

# *Resiliency*



*American Academy of Psychotherapists  
Summer Workshop 2013*

*June 5-9*

*Boulder Colorado*



## *2013 Annual Summer Workshop* *Resiliency*

### **Welcome to the Rocky Mountains!**

These mountains carry a great vibrancy and are geologically still a young range changing daily. This evolution, this constant motion, creates energy most conducive to excitement and stimulation that reflects **RESILIENCY**, our theme.

We are naturally resilient beings, but through traumas and difficult experiences we develop fears and anxieties that thwart us from rebounding. As the degeneration of our cells can cause physical disease, so too can our psyche and emotional growth shut down, regress, or deteriorate. Flourishing with change in spite of challenges and life stress is essential; this is resiliency.

Is it learned? Do we inherit it through our genes? How much do we have? Can we adapt to create more of it? How can we influence our clients to be more resilient? These and more areas pertaining to our theme will be explored in this summer's workshop as we are surrounded by the energy of this environment.

As we observe wild horses running free in Colorado, we can learn from them and become more like them. They are strong and brilliant in all ways. Prancing freely and thriving in the wilderness, they not only survive in all weather conditions; they thrive. They are resilient!

With the backdrop of the Flatiron Mountains in Boulder, our front range, and the taller snow capped mountains just behind them, Mother Earth supports and cradles us for this exploration. This magnificent setting will surely stimulate and awaken you to search yourself and tap into your natural gift of resiliency.

Each morning of the workshop, we invite you to step outside, to face the West and feel the energy. Or, you may want to take a few steps from our hotel to hear and touch Boulder Creek. If you are more adventurous, you may explore the trail adjacent to the creek for a short walk or 100 miles. This is your journey to the depth and breadth of yourself to discover your own resiliency. We have the location, each other and all the blessings from the universe. Become part of these young, vibrant, ever-changing Rockies and find the wild horse within that will allow your resiliency to explode!

### **Welcome to the Summer Workshop for 2013.**

#### **Co-Chairs**

**Angela Gould, Bernice Rosenberg, and Gladys Strahl**





# BOULDER

## THE HOTEL

The Millennium Harvest House, the largest and most conveniently located hotel in all of Boulder, is nestled in the foothills of the Rocky Mountains. It offers an inspiring setting with spectacular gardens and sixteen beautifully landscaped acres to explore. The Boulder Creek Path is just steps from the door where you may enjoy a walk, a run or a bike ride. The hotel has bike rentals, 15 tennis courts, an exercise room, a basketball court, indoor and outdoor swimming pools and whirlpools. In addition, it offers complimentary self-parking, newspapers and high-speed internet. All rooms are non-smoking and, for your convenience, there is a local shuttle and a rental car office in the lobby. The hotel is adjacent to the University of Colorado and just 40 minutes from the Denver International Airport.

## BEST OF BOULDER

- #1 City Where Startups are Thriving, CNN Money, 11/27/12
  - The Fittest US City for Baby Boomers, Spry, 09/17/12
  - One of the 5 Happiest Cities in America, AARP, 08/23/12
  - # 5 of Most Well Read Cities in America, Amazon.com, 05/15/12
  - Top 10 Cities for Well-being (#5), Gallup, 03/07/12
  - Top 10 Foodie Cities (#3), Livability.com, 02/17/12
- Boulder is located at the base of the foothills of the Rocky Mountains; its elevation is 5,430 feet. The city is 25 miles north-west of Denver and the population is under 100,000.

## THE COMMITTEE

Angela Gould, Bernice Rosenberg, Gladys Strahl -Co-Chairs  
 Jerri Bonner & Anne Pincus -Program Chairs  
 Pat Coyle & Ann Roark- Brochure  
 Janet Tyler- Treasurer  
 Louise Wallace- Activities  
 Herb & Muriel Roth- Hospitality  
 Diana Woodruff- Continuing Education  
 Sue Timms- Registration, Secretary, New Members Group

## SCHEDULE AT A GLANCE

### WEDNESDAY, JUNE 5, 2013

- 12:00-5:00 PM Registration
- 12:00-5:00 PM Hospitality Suite Open
- 1:45-4:45 PM Training Institutes
- 5:30-7:00 PM Opening/Community Meeting
- 7:00-8:30 PM Dinner & Cash Bar
- 8:30-10:00 PM Open Process Group for New Members and Others

### Thursday, June 6, 2013

- 7:00-9:00 AM Breakfast
- 7:00-8:00 PM Qi Gong
- 9:00-12:15 PM Workshops & Training Institutes
- 12:15-1:30 PM Lunch
- 1:30-3:00 PM Community Meeting
- 5:30-6:30 PM New Members Reception & Cash Bar
- 6:30-8:00 PM Dinner
- 8:30-10:00 PM Popcorn & Movie- "Buck"

### FRIDAY, JUNE 7, 2013

- 7:00-9:00 AM Breakfast
- 7:00-8:00 AM Water Aerobics
- 9:00-12:15 PM Workshops
- 12:15-1:30 PM Lunch/ 12 Step Meeting.
- 1:30-2:30 PM Business meeting
- 2:30-3:30 PM Community meeting
- 6:30-8:00 PM Dinner
- 8:30-9:45 PM Talent Show

### SATURDAY, JUNE 8, 2013

- 7:00-9:00 AM Breakfast
- 7:45-8:15 AM Blessing & Meditation
- 9:00-12:15 PM Workshops
- 12:15-1:30 PM Lunch
- 1:30-3:00 PM Community meeting
- 6:30-7:00 PM Social Gathering & Cash Bar
- 7:00-8:30 PM Dinner
- 8:30-12:00 AM Dance to 'Girls On Top'

### Sunday, June 9, 2013

- 7:00-9:00 AM Breakfast
- 9:00-10:30 AM Closing
- 10:30-1:30 PM Hospitality Will Be Open



# NEW AND RESILIENT HAPPENINGS

## WITHOUT A FAMILY GROUP?

On the first night of Summer Workshop, following dinner, from 8:30-10:00 pm, we will have an **Open Process Group** for new members. Members who are unattached to family groups are also welcome to join us. Leaders for the group are Sue Timms and a co-facilitator.

