

May 2019

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Welcome to the 25th Anniversary of ICP+P!

by Rosemary Segalla



It has been an exciting quarter century at ICP+P. The ongoing richness of spirit among our members is exactly what Joe Lichtenberg and I were hoping for when we launched this new Institute in 1994.

From the beginning, with the very important help of our founding members, our organization flourished. Without their lively enthusiasm, we would not be celebrating our twenty-fifth year! As an organization, we are indebted to these founding members. A very special thank you to them!

These comments bring me to some thoughts that have been emerging over the past several years. My big concern is that our beloved organization may be losing touch with its original purpose, to create a non-hierarchical organization that encourages all members to flourish personally and professionally.

What has prompted this concern for the health and longevity of ICP+P? The answer is very simple; we seem to have lost some of our original vigor characterized by a willingness to take a leadership role in the organization. We have had trouble filling the Director position, and some other positions as well. I want to be clear — the people who are in leadership positions have taken on their roles willingly, and are doing a wonderful job!

As a mental health professional, I have always felt that these roles are an important part of who we are as members of a noble profession. Not only do they create environments that aid us in obtaining our continuing education requirements and keep us current with advances in our field, but they also offer a true community of caring colleagues who sustain us in our ongoing work.

To do all of this, we need men and women who are willing to step up and rise to the challenge of keeping ICP+P vital. It is only with your help that we can continue to flourish. We have attempted to structure our organization in a way that does not burden one person. We are also very grateful to have an outstanding administrator, Nancy Der, who is instrumental in keeping ICP+P on course.

Please, think about your participation in ICP+P, and consider taking a role that will help us to continue to grow. I checked a dictionary for a definition of a volunteer. Here is what I found, “a volunteer is a person who freely offers to take part in an enterprise or undertake a task.” Please consider giving freely to ICP+P!

I would like to again thank all the members who over our twenty-five year history have done so much and continue to do so much to keep ICP+P alive and growing!

Rosemary Segalla co-founded ICP+P, with Joe Lichtenberg, in 1994. She served as director, and has continued to serve generously in various roles including ongoing co-

Mauricio Cortina Receives Prestigious Bowlby-Ainsworth Award

by Shoshana Ringel



Mauricio Cortina, one of our own ICP+P members, has been named the recipient of the Bowlby/Ainsworth 2019 award for his contributions to attachment theory and research, especially in the area of attachment, evolutionary psychology, and intersubjectivity. This is a highly prestigious award that, over the years, has included luminaries such as Mary Main, Alan Sroufe, Peter Fonagy, Mary Bretherton and many other distinguished attachment researchers. Over his career, Mauricio has published four books (one in process), eight chapters, and numerous papers and essays, several of them with his friend and collaborator Giovanni Liotti, who passed away last year. It is beyond the scope of this article to describe all of Mauricio's accomplishments, his mentoring of South American colleagues, and his leadership at the attachment center in the Washington School of Psychiatry. I have chosen to focus here only on a number of contributions to the attachment field and to clinical practice. Unlike many other recipients of the award, Mauricio is a clinician-scholar, not a researcher, and has contributed to integrating attachment theory, evolutionary psychology, neuroscience, and intersubjective concepts with the clinical process. On the personal level, Mauricio has always been a supportive and encouraging presence in my own quest to deepen my knowledge of attachment theory, and in my work using the AAI to examine patterns of unresolved loss.

Mauricio's work has contributed to enhancing the range and complexity of Bowlby's attachment theory, which is based on evolutionary, developmental, and clinical factors. Like Bowlby, Mauricio has sought to expand attachment theory across disciplines, utilizing evolutionary psychology and neuroscience to expand our knowledge of multi-motivational systems and their impact on human development and communal behaviors. Mauricio's motivational theory examines additional motivational systems that inform our human species. In this work, Mauricio collaborated with his close friend and associate, Giovanni Liotti, and their work both influenced and was inspired by Joe Lichtenberg's theory of motivational systems, which includes physiological regulation, attachment, sexuality/sensuality, exploration, and aversive motivational systems, later adding caregiving and affiliative motivational systems. Lichtenberg and colleagues' expansion of their motivational theory to caregiving and affiliative systems was actually related to Cortina and Liotti's earlier work. As well, Mauricio also collaborated with the analyst Mario Marrone on several publications.

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

Shoshana Ringel is an analyst in private practice in Columbia, MD and is an associate professor at the University of Maryland, Baltimore. She is also a graduate of ICP+P's psychoanalytic training program.

Faculty Workshops on Gender and Sexuality

by Leslie F. Smith

Each year, ICP+P conducts training for our faculty to assist them in growing and learning for themselves and our students. This year's faculty workshops focused on Gender and Sexuality. In the fall, Jonathan Stillerman and Jennifer Unterberg led a workshop entitled "The Expanding Universe: Modern Perspectives on Gender and Sexuality in the Therapeutic Encounter". They contrasted traditional and modern psychoanalytic perspectives on sexuality and gender and presented clinical examples from their own work. They invited us to begin to identify our own assumptions and feelings about

diverse expressions of gender and sexuality. Their presentation provoked rich discussion and group members voiced interest in finding ways to keep exploring the subjects.

