

October 2017



ICP+P Connections

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

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Upcoming Conferences

**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

Featuring
Steve Kuchuck, LCSW
3 CEs

Silver Spring Civic Building

*Gratitude, Growth, and
Generativity - Finding My
Professional Home*
Jen Bissell



Some of you know me, a few of you may feel that I am becoming a familiar name associated with ICP+P conferences, and some of you don't know me at all. I am writing this to all of you, to express my gratitude to the whole community of ICP+P.

Over the last several years, ICP+P has come to play a significant role in my life: it has become my professional home. It has been my solid foundation during turbulent and disorienting times, my community of hope, my warm embrace, my cheerleader, and my mentor – challenging me, pushing me, believing in my capability, and helping me grow.

When I was asked to write a column for the newsletter as Associate Director of Conferences, I felt intimidated yet also challenged and encouraged. This feeling has become very familiar to me throughout my tenure with ICP+P and as a graduate of the inaugural class of the Contemporary Approaches to Psychodynamic Psychotherapy (CAPP) program in 2016.

One of the requirements to graduate from the CAPP program is to write and present a clinical paper to the faculty and ICP+P members at graduation. This was an extremely challenging task for me. It required personal introspection and professional vulnerability.

I had to develop confidence and trust in myself as a therapist to share my work with those in the field who I respected tremendously. I wrote about my transformation as a therapist and

1 Veterans Place
Silver Spring, MD

Register Now

**Relational Ethics in
Contemporary
Psychoanalytic Practice:
Doing the 'Right' Thing**

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 Place
Silver Spring, MD

**2018 Annual Conference:
First Meetings in Therapy:
Poetics and Pragmatics**

Saturday, May 5, 2018
9:00 am-4:00 pm
Sponsored by ICP+P's
Psychoanalytic Training
Program

Featuring
Eric Mendelsohn, PhD
6 CEs

Georgetown University
Conference Center
3800 Reservoir Rd, NW
Washington, DC

experiencing a shift in sensibility, bringing in my own subjectivity and authenticity into sessions with my clients, and the need to take more risks within my work. This transformation in my sense of self as a therapist came from my immersion in contemporary theories that are a good fit for me while being supported and mentored by those in ICP+P.

After graduating from the CAPP program, I had such appreciation for the CAPP program and how much I grew as a therapist, that I had a strong desire to give back to the Institute, as well as stay connected with the community. I immediately joined ICP+P's board of directors as Associate Director of Conferences.

Since graduating, the concepts of generativity and generosity have continued to echo in my mind. I know that I still have so much to gain from being a part of this community, but also have a strong desire to give back at the same time.

That is why I'm so excited to share with you what is sure to be a phenomenal year of continued learning and engagement in our upcoming conferences.

We have already launched our 2017-2018 Conference year with the Bruce Wine Memorial Conference "Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice," featuring The Red Well Theater Group, and free to members.

On December 9, 2017, CAPP is sponsoring "The Love That Dare Not Speak its Name - On the Therapeutic Action and the Limitations of Romance and Desire in Psychotherapy and Psychoanalysis," featuring Steven Kuchuck, LCSW.

February 3, 2018 will feature Elizabeth A. Corpt, MSW, LICSW, "Relational Ethics in Contemporary Psychoanalytic Practice: Doing the 'Right' Thing." (Free to members)

And our annual conference will feature Eric Mendelsohn, PhD speaking on "First Meetings in Therapy: Poetics and Pragmatics," all day on May 5, 2018.

I hope to see you throughout the year at these enriching and enlivening events. And thank you for creating a space and community that I can call home.

With Gratitude,
Jen

Joint Institutes Candidates' Committee 21st Annual Conference:

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.

It is being held on October 8th from 3:00-6:00 pm at the Rockville Hilton Hotel, 1750 Rockville Pike, Rockville, Maryland 20852. The following speakers will lead the day:

Presenter: David German, DO
Moderator: Carla Neely, PhD
Discussants: Michael Krass, PhD; Marc Levine, MD;
Roger Segalla, Jr., PhD; and Lea Setton, PhD

Participants will have the opportunity to contribute to the discussion.

Through this Workshop, participants will be able to:

1. Observe at least four different analysts' perspectives on the therapeutic frame.
2. Describe the tension between rigidity and flexibility when maintaining a therapeutic frame.
3. Identify at least two ways to improve patient outcomes by modifying aspects of the therapeutic frame.

[Click here for more information.](#)

Registration ends on October 4th.

