

The American Academy of Psychotherapists
Southern Region

Presents
2015 Spring Conference:

Finding Fierceness in Vulnerability

Training for New and Accomplished Psychotherapists



March 20 – 22, 2015
The Ridges Resort and Marina
Hiawassee, GA



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

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

March 20-22, 2015

The Ridges Resort and Marina

Hiawassee, GA 30546

www.theridgesresort.com

Finding Fierceness in Vulnerability

Freud famously said, "Behind every fear there is a wish." Most of us harbor a secret wish to be understood perfectly and loved completely in a way no human has loved us before, with all of its redemptive potential. Yet, unconsciously, we create and globally apply certain generalizations about other people forged in our early attachment experiences. These templates may vary in their intensity and hold, on ours' and our patients' lives, but they bind us to our fears and keep us from experiencing the full range of intimate connection. These wishes and fears influence the lovers and spouses we choose, the marriages we walk away from, our relationship to power and autonomy, how we interpret unspoken cues passed between strangers, even the therapists we choose and the course of treatment.

As therapists we are the objects for our patients' expressions of everything they have gotten, failed to get, or wanted to get from another human being. We are often the internalized "stand-ins" for our patients' other significant relationships, and the feelings directed at them. The psychotherapy relationship is like no other. It is not a friendship, not a romance, not familial, but it resembles these, and exists in a realm between everyday reality and the symbolic. Sometimes we lose sight of the profound longing, fear, and vulnerability that enters our offices every time a patient walks in.

In her book, In Session, Deborah Lott interviews patients about the experience of being in therapy. One of her interviewees reflects on the asymmetrical nature of the relationship, the mix of professional and private, and the circumscribed vulnerability required:

"Therapy is like seeing a prostitute. Even though it feels awkward and embarrassing, you have to hurry up and take your clothes off so you can get what you came for. After you've relaxed some and are feeling extremely vulnerable, you have to be quick about putting your clothes back on so someone else can use the room."

Tolerating vulnerability and learning to love in the face of conflict, disappointment, and inevitable loss can be one of the major lessons of psychotherapy. Join us in the unique environment of AAP where through

experiential process and interaction we have the opportunity to encounter our fears, vulnerabilities, and wishes as they manifest in our work and in ours and our patients' lives.

2015 AAP Southern Region Committee

Maureen Martin, Chair; Curt Arey, Treasurer; Nancy Moser, Secretary; Melissa Beddingfield; Dairlyn Chelette; Lucie Lie-Nielsen; Don Murphy; Bob Coyle; and Mitchell Foy.

Site of the Spring Conference

Perfectly placed on the shores of beautiful Lake Chatuge and surrounded by the backdrop of the Blue Ridge Mountains, The Ridges Resort and Marina is an idyllic setting for our meeting and only about 100 miles from Atlanta. The diverse accommodations include the 66-room Lakeside Lodge as well as several Lakeside Villas. All of the unique meeting places include either lake or mountain views. The Ridges Resort and Marina offers many in-room amenities to make you feel at home. You will also find a wide variety of recreational options including a full service marina, fitness center, and walking paths. Area recreation includes award-winning golf courses, horseback riding, the Appalachian Trail for day hikes and much much more.

**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 *in vivo* 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

- Identify the main components of “transformative healing” as related to the theme of fierceness in vulnerability.
- State examples of culturally driven prejudices towards the idea of vulnerability.
- Identify ways for therapists to bear their own anxiety and vulnerability in the psychotherapy relationship.
- Name examples that document the therapist’s acceptance of their own vulnerability as an essential component of effective psychotherapy.
- State examples of the redemptive potential of vulnerability as a pathway towards claiming the “whole” of us.
- State the factors that allow us to move from a shamed-based model of vulnerability to one that fiercely embraces vulnerability as empowerment

Saturday All Day Workshops:

- David Mermelstein, PhD: Ferocity and Intimacy: The Passionate Connection.
- Damon Blank, LMFT: Yoga, Meditation and Chanting: Accessing your Resources through Vulnerability.

Saturday AM Three Hour Workshops:

- Matthew Burgess Leary, PhD and Mitchell Foy, LAPC: Fierceness and Vulnerability through Encountering Others
- Dan Mermin, PhD: From Vulnerability to Resilience: An Introduction to the Trauma Resiliency Model (TRM)

Saturday PM Three Hour Workshops:

- Linda Weiskoff, LCSW: Hiding and Being Seen: Shame, Courage and Lightening Your Load.
- Kay Loveland, PhD: Love, Loss and Vulnerability

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 2015. 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, 2015. 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 and beginning therapists but experienced therapists are welcome and encouraged to attend. *****Attention graduate students: in order to be eligible for the student discount and/or 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 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 take place on Friday evening from 9:00 to 9:30 PM. 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, 2015.

