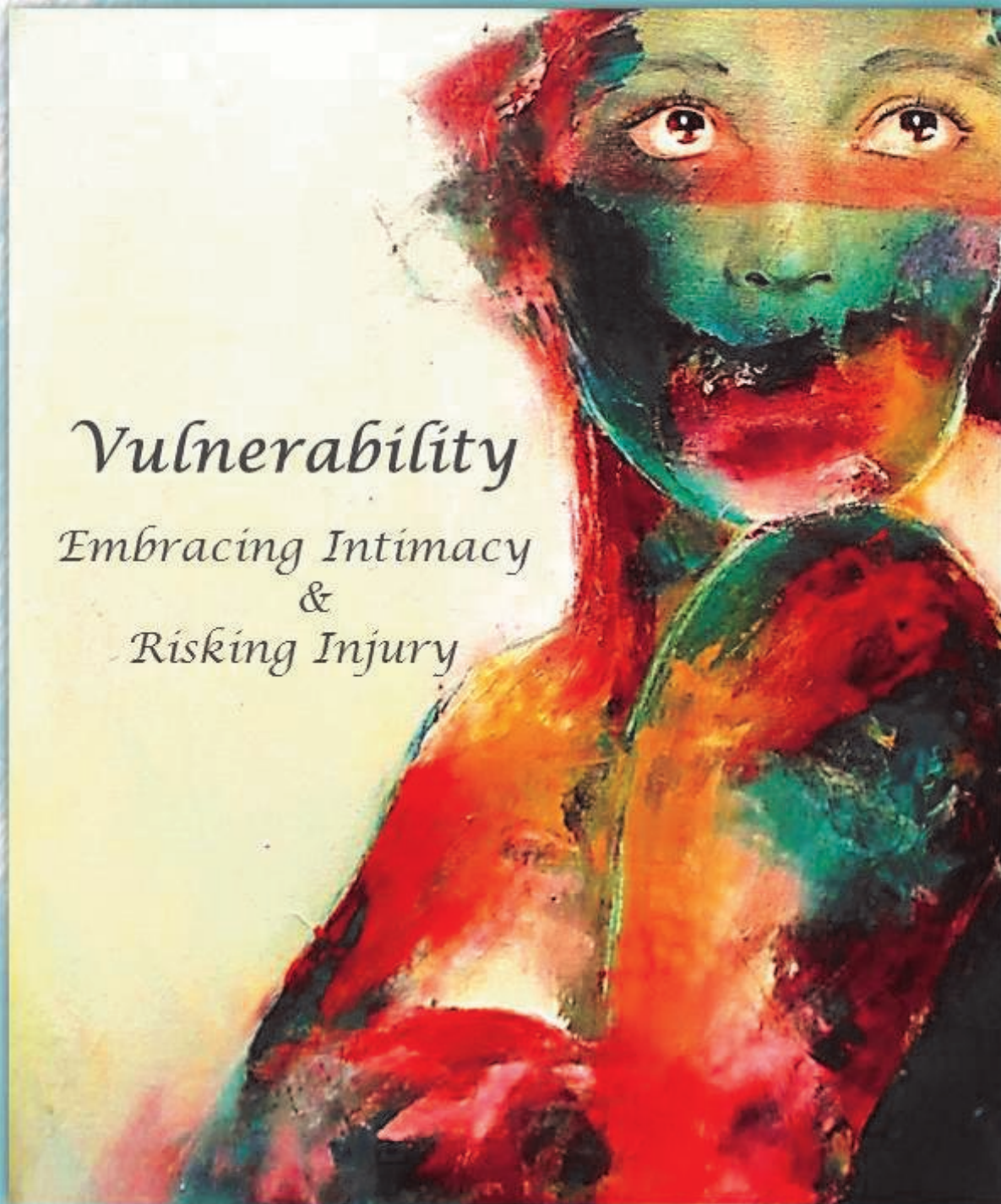


# **AAP 2015 Summer Workshop**



## *Vulnerability*

*Embracing Intimacy  
&  
Risking Injury*

**June 10-14**

**Skamania Lodge**

**Stevenson, Washington**



# American Academy of Psychotherapists

## 2015 Summer Workshop

### Welcome

*I have to come to see you - maybe once or twice a year.\**

We hope you will join in the Academy's exploration of Vulnerability – Embracing Intimacy and Risking Injury.

*Sometimes change comes at you  
Like a broadside accident  
There is chaos to the order  
Full of random things you can't prevent*

So much vulnerability is inherent in these fragile incarnations of ours and our fragile sense of belonging and worth. The obvious safe course is to burrow deep and wait for life to pass. And yet, over and over, we find ourselves drawn to risk. What motivates us to move toward *more* vulnerability?

In our offices we witness vulnerability; we take and encourage risk. We work to provide a sacred space to make safe what has not been safe elsewhere. There, being frightened is not the end of the road, but a gateway through which we may find a deeper level of connection.

*No hearts of gold  
No nerves of steel  
No blame for what we can and cannot feel*

When we come together, in authentic engagement, for four days of Summer Workshop, this dangerous / wondrous process unfolds countless times. We know the Academy's history is filled with stories of those who miscalculated their risk-taking and left, having gone not far enough, or having gone too far. How much risk can we bear? How much injury can we survive? Are there ways to find the necessary courage without throwing caution to the wind?

*There could be trouble around the corner  
There could be beauty down the street  
Synchronized like magic  
Good friends you and me*

We trust that when the Academy, in our annual summer synchrony, comes together to experience this program, hard-won magic will occur.

Nancy Moser and David Donlon

Summer Workshop Chairs

*\* (All lyrics from Joni Mitchell "Good Friends", 1985)*

## Skamania Lodge

The moment you drive onto the premises both the warmth and exhilaration of Skamania embrace you. The Lodge is inviting, picturesque, and nurturing. From the exquisite lobby to the carvings in the group rooms to the views of nature from all the guest rooms, the Lodge offers great surroundings with a feeling that is at once modern and rustic. The grounds stir the senses, with a stone overlook of the gorge, and a view of "The Bridge of the Gods" which crosses it. Trails lead you by creeks and a lake with views of the Cascade Mountains and Oregon Cliffs. Quaint nearby towns and outdoor opportunities expand your perimeter if desired. We hope that being enveloped in this special place will be a near perfect environment for our Summer Workshop.

