

The American Academy of Psychotherapists
Summer Workshop 2017

Shared Laughter and Tears: The Alchemy of Connection



June 7 - 11, 2017
Stonewall Resort
Roanoke, West Virginia

American Academy of Psychotherapists
2017 Summer Workshop

Welcome

Shared Laughter and Tears: The Alchemy of Connection

Once upon a time there was a Jester who laughed and laughed, but, alas, he laughed alone. One day while trying to entertain himself, he saw in the distance a Clown. He ran to the clown only to discover that the clown was sad and tearful, wrapped in an invisible wall. Discouraged, the Jester ran the other way, but his inner laughter and longing would not let him give up. The Jester felt truth and soulfulness in the Clown's sad tears. So the Jester went back and opened his heart to the Clown's sadness. Together they cried and cried, until their flowing tears melted the Clown's wall of sadness. The Clown then saw a yearning and sparkle in the Jester's eyes and in his open, welcoming smile. Together they laughed and laughed. Enveloped in their tears and laughter, their hearts merged in loving connection.

“Shared Laughter And Tears: The Alchemy Of Connection,” expresses the value we in the Academy place on the psychotherapeutic relationship. Shared laughter and shared tears are moments of mutual vulnerability experienced by both the patient and the therapist, moments in which a shared humanness occurs. An alchemy unfolds, transforming separation into a mutual and reciprocal connection. Martin Buber's view of the *I-Thou* relationship is a relationship, not experienced in the I or the Thou, but in the connection between the two. In this relationship, roles, masks and expectations fall away, leaving authentic and meaningful connection.

To experience shared laughter and tears, we must let go of the safety and security of familiar ways of being, and risk entering into the vulnerability of creative expression. We must open our hearts and souls to the other. The 2017 Summer Workshop committee hopes you will find a variety of spaces in which to play and struggle, laugh and cry, and to experience authentic, vulnerable connection with old and new friends and colleagues. We invite you to share all of your laughter and tears in an alchemy, a transformation, of Self, Other and Community connection.

Jacob Megdell

Workshop Chair for the 2017 Committee

Schedule at a Glance

Wednesday, June 7, 2017

12:00 - 5:00 pm	Registration
4:00 - 5:00 pm	Newcomer's Orientation
5:00 - 5:45 pm	Newcomer's Reception
6:00 - 7:00 pm	Opening Experience
7:00 - 8:30 pm	Dinner & Cash Bar
8:30 - 9:45 pm	Open Process Groups

Thursday, June 8, 2017

7:00 - 9:00 am	Breakfast
7:00 - 8:00 am	Yoga with Devajoy
9:00 - 12:15 pm	Workshops & Institutes
12:15 - 1:30 pm	Lunch
1:45 - 3:00 pm	Community Meeting
3:00 - 5:00 pm	Softball
6:30 - 8:30 pm	Dinner
6:30 - 8:30 pm	Sunset Cruise

Friday, June 9, 2017

7:00 - 9:00 am	Breakfast
7:00 - 8:00 am	Hike with Diane Shaffer
9:00 - 12:15 pm	Workshops & Institutes
12:15 - 1:30 pm	Lunch/12 Step Meeting
1:30 - 2:30 pm	Business Meeting
2:30 - 3:30 pm	Community Meeting
5:30 - 6:30 pm	Vivian Tribute/Concert
6:30 - 8:00 pm	Dinner
8:30 - 10:00 pm	Talent Show

Saturday, June 10, 2017

7:00 - 9:00 am	Breakfast
7:00 - 8:00 am	Qi Gong
9:00 - 12:15 pm	Workshops & Institutes
12:15 - 1:30 pm	Lunch
1:45 - 3:00 pm	Community Meeting
6:30 - 7:00 pm	Social & Cash Bar
7:00 - 8:30 pm	Dinner Dance
8:30 - pm	Dance

Sunday, June 11, 2017

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

Stonewall Resort

We are returning to Stonewall Resort in Roanoke, West Virginia for our third visit to this gorgeous setting. To paraphrase a famous quote by Heraclitus, "No woman or man can ever step in the same river twice, for it is not the same river, and she or he are not the same person." Stonewall offers many opportunities for relaxation and outdoor activities, such as miles of hiking trails in the Stonewall Jackson State Park, a championship golf course, a "field of dreams" for the renewed softball game, a "magical mystery ship" for a dreamy evening cruise, and a beautiful, spacious and comfortable conference venue. Stonewall Resort is the familiar vessel in which, through sharing laughter and tears with both old and new friends and colleagues, we can experience the alchemy of connection.

Cover art by **Lori Oshrain**:

Lori photographed objects including wood, stone, paper and glass placed on an abstract acrylic painting. The collage was digitized to look like a watercolor. One week after the cover was completed, the original art piece was destroyed in a flood in Lori's basement. Honoring the theme, the committee connected around tears, then laughter.

The Committee

Jacob Megdell: Chairperson
Dairlyn Chelette & Laura Fleming:
Program Co-Chairs
Diana Woodruff: Continuing Education
Frances Compton: Treasurer
Carrie Phillips: Room Assignments and AV
Hannah Hawkins-Esther & Deva Joy Gouss:
Transportation
Diane Shaffer & Ellen Carr: Hospitality
Lori Oshrain: Cover Art and Brochure
Linda Tillman: Brochure
Tony Rooney: Band
Maureen Martin: Activities
Noah Meyers: Technology Wizard
David Doane: Committee Muse

Douglas Cohen: AAP President
Bob Rosenblatt: National Meetings Chair

Nelia Rivers: Special Consultant to the
Committee

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.

Orientation Group is 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 Thursday morning. This group will be led by Nelia Rivers and Maureen Martin and will be from **4:00-5:00 on Wednesday**.

