

May 2017



# ICP+P Connections

A monthly e-newsletter from the Institute of Contemporary  
Psychotherapy + Psychoanalysis

[ICP+P Connections](#)  
[Editorial Staff](#)

Editor: Jonathan Lebolt  
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## In This Issue

[The Many Meanings of  
Friendship](#)

[Note from the Editor](#)

[ICP+P Graduation](#)

[ICP+P Board Election Results](#)

[Join Couples Therapy Training  
Fall 2017](#)

[Psychoanalytic Study Group for  
Prospective Trainees](#)

[Fellowship Program is Accepting  
Applications for 2017-2018](#)

[Save the Date for the Annual  
Members Pot Luck and Fall Kick-  
off](#)

[Member News & Notes](#)

[Upcoming Events](#)

[Bulletin Board](#)



## Upcoming Conferences

[Bruce Wine Memorial  
Conference -  
Ethical Perspectives on 'Fit'  
and Fidelity in Clinical Practice](#)



### The Many Meanings of Friendship *Martha Blechar Gibbons*

*The language of friendship is not words but meanings.*

Henry David Thoreau

Validation is a word we use frequently, but I never examined its meaning until now. Perhaps it is something we take for granted until it is no longer available. If we are fortunate enough to secure a validating friendship, we relish the benefits of advocacy, we bask in the warmth of encouragement, and we accept challenges that might seem too daunting without consistent corroboration. With confirmation, we reach to embrace new possibilities, stretching to expand to all the corners of our lives.

The people who can validate us best are those we can see as equals, and with whom there can be trust, affection, loyalty, and acceptance. Such people offer the kind of validation that builds lasting self-confidence, despite the difficulties we encounter. These are our true friends.

Last summer my best friend was diagnosed with Amyotrophic Lateral Sclerosis (ALS) and since then I have been wading through the waters of anticipatory loss. As she gradually loses her life, I am losing one of my strongest sources of validation. For two thirds of our lives, we have maintained a significant attachment. We have shared the growing pains of graduate school, the pearls and perils of parenting, the trials and tributes of our nursing profession. We have experienced a continuity of caring. In her book *Lots of Candles, Plenty of Cake*, Anna Quindlen

Saturday, September 23,  
2017

9:00 am-12:30 pm  
featuring  
The Red Well Theater Group  
*3 Ethics CEs*

Silver Spring Civic Building  
1 Veterans Plaza  
Silver Spring, MD

The Love That Dare Not  
Speak its Name— On the  
Therapeutic Action and the  
Limitations of Romance and  
Desire in Psychotherapy and  
Psychoanalysis

Saturday, December 9, 2017

9:00 am-12:30 pm

Sponsored by the CAPP  
Training Program and  
featuring Steve Kuchuck,  
LCSW

Silver Spring Civic Building  
1 Veterans Plaza  
Silver Spring, MD

Relational Ethics

Saturday, February 3, 2018

9:00 am-12:30 pm

Featuring Elizabeth A. Corpt,  
MSW, LICSW  
*3 Ethics CEs*

Silver Spring Civic Building  
1 Veterans Plaza  
Silver Spring, MD

2018 Annual Conference

Saturday, May 5, 2018

expresses the significance of such a bond.

"The thing about old friends is not that they love you but that they know you."

For those of us who have struggled with family relationships, a friend can be the life saver in a perilous sea of unpredictability, disillusionment, negligence, and abandonment. In loving friendships we can gradually work through our early disappointments, discovering the power of empathy to strengthen our sense of self and connections to each other. Molly Ruggles, a psychologist at the Center for Grief, Loss & Transition in St. Paul, asserts, "It's important to understand that for some, the loss of a friend can be more impactful than if it was a family member."

Kohut argues that all people, including psychologically healthy people, have a lifelong need for selfobject relationships, in which thwarted developmental strivings can be repaired. Yet functioning as a self-object can be a one-way street, whereas friendships are reciprocal in nature. Frequently it is individuals with difficulties in sustaining reciprocal relationships who come to seek psychotherapy.

A friend can be pivotal in the process of negotiating Erikson's stages of psychosocial development, facilitating the acquisition of the virtues of purpose, competency, fidelity, love, care and wisdom. The philosopher Aristotle stated, "In poverty and other misfortunes of life, true friends are a sure refuge. They keep the young out of mischief; they comfort and aid the old in their weakness, and they incite those in the prime of life to noble deeds." Friendships are vital for wellbeing, but they take time to develop and can't be artificially created.

