



*American Academy of Psychotherapists
Summer Workshop 2006*

Difficult Choices, Dilemmas & Decisions

*June 7-11
Sebasco Harbor Resort
Sebasco Estates, Maine*

Difficult Choices, Dilemmas & Decisions

Sebasco Harbour Resort, Sebasco Estates, Maine June 7 - 11, 2006

Each of us is confronted with decisions which must be made on a daily basis. Some of these are trivial and mundane, where the cost of a right or wrong selection is negligible. It really doesn't matter if I take my daily walk at 9 a.m or 3 p.m. unless I have forgotten that I have an appointment at 3 p.m. What I choose to cook for supper is also not of particular importance. These are the choices that are easy to make.

At this workshop, however, we will be confronted with the problematic decisions of life, the ones that give us fits and keep us awake at night. How will we relate to patients/clients, siblings, parents, children, sexual partners and a supreme being? How do we make those seemingly independent choices such as how we deal with our own aging, if and when we will retire and what to do about our addictions?

Techniques will be taught that can assist us in clarifying options, in promoting insight and self-knowledge and in working toward the goals we select. Some of these include body work, martial arts, meditation, neural reorganization and Native American practices as well as experiential process groups.

Implicit in all of these workshops and underlying their specific content and approaches, are the essential questions of our time. Is psychotherapy and/or the academy relevant in today's world? What do we provide to each other and to our patients that is of value? How do we conduct ourselves with one another, as association members in the larger community and as practitioners? Will we encounter fellow AAPers with reactive hostility and suspicion or with compassion, understanding and empathy? In our interactions with non-academy professionals and the public will we appear to be knowledgeable and inclusive or narrow-minded, poorly informed and discriminatory? Will we help our patients/clients confront, conquer and/or integrate their demons or will we judge their weaknesses?

These quandaries among others will be directly and indirectly addressed during our time together. The process may be joyful, frustrating, angering and/or renewing but it certainly should be exciting. Welcome to the adventure of Difficult Choices, Dilemmas and Decisions!

Margaret Nichols, Chair, Summer Workshop 2006

2006 Workshop Committee

**Photo Courtesy of www.andreacocenka.com*

Margaret Nichols, Chair
Nelia H. Rivers, Program
Janet Telford-Tyler, Treasurer
Pati Young, Brochure
Peggy Brooks, Room Assignments

Sharman Colosetti & Anna Williams, CE
Sherry Sabo, Transportation
Ceil Berlin, Registration
Jeanne Shaw, Hospitality
Craig Cleaves, Band

AAP Mission Statement:

The purpose of the American Academy of Psychotherapists is:

- To enhance the person of the psychotherapist.
- To challenge the experienced psychotherapist to professional excellence.
- To explore the relationship of person and process to psychotherapy.

THE SITE

Sebasco Harbor Resort, Phippsburg Peninsula,
mid-coast Maine

AAP returns to the site of the 1998 & 2003 Summer

Workshops in mid-coast Maine, an hour's drive from the Portland Jetport. Here begins Maine's spectacular 3000-mile "rocky coast" of convoluted peninsulas, bays and islands. Lobsters live here. Gulls cry and salt air restores the spirit. Outdoor adventures are without limit, including miles of empty beaches around the old English settlement of Fort Popham, a few miles from the site. Nearby Freeport, home of L.L. Bean, welcomes those who prefer to adventure with credit card in hand.

We will have the 575-acre Sebasco Harbor Resort to ourselves, a grand oceanfront domain well remembered by many from 1998 & 2003, complete with rocky cliffs, a harbor and a pond. Accommodations are varied from small cabins to an inn building, but uniformly comfortable. A large proportion of rooms have water views. There will be wonderful New England food, a golf course, tennis courts, an outdoor swimming pool and an antique bowling alley from the early days of that sport, as well as boating and hiking, all on the premises.

The weather in coastal Maine in June is predictably unpredictable, with daytime temperatures anywhere between 50 - 80 F and cool evenings; the ocean is near 50, so serious kayakers/wind-surfers will need wetsuits. Everyone will want layers from T-shirts and shorts up to a light jacket and rain gear "just in case." Please bring a flashlight for nocturnal perambulations and a good DEET-based insect repellent. Also, be aware that the swimming pool is not heated.

Sebasco Resort has an extensive website, <http://www.sebasco.com/> and can be called at 800-225-3819, 207-389-1161 or e-mailed through the site. Please contact them directly for additional reservations and for questions concerning the resort and area attractions.

NANCY HUNT, AAP's conference consultant extraordinaire, can help with general AAP information. She can be reached by phone, 503-282-2910, fax, 503-282-2913 or email, aapoffice@abeGLOBAL.net

Reprinted with the kind permission of Paul Genova, M.D., 2003SW co-chair, because we couldn't write this any better

SCHEDULE AT A GLANCE

Wednesday, June 7th

12:00 pm Hospitality Suite Opens*
 12:00 - 6:00 pm Registration
 12:00 - 3:00 pm Pre-conference sea kayaking

2:00 - 5:00 pm Training groups
 5:00 - 5:30 pm Newcomers' reception
 5:45 - 6:30 pm Social gathering/reception
 6:30 - 8:00 pm Dinner
 8:00 - 9:30 pm Opening experience
 9:30 pm New members process group
 9:30 pm Free time

Thursday, June 8th

7:00 - 9:00 am Breakfast
 9:00 am -12:00 pm Workshops & Training Groups
 12:00 - 1:30 pm Lunch
 1:30 - 3:00 pm Community Meeting
 3:00 - 6:00 pm Free time
 6:30 - 8:00 pm Dinner
 7:30 -11:00 pm Sweat Lodge "Inipi"
 8:00 pm Free Time

Friday, June 9th

7:00 - 8:30 am Morning Movement Meditation
 7:00 - 9:00 am Breakfast
 9:00 am -12:00 pm Workshops & Training Group
 12:00 - 1:30 pm Lunch
 12 Step Meeting
 1:30 - 2:30 pm Business meeting
 2:30 - 3:30 pm Community meeting
 3:30 - 6:30 pm Free time
 6:30 - 8:00 pm LOBSTER BAKE
 8:00 pm -12:00 am Dance to Portland's JENNY WOODMAN BAND

Saturday, June 10th

7:00 - 9:00 am Breakfast
 9:00 am -12:00 pm Workshops & Training Group
 12:00 - 1:30 pm Lunch
 1:30 - 3:00 pm Community meeting
 3:00 - 6:00 pm Free Time
 5:30 - 6:30 pm C.E. Form Return
 6:30 - 8:00 pm Dinner
 8:00 -11:00 pm Free time, BOWLING ALLEY
 Musical Gathering

