

November 2016



ICP+P Connections

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

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Upcoming Conferences

***Developmental
Psychotherapy Across
the Lifespan:
Integrating Child-
Centered Therapy
Principles to Treating
Adults with***



Director's Column **Eleanor Howe**

I'm writing on the flight home from Boston, having attended the International Association of Psychoanalytic Self Psychology (IAPSP) conference as a first timer. By that I mean "Camp for Self and Relational Psychotherapists." I feel soporific and have the content sensation I recall feeling as a pre-teen coming home from summer camp...or as a teen, riding home on the bus with some kids from my school, having spent a weekend doing a volunteer work project with groups of teens from several other schools, and beginning to digest the past 72 hours. Happy; satisfied; enriched; stimulated intellectually; having had a host of interactions with people I'd already met or knew, and another host of interactions with people I'd just met. Sharing a meal or hotel room, sitting next to one another in the large ballroom, playing hooky and going for a walk along the Charles River with a colleague friend - all these moments served to deepen our personal relationships and to provide opportunities for greater professional connectedness.

Self Psychology Camp keeps one at a steady pace throughout each day. On Thursday there are pre-conferences, which provide an in-depth exposure to some of the best and brightest in the field. After a reception Thursday evening is an opening panel. Between early Friday morning through noon Sunday there are five showcase panel presentations of topnotch quality. Our own Janna Sandmeyer was a discussant at the first panel: "Dolph and Gus: The War of the Worlds" presented by James Herzog. Janna blazed a trail with

Dysregulation

with Georgia DeGangi and
Marc Nemiroff

Just a few days away!

Saturday, November 5, 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...](#)

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
discussions they stimulate
among our audience members.

Saturday, January 28, 2016

her eloquence and contribution of thought. The first three panels are followed by small group discussions conducted by leaders in the field. As is our custom at ICP+P, we remained with our small group during the conference and thereby had the opportunity to share reflections, perspectives and ourselves with kindred intellectual souls. In addition, three paper sessions are sprinkled throughout the weekend during which seven papers are presented concurrently. Our Sandy Hershberg presented her paper, "Changing the Physical Aspects of the Analytic Setting: The Impact on the Analyst and the Patient."

This year ICP+P agreed to co-sponsor the conference to provide its CE certification. In exchange, IAPSP generously awarded 10 registration slots at IAPSP member prices. This incentive combined with excitement from members at last year's IAPSP's conference, so that at least 24 of our members attended this year's conference. ICP+P members Larry Ballon, Elizabeth Carr, Joe Lichtenberg and Roger Segalla also served as discussion group leader, discussant and/or moderator during this conference.

Once we established our subgroup as "home base," we each ventured and explored away from "home" according to our respective comfort zones. There are subgroupings of attendees that cut across many dimensions: folk who share an institute affiliation, a geographic home, a native language, shared research and writing projects, supervisory relationships, officers within the IAPSP governance, and so on. Everyone scrupulously wears their nametag and people comfortably introduce themselves. On Thursday, it's "Hi, I'm Eleanor Howe, from Washington. I'm affiliated with ICP+P", but by Sunday morning it's simply, "Hi, I'm Eleanor." We transition with implicit mutuality into a more relaxed way of knowing one another, this transition being fueled by shared learning experiences and by a slow-growing pull of physical fatigue (the day starts early!) and saturation, not to mention an increasing familiarity with the scene.

But these groupings are noticed most gently and they make up the background, for the foreground abounds with grace, *comme chez nous*. The presentations are congruent with the tone and structure of ICP+P's conferences, making it easy to fall into a felt intimacy

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with the larger audience. All day each day, the social context is colored with lovely, strong, kind, intelligent, open, often opinionated, talkative and striving clinicians with a shared worldview on theory. Each presentation evoked a patient's phenomenological state and the clinician's search to be the clinician the patient needed. As audience participants, we held with empathy the patient and clinician and we engaged with the case intersubjectively - holding ourselves simultaneously within and outside the dyad's experience, and seeking to understand. I'm only just returned to my seat in my office, and I find it easy to be present and attuned. My clinical work seems enlivened and somehow subtly touched by the angels. What a gift.

