

AAP SUMMER WORKSHOP 2023



# Catching Our Breath

The Abbey Resort

June 21 – 25, 2023 • Fontana, Wisconsin

## Catching Our Breath

Welcome to AAP Summer Workshop 2023! Encircled by Abbey Resort in Wisconsin on Lake Geneva, we may all have a chance to truly breathe! Summer Workshop holds a mystical place in Academy consciousness. Harkening back to summer camp and endless summertimes: sunshine, somersaults, swinging in a hammock, hikes in the woods, staying up late, school breaks, catching our breath. We want to manifest this wish for all. Summer Workshop 2023 is an opportunity to catch your breath.

In AAP, we use the term 'holding space'. Energetically this implies creating a container through which we can stop ordinary activity, drop into our bodies, be quiet, inhale, exhale, go deep, resonate, take stock and after a time, come back to our lives and work, better balanced.

The workshop offerings came rolling in from our Academy family members, like an easy breezy summery Wisconsin day. Our members are presenting on the most intriguing subjects. They will guide us to look at how we live, how we relate, move through blocks and biases, express our identities, have sex, forest bathe, handle anxiety, move, heal, and understand ourselves. Throughout, we will delve into ourselves and learn how groups create space to grow.

We will hold space for the familiar gatherings planned with family group time, hospitality time (this time we will be served beverages and presented with platters of snacks; no schlepping!), community meetings, and the opening experience.

Additionally, we will feature an evening dinner cruise on Lake Geneva, (leaving from our backyard), another fabulous and funny talent show, Chicago-style softball and, of course...our elegant and energy-filled dinner-dance on Saturday night with a DJ.

AAP is seeking summertime again. Come catch your breath. It will not be the same without you.

Warmly,  
Elena Scher and Jill Smith,  
Co-Chairs

## Ancestral Land Acknowledgement

AAP would like to acknowledge that the Abbey Resort is located on the traditional and ancestral land of the Potawatomi (pow·tuh·waa·tuh·mee) Tribe. Before their forced removal (known as the Trail of Death) by the U.S. government in 1838, the Potawatomi had a thriving community here at what was originally known as Lake Kishwauketoe, or Lake of Clear Waters. As the lake was critical to their survival, each Potawatomi boy had to build his own canoe as a rite of passage. The Potawatomi were matrilineal, meaning they traced their ancestry on the mother's side. Accordingly, when a Potawatomi man got married, he moved to the home of his young bride, even if it meant joining a new tribe. The Potawatomi Tribe and their leader Maugeezik (Chief Big Foot) held the land sacred and fought for many years to remain. A sculpture memorializing Chief Big Foot's emotional goodbye to the lake and the land stands in Reid Park, across Fontana Blvd from the Abbey Resort (0.2 miles).

Today the citizens of the Potawatomi Nation offer extensive resources to their members, including free tele-mental health. If you would like to donate to this outreach, go to [donations.potawatomi.org](https://donations.potawatomi.org). To donate to a wider range of indigenous peoples go to [www.nativepartnership.org/site/PageServer?pagename=pwna\\_home](https://www.nativepartnership.org/site/PageServer?pagename=pwna_home)

## Workshop Mission Statement

We know we have been shaped by the strong societal forces of our age: privilege, violence, and new viruses. We will examine practices that promote healthful ways of enduring, accepting, and thriving in times of anxiety and stress.

### Learning Objectives

Identify and foster the development of coping skills that support healthy functioning for clients and therapists during periods of high stress and grief.

Describe new methods for working virtually with clients who are experiencing shame, isolation, and anxiety.

Compare and contrast breathwork practices that can support our therapeutic work with clients.

Summarize the factors necessary for building group trust, allowing participants to be seen for their limitations as well as strengths.

Demonstrate increased cultural competence in providing effective interventions when working with diverse clients.

## The 2023 Summer Workshop Committee



**Not pictured (but much loved):**  
 Meredith Albert, Treasurer; Catherine Clemmer, National Meeting CE Coordinator;  
 Susan Diamond, Brochure; Mari Mars, Activities

**"My first Summer Workshop was so much fun. I love how much more intimate it felt. And I loved that there was less programming and more time for socializing and relaxation and play. I can't wait for the next summer workshop. "**

**– Ellen Connell**

## Covid Policies and Guidelines for Summer Workshop 2023

We continue to follow CDC guidelines which evolve in response to higher levels of vaccine and infection-induced immunity, and reduced incidences of medically significant illness. AAP will utilize a CDC-supported approach to minimize the impact of Covid-19 by relying on high levels of vaccination in our population, Covid testing, mask-wearing, and use of isolation by individuals as needed by individuals.

The committee will provide outdoor options for meals and activities at the Wisconsin Abbey Resort where possible. In 2021, the Abbey adapted new sanitation and hygiene practices, products, and equipment to ensure high levels of cleanliness in all areas of the resort.

**Individual workshop leaders may request daily testing and/or masking within their workshops, and will tell their participants of any specific mandates in advance.**

### Testing:

- We ask that all attendees take an at-home Covid test and test negative within 24 hours of coming to SW. All testing will be done on an honor system.
- We also ask that each attendee bring extra rapid Covid tests to the event. **While daily Covid testing is not required, we encourage daily testing for all attendees.**
- Those participating in EC are asked to test each morning prior to attending EC Monday Tuesday and Wednesday.

### Masks and Vaccinations:

- We encourage attendees to respect individual choices about mask wearing. Mask wearing will be voluntary based upon individual needs at all events, unless requested by workshop leaders prior to the conference. We will have masks on hand at the registration desk.
- Vaccination is not required to attend Summer Workshop 2023.

### Illness Protocol:

- We ask any attendee at the conference experiencing illness or covid like symptoms to self-isolate, test for Covid, and re-test as needed. For attendees who test positive for Covid, isolation and non-participation in the conference will be necessary.
- If an attendee tests positive, we ask them to immediately call or text Daryl Gincherman, 240-426-6189, Covid advisor for our conference. Daryl may assist with arranging meal delivery, transportation, contact tracing, and acquiring medication.
- Post-conference, we ask attendees who test positive to contact Co-Chairs Elena Scher or Jill Smith [elena.scher@gmail.com](mailto:elena.scher@gmail.com) / [jill@jsacounseling.com](mailto:jill@jsacounseling.com), in order to manage possible exposures and contact tracing. Members' confidentiality will be respected.

*\*This policy applies only to SW 2023, as conditions may evolve before the fall I&C.*

**Thank you for your cooperation in helping our community stay healthy and safe!**

## Breathing Patterns of Summer Workshop

The heart of Summer Workshop is the ritual of our meetings. Newcomers may find these brief explanations helpful:

### Opening Experience

We will open the workshop with a breathing exercise designed by our committee to ground us, unite us and help us catch our breath before we open the first Community Meeting. We are excited about this offering and finally joining with you all in our traditional large circle.

### Community Meetings

Daily community meetings will be lightly led and each will begin with a brief breathing exercise.

As a head's up, rather than a passed microphone with mic runners, we will have two standing mics on opposite sides of the room, inside our circle. Two lines will form on either side of the mics and speakers will alternate between them. We hope this will be a time effective and fair approach.

### Business Meeting

A Business Meeting will be held prior to the Community Meeting on Friday. This is an excellent opportunity to hear and engage in a discussion about the financial and organizational health and future of AAP. This meeting is open to all.

### Open Process Groups

Led OPG's will be offered Wed and Thurs evening. This is yet another way to expand your conference experience and get to know other members.

