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ICP+P Connections

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

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Upcoming Conferences

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

*Sorry, but the Institute
Saturday conferences are
sold out.*



Widening the Window

*Martha Blechar Gibbons, Associate Director
of Member Relations*

*Don't let the behavior of others destroy your
inner peace. Dalai Lama*

I watched as flames enveloped a limousine set afire by DisruptJ20, a group of protesters attempting to, as they described online, set off "a series of massive direct actions that will shut down the Inauguration ceremonies and any related celebrations." Television coverage of the inauguration of our 45th President revealed other violations, prompting Mayor Muriel Bowser to assert, "The damage that has occurred today is unacceptable and not welcome in D.C."

Having spent the past year serving on the committee preparing for ICP+P's institute, "Embodying the Unspoken Self: Attachment, Trauma, Neurobiology and the Body," I am acutely aware of the many layers of destruction of the self that can result from aggression and brutality. I viewed the burning car as a metaphor for the smoldering of the soul that ensues from the traumatic experiences that plague our society.

I wondered what others who witnessed the hostile scenes both on television and in person thought and felt. For me it was reminiscent of ruthlessness on a larger scale: the national televised portrayals of the twin towers blazing, and the devastation that continues to haunt our nation. As a grief therapist following the

The February 24th Friday Pre-conference, *Recognizing Dissociative Processes in Your Casework: Keeping the Body in Mind*, is still accepting registrations, but is nearly sold out. You can also join the wait list for the 4th Pre-conference.

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



Note from the Editor

Jonathan Lebolt

Dear ICP+P'ers,

Did you catch Scientific Day last Saturday (January 28)? There were three excellent case presentations by Elizabeth Carr, Tom Hoffman and Jeff Jay-kudos to Janet Dante for organizing. If you haven't yet joined ICP+P, know that many conferences like this are free for members.

This month's *Connections* includes a powerful note from our Associate Director for Member Relations, Martha Blechar Gibbons; another sensitive clinical blog post from Trish Cleary; and profiles of our Fellows by our estimable Fellowship Program Chair, Monica Meerbaum (Callahan).

February brings our third installment in our year-long Institute, *Embodying the Unspoken Self*, featuring Kathy Steele. Though this conference is full, there is still room in the Pre-Conference on 2/24 with

tragedy of September 11, I was involved in treating surviving family members and friends in groups where I witnessed firsthand the effects of carnage. At that time as well as now, the invasive media triggered re-traumatization.

As therapists we are encountering patients who come to us suffering from the effects of what they have learned (news and fake news) from the different media sights. Yet they continue to seek information about the latest statements made by or about the current administration, which in turn intensifies their dysregulation. This obsession appears to be escalating. A patient recently dramatically declared, "Now all my anxiety and depression will be about our President." Clearly she views herself as a victim of a situation that will alter her life in ways she cannot control.

Are we really victims? Do we have to fall prey to menacing forces that leave us feeling powerless and vulnerable? At the beginning of ICP+P's current institute, "Embodying the Unspoken Self," we were introduced to the concept of the window of tolerance (Ogden, Minton & Pain, 2006). This is a model for understanding the regulation of autonomic arousal. Our window of tolerance is our optimal arousal zone, our comfort zone or "bandwidth," where we can integrate information on cognitive, emotional, and sensorimotor levels. Certain influences can move us up out of our window into the hyperarousal zone, where we are emotionally reactive and disorganized in cognitive processing, or down into the hypoarousal zone, where there is numbing of emotions and disabled cognitive processing. Yet we all have our own resources that will enable us to access our window, such as mindfulness meditation, physical activity or calming music. We may have yet to discover what our resources are.

Challenges like the ones we are experiencing nationally can encourage us to "widen" our window of tolerance (Ogden & Fisher, 2015) to be able to continue with our lives in the face of what is interpreted as threats, or danger. We can identify suitable risks that would help us to stretch beyond our current capacities and challenge our comfort zone. We could ask ourselves how to become a better self, and what that would involve. How would we behave differently in our lives than we do now? Are there activities, physical or social that we have wanted to engage in but have been afraid to

our own Richard Chefetz, sharing his expertise on *Dissociative Processes*.

