



REPORT

Arizona Group Psychotherapy Society
An Affiliate of the American Group Psychotherapy Association

P.O. Box 10458, Phoenix, AZ 85016

www.azgps.org

WINTER 2005

Board Members:

President: Denise Daup, MA
President-Elect: Vacant
Past President: Mary Tucker, MC
Secretary: Judith Wellek, MSW
Treasurer: Richard Bocardo, MA

Committees:

Training & Education: Ellen Sohus, MC
Auditing: Vacant
Communications: John Schuderer, MA
Membership: Sandra Holt
Newsletter Editor: Denise Daup, MA
Administrative: Mary Lineback

Message From the President:

Greetings and Happy New Year. I had such a great time at the AzGPS Holiday Gathering on December 5th and only wish that all of you could have been there. I enjoyed planning and facilitating the "Holiday Spirit Group" for the event and thank each of you who participated in the celebration for making it a highlight of my holiday season. The group ritual and ceremony was designed to celebrate the "light of the soul" shining a beacon of joy and hope and peace in this dark time. The winter solstice marks the return or rebirth of the light following the longest dark night. At this time, the world seems mired in the dark night of divisive hate and fear and terror. Many of us are struggling to remain hopeful that peace is more than just some retro symbol from the 60's but is indeed something worth believing in and working for and can be, indeed must be realized if we are to survive. As a community of care-givers, we are all on the front line in this battle.

I would like to offer two books that I have found helpful for me personally and for my clients. The first is a book by Miriam Greenspan, healing through the dark emotions: The wisdom of grief, fear, and despair. In the introduction, Miriam states that "...a major contention of this book is that we must become friendlier with our dark emotions in order to use their energies for healing and transformation on both the individual and collective level. To do so, we have to stop thinking that feeling emotional pain means we're sick...Emotional suffering, as I write about it here, is not a sign of mental disorder or illness. It's a universal fact of life...: an inevitable result of living in a damaged and damaging social context; and a unique pathway of spiritual awakening, growth, and transformation. Steeped in the medical model of psychiatry, we have lost the sense of grief, fear, and despair as universal experiences and as responses not just to a personal but also to social and global conditions. A culture that insists on labeling suffering as pathology, that is ashamed of suffering as sign of failure or inadequacy, a culture bent on the quick fix for emotional pain, inevitably ends up denying both the social and spiritual dimensions of our sorrows...If healing is to mean more than a welcome relief from individual pain, or a fear-driven avoidance of collective pain, it must be connected to a process of inquiring deeply into the suffering that is part of everyone's life and spiritual journey, and is an overwhelming fact of life on the planet today. If you're someone who cries when you read the newspapers or watch the news on TV, if you have become numb out of overwhelming grief and fear for our world, if you're someone who sees the connection between your own emotional state and living in an age of global threat, if you love the world and want to see it heal itself, I hope this book will be of some use to you... For those who desperately need a way to feel more hopeful, resilient, and joyful, take heart! The emotions that appear to afflict us can be the vehicles of our liberation from suffering. Experiencing our grief, fear, and despair in a new light, we renew our capacities for gratitude, joy, and faith. We grow in courage and compassion. We approach the world with less fear and more wonder. We have more energy for changing the things that matter."

The second book is Dark Nights of the Soul: A Guide To Finding Your Way Through Life's Ordeals by Thomas Moore. This book is beautifully written and offers support and encouragement for anyone going through a difficult

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time. From his introduction: "You probably know more about the depths of your soul from periods of pain and confusion than from times of comfort. Darkness and turmoil stimulate the imagination in a certain way. They allow you to see things you might ordinarily overlook. You become sensitive to a different spectrum of emotion and meaning. You perceive the ultraviolet extremes of your feelings and thoughts, and you learn things you wouldn't notice in times of normalcy and brightness...A Dark night of the soul is not extraordinary or rare. It is a natural part of life...If you give all your effort to getting rid of your dark night, you may not learn its lessons or go through the important changes it can make for you. I want to encourage you to enter the darkness with all your strength and intelligence, and perhaps find a new vision and a deeper sense of self. Even if the source is external—a crime, rape, an abortion, being cheated, business pressure, being held captive, or the threat of terrorism—you can still discover new resources in yourself and a new outlook on life. We are not out to solve the dark night, but to be enriched by it."