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

Open Process Groups begin Wednesday night after dinner. These process groups will occur again each day in the afternoon. These are open to anyone but with a special emphasis on mingling first timers and those members who have attended many AAP events but who are not currently in a family group. The compositions of the groups are randomly assigned. If you want to be in an open process group, you will register for that on the registration form in addition to the workshops that you choose.

On SW evenings, 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 have any questions, please ask and do utilize your mentor-mentee relationship. Your contact person can be a valuable resource throughout the time!

Opening Experience

Our opening experience will take place from 6:00 - 7:00 pm on Wednesday night followed by a cash bar and dinner.

Hospitality

Welcome to the room where laughter and tears can mix and mingle, and your hearts will open wide. You will be received and nourished with open arms, delicious food, drink, camaraderie and conversation to end your day. We continue the long-standing AAP tradition of inviting all to consider contributing sweet and savory items to enhance the experience.

Hosts: Diane Shaffer and Ellen Carr.

Alex Redmountain Memorial Golf Tournament

The format of the tournament will be a 9-hole Shamble. Golfers may enter as teams or individuals. Individual low handicap players will be randomly matched with high handicap players and handicaps will be capped at 25. Teams will be responsible for reserving their own tee times and their greens fees. Contact [Graham Hall](#) with your team or individual information or questions.

Huggers and Sluggers

The Huggers and Sluggers ball game carries a long and complex history with many versions of the actual facts. Come to our softball field on Thursday afternoon from 3:00 to 5:00 pm to have a ball. Equipment will be provided including bats, ball and gloves. If you are so moved, please feel free to bring your own. Sign-up sheets will be posted on the bulletin board at registration.

AAP Arts and Crafts Silent Auction for Trust Fund

Whether you're an artist, or a collector of the wondrous and rare art created by fellow academy members, please come with your artistic contributions (all media are welcome) and/or spending power and enjoy the good feelings that come from being a part of our impressive community. Your generosity supports those who may be in need because the vicissitudes of life can never be anticipated. Questions? Call Giuliana Reed (202-265-7679) or [email](#) her.

Greet the Morning with Movement, Chanting and Meditation

Join Devajoy to warm up our bodies with stretching, yoga (Hatha and Kundalini) and energy medicine exercises. Experience the opening of our hearts with chanting and the invitation for quieting the mind with mantra repetition and meditation. Thursday 7 – 8 am

Hiking

Come for a mindful walk in the woods led by Diane Shaffer. We will begin with simple stretching and breathing. Our goal will be to explore our bodies and the world waking up together. Friday 7 – 8 am

"...laughing and crying, you know it's the same release"-- Joni Mitchell

QiGong

Susan Levy will lead us in QiGong, a gentle form of exercise combining slow, non-strenuous, 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. Saturday 7 - 8 am

Celebrating the Life of Vivian Guze

Join us in honoring an Academy member of 52 years. Vivian was around when the Academy was nothing but a gleam in her husband Henry's eye. Hear oral history of the Academy's birth and growth as well as jewels from the personal and professional life of a pioneer in body psychotherapy. Friday 5:30 - 6:30 pm

Talent Show

On Friday night at 8:30 pm to 10:00 pm we are hosting the AAP talent show. Laura Fleming is the M.C. and the organizer for this event. Please [contact Laura](#) if you are thinking of participating. We are looking forward to experiencing the many talents of our community and will experience our own "tears and laughter" during the show!

"You may forget with whom you laughed, but never the one with whom you have wept"
- Kahlil Gibran

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 on the bulletin board at registration.

Saturday Night: Dance to "Electric Avenue" "THE BEST DANCE SONGS OF THE 80s -- PERFORMED (EXACTLY!) THE WAY YOU REMEMBER THEM"

Your favorites from Tears for Fears, Duran Duran, Wham!, Journey, Prince, INXS, Lionel Richie, Toto, The Clash, Steely Dan, David Bowie, etc. -- performed in exquisite detail by a six piece group of remarkably talented musicians.

Unless you have a DeLorean with a fully charged Flux Capacitor, you're not going to find a more authentic 80's Pop Tribute Band in the known universe!

Sunday Morning Closing Experience

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

Activities at and around Stonewall Jackson Resort

We invite you to come early to the resort and/or stay after the conference. The special conference room rate is available for three days pre and post conference. Take in the splendor of nature and historical sites as well as the palate-pleasing offerings of the wineries and local home grown and prepared food delights.

[There's so much to explore!](#) Activities include fishing or boating on one of the five lakes in the region, exploring Civil War history on the Civil War Discovery Trail, shopping for unique glass pieces and hand crafts from local artisans and more.

Activities at the Resort

Stonewall Resort has many onsite activities that are both relaxing and exhilarating. There is a lakeside indoor/outdoor heated pool with two whirlpools. Next to this venue is a fully appointed gym with stationary bikes, elliptical machines, free weights, treadmills, and other options. The locker area has both a steam and a sauna room.

There are 16 miles of hiking trails that surround the resort that are calibrated for the beginner as well as the experienced hiker. They are well-marked and color-coded for easy access and distances are posted. Segway tours are offered as another option for viewing the beautiful mountain terrain.

Lakeside possibilities include canoe, kayak, aqua cycle and wakeboard rentals. The resort's touring boat is docked behind the building and is available for private tours. A captain is included in the package price. At the nearby marina, pontoon boats and speedboats are available to rent. Fishing and fishing equipment is also available.

The Arnold Palmer golf course is located on the resort property and is currently under repair. It will be re-opened in April, 2017 in tip top shape, just in time for our group to enjoy.

The Mountain Laurel Spa is known for its reflexology, massage, and other massage options. They offer a varied menu of spa services and can be booked in advance of your visit.

Of course, fun games are available just outside the resort on the lower level. They include: corn hole, hillbilly golf, horseshoes, badminton and sand volleyball.

Make time to relax, challenge a friend to a game or enjoy the surrounding woods and lake areas. This resort has something for everyone. Enjoy!

