

June 2017



ICP+P Connections

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

In This Issue

[Director's Column](#)

[Membership Renewal Time](#)

[Diversity Interest Group Now Forming](#)

[Awareness, Diversity, and Inclusion at ICP+P](#)

[Congratulations to the ICP+P Graduates](#)

[ICP+P has a New Website](#)

[Join Couples Therapy Training Fall 2017](#)

[Psychoanalytic Study Group for Prospective Trainees](#)

[Fellowship Program is Accepting Applications for 2017-2018](#)

[Save the Date for the Annual Members Pot Luck and Fall Kick-off](#)

[ICP+P Co-Sponsors IAPSP Annual Conference for 2nd Year](#)

[Member News & Notes](#)

[Upcoming Events](#)

[Bulletin Board](#)

Upcoming Conferences

Bruce Wine Memorial Conference -
[Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice](#)

Saturday, September 23,
2017

9:00 am-12:30 pm
featuring

The Red Well Theater Group
3 Ethics CEs



*Director's Column:
Graduation Season*

Eleanor Howe

Paying homage to transformation is a heart-warming feature of May and June. It's spring here: the greens are deepening in hue and saturation; the birds are calling and building their nests. My friends and I remark on our recent travels to academic graduations. Graduation is a meaningful rite of passage not only for the individual graduates, but also for their groups and societies. For on graduation day, striving takes a rest, providing everyone an opportunity to pause and reflect. Within me, witnessing a graduation exercise brings to mind a montage of my past graduations and transitions. I experience the graduate as being actively poised in a moment of grace, and kinetically holding a position that is leaning neither backward nor forward. The past, present and future co-mingle in a delicious moment of time.

In only a few days I will have the keen pleasure of participating in ICP+P's 2017 graduation ceremony. We will salute this year's five Couples Training graduates and the promotion of one Advanced Candidate in Psychoanalytic Training to Psychoanalyst. I feel deep gratitude for our teachers, advisors, and supervisors and for the selfless skill and devotion with which they foster professional acumen in others. In keeping with our interest in knowing one another well enough to come clean with even our vulnerability, our graduation ceremony is personal and real. The graduates tell their gathered tribe how this training has affected their professional development. In turn, trainers

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
Psychotherapy and
Psychoanalysis

Saturday, December 9, 2017
9:00 am-12:30 pm
Sponsored by the CAPP
Training Program and
featuring Steve Kuchuck,
LCSW

Silver Spring Civic Building
1 Veterans Plaza
Silver Spring, MD

Relational Ethics

Saturday, February 3, 2018
9:00 am-12:30 pm
Featuring Elizabeth A. Corpt,
MSW, LICSW
3 Ethics CEs

Silver Spring Civic Building
1 Veterans Plaza
Silver Spring, MD

2018 Annual Conference

Saturday, May 5, 2018
9:00 am-4:00 pm
Sponsored by the ICP+P's
Psychoanalytic Training
Program and featuring Eric
Mendelsohn, PhD

describe what transpired in the trainee's professional development from their perspective. Participating in this graduation exercise is a special way to get to know these members.

Our community celebrates the purposeful and intensive endeavor that is undertaken in a training program - the intellectual commitment to read, understand, discuss, and apply theory, take important questions to supervision, and apply concepts at increasing levels of depth. Through the ritual of graduation we salute how these members have been willingly transformed by the myriad experiences from their training - and that they are now different. Furthermore, our graduation ritual underscores our shared value of lifelong learning, of reaching out to colleagues for consultation, of maybe choosing immersion in the wisdom of a supervisor or mentor. Graduation provides us a rich pause. In it we realize that irrespective of our role - be it within ICP+P, at work, or in society - in some fundamental way, each of us operates concurrently as expert and student.

In Peace,

Eleanor



ICP+P Membership Renewal **Alexandra Kaghan and Nancy Wachtenheim**

As Associate Co-Directors for Member Relations, we are writing to welcome you to the new fiscal year, which begins July 1st. At that time, membership fees will be due.

What are the benefits of membership with ICP+P?

- Monthly study groups, free of charge, facilitated by ICP+P members. Some groups are designed for in-depth exploration of selected topics, others choose several topics, and some offer CE credits. Our study groups are thriving with

- the potential of new groups being formed.
- A minimum of four conferences a year featuring innovative, well-known clinicians and researchers from around the world. CE credits are provided to attendees. Members enter free at two of these conferences and receive reduced registration fees for the others.
- Short educational courses, with CE credits. Members receive reduced registration fees.
- Mentorship program for current and new members. Mentors assist in orienting members to our Institute by meeting with them, answering questions and helping them integrate into ICP+P.
- Free use of the ICP+P library with books, journals and tapes, and a subscription to ICP+P's monthly newsletter.
- Social opportunities. Members receive free admission to ICP+P's social events, such as the Graduation Ceremony and the Annual Pot Luck Lunch and Town Hall Meeting.
- Opportunities to participate in the leadership of ICP+P as committee members, on the Board, or in interest groups.
- Members receive a 10% discount on International Association for Psychoanalytic Self Psychology (IAPSP) individual membership dues.