Alan Wolfelt, author and founder of the Center for Loss and Life Transition, tells us that one of the essential needs of mourning for a cherished friend is to explore the alteration in one's identity when the dynamics change in that intimate relationship. I know that there will be an empty space that will never again be occupied. For now I will live, love, and honor the bond with my best friend. I will appreciate every day that I can share with her. I will renew a promise to myself never to dismiss a chance to engage in a conversation with her. For the rest of my life, I will process the many meanings of our friendship.

As all relationships come to an end, this is my

9:00 am-4:00 pm  
Sponsored by the ICP+P's  
Psychoanalytic Training  
Program and featuring Eric  
Mendelsohn, PhD

last communication as Associate Director of Member Relations for ICP+P. For the past six years I have treasured the opportunity to greet, interview and retain new members entering our organization, to create a way to share unknown facts about our members, to express my opinions on our board, to facilitate celebrations of momentous occasions such as our 20th anniversary, and to compose letters of appreciation for those who have served our organization in special ways. Most of all, I am grateful for the friendships that I have initiated and cultivated, and for those friends, new and old, who have provided validation along the way.



*Note from the Editor*  
**Jonathan Lebolt**

Dear ICP+P'ers,

This is my swan song for our newsletter. I want to thank you all for your contributions, suggestions, and, most of all, support, without which I would have been sorely pressed to perform my duties as editor for the last 2 ½ years. Instead, you helped it to be a positive experience. I especially wish to thank Martha Blechar Gibbons for appointing me and for her encouragement, and my Managing Editor and "rock," Nancy Der. God bless you, Nancy!

Our Associate Director for Outreach and Publicity, Jen Sermoneta, will be assuming the editorship of the newsletter and Lauren Brandt will be coming on as copy editor. I know they will do a wonderful job. Please contact Jen at [jen.sermoneta@gmail.com](mailto:jen.sermoneta@gmail.com) if you have ideas and/or would like to write something for *Connections*.

This month's newsletter features a lovely piece on friendship from Martha Blechar Gibbons, who is also saying farewell in her role as Associate Director for Membership. We also have our Board election results from Dawn Taylor; congratulations to our new Board members!

Finally, make sure to see below for exciting training opportunities with our Couples, Fellowship and Psychoanalytic Programs.

See you at the Annual Conference on May 6–

Yours,



[therapy@doctor-jon.com](mailto:therapy@doctor-jon.com)

**ICP+P Graduation - Sunday, June 4th**



The 2017 ICP+P Graduation Ceremony will take place on Sunday, June 4, 2017 from 10:00 am to 2:00 pm. The day begins with clinical presentations, followed by the presentation of the completion certificates and then the luncheon. It will be held at:

Maggiano's Little Italy  
Chevy Chase  
5333 Wisconsin Ave., NW  
Washington, DC 20015

***All ICP+P members are invited.  
If you can attend, [click here to RSVP](#).***

### ***ICP+P Board Election 2017-2019 Dawn Taylor***

The 2017-2019 elections are over. We want to thank all members who participated in the ICP+P election of members for the ICP+P Board of Directors. We also want to thank Nancy Der for developing and disseminating the electronic ballot. We want to make the voting process as easy as possible for members in order to ensure a greater percentage of participation.

We want to thank and acknowledge retiring Board member, Martha Gibbons, who has held the position of Associate Director of Membership.

Here are the returning and newly elected Board members:

**Janet Dante - Treasurer**  
**Michelle Levine - Secretary**  
**Etta Sandler - Coordinator of Study Groups**  
**Alexandra Kaghan - Associate Co-Director of Membership**  
**Nancy Wachtenheim - Associate Co-Director of Membership**

Congratulations and thank you for taking on these responsibilities that help ICP+P grow and provide an enriching experience to its members.

ICP+P Nominations and Elections Committee

[Dawn Taylor](#), Chair

[Kathy Beck](#)

[Martha Gibbons](#)

[Lynne Greenwald](#)



***Join the Couples Therapy Training Program  
Fall 2017 Class  
Michael Wannon***

The Couples Therapy Training Program is a one-year course comprised of both

theoretical seminars and clinical group supervision. The trainees learn the material through lectures, case write ups and presentations and group participation. The trainees meet together for 3 hours per week from September to May. The emphasis of the programs is on the application of self-psychological and relational concepts applied to the clinical practice of treating couples.

If you are interested in learning more about the program and the possibility of becoming a member of the upcoming class, please contact the Chair of the program, Michael Wannon, PhD, [menaw1@aol.com](mailto:menaw1@aol.com).