Sunday, June 11th

6:30 - 8:00 am Breakfast
 8:00 - 9:30 am Closing

* Hospitality Suite will be open 24/5

AAP Conference Learning Objectives:

- 1) Learn and expand therapeutic skills to help themselves and their clients/patients make difficult decisions.
 - 2) Explore and interact with other therapists about personal and professional dilemmas.
 - 3) Increase their knowledge of their personal defenses and professional styles in making difficult decisions.
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Continuing Education:

1. Each presenter of a workshop for CE Credit at an AAP-sponsored event has agreed to do so without promoting, advertising, or soliciting any training for profit or other personal gain, or which promotes an institution with which the presenter is affiliated and the presenter agrees that this presentation is intended solely for the advanced training of psychotherapist participants.
2. Each presenter of a workshop for CE credit also agrees that material presented at this workshop addresses subject matter described in the brochure printed for this workshop and that material being presented in this workshop is considered to be within the parameters of standard professional practice, ethical guidelines and good patient care and consistent with the mandates of their respective professional affiliations and disciplines.
3. Unless otherwise stated in the course description, all presenters at this event have signed a statement indicating that they do not have any significant financial relationship which might be perceived as creating a conflict-of-interest; that they are not discussing any unapproved /investigative use of a commercial product; and that they do not have any significant financial relationship that could be perceived as creating a conflict-of-interest related to their respective presentations.

Accrediting Agencies:

This program is co-sponsored by the American Psychotherapy Association/American College of Forensic Examiners International and The American Academy of Psychotherapists.

American Psychological Association (APA)

The American Psychotherapy Association/ American College of Forensic Examiners International are approved by the American Psychological Association to offer continuing education for psychologists. The American Psychotherapy Association / American College of Forensic Examiners International maintains responsibility for the program.

National Board of Certified Counselors (NBCC)

The American Psychotherapy Association/ American College of Forensic Examiners International are recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. A Maximum of 12 CE credits are available.

Association of Social Work Boards (ASWB)

The American Psychotherapy Association/ American College of Forensic Examiners International (Provider #1052) are approved as a Provider for social work continuing education the Association of Social Work Boards (ASWB) www.aswb.org, phone: 1-800-225-6880, through the Approved Continuing Education (ACE) program. The APA/ ACFEI maintains responsibility for the program. Licensed social workers should contact their individual boards to review continuing education requirements for licensure renewal. Social workers will receive 9 continuing education clock hours in participating in this course.

California Board of Behavioral Sciences (CBBS)

The American Psychotherapy Association/ American College of Forensic Examiners International is an approved provider of the California Board of Behavioral Sciences, approval PCE 1896. This conference meets the qualifications for up to 12 hours of continuing education credit for MFT's and/or LCSW's in required by the California Board of Behavioral Sciences.

National Association of Addiction Counselors (NAAC)

American Academy of Psychotherapists is an approved provider of the National Association of Addiction Counselors (NAAC), Provider # 328. NAAC is sponsored by AAP only. This conference meets the qualifications for up to 12 hours of continuing education credit.

Full attendance at each program is required to receive CE credits; partial credits will not be allowed. All participants will be required to sign in and out of each program in order to receive CE credits.

THE AAP 2006 SUMMER WORKSHOP PROGRAM

TWO-DAY TRAINING INSTITUTES

WEDNESDAY, JUNE 7th, 2:00 PM to 5:00 PM

& THURSDAY, JUNE 8th, 9:00 AM to 12:00 PM

Note: These training groups are ongoing and closed to new participants.

T1. Body Oriented Psychotherapy

This training will cover basic aspects of how people organize and disorganize their behaviors to form the ongoingness of their lives. As therapists we can learn to observe and intervene in that somatic process, thus furthering growth and integration. The work will be both didactic and experiential.

(Closed; (CEs) (APA, NBCC, CBBS)

Learning Objectives:

1. Acquaint participants with some principles of body-oriented psychotherapy.
2. Alert participants to habitual ways of behaving, with possibilities for change.
3. Teach some somatic techniques which can be used with patients to further their therapeutic goals.

Vivian Guze, BA, was a mental health hospital psychologist for sixteen years and has been in the private practice of psychotherapy for 35 years. She has done graduate work at New York University, is a Certified Bioenergetic Therapist (CBT) and is a certified EMDR practitioner. She was certified as a psychologist in NY State in 1956 and is currently licensed there. She is a trainer for International Institute for Bioenergetic Analysis.

T2. The Work and Wisdom of Sheldon Koff

Sheldon Koff was an early and powerful Academy presence whose person and prolific writings impacted several generations of patients and therapists fortunate enough to go in treatment or supervision with him. Through his written material, didactic and experiential processes, participants will be exposed to the insights and creativity of this gifted psychotherapy pioneer. (Closed; (CEs) (APA, NBCC, CBBS)

Learning objectives:

1. Familiarize participants with the writings of Sheldon Koff.
2. Introduce participants to his thinking regarding the nature of the psychotherapy process and his views on the human condition.
3. Through didactic and experiential offerings allow participants to familiarize themselves with his approach to depth psychotherapy.

David E. Mermelstein, PhD, has been in private practice in Bethesda, Maryland for over 30 years. A longstanding member of the Academy, he has offered numerous workshops and trainings in a variety of settings. His view about the nature of the work of psychotherapy has been shaped, in part, by his experiences as a patient and supervisee of Dr. Koff.

It is our choices...that show what we truly are, far more than our abilities. —J.K. Rowling, 1999

Honor isn't about making the right choices. It's about dealing with the consequences. —Midori Koto

TRAINING INSTITUTES (cont from WEDNESDAY)

THURSDAY, JUNE 8th, 9:00 AM to 12:00 PM

T1. Body Oriented Psychotherapy - GUZE

T2. The Work and Wisdom of Sheldon Koff - MERMELSTEIN

TWO DAY WORKSHOPS

THURSDAY, JUNE 8th & FRIDAY, JUNE 9th, 9:00 AM - 12:00 PM

1. Choosing Intimacy: Moving Beyond Sexual Compulsion/Addiction

Sex is a powerful force for connection and pleasure. However, when it is used to escape pain it can become compulsive/addictive.

Psychotherapy, especially group therapy, provides the opportunity for self-revelation and confronting the pain. Time will be about equally divided between didactic presentation and group process.

(Limit 20; 6CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

1. Familiarity with the common neural pathways of all addictions.
2. Familiarity with methods of diagnosing sexual compulsion/addiction.
3. Familiarity with individual and group process approaches to decreasing compulsive sex and increasing intimacy.