Take a risk and explore your resiliency with seasoned AAP members as well as new members of AAP. Check the bulletin board for the location of the group.

## WELCOMING AAP NEW MEMBERS

On Thursday night, 5:30-6:30, there will be a reception for new members. Everyone is encouraged to attend; we will socialize, answer questions, and to get to know each other.

## MEALS

Most of our meals will be served in an outdoor pavilion that can seat up to 300 guests. We will be surrounded with beautiful gardens and enjoying our humidity free sunshine! \*We have 300 sunny days a year.\*

## OPENING EXPERIENCE

Our opening experience will be from 5:30 to 7:00 pm on Wednesday night before our cash bar and dinner.

## FAMILY GROUP ROOMS

Room assignments for family groups will be posted on the bulletin board at registration. Be sure to sign up for a room for your group when you register for the workshop and please designate one person from your group to do so.

## QI GONG

Start your Thursday morning with Susan Levy leading Qi Gong- a gentle form of exercise that combines slow non-strenuous repetitive movements with breath control. It helps reduce stress, improve balance and flexibility, boosts the immune system, enhances circulation and digestion, and increases stamina.  
*No experience needed.*

## WATER AEROBICS

You can start your day on Friday with water aerobics led by Sharman Colosetti. This is an invigorating and refreshing way to start your day. *No experience needed.*

## BLESSING MEDITATION

Start Saturday with a blessing and meditation led by Sharyn Faro. What a wonderful way to begin your day!

## ALEXREDMOUNTAIN MEMORIAL GOLF TOURNAMENT

Find a partner, practice your drives, chips and putts and participate in the SW nine hole golf tournament. The course is the Flat Irons Golf Course ([www.flatironsgolf.com](http://www.flatironsgolf.com)) and is close to our hotel. You may call ahead for a tee time if you wish at (303-442-7851) or you may book your tee time online. The format is "shambles" which is when both players hit drives and then play the best one. Both players play their own ball from that point on to the cup. Record the best score. I will post a sign-up sheet at the registration desk. You will be asked to record your handicap or typical score for 18 holes. I look forward to playing with all of you in Boulder. Feel free to contact Karen Swander with any questions or if you need assistance finding a partner at [kswander@msn.com](mailto:kswander@msn.com).

## TENNIS TOURNAMENT

Laura June will lead a tennis mixer at noon on Saturday at the Rocky Mountain Tennis Center. There are 15 hard courts located close by the conference hotel. Rackets are available to rent for \$5. Reservations are accepted for play at other times and can be booked one week in advance at (303)-449-5033. Look for the sign-up sheet on the bulletin board during registration. All levels are welcome to come out for some fun in the sun.

*The bend in the road is not the end of the road  
unless you refuse to take the turn.  
Unknown*





# FAMILIAR AND TREASURED EVENTS

## HOSPITALITY SUITE

Herb and Muriel Roth are excited to be hosting the Hospitality Suite at our 2013 Summer Workshop. Open hours and location will be posted. We encourage you to sign-up for a few hours of co-hosting, and of course we welcome your (unrefrigerated) homemade goodies. Come to relax, eat, drink, meet and greet. Prior to the workshop, contact Muriel ([murielr@san.rr.com](mailto:murielr@san.rr.com)) or Herb ([herbroth@san.rr.com](mailto:herbroth@san.rr.com)). **Volunteers Needed**

## THE RESILIENT TALENT SHOW

The showcase of AAP talent is returning to the 2013 Summer Workshop. In keeping with the theme of the workshop, each performer will be asked to incorporate the concept of resiliency into his or her act, interpreting what resiliency means to that individual and showing how it is manifested in his or her art.

In a concerted effort to keep the production to a reasonable length, a group of less than five people will be restricted to one number of three to five minutes. A group of five or more people will be allowed up to eight minutes and may perform two selections. A sign-up sheet will be posted on the bulletin board at registration. A meeting of all participants will be held on Thursday and individual conferences scheduled as needed. If you have any questions contact Margaret Nichols at [drmnichols@gmail.com](mailto:drmnichols@gmail.com), (H) 404-874-8454 or (VM) 404-873-5510.

## THE AAP ARTS AND CRAFTS TABLE & SILENT AUCTION

The art auction is a wonderful way for artists to display their creations and it is an appreciated opportunity to experience their art. You are encouraged to bring your creative expressions in oil, water colors, photographs, crafts, sculpture, poems, essays, jewelry, and more. The proceeds of the auction will be donated to the Academy Trust Fund. If you have any questions contact Ros Feierstein at (W) 606-465-7099, (H) 606-324-4934 or [helmerf@aol.com](mailto:helmerf@aol.com).

## 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.

### SATURDAY NIGHT DINNER DANCE

#### GIRLS ON TOP BAND

Our Saturday night dinner dance is honored to have one of Boulder's highly sought after bands who has repeatedly received accolades by our community.

Girls on Top (GOT) is a high-energy dance band featuring the greatest soul, funk, rock, jazz, and R&B tunes.

GOT is composed of seven talented musicians, including three vibrant and theatrical front women supported by a tight musical groove, with an emphasis on camaraderie and showwomanship.

These women are funny, smart, and playful.

## 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.





## LOCAL ATTRACTIONS

### COME EARLY AND STAY LATE

Experience this beautiful area with hiking to biking to touring everywhere. Boulder is an invigorating people-oriented city and easy to enjoy in a variety of ways. Rent a bike at the hotel or from one of the bike sharing stations around the city for your bike excursion or a ride around the block. Boulder Creek runs right by our hotel and you can take a casual stroll or hike 100 miles. Boulder Walking Tour offers four unique tour options. Hike up the Flatirons for spectacular views of Boulder Valley. Just minutes west of Boulder are the beautiful 70 foot high Boulder Falls. "Year round, night and day, the Pearl Street Mall provides a living stage," say Boulder natives who enhance the ever changing scenery of the mall with musicians and artisans. The mall is great fun for shopping, dining or sitting in the sun to watch the mix of harmony and activity.

### ROCKY MOUNTAIN NATIONAL PARK

Tour our beautiful national park on Trail Ridge Road, the highest continuous motorway in the United States. Just 45 minutes from Boulder you will be above 11,000 feet on a highway designed with gentle grades, broad curves and a variety of scenic experiences so that it would "lie lightly on the land". Hike the mountain tundra trails or visit the unique gift shops in the town of Estes Park. Bus tours are also available.

