

April 2020

Remaining Buoyant in a Time of Uncertainty: A Note from Eleanor Howe, Director

In his column in the Washington Post (March 23, 2020), Michael Gerson explored how mindfulness meditation has changed him, and he excerpted from this poem by Philip Booth. The poem captures exactly how I find strength in the face of uncertainty.

First Lesson

Lie back daughter, let your head
be tipped back in the cup of my hand.
Gently, and I will hold you. Spread
your arms wide, lie out on the stream
and look high at the gulls. A dead-
man's float is face down. You will dive
and swim soon enough where this tidewater
ebbs to the sea. Daughter, believe
me, when you tire on the long thrash
to your island, lie up, and survive.
As you float now, where I held you
and let go, remember when fear
cramps your heart what I told you:
lie gently and wide to the light-year
stars, lie back, and the sea will hold you.

In Booth, P. (1999). *Lifelines, Selected Poems 1950-1999*. NY: Viking Press.

The faith on which I draw, that the Universe will hold me, is rooted in my particular journey in life. The multiple challenges we now face in this time of pandemic lead us each to search for whatever metaphors, poems, images and selfobjects may sustain us now and in the near future. The far future is probably less on our horizon just now, but its shadowy presence is felt. The earth is suddenly fluid. To use a metaphor from Joe Lichtenberg, we are looking for the gyroscope that will let us chart our course.

We have each undertaken a very quick pivot and moved our practices to telehealth, absorbing information rapidly about which medium to employ, which videoconferencing platform, the multi-state laws (changing daily), ethical guidelines, malpractice insurance requirements and insurance reimbursement policies (changing daily). We have moved offices, sought quiet space at home for our practices, re-arranged furniture to light our faces, and are confronted with episodic technological glitches. We lost *the frame* overnight and we are working now to adjust. We are fortunate to be in a profession that allows us to maintain our work, while at the same time, many are questioning whether their income will be altered. And then there is the work itself: We are affected, our clients are affected, the work is affected, and multiple subjectivities are at play. No wonder we're tired at the end of each day!

What remains steadfast is that your professional home is here for you. ICP+P now has two zoom accounts available for our meetings. Our training programs and our study groups quickly shifted to meeting online.

On April 3 I moderated a virtual community meeting, one open to all ICP+P members. This is an open forum in which we can come together, find safety through our community and a feeling of equilibrium in the work. Participants reported that it felt especially comforting to be with one another. We'll host another open meeting April 10 and can continue as long as there is a felt wish. The leadership at ICP+P is listening. We are able to consider with you creating online discussion groups of specified topics, and also identifying topics for future workshops or short courses. Your ideas are welcome.

Study groups meeting online via zoom are a good place in which to process how what is happening in the world is affecting you, your clients, the intersubjective experience and what is being stirred by the new circumstances of everyone's lives. If you aren't in a study group and want to find or start one now, and if you want to start an ad hoc discussion group, simply let Nancy Der know (administrator@icpeast.org) and we will work with you. The ICP+P listserv is also here for you: I know I have felt soothed, held and understood by the sage offerings shared there.

We have re-envisioned the format and the program for Adrienne Harris' annual conference at ICP+P on Saturday, May 2. Social distancing necessitated the cancellation of many landmark events: IARPP's June meeting in LA and IAPSP's annual conference in DC this October. We know you still need Continuing Education and even more, we cherish the way we come together at our annual conference. Co-chairs Sandra Hershberg and Janna Sandmeyer, with the assistance of Associate Director of Conferences Dawn Taylor and Administrator Nancy Der, quickly restructured to a live online format. The May 2 program, "[Clinical Demands in the Presence of Pandemic and Teletherapy](#)," is designed to help participants in light of the worldwide pandemic. In this conference, Dr. Adrienne Harris will present an integration of thinking about our subjectivity, about our histories of trauma and early experience and about the clinical dilemmas and strengths of our current practices. The online format opens registration of ICP+P's annual conference to an international audience for the first time, and this is an exciting opportunity. I look forward to *seeing you* there!

