

The American Academy of Psychotherapists

Southern Region

presents

2008 Spring Conference:

The Heart & Soul

of

Psychotherapy:

Celebrating the Process

The Chattanooga Hotel

Chattanooga, TN

March 28 - 30, 2008

AMERICAN ACADEMY OF PSYCHOTHERAPISTS SOUTHERN REGION ANNUAL CONFERENCE

March 28-30, 2008
Chattanooga Hotel, Chattanooga, TN
Advanced Training for the Accomplished Psychotherapist

THE HEART AND SOUL OF PSYCHOTHERAPY: Celebrating the Process

“Our work with each individual person in therapy may then be a celebration of how we can and do keep ourselves flowing in the process of being alive.”
Vin Rosenthal

Behind the quiet doors of psychotherapists’ offices, mysterious and magical things happen. Without the benefit of machines, pills or elixirs, with nothing other than our selves as instruments, we help people heal. This is why people come to us—to experience a process that heals. No matter what you name that healing process, it is the heart and soul of what we do and defines us as psychotherapists. Call the process experiential psychotherapy, or call it psychoanalytic or cognitive/behavioral or psychomotor. Call it Emily’s psychotherapy. That process, that magical thing we do, that unique gift we offer is what we are celebrating in this year’s Spring Conference.

We invite you to celebrate your own process of “being alive” and experience workshops offered by the excellent psychotherapists assembled for you. The presenters for this year’s conference were chosen for their broad experience and creative talent, offering attendees the opportunity to learn, to grow, to heal, and of course, the opportunity to have fun. Come and enjoy this community of gifted therapists!

2007 AAP Southern Region Committee

Kirven Weekley, Chair; Stephanie Ezust, Immediate Past Chair; Kay Starr Rachelson, Treasurer; Jonathan

Dodd, Secretary; Joe Turner, CE Chair; Sharman Colosetti; Ken Turner; Jane Davis; Joel Rachelson.

Site of the Spring Conference

The search for this year’s Conference began with a mission to reach out to regions where AAP has few members, while remaining accessible to our core membership. This led us to Chattanooga, a vibrant, progressive and entertaining small city with a rich heritage and abundant activities. The Chattanooga Hotel, “a resort hotel in a resort city,” is new and modern with exceptionally fine accommodations. Located in the downtown area of Chattanooga, it sits in a “campus” type urban landscape within walking distance of shops, restaurants, museums and historic landmarks. The hotel is just down the street from the Tennessee Aquarium, and sits at the base of beautiful Lookout Mountain. You will have the opportunity to discover some wonderful adventures here!

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. Out of the same spirit came the 1957 training film, *Gloria*, in which

three distinguished psychotherapists – Carl Rogers, Albert Ellis, and Fritz Perls – documented first sessions with the same patient in order to show their different approaches. Not coincidentally, all three were members of AAP, as were, through the years, other well-known members of our profession such as Virginia Satir, Carl Whitaker, Henry Guze, Rollo May, Irving and Miriam Polster, Bob and Mary Goulding, Jim Bugental, Sheldon Kopp, Dick Felder, Tom Malone, and John Warkentin.

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; that is the mission of the Academy. Our aims are:

- To provide a meeting ground for trained and experienced psychotherapists of differing orientations.
- To facilitate cross-discipline thinking, planning and research in psychotherapy.
- To encourage high standards of training experience and ethical practice in psychotherapy.

CONFERENCE GOALS

As participants in the AAP Southern Region Spring 2008 Conference, we will engage in theme-focused workshops and process groups in which we will have to opportunity to:

- Examine our hopes, concerns and dilemmas.
- Improve our skills in working as clinicians and supervisors.
- Consider ethical issues facing us.
- Focus on who we are as therapists and what effect we have on the therapeutic process.