### OPG for BIPOC Members

One OPG will be BIPOC members only. Please note on the registration form which you are choosing. More details will be available at the registration table at the conference.

### Diversity Lunches

Hannah Hawkins, Liz Marsh and Renee Burwell invite you to engage in conversations about diversity and inclusion. Thurs and Fri over lunch, 12:15-1:30 pm

### Random Process Groups

Sunday, as the conference closes, our ritual of Random Process Groups will continue. We will gather in randomly-assigned groups to reflect and process our experience at the conference. These are leaderless groups and have proven to be a powerful way to begin re-entry into our lives after a moving conference experience. You will be able to find your group assignment at the registration desk.

### Closing Experience

Our final gathering as a community is a long-held tradition and not one to be missed. We close the container that we opened on Wednesday. The closing is the last opportunity to share your experience as we transition from an intense five-day workshop back to family, friends, home, and work. Hopefully, you will be more balanced, full of new air and life, and ready for the next round.

## New to Summer Workshop? Ways to Find Your Breath

If you have never attended a Summer Workshop with AAP or if you are a brand-new member, we want to be certain that you have information about the many opportunities available for you to learn and experience the treasures of this intimate gathering. Many of us have been attending for decades and have experienced both the challenges and the rewards.

The first is the Orientation Group for new members and first-time attendees at Summer Workshop. The goal of this one-hour group is to help you map out your own journey in AAP and provide a time to connect with others in a smaller group before the workshops begin on Thursday morning. Topics addressed include the ongoing historical narrative that newcomers are entering, community and business meetings, family groups, seating at dinners, mentoring and support forums. This group will be led by Nelia Rivers and Maureen Martin and will be from 4:00-5:00 on Wednesday. Arrange your travel accordingly so that you can attend a very important part of coming to summer workshop.

The second opportunity is the Newcomer's Reception at 5:00-5:45 on Wednesday evening immediately following the orientation group outlined above. Everyone is invited to join us at this reception in welcoming those who are new to AAP. The Membership/Mentoring committees will be there to help introduce you to the community as well as the members of the Executive Council. The reception is immediately followed by the opening experience.

The third opportunity are Open Process Groups which begin Wednesday night after dinner. These OPGs, open to anyone, are especially welcoming to first-timers and members who have attended many AAP events, but who are not currently in a family/peer group. This new grouping has the potential to develop into a family/peer group. If you want to be in an open process group, you will register for that on the registration form in addition to the workshops that you choose.

After dinner on Wednesday evening, many AAP members attend family or peer groups where they have been members for many years. Some of these existing groups are closed to new members and some are open. There is much more about the history and value of these groups on the AAP website.

If you have questions, do not hesitate to ask and don't forget to utilize your mentor-mentee relationship. Your contact person can be a valuable resource throughout the time!

Membership & Mentoring Committee: Nelia Rivers, Susan Diamond, Denise Castro, Barbara Thomason, Erin McCarthy and Laurie Paul

### ADA Notice

ADA accommodations for this conference 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 notice.

## The Abbey Hotel

Calm blue lake waters. Check

Lush green grass. Check.

Spa, huge indoor pool, firepits with s'mores. Check.



Welcome to our home for the summer workshop, the iconic The Abbey Resort in Fontana, Wisconsin on the shores of Lake Geneva.

The newly refurbished rooms at The Abbey are appointed in the "lakehouse style" and they feature balcony or patio views. There are several hotel restaurants: **240° West** serves steaks, seafood and small plates with complimenting wine pairings. **The Waterfront** serves appetizers, sandwiches and BBQ along with a variety

of beer and cocktails. **Café Latte** and the **Gazebo Grill** are also open for grabbing quick coffees and bites. **The Porto--above Bar West--**is our Hospitality Suite location.

Bring your bathing suit and workout gear! The adults-only pool is beautiful. A fitness center is on-site for that after group workout. The Avani Spa is graciously offering a 20% discount for AAP members on their fabulous treatments. Within the spa area is a whole world with whirlpools, a salt sauna and its own indoor pool. On the weekend evenings, gather by the firepit to roast marshmallows for s'mores--all the fixin's provided. You know you love them.

There is lots to do nearby. Several restaurants are within walking distance--we will have details at registration. The Geneva Lake Museum is 20 minutes from the resort and The Black Point Historic Preserve is 6 miles away.

Consider walking along the Geneva Lake Shore Path. This is a public footpath created by early settlers of the region. It provides a glimpse into the rich history of the area and some of the Midwest's most beautiful homes and gardens. The path meanders along the lakeshore, crossing the front lawns of lakefront estates, association beaches and public parks. The terrain is meant for walkers and varies from grass to dirt to brick and concrete. The entire shore path is just over 20 miles in length and takes 8 to 10 hours to walk.

Come early or stay late-The Abbey is offering the Summer Workshop rate to AAP members for three days before the conference starts and three days after the conference ends.



## AAP O'Hare Shuttle Information

We are offering three round-trip shuttle buses directly to and from the O'Hare airport. Shuttle travel time is approximately 90 minutes, depending on traffic.

## Transportation

**The Abbey Resort / 269 Fontana Blvd, Fontana, WI 53125 / (262) 275-9000**

There are two nearby airports to The Abbey--Chicago's O'Hare (ORD) and Milwaukee's General Mitchell (MKE). The Summer Workshop committee has chosen to run the AAP shuttles from O'Hare as it will serve the most members with the most direct flights. Below are other transportation options and estimates furnished by the committee. Please note all rates are only estimates and do not account for individual circumstances including time of day. Additionally, the committee does not recommend using unreserved rideshare or taxi services for your return airport trips as the town of Fontana is very small and does not have regular rideshare services. You may want to reserve a taxi, however.

**Wednesday, June 21, 2023:** AAP buses leave from O'Hare airport, arrival times at The Abbey are approximate.

10:00 am departure, 11:30 am arrival

12:00 pm departure, 1:30 pm arrival

2:00 pm departure, 3:30 pm arrival

Allow at least 60 minutes from your flight's arrival to claim your baggage and meet the shuttle.

**\*\*Please note, as of 6/1/2023 the O'Hare pick-up locations have changed\*\***

**10:00 AM Shuttle** – contact Brad Kushner to coordinate pick up. [more info](#)

**Noon & 2:00 PM Shuttle** – Pick-up is at Door 2D, Terminal 2 Ground Transportation/Baggage Claim. [more info](#)

**Sunday, June 25, 2023:** AAP buses leave The Abbey from the lobby entrance, arrival times at O'Hare are approximate.

6:00 am departure, 7:30 am arrival  
12:00 pm departure, 1:30 pm arrival

**Please note that all 12:30 pm shuttle reservations have been switched to the 12:00 pm shuttle**

Allow yourself at least two hours upon airport arrival to complete the check-in process comfortably.

*\*\*\*The cost for shuttle service is \$55.00 one way or \$110.00 round trip. Although we would like to provide seating for everyone, by necessity there are a limited number of seats on the shuttles. Please register and pay for the shuttle prior to May 15 to guarantee a space. To secure your shuttle reservation, you must include this full fare along with your registration fee. (See registration page).*

Contacts for transportation questions:

Jenny Leach [drjennyleach@gmail.com](mailto:drjennyleach@gmail.com) (917) 475-9614  
Kathy Feinstien [kathy@kafcounselingandsportperformance.com](mailto:kathy@kafcounselingandsportperformance.com) (239) 450-7625

**For those who are driving to the hotel:**

Free valet parking is available. Please find driving directions from O'hare [here](#) and from General Mitchell [here](#).