### CHAUTAUQUA PARK

Boulder's Chautauqua Park was established in 1898 by a troupe of Texas educators who were looking for an area which would support a summer institute for learning and entertainment. This local cultural haven has been active ever since, with lectures and music festivals. It's 26 acres of parkland are the base for Flatirons hiking trails and walking paths. The historic dining hall, with its wrap around porch and great views, is known for it's excellent cuisine.

### SUMMER ART WALK

At the Millennium Harvest House local Boulder artists will be showcased throughout the outdoor space, including the Gardens, Lawn and Pavilion, from 4pm – 8pm on Friday, June 7<sup>th</sup>. Food and drinks available for purchase.

### THE DUSHANBE TEA HOUSE

The Dushanbe Teahouse was built as a gift by Boulder's sister city, Dushanbe, Tajikistan, whose 40 artisans came to Boulder to handcraft and hand-paint the teahouse. It is the only one of its kind in the Western Hemisphere and is breathtaking.

***Don't miss having tea, lunch or dinner at the Tea House.***

### SOME MUSEUMS TO CONSIDER

Experience Andrews Arboretum or Boulder Museum of Contemporary Art. The Dairy Center for the Arts is a home for performing arts as well as juried art exhibits. In addition, the Leanin' Tree Western Art Museum is host to America's largest private collection of Western art with over 200 paintings and sculptures.

### CELESTIAL SEASONINGS

Take a Celestial Seasonings free tour available daily where you can taste delicious tea varieties and browse the extensive display of original artwork.

### BOULDER BEER COMPANY BREWERY AND PUB

For more spirited adventures, take the Boulder Beer Company Brewery and Pub Tour or visit the Boulder Creek and Book Cliff Vineyards Tasting Rooms.

### BANJO BILLY'S BUS TOURS

Banjo Billy's funky tours on an old tricked out school bus (offering a ride on a saddle or sitting in a lazy boy) are filled with beautiful views combined with history, crime stories, and ghost stories. Group rates can be arranged.

***This Boulder tour bus is convenient and great fun.***

### NCAR

The National Center for Atmospheric Research, a laboratory dedicated to the study of the atmosphere, is perched on a mesa above Boulder. NCAR features science exhibits, art galleries, a self-guided audio tour and...more of those hiking trails! It's a fascinating structure with dedicated people ready to show you around.

*You can learn more about these wonderful opportunities at [www.bouldercoloradousa.com/things-to-do/attractions/](http://www.bouldercoloradousa.com/things-to-do/attractions/) or contact Louise Will-Wallace [louise2212@gmail.com](mailto:louise2212@gmail.com) .*

**We look forward to enjoying our wonderful city with you in June 2013!**





# THE PROGRAM

Instructional level: The workshops in this year's conference are designed to meet the educational needs of intermediate and advanced psychotherapists.

## TRAINING INSTITUTES

Wednesday Afternoon 2:15-5:30 PM &  
Thursday Morning 9:00 AM-12:15 PM

### T1a. The Brain and Pain: The Biopsychosocial Vortex of Functional Somatic Syndromes

Physical and social pain are intimately related and may generate a "somatoform solution". This institute focuses on individuals' responses to illness/injury and the course of recovery including: patient variables such as pre-morbid psychological vulnerability secondary to abuse or attachment compromises, as well as illness variables and environmental risk factors.

Maximum 20 Participants 6 CEs

**open only for previous participants**

**Kristie Nies, PhD**, obtained a PhD in Clinical Psychology from Rosalind Franklin School of Medicine. She is board certified through the American Board of Professional Psychology. As part of her psychotherapy and neuropsychology practice she specializes in helping patients and referral sources untangle the many components of medically unexplained symptoms.

*He who has no fire in himself cannot warm others.*  
*Anonymous*

### T2a. Effective Psychotherapy Relationships: Integrating the Research

Through presentation, discussion and group process we will

- Bolster our ability to assert the value of psychotherapy
- Better articulate what we already know – the importance of relationship in therapy – to our critics, the public and potential clients
- Even more finely integrate into our practices aspects of relationship and match.

no Maximum Participants 6 CEs

**open to new participants**

**Lenny 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 relationship.

**David Donlon, LCSW**, has been a psychotherapist in Chapel Hill, North Carolina, for 30 years, working with adults, individually and in couples.

*"The Lotus is the summer blossom, a very unusual flower, large and beautiful... but it grows in very muddy water. The lotus draws chi from the sun and blooms. When it blossoms there is no dirt, no mud, ... only beautiful flowers so fragrant! We go through muddy waters in our life. This should not stop us from blossoming. Our turmoil, conflict, disappointment, whatever dark muddy things, even our own pain, have their value. They add to our growth, develop our character and teach us compassion. It is an inspiration to be like the flower."*

*Master Lily Siou*

# THURSDAY MORNING 9:00 AM-12:15 PM



## TRAINING INSTITUTES

*Continued from Wednesday*

**T1b.** Kristie Nies

**T2b.** Lenny Schwartzburd & David Donlon

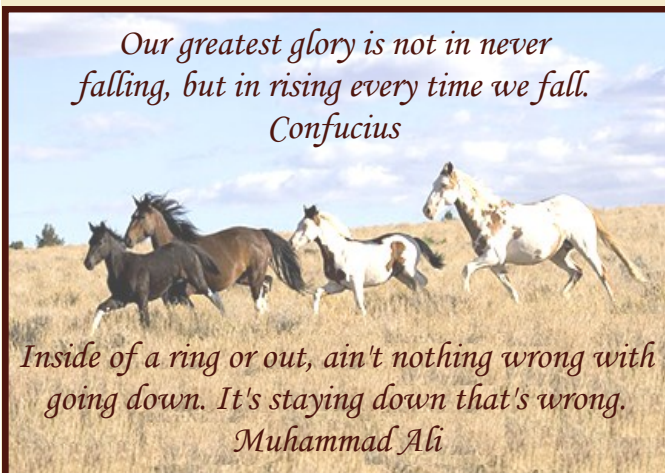
## THREE MORNING WORKSHOP

*Thursday, Friday, Saturday*

### **1a. Life Choice/Death Choice--Moments in the Life of an Intensive Process Group**

Deuteronomy instructs us to "choose life so that thou mayest live." In moments of encounter with oneself or with another during the life of this three day process group that choice will be ever-present. What will we choose? What will it take to choose resiliency instead of surrender to our fears? *Maximum 15 Participants 9 CEs*

**David Mermelstein, PhD**, obtained his PhD in Clinical Psychology from Catholic University. He is in private practice in Charlotte, North Carolina, where he works with individuals, couples and groups. He has been in practice for over 40 years and has provided consultation, supervision and training in a wide variety of settings.



