

A Community for Self+Relational Theory+Therapy

**May 2021 Newsletter****SAVE THE DATE****Spring Community Gathering  
Virtual Round Robin**May 21st, 2021  
5:30pm - 7:00pm EST*A social gathering for ICP+P members***Registration & Further Info Coming Soon!****Past, Present, and Future: What makes ICP+P Thrive  
By John Gershefski, PhD****John Gershefski, PhD**

I would like to reflect on my first year as a Director of ICP+P. It certainly has been filled with many unusual and painful twists and turn. At the same time, it has highlighted the many strengths of our organization.

Together we have faced Covid-19, and very successfully adapted in ways that allowed us to continue as normally as possible. Virtual conferences have been a big success; many of us have gathered virtually for community gatherings, study groups, committees and for informal gatherings. We also sadly experienced the passing of our administrator, Nancy Der, a few months back. As we all know, Nancy was a cornerstone of our organization. Yet, together we have transitioned through that very difficult period and have a new, wonderful administrator, Nilou Mostofi, steadily in place now. We went through, and are still going through, many dramatic sociopolitical events that have rocked our society and, of course, our organization to its very core. The ugliness of institutional racism has perhaps never become clearer than in the past year. It has forced many of us to take notice of, and grapple with, this harsh reality. The tapestry of denial has been yanked away.

So how have we negotiated our way through all these challenges and kept ourselves strong? From my vantage point, there are some very key factors. Our organization consists of a resilient group of people. We come together during times of difficulty. Many people stepped up in the areas needed. We are fearless (relatively) in the face of crisis. We bond together and learn to lean on each other more than ever. Another unique factor about our organization that helps us confront crisis, but also allows us to change and develop, comes from our very origins. ICP+P developed as an outgrowth of more traditional psychoanalytic thinking in the 1990's. We have in our roots an essentially evolving nature that led to our development when Joe Lichtenberg and Rosemary Segalla wanted to create a place for self psychological thought that was frowned upon in other institutes. Thus, at our core we are an institution that knows how to adapt and change.

These traits will allow us to continue to progress into the future, and to integrate the best thinking across seemingly divergent areas of theory and practice. Thus, it is time to break down the barriers that can inhibit our own progress. This is not a time for an "either/or" mentality. It is time for a "both/and" perspective that will guide us into the future. As an example, it is not whether we embody either a self psychological, a relational, a psychoanalytic, or some other dynamic approach to understanding and treatment, but how we are able to develop, integrate and communicate concepts into evolving theories and practice.

Similarly, it is not whether we continue to focus on self, relational and psychoanalytic theory OR focus on issues of racism/anti-racism or emerging mind-body approaches, but how we work to bring together these perspectives theoretically and clinically. We can clearly make these adjustments, as we have shown from our ability to so successfully negotiate the past 25+ years, and specifically, the past year. We always have been, and will remain, an institute for evolving, cutting-edge thought and practice.

It has been a privilege and joy to be part of this organization for the past 20 years, and I look forward to our continued emergence into the future!



## 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!



## Focus on Professional Peer Groups: Racism in the Field of Psychotherapy: Deconstructing Privilege, Power and Projection in the White Therapeutic Community

The professional peer group on Racism in the Field of Psychotherapy is co-led by Raquel Willerman and Alison Howard. The group began in July, 2020 and meets on the first Friday of each month, 10-11:30am. The group is open to new members as of July, 2021.

Raquel described started the group “out of frustration with myself” for not doing enough, as part of her desire to be an ally in the anti-racist movement. Alison and Raquel decided to create a space where white therapists could talk about racism in the psychotherapy community and in themselves. Members dealt with a lot of fear, including the fear of being perceived as racist. Initially they struggled with how much the group should be process-oriented versus how much it should be learning-oriented. The group settled on a combination -- focusing on group process and using a syllabus of resources that Alison created. Group members bring in clinical experiences, along with other experiences of witnessing, or participating in, racism. It has been important to focus on the intrapsychic experience of racism, including aversive racism, which is characterized by denial of our own racism. The group has also examined the tendency of therapists to want so much to feel compassionate and empathic that they avoid looking at their other tendencies.

Anyone interested in joining the group should contact Raquel [rwillerman@gmail.com](mailto:rwillerman@gmail.com) or Alison [alisonhoward32@gmail.com](mailto:alisonhoward32@gmail.com).

Tom Holman, PhD



## 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.



# 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](mailto: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](mailto: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

Bethesda Office Space: (3) offices available in suite in Downtown Bethesda with waiting room/kitchenette, bathroom and shared closet. All offices have windows and temperature control. The largest office (14x14) is suitable for group. The (2) larger offices (14x14 & 12x14) are furnished; the smallest one (10x14) may be furnished if needed. WiFi possible. Limited paid parking for subtenant and free parking for patients; near public garage and Metro. Virtual tour available. Contact Jonathan Lebolt, PhD at [Therapy@Doctor-Jon.com](mailto:Therapy@Doctor-Jon.com) or Faith Weidler, LCSW-C at [FaithWeidler@msn.com](mailto:FaithWeidler@msn.com).

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](mailto:JannaSandmeyer@me.com).



### **We love hearing from you!**

Please send articles, announcements, artwork, etc. to  
Nilou Mostofi, ICP+P Acting Administrator, at [icppeast@km-direct.com](mailto:icppeast@km-direct.com)

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

**Visit our website**