**"I come to Summer Workshop to bump into myself and try not to apologize (or run away in horror)."**

**– Phil Spiro**

**"I love Summer Workshop because it feels like I am with 'family.'"**

**– Gloria Beller**

**Chicago's O'Hare Airport**

Chicago's O'Hare International Airport is approximately 72 miles and 1 h 15 minutes away from The Abbey Resort.

To the Abbey from ORD--Options:

1. AAP Shuttle:  
Coordinated by AAP and paid for during registration, Round- tripshuttle service to the Abbey is available from Chicago O'Hare only. See detailed instructions above.
2. Uber:
  - Uber X Share \$30-50 (with 1 other person who may be traveling to a different destination/adding no more than 10 minutes on to your ride time)
  - Uber X \$105 (riding alone)

Returning to ORD--Options:

1. AAP Shuttle:Coordinated by AAP and paid for during registration
2. Lake Geneva Premier Taxi Service (217) 218-8071  
SUV up to 6 passengers- \$120
3. Red, White and Blue Shuttle Service (262)-903-8800  
Sedan service up to 3 passengers – \$168  
Minivan up to 6 passengers – \$210

**Milwaukee's General Mitchell Airport (MKE)**

Milwaukee's General Mitchell's International Airport is approximately 53 miles and 50 minutes away from The Abbey Resort.

To the Abbey from MKE--Options:

1. Go Rite Transportation 1-800-236-5450 to reserve a ride or quote  
Sedan for 2:\$148 or \$74 per person  
SUV for 5:\$168 or \$33.60 per person
2. Uber:  
Uber X Share- \$25-40 (with 1 other person who may be traveling to a different destination/adding no more than 10 minutes on to your ride time)  
Uber X \$87 (riding alone)

Returning to MKE--Options:

1. Lake Geneva Taxi Service (217) 218-8071  
SUV up to 6 passengers- \$100
2. Red, White and Blue Shuttle Service (262) 903-8800  
Sedan service up to 3 passengers- \$132

## Special Events

### Evening Dinner Cruise

*"Sailing takes me away to where I've always heard it could be" – Christopher Cross*  
Come cruise with us on Lake Geneva! Thursday night we will board The Lady of the Lake riverboat at 7:00 pm right from the dock behind our hotel. Dinner will be served during the cruise (cash bar for sodas and drinks) and we will be back at the Abbey by 9:00 pm. Lake Geneva is not just beautiful--it is quite historic. After the Great Chicago Fire of 1871, a number of wealthy and prominent Chicago industrialists fled to the lake by train. Many of the families decided to build palatial summer homes on the lake, which led it to be nicknamed the "Newport of the West". Don't miss this easy, breezy tour of this midwest gem, right in our backyard.

### Memorial

*"Grief is love with no place to go." -- Jamie Anderson*

This organization is quite unique in how close our bonds grow. On Thursday afternoon, we offer a "place to go" to share our grief. Come celebrate the bonds and mourn the passing of fellow AAP members.

### Talent Show

*"No Stairway to Heaven" -- Wayne's World*

Mark your calendar for the return of our Talent Show, held Friday evening. Lori Oshrain and Laura Flemming are coordinating and they will have a sign-up at the registration desk and will let you know when and where the rehearsal will be. We need you!!! Remember this as you pack in case you need your props or instrument. It's authentic, it's casual, it's hilarious, it's poignant. Just like one of our process groups!

### Saturday Softball Fun - We have bigger balls!

Come out and try "Chicago Style Softball" which utilizes 16-inch balls, as compared to traditional 12-inch! These balls are softer, easier to hit, and we catch it with our hands, so don't cram your glove into your suitcase! This will be held at 3:15-5:30 pm on Saturday across from the hotel. See bulletin board for more details. No matter your age or athletic ability, sign up and be a part of the fun! Or just come watch in the sunshine and encourage! Lucie Lie-Nielson and Anthony Hampton are coordinating and organizing teams.

## Saturday Night Dinner and Dance

Get ready to show everyone your moves on the dance floor on Saturday night with music brought to you by DJ Felix. We invite you to bring your party clothes, shoes and spirit! If that does not work for you, just sit at your table and enjoy the music and the company. This is all about you doing you. See you there!

## Meeting Space Registration

Reserve a peer group meeting room or space for a committee meeting by contacting Lisa Smith Klohn at [lsklohn@yahoo.com](mailto:lsklohn@yahoo.com) or by phone/text at 803-920-6941. Rooms are available on a first come, first served basis.

## Activities

### 20-Minute Revitalize Calm, Ease Meditation

Using a meditation developed by, Thich Nhat Hanh, Roslyn Feierstein guides us through a twenty-minute meditation which she practices daily. It includes periods of silence, interspersed with breathing instructions, meditative chimes, and wise sayings. No experience is necessary and all are invited. After morning workshops 12:20 to 12:40 (Th, Fri, Sat )

### 12-Step Meeting

AAP offers a 12-step meeting at lunch on Friday. In keeping with the theme, participants from all 12- step programs are welcome. Information will be available at the registration desk on the bulletin board.

### Yoga Movement Blend

Stretch, Breathe and Move! Come join Devajoy Gouss as we say good morning to our bodies with energy medicine, stretching, and creative movement. We will greet the day together with conscious intention to be present to ourselves and one another, to elevate our energies and to open our hearts. Saturday morning.

### Slow Running

Jonas Horowitz is leading a slow running group every morning during Summer Workshop. If you are interested in joining, just meet down in the lobby at 7:00 am. If you don't die on the run, you should find yourself back by 7:45 am. (Th, Fri, Sat )

## Financial Assistance for Summer Workshop

### The Relief Trust Fund

The Relief Trust Fund can provide up to \$500 for AAP members seeking financial assistance to defray the cost of registration fees or annual dues. There is no application to submit. Simply contact Lyn Sommer or any member of the Relief Trust Board to apply.

### The Endowment Fund

The Endowment Fund can provide a \$1000 grant for AAP members seeking financial aid for the registration fee of a national meeting. This is a need blind grant. Please contact Gordon Cohen [drgordoncohen@gmail.com](mailto:drgordoncohen@gmail.com) or Phil Spiro [pmspiro@gmail.com](mailto:pmspiro@gmail.com) to apply.

## Schedule at a Glance

### Wednesday June 21

12:00PM – 5:00PM	Registration
2:00PM – 5:15PM	Training Institutes
4:00PM – 5:00PM	Newcomers' Orientation
5:00PM – 5:45PM	Newcomers' Reception
6:00PM – 7:15PM	Opening Experience
7:15PM – 8:30PM	Dinner & Cash Bar
8:30PM – 10:00PM	Open Process Groups, Peer/Family Groups

### Thursday, June 22

7:00AM – 8:00AM	Slow Running
7:00AM – 9:00AM	Breakfast
9:00AM – 12:15PM	Workshops and Training Institutes
12:15PM – 1:30PM	Lunch/Diversity Lunch
1:45PM – 3:00PM	Community Meeting
3:15PM – 5:15PM	BIPOC group/Family Groups/Activities
5:15PM – 6:15PM	Memorial
6:30PM	Meet on dock to load for Cruise
6:30PM – 8:00PM	Dinner for those not going on Cruise
7:00PM – 9:00PM	Our Lady of the Lake Dinner Cruise
9:15PM – 10:45PM	Open Process Groups, Peer/Family Groups

