

A Community for Self+Relational Theory+Therapy

March 2022 Newsletter



Reminder: ICP+P Board Nominations

We have many open positions...Please consider joining the board! We need your presence, vision, and energy to sustain and co-create a vital community. If you have any questions, comments or curiosity about the board... please, e-mail either Adriana Couto Silva at contact@asilvapsychotherapy.com, Ruth Migler at ruth.migler@gmail.com or Virginia Voigt at vvoigtlcsww@gmail.com. Open positions are listed below.

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

You can click [HERE](#) to read about the responsibilities for each position and to nominate yourself or another member.

Nominations being accepted through March 18th



Introducing the New Members of the Contemporary Approaches to Psychodynamic Psychotherapy Class

By Janna Sandmeyer, PhD and Sharon Ballard,
LCSW

We are delighted to introduce you to our new CAPP class!

Katie Burner, LICSW is practicing for a non-profit agency in D.C working with adults in individual therapy. Katie graduated with her MSW in 2013 from BYU. Prior to her work in D.C she worked for a rural mental health center, providing a range of mental health and substance use services to adults, adolescents, children and their families.

Erica Gants, PhD, has been practicing psychology for over 30 years. She considers herself a Developmentalist, in that her approach is heavily informed by current and past history as well as the belief in an innate striving towards growth. Erica joined the ICP+P and the CAPP program to find a psychological home and to learn a theoretical basis in guiding her work. She is interested in learning more about current theories of self, relational, and intersubjective Self Psychology. She is also excited by advances in Neuropsychology.

Gillian Karp, PhD, is a psychologist working primarily with adults currently in a solo private practice in the Chevy Chase-Bethesda area. She has experience working in the federal government including a 3-year stint abroad with her family. She is grateful to be a part of this CAPP class and the ICP+P community.

Paula Otero, LPC. Although her theoretical orientation is psychodynamic and relational, Paula takes an integrative approach in therapy. She believes that the therapist-client relationship is central to the therapeutic process. Paula's aim is to provide a space where clients can feel safe and whole as a person, integrating all parts of themselves and encouraging curiosity, compassion, and no judgement. Paula's practice is in Mt. Pleasant, a neighborhood of Washington, DC. She is bilingual in English and Spanish and conducts sessions in both languages. In addition to CAPP training, Paula is completing hours to become a certified psychodramatist (CP) and a yoga teacher (YTT).

Matt Raymond, LCSW, is a Licensed Clinical Social Worker and works at Weaver & Associates in McLean, VA working primarily with children and adolescents. Matt has experience providing individual, family, and group therapy for youth struggling with the following challenges: suicidal ideation, childhood trauma, anxiety, mood disorders, parent-child conflict, and family transitions such as adoption, and divorce. Matt uses a relational approach when working with clients and most often utilizes modalities such as Cognitive-Behavioral Therapies; Acceptance and Commitment Therapy, Motivational Interviewing; and Attachment-Based and Family Systems Therapies.

John Rooney, LCSW, LCSW-C, LICSW, MSW lives in Northern VA, but is originally from the UK. This is his third career, having worked in oil exploration, and later software development. He received his MSW from Smith College, and completed the Clinical Program at the Washington School of Psychiatry last year. John is transitioning from working in Community Mental Health to private practice, where he treats adult individual clients. He is particularly interested in substance use, trauma and psychosis.

Matthew Schottland, PsyD is a licensed clinical psychologist in full-time private practice in Washington DC with an office in Farragut Square. Matthew specializes in working with LGBT individuals and clients, especially gay men in young adulthood and middle age. He is especially enjoying learning the theory, technique and sensibility of self psychology and intersubjective systems. In addition to his training in the CAPP program, Matthew is strongly interested in somatic work and the integration of psychedelics and mental health. Outside of his practice, Matthew enjoys playing tennis, doing yoga and meditation, and spending time with his 3 year old Goldendoodle pup, Levi.



ICP+P Annual Conference

Three Characters in Search of a Story: Empathy as a Complex Relational Achievement

Featuring Hazel Ipp, PhD and Malcolm Owen Slavin, PhD
Saturday, April 30, 2022

9:45 am - 4:00 pm Eastern
Online via Zoom

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



We share multiple realms of experience with our patients. Very often, what feels real—what we both deeply trust—emerges through a process of probing and negotiating the universal, human existential challenges around otherness and loss that we inevitably share with our patients. Hazel Ipp and Malcolm Slavin will basically try to show this—show it as it developed over time in an ongoing therapeutic relationship. Their story will revolve around Mal’s treatment of his patient, Adam. We’ll hear Hazel re-narrating how Mal and Adam communicate—how they try to connect and make meaning. Mal resumes his story. Hazel continues to comment. Back and forth, we hear the story develop. What emerges is what Hazel and Mal come to see as a complex form of empathy: A valued empathy that, however, is neither a “stance,” nor a learned “technique.” Rather, through an “adaptive probing” of what is hidden, conflicted and multiple in the other, a kind of complex empathy emerges over time in this relational context. Eventually Adam, Mal’s patient, reads and responds to the story as Mal tells it. He reflects and directly speaks to us through his written commentary on Mal’s story of their years of therapy. As Adam brings us inside his inner dialogue, we hear his subjective experience of the empathic process that Hazel and Mal have come to understand and to call a complex relational achievement.