***Psychoanalytic Study Group for Prospective Trainees***  
**Elizabeth Carr and Larry Ballon**

The ICP+P Psychoanalytic Training Program is pleased to announce a new study group beginning Fall 2017 for individuals who are considering joining a first year class scheduled to begin September 2018. The study group will be a place to explore your interest in training and to learn more about our psychoanalytic training program. In the study group, psychoanalytic papers will be distributed electronically in advance and will then be discussed in the study group sessions. Engagement with reading and discussion in these sessions will provide participants with a firsthand sense of the ICP+P psychoanalytic training experience.

[Click here to learn more...](#)

***Fellowship Program is Accepting Applications for 2017-2018***  
**Monica Meerbaum and Linda Kanefield**

***Note from Monica Meerbaum:*** *I am happy to announce that Linda Kanefield will be joining me as Co-Chair of the Fellowship Program, beginning now with planning for next year's class. I very much look forward to working together!*

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ICP+P's Psychoanalytic Training Program welcomes applications for the 2017-2018 class of its Fellowship Program in Contemporary Forms of Psychoanalysis. The Fellowship Program introduces participants to the ways psychoanalysis has evolved as a relevant clinical practice for the 21st century.

[Click here to learn more...](#)

***ICP+P's Annual Members Pot Luck and Fall Kick-off***  
**Kathy Beck**

**Save the Date!**

**September 17, 2017, 11am-2pm**  
**Chevy Chase Village Hall**  
**5906 Connecticut Avenue,**  
**Chevy Chase, MD 20815**



We hope that you will plan to join us on Sunday, September 17, 2017, 11am-2pm, for the fall pot luck and town hall meeting. This kick-off event gives us a chance to come together as a community to renew ongoing relationships as well as to welcome new members. Members-in-training and individuals who have joined ICP+P during the last year will be introduced. In addition, we are planning to have a town hall meeting, in which members can be a part of an open discussion about ICP+P, including the year's upcoming programs, planning for future programs and other areas of interest or concern to the ICP+P community. The pot luck has

always have an informal, lively, and fun event with lots of great food! Please mark your calendars! Questions? Contact Kathy Beck, [kathy.beck@rcn.com](mailto:kathy.beck@rcn.com).

## Member News & Notes

**Robert Benedetti** will give a paper "Being Bad Together - The Complexity of Sameness and Difference" as part of a panel presentation entitled "The Enigmatics of Identification and Otherness" on May 27, 2017 at The International Association of Relational Psychoanalysis and Psychotherapy (IARPP) annual conference in Sydney, Australia.

**Martha Blechar Gibbons** has a paper that has been accepted for publication. It will appear in the Spring 2017 edition of *Voices, the Art and Science of Psychotherapy*. The article title is *Widening the window: The body in psychotherapy and life*.

**Joanne Zucchetto** was elected a Fellow of ISSTD at their Annual Conference on April 1st in Crystal City, Virginia.

## Upcoming Events

- **Friday, May 5, 2017, 3:00-6:15 pm, Institute Pre-Conference, *Not By Words Alone: Body Based Interventions for Healing the Wounds of Attachment and Trauma* with Tally Tripp.**
- **Saturday, May 6, 2017, 8:30 am-5:30 pm, *Sensorimotor Psychotherapy Treatment of Trauma and Attachment* with Ame Cutler.** This is ICP+P's annual conference. The Georgetown University Hotel and Conference Center, 3800 Reservoir Road NW, Washington, DC 20057.
- **Saturday, September 23, 2017, 9:00 am-12:30 pm, Bruce Wine Memorial Conference, *Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice* featuring the Red Well Theater Group (3 Ethics CEs).** Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring, MD.
- **Saturday, December 9, 2017, 9:00 am-12:30 pm.** CAPP will be sponsoring a half day conference, *The Love That Dare Not Speak its Name - On the Therapeutic Action and the Limitations of Romance and Desire in Psychotherapy and Psychoanalysis*. **Steve Kuchuck** will be presenting (3 CEs). Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring, MD.
- **Saturday, February 3, 2018, 9:00 am-12:30 pm, Elizabeth Corpt** will present, *Relational Ethics* (3 Ethics CEs). Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring, MD.
- **Saturday, May 5, 2018, 9:00 am-4:00 pm, 2018 Annual Conference,** sponsored by the ICP+P's Psychoanalytic Training Program and featuring **Eric Mendelsohn**.