## TWO MORNING WORKSHOPS

*Thursday & Friday 9:00 AM-12:15 PM*

### **2a. What Doesn't Kill You Makes You Stronger (Or Does It...?) Developing BBA (bounce-back-ability) Despite Feeling Buried**

Resilience isn't just about strength. Confidence, faith and trust are also necessary in order to have good BBA. This process group will teach debriefing skills and the four best ways to "come back." The synergy and collective wisdom of the group will provide a living, experiential model of resiliency. *Maximum 20 Participants 6 CEs*

**Jane Baxter, PhD**, received her MSW and PhD in Clinical Social Work from the University of Maryland. She specializes in mood disorders, eating disorders and addictions. For certain patients, she provides psychotherapy sessions that unite physical workouts with traditional talk therapy in a unique treatment process she calls PsychFit.

### **3a. Discovering Resilience through Group Experience**

Research and clinical practice have shown that group process has enormous capacity to enhance resilience in participants. Early disturbances in interpersonal relationships set cognitive and behavior coping patterns that test the limits of personal resilience. This two-day experiential workshop will enable participants to discover and further develop capacities for resilience. *Maximum 12 Participants 6 CEs*

**Hallie Lovett, PhD**, has been a practicing psychotherapist since 1977 and has always included the co-therapy of groups in her practice. This abiding interest in group process has led to the co-founding



## THURSDAY MORNING 9:00 AM-12:15 PM

of the symposium series *The Conversation Between the Arts and Psychotherapy*, membership in The Redwell Theater Group, and 25 years' membership in two peer process groups.

**David Loftis, PhD**, has served in various levels in AAP leadership for the past 20 years. Since receiving his PhD in Clinical Psychology in 1981, he has been in private practice in Atlanta. For the past 14 years he has supervised graduate students and post-graduate therapists in individual and group supervision.

### 4a. Resilience and Shame

So potent is the experience of shame that we inevitably hide what we're ashamed of. In this workshop, we will discover our own resiliency, so that shame transforms from enemy to messenger, inviting us to explore, in an atmosphere of mutual support, aspects of ourselves we often mistakenly assume deserve condemnation.

*Maximum 18 Participants 6 CEs*

**Rhona Engels, LCSW**, has been in private practice for 29 years, working with individuals, couples and groups, teaching and providing supervision. She has published in clinical journals, led workshops, served on Executive Council and holds dear the award of Fellow. Through the Academy she continues to learn over and over the fine art of resilience.

**Steve Sorrells, MA, LCAS, NCC**, is Clinical Director of Recovery Ventures, a residential addiction treatment center in North Carolina, providing individual, group therapy and supervision. Previously, he worked as a crisis counselor, in corporate America, owned a small business and taught school. Resilience has been an important theme in each of these experiences.

### 5a. Truncated Resiliency: How Well-Meaning Parents Can Impact Their Children's Resiliency—A Process Group

Well-meaning, well-intentioned parents can truncate resiliency in children by intervening in the natural development of the Self. New research indicates that children of privilege often develop more anxiety and depression as their parents try to use material desires and power to aid their children in handling and overcoming developmental challenges. The workshop presenters will utilize the current literature as an opening of a process group which will examine more closely the ways in which participants' development may have been truncated. The group will also process ways the participants may further develop individually.

*Maximum 10 Participants 6 CEs*

**Jennifer C Savitz RN, PhD, and Jenny Savitz-Smith, PhD**, have a unique niche in working as co-therapists with couples and families. This mother/daughter pair is able to draw projection from clients in a way that may not happen without actual family members as the co-therapists. Jennifer and Jenny have faced and worked through the challenges of individuation and resiliency in the mother/daughter relationship as it relates to their 13 years of practice together. Jennifer has been a therapist for almost 40 years and a long time member of AAP. Jenny has been a therapist for 13 years and works with children, adults and families.

*Man never made any material as resilient as the human spirit.*

*Bern William*



## THURSDAY MORNING 9:00 AM-12:15 PM

### ONE MORNING WORKSHOPS

Thursday

#### 6. Resiliency and the Brain: The Primacy of Relationship

Early experiences provide the infant and young child with ways of regulating affect that may result in positive or negative outcomes. We will describe the types of experiences that provide resiliency vs. maladaptation and suggest ways of healing early wounds to enhance affect regulation and resiliency in adulthood.

*Maximum 20 Participants 3 CEs*

**Lee Blackwell, PhD**, is in private practice in Newport Beach & Huntington Beach, California, specializing in couples therapy and sexual issues, including sex therapy, sexual trauma and sexual addiction/compulsion. He was Co-Director of the U.C.L.A. Human Sexuality Program from 1983 to 1993 and remains an Assistant Clinical Professor in the Neuropsychiatric Institute. Lee is a Past President and Fellow of AAP.

#### 7. Uncovering the Resilient Longing for Father in the Healer.

Few pains hurt longer and deeper than the wound of unfulfilled father longing. Using creative writing and group support members will write a letter to their father about his contribution to their character and world view and their efforts at resiliency in this struggle. *Maximum 15 Participants 3 CEs*

**Ray Lovett** 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. He has presented over 34 professional workshops on the emotional legacy of father on character.

#### 8. Do No Harm: Repair and Resiliency in the Face of Injury to the Client or Ourselves— Ethics Workshop

Together we will explore the question: Is it possible in psychotherapy to avoid harm to the client or therapist? When injury occurs, how do we ethically and clinically address it to repair the therapeutic relationship and, most importantly, build resiliency in our clients and in ourselves?

