

Bar-Levav and Associates, P.C.

Leora Bar-Levav, MD
David A. Baker, LMSW
Pamela Torracco, LMSW
29600 Northwestern Hwy, Suite 100
Southfield, MI 48034
248.353.0050
FAX 248.353.8107

MBS and Associates, P.C.

Marcia B. Stein, LMSW
999 Haynes, Suite 335
Birmingham, MI 48009
248.594.5525
FAX 248.594.5526

New Center Psychotherapy, P.C.

Natan HarPaz, PhD
29600 Northwestern Hwy, Suite 103
Southfield, MI 48304
248.355.2112
FAX 248.355.0459

Paul P. Shultz, ACSW

29600 Northwestern Hwy, Suite 103
Southfield, MI 48304
248.352.5633

RJH and Associates, P.C.

Ronald J. Hook, LMSW
29600 Northwestern Hwy, Suite 100A
Southfield, MI 48304
248.352.9494
FAX 248.353.8107

**Ryan & Ryan
Psychological Associates, P.C.**

Michael Ryan, PhD
Sally Ryan, PhD
983 Spaulding SE
Ada, MI 49301
www.dyslexiadx.com

Kirk Brink, PhD

983 Spaulding SE
Ada, MI 49301
616.942.9000

“IIGP and the Whale” Michael Lockman

At the recent annual IIGP dinner, I spoke about the treatment methods and techniques taught by the Institute, their importance in the treatment of depression and character disorders, and their relation to the difficulties in recruitment and retention of qualified applicants for the training program (three trainees in 2 years). Given that the Institute has done extensive outreach and given that it offers substantial stipends and scholarships that allow trainees to earn while they learn, it was my working premise that the training, and indeed the work, is not for everyone.

There are two basic reasons why this is so. The first has to do with the importance



placed by the Institute on the need to identify, and at least work with if not resolve, the personal character issues which all therapists, of necessity, bring to the therapeutic relationship. The faculty knows, from their own experience, that the emotional baggage we all collect can not only get in the way of the effective treatment of others, it can cause harm as well. Applicants for the training positions are advised of this and told that during the course of their training they will be confronted on their issues as deemed appropriate by the faculty. Assuming you do not make a living practicing psychotherapy, imagine for a moment how this would play with you when applying for a position. “Are you kidding me? You are going to do what? I am out of here.” The unique set of circumstances that fostered the development of the faculty and the Institute itself will of course never be replicated. And even though the training is less personally intrusive than it was in the past, the need to deal with emotional baggage in the open, in full view of your trainers, no doubt is a substantial deterrent to many prospective trainees, the stipend and scholarships notwithstanding. It was also my hypothesis that such is the standard in the profession. The second built-in headwind to recruitment and retention is the nature of the work itself. *Continued on page 5*



Annual Benefit Dinner

We are pleased to report that our Annual Benefit Dinner held on October 19 was the most successful ever. Held again at the Skyline Club in Southfield, folks we haven't seen for years attended for the first time, enjoying good food, lots of cheer, and renewed friendships. We had many more items of all kinds for people to bid on in the silent auction. It took some extra effort to pull people away from the chatting and bidding to get them to sit down for dinner. After people took their seats, Michael Lockman, Esq. (IIGP Board Member) engaged all on hand with his keynote talk, highlights of which headline this newsletter. For the live auction we had three different vacation homes available—two in Michigan, and one on the Seine in Paris! Bidding was spirited. Our auctioneer, Dana Locniskar (IIGP Board Member), made it a lot of fun. Which, by the way, made it easier for people to open up their hearts to the IIGP cause. All in all, the Benefit was a success on all levels. Those who donated many hours to make this event so pleasant deserve our appreciation.

Reflections

Thinking in the Shadow of Feelings: A New Understanding of the Hidden Forces that Shape Individuals and Societies. Written in: 1985-1986,

Affluence and relative security have always been effective sedatives for societies that have reached the blissful state of maturity. We wake up then only at times of crises, when flights are hijacked, when hostages are taken or murdered, when car bombs explode, wars erupt, or widespread rioting occurs. Even at such times people act according to type. Editorial writers and commentators rebuke; policy makers point out the complexities of the situation; we bury the dead and sympathize with their families; we help the survivors express their disgust, anger or fear; we discuss the merits of alternate policies-and go on with our business as usual. As soon as a crisis passes and we no longer react emotionally, we forget it and return to our comfortable existence. Usually nothing changes. The danger from within is even greater than that posed by outside enemies. They just exploit our tendencies to delude ourselves, to live according to how we feel, and to "follow the path of least resistance." We tend to deny the existence of unpleasant and dangerous realities, expecting them simply to pass with time, as they often do. Still very powerful and very rich, the West has enough reserves to survive this way for a while, but not for very long. The next century will look altogether different if we continue to be the way we are. (Excerpt from the chapter, "Notes on the Future of the West," pp. 260-261)

