

AMERICAN SOCIETY FOR THE

NEW IDENTITY PROCESS

NEWSLETTER JUNE 1995

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ABOUT ASNIP

The American Society for the New Identity Process (ASNIP) was established in the 1970's to maintain high ethical and professional standards for the NIP, a method of psychotherapy developed by psychiatrist Daniel Casriel, MD. ASNIP provides education, training, and certification programs as well as a forum for thinking and development in the NIP.

Group Therapy For Adolescents

by Ginny Hurney, LCSW, NIP Fellow

Adolescence is a difficult time for many teenagers who struggle with their ambiguous status of being neither a child nor an adult. This in-between state brings about confusion and anxiety. Adolescence is a period of time spent undoing the early intrapsychic arrangement of parental introjects to fashion a more mature sense of self. (1) The teenager's goal is to achieve an increased sense of awareness of how they are distinct from others -- especially their primary caretakers. Their job is to develop a sense of who they are and how they can fit within the adult world of work and relationships.

Parents are the major influence in how a teenager formulates self image. Even if a child never knew their parent, their fantasies of the parent function as reality. The voice of the real or imagined parent keeps sending messages to them, internally, long after the youth has physically grown up and begun to separate from the family. The messages may vary: "You're not good enough; You're special; I love you; You should be a man and not cry."

In testing their parent's limits, adolescents swing back and forth between a desire to stand on their own and a desire to be taken care of. Because the teenager plays out this struggle within the family, adolescent problems often become family problems. I see my role as a therapist to be an advocate for the adolescent, by supporting them and helping them to understand their function in the family.

I have found the NIP to be a valuable tool in my work with teenagers. Along with my co-therapist, Glen Keith, we use the NIP in adolescent groups to provide a safe, nurturing environment where teenagers can let down their defenses and learn to identify and express their feelings. In group, we introduce them to the use of the *bataca* and the *temper tantrum*, as a way of expressing feelings of anger and rage in a stylized manner. Some members of the group refuse to express anger this way, but stay in-

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FROM THE PRESIDENT...

By Ron Kissick, Teaching Fellow, ASNIP President

Dear Friends,

Get ready! The Ninth ISNIP Conference will be upon us before long and its going to be the best yet.

A large group of ASNIP members from the Washington area have been meeting at least weekly for some time now and the results are coming together beautifully. The keynote speakers are internationally renown in their respective fields. The other presentations slots are filling with excellent presentations as well.

Great interest in attendance is being expressed by professionals from outside of ASNIP and this means two things:

1. Get your reservation in right away for the Conference and hotel. Seating is limited and some presentations may be full.
2. Encourage your non-NIP colleagues to join us at the conference. This is a great opportunity to be recognized in the professional community, for what NIP is and how it fills an important place in the field of psychotherapy.

Many thanks to the Washington contingent for their hard work and the good results.

On a very different subject, as I write this letter I am preparing for my return from the Teaching Fellow meeting at the NIP International Training Center in Bogeve, France. I wish I could convey the spirit of the meetings and the feeling of this place to you. The purpose of the Teaching Fellow meetings is to discuss issues of training NIP therapists and make recommendations to the ISNIP Board. The Training Center ended its first year with a deficit of \$2000, a remarkably good performance for a new venture. We have tinkered with the mechanics of recruiting candidates for training and other procedures and anticipate that the Center will be self supporting this year. I strongly recommend that all trainees make use of the Training Center as part of their NIP development and that all Teaching Fellows and Fellows use it as part of their continuing education.

Thanks to Frankie Wiggins and Yetta Lautenschlager Modifica for their presence at this meeting. One of the results of their presence was that the American Teaching Fellow will be leading or co-leading three of the next four training sessions at the Center.

Finally, I want to express my appreciation to all of you who have worked to support the development of ASNIP. We are moving into the light of recognition as a professional organization. Let's enjoy the benefits of that recognition together.

Hugs and best wishes,
Ron Kissick

The ASNIP Newsletter

is published quarterly the first of the month -- December, March, June and September.