An Introduction to Adrienne Harris

Dear ICP+P Community,

I hope you will join us for an important and timely presentation by Adrienne Harris, a leader in contemporary psychoanalysis. We originally planned to have Dr. Harris present on Misogyny and Envy in a preconference, and Gender Fluidity for our annual full day conference. However, given the upending of our world due to coronavirus, we felt it important to address the life-altering presence of this pandemic, and the current demands and tasks of clinical practice. We are incredibly lucky to have Dr. Harris, with her fertile and curious mind, her expansive theoretical presence and deep understanding of trauma, offer us her perspective on this complex clinical challenge. In this online conference, Dr. Harris will incorporate thinking about our subjectivity, about our histories of trauma and early experience, and about the clinical dilemmas and strengths of our current practices. She will help us work through this time when disorientation, helplessness, and vulnerability are accompanied by new ways of connecting, finding, and touching each other.



Dr. Harris is a psychoanalyst, clinician, teacher, scholar and theorist not easily contained within words, within frames or within theories. She dwells in the but/and of most interstices and incorporates a range of psychoanalytic theories in her work including non-linear dynamic systems theory, and the work of Ferenczi, Bion, Laplanche, Spielrein, Butler, Levinas, and contemporary gender and race studies. Dr. Harris is a pluralist and moves through theories as needed. She makes theory accessible in order to allow a better understanding of a particular clinical matter at hand, within a sociocultural context. As a seasoned clinician, teacher and supervisor, her style is imbued with compassion, wisdom, empathy and complexity. I look forward to her helping us think together about our clinical work in the midst of the current pandemic.

Dr. Harris began her career as a developmental psychologist, and went on to become a

psychoanalyst. She is a Founding Member and on the Advisory Board of IARPP. Along with Lewis Aron and Jeremy Safran she co-founded the Ferenczi Center at the New School and serves as Supervisor and Faculty member at the NYU Postdoctoral Program, MIP and PINC in San Francisco. She is on the Editorial Boards of many journals including *Psychoanalytic Dialogues* and *Studies in Gender and Sexuality*. Dr. Harris has the distinction of being the 2018 Helen Meyers Scholar, an award honoring her for her work on gender studies, and has given plenary addresses at the IPA and other.

Dr. Harris' 2005 important book, *Gender as Soft Assembly* has become foundational in the literature of gender studies, and a term that has become part of the lexicon. She has collaborated on many projects with Lew Aron including the series on the *The Relational Tradition*; with Steve Kuchuck co-editing *The Legacy of Sandor Ferenczi: Ghost into ancestor*, a Gradiva award winning book; with Virginia Demos co-editing *The Papers of Emmanuel Ghent*; with co-editing Muriel Dimen on *Storms in her Head*; and with Steve Botticelli co-editing *First do no Harm: Psychoanalysis, Warmaking and Resistance*.

Surveying the range of Dr. Harris' writings, topics include: the analyst's vulnerability, racism, gender, envy, misogyny, sexuality, film theory, and one whose title I particularly liked-*Mothers, monsters and mentors*.

I look forward to 'seeing' you all [online on May 2](#).

Sandra Hershberg, MD
Chair, Psychoanalytic Training Program

CAPP Online Open House

[ICP+P's CAPP Program](#) is pleased to announce an Open House via Zoom, offered free of charge, as an introduction to topics and clinical applications included in the training experience. Join us to explore how you can deepen your practice, expand your theoretical understanding, and learn more about the only psychotherapy program in the DC area that is dedicated to Self and Relational perspectives.

Saturday, April 18th from 10:00 – 11:30 am

Janna Sandmeyer, Ph.D., Chair of the CAPP program, will present "A Case Illustration of Core Concepts in Self Psychology." Using this detailed case example, Sandmeyer will explore Kohut's seminal contributions in empathy, selfobject transferences, and disruption and repair as they manifest in the therapeutic relationship. We will consider how Self and Relational theories work together to inform a meaningful therapeutic experience for patient and therapist.

