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ADHD - Controversial But Real

We all have experienced a kid who seems “hyperactive.” These kids don’t seem to be able to control their behavior and appear to be running wild. Such behavior can be described as “impulsive.” When people do something before they think through the consequences of their actions, they have been impulsive. All of us act impulsively once in a while. We may regret it however, when we end up doing something that hurts us. But that doesn’t mean we have an Attention Deficit Hyperactive Disorder. Or that a kid has it. After all, we all know that kids are filled with lots of energy. And that their judgment and ability to think things through hasn’t developed much yet.

Unfortunately, the term, “ADHD” has become a slang expression used to describe someone who is acting impulsively, regardless of whether they really suffer from ADHD. Sometimes even professionals, who should know better, use the term far too loosely. In fact, the problem is often misunderstood and misdiagnosed. However, when a person behaves impulsively much of the time, that suggests they may have a problem with ADHD.

The misdiagnosis of ADHD occurs because we have not had a clear and comprehensive understanding of the causes. However, we have learned a great deal over the past fifty years about the symptoms and some of the causes of this problem.

Research has shown that there are certain areas of the brain (in the frontal lobes) that are responsible for our ability to plan ahead and to organize all the information our senses give us. These areas also help us to understand the behaviors of others and to control our impulses so we don’t act inappropriately. In people who suffer from ADHD, research has shown that these areas in the brain are actually different from the rest of us.

In spite of our knowledge, unfortunately no one has developed a blood test or brain scan or some other concrete process to positively diagnose this disorder. Like most psychiatric disorders clinicians have to rely on behavioral symptoms. Complicating all this is the fact that the frontal lobes of the brain are greatly affected by such things as sleep, nutrition and emotion. Each of these things can lead to a person behaving impulsively.

But there are ways of teasing out what the nature of a person’s difficulties is. For example, a person who is depressed may be distracted and can appear to have ADHD. However, he is distracted by things that go on inside of himself, usually unpleasant thoughts and feelings. The ADHD person, in contrast, is distracted by both internal and external things. Furthermore, some of them may be negative, but some may be positive. A child may not be able to take his mind off

(...continued on page 5)



Attention Deficit

Image courtesy of Ron Exler—www.thegeofactor.com

In Memoriam



Last January, IIGP lost a dear friend when Argyl Houser passed away at the age of 78. Argyl was one of the first four fellows of the IIGP from 1977 to 1980. After that, Argyl returned to private practice in Ann Arbor. He continued along with his wife Iveta on the faculty of the Medical College of Ohio at Toledo, where they routinely used several of the IIGP training videos to train medical students.

Argyl is survived by his sons Terry, John and Argyl Jr. The three men conducted a moving memorial service that included the witty humor Argyl brought to his relationships. Argyl would have been very proud of them!

New Faces

The Institute is pleased to welcome three new faces to our midst. Sacha Feirstein, MSW, and Susanna Hathaway, MSW are both recent graduates of the University of Michigan. They heard about us at one of the outreach presentations we gave to students in Ann Arbor at the University of Michigan. Jim Kanak, matriculating from Oakland University, came to an evening workshop the Institute offered, and became interested in training with us. All three are currently attending the six-month long introductory course we recently offered to those interested in becoming Fellows in our program. They spend one day a week with us, taking part in a wide variety of activities. Additionally, they view instructional videos and meet with faculty members to discuss their experiences in the day's materials. Soon they will have an opportunity to sit in on ongoing therapy groups in an IIGP practice.

Faculty/Graduate Retreat

At the end of February, the Institute held its thirty-first Annual Retreat for faculty, graduates, and fellows. This event provides participants an opportunity to rest and refresh ourselves. But, more importantly, we have time to do some serious work together.

This year, thirteen faculty members and graduates spent four days together – at their own expense – at the Grand Traverse Resort in Traverse City, Michigan. Each day began with a 4½ hour group session in which members explored their own personal “unfinished business” and how it limits their work with patients. Here at the Institute, we are convinced that a competent psychotherapist must never stop developing as a person. The sessions are like a psychotherapy group for psychotherapists.

