

January 2018



## **ICP+P Connections**

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

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## Upcoming Conferences

**Relational Ethics in  
Contemporary  
Psychoanalytic Practice:**

### *Director's Column*

**Eleanor Howe**



"Non-hierarchical." This quality is a defining expectation of governance within ICP+P since our founding members first conceived our organization. With this value in mind, the leadership of our organization balances the tension of providing structure and forward movement while honoring a democratic governance. How sublime to be part of the process as our group identifies goals and then works together to bring them to life!

Our board is an amalgam of overlapping professional "generations": early career, mid-career, and senior professionals. They bring their respective talents to our board work. At an open retreat in March 2016, we outlined goals for ICP+P, and one of those goals is to develop ICP+P's use of technology. While we haven't yet focused our attention on that as a stand-alone goal, I notice that more youthful members of the board often provide suggestions that make use of technological capabilities. These are ideas that senior members are less likely to initiate, and that earlier career members are more likely to expect. The more youthful members provide useful leadership toward our purposefully adopting the tools technology places at our disposal. Longer-term members

## Doing the 'Right' Thing

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 Place  
Silver Spring, MD

[Register Now](#)

## 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



of ICP+P provide institutional knowledge and remember useful cultural nuances of our organization. It's empowering that each generation speaks up and contributes their assets to our work.

In Fall of 2016 our board dug in to the list of goals identified at the March meeting and selected two areas of focus as our first priorities: membership and inclusiveness.

Consequently, the membership voted in April 2017 to approve an Inclusiveness Statement, we surveyed the membership on diversity topics, and we launched our Diversity Interest Group (DIG) in Fall of 2017. Based on survey responses, in-depth conversations, and board discussions, this group has identified numerous initiatives. For example, one initiative is to develop a reading list/annotated bibliography related to diversity and awareness for our website, thereby providing a resource for our members, plus providing a web presence signaling we are earnest in our intention for an inclusive learning culture.

Besides initiatives, another function of the DIG is as an incubator: consciously examining how to increase/maintain felt safety when exploring multiple subjectivities, a process that is bound to bring up sensitivities and missteps. One DIG member, who is also a board member, brought from her graduate school experiences the technique of using the words "ouch" to point out when an offense is felt; "oops" to say "I'm sorry," and "hmm" to speak up as an ally, when it seems someone else might be getting injured. The board will also pilot using these terms and see if they enhance the effectiveness of our work together. It's enlivening to incorporate an idea from one context into another and take it for a test run in a third! Another admirable synthesis of our efforts is the way our Associate Director of Conferences, Jen Bissell, mindfully works with our presenters to create programs that mesh with the culture, style, and priorities of our educational community and that attend to our interest in expanding our capacity for inclusiveness.

Following our intention to develop our membership base, we have just initiated a New Member Introductory Rate, which is designed to provide established professionals new to ICP+P a two-year period of reduced rates, to get a taste of what it is like to belong here. Of course, we also provide reduced membership, and now reduced conference attendance rates for those first two years and to Early Career Professional and Graduate Members. It has been a pleasure to watch this proposal

pass through an appropriate vetting and then launch. Already, it is bringing in new members!

With this appreciation for our doing what we do so well, I step forward with you into 2018.

Eleanor

*Relational Ethics in Contemporary Psychoanalytic Practice:  
Doing the 'Right' Thing on Feb. 3, 2018*

*Featuring Elizabeth A. Corpt, MSW, LICSW*



~ 3 ETHICS CEs ~

Saturday, February 3, 2018  
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

In psychoanalytically informed practice, we tend to avoid ethical and moral judgments except when rules of professional conduct are threatened or breached. This insures a neutral zone within the consulting room best for deep and non-judgmental exploration. In the meantime, there has been a post-modern philosophical shift in relation to thinking about ethics. This shift, referred to as relational ethics, broadens and deepens the definition of ethics. Ethics moves beyond the importance of applying the "right" rules or techniques to the more experience near notion of determining the "right thing" within a particular context.

Relational ethics provides a useful intersubjective framework that takes into account such things as interdependency, mutual vulnerability, uncertainty, as well as context. Relational ethics provides the philosophical underpinning for conduct in contemporary relational and intersubjective practice and an expanded way to think about the use of one's subjectivity in clinical decision-making.

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

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

1. Discuss the post-modern philosophical shift in ethics.
2. Describe the importance of context in relational ethics.
3. Recite the key components of relational ethics with regard to psychoanalytic practice.
4. Explain the inevitability of doing harm.
5. Apply a relational ethics perspective to clinical decision-making.

[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

## Couples Therapy Training Program Will Begin Fall of 2018

Many experienced therapists feel energized to engage in couples therapy. Yet as time passes, they often feel overwhelmed or "stuck." Those trained and familiar with couples' work know this phenomenon all too well. As the couple's issues around communication, sex, trauma, affairs, rage and hopelessness unfold in the therapist's office, the work can feel taxing and overwhelming, often deskilling the most seasoned therapist.