The program will be live streamed, so you can attend from wherever you are.

For further information about applying to the [CAPP Program](#), and to RSVP for the Open House, please contact Janna Sandmeyer, PhD, Program Chair, at JannaSandmeyer@me.com or (202) 306-6500.

Couples Training Program Starting a New Class September 2020

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 deskillling the most seasoned therapist.

ICP+P's Couples Therapy Training Program focuses on integrating 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 three-hour meetings, divided between didactic learning and group supervision on active couples cases.

The program focuses on:

1. Contemporary Psychodynamic Theories as they apply to Couples Therapy
2. Addressing specific challenges for couples, including sexual impasses, high conflict, distant and cut-off forms of relating
3. The challenges inherent in collaborative work between couples and individual therapists
4. The exploration of countertransference reactions as a tool to effective intervention
5. Incorporating the contributions of neuroscience and control-mastery to a psychodynamically oriented approach
6. Specific interventional techniques that facilitate growth and effective couples treatment

Many graduates of the program continue to collaborate and work together on clinical cases long after the program is completed. The program also offers graduates many ongoing professional and social events, and the opportunity to belong to a warm professional community.

The program is for licensed therapists from all disciplines, and runs from September-May. Classes are held each Wednesday from 11:30 am-2:30 pm. To request more information or set up an informational meeting, please contact Dr. Michael Wannon at 301-951-9488.

[Click here to learn more about the program...](#)

Fellowship Program is Taking Applications

2020-2021 Fellowship Program: Contemporary Forms of Psychoanalysis

ICP+P's Fellowship Program introduces participants to the ways psychoanalysis has evolved as a relevant clinical practice for the 21st century.

Who should apply?

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.

What do Fellows do?

Fellows participate in monthly Saturday afternoon seminars throughout the academic year, featuring presentations on selected psychoanalytic topics by faculty and graduates of ICP+P's Psychoanalytic Training Program. Readings are provided in advance of the meetings. Seminars draw from a variety of contemporary psychoanalytic perspectives, including self psychology, relational theory, intersubjective systems theory, motivational systems theory, attachment theory, and findings from infant studies.

What topics will be covered? Presentations will include:

History and Evolution of Contemporary Psychoanalytic Theory, Early Attachment and Traumatic Loss, Empathic Immersion, Working with Dreams, Some Self Psychology Fundamentals, Intersubjective Systems Theory, Culture and Motivational Systems, and Relational Analytic Process.

What are the additional benefits?

- Fellows will have opportunities to attend conferences and programs addressing a wide variety of current topics in psychoanalytic thinking and clinical practice sponsored by the larger ICP+P organization. The two ICP+P conferences offered free to the membership will also be offered free of charge to Fellows. Other ICP+P conferences, seminars, and short courses will be available to Fellows at the student rate.
- Two Continuing Education Credits are available for each monthly seminar.

When and where are the meetings?

The Fellowship will begin September 12, 2020 and continue through May 2021 on the following dates: October 10, November 14, and December 12, January 16, February 13,

March 13, April 17 and May 15. Seminars will be held on Saturday afternoons from 2:00 to 4:00 PM at the ICP+P office, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008.

What is the cost?

The Fellowship Program is free of charge, other than the application fee.

What is the process to apply?

Applications will be accepted until July 15, followed by interviews scheduled with the Fellowship Co-Chairs. Admissions will occur on a rolling basis.

Click here to complete the online application form. There is an application fee of \$50 for professionals and \$30 for residents, interns, and graduate students. It can be paid online via credit card with the application. If paying by check, please send the application fee made out to ICP+P to Linda Kanefield, PhD, 5480 Wisconsin Ave., #227, Chevy Chase, MD 20815.

Need Additional Information?

For further information, contact the Co-Chairs of the Fellowship Program:

- Linda Kanefield, PhD, LKanefieldphd@gmail.com or 301-654-2645
- Kathy Beck, MSW, kbeckmsw@gmail.com or 202-462-0404

Click here for a copy of the Fellowship information in flyer form.

