

December 2016



## **ICP+P Connections**

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

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## **Upcoming Conferences**

### **Scientific Day Conference**

This is a 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



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

Dear ICP+P'ers,

This month's Connections features a thoughtful blog post from Trish Cleary and more information about Scientific Day on 1/28.

If you missed signing up for the Institute on Embodying the Unspoken Self, the 12/9 Pre-Conference still has openings. Also, if you didn't catch Michael Wannon, Angie Snyder and Aaron Bourne at their wonderful Couples Therapy conference in February, you may see them at a Baltimore Washington Center case conference earlier the same day.

See below for information about all of these programs, and more. And have a wonderful and restful-holiday season!

Yours,

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



### **Shared Secrets Have the Power to Mend** **Trish Cleary**

The Adult Child relies on "as if" behaviors to mask known and unknown intergenerational family secrets that cause feelings of shame. Some are aware of their habitual deceptions

discussions they stimulate among our audience members.

**Saturday, January 28, 2016**

Registration: 8:30-9am

Program: 9am-12:30pm

Silver Spring Civic Building at  
Veterans Plaza  
One Veterans Place  
Silver Spring, MD 20910

[Register Now](#)

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

*Sorry, but the Institute  
Saturday conferences are sold  
out. There will be no  
registrations available the day  
of the events.*

The December 9th and  
February 24th Friday Pre-  
conferences are still accepting  
registrations. You can also join  
the wait list for the 4th Pre-  
conference.

[Click here for more...](#)

and others are tormented by uncertainty. The  
antidote for their anxiety is "truth."

**Clare and Charles**

The focus of Clare's therapy dramatically shifted after her session with her mother. As Clare grappled with her mother's painful history of trauma and shame, her feelings ranged among shock, anger, horror, doubt and compassion. In her sessions with me, Clare would plead. "Why would my mother deceive me for so long? How many ways have her lies skewed my reality? Who am I, really?" Other times, Clare would exclaim, "It was a mistake for me to connect with my mother. I hate that she treats me like a child when I am a grown woman!"

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

***Pre-Conference  
Prepping for Porges: The Clinical  
Relevance of his Work  
Cynthia Margolies***

**Friday, December 9, 2016**

Registration: 2:30-3 pm

Program: 3-6:15pm

**Silver Spring Civic Building**

One Veterans Place  
Silver Spring, MD 20910

This user-friendly overview of Stephen Porges's Polyvagal Theory will explain key concepts such as the Social Engagement System and Neuroception. How and why his neurophysiological theory can be very helpful to clinicians will be discussed, with its particular relevance to relational psychotherapy.

[Click here to register...](#)

***Scientific Day Conference***

**Elizabeth Carr, Thomas Hoffman, and Jeffrey Jay**

**Saturday, January 28, 2017**

Registration: 8:30-9am

Program: 9am-12:30pm

**Silver Spring Civic Building  
at Veterans Plaza**

One Veterans Place  
Silver Spring, MD 20910

**Elizabeth M. Carr, APRN, MSN, BC**

*Have Compassion for Everyone You Meet: Music as a Medium of Relational Intimacy*

**Thomas Hoffman, M.D.**

**Jeffrey Jay, Ph.D.**

*Whatever Happened To The Moral Dimensions of Psychological Trauma?*

Although the topics of the three presentations are unrelated, at the same time each presenter will help us think about how we decide what we do as therapists, and what we choose to bring into the therapy room when we are with our patients. We will think about relational intimacy, and how knowing and being known sometimes takes more than just words. We will think about empathy, and when a self psychological approach might or might not be useful for a patient with performance anxiety. And we will think about working with trauma victims, and the idea that including the moral dimension could provide a more hopeful outcome.

[Click here to go to our website for more information...](#)

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

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**Continuing education credit: 3 CE credits available for full attendance.** The Institute of Contemporary Psychotherapy and 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. Attendees from the above professional groups will earn 3 CE credits for attending the conference. 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 3 *AMA PRA Category 1 Credit(s)™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## **News & Notes**

**Julia Rosenfield** has opened a private practice in Dupont Circle providing therapy for adolescents and adults. Julia practices as a generalist, with a special interest in college mental health, adoption-related issues, and cross-cultural concerns. For more information or referrals, please visit [www.juliarosenfield.com](http://www.juliarosenfield.com) or contact Julia at [juliarosenfieldmsw@gmail.com](mailto:juliarosenfieldmsw@gmail.com) or 202-495-0635.

