


*The 54th Annual Institute and Conference  
The American Academy of Psychotherapists*



*Compassion, Connection and  
Authentic Presence in  
Psychotherapy*

*November 11 to 15, 2009*

*Sarasota, Florida*

*The Hyatt Regency*

The mission of The American Academy of Psychotherapists is  
**to invigorate the psychotherapist's quest for excellence and growth  
through spirited, interpersonal engagement.**

## Conference Theme & Welcome

We believe that what is most important in psychotherapy is the psychotherapeutic relationship, those moments of intimate connection between the therapist and the client/patient. In our experience, it is because of those moments and within those moments that change and growth occur.

Throughout the history and development of psychotherapy the centrality of the psychotherapeutic relationship has been repeatedly noted. As a common element uniting diverse theoretical approaches, the central significance of the interpersonal relationship between the therapist and client for effective therapeutic outcome is given major emphasis. An article published in 1984 concludes: "Considering the obstacles to research on the relationship between therapist variables and therapy outcomes, the magnitude of the evidence is nothing short of amazing. . . The evidence for the necessity, if not the sufficiency, of the therapist's conditions of accurate empathy, respect, or warmth, and therapeutic genuineness is incontrovertible."<sup>1</sup> And yet, in this age of brief, mechanistic therapies, with so much emphasis on neurobiological or evidence-based treatment, the nature and value of the psychotherapeutic relationship is de-emphasized, if not completely ignored.

Experiential Psychotherapy has placed great importance on the therapist's authentic presence and active, emotional involvement in the psychotherapy relationship. In a paper presented at the 2008 Institute and Conference by the late Frederick Klein, Ph.D., he wrote, "Experiential psychotherapy should be known as the relationship cure. . . (it) focuses on two main

factors: the primacy of internally and externally based experiences of both the therapist and the patient, and the centrality of the therapist's participating in an active and personal way." And Stephen Howard, MD, notes in his book, "Since all pathology is formed in relationship, then healing must occur in the same context. The therapeutic relationship must be the healing container, the agent for change, the medium of personal repair and growth. . . . It is the appropriate use of the therapist's self that provides the lever for change."<sup>2</sup>

Since 1954, the American Academy of Psychotherapists has been committed to the whole person of the psychotherapist. It is our hope and purpose that this Institute and Conference will offer opportunities to explore, understand and experience the therapist variables of compassion, connection and authenticity that are necessary for creating a healing psychotherapeutic relationship. Within such a relationship, both the client/patient and therapist grow together. And so our vision for the I&C has been to create a forum where the I-Thou and person-to-person relationship can be explored from the inside, where we can share the experience of creating and being in such a therapeutic connection.

*Jacob Mezdell, PhD*

*Lori Oshrain, PhD*

Conference Co-chairs

1. "Empathy, Warmth, and Genuineness in Psychotherapy: A Review of Reviews" (Patterson, C. H., *Psychotherapy: Theory, Research and Practice*, Vol. 21/Winter 1984/Number 4)

2. Stephen Howard, MD, *The Heart and Soul of the Therapist: Rage, Fear, Desire, Loss, and Love in the Psychotherapy Relationship*. University Press, 2008.

## Sarasota, Florida

The Sarasota banyan tree on the cover of this brochure embodies the relaxed and tranquil atmosphere of Sarasota, offering space and time and an invitation for presence and connection.

Florida's west coast gem, Sarasota is south of Tampa and north of Naples. The average temperatures in November range from a low of 60 to a high of 80, perfect for dining outside at gourmet restaurants, for walking 100 yards to the Van Wezel Performing Arts Hall or for touring the Marie Selby Botanical Gardens. The Ringling grounds and Mote Marine Aquarium are wonderful to visit, as are St. Armand's Circle for shopping and dining, Lido Beach, Siesta Key and Anna Maria Island.

Sarasota was a favorite of Babe Ruth, Albert Einstein, Bette Davis, and Eleanor Roosevelt.

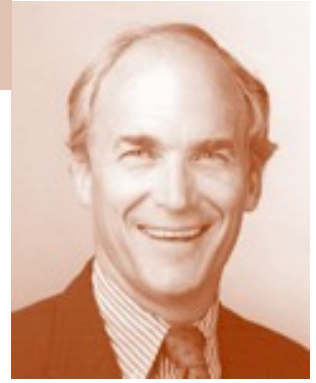
## The Hyatt Regency

From the moment you arrive at Hyatt Sarasota and first view its swaying palms, lush tropical landscape, and private marina on Sarasota Bay, you know in an instant that this is not your typical convention hotel.

Situated in a stunning setting, the hotel offers an ideal location mere minutes from spectacular white-sand beaches and just steps from the premier theaters, restaurants, museums, and attractions of Florida's cultural coast.



## Thursday Morning Plenary David Treadway, PhD



### **The Heart of the Matter: The Healing Power of the Therapeutic Relationship**

The therapeutic relationship is at the heart of almost all successful therapies. Dr. Treadway's presentation will discuss the healing nature of the therapeutic relationship both for our clients and ourselves. He will review the ways in which therapy can be both helpful and harmful. And he will discuss countertransference, therapeutic intimacy, and the positive use of self-disclosure.

Dr. David Treadway is a nationally known psychotherapist and author who has been giving workshops and trainings around the country for the past 30 years. He is the co-author of *Home Before Dark: A Family's First Year with Cancer* (to be published by Union Square Press, 2009). His previous books are *Intimacy, Change, and other Therapeutic Mysteries: Stories of Clinicians and Clients* (Guilford Press, 2004); *Dead Reckoning: A Therapist Confronts his Own Grief* (Basic, 1996); and *Before It's Too Late: Working with Substance Abuse in the Family* (Norton, 1989). He is also the Director of the Treadway Training Institute.



## Friday Morning Plenary Tara Brach, PhD

### **Buddhist Meditation, Emotional Healing and Spiritual Freedom**

Through lecture and experiential exercises, we will explore how Buddhist practices of mindfulness and compassion can help us to free ourselves from the grip of emotions like shame and fear. Participants can use these awareness practices to expand their clinical skills and deepen clients' capacity to meet painful experiences with a wise and open heart.