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

1. Describe how empathy can be a complex relational achievement.
2. Identify how adaptive probing, coming to know and be known, works in the process of building trust.
3. Describe how patients may change and develop internally without putting significant parts of their experience into words.
4. Critique Dr. Ipp and Slavin’s concept of complex relationally achieved empathy and apply it to their clinical work through engagement in a small group discussion.

Register Here Now!*

**** If you have already registered for the RPI II Conference Series, you do NOT need to register for this conference. It is the fourth RPI II conference in the series.***



The Children’s Corner “Can You Kiss It?” By Tom Holman

Recently my grandson, age 2 and a half, came to me, offered his hand, and said, “I hurt my finger, Grandpa.” I felt myself going into the familiar parental role of concrete problem solving. I looked at the fingers and didn’t see any booboos. Fortunately, he redirected me to what really mattered, saying, “Can you kiss it?” I kissed a finger, and he said, “Thanks,” and returned to playing with his fire truck. He is quite capable of complaining when he’s

physically hurt. But in this instance, the hurt was possibly more to his sense that the world is his oyster and will never disappoint or hurt him -- the omnipotence and narcissism that is so important and wonderful at his age.



Tom Holman, PhD

What was the kiss, and what did it fix? Did it restore his sense that the world is OK, even if it hurts a finger sometimes? And the reward for me, the dispenser of world-healing kisses? A little omnipotence and narcissism for me? In the potential space we shared, I was receiving something as magical as I was giving.

Patients of all ages tell us of their hurts, or don't tell us and we struggle to understand. We need to formulate and diagnose the hurt, understand the treatment needed. It is equally important to find a way to kiss the hurt, to help the patient experience the understanding at a more emotional and mutual level.

My grandson could ask for the kiss. Our patients usually can't. Many have never had anyone understand and enter into that experience with them. We may see the need displaced onto dolls and toys; expressed in gestures or other nonverbal cues; or implied indirectly through verbal reports. When we are feeling particularly inadequate to meet their needs with our skills, the patient may be most in need of our finding the hurt place and kissing it. If we do that well enough, the "kisses" will become part of the patient's image of us, and the patient can develop the capacity to "kiss" their own wounds.



A "Short Course" that was Long in Meaning and Engagement By Tom Holman

On February 5, 2022, Elaina Vasserman Stokes, Ph.D., LPC, and Elizabeth Carr, APRN, MSN, BC, presented a Short Course, "From the Nursery to the Therapeutic Relationship: Developing a Sense of Earned Security." Elaina, as analyst and Elizabeth, as supervisor in ICP+P's analytic training program, collaborated in a creatively organized presentation, grounded in attachment theory and intersubjectivity. The challenges of disorganized attachment, which characterized Elaina's patient, were emphasized. The concept of disorganized attachment, first developed by Mary Main, involves fear of the attachment figure, who can be alternately helpless and hostile. Elaina and Elizabeth emphasized the need for the analyst's empathic openness to the intersubjective process, an openness to herself as well as to the patient. Elaina also drew on her experience working with very young children and their parents.

After a summary of theory, the course was organized around the alternation of vignettes of a rich and difficult treatment with questions and discussion. The diversity of this patient, a white, cisgender lesbian woman without children, struggling financially, was also an important issue addressed in the exploration of the therapeutic relationship. The importance of "being known" in the relationship required Elaina, as a heterosexual woman with husband and children, to explore her own feelings and her heteronormative lens. A primary goal of treatment was to help the patient achieve "earned security," Main's term for a positive reconstruction of negative life experiences and a coherent self-understanding.

Elaina's clinical vignettes included, in an open and insightful way, her own subjective process as well as the interactions with the patient. The patient, who struggled with "shameful rage," expressed shaming criticisms to Elaina. Over time, the treatment helped the patient develop new solutions to fearful states, which often reflected multi-generational trauma. The supervisor's support helped her tolerate and deal with her own difficult feelings as evoked by this work. The supervision gave her an experience of "earned security" and a frame within which she could become more aware of her own feelings and respond productively.



Elaina Vasserman-Stokes, PhD, LPC



Elizabeth Carr, APRN, MSN, BC



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

Zoom Therapy Group has (2) openings for adults: (1) female and (1) non-binary. Relational approach; leader is Certified Psychoanalyst and Certified Group Psychotherapist with 30 years' experience collaborating with individual therapists and serving clients of many cultures. The group focuses on improving relationships with self and others (partners, family, friends, colleagues) and issues in members' lives. It is open to women, men and gender non-conforming persons (adults of all ages). All cultures welcome. 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.



We love hearing from you!

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

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