

**November 2019**[Read Text Version](#)

## Diversity in our Practice and our Lives

by Dawn Taylor, Associate Director of Conferences



*“Radical openness involves a disciplined psychoanalytic stance of attempting to notice, question and relinquish presumptions about oneself and the other.” Anton Hart (1)*

On December 7th, Dr. Anton Hart will present his ideas on Radical Openness and help us explore the times when patients see us differently from how we see ourselves. He posits that their perceptions are not simply transference, but are complex reactions to us as therapists and people, and to our ways of relating. He suggests that we ask ourselves whether there might be some truth to what the patient said.

Personally, I am working on my own development of cultural sensitivity, including greater consideration of my patients' demographics, the messages my website and self presentation send, and how I can be more aware of my own implicit biases. I've realized how much more I can learn about my privilege, how others experience me, and my goals for development.

As part of a process of increasing my awareness, I'm looking forward to this conference. Not only will I learn by listening to Dr. Hart's talk, but I look forward to learning to be different through the experiential elements such as a role play and group discussions.

In one of the papers Dr. Hart shared with attendees, he writes,

Too many of us remain ensconced in insular social worlds characterized by a lack of diversity with respect not to just race and ethnicity but to class, education status, religion, political orientation, sexual orientation, gender identity and others. If we are living under conditions of white supremacy, patriarchy and heterocentrism and fail to question our roles in perpetuating these systems, we are demonstrating a failure of our own capacities for curiosity about that which is other than the known and familiar." (page 16)(2)

This broad definition reinforces the vital importance of understanding my own position and stance in the world relative to other people – the importance of the desire to understand and be curious.

[Join us on December 7th to learn more from our morning with Anton Hart!](#)

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(1) Hart, A. From Multicultural Competence to Radical Openness: A Psychoanalytic Engagement of Otherness. Downloaded 10/29/19 from [https://apsa.org/apsaa-publications/vol51no1-TOC/html/vol51no1\\_09.xhtml](https://apsa.org/apsaa-publications/vol51no1-TOC/html/vol51no1_09.xhtml)

## ICP+P's New ListServ for Members

ICP+P is in the process of changing our member listserv service from Yahoo to Groups.io. All members will be seeing emails with instructions on how to use the new service once the transition begins next week. The new listserv will be easy to use, does not require any new or special email changes and can be used as soon as you receive the "Welcome" email.

If you have any questions or need more information, contact Nancy Der at [administrator@icpeast.org](mailto:administrator@icpeast.org).

## Upcoming Training + Education

### Short Course

#### ***Keeping the Body in Mind: Affect Regulation for Trauma Survivors***

Friday, November 15, 2019, 12:00 – 3:15 pm (3 CEs)

ICP+P Office, 4601 Connecticut Ave., NW, Washington, DC 20008

[More  
Information](#)

[Register  
Here](#)

Traumatic stress can evoke emotional extremes in survivors who are often described as feeling “too much” (flooding) or feeling “too little” (shut down). This workshop introduces participants to a range of neurobiologically-informed therapeutic tools and techniques that can be utilized in clinical practice with dysregulated clients. Keeping the body in mind, we will experiment with a range of body-based, “bottom up” interventions designed to promote grounding and attunement and facilitate self-awareness and affect regulation for trauma survivors.



Tally Tripp  
LCSW, ATR-BC, CTT

At the conclusion of the short course, attendees will be able to:

1. Describe the basic (mind-body) neurobiology of trauma.
2. Identify and assess affect dysregulation in clients and self.
3. Practice a range of somatic interventions focused on grounding, attunement and affect regulation.
4. Apply neurobiologically-informed (brain wise) approaches in clinical practice.

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

### Conference

#### **Engaging Diversity through the Therapist's Being Moved: Radical Openness and the Patient Who is 'Other'**

[More  
Information](#)



## Featuring Anton H. Hart, PhD, FABP

*and Fulfills Diversity Credit Requirement*

**Patient:** “I think you might have prejudice against people like me, and you don’t understand and don’t really care about people like me as much as you do understand and care about your other patients who are more like you.”