*Maximum 30, 3 CEs (Ethics Workshop)*

**Jonathan Farber, PhD**, has practiced/ supervised in Chapel Hill for 30 years and in D.C. for one. His philosophy background sharpens his appreciation for the tension between the empowering clinical message given to clients— to take responsibility for their own choices—and the ethical message from authorities: the therapist is responsible for everything.

**Carole Light, PhD**, since 2000, has had a part-time practice of psychotherapy in Scaly Mountain, North Carolina. Previously, she practiced in Atlanta, Georgia, for thirty years. Currently, she primarily works with individuals and couples. Carole is a Fellow of the American Academy of Psychotherapists and is a member of the AAP ethics committee.

**Barbara Nama, LCSW**, received her MSW from the University of Michigan in 1976 and has been in private practice in Atlanta, Georgia, since 1987. Her foundation in object relations theory and interest in attachment issues have enhanced her exploration of the intersubjective process of psychotherapy.

**Marilyn Schwartz, PhD**, is a psychologist in Washington, D.C., 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.



# THURSDAY - FRIDAY MORNING 9:00 AM-12:15 PM

## THURSDAY MORNING WORKSHOPS

*Continued*

### 9. A Therapist's Resiliency

In the midst of feeling helpless and/or powerless, how do you continue to do your work, to survive, and prevail? This experiential workshop will help participants identify and explore the forces which sap our power, the various fears that prevent us from moving forward, and the physical manifestations of resilient behavior. *Maximum 20 Participants 3 CEs*

**Dr. Natan HarPaz, PhD**, graduated from Washington State University with a BS in Chemistry & Psychology and a MSW. His PhD in Clinical Psychology is from Fielding University. He has over 40 years of psychotherapy experience, has a private practice and is a clinical supervisor in Southfield, Michigan. He is a 3<sup>rd</sup> degree black belt. His affiliations are: AGPA, AAP, MGPS, NASW, IIGP.

### 10. Resilience, Relationship and the Therapist— How Real Must the Therapist Be?

Resilience is the capacity to rebound from loss, Disappointment or failure. We will consider resilience in both therapist and client. What are the internal and relational factors that make resilience possible or that block it? How does the revealed person of the therapist influence resilience? What are the ethics of that transparency? *Maximum 30 Participants 3 CEs*

**Stephen Howard, MD**, practiced for many years with Tom Malone, Dick Felder and other founders of experiential psychotherapy. He is the author of *The Heart and Soul of the Therapist*, a book that updates much of that thinking. He is a long-time presenter for AAP and has served on the Executive Council.

## FRIDAY MORNING WORKSHOPS

### TWO & THREE MORNING WORKSHOPS

*Continued from Thursday*

**1b. David Mermelstein**

**2b. Jane Baxter**

**3b. David Loftis & Hallie Lovett**

**4b. Rhona Engels & Steve Sorrels**

**5b. Jennifer C Savitz & Jenny Savitz-Smith**

### TWO MORNING WORKSHOPS

*Friday & Saturday*

### 11a. Resilience is a Key to Life: A Primer for Psychotherapist Self-Care

We all have an array of strengths and limitations. The trick is to be cognizant and gentle, loving and accepting of them all. In this workshop we will use traditional and non-traditional methods such as reframing, paradox, meditation, and chanting. This process will provide us the opportunity to become more resilient, powerful and whole. *Maximum 15 Participants 6 CEs*

**Damon Blank, LMFT, LPC**, a licensed marriage and family therapist, has been in private practice for over 30 years. He is a diplomate of the Gestalt Training Center in San Diego (with Irv and Miriam Polster), and has years of teaching and training in family systems. As a current student of Kundalini Yoga, he is fascinated by the interface/integration of traditional psychotherapy and spiritual practice.



## FRIDAY MORNING 9:00 AM-12:15 PM

### **12a. The Role of Radical Acceptance in Resilience: A Process Group**

*"You are imperfect, permanently and inevitably flawed, and you are beautiful." Amy Bloom*

During high stress or trauma, people often revert to "fight, flight or freeze" reactions. This process group provides an opportunity for participants to identify their particular crisis response(s) and offers a pathway to resilience utilizing Radical Acceptance, transforming this "lizard brain" reaction to options mediated by the pre-frontal cortex. *Maximum 12 Participants 6 CEs*

**James H. Bird, LCSW**, is a psychotherapist in full time private practice in Atlanta, Georgia, since 1982. After completing a BA in Sociology and Economics from the University of Arkansas and an MA in Sociology from Vanderbilt University, he obtained his professional degree in Clinical Social Work from Tulane University. He works with adults in individual, group and couples therapy in Atlanta, Georgia.

**Stephanie Ezust, PhD**, is a clinical psychologist, trained at Georgia State University in experiential psychotherapy. She has more than 30 years experience, currently practicing in Decatur, Georgia, where she sees adults in individual, couples and group therapy, also offering consultation and supervision. She teaches and practices mindfulness and radical acceptance skills.

*What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.*

*Ralph Waldo Emerson*

### **13a. Sexual Resilience: Theirs and Ours**

This workshop will focus on sexual resilience in our clients and ourselves. We will discuss and process how we can triumph over a range of obstacles (including sexual abuse, repression and intolerance, physical and psychological disabilities, cognitive impairments, and variant sexual orientations and desires) to healthy and full sexuality. *Maximum 15 Participants 6 CEs*

**Anni Tuikka, MA, LPC, CST**, has a private practice in Atlanta, doing individual, couples, and sex therapy with a mainly evolutionary and relational approach. She has two Master's degrees, one in Education (Finland) and the other in Psychology (USA). She is an AASECT-Certified Sex Therapist.

**Steve Eichel, PhD, ABPP**, is a licensed and board-certified counseling psychologist in Delaware, a certified Group Psychotherapist and sex offender treatment provider. 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.

### **14a. Inner Transformations and — A Process Group**

Trauma, loss, and suffering may compel us to live either in more compromised, isolated, lonely and/or remote positions, or our pain may be the stuff that helps catalyze life affirming inner transformations. This process group will focus on how our inner transformational process creates more, or less, in our relationships with others and ourselves. *Maximum 16 Participants 6 CEs*

**Adam Klein, PhD**, is a licensed psychologist in full-time private practice





## FRIDAY MORNING 9:00 AM-12:15 PM

in Bethesda and Annapolis, MD. As a very proud father of Jordan, 9, Rachel, 8, and Benjamin, 6, he is reminded that, like it or not, children learn primarily through role-modeling.