Short Course
Integrating Somatic and Relational Approaches: Holding Space

Jane Jacobs and Rosemary Segalla

Friday, November 10, 2017
2:00 to 5:15 pm

ICP+P Office
4601 Connecticut ave., NW, Suite 8
Washington, DC 20008

Don't miss the first Short Course of the year!

This course will explore how somatic awareness can be successfully incorporated into a relationally based psychotherapy approach. We will focus on two somatically based procedures: activation of the social engagement system and dual awareness.

Social engagement system. We know that when babies lack attuned responses to distress from attachment figures they may, as adults, find relationships too unsafe a place to find comfort or regulation. In the psychotherapy setting, changes we observe in our clients' bodies may be powerful indicators of distress as it was experienced in infancy. By sharing our awareness of these indicators and helping our clients find ways to soothe themselves, we can enable them to safely engage in the therapeutic relationship.

Dual awareness. It is crucial for clients to know they will not be overwhelmed by emotion as they begin to explore deeply disturbing experiences from the past. Within the attuned relationship the therapist helps the client develop many methods of regulating physiological arousal through breathing, imagery, movement, and other means. This is often referred to as "resourcing." The client then can learn how to be increasingly aware of the sensations associated with distressed states from the

past. At this point the client is able to explore the distressed states using dual awareness: if immersion in the childhood states is too activating the client can shift awareness to the present, eliciting the safety of the therapeutic relationship and using the resourcing methods to regulate excessive arousal.

Jane Jacobs will present a case that illustrates these procedures, and Rosemary Segalla will discuss the clinical work from a self psychology perspective. The presenters will encourage participants to reflect on how they might incorporate these procedures into their practice.

This short course is appropriate for clinicians at all levels of experience and offers 3 CEs.

At the conclusion of this program, participants will be able to:

1. Describe the decision-making process a therapist may use in choosing an optimal time to utilize somatic awareness in the context of relational treatment.
2. Identify five physical indicators of client distress.
3. Identify four methods of resourcing.
4. Describe the method by which a therapist facilitates the use of dual awareness.
5. Name two ways somatic interventions are consistent with self psychology principles.
6. Name two ways in which the somatic and relational approaches empower one another and strengthen therapeutic efficacy.

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

[Click here for the conference flyer...](#)

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 credits 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 standards for nurses. Because these credits are approved by the American Psychological Association, marriage and family therapists licensed in the District of Columbia, Maryland, and Virginia will receive continuing education credit. (Marriage and family therapists in other jurisdictions and licensed counselors should inquire with their local Boards regarding continuing education credit.) 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.

The Love That Dare Not Speak its Name - On the Therapeutic Action and the Limitations of Romance and Desire in Psychotherapy and Psychoanalysis
December 9, 2017

Featuring Steven Kuchuck, LCSW



Sponsored by ICP+P's Contemporary Approaches to Psychodynamic Psychotherapy (CAPP) Training Program

Saturday, December 9, 2017

Registration: 8:30-9 am

Program: 9 am-12:30 pm

Silver Spring Civic Building at Veterans Plaza

One Veterans Place

Silver Spring, MD 20910

This presentation will address an historical and current-day taboo; the loving, romantic, and erotic feelings that often arise on both sides of the couch, but seldom get discussed in the literature. Particular attention will be paid to the impact of absent, violent, or otherwise unavailable fathers on their heterosexual sons and the resulting

longing for male attention, admiration, and love, which often includes a need to be admired physically and romantically in ways their fathers could not provide. When this desire emerges in the treatment, the gay male therapist who experiences an erotic countertransference response and can manage potential anxiety and shame is in a unique position to provide the patient with these necessary supplies.

Through exploration of newly evolving theory and detailed case examples, Kuchuck will explore ways in which these therapist-patient subjective responses become a vital component of the therapeutic action and/or interfere with progress in treatment. Ample time will be allotted for audience discussion.

This conference is appropriate for clinicians at all levels of experience and offers 3 CEs.

At the conclusion of this program, participants will be able to:

1. Identify one clinical example in which feelings of love are part of the therapeutic action.
2. Give one clinical example in which love interferes with the therapeutic action.
3. List one example of a classical psychoanalytic prohibition against the analyst's feelings of love for a patient.

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

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Join the Diversity Discussion Group

You are invited to join a newly forming email discussion group focused on diversity-related topics. Among other things, this will be a forum for posting ideas or questions, sharing articles, discussing books and movies, and communicating about upcoming diversity interest group meetings.

You can subscribe by sending an email to administrator@icpeast.org.

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 for 2017-2018 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. You can join the group at any time.