### Friday, June 23

7:00AM – 8:00AM	Slow Running
7:00AM – 9:00AM	Breakfast
9:00AM – 12:15PM	Workshops
12:15PM – 1:30PM	Lunch/Diversity Lunch
12:30PM – 1:15PM	12-Step Meeting
1:30PM – 2:30PM	Business Meeting
2:30PM – 3:30PM	Community Meeting
4:00PM – 5:30PM	BIPOC group/Family Groups/Activities
6:30PM	Shabbat
6:30PM – 8:00PM	Dinner
8:30PM – 10:00PM	Open Process Groups, Peer/Family Groups
8:30PM – 10:00PM	Talent Show

### Saturday, June 24

7:00AM – 8:00AM	Slow Running and Yoga
7:00AM – 9:00AM	Breakfast
9:00AM – 12:15PM	Workshops
12:15PM – 1:30PM	Lunch
1:45PM – 3:00PM	Community Meeting
3:15PM – 5:00PM	Softball Tournament
6:30PM – 7:00PM	Social Gathering, Cash Bar
7:00PM – 8:30PM	Dinner
8:30PM – 12:00PM	Dance

### Sunday June 25

7:00AM – 8:30AM	Breakfast
8:30AM – 9:45AM	Random Process Groups
10:00AM – 11:15AM	Closing Experience

**"I love Summer Workshops because they are in a more natural environment, and at a time of year where we can do things outdoors together, where the many gentle lessons of nature seep into us. I also appreciate the slower pace and more informal style participants usually bring with them, and that the conference structure usually nurtures. It also seems as if containing us all to a single place for sleeping, eating, and relating to each other strengthens our cohesiveness, and our awareness of ourselves as one community."**

**– Jonathan Farber**

## Workshop Planner

Wednesday, 6/21 2:00 – 5:15	Thursday, 6/22 9:00 – 12:15	Friday, 6/23 9:00 – 12:15	Saturday, 6/24 9:00 – 12:15
TI 1a Clemmer, et al***	TI 1a Clemmer, et al***		
TI 2a Kirsch	TI 2b Kirsch		
	1a M. Scher	1b M. Scher	1c M. Scher
	2a D. Cohen	2b D. Cohen	2c D. Cohen
	3a Gouss/Barclay	3b Gouss/Barclay	16 Ezickson/Cerkevich
	4a Farber	4b Farber	17 Gresham
	5a Gould	5b Gould	18 Pellegrini/Oshrain
	6a Ingram	6b Ingram	19 McCarthy***
	7 Blank	8b Prescott	21 Blackwell
	8a Prescott	9b Burns/H. Lovett	22 Eichel/Paul#
	9a Burns/H. Lovett	11a Foy/McMillan	23 Norton
	10 Martin/Tillman	12a Christy/MacDonald	11b Foy/McMillan
	20 Weiss	13a Reed	12b Christy/MacDonald
	25 Baxter*	14a Hawkins-Esther/LeSane	13b Reed
		15 Coyle/Schumaker	14b Hawkins-Esther/LeSane
		26 Baxter*	24 Shaffer*

\*Ethics  
 \*\*\*Diversity  
 #AASECT

1 Day Workshop

2 Day Workshops

3 Day Workshops

## The Training Institutes

Wednesday 2:00-5:15pm • Thursday 9:00-12:15pm

### TI 1a The Air We Breathe (Part 1 of a 2-year Training Institute)

Catherine Clemmer  
 Michael Southers  
 Hannah Hawkins-Esther  
 Liz Marsh  
 Samir Patel  
 33 Participants, 6 CEs DIVERSITY

Like oxygen, the social construct of race affects everyone and permeates our institutions. Through didactic instruction, small group process, and experiential work, we will explore the nuances of how race seeps into our relationships.

**Catherine B. Clemmer, LCSW**, has a private practice in Chapel Hill, NC. She received her MSW from the University of North Carolina at Chapel Hill where she was formerly part of the Clinical Faculty. She received an AAP Scholarship in 2013 and joined in 2014. She is an Executive Councilor for the Academy. She has led several workshops including ones focusing on being and labeling others as "Other". These experiences have inspired her to continue focusing on how "Othering" impacts our relationships, identity, and our work as psychotherapists.

**Mike Southers, M.S., LCPC**, grew up in the conservative White town of Westminster, MD. He attended McDaniel College in his hometown studying ethics, diversity, philosophy and then counseling while in graduate school. He later moved to Frederick, MD working at a mental health agency serving multiple ages of people, many of whom were people of color with severe mental illness. Throughout his career, Mike has seen the chronic impacts of racism and power dynamics impact the people he has served.

**Hannah Hawkins-Esther, LCSW**, maintains a private psychotherapy practice at Pine River Psychotherapy Associates in Atlanta, Georgia where she works with individuals, couples, families, and groups. As a therapist she works to support, witness and compassionately challenge clients in their healing and humanity to enrich and deepen their relationship to others and to themselves. AAP has been part of her personal and professional development since grad school (2008).

**Liz Marsh, LICSW**, is a Clinical Social Worker and Art Therapist in private practice in Washington, DC. Liz has spent over 10 years combining her love of relational therapy and the expressive arts to help her clients get to know themselves and find deeper connection in their relationships with others. Liz strives to help each of her clients find their personal agency through understanding the dynamics in their families of origin and our society as a whole. In this way, Liz sees mental healthcare as tool for social justice.

**Samir Patel, MD**, is a psychiatrist who sees individuals and couples in his private practice in Providence, RI. He is a psychotherapy supervisor for Brown University's psychiatry residents. He has a keen interest in the psychological impact of the intersection of race, sexuality, immigration, and the self, and he serves as co-chair of the Anti-Racism, Diversity, and Equity Committee of AAP.

The three consultants below have generously agreed to offer their input, which has informed and will continue to inform this Training Institute as it unfolds:

**Gloria Beller, MSW; Renee Burwell, LCSW; Ann Colley, LMFT, MDiv, MBA**

## TI 2a On Being a Group Therapist (Part 1 of a 4-part, 2-year Training Institute)

Nicholas Kirsch  
12 Participants, 6 CEs

This Training Institute will be 85% process groups and 15% didactic learning. Process Groups enhance deep self-awareness and emotional growth through authentic and respectful interpersonal encounter, and simultaneously they closely simulate group psychotherapy making them excellent training experiences for group therapists. Participants who access their courage and vulnerability while encountering fear, shame, and uncertainty will benefit greatly.

Nick Kirsch, PhD, has been a psychologist for 35 years, in Washington, DC, running therapy groups, some exclusively for psychotherapists. Relational, experiential, eclectic, his therapy draws from many healing traditions and lifetimes as father, athlete, coach, boy scout, bartender, camp director, accountant and student of human nature. Free time is taken up with novels, hiking, Settlers of Catan and my addiction to biking. I am indebted to many incredible teachers including Virginia Satir, Anne Alonso, Fred Klein, Jack Mulgrew, David Hawkins, Justin Hecht, Aaron Black, and my clients. "A good process group is one of life's highlights."