I want to invite you to get involved in the Season for Nonviolence: A Celebration of Peace which "commemorates the 64 days, January 30 through April 4th, between the memorial anniversaries of Martin Luther King, Jr. and Mahatma Gandhi. Convened by the Association for Global New Thought, and co-founded by Dr. Arun Gandhi of the Gandhi Institute for Nonviolence, the season's purpose is to create an awareness of nonviolent principles and practices as a powerful way to heal, transform and empower people's lives and communities through an educational and community action campaign, A Season for Nonviolence honors those who are using nonviolence to build a community that honors the dignity and worth of every human being. The goal is to demonstrate that every person can move the world in the direction of peace through their daily nonviolent choice and action." Dr. Marshall B. Rosenberg, Founder and Director of Educational Services for the Center for Nonviolent Communication, will be presenting an introductory workshop on Nonviolent Communication Skills on Sunday, February 13, 2005 from 1:30 - 4:30 pm at the Inn at Pima. Reservations are required. Contact June Laraway at (480) 391-1126 x 13.

"The secret for bringing peace on earth is...

To touch others daily with the wand of your inner peace;

To live less at your periphery, more at your heart center;

To think peace when you look into people's eyes;

To live this day well and nobly, with kind thoughts toward all;

To pray daily for world peace - not as an end to strife and

discord, merely, but as the dawn of Divine Love on earth;

To surround yourself, wherever you go, with an aura of peacefulness. Walk consciously in that light of peace;

To emanate consciously, from your heart, rays of peace into the world around you." (Swami Kriyananda)

"Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good. What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take "everyone on Earth" to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale. One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like

these - to be fierce and to show mercy toward others, both, are acts of immense bravery and greatest necessity. Struggling souls catch light from other souls who are fully lit and willing to show it." (Clarissa Pinkola Estes)

MAY OUR SOULS SHINE BRIGHTLY AND LIGHT THE PATH TO PEACE
FOR ALL PEOPLE EVERYWHERE.

Denise Daup

The Fall Conference "Review" By Ellen Sohus, MC

The Arizona Group Psychotherapy Society held its 2004 Fall Conference in November. To begin the program, Dr. Allan Gelber, Ph.D. presented a brief history of Psychoanalytic Theory. The focus then transitioned to Modern Analytic Theory, presented by Dr. Elliot Zeisel, Ph.D.

According to Dr. Zeisel, the emphasis of Modern Analysis is learning to live and work with immediacy. This frees us from "holding grudges, having unrealistic expectations, and finally it frees us from the need to control those closest to us." There are four essential components forming the Foundation Concepts; 1) contract, bridging, progressive communication; 2) modeling, acknowledgement, observing ego; 3) introject substitution; and 4) resistance analysis. After an overview and a brief discussion, Dr. Zeisel demonstrated the concepts using a volunteer "fish bowl" group.

Volunteers for the group experience began to assemble. Resistance immediately appeared when only one male from the audience joined the group. No amount of encouraging, bribing, or coercing could produce another male, so, Dr. Zeisel worked with the resistance and moved forward with the mono-male group. Thus, the process began before the group started.

As a participant, I found Dr. Zeisel to be a kind yet penetrating group leader. He seemed genuinely interested

in every volunteer and their story. I struggled internally between the fear of exposure and the desire for attention. "Monopolize or hide?" I thought to myself. The mental tennis I was playing did not go unnoticed. My silence (hide) created attention. Somehow, Dr. Zeisel managed to be present with those who were sharing while paying close attention to those of us whom remained silent. He was able to find the right moment to bridge one person with another through our stories. In fact, he was so good at this that if the connections he made were beams of light, the group would have looked like a luminescent spider web with beads of glistening moisture...coming from the sweat off our brow.

The next day the same process continued. The discussions that followed each group session helped the audience grasp the Foundation Concepts of Modern Analytic Theory in a very short time period. Dr. Zeisel illustrated how the group moved through the concepts and how his interventions enhanced the process or detracted from it.

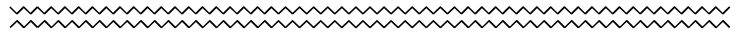
In short, the conference was excellent. Dr. Zeisel's presentation was well organized, informative and useful. He proficiently demonstrated his skills as an effective group leader inspiring insight within the group members. One participant later shared that the group experience was life changing for her. I couldn't agree more!