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 20, 2015

12:30 - 6:00 Registration

2:00 - 5:15 Training Session: *Fierceness And Vulnerability: A Group Exploration.* Barbara Thomason, PhD and Nancy Cahir, PhD

6:00 – 7:30 Opening Experience

7:30 – 9:00 Dinner

9:00 – 9:30 Mentoring Meeting (for first time attendees and students)

Saturday, March 21, 2015

7:00 - 9:00 Breakfast

9:00 - 12:15 Morning Sessions

2:45 – 6:00 Afternoon Sessions

All Day Workshops (requires attendance at the afternoon session)

Ferocity and Intimacy: The Passionate Connection. David Mermelstein, PhD

Yoga, Meditation and Chanting: Accessing your Resources through Vulnerability. Damon Blank, LMFT

Three-Hour Morning Workshops

Fierceness and Vulnerability Through Encountering Others. Matthew Burgess Leary, PhD and Mitchell Foy, LAPC

From Vulnerability to Resilience: An Introduction to the Trauma Resiliency Model (TRM).

Dan Mermin, PhD

12:15 - 1:15 Lunch

1:30 - 2:30 Community Meeting

2:45 - 6:00 Workshops

Three-Hour Afternoon Workshops

Hiding and Being Seen: Shame, Courage and Lightening Your Load. Linda Weiskoff, LCSW

Love, Loss, and Vulnerability. Kay Loveland, PhD

7:00 - 8:30 Dinner

8:30 – 12:00 Music & Dancing

Sunday, March 22, 2015

7:00 - 9:00 Breakfast

9:00 - 10:30 Randomly Assigned Process Groups

10:45 - 12:00 Closing Experience



OPENING EXPERIENCE, SUNDAY PROCESS GROUPS, AND CLOSING EXPERIENCE

(No CE Credit)

The Opening Experience on 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 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 bring your party hat and dancing shoes!

LODGING, FOOD, & CEU FEES

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

The Ridges Resort & Marina is offering exceptional room accommodations for the Southern Region Spring Conference. The rate per room is **\$109/night** for conference attendees. The resort will **exclusively hold all rooms for AAP until February 20, 2015**. An additional **\$13.95** per room/ per night/ plus tax resort fee will apply (this fee includes a full breakfast each day, free Wi-fi, free parking, coffee/tea service with sweets and smores nightly by the outside fire.). **Please make your reservations directly with The Ridges Resort & Marina. The resort is only guaranteeing rooms at the exclusive AAP rate until February 20th**, after which rooms will be available for general sale.

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 who attend the conference.

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 Scholarship lottery. Students must initially pay the student registration fee and if chosen by lottery the 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 1, 2015. Please register early!

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

*I thought: to be tough is to be
fragile; to be tender is to be truly
fierce.*

-Gretel Erhlich



WORKSHOP DESCRIPTIONS

FRIDAY, MARCH 20

TRAINING SESSION: 2:00-5:15

Fierceness and Vulnerability: A Group Exploration

Barbara Thomason, PhD; Nancy Cahir, PhD
(3 CEUs; Open attendance; All instructional levels welcome.)

This workshop will explore the theme through the lens of the group process. Central to the experience will be a Fishbowl Setting, in which participants will “Be” a group, observed by those in the outer circle. All participants will be encouraged to explore both their fierceness and vulnerability in this structured group setting.

Barbara Thomason, PhD has been in private practice since 1980. She has held university level teaching positions and supervised students and clinicians for many years. She places a high premium on the role of vulnerability in psychotherapy and views it as an essential ingredient in intimacy.

Nancy Cahir, PhD has been in private practice for the past 25 years. She received her MA in Psychology at Columbia University, NYC and her PhD in Clinical Psychology at Georgia State University. She also conducts PTSD evaluations for the VA, and employment screenings for various organizations.

SATURDAY, MARCH 21

**ALL-DAY WORKSHOPS:
9:00 - 12:15 and 2:45 - 6:00**

Ferocity and Intimacy: The Passionate Connection

David Mermelstein, PhD

(6 CEUs; Limit 15; All instructional levels welcome)
This experiential process group will hopefully provide a vessel for participants to explore the Light and the Shadow of one’s intimate connection with oneself and the other. Passionate connections will be encouraged, and the unconscious will be invited to join us. Participants will be expected to attend both sessions.

David Mermelstein, PhD is a licensed Clinical Psychologist and psychotherapist in private practice in Charlotte, NC. Working from an experiential/relationship model, he currently works with individuals, couples, and groups. He is a Senior Clinical Consultant for the Presbyterian Psychological Services Center and has led supervision and training groups for AAP and in a variety of mental health settings.

Yoga, Meditation, and Chanting: Accessing your Resources through Vulnerability

Damon Blank, LMFT

(6 CEUs; No Limit; All instructional levels welcome)

As therapists, we challenge our clients to be vulnerable in their healing. In this workshop, we will use non-traditional methods (yoga, chanting, and meditation) as well as traditional group process to expand our awareness, skill base, and ferocity!