**"Summer Workshop for me is like having a "secret garden"; my own special place to be myself thoroughly. I can misstep, shine, regroup, learn yet another lesson and somehow leave mostly intact, invigorated and enlivened. I can carry unfinished business away with me and get to it another time or not. I can resolve an important issue with someone in that time limited container and feel finished with that piece. Mostly, I feel alive and fully present with many people that are able and willing to take this journey with me. I am grateful."**

**– Maureen G. Martin**

## The Program Three Day Workshops Thursday/Friday/Saturday – 9:00-12:15 pm

### 1a Catching Our Breath in the Dark

Murray Scher  
15 Participants, 9 CEs

This workshop will demonstrate the use of film as a means of deepening the psychological experience of psychotherapy clients. Participants will view a film and then participate in discussions and demonstrations of how film can be used to stimulate and amplify the therapeutic experience. The focus will be experiential.

I received the Ph.D. in Counseling Psychology from The University of Texas at Austin and am licensed in both Tennessee and Texas. In practice for more than 50 years I have published widely on the relationship of gender, particularly the male gender role, to psychotherapy. A past president and Fellow of the Academy and a fellow of the American Psychological Association I am a sought after presenter. An inveterate moviegoer I find the use of film in psychotherapy a powerful modality.

### 2a The Healing Power of the Grandparent-Grandchild Relationship

Douglas Cohen  
12 Participants, 9 CEs

**RX: In case of emotional stress, take grandchildren as needed and let them love up on you. Breathe in their energy, joy and playfulness and breathe out your adult stresses. In this group, we will share pictures, stories and laughter as we explore the healing power of the grandparent-grandchild relationship.**

Douglas L. Cohen, Ph.D., a past president of AAP, has over 40 years of experience doing group, individual and couples therapy. He practices in Washington, DC, where he does in-person therapy with most patients. He is an avid scuba diver, photographer and dog lover. Known as "Pop Pop" to his grandchildren or "Sensei" when they are fighting ninjas to "save the day". He is fascinated with the power of grandchildren to heal and rejuvenate.

## Two Day Workshops

Thursday/Friday • Continuing TI 1b, TI 2b  
9:00-12:15

### 3a Listening to Your Body; How to Catch Your Breath

Devajoy Gouss  
Kelly Barclay  
12 Participants, 6 CEs

Alternating between inner focus, dyad and group process formats, we will practice listening to our bodies as we pendulum from what hurts our hearts to what lifts us and allows us to "catch our breath." We will explore how breath, movement, energy medicine, imagery, nature, and sounds impact body sensations and what this means for us.

Devajoy Gouss, LCSW, is an experiential therapist for forty years. Working with groups couples and individuals, she has evolved her own style of experiential therapy after years of training in psychomotor therapy. She integrates Accelerated Resolution Therapy, Energy Medicine, Brain Spotting, EMDR, Yoga, life coaching, and the power of ritual in her work. For three decades, she gives monthly experiential workshops. Her passion is facilitating the Marrying Yourself Journey, a year-long transformative experience, now also an online course.

Kelly Barclay, PsyD, earned her doctorate degree from the California School of Professional Psychology Los Angeles in 1995. She completed a two year postgraduate training program in psychoanalytic psychotherapy at the Wright Institute Los Angeles. Dr. Barclay has been in private practice in Southern California for 24 years. She works with individual adolescents and adults, couples and families. Dr. Barclay has received training in divorce mediation and Mentalization-Based Treatment. She has a special interest in somatic issues and chronic pain.

### 4a On Saying No to the Flow

Jonathan Farber  
11 Participants, 6 CEs

In our work, as in our personal relationships, there are times when the dialog accelerates, emotion escalates, cognition deteriorates, and forward movement requires a pause and a reset. In this process group we will share (and practice) what we've learned about how to recognize those moments, initiate the pause, and resume on a more integrated, productive path.

Jonathan Farber, PhD, offers training and supervision, as well as psychotherapy to individuals and groups, in North Carolina and Washington DC where he is licensed as a clinical psychologist. His doctorate is from Duke, though he has learned most from his clients, students, and AAP colleagues. He finds that one of the most delicate decisions in the flow of a psychotherapeutic dialog concerns when to foster and when to disrupt an energized outpouring from a client, especially in couples and in groups.

### 5a Taking a Deep Breath with Meditation, Qi Gong, EMDR, Brainspotting, and Neurofeedback

Angela Gould  
15 Participants, 6 CEs

Experience a variety of adjunct techniques to allow you and your clients to take a deep breath for clarity, focus, and resilience. We will explore meditation, Qi Gong, EMDR, Brainspotting, and Neurofeedback. Participants will have an opportunity to try all techniques and have some take-a-ways to use immediately as well as a clear understanding if they'd like to pursue further training. Didactic and experiential.

Angela Gould, Ph.D, is a practicing clinical psychologist in Boulder, CO with over 40 years of experience. She sees individuals and couples with a variety of issues and predominately works with trauma and loss. Her training in EMDR, Brainspotting, Neurofeedback, Meditation, and Qi Gong allows her to utilize a wide variety of techniques to assist in the process of psychotherapy.

### 6a Spiritually Integrated Psychotherapy

Steven Ingram  
8 Participants, 6 CEs

This workshop will explore how we integrate spirituality and religion into our work and life. Our process group will include guided meditation, didactic material and shared experiences of participants. All therapists can be facilitators of deepening spirituality and healing. Participants will achieve a greater confidence (or renewed resolve) in entering the spiritual dialogue.

Steven A. Ingram, D.Min, LPCC-S, is a Pastoral Psychotherapist and Congregational Consultant in Cincinnati (West Chester), Ohio. He is a Life Member of the Academy and an ordained Presbyterian minister. Steven has worked at the Pastoral Counseling Center of Miami Valley Hospital for 27 years and is now in solo private practice, in Cincinnati, working with adults in individual, couples and family therapy. When he is not too anxious and too self-conscious he is a playful educator and brave-space facilitator.

**"Summer Workshop for me is like the tides at my favorite spot at the beach: the ebb and flow of the emotions (frequent joy and play, occasional sadness, often excitement, sometimes panic, unsettling incidents), the always restorative reconnecting with dear friends, and mindfulness of what may lie unseen beneath the surface. Will the high tide reach my chair?"**

– Z Rosenzweig

## 8a Breath Empowerment: Strategies for Healing, Building Resilience, Inspiration and Balance

Annie Prescott  
12 Participants, 6 CEs

This experiential process group provides a variety of rhythmic, breath focused healing practices, helpful in recovering from the stress response related to trauma that is personally historical, recent, current or vicariously triggered. Using "bottom-up" brain regulation theory, participants will experience the effectiveness of regulating the mind/body stress response.

Dr. Annie Prescott, PhD, has been a clinician for 43 years. Her passion for health, wellness, and animals inspired a vision to create a private practice, in a sacred space, offering experiential therapies to assist with healing from trauma exposure. Promoting resilience in her clientele, she has modeled, educated and inspired others to express and live their lives authentically and robustly. She enjoys traveling, trail riding and camping with her horses, chi gong and creative meditation.

## 9a Catching Your Breath: Hope Is Not a Dirty Word

Tom Burns  
Hallie Lovett  
10 Participants, 6 CEs

Facing our wounded world, many of us lead portions of our inner and outer lives toggling between quiet dissociation and despair. How do you re-contact your body, heart, and spirit--and even possibly act? Participants will bring a brief writing, totem, song, or prayer. We'll process how we experience the world before us, inside and outside the group, and contemplate hope. "Hope is a state of the soul rather than a response to the evidence."

Tom Burns, PhD, and Hallie Lovett, PhD, licensed psychologists in Tennessee and Vermont, respectively, have participated in many shared creative ventures over their 25 overlapping years in the Academy, including the recent Memphis I&C. Across the decades, formed and tested by respect and affection, their relationship has nurtured a love for things uncanny, comic, and absurd, along with an enduring sense of the transcendent. They are inspired by (as in, "breathing in") the prospect of joining forces again in this workshop.

