

May 2020

On Privilege

By Eleanor Howe

This is my last column as Director, as I turn the reins over on May 18. While the COVID 19 Pandemic has put the kibosh on some farewell social plans, I leave the role primarily full of awareness of my privilege. First, it has been a privilege to serve ICP+P in the role of director. My friends know that in accepting this position, I turned away from a road that is now not taken. Yet I ended up enjoying the director role more than I'd anticipated and I'm glad to have made this choice. I wrote regularly for this column, thereby becoming known to a wider net than our membership and becoming known through my writing. ("Maybe I'll write more now.") It turns out the director does need to know pretty much everything about the organization and in my case, I even got to/had to/did learn a new skill, that of planning conferences that meet our high expectations.



I've had the privilege of benefitting from our organization's culture. I have never been alone when I felt too much weight on my shoulders. I've developed close partnerships with various members and leaders who modelled for me, time and again...and again, because I'm slow like that...how it can be safe and helpful to expose one's vulnerability. I am grateful for the repeated reminders of this vital life lesson.

This pandemic challenges me to think quickly and well. I now conduct psychotherapy via videoconferencing; I am able to be curious about what this new medium changes in the work. It also highlights other forms of privilege: I have income; I have assets; I have food and shelter and a calm and tender home. I do feel fear and great woe for those less fortunate, and I embrace that for me it is right to feel such things for those who are suffering and for the suffering yet to come. I wonder, will I expand my horizons, taking even more actions to fight the inequities that privilege some at the horrific expense of others? Is an additional nonprofit organization in my future?

I know I am privileged to be passing the baton to our incoming co-directors, Adrienne Simenhoff, John Gershefski and Ruth Migler. They have been preparing for the role: participating in board meetings; learning the business aspect of our organization; and identifying our growing edges. Adrienne, John and Ruth are variously rooted in ICP+P as long-term members, members who participated in the early years of vitality and developing our institute, graduates of the Couples Program and the Psychoanalytic Training Program, and faculty and administrators in CAPP and the Couples program. They are excited to be Co-Directors, and they bring to the position fresh energy, steadiness, knowledge and commitment. They will lead in a time of challenge and change; they will need the strengths of our community and I know from experience that these can be magnificent.

In Case You Missed the Conference *Clinical Demands in the Presence of Pandemic and Teletherapy* with Adrienne Harris, PhD on May 2, 2020

“What we grieve for is not the loss of a grand vision but rather the loss of common things, events and gestures. Ordinarity is the most precious thing we struggle for, what the Jews in the Warsaw Ghetto fought for. Not noble causes or abstract theories, but the right to go on living with a sense of purpose and a sense of self worth.”

From Polish Jewish Poet Irena Klepfisz as quoted by Conference Co-Chair Sandra Hershberg

Thank you to Adrienne Harris, Alison Howard, Co-Chairs Sandra Hershberg and Janna Sandmeyer and the ICP+P Team Dawn Taylor, Nancy Der and Eleanor Howe for our inaugural live streamed event. The conference, *Clinical Demands in the Presence of Pandemic and Teletherapy*, was a moving and memorable experience to hear the participants struggle with so much of what impacts us as clinicians and human beings in quarantine every day.

Adrienne Harris wove her thoughts around the themes of *apres coup*- the reactivation of prior trauma in the context of current threat; helpless and ego precocity- invoking omnipotence/self sufficiency as response to threat; changes in the frame- how we manage and deepen our work given changes to temporality and space; and lastly, therapist struggles with self care. She drew from Laplanche, Searles, Foucault, Lyons-Ruth, Schore and Crenshaw for their relevance in helping us think through intersectionality and intersubjectivity in this time of our collective medical and political vulnerability.

Alison's eloquent presentation of her personal experience with Covid-19 and the challenges of deepening her work with patients after sharing her diagnosis was a reminder that, as she said, we have no paradigm for intimacy/distance, and collision of subjectivities when we are living through threat together. I found it inspiring, comforting and validating. It felt very apt to our dilemma that I could feel such a part of the experience even as the technology felt limiting compared to live conference discussion.