DEVELOPMENTAL TRACKS

We are offering three tracks for professional development, plus a training session. One track will require a full day's commitment, while others will permit changing tracks:

Training Session...(Friday afternoon)

- The Gift of Presence: An Introduction to the Art and Practice of Experiential Psychotherapy

Process Track...(All day Saturday)

- Process Group: Contacting the Heart of Psychotherapy as We Contact Each Other

Clinical Track...(Saturday morning and afternoon)

- Following the Soul and Healing the Heart: A Psychomotor Workshop
- Presence: The Embodiment of Heart and Soul in Psychotherapy
- Embodiment: Engaging the Body in the Psychotherapy Process
- Spirituality and Psychotherapy Integration: Heart and Soul of the Matter

Ethics Track...(Saturday morning and afternoon)

- The Inner Dynamics of Ethics: Inflation, Unboundedness and Self Care
- Ethics from the Heart and Soul

TRAINING SESSION

We are offering a training session on Friday afternoon from 2:00 pm until 5:15 pm. Three (3) CE's are available for this workshop. This training experience is offered especially for graduate students, interns, and new therapists (those who have been in practice less than two years). Stephanie Ezust

and Jim Bird will facilitate this training. Graduate students who sign up for this experience will get free conference registration. (Lodging and meals must still be paid.) Experienced therapists are welcome to attend but will not receive a discount in their registration.

MENTORING SESSIONS

We especially welcome those who are attending AAP for the first time, whether students or experienced therapists. New participants are sometimes surprised at our unique approach to issues and interpersonal dynamics. We invite and encourage you to meet in mentoring sessions with Sharman Colosetti, a long-time member and teacher. She will be helpful in understanding and becoming comfortable with both scheduled and spontaneous events throughout the conference.

Mentoring sessions will be held Friday afternoon at 5:00 immediately following the training session and Saturday after the day's workshops.

CHILDREN AND SPOUSES

Children and spouses are welcome, as usual, at Southern Regional Conferences. No registration fee is charged for those not attending workshops. (Lodging and meals must still be paid.) Many activities are available in the area while family members are in conference workshops.

WEEKEND SCHEDULE

Friday, March 28, 2008

- 2:00–5:15 Training Session
- The Gift of Presence: An Introduction to the Art and Practice of Experiential Psychotherapy
- 4:00–7:00 Registration
- 5:30–6:30 Mentoring Meeting (for first time attendees and students)
- 7:00–8:15 Dinner
- 8:30 Opening Experience

Saturday, March 29, 2008

- 7:30–9:00 Breakfast
- 9:00–12:15 Process Track
- Contacting the Heart of Psychotherapy as We Contact Each Other-an Existential-Gestalt Process Group —Pauline Clance (Requires attendance at afternoon session.)
- Clinical Track
- Following the Soul and Healing the Heart: A Psychomotor Therapy Workshop —Joel Rachelson
 - Presence, The Embodiment Of Heart And Soul In Psychotherapy: An Experiential Workshop —Sandy Ebrahimi
- Ethics Track
- The Inner Dynamics of Ethics: Inflation, Unboundedness and Self Care —Kay Rachelson
- 12:15–1:15 Lunch
- 1:30–2:30 Community Meeting
- 2:45–6:00 Process Track
- Contacting the Heart of Psychotherapy as We Contact Each Other-an Existential-Gestalt Process Group —Pauline Clance (Requires attendance at morning session.)
- Clinical Track
- Embodiment: Engaging The Body In The Psychotherapy Process —Deb Elkin
 - Spirituality and Psychotherapy Integration: the Heart and Soul of the Matter —Inge Mula Myllerup-Brookhuis
- Ethics Track
- Ethics from the Heart and Soul —Steve Howard
- 6:15–7:00 Mentoring Meeting
- 7:00–8:15 Dinner

Sunday, March 30, 2008

- 7:30–9:00 Breakfast
- 9:00–10:30 Randomly Assigned Process Groups
- 10:30–10:45 Turn in CE Forms – Required if applying for CE credits
- 10:45–12 Closing Experience (Community Meeting)

CONTINUING EDUCATION

Satisfactory completion: Participants must have paid tuition fee, attended their chosen sessions in their entirety and completed an Attendance / Evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Certificates will be mailed after the conference.

