

February 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:  
Doing the 'Right' Thing**

Saturday, February 3, 2018  
9:00 am-12:30 pm

Featuring

### *Peeking into the Playspace of the Creativity Study Group: Musings on Artistic Process*



By Katherine Williams

The creativity study group came together out of a shared interest in the creation and appreciation of art. Many members engage in painting, drawing, collage, dance, photography, music, and writing. All of us are intensely interested in the processes and products of those pursuits and in the effect of our deepened understanding of the artistic process on our capacity as therapists. For example, while we might purposely and productively pair the movie *Toni Erdman*, about a father-daughter relationship, with a case presentation on family therapy, our discussion of the film also would always go back to something more essential - what group member Allan Melmed called "an underlying theme of what is genuine, what constitutes a sense of self." And it is that search that has led us to read authors who have explored these issues such as Heinz Kohut, Carol Press, George Hagman, and Carl Rottenberg.

Kohut saw optimal child development as including the child's experience of herself as "the gleam in the mother's eye" - the sense that she is valued in her attempts to investigate the world and express her idiosyncratic visions. She reaches out to the world, fueled by a grandiosity and omnipotence that, if welcomed by her caretaker, gives energy and vitality to her quest.

The undeniable pleasure in the experience of being a valued self becomes the basis for healthy narcissism. Kohut believed that this early narcissism was gradually transformed into creativity, empathy, a capacity for humor, and wisdom. The idea that a more complete

Elizabeth A. Corpt, MSW,  
LICSW  
3 Ethics CEs

Silver Spring Civic Building  
1 Veterans Place  
Silver Spring, MD

**Online Registration is**

**Closed**

Contact

[administrator@icpeast.org](mailto:administrator@icpeast.org)  
about onsite registration.

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

Saturday, May 5, 2018  
9:00 am-4:30 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



sense of self can be realized through creative endeavors has been central to our group's understanding of the significance of the creative process in our lives and in the lives of our patients.

From a related perspective, Ellen Dissanayake, the evolutionary ethologist, posits that a baby is born with the expectation of rhythmic-modal behavior from the person who cares for it. If the mother or caretaker fosters this process, the mother and baby communicate through movements and sounds, each exchange embodying something both unique and universal - just the qualities that constitute artistic expression. Carol Press writes, "In our creative endeavors we elaborate on these initial experiences, giving them texture, weaving them into new configurations now touched and expanded by the lived experience of our lives...If successful we feel whole. We partake of, and are nourished by, the functioning selfobject."

Implicit in these descriptions is the idea that creating is an intersubjective experience. Rottenberg and others have written about the importance of the imagined viewer, the invisible other, during the experience of creation. These authors contend that even when immersed in the artistic process and not consciously creating for an audience, the artist is nonetheless creating in order to be in contact with a receptive response. And, in turn, we who appreciate art in its myriad expression are seeking an encounter that enlivens us, opens us up to greater joy, deeper grief, a more profound sense of beauty that we would not have had without the work of the artist. In short, this participation with the fruit of the artist's efforts completes or expands our sense of self.

[Click here to read on and see some of the group's original creations...](#)

***Study Group Sign Up Process Begins in the Spring***

Etta Sandler, Study Group Coordinator

Greetings! Study groups are now resuming after the holiday season. ICP+P currently has twenty-one engaging and diverse study groups covering a wide range of interest areas. Most study groups have openings and would welcome new members. Descriptions of all study groups are included in the [Study Group section of the website](#). To more fully appreciate the in-depth focus of the readings and clinical focus of many study groups, you can review the Learning Objectives for the study groups that offer CE credits. Study groups are free of charge to members. Most study groups

require membership in ICP+P (see [website for exceptions](#)).

It is not too early to start thinking about the start of the next two year study group cycle which will begin in the fall of 2018. Information regarding the process for signing up for new study groups, and for rejoining study groups, will be emailed to members this spring. Details describing the sign up process can be found in the Study Group section of the [website](#). Please note: the official start of the two year cycle begins the fall of 2018, but members may sign up for any open study groups at any time.

