

## December 2022 & January 2023 Newsletter



### From the Directors Thoughts on Staying Connected Despite Hardships By Adriana Couto Silva, LCPC



Adriana Couto Silva, LCPC

Long before my career as a psychotherapist, I worked as a physical therapist in Brazil. There, I worked with children with developmental delays at a non-profit organization called Associação Mineira de Reabilitação where I met many families who struggled to care for their children in a country with huge social and economic inequalities. I was so impressed by their determination and tenacity in the face of poverty and virtually no social services or other support, all to increase the chances that their children might overcome their challenges and ultimately flourish.

After I came to America, I went through additional training and certification in physical therapy at another not-for-profit organization in Chicago. There, I witnessed American caregivers bringing their children to therapy services regardless of whether it was freezing or hot outside. In their own way, they were showing their bravery and determination as well. All these experiences were transformative to me and have inspired me to face the difficulties in my own life. Compared to the weather of Brazil, the bitter cold Chicago winter was a shock for me. Even more challenging were the short days and long nights. That frigid darkness would increase my nostalgia for sunny and warm days. And then the holidays would come, and I longed to be with my family so far away. The thread of these thoughts is the individuality of these experiences, and the personal motivation required to persist and succeed when a supportive system is nowhere to be found.

These memories are coming to me as I write this piece mostly because in these coming days of winter, I was hoping to embrace you as a community. For me and so many others, the Covid pandemic intensified a sense of isolation, and now that sense is compounded by the winter season. I believe that this longing for connection and belonging is the glue which binds us together as humans, and the hope for those connections is part of what drives us and gives us strength as individuals to overcome challenges such as those I have mentioned.

Despite my desire to have ICP+P as a community to call “a relational home,” I have realized that the directorship at ICP+P is not the best choice for me. Perhaps, the family roles and responsibilities in this attempted relational home were not well defined or I was just not well suited to the ambiguities involved. I am stepping down as a co-director. Sophia Coudenhove and Martha Gibbons will continue to serve as the co-directors for the Institute. I am grateful for the opportunity to serve as a co-director and trust that Sophia and Martha, together with the Board and Nilou, will continue to develop many important projects.

Knowing that the end of the year is approaching and with it the holidays, I hope that you



## Associate Director of Diversity and Outreach Report

As I participated in the most recent offering from consultants, Vision 4 Equity, I marveled at how far we have come as an institute. Here we were on a Sunday afternoon, engaging in a four-hour event about how to assess racism within ourselves and at ICP+P. Twenty-Eight members were in attendance for a structured assessment (which all members may complete [HERE](#) until 12/16), break out groups and large group discussion. Our consultants also provided structured learning on how to think about racial identity development, racial literacy, and metrics for the assessment.



Alison Howard, PsyD, MEd, CGP

Some of you were able to make it to the kickoff meeting on November 21st, in which Vision 4 Equity began with a vignette and large group discussion. Drs Isom, Dunlap and Dennis gave us an introduction to the coming events (for a full calendar please look at the ICP+P website: <https://icpeast.org/consultation/>), a recap of last year's work, and a summary of the current scope of work (<https://icpeast.org/wp-content/uploads/2022/10/Year-Two-Proposal-for-Antiracism-Consultation-with-ICPP.pdf>)

**Workshops:** On **December 16th**, from 1pm to 5pm, and on **January 6**, Vision 4 Equity will hold its final workshops with members. Please mark your calendars and keep your eyes open for the Zoom Link. See below for the pre-workshop materials for December 16th:

- [Using functional analytic psychotherapy to improve awareness and connection in racially diverse client-therapist dyads – Monnica Williams](#)
- [The Fierce Urgency of Now – Dorothy Holmes](#)

**Office Hours:** Vision for Equity will also host office hours on Friday, January 6, from 6pm to 8pm; Thursday, January 12 from 6pm to 8pm and Friday, February 3, from 9:30am to 11:30am. A zoom link will go out on the listserve, and members may drop in with questions.

**Round Tables:** In addition to the Vision 4 Equity work, ICP+P has provided other opportunities for learning, in the quarterly Round Table discussions. In September, Mr. Marvin Evans (see website for a video of his talk) presented on White Therapists Working with Non-White Clients, and in November, Dr. Linda McGhee presented on Diagnosing Bipolar Disorder in Multicultural Communities (see website for more information). Coming up in February, Dr. Lara Sheehi will talk about the colonization of psychoanalysis using Frantz Fanon's work to explicate her thinking.

**Affinity Groups:** Finally, Diversity and Outreach is offering Racial Affinity Groups to the community. The White Affinity Group will have its first meeting on Sunday December 12th, and while this group is full, please contact Alison Howard if you would like to start another group. There is some interest in starting a Jewish affinity Group, a BBIPOC affinity group and also an international affinity group. For more information, please contact Alison Howard ([dralisonhoward@gmail.com](mailto:dralisonhoward@gmail.com)).