ADA Statement:

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. We cannot ensure the availability of appropriate accommodations without prior notification.

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. Maxi. 10.5 hours.

Professional Counselors

This course is co-sponsored by AMEDCO and the American Academy of Psychotherapists. AMEDCO is recognized by the National Board for Certified Counselors to offer continuing education for certified counselors. AMEDCO adheres to NBCC continuing education guidelines. Provider #5633. Max. 10.5 hours.

California Board of Behavioral Sciences

This course is co-sponsored by AMEDCO and the American Academy of Psychotherapists. Course meets the qualifications for up to 10.5 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE875.

Social Workers

This course is co-sponsored by R. Cassidy Seminars and the American Academy of Psychotherapists. R. Cassidy Seminars, ASWB provider #1082, is approved as a provider for continuing education by the Association of Social Work Boards, (www.aswb.org), phone: 1- 800-225-6880) through the Approved Education (ACE) program. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive up to 10.5 continuing education clock hours in participating in this course.

Opening, Sunday Morning Process Groups, and Closing Experiences

Our opening experience on Friday night will focus on our theme of celebration of the process.

Following our tradition, on Sunday morning, immediately following breakfast and preceding the Closing Experience/Community Meeting, there will be a number of one-and-a-half hour leaderless process groups. Each interested person will be randomly assigned to one of these groups.

Saturday Night Entertainment

This year, in lieu of offering musical entertainment, we are offering the city of Chattanooga. We want conference members to enjoy the opportunity to socialize informally, to get to know new members, spend time with old friends, relax, and take in the night life of Chattanooga.

Lodging, Food, and Workshop Registration Fees

This year, conference participants will pay one price for the hotel, meals and workshops. This price covers deluxe guest room accommodations with high speed internet access, three meals per day, continuous refreshment break islands, and provides for attendance at all Spring Conference activities.

Conference registrations received by Southern Region are forwarded to the Chattanooga Hotel. For special requests, please contact the hotel directly after registration. Conference participants will be responsible for charges not covered by the registration fee. There is a nominal charge for additional family members who receive meals. Children under 12 may accompany a conference member for free. Spouse or other family members who do not attend the workshops and do not receive meals may also stay for free. Graduate students attending the Friday Training Track will receive free conference registration. (Lodging and meals must still be paid.) No refunds are available after March 21, 2008. CE's are an additional \$40.

FRIDAY, MARCH 28, 2008

Training Session: 2:00 – 5:15 pm

■ *The Gift of Presence: An Introduction to the Art and Practice of Experiential Psychotherapy*

—Stephanie Ezust, Ph.D., Jim Bird, LCSW

(3 CE's, APA, NBCC, ASWB, CBBS; Open)

Experiential psychotherapy invites both therapist and client to be fully present, attending to the person of the therapist and the therapeutic relationship as primary healing dynamics. Participants will have the opportunity to experience or to observe a process group, using the fishbowl technique. Both novice and seasoned therapists are invited.

Objectives:

- a. State the principles of Experiential Psychotherapy.
- b. Describe an actual experience of this type of therapy—in this instance, in a group.
- c. Discuss the importance of process in psychotherapy

Stephanie Ezust, Ph.D. is a psychologist in private practice in the Oakhurst area of Decatur, Georgia. She has practiced psychotherapy for more than 30 years, and currently works with adults in individual, couples and group therapy. She received her graduate training at Georgia State University, which focused on the practice of Experiential Psychotherapy. She has served on the planning committee for AAP's Southern Region for the past 10 years, Chairing for two of those years. She has presented a version of this workshop at six past Spring Conferences. Stephanie practices mindfulness, meditation and dance, all of which contribute to presence in the psychotherapeutic relationship.

Jim Bird, LCSW is a Licensed Clinical Social Worker and Board Certified Diplomate in the private practice of psychotherapy in Atlanta, working mainly with individual adults, couples, and groups. He has been practicing for 38 years with his roots in Experiential Psychotherapy. He has an M.A. in Sociology from Vanderbilt and an M.S.W. from Tulane. He is past president of AAP, Southern Region, and is the current president of the Atlanta Psychotherapy Guild. He keeps his life balanced with his long-term marriage, his darling granddaughter, a love of baseball and railroads, and a passion for dancing and teaching dance.

