

May 2016



## **ICP+P Connections**

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

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### ***Director's Column***

**Roger Segalla, Jr., PhD**

After six years of serving in the role of ICP+P's Director this will be my last Director's column. I say this with some sadness and, maybe, a little relief. These years as Director have been filled with experiences of joy, connection, interest, learning and even some intrigue. I have gotten to know so many incredible people in my role as Director. I've had the opportunity to work side by side with a group of dedicated, enthusiastic, and passionate people who really believe in the work that ICP+P does to bring people together into a learning community. People who are committed to bringing the enormous therapeutic potential of contemporary psychodynamic psychotherapy and psychoanalysis to mental health professionals in the Washington, DC area.

I am very tempted to try to list all those people that have provided me with guidance, advice, and emotional support. All those people who have been willing to give their time and energy to a project, a training program, or a conference. This would be a long list indeed because the work of this institute is a result of many, many hands. But the thought of leaving even one person off that list, leaving one person

## Upcoming Conferences

*Institute - 2016-2017*

*Embodying the Unspoken  
Self:*

*Attachment, Trauma,  
Neurobiology and the Body*

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

*1st Conference ~ Infant  
Research and Adult Treatment*

Beatrice Beebe, PhD ~  
September 24, 2016

*2nd Conference ~ The  
Polyvagal Theory*

Stephen Porges, PhD ~  
December 10, 2016

*3rd Conference ~ Integrating  
the Body in the Psychotherapy  
of Trauma*

Kathy Steele, MN, CS  
February 25, 2017

unacknowledged, is just too upsetting. So, I will do my very best to personally express my gratitude, one by one, over the next few months and the next year.

I can, however, safely say that I am most grateful for the support of six ICP+P Boards, the Co-Directors that served with me, Training Program Chairs and Co-Chairs, Committee Chairs and Committee Members, the Directors and Co-Directors Emeritus, and most recently, the newly formed Executive Committee. A group of people that, working together, have made the once impossible jobs of Director and Co-Director, manageable and even fun! I also want to thank the membership in general, you have all been terrifically supportive and enthusiastic about being part of this community of learning.

And finally, I want to say that I am very happy, and relieved, that Eleanor Howe decided to run for, and has now been elected, as the incoming Director of ICP+P. Having worked very closely with Eleanor for the last four years I don't know anyone who could serve more capably as your Director. Her experience as CE Committee Chair and more recently as the Associate Director for Administration will allow her to really hit the ground running. I also want to congratulate all the other newly elected Board members. I wish all of you only the best in your new roles. In your hands the future of ICP+P will surely be bright and joyful!

Thanks so much,



**Note from the Editor**  
**Jonathan Lebolt, PhD**



4th Conference ~  
*Sensorimotor Psychotherapy*  
*Treatment of Trauma and*  
*Attachment*  
Ame Cutler, PhD ~ May 6,  
2017

**Register Now**

*Institute - 2016-2017*

*Pre-Conferences*

*Three hour pre-conferences*  
*will also be offered the*  
*Friday before each*  
*Saturday full day session for*  
*those who are interested in*  
*deepening their*  
*understanding of the topics*  
*and their clinical*  
*applications.*

1st Pre-Conference ~ *Bringing*  
*Attachment into the Real*  
*World: Exploring the Circle of*  
*Security Intervention*  
September 23, 2016  
Betty Ann Kaplan, PhD

2nd Pre-Conference ~  
*Prepping for Porges: The*  
*Clinical Relevance of his Work*  
December 9, 2016  
Cynthia Margolies, PhD

Dear ICP+P'ers,

May is a time of transition for ICP+P. This issue of *Connections* features the last Director's Column from our outgoing Director, Roger Segalla. Roger has written many wonderful columns for us-his January, 2016 column on the need for solidarity among us mental health professionals after the terrorist attack on Paris was particularly inspiring, as was Roger's leadership of our Institute all these years. Many of us, myself included, found Roger to be an accessible leader who was willing to go to bat for us as individuals, despite the large size of our organization. He will be sorely missed as Director, though, thankfully, we will continue to have contact with him as members of ICP+P. We are fortunate, however, to have Eleanor Howe as incoming Director. I have been shadowing Eleanor since January in my role of incoming CE Chair, and I am blown away by her ability simultaneously to be both warm, meticulous, and effective.