New Study Groups are always welcome at ICP+P. Please consider facilitating a new study group. You can choose your own topic, select a topic from a list of ideas suggested by ICP+P members, or start a second study group on the topic of a currently closed study group. It is an easy and very straightforward process to start a new group.

Plans are currently underway to start a second *Reading Plays Study Group*. To join or facilitate this new group, or to start or join a group on another topic, contact the Study Group Coordinator at [etls17@verizon.net](mailto:etls17@verizon.net).

Study groups are vital to ICP+P and provide a more fully engaging way to be a part of the community. As part of ICP+P's mission to be welcoming and inclusive, your ideas and feedback regarding ways to make any aspect of the study group learning experience as enriching and inclusive as possible are always welcome.

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

***Featuring Elizabeth A. Corpt, MSW, LICSW***



~ 3 ETHICS CEs ~

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**ONLINE REGISTRATION IS CLOSED**  
**BUT...Onsite Registration May Be Available**  
Contact [administrator@icpeast.org](mailto:administrator@icpeast.org) for questions

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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

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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

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...](#)

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**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)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**ICP+P Annual Conference on May 5, 2018**

***First Meetings in Analytic Therapy: Poetics and Pragmatics***

**Featuring Eric Mendelsohn, PhD**



***Sponsored by ICP+P's Psychoanalytic Training Program***

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We will consider first meetings thematically, experientially and pragmatically. We will discuss how patients and psychoanalytic therapists think and feel about beginning therapy and how first meetings can be structured so as to facilitate the start of a collaborative process. The contributions of several psychoanalytic pioneers and contemporary writers will be discussed and their influence on the ideas that inform Dr. Mendelsohn's approach will be considered. The focus throughout will be on the hopes and dreads of both patients and therapists and how these are reflected in the exchanges that mark the start of psychoanalytic therapy. The ideas contained in this presentation will be illustrated by an extended case example.

As psychoanalytic therapy is what we do, the hope is that we can build upon the ideas developed in this presentation to generate conversation about what we experience as we begin with each new patient, as well as to discuss our approaches to the pragmatics of starting therapy. Not only are the central themes of therapy previewed in early sessions, but the procedures and relational traditions that we introduce early on hold and shape the work we do.

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

1. Describe the central psychological tasks of the patient and therapist preceding and during first meetings.
2. Describe the tensions between the willingness to explore and challenge and the need for safety and pacing that first emerge at the start of therapy.
3. Contrast and critically analyze the approaches to first meetings of several influential psychoanalytic writers.
4. Design a procedural approach to first meetings and their aftermath.

5. Develop familiarity and tolerance for the inevitable ambivalent feelings that emerge at the start of analytic therapy.
6. Identify procedural precedents that can be established in first meetings that can facilitate a collaborative analytic process.

This conference is appropriate for clinicians at all levels of experience and offers 6 CEs.

Saturday, May 5, 2018  
9:00 am-4:30 pm

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

SAVE THE DATE  
REGISTRATION WILL OPEN IN FEBRUARY!

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

*Please welcome Deborah Horan  
A new member to ICP+P!*

**Interview by Alexandra Kaghan**



When I interviewed Deborah, I immediately picked up on her liveliness, her enthusiasm and her zest for learning. She is excited about becoming a member of our community as she has enjoyed attending ICP+P conferences and events for many years. She finds the quality of our events to be stimulating and that our contemporary theories of self and relational psychotherapy resonate well with her approach to psychotherapy. She has a private practice in Bethesda and sees adolescents and adults in individual, couples and family therapy. She is interested in making ICP+P her professional home, where she can form ongoing relationships with like-minded clinicians. She is looking forward to collaborating and brainstorming about clinical interventions and ideas.

I found it inspiring to hear about Deborah's rich and extensive professional career. She has always had a passion for improving the lives of others, both through social advocacy and clinical practice. Being a psychotherapist is a second career for her. In her first career working as a lobbyist, policy analyst and consultant, Deborah spent more than 20 years championing women's rights. She has worked on local, state and national policies affecting woman, their families and children. She has consulted for the American College of Obstetricians and Gynecologists, the Family Violence Prevention Fund, the National Sexual Assault Resource Center, and The Center for Disease Control. She has authored numerous articles addressing violence against women and violence prevention.

