

March 2021 Newsletter



What's Contemporary about Psychoanalysis by Ruth Migler, LCSW-C



Ruth Migler, LCSW-C

I had the pleasure of attending the annual American Psychoanalytic Association (APsaA) conference online. I was surprised at how relevant and aware the programming was. The plenaries **Racism in America: Are we ready to interrogate Whiteness? Power/Powerlessness** and **Neutrality as a "White Lie"** were focused on incorporating social, political, historical and racial trauma into our work in the consulting room. These plenaries and the Presidential Forum reflected noticeable change. They presented these issues to the conference as a whole, rather than making them part of a menu of options that can be avoided if they do not interest you, as in other years.

Every talk I attended acknowledged the need for change. The breadth of knowledge and inclusivity gave me hope. Psychoanalytic psychotherapy and psychoanalysis can survive and thrive with greater inclusivity and flexibility. They are working towards broadening which institutes are recognized under their umbrella, and including contemporary theories that address racial, sexual, gender, ethnic and cultural diversities. They have apologized for having marginalized and pathologized the LGBT community. This year APsaA established The Holmes Commission on Racial Equality, a two year project that will develop guidelines in order to help institutes across the U.S. to earn "anti racist" designation. <https://apsa.org/content/holmes-commission-racial-equality-established>. There is still work to be done around marginalized communities, anti racism practices and regulatory standards, however, it is evident that the tide is changing.

Modern psychoanalysis no longer purports to maintain emotionless neutrality that disregards social, political and historical context, performed by the all knowing, authoritarian analyst. Analysts are trained to understand how their own subjectivities interact with those of their patients in order to help them heal and thrive. Contemporary theories allow for individuality, flexibility in frame, acknowledging the therapist as a person in the room, and understanding early relational patterns.

The conference excited me because the largest umbrella psychoanalytic organization in the U.S. is acknowledging contemporary theories and points of view. It also showed me that ICP+P's focus on self and relational theories, which include social, cultural, ethnic, sexual and gender identities, offers a meaningful way to understand human suffering.

It is not often that I come away from a conference feeling hope and excitement. I encourage you to join the 3000 + psychotherapists and psychoanalysts that come together each year in the hopes of building community, learning, and keeping psychoanalytic thinking relevant and contemporary.



ICP+P Board Elections

It's time for nominations to the ICP+P Board for the the next two year term from May 2021-May 2023. The Board meetings are held once a month on the third Monday evening from 7:30-9:15 pm, September-May. Meetings are held via Zoom until they can be held in-person. In-person meetings are held at the ICP+P office (at the corner of Connecticut Avenue and Brandywine St., NW).

The current positions that are open this upcoming two year cycle are listed below, and a description of each of these is included at the end of this message (UPDATED LIST)

- Associate Director of Conferences
- Associate Co-Director of Membership
- Associate Director of Outreach and Diversity
- Board Secretary
- Coordinator of Short Courses
- Coordinator of Continuing Education (CE)
- Board Representative At-Large

A hallmark of ICP+P is our sense of community. Being on the Board gives you the opportunity to give back, learn from our community, and be involved in program evaluation, decision making, organizational issues, and much more. It is also an opportunity to work with colleagues you may know, and to meet and work together with those who are new to you. All of these positions, with the exception of the Board Representative At-Large, may be shared by two members running together.

Nominations must be received by **Friday, March 5th, 2021**. Please contact Terry Chang terencechangmsw@gmail.com if you have questions, or would like to send in a nomination.

For a description of the Board positions, please click on the link: [ICP+P Board Position Descriptions](#). The ballot will be sent to you online in early April.