Others are leaving Board positions-some for new ones, others for a well-deserved break. (See the Elections article below). All are to be commended for their service. Some concern has been expressed about whether I will continue to serve as Editor of *Connections*, in addition to my new roles as CE Chair and Board Rep. I plan to continue to serve as Editor at least through the end of the next training year, and, possibly, beyond. If I do feel the need to move forward, on or after May, 2017, I will make sure that I have someone capable to replace me.

I'd like to take this opportunity to thank those who have contributed so generously of their time and talents to our newsletter: first and foremost, Nancy Der, Managing Editor, without whom the production of this newsletter would not be possible; Eileen Boyle, Gwen Pla, and,

3rd Pre-Conference ~  
*Recognizing Dissociative  
Processes in Your Casework:  
Keeping the Body in Mind*  
February 24, 2017  
Rich Chefetz, MD

4th Pre-Conference ~ *Not By  
Words Alone: Body Based  
Interventions for Healing the  
Wounds of Attachment and  
Trauma*  
May 5, 2017  
Tally Tripp, MA, MSW, ATR-  
BC

[Register Now](#)

more recently, Roman Lokhmotov, for their incisive journal reviews; the Associate Directors, for their informative columns, elucidating their roles for the membership; Trish Cleary, for her insightful posts on group therapy and the Adult Child, including the piece below; and, last but not least, Martha Blechar Gibbons, for her lively new member introductions-see below for her intro of Alana Jacobs.

Make sure to register for the CAPP graduation on May 22. I attended the Couples Therapy graduation last year, and it was a delightful experience. Also, register now to catch the Early Bird rate for the 2016-17 Institute, *Embodying the Unspoken Self*. This will be my first Institute with ICP+P, but I hear the last two were amazing. More info on all of these events below!

Yours,



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

## ***ICP+P Elects Board Members for 2016 -2018 Term***

### **ICP+P Nominations and Elections Committee**

We want to thank all of you in the ICP+P community for participating in the recent election of members to the ICP+P Board of Directors. Membership participation is the life force of this organization. We also want to thank Nancy Der for initiating and shepherding us through the transfer to electronic balloting.

We especially want to thank our retiring Board members for their dedicated and inspired service:

Roger Segalla - Director  
Linda Kanefield - Associate Director: Training  
Flora Ingenhouse - Co-Treasurer  
Melinda Salzman - Co-Treasurer  
Ruth Migler - Board Representative  
Angie Snyder- Board Representative

Finally, CONGRATULATIONS to the new and returning Board members, elected for the 2016-2018 term:

**DIRECTOR** - Eleanor Howe, PhD

**TREASURER** - Janet Dante, MA, MSW, LCSW-C

**ASSOCIATE DIRECTOR: ADMINISTRATION** - Kathy Beck, LICSW

**ASSOCIATE DIRECTOR: EDUCATION** - Leslie Kent, MSW

**ASSOCIATE DIRECTOR: OUTREACH AND PUBLICITY** - Jen Sermoneta, PsyD

**ASSOCIATE DIRECTOR: TRAINING** - Sarah Pillsbury, PhD

**BOARD REPRESENTATIVES**

Aaron D. Bourne, LPC, NCC

Jonathan Lebolt, PhD, DCSW, CGP

Virginia Voight, MSW

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*NOMINATIONS AND ELECTIONS COMMITTEE:*

*Kathy Beck*

*Martha Gibbons*

*Lynne Greenwald, Chair*

*Dawn Taylor*

*Caron Trout*

***Graduation Day is May 22 - You are Invited!***



***You are Invited!***

All ICP+P Members and their guests are welcome to  
attend

**ICP+P's Graduation Celebration**

of the

**Contemporary Approaches to**

**Psychodynamic Psychotherapy  
Training Program**

**Class of 2016**

Jen Bissell, LICSW  
Aldrin O. Ceballos, LCSW-C  
Nancy B. Hartsock, PsyD  
Laura Miskimins, LCSW  
Adriana Couto Silva-Moertl, LCPC  
Virginia E. Voigt, LCSW-C  
Daniela Ana Wolf, LCPAT, ATR-BC, LGPC

