

February 2016



ICP+P Connections

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

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Associate Director's Column Who's Working Backstage?

**Martha Blechar Gibbons,
Associate Director of Member
Relations**



He said it wasn't fair, and I agreed. When my son Adam was fifteen years old he was forced to relinquish a passion that he had developed as a child: being on stage. Adam had gradually become more and more anxious which affected his ability to perform. He was well aware of the long history my family endured with diagnoses including anxiety and depression, and he knew that there was the possibility that he would "inherit" such delimitations. Adam lamented that he had not been born into what he termed a "normal" family. (What is that?)

The school's theater technology department was directed by a wise, generous middle-aged man named Sam who knew Adam through the theater community. Sam offered Adam the opportunity to join him with the student members of the department to work backstage. Reticent at first, Adam's reluctance converted to curiosity which advanced to an invested interest. Under Sam's tutelage Adam designed sets and learned to work with his hands to express a creativity that he hadn't known he possessed. Before long Adam transferred these

Upcoming Conferences

Beyond Betrayal: Couples Therapy After The Affair Couples Conference

Saturday, February 27, 2016

Registration: 8:30-9am

Program: 9am-12:30pm

National 4-H Conference Ctr.

7100 Connecticut Avenue

Chevy Chase, MD 20815

[Register Now](#)

22nd Annual Conference *Connectedness: Intimate Moments of Therapeutic Growth* with Richard Geist, EdD

Saturday, April 16, 2016

Registration: 8:30-9am

Program: 9am-4:30pm

skills and began to design and build projects at home. One day he announced that we would never again need a repair man!

While watching Adam in this transformation from center stage to backstage I became aware of the skills and the ingenuity of those involved behind the scenes. I began to appreciate the amount of work that occurred backstage to create the performance. This was not visible to the audience, but essential to the production.

Have you ever wondered who's working backstage at ICP+P? Last year in the newsletter you heard from each of the five Associate Directors. The positions on our Executive Committee and our Board are occupied by innovative, motivated, diligent individuals who share responsibility for the operation of our organization. Without the effort that transpires behind the scenes our Institute could not exist.

The election process for Associate Directors and Board Members has begun, and nominations are now open for the following positions: Director, Associate Director of Administration, Associate Director of Education, Associate Director of Programs, Associate Director of Training, Treasurer, and three positions for Board Representative. Voting for these positions will begin in April and conclude in early May.

- The **Director** (currently Roger Segalla) is the principal executive officer of the Institute and is responsible for setting the tone and pace of the Institute's activities.
- The **Associate Director of Administration** (currently Eleanor Howe) has responsibility for the Institute's Administrator, office systems, facility management, the Treasurer and the CEU/CMU Chair.
- The **Associate Director of Education** (currently Leslie Kent) is responsible for study groups, short courses, outreach education, and the library.
- The **Associate Director of Programs** (currently Jen Sermoneta) has the

responsibility for the scheduling and execution of all programs for the Institute.

- The **Associate Director of Training** (currently shared by Kathy Beck and Linda Kanefield) coordinates all Institute training programs and promotes communication among the programs and coordinating training activities with the program chairs and co-chairs.
- The **Treasurer** (currently shared by Flora Ingenhousz and Melinda Salzman) is responsible for the oversight of the Institute's operating finances and investments.
- The **Board Representatives** (currently Angie Snyder, Sarah Pillsbury, and Ruth Migler) assist in the planning, review and decision making process of the Board, serving as liaisons between the membership and the Board.

The election process is an opportunity for you to join a team of hard-working, fun-loving (yes, we do have fun together) colleagues whose endeavors behind the scenes strengthen and develop our Institute. Your voice can influence the direction of our organization's advancement. It is also a time to consider nominating someone whom you believe could represent ICP+P. Currently there are Board members who never considered nominating themselves but responded to the invitation to run for election and are grateful that they made the decision to accept a position of leadership. While facilitating the enhancement of our Institute you are also experiencing personal evolution.

