

July/August 2018



ICP+P Connections

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

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Upcoming Conferences 2018-2019

**Saturday, September 22,
2018**

**9:30 am-12:30 pm
Suzanne Iasenza, PhD**

Close Encounters: When Sex
Therapy & Psychodynamic
Therapy Meet in Couples
Treatment

*Sponsored by the Couples
Therapy Training Program*

A Note on the Current Treatment of Migrants Entering the United States

*From the Diversity Interest Group and the
Board of Directors of the Institute of
Contemporary Psychotherapy
and Psychoanalysis*

We condemn the inhumane immigration practices of the United States government. These practices result in irreparable harm to people who desperately need a safe haven and who risk death to find one. Tearing children from their parents is cruel and creates family trauma that lasts far beyond the first generation. Such exponential emotional damage should not be our legacy to the future. The dehumanizing current practices are causing distress and fear to many of our members, our patients, and our professional and personal communities. We oppose cruelty toward all people, including migrants, refugees and asylum seekers.

Coming Alive

*Jen Sermoneta, with Deborah Fox and
Tom Holman*

Sometimes there's a kind of heavy deadness in the therapy room. Usually it passes gradually and almost invisibly. But, occasionally, the mood shifts more suddenly into a vibrant feeling of coming alive.

We asked members to tell us about moments when the relationship came alive. Here are three responses.

Deborah Fox writes,

A couple is struggling with their sexual relationship. The subject at hand this session is that Kay invites Jim into sexual encounters in a not-very-inviting way. She tends to look at her watch and say, 'Hmm . . . I guess we'd better do this, our session is tomorrow.' She's been hard-pressed to be

Register Now

Save These Dates

Sunday, December 2, 2018
12:30-7:00 pm

Rosemary Segalla, PhD
Contextualized Psychotherapy
and Psychoanalysis: Creative
Input from Groups,
Large and Small
and
80th Birthday Celebration for
Rosemary Segalla

Saturday, January 26, 2019
9:30 am-12:30 pm
Rich Chefetz, MD
Shame vs. Dignity

Saturday, May 4, 2019
9:00 am-4:30 pm
Steven Stern, PsyD
25th Annual Conference

able to be more 'inviting' or to figure out why it's so hard for her. She knows Jim would be receptive. So, as she tells me about it, it's a shoulder shrug kind of vibe. She then cocks her head, chin down, and mumbles something I can't remember. Having completed a year of Somatic Experiencing training, I feel an uptick in my energy because I suspect her head movement has significance and perhaps could open up an emotional path. 'Would you put your head in that position again,' I say, followed by, 'As you're holding your head in that position, what do you notice/what comes to mind?' Very quickly she responds, 'I'm feeling like I did when I was mocked by my older brothers.' I feel excited at the possibility of opening this emotional door, wherever it may lead. We then take a deeper dive into how vulnerable it makes her feel to open herself up to approach her husband in a soft or sexy or fun manner...

[Click here to read on...](#)

Welcome New Member, Laurie Paul
Interview by Nancy Wachtenheim

Please welcome Laurie Paul!

Dr. Laurie Paul, originally from Montgomery County, is very excited to be back in this area. Laurie graduated in 2014 with her Ph.D. from the New School in New York City. She was a Post Doc for two years, learning psychoanalytic and psychodynamic therapy at the Karen Horney Clinic. While in graduate school, part of Laurie's training was her participation in a psychotherapy research study. The study was testing the effectiveness of various types of treatment for clients with Cluster C Personality Disorders.

Laurie works in private practices in both Arlington and Chevy Chase. She enjoys being a "generalist" with specialization in relationship issues, multicultural issues, and OCD. She is an Adjunct Professor at American University, George Washington University, and the Chicago School of Professional Psychology. She has specific interest in research methods, multicultural psychology, and the psychology of gender and sex differences.

Most importantly, Laurie is very glad to have returned to the area to be near her family. She has a twin brother who lives three blocks away and Laurie says it's "fun to be an aunt" to her two nephews. Laurie likes vegetarian cooking, and going on bike rides with her partner.

