

**American Academy of Psychotherapists
2016 Summer Workshop**

PATHS AND JOURNEYS



**Omni Bedford Springs Resort
Bedford Springs, Pennsylvania
June 8-12, 2016**

2016 Summer Workshop

Welcome

And you? When will you begin that long journey within yourself?

—Rumi

We are excited to welcome you to our 2016 Summer Workshop:

Paths and Journeys.

As an Academy we have been on quite an extraordinary journey since our birth in 1954. We have encountered the full spectrum of life experiences along our path—the joys and celebrations as well as the numerous challenges that have tested our courage, our strength and our faith as an organization. The Academy's journey, of course, reflects the mosaic of our individual lives, with all its vicissitudes and potential for deep opening and transformation.

Thanks to our numerous talented presenters, our aim is to offer you a richly diverse experience that will invoke awakening and inspiration and invite you to embark on a five-day odyssey into your psyche and soul. We hope that you will enjoy the journey without concern for the destination and that you will allow yourself to be surprised, to let go of expectations, and to give up your fear of being wrong.

Let the journey begin ...

With Enthusiasm,

Nancy Cahir & Barbara Thomason,

Workshop Co-Chairs

Your Summer Workshop 2016

Committee

Nancy Cahir & Barbara Thomason

—Co-Chairs

Diana Woodruff - Program Chair

Darrin Bronfman - Transportation

Sharman Colosetti - Activities

Pat Coyle - Brochure

Sharyn Faro - Opening Experience

Maureen Martin - Hospitality, Rooms

Nelia Rivers - Hospitality, Program

Elaine Rubin - Brochure, Band

Karen Swander - Treasurer

Linda Tillman - CE Chair

Bob Rosenblatt - National Meetings

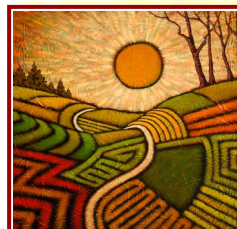
Gordon Cohen - AAP President

Special thanks to our consultants:

Kelly Barclay,

Frances Compton, Janet Tyler, &

Edwin Sharp



[Unpuzzled]

By

GC Myers



The Resort

The Schedule

Omni Bedford Springs Resort

A Rich Journey Spanning Over Two Centuries

Tucked away in the Allegheny Mountains of Southern Pennsylvania, few properties can compete with the historic significance of this magnificent 2,200 acre mountain playground, which has "borne witness to our nation's unfolding panorama." This famous resort hotel and one of America's first spas. Opened by Dr. John Anderson in 1796.

The eight mineral springs on the resort property were first discovered in the early 1700s by the east coast Native American Indian tribes. These springs have served as an important gathering place for relaxation and healing, hosting a long list of celebrities, including ten US presidents and numerous dignitaries from around the world. As an increasing number of guests came to "take the waters," the resort gained the reputation as a luxury destination and in the early 1900s was proclaimed the most popular resort in the United States.

Following numerous evolutionary changes and expansions across seven decades, the 1983 torrential rains and flooding necessitated the closing of this grand hotel. After a 120 million dollar restoration, the new Bedford Springs Resort reopened in 2007.

Bedford Springs Today

Designated as a National Landmark and given endangered site status in 1991, this Four Diamond Resort has been the recipient of numerous awards and accolades, and today has been brought back to its original grandeur. For example, the legacy of the famed mineral springs that attracted visitors for centuries continues at the world-class full-service *Springs Eternal Spa*. The totally refurbished indoor pool - one of the first indoor pools in the nation - is fed by the eighth spring discovered on the property, the *Eternal Spring*. During the resort's heyday, musicians would serenade the swimmers from an elevated opera box. And our golfers will be delighted to know that the legendary golf designers, Spencer Oldham, A.W. Tillinghast, and Donald Ross, have each contributed to the challenging 18-hole *Old Course*, now restored to pristine conditions.

So in keeping with Bedford Spring's centuries-old tradition, we invite you to "take the waters" as we journey together at this extraordinary venue.

When you come to a fork in the road, take it.

—Yogi Berra

WEDNESDAY, JUNE 8, 2016

- 12:00-5:00 pm Registration
- 1:45-5:00 pm Training Institutes
- 4:00-5:00 pm Shake It Off
- 4:00-5:00 pm Newcomers Orientation
- 5:00-5:45 pm Newcomers Reception
- 6:00-7:00 pm Opening Experience
- 7:00-8:30 pm Dinner & Cash Bar
- 8:30-10:00 pm Open Process Groups

THURSDAY, JUNE 9, 2016

- 7:00-8:00 am Morning Meditation
- 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 Grouping

FRIDAY, JUNE 10, 2016

- 7:00-8:00 am Qigong
- 7:00-9:00 am Breakfast
- 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 Under the Stars"
- 8:30-10:00 pm Grouping

SATURDAY, JUNE 11, 2016

- 7:00-8:00 am Yoga
- 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
- 8:30-12:30 am Dance

SUNDAY, JUNE 12, 2016

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

Events and Activities at the Conference

New to Summer Workshop?

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

Newcomers Orientation Group

The first opportunity is the Orientation Group for new members and first-time attendees at Summer Workshop. The goal of this one-hour group is to help you map out your own journey in AAP and provide a time to connect with others in a smaller group before the workshops begin Thursday morning.

Newcomers Reception

The second opportunity is the Newcomers Reception from 5:00-5:45 on Wednesday evening immediately following the orientation group. Everyone is invited to join us at the reception to welcome those who are new to AAP. The Membership/Mentoring committee will be there to help introduce you to the community as well as the members of the Executive Council. The reception is immediately followed by the opening experience from 6:00-7:00.

Open Process Groups

The third opportunity is the open leaderless process groups which begin Wednesday night after dinner. These groups are subsequently scheduled for each afternoon. These are open to anyone but with a special emphasis on mingling first-timers and those members who have attended many AAP events and who are not currently in a family group. The composition of the groups is randomly assigned. After dinner on Wednesday evening many AAP members will be attending family or peer groups that they have been members of for many years. Some of these groups are closed to new members and some are not.

► If you want to be in an open process group, you will register for that in addition to the workshops that you choose on the registration form.

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

Nelia Rivers, Mentoring and Membership Chair

Hospitality Provided by Nelia Rivers and Maureen Martin

We hope that your path frequently leads you to our 2016 SW hospitality suite! The spacious and well-appointed living quarters open onto a generous-sized porch which overlooks the magnificent grounds. We offer an invitation to all to come and enjoy the candlelight, the camaraderie, the conversation, and the cuisine.