The Elections Committee is chaired by [Lynne Greenwald](#) and includes [Dawn Taylor](#), [Caron Trout](#), [Kathy Beck](#) and [myself](#). Contact any of us for more information and to nominate yourself or others. Don't just wonder who's working backstage...come join us!

Note from the Editor

Jonathan Lebolt, PhD



Dear ICP+P'ers,

I hope you are all recovering well from "Snowzilla." Our February edition of *Connections* features a warm and wise note from our Associate Director for Membership, Martha Blechar Gibbons, PhD, challenging us to consider running for the board of this wonderful organization. Activities at ICP+P this month include a conference on couples therapy, sponsored by our couples therapy training program, which promises to be highly stimulating, and which is free for members, as are many of our programs. (If you haven't yet signed up for membership, [do it now!](#))

Our next issue of our newsletter will include a review of a recent issue of the *International Journal of Psychoanalytic Self Psychology* from a new, surprise reviewer.

See you at ICP+P!

Yours,

Jonathan

therapy@doctor-jon.com



Couples Therapy Training Program Class to Begin in September

Michael Wannan, PhD

The Couples Training Program has accepted five members for its 2016-2017 class. 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 Wannan, PhD, menaw1@aol.com.

An excellent way to learn about the Program would be to attend the half day conference on February 27, 2016. The topic is *Beyond Betrayal: Couples Therapy after the Affair*. Faculty members and graduates of the program will present an experiential and theoretical conference. For more information and to register, see the article below or use this link:

<http://icpeast.org/icpp-conferences/icpp-programs/beyond-betrayal-couples-therapy-after-the-affair/>

Report from the Study Group Coordinator

Etta Sandler, LICSW

With the start of the new year, ICP+P's eighteen study groups have resumed. These groups cover a wide range of interest areas. The learning objectives listed by study groups on the website illustrate the depth of the readings and clinical focus offered in these groups. Some study groups are designed for in-depth exploration of selected topics, some choose several topics, some offer CE credits, and all are free of charge to members. I joined my first study group this past Fall. Though already a member of many professional peer groups, including a monthly reading group with ICP+P members, I wanted to join an official study group as part of my new role as Study Group Coordinator. The unanticipated surprise of joining a study group has been the degree to which the experience of connection to the community has expanded! All of this to say, I hope others not yet in study groups will join in on the rewards of adding

NEW STUDY GROUP OPPORTUNITY

Focused on 2016-17 Institute

Members may want to consider forming a new study group to prepare, through readings, for the upcoming ICP+P Institute, starting September 2016. Judy Marx and Wendy Fischer, Institute co-chairs, have provided the following details:

"In anticipation of ICP+P's upcoming Institute on Embodying the Unspoken Self: Attachment, Trauma, Neurobiology and the Body, it might be of interest to members to have an opportunity to consider some pre-reading. This will provide a rich background for appreciating the Institute speakers who will be joining us - Beatrice Beebe (Attachment), Stephen Porges (Polyvagal Theory), Kathy Steele (Structural Dissociation), and Ame Cutler (Sensorimotor Psychotherapy). Of course we will also provide readings for each of the Institutes's four conferences, and small group sessions during the conference will allow for further exploration of this material.

Trauma and the Body: A Sensorimotor Approach to Psychotherapy, by Pat Ogden, PhD, Kekuni Minton, MD, and Clare Pain, MD, offers an ideal introduction to the concepts to be presented in our institute. Part I of the book provides a theoretical understanding of trauma, based on recent research on attachment and neuropsychology, and Part 2 describes a three phase, body-oriented treatment approach to clinical work.

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma, by Bessel van der Kolk, MD, explores similar material. It focuses on how trauma impacts the brain and body, and describes a variety of therapeutic techniques to address these."

If you are interested in joining a pre-Institute study group, please contact me at etls17@verizon.net.

Look forward to hearing from you !