*Sunday, May 22, 2016*

**10:00 am ~ Clinical Presentations**

ICP+P Members, Faculty, and Mental Health Professionals

**11:40 am ~ Presentation of Certificates to Graduates**

Family Members and Guests Join Ceremony

**12:15 pm ~ Champagne Luncheon Celebration**

Maggiano's Little Italy  
Chevy Chase Pavilion  
5333 Wisconsin Avenue, NW  
Washington, DC 20015

Contact Linda Kanefield ([lkane@icpeast.org](mailto:lkane@icpeast.org)) or  
Kathy Beck ([kathy.beck@rcn.com](mailto:kathy.beck@rcn.com)) for any questions.

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***If you plan to attend Graduation, RSVP on or before May 12th,  
by emailing Nancy Der at [administrator@icpeast.org](mailto:administrator@icpeast.org).***

***Also, indicate if you will need parking validation.***



***Welcome Our New Member, Alana Jacobs***

There are myriad ways for new members to connect with our organization. While traveling on a bus, **Alana Jacobs** met someone who suggested that ICP+P would be a good fit for her. Originating from the East, she resided on the West Coast for ten years before returning to the Washington, D.C. area. "I was hungry for a professional support system," she informed me, and she was particularly interested in joining a study group.



Earning a B.A. in Psychology at the University of California at Santa Barbara, Alana continued her education at the Pacific University School of Professional Psychology in Hillsboro, Oregon, and was awarded an M.S. in Clinical Psychology. In August 2014 Alana acquired a Psy.D. in Clinical Psychology from the same university.

Alana's clinical experience has been drawn from a diversity of programs. She assisted a psychiatrist in all clinical duties as a clinical intern/research assistant at the National Institute of Mental Health in Bethesda, Maryland. As an intern on the Voluntary Inpatient Unit at Cottage Hospital in Santa Barbara, Alana provided support to patients in group therapy sessions. In the Self-Management and Recovery Training (SMART) program in Portland, Oregon she co-facilitated groups for adults seeking assistance and support in abstaining from addictive behaviors, using Rational Emotive Behavior Therapy techniques in treatment. Alana attended a two year clinical training program that integrates Buddhist psychology and mindfulness meditation with Gestalt therapy at the Gestalt Therapy Training Center Northwest in Portland. The Year of Living Mindfully Program, affiliated with the Insight Meditation Community of Greater Washington, afforded Alana the experience of didactic training in the philosophical foundations of Buddhist psychology. This was also an opportunity to deepen her personal meditation and daily mindfulness practices.

In March 2015 Alana initiated her clinical training as a psychology associate with the Ross Center for Anxiety and Related Disorders in Washington, D.C. She continues to serve in this setting as an individual therapist, employing cognitive behavioral therapy with clients who present with a range of anxiety disorders.

From December 2014 until the present Alana has assumed the position of clinical psychologist at the Metropolitan Psychological Services, PLLC, in Arlington, Virginia. The population she treats in individual therapy includes college students and young adults experiencing anxiety, depression, relationship challenges, identity issues and family of origin issues.

"My dream is to integrate yoga, dance, meditation and the outdoors into the healing process. I also love group psychotherapy and have a background teaching yoga so I hope to engage in these modalities in addition to individual therapy."

To contact Alana: Phone: 805-570-4000 or [alanajacobs@gmail.com](mailto:alanajacobs@gmail.com).

The next two-year cycle for study groups will begin in September 2016. Sign up forms for the new cycle will be mailed with membership renewals in early June. Please check the STUDY GROUP section of the website for details regarding the sign-up process. The list of current ongoing study groups is [posted on the website](#). New study group opportunities will be posted on the website by early June.

## ***NEW STUDY GROUPS FORMING:***

### **1. Pre-Institute Study Group:**

Space is still available in a study group focused on pre-readings for the four conferences of the upcoming 2016 Institute, Embodying the Unspoken Self: Attachment, Trauma, Neurobiology and the Body.