Damon Blank, LMFT has been in private practice for over 30 years. He is a Diplomate of the Gestalt Training Center in San Diego, and has years of teaching and training in family systems. As a current student of Kundalini Yoga, he is fascinated by the interface/integration of traditional psychotherapy and spiritual practice.

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

Fierceness and Vulnerability through Encountering Others

Matthew Burgess Leary, PhD; Mitchell Foy, LAPC
(3 CEUs; Limit 14; All instructional levels welcome)

In his notion of opposites, Jung alerts us to look at our reactions to others to more deeply understand unexpressed parts of ourselves. In this process group, we invite you to explore untapped potential for fierceness and vulnerability through exploration of your reactions to each other, and to others within.

Matthew Burgess Leary, PhD is a licensed psychologist in private practice in Charlotte, NC. Through my 15 years in the Academy, I have encountered and worked on developing many others in myself, and look forward to continuing to do so for the next 50 years.

Mitchell Foy, LAPC studied Depth Psychology at Pacifica Graduate Institute. He sits with patients in Norcross, Georgia, and recently became a committee member for the Southern Region of AAP.

From Vulnerability to Resilience: An Introduction to the Trauma Resiliency Model (TRM)

Dan Mermin, PhD

(3 CEUs; Limit 18; All instructional levels welcome)

Among the proliferating neuroscience-based trauma treatment models, TRM's important contribution is its focus on specific therapist (and client) skills, leading to a model that can be learned and applied quickly by the experienced therapist. Participants will learn the

basics of TRM; see a demonstration; and have the chance to practice some of the initial skills used in this approach.

Dan Mermin, PhD is a psychologist who practices in Asheville, NC and is using the TRM model extensively in his work with both individuals and couples. He is a Certified TRM Therapist, and has incorporated these skills into many aspects of his practice.

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

Hiding and Being Seen: Shame, Courage and Lightening Your Load

Linda Weiskoff, LCSW

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

We seek safety in the illusion that we can hide ourselves from other people. This is counter to our need to connect with people. In this workshop we'll explore the shame that keeps us hiding and from finding the courage to take the risk of being seen. Experiential, discussion and didactic components.

Linda Weiskoff, LCSW is a clinical social worker, receiving her MSW from the University of Georgia in 1982. In 2001-2 she received intensive training on Attachment Theory and disordered attachment. In independent practice since 1987, she opened the Heartwork Counseling Center in 2003. At Heartwork, she mentors and supervises novice therapists as well as practicing psychotherapy.

Love, Loss, and Vulnerability

Kay Loveland, PhD

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

“Love anything and your heart will be wrung and possibly broken” C.S. Lewis

This three hour experiential group will help participants examine and share their own profound experiences with love and brokenheartedness associated with death, aging, divorce, and other endings. To assist in sharing where words alone may not suffice, music, art, writing, ritual, and metaphor will be available. With great loss comes great vulnerability, and with great vulnerability comes the chance to heal, reintegrate, and perhaps even blossom. My hope is that this group will provide a safe container for both the pain and the growth

Kay Loveland, PhD is a long time Academy member in private practice in Asheville, NC. She specializes in working with people with chronic and life threatening illnesses, but also thoroughly enjoys her work with adolescents and young adults. She is often assisted in the therapy room by her therapy dog, Misha, who will be present during the workshop. In addition she is Director of Camp Unleashed Asheville, a retreat for dogs and their people, and the upcoming Camp Hope Unleashed for veterans with PTSD and their service dogs.



SUNDAY, MARCH 22
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 time for more comfort, closure and any final sharing.

***In the midst of winter, I found there was, within me,
an invincible summer.***

-Albert Camus

CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with
The Ridges Resort & Marina, 3499 U.S. 76, Hiawassee, Georgia 30546
www.theridgesresort.com or call 888-834-4409

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
<input type="checkbox"/> Thomason/Cahir	<input type="checkbox"/> Mermelstein ⁽¹⁾	<input type="checkbox"/> Mermelstein ⁽¹⁾	<input checked="" type="checkbox"/> Randomly Assigned
	<input type="checkbox"/> Blank ⁽¹⁾	<input type="checkbox"/> Blank ⁽¹⁾	Process Groups
	<input type="checkbox"/> Leary/Foy	<input type="checkbox"/> Weiskoff	
	<input type="checkbox"/> Mermin	<input type="checkbox"/> Loveland	

(1) 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, Saturday Dinner & Dance)

Early Bird Registration (Before 03/01/13)	\$290	_____
Regular Registration (Pre conference)	\$315	_____
Onsite Registration	\$340	_____
Continuing Education	\$ 45	_____
Additional Person (Meals Only)	\$195	_____
	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, 2015, and will be subject to a service charge of \$50. Refunds may not be granted after March 10, 2015. 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:

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