Tara Brach, Ph.D., is a Clinical Psychologist and the founder and senior teacher of the Insight Meditation Community of Washington, D.C. Author of *Radical Self Acceptance: Embracing Your Life with the Heart of a Buddha*, Dr. Brach leads workshops and Buddhist retreats at centers throughout North America. Dr. Brach draws on her psychological training as well as her Buddhist teaching and practices to promote emotional transformation and create healing psychotherapy relationships.

### **The Art of Authenticity: A Shared Exploration of**

## Saturday Morning Plenary Distinguished Panel

### **Authentic Presence in the Psychotherapy Relationship**

- **Grover Criswell M.Div.**, is a pastoral psychotherapist in private practice in Dayton, Ohio. He has served as the senior clinical pastoral supervisor in the Department of Pastoral Care and Counseling at Miami Valley Hospital in Dayton.
- **Lorrie Hallman, Ph.D.** has developed, during her 35 years as a psychotherapist, particular interest in discovering what engenders the trust and intimacy in the psychotherapy relationship necessary to support patients' change. Her focus on the qualities of relationship is a natural outgrowth of her extensive training in experiential and psychodynamic psychotherapies.
- **Stephen Howard, MD**, is the author of *The Heart and Soul of the Therapist: Rage, Fear, Desire, Loss and Love in the Psychotherapy Relationship*. He is a member and Executive Councilor in AAP, and for many years he has been an Approved Supervisor for the American Association of Marriage and Family Therapists.
- **Carol Light, Ph.D.** is in private practice in the mountains of Western North Carolina, and was in Atlanta, GA from 1971. She works primarily with adults, utilizing Experiential, Gestalt, Cognitive-Behavioral, Imagery and Bio-Energetic modalities.
- **Hallie Lovett, Ph.D.**, has been a practitioner and teacher of psychotherapy in Washington, D.C. for the last 30 years. Trained as a Clinical Psychologist, she combines practices and theory from contemporary relational perspectives with ideas from varied spiritual traditions in her work with patients, students, and trainees.
- **John P. Mulgrew, Ph.D.** is full professor in the Marriage and Family Therapy Program at Appalachian State University. He is a licensed psychologist and has completed post-doctoral programs in Gestalt Therapy led by Erving and Miriam Polster and James Simkin.

# Schedule at a glance

# November 2009

Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
<p>1:00 - 6:00 Registration</p> <p>2:00 - 5:15 Training Institute</p> <p>4:00 - 5:00 Newcomers Gathering</p> <p>5:30 Reception/Cash Bar</p> <p>6:30 Banquet</p> <p>8:30-10:00 <b>Opening Experience</b></p>	<p>7:30 – 9:00 Registration 7:30 Breakfast (included)</p> <p>9:00 <b>Plenary</b> Treadway</p> <p>12 - 2 Bookstore open 12:15 Lunch on own</p> <p>2:00 <b>Workshops</b></p> <p>5:15 Dinner on own</p>	<p>7:30 – 9:00 Registration 7:30 Breakfast (included)</p> <p>9:00 <b>Plenary</b> Brach</p> <p>12 - 2 Bookstore open 12:15 Lunch on own</p> <p>1:30 –2:30 <b>Community Meeting</b></p> <p>2:45 <b>Workshops</b></p> <p>6:00 Dinner on own</p>	<p>7:30 – 9:00 Registration 7:30 Breakfast (included)</p> <p>9:00 <b>Plenary</b> Panel</p> <p>12 - 2 Bookstore open 12:15 Lunch on own</p> <p>2:00 <b>Workshops</b></p> <p>6:30 Bar and Reception 7:00 Dinner</p> <p>8:30 - Midnight Dance to the Funkmonsters</p>	<p>7:30 Breakfast (included)</p> <p>9:00-10:00 <b>Closing Experience</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><i>If only I could throw away The urge To trace my patterns In your heart I could really see you David Brandon</i></p> </div>

## Academy Special Events

**Newcomers Gathering** AAP welcomes and invites non-members and first time attendees to learn more about our Academy.

**Welcome Reception** It is our tradition to begin our conferences with an opportunity to meet old friends and make new ones.

**Wednesday Banquet and Opening Experience** Dinner is included in the full registration fee. The opening experience is a gathering of all those attending and helps us transition out of life at home and into the community; it sets the tone and theme for the I&C.

**Hospitality Suite** A space will be available for connecting informally throughout the conference. Hours and location will be posted.

**Bookstore** The Ringling College Art and Supply, a Follett bookstore, will have a books available for pur-

chase, including books by presenters.

**Dinners on Your Own** AAP members will organize group dinners at local restaurants for an opportunity to share a meal with fellow conference attendees.

**Community Meeting** The community gathers to process events and issues common to all.

**Dinner Dance** A formal dinner will include recognition of newly-elected Academy Fellows. The dinner will be followed by dancing to a live band, The Funkmonsters. When the Academy dances together, we celebrate the conclusion of our work time and put a stamp of exuberant delight on the week.

**Closing Experience** Like the Opening Experience, this gathering of all attendees offers the community an opportunity to process the events, interactions and learnings of the Institute and Conference.

## Our Mission

*To invigorate the psychotherapist's quest for growth and excellence through spirited, interpersonal engagement.*

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.

Out of the same spirit came the 1957 training film *Gloria*, in which three distinguished psychotherapists — Carl Rogers, Albert Ellis and Fritz Perls — documented first sessions with the same patient in order to show their different approaches. Not coincidentally, all three were members of the American Academy of Psychotherapists. Through the years, other well known members of the Academy have been Virginia Satir, Carl Whitaker, Henry Guze, Rollo May, Irving and Miriam Polster, Bob and Mary Goulding, Jim Bugental and Sheldon Kopp.

The Academy remains committed to an exchange of ideas among psychotherapists in an atmosphere which values the phenomenological and experiential as well as the distilled descriptions, research and analyses which are more commonly offered at professional meetings. Our goal is to make room for both kinds of learning.