**Judy Lazarus, LCSW-C**, is a licensed clinical social worker in part-time private practice in Davidsonville, Maryland. Since the mainstay of her work has been with adults and adolescents and their families, practices that promote balance and resilience have been key to her own development as a therapist.

### 15a. The Vicissitudes of Resilience

Sometimes we face misfortune with resilience. Sometimes we do not. Join us in an experiential exploration of resilience. We will examine the darker side, when we may have been inflexible or fragile, when we faltered and fell. We will also explore the powerful side when we bounced back from hardship and despair.

*Maximum 15 Participants 6 CEs*

**Lenore Pomerance, MSW, CGP**, has an MSW from Catholic University, is a certified group therapist with AGPA. She has a private practice in Washington, D.C., and has presented at AAP on “Sexuality and Aging”, “Sexual Desire”, “Working with the Dying” and “Your Bucket List”. She is on the faculty of the Washington School of Psychiatry’s Center on Aging Certificate Program.

**Ann Reifman, PhD**, has been in the field of mental health for over 40 years. At the moment, she has a private psychotherapy practice in Washington, D.C., and is a consultant to the National Institute of Mental Health. At NIMH she works on a study of schizophrenia and genetics and is director of a clinical program on schizophrenia.

### 16a. Aging, Sex, and Resilience

It has always been assumed that age brought diminished resilience and a decline in sexuality. This workshop will address the fallacy in those assumptions using the dynamic of group process.

*Maximum 15 Participants 6 CEs*

**Murray Scher, PhD**, holds the PhD in Counseling Psychology. In private practice for four decades he has presented internationally, is widely published, and is a past president of the Academy. A close observer of resilience, aging, and sexuality, as well as a respected group facilitator, he looks forward to presenting this workshop.

### 17a. Finding Resiliency in the Arms of Grandmother Earth

The earth, and her archetypal manifestations as Mother and Grandmother Earth, models resilience beyond our deepest imaginings. Biologically and chemically, we are indeed her grandchildren, made from her dust, her chemicals, her molecules. Indigenous cultures who practice nature-based spirituality demonstrate immense resilience. In this outdoor experiential workshop we will explore the psychological and spiritual aspects of one Native American model. Within the framework of these teachings, we will experience how nature nourishes our resiliency and discuss applications of this in clinical practice.

*Maximum 12 Participants 6 CEs*

**Pat Webster, PhD**, practices psychotherapy in North Carolina, where she is licensed as a Psychologist. She received her undergraduate degree from Duke University and her doctorate from the Union Institute. She recently completed five weeks of advanced training in nature-based psychology and spirituality, which she has used in her psychotherapy practice for many years.

# SATURDAY MORNING 9:00 AM-12:15 PM

## TWO & THREE MORNING WORKSHOPS

*Continued from Friday Morning*

**1c.** David Mermelstein

**12b.** Jim Bird & Stephanie Ezust

**13b.** Steve Eichel & Anni Tuikka

**14b.** Adam Klein & Judy Lazarus

**15b.** Lenore Pomerance & Ann Reifman

**16b.** Murray Scher

**17b.** Pat Webster

*You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once, but don't ever underestimate the importance you can have, because history has shown us that courage can be contagious and hope can take on a life of its own.*

*Michelle Obama*

## ONE MORNING WORKSHOPS

*Saturday*

### **18. SCULPTING THE FAMILY: Roots to Resiliency**

Sculpting is a powerful non-verbal process that may project the resilience in a family, or the lack of it. This is an experiential workshop in which a participant may sculpt his/her own family by choosing participants to take positions as they delineate family roles. It is a variation of sculpting once practiced by Virginia Satir.

*Maximum 20 Participants 3 CEs*

**Rosalind Edelstein, LCSW**, has been a psychotherapist for over 45 years. She is now in private practice in Atlanta. She has trained and supervised family therapists in Atlanta and in Toronto and has led workshops at AFTA, AAMFT, and AAP.

### **19. Building Resiliency with Experiential Process Groups**

There may be no better way to build psychological resiliency than through a therapy/process group. Process groups are to resilience what workouts are to building muscle strength. Through authentic personal (I-Thou) engagement this workshop should result in enhanced resiliency and self-knowledge about how you function in groups.

*Maximum 20 Participants 3 CEs*

**Nicholas Kirsch, PhD**, is a devotee of the experiential learning which AAP embodies. He borrows/steals from many master therapists/mentors including Satir, Kopp, Pessio, Ted Grant, Patricia Kirsch, Mulgrew and Hawkins; and draws heavily from many life lessons (success and failures) outside the therapy world. VOICES is his therapy bible.

*When we are no longer able to change a situation - we are challenged to change ourselves.*

*Viktor E. Frankl*

*You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'*

*Eleanor Roosevelt*





## SATURDAY MORNING 9:00 AM-12:15 PM

### 20. Creativity and Resilience

Let's explore the link between resiliency and thriving in the creative process. When we encounter blocks to creativity, we lose contact with our unique voice. The three facilitators are artists, each with a different expression and a unique struggle. This group can be a resource to explore your own creative process. Examples of participants' creative medium are encouraged. *Maximum 16 Participants 3 CEs*

**Arthur Weinfeld, EdD**, is a psychologist practicing in Arizona and Utah. He has presented Creativity Stone Workshops throughout the United States as well as in Canada and Australia. Over the past three years, he has concentrated on learning and playing the Native American flute.

**Fern Beu, PhD**, is a psychologist in private practice in Washington, D.C., and Severna, Maryland. She began painting in middle age and has had shows of her work in Bethesda, Chevy Chase and Annapolis, Maryland; in Washington, D.C.; and Charleston, South Carolina.

**Lori Oshrain, PhD**, is a psychologist in private practice outside of Chapel Hill, North Carolina. Primarily a self-taught artist, she has been making music for 50 years with side trips into drawing, painting and creating primitive furniture. No matter what the medium, she loves improvisation and seeing the connection between all things.