## Thursday

One Day Workshops  
9:00-12:15 pm

## 7 Breath is the Place to Start

Damon Blank  
15 Participants, Not eligible for CEs

Practice the ancient techniques of Kundalini Yoga and the power of group process. Notice the profound and subtle impact on your being.

Damon Blank, M.Ed, LMFT, is a licensed Marriage/Family Therapist in private practice for over 40 years. He is also a certified Kundalini Yoga Instructor, RYT-200. He is fascinated with the integration of psychotherapy and the technology of Kundalini Yoga. Having survived a complicated childhood and some recent life-threatening illnesses, his yoga/meditation has supported his resilience and a new perspective in this ever-changing world.

## 10 How Can I Breathe Deeply When I Frequently Open My Mouth and My Racism, Sexism, and Ageism Fall Out?

Maureen Martin  
Linda Tillman  
12 Participants, 3 CEs

This workshop is offered to help us examine our feelings, thoughts, wishes, hopes, resistances and fears about our deep dive into examining our prejudices and biases, both conscious and unconscious. How do we help our clients as they maneuver in this changed world, post pandemic, as we do our own work?

Maureen Martin, MSW, a member of AAP since 1984, has experienced many iterations of change in the Academy and is hopeful and present as she grows and challenges herself. She is invested in participating in self-awareness of her biases and prejudices both individually and as member. She is moved to present this workshop for her own and perhaps others continuing work and change. She is a Fellow of the Academy and is proud to be an elder in AAP.

Linda Tillman, PhD, lives in Atlanta. She is a beekeeper, quilter, bread baker, and urban chicken farmer. She retired in 2015 from her 30-year clinical psychology practice. She spends her time playing with her grandchildren, tending her bees, and cooking for family and friends. She loves the joy of feeding people well, the importance of imbuing one's craft with artistry, and the enhancement of life through observing nature. She hopes to continue personal growth for the rest of her life.

## 20 Who Gets Up in the Middle of the Night in Your House? Anxiety in Intimate Relationships

Avrum Weiss  
12 Participants, 3 CEs

Many relationships have one person polarized in the role of "the anxious one" and the other who appears less anxious. Typically, the "less anxious" partner defers to the perceived threat level of the "more anxious" partner. Participants will be invited to learn about and expand their capacity to experience anxiety in intimate relationships, including the therapeutic relationship.

Dr. Weiss, PhD, is a psychotherapist, an award-winning author, and speaker. His work on understanding men's internal lives culminated with his recently published bestseller "*Hidden in Plain Sight: How Men's Fears of Women Shape Their Intimate Relationships*". Dr. Weiss is a regular contributor to the Psychology Today website and offers workshops about psychotherapy with men and helping men and women understand each other. He practices psychotherapy online from his home on an island in Mid-coast Maine, specializing in psychotherapy groups for men and psychotherapy consultation.

## 25 The Ethics of Diversity: When to Process and When to Refer On?

Jane Baxter  
20 Participants, 3 CEs approval pending ETHICS, DIVERSITY

This ethics and diversity workshop will explore what happens when our world-views, race, beliefs and/or religious values interact with and even impede providing competent professional services to our clients. When is it prudent that potential conflicts be acknowledged and addressed and when is a referral a better choice?

Jane Baxter, MSW, PhD, has been in private practice for over 25 years. After graduate school she taught and supervised students at the UMD School of Social Work, and ran multi-family groups at inpatient addiction treatment centers for adults and adolescents. In 2003 she founded PsychFit - a program which combines personal training and psychotherapy. She authored "Manage Your Depression with Exercise" in 2011. She was co-chair of the AAP Mid-Atlantic group for many years, and currently enjoys being on the Ethics and Scholars committees.

## Two Day Workshops

Friday/Saturday • Continuing 1b, 2b, 3b, 4b, 5b, 6b, 8b, and 9b  
9:00-12:15 pm

### 11a A Pause Between Climbs: The Rarefied Air Of Insight, Awareness, and Self

Mitchell Foy  
Jessica McMillan  
14 Participants, 6 CEs

The higher we climb the harder it is to breathe. The air becomes "rarefied" - more precious - and pauses become vital as the body asks us to slow down. The inner atmosphere can be just as precious as we traverse the Self. Pause with us in the rarefied air of the therapeutic container.

Mitchell Foy, LPC, studied Depth Psychology at Pacifica Graduate Institute and has been an avid meditator for over 30 years. He currently sits with patients in private practice in Atlanta, Georgia.

Jessica A. McMillan, MA, LMFT, is in private practice in Atlanta, Georgia. With specialization in treating Eating Disorders, Jessica has worked with individuals, couples and families on the path towards weight restoration and recovery. She served as a Clinical Director for Alana Recovery Center in Atlanta, GA. Jessica has been involved with the Academy since 2010 when she was introduced as a Scholar.

### 12a Maintaining Balance

David Christy  
Abby MacDonald  
10 Participants, 6 CEs

During times of stress or crisis, we may struggle to maintain equanimity and be available and present in relationship with our clients. This workshop will give us the opportunity to explore how we show up with ourselves and our clients when we are struggling to adjust.

David Christy, MSW, JD, is a clinical social worker licensed in MD, DC and VA. In private practice, he works with adult individuals and couples. He became a psychotherapist after a career practicing and teaching international law. He enjoyed the law, but wanted to work with people to help them grow and build balanced, fulfilling lives. He earned an MSW from the University of Maryland, Baltimore; a JD from the University of Chicago; and a BA from the University of Kansas.

Abby MacDonald, MSW, LICSW is a clinical social worker in private practice. She specializes in the treatment of individuals and couples impacted by infertility and challenges in family building. She graduated from Barnard College (2000), and later pursued her MSW at the University of North Carolina - Chapel Hill (2005). She has worked in a variety of settings: community-based crisis centers, hospitals, and in private practice since 2011. Her work reflects a career-long interest in women's health, sexuality and identity. She is licensed and practicing in Massachusetts but has recently moved to Pennsylvania where she will be opening a practice in Spring/Summer 2023. She is currently enrolled in an analytic training program through the Psychoanalytic Center of Philadelphia.

## 13a What Catches our Breath? Finding your Authentic Voice

Giuliana Reed  
8 Participants, 6 CEs

Finding our AUTHENTIC VOICE is an exhilarating experience. It catches our breath, surprises us and opens us to our deepest truths and deepest pain. Join me in using "fast writing technique" as we safely witness each other do the same. The intimacy is playful, tender, joyful, and sometimes even funny.

Giuliana Reed, LICSW, has been in practice in Washington, DC, for 35 years. She believes the ground between our inner landscapes and our external worlds holds the subtle power of the symbolic and the ability to transform and heal our understanding and experience of ourselves and others. The focus of Giuliana's personal work during the past nine years has been the inner exploration of this interface through Jungian analysis and creative expression.

## 14a Just Breathe

Hannah Hawkins-Esther  
Sean LeSane  
12 Participants, 6 CEs

Can you find your breath to access your power and speak up? Can you find your breath to reflect and get grounded? This group will allow you that space or a place to just BREATHE.

Hannah Hawkins-Esther, LCSW, maintains a private psychotherapy practice at Pine River Psychotherapy Associates in Atlanta, Georgia, where she works with individuals, couples, families and groups. As a therapist she works to support, witness and compassionately challenge clients in their healing and humanity to enrich and deepen their relationship to others and to themselves. AAP has been part of her personal and professional development since graduate school (2008).