*"Hospitality is about a heart for service,
the creativity to stretch whatever
we do have available, and the energy
to give the time necessary to add
a flourish to the ordinary events of life."*

—Dorothy Kelley Patterson

Family Group Rooms

To reserve space for your peer/family group to meet, email Maureen Martin at goldymartin@bellsouth.net with a list of the members of your group. Only one email from each group, please. We will do our best to accommodate requests. **Deadline May 6.**

"Shake it Off!"

"Shake off" the dirt, the stress, the worries, the fear. Get Present! Allow your winding path to twist through this dance space on your journey to Summer Workshop. Shake, flow, jump or lie on the floor. Get sweaty or stay cool as you groove to the music. No partner necessary on this journey. This is a place to do your own thing in your own time with Jim Bird.

► Opening Experience

The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark.

—Barbara Hall, TV Producer.

Begin your journey with us as a community at our Opening Experience on Wednesday night from 6:00-7:00. From there the path will lead to a cash bar, dinner and social gathering.

Events and Activities at the Conference

Morning Meditation

"THE PATH IS THE GOAL. The JOURNEY (is) WITHOUT GOAL." Chogyam Trungpa, one of the earliest significant Buddhist teachers in the west taught here in Bedford Springs in 1984.

...really at Bedford Springs, you can Google it: 'the chronicles project: 1984 Bedford Springs.'

Anne Pincus will lead a morning meditation on Thursday morning for all and a breakfast conversation following for any who feel connected and want to share experiences, memories, questions from the seventies and early eighties, about what Buddhism in America has had to offer towards our SW topic.

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.

Yoga

What's an even better way to prepare for your day's journey than a few more minutes of sleep and an eye-opening cup of coffee on Saturday morning? An hour of mind-cleansing, body-awakening yoga practice, that's what! Join us for a gentle, yet enlivening practice of asana (yoga postures), pranayama (breathing exercises), and morning meditation. No prior yoga experience is required; just bring your curiosity dressed in comfortable clothing suitable for stretching. Mats will be provided. Led by Lisa Smith Klohn, PhD, RYT-200 (Registered Yoga Teacher).

The AAP Trust Fund Arts and Crafts Table & Silent Auction

Calling all Academy members!

Come share the fruits of your journeys into the worlds of creative expression. Begin now to plan your submissions for the ARTS AND CRAFTS TABLE and SILENT AUCTION for our Summer Workshop. All mediums are welcome. This is a wonderful way to contribute to the AAP Trust Fund. Questions? Call Giuliana Reed, 202-265-7679.

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.

Friday Dinner "Dining Under the Stars"

Our Friday night dinner will be offered outside "under the stars" on the resort's spacious front lawn. We will be surrounded by mountain scenery, medicinal springs, lawn games and mother nature in her glory. Our savory menu will enhance and awaken our senses on this third evening of our journey as a community.

Dance

What's AAP without SW?

And what's SW without "The Dance"?

And that Dance needs a great party band, a band that will INSPIRE everyone to have an unforgettable night! So bring your party clothes, shoes, and spirits and let's dance the night away with The Bachelor Boys Band! Voted one of the country's best party bands, The Bachelor Boys play an unusual high-energy mix of funk, old-school rock, jazz, current top 40, swing and more (they'll even play the hora!) and, according to the band members, "anything to get 'em up and dancing!" What better way to end a great SW 2016!

Dancingly yours and in the mood to party,
Elaine Rubin

Closing Experience

As we began our journey as a community, so we will close. Our Closing Experience invites us to gather together one last time to reflect upon both our individual and shared paths and journeys over the course of Summer Workshop. As Ernest Hemingway once said, "It is good to have an end to journey toward; but it is the journey that matters, in the end." We encourage members to make the necessary sacrifices to complete the journey of Summer Workshop together.

SCHEDULE NOTE: The Closing Experience will be 8:30-9:45. Please plan to attend.

ACTIVITIES IN AND AROUND THE RESORT

Get ready to escape the city and enjoy a woodland retreat at Bedford Springs. "Take the waters" from the mineral springs, first used by local Native American tribes, and leave your tensions behind. Join in a plethora of activities provided by our committee, the hotel and area sites. Here's a sampling:

▶ When you arrive from your journey from Pittsburgh, you're invited to "Shake it Off" with Jim Bird who will have a great play list to get you loosened up.

▶ Slip into the 30,000 square foot *Springs Eternal Spa* that utilizes the natural mineral spring waters in all its treatments.

(NOTE: It is recommended that you schedule your appointment two weeks BEFORE you arrive on site.)

▶ Grab a *mountain bike, Segway, horse or off-road vehicle* at the Pro Shop and hit the trails. Or, if you prefer a leisurely stroll, grab a map of local trails from the concierge.

▶ Are you a night owl? Take a *Night Hike*.

Maybe an early bird? Join Anne Pincus for morning meditation, Susan Levy for Qi Gong, and Lisa Klohn for Yoga.

▶ Like to solve problems? Take a *Scavenger Hunt* or go *Geocaching* off-site, or work some hand-cut, wooden jigsaw puzzles in the hotel's library.

▶ Up for some friendly competition? The hotel provides lawn games like bocce ball, badminton, and volleyball to name a few.

▶ Want to use some serious muscles? You can *kayak* on the Shawnee Lake, *whitewater raft* (level 3, 4 or 5) on the Upper Youghiogeny, or go *fly fishing*.

▶ Are you a golfer? Grab your boxed lunch and join Frances Compton and Jacob Megdell for the Alex Redmountain Golf Tournament on the resort's championship historic course, named the #1 golf resort course in Pennsylvania by *Golf Week Magazine*.

▶ Did you bring an instrument and want to jam? We have a large Hospitality Suite with outside porch overlooking the beautiful greens-far away from the resort sleeping rooms.

▶ Coming early or staying later? Just need some time off-site to clear your head? There are many museums, covered bridges, wineries, caves, tours and amusement parks in the surrounding area. Check out the listing on the bulletin board.

Whatever you decide to do, I'm sure you will reap the benefits of rejuvenating in community at the revered "Medicine Spring," site of peaceful powwows of the Tuscarora, Iroquois and Shawnee tribes.

