

**Saturday, May 4, 2019**

Registration: 8:30-9am • Program: 9am-4:30pm

**National 4-H Conference Center**

7100 Connecticut Avenue • Chevy Chase, MD 20815

*with Case Presentations by Gwendolyn Pla, PhD, MSW and Terry Chang, MSW, LICSW*

Dr. Steven Stern will present his richly integrative clinical approach organized around the principle of co-creating needed relationships uniquely with each of our patients. His model is deeply rooted in self psychology and intersubjective systems theory, but is equally grounded in neighboring theories, including Winnicottian, Bionian and Relational theories, a non-linear dynamic systems perspective, and especially Louis Sander's developmental process principles. At the center of Stern's approach is the idea of "meeting the patient" – a process which, paradoxically, requires the full complexity of multiple psychoanalytic theories and frames of reference (vertices) in order to provide the "simply human" responses our patients need from us.

Dr. Stern will begin with an overview of the major elements of his model, interspersing theory with illustrative clinical material. He will then present an extended clinical example -- a challenging case in which the nature of what was needed only emerged over a long period of time.

This conference aims to stimulate our capacity to develop, integrate and hold in mind a range of theoretical models while remaining open and curious to discover the unique path of growth for each of our patients.

In addition to the talk and clinical illustration by Dr. Stern, our format includes smaller discussion groups and members' clinical vignettes for Dr. Stern's and audience members' commentary and discussion.

At the conclusion of the conference, attendees will be able to:

1. Apply the principles of co-creating needed analytic relationships with traumatized psychotherapy patients to their therapy practice.
2. Orient and respond to traumatized patients using a multi-theoretical, relationally-integrative framework.
3. Develop competence in the process of "meeting" traumatized patients in ways that are "fitted to" and transformative of their most traumatized states.
4. Apply an expanded, more fully relational understanding of the concept of "the forward edge" in work with developmentally traumatized patients.
5. Apply the concepts of "contouring" and "necessity" in work with relationally traumatized patients.
6. Respond to traumatized patients with greater freedom of both apprehension and expressiveness, exercised within a fundamentally empathic stance.

**This conference is appropriate for mental health professionals at all levels of experience and offers 6 CEs.**



**Steven Stern, PsyD** is a faculty member of the Massachusetts Institute for Psychoanalysis and Clinical Associate Professor of Psychiatry at Maine Medical Center and Tufts University School of Medicine. He is a member of the International Council of the International Association of Psychoanalytic Self Psychology and was Associate Editor of the *International Journal of Psychoanalytic Self Psychology* until 2015. He has been a frequent contributor to the contemporary psychoanalytic literature, with a particular interest in theoretical integration. His first book, *Needed Relationships and Psychoanalytic Healing: A Holistic Relational Perspective on the Therapeutic Process* (Routledge) was released in March 2017. Dr. Stern

practices in Portland, ME with specializations in psychoanalysis, psychodynamic psychotherapy, couples therapy, and clinical supervision.



**Gwendolyn Pla, PhD, MSW** is a psychoanalyst in private practice in Silver Spring, MD. She is a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at George Washington University; a member of the associated staff at the Meyer Treatment Center of the Washington School of Psychiatry; and is a consultant for teaching psychiatry residents group process at the Walter Reed National Military Medical Center. She is also a Professor (Associate) Emerita of the Department of Nutritional Sciences at Howard University. One of her major interests is disordered eating, often a direct correlate in dysfunctional relationships.



**Terry Chang, MSW, LICSW** is a clinical social worker in private practice in Washington, DC. He works with older adolescents, adults and couples out of his Dupont Circle office. Terry is a graduate of the Catholic University of America social work program and the Washington School of Psychiatry Clinical Program. He began his clinical career 12 years ago in foster care and public schools. Terry came to ICP+P in 2016 seeking a community where he could grow as a therapist, a person, and a life-long learner.

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## Registration Form

Name \_\_\_\_\_ Professional Designation \_\_\_\_\_

Address \_\_\_\_\_ City, State & Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ (Select: Work/Home/Cell)

**Registration Fees** *(lunch included):*

Early Registrations on or before April 5, 2019

\$195 for ICP+P Members     \$215 for Non-members     \$100 for MITs/Beginning Professionals  
/Students/1<sup>st</sup> Year Members

Registration Costs beginning April 6, 2019

\$215 for ICP+P Members     \$235 for Non-members     \$100 for MITs/Beginning Professionals  
/Students/1<sup>st</sup> Year Members

For more information, to request reasonable accommodations (please do so by April 19), or to register online, please visit [www.icpeast.org/annual 2019](http://www.icpeast.org/annual 2019) or email [administrator@icpeast.org](mailto:administrator@icpeast.org).

To register by mail, send this page and payment by April 19 to  
ICP+P, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008.

Limited scholarship opportunities are available: complete the form here (<https://icpeast.org/scholarships/>) or contact [administrator@icpeast.org](mailto:administrator@icpeast.org). Registrants grant ICP+P permission to use their photo in any and all of its publications, including the website without payment or any other consideration.

*Refunds will be made, less a \$50 processing fee, to participants who cancel on or before April 19 only.*

**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. 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 6.0 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 6.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CE Credit is granted to participants with documented attendance at individual workshops and completed evaluation forms for those sessions. Credit will not be granted to registrants who are more than 15 minutes late or depart more than 15 minutes early from a session. Please arrive at least 10 minutes before the scheduled start time of 9:00 am to allow time to check in.

*Steven Stern, PsyD, Gwendolyn Pla, PhD, MSW and Terry Chang, MSW, LICSW and the planners have informed us that they do not have a conflict of interest and have disclosed that they have no relevant financial relationship with any commercial interests pertaining to this educational activity. Additionally, the presenters have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during this presentation. This presentation will not contain any references to off-label (non-FDA approved) use of products or devices.*