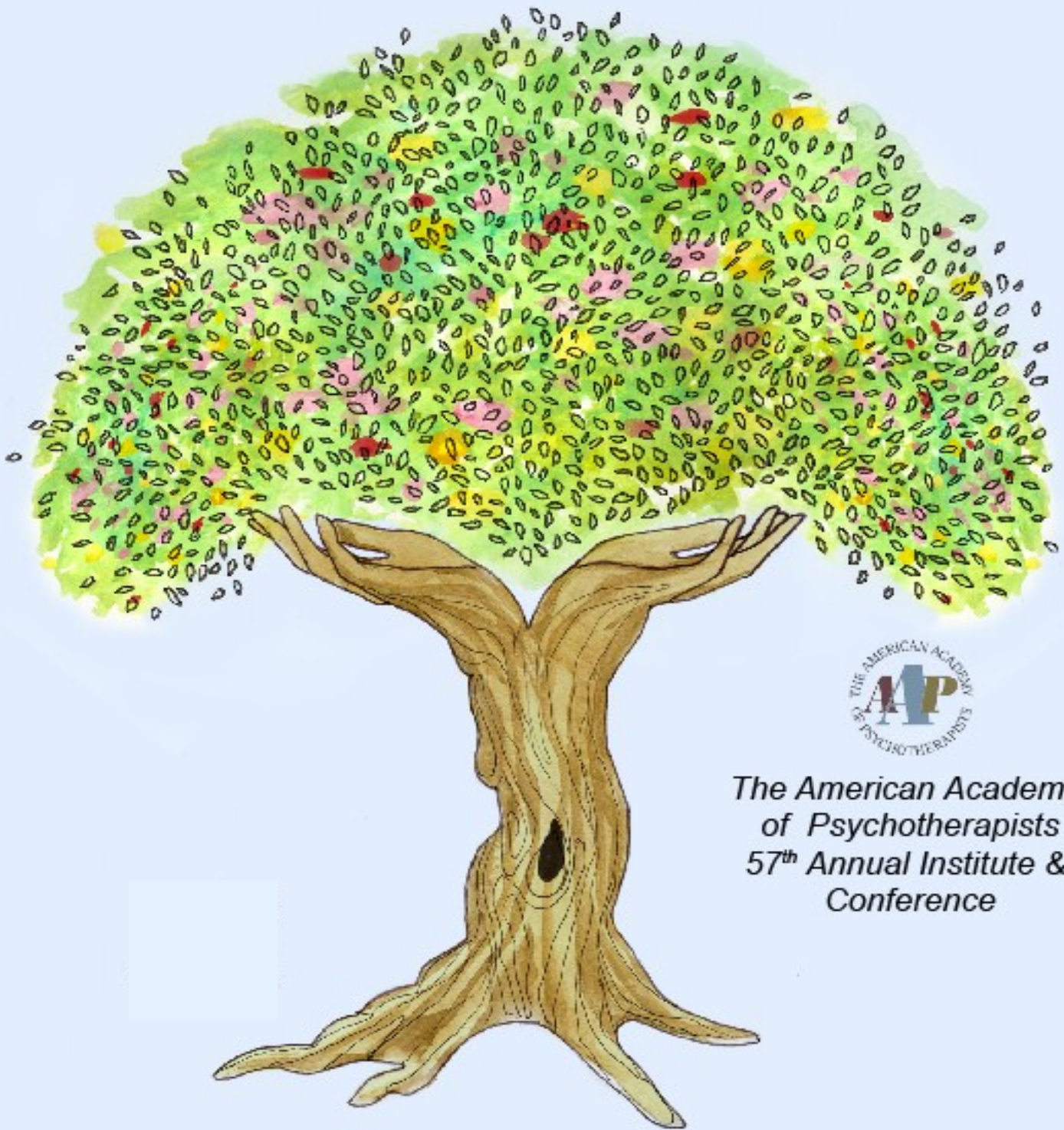


*The Core of Psychotherapy:
Experience in Relationship*



*The American Academy
of Psychotherapists
57th Annual Institute &
Conference*

*October 24-28, 2012
Loews Atlanta Hotel, Atlanta GA*



THE CORE OF PSYCHOTHERAPY:
EXPERIENCE IN RELATIONSHIP

American Academy of Psychotherapists
Institute & Conference

Loews Atlanta Hotel

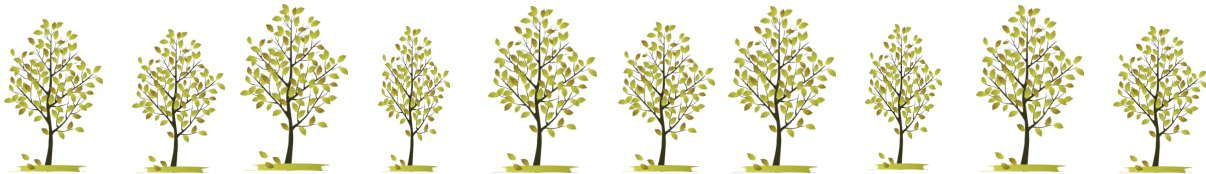
Atlanta, Georgia

October 24-28, 2012



WELCOME TO ATLANTA

The 2012 Institute and Conference Committee of the American Academy of Psychotherapists (AAP) is excited to be hosting our meeting in Atlanta, the beautiful cosmopolitan capital of Georgia. The average temperatures in October range from a low of 54 degrees to a high of 73 degrees, perfect for dining outside at gourmet restaurants, visiting the Botanical Gardens, or strolling down Peachtree Street while admiring the exquisite profusion of autumn colors. Culturally, Atlanta offers the finest of both arts and entertainment. It is home to the legendary Fox Theatre, the Woodruff Arts Center, The High Museum of Art, and The Georgia Aquarium. The Hartsfield-Jackson Atlanta International Airport has been the world's busiest airport since 1998. Atlanta is the ninth largest US city and is the world headquarters of the Coca Cola Company, Turner Broadcasting and The Home Depot. So when you visit us this October be sure to pack a good pair of walking shoes and plan on enjoying all this great city has to offer!



THE LOEWS ATLANTA HOTEL

The Loews Atlanta Hotel, “where contemporary Southern style meets classic luxury,” is set in the heart of Midtown Atlanta or “the heart of the arts.” Within walking distance of the most famous attractions and landmarks in Atlanta, the Loews is convenient to MARTA (Metro Atlanta Rapid Transit Authority) and offers complimentary transportation to local attractions. Its modern rooms boast floor to ceiling windows with sweeping city views. The hotel features the Exhale Luxury Spa and Fitness Center, voted by the magazine *marie claire*, as one of the top five hotel spas to open in 2010.

The Loews Atlanta Hotel is not only pet friendly; it also provides your pets with complimentary gifts, including a tag and a bowl to start their vacation!

For reservations contact Loews Atlanta Hotel directly at
1-888-563-9736 or 404-745-5000.



THE 2012 INSTITUTE & CONFERENCE

THE CORE OF PSYCHOTHERAPY: EXPERIENCE IN RELATIONSHIP

INTRODUCTORY NOTE

The birth of the American Academy of Psychotherapists (AAP) in 1954 coincided with the birth, in Atlanta, of a new and ground-breaking approach to therapy which significantly impacted both theory and practice within the profession and within our organization. This approach, called Experiential, radically emphasized the personal involvement of the therapist and underscored unconscious to unconscious communication as the **core** of the Experiential Psychotherapy process. Among the founding members of AAP, the authors of this approach emphasized that the Experiential method was **not** a school of thought, as is often perceived, but rather a way of understanding human experience that transcends differences in orientation. And while rarely disputed in today's professional circles, the guiding principle that "the therapeutic relationship is the **ground** within which healing takes place", was revolutionary at the time.

