

December 2020 Newsletter

Directors' Column



Adrienne Simenhoff, PsyD

I've reflected many times over the past ten months since the pandemic locked us all down in our tracks, entering into a life we never could have imagined. As many of you did, I hunkered down, moved my practice online and began to assess where we were as a family and a country.

These events have brought changes and losses for everyone, on so many levels. For me, it's the reminder of my own losses - three parents, two parent-in-laws and two siblings. I puzzled through how to keep my family and myself emotionally and mentally healthy, while always feeling nonetheless, that we are the lucky ones. We have jobs, a home, food, family and a privileged place in the world. George Floyd's death soon turned the country in a new direction, which pushed me to reexamine my own privilege. As I tried to look at the issue from an academic and emotional perspective, I read articles and engaged in conversations that I hadn't before, a humbling and necessary experience. I was reminded of my parents' move here from South Africa in the early 60s following the Sharpeville riots. They knew there were many risks in South Africa to speaking up around education, safety and health. They never felt comfortable in a racist system and never wanted to raise a family in one. I am forever grateful to them for allowing me the privilege, of a life here in the US - yet am now more keenly aware of the racism that exists right here.

As the recent current events unfolded, John Gerchefski, Ruth Migler and I began meeting biweekly to see how we could incorporate and bring new and different meaning to ICP+P, yet hold onto core beliefs and values of our original roots. This process was both engaging and stimulating, yet frustrating at times. I went from a somewhat involved member to a position of leadership, and I often questioned...how did I get here? How did we all get here?

I continue to reflect and notice the many dichotomies that continually emerge both within myself and within the organization. I have a more intense awareness of comfort and discomfort, the young and old, sickness and health, death and life, haves and have nots, us and them. It is often hard to find the middle ground, yet that is where we often find strength and resolution. How can we understand and hold empathy for one another's experience even when we are vastly different - and what gets in the way of that? As a couple's therapist, that is often my work - finding a process of understanding so we can all hold differences with tenderness and curiosity. That is what allows us to do the work.

I want to acknowledge my Co-Directors John and Ruth. Our personal experience has been a really good one, one that I think represents this dynamic of shared understanding, empathy, planning and tolerance of differences. We will make mistakes, but we are all clear that our goals for ICP+P are to find a process and a dialogue where we can really hear one another, tolerate difference and recognize our vulnerabilities. We hope to bring in new members with the same openness and humility.

Particular appreciation also goes to Nancy Der and Eleanor Howe for their amazing support through this transition.

Adrienne Simenhoff
ICP+P Co-director

From the Associate Director of Conferences



Dawn Taylor, LICSW

During my time in the Psychotherapy Training Program, I had the privilege to have Bruce Wine as my teacher. The focus of his classes was to wrap up and help us process the first year of the training program. He inspired our group and helped us understand how to use Self Psychology with our clients. Reading Kohut that first year had been a daunting task, and Bruce, like many of our teachers, assisted our class in seeing how we could use the material in the 21st century.

With his passing, ICP+P established the Bruce Wine Foundation. The Foundation has sponsored conferences every two to three years and several have featured the Redwell Theatre Group. The goal of these conferences is to provide an opportunity to learn creatively about issues of mental health and to discuss how to take that learning into our offices. This year's conference has been a true challenge to pull off, given a virtual platform with multiple actors. As I write this, The Redwell Theatre troupe is filming their reading of the play, *Off the Map*, in the woods of Accokeek, MD! The play will be presented at the conference with live follow up discussion by the actors, who will lastly answer questions from attendees.

Off the Map is a play by Joan Ackermann. The play revolves around the life of Bo Groden and her family in New Mexico. Bo recalls her childhood -- including her depressed father and eccentric mother. Themes of loss and love resonate throughout the play. The reading of the play and the follow-up discussion will encourage us to be more attuned to our experiencing an ethical dilemma with our patients. We will also discuss the importance of including marginalized others in resolving ethical dilemmas. This conference will meet the requirements for ethics CEUs.