Adrienne reminded us about the importance of learning from prior reigns of medical and political terror. She closed with an invitation to reimagine our condition rather than to focus on reopening/normalizing. I take her wishes and generosity to heart.

CAPP Program is Accepting Applications for Fall Class

The Contemporary Approaches to Psychodynamic Psychotherapy (CAPP) Program is now accepting applications for our class beginning in the fall!

- The CAPP program is the only 2 year psychotherapy training program in the DC area that emphasizes Contemporary Self and Relational Approaches to psychotherapy.
- It is an opportunity to participate in a collegial learning environment with excellent peer group and group process.
- We have stellar Faculty and Clinical Consultants.
- Enjoy participation and integration in the ICP+P Community.

[Click Here to Learn More about CAPP!](#)

[Applications are on the ICP+P website.](#)

For more information, please contact Janna Sandmeyer 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 deskilling 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.

Election Results for the Board of Directors for the 2020-2022 Term

We want to thank all of you in the ICP+P Community for voting in the election of members to the ICP+P Board of Directors. Membership participation is the life force of our organization.

Congratulations to the new and returning Board members, elected for the 2020-2022 term:

Director: shared by John Gershefski, Ruth Migler, and Adrienne Simenhoff

Associate Director of Conferences: Dawn Taylor

Associate Director of Member Relations: Terry Chang

Board Reps: Deborah Horan and Virginia Voigt

Treasurer: Erin Gelzer

Study Group Coordinator: Natalia Wannan

We especially want to thank our retiring Board members for their dedicated and inspired service:

Director: Eleanor Howe

Associate Director of Outreach and Publicity: Jen Sermoneta

Associate Director of Administration: Lauren Brandt

Associate Co-Directors of Member Relations: Alexandra Kaghan and Nancy Wachtenheim

Board Rep: Cornelia Tietke

Study Group Coordinator: Etta Sandler

Members Creativity

Essential Sunday by Bob Schulte



Founders Park on a 7th day.
Wallet. Phone. Mask. Alone.
No doggy. No coffee. No pay.

Feeling empty yet crowded with sins.
Down and out on a once-busy street.
My trek to Mischa's Coffee begins.

Stickers on floors. Baristas in masks.
Aqua paisley with smart purple gloves.
"Small latte. Like always. Love the look."

New taboos greet this tired old mule.
No eyeing or vying for 'ristas attention.
Six feet apart—or six under. I know. Cruel.

A biker shouts, "Where'd you get that coffee?"
"Mischa's. Up two blocks." "You're the best!"
Why do I feel like I just won the lottery?

Found the park. I sit. Breathe. I sip. Watch.
More than a few strolling very six feet apart.
Seurat should be sketching these tender hearts.

Two love birds cooing and wooing, up close.
What's social distance when souls seek a mate?
None of us dare protest. We'd all like a dose.

Young couple plays with two German Shepherds.
The he with four legs and the she, counting three.
Raising dogs as if children—uh, what am I missing?
A mommy and daddy with real little kids.
Essential ice creams all drippy with goo.
Sundaes before Monday to soften the skids.

Uber-calm mother. Brother and sister unfurled.
Hanging and laughing and chasing and racing.
I suspect twins, in their own carefree world.

Two seniors are benched and alert to intruders.

A purse clutched lightly. A grudge held tightly.
Too still to be noticed. Too still to be not.

The twins running wild, pass the couple ungently.
The grudger lets loose: "Get away! You could kill us!"
News Alert: Runaway Twins Threaten Geezer Intently!

Walking home, a young man with his dog are dead on.
My ease off the curb earns a nod and a "thank you".
Best friends forever? Oh, no, I get it. Then gone.