### Your Summer Workshop 2015 Committee

Nancy Moser – Workshop Co-Chair

David Donlon – Workshop Co-Chair

Anne Pincus – Program Co-Chair

Tyler Beach – Program Co-Chair

Diana Woodruff – Continuing Ed, AV and Room Assignments

Don Murphy – Treasurer and Newcomers

Ann Reifman – Newcomers and Editing

Kelly Barclay – Room Assignments and AV

Zoë Worrell – Transportation

Carrie Phillips – Hospitality

Nancy Solomon – Hospitality

### And our special support team

Pat Coyle – Brochure Creator and Editor

Linda Tillman - Editor

Janet Tyler – Finance Consultant

Hallie Lovett – Special Consultant

Gordon Cohen – AAP President

### Cover Art

*"The Power Of Vulnerability" by Katherine Gailer*

### WEDNESDAY, JUNE 10, 2015

- 12:00-5:00 pm Registration
- 1:45-5:00 pm Training Institutes
- 4:45-5:30 pm Newcomers Reception
- 5:45-7:00 pm Opening Experience
- 7:00-8:30 pm Dinner & Cash Bar
- 8:30-10:00 pm Newcomers Group

### THURSDAY, JUNE 11, 2015

- 7:00-9:00 am Breakfast
- 9:00-12:15 pm Workshops & Training Institutes
- 12:15-1:30 pm Lunch
- 1:45-3:00 pm Community Meeting
- 3:15-6:00 pm Open Process Groups
- 6:30-8:00 pm Dinner
- 8:00-10:00 pm Newcomers Group

### FRIDAY, JUNE 12, 2015

- 7:00-9:00 am Breakfast
- 7:00-8:00 am Qigong
- 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
- 3:45-6:00 pm Open Process Groups
- 6:30-8:00 pm Dinner
- 8:30-10:00 pm Talent Show

### SATURDAY, JUNE 13, 2015

- 7:00-9:00 am Breakfast
- 9:00-12:15 pm Workshops
- 12:15-1:30 pm Lunch
- 1:45-3:00pm Community Meeting
- 3:15-6:00 pm Open Process Groups
- 6:30-7:00 pm Social Gathering & Cash Bar
- 7:00-8:30 pm Dinner
- 8:30 until 12 am Dance

### SUNDAY, JUNE 14, 2015

- 7:00-8:30 am Breakfast
- 8:30-9:45 am Closing

## Events and Activities at the Conference

### Opening Experience

Our opening experience will be from 5:45 to 7:00 pm on Wednesday night followed by a cash bar, dinner, and social gathering.

### Newcomers Group

Don Murphy and Ann Reifman will lead a group for those attending their first Summer Workshop. The group will be held after dinner on Wednesday and Thursday nights.

This group will be a place to have some basic questions answered, to form bonds with others who are experiencing Summer Workshop for the first time, and to get a sense of an AAP group. Group attendance is required for Associate Members and strongly encouraged for all newcomers to Summer Workshop.

### Open Process Groups

This year we are reserving group rooms each afternoon for Open Process Groups. After a brief orientation on Thursday afternoon by veteran Academy members, people desiring this experience will be randomly assigned to a leaderless group. We want people who are not currently in a peer/family group to have the opportunity for this essential AAP experience. Please mark your interest on your registration form so that we can plan for appropriate space. Bulletin board sign up may also be possible.

### Family Group Rooms

If you want us to help you find a place for your peer group to meet, please email Kelly Barclay at [kelly@drbarclay.net](mailto:kelly@drbarclay.net) and list the members of your group. (Only one email from each group, please.) We will do our best to accommodate. **Deadline May 5.**

“What happens when people open their hearts?”...“They get better.”

— Haruki Murakami, *Norwegian Wood*

### Golf From The Heart

This is a non-CEU workshop on the mental, spiritual and heartfelt game of golf. It will be held Wednesday 2-4 PM for golfers of all skill levels, and will focus on breathing, thinking, feeling and laughing while on the golf course and in life (is there a difference?). For more information contact Jacob at [jacob.megdell@gmail.com](mailto:jacob.megdell@gmail.com), or 519-466-0196.

### Alex Redmountain Memorial Golf Tournament

Find a partner, practice your drives, chips and putts, and participate in the SW Nine Hole Golf Tournament. The Skamania Lodge golf course is nestled in the woods with breathtaking views. Last year’s “shambles” format will be used again: players hit drives, choose the best one, and then play their own ball from that point on to the cup. Record the best score. A sign-up sheet will be posted at the registration desk. You will be asked to record your handicap or typical score for 18 holes. Feel free to contact me with any questions or if you need assistance finding a partner- Jacob Megdell at [jacob.megdell@gmail.com](mailto:jacob.megdell@gmail.com).

### Tennis Mixer

There will be a tennis mixer on the Skamania Lodge Tennis Courts coordinated by Laura June on Saturday mid-day. 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.”

### Qigong

Start your morning on Friday with Susan Levy leading Qigong, a gentle form of exercise that combines slow, non-strenuous, repetitive movements with breath control. Qigong helps to reduce stress, improve balance and flexibility, boost the immune system, enhance circulation and digestion, and increase stamina. No experience necessary.



## Events and Activities at the Conference

### Hospitality Suite

Come one, Come all  
to  
sit, relax, connect, eat and drink  
at our

2015 Summer Workshop Hospitality Suite

Surrounded by the beautiful Columbia Gorge  
National Scenic Area,

*'AAP's time honored tradition  
of  
gathering with friends, old and new  
to  
refresh your body and soul'*

continues in the Pacific Northwest.

Hosted by  
Carrie Phillips and Nancy Solomon

### The AAP Arts and Crafts Table & Silent Auction

The art auction is a wonderful way for artists to display their creations, providing an opportunity for us to experience the talents of our members. Please bring your creative expression in oil, watercolor, photography, sculpture, crafts, jewelry, creative writing and more. The proceeds of the auction will be donated to the AAP Trust Fund. If you have any questions, contact Ros Feierstein at 606-465-7099 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.

### The Talent Show

The talent show returns...again. In keeping with the theme of the workshop, each performer will be asked to incorporate the concept of vulnerability into his/her act, interpreting what "Vulnerability; Embracing Intimacy and Risking Injury" means to that individual. To keep the production to an engaging and manageable length, strict time limits for performances will be observed. A sign-up sheet will be posted on the bulletin board at registration. On Thursday a meeting of all participants will be held as well as 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

### *Dance Dance Dance*

*The Blue Wave*, voted one of the country's best party bands by "The Knot" magazine.

With a "cooler than average" song list they play an unusual high energy mix of Motown, old-school rock, jazz, current top 40, swing, 80s/70s/90s hits, afro-cuban, and more - anything to get 'em up and dancing  
- the choice is yours!

### Closing Experience

Less than 87 hours after our community is formed, we come together to dissolve. The Closing Experience invites us to gaze upon those with whom we've had amazing experiences, and those we've somehow only barely brushed past; to survey our own growth, gratitude and regret over the past few days. We encourage members to make the necessary sacrifices to be part of Summer Workshop to the end.

