

September 2017



ICP+P Connections

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

In This Issue

[Director's Column: Moving into Fall](#)

[Membership Renewal Time](#)

[Welcome Our Newest Member](#)

[Annual Members Pot Luck and Fall Kick-off](#)

[September 23rd Conference - Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice](#)

[Study Groups - Fall Openings](#)

[Join the Diversity Discussion Group](#)

[CAPP Study Group for Prospective Trainees](#)

[Psychoanalytic Study Group for Prospective Trainees](#)

[Our New CE Chair](#)

[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

Silver Spring Civic Building
1 Veterans Plaza

Director's Column:
Moving into Fall
Eleanor Howe



My best summer vacations are spent in wilderness areas. As I walk a trail, I am awed, gratified, and mysteriously united with the glacial fields, the jagged mountain peaks, the majestic sky they pierce. I'm completely seduced by the feeling of mystery. That they've been around so much longer than me, and that they move, is deeply grounding to me. The action of walking in the wilderness syncs me with the Universe in motion - with the motion of the planets, gravity, the various energies in outer space and in each atom here on Earth. Sensing that each of us moves in our own way fuels in me a feeling of connectedness to the Universe. I am full of gratitude.

But my time in the wilderness did not only bring glimpses into bliss; it also brought clarity on cultural aggression. The novel I read is Yaa Gyasi's *Homegoing*, a book depicting the slave trade in what is now Ghana, carrying over many generations into colonial and contemporary America. "When I started the book," said the author, "I was thinking about this broad question of what it means to be black in America" (*Slate*, 2016). Cut off as I was from news, the impact of this novel was singular. I grasped the truth of Ta-Nehisi Coates' statement to his son, "Here is what I would like for you to know: In America, it is traditional to destroy the black body - *it is heritage.*" My personal goal is to maintain this clarity as I return to my seat in my office, and to learn.

As I transition from vacation my spirit seeks to encode the wisdom of the past two weeks, that it may continue to guide my hand. Somatic

Silver Spring, MD

Register Now

**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

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 ICP+P's
Psychoanalytic Training
Program

Featuring
Eric Mendelsohn, PhD

awareness is an aide in this process.

Somewhere in the background, I hear Wendy Fischer (Co-Coordinator with Judy Marx of last year's Embodied Self Institute) intoning a guided meditation, and I move toward my center. A nanosecond later, I segue into a memory of Judy Marx' playing the Rolling Stones' song "Paint it Black" at our final conference. The rhythm enlivens my center and I start to move. Perceptibly or not, I move. Then comes that feeling of being in sync.

Consciously and kinesthetically, I add to my library of associations with movement this vacation's experience of embedding me in the majesty of the Universe - and its unbiased ability to see things as they are. On the trail in real-time, there was continual unfolding of thoughts and affect ("too hot"/"wow"/"I'm fine now"/"worried about the hike back up"/"this is a great day"). Back here in my daily life, I will have many such thoughts and feelings. I'm hoping that a brief bounce of the knees will re-connect my consciousness to the Universal and to the dispassionately true. So at our Potluck Brunch September 17, when I greet you to start our Town Hall Meeting, know that I will be in motion, and that I very likely will be pre-consciously invoking my connection to all things in this Universe as we connect to make community together.

Speaking of movement and evolution, the ICP+P community is continually in motion, constantly evolving. Our [updated website](#) launched in April. It streamlines our administrative work; is easily accessible to mobile devices, which are by far the preferred method for today's population; provides members with a record of whether they are already registered for upcoming conferences; and provides access to our searchable online directory. The online directory replaces our paper directory and can now provide up-to-date information on members' contact and practice information while we help to protect the environment's resources. For reminders on how to use the members-only directory, [click here](#).

Our doors are open to new members. We are able to provide reduced membership and conference registration fees for beginning and early professionals, students, and for those working in agencies. As we gain members, we must indeed provide an open and welcoming professional environment to them. This means privileging talking to newcomers over our friends during social breaks, creating spaces in our study groups, providing links to professional resources when appropriate, and providing educational learning opportunities free of unconscious micro-aggressions. Associate Director of Outreach Jen Sermoneta has formed a diversity interest group to provide

leadership and guidance to our community. Through its influence, we are considering diversity and subjectivity throughout all our programs (study groups, conferences, and training programs).

In training program news, the CAPP program class enters its second year this fall and Gail Winston and Jen Bissell will begin an [informational monthly study group](#) for prospective participants beginning January 2019. Our Psychoanalytic Training class enters its third year, and Elizabeth Carr and Larry Ballon are beginning an [informational monthly study group](#) for prospective participants beginning this month. [The Fellowship Program](#) is beginning its fourth year. The program is designed for practicing clinicians, residents, interns, and advanced graduate students from mental health fields including psychology, psychiatry, social work, counseling, and nursing. Fellows participate in monthly Saturday afternoon seminars throughout the academic year, featuring presentations on selected psychoanalytic topics by faculty and graduates of ICP+P's Psychoanalytic Training Program.

