

The American Academy of Psychotherapists
Southern Region

Presents

2016 Spring Conference:

***At the Crossroads: Well-
Worn Path or Uncharted Territory?***

Training for New and Accomplished Psychotherapists



The American Academy of Psychotherapists
Southern Region Spring Conference
c/o: Curt Arey, MA, LPC
317 West Hill Street
Suite 204E
Decatur, GA 30030

ADDRESS CORRECTION REQUESTED



April 1st – 3rd, 2016
Sea Palms Resort
5445 Frederica Rd.
St. Simons Island, GA 31522
www.seapalms.com

**AMERICAN ACADEMY OF
PSYCHOTHERAPISTS SOUTHERN
REGION ANNUAL CONFERENCE**

April 1 – 3, 2016
Sea Palms Resort
St. Simons Island, GA

**AT THE CROSSROADS: WELL-WORN
PATH OR UNCHARTED TERRITORY?**

Modern GPS technology has reduced our anxiety about traveling to unfamiliar destinations, but no such device exists for the journey of the human psyche. Psychotherapy may be the closest equivalent. As therapists, we may sometimes act as GPS-like guides to our patients, warning of potholes, missed turns, dangerous curves, or excessive speed, and helping to assess the damage and cost of repair when life's collisions occur.

But mostly we are passengers in our patients' lives, accompanying them on the well-worn paths repeatedly taken. Altering the course of lifelong patterns and growth-inhibiting defenses is often painstaking, repetitive work requiring enormous patience and courage for both the patient and the therapist. Recent brain science strongly suggests that neural pathways laid down by early experience and subsequent repetition can be re-routed through the encoding of new experience. The psychotherapy relationship can provide just that kind of reparative experience, as we sit alongside our patients steadily encouraging them to access the *True North* of their own inner tracking systems, until the open road beckons.

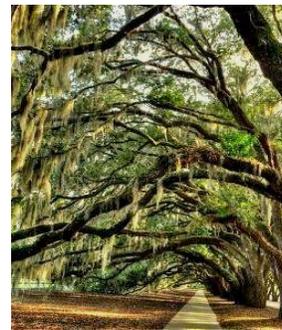
That intersection can be both frightening and liberating. Every therapeutic encounter is uncharted territory. How do we hold steady in the face of our own anxieties about change as well as our patients' fears about change? How do we manage to stay engaged in the long stretches and repetitive tracks, even when the destination is unclear? When is there wisdom in staying with the known

path, and when is changing course the more enlivening and growth enhancing option?

Please join us and our wonderful panel of presenters, April 1-3, in the beautiful coastal town of St. Simons Island, Georgia for this AAP Southern Region Conference. We will come together to reflect on our own well-worn paths and to feel the pull of the uncharted territory that awaits.

2016 AAP Southern Region Committee

Maureen Martin, Chair; Curt Arey, Treasurer; Nancy Moser, Secretary, Meredith Albert; Dairlyn Chelette; Lucie Lie-Nielsen; Annie Prescott; Bob Coyle and Mitchell Foy. Consultant: Melissa Beddingfield.



Site of the Spring Conference

Tucked away along the tidewaters of Georgia's favorite golden isle, and minutes from the Atlantic Ocean, Sea Palms Resort on St. Simon's Island is surrounded by moss-laden oaks and fragrant marshland, offering an idyllic setting for our meeting. The diverse accommodations include rooms and suites overlooking the island marshes. Many rooms offer porches and balconies. All of the unique meeting places are well appointed and the food is superb. You will also find a wide variety of recreational options including a full service fitness center, an award winning golf course and a large pool and cabana. The beaches and shopping are less than ten minutes away.

*"Do not follow where the path may lead.
Go instead where there is not a path, and
leave a trail. Emerson*

The American Academy of Psychotherapists: Our Mission

The American Academy of Psychotherapists was founded in 1954 by a group of pioneering psychotherapists who sought a meeting ground for practitioners from different disciplines where live experience and demonstrations of psychotherapy would help to create open discourse.

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 as the instrument of change; this is the focus of the Academy which provides a dynamic, supportive and challenging community for the committed professional. The mission of the Academy is to invigorate the psychotherapist's quest for growth and excellence through authentic interpersonal engagement. Our purpose is:

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

Target Audience

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

Conference Objectives

1. Discuss therapist countertransference around client resistance to change.
2. Differentiate growth-enhancing vs. stagnant attachment to well-worn patterns in both the patient and the therapist.
3. Identify obstacles to relinquishing entrenched defenses even after life-limiting consequences have come into conscious awareness.
4. Identify at least three therapeutic interventions necessary to creating momentum for change.
5. List ways the large group experience can be a catalyst for deeper interpersonal exploration.

