

April 2023 Newsletter



New Member Spotlight: Amanda Mendizabal, MSS, LCSW-C

By Tom Holman, PhD

Amanda was attracted to ICP+P after colleagues encouraged her, and she thought it would be a good professional home. Her professional journey has included a number of different settings, and her interest in psychoanalysis has been strong for many years. After her Masters in Social Work from Bryn Mawr, where she was fascinated with object relations theory, she worked in programs for eating disorders, in a hospital, and with victims of domestic violence at the House of Ruth in DC. She credits these experiences with helping her learn to “think on my feet” pragmatically with brief interventions, and with teaching her about trauma. She also took a post-graduate course at the Washington School of Psychiatry. While she thinks from a psychodynamic perspective, she can also integrate approaches as needed. She is licensed in DC and Maryland; her private practice is now in Maryland. She sees mostly adults, and some adolescents. She currently sees patients both in person and virtually, and is comfortable with both. “As long as the connection is working, all is well.”

Balancing work and private life is important, since Amanda wants to be present as much as possible for her two children, ages 13 and 10. Her family is athletic, and being outside is a major interest. She runs, along with her dog. Running was an important mainstay during the pandemic.



UPCOMING ICP+P EVENTS

ICP+P 29th Annual Conference: Erotic Dimensions in the Analytic Relationship: Creativity in Clinical Practice

Featuring Dianne Elise, PhD
Saturday, May 6th, 2023



10:30 am - 3:45 pm ET
Online via Zoom

This conference is appropriate for clinicians at all levels of experience and offers 4.0 CEs.

In this presentation, Dr. Dianne Elise will be making use of a Winnicottian formulation of the analytic field to highlight the often unspoken, implicit erotic dimensions of our work. In the morning paper, material will be presented from an analysis with a very inhibited, obsessional man, where both patient and analyst seemed to have trouble “locating” one another within the analytic field. Paradoxically, a felt sense of connection was also palpable, and possibly/impossibly erotic. Movement in the treatment required the development of what Elise came to think of as an “erotic sonar”—a “sounding” in the erotic body of each participant that could indicate the place of a creative connection. In the afternoon, clinical work with a depressed woman is used to illustrate how analytic eroticism is crucial in retaining access to the clinician’s vitality in work with deadened states and deadening dynamics.

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

1. Discuss ways in which analytic field theory aids clinical work with transference/countertransference dynamics.
2. Describe varying expressions of sexuality that may emerge in the clinical dyad within the intersubjective analytic field.
3. Assess the extent to which a patient’s access to sexual desire reflects an important indicator of the patient's vitality.
4. Apply the concept of eroticism in the maternal matrix to treatment of dynamics of constriction and depression.

CLICK HERE TO REGISTER!



Invitation to Join the 2023-2024 Couples Program

The ICP&P Couples Program is in the process of taking applicants for the 2023-24 class. If you're interested in getting more information about the program please contact Michael Wannon, Ph.D. at menaw1@aol.com or 301-325-1840.

Many therapists who provide couple therapy know that it can be a transformative modality of treatment and feel engaged and energized by the work. At the same time, couple therapy can be particularly challenging and complex. As the couple's issues around communication, sex, past trauma, affairs, rage and hopelessness unfold in the therapist's office, the work can feel taxing and overwhelming, often deskillling the most seasoned therapist.

ICP+P's Couples Therapy Training Program focuses on integrating psychodynamic theory and specific clinical skills, so that clinicians can feel effective in therapeutically addressing the challenges of this work. The program consists of weekly three-hour meetings, divided between didactic learning and group supervision on active couples cases.

The program focuses on:

1. Contemporary Psychodynamic Theories as they apply to Couples Therapy
2. Addressing specific challenges for couples, including sexual impasses, high conflict, distant and cut-off forms of relating
3. The challenges inherent in collaborative work between couples and individual therapists
4. The exploration of countertransference reactions as a tool to effective intervention
5. Incorporating the contributions of neuroscience and control-mastery to a psychodynamically oriented approach
6. Specific interventional techniques that facilitate growth and effective couples treatment

Many graduates of the program continue to collaborate and work together on clinical cases long after the program is completed. The program also offers graduates many ongoing professional and social events, and the opportunity to belong to a warm professional community. We actively and thoughtfully work to instill the values of diversity, equity and inclusion in our cases/reading/discussion/professional identities.

The program is for licensed therapists from all disciplines, and runs from September-May. Classes are held each Wednesday from 11:30 am-2:30 pm. To request more information or set up an informational meeting, please contact Dr. Michael Wannan at 301-325-1840.

[Click here to learn more about the program...](#)



Call for Articles

As always, we welcome submissions from members. These can be essays, poems, stories, letters; anything you would like to share. Contributions should be up to 450 words. Longer submissions can be considered. Please contact Tom Holman tom@tomholman.com with any ideas – even if they are not yet fully-formed. The deadline for completed articles is March 20.



We love hearing from you!

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

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