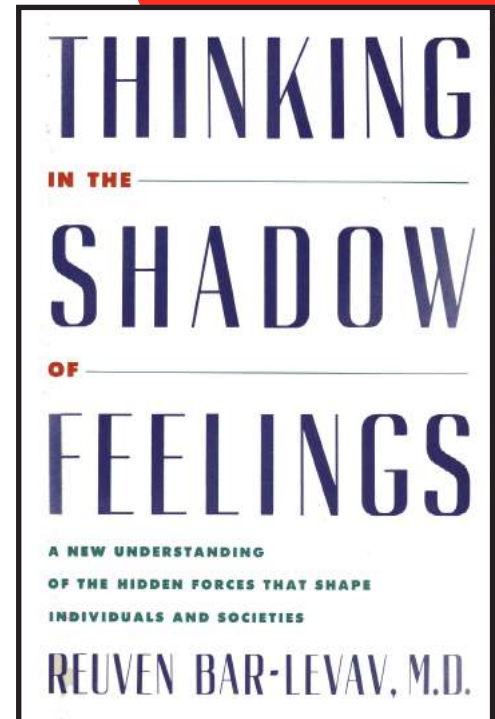
Reuven Bar-Levav, M.D.

The above words, written by our founder over 25 years ago pre-dated both the destruction of the World Trade Center and the financial crisis the world was hit by in 2008. We seem to have been awoken. Osama Bin Laden has been taken out, Omar Khadafi was killed by rebels, and Syria is in revolt. Meanwhile, the European Union seems to be resolving some of its financial crisis, and General Motors is starting to be profitable. To borrow from above, since the crisis seems to be passing, maybe soon we will "no longer react emotionally" and "forget it and return to our comfortable existence."

I recall the large number of U.S. flags flying from the front porches in my neighborhood in the weeks following the Twin Towers abomination. But as the weeks passed, the flags disappeared one by one. Now, only three people in my neighborhood fly the flag every day. Those were also the only flags flying on the Fourth of July last year. Does this tell us anything about how awake we are?

One of the basic aims of our psychotherapeutic approach here at the Institute is to help people overcome the altogether too human tendency to "follow the path of least resistance" and to "deny the existence of unpleasant and dangerous realities." Unfortunately, not a lot of people in this field want to learn this approach. And we need all the help we can get finding people who do want to learn it.

—Paul P. Shultz, ACSW, Editor



**THINKING
IN THE
SHADOW OF FEELINGS**
(1988: Simon and Shuster)

The founder of the Institute, Dr. Reuven Bar-Levav, wrote the book *Thinking in the Shadow of Feelings*. The book Defines the theory of human motivation that guides our clinical work at IIGP. Each issue of *INSIGHTS* includes a brief discussion of an excerpt from the book. The book is available in its entirety on our web site www.iigp.org



Educational Updates

The I.I.G.P. Faculty is please to say that three of the students who took part in our Introductory Program have advanced to the second level of our Training Program. Now enrolled in our Traineeship program are Stephany Elliot, M.S.W., Robert Rogers, Ph.D., and Danielle Moncrief, Ph.D. As Trainees, all three are regularly attending ongoing groups as Therapists in Training, working with an established co-therapy team of faculty members. They continue to attend each week a theory class, our Tuesday Seminars, a patient review meeting, and a peer group led by members of the faculty.



IIGP Newsbites

Mark Accettura, Esq. (IIGP Board Member) has published his fourth book, this one entitled, *Blood and Money: Why Families Fight Over Inheritance and What to Do About it.* An estate attorney who specializes in elder issues, Mark brings a psychological bent to a subject that might otherwise seem mechanical.



Pamela Torraco, LMSW, Faculty Member is recently returned from Italy where she continued her study of the language and took in the sights.



Paul Shultz, LMSW (IIGP Faculty Member) recently presented a talk about the therapeutic contract at the Maple Grove Substance Abuse Clinic.



Rosalind Peters, Ph.D., RN, FAAN (IIGP Board Member) was recently selected as a Fellow of the American Academy of Nursing. This is a very high honor considering less than .01% of all the nurses in the country are fellows. She received this honor in part due to several significant contributions she has made in reducing healthcare disparities. We are fortunate to have Rosalind on our Board of Directors!



David Fogel, M.D. and his wife, **Ilana Bar-Levav**, M.D. (both trained by IIGP) have recently scaled back their practice of psychotherapy in order to lead the efforts of a non-profit to build an all-inclusive alternative medicine clinic.