**SCHEDULE NOTE:** in order to facilitate as many as possible attending the Closing Experience before transitioning to traveler mode, the closing will again be **8:30 - 9:45**.



## Activities at and Around Skamania Lodge

### On- Site Activities

We hope that you will be able to take advantage of AAP's first trip to the Pacific Northwest in 24 years. Rooms at Skamania Lodge will be available at the conference rate from the Friday before SW, June 5, until the Tuesday after, June 16.

**Zip Line Tours** – 7 different Ziplines in the canopy over the spectacular gorge:

<http://zipnskamania.com/>

**Golf** – 18 hole par 70 golf course tucked into 175 wooded acres housing a full service pro shop.

<http://www.skamania.com/portland-oregon-golf.php>

**Waterleaf Spa and Fitness Center** - <http://www.skamania.com/portland-oregon-spa-resorts.php>

**Hiking** - The hiking itself seems wonderful with over four miles of trails directly located on the property and 70 different hikes rated easy, moderate or difficult .

"And the day came when the risk to remain tight in a bud was  
more painful  
than the risk it took to blossom."

- Anais Nin

"It's wonderful to be back. Back among the mountains that remind us of our vulnerability, our ultimate lack of control over the world we live in. Mountains that demand humility, and yield so much peace in return. "

— Alex Lowe

# Activities at and Around Skamania Lodge

## Nearby Activities

To provide context for our visit, the Columbia Gorge Interpretive Center Museum is a short eight minute walk from the lodge. The museum includes exhibits of the natural history of the gorge as well as the human history of the gorge. In the museum you will find artifacts from Lewis and Clark's visit in 1805 and artifacts from the original settlers, the Cascade Chinook (from whom the word Skamania derives). <http://www.columbiagorge.org/exhibits/>.

Columbia River Gorge Parks and Forests boast many local attractions within 20 miles from the Lodge including Multnomah Falls which is described as "easily the Columbia River Gorge's most famous waterfall ". At 620 feet it is the second largest waterfall in the United States and a convenient stop from Portland. Other local attractions include Mt. St. Helens, Bonneville Dam, Mount Hood Railroad, Maryhill Museum of Art as well as the International Museum of Carousel Art. The nearby Wind River Canopy Research Facility is the only forested area in North America where research is being done on old growth and new growth forest.

Three sky bridges and stunning views surround the Skamania Lodge. Horseback riding with guided tours, fishing the gorge with guides, biking, windsurfing, kiteboarding as well as whitewater rafting adventures and kayaking tours are also available. Hiking is available in Columbia River Gorge Pacific Crest Trail, Wind Mountain, Dog Mountain, Hamilton Mountain, and Fort Cascades Interpretive Trail.

As trails go, the Eagle Creek trailhead just across the river near Cascade Locks is one of Oregon's most popular. It's also a good place to see big salmon (up to ~3 ft?) from a low bridge over relatively still water and it has pedestrian access (via long stairs) to a preserved stretch of the old 1920's highway. The Columbia Gorge Discovery Center in The Dalles at the other end of the gorge (45 miles from Stevenson) is a larger sister museum to Stevenson's Gorge Interpretive Center. It is also worth a visit for those with wheels.

For fly fishing try the Gorge Fly Shop who can direct you to the valleys of the Cascade Mountains, numerous rivers and lakes, [GorgeFlyShop.com](http://GorgeFlyShop.com). KD Guide Service provides guides for fishing adventures: fish the Columbia River for sturgeon, salmon, and steelhead, [KDGuide.com](http://KDGuide.com). If you prefer rafting to fishing, [Zooraft.com](http://Zooraft.com) can help you have whitewater rafting fun on the White Salmon, or Klickitat Rivers.

There are several suggested and well known wineries and breweries in the area. These include:

Brewery & Winery Tours: Backwoods Brewing Company ([BackwoodsBrewingCompany.com](http://BackwoodsBrewingCompany.com)); Cathedral Ridge Winery ([CathedralRidgeWinery.com](http://CathedralRidgeWinery.com)); Maryhill Winery( [MaryhillWinery.com](http://MaryhillWinery.com)); Phelps Creek Vineyards, ([PhelpsCreekVineyards.com](http://PhelpsCreekVineyards.com)).



# The Training Institutes

## Two-Day Trainings

**Wednesday Afternoon 1:45-5:00 &**

**Thursday Morning 9:00-12:15**

### T1a. Energy Psychology: A New Frontier

Learning how to use mind-body techniques in traditional therapies gives psychotherapists an expanded view of possibilities for healing and offers further options and levels for intervention. Through presentation, demonstration, and exercises, you will experience this leading edge practice, a new frontier in theory and clinical application. Open to those who attended Part 1 of this TI in 2014. (35 participants, 6 CEs)

**Victoria Danzig**, LCSW, DCEP, graduated from U.S.C. in Social Work, has been in private practice since 1985, and works extensively with clients who suffer from traumatic experiences and addictions using Energy Psychology methodology. She has been training therapists in Advanced Integrative Therapy from 2005 to the present and Thought Field Therapy in La Jolla from 1998-2003. She has presented at the Annual International Energy Psychology Conference on AIT and using TFT with animals.

**Loretta Sparks**, MA, LMFT, is a licensed psychotherapist in private practice in Hermosa Beach, CA. She is a trained mental health professional in Energy Psychotherapies (EP) since 1996. She is an Emotional Freedom Techniques Founding Master, charter member of the Association of Comprehensive Psychology, a Diplomat of Comprehensive Energy Psychology, and an EFT Cert-Honors practitioner. She has written two books and contributed chapters to several books on EP. She is a Past President of the AAP.

"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light."

— Plato

"Vulnerability is not about fear and grief and disappointment.

It is the birthplace of everything we are hungry for."

— Brené Brown

### T2a. Conscious and Unconscious Shamanism in Psychotherapy

Participants will be invited to notice ways in which their own practice of psychotherapy embodies shamanic beliefs and practices, whether by conscious intention or not, and may be offered the opportunity to go on one or more Shamanic journeys to explore possible contributions of shamanism to psychotherapy--and psychotherapy to shamanism. *Permission of presenter required prior to registration. He can be contacted at 410-997-5060 or [Jrhead@umaryland.edu](mailto:Jrhead@umaryland.edu).*

*Participants must also commit to attend both days of this TI at 2015 I&C. (20 participants, 6 CEs)*

**John Rhead**, PhD: After earning a Psychology degree from Dartmouth (BA) and Stanford (PhD), John Rhead did research on LSD, worked as a psychologist in a prison, directed a program for young adults in a psychiatric hospital, was a mental health team leader in school for emotionally disturbed children, and finally went into private practice. He works with individuals, couples, and families in addition to co-leading several psychotherapy groups. Over the years he has studied and associated with a variety of shamanic practitioners.

