



**Invitation to AAP Event (6 or 9 CEUs),
Friday/Saturday, February 24/25th,
2017 in Washington, DC.**

Please join fellow members and newcomers for the American Academy of Psychotherapists' (AAP) DC Chapter Winter 2017 Workshop:

The Psychotherapy Relationship: What Works?

Our workshop theme, "What Works?" has been chosen based on the theme of the American Academy of Psychotherapists' Institute and Conference (AAP I&C), which will take place in Santa Fe, NM, October 18th – 22nd 2017. This spring workshop (and our subsequent fall salon) will provide a warm up to get us started on a path of reflectiveness and dialogue around the theme of what makes a relationship therapeutic.

AAP is an advanced training organization for therapists that encourages and facilitates personal and professional growth. To accomplish this we emphasize an experiential approach to training and self-awareness, and value an eclectic array of diverse theoretical orientations. Since the beginning, the Academy has challenged theory and looked deeply at actual practice – particularly at the person of the therapist. We believe that working on ourselves is a key component to a successful therapeutic relationship with our patients.

Critical to the effectiveness of this relationship is acknowledging our countertransference as well as owning the subjective nature of our interpretations of the "other's" (i.e., the patient's) thoughts, feelings and behaviors.

This DC AAP workshop will give you several experiences based upon your choices (first come first served):

- 1) Three groups that will begin Friday evening from 5 – 8 pm; these groups will be held at the leaders' local offices, and will continue again Saturday afternoon, after the morning fishbowl;
- 2) Fishbowl experience Saturday morning with our current past-president, Dr. Gordon Cohen. Volunteers are needed for this process. Please note below if you wish to volunteer;
- 3) Afternoon process groups led by AAP-trained therapists (groups will either continue from Friday evening and/or begin Saturday afternoon).
- 4) We will conclude with an hour community experience to wrap up the entire workshop experience.

Throughout the day there will be opportunities to discuss leaders' interventions, possible missteps and how these may have affected you. For example, how did you feel about your relationship to the leaders and to others in the group? Did you challenge yourself to grow? Did you challenge others? Did you feel understood, valued, unsettled, withdrawn and/or compelled to push yourself?

We hope you will bring your best, adventurous and imperfect selves, along with your fears and desires. Plan to participate fully and expand the horizons in your journey to becoming a more effective psychotherapist.

Educational Objectives:

1. Generate dialogue and discussion in the process groups and fishbowl experience related to the theme of what works in the therapeutic relationship.

2. Demonstrate a variety of therapeutic approaches to working with your countertransference and your patients' transference – what does it take from you to help your patient feel open to express feelings in his/her life?
3. Identify and explore, as a participant, your awareness of your own openness and limitations around improving the therapeutic relationship in order to promote personal and professional growth.

Dates: Friday February 24th and/or Saturday, February 25th, 8:30 am – 6:15 pm.

Location: The Chicago School of Professional Psychology, 1015 15th St NW, 4th Floor (15th & K St), Washington, DC 20015

Schedule:

Friday Evening Process Groups (3 of 9 CEUs): ALL will be held 5- 8 pm in NW DC; you will be contacted by your group leader regarding the meeting location.

Saturday Morning: *Registration begins at 8:30 am.* FISHBOWL begins promptly at 9:00am and will be led by Gordon Cohen, PhD (3CEUs).

12:15-1:25 Lunch will be provided and will include a variety of sandwiches, salads and dessert.

Afternoon: 1:30-4:45pm Process Groups (3CEUs).

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

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

- **9 CEU's will be given for attending Friday evening and all-day Saturday.**
- **6 CEU's will be given for attending all-day Saturday.**

WORKSHOP PREFERENCES

Please rank order your leader choices 1-5; we will do our best to accommodate your request. The first three are Friday and Saturday, 9 CEU groups.

1) Elizabeth Gomart and Angela Cerkevich: _____

*Leaders will contact you regarding location and parking.

2) Robin Truitt and Sean LeSane: _____

will contact you regarding location and parking.

*Leaders

3) Tandy Levine and Jennifer Pelligrini: _____

will contact you regarding location and parking.

*Leaders

4) Gloria Beller (Saturday-only): _____

5) Elaine Klionsky & Daniel Turetsky (Saturday-only): _____

*******Morning fishbowl: would you like to volunteer to be in the fishbowl? Yes _____ No _____ *******

Member Fee: \$115 - 6 CEU or \$135 – 9 CEU

Nonmember Fee: \$120 - 6 CEU or \$140 – 9 CEU

Student Fee: \$65

Please use the following link to register online:

<https://www.academeca.com/CEUReg/SeminarInfo.aspx?seminarId=1481>

Inquiries? Contact AAP DC Chapter Co-chairs: Jane Baxter & Brian Cross - janebaxterphd@gmail.com, 202-744-4381; briancrossphd@me.com, 202-337-9555.