

December 2018[Read Text Version](#)

Director's Column

My first job out of college was as an accounting clerk at a trucking company in Oregon. West Coast Truck Lines paid for the two Accounting courses that I failed to bring with me to the job. Through this entry-level job (yes, I did the mail) I learned such solid life lessons: the efficiency that is ultimately gained by closely tracking data, that writing skills are valuable and sought after, even in an accounting department, and that a company's annual financial reports tell a story about the company, in much the way a musical score relates an aural tale.



Eleanor Howe

The business of ICP+P is post-graduate education of contemporary psychoanalytic and psychodynamic theory and practice. As we develop our curricula, plan our conferences, short courses and study groups, of course our minds are primarily on selecting the content, and then the method best suited to teach the material. What I find unique and affirming - and what motivates me as a volunteer at our institute -- is how skilled and committed we are to making our dyads and groups function meaningfully, with respect for one another, and with laughter, warmth and smart thinking.

Our annual financial reports tell the same tale. We hold ourselves to best practices. We ask ourselves planning questions and analyze our financial data for the answers. We offer transparency of our financial practices and standing to our education planners, board and members. We spend what we must for a modicum of comfort and we stop well short of luxury, for as a non-profit, spending for luxury is an unnatural fit. Our priority is on providing quality education and creating a community that is professionally sustaining to all.

Our value is to be a learning community that is attractive to a heterogeneous group, in terms of age, race, gender and culture. As an organization committed to non-hierarchical leadership and practice, we do not offer tiers of membership rates that provide tiered access to privilege. Striving to be affordable to all interested, we keep membership prices as low as possible and provide reductions for students, new members, retirees, and those in need. 40% of our Members-In-Training receive some level of scholarship. Even as venue rates and honoraria are rising steeply, we strive to keep conference prices as low as possible.

ICP+P increasingly relies on income from donations to make each year's budget. Membership dues cover only roughly 75% of our operating expenses. We need your help to sustain

our current offerings and to support our organization's continued growth as an attractive and available professional home to a heterogeneous membership. When we're younger we're so caught up in our careers that we may not realize even small donations are a pleasure to receive. As we move further along, however, with the grace and perspective wrought by experience, we realize that community becomes like our children: precious and worthy of our nurture. Please consider nurturing ICP+P by participating in "kindness contagion" and help us with our momentum toward further dialogue and representation in our professional community.

Because of our 501(c)(3) status, your donations are tax deductible to the extent allowed by law on your tax returns. To donate, go to <https://icpeast.org/donations/>.

Thank you for your commitment to ICP+P and for all the work you do to make our institute a home for learning, exploration, and friendship. Wishing you a very happy, healthy holiday season!

In Peace,
Eleanor

Upcoming Training + Education

Join ICP+P as we celebrate the discernment, vitality and contribution of our co-founder, Rosemary Segalla



Conference

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

More information

Online Registration is Closed

TOMORROW - ONSITE REGISTRATION WILL BE AVAILABLE!

Sunday, December 2, 2018

Conference from 12:30 to 5:30 pm - Followed by Rosemary's Celebration
Georgetown University Hotel and Conference Center



Conference

Attackments: Subjugation, Shame, and the Attachment to Painful Affects & Objects
Featuring Richard A. Chefetz, MD

More information

Register Here

Saturday, January 26, 2019 from 9:30 am to 12:30 pm
Silver Spring Civic Building ~ One Veterans Place ~ Silver Spring, MD

About the Conference:

Sometimes a patient vacillates between angry attacks on the therapeutic relationship and tenacious attachment to it. As a participant in the relationship, the therapist will inevitably also experience difficult feelings. The clinical atmosphere can be so poisoned by such extremes of push and pull between the participants that it can cause emotional exhaustion, shame and fear of humiliation, intolerable loss, intense dislike, disgust, and contempt.

As we now know, patients who have experienced frightening parents and disorganized/disoriented attachment in their early development will likely demonstrate a degree of chaos in their present attachment relationships. But when **shame-contempt dynamics** are present, the behaviors we see may exceed even the predictable, and establish patterns of "baiting" between therapist and patient. In this conference, Dr. Chefetz will describe these dynamics and how to identify them. Additionally, he will offer suggestions for understanding and working with patients when our clinical relationships include these types of extremely difficult dynamics.



Save the Date - 2018-2019 Training + Education

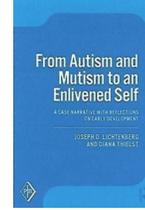
- **December 2, 2018**, Conference - Contextualized Psychotherapy and Psychoanalysis: Creative Input from Groups, Large and Small and 80th Birthday Celebration for Rosemary Segalla, Georgetown University Conference Center, 12:30-7:30 pm, 4.25 CEs. [Click here for more information.](#) **Onsite Registration will be available.**
- **January 26, 2019**, Conference - Attackments: Subjugation, Shame, and the Attachment to Painful Affects & Objects with Richard Chefetz, MD, Silver Spring Civic Building, 9:00 am-12:30 pm, 3 CEs. [Click here for more information or to register.](#)
- **February 8, 2019**, Short Course - To Group or Not To Group: Assessment and Preparation of Potential Group Members, with Rob Williams, LICSW, CGP, ICP+P Office, 12:30-3:45 pm, 3 CEs.
- **April 28, 2019** - Joint Institutes Candidates' Committee (JICC) 22nd annual conference, 3:00-6:30 pm, 3 CEs.
- **May 4, 2019**, Annual Conference, with Steven Stern, Chevy Chase, MD, 9:00 am-4:30 pm, 6 CEs.
- **September 28, 2019**, Conference with Mark J. Blechner, PhD, Silver Spring Civic Building, 9:00 am-12:30 pm, 3 CEs.
- **December 7, 2019**, Conference with Anton H. Hart, PhD, Silver Spring Civic Building, 9:00am-12:30pm, 3 CEs.