**SATURDAY,
MARCH 29, 2008**

All day process group: 9:00 am – 12:15 pm
and 2:45 to 6:00 pm

■ *Contacting the Heart of Psychotherapy
as We Contact Each Other: An Existential-
Gestalt Process Group*

—Pauline Clance, Ph.D.

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

In this workshop we will deal with the Heart and Soul of Psychotherapy as each of us experiences it. This will be an experiential group that will allow us to deal with what is meaningful to us about our theme. An Existential-Gestalt approach will be featured.

Objectives:

- Distinguish key concepts at the heart of psychotherapy
- Practice techniques for connecting in groups
- Discuss the types of behaviors needed to effectively be in or lead groups

Pauline Rose Clance, Ph.D. is Professor Emerita of the Psychology Department of Georgia State University. During her years at Georgia State she was chair of the Psychotherapy Program and taught Psychotherapy and Group therapy. She was an Associate Editor of the Gestalt Review and on the editorial board of Psychotherapy: Theory, Practice and Research. She is presently on the editorial Board of the Journal of Contemporary Psychotherapy. She has received advanced training in Gestalt Therapy and Existential Therapy.

**SATURDAY MORNING,
MARCH 29, 2008**

9:00 – 12:15

■ *Following the Soul and Healing the
Heart: A Psychomotor Therapy Workshop*

—Joel Rachelson, Ph.D.

(3 CE's, APA, NBCC, ASWB, CBBS; Open)

Psychomotor uses information in the body to track soul energy, which signifies emotions of either early deprivation and trauma or desired antidotes. We will review Psychomotor theory highlighting its interactional approach to following the body. We will also look at basic needs and the symptoms that arise when they are not met. This will be an experiential workshop with psychomotor processes or structures. Visit: www.joelrachelsonphd.com

Objectives:

- Review the basic theory and approach of Psychomotor Therapy.
- Describe Psychomotor's definition of the 5 basic needs and also highlight and demonstrate the interactional nature of following the body in Psychomotor.
- Demonstrate Psychomotor with mini structures so that the general therapeutic method will become evident and to highlight the theory points regarding basic needs and the interactional necessity.

Joel Rachelson, Ph.D. has been using TA, Gestalt, Psychomotor and other methods in individual and group settings for over 20 years. He has written articles on The Psychology of Self Parenting and is beginning some writing on Roadmap Therapy. He has led numerous workshops for psychotherapists nationally and internationally. Joel was certified as a Psychomotor Therapist in 1994 and has also completed the three-year Psychomotor Trainer training.

■ *The Inner Dynamics of Ethics: Inflation, Unboundedness and Self Care*

—Kay Rachelson, LCSW

(3 CE's, APA, NBCC, ASWB, CBBS; Limit 15)

This workshop will review the personality characteristics of inflation and unboundedness that contribute to therapists committing ethical violations. We will review the ethical code and look at how these personality dynamics are at play in their violation in both extreme and subtle forms. We will look at the importance of self-care for the ethical therapist. See www.kayrachelson.com for more information.

Objectives:

- Describe the cause of inflation and unboundedness and the specific characteristics of therapist inflation and unboundedness.
- Review the NASW code tenets, particularly the ones that are most at risk from therapist inflation and unboundedness.
- Review the literature related to ethical boundaries, a healthy ethical attitude, and ethical self care.
- Review the extreme and subtle manifestations of these dynamics in practice via case presentations and examples.

Kay Starr Rachelson, LCSW, is in private practice in Atlanta, Georgia, where she works with individuals, couples and groups. She received her graduate training at the University of Georgia. She is member of the Board of Directors of the STAR Foundation, a member of AAP, and serves on the planning committee for AAP's Southern Region

■ *Presence: The Embodiment of Heart and Soul in Psychotherapy: An Experiential Workshop*

—Sandy Ebrahimi, LCSW

(3 CE's, APA, NBCC, ASWB, CBBS; Limit 14)

The ability to be present with oneself and the other is an essential element to being a therapist. Being present requires one to be embodied. The workshop will be primarily experiential and will focus on integrating the body with the psyche. Participants will explore the concepts of grounding and centering and will work in dyads applying the technique of nurturing touch. Didactic material will be woven throughout the presentation.

