

April 2017



ICP+P Connections

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

ICP+P Connections
Editorial Staff

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The Institute wraps up its year-long run with the final weekend, May 6th. The final conference has a few openings. [Click here for details.](#)



Voting is the Heart of Democracy

Eleanor Howe

Leadership is about keeping our organization's components alive and in reasonable alignment with one another. I'm so content with our present level of jive and animation. In successive steps, we create, we smoothe, we pilot, we refine. Suddenly the pieces are clean and we are ready to take action - it's the frisson of "It's a miracle!" to me each time, and it all makes my heart sing.

One such "miracle" this month is the ballot that will appear mid-April in your Inbox. Let me unpack for you the alchemy that produced it: the steadfast volunteerism, democracy, engaged civic action, studious reflection, and research embedded in each item presented to you for your vote.

- Our Associate Director for Membership, Martha Gibbons, has assembled a Nominating Committee, which kicked into high gear in the new year.
- Our current Secretary, Treasurer and Coordinator of Study Groups are willing to run again to remain on the board, bringing with them their familiarity with our process and agenda.
- It is exciting that two seasoned planners from the Embodied Self Institute Steering Committee will run together for Associate Director for Membership. While they might have opted for a long hibernation after three years of service, instead they are gladly digging in to the heart of our organization.

Bruce Wine Memorial
Conference

Saturday, September 23,
2017

9:00 am-12:30 pm
featuring

The Red Well Theater Group
3 Ethics CE's

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

Silver Spring Civic Building
1 Veterans Plaza
Silver Spring, MD



Note from the Editor
Jonathan Lebolt

Dear ICP+P'ers,

Happy Spring! At ICP+P, April is not the cruelest month (apologies to T.S. Eliot). This month's *Connections* features an inspiring Director's Column from Eleanor Howe about our upcoming Board elections; a knowing blog post on "'Knowing' & 'Not Knowing'" from blogger par excellence, Trish Cleary; and another lovely New Member Introduction—of Jamie Jones—by our Associate Director for

- Kathy Beck, our Associate Director for Administration, has guided an editing process that results in a proposed revision of our By-Laws. This revision replaces the former Co-Director position with the Associate Director organization that has been piloted for the past two years. It also now affirms that the basis for our 501(c)3 status is that we are an educational organization (confirmed by research presented by our Treasurer, Janet Dante). Finally, the proposed revision allows for a third year of service to be added to a board position term if that position is uncontested at the time of an election.
- You know from Associate Director for Outreach + Publicity, Jen Sermoneta's, March newsletter column that the board has approved the following Inclusiveness Statement. As Jen stated, "These are not changes that can be made through executive decision, or by fiat. These are changes that can only come about through the larger community's consciousness, attention to safety, active engagement and commitment to growth." The board now turns to you, Dear Member, to tell us whether you endorse the Inclusiveness Statement for our organization.

ICP+P is continually seeking to diversity its membership. In particular, we're dedicated to broadening opportunities for individuals from demographic groups that are historically underrepresented in the field of psychotherapy. We're also committed to building an inclusive culture where talented people of widely diverse backgrounds can thrive. We believe the inclusion of culturally diverse perspectives will improve our work and produce better societal and psychological outcomes for all, including people from historically disenfranchised communities. We are actively seeking people who bring diverse backgrounds and perspectives to join us in this work.

The board's commitment to Inclusiveness at ICP+P is taking us to engaged discourse. Board member Aaron Bourne conducted for our purpose research into area demographics in mental health, which we find helpful. The board of 2016-2017 comprises graduates of all

Membership, Martha Blechar Gibbons. We also include an invitation from Michael Wannan to join our wonderful Couples Therapy Training Program. If you are interested in psychoanalytic training, but not ready to take the leap, consider applying to our popular Fellowship Program, now co-chaired by Monica Meerbaum and Linda Kanefield.

Happy Reading!

Yours,



therapy@doctor-jon.com

three training programs; one founding member; several longer-term members who have held office(s) already in ICP+P; and seven members who have been at ICP+P five years or less. It's noteworthy that every person is vocal in these discussions. We are revealing to one another our less obvious heterogeneity, tolerating misunderstandings and clarifying our meaning, discovering our respective awareness and commitments, and seeking to name well our collective goals. In short, we are Trusting the Process and thus far, it is producing a series of minor miracles.

So when you open the email containing your ballot from ICP+P - actually, from our rock, our Administrator, our Nancy Der - it will be your turn to participate in our democratic process, in the alchemy, to help make magic. Make something happen and vote.

ICP+P Board Election 2017-2019

Dawn Taylor

Nominations have come in and members will be receiving an electronic ballot in mid-April to vote for Board positions. ICP+P needs 50% of the membership to vote for the election to be valid, so please vote.

Thank you for participating in this process.

