

A Community for Self+Relational Theory+Therapy

January 2021 Newsletter



*Thank you all for your continued support of ICP+P this past year.
Looking forward to a brighter 2021.*

John Gershefski, Adrienne Simenhoff, Ruth Migler
ICP+P Co-directors

Newsletter Editor's Column



Tom Holman, PhD

I am very happy and honored to become the editor of the ICP+P Newsletter, starting January, 2021. I've enjoyed the newsletters, and have admired the previous editors' work. I have been a member of ICP+P since 2012, and have come to regard it as unique and essential.

It's immensely rewarding for the professional content I continue to learn, but the relatedness and community are more rewarding still, and I think most members share that view. I've never found a more welcoming and supportive organization, and I'm glad to have this opportunity to give something back. The newsletter is an important facilitator of that relatedness, so that we can stay in touch with the organization as a whole, the conferences and courses, and people's new activities and accomplishments. I am a psychologist, and I live and work in Montgomery Village, MD. For about forty years, I have worked mostly with children, adolescents, and parents, and some adults. I'm particularly interested in young kids, and kids with developmental and learning differences, including autism spectrum. As newsletter editor, I hope to make children's issues a bit more visible in ICP+P.

Tom Holman

The Bruce Wine Memorial Conference—An Epilogue by Bob Schulte, MSW

*"The better you are at letting go of things, the freer your hands will be
to catch something new."*

Arlene Groden in *Off the Map*

In traditional CE programs, expert teachers offer evidence-based and best practice information to audiences of eager-to-know learners. At



Bob Schulte, MSW

the other end of the spectrum more novel approaches engage participants as co-creators with the goal of deepening an understanding of what is already implicitly known. The Red Well Theater Group aspires to move freely along that continuum, creatively integrating both educational traditions.

The Bruce Wine Memorial Conference, Wounded Healers and Suffering Strangers: Navigating Ethical Dilemmas Together, became an opportunity for us to “catch something new”, through a unique collaboration with ICP+P and DC Multimedia Productions. By combining music, art, theater, and cinema into a multi-media presentation of the play *Off the Map* by Joan Ackermann, we found new ways to achieve our CE aims of illuminating the process by which ethical dilemmas might be addressed in clinical practice.

And we learned a lot about ethical dilemmas from the preparatory process itself. Finding a way to safely present the program with artistic integrity, educational value, and personal meaning was not easy or obvious. Performing live was no longer safe. Zoom was too constraining. Cancelling altogether would be demoralizing. We ultimately applied the very ethical principles we were hoping to convey in the program as guides for our decision-making processes. We decided to work in film, exclusively outside, invite guest artists, illustrators and musicians to enhance the simplicity of our play reading model, and engage the ICP+P leadership as stakeholders to advise and encourage us along this very new way. And trust the audience to bear witness with compassion and integrity. Something new came to be imagined.

The conference experience emerged as a blend of intimate connection and inescapable isolation—a parallel process to the central themes of *Off the Map* and indeed to clinical practice in these times of COVID-19. Following the film presentation, the therapist/actors linked themes from the play to actual ethical dilemmas they had recently encountered in their clinical practices.

Our collective learning was enhanced with thoughtful feedback and insightful comments from our audience of colleagues, both during the program, and in follow-up emails after the conference. We thank you! Collectively, these messages conveyed a deep connection with the characters and themes of the play, and a respect and appreciation for the therapist/actor’s courage and transparency in revealing themselves through their clinical vignettes.

I would like to share parts of one email message in particular, sent to us by Katherine Williams, PhD (with permission). Her thoughtful reflections are representative of the many voices we heard from, all of whom have moved and informed us in new ways about the play and our clinical work:

... I was particularly struck by the play itself, which is like a poem, in its spare suggestions of narratives that aren't fully realized, but ... evoke emotions that don't need to be labeled ... to be experienced.

... I always felt held by a net of threads the playwright kept pulling through—the use of blue... as pigment... the memory of the ocean on Cape Cod ... the painting that lined Bo's wall ... and blue as another word for depression... the brief initial mention of wallpaper... which later reveals itself as the obvious surface for the 30-foot expanse of ocean; the American Express card ... which brings the final healing gift of a boat ... in need of sails the father and daughter could create together.

I thought not knowing the cause and meaning of the death of William Gibbs made it more powerful—was the death a final opening of himself to the universe as he lay there with his arms outstretched? ... The poet Marie Howe always says that the end of the poem should open up rather than shut down the experience ... I thought this was indeed true of the play.

I loved the way you reminded us it was a play—having the actors talk about standing up when they were sitting down, ...a sensitive reading of the stage directions for action in critical moments, having the camera catch Bo passing the little 8 color watercolor box to William even though it would have taken vats of color to paint a painting that large ... All

these choices issued an invitation into a dreamlike inner reality that called forth my personal connection with the themes of the play.

