The Foundation, through a generous endowment, also sponsors the Harold S. Block Graduate Student Scholarship. Agazarian was one of very few that year by the International Board for Certification of Group Psychotherapists (IBCGP). This year’s recipient, Judith Cochê, PhD, ABPP, CGP, LFAAGPA, was recognized for her significant contribution to the training and supervision of group psychotherapists through a generous endowment. The members of that group provided support and encouragement. The author had recently attended a conference in New York, and the experience was different; it was discomfort in the service of growth, and I was being held and helped along the way. Writing these words now, it’s obvious that this group was a developmental milestone in my life: It was the first time I saw myself clearly in a social context and met the unique challenges that comes with my career goals. As a Group Foundation scholarship recipient and community mental health psychotherapist who runs two weekly therapy groups, I recently attended my third AGPA Connect. It seems that groups don’t get easier; they just show us new learning opportunities if we’re feeling brave. This year’s conference in Los Angeles was no exception.

Ooph, that first one was a doozy. I came face to face with some of the toughest parts of myself. Fiercely competitive, seeking validation, and not knowing the contours of vulnerability. I wasn’t yet able to just be me. I stumbled, fell, stood up, stumbled some more, and fell again. Ooph. It wasn’t for Robin Good’s, PhD, CGP, FAGPA, leadership, I probably would’ve sat in my own puddle. But this experience was different; it was in the service of growth, and I was being held and helped along the way. Writing these words now, it’s obvious that this group was a developmental milestone in my life: It was the first time I saw myself clearly in a social context and met the unique challenges that comes with my career goals. As a Group Foundation scholarship recipient and community mental health psychotherapist who runs two weekly therapy groups, I recently attended my third AGPA Connect. It seems that groups don’t get easier; they just show us new learning opportunities if we’re feeling brave. This year’s conference in Los Angeles was no exception.

Ooph, that first one was a doozy. I came face to face with some of the toughest parts of myself. Fiercely competitive, seeking validation, and not knowing the contours of vulnerability. I wasn’t yet able to just be me. I stumbled, fell, stood up, stumbled some more, and fell again. Ooph. It wasn’t for Robin Good’s, PhD, CGP, FAGPA, leadership, I probably would’ve sat in my own puddle. But this experience was different; it was in the service of growth, and I was being held and helped along the way. Writing these words now, it’s obvious that this group was a developmental milestone in my life: It was the first time I saw myself clearly in a social context and met the unique challenges that comes with my career goals. As a Group Foundation scholarship recipient and community mental health psychotherapist who runs two weekly therapy groups, I recently attended my third AGPA Connect. It seems that groups don’t get easier; they just show us new learning opportunities if we’re feeling brave. This year’s conference in Los Angeles was no exception.

Ooph, that first one was a doozy. I came face to face with some of the toughest parts of myself. Fiercely competitive, seeking validation, and not knowing the contours of vulnerability. I wasn’t yet able to just be me. I stumbled, fell, stood up, stumbled some more, and fell again. Ooph. It wasn’t for Robin Good’s, PhD, CGP, FAGPA, leadership, I probably would’ve sat in my own puddle. But this experience was different; it was in the service of growth, and I was being held and helped along the way. Writing these words now, it’s obvious that this group was a developmental milestone in my life: It was the first time I saw myself clearly in a social context and met the unique challenges that comes with my career goals. As a Group Foundation scholarship recipient and community mental health psychotherapist who runs two weekly therapy groups, I recently attended my third AGPA Connect. It seems that groups don’t get easier; they just show us new learning opportunities if we’re feeling brave. This year’s conference in Los Angeles was no exception.

Continued on back page
During one powerful workshop, I found myself in the heart of a room filled with people. It was a moment of connection and with profound gratitude, I am grateful to my childhood co-housing community for laying a foundation for my love of groups, my former group that has become my compass cutting through the fog. And telling me something that has been lost in our current world. I look forward to incorporating Dr. Gantt's words and attempt to facilitate honest communication, emotional vulnerability, and with connection and with profound gratitude, to make this world a better place. I was joined by hundreds of others. She remarked, “When we see that we have a subgroup, our neurobiology changes.” I was one of the members who raised my hand to say, “I am anxious,” and my anxiety, indeed, lowered when I saw that we were not alone. I was joined by hundreds of others. She remarked, “When we see that we have a subgroup, our neurobiology changes.” I just finished writing a blog for the Cambie Health Alliance website entitled, “Let’s spend time together,” emphasizing the importance and health benefits of socialization in older adulthood. My hope is that this blog might inspire someone to join a walking group or Zumba class and find subgroups of their own. When I begin to run groups at work, with connection and with profound gratitude, Simon Bresler, LMSW, MSW, LCSW Cambridge, Massachusetts

IN CONTRIBUTIONS (Donor is listed in parentheses)

Marsha Block (Nina Brown) Gary Burgalalma’s Distinguished Fellowship (Barbara & Fred Wiltf) Meleah Leuciz, Jeanne Mandell

Eleanor Counsellor (Nina Brown)

Annie Fehr (Scott Fehr) Lisa Growen’s Distinguished Fellowship (Indicated with * in donor listing)

David Hawkins (Russell Hoyben) Steve Hau (Dana Metz)

Priscilla Kauff (Yang Xu)

Michelle McGarr (Anne Weiss)

Emma Weyer (Kristen Gilg)

Mary Nicholas (William Hayden)

Ryan Field (Kristen Gilg)

David Panicar (Yair Kramer)

Mildred and Mitchell Price (Jeffrey Price)

Keith Rand (Steven Ramer)

Phyllis Rifkin-Russell (Janet Rifkin)

Karen Travis (Kevin Creder, Darlene Ford)

IN MEMORIAM CONTRIBUTIONS (donor is listed in parentheses)

Anne Alonso (James Lazarus)

Patricia Doyle (Barbara Finn)

Laura Furgul (Antonia & Debra Blanca)

Jay Erwin-Grotsky (Eve Fyer, Patricia Olivier, Scott Phillips, Britt Rapging, Deborah Sharp)

Ruth Hochberg (Esther Stone)

Robert Ligget (Jeffrey Roth)

Miriam Poiztler (Miriam Isopouccio)

Theodore Schramm (Marc Schramm)

Continued from front page

Continued from Group Foundation Honors Award Winners

During AGPA Connect 2019 in Los Angeles, the Group Foundation for Advancing Mental Health, the philanthropic arm of the AGPA, sponsored a 10-week-long 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:

1. Richard Beck, LCSW, BCD, CGP, FAGPA, received the Social Responsibility Award for his sustained work nationally and internationally in responding to trauma and providing pro-bono group therapy training (more about Richard’s work in this interview by him Foundation Chair Karen Travis, LCSW, BCD, CGP, FAGPA, https://tinyurl.com/y5q3x5m).

2. The Alonso Award for Excellence in Psychodynamic Group Therapy, given to Bonnie Buchele, PhD, ARBP, CGP, DLFGPA, for editing Today’s Bridge’s Psychodynamic Analysis and the Group World, a special issue of Psychodynamic Analysis (Kristen Gill).

3. Teen Line of Los Angeles, received the Aaron Stein Memorial Award for its creative use of groups in non-therapeutic settings to benefit the community; and

4. 160 individuals received scholarships to attend the meeting, supported through endowed scholarship funds and private donations.