Lee Blackwell, PhD, is a licensed psychologist and licensed Marriage and Family Therapist in Huntington Beach and Santa Monica, California with over 30 years experience. He was Co-Director of the Human Sexuality Program at the UCLA Neuropsychiatric Institute from 1983-93 and specializes in sexual issues, including sexual dysfunctions, sexual trauma and sexual compulsion/addiction. He is a Past-President of the AAP.

2. Pushing the Boundary of Awareness in Facing Life's Uncertainties:

A Body-Oriented Workshop and Process Group

Dare you bring your full self into consciousness when deciding what you need or must do when faced with moment-to-moment decisions as well as the big life challenges? This body-oriented, experiential workshop and process group will help you tap your body, mind, emotions and spirit in service of the self.

(Limit: 12; 6CEs) (APA, NBCC, CBBS)

Learning Objectives:

1. Utilize a simple therapeutic and theoretical framework for working with a client's energetic system.
2. Apply practical body-oriented methods of 'grounding' and 'energizing' to compliment their own existing therapeutic modalities.
3. Ethically employ their own judgment in determining the use of body-oriented and experiential methods in their own practice.

Brian Cross, PhD, earned his doctorate in clinical psychology in October of 1993 from the Catholic University of America in Washington DC. Since 1995 he has been self-employed in private practice, with clinical training and experience in the field of psychology dating back 22 years. For the past five years he has undergone extensive study and training toward the integration of mindfulness and body-centered methods of psychotherapy and is a recent graduate of the Core Energetics Body Centered Psychotherapy Program in New York.

3. Life at a Crossroads: Crucial interchanges and what gets left behind

Only when we come face to face with what we must let go of do we get to move on in life. Participants are invited to address how they respond in relationships and whether their responses bring more or less into their life.

(Limit 12; 6CEs) (APA, NBCC, CBBS)

Learning Objectives:

1. To help participants examine how to positively effect their lives through relationships.
2. To raise the participant's awareness regarding how they relate to themselves and others.
3. To help members become aware of those factors that move participants and the group towards or away from intimacy.

Adam Klein, PhD, is in full-time private practice and splits time between his offices Bethesda and Annapolis. He works with adults, couples, families and groups.

Lisa McPherson-Robinson, LCSW-C, is a Board Certified Diplomate licensed Clinical Social Worker. She is a full-time psychotherapist in private practice in Bethesda, Maryland. She works with individual adults, couples, families and co-leads psychotherapy groups with Adam Klein.

4. THERAPEUTIC DILEMMA: When less is more.

Learning to discern the embodied signs of trauma in order to renegotiate and heal the nervous systems of both client and psychotherapist.

This workshop will introduce novel approaches to understanding and renegotiating trauma, as experienced somatically. Theories of Peter Levine, PhD and Jim Kepner, PhD will be taught and practiced experientially, especially skills of: tracking both client and therapist's level of autonomic arousal and garnering resources before intense, potentially retraumatizing interventions occur. (Limit 18; SCEs) (APA, NBCC, CBBS)

Learning Objectives:

Attending therapists will gain understanding or learn:

1. The role of instinct in the formation and resolution of trauma, as evidenced in the nervous system and not inherently in an event. How lower brain centers and the Autonomic Nervous System (ANS) prepare to meet threat ...
2. How to track (through Gendlin's felt sense) and resonate with, residual symptoms of trauma in their own and clients' sensory-motor processes.
3. To encourage inherent self-regulating somatic tendencies and to allow these changes to become integrated in both the body and at the cortical level of symbolic process and meaning.

Anne Pincus, PhD, has been a licensed clinical psychologist for over two decades and currently works and teaches from an experiential and somatic basis in San Francisco, California. Her private practice has often comprised clients who've experienced a history of both developmental and more recent trauma. Within the last year, she has completed the 3 year trauma training sequence developed by Peter Levine, PhD entitled Somatic Experiencing. ®

Bob Witchel, EdD, is a professor in the Dept. of Counseling at Indiana University of PA., a licensed psychologist in private practice, a nationally certified counselor and a practitioner of Gestalt Therapy since 1971. He has provided therapy to persons who have experienced life events that have led to trauma and has utilized Gestalt Therapy and other intervention strategies to facilitate the reduction of symptoms of traumatic experiences. Bob has been influenced by how Peter Levine describes and works with trauma and believes his way of working with people is congruent with Levine's approach.

A pessimist, confronted with two bad choices, chooses both. — Jewish Proverb

TWO DAY WORKSHOPS (cont)

THURSDAY, JUNE 8th & FRIDAY, JUNE 9th, 9:00 AM – 12:00 PM

5. The Sibling Journey: Difficult Choices, Dilemmas and Decisions

Siblings, Barry Sternfeld and Phyllis Clymer, look forward to meeting with those of you interested in exploring sibling relationships. You needn't have a sibling in AAP to attend this process group. We will explore and experience some of the choices, dilemmas and decisions

rooted in sibling dynamics as they impact other relationships including patients, co-therapists, spouses, friends... (Limit 15; 3CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

1. Participants will gain understanding of the sibling dynamics in their family of origin and its powerful impact on their attitudes, judgments and behaviors.
2. Participants will gain knowledge regarding the influence of their own personal sibling dynamics on their therapeutic work, including counter-transference issues as they impact patients and supervisees.
3. Participants will gain understanding of their inter-sibling dynamics and its influence on their relationships with significant others including spouses, partners, co-therapists and others.

Barry S. Sternfeld, PhD, received his degree from the University of Maryland in Clinical Psychology in 1972. He is in private practice in Silver Spring, Maryland where he has also been training and supervising psychotherapists for over 30 years. Dr. Sternfeld has been the oldest sibling for all of Phyllis' life. For almost 4 years prior to that he was an only child. Additionally, he shares an office in Columbia, Maryland with Phyllis.

Phyllis S. Clymer, MSW, LCSW-C, received her degrees in 1977 and 1979 respectively from University of Maryland School of Social Work. She has been in private practice in Columbia, Maryland for nearly 25 years and is expanding her practice to include supervision and consultation. Phyllis and Barry have been journeying as sister and brother for 51 years.

THURSDAY MORNING WORKSHOPS

9:00 AM to 12:00 PM

6. Unmasking Addiction: A Process group about dilemmas, decisions and choices

In this process group we want to explore acknowledged, denied and defied addictions. We hope to unearth the dark corners of ourselves in relation to alcohol, drugs, gambling, sex, food...and how we are impacted either by our own or by others self-destructive and addictive behaviors.