Have a wonderful February!

Yours,



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undertake? Imagining alternative ways of being can contribute to the expansion of the window of tolerance, and something that we can teach to those who come to us for assistance and guidance. There is no reason to believe that we must forsake our inner peace!

References

Ogden, P, Minton, K., & Pain, C. (2006). *Trauma and the body, a sensorimotor approach to psychotherapy*. New York: W. W. Norton & Company.

Ogden, P., & Fisher, J. (2015). *Sensorimotor psychotherapy, interventions for trauma and attachment*. New York: W. W. Norton & Company.

Meet Some of Our 2016-2017 Fellows!

Monica L. Meerbaum

This year ICP+P has a wonderful group of sixteen Fellows, who have been gathering since September for monthly presentations, attending ICP+P events - perhaps you have met some of them - and meeting with mentors. I asked them to write brief descriptions of themselves as an introduction of sorts to the ICP+P community. So here is a sampling of our current Fellows in their own words.

- **Trish Cleary, MS, LCPC-MFT-ADC, CGP** has licenses in multiple clinical specialties: counseling, marriage and family therapy, and addiction issues. She is also a certified group psychotherapist (CGP). Trish is a Fellow of the American Group Psychotherapy Association (AGPA). Additionally, she is an AGPA National Instructor Designate and Annual Meeting Institute Faculty member. In her solo private practice, Trish provides individual psychotherapy, couple and family therapy, group psychotherapy, LGPC clinical supervision and consulting. Her clinical focus includes relational psychotherapy, self-psychology, positive psychology, and mindfulness stress reduction. Trish has served in many leadership roles nationally with AGPA and regionally with MAGPS (Mid-Atlantic Group Psychotherapy Society.) Currently, she is the Vice-Chair of the MAGPS Outreach Project and co-facilitates Process Group Experience Trainings for MAGPS members and other area mental health providers. Trish's solo private practice is based in Bethesda/Chevy Chase, MD. She is the author of the popular blog, *Spoken Truths: A Shared Journey*.

- **Daniel Cohen, LGSW**, is a psychotherapist at Johns Hopkins Bayview Community Psychiatry Program in Baltimore, on the Mental Illness and Substance Abuse treatment team. He is interested in the application of psychodynamic treatments to a variety of mental health problems. He would like to pursue further training in psychoanalytic theory and practice, and is thrilled to be able participate in the wonderful fellowship program offered at ICP+P.

- **Nicole L. Fischer, PhD**, is a Licensed Clinical Psychologist in Virginia. She earned her PhD in Counseling Psychology from Virginia Commonwealth University. Afterwards, she completed a postdoctoral fellowship in women's trauma at Emory University School of Medicine. Nicole is a staff

psychologist and Outreach Coordinator at the University of Virginia Counseling and Psychological Services. Additionally, she maintains a small private practice in Charlottesville, VA. Nicole applies a social justice approach to her work including psychodynamic, interpersonal, and cognitive-behavioral theories. She enjoys clinical exploration of multicultural and acculturation concerns, developmental trauma and abuse, substance use disorders, and group dynamics. Nicole became a member of ICP+P in 2015. She is an avid runner, yoga enthusiast, and traveler. She was a prior Peace Corps volunteer in Togo, West Africa involved with the Girls' Education and Empowerment Program.

- **Erin Gelzer, MBA**, is a doctoral candidate in clinical psychology at George Washington University and is currently an intern at the counseling center at the Catholic University of America. Erin greatly enjoys working with a variety of clients and uses an integrative approach, based primarily on psychodynamic, relational, and mindfulness interventions. Prior to graduate school, she worked in business for a decade, focusing on leadership roles within finance, investment management, marketing, and real estate development. She graduated with honors from Princeton University and received her MBA from Wharton.

