

# Westside Notes

*The Opposite of Addiction is Not Sobriety.  
The Opposite of Addiction is Connection. — Johann Hari*

Welcome to the Spring edition of *Westside Notes*. It's been a busy first quarter of 2026 as I recently returned from a week in New York City attending AGPA Connect (the annual American Group Psychotherapy Association conference). I mixed in a bit of time to visit friends and family in Philly as well as seeing a few really fun shows on Broadway. Although I always enjoy the weeklong offerings at AGPA, it's clear to me nowadays that I also need to focus on rest and play to fully show up in my practice with the resilience that our work requires in these troubling times.

## Group Update

**Upcoming GPALA Workshop:** On Saturday April 25<sup>th</sup> from 1-4:45 the Group Psychotherapy Association of Los Angeles will be hosting a workshop entitled *The Forgotten Only Child in Process Groups* facilitated by Christine Dixon, LCSW, CGP. This is a rare opportunity to take a closer look at these dynamics that are often invisible but part of most groups. For further information and registration, visit [www.gpala.org](http://www.gpala.org).

## Andrew's Group Openings:

**Mixed Gender Interpersonal Process Group**  
(in-person, one opening)

**Men's Interpersonal Process Group**  
(on-line, one opening)

Please keep in mind that I'm always available to speak with you about the groups in my practice or other groups in the community. Helping others find the right support is part of what I enjoy most about belonging to such a vibrant village of passionate clinicians.

## Brainspotting Help / Pro Bono Brainspotting

After the Los Angeles fires last year, I became a volunteer for Brainspotting Help which is a global network of volunteer clinicians and local coordinators responding to crises around the world. Volunteers are experienced mental health professionals offering pro bono online support regardless of geographical location. Local coordinators ensure support is culturally sensitive and consistent with the unique needs of their respective communities.

Pro bono Brainspotting sessions are available for anyone impacted by war, large-scale disasters or crisis in their community, and up to 10 free sessions of short-term crisis intervention are available. If

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**Order Andrew's Recent Book:**  
*The It's Not About the Sex Workbook*

## About Andrew Susskind



Andrew Susskind, LCSW, SEP, CGP is a Licensed Clinical Social Worker, Somatic Experiencing Practitioner, Certified Group Psychotherapist and Certified Brainspotting Practitioner who brings more than 34 years of experience to his work.

## Andrew's Books

you know of anyone who may benefit, contact [www.brainspottinghelp.com](http://www.brainspottinghelp.com) for more details.

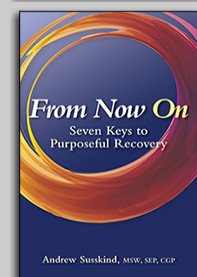
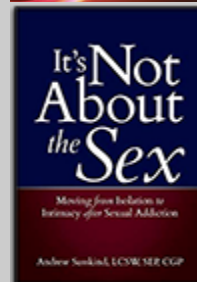
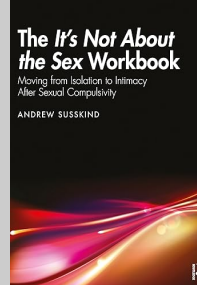
### **Take Five: Guided Relaxation Exercises**

Several years ago, I decided to develop some guided relaxation exercises on my website. It's been a fun project for me, and I felt that shorter exercises (hence the name Take Five) would be more palatable and user-friendly. Now I offer eleven different exercises (available for free), all ranging from four to nine minutes ranging from self-compassion to grounding to visioning. Check them out [here](#) and please let me know if you have any specific requests that might be relevant to you or your clients in the future.

Wishing you all rest and relaxation in these trying times.

Warmly,

Andrew



### ***Instant Connection!***

[Read more about Somatic Experiencing](#)

[Read More about Brainspotting](#)

[12-Step Self-Help Groups](#)

[Contact Andrew](#)



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