Contents

PREFACE Xi

INTRODUCTION: WORKING TOWARD DIVERSITY XV

A NOTE ON CONFIDENTIALITY AND TERMINOLOGY XXV

Part 1 Why Group?

- Every Other Thursday: A Meeting of Group 3
- 2 Evolution: How Each of Us Came to Group 17
 - 3 Facing Disaster: Ellen's Story 35

Contents

Part 2 Group Work

- 4 Accepting . . . Liking . . . Celebrating: Appreciating
 Ourselves and Being Entitled to Success 71
 - 5 A Serious Mind and a Light Heart: Respecting Instinct and Personal Goals 82
 - 6 Off Balance and Out of Control: Managing Time and Establishing Equilibrium 91
 - 7 Flying Furniture: Choice and Change 101
 - 8 Best Friends, Harshest Critics: Working with Other Women 108
- 9 Life Is a Limited Resource: Taking Care of Ourselves 118
 - 10 Permission to Feel: Being Professional Does Not Mean Turning Off All Emotion 127
 - Boss, Mother, Friend, Role Model: Working with Students and Employees 138
 - 12 Putting It Out There: Writing and Giving Talks 149
 - 13 Nobody Taught Us This in School: Institutional Politics and Strategy 161

Contents

14 Anticipating Changes: Growing Older with Grace 177

15 Going Home: Interactions with Spouse,Partner, Mother, and Children 184

Part 3 A Group of One's Own

16 Pigs, Contracts, and Strokes: GroupProcess and History 201

17 Maintenance and Repair: Working to Keep Group Working 227

Part 4 Epilogue

18 Another Change of Direction: Letting Go and Moving On 239

Biographies of Group Members 253

NOTES 259

FURTHER READING 263

ACKNOWLEDGMENTS 267