If interested please contact Wendy Berns - (703) 294-6614,  
[wandjberns@gmail.com](mailto:wandjberns@gmail.com)

First Monday of the month - 7:45pm - 9:15 pm (please note this is a change of time from 7:00pm to 7:45pm)

Location: 4777 N. 25th Street, Arlington, Va.

### **2. Creativity Study Group:**

The topic of creativity is of great interest to many members interested in joining a study group. Plans, therefore, are underway to start a second Creativity Study Group. An initial meeting was held in April to discuss ideas for the group. This group will focus, for the most part, in a similar way to the current creativity study group (listed under [Study Groups on the website](#), "Experiential and Theoretical Investigation into the Creative Process"). If enough people are interested in a different focus for the group, a third creativity study group will also be organized to start in the Fall.

A second meeting to further discuss ideas and topics for these groups will be held on:

Thursday, May 12th at 7:45pm

Location: ICP+P office, 4601 Connecticut Avenue, NW, DC

If interested in attending the meeting or joining in September, please contact me at [etls17@verizon.net](mailto:etls17@verizon.net).

### **3. Novels and Memoirs as they Relate to Psychotherapy Study Group:**

Several people have indicated that they would like to join a Novels and Memoirs study group. If there is enough interest in this topic, a second study group on this topic will also be organized for the Fall.

Please let me know as soon as possible if you are interested -

[etls17@verizon.net](mailto:etls17@verizon.net).

### **4. Creative Writing Study Group:**

A new study group will focus on creative writing. It will focus primarily on fiction, which would include prose, poetry, plays and screen plays. Creative non-fiction by group members could be included but the primary focus will be fiction. The purpose of the group is to provide the opportunity for feedback, encouragement and support in writing fiction. The group will take turns reading and responding to group member's own writing with the potential to return with revisions over time. There are no requirements for members other than the interest to produce written work to openly share with the group and the responsibility to thoughtfully respond to the writing that others provide. The advantage of a writing group within ICP+P is to bring together interests in personal creativity with the psychological perspective we enjoy in our profession.

The tentative meeting time would be once a month on Thursday evenings.

If interested and/or you have questions please contact Jeffrey Jay-

[jeffjayphd@aol.com](mailto:jeffjayphd@aol.com) or Etta Sandler - [etls17@verizon.net](mailto:etls17@verizon.net).

### **5. Early Career Study Group:**

Roger Segalla, ICP+P Director Emeritus, will be forming a study group starting in September 2016 for ICP+P members who are in the early years of their professional careers. This group will discuss issues such as: developing a professional identity, setting up a private practice, practice guidelines, creating a theoretical perspective, setting fees, dealing with insurance (or not), etc. We will also be reading and discussing a series of introductory, foundational, articles from Self Psychology and the Relational Perspectives. The group will meet monthly on a to-be-determined day and time. Please contact Roger at [rsegalla@verizon.net](mailto:rsegalla@verizon.net) for any questions.

For questions and to discuss your interest in study groups, please contact me at [etls17@verizon.net](mailto:etls17@verizon.net).



## ***Shame: An Internalized Glass Ceiling***

**Trish Cleary, MS, LCPC-MFT-ADC, CGP**

*Generational shame leaves the Adult Child without a secure foundation for healthy self-esteem.*

This post will focus on the impact of unresolved parental "shame" on a child. It is impossible for a child to provide emotional security for one's parents. Yet Hank and Grace, members of a psychotherapy group featured in earlier posts, were caught in this untenable bind. While at first glance, they appear to be as different as day and night, they are merely different sides of the same coin. Notice how insecurity runs deep for each of them and how their self-protective coping patterns restrict their ability to form healthy relationships.

Grace

Her mother's only child, Grace was shy, withdrawn and distrustful of others when she first joined the group. She idolized her mother, "her best friend." She talked about how special her mother made her feel with their daily rituals, shared confidences, and special trips and outings. She occasionally noted that this closeness with her mother came at a high price for her. When the group asked her to expand on what "closeness at a price" meant, Grace was reluctant to respond. Instead she made allowances for her mother's demanding ways. She believed they were the result of her mother being the youngest in a well-to-do family that was financially and emotionally devastated by the Depression. Grace felt sorry for her mother and described her as a sorrowful soul filled with anger, fear, and resentment who secured a first-class future with a man of significant wealth who died before Grace knew him.