Getting to know Nilou Mostofi, ICP+P Administrator by Tom Holman, PhD

We extend a warm welcome to Nilou, who joined the ICP+P administration at a difficult time when Nancy Der became unable to work. Nilou has done such a great job of learning how the Institute works that the transition has been as smooth as one could imagine. She described ICP+P as an “open culture where everyone has been incredibly welcoming.” My interview with Nilou was such a great conversation that it could have lasted longer, but Nilou has a number of responsibilities, including her two sons, ages 9 and 7, and her “day job,” an event-planning business that serves corporations and other organizations. Nilou lives in San Diego, CA, and is well-versed in working virtually.



Nilou Mostofi, MA

Nilou has a strongly international background. She and her family emigrated from Iran when she was 3, and lived in Australia before settling in the US at age 8. After graduating from UC San Diego in history, she traveled in Europe, and continues to love traveling. She received her masters in international relations from the University of Chicago, and worked for a nonprofit international committee on global affairs, where she did high-level event planning, such as hosting a dinner for the President of Mexico. She returned to San Diego to help her family, and then decided to start her business in 2008. When she started as administrator, she was already familiar with ICP+P.

A few years ago, she did event planning for the International Association of Psychoanalytic

Self Psychology, and became familiar with ICP+P as a member organization. At that time she enjoyed working with Nancy Der, Eleanor Howe, Rosemary Segalla, and Joe Lichtenberg. As newsletter editor, I quickly discovered that she is a joy to work with, helps everyone be more organized, and is unfazed by challenges.



Professional Peer Group Spotlight: Child, Adolescent, and Family by Tom Holman, PhD

In 2001 Deborah Marks started this group, partly because there were few opportunities in ICP+P to discuss child and adolescent therapy. Martha Gibbons became co-leader in 2006; she has been a group member for 16 years. The main focus of the group is case discussion, often with an associated theme and reading. As one would expect in ICP+P, there is a focus on how cases affect the presenter, and the members of the group. With a basic orientation of relational and self-psychology, the group has also explored other perspectives, such as the different ways children play; parenting issues; evaluation of ADHD; meditation and yoga; and gender identity. Deborah and Martha emphasized that the group is a safe place to talk about cases and feelings, and members are able to bring their most difficult cases into the group. "People don't tell each other what to do, and they ask really good questions." The group has discussed the different aspects of diversity that are on all our minds now as part of their case discussions.

It was a pleasure to talk with them about the group. Both co-leaders described the group as open, welcoming, adaptable, and supportive. The size of the group has varied, but it has always been open to new members, and continues to be. CEUs are not offered; thus the structure and content are more open. The group meets on the first Tuesday of each month from 9:30-11:00am. It meets virtually now, but will at some point resume meeting at Deborah's home office. The group typically has adjourned for the summer; however, it continued during summer, 2020, to offer support during the pandemic.



New Member Highlight by Terry Chang, LICSW



Carolyn Bell

New Member Introduction with Carolyn Bell

What is the headline for your life the last 6 months?
(laughs). Overextended!: Still trying.

It's been a year of transitions and COVID challenges for you?

Yes! I had to find a new internship because my placement was in a hospital that couldn't figure out how to go virtual. Then I moved from NC to DC and encountered delayed construction.

Will my telehealth sessions be accepted? How do I finish up my last course? We are all living this theme of Covid: uncertainty makes everything harder.

How's DC been for you coming from NC?

It's been great. Really energized about all the different layers that this city has to offer especially in the future. From the nearby hiking and the food scene and the museums to the incredible international community, and living in the heart of our nation's Capital.

And somehow also managing being a mom?

Yes! Three kids: two in college and one in high school. My oldest is at Georgetown so we lived together a little bit which was nice...for a while (laughs). My youngest child is adopted from Latin America and moving to a more diverse community was a priority.

Tell me more about that.

As a white mother raising a Latinx teen, I will always have some growing to do to be the best mom I can be. With events that occurred prior to George Floyd's death and since, I've had to check in with what the world will be like for him. What assumptions might folks make about him when he's walking around alone or with friends? He won't always have my protection. This marked the beginning of ongoing conversations about how individuals may see and judge him compared to how he sees himself and how can he stay safe. It's been helpful to realize my biases and I hope this awareness will help me in the treatment room.