Objectives:

- Identify therapeutic methods to help an individual connect with their physical body
- Practice and applying techniques of nurturing touch in psychotherapy, with special attention to the ethics of touch
- Demonstrate how Body Psychotherapy expresses itself in psychological thought
- Define Body Psychotherapy and discuss how the therapist can integrate this modality into their work

Sandy Ebrahimi, LCSW is a Clinical Social Worker in private practice in Atlanta. She has been in the field of Body Oriented Psychotherapy for 42 years. She has conducted workshops and training programs in Body Psychotherapy and was instrumental in the establishment of the United States Association for Body Psychotherapy.

**SATURDAY AFTERNOON,
MARCH 29, 2008**

2:45-6:00

■ *Spirituality and Psychotherapy
Integration: The Heart and Soul of the
Matter*

—Inge Mula Myllerup-Brookhuis Cand.Psych.

(3 CE's, APA, NBCC, ASWB, CBBS: Limit 40)

This workshop focuses on cultivating a context of Soul consciousness and Heartful Presence, a state of consciousness characterized by Mindfulness (Hakomi psychotherapy), Unblending of Self (Internal Family Systems Therapy), and heart-rate coherence. Within this context, implicit non-declarative material is accessed and witnessed at the level of experiential impulse where the nervous system is 'firing' and therefore able to 'rewire' present experiences.

Objectives:

- Name the neurological connectivity and, in group demonstrations, demonstrate having integrated research information about the neurological connectivity of the heart to limbic brain and limbic brain to facial muscles and sense doors.
- Identify, name and define the effect of mirror neurons (M.Iacoboni), heart rate coherence (G. Rein) and the phenomenon of entrainment during conscious attunement for affect regulation.
- Demonstrate 2 ways of accessing and processing implicit non-declarative material and states of consciousness of experientially accessible embodied (Varela) State Dependent Memory Learning and Behavior (Rossi) encoded and decoded via the limbic hypothalamic systems will come alive.

Inge Mula Myllerup-Brookhuis, Cand.Psych.

(Ph.D equiv, Denmark) is a Licensed Professional Counselor and Nationally Certified Counselor with certification in five body-mind-spirit integrative psychotherapy modalities. She has been steeped in a Humanistic Transpersonal tradition with training with Tom Malone Ph.D. MD from 1989 – 1998. She is an experiential psychotherapy teacher and trainer, certified by the Hakomi Institute and by founder Ron Kurtz, and she is an assistant trainer to Richard Schwartz, Ph.D. founder of Internal Family Systems Therapy.

■ *Embodiment: Engaging the Body in the
Psychotherapy Process*

—Deb Elkin, LPC

(3 CE's, APA, NBCC, ASWB, CBBS: Open)

Clients who are dealing with traumatic histories tend to disengage from the body. They cannot tolerate being present with their inner experience. This workshop addresses the importance of helping clients learn to safely re-engage with their bodies so they can integrate that which has been disowned through trauma. Techniques of "embodiment" will be taught using didactic and experiential exercises. While this workshop is appropriate for therapists with all levels of experience in working with trauma and dissociation, those who are new to the idea of bringing the body into the therapy process would especially benefit from this training.

Objectives:

- Define the concepts of trauma, dissociation and embodiment.
- Distinguish between someone who is dissociated from their body and the knowledge the body holds from someone who is able to be present in their body and access the information the body holds.
- Describe 5 techniques for helping clients become embodied and safely inhabit their body.

