

The American Academy of Psychotherapists
Southern Region

Presents
2012 Spring Conference:
Working at the Edge

Training for New and Accomplished Psychotherapists



The American Academy of Psychotherapists
Southern Region Spring Conference
c/o: Curt Arey, MA, LAPC
1919 Delano Drive NE.
Atlanta, GA 30317-1008

ADDRESS CORRECTION REQUESTED



March 23-25, 2012
Crowne Plaza Resort
Hilton Head Island, South Carolina

AMERICAN ACADEMY OF PSYCHOTHERAPISTS SOUTHERN REGION ANNUAL CONFERENCE

March 23-25, 2012

Crowne Plaza Resort

Hilton Head Island, South Carolina

Working at the Edge

Welcome to the 2012 AAP Southern Region annual Spring Conference. Working at the Edge was inspired by one of the themes of the AAP Summer Workshop: excess. The questions arose: When is there too much and when not enough? Where to draw the line between the two, and who decides? In therapy, is it the client, the therapist . . . both, or more provocatively - neither? As therapists, we understand very, and perhaps most, often that there is a fine line between not enough and too much. For this conference, we are calling that line, that space between too much and not enough, between the known and unknown, the **edge**. Our dream this weekend is to respectfully acknowledge the process of growth, healing and understanding involved in the work we do with clients, and the work our clients do with us. One of our many roles as therapists is to provide a safe space, while simultaneously encouraging, challenging, or sitting with clients as they explore themselves and their world; a world that now includes the therapist in a most intimate way. Our collaboration at times takes us to an edge. An "edge" that is as unique and multi-faceted as each of our clients AND each of us as therapists. Working at the edge encompasses our clients' behaviors and emotions, as well as their being, from the physical to the spiritual. So, what about the other person in the room, the therapist? As therapists it is vital to examine and know more about our own "edges." It takes courage to look at what happens to us in this process and the ways we can expand our work at our edges - to deepen our understandings of ourselves in order to be with clients in an authentic way. We are interested in highlighting this challenging, healing, frustrating and exciting dance between therapist and client as we are courageously "Working at the Edge."

The AAP Southern Region Committee is very pleased with the roster of workshops. We hope that this theme and the roster are useful for both

the new and seasoned psychotherapist. We intend to provide experiences at the Conference that support the therapist in their knowledge and growth. We also intend to affirm the "Experiential Psychotherapist." This is in keeping with the main mission of our parent organization which we are proud to be part of: The American Academy of Psychotherapists.

2012 AAP Southern Region Committee

Hannah Esther-Hawkins, Chair; Melissa Beddingfield, Treasurer; Nancy Moser, Secretary; Maureen Martin; Darrin Bronfman; Ken Turner; Debbie Granovsky; Penny Arnold; Curt Arey.

Site of the Spring Conference

Crowne Plaza Hilton Head Island Beach Resort is a special slice of Southern Hospitality set on the shores of the Atlantic Ocean on a unique sea island in South Carolina. Crowne Plaza Resort is worlds apart from the hustle and bustle of your daily routine but close enough for a quick getaway. No passports, no long lines. They are setting the standard for Hilton Head Island hotels. Crowne Plaza Resort either offers onsite, or is in close proximity to, a number of amenities including bike rentals, golf courses of both the regular and mini varieties, boat tours, kayak and canoe rentals, charter fishing, a fitness center, and a complementary shuttle to Faces Day Spa in nearby Village at Wexford. Of course, who can forget about the wonderful beach! They are offering the special rate of **\$119/night** for conference attendees. Check the resort's website at www.cphiltonhead.com or call 877.620.1682 or 843.842.2400 to make your reservation. **Our conference rate deadline is March 1st and rooms may go quickly. Please Register Early!**

The American Academy of Psychotherapists: Our Mission

The American Academy of Psychotherapists was founded in 1954 by a group of pioneering psychotherapists who sought a meeting ground for practitioners from different disciplines where live experience and demonstrations of psychotherapy would help to create open discourse. Carl Rogers, Albert Ellis, and Fritz Perls were all members of AAP, as were, through the years, other well-known members of our profession such as Virginia Satir, Carl

Whitaker, Henry Guze, Rollo May, Irving and Miriam Polster, Bob and Mary Goulding, Jim Bugental, Sheldon Kopp, Dick Felder, Tom Malone, and John Warkentin.