**WELCOME TO NEW BOARD MEMBER
TREASURER, RICHARD BOCARDO**

Richard, known to friends as Ricardo, is a native Arizonan, born and raised in the small mining town of Miami. His first mental health job was at the Arizona State Hospital in 1969. He describes himself as a product of the 60's. He has explored many spiritual traditions and feels most aligned with native American perspectives of honoring mother earth, being one with all, and strong respect for family and elders. As a therapist, he says that he has always had a holistic approach, somewhat eclectic with transpersonal leanings. Ricardo has had extensive experience in the treatment of chemical dependency and related -isms. He is a second level Reiki practitioner, an avid

gardener and is currently developing a small private practice and ceremonial/retreat center, Sana Sana Health at Chi Gardens. Ricardo is in a loving relationship with Todd. Relatively new to AzGPS, he says he is looking forward to being more involved and helping the organization in whatever way he can.



Message from Outgoing President of the Board of AzGPS

This is my sixth year as a member of AzGPS and fifth year as a Board member. I was appointed to fill a second year as Secretary due to a resignation and then elected as Treasurer for a 2-year term. Last year I served as President Elect and, of course, this year as your President. I will continue on the board in 2005 as your past President. It has been a very enjoyable experience for me to work with the members of the Board, President Elect, Denise Daup, past President Ellen Sohus, Treasurer Judy Wellek, Secretary Dennis Ryan, and Training and Education Chair Allan Gelber. Thank you all for your dedicated service to AzGPS this past year. It has also been a pleasure to work with our Administrative Assistant, Mary Lineback, who has been working for us for a number of years now.

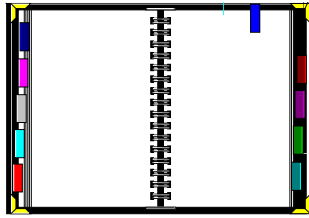
We are fortunate to have Denise Daup be our President next year. Denise brings a wealth of knowledge in group therapy as well as excellent organizational skills. Her enthusiasm and energy will be a huge asset to us all. I hope you will give her the same kind support that I have received this past year.

I want to wish you all Happy New Year and am looking forward to seeing you in the near future.

Mary Tucker, M.C.



**SAVE YOUR OLD CELL PHONES
AZGPS FUNDRAISER!**
FUNDS TO BE USED FOR MEMBER SHOLARSHIPS
TO CONFERENCES. MORE INFORMATION TO BE
POSTED @ WWW.AZGPS.ORG
☎☎☎☎☎☎☎☎☎☎



CALENDAR OF EVENTS

January 27, 2005
6:30 - 8:30 p.m.

Intro to Compassionate Communication Fee = \$15
Changing Hands Bookstore, Tempe, AZ (SWC McClintock/Guadalupe)
To register, call: 480.730.0205

February 5, 2005
2:30 - 4:30 p.m.

Intro to Compassionate Communication Fee = \$25
Desert Song Yoga Studio, 4811 N 7th St., Phoenix, AZ
To register, call: Sheri Lichte 623.878.1119

February 5, 2005
9:00 a.m. - 1:00 p.m.

Invitation to Art Therapy: A Workshop
Spontaneous Art Therapy Workshop(in Phoenix, AZ) to open the eye, mind, and heart. No experience in the arts is necessary. For details, call: Eugenia Sutcliffe, Ph.D., A.T.R., B.C. 602.852.0169 Fee: \$70.00.

February 12-13, 2005

Marshall Rosenberg Workshops. Marshall developed NVC and has been teaching around the world for nearly 40 years. Please visit NVCAZ.com for more information.

February 26, 2005
9:00 a.m. - 1:00 p.m.

“What is it you plan to do with your one wild and precious life?” Mary Oliver
A Spontaneous Art Workshop to discover, explore and express your truest self. No experience in the arts is necessary. Call for details: Eugenia Sutcliffe, Ph.D., A.T.R., B.C. 602.852.0169.

February 26, 2005
2:00 - 4:00 p.m.

Creating Peace through Empathic Listening
The Mindful Heart, 5150 N 20th St. #209, Phoenix, AZ
To register, call: Kristi Doden 602.692.6727
Learn the art of empathic listening and experience how these skills can help resolve conflicts and create more loving relationships. Proceeds to be donated to Services For Families First—an organization devoted to helping incarcerated women and their families reconnect with personal power and self-reliance.

March 7-12, 2005

AZPA Annual Conference (2005) New York, NY

March 20, 2005

“Sunday Night Event” (replacing “Friday Night Events”)
Holistic Approach to Enhance Therapy. Watch your mail for flyer!