**[Click here to read on...](#)**

## ***Librarian Needed***

**Leslie Kent, MSW**

Please consider volunteering for the role of librarian for ICP+P's library. This is a low-key job with a very limited time commitment. It is a great way to help the organization!

If interested, and to discuss details, please contact Leslie Kent, (301) 589-8696.

## ***2016 CAPP Training Program Class to Begin in September***

**Janna Sandmeyer, PhD**

The Contemporary Approaches to Psychodynamic Psychotherapy (CAPP) program is

now accepting applications for our Fall 2016 class! Some of the benefits are:

- The CAPP program is the only 2 year psychotherapy training program in the DC area that emphasizes Contemporary Self and Relational Approaches to psychotherapy
- Opportunity to participate in collegial learning environment with excellent peer group and group process
- Stellar Faculty and Clinical Consultants
- Participation and integration in the ICP+P community

Applications are now on the [ICP+P website, under Training Programs - CAPP](#). For more information, please contact Janna Sandmeyer at [JannaSandmeyer@me.com](mailto:JannaSandmeyer@me.com), or (202) 306-6500.



## ***Couples Therapy Training Program Class to Begin in September***

**Michael Wannon, PhD**

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.

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 Wannon, PhD, [menaw1@aol.com](mailto:menaw1@aol.com).

## ***2016-2017 Fellowship Program in Contemporary Forms of Psychoanalysis***

**Applications are Being Accepted Now!**

ICP+P's Fellowship Program, sponsored by the Psychoanalytic Training Program, is now accepting applications for the 2016-2017 academic year. From September through May, Fellows attend monthly presentations by training program faculty and graduates on a variety of topics pertinent to contemporary psychoanalytic theory and practice. The Fellowship also includes a mentorship option and provides discounts for many ICP+P

events. There is an application fee (\$50 for professionals, \$30 for interns, residents, and graduate students) and a fee for CE credits, if desired, but otherwise the program is free of charge. Click here for the [program application](#).

For further information, contact **Monica L. Callahan, PhD**, at [Callahanml@erols.com](mailto:Callahanml@erols.com) or 301 587 6211.



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

**Beatrice Beebe, PhD, Stephen Porges, PhD,  
Kathy Steele, MN, CS, Ame Cutler, PhD**

**Featured Speakers**



**Beatrice Beebe**  
Sept. 24, 2016



**Stephen Porges**  
December 10, 2016



**Kathy Steele**  
February 25, 2017



**Ame Cutler**  
May 6, 2017

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

Psychotherapy is known as "the talking cure." Through words, patients describe memories and inner experiences, allowing empathically attuned therapists to enter that world. But how can this process unfold when patients have no words for, and may not know, their own experiences? Trauma specialists confront the difficulties of working with material not available to conscious awareness and verbal formulation. P. Ogden, Levine, van der Kolk and others assert that the body holds the story and keeps the score, and that trauma may be revealed not in words but in somatic, unsymbolized sensory fragments and symptoms. Similarly, attachment researchers demonstrate the critical influence of injuries resulting from nuanced early failures of care during the preverbal period that set the stage for later dysfunction.

In four full-day conferences, the Institute on Embodying the Unspoken Self provides the opportunity to learn state of the art science and theory of how the body contains and communicates unformulated material, and effective techniques to access implicit memory, integrate previously inaccessible pieces of the patient's past, and alleviate the patient's distress. Three hour pre-conferences will also be offered the Friday before each Saturday full day session for those who are interested in deepening their understanding of the topics and their clinical applications.