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On December 9th, **Michael Wannon**, will conduct a case conference, "The Platonic Marriage: The Treatment of Sexual Issues in Couples from a Self-Psychological and Object Relational Perspective." This mock session will include participants **Angela Snyder** and **Aaron Bourne**. There will be discussion and conversation to follow.

Please see the [attached flier](#) for details. The conference is being held from 12:15 - 2:15 p.m. at River Road Unitarian Universalist Congregation in Bethesda. Pre-registration is required via the BWCPP website at <http://bwanalysis.org>.

## **Members in the Arts**

**Jonathan Lebolt** performed in a showcase with the Washington Improv Theatre on 11/13. He sang with Shir Shalom, the choir at Temple Shalom, on 11/18.

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**Melinda Salzman** is a member of The Capitol Hill Chorale which is a terrific

community chorus, resounding with the sound of 120 members. The Chorale's theme for this year's three concerts will be Music of the Spheres, beginning with the December holiday concert. Here are the December details:

The Capitol Hill Chorale presents Vidimus Stellam. This concert will feature a new cantata by a dear friend and composer-in-residence Kevin Siegfried, Vidimus Stellam ("We have seen his star"). Other composers include Hayden, Gabrieli, Pachelbel, Korean composer Hyo-Won Woo, and traditional Russian songs. The showtimes are December 3rd at 7:30 pm and December 4th at 4 pm at Lutheran Church of the Reformation, 2nd and East Capitol NE. For more information, visit [capitolhillchorale.org](http://capitolhillchorale.org).

## Upcoming Events

- **Friday, December 9 2016, 3:00-6:15 pm, Institute Pre-Conference, *Prepping for Porges: The Clinical Relevance of his Work, with Cynthia Margolies***. Silver Spring Civic Building at Veterans Plaza, One Veterans Place, Silver Spring, MD 20910. [Click Here to register.](#)
- **Saturday, December 10, 2016, 8:30 am-5:30 pm, *The Polyvagal Theory with Stephen Porges***. **Sold Out - There will be no walk-in or onsite registration.**
- **Saturday, January 28, 2017, 9:00 am-12:30 pm, *Scientific Day Conference***, Silver Spring Civic Building at Veterans Plaza, One Veterans Place, Silver Spring, MD 20910. [Click Here to register.](#)
- **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***. Silver Spring Civic Building at Veterans Plaza, One Veterans Place, Silver Spring, MD 20910. [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***. **Sold Out - There will be no walk-in or onsite registration.**
- **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***. **Sold Out**
- **Saturday, May 6, 2017, 8:30 am-5:30 pm, *Sensorimotor Psychotherapy Treatment of Trauma and Attachment with Ame Cutler***.

## Bulletin Board

- **Living Free: A 12-week Eating Disorder Recovery Group for Women**

Scheduled to begin on January 24, 2017, Living Free is a combined process and experiential group rooted in psychodynamic, cognitive behavioral, and mindfulness based principles. The group is designed to help women expand their repertoire of healthy coping skills; practice mindfulness and compassion; manage negative thoughts around food & body; listen & honor feelings; connect in relationships to decrease isolation; build trust and confidence; and strengthen the recovery voice. The group will meet weekly on



Tuesdays from 1:15-2:30 p.m. at a Dupont Circle Location. Please consider referrals for any of your individual patients who could benefit from group support. You, or a client, may contact us for more information and to set-up an intake appointment. **Angie Snyder, PsyD** - (202) 549-7310; [DrAngelamSnyder@gmail.com](mailto:DrAngelamSnyder@gmail.com), <http://www.drangelasnyder.com/groups/>  
Lisa Himmelfarb, LICSW, RD - (202) 249-1880; [Lisa@LisaHimmelfarb.com](mailto:Lisa@LisaHimmelfarb.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).
- **Rob Williams**, a Certified Group Therapist, is offering a biweekly experiential consultation group focused on group therapy. This group will be a combination of case presentations and journal article readings. This is an opportunity for clinicians leading groups or actively planning to start a group to gain first-hand insight into group dynamics to be able to work more comfortably and effectively.  
Cases presented in a supervision group are worked with by association through the parts that are stimulated in the group members. This parallel material is then used to gain insight into what has taken place in the case presented and inform future interventions, helping to move past "stuckness" and enhance group functioning. The group will meet biweekly at 1801 Connecticut Ave NW, on Fridays, 9 - 11 am. The group will begin in January 2016. Group participation can be used to fulfill the requirement for group psychotherapy supervision to become a Certified Group Psychotherapist (CGP). Contact Rob Williams for information: [rob.williams.msw@gmail.com](mailto:rob.williams.msw@gmail.com), or [this website](#).