"When a man is singing and cannot lift his voice, and another comes and sings with him, another who can lift his voice, the first will be able to lift his voice too. That is the secret of the bond between spirits."

--Martin Buber

ADVENTURE IN THE ROANOKE AREA

[Mountain Rail adventures](#) 50 minutes away

Explore wild, wonderful West Virginia aboard one of the Durbin and Greenbrier Valley's four unique trains or one of their specialty trains such as the Polar Express.

[Adventures on the Gorge](#) 1 hour 20 minutes away

Experience white water rafting on the New and Gauley Rivers, canopy tours, zip lines, cabins, camping, restaurants and so much more.

HISTORY

[Trans-Allegheny Lunatic Asylum](#) 15 minutes away

Formally a sanctuary for the mentally ill in the mid-1800s, the asylum is a must see attraction for guided historic as well as paranormal tours.

[Stonewall Jackson Dam](#) 10 minutes away.

Stonewall Jackson Dam has the capacity to store the equivalent run-off of 7.1 inches of precipitation from its 101.8 square mile drainage area. To date, the dam has prevented flood damage estimated to be nearly \$236 million.

[WVU Jackson's Mill](#) 15 minutes away

Experience early Appalachian life at the boyhood home of Thomas "Stonewall" Jackson. The Historic District includes the following: The Jackson Family Mill Museum, The Blaker Grist Mill, The McWhorter Cabin, Mountain State Heritage Center and The Mary Conrad Cabin. Guided tours are available.

WINERIES

[Lambert's Vintage Winery](#) 15 minutes away

This nearby winery is constructed from hand cut stones gathered from various parts of West Virginia. With daily tours, tastings and wood fired pizza on Wednesdays, this is a favorite stop for resort guests.

[Forks of Cheat Winery](#) 1 hour and 15 minutes away

Nestled in the Appalachian Mountains of north central West Virginia, Forks of Cheat Winery produces a wide variety of prize winning wines crafted from French hybrid and American varietal grapes.



Special Event

Enjoy the beauty of a sunset over Lake Stonewall on a two hour Thursday evening cruise from 6:30 - 8:30. The cruise includes a cash bar and musical/dancing entertainment, provided by Lori Oshrain. Cruise participants will be able to go through the buffet line and prepare a boxed dinner to bring on board or eat at 6:00 pm in the dining room before cruising. Instructions will be posted on the registration bulletin board. Contact person is: [Maureen Martin](#).

**Monday - All day
Tuesday - All day
Wednesday until noon**

T1a,b,c Ecopsychology

Based on centuries of indigenous-based wisdom, ecopsychology engages with nature to foster initiation into life's next paths and encounters with soul. In the third of four Training Institute sessions, participants will learn and practice council and mirroring processes. Previous attendance to the first two sessions is required.
(4 participants, 13 CEs)

Pat Webster, PhD received her doctorate at the Union Institute in 1992, M.S.N. University of N.C. 1976, B.S.N. Duke University, 1969. She practices in Durham N.C. She is a Fellow in the Academy, member and former chair of the AAP ethics committee. She teaches nature-based therapies, based on her training in guiding nature-based experience with the School of Lost Borders. She has written about her experiences in a *Voices* article entitled, "Rattlesnake, Grandmother and Me: A Love Story."

Note: This is the third of four meetings of this Training Institute and is only open to members who participated in the previous two meetings.

Crying
by Galway Kinnell

Crying only a little bit
is no use. You must cry
until your pillow is soaked!
Then you can get up and laugh.
Then you can jump in the shower
and splash-splash-splash!
Then you can throw open your window
and, "Ha ha! ha ha!"
And if people say, "Hey
what's going on up there?"
"Ha ha!" sing back, "Happiness
was hiding in the last tear!
I wept it! Ha ha!"

Shared laughter creates a bond of friendship. When people laugh together, they cease to be young and old, teacher and pupil, worker and boss. They become a single group of human beings."

- W. Lee Grant

**Friday morning 9:00 - 12:15
Saturday morning 9:00 - 12:15**

T2a,b 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 deep defending against infantile fears of abandonment and engulfment. Participants will explore through group process, movement and martial arts on how their body resists change.
(12 participants, 6 CEs)

Natan HarPaz, PhD has practiced psychotherapy in private practice in Southfield, Michigan for over 45 years. As a 4th degree black belt in Isshinryu Karate, he combines his knowledge and experience of the physical and philosophical attributes of martial arts discipline in his practice. He is a Fellow of the AGPA, past board member in AAP, past president of the MGPS, and past Dean of the IIGP, clinical supervisor and has presented clinical workshops and papers on psychotherapy nationally and internationally.

Note: This is the second and final meeting of this Training Institute and is only open to members who participated in the previous meeting.

Instructional level: Workshops in the conference are designed to meet the educational needs of intermediate and advanced psychotherapists.

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

1a. Say It Again...With Feeling: Following and Funneling the Affect

Using experiential exercises, group interaction and didactic presentation, we will identify and utilize verbal, bodily and tonal expressions of affect in ourselves, others, and the group as a whole. Following the affect in this way opens the gates for deeper self-awareness, healing of trauma, normalization of affective experience, and intimate interpersonal connection.

(16 participants, 9 CEs)

Nicholas Kirsch, PhD

Major influences include Virginia Satir, Anne Alonso, Sheldon Kopp, Fred Klein, Jack Mulgrew, David Hawkins, Patricia Kirsch (mother), 30 years of AAP training and peer groups, countless life lessons, and a ceaseless curiosity about human nature. His specialty is leading long term therapy groups for psychotherapists where he is in awe of the deep openness, self-awareness, and soulful connections which emerge.