Please don't hesitate to introduce yourself to Laurie if you see her at any of the ICP+P events. Laurie's contact information is drpaul@lauriepaulphd.com or 301-263-6940.

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

For current members:

Please remember to pay your dues either [online through the member-only login area](#) or by [mail](#). Renewals are due now!

For prospective members:

Please contact us for further information to join ICP+P.

Reduced annual membership fees and/or a payment plan can be discussed on an individual, as needed, basis. Contact either Alexandra (askaghan@yahoo.com) or Nancy (nancyw.lcsw@gmail.com) to discuss this option.

Study Group Cycle Opens on July 15th

Etta Sandler

Welcome to the new two year study group cycle, starting in September 2018. Sign up forms and information were mailed to members along with membership renewal information. The list of study groups, including new study group opportunities, can be found in the [study group section of the website](#). In addition, details about the sign up process are also available on the [website](#). The date to begin signing up for study groups is **July 15th**.

Everyone who wants to participate in a study group in the fall needs to submit a form, even if you have been in the same group for many years.

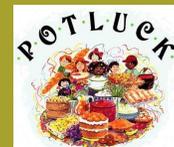
The study groups cover a wide range of interest areas. The Learning Objectives, included with some groups that offer CE's, illustrate the depth of the readings and clinical focus offered by study groups. (Note that the learning objectives will not be updated until later in the summer.) Study groups are designed for in-depth exploration of selected topics and all are free of charge to members. Please note that members of a study group are required to be members of ICP+P.

Take time to review the various choices, including the **four new groups** that are forming:

1. Addiction and Recovery Through Personal Memoirs, Literature, and Clinical Theory
2. Authoritarian Leadership, Mental Health, and Culture
3. Play Reading Group: Unleash Your Inner Thespian!
4. Psychoanalytic Look at Diversity and Trauma through the Lens of Toni Morrison's Novels

For questions about study groups, and to discuss your ideas for new study group topics, contact me at etls17@verizon.net.

**ICP+P's Annual Potluck and Fall Kick-off
RSVP Now!**



September 16, 2018, 11:00 am-2:00 pm
Silver Spring Civic Building (*Changed venue*)
1 Veterans Plaza
Silver Spring, MD 20910

We hope that all members will plan to join us on Sunday, September 16, 2018, 11:00 am-2:00 pm for the fall potluck and town hall meeting. This kick-off event gives us a chance to come together as a community to renew ongoing relationships as well as to

welcome new members. Members-in-training and individuals who have joined ICP+P during the last year will be introduced. In addition, we are planning to have a town hall meeting, in which members can be a part of an open discussion about ICP+P, including the year's upcoming programs, planning for future programs and other areas of interest or concern to the ICP+P community. The pot luck has always been an informal, lively, and fun event with lots of great food!

*appetizer *side dish *fruit salad *green salad
*entrée *dessert *non-alcoholic beverage

*notify me and I'll bring whatever is most needed

* Also please indicate whether you are available to help with set-up or clean-up.

*Please let us know if you would like a "meet and greet" welcome when you arrive.

Thank you! We look forward to seeing you there!

RSVP to Schwanna Cockerham-Qualls at schwanna@hotmail.com.
When you contact Schwanna, indicate what you will be able to share.

Close Encounters: When Sex Therapy & Psychodynamic Therapy Meet in Couples Treatment

September 22, 2018

Featuring *Suzanne Iasenza, PhD*



Sponsored by ICP+P's Couples Therapy Training Program

Saturday, September 22, 2018
Registration at 8:30 am
Program from 9:00 am-12:30 pm

Silver Spring Civic Building
One Veterans Place
Silver Spring, MD

Some couple therapists feel unprepared to delve into sexual issues because they have not had sufficient training in human sexuality and don't know how to integrate sexuality into couple psychotherapy.

1. How does one raise the topic of sexuality if the couple doesn't?
2. What is the proper timing?
3. How does one conduct assessment and develop a treatment frame to work on sexuality?