Eleanor



Note from the Editor **Jonathan Lebolt**

Dear ICP+P'ers,

November brings more exciting activities to ICP+P: *Developmental Psychotherapy Across the Lifespan*, a ½ day ICP+P conference with ICP+P members, Georgia DeGangi and Marc Nemiroff, on Saturday, November 5, and *Analytic Listening from Multiple Perspectives*, the Joint Institute Candidates' Committee (JICC) Conference, featuring our own Elizabeth Carr, on Sunday, November 20.

This month's Connections features Director Eleanor Howe's delightful column on her experience at the International Association for Psychoanalytic Self Psychology (IAPSP) conference in Boston, and Martha Blechar Gibbons's lovely "outing" of ICP+P's members who double as musicians. Enjoy!

Yours,

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

therapy@doctor-jon.com



Did You Know? **Martha Gibbons**

There are musicians in our midst! I have known Ruth Simon for years, but recently discovered something that I did not know. Last month in the Child, Adolescent and

Family Therapy study group I learned that she plays the flute! Since my purpose in writing this column is to share what we do with our lives besides engaging in the professions we have chosen, I became more attuned, and asked Ruth to elaborate.

"I have played the flute for close to 60 years through school, college, and after. I've enjoyed small groups of duets, trios and quartets with friends. When I developed a vision problem I thought my fluting days were over but the director of music at our temple re-wrote some of the music and printed it with large notes on big pieces of paper. It was so uplifting for me to be able to continue this outlet. I now play about twice a month for services at our temple and for the High Holidays. I accompany the choir and sometimes have small solos. I often grumble about practicing and worry about how I will sound on a certain day. But, when I'm playing and it is meshing with the choir, I am filled with a sense of peace and contentment. "

Ruth told me about other members that I know who are musicians, and my curiosity intensified. I wondered, are there even more? I decided to send a message to the membership asking for musicians to make themselves known!

[Click here to read more about other musicians...](#)

Developmental Psychotherapy Across the Lifespan: Integrating Child-Centered Therapy Principles to Treating Adults with Dysregulation

Georgia DeGangi and Marc Nemiroff

Just a few days away!

Register Now

Saturday, November 5, 2016	Silver Spring Civic Building at Veterans Plaza
Registration: 8:30-9am	One Veterans Place
Program: 9am-12:30pm	Silver Spring, MD 20910

This half-day workshop is designed for clinicians interested in applying developmental psychotherapy to the treatment of adults with disorders of self-regulation and/or experiences of trauma. These individuals are highly sensitive to stimulation from the environment, emotionally reactive, and have difficulty maintaining relationships and an organized, regulated lifestyle. Drs. DeGangi and Nemiroff will present child-centered therapy, a technique that focuses on the process of self-regulation, affect attunement, emotional communication, attachment, and relational knowing. They will give an example of child-centered therapy as applied to a disengaged mother-infant dyad with a highly irritable infant. Dr. DeGangi and Dr. Nemiroff will each present an in-depth case of adults with severe dysregulation and psychically active childhood trauma. The treatment in both cases exemplifies the application of developmental psychotherapy to the adult population.

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

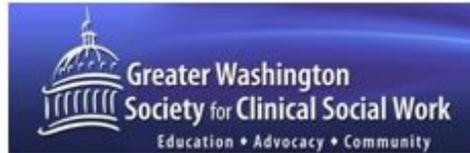
[Click here to see the flier...](#)

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.



***Alice Kassabian Memorial Conference:
Reflections on Wisdom ~ Its Nature, Value, and Relevance to
Contemporary Practice***
Nancy McWilliams



Saturday, November 05, 2016 | 9:00 AM - 12:30 PM
Cosmos Club: 2121 Massachusetts Avenue NW, Washington DC

Dr. McWilliams will explore the reciprocal relationship between wisdom and psychotherapy with emphasis on the clinical implications of valuing wisdom. The social, interdependent nature of wisdom differs from that of knowledge, which can be pursued in relative isolation. A Clinical Case presentation will illustrate.