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

2a. Sad, Glad, Mad, or Afraid: Making Emotional Connections Through Improv

This workshop will invite you to take risks, play, make mistakes, and emotional connections using short form improv games and exercises. We will listen intently, focus on the connection to others and develop more flexibility in our responses.

(12 participants, 6 CEs)

Laura Fleming LCSW practices in Rochester, NY. She leads DBT Skills groups and process groups. She has taken numerous Improv classes and performs with the Village Idiots Improv troupe, THEY Improv, and Summer Experience. She finds the

applications of her Improv training relevant to her work as a psychotherapist as it has strengthened her ability to connect more deeply.

3a. The Alchemy Room

Is there space to risk being our real, emotional selves in the face of a client's pain and vulnerability? This interpersonal group will explore ways to expand access to our own vulnerability through laughter and tears as a means to help clients grow.

(18 participants, 6 CEs)

Sean LeSane LICSW, is in practice in Washington, DC, providing individual, couples and group therapy. He also provides supervision to new and advancing clinicians. He has years of experience helping individuals through difficult life transitions.

Gayle Neufeld, MD, a psychiatrist licensed in Washington, DC, received her MD from Hahnemann University and completed her residency at the Ohio State University Medical Center in 1999. She focused mainly on pharmacology, but her desire to connect more with her patients changed her practice to include individual, couples and group psychotherapy.

*"I am thankful for
laughter, except when milk
comes out of my nose"
--Woody Allen*

Thursday Two-Day (continued)

4a. Sometimes When We Touch

Sometimes when we touch, we open ourselves up to deeper feeling. Sometimes when we touch, we retreat in fear. We all yearn for deeper connection and yet, too often, we block it from occurring. This interactive group will offer participants the opportunity to experience both faces of our ambivalence.

(12-15 participants, 6 CEs)

Carole S. Light, PhD has a psychotherapy practice in the mountains of rural North Carolina, following thirty years of practice in Atlanta, GA. Her PhD was granted by Teachers College, Columbia University in 1970. She has been an active member of AAP since 1971.

David E Mermelstein, PhD is a licensed clinical psychologist in private practice in Charlotte, NC. He has provided psychotherapy for individuals, couples and groups for over 40 years. Currently, he is consulting and supervising in a variety of settings. He also works with bereaved parents as well as others who are grieving. A longstanding member of AAP, David has offered many workshops over the years and has written extensively about the psychotherapy process.

5a. To Be or Not To Be, To Share or Not to Share

Expressing empathic emotions with clients often enhances the therapeutic connection. Shared affective experiences support the therapeutic relationship when differentiation is maintained. Being authentically present with clients, without being fused, models differentiation. This interactive group explores modalities of joining

clients in our shared humanity, while also enhancing the therapeutic component necessary for our clients' growth.

(12 participants, 6 CEs)

Bradley Lake has been in private practice for over 25 years. He attentively sits with individuals, couples, and groups, in his practices in Washington, DC and Annapolis, MD. He also provides supervision to fellow clinicians. Bradley has developed a relational model of working with small organizations and boards. Bradley and his husband, William, are finishing a book based on Bradley's blog: SeenandHeardblog.com and William's photography.

Lisa Makstein, LCSW-C, LICSW is a licensed 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 35 years, she has felt truly privileged to be able to join clients in their journeys toward more authenticity in their relationships and their lives.

*As soup is to the
body, so laughter is
to the soul -
Jewish Proverb*

Thursday Two-Day (continued)

6a. Uncloaking Self Disclosure

We connect with others when we are vulnerable and accessible but internal prohibitions can make that risk too frightening. In a time-limited group, connection happens with self-disclosure as the vehicle. We'll explore how holding vulnerability opens us to connecting and consider how it appears in our work. Workshop is suitable for newer therapists.

(12 participants, 6 CEs)

Kristin Staroba, LICSW, employs self-disclosure judiciously. With a 1985 BA from Hunter College, she worked as a writer and editor before pursuing an MSW at Catholic University. In private practice in Maryland and Washington, DC, since 1996, she works with adults in individual, group, and couples, and provides supervision to blossoming private practitioners. Kristin presents frequently at AAP workshops and salons and is the editor of AAP's journal, *VOICES*.

Robin Truitt, MSW After 20 years in practice, Robin brings an expanding interest and curiosity to his work with groups, couples and individuals. Starting with systems theory and moving into traditional psychodynamic training, his interests still focus on how we connect to others. His goal is toward mutual understanding, which is then put into practice by his patients to enrich their lives. He continues to collaborate and study with other interested clinicians.

7a. Feeding the Right Wolf

We are blessed with a wellspring of intense and seemingly contradictory feelings, creating a rich and colorful palette from which we can paint our destiny. In this interactive workshop, we will explore the art of expressing emotions, creating a masterpiece of our best selves instead of a messy debacle.

(15 participants, 6 CEs)

Josh Fendel, LCSW retired in 2014 after over 40 years of full time practice of psychotherapy. His practice included individual, couples, families and groups. He has been a member of the Academy for almost 40 years, including a few years on the Executive Council, and has attended numerous workshops, trainings etc. This will be the second time Melissa and Josh have jointly presented a workshop at the academy.

Melissa Leehan, MA has practiced psychotherapy for 45 years. She received her BS and MA from Ball State University and a diploma from the Gestalt Institute of Cleveland. Licensed to practice in New Mexico, she works with individuals, couples, families and groups and provides clinical supervision. Melissa is a long time member of the Academy, having served two terms on the Executive Council and co-chairing three I&Cs.

Thursday One-Day Workshops

8. A Strange Alchemy: Therapists, Courts and the Law (Ethics)

Few experiences frighten psychotherapists more than the thought of having to testify in court. This workshop will cover many of the common issues arising when psychology intersects with the law, including: patient confidentiality, responding to subpoenas, the difference between expert and fact witness testimony, and how to avoid role conflicts. *(no participant limit, 3 CEs)*

Steve K. D. Eichel, PhD, ABPP is a licensed and board-certified counseling psychologist in independent practice in Newark, Delaware. He has served as Chair of the Psychology and Law Committee of the Delaware Psychological Association since 2006. From 2008-13, he served as Vice-President of the Delaware Board of Psychologist Examiners. One third of his practice involves forensic evaluation and testimony in both criminal and civil cases. He recently published two chapters in books on forensic psychology.