In honor of the birthplace of Experiential Psychotherapy and its founders, it is the goal of our Atlanta conference to revisit the Academy's roots and to explore more thoroughly the training experiences that they created. We are happy to be offering presentations by clinicians who trained and currently practice in Atlanta, along with clinicians from across the country and Canada. Our plenary sessions will showcase distinguished and seasoned clinicians in live and video presentations, demonstrating their approaches to psychotherapy, followed by opportunities for dialogue between the presenters and the audience. For two of these sessions, Richard Erskine, developer and Training Director of the Institute for Integrative Psychotherapy in Vancouver, BC, and Leslie Greenberg, developer of Emotion-Focused Therapy (EFT), and Director of the York University Psychotherapy Research Center in Toronto, will be presenting. Our third plenary session will consist of a distinguished panel of the Academy's senior clinicians, who will conduct a live "tag team" interview with a volunteer, demonstrating various approaches to the core experiential process of **shared experience**. Themes relevant to Experiential Psychotherapy will continue in the workshops that follow the plenary sessions.

We are excited to have this opportunity to pay homage to the founding members of the Academy, to the extraordinary talent in our field that has been nurtured in this great city of Atlanta, and to the guiding principles of Experiential Psychotherapy that have contributed to this most unique organization.

We dedicate this conference to the memory of Joel Rachelson, whose commitment to exploring the origins of the heart and soul of AAP spawned this exciting event. We hope you will join us.

Warmly,

Nancy Cahir & Barbara Thomason

Conference Co-Chairs



THE 2012 INSTITUTE & CONFERENCE

EXPERIENTIAL THERAPY: AN HISTORICAL OVERVIEW

During the first half of the twentieth century, American psychology was dominated by two schools of thought: the biological reductionism of classical analysis and the mechanistic beliefs of behaviorism. Then in the early 50's a radical shift emerged in both psychological theory and practice. This new paradigm was referred to as the "Third Force" and has been primarily associated with Abraham Maslow. This Third Force was based on the tenets of Humanism (the basis of Humanistic Psychology) and was heavily influenced by European existential philosophy, made popular in the United States by authors such as Erich Fromm, Rollo May and Victor Frankl. Clinical application of these principles then followed, represented in the work of such giants as Fritz Perls (Gestalt Therapy) and Carl Rogers (Client-Centered Therapy).

At the same time some exciting developments were gestating in the nest of Atlanta's Emory University Department of Psychiatry. It was here that Experiential Psychotherapy was born. Emerging from the philosophical roots of Existential Phenomenology, this ground-breaking approach emphasized the therapist's use of Self as its most readily identifiable feature.

In 1953 this dynamic association of visionaries led to the first published text on Experiential Psychotherapy, which was entitled *The Roots of Psychotherapy*. Co-authored by Carl Whitaker and Thomas Malone, in collaboration with other notable colleagues including Richard Felder and John Warkenton, this extraordinary text emphasized that the experiential approach, as noted earlier, was neither a theoretical school nor a set of techniques, but rather "spoke the truth present in all psychotherapies and in all human experiences." Specifically, from an experiential perspective, regardless of the school (e.g. Emotion-Focused or Cognitive-Behavioral), "it is the embracing of experience through the shared immediacy and authenticity in the therapist-client encounter that leads to change." (Felder, R., Weiss, A., 1991.)

One year after the publication of *The Roots of Psychotherapy*, the American Academy of Psychotherapists was born. Founded by these pioneering theorists/clinicians, along with other significant leaders in the field, the Academy's foundation, mission and spirited training became firmly established.

The 2012 Institute & Conference Committee

Nancy Cahir & Barbara Thomason, Co-Chairs

Sharman Colosetti, Program

Maureen Martin, Brochure

Linda Tillman, Secretary

Janet Tyler, Treasurer

Stephanie Ezust, Continuing Ed

Nancy Moser, Activities

Jerri Bonner & Diana Woodruff, Hospitality & Volunteers

Special Thanks to Pat Coyle, Nelia Rivers, Jonathan Farber, Ed Sharp, Avrum Weiss, Jeannine Collins, and Anna Crawford

CONFERENCE EVENTS

HOSPITALITY SUITE

In keeping with our time-honored tradition, a comfortable space will be available to all attendees for relaxation and connection. The Loews' Ellington Room, which opens up onto a spacious tree-lined terrace overlooking portions of midtown Atlanta, has been reserved for this purpose. As always, light refreshments will be available.

HOSTED DINNERS

If you want to meet other attendees and sample Atlanta's finest cuisines, we will offer a number of hosted dinners on Thursday and Friday. Interested participants will find a sign-up sheet on the bulletin board located at the I&C registration desk.

THURSDAY EVENING

"He/She & Me: A Love Story"

By Sharon Mathis

"He/She and Me" tells the story of Pat, whose long-time husband and soul mate becomes Sheila. Using gender transition as a lens, the play explores change, loss and resilience within our enduring connections. The Huffington Post called it "a poignant success." Written and performed by Atlanta psychologist Sharon Mathis, the show has moved audiences in San Francisco, New Orleans and Atlanta.

BOOK STORE

Charis Books and More will offer books relevant to Experiential Psychotherapy, including those written by some of our presenters.

12 STEP MEETING

AAP offers a 12 Step Meeting at lunch on Friday. Participants from all 12 step programs are welcome. Information will be available at the registration desk on the bulletin board.

A TASTE OF AAP: OPEN HOUSE

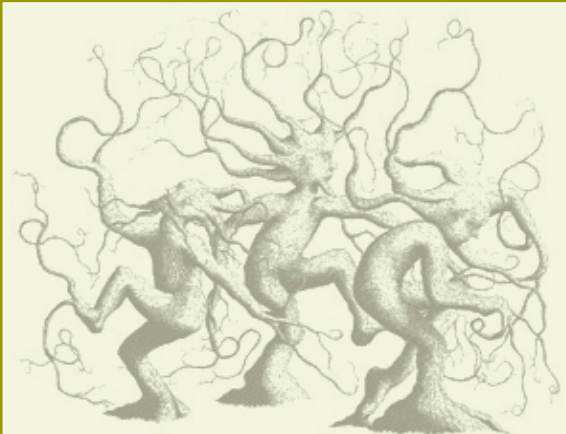
Friday Evening, 6:30-7:30 PM

in the Hospitality Suite

We are excited to be hosting this special event for psychotherapists in the Atlanta and surrounding communities who may not be familiar with AAP. We invite you to join us for hors d'oeuvres and refreshments so that we might give you a *flavor* of our organization. Long-time members of the Academy will be available to share information regarding our history and mission and to answer any questions about membership or other related issues. All conference attendees are welcome. We hope you will join us.

Warmly,

The 2012 I&C Committee



While I dance, I cannot judge, I cannot hate, I cannot separate myself from life, I can only be joyful and whole.

This is why I dance. --Hans Bos

CONFERENCE EVENTS

RECEPTION TO WELCOME AAP SCHOLARS AND NEWCOMERS

WEDNESDAY AFTERNOON 4:00 TO 5:00 PM

Every year ten scholars are awarded stipends to attend the I&C. Please join us in welcoming them. In addition, newcomers and those returning to AAP are invited. Executive Council members, Scholarship Committee members, I&C Committee members and our Membership and Mentoring Chairs will be present to meet & greet and answer any questions.

PROCESS GROUP for SCHOLARS

Four-Day Experiential Group For Beginning Professionals

Becoming “a valued member of a valued group” is vital to the personal and professional development of newly minted therapists. In this four-day (ten-hour) process-oriented group, two AAP leaders will introduce the ten 2012 Scholars to therapeutic peer group relationship building and therapeutic process in action.

The Scholars’ Process Group is not open to new registrants, as the ten AAP scholars are selected annually by the AAP scholarship committee.

Leaders of the Process Group for Scholars

Lyn Sommer, PhD, CGP, and **Marc Feldman**, PhD, are licensed psychologists with long-term private practices in Westport, Connecticut and Washington, D.C., respectively. Both have conducted individual and couples psychotherapy, supervision and numerous psychotherapy groups. Over three decades, they have been members of the same peer group within the Academy, and are pleased to be co-leading the ten-hour AAP Scholars’ process group this year.

