

A Community for Self+Relational Theory+Therapy

February 2022 Newsletter



Time for Nominations to the ICP+P Board By Adriana Couto da Silva Associate Director for Member Relations

This is the time of the year where we start a nomination process to fill in vacant board positions. As the Associate Director for Member Relations, I would like to express my gratitude to the many of you who have contributed immensely to the development of the Institute and the sustainability of the board in the past and present years.

Now, I would like to invite you all, particularly the ones who have not had a chance to participate, to run for the board. Although I always felt welcomed by the ICP+P community, I thought that participating on the board was something far away from my reach. Frankly, I

became part of the board because I was invited to do it, otherwise, I would not consider doing it because I thought I was not a good representative of the community.



Adriana Couto Silva, LCPC

My thoughts have changed since I became a board member and one of the candidates for the directorship. I believe that participating on the board is an important engagement for our own and the Institute's development. In fact, we are going through an anti-racism initiative and training that will change policies and procedures to solidify the Institute's mission to diversity, equity, and inclusion. For this initiative be successful, we want to hear different voices, your voice. The Institute would benefit from a full and diverse representation of its community. We want to hear your voice. **YOU ARE INVITED TO BE PART OF THE BOARD.** You can be nominated or nominate yourself for the following positions:

- Director
- Associate Director of Member Relations
- Associate Director of Training
- Associate Director of Administration
- Treasurer
- Study Group Coordinator
- Member at Large

I hope you consider this invitation and if you have any questions, don't hesitate to contact me at contact@asilvapscyhotherapy.com.

Adriana Couto Silva, LCPC



Introducing the New Members-in-Training of

the Psychoanalytic Training Program

By Sandra Hershberg, MD

It is with great pleasure that I introduce the 8 candidates entering the Psychoanalytic Training Program to our larger ICP+P Community. While our program is a virtual one, we intend, when it is safe enough, to have this cohort come together in person for two weekends of study per year in Washington, DC. Going virtual has enabled us to have a diverse group of candidates from a variety of locations that enriches the group.

Kai Da Costa, M.D. I live in Maine and work as a psychiatrist in a state psychiatric hospital. I have a small private practice.

Peiper Kirkendoll, Ph.D, M.S.W. I live in Telluride, Colorado. I work with adolescents and adults in my private practice. I received my doctorate in Counseling from The George Washington University. I'm an avid reader and I love to ski and hike in the mountains around Telluride with my family.

Krista Koskinen, M.D. I live in Washington DC where I am completing my residency training in psychiatry at George Washington University. I am originally from Finland, and studied medicine at Uppsala University in Sweden. In medical school, I completed clinical rotations in Bangladesh, Nepal, and Vietnam, and participated in a war trauma related mental health project. Before moving to the US in 2020 I worked as a physician in several medical and psychiatric emergency departments as well as psychiatric outpatient clinics. I am passionate about global mental health and cross-cultural psychiatry..

Will Hayden, L.I.C.S.W., M.S.W. I am a social worker in private practice. I work with high school and college students as well as adults. I worked and trained at Sibley Hospital's inpatient unit with Bruce Lee for 10 years. I have been in supervision with Elizabeth Carr for the last year. I've been impressed by how the psychoanalytic supervision has generalized so easily to my other clients.

Rodney Orders, L.C.S.W.-C. I graduated from the University of Maryland at Baltimore with a MSW in Social Work, specializing in Employee Assistance Programs in 2003. In 2013, I completed a psychoanalytic psychotherapy training program from the Washington Center for Psychoanalysis. I obtained my Substance Abuse Professional (SAP) Certification in 2017. Currently I reside in Howard County, MD. I work part-time in private practice, and am a contractor for the Washington Metropolitan Area Transit Authority Employee Assistance Program.

Sara So, M.H.S., M.S., L.G.P.C. Located in Maryland, I currently work in private practice as a psychotherapist, and as a research facilitator in academia. My clinical interests include the intersection of contemporary psychoanalysis with spirituality, trauma work, and psychedelic-assisted therapy. I hope to uplift the voices of BIPOC, non-binary, trans, LGBTQIA+, neurodivergent individuals with diverse socioeconomic backgrounds and disabilities in my work, through my awareness of how the field of mental health has historically and continuously centered on White cis-gender, heterosexual, able-bodied, neurotypical, middle/upper class men's voices

Voljna Tapola, Ph.D. I was born and raised in what is currently known as Bosnia and Herzegovina. I am a psychologist and now reside in Finland where I am a Lecturer in Clinical Psychology at University of Jyväskylä, Finland, and a lead training Psychotherapist in Integrative Psychotherapy at the University of Eastern Finland. I also see adolescents and adults in private practice. My main research interest lies in enhancing our understanding of suicide and non-suicidal self-injury. I serve on the Editorial Board of the Journal of Criminal Psychology.

Sandra Triggs, L.M.H.C. In the past 25 years I've been studying, researching, training for, and practicing psychotherapy in a community clinic and in a part-time private practice. I'm located in Vero Beach, Florida. The discoveries in the subtleties of mother/infant communication inform my practice. The foundation of my work is developmental. That is, a person's life is an ever-developing psychological process.



Update on ICP+P's Process with Vision4Equity Consultants By Alison Howard, PsyD, MEd, CGP Associate Director for Outreach and Diversity

Over the winter holidays, the Board Directors and I met with our antiracism consultants, Vision4Equity, to review the work we had done to date. You may recall that the consultation encompassed three phases and that we have completed the first phase (**[CLICK HERE FOR FULL DESCRIPTIONS](#)**). After the meeting, our consultants offered us the opportunity to shift from a macro to an organizational level focus. Keeping in mind the transition in Board leadership this May, our consultants suggested, and we agreed, that helping the Program Chairs and training faculty make use of the feedback from Phase I should be a priority. We also felt that moving the member-wide assessment to later and offering antiracism training to the current board would sustain the trajectory of our antiracism work.