Your Activities Chair, Sharman Colosetti

▶ *Items in italics have a fee and must be arranged through the hotel.*

CONFERENCE GOALS & OBJECTIVES

1. Clarify how various aspects of the choices we make about our personal journeys inform our clinical work.
2. Elucidate how our clients' and our own journeys in life affect relationships, including the relationship between client and therapist.
3. Discuss socio-cultural and transgenerational influences on our choice of path we take in our worlds and in our relationships.
4. Identify empathic modes of understanding the paths and journeys we share with our clients in our clinical practices.
5. Examine how our own large group community demonstrates our organization's journey and development.
6. Identify the benefits of a large group experience in discussing the paths and journeys of our lives, careers, and relationships.
7. List the ways in which a large group experience sets the tone for interpersonal exploration of our individual paths and journeys.
8. Generate dialogue and debate in both workshops and the large group related to the process of traversing our various paths in our clinical work.

We may run, walk, stumble, drive, or fly, but let us never lose sight of the reason for the journey or miss a chance to see a rainbow on the way.

—Gloria Gaither

Everything is food for the journey.

—Sarah Susanka

The Training Institutes

T1 Ecopsychology: A Training Institute

Based on centuries of indigenous-based wisdom, ecopsychology engages with nature to foster initiation into life's next paths and encounter with soul, or the deepest part of one's Self. This two-year Training Institute will cover indigenous-based maps of human psyche and developmental cycles, as well as the ecopsychology practices of Council Practice, Mirroring, and Vision Fasting. Training will be held in nature with an overnight campout. Participants will come on Mondays for the first, third and fourth events and on Sunday for the second event, a Vision-Fast event. (12 participants, 6 CEs)

Part one of a four-part training. Participants should plan to arrive on Monday to ensure they will be there in time to leave the conference site on Tuesday morning. They will return to the conference center on Wednesday in time for registration. This workshop will be held over four consecutive meetings and participants will be required to attend all four sessions.

Pat Webster, PhD, is a practicing clinical psychologist in Durham, NC, offering psychotherapy to individuals and couples. She has been on the Academy Ethics Committee for 17 years and was Chair for 12 years. She is a Fellow of the Academy. With Dr. Martin Groder, she co-authored the book Winning at Love. Among other avenues, she studies, learns, experiences and teaches nature-based therapy. She has completed a month-long intensive training in guiding nature-based experience with the School of Lost Borders, and has written about her experiences in a Voices article entitled, "Rattlesnake, Grandmother and Me: A Love Story."

► Tuesday am-Wednesday pm

Do not go where the path may lead, go instead where there is no path and leave a trail. —Ralph Waldo Emerson

If you want to go east, don't go west. —Ramakrishna

T2 Trauma Resiliency: The Path of Sensations

The Trauma Resiliency Model (TRM) is one of many new neuroscience-based treatment models. Its strength is its focus on specific therapist (and client) skills that can be learned and applied quickly by the experienced therapist. We will use presentations, demonstrations, skill practice, and discussion of connections with other approaches. (18 participants, 6 CEs)

Part one of a two-part training. Part II is required and will be held at the 2016 I&C in Washington.

Dan Mermin, PhD, is a psychology graduate of Yale University and Georgia State University. He practices in Asheville, NC, specializing in therapy with couples and with survivors of trauma and abuse. Dan holds certifications in Imago Therapy and Psychomotor Therapy and has training in Somatic Experiencing and the Trauma Resiliency Model.

► Wednesday 1:45– 5:00 & Thursday 9:00-12:15

T3 Psychotherapy and the Body

Psychological and emotional problems are inseparable from physical symptoms. Our bodies hold onto our unresolved emotional issues, conflicts, secrets and desires which are buried deeply in our bodily tissues defending against infantile fears of abandonment and engulfment. This didactic and experiential Training Institute will focus on techniques, and participants will explore how the body resists change. (12 participants, 6 CEs)

Part one of a two-part training. Participants must have Natan's permission to register for this training and will need to commit to Parts I and II. Part II will be held at SW 2017.

Natan HarPaz, PhD, has practiced psychotherapy in private practice in Southfield, Michigan for over 40 years. As a fourth degree black belt in Isshinryu Karate, he combines his knowledge and experience of the physical and philosophical attributes of martial arts discipline into his practice. He is a Fellow of AGPA, past Board Member of AAP, past President of MGPS, past Dean of IIGP and a clinical supervisor. He has presented clinical workshops and theoretical papers on psychotherapy nationally and internationally.

► Thursday & Friday 9:00-12:15

The Program

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

Thursday—Saturday Three-Day Workshop 9:00-12:15

1a. Searching for a "Path With Heart"

Can We Find One?

This three-day experiential process group will invoke the spirit of Carlos Castaneda and the "Teachings" of the sorcerer Don Juan to help guide us on our journey into ourselves and our interactions with other group members. Perhaps, if we are brave enough, we can discover our own "path with heart." (18 participants, 9 CEs)

David Mermelstein, PhD, is a licensed Clinical Psychologist who has a private psychotherapy practice in Charlotte, NC, working with individuals, couples, and groups. He is also a senior clinical supervisor to a local counseling center. A longstanding member of the Academy, he has offered numerous workshops over the years and has written several articles for *Voices*. Five years ago he began a new life's journey moving from Washington, DC to Charlotte in search of "a path with heart"---he believes he found it.

*For me there is only the traveling on paths
that have heart, on any path that may
have heart, and the only worthwhile
challenge is to traverse its full length--
and there I travel looking, looking
breathlessly.*

—Carlos Castaneda

*Does this path have a heart?
If it does, the path is good;
if it doesn't, it is of no use.*

—Carlos Castaneda

Thursday/Friday Two-Day Workshops 9:00-12:15

2a. Growing Old in the Life Journey

The final phase of the life journey can sometimes be the most difficult, both for ourselves and our older clients. Growing old often brings unexpected challenges and a confronting of vulnerability in ways not anticipated. Even when we are not yet dealing with this endgame, we all have clients who are and helping them with their situations gives us either a look ahead to the perils we may personally encounter or an echo of where we already stand. Engaging the issues of growing old and maintaining a sense of balance, meaning and integrity in the process will be the focus of this workshop. (20 participants, 6 CEs)

Grover Criswell, MDiv, has been in practice as a pastoral psychotherapist and clinical supervisor for the past 47 years in Dayton, Ohio. Since 1974, he has been a member of the Academy and is both a Past President and a Fellow. In his life experience he has become an elder and is quite familiar with the process of aging.

3a. Psychotherapy: A Journey of Self-Discovery Through Authentic Connection

Psychotherapy is an experiential, intimate, creative process, a journey of self-discovery for both the therapist and patient. The focus is the present experience, the outcome is unknown. This two-day process group will provide a path for journeying together, playing and struggling, laughing and crying together, and enhancing our discovery of self and other. (12 participants, 6 CEs)

David Doane, PhD, has been a private practice psychologist and psychotherapist in the Toledo, Ohio area for more than 35 years. Professionally speaking, an academic foundation in existential philosophy and psychology at Duquesne University (BA) was followed by graduate training at Bowling Green State University (MA) and Kent State University (PhD), significant learning through experiential, gestalt, and family therapy (*a la* Carl Whitaker), and slow marination through many years with AAP. His personal crucible is his marriage and two grown daughters.