This workshop will describe expansive models of sexual response, guidelines for conducting a sexual history, and outline steps toward co-creating sexual frames that integrate new approaches to standard sex therapy techniques, systemic couple thinking and psychodynamic formulations.

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

1. Identify major models of the human sexual response cycle.
2. Explain how to formulate expansive therapeutic frames to treat sexual issues in psychodynamic couple psychotherapy.
3. Describe new approaches to standard sex therapy techniques.

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

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. Marriage and family therapists licensed in the District of Columbia, Maryland, and Virginia may submit these CE credits to their licensing boards. (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 3.0 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 3.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Fellowship Program is Accepting Applications for 2018-2019

Monica Meerbaum and Linda Kanefield

Welcome to the 2018-2019 Fellowship Program!

ICP+P's Psychoanalytic Training Program welcomes applications for the 2018-2019 class of its Fellowship Program in Contemporary Forms of Psychoanalysis. The Fellowship Program introduces participants to the ways psychoanalysis has evolved as a relevant clinical practice for the 21st century.

The program is designed for practicing clinicians, residents, interns, and advanced graduate students from mental health fields including psychology, psychiatry, social work, counseling, and nursing. The Fellowship gives participants a feel for the types of learning experiences available in ICP+P's training programs and professional community.

To learn more about the topics, benefits, CEs, when and where the meetings are held, [click here to go to our website](#).

[Applications](#) are being accepted now with a deadline of July 15th.

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 de-skilling 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 for effective intervention.
5. Incorporating the contributions of neuroscience and control-mastery into 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...](#)

Contemporary Approaches to Psychodynamic Psychotherapy (CAPP) Class Starting in the Fall

Applications For The New Class Starting Fall 2018 Are Being Accepted Now!

The CAPP program is a 2-year clinical training program specifically focused on the values, attitudes and listening perspectives of clinicians who operate from Self Psychological and Relational orientations. Self-reflection, personal growth and the capacity for critical thinking are the building blocks of the CAPP program. CAPP, embedded in the facilitating environment of the ICP+P community, is designed to provide a training experience that captures the excitement, creativity, and diversity fundamental to these perspectives.

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

Psychoanalytic Training Program is Accepting Applications for Fall 2018

ICP+P's Psychoanalytic Training Program has been thoughtfully designed to communicate a sense of the excitement, creativity, and diversity that exists within contemporary psychoanalysis. Through intensive study, immersion in analytic clinical work, and a personal analysis, we facilitate a process of discovery as candidates forge their analytic identities. We create an educational milieu that encourages self-reflection, critical thinking and scholarship through writing.

For further information about applying, please contact Elizabeth Carr, Chair of Admissions, at 202-822-8371 or elizabethmcarr.msn@gmail.com.

Upcoming Events

- **Saturday, September 22, 2018, 9:00 am-12:30 pm, Conference, Close Encounters: When Sex Therapy & Psychodynamic Therapy Meet in Couples Treatment** featuring **Suzanne lasenza, PhD** and sponsored by the **Couples Therapy Training Program**. Silver Spring Civic Building, One Veterans Place, Silver Spring, MD. Three (3) CEs. [REGISTER HERE!](#)
- **Friday, October 26, 2018, 12:30-3:45 pm, Short Course, Integrating Couples Therapy and Sex therapy with Deborah Fox**, ICP+P Office, Washington, DC. Three (3) CEs. More details coming soon...
- **Sunday, December 2, 2018, 12:30 to 7:00 pm, Conference, Contextualized Psychotherapy and Psychoanalysis: Creative Input from Groups, Large and Small and the 80th Birthday Celebration for Rosemary Segalla, PhD**, Georgetown University Conference Center. More details coming soon...
- **Saturday, January 26, 2019, 9:00 am-12:30 pm, Conference, Shame vs. Dignity** featuring **Rich Chefetz, MD**, Silver Spring Civic Building. Three (3) CEs. More details coming soon...
- **Friday, February 8, 2019, 12:30 pm-3:45 pm, Short Course, Group Psychotherapy with Rob Williams**, ICP+P Office, Washington, DC. Three (3)

CEs. More details coming soon...