(Limit 14; 3CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

- A. To explore addictions, both acknowledged and denied.
- B. To examine feelings toward addicted clients, family and peers.
- C. To broaden the knowledge base of the process of addiction and the development of the disease.

Susan D. Berlin, LICSW, CASAC, is in private practice in Washington, DC and has been specializing in the work of addictions (drugs, alcohol, sex, food/eating disorders and gambling) for 11 years. She has lived with the disease of addiction in many ways that are personal to her and in ways that help her to understand these issues both for herself and her patients.

Nelia H. Rivers, LCSW, has specialized in the treatment of children, adolescents, groups and families for 27 years and has been in private practice in Atlanta, Ga. for over 20 years. Familial history and personal necessity has given her an intimate look at alcoholism and recovery.

7. Using Language Powerfully in Difficult Conversations with our Clients and Others

There is some disturbance of language in most forms of neurosis and psychosis. For example, anxieties may be expressed through hesitations, labile intonations and repetitiveness of speech. In less extreme forms, these phenomena occur in normal individuals. Through discussions and sharing of our own difficult conversations, we will explore how language combines with motivation and can be expressed in powerful, effective and transforming communications. (Limit 12; 3CEs) (APA, NBCC, CBBS)

Learning Objectives:

1. Highlight and explore several theories of language development and how it interfaces with psychopathology.
2. To share negative feelings such as shame, embarrassment, guilt and frustration which have resulted from ineffective conversations with our clients and others.

3. To provide insight and a healing opportunity to discover more effective communication patterns for ourselves and ultimately to help our clients with their ability to communicate thoughts and feelings effectively and powerfully.

Frances Compton, PhD, has been in private practice in the Washington, D.C. area for 28 years, seeing individuals, singles groups and couples groups. She is a seasoned group therapist remaining dedicated to the healing powers of the vital connection found in group therapy. She remains a grateful member of an ongoing AAP "family/process" group since 1982.

8. Difficult Decisions: To Live in a Prefab Mind or Build It to Your Specifications

When we relate to others as though they were people from our childhood, we limit who we can be and who they can be for us. This process group will highlight the templates we superimpose on the present. Deciding to act differently from our past necessitates a commitment to awareness. (Limit 15; 3CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

1. Participants will develop a keen understanding of the importance of handling client transference material (templates).
2. Participants will increase their awareness of their own countertransference reactions and in so doing, will make themselves less vulnerable to distorting patient material.
3. Participants will explore ways to transcend the limitations of living out their historical templates in order to help their patients do the same.

Joel H. Marcus LCSW-C, has been practicing experiential humanistic psychotherapy for the past 18 years. He has a private practice in Baltimore, Maryland, offering individual, couple and group psychotherapy.

Lucy Kerewsky, LCSW-C, is a clinical social worker who practices in Columbia, MD. She has been an Academy member for 23 years. In her practice she is particularly interested in long term work with individuals, couples and groups using an experiential model. She also specializes in various aspects of loss.

9. Using Meditation for Difficult Choices, Dilemmas and Decisions

Quieting the mind with meditation can be one's richest source during difficult times. The skill of meditation can be learned by all and utilized to enhance clarity. Participants will be guided through various techniques for themselves and/or to teach their clients. (Limit 15; 3CEs) (APA, NBCC)

Learning Objectives:

1. To learn the skill of quieting the mind.
2. To understand the importance of such.
3. To learn techniques to teach this skill to others.

Angela Prideaux, PhD, is a clinical psychologist in practice for 29 years, currently in Boulder, CO. She has been teaching meditation as an adjunct to her psychotherapy for this entire time.

THURSDAY MORNING WORKSHOPS (cont)

9:00 AM to 12:00 PM

10. The Getting of Wisdom:

A Process Group for Women of a "Certain Age" (50+ or so ...)

If I am not for myself,

Who will be for me?

If I am only for myself,

What am I?

If not now, when?

—Rabbi Hillel

At various developmental stages, difficult choices, dilemmas and decisions arise in our lives. Exploring how these impact us and how we respond after a half-century of lived experience will be the focus of this process group. (Open; 3CEs) (APA, NBCC)

Learning Objectives:

1. Participants will/may learn cognitively, emotionally and viscerally in the workshop itself.
2. Integrated learning will/may carry over to the participants' work settings, enhancing their lives both personally and professionally.
3. The leader will nurture a climate which encourages the development of greater wisdom and compassion with the hope that participants will "pay it forward."

Penelope Penland, EdD, is a 29-year AAP member, holding a Doctorate in Counseling Psychology from Boston University, who practices as psychotherapist, mediator and business coach in Santa Fe, NM. In her work, she focuses on offering innovative approaches to complex problems, creative options in relationships and ethical guidelines for conflict resolution.

11. The Ties That Bind: Difficult Dilemmas between Mothers and Daughters

As women and therapists, we struggle with the binding legacies of our mothers (good, bad, idealized and deficient) often carried forward in our relationships with daughters, friends and patients. Bring with you your own mother-daughter stories and dilemmas. In this process group, we'll explore and delve into our parts and spotlight the positive elements for our future relationships. (Limit 18; 3CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

1. Participants will identify the aspects of their histories with their mothers which impact their self-concepts as therapists and their relationships with patients.
2. Participants will identify the 'good-enough' and 'therapeutic' elements of their maternal identities and clarify the attributes which they wish to strengthen and embody in their work with patients.
3. Participants will review their attachment and separation issues and draw parallels in their establishment of alliances and termination work with patients.

Ceil Berlin, LCSW, has been a mother for more than half her life and a therapist for almost 3 decades. She has run peer counseling groups, worked in treatment centers and is currently in the private practice of group, couple and individual psychotherapy in New York City.

Lyn Sommer, PhD, is a psychologist in Westport, Connecticut whose two decades of private practice include several women's groups and a specialization with adolescent girls and their mothers.

Both of these therapists continue to be challenged by reflecting upon their relationships with their mothers and their own daughters.

FRIDAY WORKSHOPS

JUNE 9th, 9:00 AM to 12:00 pm

Continuation of Thursday Workshops

1. Choosing Intimacy - Blackwell
2. Pushing the Boundary of Awareness in Facing Life's Uncertainties - Cross
3. Life at a Crossroads - Klein/McPherson
4. Therapeutic Dilemma - Pincus/Witchel
5. The Sibling Journey - Sternfeld/Clymer

TWO DAY FRIDAY, JUNE 9th & SATURDAY, JUNE 10th TRAINING

13. The Gentle Art of Psychotherapy

In this training we will hone our skills and ourselves to find enduring ways to offer more than we have up to now and always with an eye to the gentle art. (Closed; 6CEs) (APA, NBCC, CBBS)

Learning Objectives:

1. To understand the aggressive parts of psychotherapy.
2. To understand the gentle parts of psychotherapy.
3. To synthesize the aggressive and gentle in psychotherapy.

