

29600 Northwestern Hwy., Suite 100A
Southfield, MI 48034
Phone: 248.353.5333
Fax: 248.353.8107

Member Organizations

Bar-Levav and Associates, P.C.

Leora Bar-Levav, MD
David A. Baker, ACSW
James R. Stanislaw, ACSW
Pamela Torracco, ACSW

29600 Northwestern Hwy Suite 100
Southfield, MI 48034
(248) 353-0050
(248) 353-8107 FAX

MBS and Associates, P.C.

Marcia B. Stein, ACSW
Joann Coleman, ACSW
Helene Lockman, ACSW

30445 Northwestern Hwy, Suite 360
Farmington Hills, MI 48334
(248) 539-3804
(248) 539-3872 FAX

New Center Psychotherapy, P.C.

Natan HarPaz, PhD
Sharon Banks, ACSW

29600 Northwestern Hwy, Suite 103
Southfield, MI 48034
(248) 355-2112
(248) 355-0459 FAX

Paul P. Shultz, ACSW, P.C.

29600 Northwestern Hwy, Suite 115
Southfield, MI 48034
(248) 352-5633

RJH and Associates, P.C.

Ronald J. Hook, ACSW
29600 Northwestern Hwy, Suite 100A
Southfield, MI 48034
(248) 352-9494
(248) 353-8107 FAX

Ryan & Ryan

Psychological Associates, P.C.

Michael Ryan, PhD
Sally Ryan, PhD
983 Spaulding SE
Ada MI 49301
(616) 956-7878
www.dyslexiadx.com

Kirk Brink, PhD

983 Spaulding SE
Ada MI 49301
(616) 942-9000

The Art of B.S.—How to Become an Expert

Detroit Free Press columnist, Brian Dickerson was the keynote speaker at the IIGP Benefit dinner on September 23rd. His engaging, candid talk is reproduced here (in an abridged version) for those unable to attend.

When I tell people who do not read the *Free Press* what I do for a living, there is usually an awkward follow-up question that goes something like: "Is there a particular subject you specialize in?"

For a long time this question handcuffed me, because I feared the shortest, most candid answer was: "Not really." I have no advanced degrees, no specialized training, and my experience as a reporter is notable mostly for its variety. But even though I have spent years watching our government at work, you would no sooner want me representing you in Lansing or Washington than you would want the average viewer of "E.R." performing your emergency tracheotomy.

But some years back it dawned on me that I was selling myself short when I held myself out as a jack of all trades and master of none. Because it turns out my journalism career has had a recurring theme, and that I have, over the years, developed a particular expertise:

I am an expert in B.S.

Of course, any journalist who covers public life has plenty of exposure to B.S. because B.S. is everywhere. You can scarcely tune in any cable news network, read any newspaper, or spend two minutes surfing the internet without encountering intelligent people saying things that are manifestly not true.

And yet, not every journalist manages to become an expert in B.S. In fact, the easiest thing to do — when one eats, drinks and sleeps B.S. the way so many people in my profession are constrained to — is to EMBRACE B.S.

B.S. is big business, and if you are good at disseminating it, amplifying it, or imparting your signature style to it, you will never go hungry in this world. Still, to become a real expert in B.S. — an expert like me — requires a different sort of experience. To become a real expert — to recognize B.S. in all its infinite variety — you must do more. You must affiliate with other B.Sers — people just as accomplished as yourself — and expose all of your B.S. to one another's scrutiny. You must be on the lookout for B.S. — your own and others — until it is so familiar that you would recognize it blindfolded, on a moonless night, at a distance of 50 lunar miles.

To become a real expert in B.S., in other words, you have to go to group therapy.

What's so special about group therapy? Why would a person in pain pay money to spend time with a lot of other ordinary people — people with troubles as bad as or worse than yours — when he could be luxuriating in the one-on-one attention of his own private psychotherapist?

(...continued on page 5)

Sadly...a new generation of professionals has been steeped in the conviction that the riddle of human suffering can be addressed more readily and cost-effectively in the chemistry lab than in interactions with fellow human beings.

IIGP Benefit Dinner Success

Did you miss the IIGP Benefit Dinner on September 23? Did you miss seeing the friends who attended? There were eighty-six people at Pi's banquet hall in Southfield who shared food, drink, some laughs and after dinner participated in spirited bidding for auction items donated by Committee members, Faculty and generous attendees. The items ranged from a karate lesson with two black belt instructors to a dinner with wine and over-night accommodations for ten in a summer house on the lake.



Howard Tapper received mention as Board Chairman of IIGP by Sally Gerak who provided notice of the dinner in her column "Social Lights" in *Bloomfield Birmingham Eccentric*. We are looking for broader recognition as the Institute becomes larger.