Sean LeSane, LICSW, is a clinical social worker in private practice in Washington, D.C. Since 2004 he has provided individual, couples, and group psychotherapy as well as supervision to newer therapists. In the office he helps clients explore the full range of their emotional experience to be more authentic and free. Out of the office he's in the kitchen cooking or enjoying a drink on the porch playing with alley cats.

## Friday

One Day Workshops / 9:00-12:15pm

## 15 Breath as Captor, Breath as Liberator

Bob Coyle  
Beth Schumaker  
20 Participants, 3 CEs

We will explore how breath can escalate or reduce anxiety; entrap or free us from trauma; invite us into or out of addiction; and reduce or enhance our connection to self and others. We will invite participants to share the breathing practices they have found to be most beneficial.

Bob Coyle, PhD, is a licensed Psychologist in independent practice in Atlanta, Georgia. I provide psychotherapy for individuals and couples. I graduated from the University of Kansas in 1971 with a BA in Anthropology and obtained my doctorate in Clinical Psychology from Georgia State University in 1981. I have a particular interest in working at the intersection of attachment injury and the subsequent development of behavior that provides temporary relief, but is ultimately harmful and not sustainable, best exemplified in addiction.

Beth Schumaker, LCSW, is a social worker in Georgia and Certified Leadership Development Coach. She began her career as Head of Social Services for the mental health unit of Northside Hospital, in addition to providing outpatient psychotherapy. She received extensive training in Gestalt, Psychomotor, Cognitive-Behavioral, and other psychotherapy modalities. In her work as a leadership coach and workshop facilitator, she focuses on professional growth and wellbeing. As a Certified Wellbeing Coach, she incorporates mindfulness and various breathing practices in her client work.

## 26 The Ethics of Diversity: When to Process and When to Refer On?

Jane Baxter  
30 Participants, 3 CEs approval pending ETHICS, DIVERSITY

This ethics and diversity workshop will explore what happens when our world-views, race, beliefs and/or religious values interact with and even impede providing competent professional services to our clients. When is it prudent that potential conflicts be acknowledged and addressed and when is a referral a better choice?

Jane Baxter, MSW, PhD, has been in private practice for over 25 years. After graduate school she taught and supervised students at the UMD School of Social Work, and ran multi-family groups at inpatient addiction treatment centers for adults and adolescents. In 2003 she founded PsychFit - a program which combines personal training and psychotherapy. She authored "Manage Your Depression with Exercise" in 2011. She was co-chair of the AAP Mid-Atlantic group for many years, and currently enjoys being on the Ethics and Scholars committees.

## One Day Workshops

Saturday • Continuing 1c, 2c, 11b, 12b, 13b and 14b  
9:00-12:15 pm

### 16 Practicing from Afar: The Groundedness of Working Remotely

Kelly Ezickson  
Angela Cerkevich  
12 Participants, 3 CEs

**This workshop will look at the ways in which working remotely can allow us to care for ourselves, stay connected to clients who travel or move, and allow us to practice away from home. We will look at how therapy has fundamentally changed and how relationships develop and deepen over zoom.**

**Kelly Ezickson, LICSW**, graduated from the University of Delaware with a psychology degree in 1987, and earned an MSW at the University of Pennsylvania in 1989. I have worked in school settings, out-patient clinical settings, psychiatric hospitals, group practices and in private practice. During Covid I spent significant time in Cape Cod, and have found working remotely allows me to feel more grounded, and take better care of myself.

**Angela Cerkevich, PsyD**, graduated from The George Washington University in 2014 after a career as a yoga instructor and meditation teacher. She currently works in private practice seeing couples, individuals, and groups. Angela splits her time between D.C. and Vermont, balancing a country and a city life. She works with clients in person, through hybrid and zoom groups. While she maintains in-person sessions, working online allows her and her clients flexibility, access, and a nourishing lifestyle.

### 17 The Psychedelic Renaissance: Holding Space while Reducing Harm

Mary Gresham  
24 Participants, No CEs available

**This workshop will be both didactic and experiential. We will address the ongoing increase in the use of psychedelic medications, especially MDMA, psilocybin and ketamine by our patients who are utilizing them outside of therapy as a method of self-help. Psychedelic harm reduction gives us a model to work with this.**

**Mary Gresham, PhD**, earned degrees in psychology from Tulane University, Emory University and Georgia State University. I have been practicing in Atlanta since 1988 and still love it. I spent a number of years working as a financial psychologist, helping people with money issues. I heard about psychedelic assisted psychotherapy and in 2019 began to commute to San Francisco for a year, training in the field and earned my certificate from CIIS. I currently work at Emory in research trials on psilocybin assisted therapy for depression.

### 18 Catching Our Creative Breath to Live an Inspired Life

David Pellegrini  
Lori Oshrain  
15 Participants, 3 CEs

**We breathe vitality into our lives through creative action. In this process group we will consider the impact of our personal narratives regarding creativity. Tuning into our creative selves, we open an avenue of exploration with our clients and the ways their creativity narratives enhance or distort their emotional lives.**

**David Pellegrini, PhD**, earned his B.A. from Tufts University (1974) and his Ph.D. in Clinical Psychology from the University of Minnesota (1980). He interned at Harvard Medical School and was a Fulbright Fellow (1980-81) at London's Institute of Psychiatry. Prior to going into full time private practice, he was a tenured Associate Professor of Psychology at The Catholic University of America (1981-1991). He currently engages in individual and group psychotherapy. Additionally, he is an avid oil painter, photographer, and writer.

**Lori Oshrain, PhD**, earned a BA in Anthropology from the University of Oregon (1980), and a PhD from UNC Chapel Hill (1994). Lori is in private practice outside Chapel Hill, NC, working with individuals, couples and groups. Lori has led numerous workshops and a training institute for AAP in the areas of gender and creativity. Lori feels most alive when improvising in relationships, music, drawing, and playing (risking) making stuff out of found objects of wood, rock, leather, and beads.

### 19 Allowing Queerness to Breathe

Erin McCarthy  
12 Participants, 3 CEs pending approval

**Am I queer? Even today, that question remains charged with fear, shame and reactivity. This workshop will create a safe enough space to contemplate our own queerness -- allowing us to stop holding our breath around issues of gender and sexuality in ourselves, others and our patients.**

**Erin McCarthy, MSW**, is a new member (2022) who has been practicing psychotherapy for almost 10 years, working with clients throughout the lifespan. She is eager to honor and learn of past and present explorations of queerness in the Academy. This workshop is an effort to make space for ongoing personal and communal imaginings of queer joy, sorrow and experience in AAP, as well as in the wider personal and clinical context.

**"After 32 consecutive Summer Workshops you'd think one or two would've been duds or even just a little flat...that's never happened. The combined intensity of the work and the play makes it a highlight of the year, year after year."**

**– Nick Kirsch**

## 21 Stop Helping to Catch My Breath

Lee Blackwell  
9 Participants, 3 CEs

I have found that chronic helping is a serious limitation to intimacy and dynamic engagement and can become obvious and/or subtle ways of competing for social dominance. I will ask you to do your best to not help during our time together, and limit your conversation to "I" statements.

Lee Blackwell, Ph.D. is in private practice in Newport Beach, CA, specializing in couples therapy and sexual issues. After receiving his Ph.D. from Florida State University, he received training in sex therapy in the Human Sexuality Program at UCLA, staying on as a supervisor and then was Co-Director from 1983 to 1993. He has presented nationally and internationally on sexuality, psychotherapy and neuroscience. He is a Past President and Fellow of the Academy, and is developing a podcast for AAP.

