenting you to consumers and employers as having met the educational and experience standards to be certified in group psychotherapy
- Supporting your chosen profession in establishing and advancing standards of practice and education for group psychotherapy

- Promoting professional accountability for clinical mental health professionals who practice group psychotherapy
- Demonstrating your high level of continued excellence through continuing education and recertification

If you are a CGP and interested in earning continuing education units related to group psychotherapy, please see listing below.

Upcoming National Conferences: June 11-13, 2004
 41st Clinical Conference at Asilomar
 Sponsored by: Northern California Group
 Psychotherapy Society
 Brochure posted at www.ncgps.org OR
 Contact: Barbara Ilfeld, MSN, RNCS, CGP at (530) 581-3567;
 E-mail: ilfeldsonthemountain@hotmail.com

June 11-13, 2004
 Why We Do What We Do: Understanding Group
 Therapists' Choices in the Clinical Moment
 Sponsored by: Northeastern Group
 Psychotherapy Society
 Contact: 617-484-4994 or
 E-mail: nsgp@bitwise.net; www.nsgp.com

Earning the CGP credential also means that you will benefit from the many accomplishments the Registry has made on behalf of CGPs:

- The Registry has certified over 3,000 group psychotherapists, setting a standard for group psychotherapy practice for consumers, the professional community, training institutions and the third-party payers.
- The Joint Commission on the Accreditation of Healthcare Organizations (JCAHO) has recognized the CGP credential as a means to define group psychotherapy competency.
- The Group Solution, the Registry newsletter, keeps CGPs informed of changes in the behavioral healthcare field, presents suggestions for developing a successful group therapy practice, addresses ethical issues specific to group psychotherapy, and keeps members informed about the Registry's ongoing efforts on behalf of its membership.
- The Registry advocates for group psychotherapy as a treatment modality in a number of professional and popular publications, as well as with insurance companies, government agencies, and opinion leaders.
- The Registry promotes professional accountability through the regular recertification process by requiring continuing education and testament to ethical practice.
- Your CGP listing in the National Registry of Certified Group Psychotherapists includes a complete practice profile, which is distributed to your colleagues and third-party payers.