**Thursday Morning 9:00-12:15**

### Training Institute Part II

**T1b. Energy Psychology: A New Frontier, Loretta Sparks, Victoria Danzig**

**T2b. Conscious and Unconscious Shamanism in Psychotherapy, John Rhead**



# The Program

*Instructional level: The sessions in this year's conference are designed to meet the educational needs of Intermediate and Advanced therapists*

## Thursday Morning

### Two-Day Workshops, Thursday & Friday

#### 1a. The Dangers and Pleasures of Spontaneity

This experiential workshop is a two day invitation to risk bearing and daring spontaneity: the uncertainty, unpredictability, conflict, wear and tear, excitement, pleasure, and intense feelings that come from what we feel for and want from each other. (15 participants, 6 CEs)

**Rhona Engels**, LCSW, ACSW, has been in private practice in NYC for 33 years working with individuals, couples and groups. She has extensive experience in teaching and providing supervision, has published frequently in clinical journals, led numerous workshops, and holds dear the honor of Fellow of the Academy. She counts herself incredibly lucky to love her work so much and get paid for it too.

#### 2a. Vulnerability and the Three Faces of Power: Destruction, Production, and Exchange

This two-day process group will focus on how we can stay connected to our humanness, tolerating our personal vulnerabilities, while taking good care of ourselves. When does the desire/need to stay human and vulnerable outweigh the risk of hurt and vice versa? Group members will be encouraged to examine these themes.

(14 participants, 6 CEs)

**Adam Klein**, PhD, is a licensed Clinical Psychologist in full-time private practice. His work focuses on creating moments of empowerment, which is, as he sees it, the only life affirming way to make a meaningful difference with others. When not working he loves to spend time with his wife Karen and their three children Jordan, Rachel, and Benny.

**Lisa Makstein**, LCSW-C, LICSW, is a Licensed Certified Clinical Social Worker in full-time private practice in Maryland and Washington, DC. She works with couples, individual adults and older adolescents, as well as facilitates groups. She is also trained as a Collaborative Divorce Coach. For the past 30 years, she has felt truly privileged to be able to join clients in their journeys toward more authenticity in their relationships and their lives.

#### 3a. What's Love (and Hate) Got To Do With It? Difficult Conflicts in Couple Relationships

This workshop is for one member of a couple, to explore possibilities for character transformation by investigating the fixed defensive fragments we all carry within our inner couple. Become intimate with your personal relational gridlock that is organized around broken unconscious or partially conscious romantic contracts. (12 participants, 6 CEs)

**Hallie Lovett**, PhD, Clinical Psychology graduate of The George Washington University in Washington, D.C. with an undergraduate degree from Castleton State College in Vermont. A licensed psychologist in both the District of Columbia and the state of Vermont, she holds memberships in the American Academy of Psychotherapists and the American Group Psychotherapy Association. Her clinical practice includes individual, couple and group psychotherapy with adults; she also provides clinical supervision.

**Ray Lovett**, MA, MSW, CGP, has been a psychotherapist for over 40 years, and has a Diplomate in Clinical Social Work. He has presented over 50 workshops on therapy, and is a widely published writer in both clinical areas and on human interest topics.

#### 4a. Do I Dare to Eat a Peach? The Poetics of Vulnerability

This two day process group will address the issue of vulnerability in both therapist and patient, thus illuminating this powerful component of effective psychotherapy. Use of poetry in the group will elicit themes for individual members, and provide a modality to discuss and understand risk and intimacy in life and therapy.

(15 participants, 6 CEs)

**Murray Scher**, PhD, holds his PhD in Counseling Psychology from the University of Texas at Austin. He is licensed to practice psychology in Texas and Tennessee and has been in that practice for more than four decades. Much sought after as a group leader, he is also widely published. A Fellow of both the Academy and the American Psychological Association, he is also a Past President of the Academy. He is a reader of poetry and frequently vulnerable.

## Thursday Morning 9:00-12:15

### Two-Day Workshops

#### Thursday & Friday (continued)

##### 5a. Dancing and Wrestling on The Edge of Sexual Intimacy: A Six Hour Body Oriented Process Group

Our sexualities are at times a gateway and/or a roadblock to intimacy. This workshop will provide a space to explore both the erotic dance and the fierce wrestling that we do within ourselves and with the other. We will use a process group format that includes body-oriented work as well as movement. (14 participants, 6 CEs)

**Brian Cross, PhD**, is a licensed Clinical Psychologist working his craft in the District of Columbia for 20 years. He is a Certified Sex Therapist and holds a Certification from CoreEnergetics (a school of body psychotherapy). Brian works with individuals, couples, and groups in a compassionate, challenging, and life affirming way.

### Thursday Morning

#### One-Day Workshops

##### 6. Vulnerability in Groups

Our most vulnerable moments in groups are the most transformative. We'll explore which group dynamics enable us to push our limits with vulnerability, e.g. some of us need to be pushed, some need space, some need support, and some need others to go first. Effects of group rhythm and leadership style will also be discussed. (8 participants, 3 CEs)

**Jonathan Farber, PhD**: Jon attended 7 colleges as an undergraduate, including Harvard and Stanford but his BA is from Oberlin College. After 4 years running a bicycle shop in Boston, he received a doctorate (PhD) in Clinical Psychology from Duke, and interned at Duke Medical Center. He taught at UNC Chapel Hill for 4 years, and has maintained a private practice for 30 years with adults and children. He edited *Voices* for six years which helps him focus on the subjective experience of the psychotherapist.

##### 7. Adoptive Parents: Our Unique Experience

Being an adoptive parent differs from being a biological parent. Adoption offers opportunities for intimacy never imagined while confronting our rawest vulnerabilities. This participatory workshop for parents or others personally involved with adoption will help participants put language and emotion to the joys and struggles of this unique parenting experience. (12 participants, 3 CEs)

**Ellen Weber Libby, PhD**, practices individual, group, couples and family psychotherapy in Washington, D.C. She is the author of the highly regarded book, *The Favorite Child*, and contributes to *Psychology Today* and *Huffington Post*. A frequent commentator on NPR and television talk shows (both US and abroad), Ellen also consults on family dynamics to high net worth family-owned businesses. Ellen enjoys hanging out on the water with husband, Hank; two adult children and son-in-law; and with close friends.

"To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength."