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

***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 Wannon at (301) 951-9488.

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

***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. **You can join the group any month.** 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 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

**Marilyn Meyers** wrote a report of a panel at the International Psychoanalytic Association meeting in Buenos Aires in July, 2017. The report is published in the *Int. Journal of Psychoanalysis* (Dec.10, 2017 Vol. 98, Issue 6). The panel was sponsored by the Committee on Women and Psychoanalysis (COWAP). The title of the panel was "Violation of Intimacy and Gender." A version of the report was also published in the Committee on Women and Psychoanalysis newsletter. [Click here to see the full report.](#)

**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 participation 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.

## 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. *Online registration is closed. Walk-in registration may be available. Contact [administrator@icpeast.org](mailto:administrator@icpeast.org) for information.*
- **Friday, April 13, 2018, 12:30 - 3:45 pm, Short Course - Beyond the Words: Incorporating Somatic Interventions into Psychodynamic Psychotherapy.** Being presented by **Alexandra Kaghan and Judy Marx**. ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC. Three (3) CEs.
- **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**. Six (6) CEs. Georgetown University Conference Center, 3800 Reservoir Rd, NW, Washington, DC. [Click here for more information.](#) Registration will open in February.
- **Saturday, September 22, 2018, 9:00 am-12:30 pm**, Conference featuring **Suzanne lasenza**, Silver Spring Civic Building. Three (3) CEs. More details

coming soon...

- **Sunday, December 2, 2018, 12:30 to 7:00 pm, Rosemary Segalla's 80th Birthday Celebration and Group Conference**, Georgetown University Conference Center. More details coming soon...

## Bulletin Board

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



- This **ongoing 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, Intersubjectivity, and Self Psychology. 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, with a maximum of five members. The group meets biweekly on Mondays from 2-3:15 pm in Chevy Chase, MD. Please call **Janna Sandmeyer** at 202.306.6500 or email at [JannaSandmeyer@me.com](mailto:JannaSandmeyer@me.com) for fee information and any other inquiries.
- **Do You Know Colleagues in North Carolina's Research Triangle?**  
I am closing my Reston, VA practice in mid-February and moving to Durham, NC this spring. I plan to begin a psychotherapy practice again there in early 2019, but would love to meet therapists in the area over the summer and fall in order to understand the "lay of the land". If you know someone practicing in the Durham-Chapel Hill-Raleigh area who might be willing to let me take them to coffee or lunch, please let me know at: [lesliesmithphd@gmail.com](mailto:lesliesmithphd@gmail.com). Thanks!  
**Leslie Smith**
- **Reclaiming Intimacy: Helping Couples and Couple Therapists Deal with Technology's Influence on Sex, Tenderness, and Closeness**, with Todd Essig. This conference at the Washington School of Psychiatry will be held on February 24, 2018, 8:45AM-5PM. Visit [www.wspdc.org](http://www.wspdc.org) for more information.
- **Bethesda Office Space**: Nestled in Cabin John, a lovely single sunny office with its own waiting room and ample free parking available for share or Sublet starting in March 2018. The building is well maintained and includes free Wifi, fax/copier and cleaning. If interested please contact **Daniela Wolf** at 301-922-9484 or [dwarttherapy@msn.com](mailto:dwarttherapy@msn.com).
- **Supervision Group for Early Career Professionals - Roger Segalla**, the Director Emeritus of the Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P), has two 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, 12:30 pm to 1:45 pm, 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).

- **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.** The ISTDP Study Group is off to a great start and welcomes new members. Next meeting will be on February 8. We are meeting the 2nd Thursday of the month from 12:30 to 3:30 pm and are considering adding the 4th Thursday in the future. Please call **Margo Silberstein** at (202) 413-4718 for more information. Meetings are held at 3511 39th Street, NW, Washington.

***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.