## New Member Spotlight: Nicole Avallone, LCSW



City to be near family. After working remotely during the pandemic, she maintains her caseload from New York, while also working with clients in DC. She had been involved with the Institute for Contemporary Psychotherapy in Manhattan and was looking for a new community. A colleague suggested ICP+P, and, after good experiences in a couple of CE events, she was pleased with the content and the community. Her child was born in 2020, and we shared observations about her baby and my toddler grandson navigating the pandemic.

Nicole's professional interests are working with individuals from a relational psychotherapy perspective, with a specialty in LGBTQ+ people and issues. Prior to starting her private practice, she was Director of Youth Services at the LGBT Community Center in New York City. She has extensive experience working with issues of sexuality and gender, and her practice includes supporting adolescents, young adults, and their family members in navigating identity exploration and expression. She has been a trainer at the Ackerman Institute's Gender and Family Project, offering workshops in public schools and other agency settings on supporting trans and gender-diverse youth.



## UPCOMING ICP+P EVENTS

### Sign up ICP+P for Membership Workshop with Vision for Equity Consultants

Hello All,

The next membership-wide workshop is coming up on December 16th from 1:00 pm - 5:00 pm ET. We will be focusing on the clinical space and its navigation of race, racism and whiteness, specifically in cross-racial relationships.

Please [CLICK HERE](#) for the pre-workshop attachments and registration.

Jessica Isom, MD MPH

Join Zoom Meeting <https://us02web.zoom.us/j/83056597228>  
Meeting ID: 830 5659 7228

Find your local number: <https://us02web.zoom.us/u/kb3GICd5w>

**CLICK HERE TO  
REGISTER!**

## Roundtable Series Psychoanalysis Begins with Fanon

**Featuring Lara Sheehi, PsyD (she/her)  
Saturday, February 11th, 2022  
3:00 – 5:00 pm ET**

## Online via Zoom

***This roundtable is appropriate for clinicians at all levels of experience.  
No CEs will be offered.***

As part of our diversity and outreach work, ICP+P is pleased to offer a series of four round tables. We hope that these topical events will promote discussion and engagement about racism and other forms of exclusion in the mental health field. The intent of a round table is to generate exploration and intimate discussion of a particular topic, in an egalitarian forum. As we prepare for the next phase of our consultative work with Vision 4 Equity, we think that the round tables will create an avenue for on-going discussion and learning that will enrich our organization.

**CLICK HERE TO  
REGISTER!**

## **Short Course**

### **The Full Spectrum of Shame & Humiliation: High impact affectivity from the intrapsychic to the geopolitical, a workshop**

**Featuring Richard A. Chefetz, MD**  
**Friday, January 20th, 2023**  
**2:00 pm – 5:00 pm ET**  
**Online via Zoom**

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

Humiliation is not just about the intent to shame and degrade, it is a part of the hidden underbelly of trauma treatment for both the patient and the clinician. While attention to the dynamics of shame experience has finally increased over the last twenty years, humiliation experience is often subsumed under the shame dynamic. The fine points of sadistic abuse and other varieties of humiliation experience are lost. Loss of status, and feeling defective are typical humiliation themes. While feeling unlovable is often the province of shame, feeling to be without possibility of redemption is more related to humiliation experience. The significance of exploring humiliation themes comes to life in an intensive psychotherapy where a deepening feeling of being understood by the clinician occurs as these areas are gently probed. In these treatments, clinicians often are preoccupied with an intense fear of shaming by the patient or humiliation in the treatment. This is a pervasive countertransference experience. Thus, a willingness to explore these areas with a patient heralds additional personal work for every clinician bold enough to inquire about or name both shame and humiliation as part of human experience. Both patient and therapist often engage in alternative experiences of responding to attachment needs vs. themes of domination or submission, a constellation I've dubbed "attackment." In this presentation participants will become familiar with these themes and develop an increased consciousness for these issues and ways in which depth conversations can be opened in this delicate territory.

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

1. "Hear" the music of shame and humiliation experience.
2. Take the steps useful in gently opening discussion in these areas.
3. Describe the difference between "affect," "feeling," and "emotion" as well as the

- clinical utility of distinguishing between them.
4. How “attachment” describes a shift from proximity-seeking in the attachment paradigm to guaranteeing distance when domination-submission and/or power and control dynamics overwhelm the interpersonal world of a child.
  5. Distinguish between shame and humiliation and describe the utility of these differences in psychotherapeutic discourse.

[CLICK HERE TO REGISTER!](#)



## SAVE THE DATES

### Anti-Racism events

- **January 6th** - Membership Workshop from 1:00 - 5:00 pm ET
- **January 12th** - Office Hours from 6:00 - 8:00 pm ET
- **January 23rd** - Office Hours from 6:00 - 8:00 pm ET
- **February 3rd** - Office Hours from 9:30 - 11:30 am E



### We love hearing from you!

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

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