

July/August 2017



## **ICP+P Connections**

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

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### 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*

Silver Spring Civic Building  
1 Veterans Plaza  
Silver Spring, MD

### *On Being Associate Director of Administration*

Kathy Beck

Sometimes I ask myself what possessed me to volunteer for a position called Associate Director of Administration. After all, my skill set lies in the realm of clinical work, not in the area of finances, numbers, and budgets—all of which fall under my silo. To answer this question, I remind myself what my initial motivation was: as I stepped down from my position as Associate Co-Director of Training, I wanted to remain on the Board, and in particular to continue to serve as part of the smaller working group called the Executive Committee of the Board. Both of these groups inspire me: the dedication of my fellow Board members, the generativity of new ideas hashed out in a group of people genuinely trying to advance ICP+P's mission and enlarge its vision, and a collaborative group of people who care about getting a task done as much as about nurturing our working relationships with each other. In this day and age of rancor and dysfunctional government it does my heart good to know that there can be a healthy working group where people try to cooperate and handle differing ideas constructively. This desire to work in collaboration with respected others is what Joe Lichtenberg refers to as the Affiliative Motivational System.

My second motivation was to have an opportunity to work more closely with our treasured Nancy Der, whom we have all come to cherish dearly. She anticipates our needs before we've even articulated them and she has our backs at every juncture. As many people who have worked closely with her know, it is not uncommon to get an email response from her well after midnight, not to mention on a Saturday night! She contributes to our class act professionalism in so many ways and is the

**The LoveThat 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

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,  
LCSW  
*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

Featuring  
Eric Mendelsohn, PhD

glue making our operations run so seamlessly.

My third motivation was that I like seeing the trains run smoothly, and for this there is always a behind-the-scenes nuts and bolts operation. An example of this is the development of the new website. The new website platform was created by Buzzquake in close collaboration with Nancy, Eleanor, Jen Sermoneta, and Daniela Wolf. A major goal was to streamline many administrative functions yielding greater efficiency of time and effort. Now registering for conferences and renewing membership can all be done online through an integrated data management system. The new website also enables members to accomplish certain tasks with greater ease and timeliness; members can tailor/update their member pages at any time with a few strokes on the keyboard. Clinicians can search efficiently for referrals through the online directory. All this contributes to a nicely humming engine which supports all of our day to day work.

So, assuming the position of AD of Administration was a stretch (leap) outside my comfort zone, unlike serving as the Associate Co-Director of Training which was an easy fit after completing two of ICP+P's training programs. However, none of us works alone in our roles and we all support one another. So, whereas numbers, spreadsheets and budgets are not my forte, we are so fortunate to have Janet Dante, our Treasurer from 2007-2013, serving again in this role. She, Eleanor, and Nancy have their fingers on the financial pulse of the organization. So, this is my pitch to people who are considering running for a position for which they don't consider themselves an expert: expertise, per se, is not necessary! What is essential is willingness to dig in and to learn on the job. We are all learning and serving together in a synergistic and growth enhancing way.

***ICP+P Membership Dues Reminder...***  
**Alexandra Kaghan and Nancy Wachtenheim**

**For current members:** Please remember to pay your dues either [online](#) or by mail. Renewals are due July 1st.

**For prospective members:** Please contact us for further information to join ICP+P.

*Reduced annual membership fees and/or a payment plan can be discussed on an individual, as needed, basis. Contact either one of us to discuss this option.*

Nancy Wachtenheim, [NancyW.lcsw@gmail.com](mailto:NancyW.lcsw@gmail.com)  
Alexandra Kaghan, [askaghan@yahoo.com](mailto:askaghan@yahoo.com)

## *Welcome Our New Member, Garth Gillan* Interview by Nancy Wachtenheim

Garth Gillan, DMIN is a therapist and counselor who practices in State College, PA. He is excited to rejoin as a member of ICP+P after a long search for an affiliation with professional psychoanalytic associations that would feel comfortable for him; we are fortunate that he has returned to us. It was apparent to me when talking with Garth that he is passionate about analytic theory and feels that ICP+P provides a foundation for him. He has studied analytic theory ever since he was introduced to it in his first internship with an analytic supervisor; and thus began his journey.

Garth has a very interesting and comprehensive professional background. He holds doctoral degrees in Theology, Clinical Pastoral Counseling, and Philosophy. Garth was a Professor of Philosophy at Southern Illinois University for 30 years after which he became certified as a Licensed Professional Counselor (LPC) and a Pastoral Counselor (AAPC). He has maintained a private practice in psychotherapy and counseling, and he works with children, adolescents, and adults. Garth has completed several training programs at the Washington School of Psychiatry.

When speaking with Garth, I was glad to hear his enthusiasm about how he spends his personal time. He enjoys fly fishing and reading literature related to his three passions: philosophy, theology, and psychoanalysis. He used to be an avid cyclist but because of time constraints, he has settled for walking 3 miles a day. Garth has been married for 53 years and has 6 children.

If you happen to see Garth at an ICP+P function, please be sure to extend a warm welcome inviting him back into our community.

Garth can be reached by email at: [gjgillan@aol.com](mailto:gjgillan@aol.com).