— Criss Jami

##### 8. Ethical Issues When Counseling Clients Nearing the End of Life

Work related to individuals with end-of-life issues tends to focus on aspects of grief and loss as opposed to providing counseling to dying persons and their loved ones. End-of-life counseling in outpatient settings generates ethical challenges and dilemmas: treatment considerations include ensuring autonomy, assessing decision-making capacity, and maintaining boundaries. (15 participants, 3 CEs) (Ethics)

**Diana Woodruff, PhD**: is in full time private practice in Atlanta, working with families, individuals, couples, and groups. Her practice includes individuals dealing with life threatening diseases, loss of their significant other and typical issues that accompany "old-age". This work resulted from her own cancer survival and the loss of her adult son, both shaping her understanding of dealing with the overwhelming feelings that evolve when faced with such life events.



## Thursday/Friday Morning 9:00-12:15

### Thursday Morning

#### Thursday One-Day Workshops (continued)

#### 9. Mindfulness: Intimacy and Risk in Psychotherapy, Yoga, and Kirtan

Psychotherapy is the practice of vulnerability for both the patient and therapist. As a tool for personal exploration Kundalini Yoga (including meditation, chanting, breath work) along with traditional and non-traditional psychotherapeutic techniques can assist us in our search for the balance between intimacy and risk. (15 participants, 3 CEs)

**Damon Blank**, MEd, is a Licensed Marriage and Family Therapist in private practice for over 30 years. He is a Diplomate of the Gestalt Training Center in San Diego (Irv and Miriam Polster), and has years of training, teaching, and supervision in family therapy. As a devotee of Kundalini Yoga, he is fascinated by the opportunity for greater vulnerability and awareness, both through this practice and through being a therapist.

#### 10. Power and Vulnerability: Enhancing a Sense of Safety in Psychotherapy

Intense feelings generated by the psychotherapy process often frighten the vulnerable therapist. Knowledge and practice of the art of self-defense provide the therapist an increased sense of safety and security while doing intensive psychotherapy. In addition to group process, participants will learn simple self-defense techniques to help allay therapy related fears. (25 participants, 3CEs)

**Natan HarPaz**, PhD, continues to maintain a private practice in Southfield, Michigan for over 40 years and is a 4th Degree Black Belt in Isshinryu Karate. He has a PhD in clinical psychology, an MSW in casework and group work, and a BS in Psychology and Chemistry. He is a Fellow of AGPA, past Executive Council Member of AAP, past President of MGPS, and past Dean of IIGP. His workshops tend to focus on the intersection of psychotherapy and martial arts training.

### Friday Morning

#### Two-Day Workshops

#### Thursday & Friday (continued)

#### 1b. The Dangers and Pleasures of Spontaneity, Rhona Engels

#### 2b. Vulnerability and the Three Faces of Power: Destruction, Production, and Exchange, Adam Klein, Lisa Makstein

#### 3b. What's Love (and Hate) Got To Do With It? Difficult Conflicts in Couple Relationships, Hallie Lovett, Ray Lovett

#### 4b. Do I Dare to Eat a Peach? The Poetics of Vulnerability, Murray Scher

#### 5b. Dancing and Wrestling on The Edge of Sexual Intimacy: A Six Hour Body Oriented Process Group, Brian Cross

"To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable."

— C.S. Lewis, *The Four Loves*

## Friday Morning 9:00-12:15

### Two-Day Workshops

#### Friday & Saturday

##### 11a. Fear in Intimacy: Attachment, Neuroscience and Mentalizing

Our most intimate relationships are the most likely to evoke perception of threat and our defenses against it. We will look at attachment theory and neuroscience research to help us understand the vicissitudes of vulnerability and to support participants in exploring their own tendencies to perceive threat and defend against vulnerability. (15 participants, 6 CEs)

**Lee Blackwell**, PhD, is in private practice in Newport Beach and Huntington Beach, California, specializing in couples therapy and sexual issues. After receiving his PhD from FSU, he received sex therapy training in the Human Sexuality Program at UCLA, staying on as a supervisor, and then Co-Director from 1983 to 1993. He remains an Assistant Clinical Professor in the Neuropsychiatric Institute. He has presented nationally and internationally on sexuality and neuroscience. Lee is a Past President and Fellow of AAP.

##### 12a. Dare Greatly: Vulnerability, Risk and Change

Risk, vulnerability and change are inextricably linked. This two day experiential/process group offers opportunity to participate in tennis and golf while processing feelings when confronting something new. Non-athletes are encouraged to attend. Athletes may be asked to use their non-dominant hand. You will discover barriers that keep you from fully participating in the world. (12 participants, 6 CEs)

**Frances Compton**, PhD, has been an active member of the American Academy of Psychotherapists for 22 years and a frequent presenter. Participating in the Society for Exploration of Psychotherapy Integration, Dr. Compton attained her B.S. from Oklahoma State University, her M.S. from the University of Washington D.C. and her PhD from the University of Maryland. She works with individuals and couples in individual and group settings. With an integrated psychotherapy approach and an expertise in communication, she's enjoyed private practice for 35 years.

**Kay Loveland**, PhD, played varsity tennis at UNC-Chapel Hill and received her PhD at the University of Massachusetts where she played and taught tennis professionally during the summers. She has been in private practice since 1979. She served as a consult-

ant to professional athletes and athletic teams, including professional and amateur tennis players and golfers. She presented a workshop with Billie Jean King at the American Academy of Psychotherapists titled: "A Return to the Battle of the Sexes." She is a licensed Clinical Psychologist in the state of North Carolina where she has a private practice and is Director of Camp Unleashed Asheville, a retreat for people and their dogs.

##### 13a. Finding Your Leading Edge

However invincible and formidable they appear, leaders feel sensitive and vulnerable to the judgments and performance pressures within the groups they lead. In this experiential workshop, participants will explore their personal fears, relevant trauma histories, and desires surrounding leadership. This workshop is dedicated to future group leaders and workshop leaders. (15 participants, 6 CEs)

**Lyn Sommer**, PhD, ABPP, CGP, is a co-founder of the Fairfield County Group Psychotherapists (FCGPA), and of Three-To-One Therapy(R), an intensive weekend format for couples. She has built psychotherapy practices in Washington DC, and in Westport, Connecticut. She taught Group Leadership Courses at Georgia State University, where she earned her PhD (1985) in clinical psychology. Dr. Sommer has enjoyed conducting training groups, and she co-founded AAP's Scholarship Program, orienting new therapists to AAP as well as their personal and professional development.