## Bulletin Board

ICP+P members want to share the following information.  
ICP+P is not explicitly endorsing these listings:

- **Longstanding group consisting of high-functioning women conversant in**



'psychotherapy' talk, seeking one or two new members, for relational work. Current members range in age from 50 to 60, but we are open to somewhat younger or older new members. Group meets in Dupont Circle on Monday evenings, from 6:45 to 8:00. Contact **Sheila Cahill**, 202-322-6236 or email at [sheilacahill@mac.com](mailto:sheilacahill@mac.com).

- **Furnished sublet available one block from the White House** - Light, spacious, comfortable and furnished office to share with one other clinician. Available 2 or 3 days - M/W/F. The office is in a two-office suite with a waiting room; an LCSW uses the office on Tuesdays and Thursdays, and a psychologist occupies the other office in the suite. The office is available beginning May 1st. It is completely accessible. Ideal downtown location one block from the White House in a lobbied landmark building. Red, Orange, Blue and Silver metro lines are close by. Free use of a conference room is an option. Contact **Dori Aronson** at [doriaronsonlcsw@gmail.com](mailto:doriaronsonlcsw@gmail.com) for details and photos.
- **Newly renovated Dupont Circle office**, just half a block from the North Metro exit. Sublet hours available beginning mid April. Perfect for part-time or beginning practice, working with individuals or couples. Available Monday day/evening or Friday day/evening, as well as Wednesday evening, with additional options for weekday evening hours and weekend day/evening times. The office is one of four in a suite of therapists in the historic Anchorage Building (corner of Connecticut and Q Streets, NW). Please contact **Heather Gary** at [heatherlgary@yahoo.com](mailto:heatherlgary@yahoo.com) or call me at 202-813-0846.
- **A study group on Intensive Short Term Dynamic Psychotherapy** is looking for more members to commence our meetings. ISTDP is an attachment based psychodynamic model of working which emphasizes healthy emotional experiencing of unconscious affect. It offers methods to focus and intensify the therapeutic process. We will use Jon Frederickson's Co-Creating Change; Effective Dynamic Therapy Techniques as a text. This meeting has been planned for the second Friday of the month between 11:00AM-12:30 PM. It may be possible to be flexible with the time or day of this group. If you are interested in learning more, please contact **Margo Silberstein** at [margosil@aol.com](mailto:margosil@aol.com).

- Openings in Two Clinician-Focused Groups co-facilitated by Trish Cleary & Ginger Sullivan

1. Process Group for Therapists for Licensed Area Clinicians - Meets one Friday a month: 3 to 5 PM
2. LGPC Psychodynamic Supervision Group for LGPCs in Maryland & DC - Meets one Saturday a month: 2 to 4 PM

Meeting place is Trish's office: 5119 Bradley Boulevard, Chevy Chase, MD 20815. For information, [Ginger's website](#), [Trish's website](#) or Trish: [trishcleary@comcast.net](mailto:trishcleary@comcast.net), 301-654-4936 - Ginger: [vmsmail@aol.com](mailto:vmsmail@aol.com) (202) 265-5855.



- **Supervision Group Opening** - From a broadly psychodynamic standpoint, our group focuses on the use of the therapist's self in psychotherapy, while also paying attention to contextual and cultural factors surrounding the clinical work. Group members present cases on a rotating basis, and also serve as case consultants to other members. Group process will be used to illuminate the psychology of client, therapist, and their jointly created relationship, and

also to clarify the therapeutic process itself. The group meets weekly on Tuesdays, 10:00 a.m. - 11:15 a.m. at 5225 Wisconsin Ave., Suite 310, in Friendship Heights (across from the Jenifer St. entrance to the Friendship Heights Metro Station), Washington, DC 20015. Contact: Cherian Verghese, (202) 296-2822 or Barbara Wayne, Ph.D.(202) 363-0185. [Learn more here.](#)