- **David Heilman, MPsy**, is a doctoral candidate in Clinical Psychology at The George Washington University's Professional Psychology Program (PsyD). While pursuing his doctoral studies, David graduated with a Graduate Certificate in LGBT Health Policy and Practice. David has worked to co-found the Support and Identity Discovery Psychotherapy Group for Gay Men at GW's Center Clinic, and recently completed an Externship at American University's Counseling Center. Currently, David is participating in the Externship Program at Georgetown University's Counseling and Psychiatric Service (CAPS). He is a member of the board of directors at Mid-Atlantic Group Psychotherapy Society (MAGPS).

- **Jennifer Johnson, MD**, is currently a psychiatrist at the VA in Pittsburgh, PA. She also works for the University of Pittsburgh Medical Center and has a very small private practice. Her father was a plastic surgeon from Madison, WI and her mother was a nurse from Philadelphia. She was born in Philadelphia, lived in Madison and then grew up in St. Louis, Missouri. She went to Jefferson Medical School in Philadelphia after an 11 year career as an engineer for General Dynamics in Connecticut working on submarines. She has a Bachelor's and Master's degree in Engineering from the University of Wisconsin in Madison and decided to go to medical school when she was 36 years old. She is currently a candidate at the Pittsburgh Psychoanalytic Center, but is looking for more of a connection with, and education from, the Self Psychology/Intersubjective community and also the military community. Her primary interest is combining psychoanalytic principals with her work with veterans who are in tremendous need of what we can offer.

- **Christina La Croix, MD**, is originally from New York where she obtained a classical languages and civilization degree. She is active duty Navy and after doing a two-year general medical officer tour she completed her first residency in physical medicine and rehabilitation at the Walter Reed National Military Medical Center (WRNMMC). Having become interested in

the psychiatric complications of the injured patients, she decided to pursue a second residency in psychiatry. She is currently a PGY-2 in psychiatry at WRNMMC, and interests include, other than psychoanalysis, the neuropsychiatric complications of traumatic brain injury and complementary and integrative medicine. Outside interests include writing poetry, fencing, and playing with her three kids.

- **Melanie Soilleux** is a graduate student in her third year at The George Washington University (GWU). She is currently an extern at George Mason University Counseling and Psychological Services. Melanie is the instructor's assistant to the Theories of Mind course at GWU. She is interested in pursuing a career in college counseling and working with individuals on the Autism Spectrum and trauma. In April, Melanie is presenting a poster with a colleague at the upcoming International Society for the Study of Trauma and Dissociation (ISSTD) conference. Personally, Melanie enjoys spending time with family and friends, working out, gardening, and doing puzzles.

- **Michael Stahly, MSW**, is a recent graduate from the social work program at the University of Maryland. He splits his time between the Lourie Center in Rockville, working with children and their families using an attachment-based model; and the Thrive Center in Columbia, where he is part of a multi-disciplinary team, providing individual and group therapy, as well as developing curricula for integrating martial arts and meditation into existing programming. Michael also has a fledgling private practice in Greenbelt, MD, and is eagerly accepting referrals for children, adolescents, Spanish-speakers.



With Courage, Change Can Happen

Trish Cleary

The Adult Child can resolve their distress, with help, to develop their emotional muscles and move toward self-awareness and an ability to authentically share their feelings with others.

Clare came into her recent session brimming with excitement. She announced that she was going to take her mother on a vacation - their first, ever! "The idea of going on a vacation came about as I was talking with Mom about my travel experiences with Charles and his parents." Clare noted surprise at receiving an invitation from Charles' mother to travel with them again this year. Clare politely declined. "The invitation prompted me to ask Mom if she had ever traveled and she said she hadn't. I asked her if she might like to take a short trip with me and she said yes! As we talked about where she'd like to go, Mom said she wanted to see the Atlantic Ocean. I made a reservation at a lovely beach resort and she is as excited as I am."

Clare continued, "I never could have imagined all the life-changing experiences that have happened for me since starting therapy."