SATURDAY NIGHT DANCE

Our committee is pleased to have one of Atlanta's premier Jazz bands, **Gwen Hughes and the Jazz Kats**, perform at our Saturday night dance. Please join us for an exciting evening of dance, music and merriment!

SUNDAY MORNING CLOSING EXPERIENCE

Everyone is encouraged to attend the Closing Experience. This AAP tradition offers conference participants an opportunity to integrate their experience as they transition back to family, friends and work.

SCHEDULE AT A GLANCE

WEDNESDAY, OCTOBER 24, 2012

12:00-5:00 PM	Registration
2:15-5:30 PM	Training Institutes
4:00-5:00 PM	Scholars / Newcomers Reception
6:00-7:30 PM	Opening Experience
7:30-9:00 PM	Dinner/Cash Bar
9:00-10:15 PM	Scholars Process Group

THURSDAY, OCTOBER 25, 2012

7:00-8:45 AM	Breakfast Buffet
9:00 AM-12:15 PM	Plenary Session I
9:00 AM-12:15 PM	Scholars Process Group
12:30-2:00 PM	Lunch
2:15-5:30 PM	Afternoon Workshops
2:15-5:30 PM	Training Institutes Continued
6:00-8:00 PM	Hosted Dinners
8:15-9:15 PM	“He/She & Me: A Love Story” By Sharon Mathis

FRIDAY, OCTOBER 26, 2012

7:00-8:45 AM	Breakfast Buffet
9:00 AM-12:15 PM	Plenary Session II
9:00 AM-12:15 PM	Scholars Process Group
12:30-1:45 PM	Lunch
12:30-1:45 PM	12 Step Meeting
1:45-2:45 PM	Community Meeting
3:00-6:15 PM	Afternoon Workshops
6:30-7:30 PM	A Taste of AAP: Open House
7:30 PM–	Hosted Dinners

SATURDAY, OCTOBER 27, 2012

7:00-8:45 AM	Breakfast Buffet
9:00 AM-12:15 PM	Plenary Session III
12:30-1:45 PM	Lunch
2:15-5:30 PM	Afternoon Workshops
2:15-5:30 PM	Scholars Process Group
7:00-8:30 PM	Dinner/Cash Bar
8:30-12:00 PM	Dance

SUNDAY, OCTOBER 28, 2012

7:00-8:45 AM	Breakfast Buffet
9:00-10:30 AM	Closing Experience



THE PROGRAM



TRAINING INSTITUTES

WEDNESDAY AFTERNOON 2:15-5:30 PM

T1a The Healing Walk: Pilgrimage, Spirituality and Eco-Psychology

Moving into the simplicity of the natural world, this training will guide participants through a walking pilgrimage. Participants will integrate personal insight, spiritual practice and ecological awareness in this outdoor group psychotherapy experience, while moving gently between the inner and outer journeys of the day .

(6 CEs; Open only for previous participants)

Penelope Norton, PhD, practices clinical psychology in Ormond Beach, Florida. A psychology graduate of the Universities of Florida and Rochester, she has dedicated thirty years to the practice of psychotherapy for individuals, families and groups, aged from children through seniors. She has led numerous outdoor psychotherapy experiences.

T1b Continues on Thursday Afternoon 2:15-5:30

T2a Effective Psychotherapy Relationships: Integrating the Research For Practice

Evidence abounds that psychodynamic, relationship-based psychotherapy is effective. As therapists, we need to confidently present that evidence to our critics, potential clients and the public. Through data, discussion and group process we will bolster our ability to assess and assert our effectiveness and to integrate proven factors into our work.

(6 CEs; All Levels; Maximum 25)

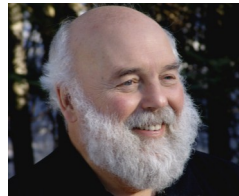
Leonard Schwartzburd, PhD, a psychotherapist with 45 years of professional experience in a variety of settings with different populations, has been in private practice since 1976. He is Chair of the Research and Advancement of Psychotherapy Committee of AAP and is working on a book about a 20-year psychotherapy process.

David Donlon, LCSW, has been a psychotherapist for 30 years, working with adults individually and in couples. For the past 25 years he has split his time between private practice and public mental health settings.

T2b Continues on Thursday Afternoon 2:15-5:30

THURSDAY MORNING 9:00 AM-12:15 PM

PLENARY SESSION I



Three Approaches to Psychotherapy

The Next Generation

Leslie Greenberg (Emotion-Focused), Nancy McWilliams (Psychodynamic) and Judith Beck (Cognitive-Behavioral) each saw the same client. Excerpts from the first sessions of these three approaches will be shown and the styles and interventions compared. Therapist and client reflections about the sessions also will be viewed.
(3 CEs; All Levels; Open)

Leslie Greenberg, PhD, is a distinguished research professor of Psychology at York University in Toronto. He is the developer of Emotion-Focused Therapy and has received the SPR Distinguished Research Career award and the APA Carl Rogers award. He conducts a private practice for individuals and couples and trains internationally.

THURSDAY AFTERNOON 2-DAY WORKSHOPS

2:15-5:30 PM

3a Secrets in the Therapeutic Bond

This workshop is about the role of secrets in the therapeutic relationship. Secrets can create disconnection, due to the various feelings attached to them. We will focus on the role and meaning of secrets, and examine the impact of sharing them, especially secrets in the relationship between client and therapist.
(6 CEs; Advanced; Maximum 12)

Grover E. Criswell, MDiv, has been a pastoral psychotherapist and supervisor since 1968 in Dayton, Ohio. He has always been interested in the choices clients make about what they express in therapy and what they withhold. He has conducted numerous workshops nationally and internationally. He is a past President and Fellow of the Academy.



THURSDAY TWO-DAY WORKSHOPS



THURSDAY AFTERNOON 2:15-5:30 PM

INSTRUCTIONAL LEVEL: THE SESSIONS IN THIS YEAR'S CONFERENCE ARE DESIGNED TO MEET THE EDUCATIONAL NEEDS OF INTRODUCTORY, INTERMEDIATE AND ADVANCED THERAPISTS.

4a Experiential Psychotherapy: A Focus on Interpersonal Exchanges within a Community of Peers

This workshop will be both experiential and didactic in nature, offering participants the opportunity to experience and explore interpersonal relationships with their peers. The impact of individual, interpersonal and system-wide dynamics will be explored through dialogue within this container. (6 CEs; Advanced; Maximum 20)

Jack P. Mulgrew, PhD, ABPP, CGP, is Professor Emeritus in Marriage and Family Therapy at Appalachian State University. Jack is a licensed psychologist in North Carolina. He is currently interested in the dynamics of joining and individuating within interpersonal relationships.

4b continues on Friday afternoon 3:00-6:15

5a Keeping Company with Strangers: What Might We Become?

The experience of relationship in psychotherapy helps us discover how and why we turn ourselves into strangers. Through developing relationships in this workshop, we will explore hidden parts of ourselves, especially aspects we didn't think we could value. The leaders, like good hosts, will just go on making the introductions. (6 CEs, Intermediate, Maximum 15)

Rhona Engels, LCSW, ACSW, has practiced psychotherapy and provided supervision in NYC for 29 years. Teaching experience includes NYU Graduate School of Social Work and the Karen Horney and Fifth Avenue Institutes. She has published frequently in clinical journals, has led numerous workshops and is a Fellow of the Academy.

Neil Makstein, PhD, has been a psychologist in Virginia and Maryland for 25 years after earning his doctorate at the University of Maryland. He is in private practice and provides supervision/consultation to numerous professionals and treatment programs. He experiences endless curiosity about relationships and life.

5b Continues on Friday Afternoon 3:00-6:15

6a Alternatives in Supervision: Experiential Presence in the Practice of Clinical Supervision

This workshop will explore alternative models of counselor supervision that emphasize a focus on archetypal, mythopoetic, spiritual and indigenous (e.g., ceremonial and shamanic) traditions. Participants will learn to better understand ethical aspects of relational approaches through case presentations and experiential exercises. (6 CEs; All Levels; Maximum 20)

Larry Schor, PhD, LPC, CPCS, is an Associate Professor of Psychology at the University of West Georgia. He is a Disaster Mental Health Counselor and Supervisor for the American Red Cross and developer of www.georgiadisaster.info. Larry was named LPCA's Georgia Counselor of the Year in 2004.