Afternoons were free for exploring the Mission Peninsula wineries, cross-country skiing, or working out in the resort facility. Participants included Ronald Hook, Pam Torracco, Natan HarPaz, Leora Bar-Levav, Helene Lockman, Paul Shultz, Jim Stanislaw, David Baker, Sharon Banks, Marcia Stein, Joann Coleman, and Joseph Gluski.



Who we are

The Bar-Levav Educational Association (a 501(c)(3) non-profit organization) was originally founded in the 1970's. Over the past 30 years, we have trained dozens of professionals in the practice of combined individual and group psychotherapy. However, in the 1990's, a “quick fix” focus became popular and treatment mostly by medications (many advertised on TV) became widespread. Hoping to buck this trend, we decided to broaden our scope. We changed our name to the more descriptive Institute for Individual and Group Psychotherapy (a 501 (c)(3) non-profit organization) and we began to aggressively promote our training program. We want to let many more people know what the Institute is and what we have to offer. We hope you find what we do interesting and important.



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

“Adulthood is correctly defined by age and body size. It does not necessarily signify intellectual or emotional maturity... The chronological, intellectual, and emotional ages can be and often are totally unrelated.”

- Reuven Bar-Levav, MD (TISF, p. 329)

One's IQ is computed by comparing actual age to one's "intellectual age," using various tests. A forty-year-old person might have an intellectual age of five. He needs a care-taking environment because he isn't equipped to take care of himself.

But what about one's emotional age? Unfortunately, many of us who are physically and intellectually adults have feelings we know are childlike, but we are embarrassed about, or feel ashamed of. Sometimes they interfere with our lives, like a forty-year-old attorney who is afraid of the dark, or a mother who knows she enjoys playing dolls with her daughter too much. Sometimes people are unaware of the childlike feelings that complicate their lives. The pop star Eric Clapton wrote about his first therapy session. When the therapist said, "Tell me who you are," he wanted to yell at her, "Don't you know who I am?" But as he says in his autobiography, "Of course I had no idea who I was, and I was ashamed to admit it. I wanted to appear that I was ten years sober and fully mature, when in fact I was only ten years old, emotionally speaking..." (p. 257, *Clapton: The Autobiography*, Broadway Books, 2007). Such circumstances can be very painful for a person.

Sometimes people seek psychotherapy in hopes of overcoming life-long fears or a tendency to make the same mistakes over and over again. With good help, people can become aware of which of their feelings fit the present day, and which came from childhood. The right kind of psychotherapy group can help in "growing up" those aspects of their character that somehow got stuck in childhood. In fact, a person who was in a psychotherapy group once described his therapy as "a place to finish growing up." Psychotherapy works not primarily by providing insight but with offering corrective experiences to help people reach their full emotional age. This is the approach we teach at the Institute.

Faculty and Graduate Newsbites

Pamela Torracco, ACSW (IIGP Faculty Member) recently attended a number of workshops at the annual conference of the American Group Psychotherapy Association in Washington, DC. Pam re-kindled relationships with a number of long-time members who were involved with the founders of the organization early on. Many of the faculty and AGPA members are indebted to each other for thought-provoking learning over many years.

Helene Lockman, ACSW and Joseph Froslic, ACSW (IIGP Graduates) were invited to present a lecture on Group Dynamics at the Wayne State University School of Social Work. Helene recently celebrated the marriage of her daughter Darcy, who recently completed her PhD program in psychology.



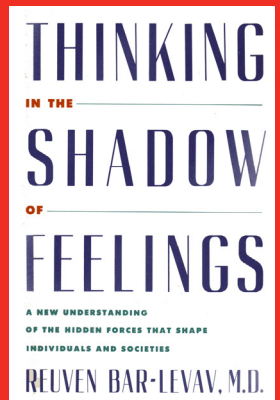
Pamela Torracco, ACSW



Paul P. Shultz, ACSW

Paul Shultz, ACSW (IIGP Faculty Member and newsletter editor) recent skied the mountains of Utah with his family. He is one of the few Institute Faculty members who actually likes winter!

Marcia Stein, ACSW (IIGP Faculty Member) will be presenting a workshop on "Stillness as a Deeper Connection to Ourselves." She recently attending a lecture at the University of Michigan by the Dalai Lama and will incorporate what she learned in her presentation. For more information on this workshop, contact the Institute at (248) 353-5333.