Thursday Morning 9:00-12:15

Jacob Megdell, PhD, has been personally and professionally immersed in the field of psychotherapy since 1968. He has been practicing psychotherapy since 1975. He received his PhD in Clinical Psychology from the California School of Professional Psychology in 1981 and is licensed in Michigan and Ontario, Canada. He has published research on the role of shared humor in psychotherapy. His primary professional focus is on the development of effective psychotherapy relationships. Currently he is a staff psychologist within a multidisciplinary health team providing psychotherapy and consultation to family physicians.

4a. The Therapeutic Advantage: The Journey of Being Human

In this process group, we will discuss and experience using ourselves more fully within the therapeutic relationship. Participants will explore the challenges of stepping out from behind the protective stance of clinician and more fully exploiting the humanity of the therapist on the path towards professional growth. (12 participants, 6 CEs)

Bruce Ellman, PhD, is a clinical psychologist, organizational consultant, and former Wall Street executive. Father of three, Bruce is a graduate of Brown University and holds advanced degrees from Yale (MBA) and Pepperdine Universities (PsyD). His most recent essay, "God of My Father," appears in the anthology, "The Good Men Project." His favorite tee-shirt reads "Real Men Marry Rabbits."

Meredith Frankel, PsyD, is a licensed clinical psychologist in private practice in Naples, FL. She received her doctorate from the George Washington University and has been practicing psychoanalytic psychotherapy with individuals, couples and groups since 1999. She holds licenses in Virginia and Florida and is a member of FPA. She is consistently humbled and challenged by her imaginative daughter and beloved 14-year-old Boston Terrier, Monkey.

*You cannot have a happy ending
to a miserable journey.
—Abraham Hicks*

5a. Take a Different Fork in the Road This Time

Many of us have repeated the same work in our efforts toward personal growth. Here's an invitation to choose vulnerability, fear, anxiety and discomfort, and join me in an effort to push yourself along a different fork in a road that can lead to real change. (15 participants, 6 CEs)

David Loftis, PhD, has served in various levels of AAP leadership over the past 30 years and presented or co-presented numerous workshops. Since receiving his Ph.D. in Clinical Psychology in 1981, he has been in private practice in Atlanta. He continues to be fascinated and challenged by a wide range of clinical questions. He gets a lot of satisfaction from fixing things.

6a. Recapturing Life

In this experiential process group, we will explore the journey of diagnosis, treatment, and recovery from a serious illness. We will consider the complicated feelings, sensations, and changes that happen to caregivers, clients and ourselves. With the diagnosis of a life-threatening illness, our world is forever altered as we confront a multitude of adjustments. Facing the question about our continued existence is overwhelming and takes the feeling of vulnerability to new levels. How we manage ourselves, engage the support of others, and live the changes is the essence of this journey. Will our lives ever return to a state of normalcy? This magnitude of emotional, mental and physical changes is all-consuming. Come as survivors, therapists or caregivers. We will walk together toward renewed life experience amidst the debris left by serious illness. (12 participants, 6 CEs)

Bob Rosenblatt, PhD. I have been providing psychotherapy for over 40 years. In addition to individual, group and couples therapy, I have been offering clinical supervision and practice-building groups in Washington, DC and Atlanta, GA. With a wife, four kids, five grandchildren and other elements of a rich and abundant life, there is only one path for me! As a cancer survivor, I will regain my life.

Kathryn Van der Heiden, MS. I am a past president of AAP. I have been practicing psycho-

Thursday Morning 9:00-12:15

therapy for 39 years and am an experienced group therapist. I am also a cancer survivor, understanding what it takes to rebuild a life after diagnosis and treatment. I have been in private practice as a psychotherapist in Dayton, Ohio and hold a license as an LPCC-S from the state of Ohio and certificates from the Gestalt Institute of Cleveland. I have trained extensively in Integrative Psychotherapy and in Body-Mind therapy. Grave illness had the potential of robbing me of my known identity. Instead it gave me the opportunity to appreciate the skills I have honed over the years and to appreciate that each day is a new opportunity to grow and live fully.

Being negative only makes a difficult journey more difficult. You may be given a cactus, but you don't have to sit on it.

—Joyce Meyer

Thursday/Saturday Two-Day Workshops

7a. Improv: A Pathway to the Present Moment

This workshop will invite you to take risks, play, make mistakes and connect to the present moment, using short form Improv games and exercises. We will listen more intently, focus on the connection to others in the "scene" and develop more flexibility in our responses. Perhaps we might be inspired to show off what we have learned in the talent show. At any rate, we will laugh, have fun and learn a ton.

(12 participants, 6 CEs) (5b will be on Saturday)

Laura Fleming, LCSW, is in full-time private practice in Rochester, NY. She has training in DBT and leads DBT Skills training groups, as well as working with individuals and leading process groups. She tried unsuccessfully to convince her son to take some Improv classes and decided then she should go herself. Her life journey took an unexpected turn. She now finds herself taking Improv workshops and classes and

performing with the Village Idiots Improv Troupe in Rochester, NY. Improv has definitely improved the quality of her work as a psychotherapist, and strengthened her ability to listen more fully and to stay in the moment.

8a. A Path Between Hate and Love Through Writing and Group Process

The path we'll tread in this workshop starts with noticing the energy that lives in each of us, that gets blocked, cut off, and that turns to hate. We hope to use that same energy, consciously turning it into what is life-affirming: Love.

Day 1: We'll explore how we nurture feelings that lead to hate. Maybe we feel road rage, or we react against people whose beliefs we abhor. Before coming to SW, write about how and where your hatred lives, in as full a way as possible in 500-700 words. In the group, we'll share these descriptions of our inner dialogues, feelings within relationships and in the larger world.

Day 2: A process group. We'll consciously and actively explore ways to open our hearts in a more loving posture toward those who inspire our hate.

(12 participants, 6 CEs)

Tom Burns, PhD, is in private practice and is a long-time AAP member. Along the way, he collaborated in editing *Voices*, has developed a love of poetry and, reluctantly, process groups. His new-sprung love is granddaughter Hattie.

Adam Klein, PhD, is a licensed psychologist in Maryland and Washington, DC. He's in private practice and does clinical consulting and supervision with Thrive, an innovative, privately-owned outpatient clinic for young adults in transition.

