

Sounds of Silence: Working the Edges of the Unspoken



The American Academy of Psychotherapists
63rd Annual Institute & Conference

October 17-21, 2018

Atlanta, GA

The Grand Hyatt in Buckhead

THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS

63RD ANNUAL INSTITUTE AND CONFERENCE

In the psychotherapy relationship, as in all relationships, what remains unsaid is as potent as what is spoken. Understanding the complex personal and cultural forces behind a client's reluctance to speak freely is an essential component of the psychotherapy process. In addition to exploring the concept of silence as suppressed expression of thoughts and feelings, we will explore the ways in which intentional stillness can be integrated into psychotherapy in the form of meditation, yoga, writing, and mindfulness practices.

Our three plenary sessions are designed to facilitate understanding of the reasons for silence, both that of our clients and our own. Howard Stevenson, PhD, from the University of Pennsylvania, will address racial literacy and the phenomenon of avoidance and discomfort with racial conversations. Dana Jack, EdD, from West Washington University, will address contributors to the silencing of self, including gender expectations, trauma, and stigma. Author and

international presenter, Kathy Steele, MN, CS will explore the intra- and interpersonal dynamics of chronic shame as related to the psychotherapy process.

We are excited to offer the opportunity to explore the theme of silence as it relates to the process of psychotherapy and to highlight what is, perhaps, a core tenet of the Academy—the belief that daring to speak authentically and to work the edges of the unspoken is essential to the development of the person of the psychotherapist.

On behalf of our committee, we are excited to invite you to the 63rd Annual Institute and Conference,

Louise Will-Wallace, PhD
Lisa Smith Klohn, PhD
2018 I & C Co-Chairs

2018 I & C Committee

Co-Chairs: Louise Will-Wallace & Lisa Smith Klohn

Program Co-Chairs: Laura June & Sharman Colosetti

Marketing: Barbara Thomason & Mary Gresham

Treasurer: Janet Telford-Tyler

Hospitality: Mendie Cohn

CE Co-Chairs: Alex Afram, Anni Tuikka (AASECT),
Steve Eichel (AASECT)

Transportation & Recreation: Curt Arey

Audio-visual: Molly Milgrom

Hosted Dinners: Nancy Moser

Dinner Arrangements: Jennifer Savitz

Brochure: Wendy Graham

Volunteers: Meredith Albert



DARWIN'S SECRET

Sean Williams painted "Darwin's Secret", a street mural in Charleston, SC. Originally painted in earth tones, the mural was vandalized, and Williams repainted it in blue and featured aquatic animals. Self-described as a rather quiet person, Williams is interested in parallels between nature, origin, and art.

TRAVEL & LODGING INFORMATION

TRAVEL INFORMATION

Air

Atlanta Hartsfield-Jackson International Airport, the world's busiest, offers direct and connecting flights from around the globe. Ground transportation options are clearly marked throughout the airport.

MARTA

Travelers can board the Metropolitan Atlanta Rapid Transit Authority (MARTA) train within the airport. Train fare is \$2.50. Train service runs from 4:45 AM—1:00 AM on weekdays and 6:00 AM—1:00 AM on weekends. Trains depart every 10 minutes weekdays and every 15 minutes on weekends. From the airport, Grand Hyatt Atlanta guests should board the northbound train (N to North Springs). Exit at the Buckhead Station (N7) onto Peachtree Road S. The hotel is two blocks away. Guests also may call the hotel at 404-237-1234 to request pick up at the Buckhead Station from the courtesy car.

Car

Grand Hyatt Atlanta's address is: 3300 Peachtree Road NE, Atlanta, Georgia, USA, 30305

Complimentary Car Service and BucRide

Complimentary Area Shuttle

Once you arrive at the hotel, the Grand Hyatt Atlanta in Buckhead offers guests complimentary car service to restaurants, local office parks, and shopping centers within a two-mile radius of our location. Car service runs every day, is subject to availability, and runs on a first come, first served basis. "The Buc" is a community shuttle service designed to provide fast, free, and frequent connections between area restaurants, offices, shopping destinations, and MARTA rail in Buckhead.

Taxi and Uber

Uber is now allowed to pick up fares at the Atlanta airport. Fares vary depending on traffic and demand surge pricing. One-way taxi fares for Atlanta airport transport to the hotel range from \$42 plus tax, depending on traffic.

A Diamond's Cab: 770-907-7476

Buckhead Safety Cab Company: 404-875-3777

Checker Cab Company: 404-351-1111

Rental Car

Travelers arriving to Hartsfield-Jackson Atlanta International Airport can rent a car from a number of companies.

The following are located on the first floor of the airport:

Avis: 404-530-2725

Budget: 404-530-3000

Dollar Rent A Car: 866-434-2226

Enterprise: 404-763-5220

Hertz: 404-530-2925

National/Alamo: 404-530-2800

Thrifty Car Rental: 770-996-2350

Parking

Grand Hyatt Atlanta in Buckhead makes parking easy by offering guests two great parking options. Parking is available 24 hours. If you need assistance, please call 404-237-1234 x4780.

For guests who prefer to take matters into their own hands, the Hyatt offers self-parking facilities adjacent to the hotel. The daily fee is \$22 for conference attendees. Guests also may take advantage of indoor valet parking with in/out privileges at a rate of \$39 per day.

HOTEL REGISTRATION

We're excited to share our venue, the Grand Hyatt in Buckhead, a full-service metropolitan hotel with Japanese-inspired elements, including a rooftop Zen garden. Situated in the midst of urban Atlanta, GA with plenty of restaurants and shops nearby, the Grand Hyatt includes a state-of-the-art workout center, a delectable restaurant, and plenty of spots for relaxing and conversing.

Please reserve your room for the conference by contacting the Hyatt online at <https://aws.passkey.com/e/14392742> or by telephone at 888-421-1442 or 402-592-6464. Make sure to reference the American Academy of Psychotherapists (AAP) to receive the reduced room rate of \$209.00 (plus fees and taxes.) The cut off date to receive this rate is **09/20/2018**. For those wishing to extend their stay in Atlanta, the discounted rate is available three days prior to and after the conference based on availability.

Grand Hyatt Atlanta
3300 Peachtree Road NE
Atlanta, GA 30305
404-237-1234
grandatlanta.hyatt.com

About AAP and the Institute and Conference

About the American Academy of Psychotherapists

We are a multidisciplinary community of psychotherapists dedicated to the personal and professional development of the therapist. We value the therapist-client relationship as fundamental to the healing process of psychotherapy. As a community, AAP seeks to provide learning and growth opportunities for new therapists and seasoned professionals alike. AAP values relational workshop experiences and encourages interaction over prescribed formality. To this end, our meetings offer interpersonal groups, experiential workshops, and therapy demonstrations in addition to more traditional training workshops.