- **Saturday, May 4, 2019, 9:00 am-4:30 pm, Annual Conference** featuring **Steven Stern, PsyD**, 4-H Conference Center, Chevy Chase, MD. More details coming soon...

Bulletin Board

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



- **Dana Harron** will have a windowed **office space** immediately next to the **Dupont Circle** metro available on August 1. New carpet, paint, and sound proofing. Please contact drdanaharron@gmail.com or 202-656-3681 for more information.
- **Pleasant, comfortable office to sublet** in a suite of four offices, all mental health professionals. Located in the well maintained, nicely landscaped, McLean Professional Park in downtown **McLean**. Ample parking, 24/7 access. Waiting room, Kitchen Area. \$500 inclusive. Contact **Susan Gorman**, SusanGorman@Gmail.com.
- **Mixed and Men's Groups** each have an opening (female for the mixed group). Tuesdays and Thursdays at 6 pm, Downtown **Silver Spring**, Insurance/Sliding Scale. Adults of all ages/cultures welcome. Leader has many years of experience collaborating with individual therapists. Please contact (or have client contact) **Jonathan Lebolt** at Therapy@Doctor-Jon.com or 240-507-7696.
- **Tybe Diamond**, tybediamond@gmail.com, has **openings in two groups**. A pre-group evaluation is necessary to determine a good mutual fit. Tybe is happy to discuss any referral in more detail to help you determine the appropriateness of group therapy for your client. Individuals can also self-refer. Please forward this announcement to any interested client or colleague.
 - **Space for men and women in a longterm interpersonal group in WDC** - This group has been meeting for several years from 7-8:15 pm on Tuesday evenings in upper NW DC. Currently, there are a few spaces for men and women age 30 - 65. Group members are high functioning professionals, who are motivated and seek personal and professional growth. Group interactions are processed in real time with a focus on relational development.
 - A second, **women's group is starting in mid - July or August** and meets from 6:30 - 7: 45 pm. The time of the group will be determined based on the possible times for members. High functioning women between 28 - 60 will be included in this interpersonal, process group where the focus is on interpersonal interactions in the group and increasing relational capacity.
- **Deborah Fox** will be offering two **monthly consultation groups** in September focused on the **intersection of sex therapy and couples therapy**. The two are strangely and too often separate. If you are a couples therapist, regardless of the model you work in, seeking to develop skills to help your couples with their sexual life, then this is for you. If you are a sex therapist seeking to deepen the emotional connection and address other conflicts in the lives of your couples, then this is for you, too. The format will be a didactic presentation focused on sex therapy skills each session followed by the opportunity for all participants to discuss cases.

One group will be on Tuesdays, 10:00 am -12:00 pm and the other on

Fridays, 1:30 - 3:30 pm at Deborah's office, 4600 Connecticut Ave., NW. CE's will be available. Please contact Deborah with any questions/more information by email - deborahfoxdc@gmail.com or phone - 202-363-1740 or visit her webpage at www.debfox.com.

- **Mary Dluhy** has **openings in her Group Therapy Consultation Group**. It meets weekly on Tuesdays from 12:15-1:30 pm in Upper NW, Washington DC. Contact Mary for [more information](#), 202-363-9400 or marydgroup@aol.com.
- **When LGBTQ+ Folks "Cured" Psychiatry: The DSM History You Never Knew!** will be the topic of the 7th Annual Alice Kassabian Memorial Conference given by the Greater Washington Society for Clinical Social Work. William Meyer, Associate Professor of Psychiatry and Ob/Gyn, Duke University Medical Center, will present. The conference is on Saturday, November 3, 2018, 9AM-12:30 pm. Contact **Audrey Thayer Walker** for questions, audreythayerwalker@gmail.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.
- **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.

Newsletter Editor: Jen Sermoneta

She can be reached on jen.sermoneta@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.
