

The American Academy of Psychotherapists
Southern Region

Presents

2014 Spring Conference:

The Cost of Virtue: Managing Our Inner Saboteurs

Training for New and Accomplished Psychotherapists



**March 21-23, 2014
Hilton Myrtle Beach Resort
Myrtle Beach, SC**

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

March 21-23, 2014
Hilton Myrtle Beach Resort
Myrtle Beach, SC, 29572

***The Cost of Virtue: Managing Our
Inner Saboteurs***

We are creatures of opposites. We divide the world into this and that, hot and cold, good and bad; the world always offers us a mixture of both – the division is ours. As a wise person once said, “Every stick has two ends.” Whenever we emphasize one side of these polarities, we risk losing sight of the other end of the stick.

And as the world contains everything at once, so do we. When we decide we will be “good”, trying to push the “not-good” parts of ourselves away, these parts don't retreat so easily. They are still there and must be dealt with. Jung called these disowned parts of ourselves the Shadow.

Most of us want to be good, or at least better. What “better” actually means is, of course, a very individual matter. The notion, however, is that at the moment we are not good enough, we want to improve. Maybe it's to drop a bad habit. Maybe it's to install a good one.

There are two general problems with “improving ourselves.” The first is that we are presently a system more or less in equilibrium. Change of any sort will be resisted. The second is the presence in ourselves of parts that actively value what other parts find objectionable. So virtue – “being good” – isn't free. It costs giving up what isn't virtuous. And there are parts of us that will object vociferously to that. It turns out that we must “Give the devil his due.”

In either case, the parts that resist change because it's change, or the parts that value what we desire to change, or resist what we want to adopt, must be considered. These particular aspects of ourselves are the “inner saboteurs” which will attempt to frustrate any attempt to change. The habits we want to get rid of are fulfilling some function. If we are to drop a habit, the function must be fulfilled in some other way. A new habit must fit in to our inner ecology.

2014 AAP Southern Region Committee

Maureen Martin, Chair; Hannah Esther-Hawkins, Treasurer; Nancy Moser, Secretary; Curt Arey; Melissa Beddingfield; Dairlyn Chelette; Lucie Lie-Nielsen; Don Murphy; Ken Turner; & Lorrie Hallman, AAP President.

Site of the Spring Conference

Just a short drive from Myrtle Beach International Airport, the Hilton Myrtle Beach Resort on the Grand Strand is located at the north end of Myrtle Beach, South Carolina. The Resort is located just minutes from many attractions, such as Broadway at the Beach, Myrtle Beach House of Blues, and a Tanger Outlet Mall. The 385 stylish Resort guest rooms all have private balconies offering spectacular ocean views and many convenient amenities. In addition to the fully equipped fitness center and outdoor pool, the Hilton staff will also assist you in arranging a game of golf at one of over 100 local golf courses. Or you may indulge in a relaxing spa treatment at the Royale Day Spa, offering a wide variety of spa services, from nail treatments to massages and wraps. If necessary, you can keep connected in the fully equipped business center, offering complimentary internet access, printing and fax options.

The Hilton Myrtle Beach Resort (10,000 Beach Club Dr.) is offering a special rate of **\$119/night** for conference attendees. The resort can only guarantee rooms at the **special AAP conference rate until February 25th**, after which rooms will be available for general sale. **The conference room rate will remain after February 25th**, but only as long as rooms are available. Check the resort's website at www3.hilton.com or call (843) 449-5000 to make your reservation.

**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

- Differentiate between unhealthy ways of attaching to virtue and authentic ways of acting out virtue.
- Discuss the difficulties in supporting clients in their efforts to change.
- Explore ways to support clients in learning to identify and accept their inner saboteurs.
- Identify when virtue is a defense.
- Evaluate how the psychotherapist's inner saboteurs affect the therapeutic relationship.
- Examine how the psychotherapist can avoid colluding with clients' inner saboteurs.