We are pleased to offer a [short course](#) in the late fall 2017 in which Jane Jacobs will detail her treatment of a complex case incorporating somatically-based techniques. Rosemary Segalla will articulate the clinical action from a self psychological perspective and both presenters will translate between the somatically based transactions in the treatment and self and relational theory. This course serves to provide a clinical integration of concepts and techniques detailed in the Embodied Self Institute. We hope to provide a similar short course, with different presenters, in mid-spring.

We have a wonderful year of conference programming ahead. We begin with The Bruce Wine Conference ["Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice"](#) on Saturday, September 23, 2017 featuring the Red Well Theater Group. On Saturday, December 9, 2017, Steven Kuchuck, President-Elect of the International Association for Relational Psychoanalysis and Psychotherapy, will present "The Love that Dare Not Speak its Name - On the Therapeutic Action and the Limitations of Romance and Desire in Psychotherapy and Psychoanalysis." On Saturday, February 3, Elizabeth Corpt, past president for the Massachusetts Institute for Psychoanalysis, will present a half-day conference on relational ethics. And on Saturday, May 5, 2018, the Psychoanalytic Training program will chair the Annual Conference with Eric Mendelsohn as invited speaker.

I look forward to our moving together through this year. A hallmark of our group learning opportunities (be they study groups, training programs, short courses, or conferences) is that we are active in co-creating our learning. As an organization, we infuse our evolution with the values - empathy, thoughtfulness, warmth, capacity for repair – that serve us well in our professions.

In peace,

Eleanor

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

Exciting conferences and more start in September so please be sure to renew or start your ICP+P membership:

- The [Bruce Wine Memorial Conference](#) is on September 23 and is free to members. Plus, participants will receive 3 CE's for Ethics.
- Our annual potluck, also free to members, is September 17. It's a great time to network with old and new members.

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 at nancyw.lcsw@gmail.com

Alexandra Kaghan at askaghan@yahoo.com

Welcome Our New Member, Jang-Eun (Jean) Cho **Interview by Alexandra Kaghan**

It was a pleasure to interview new ICP+P member, Jang-Eun Cho, MD, who prefers to be called Jean. Jean has a private practice in Chevy Chase, MD. She primarily treats children and adolescents, but she does see some adults. One-third of her practice is psychotherapy and the other two-thirds is medication management.



Jean has a rich history, spanning both Korea and the United States. She was born in Seoul, Korea and came to the States for better educational opportunities. When she was fourteen, Jean attended a boarding school in Michigan. At the time, her English was limited. However, she acclimated and became fluent in English. She enjoyed her classes and flourished in the warm and nurturing atmosphere of the school.

After high school, she attended Georgetown University. She went to medical school there as well, deciding she wanted to specialize in general surgery. During her surgery residency in Philadelphia, however, she realized she needed a break from the intensity and stress of that type of medicine. She returned home to Korea where she took a job tutoring adolescents in their academic subjects. Many of these students were being educated outside of Korea but were home for the summer. Jean enjoyed listening to their stories and allowing her students to express their feelings over stressors they were experiencing. She felt equipped to help them with the cultural gap of being a native Korean in a foreign country as she had gone through similar experiences. Jean felt enlivened by her tutoring experiences and she changed career directions to become a psychiatrist. She moved to New York City and started her residency at Mt. Sinai Beth Israel Hospital.

While in New York, she met her husband. They moved to Washington DC three years ago and Jean did a two-year fellowship at Children's National Medical Center. She also completed the Adult Psychoanalytic Fellowship Program at Baltimore Washington Center for Psychotherapy and Psychoanalysis.

Jean has been active as a volunteer with the Korean Community Service Center of Greater Washington in Annandale VA. She has seen children and teens there for psychotherapy and medication management.

Jean and her husband are enjoying raising their ten-month-old daughter. As she juggles the challenges of motherhood and a career, Jean finds delight in family time and cooking with her husband.

Jean uses psychodynamic psychotherapy, play therapy and CBT. She is interested in how family dynamics impact the development of a child and would like to further develop her skills in family psychotherapy. She is fluent in speaking, reading and writing in both Korean and English.

Please join me in welcoming Jean to our community!

Jean can be reached by email at jangcho@gmail.com.

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 potluck 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 potluck has always been an informal, lively, and fun event with lots of great food!

Are you a new member? Are you a long-term member who has never attended a potluck before? Has it been a while since you have been to a potluck?

Whatever your situation is, please let us know if you would like to be met and greeted by a member at the door when you arrive. They will introduce you to other members and help you get to know the community.

Please RSVP to this event by emailing (no phone calls, please) Kathy Beck at 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!

Fourth Bruce Wine Memorial Conference: Ethical Perspectives on 'Fit' and Fidelity in Clinical Practice Featuring The Red Well Theater Group on 9/23/17

Maxine Ellenberg Arnsdorf, Robert Schulte, and Jen Sermoneta



What could be a more creative and engaging way to fulfill your ethics requirements than by attending a dramatic play reading about conflicting multiple subjectivities and variable alliances within intimate relationships?