This prompted a follow-up workshop in the spring, “Reflecting on Gender; Exploring our Countertransference Reactions to Trans and Gender Fluidity” that I facilitated. We addressed the idea that in our work, we are so accustomed to accepting uncertainty and ambiguity, but when it comes to gender, there continues to be a strong urge to categorize. Male or female? Through clinical vignettes, small group process and discussions, the workshop focused on creating a safe space to recognize and explore our own reactions to non-binary gender expressions. As a faculty, we are attempting to prepare ourselves to be more open to diverse expressions of gender in our patients, our students, our supervisees and ourselves.

Leslie F. Smith is the Co-Coordinator of Faculty Training and on the faculty of the Psychoanalytic and CAPP Training Programs.

Couples Training Program - Apply Now!

by Michael Wannon



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 deskilling the most seasoned therapist.

[More Information](#)

[Apply Here](#)

ICP+P’s Couples Therapy Training Program is focused on training that integrates 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 meetings where the writings of leading couples therapists are discussed. Senior clinicians lead and enhance the discussion, as well as provide weekly group supervision on active couples cases. Participants and graduates of the program belong to a community with regular professional and social events. Many graduates of the program continue to collaborate and work together on clinical cases long after the program is completed. The program is one academic year – but has become a professional home base for many of the graduates.

The Couples Therapy Training Program is a one-year course comprised of both theoretical seminars and clinical group supervision. The trainees learn the material through lectures, case write ups and presentations and group participation. The trainees meet together for 3 hours per week from September to May. The emphasis of the program is on the application of self-psychological and relational concepts applied to the clinical practice of treating couples.

If you are interested in learning more about the program and the possibility of becoming a member of the upcoming class, please contact the Chair of the program, Michael Wannon, PhD, menaw1@aol.com.

Welcome to the 2019-2020 Fellowship Program!

ICP+P’s Psychoanalytic Training Program welcomes applications for the 2019-2020 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.

ICP+P Graduation on June 2nd

Congratulations!



ICP+P is proud to invite all ICP+P Members to the graduation ceremony for the Psychoanalytic Training Program Class of 2019!

Eileen M. Boyle, PhD
Ruth B. Migler, MA, MSW
John R. Paddock, PhD, ABPP

Sunday, the 2nd of June
Two Thousand and Nineteen

Ceremony at 11:00 in the morning
Followed by a champagne luncheon

Maggiano's Little Italy
Chevy Chase
5333 Wisconsin Avenue, NW
Washington, DC 20015

If you can make it, [RSVP here](#).

Results of the Recent Board of Directors Election - Congratulations!

The results are in and thank you to all the members who took the time to vote for the Board positions. Welcome to the incoming Board members:

Co-Secretaries: Avi Margolies and Raquel Willerman (shared position)
CE Chair: Michelle Levine

Your new Board members will begin their terms in May after they have had a meeting with the existing Board to facilitate a smooth transition. Our elections committee has reached out to new members and members who have been with the organization for many years to create an energetic and inspired Board to lead our organization for the next two years.

If you are interested in joining the Board in the future, please consider next year's elections when the following positions will be open: Director, Associate Director of Administration, Associate Director of Member Relations (currently a shared position), Associate Director of Outreach and Publicity, Study Group Coordinator, and two Board Members At Large.

For those Board Members leaving, David Chen as CE Chair, and Michelle Levine who will be transitioning her position from Secretary to CE Chair, we truly appreciate all the work you have done in your roles on the Board of ICP+P!

ICP+P Nominations and Elections Committee

Yasmine Kaidbey 703-957-8062, yasmine.kaidbey@gmail.com, Committee Chair

Nancy Wachtenheim 703-277-7668, nancyw.lcsw@gmail.com

Alexandra Kaghan 703-319-1436, askaghan@yahoo.com

Kathy Beck 202-462-0404, kathy.beck@rcn.com

Virginia Voigt 410-808-3422, vvoigtlcswc@gmail.com

Upcoming Training + Education

**Last Chance - Online Registration Ends May 1st
Walk-in Registration will be open on May 4th**

25th Annual Conference

Needed Relationships, The Forward Edge, and the Transformation of Traumatized States

More
information

Saturday, May 4, 2019 from 9:00 am - 4:30 pm (6.0 CEs)

Register
Here

National 4-H Conference Center
7100 Connecticut Avenue • Chevy Chase, MD 20815

Presented by:



Steven Stern, PsyD

With Case Presenters



Gwendolyn Pla
PhD, MSW



Terry Chang
MSW, LICSW

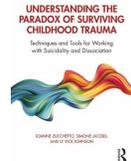
Save the Dates 2019 ICP+P Training + Education