How often I found where I should be going only by setting out for somewhere else.

—Buckminster Fuller

Once we're thrown off our habitual paths, we think all is lost, but it's only here that the new and the good begins. —Leo Tolstoy

Thursday Morning 9:00-12:15

Thursday One-Day Workshops

9. Personal Narrative as Clinical Expression of Diversity and Minority Identification

This workshop will challenge us to confront our differences and explore how this tapestry enriches or limits us. Our stories and the narration of them inform our worldview in terms of who is lovable, trustworthy or dangerous. (27 participants, 3 CEs)

Gloria Myers Beller, MA, MSW, has a psychotherapy practice in Washington, DC. She holds degrees in psychology, sociology and social work from Johnson C. Smith University, University of New Orleans and Virginia Commonwealth University. Gloria has a keen interest in the interaction between the individual, community and the dominant culture. She believes that every interaction is an interplay between cultures.

Thomas Sherratt, MA, LPA, is an existential/experiential psychologist who has been in private practice in Durham, NC, primarily treating gay men in individual, couple and group psychotherapy for more than 35 years. He has presented multiple times in academic and professional forums concerning clinical issues facing gay men, including an address offered at the Second International Congress of Psychotherapy in Vienna, Austria.

10. Awakening Through Challenges

Within the container of the group, participants will explore the alchemy of how life's challenges transform and awaken us, and the magic that comes by sharing with each other through the lens of this perspective. Both leaders have meaningful experience with this and open the space for experiential work. (15 participants, 3 CEs)

Deva Joy Gouss, LCSW, is an experiential/psychomotor therapist, in practice in Atlanta for 31 years. Working within group and individual settings, she has evolved her own style of experiential therapy after years of training with Jacque Damgaard, PhD, Al Pessio, Donna Eden, and study in yoga, laughter yoga, life-coaching and other

body-oriented therapies. For over two decades, she has given monthly experiential workshops. She received her MSW from Tulane University in 1980 and a BS from the University of Arizona.

Arthur Weinfeld, PhD, currently practices Clinical Psychology in Utah and Arizona where he holds state licenses in Clinical Psychology. He has a doctorate from Northern Illinois University, a masters from Roosevelt University, and a bachelors from Boston University. He did a year's rotating internship at Elgin State Hospital. He is a certified psychodramatist. He has been in private practice since 1975.

11. Darwin is My Co-Pilot: Theories and Values in Psychotherapy

What theories and values guide your work? How do these evolving frames of reference focus your attention and guide your understanding of your patients and yourself? What are the ethical implications of your organizing principles? Are you non-directive? Do you have opinions? Where do your opinions come from? Are you sure about anything? This workshop will provide an opportunity for participants to explore their own evolving theories and the biases and imperatives that these theories impose. We will interact in the tradition of the Academy, i.e. open sharing and the gathering up of meaning from emerging group process. (Ethics, 20 participants, 3 CEs)

Marc Feldman, PhD, has been a clinical psychologist and psychotherapist for nearly forty years. He lives and works in Washington, DC where he raised a family with his wife, Ronnie, and built a private practice with his friends. Marc's every clinical encounter has included a personal search for a unifying theory of psychology. Marc has been inspired by the work of numerous thinkers, most recently by those in the area of evolutionary psychology. Marc regards every aspect of human life, particularly subjective experience, as the data for his evolving framework. He identifies deeply with his hunter-gatherer ancestors.

Difficult roads often lead to beautiful destinations. —Unknown

Thursday One-Day Workshops *continued*

12. A Journey's Detours: Roads Not Taken

A life focused on regrets would be a difficult one at best. However, we all have the experience, when reflecting upon our past, of remembering specific events or actions we wish we had not taken. In this workshop we will use group process to look at such remembrances, examining their context and even daring to imagine the "what ifs"--what if we had taken another road? Hopefully, the work we do will lessen any remaining pain about these decisions. (18 participants, 3 CEs)

Don Murphy, PhD. Since receiving my graduate training at Emory University, Columbia Theological Seminary and Florida State University, I have worked as a university professor and a director of a university mental health clinic. I have been in private practice for over 40 years. Aside from occasional training experiences in organizations other than AAP and private continuing education organizations, my major post-graduate training experiences for over 34 years have been those provided by the American Academy of Psychotherapists.

*When one door closes, another
opens; but we often look so long and
so regretfully upon the closed door
that we do not see the one which has
opened for us.*

--Alexander Graham Bell

*It's not where we stand but
in what direction we are moving.*

--Johann Wolfgang von Goethe

13. Memoir: Writing Our Journeys

Participants will explore their inner journey through memoir. Memoir development refines and clarifies the inner journey, including both meaning and perspective, which will enhance the vitality of therapist-participants, mitigate the erosion of self inherent in clinical work, and establish a foundation for the therapists' future path. Participants will gain cognitive and experiential tools for recording their personal journeys, enhancing their sense of self through narrative. (10 participants, 3 CEs)

Penelope Norton, PhD, is a licensed psychologist practicing in Ormond Beach, FL. A psychology graduate of the Universities of Florida and Rochester, she has dedicated over 30 years to the practice of psychotherapy for individuals, couples, groups, and families, aged from children through seniors. She has been co-editor of the Academy journal, *Voices*, for seven years, mentoring writers in their development of truthful and meaningful narrative.

The only journey is the one within.
—Rainer Maria Rilke

Friday Thursday/Friday Three/Two-Day Workshops *continued*

1b David Mermelstein

2b Grover Criswell

3b David Doane & Jacob Megdell

4b Bruce Ellman & Meredith Frankel

5b David Loftis

6b Kathryn Van der Heiden & Bob Rosenblatt

*I'm an idealist. I don't know where I'm go-
ing, but I'm on my way.*
—Carl Sandburg

Friday/Saturday Two-Day Workshops

14a. The Path to Reclaiming and Celebrating Our Sexuality

In this two-day process group we will be exploring internalized historical and cultural injunctions impacting the experience of ourselves as sexual. Symbolic dress and music will be incorporated in order to further explore affects around this theme, as well as relevant clinical and personal material. The goal will be to enhance clinical sensitivity to these issues in ourselves and our patients. Because of the gender-sensitive nature of the subject and for reasons of emotional safety, this workshop is limited to women only. (15 participants, 6 CEs)

Dairlyn Chelette, LCSW, has a full-time private practice in the Atlanta area. She has been a member of the Academy for 23 years, has served on EC as secretary, has served on several workshop committees, is currently serving on the Southern Region committee, the committee for the 2017 SW, and is dues chair. She is one of the original "Slut Sisters," a unique song and dance team that performs exclusively at AAP.