Katherine's reverie was captivating for the therapist/actors to receive. Her musings reminded me of the closing moments of *Adult Bo* addressing the audience for the last time: "I have of late been pondering that painting. It has struck me to view the ocean as the past, the sky as the future, and the present as that thin precarious line where both meet, precarious because as we stand there it curves under foot. Ever changing."

Our experience leaves us feeling truly changed—as wounded healers and suffering strangers, and as co-learners and co-creators. On behalf of Liz, Yavar, Rob, Lee, and Angie, I want to again express our appreciation to ICP+P and the Bruce Wine Memorial Fund for the invitation to let go and catch something new. We are most grateful and indebted to Dawn Taylor, John Gershefski, Nancy Der, Nilou Mostofi, Joyce Lowenstein, and especially DC Multimedia Productions for their support and partnership in imagining a truly memorable Bruce Wine Memorial Conference. "Let's do it again sometime!"

Virtual Conference

A Discussion with Joe Lichtenberg, MD



Presented by ICP+P

Wednesday, January 13, 2021

7:30 pm-8:30 pm Eastern (US/Canada)

Online Zoom Conference

*An ICP+P Free-to-Members
Virtual Conference*

Learn More and Register for the Conference!

ICP+P's Co-Founder, Joe Lichtenberg, MD has powerfully contributed to psychoanalysis in multiple ways. First and foremost, he is a leader in applying findings from infant and attachment research to psychoanalytic thinking and practice in a systematic way. His scholarship in these areas led to his ground-breaking development of Motivation Systems Theory with its vast developmental and clinical implications. Joe continues to develop his ideas and has a new book, *An Experienced Base Vision of Psychoanalytic Theory & Practice* which will be published in the coming months.

As promised, this event has been rescheduled. The new date is January 13, 2021 from 7:30 – 8:30 p.m. and will be held on the Zoom platform. Joe would like to share his new psychoanalytic perspectives with the ICP+P community. Following his comments, Marie Hellinger, John Mendez, and Marya Myslinski will engage Joe in a conversation about his ideas. Following this interaction, there will be a brief period for the audience members to pose questions to Joe.

Virtual Conference

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



Victoria Lee, PhD, Rosemary Segalla, PhD, and Ayana Watkins-Northern, PhD

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

*An ICP+P Free-to-Members Virtual Conference
3 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 many 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. From our readings, conference participation, podcasts and discussions, we are having painful "ah ha" awakenings of the physical, economic, and soul-crushing cruelty that underlies the behavior of Whites in this country. White Americans who hope for societal progress in racial dynamics are unsure how to identify structural racism in action – unsure how they unconsciously play a role in continuing the oppression of racialized others. In a paper given one year ago at the IAPSP conference, Cherian Verghese (2019) remarked, "...we...see passive acceptance of racist attitudes by liberal Americans...[S]ince racism, sexism, and other isms are ego-alien to them, liberals are less likely to own their own biases, leading them to unconsciously act out biases for which they find justifications that cannot easily be unmasked..." This aversive racism can cause harm and pain, a pain that may or may not be named and acknowledged.

What a challenge for self and relational clinicians who seek to provide a space in which clients and colleagues may explore themselves and change! How unacceptable and ego-alien to realize that many of us are likely unconsciously causing pain to others. As a professional organization devoted to learning, ICP+P seeks to provide growth opportunities in which participants learn to identify their unconscious biases.

Taking place on the morning of Saturday, March 13, this interactive conference **"So How Unconscious is Your Bias?"** will endeavor to create a 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 a team of self and relational group consultants, Dr. Victoria Lee, Dr. Rosemary Segalla, and Dr. Ayana Watkins-Northern. ICP+P co-founder Rosemary Segalla has fostered an evolution in large group work reflecting the cultural shifts in psychodynamic practice. This model differs from the traditional large group experience in its emphasis on 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 space for exploration and growth.

Conference Co-Chairs Eleanor Howe and Ruth Migler

Save the Date

2021 ICP+P Events

- **Friday, March 12, 2021, Pre-Conference:** "Race, Melancholia, and the Fantasy of Whiteness" with Cherian Verghese, PhD.

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

MORE INFORMATION COMING SOON!



- **Saturday, May 15, 2021, Annual Conference:** "Historical Trauma and Trans-Generational Transmission" with Jill Salberg, PhD, ABPP, 9:00 am-5:00 pm.

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

MORE INFORMATION COMING SOON!



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

News + Notes



New Member Introduction with Valeria D'Amato Caputi by Terence Chang

For this new member interview I tried something different - a Q&A format. I had the privilege to get to know Valeria - here is what I found out.

What is the newspaper article headline of "your story" the last 6 months? And what is the subheading?

Moms Are the New Superheroes. Working mothers juggle multiple jobs at the same time - and are surviving!

Sounds like many of our members can relate to your COVID-life! What is your current professional situation?

I recently obtained my license as a Licensed Professional Counselor in Virginia. I am continuing to work in private practice in the area.

