

groupassets



EDITOR'S NOTE



Connie Concannon,
LCSW, CGP, DFAGPA
Editor, Group Assets

It was wonderful seeing all of you in Houston at AGPA Connect 2018 and sharing all the excitement and connection that comes with our time together. In this edition, Elina Kanellopoulou, PhD, from Greece shares her experience as a scholarship recipient and the personal and professional impact that it has had on her life. This is just one of the great stories that we hear from the young professionals who are able to attend AGPA Connect because of our donors' support of the Group Foundation's robust Scholarship Program.

The Foundation, through a generous endowment, sponsors the Harold S. Bernard Group Psychotherapy Training Award that is given every year by the International Board for Certification of Group Psychotherapists. This year's recipient Helene Satz, PsyD, ABPP, CGP, was recognized for her significant contribution to group training at the Tripler Army Medical Center in Hawaii. Sherrie Smith and Jeanne Pasternak have written an article in the accompanying spring issue of the Group Circle detailing her impressive work.

The Faces of Our Foundation column features Jeffrey Hudson, MEd, LPC, CGP, FAGPA, from Austin, Texas. Jeff is the retiring Vice Chair of the Foundation and is one of the most beloved members of AGPA. He is known for his deep commitment to supporting the field of group psychotherapy and providing leadership with a compassionate and open heart. Jeff reflects on his work in the Foundation over the last 12 years.

I hope you enjoy reading about the fruits of your support of the Group Foundation.

A Three-Time Scholarship Recipient Reflects on AGPA Connect

ELINA KANELLOPOULOU, PHD

It is the day after Easter Sunday and I am sitting on a balcony in Aegina, a small island about an hour's boat ride from the coast of Athens. The weather is balmy, and the island seems to have quieted down after yesterday's day-long celebrations, when family and friends gathered to toast, talk, dance, but, most importantly to "roast the lamb," a traditional Greek ritual as famous for the mouth-watering tender meat cooked on an open fire, as for the ample opportunity for quarrels over roasting technique. Despite, or perhaps even because of, the inevitable tensions that arise when a diverse group of people come together to spend time and figure out a way to perform a common task, the day also holds rich moments of connection, sharing, laughter, not to mention, a delicious meal, the definitive outcome measure of adequate group cohesion and conflict resolution. This might explain why most of us are already nostalgic as we are about to leave and are looking forward to when we get to do it all over again a year from now.



When I attended my first AGPA Annual Meeting in 2016 with the vital support of a Group Foundation Scholarship and with what felt like an instinctive, somewhat bizarre, love for a bunch of chairs in a circle, I was not sure what to expect. My emotional roller-coaster first Institute group experience, and four more days of being exposed to different ways of leading and being in a group had me hooked—not just to AGPA as a family of mentors and peers, but also to group as a therapeutic modality. That very first meeting affirmed my decision to embark on long-term psychoanalytic group psychotherapy training in my home country of Greece.

Continued on back page

Editor's Note: We invite you to hear about the experiences of other scholarship recipients as well on the AGPA YouTube Channel at <https://youtu.be/rffZzL4nR6s>.

Group Foundation Honors Scholarship and Award Winners

During AGPA Connect in Houston, February 26 - March 3, the Group Foundation for Advancing Mental Health, the philanthropic arm of the AGPA, sponsored a luncheon honoring scholarship and award winners, as well as the generous contributors who make the program possible. A myriad of tuition, travel, and monetary awards, supporting the training of group therapists and the use of group in communities to effect change, were distributed through the Foundation. Those recognized included:

- The Alonso Award for Excellence in Psychodynamic Group Therapy, given to Robert Grossmark, PhD, for

his article *Narrating the Unsayable: Enactment, Repair and Creative Multiplicity in Group Psychotherapy*;

- *Purple Songs Can Fly* of Houston, Texas, received the Aaron Stein Memorial Award for its creative use of groups in non-therapeutic settings to benefit the community;
- Jeffrey Kleinberg, PhD, CGP, DFAGPA, received the Social Responsibility Award for his sustained work nationally and internationally in responding to trauma and providing pro-bono group therapy training; and
- Almost 200 individuals received scholarships to attend the meeting, supported through endowed scholarship funds and private donations. 🍷

THE FACES OF OUR FOUNDATION

Jeffrey Hudson, MEd, LPC, CGP, FAGPA

It's been exciting to see the impact of the Group Foundation expand over my 12 years on the Board. Three areas of our work have been especially inspiring—public education, community outreach, and scholarships.