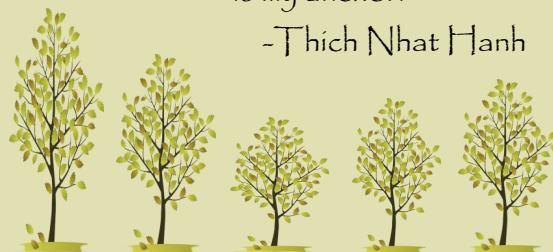
Phil Foster, MDiv, LPC, CPCS, is a psychotherapist in private practice in Decatur, Georgia, specializing in spirituality. Phil has studied indigenous spirituality extensively. He is an ordained Disciples of Christ minister, and the 2006 recipient of the LPCA Counselor of the Year award.

6b Continues on Friday Afternoon 3:00-6:15

The present moment is filled with joy and happiness. If you are attentive, you will see it.

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.

-Thich Nhat Hanh





THURSDAY ONE-DAY WORKSHOPS



2:15-5:30 PM

7 Ethics of Presence: Integrating Mindful Awareness in Accessing and Expressing the Core of Experience

Participants will learn three ways to ground consciousness in experience and to deepen mindful-embodied authentic presence. Then, in dyads and small groups, intra- and interpersonal relational processes and habits will be discovered. There will be structured group exercises with verbal and nonverbal experience and expression, fostering growth and aliveness.

Light movement will be involved.

(3 CE's; Intermediate/Advanced; Maximum 30)

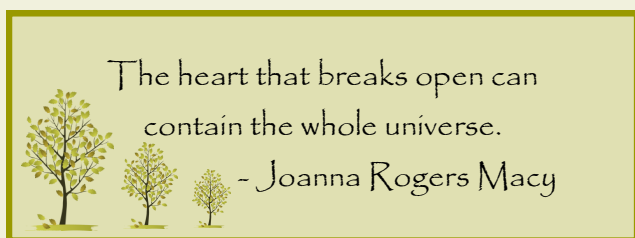
IngeMula Brookhuis-Myllerup LPC, CEAP, holds an MA from University of West Georgia, a PhD from University of Aarhus, Denmark and is certified in a number of experiential body-centered psychotherapies. She studied with three founders: Tom Malone, Ron Kurtz and Richard Schwartz.

8 The Therapy Play: A Performance Narrative on the Therapeutic Person-Group Engagement

Performance and improvisational creative activity presumes intense attending, emotional flexibility, relational co-construction and immediacy of experience. This narrative can be extremely valuable in conceptualizing human development and relational therapeutic engagement. This experiential workshop will explore facets of performance in therapy and its relationship to the therapeutic process and to personal and group development.

(3 CE's; Intermediate/Advanced; Maximum 45)

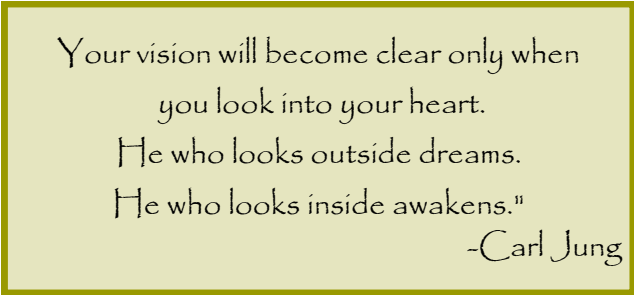
Murray Dabby, LCSW, is a longtime therapist, practicing group, individual and couples therapy in Atlanta. As teacher, workshop leader, theater and youth workshop director, he utilizes creative improvisational approaches to therapeutic personal growth, community building and educational development. He graduated from Columbia University School of Social Work.



9 Use of Present Awareness in a Process Group

Fritz Perls said that present awareness in and of itself creates change. This experiential group, focused on present awareness, will demonstrate the truth of this statement. Beginning with a directed experiential exercise, we'll move into a process group utilizing present awareness with didactic input as we proceed. (3 CE's; Intermediate; Maximum 16)

David Doane, PhD, has been a psychotherapist in private practice for 33 years. He studied existential philosophy, psychology and psychotherapy at Duquesne University, studied Experiential and Gestalt therapy in graduate school, and has learned from many good therapists in and out of AAP, including many years with Carl Whitaker.



10 When Listening Isn't Enough: A Proactive Way to Keep It Lively Using Affect Theory

The presenter will begin with a role-playing demonstration introducing Affect Theory in a couples session. A six-category Basic Feeling States model will be explained and explored. Following this, small group work will allow interested participants to develop and present their own personally-enlivening theories and concepts. Extra points for humor. (3 CE's; Advanced; Maximum 30)

Sandy Hutton, PhD, currently enjoys seeing individuals and couples in her private practice in Marietta, Georgia. She received her B.A. from Ohio Wesleyan University (1964), her M.A. from Vanderbilt (1970), and her Ph.D. in Clinical Psychology from Georgia State University (1974). She's licensed to practice in Georgia. She likes doing stand-up comedy.



THURSDAY ONE-DAY WORKSHOPS CONTINUED

11 Walking in Your Shoes: An Experientially Oriented Body/Mind Method to Experience Deep Knowledge Through Presence and Empathy

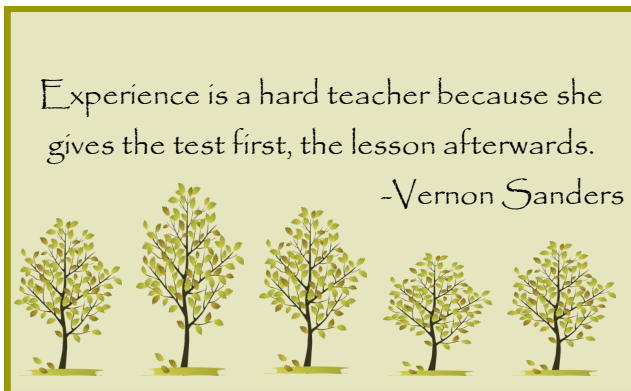
“Don’t judge a man until you have walked a mile in his shoes.” Using this native American saying, the participants of this experiential group will gain deeper insight into another person (mother, partner, child...) or an abstract theme such as a symptom, a decision or their own blind spot. (3 CE’s; All Levels; Maximum 25)

Sabiene Tewes, PhD, received her doctoral degree from RWTH Aachen University, Germany, in 1995 and family therapy training in 1998. She is in private practice, working in individual, couple, family and group psychotherapy. She has been a facilitator for family constellation work for more than 15 years and was trained by Joseph Culp in *Walking in Your Shoes*.

12 Using Stream of Consciousness Writing and Group Process to Connect to Unconscious Material

Psychotherapy’s primary tool is awareness of the unconscious. In this process group we will use stream of consciousness writing to access our own personal unconscious and that of fellow group members as well. Mutual honesty creates a group bond that can penetrate defenses and release emotions of pain and pleasure. (3 CE’s; Advanced; Maximum 15)

Ray Lovett, LCSW, has been a psychotherapist for over 40 years. He is a widely published essayist and a veteran workshop presenter. He will use his passion for creative writing and pursuit of the unconscious in this workshop.



FRIDAY MORNING 9:00 AM-12:15 PM

PLENARY SESSION II



Beyond Empathy:

A Therapy of Contact in Relationship

This workshop will include a didactic presentation and live therapy demonstration of the Relational Psychotherapy methods of phenomenological inquiry, affect and rhythmic attunement, validation and normalization, presence and therapeutic involvement and intersubjective contact necessary in creating an effective expressive and experiential psychotherapy that is transformative in our clients’ lives. (3 CE’s; All Levels; Open)

Richard G. Erskine, PhD, is the Training Director of the Institute for Integrative Psychotherapy in Canada, a licensed Psychologist, licensed Psychoanalyst, certified Transactional Analyst and Gestalt therapist. He is the author of numerous articles on the theory and methods of psychotherapy and the co-author of *Integrative Psychotherapy: The Art and Science of Relationship*.