## Friday Morning 9:00-12:15

### 14a. Listening with the Ear of Your Heart

This process workshop will underscore the power of being deeply known and reacquaint us with our exquisite vulnerability when we are truly seen and heard. With clients, we necessarily contain many thoughts and emotions, creating a soulful, unexpressed internal reservoir that longs to be heard and responded to. (15 participants, 6 CEs)

**Melissa Leehan, MA**, lives in Santa Fe, New Mexico where she practices as a Marriage and Family Therapist, dividing her time between providing clinical supervision and conducting psychotherapy. A graduate of Ball State University with an MA in Psychology, Melissa also earned a diploma from the Gestalt Institute of Cleveland. Melissa is a long-term member of the Academy and served on the Executive Council for two terms. She has also co-chaired two I & Cs for the Academy.

"Now I know my great success  
in the world  
was your vulnerability  
my breaking through boundaries  
the raw break in your heart  
at being left behind..."

-- David Whyte

"When we bring ourselves to speak the  
truth, we multiply our choices. Then  
we are free to be fully who we are, en-  
tirely ourselves, and connected to oth-  
ers in our integrity."

— Steve Howard

### Friday Morning

#### One-Day Workshops

### 15. Group Vulnerability: Exploring Undue Influence in AAP

An in-group vs. out-group mentality, rituals and rules, both loose and inflexible boundaries, a culture of confession...these are some of the dynamics that render group members vulnerable to undue influence. This workshop will explore our AAP relationships from the perspective of intimacy, vulnerability and how they can sometimes be manipulated. (15 participants, 3 CEs)

**Steve Eichel, PhD, ABPP**, is a licensed and Board-certified counseling psychologist in Delaware, a certified group psychotherapist, and President of the Board of the International Cultic Studies Association. He has presented regionally and nationally on topics related to religious, political, and psychotherapy cults, and has been qualified in state and federal courts as an expert witness in cults, undue influence and thought reform programs.

### 16. The Power of Ritual

Participants will be asked to bring a ritual around vulnerability. Guidance about how to create a ritual will be provided ahead of time. We will share our rituals, offering the opportunity to transform our human struggles into sacred connections. We begin with spiritual enlivening and of course, close with process. (12 participants, 3 CEs)

**Devajoy Gouss, LCSW**, is an experiential/psychomotor therapist, in practice in Atlanta for twenty-nine years. Working in group and individual settings, she has evolved her own style of experiential therapy after years of training with Jacque Damgaard, PhD and Al Pesso. For over two decades, she has given monthly workshops based on different themes using ritual and experiential exercises. She received her MSW from Tulane University in 1980 and a B.S. from University of Arizona.

**Hannah Hawkins-Esther, LCSW**, is a psychodynamically trained therapist with an emphasis in attachment and social theory. While those teachings are invaluable, a mind-body orientation along with mindfulness based approaches to improve conscious awareness of mind, body and spirit fuel her passion in her present work.

## Saturday Morning 9:00-12:15

### 17. The Vulnerability of LGBT Loved Ones: Embracing Intimacy and Risking Injury

The issues that lesbian, gay, bisexual, and transgender individuals grapple with are often the same issues that their family members also face. This workshop will identify and expand on some of these issues, as well as concerns that are specific to the parents, siblings, and children of LGBT individuals. (20 participants, 3 CEs)

**N. Mendie Cohn**, PhD, received her doctorate from Adelphi University in 1980 and is a licensed psychologist in private practice in Brooklyn, New York. She has worked with psychiatric and medical inpatients and outpatients and supervised both staff and trainees. Currently, she is solely in private practice treating adults, couples, and adolescents as well as providing supervision. She has extensive experience treating individuals and couples whose lifestyle, gender identity, and partner choices do not always conform to heterosexual monogamy.

**Janet Tyler**, PhD, received her doctorate from Georgia State University in 1982 and is a licensed psychologist in Atlanta, Georgia. She was in private practice for 25 years, specializing in the treatment of children, adolescents and their families. Currently she is a psychological consultant for the Social Security Administration at the Federal Review Level. Her interest in this topic stems from the parenting lessons she learned from her oldest son who is the light of her life and is gay.



“Out of your vulnerabilities will come your strength.”  
— Sigmund Freud

### Saturday Morning

#### Two-Day Workshops

#### Friday & Saturday (continued)

**11b. Fear in Intimacy: Attachment, Neuroscience and Mentalizing, Lee Blackwell**

**12b. Dare Greatly: Vulnerability, Risk and Change, Frances Compton, Kay Loveland**

**13b. Finding Your Leading Edge, Lyn Sommer**

**14b. Listening with the Ear of Your Heart, Melissa Leehan**

### Saturday Morning

#### One-Day Workshops

### 18. Relational Sacredness: A Spiritual Journey of I and Thou

In this process group we will, through wordless melodies, open a space to non-dogmatic opportunities for intimacy. In the sounds, progression, and contemplative repetition we will create an opportunity to explore cultural perceptions and interpretations, and experience curiosity and judgment, distance and closeness, risk and safety. (12 participants, 3 CEs)

**Steven Feierstein**, MEd, KYLMFT, a Licensed Marriage and Family Therapist, has been in private practice for over 37 years. He is a Fellow of the American Association of Marriage and Family Therapy with years of training, teaching and supervision in family systems and relationship therapy. His interest in spirituality... "relationships bring us ultimately into relationship with God, who is the Eternal Thou" (Buber) influences his ideas and greater understanding of others and himself.

**Cantor Michal Rubin**, PhD, LPC/S. Mac, a member of AAP and NAADAC, has been practicing psychotherapy and supervision for the past 25 years. She has also served as a cantor for 11 years. Bringing together her world of spiritual song and the world of psychotherapy opened a door for her to experience the possibility of being fully present, and creating a unique and powerful space to meet the other.



## Saturday Morning 9:00-12:15

### 19. Hallelujah: Loss and Vulnerability

Leonard Cohen's "Hallelujah" has touched the souls of many and has been recorded by over 300 artists. The words of the song stir vulnerability. We will use this song to consider our relationships to loss and intimacy.

*(15 participants, 3 CEs)*

**Susan Levy, MEd**, has been a psychotherapist in private practice for over 30 years. Her graduate degree is from Antioch College where she graduated in 1975 with a Master's Degree in Psychological Counseling. She is a Licensed Marriage and Family Therapist and a Licensed Professional Counselor. She has specialized in working with individuals, couples and families in the area of loss, grief and bereavement and chronic illness. She also teaches tai chi and qigong.

**Linda Tillman, PhD**, is a Clinical Psychologist who has been in practice for over 30 years in Atlanta. In addition to her clinical work, personal losses have made her aware of the vulnerability that comes with deaths and endings. Her private practice includes people dealing with deaths, divorces, and other relationship closings. When she isn't working in her clinical practice, she is a beekeeper, a grandmother, and a bread-maker.

"Telling the truth is the essence of simplicity. But simple is not easy.