Saturday All Day Workshops:

- **Comfort Zones: Vice or Virtue, Lyn Sommer, PhD, ABPP, CGP**
- **A Focus on Moral Excellence within the Time Limits of this Presentation, Jack Mulgrew, PhD, ABPP, CGP**

Saturday AM Three Hour Workshops:

- **From Empathic Lapses to Countertransference Hate: the Quest to Protect the Patient from the Instrument, David K. Donlon, LCSW**
- **Dancing with the Risks: an Ethics Workshop, Robert G. Rosenblatt, PhD**

Saturday PM Three Hour Workshops:

- **Sexual Science, Sexual Sympathies and Sexual Sabotage: How to Know the Difference and What to Do About It, Anni K. Tuikka, MA, LPC, CST; Steve K. D. Eichel, PhD, ABPP**
- **Befriending Our Saboteurs: a Gestalt Approach to Defenses and Habitual Contact Interruptions, Suzanne Imes, PhD**

Joel Rachelson Student Scholarship

We are proud to introduce a scholarship program in honor of AAP member, Southern Region Chair, and strong student advocate Joel Rachelson. We are offering five scholarships to Spring Conference 2014. 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 1, 2014. Students interested in the scholarship should so indicate on the registration form.

Training Session

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 especially for graduate students, interns, and therapists who have been in practice less than two years and those new to AAP. Experienced therapists are welcome and encouraged to attend. *****Attention graduate students: in order to be eligible for the student discount and scholarship, you must attend this training session.***** (Lodging and meals are to be paid separately.)

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 Southern Region Committee members Nancy Moser and Lucie Lie-Nielsen. They will help you understand and become comfortable with scheduled and spontaneous events throughout the conference. The mentoring session will be Saturday at 6:00 PM after the day's workshops. 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 15, 2013.

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 while workshops are in session.

CONTINUING EDUCATION

Satisfactory completion: Participants must have paid tuition fees, attended their chosen sessions in their entirety and completed an attendance/evaluation form in order to receive a continuing education certificate. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the attendance/evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Certificates are available immediately after completing the online form.

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

Professional Counselors and Marriage and Family Therapists: Amedco is an NBCC-Approved Continuing Education Provider (ACEP) and a co-sponsor of this event/program. Amedco may award NBCC-approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. Maximum of 9 hours, NBCC-ACEP Provider #5633, Category 1.

Social Workers: This course has been approved for a maximum of 9 hours by the National Office of NASW, Washington, DC.

California Board of Behavioral Sciences: Course meets the qualifications for 9 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Provider #PCE4956.

WEEKEND SCHEDULE SUMMARY

Friday, March 21, 2013

12:30 - 6:00 **Registration**

2:00 - 5:15 **Training Session:**

Inviting Our Inner Saboteurs Into the Light of Day, Gordon Cohen, PsyD; Dairlyn Chelette, LCSW

6:00 – 7:30 **Opening Experience**
7:30 – 9:00 **Dinner**

Saturday, March 22, 2013

7:00 - 9:00 **Breakfast**
9:00 - 12:15 **Workshops**

All Day Workshops (require attendance at the afternoon session also)

Comfort Zones: Vice or Virtue, Lyn Sommer, PhD, ABPP, CGP

A Focus on Moral Excellence within the Time Limits of this Presentation, Jack Mulgrew, PhD, ABPP, CGP

Three-Hour Morning Workshops

From Empathic Lapses to Countertransference Hate: the Quest to Protect the Patient from the Instrument, David K. Donlon, LCSW

Dancing with the Risks: an Ethics Workshop, Robert G. Rosenblatt, PhD

12:15 - 1:15 **Lunch**
1:30 - 2:30 **Community Meeting**
2:45 - 6:00 **Workshops**

Three-Hour Afternoon Workshops

Sexual Science, Sexual Sympathies and Sexual Sabotage: How to Know the Difference and What to Do About It, Anni K. Tuikka, MA, LPC, CST; Steve K. D. Eichel, PhD, ABPP

Befriending Our Saboteurs: a Gestalt Approach to Defenses and Habitual Contact Interruptions, Suzanne Imes, PhD

6:15 – 6:45 **Mentoring Meeting** (for first time attendees and students)
7:00 - 8:15 **Dinner**
8:30 --- **Entertainment**

Sunday, March 23, 2013

7:00 - 9:00 **Breakfast**
9:00 - 10:30 **Randomly Assigned Process Groups**
10:45 - 12:00 **Closing Experience and Community Meeting**

**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. We will begin our journey together. **Please note that our Opening Experience will be before dinner on Friday at 6:00.**

After Sunday breakfast, there will be ninety-minute leaderless process groups. Each interested person will be **randomly assigned** to a group. The Closing Experience and Community Meeting 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 will be reveling in true AAP style, so make sure you eat enough at dinner, and bring your party hat!