- **May 4, 2019**, Annual Conference - Needed Relationships, The Forward Edge, and the Transformation of Traumatized States, with Steven Stern, PsyD, National 4-H Conference Center, Chevy Chase, MD, 9:00 am-4:30 pm, 6.0 CEs. [Click here to register thru May 1](#). Contact administrator@icpeast.org for questions. Walk in registration will be available the morning of the conference.
- **June 2, 2019**, ICP+P Training Graduation, Maggiano's Little Italy Chevy Chase, 5333 Wisconsin Avenue, NW, Washington, DC, 11:00 am-2:00 pm. [RSVP Here](#).
- **September 27, 2019**, Pre-Conference, Janna Sandmeyer, PhD with Mark Blechner, PhD as discussant. Dr. Sandmeyer will present her Ralph Roughton award winning paper, "Understanding Homophobia in our Forefathers: Rethinking How Kohut Actually Worked." In this presentation, we will consider Kohut's perspective on homosexuality, as well as grapple with ethical considerations in addressing the history of homophobia in psychoanalysis. Silver Spring Civic Building, 3:30-5:30 pm, 2 CEs. Fulfills LGBTQ/Diversity credit requirement.

- **September 28, 2019**, Conference - The Evolving Landscape of Gender and Sexuality: Clinical Implications with Mark J. Blechner, PhD, Silver Spring Civic Building, 9:00am-12:30pm, 3 CEs. Dr. Blechner will discuss gender and sexual fluidity, and how attitudes and social norms about sexuality and gender identification have changed over the last 50 years. In his clinically focused presentation, Dr. Blechner will address how this has led to changes in psychotherapeutic aims and practices, and he will outline countertransference dilemmas and ways that clinicians can use them productively. Fulfills LGBTQ/Diversity credit requirement.
- **December 7, 2019**, Conference with Anton H. Hart, PhD, Silver Spring Civic Building, 9:00am-12:30pm, 3 CEs. Fulfills Diversity credit requirement.

News + Notes

Joanne Zucchetto, Simone Jacobs and Ly Vick Johnson are authors of "Understanding The Paradox of Surviving Childhood Trauma: Techniques and Tools For Working With Suicidality and Dissociation " being published by Routledge on July 29, 2019.



Ruth B. Migler, LCSW-C, LICSW

Psychotherapy and Psychoanalysis

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Ruth Migler is pleased to announce the opening of her new office space in downtown DC. She is accepting referrals for children and adults in her Rockville office AND adults only in her new DC office. She can be reached at ruth@ruthmigler.com or 240-221-3026. Thank you!



Laurie Paul will present *The Elephant in the Room: Working with the Culturally-Different Client* for the District of Columbia Psychological Association on May 17, 2019 at 10:00 am at The Chicago School of Professional Psychology in Washington DC. [Click here to learn more.](#)

Bulletin Board

- Three half days and one full week day available in beautifully furnished and spacious office suite in Dupont Circle neighborhood. Private waiting room, en suite bathroom, microwave and fridge. Steps from the red line train at both Dupont Circle exits. 24-hour doorman residential building, with offices on the first floor. Indoor and outdoor parking available at additional charge. Contact Sheila Cahill, sheilacahill@mac.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.



- Space available in a longterm, experiential process group of high functioning, creative professionals. The age range is from 30 - 56 at present. This group meets on Tuesday evenings from 7 - 8:20 pm. Most clients are in concurrent, individual psychotherapy with me or the referring therapist. Therapists have self-referred themselves for the group. Clients are motivated for increasing relational capacity and personal development. The focus of the group is interpersonal. I'd be happy to talk with you if you have questions about whether this group might fit your client's needs. ~ Tybe A. Diamond, MSW, BCD | O: 202.966.1381 |M: 202.213.9871 | <http://www.tybediamond.com> | 5225 Connecticut Ave., NW, Ste. 214, Washington, DC 20008
- Opening in ongoing psychotherapy supervision group. From a broadly psychodynamic standpoint, our group focuses on the use of the therapist's self in psychotherapy, while also paying attention to contextual and cultural factors surrounding the clinical work. Group members present cases on a rotating basis, and also serve as case consultants to other members. Group process will be used to illuminate the psychology of client, therapist, and their jointly created relationship, and also to clarify the therapeutic process itself. The group meets weekly on Tuesdays, 10:00–11:15 am in Friendship Heights. If interested, or have questions, please contact Barbara Wayne, (202) 363-0185, bhwayne@verizon.net or Cherian Verghese, (202) 296-2822, cverghese@mindspring.com. [Click here for the flyer.](#)
- Process Group for Therapists - This long-term experiential group promotes self-reflection and relational awareness needed for clinical insight and therapeutic expertise. Contact Trish Cleary for more information, trishcleary@comcast.net or [Read more...](#)
- 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/>.

Newsletter coordinated by Jen Sermoneta, PsyD
jen.sermoneta@gmail.com

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

ICP+P appreciates your donations -- [Please contribute here!](#)

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