Murray Scher, PhD, past president of the Academy, holds his doctorate in Counseling Psychology. He has independently practiced psychotherapy for more than 30 years. He is extensively published and has presented internationally.

TWO-DAY FRIDAY, JUNE 9th & SATURDAY, JUNE 10th WORKSHOPS

12. God: The Primary Relationship, Part II

This presentation will be a continuation of the workshop by the same title from last summer. It will focus on difficult choices, dilemmas and decisions which arise in the clinician's attempt to address issues pertaining to the relationship with God in the patient, the clinician, the transference and the countertransference.

*Participation in last summer's workshop is required. (Limit 15; 6CEs) (APA, NBCC, CBBS)

Learning Objectives:

1. Acquaint participants with the significance of the relationship with God.
2. Teach participants to recognize material that may relate to the God relationship in symbolic form.
3. Present opportunities for participants to examine their own style in dealing with the difficult choices, dilemmas and decisions which arise in dealing with clinical material relating to the relationship with God.

John Rhead, PhD, received his BA from Dartmouth and his doctorate from Stanford. He is a licensed psychologist in Maryland, where he has a private practice and is a consultant with the University Of Maryland School Of Medicine. He has pursued many spiritual paths and been in ongoing therapy for many years.

Paul Genova, MD, is a retired psychiatrist/psychotherapist who practiced in Maine for 23 years and now lives in Birmingham, UK. His BA is from Harvard, MD from Dartmouth and psychiatry residency was at Maine Medical Center. He is Clinical Associate Professor of Psychiatry at the University of Vermont.

TWO-DAY FRIDAY, JUNE 9th & SATURDAY, JUNE 10th WORKSHOPS (cont)

13. Psychotherapy & the Martial Arts II:

Different techniques for dilemmas that face us in treatment

When faced with dilemmas or impasses in our personal life or in our work with patients, applying martial arts techniques may be beneficial. Participants will be exposed to martial arts techniques which address problems with focus, grounding, balance, movement, breathing, fear of contact and other psyche/body issues.

(Wear loose-fitting clothing) (Limit 25; 6CEs) (APA, NBCC)

Learning Objectives:

1. Participants will learn to assess certain limits of verbal psychotherapy.
2. Participants will learn to assess some benefits of limited martial arts techniques.
3. Participants will learn to assess when and when not to incorporate martial arts techniques in on-going therapy.

Natan HarPaz, PhD, ASCW, FAGPA, is a psychotherapist in private practice in Southfield, Michigan. He is a Fellow of the American Group Psychotherapy Association and a past president of the Michigan Group Psychotherapy Society. He is the Dean of the Bar-Levan Educational Association - a post graduate psychotherapy training institute. He has been practicing martial arts for the past nine

years and has a Black Belt in Isshinryu Karate. Dr. HarDay has presented clinical workshops and theoretical papers on psychotherapy nationally and internationally.

14. Necessary Risks, Necessary Losses: A process group

In the process of growth and change we must choose to take certain risks. And since there is no choice without loss, we must experience and tolerate the loss that accompanies these risks. This process group will explore finding the support needed for taking necessary risks and experiencing necessary losses.

(Limit 16; 6 CE's) (APA, NBCC)

Learning Objectives:

1. Confront the necessity of risk for growth and change.
2. Explore the experience of necessary loss.
3. Learn to find support in the group setting.

David M. Hawkins, MD, CGP, is a Board Certified Psychiatrist in private practice in Chapel Hill, NC. He is a past president of the Academy and of the American Group Psychotherapy Association. He conducts training groups for professionals in Chapel Hill and in Atlanta.

15. So Many Choices, So Much/Little Time

Sitting here in limbo waiting for the tide to flow

Sitting here in limbo knowing that I have to go (Jimmy Cliff)

Human change, from the ontological to the phylogenic occurs through resolution of the moment to moment choices. These decisions are mostly unconscious, but also influenced a little bit by our awareness and intentionality. When a person consistently makes different decisions, a new pattern has developed and s/he has succeeded in changing. (Limit 16; 6CE's) (APA, NBCC, CBBS)

Learning Objectives:

Participants will learn didactically and experientially:

1. How we are constantly, moment to moment, making choices that shape our identity, experience of life and impact on others and that this is how change or it's opposite, consistency, occurs.
2. How the "self of the therapist" impacts on and is impacted by the client or group they are working with.
3. About group process and my particular style of group leadership.

Nicholas Kirseh, PhD, (Ph.D., Temple U.; AB, Georgetown; BS, U. Maryland; Licensed Psychologist, MD & DC, AAP since 1991) does private group and individual psychotherapy in Bethesda, Md. and Dupont Circle, DC. He has an extensive background in group therapy and has always been awed by the powerful role that human groups (and not just therapy groups) play in healing and growth. His therapy borrows from all schools of thought (e.g., "eclectic") and is heavily Existential where the issue of "difficult choices and our responsibility to make those choices" is considered central to psychological well being.

16. Women's Sexual Self-knowledge & The Choices We Make

How do we learn about our sexual selves? How has the medicalization of our sexual functions, - birth control and hormone treatments- influenced sexual choices? (See New View Campaign: www.fed-alert.org) We will work to find and help our clients find, authentic sexual self-knowledge that better informs those choices.

For women of all ages. (Limit 16; 6CE's) (APA, NBCC, CBBS)

Learning Objectives:

1. Understand what the "medicalization" of women's sexual problems means and gain insight into the cultural, economic and political forces that shape women's sexual expectations and experiences.
2. Have participants share the process of how their sexual self-knowledge positively or negatively affected their sexual and relational choices.
3. With a greater understanding of these dynamics, help participants see how they can make more authentic choices based on more authentic sexual self-knowledge.

Lenore Pomerance, MSW, (Catholic University) brings more than 25 years experience in political, medical and mental health training to her private psychotherapy practice and menopause counseling center. She specializes in human sexuality and menopause and presents frequently on those and related topics. She recently wrote the sexuality chapter for a book on menopause to be published by Our Bodies Ourselves, June, 2006.

