



Invitation to AAP Event (6 or 9 CEUs), Friday/Saturday, February 22/23th, 2019 in Washington, DC.

Please join fellow members and newcomers for the American Academy of Psychotherapists' Mid-Atlantic Chapter Winter 2019 Workshop!

AAP - WHAT TO EXPECT

While some aspects of this workshop may be didactic, the bulk of the personal interaction is process-oriented much like one would experience in the precious here-and-now, I-Thou, real-time moments of individual, couples, and group psychotherapy where people relate with felt presence. This is not an evidence-based, follow-a-protocol, be careful what you say workshop. Individuals take personal risks via self-reflection, direct sharing of experience, and attunement to self and other.

Awareness of, and capacity to express 'self,' including one's vulnerabilities, mirth, strength, and courage are seen as vehicles to enhance connection to oneself and others. Whether attendees are new, recently acquainted, or long-time AAP members, the possibility for personal encounter, growth, and maturation is abundant. We encourage you to set an intention to be your truest self, show up, and attend this winter workshop. The deepest of winters is thawed by the warmth and connection that can be generated in personal encounter.

MAAAP - OUR INVITATION TO YOU

We hope you will bring your best, adventurous and imperfect selves, along with your fears, courage, brilliance, and desires. Plan to participate fully and expand your horizons on your journey to becoming a more effective psychotherapist. We are confident that you will have many opportunities to discuss a leader's interventions, possible missteps, and how these may have affected you or the client. We are equally confident that you will be deeply affected by what transpires. This workshop can have profound meaning for your sense of self, connection to friends/colleagues, and for your ability to feel invigorated anew in your work.

AAP - WHAT YOU WILL BE OFFERED

This DC AAP workshop will provide you several experiences based upon your choices (first come – first served).

1) Three process groups will begin Friday evening (2/22/19) either from 3–6 pm or from 4 – 7 pm. These groups will be held at the leaders' local offices and you will be contacted with the address information, building entry codes, and other relevant information. These groups will continue again Saturday afternoon, after the morning fishbowl. This is a 9-CE option.

2) Saturday Morning Fishbowl: Dr. Gary Frankel, a long-standing and senior member of the Academy from Washington DC will conduct the Fishbowl beginning at 9 am. A Fishbowl is a 'group-within-a-group' instructional method for demonstrating group process that is visible to all attendees. It has the potential to both clarify and amplify group process. Dr. Frankel will lead a discussion that explores and dissects the interactions afterwards. He will also meet with the Fishbowl members for the afternoon process group. Volunteers are needed for this process. To be a volunteer for the Fishbowl, you CANNOT be a member of Dr. Frankel's therapy or supervised clientele.

AAP - WHAT YOU WILL BE OFFERED (Cont.)

3) Six afternoon process groups will begin after a lunch break. These will be led by AAP-therapists (3 groups will continue from Friday evening, the Fishbowl group will continue in the afternoon and be led by Dr. Frankel, and 2 additional groups (3-hours only) will begin Saturday afternoon).

4) Community Meeting: Following the afternoon process groups, we will commence with a large-group experience. The MAAAP Community Meeting will be an hour-long, confidential, leaderless space where people are free to share their experiences, speak what is on their mind or in their heart, and contribute to a 'container' that offers an additional means to hold the workshop experience and the therapists who attend.

Dates: Friday 2/22 and/or Saturday 2/23/2019

If you choose a two-day (6-hour) process group, you will begin on Friday 2/22/19 in the late afternoon/early evening and continue on Saturday 2/23/19 for a full-day workshop. You will earn 9 Continuing Education Credits for the two-day workshop.

You may also choose to attend just the one-day workshop beginning on Saturday morning 2/23/19. You will earn 6 Continuing Education Credits for this one-day workshop.

SCHEDULE

Friday Evening Process Groups: (3 of 9 CEUs):

All of the Friday evening process groups will be held in the DC Metro area. Exact times and locations will be provided to you. You will be contacted by your group leader or a member of the committee regarding the meeting location and any entry information.

