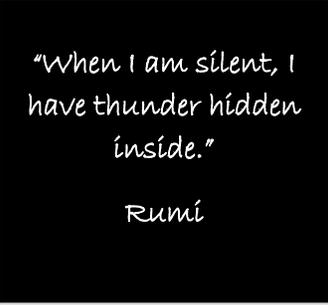


63rd Annual Institute & Conference
American Academy of Psychotherapists
October 17-21, 2018
Atlanta, GA



*"When I am silent, I
have thunder hidden
inside."
Rumi*

Call for Proposals

Theme: Sounds of Silence: Working the Edges of the Unspoken

In the psychotherapy relationship, as in all relationships, what remains unsaid is as potent as what is spoken. Understanding the complex personal and cultural forces behind a client's reluctance to speak freely is an essential component of the psychotherapy process. In addition to exploring the concept of silence as suppressed expression of thoughts and feelings, we will explore the ways in which intentional stillness can be integrated into psychotherapy in the form of meditation, yoga, writing, and mindfulness practices.

Our three plenary sessions are designed to facilitate understanding the reasons for silence, both that of our clients and our own. Howard Stevenson, PhD, from the University of Pennsylvania, will address racial literacy and the phenomenon of avoidance and discomfort with racial conversations. Dana Jack, EdD, from West Washington University, will address contributors to the silencing of self, including gender expectations, trauma, and stigma. Author and international presenter, Kathy Steele, MN, CS will explore the intra- and interpersonal dynamics of chronic shame as related to the psychotherapy process.

We are excited to offer the opportunity to explore the theme of silence as it relates to the process of psychotherapy and to highlight what is, perhaps, a core tenet of the Academy—the belief that daring to speak authentically and to work the edges of the unspoken is essential to the development of the person of the psychotherapist.

We invite you to submit a proposal that embodies our theme, whether it is a process group focusing on a particular aspect of silence in relationships, a group experience that weaves in meditation or creative art, or a research-based presentation relevant to the theme. In keeping with the spirit of AAP's mission, we encourage all offerings to include an experiential component.

All workshops will be held in the afternoon and can be one, two, or three-day sessions.

Proposed Learning Objectives

Participants will be able to:

1. Develop a greater understanding of how the therapist's avoidance of and discomfort with racial conversations impacts the therapeutic relationship.
2. Demonstrate knowledge of current research on traumatic and cultural factors that lead to self-silencing in the client.
3. Identify and explore how to incorporate meditation and mindfulness practices in the psychotherapeutic process.
4. Delineate ethical issues related to therapist avoidance and self-silencing, and demonstrate understanding of how this impacts the relationship with the client.
5. Discuss the complexities of suppressed expression of thoughts and feelings in the client and demonstrate knowledge of ways to facilitate client self-expression.
6. Demonstrate understanding of the ways in which use of mindfulness and meditation practices may have the unintended consequence of encouraging self-silencing in the client.
7. Demonstrate knowledge of research related to the benefits of authentic self-expression.

[Proposal Submission Form Click Here](#)

Deadline for submissions is November 17, 2017.

We will be meeting at the Grand Hyatt in Buckhead in Atlanta, Georgia. The hotel, conveniently located to shops and restaurants, features a Japanese Zen garden and a waterfall.