17. Making Difficult Choices Less Difficult: A process group

Through experiential work, we will attempt to illustrate the process by which our clients confront decision points, work through them and arrive at a solution. (Limit 12; CCEs) (APA, NBCC, CBBS)

Learning Objectives:

1. Demonstrate the effectiveness of short-term Intensive, Integrative Interpersonal (III) group psychotherapy.
2. Experientially demonstrate decision-making.
3. Examine how choices are arrived at in group therapy.

Alex Redmountain, PhD, received his degree in 1976 from The George Washington University and worked with the D.C. Department of Health from 1969-1978, when he retired as Director of Training, Area A. He was in private practice in D.C., 1976-1984 and in Atlanta, 1984-1998. He was the founder and clinical director of the Washington Community Therapy Guild and the founder of Psychologists for Social Responsibility. He is licensed in North Carolina, where he works primarily with children and adolescents and continues doing groups with adults, a life-long area of specialty, with his wife Carole.

Carole Light, PhD, received her degree in 1970 from Teachers College, Columbia University. She was in private practice in Atlanta for thirty years, working with individuals, couples and groups. She currently practices in North Carolina and does groups with her husband, Alex.

*Carole and Alex have worked together and been married for 21 years.

The choice is ours for living fully today, for taking advantage of all the opportunities that present themselves. Our personal growths, our emotional and spiritual development, are in our hands.

— Karen Casey, *Each Day a New Beginning*, 1999

TWO-DAY FRIDAY, JUNE 9th & SATURDAY, JUNE 10th WORKSHOPS (cont)

18. Choices and Decisions in Body-Focused Psychotherapy

When are body-phenomena the best guides to understanding the person in therapy? When are body interventions appropriate, desirable or even preferable? Which phenomenon from an array of body phenomena may be the best choice to guide a body intervention? Emerging from experiential demonstrations, guidelines for these decisions will be offered. (Limit 16; CCEs) (APA, NBCC, CBBS)

Learning Objectives:

1. Through demonstrations, learn how an understanding of the person in therapy can emerge from observation and revelation of body phenomena.
2. Through demonstrations, learn guidelines for selecting from among several phenomena, which body phenomenon to choose to guide body interventions.
3. Through lecture, learn guidelines for deciding when body interventions are the interventions of choice.

Edward W. L. Smith, PhD, ABPP is a Professor of Psychology and Coordinator of Clinical Training at Georgia Southern University. His undergraduate work at Grand View College and at Drake University was followed by graduate work at the University of Kentucky. He has served on the editorial board of *Voices* since 1976. Edward has offered 175 professional training workshops in psychotherapy throughout the United States and internationally. He is a Fellow of the Georgia Psychological Association, the American Psychological Association and the American Academy of Clinical Psychology. From time to time he writes poetry.

FRIDAY MORNING WORKSHOPS

JUNE 9th 9:00AM - 12:00 PM

19. Bisexuality as a Lifestyle: Difficult Choices, Dilemmas and Decisions

This workshop will address dilemmas faced by individuals who identify as bisexual, including choosing a partner(s), monogamy/polyamory and acceptance within the gay and straight communities. There will be a presentation and discussion of bisexuality, Queer Theory, polyamory and the social/political/individual dynamics that go into making lifestyle choices. (Limit 20; 3CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

1. Define and understand the meaning of bisexuality, Queer Theory, polyamory and polyfidelity.
2. Explore the dynamics that determine the choices of a partner and lifestyle.
3. Present case material that illustrates the concepts discussed.

N. Mendie Cohn, PhD, received her doctorate in clinical psychology from Adelphi University in 1980. She is the Director of Internship Training at Kings County Hospital Center and a licensed psychologist practicing in Brooklyn, New York. In addition to her work with patients, she supervises psychology interns and graduate students, psychiatric residents and social workers. She has worked with individuals whose lifestyle and partner choices do not always conform to heterosexual monogamy. She has been researching alternate lifestyles and sexualities and has presented several times on these topics in seminars and workshops.

...to be fully involved in life means that you encounter "ethical dilemmas" - two incompatible actions or decisions competing for your advocacy. How do you decide? Most importantly, how do you retain your position of integrity? - Carolyn L Burke and Peter Fruchter, Integrity Incorporated, 2005

20. The Ethical Relationship: Difficult choices, dilemmas and decisions

The group will work together to meet the challenge of a relevant exploration of the issues of morals, values and ethics. The feminist therapy code of ethics will be presented as a starting point for discussion and interaction. (Limit 12; 3CEs) (APA, NBCC, CBBS)

Learning Objectives:

1. To deepen understanding of our ethical struggles.
2. To examine the challenges we face as we strive toward an ideal of ethical behavior.
3. To apply the principles of feminist ethics in clinically effective ways.

Debbara Dingman, PhD, is a clinical psychologist in private practice. She is an adjunct professor and clinical supervisor in the psychology department at Georgia State University and a faculty member at the Pine River Psychotherapy Training Institute, all in Atlanta. Her passions are feminism, ethics, co-therapy, training and the subtleties of the therapeutic relationship.

Avrum Gewirtz Weiss, PhD, is a clinical psychologist in private practice. He is the director of the Pine River Psychotherapy Training Institute and an adjunct faculty member in the department of psychology at Georgia State University. His professional interests include the process of change in psychotherapy and everyday life, psychotherapy training and supervision.

*Debbara and Avrum have known one another since graduate school in the 1970's and have been subversive co-therapists for fifteen years.

That which you call your soul or spirit is your consciousness, and that which you call 'free will' is your mind's freedom to think or not, the only you will have, your only freedom, the choice that controls all the choices you make and determines your life and your character.
- Ayn Rand, Atlas Shrugged, US (Russian-born) novelist (1905-1982)

SATURDAY WORKSHOPS

JUNE 10th, 9:00 AM - 12:00 PM

TWO-DAY TRAINING GROUP & WORKSHOPS (cont from FRIDAY)

FRIDAY, JUNE 9th & SATURDAY, JUNE 10th, 9:00 AM - 12:00 PM

13. The Gentle Art of Psychotherapy - Scher
12. God: The Primary Relationship, Part II - Genova/Rhead
13. Psychotherapy & the Martial Arts II - HarPaz
14. Necessary Risks, Necessary Losses - Hawkins
15. So Many Choices, So Much/Little Time - Kirsch
16. Women's Sexual Self-knowledge & The Choices We Make - Pomerance
17. Making Difficult Choices Less Difficult - Redmountain/Light
18. Choices and Decisions in Body-Focused Psychotherapy - E. Smith

SATURDAY MORNING WORKSHOPS

JUNE 10th, 9:00 AM - 12:00 PM

21. Meeting Difficult Choices, Dilemmas and Decisions with Integrity

This workshop offers the experience of four aspects of integrity and their application to decision-making. These aspects are humility, respect, intent and honor. Participants will learn the ancient tool of the Medicine Wheel as a way of connecting with these aspects within themselves in relation to a current dilemma.