9. Feeling Our Way to Connection

In this interpersonal group, participants will be invited to sit with all that gets stirred internally and in the presence of others. In the depths of feelings we claim our greatest aliveness, our most sacred purpose, our path of healing, compassion, and shared humanity. *(15 participants, 3 CEs)*

Laura June, PhD, practices in Baltimore, Md. Her practice focuses on adults and couples seeking a more depthful, intimate experience with self and others. This can include learning to feel and trust after early trauma, tolerating anxiety in the face of uncertainties, and risking vulnerability. This describes her own ongoing challenges.

*"Time spent laughing is time spent
with the gods."
-- Japanese proverb*

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."-- Maya Angelou

10. When Happily Ever After Ends in Divorce

Dane Cunningham said, "Divorce is like death without a burial." In this three-hour interpersonal group, participants will share their unique experiences of love, loss, courage, and hope present in their marriages, separations, divorces, and subsequent relationships. Please note: this workshop is intended solely for women who have been separated or divorced.

(16 participants, 3 CEs)

Brooke Bralove, LCSW-C

is a psychotherapist, sex therapist, and Certified Daring Way™ Facilitator. She is a graduate of the University of Pennsylvania and Columbia University's school of social work. A graduate of the Washington School of Psychiatry's clinical program on psychodynamic psychotherapy and the National Group Psychotherapy Institute, she has been in private practice in Bethesda, MD for thirteen years.

Dr. Katie O'Meara trained at the American Schools of Professional Psychology. She has a PsyD in clinical psychology, and is licensed in the District of Columbia, Maryland, and Virginia. Certified by the Academy

Thursday One-Day (continued)

of Cognitive Therapy, Dr. O'Meara is the director of the Center for Cognitive Therapy and Assessment in Northern VA. She specializes in anxiety and mood disorders, and works with adults experiencing life changes.

11. The Alchemy of Change: Sharing Our Stories

How do we change? How do we remain stuck? How do we understand breakthroughs which free us from the grasp of a longstanding impasse? Together we will create an opportunity to share our personal narratives of change and how these narratives find expression in our work as therapists.

(16 participants, 3 CEs)

Bob Coyle, PhD, is a psychologist in independent practice in Atlanta, GA. He is a certified sex addiction therapist and presents continuing education workshops through Pine River Training Institute as well as AAP. In addition to consultative supervision, he provides individual, group, and couples psychotherapy.

**Friday
Thursday/Friday
Three/Two-Day Workshops
(Continued)**

- 1b Nick Kirsch
- 2b Laura Fleming
- 3b Sean LeSane/Gayle Neufeld
- 4b Carole Light/David Mermelstein
- 5b Lisa Mackstein/Bradley Lake
- 6b Robin Truitt/Kristin Staroba
- 7b Melissa Leehan/Josh Fendel

T2a Natan HarPaz (see Training Institutes)

*"At the height of laughter,
the universe is flung into a
kaleidoscope of new
possibilities,"
—Jean Houston*

**Friday-Saturday 9:00 - 12:15
Two-Day
Workshops**

12a. Expressive Arts: Alchemy with the Unconscious: An Experiential Workshop with Ethical Considerations (Ethics)

As Carl Jung said, the alchemy of the psychotherapy relationship allows for both therapist and client to be changed. We will use expressive techniques, writing, clay, pastels to guide us into powerful symbolic realms, expanding the container we offer our clients. This workshop will also address ethical considerations for expressive work.
(8-10 participants, 6 CEs)

Giuliana Reed, MSW, works with various expressive modalities (writing, Winnicott's Squiggle technique, paint, clay, tissue paper, etc.) as a way of accessing the unconscious in symbolic language. This can take us to places beyond those that can be reached through verbal expression alone, and have opened doors to greater creativity and connection in her work and daily life.

*"Laughter through
tears is my favorite
emotion...."*

*Truvy Jones:
Steel Magnolias*

13a. Removing Obstacles to Group Connection and Intimacy

Group intimacy -- the relaxation of ego boundaries and the free flow of emotion between persons -- emerges when the obstacles are removed: mistrust, defensive guarding of autonomy, fear of exposure and shame. To experience the richness of belonging, individuals must see both what they have in common with other members and also their unique role within the group.

(12 participants, 6 CEs)

Jonathan Farber, PhD studied psychology at Oberlin, Harvard, Stanford, UMass, and at Duke, where he earned his doctorate. He has been faculty at UNC, *Voices* editor, an AAP officer, an AAP presenter, and a family group member for nearly 20 years. Though his professors are dead, while he works in session, he continues discussions with them, and he hears from his family and his colleagues and from many former clients as well. (Yes, it can get crowded in his office.)

14a. The Alchemy of Healing: A Path Toward Reconciliation and Repair

In this interactive group, we will provide participants with a unique opportunity to embrace and express a full range of emotions experienced during painful encounters in AAP. Providing a safe and compassionate container, we hope to facilitate a corrective experience in which wounding and angst are transformed into healing and connection.

(15 participants, 6 CEs)

Barbara Thomason, PhD has been practicing the art of psychotherapy in the Atlanta area for over 36 years. A Life Member of AAP, she has chaired and co-chaired three national meetings and has served on the executive council as Retention Chair for over six years. Hearing the stories of members who have

"Laughter is the closest distance between two people" -
Victor Borge

resigned from the Academy because of deep wounding is the inspiration for this workshop

David Loftis, PhD has practiced in Atlanta since 1981. He has served in numerous leadership positions in the Academy including a term as President. Relevant to this current workshop offering, David has previously co-lead several workshops with the overriding theme of "difficult dialogues," first initiated by Dr. Fred Klein.