What is your professional life like at this point?

I'm in the licensing process currently - hopefully any day now. I hope to work with individuals and couples in all the transitions that come up in life. I'm currently in a mindfulness certificate program that I'm energized about.



Terry Chang, LICSW

What will you do when the pandemic ends?

Travel. Anywhere!



Conference Report: Neurodiversity Affirming Mental Health Practices by Tom Holman, PhD



Tom Holman, PhD

In December I attended a workshop sponsored by Upswing Advocates, an organization in Chicago. The presenters, Worner Leland, August Stockwell, and Lee Nethercott, identified themselves as members of the Chicago queer neurodivergent community. The workshop emphasized the "client as expert" model, and the need to view all aspects of these issues from the perspectives of those who are neurodivergent and gender divergent. They began with an examination of Ableism, Neurotypical Privilege, and how these "power hierarchies" have combined to oppress those who are different from "the dominant societal standards." In contrast, "cultural humility" was encouraged.

Within the term "neurodiversity" they include autism, ADHD, seizure disorders, PTSD, traditional mental illnesses, anxiety, and neurodevelopmental disorders.

The presenters contrasted what they termed the "moral" and "medical" models with the "social" model. Under the moral and medical models, disability is seen as a problem and needs to be fixed. Under the social model, disability is a natural form of diversity, and society needs to accommodate disability with optimal outcomes. In keeping with the title of the workshop, the presenters gave a number of suggestions of positive, affirming language that mental health workers can use. For example, one suggestion was "Our facility aims to honor the neurodiversity of our clients, and many of our clients identify as neurodivergent." The presenters then discussed the frequently observed correlation between autistic traits and gender nonconforming identities and behaviors. Concerning autism the presenters gave examples of how autistic people experience therapy differently than neurotypical, such as the potential aversiveness of eye contact; the difficulty when therapists use too much abstract language; and when therapists appear to be analyzing them without sharing their thoughts. They recommended that neurotypical therapists receive supervision and training from neurodivergent teachers and the neurodivergent community. The slides and handouts provided detailed recommendations for affirming practices (e.g. creating a sensory friendly physical environment).

The presenters encouraged the audience to share the conference with others, including slides and handouts. Anyone who would like to see the material should feel free to contact me at tom@tomholman.com.



SAVE THE DATES

March 12th & 13th Conference Weekend

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

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



Victoria Lee, PhD



Rosemary Segalla, PhD



Ayana Watkins-Northern, PhD

Free to ICP+P Members

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

3 Diversity CEs will be offered.

[Click here to learn more and register for March 13th
Conference.](#)

Pre-conference Workshop
A nominal fee will be charged

Race, Melancholia, and the Fantasy of Whiteness

featuring Cherian Verghese, PhD

Friday, March 12, 2021
4:00 pm - 5:30 pm Eastern (US/Canada)
Virtual Online Event

1.5 Diversity CEs will be offered.



Cherian Verghese, PhD

[Click here to learn more and register for the March 12th Pre-conference.](#)

ICP+P Short Course

**Psychotherapy in Black & White:
Anti-Black Racism in Black
Client/White Therapist & Black
Therapist/White Client Dyads**
with Laurie Paul, PhD



Laurie Paul, PhD

Friday, April 23, 2021
12:30 pm - 3:45 pm Eastern (US/Canada)
Virtual Online Event

3 Diversity CEs will be offered.

[Click here to learn more and register for the Short Course.](#)

ICP+P's Annual Conference

**Historical Trauma and Trans-
Generational Transmission**
with Jill Salberg, PhD, ABPP

Saturday, May 15, 2021
9:00 am - 12:30 pm Eastern (US/Canada)
Virtual Online Event