Initially, local fundraising events were held to raise awareness of the Foundation's work and to thank our donors. Over time, these events have evolved to educate the general public about the value of group therapy, the importance of providing expert training to clinicians, and to raise scholarship funds.

In the past five years, I've really enjoyed participating in Foundation events in Austin, Baton Rouge, Los Angeles, and San Antonio. Two experiences were especially memorable. The first was a series of performances by Gabriela Kohen of her one-woman show, *Decoding the Tablecloth*. The emotional impact of her play and its message about the transgenerational transmission of trauma has been remarkable. I also remember the pleasure of leading an institute for Karen Travis', LCSW, BCD, CGP, FAGPA, Masters Series in Baton Rouge. Karen established a series of institutes led by AGPA clinicians to raise money for the Scholarship Fund. This has been a great opportunity to provide training to a local community, while simultaneously raising money. For me, the local events have been emotionally rich and a great way to share both AGPA and Affiliate Societies' commitment to group work.

My work on the Foundation Board has also allowed me to appreciate the value of AGPA community outreach. Each time a community around the country is impacted by a natural disaster or tragic event, I see the caring that emanates from AGPA. The importance of this outreach literally hit home earlier this year when Austin was traumatized by three weeks of bombings. AGPA members in Austin received emails, phones calls, and links to valuable resources to help them work with clients experiencing this trauma. It was healing for me to feel part of this extended family. I felt especially grateful that the Group Foundation raises funds to support this outreach, and for the research and development of clinical resources to assist communities impacted by trauma.

Finally, raising money for the scholarship program has been a highlight of my work on the Board. I've been moved to see the steady increase in the number of scholarship recipients. The recipients are enriching our organization, bringing new perspectives, and increasing the diversity of AGPA. Most return to their communities better prepared to lead groups and support the activities of their local societies.



If you enjoyed reading about Jeff, we invite you to see all of the wonderful people we have spotlighted in the Faces of the Foundation column at www.agpa.org/Foundation/donors/the-faces-of-our-foundation.

LEGACY SOCIETY

We appreciate the provisions these planned gift donors have made for the Group Foundation.

Ramon Alonso
Shari & Allan Baron
Patricia & Merle Barth
Richard Beck
Marsha Block & Leonard Walter
Trish Cleary & Diana Kunkel
Phyllis Cohen
Eleanor Counselman
Jerry & Nancy Gans
Katie Griffin
David Hawkins
Sally Henry
Jeffrey Hudson & Robert Blodgett
Susanne Jensen
Cele Keeper
Barbara Keezell
Lisa Mahon & Philip Flores
Jan Morris
Keith Rand & John D'Amico
Kathy Reedy
Joseph Shay & Laura Zimmerman
Lorraine Wodiska
Elliot Zeisel & Mary Sussillo

2018 Contributions to the Group Foundation for Advancing Mental Health

GIFTS ACKNOWLEDGED HERE ARE FROM JANUARY 1, 2018 THROUGH APRIL 30, 2018

Leaders

(\$10,000 and above)

Ramon Alonso

Sustainers

(\$5,000 - \$7,499)

Barbara Goldstein Amster
Patricia & Merle Barth
Chuck Dachis
Gloria Kahn
Lisa Mahon & Philip Flores
Phyllis Rifkin-Russell & Steven Russell

Explorers

(\$2,500 - \$4,999)