ICP+P's Couples Therapy Training Program focuses on integrating psychodynamic theory and specific clinical skills, so that clinicians can feel effective in therapeutically addressing the challenges of this work. The program consists of weekly three-hour meetings, divided between didactic learning and group supervision on active couples cases.

The program focuses on:

1. Contemporary Psychodynamic Theories as they apply to Couples Therapy
2. Addressing specific challenges for couples, including sexual impasses, high conflict, distant and cut-off forms of relating
3. The challenges inherent in collaborative work between couples and individual therapists
4. The exploration of countertransference reactions as a tool to effective intervention
5. Incorporating the contributions of neuroscience and control-mastery to a psychodynamically oriented approach
6. Specific interventional techniques that facilitate growth and effective couples treatment

Many graduates of the program continue to collaborate and work together on clinical cases long after the program is completed. The program also offers graduates many ongoing professional and social events, and the opportunity to belong to a warm professional community.

The program is for licensed therapists from all disciplines, and runs from September-May. Classes are held each Wednesday from 11:30 am-2:30 pm. To request more information or set up an informational meeting, please contact Dr. Michael Wannan at (301) 951-9488.

[Click here to learn more about the program...](#)

### *Meet Members of the 2017-2018 Fellowship Program*

#### **Monica Meerbaum and Linda Kanefield**

We'd like to introduce you to several of the 2017-2018 members of the Fellowship Program. Let's welcome them to the ICP+P Community!

#### **Dalal Musa**

I became interested in ICP+P when working in an inpatient psychodynamic PTSD program with very talented therapists who are part of the ICP+P community. The PTSD program is also where I developed a focus on developmental trauma and dissociative disorders. I graduated from Columbia University School of Social Work

in 1998, and have been in private practice in Falls Church since 2003. In addition to complex trauma, my interests are working with adolescents and multicultural individuals and families. I co-lead a weekly psychotherapy group for adult female survivors of sexual abuse. I'm an advocate as well as a psychotherapist, as helping individuals recognize the relationship between personal and political oppression can be powerfully healing. I also am a clinical supervisor and consultant, and deeply appreciate continuously teaching and learning.

### **Rachel Spence**

I have been working in the social work field for about six years and graduated with my Masters in Social Work in 2016 from Virginia Commonwealth University. I currently work as a pre-licensed therapist (Supervisee in Social Work) at The Women's Center, a non-profit outpatient psychotherapy practice located in Vienna, Virginia. In my time working at the Women's Center, I have been fortunate to have had the opportunity to serve a wide range of clients with a variety of presenting issues. Though I am still in the process of learning exactly where my niche is in the grand landscape of mental health, I have found thus far that I particularly enjoy working with adults who are struggling with problems related to depression, anxiety, self-esteem, trauma, and substance abuse.

During my time in practice, I have also had the unique opportunity of being able to test out a variety of different therapeutic modalities including psychodynamic theories, cognitive behavioral therapy, dialectical behavioral therapy, and solution-focused therapy. From these experiences, I have found myself gravitating slowly and surely more towards the psychodynamic and psychoanalytic theories. I was recommended to the Fellowship Program by my clinical supervisor after I expressed a desire to gain a more "in depth knowledge" of psychodynamic theories and their application to my work with adults. I am also eager to make new connections in the mental health world, as I will be obtaining my licensure in the summer of 2018 and I am still evaluating the next and best steps for me on my career and educational path. I so grateful to have been accepted into this program and look forward to my continued involvement with ICP+P.

### **Alejandro Berthe**

I earned my undergraduate degree from Columbia University in 2003. In 2009, I returned to school to complete my MSW from the Catholic University of America.

I've spent the better part of the last thirteen years providing mental health services in a variety of settings, including independent schools, outpatient settings, and nonprofit organizations. In addition to my clinical work in private practice, I'm a middle school teacher at The Heights School, an independent school in Potomac, MD. Previously, I was a psychotherapist with Metropolitan Counseling Associates, a Bethesda-based private practice; a dialectical behavior group therapy skills trainer at Rathbone and Associates, also a Bethesda-based private practice; the lower and middle school counselor at Landon School, an independent school in Bethesda; and a senior director at the Youth Leadership Foundation, a non-profit organization providing academic enrichment and character building programs to youth in Washington, DC.

I treat adolescents, young adults, and families, and issues I commonly work with my patients on include anxiety, depression, behavioral disorders, attention-deficit/hyperactivity disorder (ADHD) and executive functioning issues, life transitions. I also have a special interest in helping athletes at the high school, college, and professional levels achieve peak performance stemming from my days as a Division I college soccer player.