Alison Howard, PsyD, MEd, CGP

The antiracism training for the ICP+P leadership took place in late January. I hope that our work together will help us in the work ahead in creating an organization that is a place of diversity, equity, inclusivity and belonging.

The following information and pre-training resources were offered by the consultants prior to the training we did, and I want to share it with you so that we are learning together:

“The training is intended to support leaders in supporting the organization's antiracist transformation.... This stage will focus on developing the Board of Directors into leaders prepared to guide the organization towards a multicultural and antiracist organization. Leadership has specifically requested to work on white fragility, colorblind racial ideology and white dominant culture pervasive within this and nearly all organizations. To meet the above request, the Board will be provided resources (see links below) for building a frame for discussing, understanding, applying, and taking action on the journey to becoming a multicultural antiracist organization. This will support the organization's goals of developing racial literacy, applying a racial equity lens and building resilience for the road ahead.”

1. **[Allegories on race and racism | Camara Jones | TEDxEmory](#)** (20min to view)
2. **[Racial Equity Tools Glossary](#)** (30 min to view)
3. **[Black Psychoanalysts Speak Trailer](#)** (11 min to view)

I hope you all have an opportunity to look at the above resources, and that you find them as useful as I do.

Please do not hesitate to contact me or other members of the Board for information about other antiracism training opportunities, or to get involved with our DEIB effort.

In Solidarity,

Alison



Relational Perspectives II: Third Conference in the Series



Thinking and Working Relationally with Transgender Patients

Avgi Saketopoulou, Psy.D.

Conference Chair:

Robert Benedetti, Ph.D.

Saturday, February 26th, 2022

9:45 am - 4:00 pm Eastern (US/Canada)

Virtual Online Event

This conference is appropriate for clinicians at all levels of experience and offers 5.0 CEs.

This conference offers an opportunity for multiple levels of engagement around issues of normative gender, trans identities, and the complex embodiments of both. The day will start with a paper presentation by Dr. Saketopoulou which will offer a working theory of gender that does not separate it out from sexuality but, instead, permits us to think them through conjointly. The paper and the conversation that will follow will also track how racialization is always already embroiled in gender. The issues this paper will raise are complex, posing several challenges to our conventional way of thinking about how we are gendered and raced. Through lively conversation and direct engagement with the presenter, participants will explore these issues in relation to their own practices as well as through vignettes offered spontaneously and through questions.

Note that Conference #4 on April 30, 2022 will feature Hazel Ipp, Ph.D. and Malcolm Owen Slavin, Ph.D. -- Three Characters in Search of Empathy: Empathy as a Complex Relational Achievement. This will be ICP+P's Annual Conference, and ICP+P members can register for this conference separately from the others. Registration will open soon.

[CLICK HERE TO LEARN MORE](#)



ICP+P Winter Conference

A View of Play in Light of Contemporary Psychoanalytic

Theory and Practice

with Steven Cooper, PhD



Steven Cooper, PhD

Saturday, March 26th, 2022

9:00 am - 12:30 pm Eastern

Online via Zoom

Free to Members

This conference is appropriate for clinicians at all levels of experience and offers 3.0 CEs.

CLICK HERE TO LEARN MORE + REGISTER

This conference explores how the concept of play can help us understand clinical process and allow us to engage patients in new and meaningful ways. Dr. Cooper will remind us of Winnicott's concepts of play including the ways in which play can serve as a link between unsymbolized experience and greater capacities for representation. He will present clinical case material to explore the relationship between play and enactment, consider how play relates to more traditional forms of interpretation, and show how play serves to facilitate therapeutic process in important ways, to include helping our patients grieve. Dr. Cooper will emphasize the importance of adopting an "ethic of play," a willingness, on the part of the clinician, to work with their own resistance to become a changing subject and an object available for play. Making ourselves available for play with our patients allows patient and therapist to face profound experiences of absence and disappointment with internal objects and actively engage this experience in real time within the therapeutic relationship.

At the conclusion of this conference, participants will be able to:

1. Utilize basic classical and contemporary theories of play.
2. Identify play when it occurs in clinical work that is generated by both the patient and therapist.
3. Describe and formulate familiar psychoanalytic concepts such as transference, and defense from the perspective of contemporary play.



News + Notes

Kerry Malawista, Linda Kanefield, and Anne Adelman share the news that their new book *When the Garden Isn't Eden: More Psychodynamic Concepts from Life* will soon be released by Columbia University Press. This book blends storytelling and psychotherapy through evocative personal and professional vignettes, each followed by an analytic reflection explicating key psychodynamic concepts embedded in contemporary social and cultural contexts. These chapters illustrate the richness of psychodynamic thinking and provide a deepened understanding of what it means to be human.

Men's & Mixed Therapy Groups meeting via Zoom have openings for adults of all ages. Relational approach; leader is Certified Psychoanalyst and Certified Group Psychotherapist with 30 years' experience collaborating with individual therapists and serving clients of various cultures. Both groups meet weekly and focus on improving relationships with self and others, and issues in members' lives. The foci of the men's group include emotional intimacy and recovery from childhood trauma; the mixed group deals with relationship and other issues and is open to women, men and gender non-conforming persons. All cultures welcome. Men's Group meets Wednesdays at 12 pm; Mixed Group, Thursdays at 5 pm. Leader is licensed in MD, DC and VA.

For more information, contact (or have client contact) Jonathan Lebolt, PhD, CGP at <https://Doctor-Jon.com>, Therapy@Doctor-Jon.com or (240) 507-7696.



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

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