Submit Your Ideas for Scientific Day 2017

Jen Sermoneta, PsyD

Scientific Day 2017 is coming up in a year, and we are seeking committee members

and interested speakers from the ICP+P membership. The intention of this day is to showcase the excellent work being done by our members. For a description of the last Scientific Day program, [click here](#).

- If you'd like to be a speaker please include a page or less about your topic, the amount of time needed for your talk, and who else is involved.
- If you're interested in being on the committee, or chairing or co-chairing the event, tell me about your interest.
- If you have ideas for a new name for the day (e.g., Members Present, Community Day, Member Showcase, etc.), please share them!
Deadline for all proposals is February 29th.

Looking forward to hearing your ideas. Send all input to Jen Sermoneta at jen.sermoneta@gmail.com.

2016 CAPP Outreach Opportunities

CONTEMPORARY APPROACHES TO PSYCHODYNAMIC PSYCHOTHERAPY (CAPP) PROGRAM

2016 OUTREACH OPPORTUNITIES

ICP+P's CAPP Program is pleased to announce the following programs, offered free of charge, as an introduction to topics and clinical applications included in the training experience. For further information about applying to the CAPP Program, you may contact **Janna Sandmeyer, PhD**, Program Chair, at jannalou@me.com or 202 306 6500.

Open Houses and Case Presentations

All sessions will meet Saturday mornings from 10 AM to Noon at the ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC, 20008. For further information or to sign up, you may contact **Mary Jean Kane, LCSW**, at mjkanelcsw@gmail.com, 703 550 4298, or **Sharon Ballard, LICSW**, at sfballard@gmail.com, 301 681 9809.

February 20, 2016 ~ *"Tigger, Eeyore, and the Crunch of (Mis)Recognition"*

Participants will be introduced to contemporary Relational views of therapeutic impasse. The central notion of the co-contributions of both patient's and therapist's internal and intermingling conflicts and psychologies to the treatment process, particularly when they catalyze to create treatment ruptures and/or impasses, will be discussed using an extended case example.

William Pinney, PhD holds faculty appointments at ICP+P's Contemporary

Approaches to Psychodynamic Psychotherapy (CAPP) Training Program, the Washington School of Psychiatry's (WSP) Supervision Training Program, Georgetown University's Counseling and Psychiatric Service, and supervises at the University of Maryland's Psychotherapy Clinic and Research Lab.

March 19, 2016 ~ *A Case Illustration of Core Concepts in Self Psychology*

Using a detailed case example, we will explore Kohut's seminal contributions in empathy, selfobject transferences, and disruption and repair as they manifest in the therapeutic relationship.

Janna Sandmeyer, PhD, is Chair of the Contemporary Approaches to Psychodynamic Psychotherapy program, and is faculty and supervisor at the Washington School of Psychiatry.

Pre-Program Study Group

Meetings will be held the second Tuesday of each month, through May, from 7:15 to 8:30 PM in Monica L. Callahan, PhD's office, 4915 St. Elmo Ave., Suite 404, Bethesda, 20814.

This group is designed particularly for people who plan to apply to the CAPP program for the training class beginning in September, 2016. We will be reading and discussing clinically-relevant writings representative of contemporary Self Psychology and Relational theory, including chapters from Joseph Lichtenberg's book *Craft and Spirit* and recent journal articles. Later readings will be selected based on the interests of the group.

Monica L. Callahan, PhD is a faculty member and supervisor in ICP+P's CAPP Program and in its Psychoanalytic Training Program. She is Chair of ICP+P's Fellowship Program.

For further information or to sign up for the study group, you may contact Monica Callahan at Callahanml@erols.com or 301 587 6211.

Beyond Betrayal: Couples Therapy After The Affair
Couples Conference

Saturday, February 27, 2016

Registration: 8:30-9am

Program: 9am-12:30pm

National 4-H Conference Center

7100 Connecticut Avenue

The Couples Therapy Training Program of ICP+P will present an experiential conference on working with couples embroiled in the aftermath of an affair. Using a participant-observer model, the audience will watch two vignettes of ongoing treatment with a couple. After each vignette, there will be time to explore audience reactions and questions.

