

April 2021 Newsletter



Yesterday and Today - Historical Trauma By Judy Marx, PhD



Judy Marx, PhD

Two years ago when we began planning this year's annual conference, **Undercurrents: Historical Trauma and Transgenerational Transmission**, we could not have anticipated the timeliness of the topic. Traumatic events -- from the pandemic to horrific racial hate crimes -- have triggered many of our clients as well as ourselves. Historical trauma, a term introduced by Maria Yellow Horse Brave Heart (1998), is a collective trauma experienced over time, across generations, by a group of people who share an identity, affiliation or circumstance. While we wonder about the

impact of current traumatic events on future generations, we bear daily witness to the legacies of our clients' historical trauma. What haunts our clients? How do we understand their terrors and nightmares? Sometimes, we need to look beyond their personal experiences to explore their traumatized parents, grandparents, and even earlier generations. Resmaa Menakem (2017) looked at his grandmother's hands, calloused from picking cotton, to open a conversation about her trauma as it led to his own. Tirzah Firestone (2019) linked the tragic suicide of her brother and the psychosis of her sister to the legacy of her parents' Holocaust experiences. Whether the well-heeled professional, the refugee, the immigrant, the person of color or indigenous person, all may carry trauma that has been passed down, often wordlessly, from generation to generation.

Our guest speaker, Jill Salberg, has been writing about historical trauma for the past decade. She observes the shift in psychoanalytic thinking from intrapsychic to relational, and now to contextual and transgenerational (Salberg, 2015). She has much to teach us about how trauma is transmitted across the generations, focusing on the specific texture of attachment that is disrupted by trauma, loss and aborted mourning. For the second part of the conference, she will discuss clinical vignettes presented by John Mendez and Jessica Chan. Please join us for ICP+P's timely and rich virtual Annual Conference on **May 15, 2021**.

References

Brave Heart, M.Y.H. (1998). The return to the sacred path: Healing the historical trauma response among the Lakota. *Smith College Studies in Social Work*, 68 (3):287-305.

Firestone, T. (2019). *Wounds into Wisdom: Healing Intergenerational Jewish Trauma*. New York: Monkfish Book Publishing Company.

Menakem, R. (2017). *My Grandmother's Hands: Racialized trauma and the pathway to mending our hearts and bodies*. Las Vegas: Central Recovery Press.

Salberg, J. (2015). The texture of traumatic attachment: Presence and ghostly absence in transgenerational transmission. *Psychoanalytic Quarterly*, LXXXIV (1): 21-46.



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

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.



Jill Salberg, PhD, ABPP

REGISTRATION NOW OPEN!



ICP+P Board Elections

It is time to cast your votes for the open positions on the ICP+P Board of Directors. Included with the ballot will be statements written by each of the candidates describing themselves and what they hope to contribute to the Board. All positions with the exception of the Board Representative at Large are unopposed.

There are seven Board positions to be voted on this cycle. The open positions are for: Associate Director of Conferences, Associate Director of Member Relations, Associate Director of Outreach and Diversity, Secretary, Co-Coordinator of Short Courses, Coordinator of Continuing Education, and Board Representative at Large. The Associate

Director of Outreach and Diversity is a newly configured Board position to emphasize ICP+P's goal to attract a more diverse membership. In addition, the role of Co- Coordinators of Short Courses has been elevated to a Board position this year.

There are also a few amendments to the Bylaws which require your vote.

We would like to express our appreciation to the outgoing Board members for their dedication and significant contribution to ICP+P. They include: Dawn Taylor, Associate Director of Conferences; Terence Chang, Associate Director of Member Relations; and Deborah Horan, Board Representative at Large. Although not an official Board position, Jane Jacobs served as Coordinator of Short Courses and is also stepping down. Thank you all!

You will receive your electronic ballot on Friday, April 2nd and the deadline to vote is Wednesday, April 14th. Please vote for all of the positions on the ballot. We need more than 50% of all members to vote in an election of Board officers and representatives (Article Four of our Bylaws). Your vote is extremely important!

For a description of the Board positions, please click on the link: [ICP+P Board Position Descriptions](#).

Personal statements from all the nominees can be accessed by [clicking here](#).

The ICP+P Nominations and Elections Committee



Invitation to ICP+P Community to Contribute to the Newsletter

If you have an original observation or opinion that is 400 words or less, please submit it for the newsletter. Note that this should not be anything like an advertisement for services, a journal article, or repeated from an article written earlier, and references should be minimal and will count in the word count. It will be edited, and you can review the edits before it is published.



The Children's Corner



Tom Holman, PhD

The Children's Corner will be a series of occasional articles intended to spark increased awareness and discussion of children and child therapy, and their relevance for working with adults in the ICP+P community. Contributions to this series are welcome from any members of the community.