Friday 9:00 - 12:15
One-Day Workshops

15. The Power of Ritual

Ritual opens us to sharing our vulnerable, authentic selves. Guidance will be provided beforehand on creating rituals. Sharing our personal rituals in the context of our sacred circle -- about an awakening, turning point, inner shift, or anything meaningful you want to express -- allows for further transformation and intimacy.

(12 participants, 3 CEs)

Devajoy Gouss, LCSW, is an experiential/psychomotor therapist. She has evolved her own style of experiential therapy after training with Jacque Damgaard, Al Pessa, Donna Eden, and study in yoga, polarity therapy, and other body-oriented therapies. She is certified in life coaching. She gives monthly experiential workshops. Devajoy received her MSW from Tulane University in 1980 and a BS from the University of Arizona.

16. The Song Is You: Music's Connection With The Soul

Traditional psychotherapy has neglected the place of music in clients' lives. Music moves one swiftly to the emotional depths associated with loss, love, anger, depression, sadness, joy and humor. Participants will bring two songs which they will share, and they will process with the group their choice of songs and their emotional responses.

(12 participants, 3 CEs)

Dr. Hurley-Bruno is a retired clinical psychologist whose father and his family sang at every family celebration. No event was without music - at births, deaths, weddings, Sunday dinner. In the early years, Dr. H-B directed an eighty member adolescent boys' glee club. His love of music and appreciation of its impact on the human soul has penetrated his therapy sessions with clients for over forty years.

I would not exchange the laughter of my heart for the fortunes of the multitudes; nor would I be content with converting my tears, invited by my agonized self, into calm. It is my fervent hope that my whole life on this earth will ever be tears and laughter.

(Kahlil Gibran, 1883 - 1931)

17. Laughter and Tears: Sex and Living Long

Sexual aliveness plays a crucial role in staying healthy, expansive and vibrant at all stages of life. Acknowledging and adapting to changes is important in the evolving sexual journey. What does "older" mean, exactly? Come explore ageism's effects on you, and learn more about lifelong sexual potential, expansion and growth.

(12 participants, 3 CEs)

Pamela Finnerty PhD, is a psychotherapist and sex therapist

specializing in relationship issues and has been in private practice in Washington, DC for over 30 years. She was a tenured associate professor of counseling and associate research professor of psychiatry at George Washington University, specializing in sex and aging issues when she completed her certificate in gerontology along with her doctorate. She is in the process of obtaining AASECT certification.

18. The Alchemy of Love and Connections with Practice, Colleagues, and Significant Others

Through group interaction, participants will explore interpersonal, attachment styles as they emerge within work and personal life. We will examine core developmental principles that impact the person of the therapist.

(no participant limit, 3 CEs)

Steven Feierstein, LMFT, a retired marriage and family therapist and business, organizational consultant has practiced for over 38 years. He is a fellow of the American Association of Marriage and Family Therapy with years of training, teaching and supervision in family systems relationship therapy. His interest in spirituality and relationships has been a significant aspect of his work with clients, colleagues and with all connections.

It is time to come to your senses. You are to live and to learn to laugh. You are to learn to listen to the cursed radio music of life and to reverence the spirit behind it and to laugh at its distortions. So there you are. More will not be asked of you.

(Herman Hesse, 1877 - 1962)

Saturday
Thurs/Fri/Sat Three Day (cont)
Fri/Sat Two Day (cont)

1c Kirsch
12b Reed
13b Farber

Saturday 9:00 - 12:15
One-Day

19. The Echo of Shared Laughter and Tears

How do we maintain our sense of self when we have outlived many with whom we have shared our deepest connections and who have been witnesses to our very existence? We will explore how we address the ongoing-ness of ours and our patients' lives while continuing whatever richness keeps us alive.

(25 participants, 3 CEs)

Vivian Guze has been a member of the Academy since 1964. Present in the early years of the formation of the Academy, she feels acutely the loss of so many of her contemporaries, including her husband, Henry, who had a strong impact on her personally and professionally. She remains a treasured and active member of our AAP community. Vivian is a certified bio-energetic therapist, and an international trainer in bio-energetic therapies.

20. The Art of Running Very, Very Slowly: Connecting Through Shared Suffering

As children we run for joy. As adults we impose arbitrary rules on ourselves and turn the joy of running into painful exercise. This is an apt metaphor for life. This pattern becomes difficult to break, but our anxieties and shame may be lessened if we can learn how to suffer together.

(12 participants, 3 CEs)

Jonas Horwitz received a master's degree and PhD in clinical psychology from Virginia Commonwealth University. For the past 12 years he has been in private practice as a licensed psychologist in Durham, North Carolina. In his practice he particularly enjoys doing long-term relational work with individual adults, couples as well as running several interpersonal process groups for men.

21. Dismantling Racism: Sorrows and Surprises

How might we therapists contribute to dissolving racism? What blind spots get in our way when working with clients different from us? In this didactic and experiential workshop, we will examine the racialization of U.S. history, privilege, and bias, and locate our racial development position using Helms and other models.

(12 participants, 3 CEs)

Cathy Roberts, LCPC, in private practice in Rockville, MD, counsels individuals, couples, and groups. She has a BA in social science/secondary education and an MS in pastoral counseling. She runs groups for *Coming To The Table*, an organization "taking America beyond the legacy of enslavement." She co-leads workshops and discussions about racism in Baltimore/DC. A Marylander with slaveholder ancestors, she is passionate about racial healing.