We will contact each new member and, if you'd like, introduce you to the ICP+P community through an interview which will appear on the website and in the newsletter column, "New Member Introduction." Click [here](#) for an example of a past interview.

Reduced annual membership fees and/or a payment plan can be discussed on an individual, as needed, basis. Contact either Alexandra (askaghan@yahoo.com) or Nancy (nancyw.lcsw@gmail.com) to discuss this option.

ICP+P continues to experience vitalizing developments. We continue to evaluate the needs of our members and the evolving needs of the Institute. We hope you'll stay part of this lively community!

Renewal invoices will be mailed soon. You can also renew online through the [member-only login area](#).

We look forward to sharing the new membership year with you!

Alexandra Kaghan, LCSW, askaghan@yahoo.com

Nancy Wachtenheim, LCSW, nancyw.lcsw@gmail.com

*Welcome to our new Associate Co-Directors!
To learn more about them and their vision for their new role, click [here](#).*



Diversity Interest Group Now Forming
Jen Sermoneta

"If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together."

Lilla Watson

This is our third and final call to get involved in the awareness, diversity, and

inclusion group just beginning to form at ICP+P. We will meet as an interest group over the summer to reflect on aggregated survey data and talk about ideas. Please get in touch now, as I will be starting the scheduling process this week: Jen.Sermoneta@gmail.com or 202-415-6414.



Awareness, Diversity, and Inclusion at ICP+P Yasmine Kaidbey

Recently, Marie Hellinger asked the [Fellows](#) to introduce themselves by name, and also to share a little about our background or parents' cultural and religious heritage.

Some delved into ancestry, most talked about how the first immigrants in their families arrived. Fellows were amazed by one another's histories, and loved knowing that part of each others' lives. It felt very connecting.

I was surprised to realize that most of us didn't know the explicit stories of each other's backgrounds, although we've spent the entire year together. It was a great way to talk about diversity, not as a separate topic from us, but "as us." It immediately made us feel closer to each other, and the group felt richer – as if a treasure had suddenly been uncovered. Although the group unveiled stark differences, a certain commonality emerged, making us feel united and more human.

Cultural backgrounds are often associated with different subjective narratives that we each carry. Joe Lichtenberg's motivational systems theory explains how important and relevant narratives are to our patients and the therapeutic relationship. How cultural narratives affect our lives, expectations, and motivations. How we need to ask our patients about their cultural backgrounds and family culture, and be curious, in order to understand how our patients' narratives are molded.

What are my consciousnesses, my narratives? How do the various anxieties and aspirations of prior generations manifest in me? What do I carry, handed down as my invisible inheritances? And what about you, us, our patients? How does all of this affect our view of the world?

If you haven't yet taken the diversity awareness and inclusion survey, please do (contact administrator@icpeast.org if you haven't received the survey link via email). Many people contributed to it, tested it, and discussed it. Your participation will be valuable and will contribute to ICP+P's discussions about how to move forward on these goals.

Warmly,
Yasmine Kaidbey
Survey Co-leader

ICP+P Graduation - Sunday, June 4th



The 2017 ICP+P Graduation Ceremony will take place on Sunday, June 4th. There will be presentations by the graduates and the presentation of diplomas. A

champagne luncheon will complete the day.

Congratulations to all the Graduates!

Class of 2017

Couples Therapy Training Program

Kirsten Chadwick, PhD
Mariana Figueira, PsyD
Sonia Kahn, PsyD
Matthew Siblo, PhD, LPC
Leslie Zirkin, PsyD, MT

Psychoanalytic Training Program

Gwendolyn Washington Pla, PhD, MSW

ICP+P Has Launched a New Website



ICP+P has launched its new website, www.icpeast.org. It boasts a new layout and a new members-only area! There is also plenty of great information that is newly organized and easier to find.

All members have been emailed login info explaining how to get into the members-only area. With the new member section you can sign up for events, renew your membership and search the member database based on criteria that you specify! If you haven't received your login data, or have any questions, please contact Nancy Der at administrator@icpeast.org.



***Join the Couples Therapy Training Program
Fall 2017 Class
Michael Wannon***

The Couples Therapy Training Program is a one-year course comprised of both theoretical seminars and clinical group supervision. The trainees learn the material through lectures, case write ups and presentations and group participation. The trainees meet together for 3 hours per week from September to May. The emphasis of the programs is on the application of self-psychological and relational concepts applied to the clinical practice of treating couples.

If you are interested in learning more about the program and the possibility of becoming a member of the upcoming class, please contact the Chair of the program, Michael Wannon, PhD, menaw1@aol.com.

Psychoanalytic Study Group for Prospective Trainees
Elizabeth Carr and Larry Ballon

The ICP+P Psychoanalytic Training Program is pleased to announce a new study group beginning Fall 2017 for individuals who are considering joining a first year class scheduled to begin September 2018. The study group will be a place to explore your interest in training and to learn more about our psychoanalytic training program. In the study group, psychoanalytic papers will be distributed electronically in advance and will then be discussed in the study group sessions. Engagement with reading and discussion in these sessions will provide participants with a firsthand sense of the ICP+P psychoanalytic training experience.

