

March 2018



## *ICP+P Connections*

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

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## Upcoming Conferences

### **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

### *On Graduation, May 20, 2018*

**Sarah Pillsbury**

**Associate Director of Training**



Graduation is typically recognized as a rite of passage for students, including ours who will be completing their ICP+ P training this spring. Simultaneously, it's a rite of passage for me since my two-year term as Associate Director of Training of ICP+P ends this May. As a rite of passage, graduation, we know, also marks a beginning. I feel the end of my tenure does as well.

In writing this Director's Column, I draw on what might seem like an odd vantage point: the theme of the recent movie, which some of you might recognize, entitled "Lady Bird," and directed by Greta Gerwig. "Lady Bird" is a rite-of-passage/coming-of-age story of the late-adolescent character who is loosely based on autobiographical anecdotes from Greta Gerwig's life. Hardly an adolescent myself, I sense I am again moving into yet another rite of passage in my later years and that ICP + P has been an important part of my developmental process that is still unfolding. In 1994, I attended a hastily called meeting in the basement of Joe Lichtenberg's home, where approximately twenty-five wonderful therapists had assembled. These Founding Members are all named on [our website](#). This first gathering gave birth to what is now ICP+P, and the individuals present would become known as Founding Members.

In the movie, Lady Bird immediately captures our attention as a charming renegade, sometimes with red hair, who is in the daring process of a not-so-quiet rebellion against both her mother and her rule-dominated Catholic school in Sacramento, California, a town she despises. Lady Bird's determination and

6 CEs

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

**Register Now**

**Save these dates for  
Fall 2018**

**Saturday, September 22,  
2018**

**Suzanne Iasenza, PhD**

Silver Spring Civic Building  
One Veteran Place  
Silver Spring, MD

and

**Sunday, December 2, 2018**

**Rosemary Segalla, PhD**  
Birthday & Group Conference

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



earnest desire is to blaze her own path away from boring Sacramento to an Eastern college in New York where she can happily major in the literary arts and drama.

Just as Lady Bird, the character, would more or less transition into the autobiographical figure of the playwright Greta Gerwig, our graduating students will hopefully each begin to transition into even more competent psychotherapists, finding their own pathway and professional commitments. Our deeply valued, warm and welcoming climate at ICP+P provides the *implicit maternal nurturing* that encourages students, trainees, faculty, and Board Members to promote and sustain their emergent individuality. The context of our theoretical underpinnings of Self Psychology and Relational Theory further augments and stabilizes each individual's developmental process, potential, and creativity.

Not everyone will be a Lady Bird and become a highly recognized playwright like Greta Gerwig, who received five Oscar nominations. In a recent interview, Gerwig said she particularly relished the experience of standing at the back of the theatre as she watched each actor speak the very words she had written and become the character that she had imagined. I hope that ICP+P can nurture each of you to find creative joy and a unique voice, perhaps not Lady Bird's but one that reflects your own imagination.

***Members, please come and celebrate the upcoming graduation of our students for a delicious brunch at Maggiano's (Chevy Chase) at 10 am.***

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  
with***

***Dane Frost, PhD, Case Presenter and Sandra Hershberg, MD, Discussant***

**[Click Here to Register Now!](#)**

Eric Mendelsohn will illuminate the power of first meetings by describing the emerging themes, experiential elements, and pragmatics of beginning treatment. He will examine how patients and psychoanalytic therapists think and feel about beginning therapy, focusing on the hopes and dreads of each, and will explore how these are reflected in the exchanges that mark the start of psychoanalytic therapy. Dr. Mendelsohn will articulate the relational practices that hold and shape the ensuing work – such as how to structure first meetings to facilitate the start of a collaborative process.

The presentation will include ideas and propositions regarding first meetings coming from a number of psychoanalytic pioneers and contemporary thinkers. Dr. Mendelsohn will go on to demonstrate how first meetings can launch a collaborative therapeutic process by sharing an extended case illustration.

In the second part of the morning, Dane Frost will provide a clinical presentation of an early phase of a psychoanalytic treatment. Sandra Hershberg and Eric Mendelsohn will each provide a discussion of the case and dialogue together.

During the afternoon small group discussions, participants will reflect upon their own experiences in beginning treatment and on the proposed pragmatics of starting therapy. In plenary and small group sessions, participants will have an opportunity to discuss the case presentations.

*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.

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

**Continuing education credit: 6 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 6 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 6 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

***Greetings from the Election Committee!***  
**Nominations for the Board of Directors are Open**

An email was sent to ICP+P's membership earlier this month reminding everyone that elections are coming up for ICP+P Board of Director positions this April. We have heard from several members interested in the General Board Representative openings. We encourage members to consider all the positions. The Board meetings are held once a month on the third Monday evening from 7:30-9:15pm, September-May. Meetings are held at the ICP+P office (at the corner of Connecticut Avenue and Brandywine St, NW). The term for this election cycle begins in May 2018 and the positions are for two years.