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. In the service of this mission, AAP has two yearly meetings — the Fall Institute and Conference, open to any interested professionals, and the Summer Workshop, for members only. At both meetings we offer approved CE workshops and cross-disciplinary training experiences, as well as access to a dedicated community of professionals.

*The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes.*

## Continuing Education

**SATISFACTORY COMPLETION:** Participants must have paid tuition fee and completed an online evaluation form to receive a continuing education certificate. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the online evaluation form will result in forfeiture of credit for the entire conference. Partial credit of individual sessions is not available. Certificates are available immediately after completing the online form. Except as noted, in the workshop descriptions, each workshop segment provides 3 CE/CEMs.

**Physicians** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The Institute for the Advancement of Human Behavior-A Medical Education Company (IAHB-Amedco) and the American Academy of Psychotherapists (AAP). The IAHB-Amedco is accredited by the ACCME to provide continuing medical education for physicians.

**AMA PRA Statement** The IAHB-Amedco designates this educational activity for a maximum of **21 AMA PRA Category 1 Credit(s)**<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**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 **21** hours.

**Professional Counselors** This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Amedco is recognized by the National Board for Certified Counselors to offer continuing education for certified counselors. We adhere to NBCC continuing education guidelines. Provider #5633. Maximum of **21** hours.

**Social Workers** This course is co-sponsored by R. Cassidy Seminars and the American Academy of Psychotherapists. R. Cassidy Seminars, ASWB provider #1082, is approved as a provider for continuing education by the Association of Social Work Boards, ([www.aswb.org](http://www.aswb.org), phone: 1- 800-225-6880) through the Approved Education (ACE) program. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive up to **21** continuing education clock hours in participating in this course.

**California Board of Behavioral Sciences** This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Course meets the qualifications for up to **21** hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE875.

**Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling** Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2011. Maximum of **21** hours.

# Training Institutes

- 1a *The Process of Change in Psychotherapy: An Experiential Model*  
Research and training in psychotherapy focus on the effectiveness of techniques to help people change, but effective and enduring change relies on an understanding of the actual process of change underlying all therapeutic approaches. This training will explore an experiential model of change that can be integrated with any therapeutic approach.  
*Avrum Weiss, Ph.D.*

This Training Institute meets Wednesday and Thursday afternoons and is continued at the Summer Workshop in 2010. Participation in all sections is required.

Dr. Weiss is the director of the Pine River Psychotherapy Institute and adjunct faculty at Georgia State University. He is the co-author with Richard Felder, M.D. of *Experiential Psychotherapy: A Symphony of Selves* and has given over 100 professional presentations. His second book is *Change Happens: When to Try Harder and When to Stop Trying So Hard*.

- 2a *Group Psychotherapy Leadership and Supervision*

We will learn from each other by rotating the role of Leader, as well as a designated Observer who does not speak until the conclusion of each hour. We will explore the ways that various personalities gravitate toward adopting particular roles and leadership styles in the group process.

*Jon Farber, Ph.D.*

This Training Institute is continued from the Summer Workshop in 2009, and meets Thursday and Friday afternoons. Participation in all sections is required.

Jon Farber first overrode his anxiety about groups in 1983, and has been leading groups in Chapel Hill, and eventually AAP, ever since. His relationships with his therapy groups continue to challenge, teach and sometimes exhilarate him: At the end of the work week, it is most often the group sessions that are still on his mind.

# Thursday Workshops

## Two Day Workshops

Continued from Wednesday

1b *Weiss*

## Thursday and Friday

- 3a *The Power of Secrets: Benefits and Liabilities of Keeping and Revealing Personal and Professional Secrets*

Keeping and revealing personal and professional secrets provide benefits and liabilities for the therapist. Weighing the benefits and liabilities, this experiential workshop will address why, when and how secrets should be kept or revealed. Max: 25

This workshop meets Thursday and Friday afternoons. Participation in both sections is required.

*Natan Harpaz, Ph.D.*

Dr. Natan Harpaz is a psychotherapist in private practice in Southfield, Michigan. He's a Fellow of AGPA, past president of MGPS, and past Dean of IIGP--a post graduate psychotherapy training institute. Dr. Harpaz is a clinical supervisor and presents workshops and papers on psychotherapy nationally and internationally

- 4a *Leaning Forward into Authentic Presence: Overcoming Fatigue, Boredom, Insensitivity and Other Defenses in the Therapeutic Hour: a Process Group.*

In this era of professional competition and long careers with no retirement, it is important to combat burnout. "Putting in the time" rather than getting into the hour, becomes "the norm." Stress, fatigue and affective shielding can lead to cranking 'em out. Members will be encouraged to explore these impediments and identify revitalizing therapeutic postures. "Participants will have the opportunity to explore barriers to authentic and vital connection through the sharing of their

*If you touch one thing with deep awareness, you touch everything. Thich Nhat Hanh*

personal experience and their experience of one another." Max: 30

This workshop meets Thursday and Friday afternoons. Participation in both sections is required.

*Marc Feldman, Ph.D.*

Marc Feldman has been in private practice for nearly thirty years. He works with fascinating adults, adolescents, groups and couples. Marc also enjoys a career as a jazz drummer, as well as pleasure-seeking, improvisational art forms, which like psychotherapy, require tasteful accompaniment, deep nonverbal connection, affective attunement and groove maintenance.

## 5a *Moven™, a movement and education*

*program as adjunct to psychotherapy*

Moven™ is a program of movement and education. Participants are taught to recognize and respond to body cues, minimizing stress and discomfort, and maximizing movement efficiency. Moven™ is unique in its scope, re-examining and fine-tuning early movement patterns, improving movement efficiency, preparing the body for more advanced movement skills. The outcome of this program is a newly found connection with the authentic self, reducing anxiety and stress, and allowing freedom of expression and creativity.

Max: 24

This workshop meets Thursday and Friday afternoons. Participation in both sections is required.