Kay Loveland, PhD, is a clinical psychologist in private practice in Asheville, N.C., and the Director of Camp Unleashed, a retreat for dogs and their people. She is the co-founder of Camp Hope Unleashed for Veterans with PTSD. She is a long time Academy Member and enjoys presenting workshops that are experiential, evocative, and joyful.

*You have brains in your head. You
have feet in your shoes. You can steer
yourself any direction you choose.
You're on your own, and you know what
you know. And you are the only one
who'll decide where you'll go.*

—Dr. Seuss

15a. Connecting Along the Way: A Relational Process Group

Whether we choose companions or are randomly thrown together, the quality of our relationships is a huge component of our mental health and richness of life. Process groups provide ripe opportunities to learn experientially how we impact others, and how to have more richness, connection and loving with our companions. Learning will also come from a didactic debriefing. (18 participants, 6 CEs)

Nicholas Kirsch, PhD, I am an experiential and eclectic psychotherapist/healer, and utilize aspects of practically every therapy/healing approach. For 30 years I have participated in and led therapy and process groups, and am empowered by the deep, healing/growth connections and self-awareness. In Washington, DC I lead long-term process groups for therapists. My mentors (mensches) include Virginia Satir, Al Peso, David Hawkins, Jack Mulgrew, Anne Alonso, Robert Langs, Fred Klein, Ethel Person, Ted Grant and my mother, Patricia Kirsch. Sharing the path with them has been a blessing

16a. Finding the Path of Least Resistance

We struggle to find our way, sometimes ruling out what looks too complex or difficult. In this workshop we will explore our resistance to following the path that best leads where we want to go. Each participant will bring a brief reading that provided help, inspiration, or guidance in finding the path. (15 participants, 6 CEs)

Susan Jacobson, LCSW-C (MD), Susan, a 26-year AAP member, lives in Columbia, MD, where, accompanied by her Westie, Duffy, she works with adults, couples, groups, and the occasional adolescent. Frequently a group leader in AAP and other organizations, she is happy to be co-leading this one with long-time friend, Murray Scher.

Murray Scher holds the PhD in counseling psychology from the University of Texas at Austin. He has taught college and practiced psychology for more than four decades. He is a Fellow and Past President of the Academy as well as a Fellow of the American Psychological Association. He is published extensively and is sought after to lead groups. He recently found poetry as a way to help him find his current path.

Friday-Saturday Two-Day Workshops *continued*

17a. Understanding Our Topography: A Path to the Now

How we experience and relate to the present is impacted by the topography of our past. We all have “Primary Wounds” - potholes on our paths. Some will be shallow, others will be deep or even cavernous. Our journey in our lives and in this group is to come to know our primary wounds better. The journey can be painful, yet enlightening – ultimately impacting our relational experiences of the now. Join us for a two-day process group to explore our collective topographies. (14 participants, 6 CEs)

Bradley Lake, LCSW, LICSW, has been in private practice for over 25 years, working with Individuals, couples and groups, and enjoys providing supervision for local clinicians. Bradley has recently launched his work with companies and organizations, taking a group approach to improve relational qualities in the work place. Mr. Lake has practices in Chestertown and Annapolis, Maryland as well as Washington, DC. Bradley launched his blog, “Seen and Heard,” in 2014. He is on the Board of Directors for MAGPS. Bradley and his husband were married in their home in Chestertown with their two adopted children by their side. Bradley is thrilled to be co-facilitating another process group with Lisa Makstein!

Lisa Makstein, LCSW-C, LICSW, is a licensed certified clinical social worker in full-time private practice in Maryland and Washington, DC. She has done extensive work on her own historical topography and takes pride in how she has created a different, more life-affirming path for herself. For the past 30 years, she has felt truly privileged to be able to join clients in their journeys toward more authenticity and aliveness in their lives and relationships.

Life is what you make of it. Always has been, always will be. —Grandma Moses

18a. Paths and Journeys Towards Developing Wanting and Desire

When earliest family relationships are painful, we build skills to protect ourselves from intimacy. As adults, we unconsciously employ the same strategies with loved ones, erecting barriers to expressing our wants and desires. The presenter will highlight this relational process, while sharing approaches to overcoming these self-imposed limitations. (15 participants, 6 CEs)

Joel H. Marcus, LCSW-C, has been practicing experiential, humanistic psychotherapy for 28 years. He offers individual, couples and group psychotherapy as well as clinical supervision, at the Village of Cross Keys in Baltimore, MD. He has previously presented workshops for the American Academy of Psychotherapists on various therapeutic topics.

19a. Paths Meander, The Journey is All

This is a process group whose purpose is to help the participants discover what can be learned by being together for a brief, but intense, period of time, with interest, curiosity and a desire to explore. We will take time at the end to think together about the environment that we created. (15 participants, 6 CEs)

Barry J. Wepman, PhD, has been in the practice of psychotherapy with individuals, group and couples for almost 30 years. He has published widely, and has presented papers and workshops at many national and international meetings. After graduating from the University of Houston in 1973, and before joining the faculty of Georgetown Medical School, Dr. Wepman served on the faculties of New York University and the New Jersey Medical School. He also teaches at the Washington School of Psychiatry.

Traveler, there is no path, the path must be forged as you walk. —Antonio Machado

We must be willing to let go of the life we have planned so as to have the life that is waiting for us. —Joseph Campbell

Friday & Saturday Morning 9:00-12:15

Friday One-Day Workshops

20. The Journey is Collective, the Path is Individual

In this process group we will establish a safe container to illuminate the journey of our shared humanity and vulnerability. Through the lens of our individual paths laid down historically and in this moment, we look at our response to unexpected twists, and our outlook and courage for future choices. (15 participants, 3 CEs)

Laura June, PhD, has been in private practice for over 20 years as a clinical psychologist in Baltimore, MD. Her practice focuses on young to aging adults in the midst of transitions and challenges to develop a mindful and compassionate presence to their inner life. Besides her doctoral training in depth psychotherapy she is certified in Imago Relationship Therapy, and has explored yoga, meditation, tai chi, and other spiritual / energy /mindfulness practices for most of her life.