- **Large, sunny office in the heart of Dupont Circle** (half block from North Metro exit) available April 1st on Thursdays starting at 3PM. The office is one of four in a suite of therapists in the Anchorage Building (corner of Connecticut and Q Streets, NW). Friendly suite mates, wifi, plenty of restaurants nearby! Please contact **Kathy Beck** at [kathy.beck@rcn.com](mailto:kathy.beck@rcn.com) or call me at 202-462-0404 if interested.
- **Bethesda Office Space.** Large office (13.5' x 12') with expansive views on 11th floor of downtown Bethesda office building. Five minute walk from Metro Red Line. On street and county parking nearby. Private, insuite restroom for therapists. Wifi and fax/copier, office cleaning included. Available beginning April 1, 2017. Please call **Jacob Melamed** at 301-656-5360 or email [jmelamed@jacobimelamedphd.com](mailto:jmelamed@jacobimelamedphd.com).
- **Bethesda Office Space.** Interior, furnished office (10' x 9') in attractive suite on the 11th floor of downtown Bethesda office building. Perfect for part-time or beginning practice. Five minute walk from Metro Red Line. On street and county parking nearby. Private, insuite restroom for therapists. Wifi and fax/copier, office cleaning included. **Available immediately.** Please call **Jacob Melamed** at 301-656-5360 or email [jmelamed@jacobimelamedphd.com](mailto:jmelamed@jacobimelamedphd.com).
- **Opening in Supervision/Study Group - Janna Sandmeyer** has an opening for new members in this lively and engaging ongoing supervision/study group. The group provides an opportunity to play with theoretical ideas and apply them directly to clinical material in a supportive, engaging environment, as well as promote deeper understanding of self as clinician. The emphasis is on exploring psychoanalytic theory as well as clinical casework, with a focus on Relational Theory, Self Psychology, and Intersubjectivity. Readings are assigned as they pertain to specific cases and theoretical interest, with input from the group. Participants have basic familiarity with psychoanalytic theory. This is an ongoing group, open to all allied mental health professionals. The group meets biweekly on Mondays from 2-3:15pm in Chevy Chase, MD. Please call me at 202.306.6500 or email me at [JannaSandmeyer@me.com](mailto:JannaSandmeyer@me.com) for fee information and any other inquiries.
- **Men's Therapy Group has openings** for self-identified men. All cultures welcome. Group is supportive and focuses on relationships with self and others. Leader is Certified Group Psychotherapist with 25 years' experience, including collaboration with individual therapists of clients seen in group. The group meets Thursdays at 6 pm in Downtown Silver Spring. Insurance/Sliding Scale. Contact Jonathan Lebolt at 240-507-7696, [Therapy@Doctor-Jon.com](mailto:Therapy@Doctor-Jon.com) or [www.Doctor-Jon.com](http://www.Doctor-Jon.com).
- **Bethesda office available part time** - three blocks from Bethesda Metro, one block from Bethesda Row. Building is wheelchair accessible and open on evenings and weekends. If interested, please contact **Sophia Coudenhove** at [sophia.coudenhove@outlook.com](mailto:sophia.coudenhove@outlook.com) or 202-821-5562.
- Dear all, I've found a new office! Now I've got some **hours to sublet**. Might you be interested? I'll be at 4000 Albemarle St. in Tenleytown right next to the

metro. Please contact me, **Heidi Block**, at 301-651-6906 or [heidiblock1@gmail.com](mailto:heidiblock1@gmail.com).

- I'm happy to announce that I have a **well furnished office in Downtown Silver Spring** that is close to the metro/bus lines and has ample parking options. It is immediately available Monday and Friday's and will be available on Wednesday's beginning in March 2017. The office is equipped with a kitchenette, internet, and comfortable waiting room. Pictures are included and please inquire for the rental fee. Contact **Rachel Hoffman**, 703-819-6937, [rachelbhoffman@gmail.com](mailto:rachelbhoffman@gmail.com).
- **Full time office for rent in downtown Silver Spring.** Congenial suite of colleagues, including social workers, psychiatrist, and psychologist. Potential for referrals from within the suite. Attractive waiting room; kitchen w/ fridge, microwave and lunch table. Wheelchair accessible. Well-maintained professional building with responsive on-site management and maintenance. Popular local cafe located on lobby level. Rent includes utilities and cleaning services. Office wired for connection to Internet. Secure weekend and evening access. Many well-established mental health and medical professionals in building. Abundant public parking; short walk from Silver Spring Metro. Private parking lot also available, adjacent to building. Contact **Melinda Salzman**, (301) 585-7352, [melinda@salzmanmsw.com](mailto:melinda@salzmanmsw.com), or **Franca Posner**, (301) 466-3966, [fsposner@gmail.com](mailto:fsposner@gmail.com).



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Please e-mail articles, announcements, and artwork in JPG/PNG format to Jonathan Lebolt (Editor) (240-507-7696) at [Therapy@Doctor-Jon.com](mailto:Therapy@Doctor-Jon.com) and Nancy Der, ICP+P Administrator (Managing Editor) (202-686-9300 ext.5) at [administrator@icpeast.org](mailto:administrator@icpeast.org) by the 23rd of the previous month.