Conference participants will observe the therapist containing intense affect, addressing underlying dynamics in the couple, and working to repair the rupture. The format will provide participants the opportunity to learn from each other as we engage together in this experiential process.

Following the experiential part of the conference, there will be a theoretical presentation to integrate the theory and practice of working with couples where there is an affair.

At the conclusion of this program, participants will be able to:

1. Summarize the emotional themes often present in couples struggling with the aftermath of an affair.
2. Explain how the underlying dynamics in each individual and in the couple contribute to the affair.
3. Discuss repairing the rupture in the couple's relationship using theoretical principles from self and relational psychologies and from object relations.

[**Click Here to see the full flier...**](#)

[**Click Here to register online...**](#)

***Annual Conference ~ Connectedness: Intimate Moments of
Therapeutic Growth***
with Richard Geist, EdD

April 16, 2016

9:00 am-4:30 pm

7100 Connecticut Avenue

Chevy Chase, MD 20815

Every therapeutic couple struggles to find the bond that drives the therapeutic process and facilitates development. Dr. Geist captures this clinical phenomenon in his construct of Connectedness, a sense of participating in another's subjective emotional life while simultaneously experiencing that other as participating in one's own subjective life.

Dr. Geist is our featured speaker at this year's annual conference, sponsored by ICP+P's Contemporary Approaches to Psychodynamic Psychotherapy (CAPP) training program. There will also be a case presentation by Janna Sandmeyer, PhD and discussion by Sally Bloom-Feshbach, PhD.

2016-2017 Institute ~ Embodying the Unspoken Self: Attachment, Trauma, Neurobiology and the Body

Coming Soon . . .

Embodying the Unspoken Self: Attachment, Trauma, Neurobiology and the Body

ICP+P's Third Year-Long Institute - 2016-2017

This Institute will explore new developments in understanding neurobiology, physiology, and the impact of early attachment experiences and of trauma. Following on previous programs which have emphasized the emotional, cognitive and relational aspects of clinical work, the **Institute on Embodying the Unspoken Self** will emphasize the body and how to access implicit memory and integrate previously inaccessible pieces of the past by attending to body communications. Trauma will be addressed at both theoretical and clinical levels, with a focus on developmental trauma, i.e. injuries resulting from nuanced early failures of care, the "hidden traumas" of infancy that may be overlooked. Such experiences are less frequently identified as traumatic, relative to more dramatic disruptive events that receive the bulk of attention in the trauma literature. These early traumatic experiences occur as attachment patterns are being established, prior to the development of expressive language. Therapists will benefit greatly from learning to "read" the language of the body as it reveals early life experiences.

The Institute will consist of four weekend conferences - a pre-conference on Friday afternoon and a full-day conference on Saturday.

Beatrice Beebe, PhD on Attachment

September 24, 2016

Stephen Porges, PhD on Polyvagal Theory

December 10, 2016

Kathy Steele, MN, CS on Structural Dissociation

February 25, 2017

Ame Cutler, PhD on Sensorimotor Psychotherapy

May 6, 2017

For more details, see our website, www.icpeast.org. Check back frequently for new information and updates.

Members in the Arts

- The art work of **Helen Power** is included in "Vivid" Abstract Expressionist Painting, the current show at Falls Church Arts. The gallery is located at: 410 S Maple Street, Falls Church, VA. Vivid is on show until February 7, 2016. "Juxtaposition" pictured here is mixed media on canvas.