**Therapist:** “I *do* care about you and, even though we are different from each other in some respects, I believe I have understood a lot. Could it be that you might be *experiencing* me this way because of all you have been through?”

In this clinical exchange, the therapist is openly disclosing aspects of her feelings and intentions in a manner that many psychotherapists might, but she is failing to be open—radically open—to the possible truths contained in what her patient is conveying to her.

Every psychotherapist has had the experience of being seen, by the people whom we are trying to help, in ways that are different from how we see ourselves. Therapeutic dialogues across the borders of diversity can intensify this dynamic. It can be extremely difficult, for example, to have the subjective experience of feeling dedicated and engaged but, in contrast, be experienced by the person we are working with as detached. Or, similarly, we may have the challenging experience of having predominantly benevolent feelings as we strive to be of help, but being experienced, nevertheless, as dangerous or malevolent. Often, as psychoanalytically oriented psychotherapists, we rely on the concepts of projection and transference to emotionally protect ourselves and sustain us, as we attempt to survive and make therapeutic use of the experience of feeling misrecognized.

This workshop offers an introduction to the presenter’s concept of “radical openness” as an alternative to a stance of emphasizing transference conceptualization and interpretation. Fleshing out the concept, we will engage in case-based exercises designed to enhance our abilities to listen openly and receptively to communications that we might otherwise be inclined to experience, both intellectually and emotionally, as misplaced or foreign. In short, a stance of radical openness will be shown to seek to receive our patients’ strange experiences of us as if they are bound to contain personal truths and insights, for both them and us alike.

At the conclusion of this conference, participants will be able to:

1. Discuss the anxieties associated with engaging issues of diversity, difference and otherness.
2. Recognize and discuss the central roles of curiosity and radical openness as antidotes to cultural ignorance and insensitivity, and be able to cultivate such qualities in themselves and in their patients.
3. Recognize and discuss pitfalls and breakdowns that can occur in diversity-related explorations and find ways to use these in the service of the restoration of open dialogue.
4. Enhance their capacity for receptive engagement in the psychotherapeutic process by implementing a stance of radical openness.

*This conference is appropriate for mental health professionals at all levels of experience and offers 3 Diversity CEs.*

# Save the Dates

## 2019-2020 ICP+P Training + Education

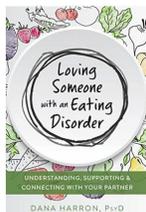
- **November 15, 2019, Short Course:** "Keeping the Body in Mind: Affect Regulation for Trauma Survivors" with Tally Tripp, LCSW, ATR-BC, CTT. ICP+P Office, 4601 Connecticut Ave., NW, Washington, DC 20008, 12:00-3:15 pm (3 CEs). [Register Here](#)
- **December 7, 2019, Conference:** "Engaging Diversity through the Therapist's Being Moved: Radical Openness and the Patient Who is 'Other'" with Anton H. Hart, PhD, Silver Spring Civic Building, 9:00am-12:30pm, 3 CEs. Fulfills Diversity credit requirement. [Register Here](#)
- **February 22, 2020, Conference:** Clinical Reflections (previously Scientific Day), Silver Spring Civic Building, 9:00am-12:30pm, 3 CEs.
- **May 1, 2020, Pre-Conference:** "Misogyny, Hatred and Envy" with Adrienne Harris, PhD
- **May 2, 2020, Conference:** "Gender Fluidity and Gender Fixed: Contemporary Intersectional and Psychoanalytic Models of Gender and Gender Development" with Adrienne Harris, PhD. Georgetown University Conference Center, 9:00 am-5:00 pm.

## News + Notes

Mauricio Cortina gave presentations in Mexico City, Mexico and Sevilla, Spain in October based on his paper "Evolutionary and Developmental foundations of Relational Psychoanalysis."



For any of you who are interested in contemporary art, Sheila Cahill will be displaying her art at Art Basel Miami in the Red Dot Miami show December 4 to 8. The gallery hosting her paintings is Contemporary Art Projects, USA. This gallery, located in Miami, devotes its efforts to bringing unknown artists (like Sheila) into the wider art world. Wish her luck!