Deadlines for articles and advertising are thirty days prior to publication. We are interested in articles about theory and clinical techniques using the NIP, personal experience with the NIP, related training experience, book reviews and general interest. Send all newsletter submissions to:

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Submissions must be typed and double spaced. Please include a 3.5 disc, in a DOS program if possible. Advertising for workshops and trainings is limited to Teaching Fellows and Fellows.

Send applications for membership in ASNIP and fees for advertising to:

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SOCIETY NEWS



■ **The 1995 Conference** is shaping up to be a major event! The conference will take place in Columbia, Md., located halfway between Washington, D.C. and Baltimore, Md. Columbia is a unique city, one of the few "planned" communities ever built in the USA, a rare combination of commercial, residential and recreational facilities, all within a landscaped, rural setting. The hotel we will use is on the outskirts of Columbia, easy to get to by car, and literally minutes away from the Baltimore-Washington International Airport.

■ **What we need** now is help from the membership in two areas:

Help #1 -- Promoting the Conference. This year, unlike other years, the Conference is geared to help us reach out into the community. The Conference committee has designed a very nice mailing, inserted in this newsletter. We have 400 extra printed, for mailing to those outside of our membership. If you have colleagues you want sent the mailing, send us addresses or labels and we will mail them out. If you prefer to mail them yourself, we will send you as many mailers as you need.

Help #2 -- is for members to register early, to provide us with the funds that we can use to pay for our costs up front. We operate on such a slim budget that the fees for your registration actually go to pay for the expenses. Some of the expenses are occurring now (deposits, advertising, printing, etc.) Please see the enclosed Conference flyer and register early. Many thanks from the Conference Committee.

■ **The ASNIP budget** has been finalized and submitted by Rachel Light, Treasurer. Due to lack of space, it will appear in the September issue.

■ **The meeting for Teaching Fellows** in Bogeve, France (at the International Casriel Institute) was attended by three ASNIP Teaching Fellows. ASNIP underwrites some of the travel costs and the Board asked for a report on the meeting. Yetta Modifica, ASNIP Corresponding Secretary, attended and submitted this report:

"Our accommodations were at the beautiful La Soilette, a charming Inn in the French Alps. Our hosts were Bridget and Gerard. Charlie did the cooking of delicious vegetarian meals. The rooms were rustic, charming and comfortable. Attending the meeting were the ISNIP president, Johan Martens from Belgium, our ASNIP President Ron Kissick, Frankie Wiggins from the USA., Jeff Gordon from Germany, Ingo Johanson from Sweden, Yetta Modifica from the USA., Nimet Salem from Switzerland and Peter Geerlings from Holland.

The day we arrived, the participants in the 5 day training were finishing. We met them and their trainers, Ingo and Peter. Frankie had also attended and was relaxed and refreshed. Following lunch we gathered for our Teaching Fellow meeting. We worked all afternoon, stopped for dinner and then finished at about 11 PM. During this time we had some discussion and made some decisions. The flow was steady and the input very professional from all. We worked very well together for members from different countries and two Americans with jet lag.

Our main agenda followed Ron's ASNIP mission to 'bring NIP to the banquet table.' We discussed networking, writing for journals, speaking at the Conference and joining other organizations with similar methods of therapy. We discussed the ways to increase the use of the International Casriel Institute in Bogeve. ISNIP wants this to be the main training center, but discussed possibilities of

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Editor's Page

Thoughts from the Editor by Lynn Grodzki, Fellow

The Future Of Psychotherapy

In March I attended the Family Therapy Networker Conference and heard Michael Lerner, editor of Tikkun Magazine give a rousing talk entitled, "The Assault on Psychotherapy." He outlined the changes in the current global economics, the resulting political swing to the right in this country, and the way this effects the field of psychotherapy. The drive towards maximized profits in business and insurance companies (via managed care) has intensified the competition among psychotherapists for position, patients and an ever-shrinking dollar. The new basis for treatment, according to "mangled care," is preserving profits. Short-term triage, (a few sessions to get the person on their feet and back to work) rather than the desire to treat and cure illness and distress has become the mandate of how to practice therapy. Lerner urged psychotherapists to resist this practice of allowing the insurance companies to dictate the basis of treatment, and instead join together to focus on the "politics of meaning." By deciding to work together for the good of all, therapists might make the debate in psychotherapy about ethical treatment and caring, rather than increasing profits for business and insurers. Lerner was met with a cheering, standing ovation from the usually quiet audience of 2000 therapists. He struck a chord with them, and with me.