The Ambassador Program for First-time Attendees

The Ambassador Program pairs seasoned AAP conference attendees with first-time attendees at AAP events. Ambassadors are excited to welcome you personally and to answer your questions about the conference. If you would like to meet with an Ambassador, please indicate this on your registration form.

Target Audience and Instructional Level

Our Institute and Conference is well-suited for psychologists, social workers, counselors, marriage and family therapists, sex therapists, psychiatrists, and mental health practitioners, as well as graduate students in mental health-related disciplines. The instructional level in all workshops and plenary sessions is appropriate for new, intermediate, and advanced practitioners, unless specifically noted.

The Relief Trust Fund

The Relief Trust Fund can provide up to \$500 for AAP members seeking financial assistance to defray the cost of registration fees or annual dues. There is no application to submit. Simply contact the AAP President or any member of the Relief Trust Board to apply.

Educational Objectives

Participants will be able to:

1. Develop a greater understanding of how the therapist's avoidance of and discomfort with racial conversations impacts the therapeutic relationship.
2. Demonstrate knowledge of current research on traumatic and cultural factors that lead to self-silencing in the client.
3. Identify and explore how to incorporate meditation and mindfulness practices in the psychotherapeutic process.
4. Delineate ethical issues related to therapist avoidance and self-silencing, and demonstrate understanding of how this impacts the relationship with the client.
5. Discuss the complexities of suppressed expression of thoughts and feelings in the client and demonstrate knowledge of ways to facilitate client self-expression.
6. Demonstrate understanding of the ways in which use of mindfulness and meditation practices may have the unintended consequence of encouraging self-silencing in the client.
7. Demonstrate knowledge of research related to the benefits of authentic self-expression.

Please see learning objectives for each workshop in the brochure addendum online at www.aapweb.com

AASECT

Seven AASECT courses are available. Please note that **all** attendees at AASECT approved workshops will be required to sign in and out of the workshop. Additionally, each attendee will be required to complete a separate evaluation form. Information pertaining to AASECT Core Knowledge Areas can be found in the brochure addendum online at www.aapweb.com.

AAP Scholarship Program

AAP offers a unique training opportunity for beginning psychotherapists and mid-career professionals of every discipline (visit aapweb.com to apply). Thirty need-blind scholarships of \$1,200 each enable both new and experienced practitioners to attend our conference. Scholarship recipients will participate in workshop and community activities, as well as daily intensive groups facilitated by two AAP leaders. The Scholarship Program encourages participants to develop a commitment to their own personal and professional development.

Welcome Reception Honoring Newcomers

Please join us at 5:00 PM on Wednesday to meet and greet first-time attendees, including volunteers, scholarship recipients, and other newcomers to our community. AAP members and officers look forward to this opportunity to mingle and answer questions about AAP. Cash bar available.

Wednesday Buffet and Opening Experience

Our first meal together starts Wednesday evening at 6:00 PM. This buffet is included for all registrants who signed up for the entire conference. This meal provides an opportunity to connect, catch the spirit of the I & C, and prepare for the Opening Experience that takes place from 7:30–8:45 PM. In the Opening Experience, the committee will introduce the theme. After this, we will hold the first of three Community Meetings. AAP Community Meetings are open to all and are large, open format groups where all are encouraged to voice opinions, express feelings, and discuss concerns with the community as a whole.

Open Process Groups

Ongoing peer process groups are one of AAP's most powerful learning and growth activities. We give and receive here-and-now feedback to each other and learn first hand about relationships and group dynamics. In addition to long-term peer groups, this I & C will feature evening process groups that are open to both newcomers and members. These open process groups will be led by an experienced AAP-member therapist. Groups will consist of no more than 15 participants and will require a two-night commitment. If you would like to participate in an Open Process Group, please indicate this on your registration form. No CEs are available for Open Process Groups. Open Process Groups will be held:

Wednesday 9:00-10:00 PM

Thursday 8:45-10:00 PM

Hospitality Suite

Continue conversations, meet new people, get a tasty bite to eat, and relax in the Hospitality Suite. Each evening, the Hospitality Suite will be open to provide a space to unwind—we look forward to seeing you there!

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate what your needs are at the time of registration. We cannot ensure the availability of appropriate accommodations without prior notification.

Hosted Dinners

Would you like to get more acquainted with other AAP members and newcomers? We will offer hosted dinners at several local restaurants on Thursday and Friday nights. You can find information regarding restaurants and our hosts at the registration desk. Each person pays for their own meal.

12-Step Meeting

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

Saturday Night Dinner and Dance

The Saturday night dinner and dance is one of AAP's most vibrant traditions! Please join us for dinner and an address from our president, Doug Cohen, PhD. Following the dinner, we'll celebrate the work we've done and the connections we've made on the dance floor. We are delighted that we will be dancing to live music provided by one of Atlanta's premier party bands, Party Nation.

Book Table

The conference book table provides attendees with a selection of books written by our presenters for purchase. Checks and credit cards, except American Express, are accepted. No cash, please.

Sunday Morning Closing Experience

The closing experience, our final Community Meeting, is an opportunity to review and integrate the week's experiences. The Closing Experience allows a chance for final connections and facilitates the transition back to family, friends and work.

Interested in Becoming a Member?

Information regarding membership requirements and applications can be found on the AAP website (aapweb.com). You can also obtain an application from Central Office at 518-694-5360 or by contacting the Membership Chair, Nelia Rivers, at 404-261-8461 or neliarivers@gmail.com.

AAP Officers

Doug Cohen, PhD, President

David Donlon, LCSW, President-Elect

Steven Ingram, MDiv, MS, DMin, LSW, Secretary

Phillip Spiro, MD, Treasurer

Gordon Cohen, PsyD, Immediate Past-President

THE PROGRAM

Finding Your Therapeutic Voice: Scholarship Process Group 2018 (SPG)

Understanding both the value of verbalization in relationship to patient revelations as well as understanding the value of silent support in relationship to these revelations, is vital for new professionals. In this four-day (10 hour) process-oriented group, two AAP co-leaders will facilitate the AAP Scholarship recipients in a group exploration of communication, both verbal and non-verbal, as a means to establishing a therapeutic bond with clients.

Note: Participants are selected and assigned to a scholars process group by the Committee in September.

Scholarship process groups will meet:

Wednesday 9:00–10 PM; Thursday & Friday 9:00 AM–12:00 PM, Saturday 2:30–5:30 PM

Frances Compton, PhD, is a life member and active presenter of AAP. Dr. Compton attained her PhD from the University of Maryland and is licensed in Washington, DC. She is a member of the Society for the Exploration of Psychotherapy Integration. Dr. Compton enjoyed all settings of private practice for 40 years and presently consults with individuals and small-business owners. She is looking forward to co-leading the SPG with Dr. Z Rosenzweig.