Natan HarPaz, Ph.D. (IIGP Faculty Member) recently led a workshop entitled "Secrets" at the Annual Conference of the American Academy of Psychotherapists. It's no secret that the meeting went well.



We here at the IIGP offices were very saddened to see our Administrative Assistant Annette VanderMay leave us last spring, due to personal responsibilities she had to attend to. Annette had done a remarkable job helping us with all sorts of issues. But we were delighted that our new Administrative Assistant, Deborah Williams, came on board shortly thereafter. Along with her administrative skills, Deborah brings with her enthusiasm, an eagerness to be helpful, and a professional bearing fitting of IIGP. Her good cheer is a bonus to us. Welcome, Deborah!



"The single most important thing that makes psychotherapy a success is the character of the therapist.... this is the core of our training program"

Leora Bar-Levav,
MD

“IIGP and the Whale” *continued*



Not everyone can, nor, given their unattended personal baggage should, do this kind of work. Indeed, not many do i.e., there are very few non-institutional practices that utilize individual and group therapy models. There are so-called support groups but that is all they are for – support. And if that is all a person needs, then their needs will be met. However, if more than that is required, then the Institute’s model has proven effective. The methods and techniques taught by the Institute differ from the stereotypical treatment regime for which I used the acronym LALAS i.e., Listen (I hear you), Analyze (your mother didn’t hold you enough), Lament (such a shame), Advise – (next time that happens tell her ...”), Sympathize – (I feel your pain). They have a significant confrontational component requiring the exercise of judgment and the setting of limits on patient behavior. This is in contrast, again using stereotyping, to the general non-judgmental approach that is the standard in the industry. The natural tendency of people is to avoid confrontation when possible and most of us would prefer to follow the path of least resistance. The same is true for therapists (not to mention their patients). It is much easier to offer a sympathetic ear than a helping hand, especially when that helping hand needs to be a well-placed foot in the backside. No doubt the mere process of seeing a therapist and “getting things off one’s chest” may result in a feeling of relief. But to the extent that it does so, it will only be temporary because getting something off one’s chest does not get it out of one’s body. And that is where depression and other similar disorders reside. Not everyone can tolerate the treatment and it takes a long time to heal the wounds that have accumulated over a lifetime and which by and large have been left to fester. But the methods and techniques taught by the Institute are effective and the dedication of its faculty to teaching and refining them further is to be applauded. And those who support those efforts are engaging in a mitzvah. Tikun Olam.

Michael Lockman, Esquire
IIGP Board Member

Help Us Train Therapists

Before the year is out, please consider a contribution to our Annual Fund (A self-addressed envelope is attached to this Newsletter). IIGP is a 501(c)(3) qualified non-profit organization that relies solely on the generosity of people like you. Founded in the 1970’s, we have trained dozens of professionals in the practice of Integrated Individual and Group Psychotherapy. However, a “quick fix” focus has become popular, and treatment mostly by medications (many advertised on television) is now wide-spread. Hoping to buck this trend, we need your financial help to promote our training program. Psychotherapy leads to real change in ways medications cannot.



From left: Pamela Torracco, LMSW; Natan HarPaz, PhD;
Paul P. Shultz, LMSW; Leora Bar-Levav, MD;
Ronald J. Hook, MSW; David A. Baker, LMSW;
Marcia B. Stein, LMSW

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29600 Northwestern Hwy, Suite 100A
Southfield, MI 48034
Phone: 248.353.5333
Fax: 248.353.8107
Web: www.iigp.org
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2012 TUESDAY SEMINARS

Technology and Psychotherapy: The Human
Relationship Component

January 10, 17 & 24—12:15pm - 1:30pm—\$50.00

Self-Deprecation and Self-Criticism: A Clinical Perspective

February 7, 14 & 21—12:15pm - 1:30pm—\$50.00

Sibling Bond: The Importance of Sibling Relationships in Psychotherapy

March 6, 13 & 20—12:15pm - 1:30pm—\$50.00

Helping engendering civility, respect, compassion and self discipline:

How does character education fit in the clinical setting.

May 1, 8 & 15—12:15pm - 1:30pm—\$50.00

General Information

All seminars are held at 29600 Northwestern Hwy, Ste 100, Southfield, MI. The Institute offers these classes for physicians, psychologists and social workers. IIGP is approved by the Michigan State Medical Society and by the American Psychological Association to sponsor continuing education for physicians and psychologists. IIGP maintains responsibility for the programs and its content. Our programs are approved by the Michigan Social Work Continuing Education Collaborative for Social Workers for Continuing Education. **Reservations are required.** Please send an email to seminars@iigp.org or call (248) 353-5333 for reservations or for special accommodations.

Visit us on the web at www.iigp.org