During the remainder of the conference, I attended two more seminars, both actively political. One was called "Saying No To Managed Care," a well designed lobbying effort by a coalition of mental health professionals and consumers. The second was an open forum where therapists from

across the country spoke of their frustrations, anger, fear and hope for a new way of practicing their craft, amidst the changing economic currents.

One concern voiced was that access to therapy may once again be the realm of the upper class (the only ones that will be able to pay out of pocket expenses.) This would take us back to the beginnings of psychotherapy, when there was no insurance coverage, and psychotherapy was regarded as luxury, rather than a necessary medical treatment.

Since the conference, I have thought a great deal about the way I practice as a therapist and about the value of group therapy. I believe that the NIP may offer a model for weathering this storm, based on its inherent strengths.

From its beginnings, the NIP was designed to be used widely to cut across class, race and gender lines. In the 1960's, the Human Potential Movement encouraged

therapy as a tool of personal evolution, hoping that the universality of working primarily with emotion would make this therapy accessible for many. Dan Casriel began his work with hard-core drug addicts, and then refined the group encounter techniques to fit his middle class population of patients in Manhattan. He worked with groups that included adolescents, single adults and married couples, often treating the entire family. He began to train others, in the U.S. as well as Europe, believing that this model of therapy could be easily learned and used in a variety of settings. Unfortunately, his vision of the NIP did not mature. The NIP in the U.S. remained a small, rather select model of private, not public practice.



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BACK TO BASICS: Understanding The New Identity Process

A regular column examining the theory and history of the NIP by Paul Komatinsky, Fellow

The Biological Need For Bonding

In this article, Paul Komatinsky continues his discussion of man's evolution and the understanding of bonding as a basic, human need. This helps to explain why the NIP incorporates the use of bonding within its model of group psychotherapy.

Last time we saw how the roots of what man is, physically and emotionally, can be found in the characteristics of primate troops. Within groups or troops of primates, individuals were able to express uninhibited emotions whenever danger arose, and met their needs for contact by physical touching, grooming, cuddling during sleep and sex.

Primates with these characteristics were the ones that survived. Natural selection determined the survival of these characteristics over time. Therefore these traits can be described as biologically based or survival-based characteristics.

As hominids descended from primates, they retained many of these characteristics. Like the primates, hominids lived as hunters and gatherers, in structured groups of 30-40 individuals. The group acted as a unit and had no rules inhibiting them from expression of full-bodied emotions or physical contact within the group.

Man evolved from two societies--primate and hominid-- in which the needs of the individual were very similar. Each individual needed to live within a group of people in which he found refuge from the world or the "nonpeople." Within this safe group, the individual needed to get his biologically based needs met, including the need to be accepted as one of the group.

Approximately 20,000 years ago, man's environment began to change. By the end of the fourth ice age, many groups of men stayed in the cold regions rather retreat from the ice. Using intelligence and creativity, these groups developed

the means of surviving the cold. Man began to use symbol and was able to transmit this knowledge to successive generations. With this ability, man created "culture."

Approximately 10,000 years ago, man discovered how to domesticate plants and animals. This allowed some men to stop roaming and to settle in one place. These places developed into civilizations-- from villages to cities.

The effects of civilization and culture on man were enormous. During this time, man had the same biologically-based needs as his ancestors. However, due to civilization, the resources for getting these needs met were greatly diminished. Due to culture, restrictions were placed on what needs were appropriate. While man's need for food, clothing and shelter were met, he no longer lived as part of a large group, or tribe. Thus, he no longer had a large group accepting him "as is." He no longer had a close group to meet his needs for physical contact. In addition, he could no longer express his full-bodied emotions (civilized people don't do this.) Thus in the course of a few thousand years, man was no longer able to fully meet his need for bonding--to be physically close and emotionally open with a number of people. As such, the deprivation of bonding is a built in defect of current civilization.

