

September 2020 Newsletter

September 26th Virtual Conference... Somatic and Experiential Techniques in Psychodynamic Psychotherapy

How do you apply somatic techniques in psychodynamic psychotherapy? Where do explicit observations and exploration of non-verbal behaviors fit into a psychodynamic treatment? How are somatic techniques used without their feeling contrived, imposed, or an interruption of the organic flow of the therapy? Many clinicians have reported that they embrace the notion that the body holds the story and “keeps the score” and yet struggle with how to incorporate somatic techniques into a self/relational psychodynamic approach. That is the focus of our September conference. In this conference, we will learn how to deepen our work in talk psychotherapy by using body-oriented interventions. In keeping with the interest generated by ICP+P’s 2016-17 Institute on Embodying the Unspoken Self, we are pleased to offer this half-day workshop, given by Amy Gladstone, LCSW, PhD. Dr. Gladstone will illuminate key concepts and somatic techniques by presenting a long term psychotherapy case in which somatic and experiential methods were instrumental in addressing and healing her client’s relational trauma. As part of the workshop, conference participants will observe the presenter interacting with a “class” of four people. “Class” members will react to concepts highlighted in the material and will also participate in demonstrations of somatic interventions.



We are excited to have Dr. Gladstone as a presenter! Not only is she a clinician, educator, and supervisor with over 30 years of clinical and teaching experience, but she is also on the faculty of the Integrative Trauma Program of the National Institute for the Psychotherapies as well as the Sensorimotor Psychotherapy Institute. In the past she taught modern attachment theory at Rutgers Social Work Doctoral Program. With a foundation in psychodynamic psychotherapy and certified in both Somatic Experiencing and Sensorimotor Psychotherapy, Dr Gladstone describes herself as an integrative psychotherapist as she combines psychodynamic and somatic/experiential approaches in her private practice. As a teacher and trainer, she is known for her ability to apply theory to practice and to make material skill-based, relevant, and relatable.

We hope you can join us for this stimulating workshop! Learn more below or on our [website](#).

Alexandra Kaghan and Wendy Fischer
Conference Co-Chairs

Directors' Column

As we move forward into Fall 2020, in the midst of a pandemic, we are primed to have a meaningful and productive year at ICP+P. We have been meeting regularly and working to solidify ourselves in our new roles. We have found that we work very well as a team, and like to bounce ideas off of each other and make decisions together. That being said, we have designated each of us to be the point of contact around certain areas in order to make things a bit more streamlined.

- Adrienne is the point of contact on all things Training / Study Groups / Fellowship / Short Courses.
- John will be the point person for Administration / Finances / Conferences.
- Ruth will be the point person for Outreach and Diversity / Membership / Newsletter.

As the point person, each of us will decide if something needs to be considered by all three of us before moving forward.

About one third of our members responded to our survey, and we look forward to incorporating new ideas in the following months. In the meantime, we are excited about the upcoming virtual conference on September 26th and hope to "see" many of you there.

We are also discussing how to do a zoom social event in October, which would be in place of our annual potluck, so that we can reconnect with each other. Stay tuned for more information...

Warmly,
Ruth, John and Adrienne

It's Membership Time

Dear Members,

If you have yet to renew please do so ASAP! For those of you already current - thank you for continuing on in 2020-2021! For those of you interested in joining, now is the time!

I'm looking forward to a stimulating virtual community experience full of leading-edge themes and clinical material. The Amy Gladstone, LCSW, PhD, conference, *Somatic and Experiential Techniques in Psychodynamic Psychotherapy*, is right around the corner on September 26. This *virtual conference* will be a helpful blend of theory and practice presented in an engaging format designed to keep us all connected and learning. Use your member discount to register for this and other ICP+P offerings this year!

Al Green maybe sums it up best: "Whether times are good, bad, happy, or sad, let's stay together!" Please renew today! You can renew online or send a check or, new this year, pay via Venmo @ICP-P. Renewal payments are past due. 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 membership year.

Terry Chang, Associate Director of Membership
terencechangmsw@gmail.com

It is Study Group Time for Members

September means the beginning of the Study Group sign up cycle for ICP+P members! Check out our website (<https://icpeast.org/study-groups/>) to browse the many group topics available. Once you've identified a group that interests you, we encourage you to reach out directly to the group leader(s) to discuss available spots, meeting times, and clarify any additional questions about the group. We are also always excited to have new groups forming, and strongly encourage members to create groups that are of interest to them. In these changing times we encourage you to be creative – think about teaming up with a colleague or colleagues, and always feel free to consult with ICP+P's Study Group Coordinator (natalia.wannon@gmail.com) about your ideas.