Dana Harron is proud to announce that her book, *Loving Someone with an Eating Disorder: Supporting, Nurturing and Connecting with Your Partner*, has been published with New Harbinger. It is available through Amazon and Barnes & Noble.

## Bulletin Board

Part time sublet in Woodley Park available. Lovely, large furnished office with windows. Includes an on site parking space. This two office therapy suite includes a kitchen, bathroom and waiting room to be shared with another therapist. Close to two metro stops with ample on-street parking for clients.

For more information please contact Peggy Miller at 202-265-5071 or [pegmill21@msn.com](mailto:pegmill21@msn.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, PhD by email, [pillsburysarah@gmail.com](mailto:pillsburysarah@gmail.com) or by telephone at (202) 904-7510. Photos are available. Thank you.



Full-time office space available in downtown Silver Spring. Lovely, sunny office, in a suite with two friendly, established psychotherapists. Large waiting room, kitchen and bathroom in suite. Please contact Leslie Kent at (301)589-8696 or [Imariakent@hotmail.com](mailto:Imariakent@hotmail.com).



Bethesda Office Space. Interior, furnished office (10' x 9') in attractive suite on the 11th floor of downtown Bethesda office building. Perfect for part-time or beginning practice. Ten minute walk from Red Line. On street & county parking. Complimentary coffee and tea for patients. Private, insuite restroom for therapists. Wifi and fax/copier, office cleaning included. Available immediately. Contact Jacob Melamed at 301-656-5360 or email [jmelamed@jacobimelamedphd.com](mailto:jmelamed@jacobimelamedphd.com).



Full-Time Office in Bethesda available December 1. Large office sublet with window overlooking trees. Share suite with two other collegial therapists and with waiting room, kitchenette and bathroom. Limited on-site parking; (2) blocks from Metro and county garage. Reasonable rent. For more information, contact Jonathan Lebolt at [Therapy@Doctor-Jon.com](mailto:Therapy@Doctor-Jon.com) or (240) 507-7696.



Looking to rent an office part-time in Bethesda, Chevy Chase, Connecticut ave. (north of Nebraska Rd) or Friendship Heights. Please contact Brigitte Ladisch. PhD at 301- 651 7592 or [brigidladisch@aol.com](mailto:brigidladisch@aol.com).



Sunny Office in Falls Church available full-time. Bright, sunny office in Falls Church, available immediately. Spacious office (156 square feet + bay window) in suite with 4 other mental health professionals; shared waiting room, kitchen, and bathroom. Three-story building with plenty of parking. Near East Falls Church metro and intersection of Broad Street and Route 29. Extremely responsive landlords dedicated to excellent upkeep. Reasonable rate of \$810/month. Furniture available for purchase. Please contact Alisa Schreier at [alisa.schreier@gmail.com](mailto:alisa.schreier@gmail.com) or call (202)215-9202.



Audrey Thayer Walker is sharing that The Greater Washington Society for Clinical Social Work announces the *Eighth Annual Alice Kassabian Memorial Conference: On Being a White Therapist: Countertransference, Color and Culture in a Diverse Psychodynamic Practice*. Barbara Berger, PhD will present. Saturday, November 9, 2019 from 9:00 am-12:30 pm at the Cosmos Club, 2121 Massachusetts Avenue, NW, Washington, DC. [More Information is here.](#)



### Openings in Group for Men Who Survived Sexual Trauma

Joanne Zucchetto and Cornelia Tietke have openings in their group for men who survived sexual trauma. It is an open-ended, psychodynamic process group that meets Tuesdays from 5:00 to 6:30 PM in Friendship Heights, DC. The fee is \$100/session.

Previous members have commented that this group is one of the only places they can be honest and real about their abuse. The group creates space that allows members to become curious about their experiences, let go of shame, and embrace self-understanding and compassion.

If you would like to learn more about the group, please call Cornelia at 202-271-5673 or call Joanne at 410-507-2569.