- **Are you a Mom with a Tween or a Teen?  
We've got a Group for You.**

Moms Group  
Thursday Mornings  
Bethesda-Chevy Chase MD  
With: **Trish Cleary & Ginger Sullivan**  
Details:

<http://www.trishcleary.com/announcements>



- 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).
- ICP+P recently launched our four-weekend Institute on Embodying the Unspoken Self and an exciting writing opportunity has arisen. Kristin Staroba, editor of *Voices*, the journal of the American Academy of Psychotherapists, has invited our submissions for their upcoming edition on the body in therapy. As an added bonus, accepted work could also be reprinted on our

website, as long as it carries an attribution to Voices. Please direct questions and submissions to Editor Kristin Staroba ([kristin.staroba@gmail.com](mailto:kristin.staroba@gmail.com)). See Submission Guidelines on the [AAP website](#).

- **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).
- **Gwen Pla** is seeking members for a **psychotherapy group for emotional eaters**. Gwen is an advanced candidate in the Psychoanalytic Training Program, a graduate of the Group Training Program at the Washington School of Psychiatry and a retired nutrition professor at Howard University. The group will meet in Silver Spring on Tuesday evenings. For screening interviews, have potential participants call Gwen at 202 723-1772.
- **Mixed Group and Men's Group have openings.** Mixed group for adults of all ages, any gender; men's group for self-identified men. All cultures welcome. Both groups are supportive and focus 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. Both groups meet at 6 pm weekly 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).
- **Beautiful DuPont Circle Office Available** to Rent in the Corcoran House Building at the corner of 18th and Corcoran Sts. NW, all day Fridays + additional half day on Tuesdays, starting October 1. Spacious, recently painted and re-decorated, a sunny office, waiting room and private bathroom. Many other amenities available, including wi-fi and fax. Excellent location, 2 blocks from DuPont Circle metro. 2 parking spaces available (1 inside bldg. and 1 outside for patients). If interested, please contact **Sarah Pillsbury** by email, [pillsburysarah@gmail.com](mailto:pillsburysarah@gmail.com) or by telephone at (202) 904-7510. Thank you.
- **Bread For The City**, a medical and social service agency serving poor and homeless people in Washington, DC has requested help in providing pro-bono evaluations for people who come to them seeking help in applying for asylum in the United States. They report that they are getting increased numbers of requests for evaluations from newly arrived people who are seeking protection in the US. If you have the skills to provide this service and would like to join a few others who periodically provide pro-bono evaluations for asylum, please contact **Jeffrey Jay** at [jeffjayphd@aol.com](mailto:jeffjayphd@aol.com) or 202-362-0063
- **Deborah Fox**, a Certified Sex Therapist, is offering a **monthly consultation group focused on sexuality in couples therapy**. This group will be a combination of didactic material and case presentations. This would be an opportunity for clinicians not trained in sex therapy to discuss cases and gain knowledge and skills in the area of sexuality and be able to work more comfortably and effectively. Common topics may include fundamental

principles of improving sexual functioning for both men and women; understanding the underlying sexual dynamics in a relationship and helping couples re-start or improve their sexual relationship; the role of anxiety in sexuality and how to work with it; the impact of early trauma, breaches of trust, and aging. The group will meet at 4600 Connecticut Ave NW, on Wednesdays, 1:30 - 3:30 pm, cost is \$560 for the seven sessions. The group will begin on Oct. 19 and end on Apr 5. CE's will be offered for a fee of \$15. A group may also be offered on Thursday evening in Dupont Circle. Contact Deborah Fox for information - 202-363-1740 or [debfox2@verizon.net](mailto:debfox2@verizon.net).

- **Bethesda: Furnished office**, 10' X 10' with window, available full time in building near parking garages and Metro. Suite has waiting room, kitchen, WiFi, and a friendly group of practitioners who enjoy sharing the suite. If interested, contact **Monica Callahan** at 301 587 6211 or [Callahanml@erols.com](mailto:Callahanml@erols.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](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.