The Red Well Theater Group of Washington, D.C. presents *Dinner with Friends*, by Donald Margulies, as a parable about the relationship between 'fit' and fidelity across a broad continuum of our professional relationships-with patients we treat,

colleagues with whom we collaborate, organizations we serve, and a profession to which we are dedicated. This program will offer us an opportunity to examine the challenge of clinical and professional decision-making within the context of complex ethical dilemmas whereby multiple principles, values, and responsibilities are in conflict.

We will grapple with such questions as:

- "What unconscious personal biases and values inform my ethical decision making as a therapist?"
- "Am I satisfied that my efforts to be an effective therapist, supervisor, or organizational leader are 'good enough', personally satisfying, and sustainable?"
- "Can I work within the relationship to negotiate a better 'fit' and thereby maintain my fidelity to the work? If not, what then?"
- "Is being a psychotherapist (still) a personal and vocational choice I want to commit to?"

This interactive program will give us opportunities to explore these and related questions as they concern our clinical practice. A brief "talk to your neighbor" discussion segment immediately follows the play as a safe and confidential way to begin identifying and naming our initial reactions. This will be followed by clinically informed commentaries presented by the members of the acting ensemble. The program concludes with an audience discussion facilitated by the director Bob Schulte and the therapist-actors.

The cast includes ICP+P members and friends Angela Snyder, Lee Futrovsky, Liz Marsh and Rob Williams, who are directed by Robert Schulte, RWTG founding director.

This conference is named for Bruce Wine, a beloved founding member of ICP+P. Bruce brought warmth and intellectual curiosity to the institute and our community through his roles as Director of Training, Co-Director, supervisor, teacher, therapist, mentor, colleague, and friend. The Bruce Wine Memorial Fund was created in 2008 with a mission to sponsor conferences that bring creative and innovative theoretical and clinical perspectives to ICP+P and to the larger mental health community. The Fund's central mission is focused on fulfilling Bruce's wish to bring cutting edge thought to theory building and clinical practice.

The Red Well Theater Group of Washington, D.C. contributes to the professional development of psychotherapists through presentations that combine a dramatic play reading with clinically informed commentary and a moderated audience discussion. Its mission is to illuminate and explore themes related to ethical clinical practice and therapist wellbeing, in and beyond the consulting room.

For full information about the day, click [here to go to our website and register online](#) or [here to see and share the flier](#).

We hope to see you there!

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.

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 ongoing groups looking for new members. Study groups with openings in September include:

1. The Science, Art, and Application of Psychotherapy Integration
2. Creative Writing
3. Intensive Short-Term Dynamic Psychotherapy
4. Developmental Studies of All Things Clinical
5. Psychodynamic Reading of Literary Fiction
6. Self-Psychology and Selected Readings in Contemporary Theory
7. Sexuality and Psychotherapy

There are many more groups with other interesting topics that are listed on [the website](#). The list is regularly updated, so check back frequently!

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.

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 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...](#)

New ICP+P CE Chair, David Chen Jonathan Lebolt

I am pleased to announce that, as of October 1, David Chen will be succeeding me as ICP+P's Continuing Education chairperson. David is an experienced member of the CE committee, who has assisted us with our annual recertification with MedChi, the accrediting body for physicians. I am very grateful to David for his willingness to assume this challenging position. I wish to express my gratitude to the other members of the committee - Maxine Arnsdorf, Eleanor Howe, Leslie Kent, Dawn Taylor, Marilyn Fuchs, Elizabeth Carr, and Allan Melmed - for their hard work and support during my tenure as chair. (Special thanks to Keith Erickson for ad hoc assistance with our reapplication to APA.) I am especially grateful to Maxine for her work on APA, and to Eleanor for doing the lion's share, in addition to fulfilling her duties as ICP+P Director. I will be honored to continue to play an active role in this important - and fun-loving! - committee.

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. [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 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.

Bulletin Board

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

- **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 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. Fall sessions start on Saturday, September 16th from 10:30 AM to 12:30 PM. Openings available for new members. Register with Kelly Case at 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.
- **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.
- **Mixed Group has opening.** Mixed group for adults of all ages, any gender, all cultures welcome. The group is supportive and focuses 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. Group meets 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.
- **Opening in Supervision/Study Group - Janna Sandmeyer** has an opening for new members in this lively and engaging ongoing supervision/study group. The group provides an opportunity to play with theoretical ideas and apply them directly to clinical material in a supportive, engaging environment, as well as promote deeper understanding of self as clinician. The emphasis is on exploring psychoanalytic theory as well as clinical casework, with a focus on Relational Theory, Self Psychology, and Intersubjectivity. Readings are

assigned as they pertain to specific cases and theoretical interest, with input from the group. Participants have basic familiarity with psychoanalytic theory. This is an ongoing group, open to all allied mental health professionals. The group meets biweekly on Mondays from 2-3:15pm in Chevy Chase, MD. Please call me at 202.306.6500 or email me at JannaSandmeyer@me.com for fee information and any other inquiries.

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.