**LODGING, FOOD,
WORKSHOP & CEU FEES**

The conference fee includes all meals and workshops. It does not include lodging.

The Hilton Myrtle Beach Resort is offering exceptional room accommodations for the Southern Region Spring Conference. The conference rate per room is \$119/night, so the cost will vary depending on how many people share the room. For instance, two people sharing the same room would each pay half of the cost listed. **Please make your reservations directly with The Hilton Myrtle Beach Resort. The Hilton Myrtle Beach Resort is only guaranteeing rooms at the exclusive AAP rate until February 25th,** after which rooms will be available for general sale.

Conference participants will be responsible for charges not covered by the registration fee.

Students who select the \$100 Student Discount are required to attend the Friday Training Session. (Lodging and meals must still be paid.) All students are eligible 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 1, 2014. **Please register early!**

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.



WORKSHOP DESCRIPTIONS

FRIDAY, MARCH 21
TRAINING SESSION: 2:00-5:15

**Inviting Our Inner Saboteurs
Into the Light of Day**

Gordon Cohen, PsyD; 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 aspects of self that block a fuller connection with internal experience and deeper connection to others. 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.

Gordon Cohen, Psy.D is co-director of the Affirmative Psychotherapy Group in Washington, DC, specializing in gay/lesbian psychotherapy, and has a private practice serving adults, couples, and groups. He has been a member of the Academy since 1992, and is currently President-elect.

Dairlyn Chelette, LCSW is a clinical social worker in full time private practice at the Pathway Center for Psychotherapy in 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.

**SATURDAY, MARCH 23
ALL-DAY WORKSHOPS:
9:00 - 12:15 and 2:45 - 6:00**

Comfort Zones: Vice or Virtue

Lyn Sommer, PhD, ABPP, CGP

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

We will explore the roles comfort plays in the consultation room and our lives. Are we entrapped in deadening habits; or seeking comfort in preparation for growthful risks? Consider this process group an adventure in feeling safe enough to feel uncomfortable and to manage difficult feelings, thus enlivening our relationships with self and others.

Lyn Sommer, PhD, ABPP, CGP specializes in group therapy and intensive couples therapy in her private practice. She has contemplated the roles of comfort and risk her whole professional life, from her Georgia State University training, through a decade of practice in Washington DC, and two decades of enjoyable practice in Westport Connecticut.

A Focus on Moral Excellence within the
Time Limits of this Presentation

Jack Mulgrew, PhD, ABPP, CGP

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

By focusing on the symbolic interpersonal exchanges that occur within the time limits of this workshop, participants will be invited to contend with addressing the cost of their inner saboteurs.

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

Why do we focus so intensely on our problems? What draws us to them? Why are they so attractive? They have the magnet power of love: somehow we desire our problems; we are in love with them much as we want to get rid of them . . . Problems sustain us -- maybe that's why they don't go away. What would a life be without them? Completely tranquilized and loveless . . . There is a secret love hiding in each problem. – James Hillman

**SATURDAY MORNING WORKSHOPS:
9:00 - 12:15**

From Empathic Lapses to
Countertransference Hate: the Quest to
Protect the Patient from the Instrument

David K. Donlon, LCSW

(3 CEUs; Limit 14; All instructional levels welcome)

Every moment in psychotherapy occurs in novel, uncharted territory. We are thus guaranteed countless regrets, from tiny to huge. Excessive rebuke, from self or others, can shut down our learning from these moments. Excessive compassion and allowance can as well. This workshop will encourage exploration of the optimal balance.

David. K. Donlon, LCSW has been a psychotherapist in Chapel Hill, NC for 31 years. He works with adults in private practice and public clinic settings.