**1st Conference ~ *Infant Research and Adult Treatment* with Beatrice Beebe, PhD ~ September 24, 2016**

*Pre-Conference: Bringing Attachment into the Real World: Exploring the Circle of Security Intervention* with Betty Ann Kaplan, PhD ~ September 23, 2016

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**2nd Conference ~ *The Polyvagal Theory* with Stephen Porges, PhD ~ December 10, 2016**

*Pre-Conference: Prepping for Porges: The Clinical Relevance of his Work* with Cynthia Margolies, PhD ~ December 9, 2016

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**3rd Conference ~ *Integrating the Body in the Psychotherapy of Trauma* ~ Kathy Steele, MN, CS ~ February 25, 2017**

*Pre-Conference: Recognizing Dissociative Processes in Your Casework: Keeping the Body in Mind* with Rich Chefetz, MD ~ February 24, 2017

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**4th Conference ~ *Sensorimotor Psychotherapy Treatment of Trauma and Attachment* with Ame Cutler, PhD ~ May 6, 2017**

*Pre-Conference: Not By Words Alone: Body Based Interventions for Healing the Wounds of Attachment and Trauma* with Tally Tripp, MA, MSW, ATR-BC ~ May 5, 2017

**Small Group Experiences:**

Part of each conference will be spent in small groups. The intentions of the groups are to deepen participants' understanding of the material presented, offer exposure to techniques employed when working with the physical manifestations of developmental trauma, and

consider how these techniques can be integrated with self-psychological and relational approaches to treatment. Participants enrolled in the entire Institute will stay in the same group throughout the four conferences. When you register you will be asked to select your preference for small group between:

**Experiential Groups:** These groups will focus on experience-near activities which heighten our awareness of the language of the body and the experience of the five senses.

**Integrative Discussion Groups:** These groups will provide a forum for critical conversation based on the conference topic, deepening participants' understanding of the material being presented and exploring how these perspectives can be applied in the clinical setting.

There is so much more information on the Institute on our website. Take advantage of early registration pricing and package deals. Please visit [www.icpeast.org/2016-Institute](http://www.icpeast.org/2016-Institute) to learn more.

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

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

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**Continuing Education Credit:** The Institute of Contemporary Psychotherapy+Psychoanalysis (ICP+P) is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP+P maintains responsibility for this program and its content. ICP+P is approved by the Maryland Board of Social Work Examiners to offer Category I continuing education credit. Because ICP+P has approval from the Maryland Board, CE credit hours awarded by ICP+P may also be claimed by social workers licensed in Virginia and the District of Columbia. These continuing education credits meet the ANCC approval standards for nurses and the approved standards for marriage and family therapists. 7 CE credits will be awarded for attending each Saturday conference, at which full attendance is required to receive the designated CE credit. ICP+P is accredited by MedChi, the Maryland State Medical Society, to provide continuing medical education for physicians. ICP+P designates this educational activity for a maximum of *28 AMA PRA Category 1 Credit(s)*. Physicians should only claim credit commensurate with the extent of their participation in the activity. Three (3) CE credits will be awarded for attendance following each pre-conference session.



## ***Scientific Day Submissions Due June 30th***

**Janet Dante, MA, MSW, LCSW-C**

Scientific Day is our biannual celebration of the scholarship and creativity within our membership. It is an opportunity to learn from each other, both from the talks presented and from the discussions they stimulate among our audience members.

The next ICP+P Scientific Day will be held on Saturday January 28, 2017. Members are invited to submit an original paper/video on a theoretical, clinical, or practice topic.

Alternatively, a presentation could be based on an artistic endeavor such as creative writing, music, studio art, or film, but they are always expected to have contemporary psychoanalytic thought as their focus. Footnotes are not required.

Presentations should be 30-35 minutes long and demonstrate depth of thought; the topic, theoretical perspective, and format are determined by the individual presenter. We are planning to have no more than 3 presenters, so each one will have will have an hour for their talk and discussion with the audience.

The deadline for submissions is June 30. Members are invited to email one or more papers/videos for consideration to Janet Dante at [janet.dante@yahoo.com](mailto:janet.dante@yahoo.com).

Janet is also looking for a co-chair for this event. Contact her directly at [janet.dante@yahoo.com](mailto:janet.dante@yahoo.com), if interested.

## News & Notes

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**Mauricio Cortina, MD** will have an article published in the next *Psychoanalytic Inquiry* entitled: *Adaptive flexibility, Cooperation, and Prosocial Motivations: The Emotional Foundations of Becoming Human*.