Nancy Wachtenheim  
Alexandra Kaghan

## *Study Groups - Summer and Fall Planning* Etta Sandler

**Greetings!** Study Groups will resume in September, so now is a good time to consider joining a group and/or leading a new study group of your choice. There are also ongoing groups looking for new members. Two of them are:

1. **Intensive Short-Term Dynamic Psychotherapy (ISTDP)** - This promises to be a very dynamic and interesting study group, led by Margo Silberstein, who is very enthusiastic and experienced in the use of ISTDP in clinical practice.
2. **Self Psychology and Selected Readings in Contemporary Theory** - Led by Mary Jean Kane, this group explores contemporary self psychology, as well as readings from other contemporary theories including intersubjectivity, relational theory, and mind-body paradigms, including Accelerated Experiential Dynamic Psychotherapy.

There are many more groups with other interesting topics that are listed on [the website](#). Throughout the summer, we will be updating the list and also sending out notices to members regarding any new group ideas and openings in existing groups. So, stay tuned for further updates!

Study groups are a vital part of ICP+P, and are an important and engaging way to be a part of the ICP+P community. To discuss your interest in joining a study group and to discuss opportunities and ideas for leading a new study group ([further details are on the website](#)), please contact Etta Sandler at [etls17@verizon.net](mailto:etls17@verizon.net).

***Contemporary Approaches to Psychodynamic Psychotherapy (CAPP)  
Study Group for Prospective Members-in-Training***  
Gail Winston and Jen Bissell

ICP+P's CAPP Program is offering a monthly study group beginning in January, 2018 for clinicians interested in pursuing the training program. There will be readings in self and relational psychotherapy as well as the opportunity to get a better sense of the CAPP program, which will welcome a new class in September 2018. The group will meet on the 3rd Thursday of the month from January through May, 2018 in Washington.

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

***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 July 15th Application Deadline Fast Approaching***  
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.

***Applications are due by July 15th.***

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

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

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



**This event is free to ICP+P Members**

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 RSVP to this event by emailing (no phone calls, please) Kathy Beck at [kathy.beck@rcn.com](mailto:kathy.beck@rcn.com) indicating what you plan to bring.

\*appetizer   \*side dish   \*fruit salad   \*green salad  
\*entrée   \*dessert   \*beer/wine   \*non-alcoholic beverage

**\*notify me and I'll bring whatever is most needed**

**\* Also, please indicate if you are available to help with set-up or clean-up**

Thank you! We look forward to seeing you there!

## Member News & Notes

Robert Benedetti graduated as a psychoanalyst from the National Training Program in Contemporary Psychoanalysis of the National Institute for the Psychotherapies in NYC on June 22, 2017.

Tom Holman participated in the annual conference of the [Society for the Exploration of Psychotherapy Integration](#) (SEPI) in Denver in May. He gave a workshop on integrative psychotherapy with autistic children; moderated a panel on developmental disorders; and led a meeting of the coordinators of SEPI's regional networks from the US and around the world. [Tom](#) is happy to talk about SEPI to anyone who's interested.

## 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. Registration will open soon.
- **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**. Georgetown University Conference Center, 3800 Reservoir Rd NW, Washington, DC 20007.

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



- **Beautiful, sunny office** located near the King Street metro in **Old Town**. Available two to three days a week. The suite is shared by two other therapists and includes two offices, a waiting room, a kitchen and a bathroom. The building is handicap accessible and well managed. Businesses and restaurants are nearby. Several entities such as Patent and Trademark and the National Science Foundation are just blocks away so easy for people to schedule day time appointments. Contact: Susan Horne Quatannens, 703 549-1787 or [Susanhq@aol.com](mailto:Susanhq@aol.com) or **Sarah Leffler**, 703 474-5097 or [sarah@sarahleffler.com](mailto:sarah@sarahleffler.com).
- **A Process Group for Psychotherapists**

What better way to enrich therapeutic attunement than in a group? Join with professional peers and discover clinical gold within group connections. This group is co-facilitated by **Trish Cleary** and Ginger Sullivan. Once a month sessions will resume on Saturday, September 23rd from 10:30 AM to 12:30 PM.



Interested? Openings are available. Register now by contacting Kelly Case at [kelly@gingersullivan.org](mailto:kelly@gingersullivan.org).

[Read More...](#)

- **Study Group Openings - Self Psychology and Selected Readings in Contemporary Theory** - Meetings are on the first Thursday of the month in Washington. In this study group, we will explore contemporary self psychology, as well as readings from other contemporary theories including intersubjectivity, relational theory, and mind-body paradigms, including Accelerated Experiential Dynamic Psychotherapy. The therapist's use of self to build an experience of attachment in the therapeutic relationship will be emphasized. We will use all of this to help us think about our own clinical work. Participants are encouraged to bring in case material which spontaneously comes to mind from the readings. For more information and questions, please contact Mary Jean Kane at 703-550-4298 or [MJKaneLCSW@gmail.com](mailto:MJKaneLCSW@gmail.com).
- **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](mailto: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](mailto: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](mailto:margosil@aol.com).
- **Sunny, spacious, well furnished office available** part-time in Dupont Circle. Big enough for groups, with a large bay window overlooking Dupont Circle. Secure building, free wifi, fax/copier, small kitchen, coffee & water cooler. Right at the metro. Please contact **Oksana Zadoro** at [oksanavladi@aol.com](mailto:oksanavladi@aol.com) or 202-368-2146.

***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](mailto:administrator@icpeast.org) by the 23rd of the previous month.