

A Community for Self+Relational Theory+Therapy

May/June 2022 Newsletter



Announcement from the Nominations and Elections Committee

On behalf of the ICP+P Nominations and Elections Committee, we are very pleased to announce the results of the recent 2022-2024 Board election:

DIRECTORS

Martha Blechar Gibbons, Adriana Couto Silva
and Sophia Coudenhove

ASSOCIATE DIRECTOR OF TRAINING

Jonathan Lebolt

TREASURER

Emily Foster

COORDINATOR OF STUDY GROUPS

Becky Bailey

BOARD REPRESENTATIVE

Melissa Nicolaou and Brigitte Ladisch

CONGRATULATIONS, ALL!

We would like to express our appreciation to the following outgoing Board members:

Adrienne Simenhoff, John Gershefski, and Ruth Migler, Directors; Erin Gelzer, Treasurer; Natalia Wannan, Coordinator of Study Groups; and Sean Penny and Virginia Voigt, Board Representatives

Thank you to everyone who participated in this process!

Erin Gelzer, Ruth Migler, Virginia Voigt
NOMINATIONS AND ELECTIONS COMMITTEE



Introducing the New Members of The Couples Therapy Training Program

By Michael Wannon PhD and Catherine Bernard PhD

We are delighted to introduce five future Members in Training for the Couples Therapy Training Program. They are currently participating in a pre-program study group. The Program will continue to be accepting applications for the class of fall/spring 2022/23 until July 1. The members described themselves as follows:

Dylana Blum, Psy.D. is a clinical psychologist with a private practice in downtown Washington, DC, where she treats individuals and couples in psychotherapy. Dylana sees patients with a wide range of presenting concerns, but has particular interest and experience in issues related to the perinatal period, such as pregnancy challenges, infertility, miscarriage, postpartum mood disorders, and adjustment to parenthood. Dylana is a member of the DC Metro Perinatal Mental Health Collaborative and the Spring Project. She is also very excited to be a member of ICP&P's Couples Therapy Training Program. Outside of work, Dylana enjoys long walks, travel, cooking, and spending time with friends and her husband and 2 daughters (ages 12 and 10).

Thomas Gray, PhD, MSW has a practice in Washington DC..

Julie Mitchell, LPC is a licensed professional counselor in Washington, DC. She works with individuals and couples in private practice in Dupont Circle (or wherever a laptop can travel). She works with folks with a range of backgrounds and presenting issues, including eating disorders and body image concerns. Julie has a particular interest in existential issues in psychotherapy and is looking forward to furthering that work through the couples program with ICP+P. Julie spends her non-work hours gardening, hiking, and engaging in election-related volunteering with her partner and their very spoiled geriatric dog.

Melissa Nicolaou, LPC is a Licensed Professional Counselor who has recently transitioned into full-time private practice. She is excited to get to know the ICP&P community and to be a student in the Couples Therapy Training Program. Melissa has worked as a counselor at the Department of Veterans Affairs, and prior to that, at Kolmac Outpatient Recovery Center. She completed the 2-year clinical post-graduate program at the Washington School of Psychiatry in 2016, during which psychodynamic approaches became foundational in her approach. She is also interested in interpersonal neurobiology, and has completed the first level of both Sensorimotor Psychotherapy and Internal Family Systems trainings. Melissa currently works with adult individuals and couples virtually, and hopes to return to her office in Farragut Square soon. She is also on the ICP+P Board as Member at Large.

Susana Shapiro, LICSW, LCSW-C, is a licensed social worker who is passionate about working with people of all cultures and backgrounds to overcome obstacles to achieve their most meaningful and fulfilling lives. She currently serves as Clinical Director at the Washington School of Psychiatry. She also works as a psychotherapist with The Mindful Heart LLC, providing therapy in English, Spanish and Portuguese. Her therapy specialty is helping couples "on the brink" with an active and relational approach. She is trained in structural family therapy, trauma therapy, and solution-focused therapy which she uses to empower clients to work towards their goals. When Susanna is not working she enjoys spending time with her twin sons, jogging, dancing, exploring hiking trails and studying sacred texts.



New Member Interview with Melissa Nicolau

By Tom Holman

In this newsletter Melissa also appears in the descriptions of students in the couples therapy training program. This interview will try not to repeat information from that description. Melissa was



Melissa Nicolau

attracted to ICP+P through her interest in the couples program. She felt the sense of a very supportive community, with members invested in each other. She also valued the exposure to different ways of clinical thinking than she had been accustomed to. Her journey to her current full-time private practice work has taken some interesting turns. Previously she had a formative experience working at the Kolmac Center, doing intensive outpatient treatment for addiction recovery. This was a more structured and less psychodynamic approach that emphasized group and family therapy. She was impressed by how much relationships give us greater access to ourselves, and perhaps this prepared her to explore self- and relational psychotherapy. She said, "To be seen by a partner is growth promoting and life changing." The idea of being "seen" perhaps led her towards intersubjectivity. She then enjoyed working at the Veterans' Administration's DC Vet Center, started by Vietnam Vets. This was a different type of setting from more formal VA facilities. Melissa first learned psychodynamic approaches in the Clinical Program on the Practice of Psychotherapy at the Washington School of Psychiatry, and was inspired to seek more. Melissa has a lively interest in Greek language and culture, and continues to study them. Her parents are originally Greek Cypriots, and this identification is important to her.



UPCOMING CONFERENCE!

Joseph D. Lichtenberg's Legacy: Reflections on Power, Aggression, and Transformation



**Featuring Arthur A. Gray, PhD
Marie Hellinger, LICSW
Elizabeth Carr, APRN, MSN, BC**

**Saturday, September 10th, 2022
9:00 am - 12:30 pm Eastern**

**Silver Spring Civic Building at Veterans Plaza
Free to Members**

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

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The conference will be in two parts. In the first part of the day, Arthur Gray will present on Joseph Lichtenberg's ideas about power and personal efficacy. In particular, he will focus on Lichtenberg's proposals about how a person's experience of either gaining or losing power affects their sense of self, including in moment-to-moment clinical interactions. The presentation will also relate Lichtenberg's constructs about power to issues of diversity.

In the second part of the conference, Marie Hellinger and Elizabeth Carr will present ideas from their recently published paper (2021) on self psychology and aggression. They will

discuss Lichtenberg's motivational systems theory with an emphasis on the aversive system. Through a number of clinical vignettes, they will describe how patients may present with significant difficulties regulating aversive affects from annoyance and anger to all-encompassing rage states and hatred. Their vignettes will include a number of clinical examples of socio-cultural differences between patient and therapist that activated intense aversive affects for both members of the dyad.

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

1. Describe how Lichtenberg's personal sense of power is different from power over others.
2. List several implications of the presenter's statement that, "Psychoanalysis provides a setting in which a patient can have someone with whom they can entrust their reality."
3. List the two major human responses to aversive experience that Lichtenberg identified.
4. Discuss the contextual sensibility Hellinger and Carr recommend regarding the way dyadic experience is intrinsically connected to the historical/cultural world.



Announcements

A new book edited by Michael Maccoby and Mauricio Cortina has recently been published: *Leadership, Psychoanalysis and Society* (Routledge). This timely book looks into the relationship between leaders and followers from psychoanalytic, anthropological, historical, sociological and aesthetic perspectives written by recognized experts in their fields.



Zoom Therapy Group has openings for adults. Relational approach; leader is relational Psychoanalyst and Certified Group Psychotherapist with over 30 years' experience collaborating with individual therapists and serving clients of many cultures. The group focuses on improving relationships with self, members 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.



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

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