Sometimes telling the truth is intensely difficult. It may be difficult because telling the truth previously has left you vulnerable to anger, derision, punishment and abandonment. You have learned that duplicity could ward off danger and provide safety, or that you could only be loved for the impression you made, the image you projected, the appearance of being what others wished you to be."

— Steve Howard

### 20. Getting Off the Merry-Go-Round: Embracing My "Not Enoughness"

Shame-based beliefs concerning being "not enough" provide powerful motivation for avoiding intimacy. These beliefs sustain a scarcity-based view of self and world, providing fertile ground for compensatory striving relieved by compulsive consumption. Together we will explore the merry-go-round of shame-based disconnection and compensatory striving as encountered in patients and ourselves. *(20 participants, 3 CEs)*

**Bob Coyle, PhD**, is a Clinical Psychologist in independent practice in Atlanta, Georgia. He is a Certified Sex Addiction Therapist. He has presented continuing education workshops through Pine River Psychotherapy Training Institute and the American Academy of Psychotherapists.

### 21. The Ethics of Self-Disclosure When Therapist's and Client's Vulnerabilities Meet

[Ethics Workshop] In a group format, participants will discuss experiences of therapists' self-disclosure when therapists' and clients' vulnerabilities meet. Did sharing lead to further intimacy, miss the mark, or backfire? What are variables that make self-revelation therapeutic? When does self-disclosure approach an ethical boundary or cross it? Is it ever unethical to withhold self-disclosure? *(15 participants, 3CEs) (Ethics)*

**Carole S. Light, PhD, ABPP** is a Clinical Psychologist working since 2000 with individuals and couples and groups in a rural setting in the North Carolina mountains. Before that she was in practice in Atlanta, Georgia for thirty years. She co-founded the Appalachian South chapter of NAMI, worked with Hospice volunteers and has served on the AAP ethics committee since 2004.

**Marilyn Schwartz, PhD**, is a psychologist 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.

## Saturday Morning 9:00-12:15

### 22. Character Style Meets Tapestry of Family Grouping

What is this presence and mystery called "family group?" How does this phenomenon fit your character, developmental needs and attachment style? We will process together the vulnerabilities exposed during meetings, meals, workshops and afternoons. Using a fishbowl structure, those who have navigated the process will dialogue with those still standing on the shore. (30 participants, 3 CEs)

**Maureen Martin**, LCSW, LMFT, began her therapy training in 1973 and earned her character style as a "caretaker" in her formative years. With BA from Duquesne University, 1971 and MSW from the University of Georgia, 1977, she worked at a family therapy agency and a psychiatric hospital before beginning private practice in 1980. Becoming a therapist coincided with her journey of self-discovery. She has found her niche in Academy service as Southern Region Chair, E.C. elected councilor and previous Summer Workshop co-chair.

**Nelia H. Rivers**, LCSW, began her informal therapy training in her family of origin. Formal training followed in psychology and social work; clinical training came through years of direct service with severely emotionally disturbed children. She both joined AAP and went into private practice in 1984-- each providing a wealth of opportunities to take great risks, practice vulnerability and increase intimacy. She maintains a home office where she sees children, adolescents, young adults and families. She is the AAP Membership/Mentoring chair.

"Vulnerability is the essence of romance.  
It's the art of being uncalculated, the  
willingness to look foolish, the courage to  
say, 'This is me, and I'm interested in you  
enough to show you my flaws with the  
hope that you may embrace me for all  
that I am but, more important, all that I am  
not.' ..."

— Ashton Kutcher

### 23. Speaking From The Heart: A Gestalt Approach to Intimacy and Vulnerability

This workshop will be an experiential process group to facilitate intimate, emotional and vulnerable connections. The experience is designed to balance the many hours and days we spend "thinking", and will focus on the emotional and sensory expressions of our being. "Lose your mind and come to your senses!!!" (20 participants, 3 CEs)

**Nicholas E.S. Emmanuel**, MA, LMFT, LMHC, LPC, received a Master's Degree in Psychology from the University of West Georgia in 1973 and has over 700 hours of specialized training in Gestalt Therapy and over 40 years experience as a clinical practitioner and teacher. He is currently in private practice in Sylva, North Carolina. Much of his energy and passion is devoted to promoting and training others in Gestalt Therapy through the Appalachian Gestalt Therapy Institute which he co-founded in 2004.

### 24. Got Friendship? Navigating the Curves and Edges of Intimacy

This workshop will explore friendship between individuals identifying as gay, straight, and in-between. Learn how you embrace intimacy/risk injury within these vital relationships where sexual orientation may be operative. Group leaders will risk sharing their friendship to ignite the group process and to promote deeper connection between group members. (12 participants, 3 CEs)

**Denise Castro**, PsyD, is a licensed Clinical Psychologist in private practice in Ventura, California. She received her doctorate from the Georgia School of Professional Psychology and has been practicing psychodynamic psychotherapy with individuals, couples and groups since 2003. She has been a member of the Academy for 5 years and currently serves as the business manager for *Voices*, as well as on the membership committee.

**Kristie Nies**, PhD, is a licensed Clinical Psychologist in private practice in Kingsport, Tennessee. She received her doctorate from Rosalind Franklin School of Medicine and completed a fellowship in Clinical Neuropsychology at Evanston Hospital in IL. Her practice includes neuropsychological evaluations as well as psychodynamic psychotherapy with individuals and the occasional couple. She has been in practice since 1991 and in the academy since 2002.

# Workshop Planner

WEDNESDAY	THURSDAY	Friday	Saturday
T1a Danzig/Sparks	T1b Danzig/Sparks		
T2a Rhead	T2b Rhead		
	1a Engels	1b Engels	18 Rubin/Feierstein
	2a Klein/ Makstein	2b Klein/ Makstein	19 Levy/Tillman
	3a H Lovett/ R Lovett	3b H Lovett/ R Lovett	20 Coyle
	4a Scher	4b Scher	21 Light/ Schwartz
	5a Cross	5b Cross	22 Martin/Rivers
	6 Farber	11a Blackwell	11b Blackwell
	7 Libby	12a Compton/Loveland	12b Compton/Loveland
	8 Woodruff	13a Sommer	13b Sommer
	9 Blank	14a Leehan	14b Leehan
	10 HarPaz	15 Eichel	23 Emmanuel
		16 Gouss/H-Esther	24 Castro /Nies
		17 Tyler/Cohn	

## Continuing Education Information

**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 **July 22, 2015** 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 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. (12 CE hours).

**Professional and National Certified Counselors, Marriage and Family Therapists (NBCC):** 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. (12 CE hours), NBCC-ACEP Provider #5633.

**Social Workers:** This course has been submitted for review to NASW 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.