FRIDAY AFTERNOON 3:00-6:15 PM

13 Integrating Expressive Methods in a Relational Psychotherapy

This workshop will include a didactic presentation and a live therapy demonstration of the concepts of “Contact-in-Relationship.” Dr. Erskine will emphasize the significance of vulnerability, psychological functions, self-regulation, affect-attunement, as well as the therapeutic importance of presence, protection and developmental understanding in creating an effective expressive and experiential psychotherapy.

(3 CE’s; Intermediate/Advanced; Open)

Richard G. Erskine, PhD (see plenary biography above)



FRIDAY AFTERNOON WORKSHOPS



3:00-6:15 PM

FRIDAY AFTERNOON ONE-DAY WORKSHOPS

14 Art-Making: A Resource for Opening and Holding

Through art-making, art-viewing, teaching, journaling and group discussion, participants in this workshop will gain or deepen an understanding of art-making as a resource for growth and healing. No art experience is needed to participate in this workshop. (3 CE; Introductory; Maximum 20)

Virginia DuPre, LPC, and registered art therapist, specializes in counseling and spiritual formation work with women and groups. She holds a MAT (Vermont College); a MDiv (Emory University); and a BA in Psychology (Wake Forest University). She is the past President and past Program Chair of the Georgia Art Therapy Association. Her private practice is in Decatur, GA.

15 Accessing and Understanding Our “Shadow Self”

Carl Jung and others have described the “shadow self” as an unconscious side that can be the source of creative energy and personal learning OR unhealthy, even destructive, acting out. This workshop will consider ways to access the participant’s personal “shadow.” (3 CE; Introductory/Intermediate; Maximum 30)

Warren Jones, MDiv, has been in private practice for 25 yrs. in Macon, Georgia. He is adjunct faculty at Mercer University School of Medicine, MFT Masters Program. He is an approved supervisor in AAMFT, a clinical member of AAPC and a member of AGPA. He has served in various capacities on the Executive Board of GAMFT.

FRIDAY TWO-DAY WORKSHOPS

16a I Wish I’d Said That (or Hadn’t): Choices in Use of Self

This process group will focus on the ways we show up or hide in the consultation room and the results of our choices in our patients and in ourselves. Participants will learn from an *in vivo* experience of expression and withholding and will have an opportunity to examine what informs their decisions. (6 CE; Intermediate/Advanced; Maximum 12)

Roy Clymer, MSW, PhD, a licensed Psychologist in Maryland, recently moved to Texas and is semi-retired. He obtained a BS from the US Naval Academy and a PhD from the Uniformed Services University of Health Sciences. Previously, he provided services for veterans of military operations in Southwest Asia.

Susan Jacobson, MMH, CGP, has been in practice in Columbia, Maryland, for almost 35 years, enlivened by her work with individuals, couples and long-term psychotherapy groups. She is a Certified Group Psychotherapist and has been a small group leader for DC area professional organizations, as well as a frequent presenter at AAP.

16b Continued Saturday Afternoon 2:15-5:30

17a Risking Being Together

When we dare to be present in relationship with a boundaried group, we risk disrupting the familiarity of our story in order to experience more of our self. Our goal in this two-day process group will be to support each other in being and exploring. (6 CE; Introductory; Maximum 16)

David Hawkins, MD, is a licensed, board certified Psychiatrist in private practice in Chapel Hill, North Carolina. He received his medical and psychiatric training at Duke University Medical Center.

Adam Klein, PhD, is a licensed Psychologist in fulltime private practice in Bethesda and Annapolis, Maryland.

17b Continued Saturday Afternoon 2:15-5:30

18a The Relational Mind of Men

Using a fishbowl format, men will participate in a mock men’s group. Non-group participants will have an opportunity to engage in feedback and process their experience. We will also use a video of men participating in an actual support group to enhance our discussions. (6 CE; Introductory/Intermediate; Maximum 50)

Sulaiman Nuriddin, MEd, has facilitated men’s groups for over 20 years. A frequent national and international speaker, he is a men’s advocate, helping to end violence against women. He has led *Men Stopping Violence*, a nonprofit social change organization, for 20 years. A Certified Imago Therapist in private practice,



FRIDAY AFTERNOON–SATURDAY MORNING



FRIDAY ONE-DAY WORKSHOPS CONTINUED

Bob Patterson, MEd, is a Licensed Marriage and Family Therapist and Professional Counselor who has been in private practice for over twenty-five years. He is also a consultant and trainer working with Fortune 500 corporations and family businesses. He is a Certified Imago Therapist, Certified Imago Workshop Presenter having trained with Harville Hendrix, who created Imago Therapy.

18b Continued Saturday Afternoon 2:15-5:30

19a The Ethics of Self-Care: Navigating the Tenses of Life

Ethical self-care includes awareness of limitations. Using Imago Relationship theory, relational consciousness versus unconsciousness will be discussed. Conceptualization and influence of the Tenses of Life (i.e., past, present, future, and un-lived life) on relational disconnection will also be addressed. Experiential exercises and live demonstration will further solidify these ideas. (6 CEs; Introductory; Open)

Wendy Palmer Patterson, LCSW, LMFT, has been in private practice since 1980. As a presenter and therapist, she is known for her warm and empathic style. Wendy trained with Harville Hendrix and is a Certified Imago Relationship Therapist, Workshop Presenter, and Clinical Instructor.

19b Continued Saturday Afternoon 2:15-5:30

20a “There is a Field Out Beyond Right and Wrong; I Will Meet You There.” – Rumi

In this workshop participants will examine and experience the proposed necessary paradigm shift from “either-or” to “yes-and” in the generation of true healing processes both within the individual psyche and in primary relationship systems.

(6 CEs; Intermediate; Maximum 50)

Bedford Combs, LMFT, is currently practicing individual, group, couples and family therapy in Nashville and has been presenting experiential personal growth workshops throughout the US and the UK since the mid-1980’s. BA (Psychology) and MEd (Counseling) degrees were followed by fifteen years of a wide variety of post-graduate experiential trainings.

SATURDAY MORNING 9:00 AM-12:15 PM

PLENARY SESSION III:

The Roots of Psychotherapy: Change through Experience

Experiential Psychotherapy was built on the radical notion that change happens through the process of both patient and therapist embracing their shared experience. In this workshop, three therapists will conduct a live “tag team” interview with a patient, demonstrating a variety of approaches to embracing experience. (3 CEs; Open)

- **Moderator-Avrum Weiss**, PhD, is a Psychologist in private practice in Atlanta, Georgia and the Director of the Pine River Psychotherapy Training Institute. His latest book is *Change Happens: When to Try Harder and When to Stop Trying So Hard (2011)*.
- **Vivian Guze** has been in the practice of body-oriented psychotherapy for many years. She has taught extensively in Europe and the near East for the International Institute for Bioenergetic Analysis.
- **Jack Mulgrew**, PhD, ABPP, CGP, is a Professor Emeritus in Marriage and Family Therapy at Appalachian State University. Jack is a licensed Psychologist in North Carolina. He is currently interested in exploring the dynamics of joining and individuating within interpersonal exchanges.
- **Murray Scher**, PhD, a Past President of the Academy, has been practicing psychotherapy for four decades. He is widely published in the areas of men's studies and psychotherapy and the intersection thereof.

The moment you say yes to what is, and fully embrace it, you become flooded with an intense aliveness.