Workshop Selections

Friday PM Training 2:00 – 5:15

- **“Well-Worn Paths and Uncharted Territory: A Group Exploration”** Dairlyn Chelette, LCSW/Annie Prescott, PhD
See Training Session below.

Saturday All Day Workshops 9-12:15/2:45-6

- **“Two Steps Forward...One Step Back”** Gordon Cohen, PsyD
- **“Well-Worn Paths – Support for Adventures in Everyday Life”** Jack Mulgrew, PhD
- **“A Journey to Discovering What You Want”** Adam Klein, PhD

Saturday AM Workshops 9:00 – 12:15

- **“Boredom in Psychotherapy: Whose Is It and Where Does It Point?”** David Donlon, LCSW
- **“Well-Worn or Uncharted: Finding the Path to Freedom”** Curt Arey, LPC/Hannah Hawkins-Esther, LCSW
- **“Developing Ethical Standards as we Explore the Internet Modality”** Linda Tillman, PhD/David Loftis, PhD

Saturday PM Workshops 2:45 -6:00

- **“When the Path Gets Messy: Finding Your Way Through the Murk”** Mitchell Foy, LPC/Melissa Coates LAPC
- **“Monogamy: Is That All There Is? Navigating the Uncharted Territory in Alternate Relationships”** Anni Tuikka, LPC, CST,CSTS, CPCS/Steve Eichel, PhD, ABPP, CST
- **“Growth, Connection and Risking to Be Present: A Gestalt Perspective”** Nicholas Emmanuel, LPC, LMFT, LMHC

Training Session – Friday

We are offering one training session on Friday afternoon from 2:00 to 5:15. **Three (3) CE's** are available for this workshop This training is intended for graduate students and beginning therapists. Experienced therapists are welcome to attend. *****Attention graduate students: in order to be eligible for the student discount and scholarship, you must attend this training session*****

Mentoring Session

We especially welcome those who are attending AAP for the first time, whether students or experienced therapists. Newcomers are sometimes surprised at our unique approach to issues and interpersonal dynamics. We invite you to meet in a short mentoring session with AAP members Nelia Rivers and Don Murphy. They will help you understand any scheduled and/or spontaneous events, as well as answer any questions about the conference. The mentoring session will be Friday PM from 9:00-9:30. Please check the announcement board for location.

ADA Statement

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs at the time of registration. We cannot ensure availability of accommodations without notification before March 10, 2016.

Spouses and Children

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

CONTINUING EDUCATION

Satisfactory completion

Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available.

Psychologists

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

Social Workers

Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program. ASWB Approval Period: 06/24/2015 – 06/24/2016. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers

participating in this course may receive up to 9 clinical continuing education clock hours.

Professional and National Certified Counselors, Marriage and Family Therapists (NBCC)

This course has been submitted for review.

New York Social Worker

Quorum EDU SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. 9 hours.

AASECT Credits:

3 AASECT credits for the workshop, "Monogamy: Is That All There Is? Navigating the Uncharted Territory of Alternate Relationships" has been approved by the American Association of Sexuality Educators, Counselors and Therapists. The core knowledge areas (CKA's) covered are:

- A) Diversities in sexual expression and lifestyles (1 hour)
- B) Intimacy skills (1 hour)
- C) Professional communication and personal reflection skills (1 hour)

WEEKEND SCHEDULE AT-A-GLANCE!

Friday, April 1, 2016

12:30 - 6:00	Registration
2:00 - 5:15	Training Session
6:00 - 7:30	Opening Experience
7:30 - 9:00	Dinner
9:00 - 9:30	Mentoring Meeting (for first time attendees and students)

Saturday, April 2, 2016

7:00 - 9:00	Breakfast
9:00 - 12:15	Morning Sessions (or first half of All-Day Workshops)
12:15 - 1:15	Lunch
1:30 - 2:30	Community Meeting
2:45 - 6:00	Afternoon Sessions (or second half of All Day Workshops)
7:00 - 8:30	Dinner
8:30 - 12:00	Music & Dancing

Sunday, April 3 2016

7:00 - 9:00	Breakfast
9:00 - 10:30	Randomly Assigned Process Groups
10:45 - 12:00	Closing Experience/Depart

OPENING EXPERIENCE, SUNDAY PROCESS GROUPS, AND CLOSING EXPERIENCE (No CE Credit)

The Opening Experience Friday will begin to construct the container for the weekend's experiences. **Please note that our Opening Experience will begin on Friday at 6:00.** After

Sunday breakfast, there will be 90 minute leaderless process groups. All attendees will be **randomly assigned** to a group. The Closing Experience will follow the process groups.

