



Institute of Contemporary
Psychotherapy + Psychoanalysis

ICP+P's 2018-2019 Fellowship Program Presentations and Learning Objectives

September 15, 2018: Beginning with Empathy

Presenter: Monica L. Meerbaum, PhD

Monica Meerbaum, PhD is a graduate of ICP+P's Psychoanalytic Training Program as well as a faculty member. She is a faculty member of the ICP+P CAPP Training Program. She also created the Fellowship Program and is currently its co-chair.

By the end of this program, participants will be able to:

- 1) Define "empathy" and "empathic immersion" from the perspective of Self Psychology.
- 2) Describe at least two factors that could potentially be a challenge to empathic listening in their own clinical work.

October 27, 2018: Getting Started in Treatment

Presenter: Linda Kanefield, PhD

Linda Kanefield, Ph.D. is a graduate of ICP+P's Psychoanalytic Training Program as well as being on its faculty. She is co-chair of the Fellowship Program and past Associate Director of Training for ICP+P. She is also a faculty member of the ICP+P CAPP Training Program.

By the end of this program, participants will be able to:

- 1) Discuss Wolf's notion that the aim of treatment is strengthening the self, and the role of the disruption-restoration process.
- 2) Apply Wolf's ideas about strengthening the self to a clinical case.

November 10, 2018: Foundational Concepts in Self Psychology

Presenter: Mary Jean Kane, LCSW and Gwendolyn Pla, PhD, LCSW

Mary Jean Kane, LCSW is a graduate of ICP+P's Psychoanalytic Training Program as well as being on ICP+P's faculty. She was previously on the board of ICP+P and is in private practice in Virginia.

Gwendolyn Pla, PhD, LCSW is a graduate of ICP+P's Psychoanalytic Training Program and has an interesting and varied background in chemistry, nutritional sciences and social work. She is in private practice in Maryland.

By the end of this program, participants will be able to:

- 1) Describe at least three basic concepts in Kohut's Self Psychology.
- 2) Explain why Kohut's *selfobject* experiences are essential to the development of a cohesive sense of self.

December 8, 2018: From Classical Psychoanalysis to Contemporary Psychoanalysis: Roger Segalla's Top Ten Shifts in Psychoanalytic Theory and Practice

Presenter: Roger J. Segalla, PhD

Roger J. Segalla, PhD is Director Emeritus of ICP+P. He is a faculty member of the CAPP and Psychoanalytic Training Programs and a graduate of the Psychoanalytic Training Program. He is in private practice in Maryland.

By the end of this program, participants will be able to:

- 1) Explain the impact of a shift from a one-person model of understanding human psychology and psychoanalytic treatment to a two or more person model.
- 2) Explain the effects of moving from a focus on discerning objective truth to understanding patient experience at a subjective level.
- 3) Explain the effects of a shift from the abstinent, uninvolved analyst to a model that permits that analyst to be actively engaged and participating in the process with the patient.

January 12, 2019: Dream Interpretation

Presenter: Fonya L Helm, PhD, ABPP

Fonya L Helm, PhD, ABPP is a faculty member in the Psychoanalytic Training Program where she is a training and supervising analyst as well as being the program's vice-chair in 2014 – 2015. She has been in private practice for over 30 years and specializes in psychoanalysis and psychotherapy of adults and couples psychotherapy.

By the end of this program, participants will be able to:

- 1) Identify four workable surfaces in the manifest content of dreams.
- 2) Discuss what kinds of interventions address each surface.

February 16, 2019: Empathy II: Promoting Empathic Mutuality Between the Patient and Analyst in Contemporary Psychoanalysis

Presenter: Sarah Pillsbury, PhD

Sarah Pillsbury, PhD is a founding member of ICP+P and serves on the faculty of the Psychoanalytic Training Program as well as being a graduate. She is a former member of ICP+P's board of directors and is in private practice in Washington, DC.

By the end of this program, participants will be able to:

- 1) Describe what is specifically meant by empathic mutuality between the patient and analyst.
- 2) Describe how empathic mutuality in contemporary psychoanalysis is a primary component of healing and change.

March 16, 2019: From Holding and Regulating to Mentalization: How Early Attachment and Traumatic Loss Manifest in Implicit and Reflective Processes between Patient and Therapist

Presenter: Shoshanna Ringel, PhD, LCSW-C

Shoshanna Ringel, PhD, LCSW-C is an Associate Professor at the University of Maryland, Baltimore, School of Social Work. She is also a graduate of the Psychoanalytic Training Program.

By the end of this program, participants will be able to:

- 1) Describe how attachment experiences of early loss and trauma impact nonverbal processes between patient and therapist.
- 2) Describe how the Adult Attachment Interview can help develop reflective functioning with patients who experience traumatic loss.

April 13, 2019: Introducing Intersubjective Systems Theory: Making Sense Together

Presenter: Leslie F. Smith, MSW

Leslie F. Smith, MSW is a faculty member of the ICP+P Psychoanalytic Training Program and the CAPP Training Program as well as the co-chair of ICP+P's Faculty Training Program. She is a graduate of the Psychoanalytic Training Program and is in private practice in Silver Spring.

By the end of this program, participants will be able to:

- 1) Identify the basic tenets of Intersubjective Systems Theory.
- 2) Identify what distinguishes an intersubjective perspective/listening stance.
- 3) Recognize and describe how this approach can illuminate negative therapeutic responses.

May 11, 2019: Motivational Systems Theory, Culture, and the Development of Nuanced Empathy

Presenter: Marie Hellinger, LICSW

Marie Hellinger, MSW, LICSW, ICP+P Founding Member, is a member of the Executive Committee of the ICP+P Psychoanalytic Training Program. She is a faculty member of the ICP+P Psychoanalytic Training Program and the CAPP Training Program.

By the end of this program, participants will be able to:

- 1) Describe how Motivational Systems Theory enhances listening to and understanding patients in sessions.
- 2) Provide an example of how culture influences preferences in one of the motivational systems.