Philip Spiro, MD, received his medical degree from Yale and ultimately trained in psychiatry at Duke, after a brief flirtation with training in surgery and two years of general medical practice in rural North Carolina. He has practiced psychiatry in Chapel Hill, NC since 1990. In addition to his clinical practice, where he combines experiential/psychodynamic psychotherapy, EMDR, and sometimes, pharmacotherapy, he is active in the training and supervision of psychiatric residents at Duke Medical Center.

Edward Z Rosenzweig, PhD, was trained at University of Virginia, Emory University, and Harvard University, and is a clinical psychologist, licensed in Georgia. He is in private practice in Atlanta and serves as an adjunct professor of clinical psychology at Emory University, where he supervises advanced students in clinical training. He has co-chaired an Institute and Conference and a Summer Workshop for AAP and has presented numerous workshops through the years.

Barbara Nama, LCSW, a graduate of the University of Michigan, is in private practice in Atlanta. Her foundation in object relations theory and interest in attachment issues have enhanced her exploration of the intersubjective process of psychotherapy and her ongoing quest to understand what makes therapy work.

Ann Reifman, PhD, has worked in the field of mental health for over 45 years. She received an undergraduate degree in philosophy from the University of Michigan and turned her focus to schizophrenia. She completed a PhD in Clinical Psychology before becoming the coordinator of the adult track of a Clinical Psychology Internship. Currently, she is in private practice in Washington, DC She also directs a program at the National Institute of Mental Health for clinicians learning about psychosis.

Murray Scher, PhD, received his PhD in Counseling Psychology from the University of Texas at Austin. He has been a college teacher, college counselor, and psychologist in private practice. He is a Fellow of the American Psychological Association and a Fellow and Past President of AAP. He currently is in private practice in Austin, TX and Jonesborough, TN. He is a sought after group facilitator and is widely published in the areas of gender issues and psychotherapy.



Join us for a special meditation instruction led by one of the monks from the Drepung Loseling Monastery in Atlanta. Associated with Emory University, the monastery is dedicated to the study and preservation of the Tibetan Buddhist tradition of wisdom and compassion.

Thursday afternoon

1:15–2:15 PM

SCHEDULE AT A GLANCE

WEDNESDAY, OCTOBER 17

12:00–5:00 PM	Registration
2:00–5:15 PM	Training Institute Workshops
5:00–6:00 PM	Newcomers' Welcome Reception—cash bar
6:00–7:30 PM	Opening Dinner Buffet
7:30–8:45 PM	Opening Experience & Community Meeting
9:00–10:00 PM	Peer Group Meetings Open Process Groups Scholarship Process Groups

THURSDAY, OCTOBER 18

7:00–8:45 AM	Breakfast (provided)
8:00–9:00 AM	Registration
9:00–12:15 PM	Howard Stevenson Plenary Scholarship Process Groups
12:15–2:30 PM	Lunch on your own Scholar's Lunch
1:15–2:15 PM	Special Event: Meditation led by a monk from the Drepung Loseling Monastery
2:30–5:45 PM	Institute Workshops
6:00–8:30 PM	Dinner on your own/Hosted dinners
8:45–10:00 PM	Peer Groups/Open Process Groups

FRIDAY, OCTOBER 19

7:00–8:45 AM	Breakfast (provided)
8:00–9:00 AM	Registration
9:00–12:15 PM	Dana Jack Plenary Scholarship Process Groups
12:15–1:45 PM	Lunch on your own 12-Step Meeting
1:45–2:45 PM	Community Meeting
3:00–6:15 PM	Institute Workshops
6:30–9:00 PM	Dinner on your own/Hosted dinners Taste of AAP (6:30-7:30)
9:00–10:00 PM	Peer Groups

SATURDAY, OCTOBER 20

7:00–8:45 AM	Breakfast (provided)
8:00–9:00 AM	Registration
9:00–12:15 PM	Kathy Steele Plenary
12:15–2:30 PM	Lunch on your own
2:30–5:45 PM	Institute Workshops Scholarship Process Groups
6:30–7:00 PM	President's Reception—cash bar
7:00–12:00 PM	Dinner/President's Address/Dance

SUNDAY, OCTOBER 21

7:00–8:45 AM	Breakfast (provided)
8:00–9:00 AM	Scholar's Breakfast
9:00–10:30 AM	Closing Experience

A Taste of AAP

Friday, 6:30-7:30 pm in the Hospitality Suite

Please join us for this unique networking event! We have invited psychotherapists in Atlanta and the surrounding area, regardless of whether they are participating in the I & C, to join us for a cocktail hour in the hospitality suite.

This is a chance for local psychotherapists to meet AAP members, ask questions about our organization, and enjoy a taste of AAP!

All are invited to attend.



Overcoming the Silence About Race

Racial relations have deteriorated dramatically since the election of 2016. Questions arise about whether this calamity is old or new. This plenary will highlight the need for racial literacy to decode the politics of racial threat in America and how psychotherapists reduce or support the silence of healthy racial relations. Following Dr. Stevenson's presentation, a panel of AAP members will participate in case presentations. (3CEs/Open)

Dr. Howard Stevenson is the Constance Clayton Professor of Urban Education and Professor of Africana Studies, in the Human Development & Quantitative Methods Division of the Graduate School of Education at the University of Pennsylvania. He is Executive Director of the Racial Empowerment Collaborative (REC), a research and training center that connects community leaders, researchers, authority figures, families, and youth to promote racial literacy and health in schools and neighborhoods. Dr. Stevenson has served for 29 years as a clinical psychologist.

AAP Panel Members

Diane Christie Shaffer, PsyD, (moderator) is an individual and group psychologist at Swarthmore College and has a private practice. After 10 years of teaching and coaching, life took a turn in the wake of 9/11/01 when her sons were one and three years old. This began an interest in unexamined grief and identity, and Diane chose to change careers. Diane finds particular meaning in working with undergraduate students as they explore their lived experiences, especially around race, ethnicity, identity, trauma, and inclusion vs. exclusion.

Michal Rubin, PhD, has 29 years of psychotherapy experience in a variety of treatment settings. Currently, she has a private practice in Columbia, SC. As a foreigner in the US, she has an affinity with minority groups, always engaging with open curiosity, awareness of "not knowing", and eagerness to know more of sameness and otherness.

Samir Patel, MD, MPH, is a psychiatrist teaching at The Brown University psychiatry residency program located at Butler Hospital in Providence. After four years of working as an inpatient psychiatrist, he is building his psychotherapy-based private practice in Rhode Island. Born in Zambia, raised in India, he has been living in the US for the past 12 years. As an immigrant and a gay man, he is interested in examining the impact of race, ethnicity, and nationality on identity, interpersonal experiences, and psychopathology.

Sean LeSane, LICSW, is a clinical social worker in private practice in Washington, DC. Since 2004, he has provided individual, couples, and group psychotherapy, as well as supervision to newer therapists. In the office, he strives to help clients explore the full range of their emotional experience in their relationships. Outside of the office, he continues his longtime yoga practice and relaxing with Harry Potter marathons.