*Jaqueline Murray*

Jacqueline Murray has been a dance/movement specialist for fifty years. A graduate of Massachusetts School of Physiotherapy, and the Dance Teachers Club of Boston Teacher Training School, she owned and operated the Jacquie Longchamps School of Dance in Webster for twenty years. As dance teacher at Rochester School for the Deaf, Ms. Murray developed a comprehensive dance program for the profoundly deaf. Years of study and many years of experience, have resulted on the development of **Moven™**, a discipline predicated in the belief that the more freely we are able to move, the more fully we are able to experience all aspects of our lives.

*I have an answer.  
Anybody have a question?*

*Salvador Dali*

## *One Day Workshops*

### 6 *The Essential Connection:*

*The Centrality Of The Heart  
In Psychotherapy*

Our minds tell us that we can think our way into healing and wholeness. Our hearts know otherwise. What is the nature of this most central “place” in a human being? How can we more directly and powerfully connect with our clients “heart to heart” – and what do we do with that connection? Max: 25

*Tony Rooney, Ph.D.*

Tony received his Ph.D. in clinical psychology from GA State in 1990, and has been in private practice in Atlanta. His passionate interest is the cross-pollination of “spiritual” and “psychological” approaches to human healing and evolution.

### 7 *Beyond Here Be Dragons:*

*Ethics and the Internet*

Ancient mapmakers at the end of the known world wrote: “Beyond here be Dragons.” In psychotherapy, the Internet is that place. Explore with us as we strive to find our way, questioning how the technology available to us can benefit us while holding awareness of ethical hazards that we face. Max: 30

*David Loftis, Ph.D.*

*Linda Tillman, Ph.D.*

David Loftis, Ph.D. has served in various levels of leadership in AAP during the past 20 years -- now serving as Immediate Past President. Since receiving his Ph.D. in Clinical Psychology in 1981, he has been in private practice in Atlanta. He has supervised graduate students and post-graduate therapists in individual and group psychotherapy.

Linda Tillman, Ph.D. is a clinical psychologist in practice in Atlanta for 24 years. She has had a professional website since 1998 and runs three very active blogs on assertiveness, beekeeping and bread making. Her private practice includes individual, couples and several groups. She joined AAP in 2008.

### 8 *Forward with the Past*

The world is changing, and what is called psychotherapy is changing. Interest in mindfulness, integration, transformation and aliveness is growing. People are exploring philosophy, psychology and spirituality. The likes of Campbell, Chopra, Chodron, Tolle,

and Wilber are in. Experiential psychotherapy and the critically important psychotherapy relationship incorporate these ways and are congruous with these teachers. This program will reflect on psychotherapy, from its rich past into the present, and on the psychotherapy-spirituality synchrony. Max: 30

*David Doane, Ph.D.*

Dave is a psychologist in private practice for the past 30 years. He is a psychologist by training and a psychotherapist by learning, most notably from Carl Whitaker, John Warkentin, Virginia Satir, the Gestalt tradition, AAP, and the many families, couples, and individuals who have allowed him into their lives. The psychotherapy-spirituality connection has always been important to him.

## 9 ~~*And Be A Blessing:*~~

### ~~*Discovering Our Authentic Self*~~

~~In the Biblical narrative, Abraham was told to leave his home to find his true self, and thereby to “be a blessing.” We will explore the meaning of “blessing” in our lives as it applies to the deep and transformative healing process of psychotherapy. Max: 15~~

~~*Warren Jacobs, M.D.*~~

~~Warren is a private practice psychiatrist in Atlanta. He trained at the University of Illinois Medical School, and completed his psychiatric residency at the University of Illinois and Emory University. His practice includes experiential psychotherapy with adults and medication evaluations for referring clinicians.~~

## 10 *The Schizoid Dilemma:*

### *Fine Tuning the Connection When Connection is Unbearable*

The Schizoid patient, yearning for relationship yet deeply fearing connection, challenges the empathic clinician. Understanding the “Schizoid’s dilemma” allows the compassionate clinician to help the patient resolve his need to reach out and fend off at the same time. This workshop, based on the work of Masterson and Klein, will include didactic as well as case material from the participants. No max.

*Phillip M. Spiro, M.D.*

Phillip M. Spiro, M.D. is a psychiatrist in Chapel Hill, NC and received his medical degree from Yale University (1983) and psychiatric training at Duke Univer-

sity (1990). Active in the training and supervision of the psychiatric residents at Duke, he teaches a course in psychodynamic theory, which reflects his own post-graduate training with the Masterson Institute in NYC.

## 11 *The Impact of Shame and Discounting on Therapists’ Compassion and Authentic Presence*

In childhood, many therapists were shamed or discounted. These experiences shape our reactions to clients and our trust in our own judgment and intuition. In this process group, we will explore how these experiences affect our ability to be compassionate, nonjudgmental, and authentically present. Max: 15

*Matthew Leary, Ph.D.*

*Debbara Dingman, Ph.D.*

Matthew S. Burgess Leary, Ph.D., is a licensed psychologist in Pennsylvania who has worked with individuals, couples, and families, as well as groups. He was formerly a full-time professor in a Masters in Counseling Psychology and Doctoral Clinical Psychology program. He loves the challenge to authenticity that the Academy brings to his life both personally and professionally.

Debbara J. Dingman, Ph.D., is in private practice in Atlanta, GA. She does individual, couples, and group psychotherapy, consultation, supervision, and training. She is adjunct clinical faculty and supervisor in the Department of Psychology at Georgia State University and a member of the faculty of the Pine River Psychotherapy Institute.

## 12 *Presence: Connecting Beyond Story*

Inter- and intrapersonal exploration will focus on the presence of intimacy and reciprocity of relationships. We will be exploring what it is like to relate to ourselves and each other through “present time awareness,” i.e., being in the moment. Guided meditation, movement, dyadic interaction and group process will facilitate present-centered connection. No max.

*Deva Joy Gouss, L.C.S.W.*

Deva Joy Gouss, LCSW has been practicing psychotherapy in Atlanta since 1982. She specializes in psychomotor group therapy, individual and couples work, and monthly personal growth workshops. Her therapy groups practice “present time” once a month to expand self-awareness and deepen interpersonal connections.

