

January 2020

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Happy New Year from ICP+P

by Lauren Brandt

Dear ICP+P Community,

Happy New Year! 2019 was an important year for ICP+P. As we prepare to celebrate our 25th anniversary we have much to feel grateful for. Our committed Board Members and Training Faculty have imagined and organized memorable conferences and educational opportunities featuring contemporary thinking in diversity, gender and sexuality. Members have stepped up to offer short courses on starting groups, somatic/art therapy, and the female body in art and psychoanalysis. Our membership is growing and our training programs are thriving.

2020 plans include, among many other initiatives, a conference featuring our own members' clinical work in February (see more below) as well as Adrienne Harris on contemporary models of gender in May. Amy Gladstone will be here in September to discuss the use of somatic approaches to augment and deepen psychodynamic psychotherapy. Then Red Well Theater Group will be presenting an ethics conference in December.

Most important to our organization's future is the resolution of a succession process for the Director role in 2020. Eleanor Howe will continue on the Board for a term as Director Emeritus. A triumvirate of John Gershefski, Ruth Migler, and Adrienne Simenhoff have agreed to work as a team in the Director role. All have history with different aspects of ICP+P programs and bring enriching perspectives to lead us forward in a new decade in the spirit of continuity and change.

Members, please join us January 26th at Maggiano's in Chevy Chase to celebrate our organization over brunch together. In deeply unsettling times, it's good to have community. RSVP by clicking [Community Celebration: Past, Present and Future](#).

Thank you to all for making ICP+P a vibrant organization!

Upcoming Training + Education

Conference

Clinical Reflections

More
Information

Saturday, February 22, 2020, 9:00 am – 12:30 pm (3 CEs)

Silver Spring Civic Building at Veterans Plaza, Silver Spring, MD

Register
Here

Please join your friends and fellow ICP+P members to hear them share their scholarly, creative and clinical work with the community. This year we're proud to present speakers with cutting edge work. Shoshana Ringel will share her work with a patient suffering with relational trauma using telehealth as the main modality. Dana Harron will share her experience of writing and publishing a book about eating disorders. Martha Gibbons will present a moving portrayal of her internal process in the face of a loved one's journey into end of life. Each session will have a Q & A period allowing for a collaborative process and community engagement.



Video Communication and Transgenerational Shame in the Mother/Daughter Bond

Featuring Shoshana Ringel, PhD

Shoshana Ringel will describe a video assisted treatment with a patient who presents with a history of childhood trauma, shame, and dissociation. She will explore with participants the ways in which the absence of embodied intersubjective experiences between patient and therapist variously hinder and facilitate a deeper therapeutic process.



You Oughta Write a Book! Bringing Your Message to a Wider Community

Featuring Dana Harron, PsyD

Dana Harron will discuss the book publication process as she experienced it and will outline the steps involved in using this method to bring your message to the larger community.



The Visitor: The Challenge to Live While Dying

Featuring Martha Blechar Gibbons, PhD, APRN, BC

Terminal illness provokes not only the individual who is dying, but challenges those most affected by the impending loss as well. The hallmarks of maturation and development over the course of life - empathy, humor, transience and wisdom-are studied within the framework of a relationship that has endured forty years and is threatened by imminent expiry. The exploration examines the impact of these concepts on both the individual who will die and the one who will be left behind. Celebrating the power and possibility of life, the journey leads to a discovery of the ways in which dying is a gift to both members of the relationship. The presentation concludes with an experiential exercise designed to deepen the understanding of the limitations imposed on an individual coping with terminal illness.

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

1. Discuss the pros and cons of video assisted treatment with survivors of childhood trauma.
2. Explain the purpose, nature and components of a book proposal and the steps involved in the book publication process. Also explain how to communicate your message most effectively to the public in the book format.
3. Describe four of the traits that Lachman identifies as the hallmarks of successful

- maturation and development over the course of life.
4. Embody and identify particular limitations imposed by a terminal illness (ALS) through an experiential exercise.

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

[Visit our website for more information and to register...](#)

[Click here for a copy of the flyer for this conference...](#)

Save the Dates 2020 ICP+P Training + Education

- **February 14, 2020, Short Course:** "Understanding the Paradox of Surviving Childhood Trauma: Techniques and Tools for Working with Suicidality and Dissociation" with Simone Jacobs, LCSW-C and Joanne Zucchetto, LICSW, ICP+P Office. [Coming Soon](#)
- **February 22, 2020, Conference:** "Clinical Reflections" with Shoshana Ringel, PhD, Dana Harron, PsyD, and Martha Blechar Gibbons, PhD, APRN, BC, Silver Spring Civic Building, 9:00am-12:30pm, 3 CEs. [Register Here](#)
- **March 2020, Short Course:** "Integrative Psychotherapy with Autistic Children and their Families using Neurodiversity Principles" with Tom Holman, PhD, ICP+P Office. [Coming Soon](#)
- **March 2020, Short Course:** "Deepening Engagement in Psychodynamic Therapy: Reflections on Contemporary Models of Transference & Countertransference" with Elizabeth Carr, APRN, MSN, BC and Ruth Migler, LCSW-C, ICP+P Office. [Coming Soon](#)
- **April 2020, Short Course:** "Self Psychology & Aggression: Keeping Culture in Mind" with Marie Hellinger, LICSW and Elizabeth Carr, APRN, MSN, BC, ICP+P Office. [Coming Soon](#)
- **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.
- **September 26, 2020, Conference:** "The Use of Somatic Approaches to Augment and Deepen Psychodynamic Psychotherapy" with Amy Gladstone, LCSW, PhD, 9 am to 12:30 pm.
- **December 5, 2020, Conference:** Bruce Wine Conference on Ethics with the Red Well Theater Group, Silver Spring Civic Building, 9 am-12:30 pm.