Children are not Little Adults

There are jokes about Americans who go abroad, say, to Paris, eager to experience the wonderful sights and cuisine. They become frustrated: "Why are all these people speaking a foreign language?" Likewise, many psychotherapists, eager to help children, go "abroad" into the country of childhood, and are frustrated that children do not act like adult patients. Anna Freud (1980) cited a "host of disadvantages" including "the child's diminished insight and fluctuating treatment alliance, his increased intolerance for unpleasure and anxiety, his inability or unwillingness to embark on free association, his preference for action rather than verbalization ... and the unavoidable intrusion of parents." Anna Freud definitely knew children better than almost everyone, helped more children than almost anyone, and likewise knew about

parenting. However, when discussing child psychoanalysis, she seemed to subscribe to the idea that children's inability to do adult-like psychoanalysis was a problem. If children were just little adults, they would have fewer "disadvantages". Children's therapy certainly needs the insights of psychoanalysis; however, children need treatments that are designed for them. They need to be known, understood, and appreciated as they are. Can we conceive a psychoanalytic therapy truly designed for children, without the baggage of imitating adult therapy? We can start with Winnicott's (1971) magical book, *The Piggle: An Account of the Psychoanalytic Treatment of a Little Girl*. Winnicott may have gone "abroad" from the country of adult psychotherapy, but he is not frustrated; he speaks the languages of childhood fluently. Moreover, he collaborated beautifully with the parents.

In child therapy there are two fundamental, important ways of knowing and understanding children. In the first way, we understand them as developing towards adulthood, and we must be aware of how this development is proceeding. Developmental problems must be assessed and treated. In the second way of knowing, we must be able to prize children as perfect, fully formed human beings in every moment that we interact with them; we must be able to enjoy these moments so that they know we are enjoying them; and we must work to help their parents and others understand them as they are right now. This second way of knowing children seems essentially similar to Kohut's (1959) ideas about empathy -- vicarious introspection. Kohut added, "the reliability of our empathy ... declines the more dissimilar the observer is to the observed." To help children, we must learn the "languages" of childhood, so our empathy becomes more reliable.

If you would like to discuss these issues further, or if you would like citations for the Freud, Winnicott, and Kohut references, please let me know (tom@tomholman.com).



SAVE THE DATES

Upcoming Events

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.



Several other events are being planned.

Training and Education

CAPP Program Fall 2021

ICP+P welcomes applications for the Fall 2021 class of its Contemporary Approaches to Psychodynamic Psychotherapy (CAPP) program. With an excellent faculty, dynamic students, and an engaged community, the CAPP Program is a 2-year clinical training program that focuses on the values, attitudes, and listening perspectives of clinicians who operate from Self Psychological and Relational perspectives. The building blocks of the CAPP program consist of students' personal growth, clinical skill development, and theoretical exploration. CAPP, embedded in the facilitating environment of the ICP+P community, offers an innovative curriculum and is designed to provide a training experience that captures the excitement, creativity, and diversity fundamental to these perspectives.

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

Couples 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 Wannan at menaw1@aol.com or 301-325-1840.

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

Psychoanalytic Training Program 2022

We are pleased to announce that the ICP+P Psychoanalytic Training Program is initiating a new training opportunity that will begin in January 2022. The program will be offered on a remote basis. At a future point (when travel is considered safe), we plan to hold two in-person meetings/year in Washington, DC. Please see the Psychoanalytic Training Program page on the ICP+P website for further details. We plan a study group for interested individuals to begin fall 2021. This group will provide an opportunity for participants to come together to study contemporary psychoanalysis, learn more about psychoanalytic training at ICP+P, and begin to cohere as a group. To schedule a conversation to learn more about the program, contact Elizabeth Carr, Chair of Admissions, elizabethmcarr.msn@gmail.com.

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

Fellowship Program 2021-2022

ICP+P's Psychoanalytic Training Program welcomes applications for the 2021-2022 class

of its Fellowship Program in Contemporary Forms of Psychoanalysis. The Fellowship Program introduces participants to the ways psychoanalysis has evolved as a relevant clinical practice for the 21st century. This free program gives participants a feel for the types of learning experiences available in ICP+P's training programs and professional community. 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. There are 9 monthly meetings with different presenters on Saturdays from 2:00pm - 4:00pm .

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



News + Notes

Sandy Hershberg, MD would like to make our community aware of an all volunteer program, that she is a part of, designed to support healthcare workers and first responders who have served us all through this pandemic. It is called "The Things They Carry." (Thingstheycarryproject.com)

Beginning in mid-April and extending through the months ahead, the New Directions in Writing program of the Washington Baltimore Center for Psychoanalysis is offering free online writing workshops to help those dealing with the stress and trauma this past year has entailed. "The Things They Carry" workshops are staffed by therapists and writers from across the country. The three-session, small-group format is designed to help individuals write and share narratives, healing and building resilience in a safe, confidential atmosphere. Please distribute this flyer to those who could benefit from these workshops by sharing the attached flyer with members of your communities.

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. Strong WiFi. Full kitchen, large storage area, and private bathroom for suite occupants. An excellent office to work remotely, or to see patients in well ventilated space when able. Call Janna Sandmeyer at (202) 306-6500, or email JannaSandmeyer@me.com.



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).



Events

Mauricio Cortina, MD will be presenting his talk "Attachment Theory: An Indispensable Tool for Psychotherapists" at The Washington School of Psychiatry on May 15th. 3.5 CEUs will be provided completion of program. Enroll through the website of the Washington School of Psychiatry <https://wspdc.org/home>.



We love hearing from you!

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

ICP+P appreciates your donations -- [Please contribute here!](#)

[Visit our website](#)