*"I guess that's all forever is...Just one long trail of nows. And I guess all you can do is try and live one now at a time without getting too worked up about the last now or the next now."*

*Nicholas Evans, "The Horse Whisperer"*

### 21. Ethical Issues for the Group Therapist in Supporting the Development of Resiliency of Its Members

As practicing group psychotherapists, we daily encounter issues that may rise to the level of ethical dilemmas. We have to focus on our own self-awareness around issues pertaining to diversity such as age, gender, gender identity, race and other human factors that influence our decision-making process. This self-examination is necessary in providing a therapeutic container for our group members as they grow toward developing resiliency and other desired outcomes. In this workshop we will explore the impact of our behavior on leading effective psychotherapy groups.

*Maximum 15 Participants 3 CEs (Ethics Workshop)*

**Diana Woodruff, PhD**, has worked with David Hawkins, MD, for the past ten years by attending his group training sessions. She is in private practice and is one of the four partners who created the "Pathway Center for Psychotherapy" located in Norcross, Georgia. Her primary focus is family therapy which she believes is the strongest modality for developing insight and initiating changes in the individual's relationships. She spent the first thirty years of her professional career working in special education in the public school system and later coordinating a center for severely emotionally disturbed adolescents.

*Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That's how the light gets in.*

*Leonard Cohen*



# WORKSHOP OVERVIEW

WEDNESDAY 1:45AM-5:00PM	THURSDAY 9:00AM-12:15PM	FRIDAY 9:00AM-12:15PM	SATURDAY 9:00AM-12:15PM
T1a Nies	T1b Nies		
T2a Schwartzburd/Donlon	T2b Schwartzburd/Donlon		
	1a. Mermelstein	1b. Mermelstein	1c. Mermelstein
	2a. Baxter	2b. Baxter	18. Edelstein
	3a. Loftis/Lovett	3b. Loftis/Lovett	19. Kirsch
	4a. Engels/Sorreles	4b. Engels/Sorreles	20. Weinfeld/Oshrain/Beu
	5a. Savitz/Smith	5b. Savitz/Smith	21. Woodruff
	6. Blackwell	11a. Blank	11b. Blank
	7. Lovett	12a. Bird/Ezust	12b. Bird/Ezust
	8. Farber/Light>Nama	13a. Eichel/Tuikka	13b. Eichel/Tuikka
	9. HarPaz	14a. Klein/Lazarus	14b. Klein/Lazarus
	10. Howard	15a. Pomerance/Reifman	15b. Pomerance/Reifman
		16a. Scher	16b. Scher
		17a. Webster	17b. Webster

## CONTINUING EDUCATION

**Satisfactory completion:** Participants must have paid tuition fees, 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 attendance/evaluation form in order to receive a Certificate of Attendance. Participants not fulfilling these requirements will not receive a certificate. Failure to complete the attendance/ evaluation form will result in forfeiture of credit for the entire conference. No exceptions will be made. Partial credit of individual sessions is not available. Certificates are available immediately after completing the online form. Information about obtaining the CE certificate will be in your packet.

**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 12 hours.

**Professional Counselors and Marriage and Family Therapists:** Amedco is an NBCC-Approved Continuing Education Provider (ACEP) and a co- sponsor of this event/program. Amedco may award NBCC-approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. Maximum of 12 hours. NBCC-ACEP Provider #5633. Category 1.

**Social Workers:** This course has been submitted for review to the National Office of NASW, Washington, D.C..

**California Board of Behavioral Sciences (CABBS):** Course meets the qualifications for 12 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE4956.



# AAP REGISTRATION

For Information: Email [aap@caphill.com](mailto:aap@caphill.com) or call 518-694-5360

Name: \_\_\_\_\_ First Name for Badge: \_\_\_\_\_

Address: \_\_\_\_\_ Phone (H) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ (W) \_\_\_\_\_

Email: \_\_\_\_\_ (C) \_\_\_\_\_

Note: Workshop rooms will be available for family groups. Please indicate if you need to reserve a family group room for \_\_\_ persons. Indicate the person representing your group. \_\_\_\_\_

### WORKSHOP REQUESTS:

Training Institutes:	Wednesday 1:45-4:45PM	T1a _____	T2a _____	
	Thursday 9:00-12:15PM	T1b _____	T2b _____	
Workshop Preferences:	Thursday	1 <sup>st</sup> _____	2 <sup>nd</sup> _____	3 <sup>rd</sup> _____
	Friday	1 <sup>st</sup> _____	2 <sup>nd</sup> _____	3 <sup>rd</sup> _____
	Saturday	1 <sup>st</sup> _____	2 <sup>nd</sup> _____	3 <sup>rd</sup> _____

**REGISTRATION FEES:** Include workshops, meals and accommodations **June 5 - 9, 2013** early registration on or before **April 22**

**\*Single \$1250 \* Double \$935 \*Triple \$831 \*Quad \$711** – Late Registration \*Single \$1300 \*Double \$985 \*Triple \$881 \*Quad \$761

Upgrade to 'superior rooms' with a view \$30 per night - add \$120 to single registration cost -\$60 to double -\$40 to triple -\$30 quad. Rooms two days prior and two days after conference, \$139 double/single , \$149 triple, \$159 quad. Contact the Millennium Harvest Hotel directly at (303) 443-3850 to make reservations for these dates and state that you are from AAP. Check-in time 3PM– Check-out time 12PM  
*For the double, triple and quad each person must arrange roommates in order to qualify for the rates before you register.*

**Roommate(s) Name** \_\_\_\_\_

\*Final housing assignments will be made by the resort and our committee based on availability.

Registration fee \$ \_\_\_\_\_

CE Hours \$30 \$ \_\_\_\_\_

Room upgrade charge \$ \_\_\_\_\_

**Order T-shirts \$25** \$ \_\_\_\_\_ **SIZE? S M L XL XXL**

**TOTAL PAYMENT \$** \_\_\_\_\_

**DEADLINE FOR REGISTRATION IS MONDAY MAY 6, 2013.** Space or price cannot be guaranteed after this date.

\$75 fee for cancellation on or before Monday May 6<sup>th</sup>, no refunds after this date. Cancellations must be submitted in writing.