**Thinking
in the
Shadow of Feelings**
(1988: Simon and Schuster)

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 website www.iigp.org.

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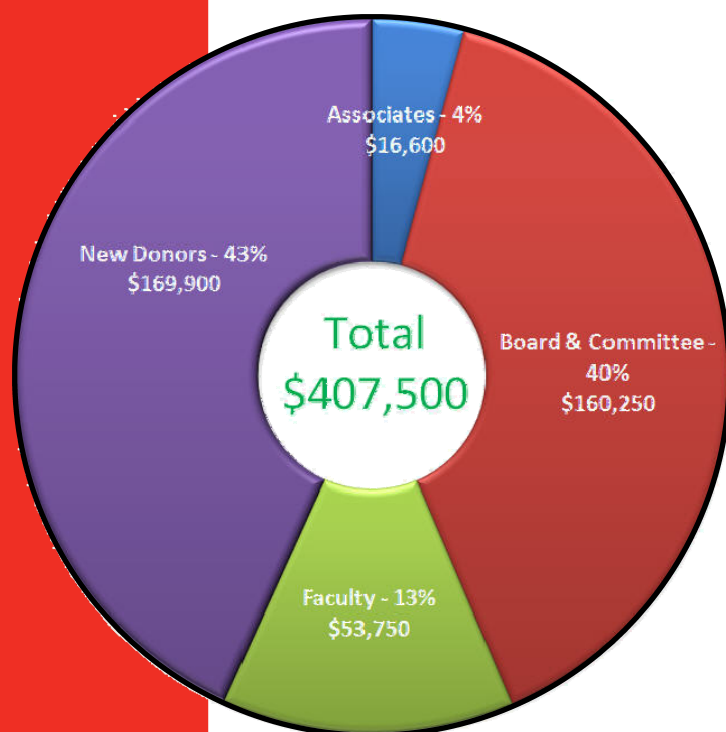
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Creating Lasting Change Campaign a Success!

Thank you to all who participated in our recent fundraising campaign. We approached many of our old friends, and made some new friends as well. As a result, we are pleased to report that our supporters have pledged almost \$407,500 over the next four years. This Fall, we will expand our campaign in an effort to more fully fund existing projects and perhaps begin some new ones. We are honored and encouraged by this generous response, and want to let you know how we are investing these funds in the future of psychotherapy.

Over the past two years, we have digitalized our entire library. This means that our instructional videotapes have been converted to DVD format, and that our published papers and articles are in digital form that is accessible on our website. And if you haven't visited our new website, you should. It's very interesting and engaging. Go to www.iigp.org. After spending some time with us online, you will agree that the expense in building the website was well worth it.

Our Tuesday Seminar has been going on for over thirty years, attended most exclusively by the IIGP Faculty. But now we are reaching out to the broader mental health community, welcoming people from as far away as Saginaw to take part in the seminar. We have added an additional format, a 2-hour Workshop. All of our seminars qualify for continuing education credit that psychologists, doctors, and social workers must have to retain their licenses. The expense of online advertising as well as in professional publications has paid off in terms of IIGP becoming far better known in the wider community than it was just a year ago. In just the past six months, we have seen many new faces.



Once a quarter, we are now offering a two-hour evening introduction to the practice of Combined Individual and Group Psychotherapy for those interested in getting a taste of what IIGP is all about. We are also conducting regular outreach programs at the local universities, telling graduating psychologists and social workers about our training opportunities. And for the first time ever in the thirty-year history of the Institute, the faculty has been invited to present a two-hour workshop on the University of Michigan campus on the practice of Combined Individual and Group Psychotherapy!

And finally, IIGP has initiated a six-month introductory course for recent graduates interested in training with us. The six-month course (described elsewhere in INSIGHTS) is like a trial marriage that gives the students an opportunity to get to know us and what we have to offer. At the end of the six months, if they wish, they can apply for a more intensive, longer course of study with us. The Institute pays for faculty members who teach this course, and also provides a small grant to students who demonstrate financial need.