April 2005

AzGPS Spring Conference ** Watch your mail for Flyer**

ANNOUNCEMENTS

I am organizing a therapy and support group for parents of adult children: "Saving Others: Drowning Ourselves" It is also the title of the book I am writing to help parents of adult children to establish proper limits and boundaries in their relationships for the welfare of both. Anyone interested may contact me at 480.488.9292. Patients from your practices are most welcome. This is a community project of the Roots&Wings Human Betterment Institute. donations are asked for but no one truly motivated is turned away for lack of funds.

AzGPS will be offering psychoanalysis for individual and group therapy starting in January 2005. There are a few openings left. Contact Allan H. Gelber, Ph.D. 602 954 6700 or at AZCMH@AOL.COM.

*Recent publication of **Dilemmas in Group Therapy**, edited by Lise Motherwell and Joseph Shay; Brunner-Routledge 2005. The contributors are some of the most prominent theoreticians, researchers and clinicians from AGPA. They write from a range of theoretical positions from Self Psychology to Object Relations to Redecision to Systems-Centered Theory. Each chapter identifies a certain topic (Boundary Issues, Difficult Patients, Complex Defenses, Destructive Forces, etc.), followed by current research and theory. Each topic is further described by the presentation of brief vignettes and clinical responses from two clinicians as they might respond to the same dilemma at one moment in time. The book is highly informative and addresses a much need gap in the quest for consultation.*

Allan H. Gelber, Ph.D.

Committee REPORTS

MEMBERSHIP: It's time to renew for 2005. Please visit the AzGPS website to renew your membership: www.azgps.org or e-mail Mary Lineback @ scotey1@aol.com to determine the status of your membership.

PHOENIX TRAINING AND EDUCATION: The first announcement is bitter sweet. After countless years of service and dedication to AzGPS as the T & E chairperson, Allan Gelber announced that he would be retiring from that position at the end of 2004. Allan was instrumental in revitalizing both the T & E program and AzGPS about six years ago when the organization needed new energy and motivation. He invited presenters from around the nation to Arizona, enhancing the quality of education AzGPS offers to the community. He will be greatly missed by the T & E committee and the AzGPS board of directors. Ellen Sohus will become the chairperson for 2005. Maybe, with a little luck, we will still see Allan once again as the Master of Ceremonies for future events. After all, the next Fall Conference is only ten months away.

Dr. Elliot Zeisel, Ph.D. presented on Modern Analytic Theory and Dr. Allan Gelber, Ph.D. lectured on the history and evolution of Psychoanalytic Theory at our fall conference in November. The conference was didactic with an experiential "fish bowl" group of volunteers. The attendance was lower than expected but the program was excellent.

Denise Daup offered a wonderful experiential presentation on honoring one's spirit during the holiday season. Valerie and Roger Gayle organized and hosted the event at their home in Scottsdale. This was one of our "Friday Night" lectures held this time on a Sunday night. The response was so positive that the T & E committee will consider moving future events to Sunday nights.

The Gayle's have volunteered to continue to organize the evening programs for 2005. They need people to offer their homes for a few hours to host events for 2005. For more information, please contact Valerie at 480-488-9292.

The T & E committee is forming a subcommittee to organize the Spring, 2005 conference. We currently have three members on the subcommittee but we are asking for three more volunteers. Anyone who is interested, please call Ellen Sohus at 602-279-5300, X12.

The T & E committee will be meeting in January (date and time to be announced.) AzGPS members interested in joining the committee for 2005 please contact Ellen Sohus at 602-279-5300, X12.

NEWSLETTER: Thank you to those members who have contributed to this Newsletter. Please contact Denise Daup with any suggestions or articles for the Spring 2005 Newsletter.

AzGPS Newsletter	c/o Denise Daup
e-mail: willowcounselor@aol.com	
Office: 480.921.3936	

Committee REPORTS (Continued)

ADVERTISING FEE SCALE

PAGE SIZE	MEMBER	NON-MEMBER
Full	\$22.50	\$45.00
1-2	\$15.00	\$30.00
1-4	\$10.00	\$20.00
1-8	\$ 7.50	\$15.00
1-16	\$ 5.00	\$10.00

FINANCIAL: **Please submit your inquiry.**

AZGPS AFFILIATE REPRESENTATIVE: American Group Psychotherapy Association (AGPA) is very excited about the 2005 Annual Meeting, "Best Group Practices: Expert Consensus" which will be held March 7-12 at the Sheraton New York Hotel and Towers in New York City. For more information, visit the website at www.agpa.org . There are conference scholarships available.

