

January 2017



ICP+P Connections

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

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Upcoming Conferences



Director's Note **Eleanor Howe**

The November 2016 election process and results taught me in a big way about the power of resentment and of disenfranchisement; how a populist revolt can power a cultural decline activating peoples' most base instincts; and of the fragility of democracy. For me, this serves as a huge wake-up call to actively cultivate in our society a culture of tolerance, of respect for all, a belief in science and a value for rational decision-making. I also feel a call to practice an active tolerance of and engagement with those under-employed members of our society who have become desperate in their need to be taken seriously.

As a therapist, I know about the startling power that can be expressed in a patient's suffering and hopelessness. I have experienced the power of opposition in my clinical work. I know that people can behave in ways that I believe to be diametrically opposed to their best interest. I know that group dynamics are real. In spite of all this supposed knowledge, in my identity as a citizen of this democracy, I have discounted the voices of those whom I oppose and I have not felt responsible for those in economic despair. Somehow, I had no vision of the self-destructive power of opposition in

Scientific Day Conference

This is a biannual celebration of the scholarship and creativity within our membership.

The presentations will include:

1. Have Compassion for Everyone You Meet: Music as a Medium of Relational Intimacy
2. The Psychodynamics of Performance Anxiety: Psychoanalytic Psychotherapy in the Treatment of Social Anxiety Disorder
3. Whatever Happened To The Moral Dimensions of Psychological Trauma?

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.***

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

economically fractured societies across the globe, ours included. Truth be told, being neither financially broke nor disenfranchised, and living in a bastion of liberal social policy views, I have been overall rather content. That contentment turns out to have been naïve.

Thankfully, the lessons I'm drawing from the national political landscape are largely not relevant to the inner workings of ICP+P. As an organization, we practice democratic principles well. There is a felt health in our large group functioning. We celebrate that, and we create it anew continually, through significant relational effort from our numerous volunteers. But there is a lesson here that can be useful to us: the reminder that all voices count and should be recognized, not just those that echo the prevailing climate. We do hear, from various corners of our organization, "There is a problem with us remaining overly homogeneous. Yes, it is very comfy here. But 'too comfy' may signal the risk of unknowingly practicing exclusion."

At our retreat in March 2016, we identified several organizational goals. Two are to seek greater diversity in our membership pool, and to attract early career professionals into our membership in order to sustain our membership base over time. To achieve these goals, we need to welcome and serve the needs of these various populations. Accordingly, the Board of Directors of ICP+P is devoting significant attention to discussing the question of increasing diversity in our organization. How do we ensure that the culture within our community will attract and sustain greater diversity in our membership, over time? How shall we maintain the warmth and closeness of our community, meet the professional and educational needs of our seasoned members, and meet the professional and educational needs of members with increasingly diverse backgrounds in terms of culture, sexual identity, race, economic class, type of employment setting, and patient population being served?

The way is not yet clear but the Board is committed to this process of discovery. As clinicians, we practice the art of remaining open with our clients, naming our transactions with them, being authentic, having courage, knowledge and experience with engaging in repair of inevitable ruptures. Employing those same qualities in our organizational process, we are sure to discern paths of wisdom as we

Eleanor



Note from the Editor
Jonathan Lebolt

Dear ICP+P'ers,

Happy New Year!

This edition of Connections features a powerful and timely Director's Note from Eleanor Howe, a clinically sensitive blog post from Trish Cleary, and an incisive post from our new blogger, Flora Lazar. Flora is a marvelous writer and we look forward to more of her work. This post first appeared in the E-Forum of the International Society for Psychoanalytic Self Psychology (IAPSP), of which we are a member institute.

I look forward to seeing you on the 28th at Scientific Day!

Yours,

A handwritten signature in cursive script that reads "Jonathan".

therapy@doctor-jon.com



The Legacy of Unresolved Losses
Trish Cleary

The Adult Child longs for an emotional life-vest to support them through troubled waters.

Clare

Clare's work in therapy continued to progress. Her friendship with Charles was good as was her life at work. She told me Charles had approached his parents but they ignored his overture. She said he thought maybe his older brother might be willing to fill him in on their family's story. Clare continued:

I was blown away by Charles' causal comment about his brother. I was amazed that the very existence of a brother never came up when I'd traveled with Charles and his family. I urged him to say more and he explained that his brother, Ernest, was ten years older and had been groomed from childhood to inherit the family's business. When Ernest unexpectedly took a commission as an officer in the Navy, Charles' parents were devastated. Charles knew nothing of it because he was away at boarding school. His parents made up a convincing story and kept their crisis a secret. Charles asked me if I thought he should reach out to his brother. I said I thought Ernest might appreciate the

connection and the chance to tell Charles about his experiences with their parents.

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



Literary Criticism, Psychoanalysis, and the New Politics of Otherness
Flora E. Lazar

Like many of us, I feel chronically behind in my reading not just with my New Yorkers, which I mercifully don't see in stacks any longer thanks to my iPad e-subscriptions, but even with the New York Times. As someone who entered the clinical world after a long career in research and public policy, the pressure to "master the professional literature" is especially acute. So when my eye caught a small New York Times article about the seemingly effete topic of who gets to write novels about whom, I was surprised that I did not simply leave it to the literati. But I was intrigued that it had reached the top 20 on the Times most popular list, so I checked out this dispatch from this year's celebrated Brisbane conference.

The article, it turns out, concerned the keynote speech by novelist Lionel Shriver about what she and others have referred to as identity politics gone mad – or to be more specific, the increasingly popular idea that writing about people who do not share one's "identity" is an act of cultural appropriation akin to identity theft. In her speech, Shriver complained that the increasingly shrill critiques about writers with one identity writing about characters with another would ultimately produce characters "so hedged, so circumscribed, so tippy-toe, that we'd indeed be better off not writing the anodyne drivel to begin with." Not long into the speech several of Shriver's colleagues stood up and walked out, setting in motion a literary conflagration that spread to the pages of newspapers around the world and prompted the hasty organization of "counter-programming" to express the literary world's consternation over her remarks.

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

This article originally appeared in the IAPSP EForum.

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
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.

*The Psychodynamics of Performance Anxiety:
Psychoanalytic Psychotherapy in the Treatment of Social Anxiety Disorder*

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...](#)

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

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...](#)

Applies to both January 28th and February 24th conferences - 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

- **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

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



- **Fonya Lord Helm & Maurine Kelber Kelly** are presenting a discussion group, **Altered States of Awareness**, at the American Psychoanalytic Association on Wednesday, January 18, 2017, from 9 AM - 11 AM at the Waldorf Hotel, New York, NY. [Click here](#) for more information on Fonya's website.
- **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.

- **Looking for full time office in any of the following DC locations:**
Georgetown, Dupont Circle, West End, Foggy Bottom, Wisconsin Avenue corridor as far as Tenleytown and Connecticut Avenue as far north as Van

Ness. Prefer office in suite with other mental health professionals, though also could be independent office with space for waiting room and restroom. Contact **E. Sandler** at etls17@verizon.net.

- **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, <http://www.drangelasnyder.com/groups/>
Lisa Himmelfarb, LICSW, RD - (202) 249-1880; 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.
- **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, 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.

- **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.
- **Men's 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.
- **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 or by telephone at (202) 904-7510. Thank you.



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.