Liz Marsh, LICSW, is a Clinical Social Worker and Art Therapist in private practice in Washington, DC. Liz found her way to this field after initially working as a Wilderness Therapy Instructor, where she first experienced the awe of helping others come into themselves. Until recently, she has also been rewarded by various jobs in community mental health. Liz strives to bring her love of visual art, yoga, the outdoors, and her general love of people into her individual and group psychotherapy practice. She has not yet figured out how to incorporate her love of Karaoke.

My singing silenced the bullies, but better than that, it silenced the demons inside me. When you're jeered at, told to shut up, sit still, stop being silly, there's a cacophony of noise rolling around in your head. When I was singing, it was peaceful. Susan Boyle

Silence is the most powerful scream.

Anonymous



Silencing the Self, Listening for the Unspoken, and Recovering Authenticity

Dana C. Jack, EdD, will present her international research findings on how self-silencing creates disconnection from one’s inner and outer worlds, which negatively affects relational, mental, and physical health. Reconnection with one’s voice fosters healing. Five AAP panelists will share their perspectives to illustrate the journey from silence to authenticity. (3 CEs/Open)

Dana C. Jack, Professor Emerita, Western Washington University, attended Mount Holyoke College (BA), University of Washington (MSW), and Harvard University (EdD). She authored the “Silencing the Self Scale” and theory that explores the association of self-silencing with depression, gender, and social context. Her four books have been translated into numerous languages. She received APA’s International Division book award (2012) for *Silencing the Self Across Cultures* (Co-editor Alisha Ali). She was a therapist for seven years prior to doctoral studies.

AAP Panel Members

Penelope Norton, PhD, (moderator) is a clinical psychologist in private practice in Ormond Beach, FL. Finding her voice continues to be a lifelong quest; restoring others’ voices is her lifelong mission, whether in her family, her community or her practice. She is editor emeritus of *Voices*; during her tenure, she introduced the Academy to the work of Dana Jack. Her voice, life, and practice are enriched by walking, sewing, yoga, and time with her family.

Catherine B. Clemmer, LCSW, has a private practice in Chapel Hill, NC. She was an AAP Scholar in 2013 and joined in 2014. She led workshops at the 2016 & 2017 Summer Workshops and 2017 I & C that focused on experiencing interpersonal connection without vision. These experiences allowed her to delve further into her own experiences as a person with a visual impairment. She is gaining awareness of ways she self-silences about her experiences and needs both with others and herself.

Kristin Staroba, MSW, has presented and co-led workshops at AAP Summer Workshops, I & Cs, and salons. She is editor of the Academy’s journal, *Voices*, where she endeavors to foster writers’ voices speaking about our work. In private practice in downtown Washington, DC, Kristin sees adults in individual, couples, and group therapy, and specializes in supervision for newer therapists. She is beginning to fill an almost-empty nest with a return to creating art.

Jonas Horwitz, PhD, is a psychologist in Durham, NC, where he sees individuals and couples and leads interpersonal process groups for men. He is the author of *Stop Feeling So Damn Depressed: A No-Nonsense Guide For Men Who Want To Start Feeling Better Now!* (New Harbinger, 2018). When not in the office, Jonas enjoys long distance running as well as backpacking in the Appalachian Mountains, along with his family, who are always kind and wait for him to catch up.

Noah Meyers, PhD, is a clinical psychologist in private practice in Washington, DC. He received his undergraduate degree from Cornell University and his doctorate from American University. Noah has spent much of his life working to un-silence himself in a very literal way, most recently by agreeing to be a panelist in this plenary.



Standing in the Silent Spaces: Understanding and Treating Chronic Shame

Chronic shame is refractory because it is overwhelming, implicitly embedded in wordless experience, and defies direct approaches. We will explore its evolutionary functions and physiology, its relationship to specific defenses, and the intra- and interpersonal dynamics that are relevant to treatment. Specific relational, top-down, and bottom-up approaches will be shared. 3 CEs/Open

Kathy Steele, MN, CS is a Clinical Nurse Specialist who has been in private practice since 1985. She received her BSN from the University of South Carolina and her MN from Emory University. She is a Past President of the International Society for the Study of Trauma and Dissociation. Kathy has received a number of awards for her clinical contributions and publications, including three books. She speaks internationally on the topics of complex trauma, dissociation and attachment.

Training Institutes

Wednesday 2:00–5:15 PM
Thursday 2:30–5:45 PM

TI: Transformational Integrative Group Psychotherapy III—A Training Institute

Ongoing Institute: This is a continuation of an ongoing Training Institute. Please do not register if you have not attended previous sessions of this Institute.

This is the third segment of training in experiential group psychotherapy. We will pay attention to the subtleties of expressions and the silent pauses in our work. We will explore lineage work and how to apply it. We will also explore the power of the shame-melting circle. (6 CEs/Max 24)

Devajoy Gouss, LCSW, has been an experiential therapist in Atlanta for thirty-three years. Working within group, couples, and individual settings, she has evolved her own style of experiential therapy after years of training in psychomotor therapy with Jacque Damgaard, PhD and Al Pessio. She also integrates energy medicine, polarity balancing, yoga, life coaching, resiliency therapy, and the power of ritual in her work. For over two decades, she has given monthly experiential workshops. She received her MSW from Tulane University in 1980.

TII: Dark and Twisty: Using Shadow and Chakra to Find Wholeness—A Training Institute

Ongoing Institute: This is a continuation of an ongoing Training Institute. Please do not register if you have not attended previous sessions of this Institute.

We all have parts of ourselves we do not wish to know. By addressing our deep self secrets and adaptations, we can become who we are. We will stimulate the intellect, engage in group process, move the body, and still the mind to recognize and reclaim energy we have exiled. (6 CEs/Max 12)

Kristie Nies, PhD, is a psychotherapist, board certified neuropsychologist, and registered yoga teacher. Dr. Nies believes the principles of yoga compliment not only the goals of psychotherapy, but also neural health. She combines extensive training in all three areas to guide people to wellness. Dr. Nies is a frequent presenter for AAP.

Community Meetings

Wednesday 7:30-8:45 PM

Friday 1:45-2:45 PM

Sunday 9:00-10:30 AM

The large group experience is an integral part of the experience at any AAP event. Three of these groups, which we call Community Meetings, will be spread throughout the conference. The first of these is the Opening Experience, where the theme of silence as it relates to the practice of psychotherapy will be introduced, and participants will begin exploring various aspects of silence from the comforting and therapeutic use of silence to an exploration of what both clients and therapists are hesitant to talk about. This exploration continues through a Community Meeting on Friday. The final meeting, or Closing Experience, is an opportunity to review and integrate our exploration of silence in psychotherapy and facilitate the transition back to family, friends and work. All participants are encouraged to attend. (3 CEs—one per meeting/Open)

Louise Will-Wallace, PhD, is a clinical psychologist who has worked both at the Dept. of Veterans Affairs Medical Center in

two different facilities (SC and WV) and in private practice for a total of almost 30 years. She is looking forward to her retirement in 2018 after 27 years at the VA to work in full-time private practice.