SATURDAY NIGHT ENTERTAINMENT

Perhaps you have heard about the Saturday night entertainment at AAP conferences. If you haven't, you are in for a real treat as Saturday night is often referred to as the highlight of the weekend and another of the many things that makes AAP special. We are so lucky this year to be treated to the live sounds of Atlanta's own *CAZANOVAS!* Bring your party hat and dancing shoes!



LODGING, FOOD, WORKSHOP & CEU FEES

The conference fee includes all meals and workshops. *It does not include lodging.* Sea Palms Resort is offering exceptional room accommodations for the Southern Region Spring Conference. The rate per room is \$149/night for conference attendees

***** Please make your reservations directly with Sea Palms Resort at 800-841-6268 or www.seapalms.com.** Sea Palms Resort is only guaranteeing rooms at the exclusive AAP rate until March 15, 2016, after which rooms will be available for general sale. The special hotel room rate is available 3 days before and 3 days after the conference.

Fees for Continuing Education must be paid separately. If you would like to register for CEUs, please include the CE fee with your registration. Details for obtaining CE credits will be provided in the conference folder.

STUDENT ATTENDEES

There are two ways we assist students. We offer a student discount of \$100 off the registration fee. *Students are still responsible for lodging.*

The additional way we help students is through the *Joel Rachelson Student Scholarship* lottery (details below). Students must initially pay the student registration fee and if you are chosen by lottery your registration fee will be refunded. All students are eligible to apply for the *Joel Rachelson Student Scholarship*. Please indicate your desire to be entered into the lottery on the Registration form, to

be **randomly drawn on March 10, 2016**. Please register early!

*****Note: Students who select the \$100 Student Discount or receive the lottery are required to attend the Friday Training Session.*****

Joel Rachelson Student Scholarship

We are proud to continue a scholarship program in posthumous honor of Joel Rachelson, who was an AAP member, Southern Region Chair, and strong student advocate. We are offering five scholarships to Spring Conference 2016. This scholarship funds conference registration and meals. **Lodging and transportation are the responsibility of recipients.** Recipients will be picked randomly through a lottery process on March 10, 2016. Students interested in the scholarship should so indicate on the registration form. **Please note required attendance at Training session detailed above.**

WORKSHOP DESCRIPTIONS

FRIDAY, APRIL 1

TRAINING SESSION: 2:00-5:15

“Well-Worn Paths and Uncharted Territory: A Group Exploration”

Annie Prescott, PhD and Dairlyn Chelette, LCSW
(3 CEUs; Open attendance; All instructional levels welcome.)

In the context of a three-hour process group, participants will be invited to explore their own choices with regard to paths taken and not taken. This group will serve as an experiential introduction to AAP as a professional community whose mission is to support the therapist's quest for excellence and growth through authentic interpersonal engagement as it impacts on the process of therapy.

Dairlyn Chelette, LCSW is a clinical social worker in full time private practice at the Pathway Center for Psychotherapy in Norcross, Georgia and is licensed in Georgia and California. She has been a member of AAP since 1992, where she has served in an elected position on the Executive Council and currently serves as Dues Chair.

Annie Prescott, PhD, a licensed psychologist with 36 years of experience, is certified in many modalities. Establishing her own Equine-Facilitated psychotherapy practice, Douglasville Psychotherapy Center At Oak Hill, on her horse farm outside of Atlanta. Providing a unique integrative approach, she combines eastern and western principles, assisting individuals to experience a peaceful mind and heart.

SATURDAY, APRIL 2
ALL-DAY WORKSHOPS:
9:00 - 12:15 and 2:45 - 6:00

1. “Two Steps Forward...One Step Back” Gordon Cohen, PsyD.

(6 CEUs; Limit 15; All instructional levels welcome)

We each walk down our own path, moving forward then step back as a way to consolidate learning. Based on Margaret Mahler’s theory of development, we learn our first steps toward individuation. Personal change will be explored in this group process, looking at our own leaps forward and regressive steps in the service of growth.

Gordon Cohen is a Psychologist in private practice in Washington DC. His professional life has been dedicated to helping people grow and change along their journeys.

He is currently the President of the Academy.

2. “Well-Worn Paths-Support for Adventures in Everyday Life”

Jack Mulgrew, PhD, ABPP, CGP

(6 CEUs; Limit 20; All instructional levels welcome)

This is an experiential workshop for therapists who wish to explore their ability to join and individuate with others within the time limits of this workshop.