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**Martha Blechar Gibbons, PhD, APRN, BC**, a psychotherapist and pediatric nurse practitioner, is designing a therapy program for mothers with PPD and their infants to enhance the attachment process and treat the depression as well. There is also a couples therapy segment to this. The program is currently being piloted with one family. Contact Martha for more information, [marthagibbons123@verizon.net](mailto:marthagibbons123@verizon.net).

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**Stephen Stein, PhD** is the President of the District of Columbia Psychological Association. The DCPA Center for Learning & Professional Development in conjunction with APA Practice Organization will be presenting, Mid-Atlantic Healthcare Summit on Alternative Practice Models and Integrated Care. It is being held on Friday May 20, 2016 at Capitol View Conference Center, American Psychological Association, 750 First Street North East, Washington, DC 20002

Experts from around the country will bring valuable insights regarding the practice of psychology, and the details you need to understand before starting, joining or participating in different practice models.

[Click here for more information.](#)

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[MAGPS Outreach Project - Summer Process Group Experience Training Days](#)

\* Saturday, June 18, 2016

\* Saturday, July 16, 2016

Co-facilitators: Ginger Sullivan, MA, LPC, CGP & **Trish Cleary, MS, LCPC-MFT-**

**ADC, CGP.** Ginger and Trish are both Certified Group Psychotherapists (CGP) and National Designate Institute Faculty for AGPA (American Group Psychotherapy Association).

Trish is also an AGPA Fellow.

Location: Trish Cleary's office: 5119 Bradley Boulevard, Chevy Chase, MD 20815.

Register to participate in either one or both of these PGE training days.

Contact Trish Cleary for details: 301-654-4936 / [trishcleary@comcast.net](mailto:trishcleary@comcast.net).

## *Members in the Arts*

**Melinda Salzman** will be singing with the [Capitol Hill Chorale](#) in a June concert honoring "Departed Friends," those who served or died in The Great War.

June 4 at 7:30 pm

June 5 at 4:00 pm

Capitol Hill Presbyterian Church

201 4th St SE (4th & Independence Ave SE)

Honoring the 100-year anniversary of The Great War, this program features music by composers who fought in or memorialized World War I. Among the featured composers are Debussy, Ravel, and Vaughan Williams, who all fought in World War I. In addition, this group has a special interest in the music of Eastern Europe, and this concert will feature a rarely-heard 1917 requiem honoring the war dead from all nations, by the Russian composer Alexander Kastalksy. This concert is sure to stir your heart.

## *Upcoming Events*

- **Sunday, May 22, 2016, 10:00 am, ICP+P Graduation**, Maggiano's Little Italy, contact [Kathy Beck](#) or [Linda Kanefield](#). If attending, RSVP by May 12th to Nancy Der at [administrator@icpeast.org](mailto:administrator@icpeast.org).
- **Sunday, September 11, 2016, 11:00 am-2:00 pm, ICP+P's Annual Potluck and Fall Kickoff**, Chevy Chase Village Hall, 5906 Connecticut Ave., Chevy Chase, MD 20815. More information to follow as we get closer to the event or you can contact Kathy Beck, [kathy.beck@rcn.com](mailto:kathy.beck@rcn.com).
- **Friday, September 23, 2016, 3:00-6:15 pm, Institute Pre-Conference, *Bringing Attachment into the Real World: Exploring the Circle of Security Intervention* with Betty Ann Kaplan, PhD.** Location is the DC Metropolitan Area. [Click Here to register.](#)
- **Saturday, September 24, 2016, 8:30 am-5:30 pm, *Infant Research and Adult Treatment* with Beatrice Beebe, PhD.** Georgetown University Hotel & Conference Center, 3800 Reservoir Road, NW, Washington, DC 20057. [Click Here to register.](#)