Lisa Smith Klohn, PhD, is a clinical psychologist who has worked for as both a private practitioner and in administrative medicine with the Social Security Administration's disability determination service. She is looking forward to retiring from her government job in 2018 and expanding her private work to include the practice of yoga.

Laura June, PhD, has her private psychotherapy practice in Baltimore, MD. She is deeply grateful for all her companions in experiential process and growth in her professional AAP family. Her life path is enriched by Eastern spiritual practices of Kripalu yoga, Buddhist meditation, and most recently, Tai Qi and QiGong.

Thursday Morning Plenary

9:00 AM–12:15 PM

Overcoming the Silence About Race, Howard Stevenson, PhD

Thursday Afternoon Workshops

2:30–5:45 PM (One Day)

#1 If Elephants Used Psychotherapy: Racial Literacy for Difficult Face-to- Face Encounters

Although racial relations have deteriorated, families, educators, therapists, and leaders are struggling about how to address these negative encounters with skill and resolution. This workshop will teach more sophisticated, in-the-moment stress reduction and racial literacy skills for the most difficult racial encounters therapists may face in their work. (3 CEs/ Open) *Diversity CEs*

Dr. Howard Stevenson is the Constance Clayton Professor of Urban Education and Professor of Africana Studies in the Human Development & Quantitative Methods Division of the Graduate School of Education at the University of Pennsylvania. He is Executive Director of the Racial Empowerment Collaborative (REC), a research and training center that connects community leaders, researchers, authority figures, families, and youth to promote racial literacy and health in schools and neighborhoods. Dr. Stevenson has served for 30 years as a clinical psychologist.

#2 Can We Speak About Gender Variance?

Gender identity, confined to a binary, limits relating with one another and ourselves. Current notions envision gender as a spectrum or even perhaps a landscape. We will explore recent concepts through didactic and relational avenues in order to gain a deeper understanding of gender non-conformity. (3 CEs/25 Max) *This workshop has been approved for AASECT CEs. See page 4 for special instructions related to attending an AASECT workshop. Diversity CEs*

Lori Oshrain, PhD, is a licensed psychologist in private practice outside Chapel Hill, North Carolina. She received a BA in Anthropology from the University of Oregon and a PhD in

Clinical Psychology from UNC Chapel Hill. She has worked extensively with gender non-conforming individuals and couples, and has offered consultation, education and supervision for community groups, medical students and therapists. She believes compassion can free us from shame and make the world a better place.

#3 Breaking the Silence about Porn: Its History and Impact on Intimacy, Sex and Society

The advent of the camera, motion pictures, VCR, and internet have exponentially expanded the use of Visual Sexual Stimuli (VSS, aka "erotica" and "porn") and the depth of its impact on society. We will explore the history of VSS, and how it affects our values and work with clients. (3 CEs/15 Max) *This workshop has been approved for AASECT CEs. See page 4 for special instructions related to attending an AASECT workshop.*

Steve K. D. Eichel, PhD, is a licensed and board-certified psychologist with over 35 years experience. He holds MS and PhD degrees from the University of Pennsylvania. Currently an Adjunct Associate Professor of Psychology at the University of Delaware, his professional training and experience have been diverse, ranging from community mental health to multisystemic family therapy to private practice, and as a result he holds certifications in addictions, group psychotherapy, clinical hypnosis, and EMDR in addition to being an AASECT Certified Sex Therapist.

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

#4 Voicing the Unspoken

Ethical issues in psychotherapy can be quite complex and sometimes ambiguous. In this workshop we will focus on such issues, paying special attention to those concerns for which it may be difficult to give voice. We will use both didactic and group process methods. (3CEs/15 Max) *Ethics CEs*

Don Murphy, PhD, has recently retired from 45 years in clinical practice in Georgia where he is licensed. He completed his PhD in 1970 and from there taught in two universities, was director of a university mental health clinic, and was in private practice. His primary professional organization has been AAP.

#5 Finding Our Voice Through Our Body Using Yoga, Mindfulness, and Meditation

This engaging session will introduce yoga postures, breath work, and meditation tools useful in the clinical setting. We will explore the neuroscience behind bottom-up approaches to clinical work. Clinical application regarding the use of yoga and meditation to help connect with our inner worlds and promote healing will be explored. *Wear comfortable clothing suitable for yoga. Please bring a mat if you have one—a few will be available for use if you do not have one.* (3CEs/25 Max)

Tara Arnold, PhD, received her MSW in 2000 and her PhD in 2003, both from University of Georgia. Dr. Arnold received her LCSW in 2003 in Georgia, and she opened her private practice in 2003, after being in the field since 1997. She has been the clinical co-director of WholeHeart Psychotherapy since 2012. She is also co-founder of Creative Health Initiatives, started in 2015. Dr. Arnold was intensively trained in DBT in 2013 and became a Registered Yoga Therapist in 2016.

#6 Unlocking Silence and Claiming Aliveness

Coming from the field of psychodrama, action techniques are an extremely powerful tool to probe the sounds of silence in individual and group therapy. This workshop will teach these therapy techniques through a combination of didactic and demonstration, with opportunities for participants to practice application.

Arthur Weinfeld, PhD, has active psychology licenses in the states of Utah and Arizona and is certified by the Arizona Institute of Psychodrama and Group Psychotherapy. He is also certified by the American Board of Psychodrama, Sociometry, and Group Psychotherapy. He functions as a clinical psychologist in Park City, Utah and Scottsdale, Arizona. (3CEs/Max 12)

#7 Listening to the Silent Sound of Secrecy in Addiction

In one of the many paradoxes of addiction, secrecy brings a sense of protection and control, while enabling behavior that is dangerous and chaotic. Together we will seek a deeper understanding of this paradox, particularly as we have experienced it in our own lives and the lives of our clients.

Bob Coyle, PhD, is a psychologist in independent practice in Atlanta, GA. He is a Certified Sex Addiction Therapist (CSAT) and presents continuing education workshops through Pine River Psychotherapy Training Institute, as well as at AAP. (3 CE/15 Max) **Addictions CEs**

#8 Exploring and Creating a Stage for Listening in Silence With Improv

Performance is serious business that can teach us about growth, relating, learning, rewiring, development and helping people to become. With improv we can play with uncomfortable experiences, such as intimacy, connecting, touching, listening, and being with others. This workshop will utilize silence to deepen understanding for performers and witnesses. (3CEs/Max 40)

Murray Dabby, LCSW, has been a therapist and trainer since the late 1970s. A graduate of Columbia University, he directs the Atlanta Center for Social Therapy and is on the faculty of the East Side Institute for Group and Short-Term Psychotherapy. He specializes in group therapy and relationship counseling. As a regular teacher and presenter, he teaches about creativity and improvisation in therapeutic practice. He uses performance and improv in his work with youth, community building, and therapeutic programs.