Kathleen Ault
Eleanor & Chuck Counselman
Stephen Dazzo
Christine & Mark Fitzstevens
Jeffrey Hudson & Robert Blodgett
Barbara & Fred Ilfeld
Janice Morris
Mary Nicholas
Jeanne & Matt Pasternak
Joseph Shay & Laura Zimmerman
Carol Vaughan & Gar Willis
Westchester GPS

Facilitators

(\$1,000 - \$2,499)

Atlanta GPS
Austin GPS
Paul Kaye
Eugene & Barbara Kidder
Molyn Leszcz
Jude Palombo
Darryl Pure & Raquel Corré
Kathy Rider
Laura Neiman & Adam Rifkin
Keren Vishny

Frances Weiss
Lorraine Wodiska
Elliot Zeisel & Mary Sussillo

Sponsors

(\$500 - \$999)

Anonymous
Gail Brown
Bonnie Buchele & Bruce Hopkins
Elaine Cooper
Mary & John Dluhy
Hank Fallon
Susan Gantt
Nancy Hafkin
Barry Helfmann
Eric Hocky
Elizabeth Knight
Joan Ormont
Melvin Stern
D. Thomas Stone
Barney Straus
Karen Travis
Barry Wepman

Supporters

(\$250 - \$499)

Robert Berley
Melissa Black
Catherine Brennan
Suzanne Cohen
Randy Dunagan
Bob Hsiung
Priscilla Kauff
Robert Klein
Michael Murphy
Dayne Narretta
Marie Sergent
Tony Sheppard
Sherrie Smith
Kathleen Ulman

Contributors

(up to \$249)

Anonymous
M. Sophia Aguirre
Jennifer Alonso
Wayne Ayers
Beate Becker
Phil Broemel
Alice Byrne
Debora Carmichael
Leia Charnin
Karen Cone-Uemura
Scott Conkright
Travis Courville
Greg Crosby
Patti Mosteller Davis
Sandy Demopoulos
Jennifer DeSouza
Sara Emerson
Andre & Tricia Enfield
Klifton Fehr
Barbara Feld
Barbara Finn
Chera Finnis
Myrna Frank
Wendy Freedman
Eva Fyer
Jerry & Nancy Gans
Martha Gilmore & Haim Weinberg
Rochelle Greenspan
Ruth Grill
Joshua Gross
Andrea Grunblatt
Thomas Hallinan
Daniel Harrop
Robert Hartford
Cindy Hearne
Barbara Keezell
Jeffrey Kleinberg
Shelley Korshak
Mary Krueger
Joana Kyei

Elaine Leader
Derek Leighton
Marcia Spindell Lentz
Ronnie Levine
Allen Levy
Charleen Lewis
Miguel Lewis
Leslie Lothstein
Gerry Lowe
Joseph Magliocco
Lawrence Malcus
Liz Marsh
Anne McEneaney
David Ment
Oona Metz
Zoe Nelson
Patrick Padon
Jeffrey Price
Jordan Price
Keith Rand & John D'Amico
Kenneth Reinhard
Kellie Rice
Beth & James Ruiz
J. Scott Rutan
Ethel Sabath
Marc Schramm
Irwin Schultz
Jean Seibel
Walker Shields
Bettsie Specia
Alyson Stone
Joseph Tarantolo
Neathery Thurmond
Matthew Tomatz
Judith Ullman
Robert Unger
Constance Vernon
Robert & Sara Jane White
Diana Woodruff
Maureen Wuest
Zehava Zarchi

TRIBUTE GIFTS:

The following individuals were honored by the contributors listed with a program in their name at the recent AGPA Connect Meeting in Houston (donors are listed in italics).

