

PSYCH

April 2004 Volume 3, No. 1

The Newsletter of the East Side Institute
for Short Term Psychotherapy
www.eastsideinstitute.org

OUT

A NEW PSYCHOLOGY?

Among the trips I made last year on behalf of the Institute was one to South Africa and another to Bosnia-Herzegovina. Both were particularly meaningful to me.

In South Africa I spent nearly two weeks on a speaking tour organized by practitioners and scholars in psychology, education, theatre and public health who invited me to share the Institute's work with their colleagues, students and clients. At Rhodes University, drama students discovered things about their stage performance and psychotherapy students discovered things about their "therapist chair" performance, as they explored with me what it is to perform in life. In Johannesburg I was moved to help people with HIV/AIDS give expression to their desire to develop their communities and their country and to recognize that to do so, they themselves needed to develop. In Durban, I spoke with critical psychologists about how the Institute's approach was being utilized to help young people learn and grow. They disagreed with me that inner city kids involved in creating their own mental health programs and their own cultural organizations are making radical social change, arguing that these things don't teach young people that they're oppressed! Our dialogue was useful—and continues.

I traveled to Bosnia-Herzegovina for what has become an annual visit with our dear friends of the extraordinary community called Zdravo da Ste / Hi Neighbor. It was a privilege to be part of their annual retreat—to participate in celebration and conversation about how to build off their success, to experience the energy and creativity of the young people in their

programs, to spend a morning at a primary school hearing from teachers trained in their

Vygotskian activity – based approach to learning how they have transformed, and to collectively deepen our understanding of what it means to perform community. Over the seven years Zdravo da Ste / Hi Neighbor and the Institute have known each other, our respect and love for each other's community—and for what we are creating together—have deepened.

For me, these travels, like others to so many countries and cities around the globe that I've been privileged to make, typify the Institute's mission. We've developed our own practice—social therapy—which has a growing international body of practitioners. But our mission is broader than that. It is to support dialogue among all people—the professional



helpers, the sick, the successful, the desperate, the young, the old, the so-called neurotics and psychotics, the know-it-alls and the know-nothings, the school smart and the street smart—on what psychology needs to be and can be.

— Lois Holzman

Our mission is to support dialogue among all people...on what psychology needs to be and can be.



SEEN & HEARD

at the 2004 Psych Out Awards

Institute friends and supporters celebrate at the third annual Psych Out Awards in New York City.

On February 2, 290 guests gathered at the Tribeca Rooftop in lower Manhattan for the third annual Psych Out Awards dinner benefit, which honored eight awardees.

Gloria Strickland, Director of the New Jersey All Stars, co-hosted the dinner with Zeev Neuwirth, M.D. She said, "Psych Out celebrates the Institute's work to promote the social therapeutic method and to build an international community of practitioners and scholars who share our belief in the need for a psychology that gives expression to people's creativity and radical humanism."

Institute founder Fred Newman paid special tribute to people in therapy around the world for their courage in engaging in the activity of emotional growth: "People who are suffering and are working to do something about it make a difference to the world. They inspire me!"

Co-chairs Tim Neiman and Susan Solomon announced that their 40-member Dinner Committee had raised a record \$100,000. "Proceeds from tonight's benefit will be used to create a live, international webcast of Fred Newman's annual lecture, for training scholarships, and to produce a national speaking tour for Institute director Lois Holzman," said Neiman.



In order to change the world, we have to change ourselves.
- Cecilia Salvatierra

Awardee Cecilia Salvatierra and Institute founder and principal trainer Fred Newman

Kids have a gleam in their eyes that says, "This is my planet, and I'm gonna play on it!"
- Stuart Goldstein



Ed Gordon, Director of the Institute for Urban and Minority Education, Columbia University, Teachers College and awardee Stuart Goldstein (at podium)

We work hard to make after-school a place where children can be creative.
- Lena Townsend



Ann Lawrence (l.), Kim Sabo and Lois Holzman congratulate awardee Lena Townsend (r.)

Day-in and day-out, I participate with hundreds of people in creating what it means to be men and women, mothers and fathers, colleagues, executives, lovers, friends, therapists and clients.
- Karen Steinberg



Awardee Karen Steinberg (l.) and Dana Roan, Vice Chair of the Newark Public School Advisory Board



Guests (from l. to r.) Debra London, her mother Toby London, Murray Dabby and Cathy Salit

Development will make our communities healthy.
- Susan Massad, M.D.