#9 Mindful Parenting: How a Moment of Stillness Can Promote Healing and Connection

Participants will leave the workshop with a clear understanding of mindfulness and its many benefits, as well as strategies to support adult clients in incorporating mindfulness practice as a way to support and strengthen family dynamics. The workshop will include both discussion and practice examples. (3CEs/Unlimited)

Jessi Heneghan, LCSW, has specialized training in play therapy, mindfulness, dialectical behavior therapy, and family therapy. Marrying her passion and training to support families and teach mindfulness practices, she provides mindfulness-based parent coaching and family mindfulness retreats. In addition to being a Licensed Clinical Social Worker and Registered Play Therapist and Supervisor, she is a trainer for The Mindfulness in Schools Project, Mindful Schools, Better Brains for Babies, and she is a ScreamFree Parenting certified leader.

#10 Hiding and Being Seen: Breaking Through the Silence of Shame

Shame lives and grows in silence. We seek safety in the illusion that we can hide from other people. In this workshop we'll explore shame and look at ways to find the courage to take the risk of being seen. This workshop is mainly experiential, with discussion and didactic components. (3CEs/Unlimited)

Linda Weiskoff, LCSW, is a clinical social worker who obtained an MSW from the University of Georgia in 1982. Prior to that, she received an MEd from GSU and a BS from SUCB. She is an LCSW in the state of GA and holds a BCD. She is the director of the Heartwork Counseling Center, a training center for master's level psychotherapists. She is passionate about working on understanding the therapeutic relationship and training, mentoring, and supervising therapists.

Thursday/Friday Afternoon Workshops

Thursday 2:30-5:45 PM

Friday 3:00-6:15 PM

#11A Growing Emotion Regulation Skills in the Fertile Ground of Silence

Using the format that the leader currently uses in Skills Group, participants will learn a specific mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness skill, and a structure for teaching these skills to patients in their practice. (6 CE/Max 12)

Laura Fleming, LCSW, has been using DBT Skills Group as an adjunct to psychotherapy for 18 years. She completed the DBT 10 day training program in 1998 and currently leads two Skills Groups in her practice in Rochester, NY.

#12A 'Hearing' What Cannot and May Not Be Spoken: Using the Discipline of Bioenergetic Analysis to Apprehend the Reality of Borderline and Schizophrenic People

People living in the borderline and schizophrenic universe cannot, and are prohibited from, speaking the truth. Communication that does take place is through non-language

media. Apprehending that communication requires discerning knowing of somatopsychic process. This workshop will offer participants an introduction to this knowing and to this universe. (6 CE/Max 14)

Scott Baum, PhD, ABPP, holds a PhD in clinical psychology and is a licensed psychologist in NY State. He is in private practice and is the director of the Psychology Department at Metropolitan Hospital. He is also the Director of Psychology Training at Roosevelt Hospital and an adjunct faculty member at Pace University in the clinical psychology program. He is a certified bioenergetic therapist and former president of the International Institute for Bioenergetic Analysis. He provides individual, couples, and group psychotherapy. He has multiple publications in refereed professional journals.

Pascale Baes, has a BS in Psychology and holds a certificate as a psychologist in Brazil. He has been a certified Bioenergetic Therapist since 2009. In his private psychotherapy practice, he works with Individuals and couples.. He also has an LLB from the Universidad de Candido Mendes-Rio de Janeiro.

#13A SHHH! Quiet!! I am Listening to my Body!

This six-hour workshop will be experiential and didactic in nature, designed to facilitate intimate relationships with self and others through learning to focus on our bodies and senses. This process requires learning to quiet the noises in our life. (6 CE/Max 16)

Nicholas E.S. Emmanuel, MA, BS, LPC, LMFT, LMHC, graduated from the University of West Georgia with a Master's degree in psychology. He is a co-founder and director of the Appalachian Gestalt Therapy Institute in Asheville, NC. He has over 700 hours of specialized training in Gestalt Therapy and over 42 years experience as a psychotherapist and teacher in a variety of settings. He is currently in private practice with hours available in Sylva and Asheville, NC.



#14A Challenging the Toxic Silence of Self-Shame and Self-Criticism: Introduction to Mindful Self-Compassion

Mindful Self-Compassion (MCS) created by Kristin Neff, PhD and Christopher Germer, PhD is an 8-week, 25-hour program. This workshop will introduce key elements from the program through experiential exercises, meditations, brief lecture, and discussion of present moment experiences. Several exercises will be emotionally activating. (6 CEs/Max 16)

Hannah Hawkins-Esther, LCSW, is in private practice at the Atlanta Center For Wellness in Sandy Springs. For the last decade she has been meditating daily and has pursued formal training to increase present moment awareness and acceptance, including Mindfulness Based Stress Reduction (MBSR). She has a regular yoga practice and completed a 200-hour yoga teacher training and teacher training in Mindful Self-Compassion.

#15A Silent Partners: The Unspoken in Couples Therapy

Intimacy depends on nurturing a deep bond through sharing hidden thoughts and feelings. Fears of intimacy encourage withholding negative and positive sentiments. These silent voices erode love and fracture relationships. This six-hour workshop will explore silence in couples therapy and ways therapists can foster revelation to deepen love and closeness. (6CEs/Max 14) *This workshop has been approved for AASECT CEs. See page 4 for special instructions related to attending an AASECT workshop.*

Reggie Schoonover, PhD, has been practicing psychotherapy in Washington, DC and Clarksville, MD for over thirty-five years, working with individuals, couples, and groups,

*I catch the pattern
Of your silence
Before you speak
I do not need
To hear a word.
In your silence
Every tone I seek
Is heard.
—Langston Hughes*

Thursday/Saturday Afternoon
Workshops (Two Day)
Thursday 2:30-5:45 PM
Saturday 2:30-5:45 PM

#16A The Silent Language of Dreams—What the Night Reveals

The silent language of dreams speaks through night's dark shroud with powerful images and symbols. Using expressive methods like tissue paper collage, clay, fast writing, and others, we will explore what these symbols reveal to us personally and as a group. Please bring two typewritten dreams to share. (6 CEs/Max 12)

Giuliana Reed, LICSW, has practiced psychotherapy in Washington, DC and Maryland for over 30 years. Lately her interests include using expressive arts to help clients find symbols for the ineffable, those places within each of us that have no words. The symbolic language of images from the unconscious as revealed in dreams adds surprising dimensions to the work of psychotherapy. The use of creative expression helps us understand this language.

Thursday/Friday/Saturday Afternoon
Workshops (Three Day)
Thurs 2:30-5:45 PM, Fri 3:00-6:15 PM,
Sat 2:30-5:45 PM

#17A The Sounds of Silence: Attending To the Unspoken

Much of what therapists attend to is non-verbal. Responding to these silent, yet piercing expressions of our client's soul is critical to providing quality psychotherapy. Exposing the unsaid will facilitate the client's quest for self-understanding. In this workshop, attending to non-verbals and our internal field will enhance capacity for attunement. (9 CEs/Max 15).