Jack Mulgrew, PhD, ABPP, CGP is Professor Emeritus from Appalachian State University. He taught in the Marriage & Family Therapy Program.

3. “A Journey to Discovering What You Want” Adam Klein, PhD

(6 CEUs; Limit 15; All instructional levels welcome)

One of the most difficult tasks in life for any of us is to come to terms with what we want. This two-part group process will invite participants to raise their awareness about how social, political, cultural media as well as familial forces play on our lives and keep us from gaining clarity about what we want.

Adam Klein, PhD is a clinical psychologist who was born into a family where his father was an innovator and leader in the Washington DC psychotherapy community. He is in full time private practice in the DC area and consults at My Thrive, a clinic for young adults.

SATURDAY MORNING WORKSHOPS
9:00 - 12:15

1. “Boredom in Psychotherapy-Whose is it and Where does it point?”

David K. Donlon, LCSW

(3 CEUs; Limit 12; All instructional levels welcome)

Responding from one’s internal experience is a cornerstone of the experiential psychotherapies. How do we process the powerful signal of boredom, locating the sources and differentiating the needs of client and therapist? How do we navigate between empathic failure/narcissistic injury and complicity in stuckness? Group experience will seek to illuminate.

David. K. Donlon, LCSW moved south from New York in 1971 to attend Duke University before finishing college at Pitzer College in Claremont, California. He returned to North Carolina and completed an MSW at UNC in 1982 allowing him to practice psychotherapy in Chapel Hill for the last 33 years.

2. “Well-Worn or Uncharted: Finding the Path to Freedom”

Curt Arey, LPC and Hannah Hawkins-Esther, LCSW

(3 CEUs; limit 12; All instructional levels welcome)

When confronted with a crossroads, is it necessary to make a choice between a well-worn familiar path OR a less traveled one? This workshop explores the importance of awareness and intention, which ultimately lead us to that most important path- the path of freedom, regardless of how worn it is.

Hannah Hawkins-Esther, LCSW is in private practice in Sandy Springs, GA. She practices yoga, has recently completed her 200-hour yoga teacher certification, and enjoys meditation.

Curt Arey, MA, LPC is in private practice in Decatur, GA. He is working toward AASECT certification. He enjoys groups, friendly competition in many forms, physical activity, and being a newish father.

3. “Developing Ethical Standards as We Explore the Internet Modality”

Linda Tillman, PhD and David Loftis, PhD

(3 CEUs; Limit 20, All instructional levels welcome)

Brief didactic overview of ethical principles established for psychotherapy and the Internet. Participants are encouraged to bring examples from their own practices of ethical questions for group discussion and interaction. Given the young nature of this modality, ethical standards are still in development, which we hope the group will process.

Linda Tillman, Ph.D., has been interested in ethics and the Internet since the early 90s and has presented numerous workshops on the subject. Now retired from private practice, she keeps bees, writes a beekeeping blog, plays with her grandchildren and bakes lots of bread. She has been the editor of the AAP Newsletter for the last three years and serves on several AAP committees.

David Loftis, Ph.D. has served in various levels of AAP leadership the past 30 years and presented or co-presented numerous workshops. Since receiving his Ph.D. in Clinical Psychology in 1981, he has been in private practice in Atlanta. He

continues to be fascinated and challenged by a wide range of clinical questions. He gets a lot of satisfaction from fixing things.

SATURDAY AFTERNOON WORKSHOPS:
2:45 - 6:00

1. “When the Path Gets Messy: Finding Your Way Through the Murk”

Mitchell Foy, LPC and Melissa Coats, LPC
(3 CEUs; Limit 14; All instructional levels welcome)

So often it is the obscured path which holds the most value for us and our clients. This experiential workshop invites participants to explore murky pathways with curiosity and compassion, giving shape through the medium of clay to what we discover during guided meditation. Come get messy!

Mitchell Foy, LPC studied Depth Psychology at Pacifica Graduate Institute. He sits in the murk with patients in Norcross, Georgia, and is a committee member for the Southern Region of AAP. He has a cat named Squirrel and wanders the forest a lot.

Melissa Coates, LPC is a psychotherapist in private practice working with individuals and groups. Her passion is for work with adults who have either experienced a traumatic event and/or are coping with grief, loss, caregiving or life threatening illnesses. Melissa also sees children and adolescents and co-leads a general psychotherapy process group.