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

News + Notes

Thomas Hoffman's paper, "Neuropsychanalysis and Executive Consultation: Know Your Mind, It's the Royal Road to Leadership," was accepted for publication by the journal, *Organisational and Social Dynamics*. Please contact thoffmd@att.net if you would like a preprint.

Upcoming Events

- **Sunday, October 8, 2017, 3:00-6:00 pm**, JICC Conference, ***Continuous Negotiation of the Frame***, Rockville Hilton Hotel, 1750 Rockville Pike, Rockville, MD. [Click here to register now.](#)
- **Friday, November 10, 2017, 2:00-5:15 pm**, ***Short Course - Integrating Somatic and Relational Approaches: Holding Space***, with Jane Jacobs and Rosemary Segalla, ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC. [Click here to register now.](#)
- **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 Place, Silver Spring, MD. [Click here to register now.](#)
- **Saturday, February 3, 2018, 9:00 am-12:30 pm**, Elizabeth Corpt will present ***Relational Ethics in Contemporary Psychoanalytic Practice: Doing the 'Right' Thing*** (3 Ethics CEs). Silver Spring Civic Building, 1 Veterans Place, Silver Spring, MD.
- **Saturday, May 5, 2018, 9:00 am-4:00 pm**, ***2018 Annual Conference: First Meetings in Therapy: Poetics and Pragmatics***, sponsored by the ICP+P's Psychoanalytic Training Program and featuring **Eric Mendelsohn**. Georgetown University Conference Center, 3800 Reservoir Rd, NW, Washington, DC.

Bulletin Board

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

- **Supervision Group for Early Career Professionals - Roger Segalla**, the Director Emeritus of the Institute of Contemporary



Psychotherapy and Psychoanalysis (ICP+P), has (2) openings in his supervision group specifically designed for early career professionals. This interactive weekly supervision group will utilize a relational psychodynamic perspective, that includes self psychology and intersubjectivity theory, to assist group members in conceptualizing and treating individuals, couples, and families. This group will also offer assistance in professional practice issues like setting practice policies, fee structures and practice development issues. If you are interested in learning more about this group please contact Roger at (301) 652-1707 or you can email him at: rsegalla@verizon.net.

- **Countertransference-Focused Consultation Group Opening - Roger Segalla**, Director Emeritus of the Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P), currently has an opening in his Friday, 12:30pm to 1:45pm, supervision group. This weekly consultation group, for mid to late career professionals, utilizes the critical data contained in countertransference feelings, reactions and enactments to guide a psychodynamic process. A relational perspective, that includes self psychology and intersubjectivity theory, is used to assist group members in conceptualizing and treating individuals, couples, and families. If you are interested in learning more about this group please contact Dr. Segalla at (301) 652-1707 or you can email him at: rsegalla@verizon.net.
- **Supervision Group Opening** - From a broadly psychodynamic standpoint, this 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** (202) 363-0185. [More information here...](#)
- **Mixed & Men's Groups** each have (1) opening for adults of all ages, Tuesdays and Thursdays at 6 pm, Downtown Silver Spring, Insurance/Sliding Scale. All cultures welcome. Leader has many years of experience collaborating with individual therapists. Please contact me (or have client contact me) directly at (240) 507-7696, Therapy@Doctor-Jon.com or www.Doctor-Jon.com.
- **Brigitte Ladisch** is looking to **sublet an office part-time**, in downtown Bethesda, Chevy Chase or Friendship Heights. Please contact her at brigidladisch@aol.com or at 301-651 7592.
- **Rob Williams**, an MBA and Certified Group Therapist, has two openings in a biweekly experiential consultation group focused on group therapy. This group is a combination of case presentations, process group, the business side of group, and group journal 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 meets biweekly at 1801 Connecticut Ave NW, on Fridays, 9 - 11 am. 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](#).

- **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.
- **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.
- **Psychoanalysis, Relationships, and Sex: New Thinking and New Challenges**. October 28, 2017 - The Center for Relationship Studies of the Washington School of Psychiatry presents a conference with Mark Blechner, Ph.D., Training and Supervising Analyst at the William Alanson White Institute. Topics covered will include gender identity, sexual orientation, sexual excitement, sexual patterning and paraphilias. Discussion will integrate scientific findings from sexology, sociology, medicine, and psychology to understand sexuality issues that arise in working with those who identify as heterosexual or LGBTQ. Clinical examples will be used to illustrate how sexual issues are raised and explored in psychotherapy, how they may appear in the treatment relationship, and how therapy can help a person understand and enhance sexual experience. For further information please visit the WSP website at www.wspdc.org.

***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.