The need for bonding is a biological need, which is present from birth and can't be satisfied by a single individual. □

Next issue:

The Essential Meaning Of Emotions

volved with the group. Resistance, an intrinsic part of one's struggle to change, is accepted within the group.

Since adolescents look to their peers for approval more than to the adult group leaders, we find a benefit in having the whole group work together. For example, when one member is angry, we might *all* (members and group leaders in unison) use the phrase "I'm angry" together. The group offers a safe place to voice all feelings, without acting on them. One member felt so relieved at being able to use any words he wanted, including curse words, to verbally express his anger, he said, "I feel like my brain is having a party."

The main theme of our work in group is current issues about school and family. We keep regression to a minimum and focus on the here and now, due to the instability of the adolescent ego. Teenagers can resist admitting they have problems and frequently feel insecure. Focusing on their weaknesses only increases their resentment and low self-esteem. In group, we work to build socialization skills by providing positive group interaction and support. We incorporate fun recreational activities, including bean bag tosses, group murals, role play and storytelling.

The group members use the therapists in a direct way. Group members ask me very direct questions about my life and carefully watch my participation in the activities. They demand that I become real to them, before they will trust me. I find this demand for me to talk personally about myself more challenging than leading adult NIP groups, because I have to risk more self disclosure as a therapist.

We try to make it safe for them to discuss any subject without our behavioral intervention, as long as they are no threat to themselves or others. Substance abuse and sex are two popular topics, since these are issues of great concern. Teenagers rarely have a place to discuss these topics freely, with adult supervision. The group looks for a degree of predictability, to assure them that we are there to support them, elicit their best qualities and act as their advocates. The use of ritual is important in establishing predictability. We start group with a go-round, a group scream and bataca work to express anger. We end with a bean-bag toss, a story, a group hum and hugs. We do not use full body holding (bonding) because we feel it is too stimulating with this age group.

Adolescence is a time when hormones and feelings run rampant, and acting out feelings can result. Helping teenagers to understand their feelings and giving them a safe place to discharge them can be incredibly liberating. Life becomes easier for them when they don't have so much to contain. I often think how different my own teenage years could have been, had I interacted with empathic, adult advocates and a group of peers to help me to develop insight, discharge my feelings and support me to change my behaviors constructively. This is what I try to offer adolescents in my group.

Suggested reading:

1. Dies and MacLennan, *Group Counseling and Psychotherapy with Adolescents*. New York, Columbia University Press.
2. Kroger, *Identity in Adolescence: The Balance Between Self And Others*. New York, Routledge. □

You can list your groups, workshops, trainings and products in the Newsletter!

Advertising in the Calendar is limited to Teaching Fellows and Fellows. Send a brief description of your groups, workshops, etc. to the Editor one month prior to the date of publication. Next deadline is Aug. 1 for Sept. 1, 1995 issue. Rate for advertising is \$10 per item or \$100 per year (unlimited listings.) Send a check for your listing to the Treasurer, Rachel Light (address in box on page 2).

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training in the USA. Next years dates were approved and the 3 Teaching Fellows from the USA signed up to do the 5 day training.

Ron Kissick put in a plug for the International Conference in Columbia, Md. in September and informed us of the two keynote speakers, Candace Pert and Rudy Bauer. He asked the Europeans to come and present and also to be on the panels. They were enthusiastic to do both. The next International Conference will be held in Holland.

Johan asked for articles for the ISNIP newsletter. We also discussed the category of assistant therapist. This category was asked for because at in-patient facilities, people not fully qualified to be fellows educationally needed to be able to assist in leading groups. It was decided that an assistant therapist could assist in leading groups only at an Institute (institution and only where the institute would take full responsibility. It was also recommended that assistants not work with someone who had been their therapist, but that they can with their trainer (sponsor.) The final decision will be made at the International Board Meeting. The final decision about the name change will also be made at the board meeting, although there was an understanding of why ASNIP does not want it changed. We all went to bed tired, but happy about the way the meeting went.