## 13 *The Creative Uses of Chaos in Play Therapy with Children*

This presentation addresses how chaotic moments in child therapy engender therapeutic growth with child patients by integrating unformulated self-states within a more complex personality organization. It draws upon non-linear dynamic system theory, neurobiology, and contemporary psychoanalytic theory to demonstrate creative uses of play in child therapy. Max: 30

*Alan Levy, DSW*

Alan J. Levy, DSW, LCSW is Associate Professor at Loyola University Chicago School of Social Work. A Distinguished Scholar of the National Academies of Practice, Dr. Levy currently serves on the national Board of Directors of the Clinical Social Work Association. Dr. Levy maintains a private practice in Northfield, Illinois.

*Kathryn P. Van der Heiden, M.S.  
Rhona Engels, M.S.W., ACSW, LCSW*

Kathryn Van der Heiden is a past president of the American Academy of Psychotherapists. She works in private practice. She has 30 years experience working with psychotherapy groups, volunteers in her community in a variety of group settings, has led conflict resolution groups for businesses, and has mediation training.

Rhona Engels has enjoyed private practice with individuals, couples and groups, supervising and teaching for 28 years. She has published in clinical journals, including VOICES, served on the Executive Council of AAP and is Chair of the Resource and Development Committee. All these have provided abundant practice in connection, compassion and authenticity.

## 15a *Insight Dialogue: Cultivating Mindfulness in the Cauldron of Relationships*

Mindfulness is a core component of an increasing range of therapeutic approaches. Mindfulness is traditionally an individual practice: in psychotherapy, relationship is a key curative factor. Largely unaddressed is the therapeutic potential of mindfulness in relationship. This experiential workshop will explore that potential through Insight Dialogue, an interpersonal meditation practice. Max: 30

This workshop meets Friday and Saturday afternoons. Participation in both sections is required.

*Gregory Kramer, Ph.D.*

*Lori Ebert, Ph.D.*

Gregory Kramer is the developer of *Insight Dialogue*, an interpersonal form of Buddhist insight meditation, and author of *Insight Dialogue: Interpersonal Path to Freedom*. He directs the Metta Foundation and has taught meditation worldwide since 1980. Gregory holds a Ph.D. in Learning and Change in Human Systems from California Institute of Integral Studies.

Lori Ebert received her Ph.D. in clinical psychology from the University of Illinois. Trained in mindful-based cognitive therapy, an experienced meditator and practitioner of *Insight Dialogue*, her psychotherapy practice emphasizes mindfulness-based treatments. Lori is also Co-Director of Evaluation at the National Center for Child Traumatic Stress, Duke University Medical Center.

## *Friday Workshops*

### *Two Day Workshops*

#### Continued from Thursday

2b	<i>Farber</i>
3b	<i>Harpaz</i>
4b	<i>Feldman</i>
5b	<i>Murray</i>

### Friday and Saturday Workshops

#### 14a *Neither Attack nor Withdraw: Creating Connection, Authenticity and Compassion in a Group*

In this two-day workshop, the leaders will model and actively encourage risk-taking conversations. We will explore the inevitable narcissistic injuries, and the attack/withdraw and other defensive reactions that result. Working through our conflicts and differences, our goals are to achieve compassion, deepened authenticity and connection. Max:

12

This workshop meets Friday and Saturday afternoons. Participation in both sections is required.

## 16a *Integrative Counseling:*

### *The Practice of Embodiment:*

#### *Authentic Connection*

The Practice of Embodiment introduces three somatic and expressive arts psychotherapy awareness practices: Authentic Movement (a Jungian Dance Movement Therapy form), Body-Mind Centering and Sound & Movement Story Theater. Through the use of didactic, experiential and group process learning formats, participants will learn about the innovators, experience their psychological methods, and how these methods are used psychotherapeutically. Max: 20

This workshop meets Friday and Saturday afternoons. Participation in both sections is required.

*Janice Geller, MA, LPC, ADTR, LMBT*

Geller labels her work Integrative Counseling and has been in private practice for twenty-five years, working with both adults and children. She is a Licensed Professional Counselor, Academy Registered Dance/Movement Therapist and Teacher of Body-Mind Centering. She has taught at Duke University, Esalen Institute and Omega Institute.

## *One Day Workshops*

### 17 *Shame vs Spirituality and Creativity:*

#### *What happens to a therapist when other therapists shame him?*

A therapist's own unique creativity is often essential in the moments of work with clients, yet often therapists are ashamed to share their true feelings with other therapists, and frequently therapists are shamed by other professionals when they do so. In this presentation, causes and effects of shame on therapists by other therapists will be discussed. Healing from those experiences is difficult, yet important. Ways to access a sense of spirituality and faith and a path back to one's own creativity will be explored and discussed. Max: 30

*Kathleen Fitzgerald, M.ED, LPC*

Kathleen Fitzgerald holds graduate degrees in both education and counseling and has worked as a teacher or psychotherapist for over 25 years. She was surprised to find how difficult it was to encounter a kind and supportive professional community. To that end, she joined a spirituality support group for therapists

and found this community and study gracious towards her and others. Via this support she was better able to trust her own unique gifts and to join her creative knowledge with empirical training. This has enhanced her compassion and insight, which has been beneficial for her both professionally and personally.

### 18 *What is presence? Who is present?*

#### *What is authentic?*

What allows for a vital, engaged therapeutic relationship is again at the center of transpersonal and 'non-dual' (often Buddhist and Advaitan influenced) psychotherapies. Workshop participants will have opportunity to revisit therapist authentic presence with exercises, exploring: bare attention / unconditioned awareness; pure listening; and embodied, radical acceptance — with self and with an *other*. Max: 30

*Ann Pincus, Ph.D.*

With 30 years experience as a psychologist/ psychotherapist, and long-standing interest as well as teaching positions in somatic and transpersonal psychology, Anne M. Pincus, Ph.D. has, for several decades, been a dedicated practitioner of vajrayana Buddhism and dzogchen meditation, sometimes a student of other embodied spiritual disciplines as well.