Gil Bliss, LCSW-C, after working in a prison, was trained in the clinical curriculum in social work at the University of Maryland. He earned an MSW and is licensed in Maryland. Gil sees individuals, couples and families and hosts a peer consultation group. The recent murders of black men by

policemen has led Gil to reeducate himself and to talk to others about racism in its various forms.

22. Exploring Healing Connection

Connection is wholeness, personally and interpersonally. Loss of connection is loss of wholeness. Connection is healing, and is the medicine and alchemy of psychotherapy. Utilizing guided experiential exercises and moving into exploring our experience together, we will enhance and observe connection with self and with one another.

(12 participants, 3 CEs)

David Doane, Ph.D, has been in private practice in the Toledo, Ohio, area for 40 years. He trained in existential philosophy and psychology at Duquesne University (BA), graduate training at BGSU (MA) and Kent State University (PhD), significant learning through experiential, gestalt, and family therapy, and slow marination and connection through his years with AAP.

*You must give yourself to
love if love is what
you're after;*

*Open up your hearts to
the tears and laughter,*

*And give yourself to
love, give yourself to
love.*

—Kate Wolf, Musician

23. Connecting Beyond What Is Seen

Shared experiences in psychotherapy can be the alchemy for growth and change. What opportunities are missed? What do we “not see?” Imagine sitting with a client unable to see them. What tones, vibes, energies, instincts, are missed because we rely so heavily on sight? Experiential exercises, group process, and discussion will be used to explore creative ways of connecting with patients and in life by utilizing our other senses.

(10 participants, 3 CEs)

Catherine B. Clemmer, LCSW, is in private practice in Chapel Hill, NC. She is former clinical faculty at the University of North Carolina at Chapel Hill department of psychiatry working in the schizophrenia treatment and evaluation program. Her 12 years of experience include both community mental health and private practice working with individuals, groups, and families. She was recipient of an AAP scholarship in 2013 and has been a member for three years.

24. I'm Laughing WITH You, Not AT You: Improv as a Vehicle for Connection and Change

Using experiential, improvisational acting exercises, we will discuss how these can be applied to personal and professional growth for us and for our clients. We'll focus on how improvisation can help us as therapists build empathy towards our patients and create a relationship with patients that feels more spontaneous, authentic, and equal.

(10 – 14 participants, 3 CEs)

Lisa Kays, MSW has been practicing psychotherapy with individuals, couples and groups since 2013. She has training from

the Washington School of Psychotherapy's ISTDP first year program and from Rehearsals for Growth! She has been on the faculty of Washington Improv Theater since 2008 and developed Washington Improv Theater's first improv for mental health professionals class.

Steven Ingram, DMin, LPCC-S has practiced in Dayton, Ohio for 24 years. Dr. Ingram supervises and works as a hospital chaplain and facilitator for many medicine and spirituality forums. He believes in the power of improvisation as a vehicle to get moving and gain traction through risk and reflection.

25. Ethical Dilemmas for Insurance Providers: Should We Laugh or Cry?

Using case presentations in a group discussion format, participants will explore dilemmas that arise with insurance providers, such as confidentiality, truthfulness in diagnoses and treatment plans, favoritism toward full fee self-paying patients, and complying with insurance company demands that might conflict with one's theoretical orientation.

(30 participants, 3 CEs)

N. Mendie Cohn, PhD is a New York State licensed clinical psychologist with 36 years of experience including individual, couples, and group psychotherapy and supervising psychology and social work staff, psychiatry residents, and psychology interns and students. She has worked in psychiatric inpatient, psychiatric outpatient, and rehabilitation medicine inpatient settings as well as private practice. Currently she is solely in private practice in Brooklyn, New York, and sees both self-paying patients and patients who pay through private insurance.

2017 SW Conference Goals and Objectives

- 1) Understanding the dimensions of shared affect, such as shared laughter and tears, and its impact on the psychotherapeutic process.
- 2) Elucidating the purpose, function and limitations of therapist self disclosure in psychotherapy.
- 3) Exploring the ways in which shared affect enhances or hinders the development of an effective psychotherapist-patient relationship.
- 4) Facilitating peer group discussion of therapists' openness and/or resistance to experiencing personal and professional vulnerability in the course of psychotherapy.
- 5) Gaining understanding of how the shared experience of vulnerability between therapist and patient becomes the alchemy for growth and change in both the therapist and patient.
- 6) Examining psychotherapy as a creative process versus a programmatic treatment.
- 7) Exploring the dynamic interplay between the psychotherapists' theoretical boundaries and personal openness/self-disclosure in the creative process of psychotherapy.
- 8) Identifying, through large group in depth didactic discussion and experiential exercises, the dynamics of the I-Thou connection.



Travel Information

The AAP 2017 Summer Workshop is at the [Stonewall Resort State Park](#) in Roanoke, West Virginia.

DRIVING: The drive from DC to the resort is about 4.5 hours. Driving from Cleveland or Columbus, Ohio is about 4 hours. Driving from Winston-Salem, NC is also about 4.5 hours. Driving from Atlanta is about 8.5 hours.

FLYING: There are three airports from which to choose if flying:

1. Pittsburgh (PIT) is the largest in the area, is served by all major airlines and is about 2.5 hours from the resort.

2. Yeager Airport (CRW) is in Charleston, WV. American, Delta, United and Spirit Airlines fly into this airport. [Click here](#) to view flights and car rentals. This airport is just under 2 hours from the resort.

3. North Central West Virginia Airport (CKB) in Bridgeport, WV is served by United, Allegiant and Silver Airlines. [Click here](#) to look at flights and car rentals. It is the smallest of the possible airport options and has limited flights. It is also the closest to the resort, a little less than an hour away.

CAR RENTAL: All of the above mentioned airports are served by rental car companies. AAP has a discounted rate with Avis/Budget. In order to use this discount you can call: 1-800-842-5628. Our budget customer discount number (BCD) is UO16161 OR you can go to [budget.com](#). Look for "use an offer code, or BCD code" on the reservation form and input the BCD number to access this discount.