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

Pre-Conference
Recognizing Dissociative Processes in Your Casework:
Keeping the Body in Mind
Rich Chefetz

Friday, February 24 2016
Registration: 2:30-3 pm
Program: 3-6:15pm

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

Limited Spots Remain

Dissociative processes tell the story of how a mind hides painful experience from itself. Narcissistic injury often evokes use of self-protective dissociation. Come and learn how to use knowledge about dissociative processes to open new avenues of therapeutic inquiry for some of our most troubled clients.

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

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.

Upcoming Events

- **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. *Limited Space Remains.* [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.**
- **Bruce Wine Memorial Conference, September 23, 2017, 9:00 am-12:30 pm** featuring the **Red Well Theater Group.**
- **Saturday, December 9, 2017, 9:00 am-12:30 pm.** CAPP will be co-sponsoring a half day conference focusing on gay issues. **Steve Kuchuck** will be presenting.

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



- **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.
- **Help! My office building is being sold!** I'm looking for full-time (or close to full time) office space near the redline in Farragut North, Dupont Circle or Woodley Park. Thanks so much for any help/leads/empathy/and/or actual space to let. Contact Heidi Block, 301-651-6906 or heidiblock1@gmail.com.
- **Foggy Bottom:** Office overlooking Washington Circle: **Office available** in multidiscipline suite which includes 2 bathrooms (clinician bathroom includes a shower), professionally designed waiting room, office services (wifi, fax, printer copier) and discounted parking in building. Office is conveniently located by metro and a brief walk from Georgetown. Available Fridays, evenings and weekends. Call 202-255-1322 or email kwalkertherapy@gmail.com for more information.
- **Expanding Sexual Frames in Couples Therapy** with Suzanne lasenza is on Saturday March 4, 2017, from 9 AM to 5 PM at The Washington School of Psychiatry, Washington DC. Sexuality issues are often the elephant in the room in couples psychotherapy. This workshop will provide expansive models of sexual response, a guide to conducting a therapeutic sexual history, and new approaches to sex therapy techniques. Case material will illustrate the integration of systems, psychodynamic, and cognitive behavioral thinking. For more information, or to register, visit the [WSP website](#).
- **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.
- **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.

- **Cherian Vergheese** will participate on the afternoon panel at the conference, *What the Election Means for Race Relations in America*. It relates to the recent elections and the impact on race relations including clinical implications. It is taking place at the Washington School of Psychiatry on Saturday, February 11, 2017, from 9:30AM-5PM. [Click here](#) for more information.
- **Major Trauma Conference in D.C. March 30-April 3**

The International Society for the Study of Trauma and Dissociation (ISSTD) will hold its 34th Annual International meeting in Alexandria, Virginia, this year. For those who have filled the ICP+P Trauma series to overflowing please be aware that this ISSTD meeting will include numerous sessions both pre-conference and in-conference with the same quality speakers as the ICP+P program (and some of the same exact speakers!) so that you can deepen your understanding of traumatic experience and the nuanced clinical stances useful for working effectively with this population of people, a much larger population than is often appreciated.

Numerous psychoanalytically informed speakers will present their work, and include Howell, Itzkowitz, Kluff, Brenner, Chefetz, Loewenstein, Brand, Krakauer, Hohfeler, Dorahy, Middleton, and others. There is a full two days of topical pre-conference workshops including an all-day session on Shame.

Those who are interested in meeting other clinicians who are interested in trauma treatment and psychoanalytically informed work will find this a great meeting for networking. The meeting is conveniently being held in Alexandria and is across the street from a Metro stop.

For more information, go to www.isst-d.org If you have a question about the meeting and would like a personal response, please feel free to write to **Rich Chevetz** at r.a.chefetz@psychsense.net.

- 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.

- **A Process Group for Therapists**

Friday Afternoons: 2 to 4 PM Will meet up to 2 sessions a month. To start, Friday, February 24th with scheduled Fridays in March: 24th & 31st. Ongoing sessions to be scheduled together.



[Read More](#)

- **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.