I hope you will join us and register for our December 5th conference. Additionally, if you would like to contribute to the Bruce Wine Memorial Fund, you can make donations to: <https://icpeast.org/donations/>.

Dawn Taylor
Associate Director of Conferences

Virtual Conference

Wounded Healers and Suffering Strangers: Navigating Ethical Dilemmas Together



The Bruce Wine Memorial Fund and ICP+P
present a dramatic reading of the play,
Off the Map, by Joan Ackermann
by the Red Well Theater Group of Washington, DC

Saturday, December 5, 2020
9:00 am-12:30 pm Eastern (US/Canada)

Online Zoom Webinar
Offering 3 Ethics CEs

LEARN MORE AND REGISTER HERE

Socio-cultural-political and environmental forces in the 21st century have converged to

generate complex ethical dilemmas for the practice of psychotherapy. In 2020 the traumatic stress of the COVID-19 pandemic, cascading economic vulnerabilities, systemic inequities impacting marginalized communities, racial injustice, and polarization in American politics is expressed in our consulting spaces through dissociated silence, cautious whispers, aching grief, and rageful torment. Neither therapist nor client is immune from these stressors causing injury—moral, psychic, relational, and physical.

The seismic shift to teletherapy, in particular, has set in motion novel dilemmas for therapists and patients to navigate together. A core ethical question facing clinicians today:

How do we reconcile the competing ethical imperatives of therapist wellbeing and an effective therapist-patient relationship with a civic duty to safeguard public health?

By definition an ethical dilemma in clinical practice reflects an underlying conflict between multiple ethical principles that require a dynamic process of resolution, rather than a solution-based application of evidence-based or best practice interventions and guidelines.

The process of resolution includes a recognition that something is amiss, information gathering to learn more, an exploration of the nature and meaning of the dilemma with stakeholders, a decision to take action, and an evaluation of that action's effectiveness. In this program these core concepts will be introduced:

- Ethical Standards: The utilitarian approach, the rights approach, the fairness or justice approach, the common good approach, the virtue approach.
- Ethical Principles: beneficence, non-maleficence, respect for autonomy, justice, fidelity, and therapist self-care.
- Therapist virtues: compassion, discernment, trustworthiness, conscientiousness and integrity.
- An inclusive, process-oriented approach to resolving ethical dilemmas.

The program format features:

- Dramatic reading of the play, *Off the Map*, by Joan Ackermann, presented by the Red Well Theater Group.
- Commentary by the therapist/actors linking themes from the play to vignettes from their personal lives and clinical practices, as examples of working with ethical dilemmas.
- Audience members will be invited to contribute comments and questions to a discussion segment among the therapist/actors.
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At the conclusion of this conference, participants will be able to:

1. Identify subjectively felt experiences that might alert the clinician that an ethical dilemma has emerged related to a client, group, or practice-as-a-whole.
2. Explain the underlying conflict of competing ethical principles as the basis for understanding ethical dilemmas in clinical practice.
3. List the marginalized others to be included as stakeholders in a collaborative process of resolving ethical dilemmas in clinical practice and beyond.
4. Name therapist self-care strategies which reflect core ethical principles of clinical practice.

This conference is appropriate for clinicians at all levels of experience and offers 3 Ethics CEs.

Virtual Conference

So How Unconscious is your Bias? Explorations Inside and Outside the Treatment Room

Victoria Lee, PhD, Rosemary Segalla, PhD, and



Saturday, March 13, 2021
9:00 am-12:15 pm Eastern (US/Canada)

An ICP+P Free-to-Members Virtual Conference
Diversity CEs will be offered.

REGISTRATION COMING SOON

The recurring violent and painful events in our social-political-cultural world have ripped off any remaining sheath of denial from liberal white Americans' hearts, minds and souls. Most clinicians have a renewed passion to grasp the traumatic effect of slavery on Whites and African-Americans in our society.