After appetizers and drinks, President David Baker welcomed everyone with a short introduction after which we ordered dinner from a varied menu. From my seat it looked like steaks and lamb chops were abundant in size and were served to many guests.

Brian Dickerson, *Detroit Free Press* columnist spoke eloquently with humorous references we well understood. His speech is edited here so that you can enjoy it either for the first time, or once again if you were at the Benefit Dinner. And each of the students provided a description of their experience and how unprepared they were for a group therapy practice before coming to the Institute.

The organization benefited financially from the generosity of our guests who in turn were treated to more information about IIGP, its mission and its future.



We will continue the yearly benefit dinner and look forward to participation from more of our friends and associates in 2009 when the dinner will be held in October.

—Mitzi Robinson
Event Chair

Help Us Train Therapists



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.

Before the year is out, please consider a contribution to our Annual Fund (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 T.V.) 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.

Reflections-

Twenty years after its publication, the words of our founder are considered from today's perspective:

“Feelings commonly camouflage themselves as thoughts. It is more acceptable and easier to yield to our impulses when we believe that they result from consideration and thinking...But much thinking...leads to conclusions already arrived at by our feelings.” (p.343)

Reuven Bar-Levav, M.D.

Since September, the Dow Jones Industrial Average (DJIA) has taken wild rides up and down. During all of this, David* sold a major portion of his retirement 401K stocks to turn them into cash. By the end of the day, his stock rebounded. A month later, this stock's value is still holding. Now he had to accept a large loss. David holds an advanced university degree. How can such an intelligent person find himself in such a fix?

David feels powerlessness. Close to panic, he imagines disaster for himself and his loved ones. He “reasons” that it's time to sell his stock, but without seeking counsel or doing thorough research.

A basic, normal urge for all human beings is to get as much as we can of whatever it is we want. When we have a sense that we don't have enough, we all tend to feel powerless. And none of us likes feeling that. “People devote most of their time, energy, and resources to satisfying as many of [their] wants as possible: this sometimes banishes the sense of powerlessness (TISF, p. 340).” Work and play, the pursuit of social position, political power—these adult activities also follow this pattern.

We need money to get by in our daily living—paying the mortgage, buying food, etc. Most of us feel like we could always use more money so we won't have to worry about losing what we have, and to get more of what we want. We believe that if only we have enough money, we will feel safe and secure. Maybe we would be safe from feeling powerless. So when the stock market takes a huge dive, or we figure out how to finance a building we might make lots of money on, how do we feel about it?

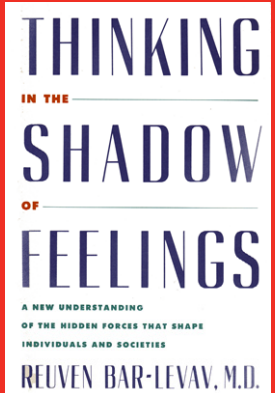


In short, David finds it acceptable “to yield to [his] impulses” when he believes his decision is a result of “consideration and thinking.” But his thought process led him to a “conclusions already arrived at by [his] feelings.” Sadly, the top executives of huge corporations and financial institutions are no different from David. If their feelings masquerade as thoughts when they make top-level decisions, however, many lives other than their own are affected. The whole world can suffer from this very persistent human tendency. How will our lawmakers respond to

the current crisis? Will they think clearly, or will their thinking lead them “to conclusions already arrived at by [their] feelings”?

—Paul P. Shultz, ACSW
Editor

*Names and events are fictitious.



*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.

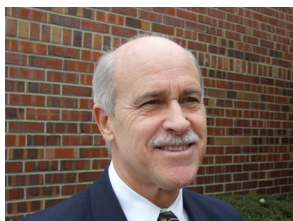
IIGP Newsbites

Brian Dickerson, IIGP Board of Directors Trustee, is to be congratulated! Brian, who writes for the *Detroit Free Press* recently wed Laura Berman. She writes for a rival newspaper, *The Detroit News*. Hmmm.

Dr. Phil Masterson, also an IIGP Board Trustee, after much soul-searching, has decided to move to Texas where Phil and his wife, Sherry, a physician's assistant, hope to establish a practice together: the "Masterson Ambulatory Care Center." Phil, Sherry and Nicole are very excited about the move, especially living in a much warmer location. They will be greatly missed in these parts.



Sherry, Phil and Nicole Masterson



Paul Shultz, ACSW

Paul Shultz, ACSW, IIGP Faculty Member, & Newsletter Editor led the Autumn Scientific Meeting of the Michigan Group Psychotherapy Society. He took a group of psychotherapists to the ZAP ZONE to play a game of laser tag. After all the "shooting" was over, they discussed the experience and how it resembles being in a psychotherapy group: people may compete, but the setting is completely safe.