Please note that we have also made some important changes to the Study Group process. Firstly, we are changing the name "Study Groups" to "Professional Peer Groups," in order to broaden the group format options (they can be: study groups, discussion groups, peer consultation groups, etc.). Secondly, we have modified the process of signing up for Professional Peer Groups to make it more efficient for prospective participants and group leaders. Now if you are interested in joining a particular group, you are welcome to reach out directly to the group leader to secure a spot. Prospective and

current Professional Peer Group members are **no longer** required to formally submit the online Registration Form that was once a part of the group sign up process. Instead we ask that you contact the group leaders directly if you are interested in joining a particular group.

Natalia Wannon, Professional Peer Group Coordinator
natalia.wannon@gmail.com

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 Eastern (US/Canada)
Online Zoom Conference
Offering 3 CEs

[LEARN MORE AND REGISTER HERE](#)



Amy Gladstone
LCSW, PhD

Many current models of clinical practice emphasize the role of direct experience in therapeutic action. Through the work of Alan Schore and others, clinicians understand the importance of evoking right brain, present moment processes in long term psychotherapy. But easier said than done when our patients compartmentalize and dissociate!

What's a clinician to do? Well, the body contains the roots of past experience in present time and it can provide both an access route to dissociated material as well as a means of regulating affect.

This workshop will provide an introduction to the use of somatic and experiential techniques in long term psychotherapy. These techniques will be illustrated through the presentation of a psychotherapy case in which somatic and experiential methods were instrumental in addressing and healing relational trauma. Transcripts from sessions will be included. As part of the workshop, conference participants will observe the presenter interacting with a "class" of four people. "Class" members will react to key concepts highlighted in the didactic material and will also participate in demonstrations of somatic interventions. The wider audience will be invited to ask questions at the end of the presentation. Workshop participants will come away with an understanding of the role of the body in augmenting and deepening clinical practice in addition to some ideas about how to implement these techniques with patients.

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

1. Explain the focus in somatic/experiential psychotherapy on present moment experience.
2. Observe differences in the interventions designed for compartmentalization and those for dissociation.
3. Select a few interventions to use with clients to deepen clinical technique.
4. Identify moments in long term treatment that lend themselves to the application of somatic/experiential techniques.

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

Virtual Short Course

Reflections on Contemporary Models of

Transference and Countertransference: Keeping Culture in Mind

Presented by Elizabeth M Carr, APRN, MSN, BC &
Ruth Migler, MSW

Sunday, November 8, 2020
2:00 – 4:00 pm Eastern (US/Canada)

Online Zoom Meeting
Offering 2 Diversity CEs

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We will begin by exploring how participants think about transference and countertransference. What importance does a focus on these phenomena play in their clinical work? Although both concepts are considered to be foundational aspects of a psychodynamic approach, therapists may feel uncertain about how to apply them clinically as psychoanalytic theory has evolved and changed, especially regarding the need to develop an appreciation for the cultural context in clinical work. In this session, we will share a contemporary model of transference and countertransference as fundamentally related to subjectivity and intersubjectivity and will consider how dimensions of diversity (gender, race, class, sexual orientation, etc.) influence both therapist and patient.

In the session, we will focus on the myriad of ways the patient's experience of the therapist (transference) is expressed in ongoing clinical interactions and stay especially attuned to examining how the cultural context affects the clinical dialogue. We will provide clinical vignettes that illuminate how to identify and work with the patient's subjective reactions to the therapist. We see these implicit and explicit moments as pivotal to the process of deepening the exploratory work of psychodynamic therapy. On a parallel track, we will focus on the therapist's ability to recognize and face personal responses that may interfere with therapists' ability to see their own biases. We will illuminate the clinical practices associated with listening for, recognizing, and wearing the patient's attributions which are very important in these instances. Our approach calls for the therapist to be authentically open—open to one's own subjective reactions (countertransference) as well as to how these reactions may influence or be influenced by that of the suffering patient.

Through participation in this short course, we hope to expand participants' capacities for understanding complex clinical interactions through an intersubjective lens that integrates an appreciation of culture and diversity. We hope participants will come to realize deeper engagements with themselves and with their patients.