### 19 *Presence in Psychotherapy:*

#### *Getting Here and Being There*

Drawing on Pat's practices of Buddhist meditation and Tom's grounding in integrative psychotherapy, through discussion and experiential practice, we will unpack the concept of therapeutic presence and explore ways to optimize being present with ourselves and with our clients. What does it feel like when someone is present with us or not? What interferes with my being present with my clients? Max: 30

*Thomas McElfresh, Psy.D.*

*Patricia Polanski, Ph.D.*

Tom McElfresh holds a Psy.D., teaches full time and practices psychotherapy part-time. He is a professor of Mental Health at Sinclair College and an Associate Clinical Professor at Wright State University School of Professional Psychology. He has been a member of the AAP for 20 years and a past presenter.

Patricia Polanski, Ph.D. is a clinical counselor in Dayton, OH. She is a full-time Associate Professor in

the Department of Counselor Education and Human Services at the University of Dayton and works as a contract therapist with the Department of Pastoral Care and Counseling of Miami Valley Hospital.

20 *How a Competitive, Driven, Sometimes Sneaky Alpha Person Can Learn Compassion and Connectedness in a Couples' Relationship*

Alphas are proud of themselves. They are “leaders of the pack”, protectors and providers, movers and shakers. Yet in personal relationships, the skills that make them successful in the world don’t work: compassion and connection are secondary, survival primary. We will examine these difficulties, betas’ difficulties in relationship with alphas, and how to work with all of this in the therapeutic relationship. No max.

*Patricia Webster, Ph.D.*

Pat Webster, Ph.D. is co-author, with Martin Groder (dec), of *Winning at Love: The Alpha Male's Guide to Relationship Success*, about couples’ relationships, with an emphasis on the alpha male (and female). Pat has been a member of the Academy for twenty-two years and is Chair of the Ethics Committee.

21 *The Cosmic Joke: Medication, Therapeutic Disillusionment, Paradox, Kindness, Collaboration, and the Good-Enough Life*

This workshop will consist of three forty-five minute sessions, each of which will begin with a twenty minute presentation by the leader, followed by case examples and audience participation and discussion. The format will be highly interactive and collegial, and the focus will be on clinical principles and interactions. No max.

*Sayers R. Brenner, M.D.*

After U. Texas Medical School at San Antonio (1971) and residency and staff positions at Baltimore's Sheppard & Enoch Pratt Hospital, I've been in psychiatric practice in Sarasota, Florida since 1977, using cognitive, existential, paradoxical, psychodynamic, and Eastern modalities. Publication: *Suffering From Illusion, the Secret Victory of Self-Defeat* (1988).

## Saturday Workshops

### Two Day Workshops

#### Continued from Friday

14b Van der Heiden/Engels

15b Kramer/Ebert

16b Geller

### One Day Workshops

22 *The Ethical Therapist: Living Life With Compassion, Connection and Honoring his/her Authentic Presence in Psychotherapy*

To know and be true to thy self before, during and after the therapy hour defines the integrated therapist. This workshop will offer the person of the therapist an opportunity to share oneself and learn from the group in a process group experience. As Shakespeare stated: “To thine own self be true.” Max: 15

*Steven J. Feierstein, M.Ed.*

Steven J. Feierstein, M.Ed. is a practicing psychotherapist for over 35 years. A licensed marriage and family therapist in Ashland, KY, he is a partner in private practice, supervisor and mentor. He has presented workshops on ethics and psychotherapy for AAP. His therapy is about creating a healthy lifestyle, maintaining balance, being centered, facilitating integration through communication of self and building strong relationships.

23 *Opening the Heart, Cultivating Compassion – Yoga and Loving Kindness Practices*

Yoga and loving-kindness meditation increase positive emotions such as compassion and thus enhance wellbeing and relationships. We will explore these ancient practices and their application to psychotherapy through meditation, gentle postures, and the creation of Mandalas. Please bring a yoga mat and cushion. No previous experience with yoga is necessary. Max: 15.

*Debra Alvis, Ph.D.*

Debra Alvis, Ph.D. is a licensed psychologist and a yoga therapist. She developed and leads the Mind/Body program at the University of Georgia. She also conducts a private practice, presents workshops, and offers retreats. In her work as a therapist and presenter, she integrates mindfulness, Jungian psychology, and the expressive arts.

24 *Compassionate Connections and Sexual Longevity after 50: Completing the Authentic Relationship*

One of the paradoxes of life today is that while nature has constructed us as sexual creatures, science has now endowed us with remarkable longevity. Understanding what is between the sheets, with regard to the bio-psycho-social effects of longevity, will be explored through both didactic and experiential processes. Too often both therapist and client avoid compassionate connection around these issues that are necessary for a complete and authentic relationship. No max.

*Dorree Lynn, Ph.D.*

Dr. Dorree Lynn is a practicing psychologist, media expert and author. She specializes in group therapy and is the respected ear to powerbrokers in government, media, corporate America and the arts. Dr. Lynn is the media relationship and sexpert for AARP. Her third book on Sex over 50 is due, spring 2010. (HCI Publisher)

~~25 *The Use of Dreams in Psychotherapy: Pathway to Authenticity*~~

~~We know that the socialization process often banishes from awareness many aspects of our natural authentic self. It is in our dreams that we tell ourselves what we have secretly hidden from awareness. This workshop will address the theory and methods that unveil and recapture hidden potentials and integrate them in our waking life. Max: 18~~

~~*Sol S. Rosenberg, Ph.D.*~~

~~Dr. Sol S. Rosenberg has been in the practice and teaching of psychotherapy for over 50 years. He trained with Dr. Fritz Perls and other first generation Gestalt therapists, which generated his intense interest in dream-work. He is past president and honored by the Academy for his significant contributions. He was past president of the Illinois Psychological Association. He is a fellow in APA and distinguished visiting professor of behavioral science.~~

26 *Explorations of the Self within the Psychotherapist*

Continued self-cultivation is essential to upholding the spirit within the psychotherapist. We will facilitate experiential activities inspired by the Humanistic & Transpersonal focuses of our department, offering opportunities to experience the self within the psychotherapist – exploring connection, empathy, & authentic presence in our personal lives & the effects on professional selves.