Since 1895, when Freud first realized that the analyst's emotional process played a role in analysis, our profession has needed to find ways to focus on the person of the psychotherapist; that is the mission of the Academy. Our aims are:

- To provide a meeting ground for trained and experienced psychotherapists of differing orientations.
- To facilitate cross-discipline thinking, planning and research in psychotherapy.
- To encourage high standards of training experience and ethical practice in psychotherapy.

Target Audience

This program is appropriate for psychologists, professional counselors, marriage and family therapists, social workers, graduate students and other professionals interested in experiential, expressive, depth process and humanistically oriented psychotherapies.

Conference Objectives

- Discuss the importance of meeting our clients at their edge in psychotherapy.
- Explain the need for psychotherapists to become proficient in recognizing when their clients are working at their edge.
- Demonstrate psychotherapeutic methods that empower clients to reach for their edge in psychotherapy.
- Discern the value of working at the edge in the here and now.
- Distinguish between therapeutic and non-therapeutic practices of challenging clients to experience their edge.

All Day Workshops:

- **An Examination of the Current Interpersonal Exchanges within a Time-Limited Community of Peers**, Jack Mulgrew, PhD, ABPP, CGP
- **Working at the Edge of the Ego: An Experiential Approach to Shadow Work**, Beverly Matthews, MS, LPC, Pat Stogner, MEd, LMFT

Saturday AM Three Hour Workshops:

- **The Corrective Emotional Experience**, Deva Joy Gouss, LCSW
- **Tending the Dying; the Edge of Love and Courage**, Rosa McDaniel-Ashe, PhD
- **Pain Is Inevitable; Suffering Is Optional**, Damon Blank, LMFT

Saturday PM Three Hour Workshops:

- **Working at the Edge of the Contact Boundary in Gestalt Therapy**, Suzanne Imes, PhD
- **Other Voices, Other Rooms: Restraints on Our Working Edges**, Don Murphy, PhD
- **Living on the Edge in Your Consultation Room: a Dialogue on Ethics**, Robert G. Rosenblatt, PhD, PC

Training Session

We are offering one training session on Friday afternoon from 2:00 to 5:15. Three (3) CE's are available for this workshop. This training is especially for graduate students, interns, and therapists who have been in practice less than two years. **Graduate students who choose this experience will get a \$100 discount on conference registration.** (Lodging and meals must still be paid.) Experienced therapists are welcome and encouraged to attend, but will not receive a discount.

Mentoring Sessions

We especially welcome those who are attending AAP for the first time, whether students or experienced therapists. Newcomers are sometimes surprised at our unique approach to issues and interpersonal dynamics. We invite you to meet in mentoring sessions with AAP Southern Region Committee members Darrin Bronfman and Maureen Martin. They will help you understand and become comfortable with scheduled and spontaneous events throughout the conference. Mentoring sessions will be Friday afternoon at 5:30, following the training session, and Saturday at 6:00 after the day's workshops. Check the announcement board for location.

ADA Statement: ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs at the time of registration. We cannot ensure availability of accommodations without notification before March 15, 2011.

Spouses and Children

Spouses and children are welcome at Southern Region Conferences. No registration is charged for those not attending workshops. (Lodging and meals must still be paid.) Many activities are available while workshops are in session.

CONTINUING EDUCATION

Satisfactory completion: Participants must have paid tuition fee, attended their chosen sessions in their entirety and completed an attendance/evaluation form in order to receive a continuing education certificate. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the attendance/evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Certificates are available immediately after completing the online form

Psychologists: This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. Maximum of 9 hours.