Robert G. Rosenblatt, PhD, has been providing individual, couples and group psychotherapy in Washington, DC for over 35 years. He completed his graduate work at the University of Southern California in 1983. In addition, he has been offering practice management consultation seminars and ongoing supervision groups in Washington, DC and Atlanta, GA for over 20 years. His theoretical orientation is Humanistic-Existential, and his workshops are typically enlivening and engaging!

Friday Morning Plenary

9:00 AM-12:15 PM

Silencing the Self, Listening for the Unspoken, and Recovering Authenticity, Dana Jack, EdD

Friday Afternoon Workshops

(One Day)

3:00-6:15 PM

#18 Silencing the Self, Listening for the Unspoken, and Recovering Authenticity

Continuing plenary themes, we will deepen inquiry into how silencing affects the therapist, client, and healing. Culture, race, trauma, and many other factors influence what is unspoken. How can we foster movement toward authentic voice? We will also explore how mindfulness practices may inadvertently restrict thought and feeling. (3CEs/Max 14)

Dana C. Jack, Professor Emerita, Western Washington University, attended Mount Holyoke College (BA), University of Washington (MSW), and Harvard University (EdD). She authored the "Silencing the Self Scale" and theory that explores the association of self-silencing with depression, gender, and social context. Her four books have been translated into numerous languages. She received APA's International Division book award (2012) for "Silencing the Self Across Cultures" (Co-editor Alisha Ali). She was a therapist for seven years prior to doctoral studies.

#19 Hearing the "Unsaid": Working with Dreams to Deepen Relationship with Self and Other

Working with dreams is a process of revealing the "unsaid." Reflecting on dreams deepens interiority, and sharing dreams bridges relationships. This workshop will teach techniques which help the dreamer freely engage with dream material

and will include experiential work with Jungian and classical analytic techniques. (3CEs/Max No Limit)

Kendle Jenkins, LPC, is a Psychoanalyst and Licensed Professional Counselor with 26 years of experience as a psychotherapist. She holds a BA in Psychology from Vanderbilt University, an MS in Professional Counseling from Georgia State University, is a graduate analyst, and holds an adjunct faculty position at the Emory University Psychoanalytic Institute, where she teaches a dreams class. She has presented numerous continuing education workshops on dreams and has run several dream groups. She is the President of the Atlanta Psychoanalytic Society.

#20 Healing Energy: Working on the Edge of the Unspoken

Learning how to use mind-body techniques in traditional therapies gives psychotherapists an expanded view of the possibilities for healing and offers greater options for intervention. Through presentation, demonstration, and exercises, participants will experience this leading-edged practice and its powerful application. (3 CE/Max 40)

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

Victoria Danzig, LCSW, graduated from USC in social work, has been in private practice since 1985, and works extensively with clients who suffer from traumatic experiences and addictions using Energy Psychology methodology. She has been training therapists in Advanced Integrative Therapy from 2005 to the present and Thought Field Therapy in La Jolla from 1998-2003. She has presented at the Annual International Energy Psychology conference on AIT and using TFT with animals. She holds a diplomat in Comprehensive Energy Psychology.

Listen and Silent are spelled with the same letters. Think about it.

#21 Brainspotting: A Focused Mindfulness Approach

Brainspotting, a Dual Attunement Model, focuses on both the relationship and neurobiology. This process uses silence as the clinician supports the client's neurobiology. It is based on "where you look affects how you feel." We will use demonstration, discussion, and exercises. The presentation will end with a self-care process, Self-spotting. (3 CEs/Max 40)

Cynthia Schwartzberg, LCSW, received her MSW from New York University and BA from American University. Post-graduate work extended into mind/body/brain studies. Cynthia's practice integrates a traditional therapeutic relationship with cutting-edge methods to access the innate wisdom of the body and mind. She served on faculty at the Institute of Core Energetics, training nationally and internationally. She presently has a private practice in Atlanta and leads trainings and consultations on Brainspotting. Cynthia is President of the Southeast Brainspotting Institute.

#22 The Screams and Silence of Addiction

One of my beliefs is that addicts lie, and the majority are never truly honest with their therapists. Through didactic and experiential means, this presentation will provide an open and honest glimpse into the hidden world of addiction. (3CEs/Max No Limit) **Addiction CEs**

David Gore, PhD. Born with a desire to be both successful and rebellious, Dr. Gore was able to become a "high-functioning" addict while getting an MA and a PhD in five and one-half years. Now unbound from addiction, Dr. Gore has a general solo private practice where he treats individuals, couples, and families. He works with ages 2 to 92, and identifies more as a family therapist than a psychologist, and as a psychotherapist more than a family therapist.

#23 Silence As an Intentional Tool in Psychotherapy

Whether by opening a session with two minutes of silent eye contact, or by simply suggesting that a client "stop talking and pay attention to their inner sensations," I have found that intentionally injecting silence into a session can be profoundly helpful for creating deeper connections, both intra- and inter-psychically. This workshop will include a review of basic "techniques" and group process. (3 CEs/Max 12)

Tony Rooney, PhD, obtained his PhD in clinical psychology from GA State in 1989 and has been in private practice in Atlanta ever since. His passionate interests are the cross-pollination of what have traditionally been differentiated as "spiritual" and "psychological" approaches to the reduction of human suffering and learning to cooperate with our (individual and collective) inclination toward evolution.

#24 Beyond Sexual Silencing: Finding Voice, Healing, and Integration

It is difficult to exist in America and avoid some experience of sexual shame. As we begin to acknowledge and re-integrate the parts of our sexualities that have been silenced, we are better able to invite our clients to find their sexual voices and to engage in healing and growth. (3CEs/Max No Limit) ***This workshop has been approved for AASECT CEs. See page 4 for special instructions related to attending an AASECT workshop.***

Erika Pluhar, PhD, EdS, is a Licensed Marriage and Family Therapist, Licensed Professional Counselor, and AASECT Certified Sex Therapist and Supervisor. She is Clinical Co-Director of WholeHeart Psychotherapy, LLC in Atlanta, GA, a practice that provides individual, couples, family, and group psychotherapy services as well as training and supervision to mental health professionals. Dr. Pluhar specializes in couples and sex therapy and enjoys teaching and mentoring in the field of human sexuality.

Joshua M. Noblitt, MDiv, is a Licensed Marriage and Family Therapist and AASECT Certified Sex Therapist in private practice in Atlanta. His practice focuses on individual, couples, and group therapy, particularly relationship and sexual problems with gay men/men who have sex with men.

In the end, we will remember not the words of our enemies, but the silence of our friends.
Martin Luther King, Jr.