ICP+P Nominations and Elections Committee

[Dawn Taylor](#), Chair

[Kathy Beck](#)

[Martha Gibbons](#)

[Lynne Greenwald](#)



New Member Introduction - Jamie Jones

Martha Blechar Gibbons

As she entered my office, **Jamie Jones** was animated and enthusiastic. She announced that she is in the dissertation stage of her Social Work Doctorate Program at Fordham University in New York, and the focus of her phenomenological study is the meaning of office space!



As our discussion progressed it was directed to the intention behind the way in which an individual organizes his or her office space, and the meaning of items incorporated in the environment. An example of this would be clocks...whether or not to include them in the room, and the significance of a timepiece for that individual. Our dialogue prompted my deliberation of the reasons that I possess two clocks in my office, including one with a pendulum, chiming the hour. I find this chronometer particularly effective in reminding my patients and

myself that sixty minutes has passed. Even as a child I found comfort in listening to a "tick tock," so I surmise that an audible clock is most likely one of my resources for self-regulation.

Jamie recently moved to the Friendship Heights area with her husband Michael and their five year old daughter Alexandra (called "Lexi"). The relocation affords them the opportunity to be near Michael's family, who live in the area.

Prior to the move Jamie took pleasure in the creation of a private practice in Manhattan, providing individual psychodynamically-informed psychotherapy treatment for adults. Her office was located in the theater district, enabling her to work with actors and actresses. Jamie relates that one of the most difficult parts of leaving New York was having to stage the closure of this endeavor.

New York has been Jamie's home for some time. She graduated from New York University with a Bachelor of Arts in Individualized Study with a concentration in psychology and creative writing. Completing a Master of Social Work at Fordham University, Jamie has continued her study there to earn a doctorate.

Engaging in a number of professional experiences while living in New York, Jamie began as a Social Work Intern with the I-Lead Program. Following this she assumed the role of a family specialist at the Postgraduate Center for Mental Health. Her next venture was practicing as a psychiatric social worker at Gracie Square Hospital, followed by experience as a psychiatric social worker at Bellevue Hospital. Before initiating a private practice Jamie was employed as a psychotherapist and intake interviewer at Washington Square Institute.

Research experience prior to her current involvement has also accounted for a portion of Jamie's professional time, including a qualitative study completed in 2016 while she was the research assistant for a professor at Fordham. In addition, she served as a teaching assistant at Columbia University and worked as an adjunct professor at Fordham.

What is next for Jamie? She is presently pondering that question, acknowledging that she has found satisfaction in providing psychotherapy for clients emerging into adulthood, experiencing the "quarter life crisis phase" of their lives. Despite her rigorous schedule, she enjoys watching Lexi play soccer. As Jamie's study progresses, I know I will not be alone in eagerly awaiting the results of her dissertation!



***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.

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!*

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 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 been an informal, lively, and fun event with lots of great food! Please mark your calendars! Questions? Contact Kathy Beck, kathy.beck@rcn.com.



"Knowing" & "Not Knowing"
Trish Cleary

Many of us may feel overwhelmed by the recent advances in communication technology: social media, 24/7 news coverage, and feature stories about "15-minute" celebrities as well as "real" superstars. Amidst rapid-fire sound-bites, continual distractions and unrelenting interruptions, our psyches are bombarded with information that disappears as quickly as it appears. The added insult of "fake news" and "alternative facts" create chaos and make it difficult to "know" anything accurately.

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

At ISSTD's 34th annual conference from April 1-3 in Crystal City, VA, **Joanne Zucchetto** and Simone Jacobs will present "My Dirty Little Secret: Suicidality Saved My Life. Understanding the paradox of coping mechanisms when working with survivors of childhood abuse and neglect." **Joanne Zucchetto** will also present a case study for discussion to Rich Chefetz and Rick Hohfeler as part of their "Engaging Hidden Selves in the Dissociative Mind" session.

Julia Rosenfield gave a presentation in March to therapists at Georgetown University CAPS (Counseling and Psychiatric Service) on cultural considerations for working with Chinese clients. Julia shares, "the experience of preparing for and giving this talk was a wonderful opportunity to integrate my two major professional interests-psychotherapy and China. I'm excited to continue developing this part of my practice."

For more information, please contact Julia at 202-495-0635 or juliarosenfieldmsw@gmail.com.

Cynthia Margolies will be presenting *Triumph Over Trauma* on Friday, April 28, 2017 from 11:30am-2:30pm in Bethesda. This presentation is part of the Washington Society for Psychoanalytic Psychology Five Friday Seminars. [Click here](#) for more information.

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. There are a few spaces remaining. [Click here to register](#) before the spaces are gone. 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,** 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.

Bulletin Board

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

- **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 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 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.
- 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, 301-654-4936 - Ginger: 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 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.
- **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.
- **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 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 or 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 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.
- 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.

- **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, or **Franca Posner**, (301) 466-3966, fsposner@gmail.com.



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 (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.