No CE/CME credit can be offered for this workshop as granting organizations require the completion of an advanced degree. Max: 20.

*Lauren Parker*

*Brian Crook*

*Jay Curtis Arey*

Curt Arey is in his third year in the Humanistic Psychology M.A. program at the University of West Georgia. He is interested in Eco-psychology, balance, & riding his bike. He hopes to successfully integrate these things into his future practice as an L.P.C., father, & partner.

Bryan C. Crook takes deep interest in imagery, gratification work, and experiential therapies. Through his studies in Humanistic Psychology at University of West Georgia M.A. Program and future training, he aspires to unfold into a writer, teacher, psychotherapist, and master gardener.

Lauren E. Parker is an artist, an editor, & student of the universe. She's finally completing her M.A. in Humanistic Psychology at the University of West Georgia this semester, though she could have graduated long ago. No longer planning to become a psychotherapist, she is seeking work in queer advocacy.

*The thing about light is  
That it really isn't yours;  
Its what you gather  
And shine back.*

*Anne Lamott*

# Your Workshop Planning Worksheet

The following are not shown on this worksheet

The Weiss Training Institute which begins on Wednesday

The Opening & Closing Experiences which are Wednesday evening and Sunday morning

Shaded workshops indicate workshops which require participation in two segments. Use care to request both when registering. Each block equals 3 CE/CMEs, including the plenaries and each segment of a workshop, except as indicated in the workshop descriptions and below with \*.

	Thursday Nov 12	Friday Nov 13	Saturday Nov 14
Morning 9-12:15	<b>Plenary Treadway</b>	<b>Plenary Brach</b>	<b>Plenary Panel</b>
		<b>*1:30 –2:30 Community Mtg</b>	
Afternoon Workshops	<b>2:00 - 5:15</b>	<b>2:45 - 6:00</b>	<b>2:00 - 5:15</b>
	1b Weiss (continued from Wed and continues in Summer )		
	2a Farber (continued from Summer)	2b Farber	
	3a Harpaz	3b Harpaz	
	4a Feldman	4b Feldman	
	5a Murray	5b Murray	
	6 Rooney	14a Van der Heiden/Engels	14b Van der Heiden/Engels
	7 Loftis	15a Kramer & Ebert	15b Kramer & Ebert
	8 Doane	16a Geller	16b Geller
	9 Jacobs	17 Fitzgerald	22 Feierstein
	10 Spiro	18 Pincus	23Alvis
	11 Leary/Dingman	19 McElfresh/Polanski	24 Lynn
	12 Gouss	20 Webster	25 Rosenberg
	13 Levy	21 Brenner	*26 Parker/Crooke/Arey

## Institute & Conference Objectives

1. Discuss the therapist variables necessary for establishing healing psychotherapeutic relationships.
2. Explain how to apply therapist variables of compassion, connection and authentic presence in the psychotherapeutic relationship.
3. Compare and contrast the centrality of the psychotherapeutic relationship in various approaches and models of psychotherapy.
4. Describe how to enhance the therapist's ability to be authentically present in the psychotherapy relationship.
5. Evaluate the role of meditation and mindfulness in creating compassion, connection and authentic presence in the psychotherapy relationship.
6. Identify and describe models of change in psychotherapy.

*In the cherry blossom's shade  
There's no such thing  
As a stranger*

*Isa*

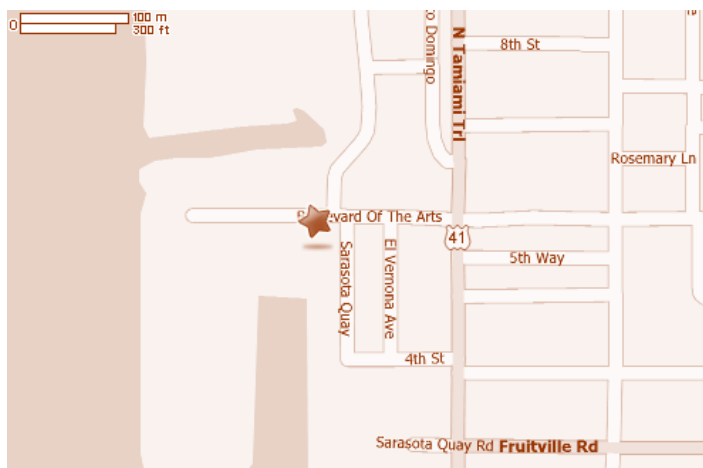
# Transportation

## Airport

- **SHUTTLE:** Sarasota/Bradenton International Airport Hotel Shuttle. **Call the hotel upon arrival (941-953-1234)** and the shuttle will be dispatched. 2 Pieces of luggage per person with 10 person maximum seating. \$8.00 per person each way.
- **TAXI:** Approx \$15.00 per person. 1 piece of luggage per person. Taxies are always waiting outside the baggage claim area.
- **PRIVATE LIMO TRANSPORTATION PROCEDURES:** Airport limousine service call 941-355-9645. Blue Sky Limo available from Tampa Airport to the hotel.
- **OTHER TRANSPORTATION:**
  - Greyhound Bus Station - Taxi is approximately \$5.00.
  - Amtrak nearest location is in Tampa, Fl.
  - Taxi to the beach is approximately \$8.00.

## Driving

- **From Sarasota/Bradenton Int'l Airport (4 miles):**
  - Travel West 0.3 miles on Desoto Rd./University Pkwy
  - Turn Left onto 41South/Tamiami Trail, go 2.9 mi
  - Turn right onto Boulevard of the Arts.
  - Hyatt Sarasota is located immediately on the left.
- **From Tampa:** I-75 South (Travel time about 75 minutes)
- **From Naples:** I-75 North (Travel time about 75 minutes)
- **From I-75**
  - Take exit 210 (Fruitville Road/State Road 780)
  - Proceed West on Fruitville Road towards Sarasota for approximately 7 miles
  - Turn right onto Tamiami Trail
  - Turn left at the 1st traffic light onto Boulevard of the Arts
  - Hyatt Sarasota is located immediately on the left



# Hotel Registration

Please contact the hotel directly for your lodging reservations. These special I&C rates are available until September 18, 2009. Ask for the AAP rate. If you'd like to extend your stay, these rates are available beginning 3 days before the I&C.