Professional Counselors and Marriage and Family Therapists:

Amedco is an NBCC-Approved Continuing Education Provider (ACEP) and a co-sponsor of this event/program. Amedco may award NBCC-approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. Maximum of 9 hours. NBCC-ACEP Provider #5633. Category 1.

Social Workers: This course has been submitted for review to the National Office of NASW, Washington, DC.

WEEKEND SCHEDULE SUMMARY

Friday, March 23, 2012

12:30 - 6:00 Registration

2:00 - 5:15 Training Session:

Holding on - at the Edge of Your Chair,
Sharman Colosetti, LCSW, PhD, Nancy Cahir, PhD

5:15 – 5:45 Mentoring Meeting (for first time attendees and students)

6:00 – 7:30 Opening Experience
7:30 Dinner

Saturday, March 24, 2012

7:00 - 9:00 Breakfast

9:00 - 12:15 Workshops

Two All Day Workshops

An Examination of the Current Interpersonal Exchanges within a Time-Limited Community of Peers, Jack Mulgrew, PhD, ABPP, CGP

Working at the Edge of the Ego: An Experiential Approach to Shadow Work Beverly Matthews, MS, LPC; G. Pat Stogner, MEd, LMFT

(Both workshops require attendance at afternoon session.)

Three Hour Morning Workshops

The Corrective Emotional Experience, Deva Joy Gouss, LCSW

Tending the Dying; the Edge of Love and Courage, Rosa McDaniel-Ashe, PhD

Pain Is Inevitable; Suffering Is Optional, Damon Blank, LMFT

12:15 - 1:15 Lunch

1:30 - 2:30 Community Meeting

2:45 - 6:00 Workshops

Three Hour Afternoon Workshops

Working at the Edge of the Contact Boundary in Gestalt Therapy, Suzanne Imes, Ph.D.

Other Voices, Other Rooms: Restraints on Our Working Edges, Don Murphy, PhD

Living on the edge in your consultation room: a dialogue on ethics, Robert G. Rosenblatt, PhD, PC

6:00 – 6:45 Mentoring Meeting (for first time attendees and students)

7:00 - 8:15 Dinner

8:30 --- Entertainment

Sunday, March 25, 2012

7:00 - 9:00 Breakfast

9:00 - 10:30 Randomly Assigned Process Groups

10:45 - 12:00 Closing Experience and Community Meeting

OPENING EXPERIENCE, SUNDAY PROCESS GROUPS, AND CLOSING EXPERIENCE

(No CE Credit)

The Opening Experience Friday will begin to construct the container for the weekend's experiences. We will highlight and process the myriad meanings of Working at the Edge. **Please note that our Opening Experience will be before dinner on Friday at 6:00.**

After Sunday breakfast, there will be ninety-minute leaderless process groups. Each interested person will be **randomly assigned** to a group. The Closing Experience and Community Meeting will follow the process groups.

SATURDAY NIGHT ENTERTAINMENT

Perhaps you have heard about the Saturday night entertainment at AAP conferences. If you haven't, you are in for a real treat as Saturday night is often referred to as the highlight of the weekend and another of the many things that makes AAP special. We will be reveling in true AAP style, so make sure you eat enough at dinner, and bring your party hat!

LODGING, FOOD, WORKSHOP & CE FEES

The conference fee includes all meals and workshops. It does not include lodging.

Crowne Plaza Resort is offering exceptional room accommodations for the Southern Region Spring Conference. The conference rate per room is \$119/night, so the cost will vary depending on how many people share the room. For instance, two people sharing the same room would each pay half of the cost listed. **Please make your reservations directly with Crown Plaza Resort. The above room rate is good through March 01, 2011.**

Conference participants will be responsible for charges not covered by the registration fee. Graduate students attending the Friday Training & Mentoring Sessions (both Friday & Saturday) will receive \$100 off of their conference registration. (Lodging and meals must still be paid.) **Please register early!**

Fees for Continuing Education must be paid separately. If you would like to register for

CE's, please include the CE fee with your registration. Details for obtaining CE credits will be provided in the conference folder.