There are two scholarships available for AGPA membership through AzGPS. If anyone is interested in becoming an AGPA member and would like to apply for a scholarship for membership, please contact Ellen Sohus at 602-279-5300, X12.

Submitted by Ellen Sohus, MC, LPC, CSAC
 Wk: (602) 279-5300, x12
 E-mail: eesohus@yahoo.com

LOOKING FOR A GROUP?

We are often asked to help find a group for a particular client with a particular need. This is not always an easy task. To address this need, we will be including a listing of groups available in our community in this Newsletter. The list is incomplete at best but it is a beginning. We would appreciate your help in identifying other groups to add to our list. We believe this is also a wonderful opportunity for our members to spread the word of groups you are offering or will be offering in the future. Submit your information to: willowcounselor@aol.com or call Denise Daup at (480)921-3936.

Involvement...Critical



MEMBER SPOTLIGHT

SANDRA HOLT

In Her Own Words...

At the spring conference 2004, Sandra Holt didn't hesitate to raise her hand when we asked for help for our long-time Membership chairperson, Marie Webb. Being new to AzGPS didn't stop Sandra from jumping in and getting involved. Within a few months, Sandra agreed to become the new chairperson and to lead the membership committee in assuming a more dynamic role in the organization. AzGPS welcomes and thanks Sandra for her enthusiasm and commitment. Please consider joining this lovely, spirited woman as a member of the membership committee.

I have been a Phoenix resident since December '85, when my family and I relocated here from Rochester, NY. My professional employment included working for County and State government as an administrator of social, health and aging & adult administration programs. In December 2003, I made the decision to establish a corporation whose objective is to provide Assisted Living Services within the greater Phoenix metropolitan area. The Sholt Corporation is scheduled to open for business in March 2005 in Chandler Arizona. My personal goals include: being the best person I can be, sharing with others, being involved in the community and enjoying my blessings.

1. **What is important to you on a personal level?** What's important to me on a personal level is that I gather about me whatever it is that I need to become the person God wants me to be. The problem is: if, and I am sure I can and do intellectualize what these things are, I have not realized them and even when I concentrate heavily, I fall short of the minimum level of achievement I can feel good about. It's an ongoing struggle.
2. **What makes you feel most alive?** I feel most alive when setting and accomplishing goals, and teaching, helping and sharing with others (passing my blessings on).
3. **What brings you joy?** Interacting with my family brings me joy.
4. **Describe your vision for life.** My current dream or vision for my life is to bring my professional life to the level of my personal life. I am working to establish a business (Assisted Living Home) where I am responsible for the success' and failures, love what I am doing and make a decent wage.
6. **Who is your hero?** Prior to the question of who my hero(es) are and why, I had not consciously thought of someone as my hero, although I recognize many people as being heroes. Giving thought, I see Martin Luther King, Jr. as a hero because while I believe that we would agree on the desired outcomes of his efforts, I do not possess and would not have been able to match his conviction to non-violence, which I believe was at the route of his success.
7. **If you could change one thing in the world today, what would it be?** If I could change one thing in the world today, I would have each human being subscribe to the land of morals and values that allow peaceful co-existence.
8. **What is the one think you know for certain?** I know for certain that one person can make a difference.

Women's Groups:**Ongoing, Interpersonal, Support**

Mondays, 5:30 - 7:00 p.m.
Judith Wellek, CISW, CGP
South of Camelback on 32nd St., Phoenix
(602) 957-7020

LIVING SOULFULLY WOMEN'S SPIRITUAL RETREAT GROUP

8 sessions, next one beginning 1/13/05
Mondays, 7:15 - 9:00 p.m.
Contact: Denise Daup, MA, LPC (480) 921-3936

PRIDE GROUP: A GROWTH AND HEALING GROUP FOR LESBIAN, BISEXUAL AND QUESTIONING WOMEN

Ongoing, beginning on 1/13/05
Thursdays, 7:00 - 9:00 pm
Contact: Denise Daup, MA, LPC (480) 921-3936

Long-term High Functioning -

Mondays, 6:00 - 7:30 pm
Young Women (22-35 Years Old)
Wednesday, 5:10 - 6:40 p.m.
Limited to 8 members.
Facilitated by Linda Kriesel (602) 230-8522

Two groups, meeting for 12 sessions:

Wednesday, 10:00 am - Noon
Monday, 6:00 - 8:00 pm.
Contact Maxine Norris, (480) 345-9888 or
Jan Hayden, (480) 303-6686. Insurance
accepted.

