

July/August 2020 Newsletter

Congratulations, Graduates!



ICP+P is proud to announce that all three of our training programs are celebrating graduating students! Join us in congratulating the members of our Class of 2020!

Contemporary Approaches to Psychodynamic Psychotherapy (CAPP)

*Daniel Cohen
Danielle Foote
Dana Harron
Jennifer Jones
Erin McCarthy
Michael Stahly*

Couples Therapy Training Program

*Anne Bell
Constance Cannon
Emily Foster
Victoria Harley
Amy McNelly
Laura Miskimins
Raquel Willerman*

Psychoanalytic Training Program

Ted Billings

Warmest wishes and sincere congratulations to all!

ICP+P Membership Sign-Up and Renewal Time is Here!

As Associate Director for Member Relations, I am writing to welcome you to the 2020-21 Membership Year and remind you to sign-up/renew! I hope that you'll make time this summer to slow down, refresh, and recenter. As you do, please take a moment to [sign-up](#) for or [renew](#) your ICP+P membership. Meanwhile, we'll be keeping things rolling toward Fall programming. We look forward to holding space for needed engagement on racial justice, deepening your capacity for effective practice, and keeping you connected. What better time to connect, engage, and be part of something that is meaningful and relevant!

New members interested in signing up can [visit our website](#) to learn about the different membership plans to find the one that best fits their circumstances. There are several different options including first time member and early career professional plans.

For existing members, invoices were recently mailed to you. You can [renew](#) online **or** send a check **or**, new this year, pay via Venmo @ICP-P. Renewal payments are due now, July

1. Don't forget to update your contact information online. Many of you receive ICP+P mail at your office address - you may want to consider your home address this member year.

Here are some of the many benefits of being a member of ICP+P:

- Monthly study groups, free of charge, facilitated by ICP+P members. Some groups are designed for in-depth exploration of selected topics, others choose several topics, and some offer CE credits. Please note that several new groups are being offered.
- A minimum of four conferences a year featuring innovative, well-known clinicians and researchers from around the world. Two of these programs are free to members, and members receive reduced registration fees for the remaining conferences. Members also receive a reduced fee for short courses. CE credits are provided for all our programs.
- A mentorship program for current and new members. Current members assist in orienting new members to our Institute by meeting with them, answering questions and helping them integrate into ICP+P.
- Free use of the ICP+P library with books, journals and recordings, and a subscription to ICP+P's monthly newsletter.
- Members receive free admission to ICP+P's social events, such as the Annual Potluck, Graduation Ceremony, and the Town Hall Meeting.
- Opportunities to participate in the leadership of ICP+P through committees, serving on the Board, and other activities.
- Members receive a 10% discount on International Association for Psychoanalytic Self Psychology (IAPSP) individual membership dues.

Reduced annual membership fees and/or a payment plan can be discussed on an individual, as needed, basis. Contact me at terencechangmsw@gmail.com or 202-643-1725 to discuss your needs.

We look forward to sharing the new membership year with you!

Terry Chang

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.

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 later this summer.

Conference details are being finalized now.

Visit our website to stay up-to-date



**Amy Gladstone
LCSW, PhD**

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, 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.

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>.



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

Bulletin Board

Offices

Share Downtown 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 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.



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.

Groups

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



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.



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.

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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