-Eckhart Tolle





2:15-5:30 PM

21 The Neurobiology of Addiction and the Hope of New Medications

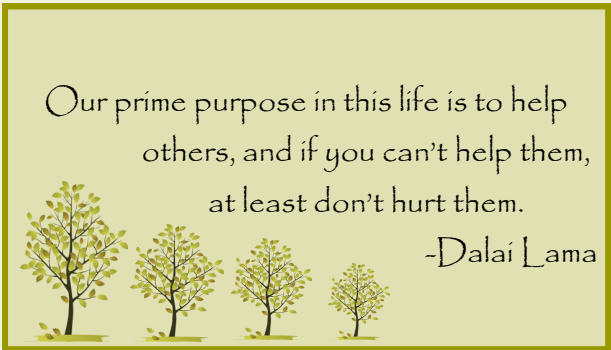
This presentation will describe the three phases of the addiction experience, as proposed by George Koob. The current understanding of the neural circuitry that subtends each phase, as well as the science and the practical application of using the newer medications in addiction treatment, including the risks and benefits of each, will be addressed. (3 CE; Intermediate; Open)

Paul Earley, MD, is a Fellow of ASAM and has been Medical Director of two nationally acclaimed health care professional addiction programs. He has practiced Addiction Medicine in Atlanta for over 25 years. Dr. Earley speaks nationally and internationally and is the author of numerous books and articles on addiction and its treatment.

22 Women and Money: Staying in Relationship With Each Other

Women are often raised to avoid dealing with money and finance. Research documents strong differences between the genders regarding actions, beliefs and emotions about money. In this workshop we will come together as a community to break money taboos, tell our stories and reflect on our histories. (3 CE; Introductory; Maximum 50)

Mary Gresham, PhD, has practiced Clinical Psychology in Atlanta since 1988. She received her education at Tulane, Emory and Georgia State Universities. She specializes in financial psychology, a creative merging of the fields of finance and psychology. She belongs to the Purposeful Planning Collaboration and the Nazrudin project where financial professionals and psychologists collaborate.



23 Using Gestalt Therapy to Engender Curious Awareness without Judgment in the Therapeutic Experience

Awareness is the hallmark of Gestalt therapy. When both client and therapist can approach awareness with curiosity, while suspending judgment, we can quiet our critical voices and begin to find the meaning, value and direction of "what is." We will interweave discussion of Gestalt theory and principles with demonstrations and exercises. (3 CE; Introductory; Maximum 20)

Suzanne Imes, PhD, has been in the private practice of Gestalt therapy for over 30 years. She has provided training and supervision for numerous Clinical Psychology graduate students, as well as for seasoned therapists. She is co-developer of the Impostor Phenomenon theory, co-founder of the Gestalt Institute of Georgia and co-editor of *Touch in Psychotherapy: Theory, Research, and Practice* (Guilford, 1997).

Pauline Rose Clance, PhD, ABPP, has been in private practice doing psychotherapy for 30 years. She is Professor Emerita at Georgia State University, where for 28 years she taught and supervised doctoral students in psychotherapy. She is co-developer of the Impostor Phenomenon theory, co-founder of the Gestalt Institute of Georgia, and co-editor of *Touch in Psychotherapy: Theory, Research, and Practice* (Guilford, 1997).

24 Pesso Boyden Psychomotor Therapy: Principles, Practices, New Developments

This workshop will present basic PBSP sequences and new developments, focusing on how childhood loss/parenting deficits, abuse and trauma show up in therapy and how these can be healed using symbolic interaction. We will also discuss the concept of "holes in roles" and the shift to de-emphasizing anger work. (3 CE; Intermediate/Advanced; Maximum 50)

Gus Kaufman, PhD, licensed Psychologist, senior PBSP trainer and social activist, practices in Decatur, Georgia and has taught PBSP around the U.S., in Europe and Israel. Gus co-founded five nonprofit organizations, currently supervises counselors at VA Centers and has a longtime interest in preventing violence and facilitating healing from trauma and abuse.



SATURDAY AFTERNOON



2:15-5:30 PM

25 Where's Waldo the Client? Clinical and Ethical Challenges of Experiential Psychotherapy Outside the Consulting Room

We will explore how to provide clinically effective and ethically sound Experiential Psychotherapy when the client is being treated in cyberspace. What are the clinical, ethical and risk management challenges of teletherapy and how do we address them? (Ethics Workshop) (3 CEs; Introductory; Open)

Marilyn Schwartz, PhD, is a Psychologist in Washington DC providing individual, couples and group psychotherapy, clinical supervision and consultation to Federal agencies. She created and co-directs the Adult ADD Resource Center of Washington, a treatment center for adults with ADHD. She is Chair of the AAP Ethics Committee.

Linda Tillman, PhD, has had a Clinical Psychology practice since 1984 in Atlanta. She has had a web page since the early 90s and uses the computer daily, including some use of Skype for therapy sessions. She serves on the AAP Scholarship committee and the 2012 I&C planning committee.

26 Writing for Relationship, Writing for Healing

The presenters, both psychotherapists and published authors, warmly invite you to attend this workshop with arms wide open and pens in hand. Expect therapeutic writing exercises, experiential sharing and evidence-based connections between writing, wellness and relating. This will be an occasion to reflect, explore, express, interact and heal. (3 CEs; Introductory; Maximum 40)

Pat Wells, LPC, is in private practice in Atlanta and Athens, Georgia. She received her training in psychology at UNC-Greensboro, Duquesne and Georgia State Universities and is licensed as an LPC in Georgia. She is an Advanced Clinical Hypnotherapist, a counselor supervisor and an author. She is currently penning a book about self-care.

Emily Simerly, PhD, is Clinical Director and Intake Psychologist at Autry State Prison Georgia Diagnostic and Classification Center. She has worked in prison settings for the past 18 years. She has a variety of publications in diverse areas and regularly presents training in the Georgia Department of Corrections and elsewhere.

27 Our Relationships with our Clients and Ourselves

This workshop will focus on the therapeutic relationship through the lenses of both client and therapist. Exploring the therapeutic use of self, we will look at nonverbal communication and how to increase our availability to our clients and to ourselves, using experiential exercises, discussion and lecture. (3CEs, Introductory, Open)

Linda Weiskoff, LCSW, received her MSW from the University of Georgia in 1982. Following intensive training in Attachment Theory in 2003 she opened the Heartwork Counseling Center, creating a residency program for novice therapists. She is a director, supervisor and therapist at Heartwork and presents workshops to therapists and the general public.



CONFERENCE LEARNING OBJECTIVES

Participants will be able:

1. To demonstrate the relationship between being grounded in one's experience in the moment and therapeutic change.
2. To describe additional therapeutic components that foster growth and aliveness.
3. To discuss the importance of presence in the relationship between therapist and client and how it can transform the therapeutic process.
4. To identify, describe and differentiate among at least three experiential methods of psychotherapy.
5. To explore the role of the client-therapist relationship within the different modalities of psychotherapy, i.e., individual, couples, family and group therapy.
6. To generate creative new thinking about relationships and to integrate this knowledge in the assessment of clients.
7. To learn how the therapist's own intrapsychic process can impact the therapeutic relationship and thus either enhance or impede client growth.



LOCAL INFORMATION



LOCAL AREA ATTRACTIONS

Atlanta Botanical Gardens

1345 Piedmont Avenue, NE., (404) 876-5859
www.atlantabotanicalgarden.org

With more than 30 acres of gardens, forest, wildflower trails and a 10,000 square-foot Fuqua Orchid Center, the Atlanta Botanical Garden is one of Atlanta's most beautiful attractions.

Piedmont Park

400 Park Drive, NE
www.piedmontpark.org

Piedmont Park is Atlanta's Central Park. The 189-acre urban oasis is home to many events and Atlanta activities including the Atlanta Botanical Gardens, two lakes, tennis courts and ball-fields. This large park is located just 2 blocks from the Loews Atlanta Hotel.

Midtown Walking and Bicycling Tours

404-273-2558
www.biketoursatl.com

Midtown walking and biking tours are available for many Atlanta attractions. Provided by The Atlanta Preservation Center, walking tours include historic neighborhoods and prominent buildings such as The Fox Theatre, one of the few remaining movie palaces of the 1920s. Bicycle Tours of Atlanta caters to many ability levels and features numerous options across the city, such as the Heart of the City Tour. The Progressive Dinner Bicycle Tour lets you experience Atlanta's coveted cuisine while burning a few calories.