Helene Lockman, ACSW, IIGP Graduate celebrated her 40th wedding anniversary with her husband Michael by traveling in Greece for two weeks. Michael wrote the lead article in our last Insights. (Forty Years! WOW!)

Troubling Facts - - - - From the World of Mental Health

Did you know that...

- Only 1 out of every ten psychiatrists today treat people with psychotherapy.
- The one in ten that does use psychotherapy often regards it as a secondary treatment. Most see pharmaceuticals as the primary treatment modality.
- Many general practitioners, internists, and gynecologists regularly prescribe psychotropic medications. Who teaches them when and how to prescribe them?
- Drug salesmen from the pharmaceutical companies are the major educational resource for most physicians who prescribe anti-depressants and anti-anxiety medications. The companies want to assure an adequate return for their investment in developing the drugs.
- Most medical schools teach little or nothing about what psychotherapy is and how it can help.
- Most universities offer little or no training to psychologists, social workers, and psychiatrists in how to actually DO psychotherapy.
- State laws permit people who themselves have not had their own therapy to practice psychotherapy. The mental health of the psychotherapist is the single most important factor in whether therapy actually works.

"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



The Art of B.S. (...continued from page 1)

I think the greatest American president put it pretty succinctly when he famously observed that “You can fool some of the people all of the time and all of the people some of the time, but you can’t fool all of the people all of the time.” Group therapy is where I learned about being fooled and trying to fool others. It’s where I learned where B.S. came from and how prevalent it was in the world. It’s where I realized that B.S. was more often a consequence of ignorance than a crime of intent, and that some of the most preposterous B.S. was propounded by decent, essentially honest people who were doing their level best to tell the truth.



My early impressions of group therapy had come from TV-sitcoms in which the therapist coaxed his patients to share their emotional traumas. When the sobbing patient had blurted her tale, the clueless therapist would interrupt to ask: “And how did that make you feel?”

Duh!

In real group therapy, I learned just how rarely most people could answer that question correctly. People in the throes of rage often described themselves as hurt, and vice-versa. People who could not accurately articulate their own motives, wishes and anxieties emitted signals that I and others, in our quest to detect B.S., could often decode.

I would like to say this experience in group psychotherapy gave me the capacity to discern instantly when the real motives and intents of people are at variance with their public utterances. But I am only one expert. And the sheer tonnage of B.S. in our society is such that journalists like me can hope to conquer it only if legions of others trained in the art of B.S. detection are enlisted in our cause.

Sadly, proponents of psychotherapy in general — and group psychotherapy, in particular — are swimming against strong cultural and economic currents. A new generation of professionals has been steeped in the conviction that the riddle of human suffering can be addressed more readily and cost-effectively in the chemistry lab than in interactions with fellow human beings.

It’s hard to know how the slow, costly and labor intensive process of group therapy will flourish in such a cultural climate. But it must survive, and those who practice it must disseminate their expertise with confidence.

It is the purpose of the Institute for Individual and Group Psychotherapy to assure that the therapeutic model developed by Dr. Reuven Bar-Levav and his colleagues outlives the current generation of practitioners.

IIGP’s immediate goals are modest — to give a handful of fellows each year intensive hands-on experience under the close supervision of therapists who average 30 years of professional experience.

In the long term we hope that IIGP will spawn many of like mind, and that together they will turn out as many professionals schooled in the art of psychotherapy as there are marketers schooled in the promotion of pharmaceuticals.

Because we believe that our safety lies in seeing B.S. for what it is, “You can fool some of the people all of the time and all of the people some of the time, but you can not fool all of the people all of the time.”

—Brian Dickerson

General Information

Each of the Institute's trainings are offered in a 3 session format for 3.5 CEU's - \$50.00 (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.

Visit us on the web at www.iigp.org

Movies and Psychotherapy
March 31, April 7, 14 • 12:15pm - 1:30pm • \$50.00

Pain Management and Psychotherapy: Ethical Issues
March 3, 10, 17 • 12:15 pm - 1:30pm • \$50.00

Introduction to Integrated Individual and Group Psychotherapy
February 17 • 7:30 pm - 9:30 pm • Free of Charge

Yoga and Psychotherapy
February 3, 10, 17 • 12:15 pm - 1:30pm • \$50.00

Religious Counter-transference
January 6, 13, 20 • 12:15pm - 1:30pm • \$50.00

TUESDAY SEMINARS



29600 Northwestern Hwy., Suite 100A
Southfield, MI 48034

Phone: 248.353.5333
Fax: 248.353.8107

Return Service Requested

Non-Profit Org.
US Postage
PAID
Permit
600
Southfield, MI