[Click here to learn more...](#)

Fellowship Program is Accepting Applications for 2017-2018
Monica Meerbaum and Linda Kanefield

ICP+P's Psychoanalytic Training Program welcomes applications for the 2017-2018 class of its Fellowship Program in Contemporary Forms of Psychoanalysis. The Fellowship Program introduces participants to the ways psychoanalysis has evolved as a relevant clinical practice for the 21st century.

[Click here to learn more...](#)

ICP+P's Annual Members Pot Luck and Fall Kick-off
Kathy Beck

Save the Date!

September 17, 2017, 11am-2pm
Chevy Chase Village Hall
5906 Connecticut Avenue,
Chevy Chase, MD 20815



We hope that you will plan to join us on Sunday, September 17, 2017, 11am-2pm, for the fall pot luck and town hall meeting. This kick-off event gives us a chance to come together as a community to renew ongoing relationships as well as to welcome new members. Members-in-training and individuals who have joined ICP+P during the last year will be introduced. In addition, we are planning to have a town hall meeting, in which members can be a part of an open discussion about ICP+P, including the year's upcoming programs, planning for future programs and other areas of interest or concern to the ICP+P community. The pot luck has always been an informal, lively, and fun event with lots of great food! Please mark your calendars! Questions? Contact Kathy Beck, kathy.beck@rcn.com.

ICP+P Co-Sponsors IAPSP Annual Conference for 2nd Year



ICP+P is co-sponsoring the [40th IAPSP Annual International Conference, Empathic Depths and Relational Leaps: Creating Therapeutic Possibility](#). It is taking place in Chicago from October 19th -22nd. Many ICP+P Members will be participating as presenters, discussants and moderators including, Lawrence Ballon, Elizabeth Carr, Marie Hellinger, Sandra Hershberg, Flora Lazar, Joseph Lichtenberg, Sarah Pillsbury, Janna Sandmeyer, Karen Schwartz, Roger Segalla, and Cherian Verghese.

Also, there will be a limited number of reduced registrations available for ICP+P members who are not also IAPSP members. Contact Nancy Der (administrator@icpeast.org) if you are interested in taking advantage of this opportunity.

Member News & Notes

Jen Bissell, ICP+P's Associate Director of Conferences, has been chosen as an IAPSP Early Career Scholar for 2017-2018.

Martha Gibbons was published in *Voices: The Art and Science of Psychotherapy*, Vol 53, No 1, Spring 2017, issue 190, The Body in Psychotherapy. Her paper was titled, "Widening the Window: The Body in Psychotherapy and Life."

Jen Sermoneta's paper, "Mirroring the Body," was published in *Voices: The Art and Science of Psychotherapy*, Vol 53, No 1, Spring 2017, issue 190, The Body in Psychotherapy.

Upcoming Events

- **Saturday, September 23, 2017, 9:00 am-12:30 pm, Bruce Wine Memorial Conference, *Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice*** featuring the **Red Well Theater Group** (3 Ethics CEs). 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 Psychotherapy and Psychoanalysis***. **Steve Kuchuck** will be presenting (3 CEs). Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring, MD.
- **Saturday, February 3, 2018, 9:00 am-12:30 pm, Elizabeth Corpt** will present, ***Relational Ethics*** (3 Ethics CEs). Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring, MD.
- **Saturday, May 5, 2018, 9:00 am-4:00 pm, 2018 Annual Conference**, sponsored by the ICP+P's Psychoanalytic Training Program and featuring **Eric Mendelsohn**.

Bulletin Board

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

- **Editorial Position in Psychoanalysis -**
A person with editorial and writing experience and an interest in psychoanalysis is sought for a position as



- **Beautiful DuPont Circle Office Available to Rent** in the Corcoran House Building at the corner of 18th and Corcoran Sts. NW, all day Friday and Saturday + additional half day on Tuesday. 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. Photos are available. Thank you.
- **Light, spacious, comfortable and furnished office** to share with one other clinician. Available 2 - 3 days – M/W/F. The office is in a two-office suite with a waiting room; an LCSW uses one office on Tuesdays and Thursdays, and a psychologist occupies the other office in the suite. The office is on the first floor and is completely accessible. Ideal downtown location one block from the White House in a lobbied landmark building. Red, Orange, Blue and Silver metro lines are close by. Free use of a conference room for groups is an option.

Please contact **Dori Aronson's** colleague, Beth Cullen Dzaman, (bc@dzaman.net) for details and photos.

- **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
- **A Process Group for Therapists** - Co-facilitated by **Trish Cleary** and Ginger Sullivan

What better way to enhance therapeutic attunement than through experiential discovery in a process group? Each self-care pause affirms and awakens a keen awareness of the clinical gold within reach.

Once a month group meets on Friday Afternoons from 3 to 5 PM. Group sessions will resume in September 2017
- Ongoing sessions are scheduled by the group



[Read More](#)

- **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](#).

- **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.
- **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.

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, artwork, etc. to Nancy Der, ICP+P Administrator, at administrator@icpeast.org by the 23rd of the previous month.