The Fox Theatre

660 Peachtree Street (404) 881-2100
www.foxtheatre.org

Designed in the late 1920s, this opulent, historic landmark was originally the Yaarab Temple Shrine Mosque. Today, The Fox Theatre presents shows by Broadway in Atlanta and Theater of the Stars, as well as a summer movie series. It is also home to the Atlanta Ballet's renowned annual

Margaret Mitchell House

990 Peachtree Street, NE., (404) 249-7015
www.MargaretMitchellHouse.com

The three-story Tudor Revival mansion in Midtown was the home of author Margaret Mitchell, where she wrote the Pulitzer Prize-winning novel, *Gone With the Wind*. The house offers tours, a museum and shop, as well as a literature series.

High Museum of Art

1280 Peachtree Street, NE,
(404)733-4444 www.high.org

From a stately home on Peachtree Street to its current award-winning buildings in a spectacular setting, the High Museum of Art in Midtown Atlanta has become the leading art museum in the Southeastern United States.

World of Coca Cola

121 Baker Street NW
(404) 676-5151 or 1-800-676-COKE (2653)
www.worldofcoca-cola.com

The World of Coca-Cola is the only place where you can explore the complete story – past, present and future – of the world's best-known brand. With 60,000 square feet for you to explore, the World of Coca-Cola is one of the most refreshing attractions in Atlanta and features more than 1,200 artifacts from around the world that, until now, have never been displayed to the public.

Georgia Aquarium

225 Baker Street (404) 581-4000
www.georgiaaquarium.org

As the world's largest aquarium, Georgia Aquarium, with more than eight million gallons of water features more animals than any other aquarium. Through a path of more than sixty exhibits, this Atlanta tourist attraction tells a global water story, with features modeled after the greatest zoos and aquariums in the world. Each majestic exhibit is designed to inspire, entertain and educate.

Centennial Olympic Park

265 Park Ave. West, NW. (404) 222-7275
www.centennialpark.com

This unique 21-acre park performs a dual mission: it serves as Georgia's lasting legacy of the Centennial Olympic Games and it anchors efforts to revitalize resi-





TRAVEL INFORMATION



FLYING INTO ATLANTA: FROM AIRPORT TO

HOTEL

Take Marta

- ◆ You can access MARTA (Metro Atlanta Rapid Transit Authority) in the airport. MARTA connections exist between the Airport and Downtown, Midtown, Buckhead and the Perimeter for easy Atlanta travel. The closest MARTA station to the hotel is the Midtown stop, just two blocks away. The fare is \$2.50 each way. Passengers must purchase the Breeze Card from station vending machines to ride. Multi-trip passes, as well as seven-day to thirty-day passes are also available.

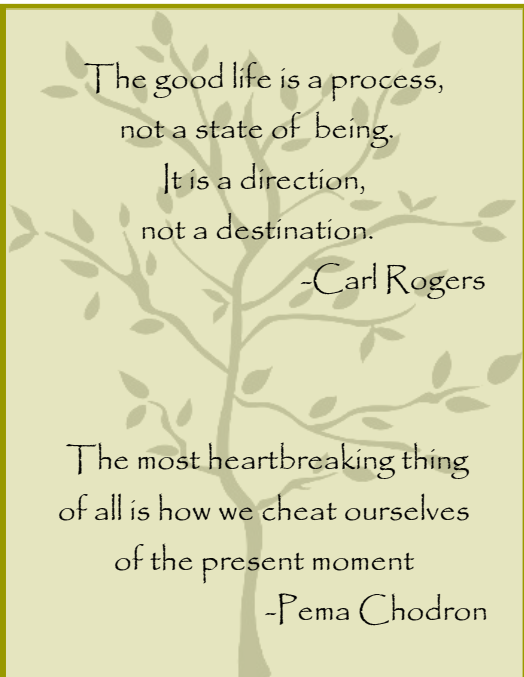
Please note that the walk from the Marta Station to the Hotel can be somewhat challenging when pulling luggage since the road has a slight incline.

Take Taxi

- ◆ The fare between the Airport and the Hotel is a flat rate of \$32.00, plus \$2.00 for each additional passenger.

Take Shuttle

- ◆ The Loews Hotel contracts with a private company, the Atlanta Airport Shuttle, for airport service. Their number is 404-941-3440, (toll free is 1-877-799-5282). Reservations must be made at least 24 hours in advance. They offer a one-way to airport rate of \$18.50.



The good life is a process,
not a state of being.
It is a direction,
not a destination.

-Carl Rogers

The most heartbreaking thing
of all is how we cheat ourselves
of the present moment

-Pema Chodron

Driving directions:

Loews Atlanta Hotel

1065 Peachtree Street, Atlanta, Georgia 30309

From the North (I-75)

- ◆ Take Interstate 75 South to the Techwood/14th Street Exit, turn left at the first light (14th Street) and proceed east to Peachtree Street.
- ◆ Turn right on Peachtree Street, go 2 blocks to 12th Street.
- ◆ Loews Atlanta Hotel is located on the left hand side.

From the North (I-85)

- ◆ Take Interstate 85 South to the Techwood/14th Street Exit, turn left at the first light (14th Street) and proceed east to Peachtree Street.
- ◆ Turn right on Peachtree Street, go 2 blocks to 12th Street.
- ◆ Loews Atlanta Hotel is located on the left hand side.

From the South (I-75/I-85)

- ◆ Take Interstate 75/85 North to the 10th/14th Street Exit; turn right at the first light (10th Street).
- ◆ Proceed on 10th Street. At the 3rd light take a left onto Peachtree Street.
- ◆ The Loews Atlanta Hotel is one block on the right.

From the West (I-20)

- ◆ Take Interstate 20 East to Interstate 75/85 North to the 10th/14th Street exit.
- ◆ Turn right onto 14th Street.
- ◆ Turn right on Peachtree Street, go 2 blocks to 12th Street.
- ◆ Loews Atlanta Hotel is located on the left hand side.

From the East (I-20)

- ◆ Take Interstate 20 West to Interstate 75/85 North to 10th/14th Street.
- ◆ Turn right onto 14th Street.
- ◆ Turn right on Peachtree Street, go 2 blocks to 12th Street.
- ◆ Loews Atlanta Hotel is located on the left hand side.



REGISTRATION



Please mail registration and checks to: American Academy of Psychotherapists, 111 West Main Street #100, Garner, NC 27529

Fax registration with credit card information: 919-779-5642 For information: Email aap@mgmt4u.com or call 919-779-5051

Full Name (for badge) _____

Degree _____

Phone Work _____

Address _____

Phone Home _____

City _____

Phone Cell _____

State _____

Fax _____

Zip _____

E-mail _____

If you are not an AAP member, how did you hear about the conference?

Workshop requests:

Training Institutes: Wednesday & Thursday 2:15-5:15

TI 1 _____ TI 2 _____

Workshop requests:

Thursday 1st _____ 2nd _____ 3rd _____

Friday 1st _____ 2nd _____ 3rd _____

Saturday 1st _____ 2nd _____ 3rd _____

Single Day(s) _____ \$165 per day Circle days attending: Thursday Friday Saturday

Take a \$5.00 discount for payment by check for single day registration.

AAP will refund all but \$75 of the total registration to registrants who notify Central Office of their cancellation on or before September 15, 2012. Notification of cancellation must be submitted in writing with a valid postmark or by email.

OPTIONAL FEES

____ \$70 Wednesday Buffet for Guests, *Full registration includes Wednesday Dinner Buffet

____ \$65 Saturday Night Banquet & Dance ____ Fish ____ Beef ____ Vegetarian

____ **Total Due (payment in full must accompany this form)**

Contact Loews Hotel directly to make reservations. 1-888-563-9736 or 404-745-5000 . There is a special conference rate per room per night of \$169.00 plus tax . The cut off date for registrations at this price is 9/20/2012. One night's deposit is required at time of reservation. Cancellations after 72 hours prior to check-in are non-refundable.