News + Notes

Sandra G. Hershberg MD

I have had a longstanding interest in the struggles and strivings of women artists, as well as their work. During my psychoanalytic training over 20 years ago, I embarked on a project of interviewing women artists, interested in learning if and how their work had changed in structure or form during their pregnancies. At least a third had.



More recently I came to know the work of German expressionist artist Paula Modersohn-

Becker, the first female artist to paint her own nude pregnant body in 1906. My paper, *A Female Gaze in/on the Female Body in Art and Psychoanalysis: Paula Modersohn-Becker*, published in the first volume of 2020 in *Psychoanalysis, Self and Context* and available online (<https://doi.org/10.1080/24720038.2019.1688329>), is the result of my effort to understand how this extraordinary artist was able to address her creative vision, the oneness of the procreative and erotic female body, i.e., the maternal erotic, with the power of culture, society and gender against her. Although she was barely recognized in her lifetime, her remarkable accomplishment has since been more widely appreciated. Yet, I have found that as I have presented this paper at a number of venues, few know about her nor the plight and misogyny directed towards women artists, who up until the 1900s were inadequately trained, as they were not permitted to draw nude models, nor could they support themselves, thus rarely were they able to receive enough recognition to be part of important exhibitions and sell their work.

I would love to hear all of your comments and reactions to this paper. Please email me at hershbs@verizon.net.



Shoshana Ringel has been invited to present at the [Michigan Council for Psychoanalysis and Psychotherapy](#) on relational approaches in the treatment of trauma on January 19. Then in June, she will be presenting a paper at the IARPP conference in LA.

And, in between, she will be a presenter at ICP+P's [Clinical Reflections Conference](#) on February 22nd. This time much closer to home, in Silver Spring, MD.



Joanne Zucchetto, LICSW and Simone Jacobs, LCSW-C will be presenting a webinar with Smith College School of Social Work entitled: "Suicidality: Changing the Narrative" on January 29, 2020 from 12-1:30 pm.



Gillian Karp is starting her new solo practice in Bethesda and is an ICP+P Fellow this year. Before this solo practice, she was in a group practice and before that, an EAP with the Federal Government. She was posted in Europe for 3 years during her tenure at the EAP and was the sole psychologist for the region. In her new practice, she is accepting new clients and works with adolescents and adults. She enjoys working with young professionals and

college students especially around issues of anxiety and is in network with BCBS/CareFirst. Read more about Gillian in her [Psychology Today profile](#).

Bulletin Board

Offices

Seven-office suite, Foggy Bottom, Three Washington Circle, for sale. Five offices overlooking Washington Circle, two offices on inner courtyard), waiting room, two bathrooms, kitchenette, administrative space (or possible additional therapist) inner office, another inner office containing copier, fax, water cooler, etc, subsidized patient garage parking, two parking spaces also for sale. For more information please contact the Washington Psychiatric Group, Audrey Thayer Walker, 202-363-0276, audreythayerwalker@gmail.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.



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.



Full-Time Office Sublet in Bethesda available. Large office with temperature control and window overlooking trees. Share suite with two other collegial therapists. Waiting room with kitchenette and bathroom. Limited on-site parking/2 blocks from Metro and county garage. Reasonable rent. **Full-time only**. For more information, contact Jonathan Lebolt at Therapy@Doctor-Jon.com or (240) 507-7696.



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 or by telephone at (202) 904-7510. Photos are available. Thank you.



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 or call (202)215-9202.

Groups

Noontime Men's Group forming for men of all ages to start in late January. Relational approach; leader is Certified Group Psychotherapist with many years of experience collaborating with individual therapists. The group will meet weekly and focus on improving relationships with self and others (partners, family, friends, colleagues) and issues in members' lives, including recovery from childhood trauma for some members. The group will meet on Wednesdays at 12 pm beginning January 29. 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 or (240) 507-7696.



Case Consultation Group Openings

This group has been ongoing for several years, and has developed a style of working that is warm, collegial, curious, and thoughtful. Not only do members have the chance to learn from the group leaders, but it is expected that each member brings additional perspectives to the ongoing dialog and process of the group making it a meaningful relational and dynamic endeavor. At this point, the group is eager to incorporate new members.

The group works from a broadly psychodynamic standpoint. Cherian Verghese has 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.

Especially interested in developing the therapist's use of the self as an instrument of assessment and engagement. Accordingly, group members present cases on a rotating basis, and also serve as consultants to one another. The group process is 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 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. The fee is \$85 per session. If you or someone else you know may be interested, please contact - Barbara (202) 363-0185 or Cherian (202) 296-2822.



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.



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.



Remove Barriers to Love ~ A 12 week experiential group.

Angie Snyder, PsyD is accepting members for a group targeted to single women who are seeking to deepen their capacity for happy, healthy love. Beginning January 2020, the group will meet on Tuesday evenings in Dupont Circle from 6:30 - 7:45 pm. This group is designed to help people develop *insight* into unconscious barriers related to the impact of early attachments on adult relationships. Members are also encouraged to take responsibility for new behaviors that align with their goal of healthy love. In addition, there will be psychoeducation and processing for *working through* of the subsequent and inevitable grief that comes with such change. All of this will occur within the context of a group infused with possibility and connectedness.

Angie looks forward to collaborating with you about any patient you believe to be a good fit. You or a prospective group member may contact her at (202) 549-7310, Drangelamsnyder@gmail.com or www.drangelasnyder.com.

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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