The current positions that are open this cycle are:

- Director
- Associate Director of Administration
- Associate Director of Training
- Associate Director of Education
- Associate Director of Outreach and Publicity
- Associate Director of Conferences
- Treasurer
- Board Representative (2 positions for this role)

[A description of each of the positions](#) is included at the end of this message. If you have questions about any of these roles or want to learn more about the Board, please call one of us. We would be happy to talk to you.

You may nominate yourself or you may nominate another ICP+P member. If you nominate another member, we will contact them to see if they are interested. Any position other than Board Representative may be shared by two members running together. The ballot will be sent in April and the nominee's statements will therefore be needed by March 20th.

Thank you!

Sincerely,

Dawn Taylor 240-535-7560, [dawney66@aol.com](mailto:dawney66@aol.com)

Kathy Beck 202-462-0404, [kathy.beck@rcn.com](mailto:kathy.beck@rcn.com)

Nancy Wachtenheim 703-277-7668, [nancyw.lcsw@gmail.com](mailto:nancyw.lcsw@gmail.com)

Alexandra Kaghan 703-319-1436, [askaghan@yahoo.com](mailto:askaghan@yahoo.com)

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

Etta Sandler, Study Group Coordinator

Greetings! 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.

### ***Couples Therapy Training Program*** **Beginning 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 deskillling 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...](#)

**CAPP invites you to a Case Conference on March 4th from 2:00 to 4:00 pm.**

**Come see who we are, how we think, and  
experience Self and Relational theory in action.**

Please join in discussing CAPP's innovative curriculum and the opportunities it affords prospective applicants to enhance their development as clinicians. Come and see what makes our distinctive program a unique opportunity for advancing your understanding of contemporary psychodynamic perspectives and deepening your clinical work.

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

***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***

**Joanne Zucchetto** and Simone Jacobs will present "Through the Eyes of a Child: A Non-pathologizing Approach to the Treatment of Trauma at the [35th ISSTD Annual International Conference](#): Bridge to the Future: The Impact of Trauma and Dissociation on Human Dignity: Local and Global Perspectives. The Conference will be held in Chicago from March 23-26.

***Upcoming Events***

- **Sunday, March 4, 2018, 2:00-4:00 pm, CAPP Case Conference, ICP+P Office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC. RSVP to Janna**

Sandmeyer, [Jannasandmeyer@me.com](mailto:Jannasandmeyer@me.com) or Heidi Block, [heidiblock1@gmail.com](mailto:heidiblock1@gmail.com).

- **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. *Limited Spaces are available.* [Register here.](#)
- **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.](#) [Register here.](#)
- **Sunday, May 20, 2018, 10:00 am-1:00 pm, 2018 Graduation Ceremony.** Maggiano's (Chevy Chase), 5333 Wisconsin Ave NW, Washington, DC 20015. All ICP+P Members are invited, but must RSVP!
- **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:



- **Bethesda Office space:** A great single sunny office with its own waiting room and ample free parking is available for share or Sublet starting in March 2018. The building is well maintained and includes free use of conference room, internet fax and copier. Very reasonable price. If interested please contact **Daniela Wolf** at 301-922-9484, [dwarttherapy@msn.com](mailto:dwarttherapy@msn.com).
- **Supervision/Case-Consultation Group (Open/Drop-in)**

- \* For LGPC supervisees in DC and Maryland - provides Licensure hours
- \* For licensed mental health clinicians - provides Category B CEUs &
- \* Certified Group Psychotherapist (CGP) credentialing hours

Meets one Saturday a month from 2 to 4 PM. Ongoing sessions are scheduled together as a group. Co-facilitated by LGPC Supervisors approved by Maryland and by DC, **Trish Cleary** and Ginger Sullivan.



For More Information:  
[Click Here](#)

- **A Process Group for Therapists**

Participation in this experiential group for mental health providers offers an opportunity for professional growth that can enhance your work with clients/patients. This group is limited to 10 members. Openings are currently available on



the wait-list. Meets one Saturday a month: 10:30 AM to 12:30 PM. Ongoing monthly dates are scheduled together as a group. Earn: Category B CEUs; Certified Group Psychotherapist (CGP) credentialing hours; and/or LGPC hours for licensure in MD and DC. Co-facilitated by **Trish Cleary** and Ginger Sullivan.

For More Information:  
[Click Here](#)

- **Couples Therapy Groups**

Create the relationship you desire and deserve...  
Saturday's Couples Group meets once a month from 10:30 AM to 12:30 PM. Ongoing dates are scheduled together as a group. Sunday's Couples Group meets once a month from 11:00 AM to 1:00 PM. Ongoing dates are scheduled together as a group. Co-facilitated by **Trish Cleary** and Ginger Sullivan.



For More Information:  
[Click Here](#)

- **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**
- 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.
- **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](#).

***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.**