## 22 Take a Breath...and then Let's Have Sex: Sex as a Healing Journey in a Disconnected World

Steve Eichel  
Laurie Paul  
15 Participants, 3 CEs AASECT

The pandemic - along with a range of concurrent economic, cultural, and political upheavals - has played havoc with peoples' sexuality and sex lives. In this workshop, participants will share healing stories from our own lives and our work, and discuss how and when sex can heal our clients and patients.

Steve Eichel, PhD, ABPP, CST, is a licensed and Board-certified counseling psychologist in Delaware, and a Certified Sex Therapist (AASECT). He has practiced since 1980 with a broad range of clients, employing a trauma-informed psychodynamic and experiential approach. He has presented regionally and nationally on sexuality-related topics.

Laurie Paul, PhD, is a licensed psychologist in the DC metro-area. She graduated with her doctorate in clinical psychology in 2014 from The New School, an APA-accredited PhD program in New York City. Dr. Paul went on to complete a post-doctoral fellowship in psychodynamic psychotherapy at The Karen Horney Clinic in New York City, and the Gottman Method Couples Therapy Level 2 training. She currently works in her private practice in Chevy Chase, MD, specializing in anxiety, group therapy, and couples therapy. She is also an Adjunct Professor of Psychology at American University and the President of the Washington, DC Psychological Association.

## 23 Forest Bathing: Catching Our Breath in the Trees

Penelope Norton  
8 Participants, 3 CEs

This workshop will be an introduction to Forest Bathing, including individual, solitary experiences and group sharing. Forest Bathing is a Japanese healing technique, *shinrin-yoku*, that enhances connection and relationship with trees and forests. Benefits of the practice include: reduced depression and anxiety, enhanced mental relaxation, and increased feelings of gratitude, selflessness and wonder.

Penelope Norton, PhD, is a clinical psychologist in private practice in Ormond Beach, Florida. She specializes in psychotherapy for individuals, couples, families and groups. She has a special interest in the healing power of the natural world and has led retreats, trainings and group experiences in natural environments in a variety of outdoor settings.

## 24 When We Do Not Catch Our Breath: The Ethical Dilemmas of Isolation

Diane Shaffer  
20 Participants, 3 CEs ETHICS

A therapist's existence has always included an aspect of isolation. Covid emphasized this reality. In parallel, many of our client's worlds have gotten smaller and more isolated. Isolation, for them and for us, is sometimes desired and sometimes debilitating. As this conference theme notes, the world outside rushes past with enormous demands and frequent violence. What are our ethical obligations to manage our own isolation, chosen and not chosen, while also managing the isolation of our clients' worlds?

Diane Shaffer, PsyD, works via teletherapy and in-person in Swarthmore, PA and Philadelphia, PA. From 2008-2020, she worked in college counseling which gifted her with clients who have a wide variety of identities, backgrounds and stories. Thanks to PsyPact, a third of her practice is with 20-somethings who are moving about the country and who want to maintain a meaningful therapeutic relationship. In March 2023, Diane will run an 8-week virtual group for 20-somethings experiencing isolation. The isolation of her clients led Diane to reflect on her own isolation as a therapist.

**"I have only attended Summer Workshop once. And I was struck with how much space there was to be present. Space to laugh, process, nap, and play. I wish more of my regular days consisted of these things. Oh how I'm looking forward to my second summer workshop this June!"**

**– Hayden Dawes**

# Continuing Education

American Academy of Psychotherapists  
2022 Summer Workshop  
June 21 – 25, 2023  
Fontana, WI

## Joint Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists (AAP). Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## Psychologists (APA) Credit Designation



This course is co-sponsored by Amedco and 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. **18.0** hours.

**The following state boards accept courses from APA providers for Counselors:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK\*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**MI:** No CE requirements.

**\*OK:** Accepts APA credit for live, in-person activities but not for ethics and/or online courses.

**The following state boards accept courses from APA providers for MFTs:** AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK\*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

**AL MFTs:** Credits authorized by NBCC or any other state licensing agency will be accepted.

**MA MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**The following state boards accept courses from APA providers for Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (held outside NY ONLY), OK\*, OR, SC, UT, WA, WI, WY

**The following state boards accept courses from APA providers for Social Workers:** AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

## Social Workers (ASWB) Credit Designation



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course.

Social Workers completing this course receive **18.0** GENERAL continuing education credits.

**The following state boards accept courses offering ASWB ACE credit for Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK\*, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV\*, WY

**\*OK:** Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

**\*WV:** Accepts ASWB ACE unless activity is held live in West Virginia.

**The following state boards accept courses offering ASWB ACE credit for Counselors:** AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK\*, OR, PA, TN, TX, UT, VA, WI, WY

**AL:** Activities without NBCC approval may be approved upon receipt of documentation prior to the activity BEFORE the event. No approvals afterward by the board.

**MI:** No CE requirement

**The following state boards accept courses offering ASWB ACE credit for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK\*, OR, PA, RI, TN, TX, UT, VA, WI, WY

**AL MFTs:** Credits authorized by NBCC or any other state licensing agency will be accepted.

**MA MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**MI:** No CE requirement.

**The following state boards accept ASWB ACE credit for Addictions Professionals:** AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

# Continuing Education

## New York Board for Social Workers (NY SW)

Amedco 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. **18.0** hours.

## New York Board for Mental Health Counselors (NY MHC)

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0061. **18.0** hours.

## New York Board for Marriage & Family Therapists (NY MFT)

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0032. **18.0** hours.

## New York Board for Psychology (NY PSY)

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. **18.0** hours.

## FL Board of Behavioral Sciences (FL BBS)

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2023. **18.0** GENERAL Hours

## Licensed Professional Counselors Association of Georgia (GA LPC)

Application has been submitted for review.

# Pricing Information

Registration is online only and opens March 20<sup>th</sup> at noon Eastern Standard Time.

[www.aapweb.com/events](http://www.aapweb.com/events)

**REGISTRATION** (Includes workshops, meals, hospitality suite, Saturday dinner and dance.)

	<b>By 4/15/23</b> <i>Early Registration Rate</i>	<b>After 4/15/23</b> <i>Regular Registration Rate</i>
Single	\$1,565	\$1,765
Shared Double Two Beds	\$1,200	\$1,400
Double Occupancy, 1 King Bed	\$1,200	\$1,400
Triple Two Beds	\$1,050	\$1,200

## OPTIONAL FEES/ACTIVITIES

CE Processing Fee \$75

AAP Shuttle	To the Abbey 6/21/23	Returning to O'Hare 6/25/23
	10:00am \$55	6:00am \$55
	12:00pm \$55	12:00pm \$55
	2:00pm \$55	12:30pm \$55

*Please note that shuttle reservations are first come, first served. If you do not know your travel plans at the time of registration, you may contact CapHill at (518) 240-1178 to reserve shuttle seats later.*

6/22/23-Dinner Cruise  
Our Lady of the Lake \$55

*You may also contact CapHill if you decide you would like to join us for the dinner cruise after you have completed your initial registration.*

*Cancellations must be submitted in writing no later than 5/15/23 and will be subject to a non-refundable fee of \$75. Refunds may not be granted after 5/15/23. In case of circumstances beyond our control, AAP reserves the right to make necessary changes in presenters and content of workshop without notice.*