Men's Groups:**MEN'S ANGER MANAGEMENT**

Ongoing weekly group for men requiring a
commitment to attend 10 weeks
Tuesdays, 5:00 - 6:00 pm and 6:00 - 7:00 pm
Contact: Dennis Ryan, MC, LPC (602) 381-8003

MEN'S GENERAL THERAPY GROUP

Ongoing weekly group for men requiring a 10
week commitment
Wednesdays, 2 groups available, 5:00 - 6:00
pm and 6:00 - 7:00 pm
Contact: Dennis Ryan, MC, LPC (602) 381-
8003

Psychodynamic, Relational

Tuesdays, 6:00 7:30 p.m.
Bernard Makowsky, MSW, CISW, CPG
602-957-3524
32nd Street, South of Indian School, Phx.

GUYS CLUB:

A support group with a focus on problems
unique to males of high school age
Barry Oblas 602.469.0899
Marlo Archer 480.705.5007

Gay Men's Support Group

Tuesday, 6:30 - 8:30 p.m. East Valley
Facilitated by Larry Matje, LPC
602.695.5759

Specialty Groups:**ASPERGER SUPPORT GROUP**

Support and Information Group for Parents of
Asperger's Syndrome

Teens and Young Adults
Saturday afternoons -- to be announced

South of Camelback on 32nd St., Phoenix
Judith Wellek, CISW, CGP (602) 957-7020

ART THERAPY SPONTANEOUS/ PSYCHODYNAMIC ART THERAPY

Groups for women, men and mixed, weekly
and bi-weekly
Eugenia Sutcliffe, Ph.D., A.T.R., B.C.
48th Street and Osborn, Phoenix
(602) 852-0169

WHY WEIGHT? THERAPY GROUP FOR WEIGHT MANAGEMENT AND BINGE EATING

Ongoing group for adult females, 19 years
and older

Thursdays, 6:30 - 8:00 pm.

Group size limited to 8 members.
Contact: Ann Green, Psy.D. (480) 518-1006

Teenage Girls Group

Tuesdays 4:30 - 6:00
Most diagnoses accepted. Interview required.
Judith Wellek 4647 N. 34th St. #275,
Phoenix (602) 957-7020

GROWING OUT OF EATING DISORDERS PSYCHOTHERAPY GROUP

Ongoing group for males and females, 18 - 24
years of age
Tuesdays, 6:00 - 7:30 pm.

Group size limited to 8 members.
Contact: Ann Green, Psy.D. 480.518.1006

SUPPORT GROUP FOR PARENTS WITH DIFFICULT GROWN CHILDREN

On-going, open minded.

Carla Krus, LCSW 480.948.7460

Franciscan Renewal Center, Scottsdale

FULL HEART/ SATISFIED BELLY

Adult, men and women 9 weeks,
Facilitated by Kathleen S. Hosner, Ph.D. and
Linda Frazee 480.657.9614 or
www.fullbellyonline.com

LIFE SKILLS GROUP

Douglas Jardine, Ph.D., LMFT 602.538.9094

Gestalt Institute of Phoenix; Open Group.

Supervised by Institute's training faculty
members. Fee \$10. Contact Linda @
602.955.9298 or info@gestaltphoenix.com

Mixed Groups:**Psychodynamic/Interpersonal**

Max 8 members, Meets evenings weekly, 90
minutes

Allan Gelber, Ph.D.

5070 N. 40th St. #200, Phoenix
(602)-954-6700

Ongoing, Psychodynamic, Interpersonal

Thursdays 5:30 PM to 7:00 PM, Weekly
Mark Wellek, MD, CGP and Judith Wellek,
CISW, CGP
South of Camelback on 32nd St,
Phoenix (602) 957-7020 or (602) 955-1070

Psychodynamic, Relational

Wednesdays, 6:00pm—7:30pm
Bernard Makowsky, MSW, CISW, CPG 602-
957-3524 32nd Street, south of Indian
School Rd., Phoenix

RELATIONSHIP SKILLS GROUP FOR COUPLES

Facilitated by Douglas Jardine, Ph.D., LMFT
and Sandy Jardine, MS, LPC

Contact: Douglas Jardine, (602) 538-9094.

Adult Process Group

Ellen Sohus 602.279.5300

Mixed Men's and Women's Group:

Limited to 8. High functioning, long-term.
Co-facilitated by Linda Kriesel and Arnold
Lopez. 602.230.8522