WORKSHOP DESCRIPTIONS **FRIDAY, MARCH 23**

Training Session:

Holding on – at the Edge of Your Chair

Sharman Colosetti, LCSW, PhD, Nancy Cahir, PhD

(3 CE's; Open attendance; All instructional levels welcome.)

Experiential psychotherapists rely on awareness of their personal growing edges as a basic tool in the psychotherapeutic process. Our workshop will begin with a mindfulness experience to enhance each participant's awareness of her/his edges. We will use fishbowl and group process techniques to encourage participants to approach and experience their working edges in a group setting.

Sharman Colosetti, LCSW, PhD, obtained her Masters and Doctorate in Social Work at the University of Georgia. She has a private practice where she sees adults in individual and couples therapy. She has been a consultant to the Department of Corrections since 1993 where she does individual and group therapy with incarcerated women and training for the staff. Sharman is a past Chair of the Southern Region and is the past Dues Chair on the AAP Executive Committee.

Nancy Cahir, PhD, is a licensed psychologist who obtained her Doctorate in Clinical Psychology at Georgia State University. She obtained her MA at Columbia University, in NYC. She has been in private practice for over 17 years. Her office is located in the Buckhead area of Atlanta. Her areas of clinical interest are working with children, adults and couples. She specializes in Women's Issues, ADHD, and relationship issues. She is a full member of AAP and GPA.

SATURDAY, MARCH 24 **ALL-DAY WORKSHOPS:** **9:00 - 12:15 and 2:45 - 6:00**

An Examination of the Current **Interpersonal Exchanges within a Time** **Limited Community of Peers**

Jack Mulgrew, PhD, ABPP, CGP

(6 CE's; Limit 15; All instructional levels welcome)

The time limits of this experiential workshop will be considered as a "symbolic lifetime." Participants will be asked to address what is developing within the present moments of this time limited container.

Jack Mulgrew, PhD, ABPP, CGP, Professor Emeritus, Appalachian State University, is a licensed psychologist in N.C. Over the past 30 years he has been taught by his peers in the American Academy of Psychotherapists, both formally and informally.

Working at the Edge of the Ego: An Experiential Approach to Shadow Work

Beverly Matthews, MS, LPC; Pat Stogner, MEd, LMFT (6 CE's; Limit 12; All instructional levels welcome)

In this workshop, participants will explore shadow and sub-personality aspects of themselves through an ongoing series of experiential processes and exercises that will flow one after the other throughout the day. We will start by identifying our shadow parts, look at their function and purpose in our lives, and move toward integration and acceptance. Attendees please bring a journal or notebook for use during the workshop.

Beverly Matthews, MS, LPC is co-director of Shiloah Center and has had a private practice in Atlanta for over 15 years. She was a teacher for The Wellness Institute for 11 years, training therapists around the country in hypnotherapy, breathwork, and psychodrama. She currently co-leads Shiloah's psychodrama training for therapists in Atlanta, and runs workshops, experiential weekends, and groups through Shiloah Center

Pat Stogner, MEd, LMFT is co-director of Shiloah Center and has been a therapist in Atlanta for over 30 years. He has advanced training in hypnotherapy, breathwork, and psychodrama, and is co-leader of Shiloah's psychodrama training. He has led groups, seminars, and trainings throughout his career, and now runs workshops, experiential weekends, and groups through Shiloah Center.



SATURDAY MORNING WORKSHOPS: 9:00 - 12:15

The Corrective Emotional Experience

Deva Joy-Gouss, LCSW

(3 CE's; Limit 16; All instructional levels welcome)

Utilizing psychomotor principles and other modalities, together we will dive into experiential work with each other and ourselves. We will

explore effective ways to "wrap" and respond to feelings and needs stored in our bodies that yearn to be expressed.