**Hyatt Regency Sarasota**  
**1000 Boulevard of the Arts**  
**Sarasota, FL 34236**  
**941-953-1234 or 1-800-233-1234**

Single or Double Standard	\$ 189
Single or Double Deluxe	\$ 199
Triple or Quadruple Standard	\$ 209
Triple or Quadruple Deluxe	\$ 219

## Hotel Amenities

- Heated outdoor lap pool and free-form lagoon swimming pool
- Stay-fit@Hyatt health club with Lifecycle, Stair-master, treadmills, Universal weight system & more
- YogaAway
- Sailing, fishing, boating, kayaking and bicycle rentals
- 5 restaurants, bars and lounges
- Private 32 slip marina

## Sarasota Attractions

Check back with these websites as November approaches for special events during your stay.

- Ringling Museum of Art, Ca' d'Zan Mansion and Circus Museum [www.ringling.org](http://www.ringling.org)
- Marie Selby Botanical Gardens [www.selby.org](http://www.selby.org)
- Shopping and Dining at St. Armand's Circle 130 businesses (3 miles) [www.starmandscircleassoc.com](http://www.starmandscircleassoc.com)
- G.Wiz Hands-On Science Center [www.gwiz.org](http://www.gwiz.org)
- Van Wezel Performing Arts Hall [www.vanwezel.org](http://www.vanwezel.org)
- Mote Marine Aquarium [www.mote.org](http://www.mote.org)
- 5 dozen golf and tennis facilities nearby
- Boat ramp one block north of hotel

*Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.*

*Anon*

# Institute and Conference Registration Form

**Mail registration to:** American Academy of Psychotherapists  
605 Poole Drive  
Garner, NC 27529

Fax registration with credit card information: 919.779.5642  
**For information contact AAP Central Office at:**  
[aap@mgmt4u.com](mailto:aap@mgmt4u.com) or call: 919.779.5051

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ First Name for Badge \_\_\_\_\_

Address \_\_\_\_\_ Phone Work ( \_\_\_\_\_ ) \_\_\_\_\_

City, State Zip \_\_\_\_\_ Home ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail \_\_\_\_\_ Fax ( \_\_\_\_\_ ) \_\_\_\_\_

**If you are not an AAP member, how did you hear about the conference?**

- AAP website       other website \_\_\_\_\_  
 email       postcard       mailed brochure       other  
 friend/colleague      If someone encouraged you to attend, please write their name(s) here \_\_\_\_\_

## Registration Fees

	Members	Non-Members	Students
Before August 1	\$ 415	\$ 435	\$ 205
Before September 18	\$ 435	\$ 460	\$ 220
After September 18	\$ 460	\$ 485	\$ 232
Single Day(s)	\$ 165 per day.	Indicate day(s) attending: <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday	

To learn about AAP's new Endowed Scholarship Program for young professionals and trainees to attend this I&C, contact Ashley McGraw at AAP's Central Office at the contacts above.

Note: To help in this economy, these fees are the same as the 2008 I&C. And take a discount for paying by check (see below).

- Optional Fees*      \_\_\_\_\_ Registration fee
- \$45 CE/CME Processing Fee
- \$75\* Wednesday Night Banquet (Buffet) (\*No charge with full registration)
- \$65 Saturday Night Dinner & Dance: Beef Chicken Fish Vegetarian

**Total Due** \_\_\_\_\_ **Payment in full must accompany this form.**

A \$75 fee will be charged for cancellation before October 9, 2009. No refunds after October 9. Cancellations must be in writing.

## Payment

- Check enclosed to **AAP 2009 I&C** (less discount for paying by check:  \$10 Full  \$5 Single day) = check amount \_\_\_\_\_
- American Express
- Visa      Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_
- MasterCard
- Card Holder Name \_\_\_\_\_ Card Holder Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Billing Statement Address (if different from above) \_\_\_\_\_

Signature \_\_\_\_\_

## Workshop Selections

Please indicate your 1st, 2nd, and 3rd choices by writing the workshop number in the space provided. For multi-session workshops, repeat the workshop number in the spaces on both days. All workshop requests received by August 1 will be assigned at that time. After August 1, requests will be assigned in the order received.

Thursday Afternoon      \_\_\_\_\_ 1st      \_\_\_\_\_ 2nd      \_\_\_\_\_ 3rd

Friday Afternoon      \_\_\_\_\_ 1st      \_\_\_\_\_ 2nd      \_\_\_\_\_ 3rd

Saturday Afternoon      \_\_\_\_\_ 1st      \_\_\_\_\_ 2nd      \_\_\_\_\_ 3rd

*For conference updates and information on the Academy, please visit our website [www.aapweb.com](http://www.aapweb.com).*

**The American Academy of Psychotherapists  
Central Office**

[aap@mgmt4u.com](mailto:aap@mgmt4u.com) – [www.aapweb.com](http://www.aapweb.com)

Ph: 919-779-5051 Fax: 919-779-5642

**605 Poole Dr  
Garner NC 27529**

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**The 54th Annual Institute and Conference  
The American Academy of Psychotherapists**

**November 11 to 15, 2009**

**The Hyatt, Sarasota, Florida**

**Compassion, Connection and  
Authentic Presence in Psychotherapy**

Committee Co-Chairs: Jacob Megdell, Ph.D. and Lori Oshrain, Ph.D.

Program Co-Chairs: Laura Fleming, M.S.W. and Roslyn Feierstein, Ph.D.

Committee Members: Lex Baer, D.Min., Jim Hurley-Bruno, Ph.D., Steven Ingram,  
D.Min., Warren Jacobs, M.D., Penelope Norton, Ph.D.

and thanks to Ashley McGraw at AAP Central Office

The mission of The American Academy of Psychotherapists is  
**to invigorate the psychotherapist's quest for excellence and growth  
through spirited, interpersonal engagement.**