Saturday Morning: Registration begins at 8:30 am. FISHBOWL begins promptly at 9:00am and will end at 12:15. This will be led by Gary Frankel, PhD (3CEUs).

Lunch: 12:15–1:25: A reasonably yummy lunch will be provided and will include a variety of sandwiches, salads and dessert.

Afternoon Process Groups: 1:30–4:45pm Process Groups (3CEUs). Friday evening process groups will continue. Three new groups will start.

Community Meeting: 5–6pm (end of workshop).

In order to receive your continuing education units you must attend all sessions. The breakdown is as follows:

- 9 CEU's will be given for attending Friday evening and all-day Saturday.
- 6 CEU's will be given for attending all-day Saturday
- EVERYONE WILL ATTEND THE 3 CEU FISHBOWL

Fishbowl Volunteers: If you would like to volunteer to be in the fishbowl please check the box for Fishbowl Volunteer when you register. We want to say – Thanks! However, please NOTE that by checking the box you are volunteering to be in the Fishbowl but are not guaranteed a seat. Our Fishbowl leader will make the final decisions on attendance in the inner circle.

EDUCATIONAL OBJECTIVES

Educational Objectives:

1. Generate dialogue and discussion in the process groups and fishbowl experience, related to the interpersonal nature of groups and the therapeutic relationship(s).
2. Demonstrate a variety of therapeutic approaches to working with your countertransference and your patients' transference - what does it take from you to help your patient feel open to express feelings in his/her life?
3. Identify and explore, as a participant, your awareness of your own openness and limitations around improving the therapeutic relationship in order to promote personal and professional growth.

LOCATION

Location: The George Washington University – Mt. Vernon Campus. 2100 Foxhall Rd NW, Washington, DC 20007.

Note: While the address is noted as 2100 Foxhall Road the actual entrance to the GWU Mt. Vernon Campus is on Whitehaven Parkway that runs between Foxhall Road, N.W. and McArthur Boulevard, N.W. There is signage across the street from St. Patricks Episcopal Church. Proceed up the small hill and the entrance to GWU and the **FREE Parking Garage** is on the left.

WORKSHOP PREFERENCES

When you are ready to register please choose from the following. Please list your first and second choices. We will do our best to accommodate your request.

Friday and Saturday, 9 CEU groups.

1) Douglas Cohen, Ph.D. _____

*Leaders will contact you regarding location and parking for Friday 2/22/19.

2) Mindy Mecham, LPC. : _____

*Leaders will contact you regarding location and parking for Friday 2/22/19.

3) Elizabeth Cornick, LCSW & Dean Chelpon, LCSW: _____

*Leaders will contact you regarding location and parking for Friday 2/22/19.

Saturday only, 6 CEU groups.(This is a Saturday afternoon process group selection following the Fishbowl with Dr. Frankel on Saturday morning 2/23/19).

3) Brooke Bralove, LCSW, & Stephanie Spalding, LCSW :

4) Sharilyn Wiskup, LPC _____

5) Gary Frankel, Ph.D. _____

[This is the Fishbowl experience, 'group within a group' on Saturday morning. All 8 participants will meet with Dr. Frankel in the afternoon for a process group as well. Remember, you are welcome to sign up for this Fishbowl/Group if you are not a current/past client or supervisee.]

FEES

The following fee structure affords you either 6 or 9 CEUs of intensive group process with seasoned therapists, a Fishbowl experience & process, a lunch, a large group community process, free parking and an opportunity to visit with colleagues and initiate/deepen new/existing connections.

Member Fee: \$100 – 6 CEU or \$120 – 9 CEU

Nonmember Fee: \$110 – 6 CEU or \$130 – 9 CEU

Full Time Grad Student Fee: \$60 – 6 CEU or \$80 –9 CEU

REGISTRATION

Registration for the Winter Workshop will open after the Thanksgiving holiday. We will send out an additional email to alert you.

QUESTIONS?

Please contact Brian Cross, Ph.D., MAAAP Chair, at either:

briancrossphd@me.com or via phone at 202-337-9555.