# 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) \_\_\_\_\_

## TRAINING INSTITUTES:

Wednesday 1:45-5:00 T1a \_\_\_\_\_ T2a \_\_\_\_\_

Thursday 9:00-12:15 T2b \_\_\_\_\_ T2a \_\_\_\_\_

## WORKSHOP REQUESTS:

Thursday

Friday

Saturday

1<sup>st</sup> \_\_\_\_\_

1<sup>st</sup> \_\_\_\_\_

1<sup>st</sup> \_\_\_\_\_

2<sup>nd</sup> \_\_\_\_\_

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3<sup>rd</sup> \_\_\_\_\_

3<sup>rd</sup> \_\_\_\_\_

3<sup>rd</sup> \_\_\_\_\_

Please register me for an Open-Process Group (see page 4) Yes \_\_\_\_\_ No \_\_\_\_\_

## REGISTRATION FEES: Includes workshops, meals, and accommodations June 10-14, 2015

Registration for these days will be booked as a block of rooms by AAP. Early Registration is on or before May 5, 2015.

	Single Room	Shared Double	Triple	Quad
Early Registration is on or before April 15th.	\$1320	\$985	\$925	\$890
Regular Registration deadline is on or before May 5th.	\$1420	\$1085	\$1025	\$990

Most rooms have 2 double beds. King size beds are available upon request: King bed? Yes \_\_\_\_\_ No \_\_\_\_\_

\*Final housing designations will be made by the resort and our committee based on availability. Roommate Name \_\_\_\_\_

For early arrival or staying late you will need to call the hotel directly to reserve a room: Skamania Lodge 800-221-7117. The AAP conference room rate will be available the Friday before SW, June 5 until the Tuesday after, June 16. Reservations and registration must be made prior to May 5th; availability cannot be guaranteed after this time.

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

\*CE Hours \$25 \$ \_\_\_\_\_

\*International Travelers Deduct \$50 \$ \_\_\_\_\_

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

A \$75 fee will be charged for cancellation on or before May 5, 2015.

No refunds after May 5, 2015

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

\*On-line registration is available on the Member Area of the AAP website: [aapweb.com](http://aapweb.com) (Recommended)

\*Registration by mail- Make checks payable to and mail to: American Academy of Psychotherapists.

Mail to AAP, 1450 Western Avenue, Suite 101 Albany, New York, 12203.

\*Or FAX registration and credit card information to: 518-463-8656

VISA \_\_\_\_\_ Master Card \_\_\_\_\_ Discover \_\_\_\_\_

Name on Card: \_\_\_\_\_ Card# ) \_\_\_\_\_ Security Code \_\_\_\_\_

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

# Travel Information

## Transportation

Skamania Lodge is located in the spectacular Columbia River Gorge National Scenic Area, 45 minutes east of Portland, Oregon (1131 SW Skamania Lodge Way, Stevenson, WA 98648).

### If You Are Flying:

We recommend using Portland International Airport, which is just 45 minutes away from the lodge. Seattle-Tacoma International Airport is the next closest, approximately a 3.5 hour drive.

### Shuttle Transportation:

Numerous commercial shuttles from Portland International Airport serve Skamania Lodge. Our research shows that at this time the best prices are from Portland Airporter and they are offering AAP a discounted rate.

A sedan will be \$117 one way/\$221 round trip and can be shared/split by up to four people – as low as \$56/person.

A van will be \$189 one way/\$360 round trip and can be shared/split by up to eight people – as low as \$45/person. (Driver gratuity not included)

Contact Phil Colby at Portland Airporter at 503-969-4370 or 1-877-692-4283 and reference the AAP GROUP RATE. Phil can arrange groupings for you based on times leaving the airport or train station.

### Taking the Train:

Portland's Union Station is also approximately 45 minutes from the lodge. You can get information on train travel at [www.amtrak.com](http://www.amtrak.com).

### To Share a Ride:

If you want to share a ride, please post your itinerary on the AAP net. If you are not on the AAP net, contact the committee's transportation chair, Zoë Worrell, at [irishzoe14@gmail.com](mailto:irishzoe14@gmail.com), and she will assist you by posting your information for you.

### Car Rental:

There are many car rental company choices out of both Portland International Airport and Portland's Union Station.

## Driving Directions:

**From Portland International Airport:** Leave airport via I-205 South. Exit onto Interstate I-84 East (toward The Dalles). Continue east on I-84 until the Cascade Locks/Bridge of the Gods/Stevenson exit #44. Take the Bridge of the Gods across the Columbia River (toll bridge), and then turn east (right) on Highway 14. Immediately after entering Stevenson city limits (approx. 1 ½ miles), turn left onto Rock Creek Drive. Travel a short distance before turning left onto Skamania Lodge Way.

### From Seattle:

Drive south on I-5. Exit to I-205 south (exit #7). Watch for signs to State Highway 14 (exit #27) and exit east (toward Camas). Continue driving east on SR-14. Continue eleven miles east past the Skamania General Store. Immediately after entering Stevenson city limits (approx. 1 ½ miles), turn left onto Rock Creek Drive. Travel a short distance before turning left onto Skamania Lodge Way.

### From Eastern Washington:

Drive south from Kennewick on I-82. Take SR-14 west (toward Vancouver, WA). Enter city of Stevenson and continue to the west end of town. Turn right on Rock Creek Drive. Travel a short distance before turning left onto Skamania Lodge Way.

### From Eastern Oregon:

Drive west on I-84. Take the Cascade Locks/ Stevenson/Bridge of the Gods exit (#44). Drive through the town of Cascade Locks. At the west end of town, turn left to the Bridge of Gods. Cross the bridge (toll), and turn right (east) on Highway 14. Immediately after entering Stevenson city limits (approx. 1 ½ miles), turn left onto Rock Creek Drive. Travel a short distance before turning left onto Skamania Lodge Way.

### From the South:

Take I-5 north to Cascade Locks. Take exit 300 to I-84 East (toward The Dalles). Continue east on I-84 until the Cascade Locks/Bridge of the Gods/Stevenson exit #44. Take the Bridge of the Gods across the Columbia River (toll bridge), and then turn east (right) on Highway 14. Immediately after entering Stevenson city limits (approx. 1 ½ miles), turn left onto Rock Creek Drive. Travel a short distance before turning left onto Skamania Lodge Way. Driving from San Francisco is approximately 10 -11 hours depending on route; 6 1/2 hours from the Calif/Oregon border.

If you're driving, be sure to take advantage of the many beautiful scenic spots along the way!!



*American Academy of Psychotherapists*  
*1450 Western Avenue, Suite 101*  
*Albany, New York, 12203*

Postage

Label