News + Notes

Janna Sandmeyer will present her award-winning paper, *Understanding Homophobia in Our Forefathers: Rethinking How Kohut Actually Worked*, at the 2018 Stacia I. Super Memorial Ethics Conference. The conference as a whole, entitled "Ethical Considerations: Navigating Modern Sexuality and Emerging Gender Landscapes in Theory and Practice," will take place Sunday, December 9 from 1:00-4:30 pm at George Washington University. [Click here](#) for more information.



Joseph Lichtenberg and Diana Thielst's new book, *From Autism and Mutism to an Enlivened Self: A Case Narrative with Reflections on Early Development*, was published on November 30th.



Mauricio Cortina will be teaching the short course, *Erich Fromm: Social critic, radical humanist and clinician*, at the Washington School of Psychiatry February 1, 8, 15, and 22, 2019 from 12:30-3:30 PM each day. [Click here to learn more.](#)



Jan Gump will present *The Breadth and Depth of Slavery's Wounds* on Saturday, March 3, 2018, 10:00 am - 6:00 pm in Rockville, MD. She will discuss the experience of slavery, its emotional burden still haunting us through the transgenerational transmission of slavery's traumas, its relevance and effect on our clinical work, and the ethical imperatives to confront it. [Click here to learn more.](#)

Bulletin Board

- Cozy, sunny office available for rent in Washington Professional Group suite beginning on July 1, 2018. 112 sq ft office overlooks Washington Circle across from GWU and Foggy Bottom metro stop. Within walking distance of Georgetown. Paid parking is available in an underground garage in the building. Nightly cleaning, wi fi, and use of a printer is included. Contact Virginia Voigt, 410-808-3422 for more information.
- Space available in therapy suite a block from the Tenleytown metro. Situated behind the Best Buy & Container Store in a professional building with a garden courtyard and easy neighborhood parking for your clients. The nicely appointed suite has been recently renovated and has a waiting room and kitchenette. Available Mondays & Fridays, Wednesday after 12 and Thurs evenings. Images of the building and one of the offices can be found here: <https://www.kirstenchadwick.com/location/>. Please contact Jennifer Grosman, jengrosman@yahoo.com or Kirsten Chadwick, kirsten_chadwick@yahoo.com
- Beautiful DuPont Circle Office Available to Rent in the Corcoran House Building at the corner of 18th and Corcoran Sts. NW, all day Friday + 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.
- Available for immediate long term, full time sublease, a large sunny office in our suite of five, and are hoping to find a psychodynamically oriented colleague join us. We're located in the West End neighborhood of DC, convenient to the blue/orange and red lines of Metro, downtown, GW and Georgetown. Our suite is in a medical building with easy after hours and Saturday access. Please contact any of us for more information: Becky Bailey, babaileyphd@aol.com ~ Bill Pinney, drwgpinner@gmail.com ~ Lucy Pugh, lucypugh@gmail.com ~ Steve



- Consultation Group for Group Therapists. This group is a combination of case presentations, process group, the business side of group, and journal readings/discussion. This is the group for you if you lead groups or want to start a group. Our goal is to gain first-hand insight into group dynamics allowing us to be more secure and effective in our own groups. Cases presented in the 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 to inform future work with the group. The group meets biweekly at 1801 Connecticut Ave NW, on Fridays, 9 - 11 am. Contact Rob Williams for information: (202) 455-5546, rob.williams.msw@gmail.com, or this <http://aida-therapy.com/aida/group-therapists/>.
- Supervision Group Opening starting in January: Looking for seasoned therapist to join our group. Supervised by Michael Wannon, the group meets alternate Wednesdays, 11:45 am-1:15 pm in Chevy Chase at Michael's office. Couples and Individual cases are all welcome. Send an email with any questions to: bdhirschel@gmail.com or cynthiapostphd@gmail.com.
- Tybe Diamond, tybediamond@gmail.com, has openings in two mixed, interpersonal, experiential 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 age 30 - 65 in a long term interpersonal group from 7-8:15 pm on Tuesday in upper NW DC. Group members are high functioning, creative professionals, who are motivated and seek personal and professional growth. Group interactions are processed in real time with a focus on relational development, interpersonal dynamics, self-reflection and self-awareness. ~~A second, women's group (age 28 - 60) is starting at the end of September and meets from 6:30 - 7: 45 pm though the time of the group will be determined based on the possible times for members. High functioning women will be included in this interpersonal, process group where the focus is on relational development, interpersonal dynamics, self-reflection and self-awareness.
- Groups for Area Clinicians Facilitated by: Trish Cleary, MS, LCPC-MFT-ADC, CGP, LFAGPA & Ginger Sullivan, MA, LPC, CGP, FAGPA ~ Process Group for Therapists: experiential opportunity to grow in relational awareness, self-reflection, and expressive connection. For more information: <https://bit.ly/2NCe2J0> ~ Supervision/Case-Consultation Group: provides a confidential setting to explore clinical cases. For more information: <http://bit.ly/2N1VUZC>.

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We love hearing from you!
Please send articles, announcements, artwork, etc. to
Nancy Der, ICP+P Administrator, at administrator@icpeast.org

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