We had breakfast together the next day and proceed to the group room for bonding and our own personal work. Luckily there were eight Teaching Fellows so we paired off evenly. We followed our mission to practice what we teach. We also did eye-to-eye bonding and shared feelings we had about each other. It helped us all become closer, which was one of the proposals we went over to France with.

We had lunch together and then Gerard drove us to a mountain where some of us hiked to the top and others went part way. The scenery was breath-taking and the congeniality was pleasing. The energetic set also walked the 5-6 miles back to La Soilette. We had dinner together and another evening of sharing. We left very full on Sunday morning with many hugs and good feelings." □

Future continued from page 4

But the strength of the NIP, especially as it has proven its flexibility in its use in Europe, is the methods ability to address both the issue of efficiency and of caring. I think that NIP groups, which can accommodate large numbers of clients (15-30) are only limited by the needs of soundproof space and trained, qualified group leaders. The NIP is unique in that it promotes the use of peer work between clients, which makes the process more autonomous and less dependent on each client needing time and guidance with the therapists. The NIP teaches skills, which include defined and specific methods for emotional release, appropriate confrontation, nurturing, bonding, and the use of the group to affirm new behavior shifts. Clients can come to group or workshops, learn and experience a new way of feeling, thinking and behaving and then leave and practice the new learnings. The group makes empathy the focus of relating: it stretches each persons ability to connect to others via a deep understanding of the universal nature of feelings.

The next six months will be a time for us to test out the amount of reaching out we can do within our local and national communities, to help spread the word about the NIP. As managed care continues to take hold, alternative methods of psychotherapy and group therapy may be increasingly necessary to offer a powerful, affordable and caring way to help people change and heal.

To join the National Coalition of Mental Health Professionals and Consumers, which is dedicated to addressing the negative impact of Managed Care on patients and professionals while advocating for fair and reasonable health care, write: National Coalition of Mental Health Professionals and Consumers, Inc. PO box 438, Commack, NY 11725. □

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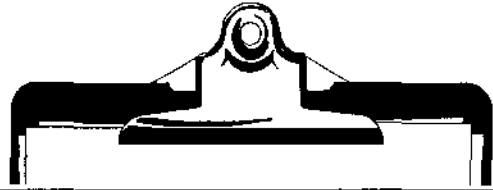
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(301) 469-7818

REMINDER: There are several members who still have not sent in their dues payment for 1995. Some members may notice a change in their listed status, based on the dues actually received. If your name is not included in the membership list in this issue, it means we did not receive your dues by April 30, 1995. This may be the last Society newsletter you'll be mailed. Please send in your dues *NOW* in support of the New Identity Process and help us meet our budget goals for 1995.

CALENDAR OF EVENTS

A listing of groups, workshops,
trainings and other NIP events.



NIP GROUPS:

■ Binghamton, New York:

Led by George Rynick, TF. Tuesday evenings 7-10 PM; Wednesday evenings 7-10 PM; Thursday evenings 7-8:30 PM (parent-child group: 40 minute video of a parent-child group with intro and guide, \$35); Thursday afternoon 1-3 PM (sign-up group) Call 607-754-1523.

■ Hamden, Connecticut

Led by Yetta Modifica, TF. Wednesday evenings 6-8:30 PM. Thursday evenings, 7-10 PM. Call (203) 580-0680.

■ Hamden, Connecticut

Led by Frankie Wiggins, TF. Tuesday evenings 6:30-9:30 PM. Call (203) 265-2662.

■ Silver Spring, Maryland:

Led by Lynn Grodzki, F (with Linda Harter and Glen Keith, MIT.) Monday evenings 7-9 PM. Tuesday evenings 7-9 PM. Adults. Call (301) 434-0766.

■ Greenbelt, Maryland:

Led by Ginny Hurney, F (with Robin Seiler, MIT and Glen Keith, MIT.) Adolescent group, Wed 4-5:30 PM; Adult group, 7:30-9:30 PM; Women's group, 7-8:45 PM. Call (301) 595-5135.