- **Saturday, November 5, 2016, 9:00 am-12:30 pm, *Developmental Psychotherapy Across the Lifespan***, presented by Georgia DeGangi, PhD and Marc Nemiroff, PhD, with discussant, Tom Holman, Ph.D., Silver Spring Civic Center.
- **Sunday, November 20, 2016, JICC Conference.**
- **Friday, December 9 2016, 3:00-6:15 pm, Institute Pre-Conference, *Prepping for Porges: The Clinical Relevance of his Work***, with Cynthia Margolies, PhD. Location is the DC Metropolitan Area. [Click Here to register.](#)
- **Saturday, December 10, 2016, 8:30 am-5:30 pm, *The Polyvagal Theory with Stephen Porges, PhD***. Georgetown University Hotel & Conference Center, 3800 Reservoir Road, NW, Washington, DC 20057. [Click Here to register.](#)
- **Saturday, January 28, 2017, 9:00 am-12:30 pm, *Scientific Day Conference***, Silver Spring Civic Center.
- **Friday, February 24, 2017, 3:00-6:15 pm, Institute Pre-Conference, *Recognizing Dissociative Processes in Your Casework: Keeping the Body in Mind*** with Rich Chefetz, MD. Location is the DC Metropolitan Area. [Click Here to register.](#)
- **Saturday, February 25, 2017, 8:30 am-5:30 pm, *Integrating the Body in the Psychotherapy of Trauma*** with Kathy Steele, MN, CS. Georgetown University Hotel & Conference Center, 3800 Reservoir Road, NW, Washington, DC 20057. [Click Here to register.](#)
- **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, MA, MSW, ATR-BC. Location is the DC Metropolitan Area. [Click Here to register.](#)
- **Saturday, May 6, 2017, 8:30 am-5:30 pm, *Sensorimotor Psychotherapy Treatment of Trauma and Attachment*** with Ame Cutler, PhD. Georgetown University Hotel & Conference Center, 3800 Reservoir Road, NW, Washington, DC 20057. [Click Here to register.](#)

## Bulletin Board

- **Full time office for rent in downtown Silver Spring,** coming soon! Congenial suite of mental health professionals including social workers, psychiatrist, and psychologist. Potential for referrals from colleagues within the suite. Suite recently renovated, attractive waiting room, kitchen/lunch room. Wheelchair accessible. Rent includes cleaning services, utilities, responsive building management, maintenance onsite. Well maintained professional building, with many well established mental health professionals. Secure weekend and evening access. Popular local cafe on lobby level. Short walk from Silver Spring Metro, one block from large public parking lot. Metered parking and private parking lot adjacent to building also available. **Melinda Salzman**, (301) 585-7352, [melinda@salzmanmsw.com](mailto:melinda@salzmanmsw.com), or Laurie Kaslove, (301) 495-2997, [Lkaslove@gmail.com](mailto:Lkaslove@gmail.com).



- **Dr. Roger Segalla, PhD** is currently in the process of setting up a **supervision group specifically designed for early career professionals**. This interactive weekly supervision group will utilize a relational psychodynamic perspective, that includes self psychology and intersubjectivity theory, to assist group members in conceptualizing and treating individuals, couples, and families. This group will also offer assistance in professional practice issues like setting practice policies, fee structures and practice development issues. Please contact Roger at (301) 652-1707 or email at: [rsegalla@verizon.net](mailto:rsegalla@verizon.net).
- **Experiential Supervision Group Beginning Soon- Monica L. Callahan, PhD** This group will use psychodrama-based embodiment techniques to explore and work through challenging clinical situations, including issues of transference/countertransference, blocks to empathy, enactment, self-righting, and use of self. Experiential work will be processed using self-psychological, relational, and intersubjective systems theories. We will meet bi-weekly, Fridays from 1 to 2:30, at 4915 St. Elmo Ave, Suite 404, in Bethesda. For more information, please contact Monica at 301 587 6211 or [Callahanml@erols.com](mailto:Callahanml@erols.com).
- **Relational Supervision Group Opening - Dr. Roger Segalla, PhD**, the Director of the Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P), currently has an opening in his Friday, 12:30pm to 1:45pm, relational supervision group. This interactive weekly supervision group, for mid to late career professionals, utilizes a relational psychoanalytic perspective, that includes self psychology and intersubjectivity theory, to assist group members in conceptualizing and treating individuals, couples, and families. If you are interested in learning more about this group, please contact Dr. Segalla at (301) 652-1707 or you can email him at: [rsegalla@verizon.net](mailto:rsegalla@verizon.net).



***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](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.