### Remove Barriers to Love ~ A 12 week experiential group, and a 2-hour workshop.

Angie Snyder, PsyD is accepting members for a group targeted to single women who are seeking to deepen their potential for happy, healthy love. The group will meet on Tuesday Evenings, 6:30 - 7:45 pm, beginning October 2019 in Dupont Circle. The cost is \$150/session. The Group Membership Requirements are an ability to be self-reflective; willingness to embrace radical self-responsibility in an empowered manner; openness to spirituality; a commitment to move into a place of possibility rather than staying in victimization; desire and capacity to support others in their vision and intention for love; and commitment to spend 30-60 minutes/day engaging in reading and exercises. This group will integrate psychodynamic, spiritual, somatic, metaphysical and mindfulness principles to create a supportive, vibrant, and transformational experience.

In addition, there will be an optional 2-hour workshop on Thursday, September 19 from 6:30 – 8:30 pm that will introduce concepts offered in this group. For more information about the workshop, please go to <https://www.drangelasnyder.com/events>.

Angie is excited to offer this group and workshop, and looks forward to collaborating with you about any patient you believe to be a good fit. Contact Angie Snyder at (202) 549-7310, [Drangelamsnyder@gmail.com](mailto:Drangelamsnyder@gmail.com) or [www.drangelasnyder.com](http://www.drangelasnyder.com).



Space available in an interpersonal process group of high functioning, creative professionals. The age range is from 30 - 57 at present. This group meets on Tuesday evenings from 7 - 8:20 pm. Most clients are in concurrent, individual psychotherapy with me or a referring therapist. Several therapists have self-referred themselves to the group at various times. Group members are motivated to increase their relational capacity within and outside the group with significant others. In the safety of the group, members learn to present their feelings in more vulnerable and authentic ways which help them learn what brings others closer to them and what pushes others away. Such expression leads to healing and personal growth. I'd be happy to talk with you in more detail if you have questions about whether this group might fit your or your client's needs. ~ Tybe Diamond, MSW, BCD | O: 202.966.1381 | M:202. 213. 9871 | <http://www.tybediamond.com> | 4707 Connecticut Ave., NW, Ste.205, Washington, DC 20008.



## Case Consultation Group Openings

Openings are available in the psychotherapy case consultation group run by Cherian Verghese and Barbara Wayne. The group has been ongoing for several years and has developed a style of working that is warm, collegial, curious, and thoughtful. They are eager to incorporate new members.

The group works from a broadly psychodynamic standpoint. Cherian Verghese has particular expertise in self psychology and relational theory and practice, as well as contemporary racial and cultural issues. Barbara Wayne has taught British object relations theories, especially Fairbairn, Winnicott, and Klein, as applied to both individual and couple psychotherapy. The members share expertise in numerous areas, including Jungian, cognitive behavioral, and other types of psychotherapy. Members present cases on a rotating basis.

The group meets weekly on Tuesdays, 10:00 a.m. – 11:15 a.m. at 5225 Wisconsin Ave., Suite 310, in Friendship Heights (across from the Jenifer St. entrance to the Friendship Heights Metro Station), Washington, DC 20015. Contact Cherian, [cverghese@mindspring.com](mailto:cverghese@mindspring.com), or Barbara, [bhwayne@verizon.net](mailto:bhwayne@verizon.net), for more information or [click here](#).



Mixed and Men's Groups forming for adults of all ages to start in January. Relational approach; leader is Certified Group Psychotherapist with many years of experience collaborating with individual therapists. Both groups will meet weekly and focus on improving relationships with self and others (partners, family, friends, colleagues) and issues in members' lives. Men's Group (which includes a focus on recovery from childhood trauma) scheduled for Tuesdays at 12 pm, Mixed Group (welcome to women, men and gender nonconforming persons) for Thursdays at 5 pm. Bethesda office near Metro and county garage. Sliding fee scale. For more information, contact (or have client contact) Jonathan Lebolt at [Therapy@Doctor-Jon.com](mailto:Therapy@Doctor-Jon.com) or (240) 507-7696. KEEP

**Newsletter coordinated by Jen Sermoneta, PsyD**  
[jen.sermoneta@gmail.com](mailto: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](mailto:administrator@icpeast.org)

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