Jill Salberg, PhD, ABPP

3 Diversity CEs will be offered.

At this time of historical, cultural, social and political upheaval, many of us are processing and incorporating the impact of external events on our clients and their families into our work. Historical as well as personal trauma often adversely impact our clients' families and cast shadows on their internal and interpersonal development. As psychotherapists and psychoanalysts, we are broadening our lens beyond the intrapsychic and interpersonal to include the historical and transgenerational. Toward that end, we are pleased to focus **ICP&P's 2021 Annual Conference on Transgenerational Transmission of Trauma**, with **Dr. Jill Salberg as our presenter**. Dr. Salberg has explored this topic in many papers and has co-edited a two volume set - with Dr. Sue

Grand (2017) -- The Wounds of History: Repair and Resilience in the Transgenerational Transmission of Trauma, and Transgenerational Trauma and the Other: Dialogues Across History and Difference.

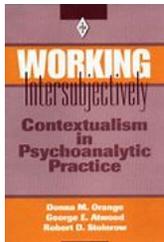
In considering the appearance and impact of intergenerational transmissions of trauma, Dr. Salberg examines the dissociative states of mind that cross from parents to their children. These dissociative states effect erasures of the past on a grand scale across countries and cultures, across racialized and class/caste divisions and on the quotidian level of our personal lives and histories. In directly looking at attachment, she will address disrupted attachment as a mode of transgenerational transmissions in families, and its impact on the psychological and interpersonal development of our patients. Case material will be presented and discussed with the lens of race and racialized violence, death and aborted mourning and reparative aspects of the treatment relationship.

REGISTRATION COMING SOON!



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

News + Notes



An Experience-based Vision of Psychoanalytic Theory and Practice
ICP+P co-founder Joe Lichtenberg's latest book, published February, 2021, looks at each individual as a motivated 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.



Training and Education



Couples Program Pre-program Study Group: Begins Fall 2021

The Couple's program will be offering a free once a month study group for clinicians accepted to the Couple's program. The pre-program study group will begin in the Fall of 2021 and run for an hour and half each meeting. The group will be led by Aaron Bourne, LPC, NCC, and other faculty will join on a rotating basis, presenting case material and applying psychodynamic theory to clinical intervention. The group will offer the opportunity for those accepted to the program to begin learning the material covered more extensively in the full program, and more importantly allow the class to begin to form as a group. If you are interested in the Couple's program starting in the Fall of 2022, and would like to reserve a space in the Pre-program study group, we encourage you to reach out. Spaces are limited. If you are interested, please contact Michael Wannon at menaw1@aol.com or 301-325-1840.

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

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

Groups

All groups are currently meeting via zoom until further notice.

Men's Therapy Group-MD/DC/VA ICP+P member Jonathan Lebolt offers continuing Men's and Mixed Therapy groups via zoom for adults. Jonathan has 30 year's experience serving different cultures and collaborating with other therapists. Both groups meet weekly and focus on improving relationships with self and others. Foci of the men's group (Wednesdays at noon) include intimacy and recovery from childhood trauma. The mixed group (Thursdays at 5pm) is open to women, men, and gender non-conforming person. For more information contact Jonathan at Therapy@Doctor-Jon.com or (240) 507-7696).

Grief Group ICP+P member Nancy Wachtenheim will be offering a group via Zoom for adults who have lost a loved one to any type of illness during the past year. The 12-week group will begin in March, and will provide opportunities to share experiences and find common themes to process and work through. Members will be expected to commit to all 12 weeks. For more information contact Nancy at nancyw.lcsw@gmail.com or 703-277-7668.



Events

Joanne Zucchetto, Cornelia Tietke, Simone Jacobs, and Ly Vick Johnson will be presenting their talk "Internalized Racism Saved My Life: Therapeutic Conversations about Race" at the International Society for the Study of Trauma and Dissociation's 38th annual conference in April. The conference is called The World Congress on Intergenerational Trauma.



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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