■ Stafford, Virginia:

Led by Peter Schroeder, F (with Sonia Stevens, MIT) Wednesday evenings 7:30-9:30 PM. Adult group. Call (703) 659-2676.

■ Herndon, Virginia:

Led by Marilyn Ellis, TF (with Skip Ellis, MIT) Monday evenings 7:30-10:00 PM; Wednesday evenings 7:30-10:00 PM. Adult groups. Call (703) 450-2752.

NIP WORKSHOPS:

■ June 1-4, 1995: Minnesota

4 day NIP workshop in Minneapolis, Mn. Led by Frankie Wiggins, TF and Steve Thurik, F. Call 203-265-2662 or 612-861-1766.

■ June 3-4, 1995: New York

Laughter And Play! Join Pat and Ron to enhance the fun and zest in your life. Personal Resource Center, Vestal, New York. Sat (10 AM-6PM) Sun (9 AM-5PM) Led by Ron Kissick, TF and Pat Kissick, F. Fee: \$200. Call 607-754-4520.

■ June 3-4, 1995: Maryland

"Opening The Heart" One day workshop in Greenbelt, Md. Led by Ginny Hurney, F (with Robin Seiler, MIT). Call (301) 595-5135.

■ June 9-10, 1995: Virginia

"Deepening Your Therapy." Herndon, Va. Friday (7:30 PM- 10:00) Sat. (10:00 AM - 5:00 PM) Led By Marilyn Ellis, TF (and Skip Ellis, MIT) Call (703) 450-2752.

■ **June 17, 1995: Connecticut**

Parent - Child one day bonding workshop. Personal Growth Center, Hamden, Ct. Sat. (10 AM-6 PM) Led by Yetta Modifica, TF. Fee \$150 per family. Call (203) 580-0680.

■ **June 24, 1995: Connecticut**

One day bonding workshop. Personal Growth Center, Hamden, Ct. Sat. (10 AM-6 PM) Led by Yetta Modifica, TF. Fee \$100. Call (203) 580-0680.

■ **June 24, 1995: Maryland**

For Clinicians - An Introduction to the NIP. One day workshop in Greenbelt, Md. Led by Ginny Hurney, F (with Robin Seiler, MIT). Call (301) 595-5135.

■ **June 29, 1995: Connecticut**

One Day couple's bonding workshop. Personal Growth Center, Hamden, Ct. Led by Yetta Modifica., TF. Call (203) 580-0680.

■ **June 29-July 4, 1995: Connecticut**

6 Day NIP intensive workshop in Litchfield, Conn. Led by Frankie Wiggins, TF. Call 203-580-0680.

■ **July 8, 1995: Maryland**

"Getting The Most Fun Out Of Your Summer." One day NIP workshop in Greenbelt, Md. Led by Ginny Hurney, F (with Robin Seiler, MIT). Call (301) 595-5135.

■ **July 8, 1995: Maryland**

"Emotion and Empowerment: Reaching The Identity Level Of Emotion." One day NIP workshp in Silver Spring, Md. Led by Lynn Grodzki, F (with Linda Harter, MIT and Glen Keith, MIT) Call (301) 434-0766.

■ **Mid July, 1995: Virginia and West Virginia**

Third Annual Summer Intensive and Retreat. Exact dates to be announced. Three day workshop in Virginia, five day retreat in the mountains of West Virginia. Retreat emphasizes community and recreation. Training possibilities. Led by Marilyn Ellis, TF (with Skip Ellis, MIT) Call (703) 450-2752.

■ **August 25, 26, 27, 1995: New York**

Human Resources / Family Counseling Center, Binghamton, NY. Led by George Rynick, TF. Fri (7-10 PM) Sat (9-5) Sun (9-5). Registration \$25. total fee \$200. Call (607) 754-1523.

■ **September 7-10, 1995: Minnesota**

4 Day NIP Workshop in Minneapolis, Minn. Led by Frankie Wiggins, TF and Steve Thurik, F. Call (612) 861-1766 or (203) 265-2662.