(Limit 20; 3CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

1. The participants will learn an ancient way to meet difficult choices, dilemmas and decisions.
2. The participants will experience the value of these tools for themselves using a current situation.
3. The participants will share when and how they intend to use this with their clients.

Peg Beehan, LCSW, LADAC is an experienced individual, couple, group and family therapist, practicing in Nashville, TN. She is a certified Rulerfeld Synergist. She has studied Native American spirituality & traditional healing with a Native American shaman for 10 years, bringing this perspective to her clinical practice. Her spirit name is Standing Bear Woman.

22. Treating PTSD: Therapist difficulties, dilemmas and decisions

Treating PTSD raises unique issues for the therapist. This workshop, more a discussion than a process group, will be an opportunity to share problems, ideas and support as we discuss the difficult decisions and dilemmas present in both the content and process of this work. (Limit

12; 3CEs) (APA, NBCC)

Learning Objectives:

1. Participants will develop increased understanding of counter-transferential issues in the treatment of PTSD.
2. Participants will explore the pros and cons of sharing information about their own trauma with patients.
3. Participants will share and learn ways of minimizing potential vicarious traumatization.

Roy Clymer, MSW, PhD, graduated from the U.S. Naval Academy and later received a MSW from the University Of Maryland School Of Social work followed by a Ph.D. in Medical Psychology from the Uniformed Services University of Health Sciences. He is a

licensed Psychologist in the State of Maryland. He directs two programs at Walter Reed Army Medical Center that treat service members suffering from either medically unexplained physical symptoms or PTSD as a result of deployment or combat exposure. Specialty training includes combat in Viet Nam.

23. Love in Psychotherapy: Accident, choice or violation?

Much controversy over love in psychotherapy stems from our perplexity about the meaning of love and its relationship to power, spirit and sex. We will borrow ideas from various spiritual systems, exploring love as a series of decisions and behaviors and asking how those decisions may be destructive or healing.

(Limit 30; 3CEs)(APA, NBCC, CBBS)

Learning Objectives:

- A. To explore the meanings of love from various cultural and spiritual perspectives.
- B. To examine its relationship to power, spirit and sex.
- C. To apply these ideas to the daily conduct of effective and ethical psychotherapy.

Steve Howard, MD, has been practicing, writing and teaching psychiatry and psychotherapy since 1979, his work deeply colored by a philosophical and spiritual frame of mind. He has presented many times for the Academy. He is currently working on a book entitled *Intimate Healing: Exploring the Psychotherapy Relationship*.

SATURDAY MORNING WORKSHOPS – (cont)

JUNE 10th, 9:00 AM – 12:00 PM

24. A Focus on Difficult Choices, Dilemmas and Decisions that Present Themselves within the Time Limits of this Workshop

This workshop is experiential in nature. The focus will be on addressing the theme of the Summer Workshop as it evolves within the time boundaries of this presentation. (Limit 15; 3CEs) (APA, NBCC)

Learning Objectives:

1. To demonstrate that a focus on interplay between an individual and his/her community is therapeutic.
2. To demonstrate the therapeutic value of a focus on interpersonal issues within a container as a means of fostering intrapsychic evolution.
3. To examine the possibility that there is not such thing as an "individual" since we are all influenced by being members of a community.

Jack Mulgrew, PhD, ABPP, CGP, licensed Psychologist, is a full professor in the Marriage and Family Therapy Program at Appalachian State University. He is very interested in the interplay between the individual and the community.

25. Now it's your decision: will you bring yourself to Vacation Bible School?

The stories, songs and prayers of our childhood religion may be a source of healing for adults. Through a process of review, reflection and reframing, ancient stories, songs and prayers can be retold and experienced in a new light. Participants are invited to bring a story, prayer or song from their childhood religious tradition.

(Limit 15; 3CEs) (APA, NBCC)

Learning Objectives:

1. To learn about emotional healing through the use of stories and imagery.
2. Provide an experience of a specific process of guided imagery using religious stories.
3. Discuss the dilemma of using religious references as a therapist.

Karen Smith, PhD, is a psychotherapist in private practice in the Washington, DC area. She is trained as a therapist/facilitator in the Project Rachel program for post-abortion healing. Dr. Smith utilizes this program with individuals, support groups and on weekend retreats. Through this work individuals may experience emotional and spiritual healing through the use of bible stories.

26. To Death Do We Part-The Difficult Choice of Long Term Marriage or Partnership

How do we account for the longevity of marriages or partnerships? Staying in the relationship may be one of life's hardest choices. Together we will try to understand the inevitable problems and challenges of these long-term relationships. Openness, willingness to struggle, connection and humor, the DNA of long term relationships, will be encouraged. (Limit 15; 3CEs) (APA, NBCC, ASWB, CBBS)

Learning Objectives:

1. To identify the factors which contribute to the longevity of marriage or partnerships.
2. To understand the interplay of personal dynamics and couples dynamics in a long term marriage or partnership.
3. To understand the role of a "safe container" for the couple.

Ellen Weber Libby, PhD, & Marilyn Schwartz, PhD, professional colleagues and friends, have met regularly for dinner over the past 30 years to discuss this workshop topic and the marvel of their own combined 76 years of marriage. Both Ellen and Marilyn have been in private practice as psychologists in the Washington, DC area for 30 years providing individual, group, couples and family psychotherapy and clinical supervision.

EXTRACURRICULAR EVENTS

Sea Kayaking: Wednesday Afternoon, June 7th 12:00 to 3:00 PM

Seaspray Kayaking has set up an exciting opportunity for us to enjoy Sea Kayaking on the Beautiful Coast of Maine leaving directly from Sebasco Harbor Resort in Phippsburg. The excursion will be Wednesday, June 7th, from 12 to 3 PM. No experience is necessary! Maine Guides from Seaspray Kayaking will provide instruction, equipment, a guided tour and snacks for each individual. Cost \$40 per person. For registration and detailed information, including what to wear, contact info@seaspraykayaking.com or call 1-888-349-7772.

INIPI: Thursday Evening, June 8th, 7:30 - 11:00 PM

An Inipi (Sweat Lodge) is a nature based ritual of purification and psychospiritual healing used for centuries around the globe. It is an intense physical and emotional experience of the elements of fire, water, earth and air and involves four rounds of prayers by participants honoring the Four Directions. This will be a cleansing lodge from emotional toxins that one needs to shed.