Deva Joy Gouss, LCSW, is an experiential/psychomotor therapist, in practice in Atlanta for twenty-seven years. Working in group and individual settings, she has evolved her own style of experiential therapy after years of training with Jacque Damgaard, Ph.D. and Al Pesso. Besides leading weekly groups, she facilitates an ongoing monthly workshop series called "Embodying the Higher Frequency." She received her MSW from Tulane University in 1980 and a BS from University of Arizona.

Tending the Dying; the Edge of Love and Courage

Rosa McDaniel-Ashe, PhD

(3 CE's; No Limit; All instructional levels welcome)

We are required, on a regular basis, to witness another person's final stage of life. In the clinical setting, both the therapist and the patient bring their religious, spiritual, cultural, and psychological histories of this experience to the therapy relationship. The sacred journey can be enhanced by the therapist's willingness to explore the edges of his own experiences. This presentation will focus on how to identify our current bonding patterns, and how to access the parts of us that can offer more courageous ways of being creative, while authentically caring for ourselves and others.

Rosa McDaniel-Ashe, PhD enjoys a full time thriving practice in Norcross, Georgia, a suburb of Atlanta. She is a senior experiential psychotherapist, hypnotherapist, supervisor, and trainer. She completed graduate studies at Clark Atlanta University in 1990 and she is currently looking forward to being an empty nester, anticipating what is next.

Pain is Inevitable; Suffering is Optional. A Workshop/Process Group for Psychotherapist Self Care

Damon Blank, LMFT

(3 CE's; No Limit; All instructional levels welcome)

We all have an array of strengths and limitations. The trick is to be gentle, loving, and accepting of them all. Through the use of reframing, paradox, and flexibility we can be more powerful, effective, and at peace.

Damon Blank is a Licensed Marriage and Family Therapist with over 30 years in private practice. He is a long time member of the Academy. He's fascinated by the integration of psychotherapy, spirituality, and unconventional perspectives.

SATURDAY AFTERNOON GROUPS: 2:45 - 6:00

Working at the Edge of the Contact Boundary in Gestalt Therapy

Suzanne Imes, PhD

(3 CE's; No Limit; All instructional levels welcome)

The contact boundary is that place where the person and the other meet, that place where connection, new awareness, and growth can take place. In this experiential workshop I will work with participants to explore working at the edge of the contact boundary while paying attention to various styles and/or defenses that can create good contact or disturbed contact. We will intersperse discussion of ways to observe and identify the edge of the contact boundary and how to meet the client there.

Suzanne Imes, PhD, licensed psychologist, has been in the private practice of psychotherapy with individuals, couples, and groups in Atlanta, Georgia for over 30 years. She has provided training and supervision for numerous clinical psychology graduate students as well as for seasoned therapists. She has given numerous workshops and presentations in Gestalt therapy. She is co-developer of the Impostor Phenomenon theory, co-founder of the Gestalt Institute of Georgia, and co-editor of *Touch in psychotherapy: Theory, research, and practice* (Guilford, 1997).

Other Voices, Other Rooms: Restraints on Our Working Edges

Don Murphy, Ph.D.

(3 CE's; No Limit; All instructional levels welcome)

While the well being of those who grace our consulting rooms is paramount, even sacred, our ears also admit external noises. In the permeable boundaries of these inner sanctums, we hear, because we must, the dictums of professional guardians telling us both what is required and what is possible. Simultaneously we hear, as well, the beckoning voices of our personal lives and of our long experiences in the office. In this workshop, we will look together at how these compelling, often disparate voices, can hinder our working at the edge.

Don Murphy, PhD Don Murphy has been a psychotherapist for 41 years and for 31 of those years has been a member of AAP. He feels lucky to be married to Barbara Miller-Murphy, to have two delightful daughters, Deana and Jodi, and to be unabashedly enamored of his three grandchildren, Molly, Emma and Harry. Sidebars include a love of travel, trying to learn Spanish at this advanced age and tinkering with the piano.