Click here for the class list and presenters for 2020-2021.

ICP+P Election News: It is Almost Time to Vote!

Nominations have come in, and it is time to cast your votes for the open positions on the ICP+P Board of Directors. Members will be receiving an electronic ballot on Wednesday, April 8th, and will have until Tuesday, April 21st to vote. Along with the ballot will be the statements written by each of the candidates describing themselves and their potential contributions to the Board.

There are a number of Board positions to be voted on this cycle. The open positions are for: Director; Associate Director of Membership; Coordinator of Study Groups; and Board Rep. Board members whose terms end in May and will be continuing their service into the next year also need your vote. They include: Associate Director of Outreach, Jen Sermoneta; Board Rep, Virginia Voigt; Associate Director of Conferences, Dawn Taylor; and Treasurer, Erin Genzler. All of the positions are unopposed.

Please vote for all of the positions on the ballot. We need more than 50% of all members to vote in an election of Board officers and representatives (Article Four of our By-Laws). Your vote is extremely important!

ICP+P Nominations and Elections Committee

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

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

Kathy Beck 202-462-0404, kbeckmsw@gmail.com

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

Terence Chang 202-350-3780, terencechang9@gmail.com

Upcoming Conference

**Adrienne Harris, PhD will present via Live Streaming on
Saturday, May 2nd!**

Clinical Demands in the Presence of Pandemic

and Teletherapy Conference

Saturday, May 2, 2020 ~ 9:00 am - 12:30 pm (3.0 CEs)

Live Streamed!

[CLICK HERE TO LEARN MORE + REGISTER](#)



The terrifying and life-altering presence of this pandemic changed plans both personal and professional. We work and live differently and now we must begin to think and speak together differently. This online conference replaces a talk intended as an exploration of gender, sexuality and subjectivity from a relational and socio-political perspective. In her work, Dr. Harris is particularly drawn to investigating these aspects of subjectivity as sites for misogyny, for envy and hatred.

The assault of COVID-19 on the world, however, requires that we instead turn our attention to the current demands and tasks of clinical practice in the context of the pandemic. In this conference, Dr. Harris will present an integration of thinking about our subjectivity, about our histories of trauma and early experience and about the clinical dilemmas and strengths of our current practices.

There are many cogent and useful analyses of how and why we are living through this historical moment. All are crucial and worth our attention. Thinking psychoanalytically, this moment presents as a terrifying instance of *après-coup*: An event that opens us to early traumatic registers — some well known, some new. It is striking to note the clinical specificity of each patient and of each of us in reaction to the pandemic. We are, all of us, plunged back to primary experiences of helplessness, to our earliest experiences of need and vulnerability. Particular developmental traumas — abandonment, violence, splits of many kinds — become part of the lens through which we experience this historical moment.

Dr. Harris will draw on theory and clinical experience to explore these matters.

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

1. Discuss the different models of trauma and recovery in the light of the pandemic.
2. Discuss the utility of psychodynamic models of subjectivity (gender, sexuality, class) in work with patients during this crisis.
3. Better utilize and fine tune different modes of psychoanalytic work (telehealth) in the context of trauma work in this period.

This conference is appropriate for mental health professionals at all levels of experience and offers 3.0 CEs.

Adrienne Harris, PhD is Faculty and Supervisor at New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. She is on the faculty and is a supervisor at the Psychoanalytic Institute of Northern California. She is an Editor at *Psychoanalytic Dialogues*, and *Studies In Gender and Sexuality*. In 2009, she, Lewis Aron, and Jeremy Safron established the Sandor Ferenczi Center at the New School University. She, Lew Aron, Eyal Rozmarin and Steven Kuchuck co-edit the Book Series *Relational Perspectives in Psychoanalysis*. She is an editor of the IPA ejournal, *Psychoanalysis.Today*.