CREDIT CARD INFORMATION

__ Check Enclosed (payable to American Academy of Psychotherapists) __ Credit Card: __ Visa __ MasterCard __ American Express

Credit Card # _____ Expiration Date: _____

Card Holder Name _____

Card Holder Phone _____

Signature _____

WORKSHOP OVERVIEW

Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 5:00PM	9:00—12:15PM	9:00 - 12:15PM	9:00AM - 12:15PM	9:00 - 10:30AM
Registration	Plenary I-Greenberg	Plenary II-Erskine	Plenary III-Weiss	Closing Experience
4:00 - 5:00PM		1:45 - 2:45PM		
Scholars & Newcomers Meeting		Community Meeting		
2:15 - 5:30PM	2:15 - 5:30PM	3:00 - 6:15PM	2:15 - 5:30PM	
TI 1A Norton	TI 1B Norton	13 Erskine	21 Earley	
TI 2A Schwartzburd/Donlon	TI 2B Schwartzburd/Donlon	14 DuPre	22 Gresham	
		15 Jones	23 Imes/Clance	
	3a Criswell	3b Criswell	24 Kaufman	
	4a Mulgrew	4b Mulgrew	25 Schwartz/Tillman	
	5a Engles/Makstein	5b Engles/Makstein	26 Wells/Simerly	
	6a Foster/Schor	6b Foster/Schor	27 Weiskoff	
	7 Brookhuis-Millerup	16a Clymer/Jacobsen	16b Clymer/Jacobsen	
	8 Dabby	17a Hawkins/Klein	17b Hawkins/Klein	
6:00 - 7:30PM	9 Doane	18a Nuriddin/Patterson	18b Nuriddin/Patterson	
Opening Experience	10 Hutton	19a Palmer Patterson	19b Palmer Patterson	
	11 Tewes	20a Combs	20b Combs	
	12 Lovett			

CONTINUING EDUCATION

Satisfactory completion: Participants must have paid the tuition fee, attended their chosen sessions in their entirety (you must attend all parts of a multi-part course to get credit for that course) and completed an online Attendance / Evaluation form in order to receive a Certificate of Attendance. Participants not fulfilling these requirements will not receive a certificate. Certificates are available immediately after completing the online evaluation form. You must complete the online form by **11/30 /2012** in order to receive your CE certificate. The site will close after that date and certificates will no longer be available. Full details will be available at the conference.

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 21 hours.

Professional Counselors: 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. Sessions for which NBCC-approved clock hours will be awarded are identified in the program bulletin (or in the catalogue or Web site). The ACEP is solely responsible for all aspects of the program. Maximum of 21 hours. NBCC-ACEP Provider #5633.

California Board of Behavioral Sciences: The American Academy of Psychotherapists has applied for Provider approval through the California Board of Behavioral Sciences. If approved, this activity would provide up to 21 hours of continuing education credit. Please check our website for periodic updates.

Social Workers: This program has been submitted to the National Association of Social Workers in Washington, DC.

Target Audience: This program is specifically designed for psychologists, marriage and family therapists, social workers and professional counselors and other professionals who are interested in the everyday work of psychotherapy.

THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS
111 WEST MAIN STREET, SUITE 100
GARNER, NC 27529

THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS:

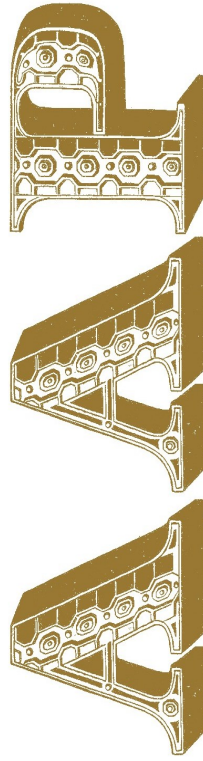
is focused on the person of the therapist as the instrument of change. The Academy provides a dynamic, supportive and challenging community for the committed professional.

The Mission of the American Academy of Psychotherapists:

is to invigorate the psychotherapist's quest for growth and excellence through authentic interpersonal engagement. community for the committed professional.

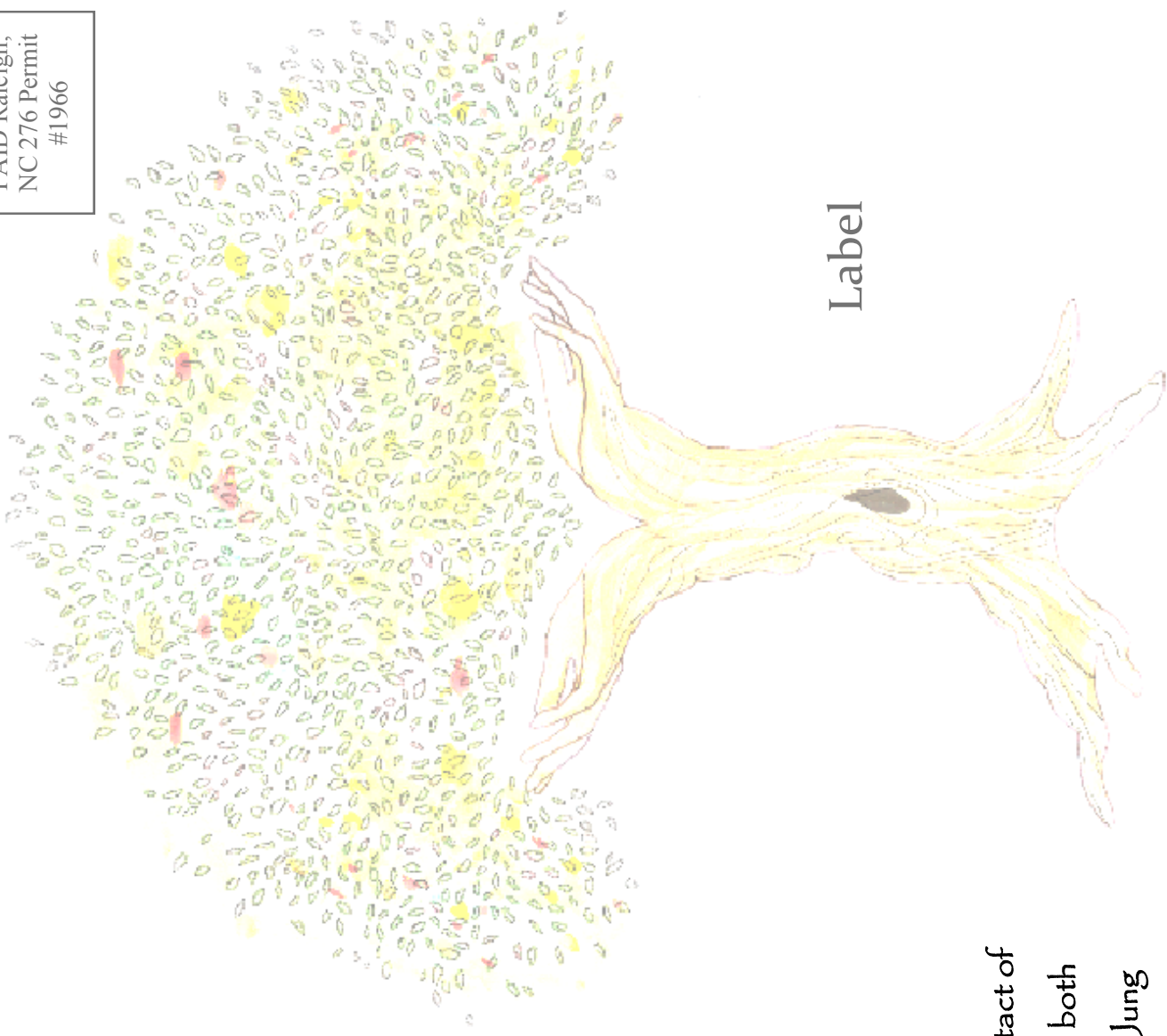
The purpose of the Academy is :

- To enhance the person of the psychotherapist
- To challenge the experienced practitioner to professional excellence.
- To explore the relationship of person and process to psychotherapy.



“The meeting of two personalities is like the contact of two chemical substances: If there is any reaction, both are transformed.”
Carl Jung

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