-The physical demands, intense moist heat, close quarters and total darkness, allow participants to go more quickly and deeply into themselves with the support of the lodge community. Participants should be in good health. Anyone on medication or with heart and lung problems needs to get permission from his/her physician.

Jim Hurley-Bruno, a Sacred Pipe carrier of the Hawk Mouse Lodge will guide the Inipi. To participate, please express your interest by email (hurlbru@comcast.com) or mail mail (1 Snow Rd. #7, Marshfield, MA 02050). Questions? (1 781 834-4734). Because of spatial limitations and the desire to have this be a powerful experience, it will be limited to fourteen people. If necessary, a lottery will be used. Upon acceptance, a letter will be sent to you with preparatory instructions. No CE's.

Morning Movement Meditation: Friday Morning, June 9th, 7:00 to 8:30 AM

Through simple, subtle, playful and sometimes wildly free movement exercises done with mindfulness and intention we can gain more awareness and consciousness of our energy and how we can tap into our own body's abundance for pleasure, greater self-acceptance and stress reduction. This is not a rigorous exercise class but do dress comfortably!

The AAP Arts Crafts Table

We welcome your art, sculpture, photography, jewelry, scarves and more to auction. Please create, create, create! We look forward to seeing your beautiful works of art! Arthur Weinfeld and Susan Berlin

Therapeutic Massage

Professionally trained licensed therapists from Harcourt & Rice will be offering therapeutic massage. Appointments can be made by calling the office or upon arrival at the resort. If you do need to cancel, we ask that you give us 24 hr notice. Payments can be made with MasterCard, Visa, Discover, check or cash. Prices are \$50 for 1/2 hr massage, \$75 for 1 hr and \$95 for 1 1/2 hr massages. If you have any questions or need further information or would like to schedule a massage, please call our office @ (207) 443-6005.

Lobster, Lobster, Lobster!

The delectable crustacean will be served to all at the outdoor feast on Friday, but it can also be ordered for Wednesday, Thursday and/or Saturday suppers. The additional costs is only \$10 per meal with sign-up available on the registration page. Please indicate the dinners at which you would prefer to have lobster.

Registration: Summer Workshop 2006

Name: _____ New Member? _____

Address: _____

City _____ State _____ Zip _____ Email: _____

Phone: (work) _____ (home) _____ (fax) _____

SPECIAL NEEDS: (Access/Accommodations/Food/anything!) _____

Training Groups: T1 _____ T2 _____ T3 _____

<u>Workshop Choices:</u>	Thursday	1st _____	2nd _____	3rd _____
	Friday	1st _____	2nd _____	3rd _____
	Saturday	1st _____	2nd _____	3rd _____

Accommodations:

Roommate(s) _____

Please reserve a cottage for the following peer group's members:

Shuttle Transportation to/from Portland Airport:

Date & time of arrival _____ Airline _____ FLT # _____

Date & time of departure _____ Airline _____ FLT# _____

**Please email this information to Sherry Sabo: sherry.sabo@csimaine.com by May 15th.

Fees: includes room, meals, workshops, hospitality dance

Single, \$1, 145; Double, \$785; Triple, \$745..... \$ _____

Shuttle Transportation (Roundtrip), \$70 \$ _____

Lobster for Wed/Thurs/Sat Dinner, \$10 each (circle which nights)..... \$ _____

Sweat Lodge (firewood cost), \$6..... \$ _____

Continuing Education, \$40..... \$ _____

Late Fee after May 4, 2006, \$50..... \$ _____

TOTAL DUE \$ _____

No refunds after May 4th: 75% refund before May 3rd. Make check payable to AAP.

Mail to: Margaret Nichols, 1447 Peachtree St., Suite 800, Atlanta, GA 30309

Circle Credit Card: AMEX, VISA, MC -- by mail or fax: 404-881-1822

Name on card _____ Exp Date: _____

Card #: _____ Signature _____

*Please consider giving a donation to cover the Credit Card fee. Please pay by separate check.

Voluntary Donation of Credit Card Fee, AMEX 2.5%, VISA/MC 3.13%..... \$ _____

TRANSPORTATION OPTIONS FOR 2006 SUMMER WORKSHOP AT SEBASCO LODGE

PREPAID SHUTTLE SERVICE: Shuttle service is available on Wednesday, June 7th from Portland Airport to Sebasco Lodge between noon and 6:00 P.M. Return service is available on Sunday, June 11th between 7:00 A.M. and 1:00 P.M. Our goal is to transport everyone within an hour of landing, but in order to keep cost down it may be longer in some cases. There is a restaurant in the airport and comfortable places to wait. Round trip shuttle cost is \$70 per person. Pay with registration. E-mail details to sherry.sabo@cmaine.com

RENTAL CARS: If you are arriving or leaving at hours not covered by the shuttle, there are rental cars and taxis available. Current prices quoted for 5 day rentals from the Portland Airport are: Budget, \$181; Hertz \$295; Avis, \$237 -- all including unlimited mileage. **Taxi Service:** Taxis are available from Portland Airport to Sebasco Lodge. Current prices quoted each way are: Airport Taxi \$75 (207-773-3433), Elite Taxi \$85 (207-871-7274). Questions or concerns: please call Sherry Sabo at 207-294-7049 or e-mail her.

DRIVING DIRECTIONS: Sebasco Harbor Resort is located one hour north of Portland on the Popham Peninsula. Air travel is available through Portland International Jetport, offering a full schedule of flights daily. Wiscasset Airport which can accommodate small private aircraft. Train service is available from Boston and points south on Amtrak's Downeaster. For a full schedule of airlines, buses and cruise ship activity in the Portland area, visit the City's Transportation Page at www.transportme.org.

FROM THE SOUTH ... Take Maine Turnpike I-95 to Exit 52 Falmouth to I-295 North. Take Exit 31 Topsham/Lisbon and turn right onto Route 196 East. Continue straight through all lights and proceed north on Route 1 to Bath. In Bath, bear right on Route 209. Follow 209 for 11 miles to Route 217 (Sebasco Road). Follow Route 217 for 1.3 miles to Sebasco Harbor Resort.

FROM THE NORTH ... Take Maine Turnpike I-95 to Exit 103 onto I-295. Take Exit 31 Topsham and turn right onto Route 196 East. Follow as above.

FROM DOWNEAST ... Take Route 1 to Bath. Take Route 209 Exit (right) off Sagadahoc Bridge.

FROM SEBASCO: Portland - 48 miles / Freeport - 28 miles / Bath - 12 miles / Boston - 3 hours / New York City - 6 hours



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