

June 2020 Newsletter

Directors' Column



Who could have imagined that when the three of us teamed up to run for the Directorship of ICP+P, we would begin our term under the most restrictive circumstances in over 100 years? ICP+P is not a stranger to adversity, as it was founded 25 years ago as an alternative to the prevalent rigid and traditional psychoanalytic institutions of the day. We met with Joe Lichtenberg and Rosemary Segalla and they shared how in 1994 they joined together to start a new psychoanalytic institute since the traditional ones were restricted from considering new theories and ways of thinking. Our founders wanted to create a professional home that was open to exploration and innovative ideas. They invited a group of 35 people who became founding members, each donating \$1000, to create an organization that fostered an open and nonhierarchical environment. For some of the founding members who were affiliated with traditional analytic institutes, there was a risk of being ostracized, or that their reputations could be harmed. Thus the name, Institute of Contemporary Psychotherapy, was created without “Psychoanalysis” in the title, allowing psychoanalysts to join without fear of recrimination. In 1998, a training program in psychoanalysis was formed and the name was then changed to Institute of Contemporary Psychotherapy + Psychoanalysis (ICP+P). Over time, ICP+P has become known for offering cutting edge training and educational programs related to developments in self psychological and relational psychoanalytic thinking.

Over the years, our community’s openness and flexibility has helped us to thrive, and will continue to do so as we evolve into a more diverse, contemporary and fluid organization. Now that we must survive under these unprecedented circumstances, we can rest assured that we have the tradition of innovation that will help us rise to the challenge.

Before Covid-19 landed so heavily upon us, our vision was to focus on members and their interests, getting to know one another better, learning from one another and sharing knowledge through conferences and informal gatherings. Many of the ideas we had for enhancing the organization are still applicable, albeit with significant variation in the execution. Fostering professional and personal relationships within ICP+P is perhaps more important now than ever to make it through this adaptively, and reduce the isolation so many of us are experiencing. We will need to find ways for informal gatherings, both from a distance and in person as conditions safely allow. We need to be fluid, flexible, and mindful. We are thinking creatively as we contemplate online conferences, support groups, study/clinical groups, and other possibilities, until we can safely see each other in person. Perhaps as things progress from a health standpoint, the possibility of small walking or sitting groups outside may be viable.

These times highlight new layers of diversity and we wish to more fully incorporate issues of race, culture, gender, religion, sexuality, disability, and socioeconomic states, among

others. We are especially seeing now how Covid-19 is disproportionately affecting certain groups of people, and as our recent conference speaker, Adrienne Harris stated in our online forum “there is a universality to our feeling vulnerable, yet we are unequally vulnerable.” We hope to become more aware and thoughtful about our diversity - and find ways we can participate in process and healing. Using a team approach to continually replenish ICP+P with energy and ideas is also a goal. As a 3-person directorship, we will very much be functioning as a team, and we will invite teams of others to work together on various interests. Teams foster a sense of inclusiveness, togetherness, and positive spirit.

On a lighter note, these are potentially vibrant and exciting times. Times like this encourage us to reflect on what is most important to us, to protect what we hold dear, to evolve into the future, and to expand into new ways of being. Just last month we put on an online conference that was attended by 240 people! It was an amazing feat of accomplishment by presenters, the conference committee and our visionary director emeritus Eleanor Howe. As some doors are closed, hopefully new ones will open!

We hope that during this time, you will walk with us into the new landscape. We ask that you join us in keeping ICP+P strong, by staying active as members, or joining us if you are new to our organization. We welcome your feedback and ideas as to how we can endure, and continue to thrive, through these unprecedented times. To this end, we will be using surveys and email to facilitate communication.

While isolation can lead to struggle, together we are strong and vibrant. We thank you for giving us the opportunity to lead ICP+P and look forward to getting to know each and every one of you.

John Gershefski, jgershefsk@aol.com
Ruth Migler, ruth.migler@gmail.com
Adrienne Simenhoff, asimen@rcn.com

Couples Training Program Taking Applications For 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 via Zoom or at the ICP+P office in Northwest DC once it is safe to gather.

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.](#)

News + Notes



Larry Ballon, MD is featured on the podcast THE SECOND HALF, episode 18, *Psychiatry & Psychology Treatments for Anxiety & Depression*. In it he discussed pharmacotherapy and psychotherapy for anxiety and depression. The podcast aired on April 21st and you can listen to it by [clicking here](#).



For those art lovers in our group, you may be interested in my book review on the sculptor Louise Nevelson, a true original. It is published in the most recent issue of *The Journal of the American Psychoanalytic Association* under the title *Louise Nevelson: Light and Shadow*, the title of the biography by Laurie Wilson, a wonderful read. And FYI: there is a Nevelson sculpture on the campus of the NIH.



The permanent link for the article is: <https://doi.org/10.1177/0003065120917224>.



Please join me in congratulating Ted Billings upon his graduation from the ICP+P Psychoanalytic Training Program this year. This is an important accomplishment that we wish our entire ICP+P Community to recognize and celebrate.