Deb Elkin, LPC is a Licensed Professional Counselor who specializes in body-focused psychotherapy. She received her Master's Degree in Counseling in 1977 from Georgia State University and worked at Ridgeview Institute on the adolescent unit for 14 years. She studied body-based psychotherapy with Ilana Rubinfeld, Voice Dialogue Technique with Hal and Sidra Stone, Integrative Process Method with Werner Kundig, and Somatic Experiencing with Peter Levine.

■ *Ethics from the Heart and Soul*

—Stephen Howard, M.D.

(3 CE's, APA, NBCC, ASWB, CBBS: Limit 25)

This workshop will be based on material from Dr. Howard's forthcoming book, *The Heart and Soul of the Therapist: Rage, Fear, Desire, Loss and Love in the Psychotherapy Relationship*, with particular reference to ethical concerns.

Objectives:

- Examine the nature of the psychotherapy relationship and the problems inherent in the power differential.
- Identify and explore the moral complexities in every patient and therapist, and to connect this with ethical decision-making in our everyday work.
- Define ways in which this understanding of ethical decisions affects, and is affected by, the transference and counter-transference.

Stephen Howard, MD is an experiential psychotherapist, family therapist, and psychiatrist. He has taught and published extensively, based on almost 40 years of clinical experience. He maintains that the therapist's character and capacity for intimacy, and the client's and the therapist's relational and ethical lives, are crucial determinants in the outcome of therapy. In addition to numerous

professional publications, he has also written an ongoing music column, book reviews, and social and political commentary.

■ *Randomly Assigned Process Groups*

(1.5 CE's, APA, NBCC, ASWB, CBBS; Open)

The last workshop of the conference will offer participants a final opportunity to practice the art of connection 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.

Objectives:

- Practice and witness differences in techniques used in the current practice of psychotherapy.
- Explore different solutions to facilitating mental health.
- Discuss who they are as therapists and group members simultaneously, and what effect they may have on the therapeutic process.

CONFERENCE REGISTRATION FORM

(Mail form to Sharman Colosetti at the address below)

Name _____
 Address _____
 City _____ State _____ Zip _____
 Office Phone _____ Home or Other Phone _____
 E-mail (for confirmation) _____

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 without exception.

Friday Afternoon	Saturday Morning	Saturday Afternoon	Sunday Morning
<input type="checkbox"/> Ezust/Bird	<input type="checkbox"/> Clance*	<input type="checkbox"/> Clance*	Randomly
	<input type="checkbox"/> Rachelson, Joel	<input type="checkbox"/> Elkin	assigned process
	<input type="checkbox"/> Ebrahimi	<input type="checkbox"/> Brookhuis	groups
	<input type="checkbox"/> Rachelson, K	<input type="checkbox"/> Howard	

*If you choose the morning session, you are requested to sign up for the afternoon session to allow for group continuity.

WEEKEND CONFERENCE FEES*

Registration (Includes Meals & Lodging)	Single.....\$520 per person	_____
	Double.....\$410 per person	_____
Late Registration (after Mar. 7, 2008)	Single.....\$545 per person	_____
	Double.....\$435 per person	_____
Graduate Students Attending the Friday Training (Grad students not attending Friday session pay full fee)\$420 per person	_____
Conference Only (no hotel accommodation)\$215 per person	_____
Additional Person (accommodations and meals)\$110 per person	_____
CEs\$40 per person	_____

TOTAL AMOUNT DUE _____

Payment by check payable to: American Academy of Psychotherapists, Southern Region
 You may also pay via PayPal on our website at <http://www.aapweb.com/regional.html>.

* Cancellations must be submitted in writing and postmarked no later than March 14, 2008, and will be subject to a service charge of \$50. Refunds will not be granted after March 21, 2008. 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.

OTHER NEEDS

Requested Roommate: _____
 Dietary Needs: _____
 Other Needs: _____

Mail Conference Registration and fee to:

Sharman Colosetti, LCSW, PhD • 1160 Walker Drive • Decatur, GA 30030 • 404-518-0828



American Academy of Psychotherapists
SOUTHERN REGION
c/o Kirven Weekley
752 Holcomb Bridge Rd
Norcross, GA 30071

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We look forward to seeing you there!