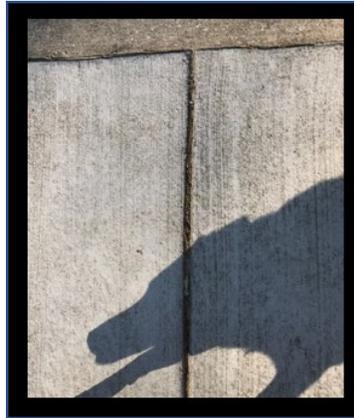
Calling my quarantined Katie. No answer. A question.
How's Ian? And Connor? And you and me, too?
Fingers crossed. Make a wish. Say a prayer. I do.

My lobby to penthouse to a steamy hot shower.
Crooning like Bangles to a *Manic Monday*:
"I wish it was Sunday / because that's my fun day"

Dreaming. Unmasked. Floating
like a cherry blossom in free fall,
a lovely plot of park below

Photographs of our Times

Fear, 2020 by Anonymous



An Earnest Apology, 2020 by Anonymous



We would like to share your art and expressions in whatever form that takes, especially during these times. Please consider submitting your work for the next newsletter!

Save the Dates

2020-2021 ICP+P Training + Education

- **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.
- **Friday, November 20, 2020, Short Course:** "Memoir Writing for Clinicians; Your Story and that of Your Client" with May Benatar, PhD, LCSW, ICP+P Office, 1:00-3:15 pm, 2 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.



Relational Study Group Starts 5/15 @ 2 pm via Zoom

Title – Relational Perspectives Study Group

Leader – Jonathan Lebolt, PhD, CGP, Therapy@Doctor-Jon.com, (240) 507-7696

Time – 4th Friday of each month from 2-3:15 pm

Permanent Location (Currently Meeting via Zoom) – 4401 East-West Highway, Suite 304, Bethesda, MD

Would you like to learn more about relational psychotherapy and psychoanalysis with individuals, couples and groups? We will be choosing books from Routledge's Relational Perspectives Book Series (<https://www.routledge.com/Relational-Perspectives-Book-Series/book-series/LEARPBS>) and discussing one chapter per month, relating concepts to our case material. We will start with one of the following books: *Toward a Social Psychoanalysis: Culture, Character, and Normative Unconscious Processes*, by Lynne Layton; *The Unobtrusive Relational Analyst: Explorations in Psychoanalytic Companionship*, by Robert Grossmark OR *Memories and Monsters: Psychology, Trauma, and Narrative*, edited by Eric Severson and David Goodman. The group leader is an analyst and group therapist; therapists and analysts of all experience levels and cultures are welcome. Feel free to contact the leader for more information; please schedule a meeting with the leader prior to joining.

Offices

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.



Share My New Bethesda Suite with me and Faith Weidler, LCSW-C. Full-time sublet of 10x14 office with window. Reasonable rent . Furnish office to your taste and share suite with two collegial therapists. Waiting room with kitchenette and bathroom. Some on-site parking/2 blocks from Metro and county garage. Wi-Fi available. We can provide you with photos/video during the pandemic. For more information, please contact Jonathan Lebolt, PhD at Therapy@Doctor-Jon.com or (240) 507-7696.



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.



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.

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.



Mixed & Men's Therapy Groups Meeting via Zoom during the pandemic

Openings for adults of all ages. Relational approach; leader is Certified Group Psychotherapist with 30 years' experience collaborating with individual therapists. Both groups meet weekly and focus on improving relationships with self and others (partners, family, friends, colleagues) and issues in members' lives. The foci of the men's group include emotional intimacy and recovery from childhood trauma; the mixed group is open to women, men and gender non-conforming persons and deals with a broad variety of life issues. All cultures welcome. Men's Group meets Wednesdays at 12 pm; Mixed Group, Thursdays at 5 pm. Downtown Bethesda office near Metro and county garage. Sliding fee scale. For more information, contact (or have client contact) Jonathan Lebolt, PhD, CGP 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.

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!](#)

Visit our website

