

## 2019 I&C Request for Conference Workshop Proposals



THE GHOST IN YOU: PSYCHOTHERAPY AND THE ART OF GRIEVING  
American Academy of Psychotherapists  
Invitation to Submit an Institute and Conference Workshop Proposal  
Savannah, GA, Oct 23-27, 2019, Co-Chairs Kristie Nies and Stephanie Spalding

*"Embrace your grief, for there your soul will grow." Carl Jung*

Loss is integral to the human experience. There is no attachment without the risk and eventuality of loss. The response to loss, however, determines our engagement in the present moment. The ability to navigate grief helps determine the quality and duration of our relationships. Mourning can be a vehicle for, or an obstacle to, growth.

Therapeutic witnessing offers a unique opportunity to metabolize grief, and the echoes of past loss can be a cry to re-awaken to life. However, for the therapist and the patient whose unresolved grief has been touched, the work may be excruciating and can create unintended impasses. Dissociation, repression, fragmentation, and somatization can all vie for control. Ultimately, the goal is to integrate and regulate, rather than exorcise, haunted histories.

The Academy is no stranger to loss. We invite you to explore the theme of ghosts/grief as it relates to the person of the therapist, the therapy process, our community, and the world at large. We are inviting proposals for process groups, group experiences, and didactic presentations. The theme is ripe for workshops addressing the following aspects, as well as others of your interest, history and creativity:

- 1) Understanding productive responses to loss and grief and the many ways in which it can facilitate growth and development.
- 2) Exploring ways in which ghosts can interfere with mourning and haunt the therapy process.
- 3) Identifying ways in which dissociation, fragmentation, repression, and somatization interfere with grief work.
- 4) Discussing unresolved grief, the impact of haunting losses, and the transmission of trauma (i.e., intergenerational, institutional, community).
- 5) Exploring cultural differences in the understanding of loss and death, and grieving practices and rituals.
- 6) Understanding ethical considerations around confidentiality, boundaries, disclosure and other matters when loss and grief enters the therapy relationship.
- 7) Attending to the ghosts within our clients, which get triggered by loss in our lives (i.e., illness, retirement, divorce, sick children).

Some potential areas of grieving ghosts, in both clients and therapists:

Relatives and survivors of holocaust and other cultural traumas, conscious and unconscious; illness, aging, death; disabled or ill children; divorce (marital, friendship, co-therapy); life transitions (college, moving away, marriage, retirement); political grief; decision making - commitment - loss of freedom; group therapy grief (illness, termination); incarceration.

We hope this topic both intrigues and inspires you to create a wonderful workshop proposal. The healing and teaching power of the conference is made by the courage and vulnerability of the presenters.

Deadline for presenting proposals is 7/18/18. To submit your RFP, [click here](#). Please contact either of us if we can be of any help.

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