Since ancient time, philosophers have differentiated between being smart and being wise. More recently, some authors and mental health professionals have tried to specify what we mean by wisdom - a virtue often viewed as the consolation prize for getting old and typically experienced vs. coming to the self rather than being actively pursued.

Wisdom seems to require acknowledgement of limitation and mortality, while fantasies often are limitless and immortality may propel searches for knowledge. Professional incentives often reward knowledge at the expense of wisdom: hypothesis-testing tends to be privileged over hypothesis-generation; master of techniques may be valued over nuanced understanding of one person to whom the techniques are applied.

[Click Here to learn more and register.](#)

***Joint Institutes Candidates' Committee (JICC) 20th Annual
Conference, Analytic Listening from Multiple Perspectives***

Sunday, November 20, 2016, 3:00 pm to 6:00 PM
Rockville Hilton Hotel 1750 Rockville Pike, Rockville, Maryland 20852

"ANALYTIC LISTENING FROM MULTIPLE PERSPECTIVES"

This program is for Washington, D.C. area mental health students and providers who are interested in further developing their listening skills and for anyone considering analytic training.

Experienced psychoanalysts Elizabeth Carr, APRN, MSN, BC; Yvonne De Cuir, PhD,

Shelley Rockwell, PhD; and David Scharff, MD who are members of four different psychoanalytic training institutes in the D.C. Metropolitan area will discuss their own perspectives on a case presented by Michele Reed, MSW, a candidate who is training at one of the institutes. Participants will have the opportunity to contribute to the moderated discussion.

Registration and Additional Information Online at www.wcpweb.org.
Click the notice on the home page.

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 or contact Julia at juliarosenfieldmsw@gmail.com or 202-495-0635.

Elizabeth Carr will represent ICP+P at the Joint Institutes Candidates' Committee (JICC) 20th Annual Conference, *Analytic Listening from Multiple Perspectives*, on Sunday, November 20, 2016, 3:00 pm to 6:00 PM in Rockville, MD. This program is for Washington, DC area mental health students and providers who are interested in further developing their listening skills and for anyone considering analytic training. For more information or to register, [click here](#).

Upcoming Events

- **Saturday, November 5, 2016, 9:00 am-12:30 pm, *Developmental Psychotherapy Across the Lifespan*, presented by Georgia DeGangi and Marc Nemiroff.** Silver Spring Civic Building at Veterans Plaza, One Veterans Place, Silver Spring, MD 20910. [Click Here to register.](#)
- **Saturday, November 5, 2016, 9:00 am-12:30 pm, *Alice Kassabian Memorial Conference: Reflections on Wisdom~its Nature, Value, and Relevance to Contemporary Practice*** with Nancy McWilliams at the Cosmos Club: 2121 Massachusetts Avenue NW, Washington DC. The conference is provided by GWSCSW in co-sponsorship with ICP+P. [Click Here to register.](#)
- **Sunday, November 20, 2016, 3:00-6:00 pm, Joint Institute Candidates' Committee (JICC) Conference, *Analytic Listening from Multiple Perspectives*,** Rockville Hilton Hotel 1750 Rockville Pike, Rockville, Maryland 20852. [Click Here to register.](#)
- **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.
- **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

- **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 October or November 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: 202-455-5546, 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.

- 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). See Submission Guidelines on the [AAP website](#).
- **Openings for a female, age 30+**, in a diverse, mixed gender, ongoing, process-oriented psychotherapy group lead by **Karen Eberwein** and Michael Stiers. The group is comprised of individuals who have struggled to maintain satisfying relationships, feel anxious about fitting in, want to develop more self awareness, and desire more meaningful connections with others. We meet in Dupont Circle at 1350 Connecticut Ave, NW, Suite 405, on Tuesdays from 12-1:20 pm. Contact Karen Eberwein for information 202-409-7774 or keberwein@hotmail.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.
- **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 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.

- **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 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.
- **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.



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.