Living on the Edge in Your Consultation Room: a Dialogue on Ethics

Robert G. Rosenblatt, PhD

(3 CE's; Limit 18; All instructional levels welcome)

Everyday psychotherapists arrive at their offices with no idea of what might happen and thus we are exposed to all kinds of possibilities. Within a Humanistic-Existential framework, with its goal of an authentic encounter with patients, we can easily end up living on the edge. This workshop will be a process group focused on living on that edge and being able to do it with grace, honesty, and integrity. Come prepared to share your successes and failures along the path.

Robert G. Rosenblatt, PhD, has been providing individual, couples and group psychotherapy in Washington, DC for over 30 years. He completed his graduate work at the University of Southern California in 1983. In addition, he has been offering practice management consultation seminars and ongoing supervision groups in Washington, DC and Atlanta, GA, for over 20 years. His theoretical orientation is Humanistic-Existential, and his workshops are enlivening and engaging!



SUNDAY MORNING GROUPS:

9:00 – 10:30

Randomly Assigned Process Groups

The last workshop of the conference will offer participants a final opportunity to be in caring contact with other attendees in a leaderless group. Group members will be invited to encounter one another, to share experiences from the conference, to sample and explore technique and process. See the Conference Bulletin Board for group assignments. (No CE credit)

CLOSING EXPERIENCE:

10:45 – 12:00

We will come together as a community one last time to have to time for more comfort, closure and any final sharing.

CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with Crowne Plaza Resort
www.cphiltonhead.com or call 877.620.1682 or 843.842.2400

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail (for confirmation) _____

WORKSHOP PREFERENCES

Indicate 1st, 2nd, and 3rd choices in boxes below. Registration is limited for many workshops and assignments to workshops will be determined on a first-come, first-served basis.

Friday Afternoon	Saturday Morning	Saturday Afternoon	Sunday Morning
<input type="checkbox"/> Colosetti/Cahir	<input type="checkbox"/> Mulgrew ⁽¹⁾	<input type="checkbox"/> Mulgrew ⁽¹⁾	<input checked="" type="checkbox"/> Randomly Assigned
	<input type="checkbox"/> Matthews/Stogner ⁽¹⁾	<input type="checkbox"/> Matthews/Stogner ⁽¹⁾	<input type="checkbox"/> Process Groups
	<input type="checkbox"/> Joy Gouss	<input type="checkbox"/> Imes	
	<input type="checkbox"/> Ashe	<input type="checkbox"/> Murphy	
	<input type="checkbox"/> Blank	<input type="checkbox"/> Rosenblatt	

(1) All-day workshop. You must sign up for both morning and afternoon sessions, for group continuity.

Dietary/ADA/Other Needs _____

CONFERENCE FEES

(Includes Workshops, Meals, Hospitality Suite, Parking, Saturday Dinner & Dance)

Early Bird Registration (Before 03/01/12)	\$270	_____
Regular Registration (Pre conference)	\$285	_____
Onsite Registration	\$300	_____
Continuing Education	\$ 45	_____
Additional Person (Meals Only)	\$175	_____
Subtotal		_____
Student Discount (Requires Friday training & Mentoring sessions)	- \$100	_____
Presenter Discount	- \$100	_____
Total Amount Due		_____

Payment by check only to: American Academy of Psychotherapists, Southern Region

Cancellations must be submitted in writing and postmarked no later than March 15, 2012, and will be subject to a service charge of \$50. Refunds may not be granted after March 15, 2012. It is the responsibility of the registrant to cancel, whether or not registration confirmation has been received. In case of circumstances beyond our control, the Southern Region of AAP reserves the right to make necessary changes in presenters and content of workshops without notice.

Mail Conference Registration and fee to:

Curt Arey, MA, LAPC
1919 Delano Drive NE
Atlanta, GA 30317-1008
curtarey@comcast.net
hannahesther@comcast.net