Sandy Hershberg
Director, ICP+P Psychoanalytic Training Program



Members,

A new study group is forming, *Racism in the Field of Psychotherapy: Deconstructing Privilege, Power and Projection in the White Therapeutic Community*. See the description below:

ABOUT THE GROUP:

Assigned readings will be a jumping off point to examine racism in our lives, work and relationships. There will be an emphasis on understanding unconscious ways racism manifests in our field, which we feel has been behind in the effort to address racism in the mental health community as well as in our country. Using the group process, we hope to own and acknowledge the racism within ourselves. As Robin DiAngelo says in her book, "White Fragility," "It is not IF we are racist, but HOW we are racist." A goal of the work is to understand how to move forward in our anti-racism efforts, with these racist parts of ourselves, and to create professional communities that feel safer and more welcoming to people of color.

IS THIS GROUP RIGHT FOR YOU?

This group is intended to actively engage in anti-racism work. As such, we have been intentional in not using the terms "diversity" and "inclusion," not because those are not excellent and needed efforts, but because sometimes black people, who suffer the most deadly and egregious forms of oppression, often get pushed to the side when talking about all oppressions. We seek to understand, for example, the unconscious power

dynamics of Amy Cooper's aggression toward a black man who asked her to follow the rules and put her dog on a leash, and in so doing did not "know his place." But beyond understanding these dynamics, we seek to not scapegoat Amy Cooper but rather to look for the Amy Cooper inside of us. For this reason, our nascent group is for white people to do work with each other before we try to do that work with people of color. Furthermore, because the work is sensitive and difficult, we ask that everyone commit to a confidentiality agreement of the kind reserved for therapy groups, though this is not technically group therapy.

This will be an online group (at least for now) meeting on the First Friday of the month from 10:00-11:30am. Contact the study group leaders for more information, Alison Howard, alisonhoward32@gmail.com and Raquel Willerman, rwillerman@gmail.com.

ICP+P is always looking for new groups to share with our membership! Contact me to discuss any of your ideas.

Natalia Wannon, Study Group Coordinator
natalia.wannon@gmail.com

Member's Creativity

Zoom Nightmare Parody Song **by Susan Taylor, Janine Smith, and Charlie Pilzer**

Enjoy this collaboration between Susan Taylor (therapist), Janine Smith (cardiac NP) and Charlie Pilzer (not to mention Bill Quern's editing). Janine wrote the lyrics out of pandemic frustration, a mad science-loving-speak-truth-to-power crush on Dr. Fauci, and a deeply silly sense of humor. Susan and Janine are dance leaders/teachers/callers who usually perform at NEFFA (New England Folk Festival), but channeled their creativity on this video when the festival went online this year:

<https://www.youtube.com/watch?v=yC4DdHmBynA&feature=youtu.be>

Tulip **by Ron Vande Loo**

you coaxed your lovely family
through the dark moist into the morning
light / greeting

the daily news un-stilling

us on our walk
dressed in your seasonal best seemingly
unafraid / despite

requiring wisdom and courage

our masks
and gloves, and furtive eyes glancing
over our shoulders.

Thank you.



Photograph of our Times

By chalkriot.com



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!

Virtual Conference Somatic and Experiential Techniques in Psychodynamic Psychotherapy

Amy Gladstone LCSW, PhD Joins Us in September!

Saturday, September 26, 2020

9:00 am-12:30 pm

Online Zoom Conference

Registration will open during the summer.

Conference details are being finalized now for the new virtual format.



**Amy Gladstone
LCSW, PhD**

Visit our website to stay up-to-date

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, Online Webinar, 9:00 am to 12:30 pm, 3 CEs. [Learn more here.](#)
- **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.

We will evaluate virtual versus in person gatherings for each event individually based on the guidance provided by public health authorities to ensure the health of attendees at all of our planned events.

Bulletin Board

Offices

Beautiful DuPont Circle Office Available to Rent in the Corcoran House Building at the corner of 18th and Corcoran Sts. NW. Office is available Mondays (until 2 PM), Tuesdays (until 7 PM), Wednesdays (until 5PM), Thursdays (until 2 PM), Fridays (all day), Saturdays (after 2PM). 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 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. For more information or for a video of the suite, 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.

Groups

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.



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.



Dear Colleagues,

I have been leading therapy groups since the early 80's. I completed training at the American Group Psychotherapy Association and the 2-year program at Washington School of Psychiatry's National Group Psychotherapy Institute. I have also presented national workshops at AGPA and led training process groups at the Mid-Atlantic Psychotherapy Association. As a group member you will have a chance to find healing in a diverse, safe, interpersonal, process group with creative professionals who range in age from 30 - 57. Group therapy can be a uniquely powerful vehicle for working through interpersonal issues and deepening your sense of connectedness to others. Groups function as a microcosm of the real world, and give us an opportunity to try out authentic interaction with a wide range of people and receive valuable feedback in a supportive environment. 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 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. Members learn what behavior pushes others away from them and what brings them closer. Members become able to make themselves more vulnerable in sharing their feelings with each other and increase their capacity for relatedness. These groups are diverse, confidential, inclusive and affirming places for people of all genders, sexual orientations, races, cultures, faiths, sizes, and lifestyles and utilize a social justice lens.

Therapists often self refer themselves to the group and I am happy to discuss any referrals with you to help you decide if the group would be appropriate and useful for your client in addition to individual therapy or a follow-up therapy to enlarge their psychotherapy experience with a focus on connecting with others in an effective way and more gratifying way.

You can contact me, Tybe Diamond, at 202.966.1381 or at tybediamond@gmail.com.



Men's & Mixed 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. Sliding fee scale. For more information, contact (or have client contact) Jonathan Lebolt, PhD, CGP at Therapy@Doctor-Jon.com or (240) 507-7696.

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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