Upcoming Events

- **Saturday, February 20, 2016, 10 am-noon, Contemporary Approaches to Psychodynamic Psychotherapy Program (CAPP) Open House and Case Presentations** - ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008. Contact Sharon Ballard for more information at sfballard@gmail.com.
- **Saturday, February 27, 2016, 9:00 am-12:30 pm, ICP+P Couples Conference: Beyond Betrayal: Couples Therapy After The Affair** Chaired by Tybe Diamond, MSW this free-to-members half-day program will be created and presented by Couples Training Program Faculty and Graduates. [Click HERE to register.](#)
- **Saturday, March 19, 2016, 10 am-noon, Contemporary Approaches to Psychodynamic Psychotherapy Program (CAPP) Open House and Case Presentations** - ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008. Contact Sharon Ballard for more information at sfballard@gmail.com.
- **Sunday, April 3, 2016, 1:00-4:15 pm, Short Course - Letter Salad: Relational Practice with Clients who are LGBTQIA2-S**, with **Jonathan Lebolt, PhD** and **Melanie Ricaurte, PsyD**, ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008. **Meets Cultural Competence requirements.**
- **Saturday, April 16, 2016, 9:00 am-4:30 pm, ICP+P 22nd Annual Conference, Connectedness: Intimate Moments of Therapeutic Growth with Richard Geist, EdD.**
- **Friday, April 29, 2016, 10:00 am-1:15 pm, Couples Short Course - Why did I decide to be a couples therapist anyway?** with **Peggy Miller, LICSW** and **Leslie Smith, PhD**, ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008. Peggy and Leslie will present on the topic of couples that make us feel ineffective and how to respond to them.
- **Sunday, May 15, 2016, 1:00-3:15 pm, Short Course - Integrating**

News & Notes

- **Joanne Zucchetto, LICSW** and Simone Jacobs, LICSW have been asked to speak at ISSTD'S 33rd Annual Conference: Trauma/Dissociation/Attachment on Saturday, April 2nd in San Francisco. The title of their discussion is: *Suicidal Attachments - How suicidal behaviors help maintain primary attachments in survivors of childhood abuse and neglect.*
- **Jonathan Lebolt, PhD** will be moderating a discussion of the film, *Her*, for the Mid-Atlantic Group Psychotherapy Society Cinema Series on 2/13 at 5:45 pm in Arlington (go to <http://www.magps.org/cinema/cinema.html> for more info).
- **ICP+P's Psychoanalytic Training Program is pleased to offer a Fellowship Program in Contemporary Forms of Psychoanalysis**, introducing participants to the ways psychoanalysis has evolved and to its relevance for clinical practice in the 21st century. The program is intended for residents, interns, advanced graduate students, and practicing clinicians from mental health fields including psychiatry, psychology, social work, counseling, and nursing. Fellows will attend monthly Saturday afternoon seminars throughout the academic year featuring presentations, case material, and discussion by faculty and graduates of the ICP+P Psychoanalytic Training Program. Seminars will draw from a variety of contemporary theories, including self psychology, relational theory, intersubjective systems theory, motivational systems theory, attachment theory, and findings from infant and childhood studies. The Fellowship Program is free of charge, other than a minimal application fee. [Click HERE for more information.](#)

Bulletin Board

- **Available April 1.** Directly across from the National Zoo, nestled in the charming and historic neighborhoods of Cleveland and Woodley Park, is Washington D.C.'s Cathedral Mansions. Cleveland Park or Woodley Park Metro stations -- about 10 minute walk. Secure building, secure mailbox, concierge and fitness center on premises. Rent is \$1342/month. If interested, please call 301-518-1338 or email jessicabrownmd@gmail.com.
- **Solo office suite in downtown Bethesda** available for sublet Wednesday and Thursday afternoons and all day Friday and weekends. In an apartment building with indoor parking, 2 blocks from the Bethesda Metro. Suite has a small waiting



room, a well decorated consulting room, and a large kitchen/workroom. If interested, please call **Joseph R. Silvio, MD** at 301-656-3010 or email to jrsilvio@aol.com.

- **For Sale** - 2 sets of fabric anatomically-correct dolls. One boy and girl set is 14 in, and the other set is 18 in. Both are in excellent condition. If interested for your child practice, call me: **Diana Kreiss, LCSW** at (703) 524-6380.



ICP+P Connections is the e-Newsletter of the Institute of Contemporary Psychoanalysis and Psychotherapy, issued at the beginning of each month.

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