21. The Therapist's Journey of Aging

How we navigate the ups and downs of our life stage profoundly affects how and with whom we do therapy. We will explore some vicissitudes of aging personally and professionally--through the lens of my journey at 72, in small groups according to decade, and in the group as a whole. (15 participants, 3 CEs)

Suzanne Imes, PhD, a licensed psychologist in Georgia, has practiced body-oriented Gestalt therapy for over 35 years. She holds a PhD in clinical psychology and master's degrees in German and student personnel administration in higher education. She co-developed the Impostor Phenomenon theory and co-edited "Touch in psychotherapy: Theory, research, and practice." She has provided training in Gestalt therapy, supervised graduate students, and given many workshops on a variety of topics. Now, she especially enjoys leading a consultation group for seasoned therapists.

22. Dream Drawing in a Dream Circle

In this workshop our journey will follow the path of our shared dreams into realms of the unconscious where our greatest creativity, fears and knowing reside. With expression through drawing, together we will explore what these dreams represent for the dreamer, and those who listen to him/her. This process can activate the energetic field where the "numinous" can happen, deepening our connection to our SELVES and to each other. (10 participants, 3 CEs)

Giuliana Reed, MSW. I've discovered the delights of being in my sixties in recent years, even if my body, like an aging car, needs to go to the shop far more frequently for repairs. In my own continuing journey to self, the power of myth, imagery and symbol allow me to reach places in myself and with my clients that are before words, places where deep secrets and cherished treasures are held. It's been a privilege and honor to practice psychotherapy for over thirty years.

Saturday Two/Three-Day Workshops continued

1c David Mermelstein

7b Laura Fleming

8b Tom Burns & Adam Klein

14b Dairlyn Chelette & Kay Loveland

15b Nicholas Kirsch

16b Susan Jacobson & Murry Scher

17b Bradley Lake & Lisa Makstein

18b Joel Marcus

19b Barry J. Wepman

The spiritual path is simply the journey of living our lives. Everyone is on a spiritual path; most people just don't know it. —Marianne Williamson

Saturday Morning 9:00~12:15

Saturday One-Day Workshops continued

23. Our Journey Began with “Queer”

The term “Being Out” changes meaning depending upon which generation you belong to and who is asking. WHY? Explore our paths of coming out to ourselves and others. How do we make those decisions about whom and how much to share? Locate where your internalized homophobia still thwarts your authenticity. (For women only) (20 participants, 3 CEs)

Meredith Albert, LCSW, started her private practice in 2008. She specializes in working with people suffering from depression, substance abuse issues and trauma. Meredith embraces the idea that individuals have the answers they seek. The challenge becomes finding the stillness to settle inner conflicts or competing thoughts (expectations, judgments, etc.) long enough to uncover personal truths.

Lorrie Hallman, PhD, has practiced depth psychotherapy with a diverse population for over 32 years. As an open lesbian, she has presented workshops to community mental health groups and experienced private practitioners on such issues as homophobia, lesbian and gay couples' therapy, and professional ethics with lesbian, gay and transgender patients.

24. The Blind Spot

What blind spots do we have as therapists with our clients? What areas do we overlook or miss? What about literal blind spots? Imagine sitting in a session with a client being unable to see him or her. What sorts of tones, vibes, energies, instincts, etc., do we miss because we rely so heavily on what we see? In this workshop we will use group process and discussion to explore a new path as therapists utilizing other senses besides sight to expand our abilities both in the therapy room and in life. (10 participants, 3 CEs)

Catherine B. Clemmer, LCSW, is a licensed clinical social worker with a full-time private practice in Chapel Hill, NC. She has worked in community mental health and worked most recently as Clinical Faculty at the Schizophrenia Treatment and Evaluation Program at the

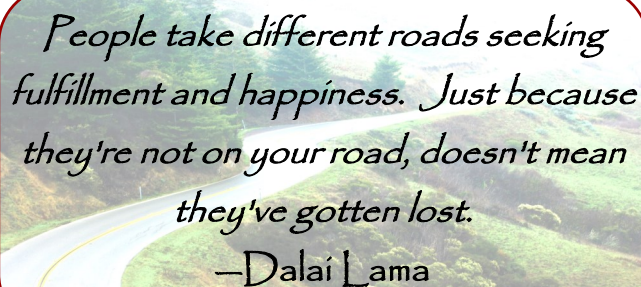
University of North Carolina at Chapel Hill. She was an AAP scholarship recipient in 2013 and joined AAP in 2014.

25. More or Less Boundaried: What Path Are You On?

In this process group, we'll explore together the ethical issues and challenges we face around setting boundaries in psychotherapy. How do our early histories, personalities, training and experience lead to our being more boundaried or less boundaried? How do our boundaries reflect our character, our needs for connection, intimacy, and control, our comfort level? As therapists, where is our growing edge in terms of re-calibrating our boundaries so that they are ethical yet provide for the deepest connection and healing potential for our clients? (*Ethics*, 15 participants, 3 CEs)

Sharyn Faro, PhD, has been in private practice since 1980. She received her doctorate from Georgia State University in clinical psychology where her major orientation was in transactional analysis and Gestalt therapy. She later spent five years studying with Stanislav Grof in Transpersonal Psychotherapy and Holotropic Breathwork. She has been leading psycho-spiritual and Holotropic Breathwork workshops for 30 years. Her interests combine psychotherapy with spiritual practices and wilderness work.

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



People take different roads seeking fulfillment and happiness. Just because they're not on your road, doesn't mean they've gotten lost.
—Dalai Lama

Workshop Planner

Monday	Tuesday	Wednesday	
T1a Webster Arrive on Monday	T1a Webster Leaves Tuesday Morning	T1b Webster Return by Registration	
Wednesday 1:45-5:00p	Thursday 9:00-12:15p	Friday 9:00-12:15p	Saturday 9:00-12:15p
T2a Mermin	T2b Mermin		
	T3a Harpaz	T3b Harpaz	
	1a Mermelstein	1b Mermelstein	1c Mermelstein
	2a Criswell	2b Criswell	23 Albert & Hallman
	3a Doane & Megdell	3b Doane & Megdell	24 Clemmer
	4a Ellman & Frankel	4b Ellman & Frankel	25 Faro & Schwartz (Ethics)
Training Institutes	5a Loftis	5b Loftis	
3-Day Workshops	6a Van der Heiden & Rosenblatt	6a Van der Heiden & Rosenblatt	
2-Day Workshops Th & Fri	7a Fleming	20 June	7b Fleming
2-Day Workshops Th & Sat	8a Burns & Klein	21 Imes	8b Burns & Klein
1-Day Workshops	9. Myers Beller & Sherratt	14a Chelette & Loveland	14b Chelette & Loveland
2-Day Workshops Fri & Sat	10 Gouss & Weinfeld	15a Kirsch	15b Kirsch
	11 Feldman (Ethics)	16a Jacobson & Scher	16b Jacobson & Scher
	12 Murphy	17a Lake & Makstein	17b Lake & Makstein
	13 Norton	18a Marcus	18b Marcus
		19a Wepman	19b Wepman
		22 Reed	

Continuing Education Information

Satisfactory completion

Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available.

