

March 2017



ICP+P Connections

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

ICP+P Connections Editorial Staff

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Upcoming Conferences

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

The Institute wraps up its year-long run with the final weekend, May 6th. Thanks for making it so successful!

Bruce Wine Memorial Conference



Diversity and Inclusion at ICP+P

*Jen Sermoneta, Associate Director for
Outreach & Publicity*

Current politics make me feel disoriented and alienated. In contrast, the aliveness and warmth of community are reassuring, and reinforce my sense of who I am and who my people are. The self-care I find most meaningful comes through taking action and feeling connected to people. The actions I can implement, and the communities I call home, are more important than ever to my sense of self, belonging, meaning, and safety.

At a time when the leader of our country is aggressive toward women, persecutory or ignorant of difference, and provocative to neighbors and allies, it's even more urgent that we shore up the positive values and take constructive action within our own communities. It is also vital that we model respectful and productive dialogue, remain untriggered by terrorizing and external threats, and stay strong by staying unified - even when we don't always have the exact same perspective. ICP+P's efforts to further strengthen our identity by increasing attention to diversity and inclusion within our organization could not be better timed.

A few relevant goals and aspirations have been percolating among us for years. The Board of Directors has now formally adopted them, and is seeking to actively implement them. We intend to...

- Provide a welcoming culture of inclusiveness and egalitarianism,

Saturday, September 23,
2017

9:00 am-12:30 pm

featuring

The Red Well Theater Group

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
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,

Welcome to March! I hope you have been enjoying the unseasonably warm weather, and that it continues-somehow, magically not reflecting global warming.

This month's *Connections* features a powerful letter from our Jen Sermoneta, AD for Outreach and Publicity, on the need for diversity and inclusion at ICP+P. We also offer another lovely clinical post from super-blogger, Trish Cleary.

Make sure to read the call for

promoting professional growth through an open exchange of ideas and a variety of activities.

- Attract and retain a diverse membership, spanning different cultures, religions, ethnicities, races, gender identities, classes, abilities, ages, and sexual orientations.
- Promote treatment grounded in the recognition and appreciation of our differences.

We feel that these goals reflect the values of our membership, and speak to the intentions we share. 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. Now is an exciting moment, because we can all take action. Some ideas are outlined here, and we encourage you to get involved:

- Implement a broad-scale survey and/or meet with interested individuals and inquire into the climate within ICP+P
- Establish diversity-related guiding questions to use for decisions and plans made at the board and Continuing Education levels
- Launch initiatives that focus on how inclusiveness issues apply to self/relational practice. Possibilities include:
 1. A study group
 2. Movie discussion nights
 3. Task forces for specific diversity interest areas
 4. A diversity committee with the goal of creating resources to foster diversity awareness
- Communicate with the membership and the public about diversity-related issues, including adopting a public inclusiveness statement (below). I welcome your input on this draft:

ICP+P is continually seeking to diversify 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

nominations for the board, and to consider running. As a new board member, I can tell you that the meetings are actually interesting, and often even fun! and there are always good things to eat. Plus, you get to serve this wonderful organization we call ICP+P.

Best wishes,

Yours,



therapy@doctor-jon.com

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.

Let's weave these intentions into our community's conversations, awareness, aspirations, and everyday work.

If you would like to get actively involved, please contact me at jen.sermoneta@gmail.com. I look forward to hearing from you.

Call for Nominations for the ICP+P Board Election 2017-2019

Dawn Taylor

The Nominations and Elections Committee is seeking nominations for this April's election. If you are interested in taking a more active part in ICP+P or know of someone who might consider becoming active in the governance of ICP+P, please nominate yourself or them for a position.

This cycle we have four positions up for elections: Associate Director of Membership, Treasurer, Secretary and Coordinator of Study Groups. Board members serve in varied capacities: as committee members, Board representatives and as officers.

We encourage you to contact a member of the Elections committee or an existing Board member to discuss and answer any questions you may have about their work. Nominations are due by March 15th.

Thank you for participating in this process.

ICP+P Nominations and Elections Committee

[Dawn Taylor](#), Chair

[Kathy Beck](#)

[Martha Gibbons](#)

[Lynne Greenwald](#)



Hungry for Love

Trish Cleary

When bonds of love become broken or altered, we strive to restore them.

Sam and Suzy were drawn to each other at first sight. In a matter of seconds, their hearts connected; just as circumstances beyond their control separated them. They shared their feelings through secret letters and created a sanctuary from the barren emotional landscapes of their separate worlds. Sam and Suzy's desire for closeness contrasts with the melancholic deprivation of the adults responsible for

them. They plan to escape the isolation of this ordinary world and create a special place of their own.

Wes Andersen's "Moonrise Kingdom" (2012) is about a small world where big events occur. Suzy and Sam, the central characters in this magical movie, powerfully influence others in a multitude of ways...

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

Members in the Arts

Melinda Salzman will be performing with the [Capitol Hill Chorale](#) at the Spring Concert on Saturday March 11th, 7:30pm and Sunday, March 12th, 4pm at the Lutheran Church of the Reformation, East Capitol St and 2nd Street, NE. The program will include a motet for 40 voices (imagine the score for 40 separate voices!), *Ecce beatam lucem*, by Renaissance composer Alessandro Striggio, four motets by Marcel Dupre, and *Five Mystical Songs* by Ralph Vaughn William. Included will be a collaboration with The Washington Saxophone Quartet.

Member News & Notes

Shoshana Ringel recently published an article, *Self States in Cyber Space*, in *Psychoanalytic Psychology*. The co-authors are Faye Mishna and Jane Sanders.

Georgia DeGangi is pleased to announce two new publications. Her recent book entitled "Pediatric Disorders of Regulation in Affect and Behavior, second edition: A therapist's guide to assessment and treatment" has just been released through Elsevier (ISBN: 978-0-12-810423-1). This skills-based book is designed for mental health professionals working with children experiencing disorders of self-regulation. The book discusses different forms of dysregulation in eating, sleep, mood regulation, anxiety, attention, and behavioral control. Chapters begin with developmental and neurobiological underpinnings of the problem, include clinical observations, and close with diagnosis and treatment strategies. Recommended treatments integrate aspects of dialectical behavioral therapy, mind-body therapies, sensory integration techniques, and interpersonal therapy. Detailed cases are presented, some of which include children ranging in age from infancy through adolescence.

In addition to her book, she also has published a journal article "Problems of Self-Regulation in Children: A longitudinal case study of a child from infancy to adulthood" in the *Journal of Psychology and Clinical Psychiatry*, issue 7(2). The article can be accessed on-line through [MedCrave](#). This paper reviews problems of self-regulation, the different types of regulatory disorders and their impact on mental health and overall development. In addition to reviewing the different types of regulatory disorders, a detailed case description is provided of a child with the hypersensitive type of regulatory disorders and presents longitudinal data to support the evolution of symptoms from infancy to adulthood.

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.**

- **Bruce Wine Memorial Conference, September 23, 2017, 9:00 am-12:30 pm** featuring the **Red Well Theater Group**. 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 Psychoanalysis**. **Steve Kuchuck** will be presenting. 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:*



- **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.
- **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

- **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, Kluft, 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.
- **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.