I am so excited to be a Fellow at the ICP+P, and I am enjoying our monthly sessions immensely!

### ***Introducing Our New Member, Diane Reis***

#### **Interview by Nancy Wachtenheim**

Please welcome Diane Reis, PsyD, a new member to ICP+P.

Diane is a Clinical Psychologist, who works with individuals and couples. She practices in 2 locations, in Northwest DC and on Capitol Hill and she talked in our interview about her love for the work she does as she finds it very rewarding.

Diane has been in private practice since 2007. She did her training and externship at Georgetown University's Counseling Center and at the Women's Center in Northern Virginia before returning to Georgetown's University's Law School campus. Diane was the only clinician on site for the law students and, with these experiences she believes she works well with lawyers and women's issues. Diane also likes working with couples and believes that through working with the couple, she can add benefit to and improve the functioning of an entire family.

Diane came to the field of clinical psychology in a "circuitous" manner...

[Read more about Diane's story here...](#)

### ***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***

**Janna Sandmeyer**, Chair of the Contemporary Approaches to Psychodynamic

Psychotherapy training program, has won the 2018 Ralph Roughton Award of the American Psychoanalytic Association for her paper, "Combating Homophobia in a Seminal Article in the Self Psychology Canon: Rethinking Jule Miller's 'How Kohut Actually Worked.'" The Ralph Roughton Paper Award is given to an unpublished manuscript that makes an original and outstanding contribution to the psychoanalytic understanding and/or treatment of lesbian, gay, bisexual, queer, trans, or gender-variant people. She will present this paper and receive her award at the February 2018 annual meeting of the APA.

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**ICP+P Member Jamie Jones is a doctoral student working on her dissertation, *The Place of Practice: Clinical Social Worker and Client Perceptions of the Mental Health Treatment Room*.** She is researching the meaning of the clinical office space and is looking for licensed clinical social workers in private practice to help.

Are you a clinical social worker with a private practice? **Would you like to participate in a study on therapy office space design?** Let's talk about your office! In attempt to add to the conversation about therapy office space design, I am currently looking for licensed clinical social workers in the MD/DC/VA area to participate in a research study. This study aims to describe the office space designs and spatial experience of licensed clinical social workers. Participants will be interviewed in their offices for approximately 45 minutes. Office space will also be photographed. Interviews can be scheduled at convenient times (i.e. last minute openings in your schedule). Research participant is completely confidential. This research is sponsored by the Graduate School of Social Service of Fordham University. For more information or if you are interested in participating, please contact Jamie Jones at [jjones32@fordham.edu](mailto:jjones32@fordham.edu) or by phone at (917) 856-0841.

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**Mauricio Cortina** will be co-leading a three day short course, *Erich Fromm: social critic, radical humanist and clinician*. The course will take place at the Washington School of Psychiatry on February 2, 9, and 16, 2018 from 1:00-4:00 pm each day. [Click here to learn more.](#)

### Upcoming Events

- **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. [Click here to register now.](#)
- **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:

- **Solo office available** for Thursdays, Fridays and weekends. 2 blocks from Bethesda Metro on East West Highway. Parking in the building. If interested,



contact **Joe Silvio** at [jrsilvio@aol.com](mailto:jrsilvio@aol.com).

- **New Trauma-Focused Supervision Group - Monica Meerbaum**  
is organizing a trauma-focused supervision group, meeting at her office in Bethesda mid-day on Fridays, frequency and other details to be negotiated. Our focus will be on the vicissitudes, challenges, and creative opportunities of intensive relational work with people who have experienced severe abuse and neglect, and/or cumulative developmental trauma. If interested, or for further information, please contact Monica at [mleoniemeerbaum@gmail.com](mailto:mleoniemeerbaum@gmail.com) or (301) 587-6211.
- **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](mailto: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](mailto:rsegalla@verizon.net).
- **Bright, sunny sublet available** Tuesdays after 3pm in historic Anchorage Building, 1/2 block from Dupont North metro. Four office suite with waiting room, bathroom, kitchen, and friendly colleagues. Available January 1st. If interested, please call **Kathy Beck** at (202) 462-0404 or email [kathy.beck@rcn.com](mailto:kathy.beck@rcn.com).
- **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](mailto:rob.williams.msw@gmail.com), or [this website](#).
- **A Study Group on Intensive Short Term Dynamic Psychotherapy is looking for more members.** This group considers the perspective of

Intensive Short Term Dynamic Psychotherapy and how it may be applied to our clinical cases across a the spectrum of psychodiagnoses. The study group is meeting once a month on the second Thursday from 12:30 to 2:30 and the next meeting is 12/14. Please contact **Margo Silberstein**, (202) 413-4718 or [marogsil@aol.com](mailto:marogsil@aol.com) for further information.

***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.