2. “Monogamy: Is That All There Is? Navigating the Uncharted Territory In Alternate Relationships”

Anni Tuikka, LPC and Steve Eichel, Ph.D.
(3 CEUs; Limit 15; All levels welcome)

*This workshop is approved for 3 AASECT credits. CKA’s covered on p. 4.

In this workshop we will discuss, compare and contrast different models of monogamous and non-monogamous relationships. We will explore therapists’ reactions, including counter-transference, to these models and how to work with clients who are aspiring to, or already involved in, non-monogamous lifestyles.

Anni Tuikka, LPC, CST, CSTS, CPCS has a private practice in Atlanta, doing individual, couples, and sex therapy with a mainly evolutionary and relational approach. She also uses EMDR therapy when working with trauma. She has two Master’s degrees, one in Education (Finland) and the other in Psychology (USA). She is an AASECT-certified sex therapist and has presented regionally and nationally on sexuality-related topics

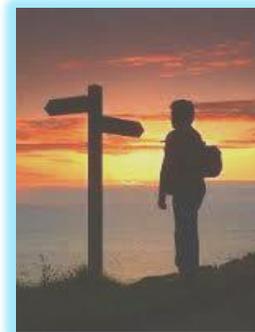
Steve Eichel, PhD, ABPP is a licensed and Board-certified counseling psychologist in Delaware, and a certified group psychotherapist and sex offender treatment provider. He has practiced since 1980 with a broad range of clients, employing a trauma-informed psychodynamic and experiential approach. He is a Full (Clinical) Member of the Society for Sex Therapy and Research and has presented regionally and nationally on sexuality-related topics.

3. “Growth, Connection and Risking To be Present--A Gestalt Perspective”

Nicholas Emmanuel, MA, LPC, LMFT, LMHC
(3 CEUs; Limit 16; All instructional levels welcome)

With a dash of didactics this workshop will be an experiential process group designed to facilitate intimate, emotional, and vulnerable connections. In part the experience is designed to balance the many hours and days we spend “thinking”, and focus on the emotional and sensory expressions of our being in relation to “others”. According to this perspective intimacy and connection is the main vehicle in facilitating growth in psychotherapy, “Therapist lose your mind and come to your senses!!”

Nicholas Emmanuel graduated from the University of West Georgia with a Master’s degree in Psychology. He is a co-founder of the Appalachian Gestalt Therapy Institute and brings a wealth of training and clinical experience to this program. He has 40 years of experience as a clinical practitioner and teacher and extensive training in Gestalt therapy. He is currently in private practice.



SUNDAY, APRIL 3
MORNING GROUPS 9:00 – 10:30

Randomly Assigned Process Groups

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

CLOSING EXPERIENCE 10:45 – 12:00

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

CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with Sea Palms Resort, 5445 Frederica Rd., St. Simons Island, GA 31522
www.seapalms.com or call 912-638-3351

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail (for confirmation) _____

Would you like to be notified if others are looking for a roommate? Yes/No

Is this your first AAP event? Yes/No Please consider me for the Student Scholarship? _____

WORKSHOP PREFERENCES

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

Friday Afternoon	Saturday Morning	Saturday Afternoon	Sunday Morning
____ Chelette/Prescott	____ Cohen ^(*)	____ Cohen ^(*)	<input checked="" type="checkbox"/> Randomly Assigned
	____ Mulgrew ^(*)	____ Mulgrew ^(*)	____ Process Groups
	____ Klein ^(*)	____ Klein ^(*)	
	____ Donlon	____ Tuikka/Eichel	
	____ Arey/Hawkins-Esther	____ Foy/Coats	
	____ Tillman/Loftis	____ Emmanuel	

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

Dietary/ADA/Other Needs _____

CONFERENCE FEES

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

Early Bird Registration (Before 03/10/16)	\$305	
Regular Registration (Pre conference)	\$330	
Onsite Registration	\$365	
Continuing Education	\$ 50	
Additional Person (Meals Only)	\$200	
Subtotal		
Student Discount (Requires Attendance of Friday Training Session)	- \$100	
Presenter Discount	- \$100	

Total Amount Due _____

Payment by check only to:

American Academy of Psychotherapists, Southern Region

Cancellations must be submitted in writing and postmarked no later than March 20, 2016, and will be subject to a service charge of \$50. Refunds may not be granted after March 20, 2016. It is the responsibility of the registrant to cancel, whether or not registration confirmation has been received. In case of circumstances beyond our control, the Southern Region of AAP reserves the right to make necessary changes in presenters and content of workshops without notice.

Mail Conference Registration and fee to:

Curt Arey, MA, LPC
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Decatur, GA 30030
curtarevlpc@gmail.com