We are grateful to all of you who support us in these projects. You make the Institute's work possible.

Thank You!

Reuven Bar-Levav Scholarship

The RBL Scholarship is awarded annually to postgraduate students in the final year of their psychiatry, psychology or social work programs who show promise in the field of psychotherapy. Applicants are required to submit an original work with a clinical focus, typewritten in APA format, with a maximum of 4000 words. The Scholarships consist of a \$500 cash award and a paid placement in a time-limited group supervision series.



- Papers are judged by a panel of faculty members.
- The deadline for submission of papers is June 30, 2008
- Authors' name(s) and academic affiliation(s) are to be included as part of a separate attached MS-Word or PDF document. This document should also include the submitter's mailing address, telephone number, and e-mail address.
- Scholarship winners will be notified by August 1.
- Questions about the program and submissions should be emailed to Leora Bar-Levav, MD at leora.bar-levav@iigp.org

Fellowship Program

The cornerstone of our unique approach to psychotherapy training is our interactive apprenticeship model. The Fellowship Training Program offers a rare opportunity to regularly observe and interact with experienced therapists in their day-to-day work with patients. Each Fellow accepts responsibility as a co-therapist in at least one ongoing, well-established psychotherapy group, working side by side with experienced faculty members. We choose our Fellows' placements from more than the 20 long-term therapy groups operating in six psychotherapy practices. This offers a rich venue for the student to experience, *in vivo*, the demands and rewards of our profession.

Our faculty includes psychiatrists, psychologists and social workers, all of whom have made significant contributions to various professional organizations, including the American Group Psychotherapy Association, the American Academy of Psychotherapists, and the Michigan Group Psychotherapy Society. These clinicians have presented internationally and made numerous contributions to our field's literature. They subscribe to the highest ethical standards, supported by the use of a co-therapy model with ensures that the treatment of all patients is overseen by a team of professionals. More information can be found at our website www.iigp.org.

ADHD - Controversial But Real (...continued from page 1)

the trip to the amusement park next weekend. Or the new toy he just got. People who suffer from ADHD tend to behave like a kid in the candy store, overwhelmed by the stimuli and unable to sort them out.

It's not that they can't pay attention. It's more that they pay attention to too many things at once, and can't sort out what's the most important to pay attention to. They tend to focus on one thing - but not the most important one - and can't break away from it. It's more likely they have trouble filtering the stimuli and shifting their focus appropriately.

—Michael Ryan, PhD (abridged by Paul Shultz, ACSW)

Dr. Ryan is a psychotherapist practicing near Grand Rapids, MI and received extensive training at the Institute. The article can be found in its entirety in the Fall 2008 edition Michigan Group Psychotherapy Society newsletter. Please visit Dr. Ryan's website for more information - www.dyslexiadx.com

"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**



TUESDAY SEMINARS WORKSHOPS

Stillness as a Vehicle to a Deeper Connection to Ourselves

Tuesday Seminar—June 3, 10, 17 • 12:15pm - 1:30pm
Workshop—June 24 • 12:00pm - 2:00pm

Introduction to Individual and Group Psychotherapy

Tuesday Seminar—June 3 • 7:30pm - 9:30pm

The Process of Inclusion and Exclusion in Group Psychotherapy

Tuesday Seminar—September 2, 9, 16 • 12:15pm - 1:30pm
Workshop—September 23 • 12:00pm - 2:00pm

Terrorism and You (the Therapist or the Patient)

Tuesday Seminar—September 30, October 7, 14 • 12:15pm - 1:30pm
Workshop—October 21 • 12:00pm - 2:00pm

Eating Disorders Revisited

Tuesday Seminar—October 28, November 4, 11 • 12:15pm - 1:30pm
Workshop—November 18 • 8:00am - 10:00am

Capturing the Experience of the Present Moment

Tuesday Seminar—November 25, December 2, 9 • 12:15pm - 1:30pm
Workshop—December 16 • 8:00am - 10:00am

General Information

Each of the Institute's trainings are offered in two formats: Tuesday Seminar - 3 sessions (3.5 CEU's) - \$50.00 & Workshops - 1 Session (2.0 CEU's) - \$25.00 (Discounts for students.) 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.



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