Participants in this short course will be able to:

1. Describe a contemporary, intersubjective model of transference and countertransference.
2. Recognize and discuss how cultural context influences the transference relationship.
3. Describe how to engage the patient's transference attributions as well as describing the importance of reflecting on their own subjective responses in order to deepen clinical engagement.

This program is appropriate for clinicians at all levels of experience and offers 2 Diversity CEs.

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.](#)

- **Sunday, November 8, 2020, Short Course:** "Reflections on Contemporary Models of Transference and Countertransference: Keeping Culture in Mind" with Elizabeth M Carr, APRN, MSN, BC & Ruth Migler, MSW, Online Webinar, 2:00-4:00 pm, **2 Diversity CEs**. [Learn more here.](#)
- **Saturday, December 5, 2020, Conference:** "Wounded Healers and Suffering Strangers: Navigating Ethical Dilemmas Together" with Red Well Theater Group presenting the play, *Off the Map* at ICP+P's Bruce Wine Memorial Conference, 9:00 am-12:30 pm, **3 Ethics CEs**.
- **Saturday, May 1, 2021, Annual Conference:** "Historical Trauma and Trans-Generational Transmission" with Jill Salberg, PhD, ABPP, National 4-H Conference Center, 9:00 am-5:00 pm, **CEs will be offered.**

Several other events are in the works. Check on our website for more information as it becomes available. 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



Robert Benedetti, PhD co-moderated a webinar with Micha Weiss, PhD of Tel Aviv, Israel in July entitled: "Technology-Mediated Psychoanalytic Treatment During the Pandemic" led by Gillian Isaacs Russell, PhD author of *Screen Relations: The Limits of Computer-Mediated Psychoanalysis and Psychotherapy*. The on-line gathering, sponsored by IARPP (The International Association of Relational Psychoanalysis and Psychotherapy)

explored themes such as absence, presence, and how screen time is shaping our relational lives, the importance of the body/embodiment in our work; and the ways telepresence is cultivated, to name but a few. Dr. Russell's work challenged the participants' relief at having virtual relations serve as a lifeline in pandemic times. Over 100 psychoanalytic clinicians from around the world participated in this almost-too-timely, two-week webinar.



Joe Lichtenberg will soon be publishing "An Experience-based Vision of Psychoanalytic Theory and Practice."

In April, the *Journal of the American Psychoanalytic Association* (vol. 68, 2: pp. 267-281) published a book essay about Joe titled, "Joseph Lichtenberg: A Doer Doing" by Sameer Khan.



Jonathan Lebolt, PhD, CGP has published a conference summary entitled "Psychotherapy and LGBT Identities: Historical, Clinical and Ethical Issues" in *Psychiatry Journal*, Volume 83, Issue 2, pp. 202-203. The article may be retrieved via the following link:

<https://www.tandfonline.com/doi/full/10.1080/00332747.2020.1767993>



Naomi Nim, EdD, MEd, MS, LPC, NCC, BC-DMT recently joined ICP+P! Naomi is a psychotherapist, dance/movement therapist, and supervisor in private practice whose work is informed by psychodynamic, relational, and multicultural theories and practices. She works with adults experiencing mood disorders and the impact of trauma. Naomi had a wide-ranging career before becoming a psychotherapist in 2007. She was a bilingual educator and non-profit director of urban educational and youth empowerment programs

in San Francisco, CA and in Montgomery County, MD. She was founding Executive Director of Community Bridges, a girls empowerment program in Silver Spring and Director of Education and Training at CASA of MD. Naomi also has been a political activist on issues such as nuclear disarmament, Israeli-Palestinian peace, immigration, and civil rights. Welcome, Naomi!

Bulletin Board

Offices

Lovely furnished office with large window in suite shared with two other therapists. The Saratoga is located at the corner of Connecticut Avenue and Brandywine Street, 4 blocks from Van Ness/UDC METRO with plenty of on street parking for clients. The office is across the hall from the ICPP office. The building offers a fitness room, game room, a large landscaped courtyard, WiFi and indoor parking. This is a ground floor suite with no need for elevator use. It has a kitchen, two bathrooms and a waiting room. Currently, other suite occupants are using the office infrequently, so there is much privacy and limited in-person exposure to others. Please contact Judy Marx at judymarx55@gmail.com for more information. Thank you.

Groups

Men's & Mixed Therapy Groups meeting via Zoom 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 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.



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.

We love hearing from you!

Please send articles, announcements, artwork, etc. to
Nancy Der, ICP+P Administrator, at administrator@icpeast.org

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