Psychologists

This course is co-sponsored by Amedco and the American Academy of Psychotherapist. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 12 hours.

Social Workers

Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing

Education (ACE) program. Amedco maintains responsibility for the program. ASWB Approval Period: 06/24/2015 – 06/24/2016. Social workers should contact their regulatory board to determine course approval for continuing education credits.

Social workers participating in this course may receive up to 12 clinical continuing education clock hours.

Professional and National Certified Counselors, Marriage and Family Therapists (NBCC)

This course has been submitted for review.

New York Social Worker

Quorum EDU SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. 12 hours.

Registration

AAP REGISTRATION INFORMATION

Name for badge:

License(s) and States:

Address:

City, State, Zip:

Email:

Preferred phone number:

Is this your first Summer Workshop? Yes _____ No _____

Special Diet/Special needs?

King bed? Yes__ No__

*Final housing designations will be made by the resort based on availability

Roommate(s) Name(s):

REGISTRATION FEES

REGISTRATION FEES: Includes workshops, meals, and accommodations June 8-12, 2016
Registration for these days will be booked as a block of rooms by AAP.

Early Registration is on or before April 15th.

	Early Registration Before April 15 th	Regular Registration Deadline May 6th	Your Total
Single Room	\$1,475	\$1,575	
Shared Double	\$1,110	\$1,210	
Triple	\$995	\$1095	
Quad	\$940	\$1040	

CE Processing Fee \$50

International & West Coast Travelers Deduct \$50

Shuttle from Pittsburgh Airport \$70 (see page 19)

Take a \$10 discount if paying by check.

Total Due

After May 6th room reservations and registration can not be guaranteed.

AAP will refund all *but* \$75 of the total registration to the members who notify Central.

Office of their cancellation in writing on or before May 6th.

PAYMENT INFORMATION

Check enclosed -Payable to American Academy of Psychotherapists.

AAP does not accept American Express'

Credit Card#:

Expires:

Card Holder Name:

Billing Address as it appears on your credit card statement :

Signature:

THE 2016 SUMMER WORKSHOP PATHS AND JOURNEYS

JUNE 8-12, 2016

OMNI BEDFORD SPRINGS RESORT

For early arrival or extended stay you will need to call the hotel directly to reserve a room: Omni Bedford Springs Resort
814-623-8100. The AAP conference room rate of \$189 plus taxes, will be available three days before and after SW, **based on availability**.

TRAINING INSTITUTES:

Tuesday-Wednesday T1 Webster ____

Wednesday 1:45-5:00 T2a Mermin ____

Thursday 9:00-12:15 T2b Mermin ____

T3a Harpaz ____

Friday 9:00-12:15 T3b Harpaz ____

WORKSHOP REQUESTS:

Thursday	Friday	Saturday
1 st ____	1 st ____	1 st ____
2 nd ____	2 nd ____	2 nd ____
3 rd ____	3 rd ____	3 rd ____

♦ Attending the Newcomers Orientation?

Y N (see page 4)

♦ Please register me for an Open-Process Group.

Y N (see page 4)

♦ Please indicate if you need to reserve a family group room for ____persons. Indicate the person representing your group: _____

REGISTRATION INFORMATION

Choose from easy registration options:

♦ Website: (Recommended)

Online registration is available on the AAP website: aapweb.com

♦ Fax or Email: Fax completed registration form to **518-463-8656** or scanned email to aap@caphill.com

♦ Mail: Make checks payable to:
American Academy of Psychotherapists.
Send the registration form and check to:
AAP, 1450 Western Avenue, Suite 101
Albany, New York 12203

♦ Questions: Contact the AAP Central Office,
aap@caphill.com or call **518-694-5361**



Travel Information

By Air:

The closest airport to the resort and therefore the one that we are recommending is Pittsburgh International Airport (PIT). The approximate driving time from the airport to the resort is two hours and fifteen minutes. Depending on traffic.

If you choose to fly into either Dulles or BWI airports, the driving time from each is approximately two hours and thirty minutes.

AAP Shuttle from Pittsburgh Airport:

Because there is no reasonably-priced shuttle or car service from the airport and since the precedent has been set at previous Summer Workshop locations, we are offering a shuttle bus directly to and from the resort. The aim is to eliminate driving stress, to provide refreshments, and to give you two plus hours of time to spend with fellow AAP travelers.

On Wednesday, a bus will leave from PIT at 1:00pm, arriving at the resort at around 3:30pm. You should allow at least sixty minutes from your flight arrival time for deplaning, baggage claim, etc. at the airport. You may want to consider a rental car back-up if you miss the bus. Sorry, no refunds are available under these circumstances.

On Sunday, the bus will leave at 10:00am, arriving at PIT at around 12:30pm. Your flight should leave PIT after 2:30pm. Of course, you may wish to give yourself more leeway than this.

The cost for the shuttle is \$70 round trip.

No one-way fares are offered.

To reserve a space, you must include this full fare with your registration fee (see registration page), and you must register by May 6.

The fare is not refundable after May 6th

By Car:

From Pittsburgh Airport (the route does have tolls):

Get on I-376 E in Findlay Township from Airport Blvd and head northeast on Airport Blvd, keep left to stay on Airport Blvd. Continue straight to stay on Airport Blvd and then use the left 2 lanes to keep left at the fork, follow signs for I-376 E/I-79 E/Pittsburgh/Pennsylvania Turnpike E and merge onto I-376 E.

Stay on I-376 E for approximately 30 miles and then take exit 85 for I-76. Keep right at the fork to continue on exit 67-359, follow signs for I-76 E/Harrisburg and merge onto I-76 E. After approximately 89 miles on I-76 E, take exit 146 toward US-220 BUS S, keep right at the fork and merge onto US 220 BUS S.

Follow US-220 BUS S to Sweet Root Road and turn left onto Sweet Root Road.

The destination will be on your right.

Omni Bedford Springs Resort

2198 Sweet Root Road

Bedford, PA 15522

(814) 623-8100

QUESTIONS:

Contact Darrin Bronfman

at dsbronfman@aol.com

or by text at 404-668-2307

*"If you don't know where
you're going, any road will
take you there."
—Henry Kissinger*



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

Postage



AAP 2016 SUMMER WORKSHOP
PATHS AND JOURNEYS
JUNE 8-12, 2016
OMNI BEDFORD SPRINGS RESORT