

November 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

Outreach and In-Reach: Leaning into Diversity and Awareness

Jen Sermoneta



Our community is warm, supportive, and growth-promoting in so many ways. The peers and mentors I've found here nurture, teach, and inspire me to do the difficult work of therapy. So when the last ICP+P retreat made it evident that we need to provide a maximally inviting atmosphere for our next generation of members, and the board created a new position, I volunteered. As Associate Director for Outreach and Communications, I've spent many months talking with a lot of wonderful people, asking questions, and trying to figure out what we need to do and how to start.

Prevailing themes among responses to the survey we conducted in June of 2017 show a desire to focus on privilege; attitudes and beliefs about skin color; sexual orientation; gender identity; class/financial background; and religion. The survey communicates that, rather than trying to recruit new members, we need to start by being a place where new members will want to stay. As well, we have a responsibility to strive to recognize diversity in our patients. To do that, we need to increase our own awareness. Maybe for now it could best be called "in-reach" instead of "outreach."

Luckily, our aims coincide perfectly with the new continuing education requirements from the American Psychological Association, which require increased attention to developing content that respects issues of diversity; promoting specific strategies and behaviors that enhance inclusion of diverse populations, including those from underserved and minority populations; and creating professional environments that promote diversity.

[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



In order to pursue our goals, we are already launching four initiatives. (More are yet to come, but these are the ones that have begun.) Three of them will be on our website, and a fourth is in-person:

- Launching a series of articles that include diversity sensibility while sharing reflections that spring from our study groups and training programs;
- Starting an annotated bibliography of diversity-focused articles, websites, and other media - especially those that are self or relationally oriented;
- Initiating a glossary of self and relational terms to increase access for people new to self and relational theory; and
- Founding the Diversity Interest Group.

The Diversity Interest Group has now met once. We meet monthly, and you are welcome; just let [me](#) or [Nancy Der](#) know if you'd like to come. So far, we've identified many questions, and begun conversations. Examples are:

- How and why am I personally invested in this?
- What do I/we mean by diversity, inclusion, and awareness?
- How do questions of awareness relate to my own vulnerabilities and privileges?
- What will help me, and everyone else, come into the room feeling safe and ready to share and explore?
- How can we build on what is already underway, or has already been done?
- How can we best connect what people expressed in the survey with the initiatives we want to get involved in?
- How can we best understand and be sensitive to our clients? Micro-aggressions, ruptures, institutional racism and the cultural biases of both our behavior in session and in our theories are all important areas to understand.
- How can we structure our own working group and begin defining our scope and vision, taking into account matters of power?

might attend to the inevitable injuries and ruptures that will occur as we begin to process the sensitive material of our own privilege and our own experiences of oppressing and being oppressed. We wonder how we can continue to grow in beautiful ways, even when some of that growth involves risk, discomfort, and perhaps even pain. Board and Interest Group member, Virginia Voigt, shared this poem:

Invitation to Brave Space

By Micky ScottBey Jones

Together we will create *brave space*
Because there is no such thing as a "safe space"
We exist in the real world
We all carry scars and we have all caused wounds.
In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be *our brave space together,*
and
We will work on it side by side

<http://www.mickyscottbeyjones.com/invitation-to-brave-space/>

What generous permission to mess up and still be allies! I hope that this spirit will be with us throughout our work.

Altogether, I hope the in-reach and out-reach initiatives will foster ICP+P's continuing development as a vibrant and cohesive community. I hope our efforts will help us always strive to better recognize ourselves, each other, and our patients. Your collaboration in this work would be welcome.

***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...](#)

[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.

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

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

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

- **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. **Sold Out.** [Click here to join the waiting list.](#)
- **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:

- **Beautiful DuPont Circle Office Available to Rent** in the Corcoran House Building at the corner of 18th and Corcoran Sts. NW, all day Friday and Saturday + additional half day on Tuesday. Spacious, recently painted and re-decorated, a sunny office, waiting room and private bathroom. Many other amenities available, including wi-fi and fax. Excellent location, 2 blocks from DuPont



Circle metro. 2 parking spaces available (1 inside bldg. and 1 outside for patients). If interested, please contact **Sarah Pillsbury** by email, pillsburysarah@gmail.com or by telephone at (202) 904-7510. Photos are available. Thank you.

- **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 or 301 587 6211.
- **Elizabeth Haase is closing her Washington, D.C. practice** at the end of December and will be practicing exclusively in Northern VA afterwards. Four women are currently subletting for several hours a week - mostly on evenings or Fridays and Saturdays. If there is anyone in or around 3000 Connecticut Ave. or in Northwest DC who would be interested in considering subletting to one or more of them, please contact Elizabeth Haase at ethphd17@gmail.com or (202) 232-7877.
- **Men's Group** has (1) opening for self-identified men of all ages, 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 **Jonathan Lebolt** (or have client contact) directly at (240) 507-7696, Therapy@Doctor-Jon.com or www.Doctor-Jon.com.
- **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...](#)
- **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.

- **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.
- **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.** 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. With roots in classical psychoanalytic theory and ego psychology, ISTDP offers a theoretical frame as well as techniques for dealing with anxiety, defense and resistance that help to create a robust alliance for growth. This perspective incorporates current findings in neuroscience, attachment theory and a body centered experiential focus that explicitly encourages mentalization. Using Jon Frederickson's Co-Creating Change: Effective Dynamic Therapy Techniques as a framework for our inquiry, we will discuss case material, observe videotapes of psychotherapy sessions and use role playing to discover new ways approach common clinical impasses. We welcome interested members to consider joining us. Please contact **Margo Silberstein**, 202 413 4718 or marogsil@aol.com for further information.
- **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.

***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.