SUGGESTIONS:

1. **CARPOOL:** Buddy-up with a friendly/willing AAP member and carpool from say DC. These arrangements will need to be made individually. For example; you might make a request on AAPNet to connect with other travelers.

2. **SHUTTLE:** Shuttle service from Pittsburgh will be available on Wednesday afternoon and for the return on Sunday. The price is \$85 round trip and \$50 one-way.

YOU MUST SIGN UP WITHIN THREE WEEKS OF THE CONFERENCE AND PROVIDE YOUR FLIGHT INFORMATION by [emailing AAP](#). We will provide at least one shuttle from the airport Wednesday afternoon that will leave promptly at 2 pm in order to allow time to arrive at the resort before opening experience. The return shuttle will leave promptly at 11 am in order to meet later afternoon flights (4 PM OR LATER).

3. For those wanting to splurge, call the very helpful **transportation service** Elite Transportation (1-800-488-7775). They are flexible and have cars, or vans and will pick up people from any of the three airports that serve Stonewall Resort. Let them know you are with AAP.

[Devajoy Gouss](#) 678-637-3039
[Hannah Esther](#) 770-595-7465
 Transportation Chairs

DIRECTIONS: Stonewall Resort is located two miles off Interstate 79 at exit 91. Take exit #91 (Roanoke) to US-19 South. Follow signs to Stonewall resort State Park. The entrance is 2.5 miles from 1-79, on the left, or check their website for more specific instructions.

Workshop Planner

Mon, Tues, Wed til noon	Thurs 9:00 - 12:15	Fri 9:00 - 12:15	Sat 9:00 - 12:15
T1 a, b, c Webster		T2 a Harpaz	T2 b Harpaz
	1 a Kirsch	1 b Kirsch	1 c Kirsch
	2 a Fleming	2 b Fleming	19 Guze
	3 a LeSane/Neufeld	3 b LeSane/Neufeld	20 Horwitz
	4 a Light/Mermelstein	4 b Light/Mermelstein	21 Roberts/Bliss
Training Institute	5 a Makstein/Lake	5 b Makstein/Lake	22 Doane
Three Day	6 a Truitt/Staroba	6 b Truitt/Staroba	23 Clemmer
Thurs Two Day	7 a Leehan/Fendel	7 b Leehan/Fendel	24 Kays
Thurs One Day	8 Eichel		25 Cohn
Friday Two Day	9 L June	12 a Reed	12 b Reed
Friday One Day	10 Bralove/O'Meara	13 a Farber	13 b Farber
Saturday One Day	11 Coyle	14 a Thomason/Loftis	14 b Thomason/Loftis
		15 Gouss	
		16 Hurley-Bruno	
		17 Finnerty	
		18 Feierstein	

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 Psychotherapists. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 22 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: 6/24/2016 to 6/24/2019. 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 22 clinical continuing education clock hours.

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

This course has been submitted for review.

FL BBS

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2019. 22 Hours

New York Social Worker

Amedco SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. 22 hours.

Ohio Chemical Dependency Board

This course has been submitted for review.

~Each morning we are born again. What we do today matters most.~ Buddha



Registration

For information, email aap@caphill.com or call [518-240-1178](tel:518-240-1178)

AAP Registration Information

Name for badge: _____

Address: _____ City, State, Zip _____

Email: _____ Preferred Phone Number: _____

Special Diet/Special Needs? _____ License(s) and States _____

King bed? Yes ___ No ___ Is this your first Summer Workshop? Yes ___ No ___

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

Roommate(s) Name(s): _____

Registration Fees: Includes workshops, meals, and accommodations June 7 - 11, 2017. 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 15th	Regular Registration Deadline May 4th	Your Total
Single Room	\$1425	\$1525	
Shared Double	\$1060	\$1160	
Triple	\$945	\$1045	
Quad	\$890	\$990	
CE Processing Fee \$50			
Boat Cruise on Thursday night \$30/person			
Shuttle from PTL \$85 round trip, \$50 one way: circle Wed or Sun			
International and west coast members deduct \$50			
Paying with check deduct \$10			
TOTAL DUE			

After May 4th, room reservations and registration cannot be guaranteed.

***AAP will refund all but \$75 of the total registration to members who notify Central Office of their cancellation on or before May 4, 2017. **No refunds after May 4th.** Cancellations must be submitted in writing.

Payment Information

Check enclosed - Payable to American Academy of Psychotherapists. (\$10 discount if paying by check): _____

VISA or MC (no AMEX) Credit Card #: _____

Expiration Date: _____ CSC/CVV: _____

Name on card: _____

Billing Address for credit card: _____

Signature: _____

Registration Fees

The 2017 Summer Workshop *Shared Laughter and Tears: The Alchemy of Connection*

For early arrival or extended stay, you will have to call the resort:

304-269-7400 and mention you are with AAP. The AAP Conference room rate of \$169 + tax and an \$8 fee will be available 3 days before and after SW, if **rooms are available.**

Training Institutes

Mon - Wed T1: Webster _____
Friday T2 a: Harpaz _____
Saturday T2 b: Harpaz _____

Workshop Requests

Thurs	Fri	Sat
1st _____	1st _____	1st _____
2nd _____	2nd _____	2nd _____
3rd _____	3rd _____	3rd _____

***Attending the Newcomers' Orientation?** Y N

***Please register me for an open-process group** Y N

***Would you like to reserve a family group room for _____ people? Who is the person representing your group?**

Registration Information

Easy registration options:

***Website (Recommended):**
Online registration is available in the [member area of the AAP website](#)

*** Send** the registration form and check to AAP, 230 Washington Ave Ext, Suite 101, Albany, NY 12203. Make checks payable to:

American Academy of Psychotherapists

Questions? Contact AAP Central Office by email: aap@caphill.com