Barry Helfmann

Marsha Block & Leonard Walter
Bonnie Buchele & Bruce Hopkins
Connie Concannon & John Rochios
Eleanor & Chuck Counselman
Barbara Dazzo
Jerome Gans
Paul Kaye
Robert Klein
Lisa Mahon & Philip Flores
Jeanne & Matt Pasternak
Melvin Stern
Elliot Zeisel & Mary Sussillo

Jeanne Pasternak

Jenifer Ben-Shoshan
Marsha Block & Leonard Walter
Leah Burke
Connie Concannon & John Rochios
Suzanne Cohen
Travis Courville
Patti Mosteller Davis
Barry Helfmann
Elizabeth Knight
Anna Levine
Matt Pasternak
Tony Sheppard
Sherrie Smith
Robert & Sara Jane White

Kathleen Ulman

Marsha Block & Leonard Walter
Debora Carmichael
Suzanne Cohen
Eleanor & Chuck Counselman
Sara Emerson
Jerome Gans
Priscilla Kauff
Barbara Keezell
Oona Metz
Lise Motherwell
Kathy Rider
J. Scott Rutan
Joseph Shay & Laura Zimmerman
Walker & Joyce Shields
Marsha Vanicelli
Carol Vaughan & Gar Willis

Research Grants Awarded

The Group Foundation awarded two research grants in 2018. Recipients were:

- *Factors Impacting the Success of Group Programming at Psychology Internship Sites: A National Survey.* Principal investigator is Lisa Denton, PhD, Assistant Professor of Psychology, State University of New York at Fredonia, and Co-Investigator is Joshua Gross, PhD, ABPP, CGP, FAGPA, Director of Group Services, Florida State University.
- *Together for Wellness: Group Psychotherapy for Resettled Refugees.* Principal investigator is Sarah Bledsoe, PhD, MPhil, MSW, Associate Professor, School of Social Work, University of North Carolina at Chapel Hill, and Co-Investigator is Josh Hinson, MSW, LCSW, Clinical Assistant Professor and Program Director, Refugee Wellness Initiative, University of North Carolina at Chapel Hill. 🌍

Foundation-Sponsored Events at AGPA Connect 2018



1. David Allen, MD, MPH, Founder and Director of The Family: People Helping People, delivered the Mitchell Hochberg Memorial Public Education Event Lecture at AGPA Connect 2018. Dr. Allen spoke on how groups can help address social fragmentation in Group Process as an Intervention for Community Resocialization; you can view his full presentation at <https://youtu.be/KgfwuLvSUZA>.



2. Dancing the night away at the dance party at AGPA Connect 2018. What a way to enjoy group!

A THREE-TIME SCHOLARSHIP RECIPIENT

Continued from front

Coming back in 2017 as the Anne Alonso Scholarship recipient was an honor that continues to humble me. Upon returning from that meeting, and with the invaluable guidance and supervision of AGPA member Seth Aronson, PsyD, CGP, FAGPA, I felt ready to prepare and run my first short-term adolescent group at the child and adolescent outpatient psychiatric unit of a community hospital in Athens. To my knowledge, this was also the first outpatient group to be run in this hospital since group is not a widely employed modality in public mental healthcare in Greece, despite the enormous benefits that employing it could mean for this overburdened, under-resourced sector and its users.

Being supported to rejoin the meeting again this year offered me substantial practical and psychological resources to embark upon the challenge of running groups in private practice. It also made me realize that returning to AGPA is an evolving experience that seems to meet me at my current developmental stage as a group psychotherapist, to equip and inspire me to move forward, working through difference and building connection.

Still processing the emotional and intellectual ripples of this year's AGPA Connect experience, having nurtured old connections and having made new ones, I thank and look forward to being with all of you again next year. 🌍

groupassets

EDITOR

Connie Concannon, LCSW, CGP, DFAGPA

MANAGING EDITOR

Marsha Block, CAE, CFRE

EDITORIAL/PRODUCTION MANAGERS

Diane Feirman, CAE, Nicole Millman-Falk

GROUP FOUNDATION FOR ADVANCING MENTAL HEALTH

25 East 21st St., 6th floor, New York, NY 10010

212-477-2677; toll-free: 877-668-AGPA (2472)

fax: 212-979-6627; e-mail: info@agpa.org

www.agpa.org