Is there a population that you are passionate to work with?

Currently, I am working with adults and couples. However, in the future, I hope to work more with trauma patients as this field greatly interests me.

You were born and raised in Italy. Tell me about your immigration story.

The decision to emigrate was an "easy one" as it was due to love - my husband is a US citizen. However, coming here was far from easy for me as I had to leave my country, my career, family and friends. As I mentioned, finding a job in 2009 was quite impossible. Additionally, I was adjusting to a new culture, language and attempting to build a new support system. I was privileged as I arrived with my husband who had a good support system of family and friends that I could indirectly benefit from.

Are you hoping to work as a bilingual therapist?

Yes, I would like to work with Italians but so far, I have not had any requests for bilingual sessions.

I wonder about your experience regarding a different plague that reared its head this year - systemic racism. What is it like for you to be in the U.S. during this time?

It is heartbreaking. As I grew up in Italy, from far away, I thought that the United States was an example of racial equality, freedom and opportunities open to all. Clearly, this is not the case, there is still much work to do, and I would like to learn more. I am currently educating myself on minorities and on my white privilege.

Why did you choose ICP+P?

I was introduced to ICP+P by a colleague in Virginia who recommended that I visit the website. In this profession, especially in the early years, there is much to learn and I was looking for a community of professionals that could mentor me in discovering my therapeutic stance. I read about ICP+P and I was very pleased to learn about this very active community. I am looking forward to learning more and to possibly join a study group.

What do you like to do for fun? To keep yourself balanced?

For now, yoga and cooking are the only hobbies that I have enough time to practice. Cooking has been especially useful during COVID-19. When the pandemic eventually ends I wish to return to my main hobby - traveling with my family!

Training and Education



Couples Therapy Training Starting 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.



CAPPs Pre-program Study Group 2021



We are happy to announce the **Contemporary Approaches to Psychodynamic Psychotherapy (CAPP)** program pre-program study group for clinicians who are interested in starting training in Fall 2021. This monthly study group will be led by faculty member Marie Hellinger, LICSW, and will meet monthly, on the fourth Sunday of the month. There will be monthly readings assigned, that will form the basis of thoughtful discussion. These readings will reflect perspectives that are integral to the CAPP program and will be derived from Self and Relational psychodynamic thinking. The group will provide an opportunity to learn about CAPP and psychodynamic theory, as well as connect with other potential classmates for the incoming class Fall 2021. There is no fee for the group. Space is limited. If interested, please contact Janna Sandmeyer at JannaSandmeyer@me.com or 202.306.6500.



Bulletin Board

Events

January 9, 12:00 pm - 2:00 pm EST

Presented by the Klint Institute and featuring an ICP+P Member

Exploration of Anti-Racism in Therapeutic Relationships Through *Dance/Movement Therapy and Poetry*

Presenters: Naomi Nim, EdD, MS, MEd, BC-DMT, LPC, NCC &
Lucia Sirota, MS, R-DMT, LCAT

FOR MORE INFORMATION AND TO REGISTER LINK HERE

Non-verbal and verbal improvisational approaches to knowing will be explored through dance, movement, and poetry to understand the trauma of oppression that resides in the body. We will give form and shape to personal experience working through the impact of racism and white supremacy in our lives, and our commitment to anti-racism. No experience with dance or writing is required, only an openness to engage in a primarily self-reflective, immersive, creative process. This workshop is informed by dance/movement therapy, relational psychotherapy, and the work of scholars of intergenerational trauma, and anti-racism in the therapeutic process.



January 13, 9:00 am - 12:30 pm EST

Presented by Washington School of Psychiatry, Attachment and Human Development Center and featuring an ICP+P Member

Why Clinicians Need to be Informed by Attachment Theory and Research

Presenter: Mauricio Cortina, MD

On Saturday February 13th Mauricio Cortina will be conducting an online presentation from 9 am to 12:30 pm. The workshop will be divided in two parts. On the first part of his

penetration Mauricio will explain why attachment theory is a new paradigm in the mental health field based on relational model based on:

- an evolutionary perspective
- a new model of developmental model based on extensive direct, systematic observation of parent-child relations and longitudinal research of the attachment relation through the life span
- a new model of motivation
- a new ways of understanding of defensive processes based on different affect regulation strategies

In the second part of the morning Mauricio will show how each one of these dimensions of attachment theory and research help develop trust in the therapeutic process and safety to explore issues patients bring to therapy.

CEUs will be offered.

Maurico is recognized as a distinguished contributor to the dissemination and development of attachment theory and last year received the prestigious annual John Bowlby-Mary Ainsworth award.

Mauricio will be conducting this workshop through the Attachment and Human Development Center of the Washington School of Psychiatry that he directs.

If interested contact William Wears at wowears@wspdc.org.



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.



We love hearing from you!

Please send articles, announcements, artwork, etc. to
Nilou Mostofi, ICP+P Acting Administrator, at icpeast@km-direct.com

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