Awardee Susan Massad (at podium) and Lenora Fulani, Co-executive Producer and Director of the All Stars Project youth development programs



Pam Lewis (l.) Director of Youth Programs for the All Stars Project, awardee Dennis Saleebey, and Debra Pearl, Director of the Long Island Social Therapy Group

I'm pleased to accept this award as 'best supporting actor' in an ensemble performance. Social therapy has been a truly amazing adventure.
- Mary Fridley



Awardees Cecilia Salvatierra (l.), Mary Fridley (at podium), Robin Sayetta

A Conversation with Dennis Saleebey and Fred Newman

Director Lois Holzman welcomed 60 guests – social workers, psychologists, therapists and students – to a conversation between



In from Kansas for the Psych Out Awards, Dennis Saleebey (center) joins Lois Holzman and Fred Newman (r.) to discuss a strengths perspective in social work.

Institute founder Fred Newman and Dennis Saleebey – a professor at the University of Kansas School of Social Welfare, a pioneer in strengths-based social work practice, and a 2004 Psych Out awardee.

Holzman described Saleebey and Newman's work as a challenge to and critique of the dominant traditions of social work and psychology – engaging how modernist therapeutic approaches contribute to our experience of powerlessness, and how we can do something about it.

The discussion opened up many questions: Is a focus on strengths and talents a new language game that is empowering? But what of the DSM-like self-descriptions that patients bring into the therapy room? How are they to be engaged? With other labels? With creative social activity? And what about patients looking for a therapeutic fix? Is there an existing cure? Or must we create our own?

"It's a conversation I'd been waiting to be part of for years," said Matt Lundquist, a graduate student of social work and education at Columbia University and Bank Street College. "It helped me think in a whole new way about the problematic with diagnosis. It's not simply a matter of replacing bad labels with better ones. Maybe we need to address the whole activity of labeling."

PSYCH OUT 2004 Awardees

Mary Fridley
Client

Stuart Goldstein
Director, Rockland County Special Ed Training Center

Susan Massad
Physician

Dennis Saleebey
Professor,
University of Kansas School of Social Welfare

Cecilia Salvatierra
Client

Robin Sayetta
Client

Karen Steinberg
Director, Manhattan Social Therapy Group

Lena Townsend
Executive Director,
The Robert Bowne Foundation

**THE EAST SIDE INSTITUTE FOR
SHORT TERM PSYCHOTHERAPY**

A CENTER FOR NEW APPROACHES
TO HUMAN DEVELOPMENT AND COMMUNITY

Executive Staff

Fred Newman, Ph.D., Founder
and Principal Trainer

Lois Holzman, Ph.D., Director

Hugh Polk, M.D., Medical Director

Madelyn Chapman, Managing Director

Bette Braun, C.S.W., Director of Training

Gwen Lowenheim and Barbara Silverman,
Training Coordinators

Mary Fridley, Director of Development

The East Side Institute for
Short Term Psychotherapy
920 Broadway, 14th Floor
New York, NY 10010

www.eastsideinstitute.org

Tel. 212-941-8906

Editors: Janet Wootten, Chris Helm

Design: Stone DesignWorks

Photos: Errol Anderson

Please email responses, submissions or
queries to jwootten@eastsideinstitute.org

New Training Opportunities!

- **Study at the Institute from anywhere on the globe.**
The International Class is a year-long course of study with periodic residencies in New York City, mentoring at a distance and online study and discussion.

- **Create your own investigation.**

An Individualized Course of Study allows study of social therapy from the vantage point of clinical practice, postmodern methodology, creative community building, leadership development or as a new learning model.

For more information, please visit www.eastsideinstitute.org
or contact Gwen Lowenheim at glowenheim@eastsideinstitute.org

The East Side Institute is a non-profit 501(c)(3) organization. We invite you to make tax-deductible contributions to support our International Development Campaign Fund. If you would like to explore opportunities for giving, please contact Mary Fridley, Director of Development at 212-941-8906 or mfridley@eastsideinstitute.org.

THE EAST SIDE INSTITUTE FOR
SHORT TERM PSYCHOTHERAPY
920 Broadway, 14 Floor
New York, NY 10010



NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 07394