Saturday, March 13, ICP+P presents the free-to-members conference "**So How Unconscious is Your Bias? Explorations Inside and Outside the Treatment Room.**" This interactive conference will endeavor to create a safe space in which mental health professionals will gather and think, talk and explore together how bias, whether or not we notice it, impacts every aspect of our clinical and institutional encounters.

The process oriented conversation will be led by our very own self and relational group therapy pioneer, Dr. Rosemary Segalla, along with Dr. Ayanna Watkins-Northern, and Dr. Victoria Lee of Howard University. This wonderful team uses a model developed by Dr. Segalla that is designed to support each participant's needs for mature selfobject experiences while using the large group to support "groupobject experiences" -- the need for affiliation, to be part of a community, to feel "a part of something larger than the self" (Segalla, 2015). Utilizing the large group as a learning community allows us to overcome "barriers to communication that often operate beyond our awareness....Our ability to bear witness and empathize with diverse experience and competing perspectives is broadened and deepened" (Dluhy, et al., 2019).

We are excited to provide this opportunity to our community and the greater community of mental health practitioners to better understand how diverse identities influence societal dynamics. Please join us in creating that safe space for exploration and growth.

Save the Dates 2021 ICP+P Training + Education

- **Saturday, May 15, 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.

This will be a virtual conference. CEs will be offered.

Several other events are being planned. Check on our website for more information as it becomes available.

Looking for Couples Therapy Training? Classes Start in 2021

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 Wannan at 301-951-9488.

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

News + Notes

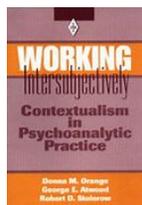


We have arranged for Nilou Mostofi, known by several ICP+P members, to cover Nancy Der's administrative responsibilities. If you have any questions, please let us know by emailing icppeast@km-direct.com.



Joe Lichtenberg, MD

On November 5th, Joe Lichtenberg gave a talk to the Post Graduate Program in Self Psychology at Tel-Aviv University via zoom. The talk was a way of introducing students, faculty, and the members of the local and international community to leading figures of Self Psychology. Eldad Idan and Gabi Mann hosted the conversation.



An Experience-based Vision of Psychoanalytic Theory and Practice looks at each individual as a motivated doer doing, seeking, feeling, and intending, and relates development, sense of self, and identity to changes that are brought about in analytic psychotherapy. Written by Joseph D. Lichtenberg, James L Fosshage, Frank M. Lachmann, Mor Shechory, and Joe Caruso. For more information about the book, please visit www.routledge.com.



Offices

Beautiful, spacious (300 square feet), comfortable office available for sublease, two full days per week. Great amenities - full kitchen, private bathroom, storage closet. Located on 16th and L Streets, NW, convenient to Blue, Orange and Red metro stop (Farragut North and West). Quiet, Art Deco building with low traffic, good air circulation, and three windows that open. The suite is infrequently used by other suite occupants. Strong WiFi. An excellent office to work remotely, or to see patients in ventilated space when able. Call Janna Sandmeyer at (202) 306-6500, or email JannaSandmeyer@me.com.



Groups

All groups are currently meeting via zoom until further notice.

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.



Are you an early career professional looking to join a virtual consultation group with other peers in a similar stage of professional development?

Transitioning to virtual work during this pandemic has created obstacles for many, and early career professionals in particular may be feeling limited in their ability to meet and form connections with other colleagues. This newly forming ICP+P consultation group is aimed to be a collaborative and energizing space for any early career therapists looking to discuss cases and expand their professional community.

If you are interested in participating in this biweekly consultation group, please contact Professional Peer Groups Coordinator Natalia Wannan (Natalia.Wannan@gmail.com) for more information!



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. 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
Nilou Mostofi, ICP+P Acting Administrator, at icppeast@km-direct.com

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