Special Diet? \_\_\_\_\_ Special Needs? \_\_\_\_\_

**\*Make checks payable to and mail to: American Academy of Psychotherapists, 1450 Western Avenue, Suite 101 Albany, New York 12203 \*Or FAX registration and credit card information to: 518-463-8656  
VISA MasterCard AMEX**

Name on Card: \_\_\_\_\_ Card# \_\_\_\_\_

Signature: \_\_\_\_\_ Expiration Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_





# TRAVEL INFORMATION

## **FLYING :**

Denver International Airport (DIA) is the main airport that serves Boulder. It is served by most major airlines.

Major auto rental companies serve DIA. Call **303-342-2000** for information.

## **BY AUTO:**

From DIA to the Millennium: Option 1: exit the airport via Pena Blvd, take exit 6B toward Boulder/Ft. Collins for .9 miles, merge onto E-470 North for 17.5 miles, continue onto Northwest Pkwy for 9.4 miles, take the ramp on to US 36 W/Boulder until this expressway ends and it turns into 28<sup>th</sup> Street. Make a left turn into the hotel just before the 2<sup>nd</sup> traffic light, which is Arapahoe, from the expressway. This will cost about \$6 in tolls but there's never any traffic!

Option 2: exit the airport via Pena Blvd, merge on to 1-70W for 3.7 miles, slight right on to 1-270W for 6.8 miles, continue onto US 36 (exit on the left) for 20.5 miles, make a left turn into the hotel just before the

2<sup>nd</sup> traffic light, which is Arapahoe, from the expressway. No tolls but will have traffic during the typical rush hours.

***There is complimentary parking throughout your stay.***

## **BY SHUTTLE:**

Go to the Super Shuttle Reservation Page

<http://groups.supershuttle.com/aapconference2013.html>

or you can input the discount code **AAP13** manually into their main page <http://www.supershuttle.com/>.

Or, call **1-800 Blue Van (258-3826)** for your reservation.

## **BY TRAIN:**

Call the Amtrak number in your neighborhood. Most cities have good connections to Denver.

## **LOCAL TRAVEL:**

Pearl Street Mall and Downtown are nearby and accessible by hotel shuttle or bike. Shuttles from the hotel are available on call.

## *Workshop Mission Statement*

For the skilled psychotherapist to have deep understanding of the complex process that leads to developing and enriching resiliency, and to allow such therapist to more fully help each client to navigate and ultimately manifest the resiliency to which (s)he aspires. It is also to assure that therapists themselves are indeed resilient. These are the goals of the 2013 AAP Summer Workshop.

### **Conference Learning Objectives**

1. To delineate the constituents of resiliency in the individual on the affective, cognitive, neurobiological and spiritual levels.
2. To determine which variables, from a cultural and archetypal standpoint, do in fact nourish (as well as maintain vs. undermine) resiliency in an individual and stimulate the process of resilience in a community.

3. To educate the psychotherapist to observe and study the roots of psychological resilience and the individual trait of resiliency from their origins as constructs in the field.
4. To examine how newer psychological theories may more specifically contribute to an understanding of resiliency, including: positive psychology, somatically based treatment approaches and recent neuropsychological findings.
5. To discern the value of resiliency as a construct in our work with clients particularly in settings which address target populations such as: trauma survivors, immigrants and refugee populations, those in the rapidly changing high tech industry, and patients with psychoneuroimmunological issues.
6. To learn to utilize the notion of resiliency in our own work as clinicians toward preventing our own burnout or "compassion fatigue".



## THE RESILIENT WILD MUSTANGS

Our powerful horses stampede through history with great resilience. No other animal has contributed so much to our civilization. They have evolved over millions of years, many still running wild. When the Spanish reintroduced the horse to the Americas in the late 15<sup>th</sup> century, some escaped and formed feral herds. The best known is the Mustang, well known in Colorado. Arriving at the Denver airport you will see a 32-foot blue sculpture, with the illuminated red eyes of a tenaciously resilient wild mustang!

When we chose the theme "Resiliency" for the Summer Workshop, we immediately thought of the wild horses that are still roaming and thriving in our open land here in Colorado, as well as in other western states. To see them running in their herds brings some to tears. To be in their presence stimulates a deep personal awe and our archetypal energies run rampant. Their speed, strength, grace, power, and beauty are to be revered.

Folk tales often portray the horse as extending the physical abilities of his rider and so becoming a projected part of the internal quest of the Hero. We see powerful images of the horse in modern movies such as: *The Black Stallion*, *War Horse*, *National Velvet*, *Black Beauty*, *Secretariat*, *The Horse Whisperer*, *Hidalgo*, *Seabiscuit*, to name a few. This rich list exemplifies our fascination with these heroic creatures.

The year 1995 saw the publication of the book, *The Horse Whisperer*. It tells the story of a severely traumatized girl, her family, an equally traumatized horse and the power of their relationships. The book was later made into a movie, inspiring the emergence of many therapeutic equine centers around the nation. The extraordinary ability of the horse to mirror human emotions and experience was further demonstrated in *Buck*, the documentary of the real life horse whisperer, Buck Brannaman. It won an award at the 2011 Sundance Film Festival as a beautiful demonstration of how the creation of safety and security leads to true union and healing. (*view it Thursday night at SW*)

The primal mirroring that occurs between human and horse embodies a sacred relationship. The ability of the horse to survive and thrive for millions of years is an exemplary model of resiliency! We can learn a great deal from them. We can learn to keep our power, our grace, our freedom, our wildness, and our integrity.

*May the horse be with you!*

### "Pas de Deux" by Ann Hayes



"Pas de Deux", the title of this work, translates to "steps for two". It represents a dance where the partners experience mixed emotions - sometimes loving and playful, other times angry. In working out their relationship through dance they demonstrate resilience.

The artist, Ann Hayes, is the published author of several children's books and has been a painter all her life. Horses are her favorite subject. She feels they can express the whole spectrum of human emotions.

Ann is a local Boulder artist and has graciously donated the images of her paintings for the brochure and our summer workshop tee shirt.

**Order Your SW2013 Tee Shirt on the Registration Form.**

**American Academy of Psychotherapists  
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# *Resiliency*



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*Boulder Colorado  
June 5-9, 2013*