Dancing with the Risks:
an Ethics Workshop

Robert G. Rosenblatt, PhD

(3 CEUs; No limit; All instructional levels welcome)

Using our voices comes with great responsibility. When do we responsibly use touch in psychotherapy, or do we at all? When do we self disclose or not? When is being overly-boundaried unethical? When is not being appropriately boundaried unethical? How do we practice situational ethics and does this vary from client to client? These questions and more will be addressed via an experientially-based process group.

Robert G. Rosenblatt, PhD has been providing individual, couples and group psychotherapy in Washington, DC for over 30 years. In addition, he has been offering practice management consultation seminars and ongoing supervision groups in Washington, DC and Atlanta, GA, for over 25 years. His theoretical orientation is Humanistic-Existential, and his workshops tend to be enlivening, engaging, and fun!

**SATURDAY AFTERNOON
WORKSHOPS: 2:45 - 6:00**

Sexual Science, Sexual Sympathies and
Sexual Sabotage: How to Know the
Difference and What to Do About It

Anni Tuikka, MA, LPC, CST;

Steve K. D. Eichel, PhD, ABPP

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

With varying degrees of awareness, some therapists promote sexual exploration and experimentation while others steer clients away from non-normative behaviors. We may sympathetically live through our clients' sexual experiences. This workshop will explore judgments—some grounded in social and cultural virtues rather than science—that encourage too little, or too much, sexual curiosity and exploration.

Anni Tuikka, MA, LPC, CST 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.

Befriending Our Saboteurs: a Gestalt Approach to Defenses and Habitual Contact Interruptions

Suzanne Imes, PhD

(3 CEUs: No limit; All instructional levels welcome)

In this didactic and experiential workshop, we will explore how befriending our saboteurs may lead to more satisfying change than hating or kicking them out. We will identify and work with saboteurs through awareness of habitual use of major defenses (projection, retrojection, introjection, and confluence) and interruptions in the Contact/Withdrawal Cycle.

Suzanne Imes, Ph.D., licensed psychologist, has been in the private practice of Gestalt psychotherapy in Atlanta for 34 years. She has provided training and supervision for numerous graduate students as well as seasoned therapists. She received her B.A. from Randolph-Macon Women's College in 1966, M.A. in Student Personal Administration from Syracuse University in 1968, M.A. in German from Wells College in 1969, and Ph.D. in psychology from Georgia State University in 1979. She is co-developer of the impostor phenomenon theory and co-editor of *Touch in Psychotherapy*:

Theory, Research, and Practice (Guilford, 1997). Presentations and workshops have included such diverse topics as success and achievement issues, betrayal, body-oriented psychotherapy, the Enneagram, creativity and conflict, money issues, two-chair Gestalt work, Gestalt dream work, intimate systems, and interactive group psychotherapy.



SUNDAY, MARCH 23

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 to time for more comfort, closure and any final sharing.

When you made plans, the saboteurs came out to play.

Kat Rosenfield

CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with Hilton Myrtle Beach Resort, 10,000 Beach Club Dr., Myrtle Beach, SC, 29572
www3.hilton.com, or call 843.449.5000

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
____ Cohen/Chelette	____ Sommer ⁽¹⁾	____ Sommer ⁽¹⁾	<input checked="" type="checkbox"/> Randomly Assigned
	____ Mulgrew ⁽¹⁾	____ Mulgrew ⁽¹⁾	Process Groups
	____ Donlon	____ Tuikka/Eichel	
	____ Rosenblatt	____ Imes	

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

Boxed Lunch Choice (circle one): **Vegetarian** **Roast Beef** **Chicken**
Dietary/ADA/Other Needs _____

CONFERENCE FEES

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

Early Bird Registration (Before 03/01/13)	\$325	_____
Regular Registration (Pre conference)	\$345	_____
Onsite Registration	\$365	_____
Continuing Education	\$ 45	_____
Additional Person (Meals Only)	\$210	_____
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 10, 2014, and will be subject to a service charge of \$50. Refunds may not be granted after March 10, 2014. 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
317 West Hill St., Ste. 204E
Decatur, GA 30030
curtareylpc@gmail.com