[Register Here Now!](#)

Save the Dates
2020-2021 ICP+P Training + Education

- **Saturday, April 18, 2020, CAPP Online Open House:** “A Case Illustration of Core Concepts in Self Psychology” with Janna Sandmeyer, PhD, Live Streaming Event,

10:00-11:30 am. [Register](#) by contacting Janna Sandmeyer, at JannaSandmeyer@me.com or (202) 306-6500.

- **Saturday, May 2, 2020, Annual Conference:** "Clinical Demands in the Presence of Pandemic and Teletherapy" with Adrienne Harris, PhD. Live Streaming Event, 9:00 am-12:30 pm, 3 CEs. [Register Here Now](#)
- **Saturday, September 26, 2020, Conference:** "Somatic and Experiential Techniques in Psychodynamic Psychotherapy" with Amy Gladstone, LCSW, PhD, Takoma Park Auditorium, 9:00 am to 12:30 pm, 3 CEs. [Learn more here.](#)
- **Saturday, November 7, 2020, Short Course:** "It's OK to act it out: Exploring our counter-transference with psychodrama techniques" with Monica Meerbaum, PhD, ICP+P Office, 1:00-4:15 pm, 3 CEs.
- **Saturday, December 5, 2020, Conference:** Bruce Wine Conference on Ethics with the Red Well Theater Group, Silver Spring Civic Building, 9:00 am-12:30 pm, 3 CEs.
- **Saturday, February 6, 2021, Conference:** "Imagination, Mentalizing, and Metaphor" with Robert Benedetti, PhD and Team, Silver Spring Civic Building, 9:00 am-12:30 pm, 3 CEs.
- **Saturday, May 1, 2021, Annual Conference:** "Historical Trauma and Trans-Generational Transmission" with Jill Salberg, PhD, ABPP, Georgetown University Conference Center, 9:00 am-5:00 pm, 6 CEs.

News + Notes

Book Announcement: Deborah Fox is excited to share that she has written a chapter for [Integrative Sex And Couples Therapy](#), edited by Tammy Nelson! Her chapter is titled *The Mind-Body Connection: Sex, Couples and Somatic Therapy*. It's a great resource of all therapists who work with couples. It's available on Amazon.



Stephen Stein has been presented the Society for Military Psychology Presidential Citation for his leadership in the education of military and civilian providers treating service members and their families, and for his dissemination of knowledge about the professional diversity of military psychology. [Read more about this award and Stephen's accomplishments.](#)

Bulletin Board

Offices

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 brigladisich@aol.com.



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.

Groups

Both of these long-term groups meet on Tuesday evenings in upper NW. Members are creative professionals. Group members have a chance to find healing in a diverse, safe, insightful and supportive therapy environment. Group therapy can be a uniquely powerful vehicle for working through interpersonal issues, increasing your relational capacity, attunement and deepening your sense of connectedness. Groups function as a microcosm of the real world and offer an opportunity to try out authentic interaction with a wide range of people and receive valuable feedback in a supportive environment in real time. Hearing from others who have dealt with similar issues can help us understand our own predicaments; and having an opportunity to tell our own stories can empower us to find our voice. Groups can be a transformative addition to individual therapy or an effective stand-alone treatment. During a group therapy session, members work to express their thoughts and feelings as freely and honestly as possible. This allows members the chance to understand others at a deeper level as well as learn more about themselves by studying how they interact in the group; what pushes some members away and what brings some members closer. These groups are diverse, confidential, inclusive and affirming places for people of all genders, sexual orientations, races, cultures, faiths, sizes, and lifestyles. Group membership can be a generative addition to individual therapy and many members are in both. Self-referrals are accepted and several therapists have joined these groups over time. I regularly collaborate with referring therapists who see their clients in individual therapy and feel a group therapy experience will benefit their client regarding difficulties finding or sustaining relationships, perfectionism, self-criticism, shame, loneliness or isolation, sense of disconnection from one's inner emotional world, anxiety or depression and difficulty managing or expressing anger. I welcome your inquiries about the appropriateness of these therapy groups for your client. You can contact me, Tybe Diamond, at 202.966.1381 or at tybediamond@gmail.com.



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.

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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