■ **September 9, 1995: Connecticut**

One Day Bonding Workshop. Personal Growth Center, Hamden, Ct. Sat (10 AM- 6 PM) Fee \$100. Led by Yetta Modifica, TF. Hamden, Ct. Call (203) 580-0680.

■ **September 15-18, 1995: Virginia**

Pre- Conference Workshop. A great way to kick off the ISNIP Conference. Led by Marilyn Ellis, TF and other TF to be announced (with Skip Ellis, MIT.) Call (703) 450-2752.

■ **October 7, 1995: Connecticut**

1 Day Bonding Workshop, Led by Yetta Lautenschlager, TF in Hamden, Ct. (9 AM- 5PM) Call (203) 580-0680

■ **October 20-23, 1995: New York**

Watson Homestead, 9620 Dry Run Rd. Painted Post, NY. Led by George Rynick, TF. Fri (6-11 PM) Sat & Sun (9AM- 11 PM) Mon (9 AM-2 PM) Registration \$120, Workshop fee \$250 (Covers room 3 nights, 8 meals, bedding, towel, soap) Call (607) 754-1523; Limit 30 persons.

■ **October 24-27, 1995: New York**

Intensive week follows Watson Workshop. Led by George Rynick, TF. Four groups, three individual sessions, fee \$250. Call (607) 754-1523.

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■ **October 21-22, 1995: Connecticut**

"Nurturing The Soul And The Spirit" At White Memorial Conservatory, Litchfield, Conn. Led by Ron Kissick, TF; Pat Kissick, F; Tom Campbell, F; Ginny Lott, F. Call Tom (203) 248-7139 or Ginny (203) 925-1997.

■ **November 11-18, 1995: Jamaica, West Indies**

There are still places left for the Holistic Retreat for Women! Workshop on Women's Issues. Health Spa in Jamaica, West Indies. Led by Yetta Modifica, TF (with Agnes Williams RN and Melinda Sharpe) \$1500 includes air, room, meals, yoga, meditation, sun and fun. Register now -space limited. Call (203) 580-0680

■ **November 17-19, 1995: Connecticut**

3 Day NIP Workshop in Litchfield, Ct. Led by Frankie Wiggins, TF and Yetta Lautenschlager, TF. Fee \$375. Call (203) 580-0680.

■ **December 1-3, 1995: New York**

Human Resources / Family Counseling Center, Binghamton, NY. Led by George Rynick, TF. Friday (6-10) Sat (9 AM-11 PM) Sun (9 AM-11 PM) Registration \$25. Total fee \$200. Call (607) 754-1523.

■ **December 2-3, 1995: New York**

Holiday Workshop: Give yourself the gift of peace and joy by dealing with some of the stressful elements related to your history. Led by Ron Kissick, TF and Pat Kissick, F at the Personal Resource Center, 1040 Vestal Parkway E., Vestal, New York. Sat (10 AM- 6 PM) Sun (9 AM- 5 PM) Fee \$200. Call (607) 754-4520.

■ **December 7-10, 1995: Minnesota**

4 Day NIP Workshop in Minneapolis, Minn. Led by Frankie Wiggins, TF and Steve Thurik, F. Call (612) 861-1766 or (203) 265-2662. □

Become A Member Of ASNIP!

Membership in the American Society for the New Identity Process (ASNIP) is open to all who want to increase their understanding and experience of the New Identity Process and express support for the goals and purposes of ASNIP.

As a member you will:

- Receive the quarterly newsletter, full of articles and news related to the NIP.
- Be invited to NIP conferences in the US and Europe.
- Receive information on national and international trainings, workshops and certification programs.
- Be updated about all of the clinicians in your area certified to use the NIP.
- Automatically become a member of the International Society for the New Identity Process (ISNIP).

name _____

degree _____

address (street, city, state) _____

zipcode _____

(w) _____

(h) _____

phone # _____

Mail this application and your check for the correct amount to:

Rachel Light, ASNIP Treasurer
400 West Hill Road, Vestal, NY 13850

I am interested in information about training and certification.

Check One: Member \$30 Member In Training \$50
Fellow \$75 Teaching Fellow \$110 (+ CF)