Thursday/Friday Workshops (Continuation of Two Day Workshops)

#11B Growing Emotion Regulation Skills in the Fertile Ground of Silence—Fleming

#12B ‘Hearing’ What Cannot and May Not Be Spoken: Using the Discipline of Bioenergetic Analysis to Apprehend the Reality of Borderline and Schizophrenic People—Baum and Baes

#13B SHHH! Quiet!! I am listening To My Body!—Emmanuel

#14B Challenging the Toxic Silence of Self-Shame and Self-Criticism: Introduction to Mindful Self-Compassion—Hawkins-Ether

#15B Silent Partners: The Unspoken in Couples Therapy—Schoonover

#17B The Sounds of Silence: Attending To the Unspoken—Rosenblatt

Friday/Saturday Afternoon Workshops (Two Day)

Friday 3:00-6:15 PM

Saturday 2:30-5:45 PM

#25A When Silence Has Color: Dialing Up the Volume in Ethical Conversations About Race

Participants have the opportunity to become more ethical, culturally competent practitioners through increased understanding of racial identity development. Those who identify as white, of color, or biracial will explore racial identity and apply what they learn to their counseling practices, clients, and personal lives. Didactic, video and group process. (6 CEs/Max 15) *Diversity CEs. Ethics CEs.*

Cathy Roberts, LCPC, leads workshops and interracial dialogue groups in the Baltimore/DC area. She believes racial healing happens first in the hearts of individuals, who then show up differently in the world. A professional counselor with a BA in Social Science/Secondary Education and an MS in

pastoral counseling, she has a private practice in Rockville, MD, working with individuals, couples, and groups who want to free themselves from whatever is oppressing them in order to live their fullest, most loving lives possible.

Gil Bliss, LCSW, is a psychotherapist in private practice in Maryland. He was active in issues related to civil rights while in college and counseled prisoners with substance abuse problems at the Maryland House of Correction. His reentry into activism about race and White Supremacy was energized by the killings of Black men in 2015. Gil and Cathy Roberts have worked together to give presentations about race and related issues and have co-founded the Institute for Racial Awareness and Equity.

#26A Breaking the Silence

The ability to speak honestly about our personal experiences finds its roots in the ways we have been silenced, implicitly or explicitly, as children. Understanding this dynamic’s impact on a therapist’s authenticity and understanding our clients’ struggles with self-expression is essential to the therapeutic process. This is an experiential group. (6 CEs/Max 14)

Lisa Makstein, LCSW-C, LICSW, is a Licensed Certified Clinical Social Worker in full-time private practice for over 35 years in Maryland and Washington, DC. She has done extensive work on her own historical topography and takes pride in how she has created a more loving, life-affirming path for herself. She feels truly privileged to be able to join clients in their journeys toward more authenticity and aliveness in their lives and relationships.

Bradley Lake, LICSW, has been in private practice for over 25 years, providing individual, couples, and group therapy. He also supervises a number of clinicians and loves this work. Bradley works with small companies, organizations, and families in group-oriented work to enhance productivity and cohesiveness. He has recently added a third dog to his family, Libby, who is being trained to be his therapy dog and co-pilot in his practice. Bradley is thrilled to work with Lisa Makstein again!

The quieter you become, the more
you are able to hear.

Rumi

#27A When Words Fail, The Body Speaks: Experiencing and Resolving Issues of Spirituality and Sexuality in the Person of the Psychotherapist

Sexuality and spirituality are two areas of life that often conjure deep emotions that impact how we work with clients. Participants will use mindful brain-body connections to navigate the labyrinth of emotions and memories around the intersection of these two core parts of our personhood. (6 CEs/Max 15) ***This workshop has been approved for AASECT CEs. See page 4 for special instructions related to attending an AASECT workshop.***

Marilisse Mars, MS, LPC, is co-owner and licensed professional counselor at Petrichor Counseling, LLC, a private practice in Duluth, GA. Mari graduated valedictorian from Hellenic College Holy Cross Greek Orthodox School of Theology with a BA in religious studies. The wife of a Greek Orthodox Christian priest and graduate of Mercer University (MS in Clinical Mental Health Counseling), she enjoys working with all issues under the umbrella of sex therapy and trauma, particularly with LGBT clients and clients with sexual and religious trauma.

#28A On Clinical Ghosts: The Practitioner Inventory

Invisible presences and visible absences delineate a space in the therapy room where the unknown and the unspoken reign. In this workshop, we will walk into the “zone of the clinical ghosts.” We will identify the most frequently silenced presences in our therapist identity and give them voice (including genders, relationships, sexuality, aging). (6 CEs/Max 15) ***This workshop has been approved for AASECT CEs. See page 4 for special instructions related to attending an AASECT workshop.***

Eduarne Paula Chopeitia, MA, LAPC is an Associate Professional Counselor and a National Certified Counselor in the US, where she moved 20 years ago. In Uruguay she is a Licensed Clinical Psychologist. She provides individual, couples, and sex therapy services under supervision in English and Spanish at Anna Kaye Associates and the Counseling Institute of Atlanta. She is a candidate at the Emory University Psychoanalytic Institute (EUPI).

Saturday Morning Plenary

9:00 AM—12:15 PM

Standing in the Silent Spaces: Understanding and Treating Chronic Shame, Kathy Steele, MN, CS

Saturday Afternoon Workshops

2:30-5:45 PM (One Day)

#29 The Many Voices of Trauma: An Integrative Approach to Working with Dissociative Identity Disorder

We will explore the genesis of Dissociative Identity Disorder from a neurobiological and attachment perspective, describe its impact on sense of self and relationships, and discuss how to use a rational and collaborative approach that supports integration. Many case examples will be included. Participants do not need prior experience. (3 CEs/No Limit)

Kathy Steele, MN, CS, is a Clinical Nurse Specialist who has been in private practice since 1985. Kathy received her BSN from the University of South Carolina and an MN from Emory University. She is a past President of the International Society for the Study of Trauma and Dissociation. Kathy has received a number of awards for her clinical contributions and publications on complex trauma, attachment, and dissociation.

We realize the importance of our voice
when we are silenced.

Malala Yousafzal

Silence is a text easy to misread.

A. A. Attanasio

#30 Knowing When To Speak Up or Be Silent from an Ethical Perspective

In this workshop, we'll explore how our professional ethics inform our decision to speak up or be silent in the consulting room or publicly. Ethical challenges abound, including therapists' self-disclosure, speaking a difficult truth, addressing a colleague's incompetency or unethical behavior, and confronting social issues and our duty to warn. (3 CEs/Max 15) *Ethics CEs*

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

Carole Light, PhD, has a BS from the University of Rochester and obtained a PhD from Teachers College at Columbia University in 1970. She has received training in Gestalt therapy and Bio-energetics. She is a member and elected Fellow of AAP and has served on the Ethics Committee since 2004. She works at the Highlands Psychotherapy and Counseling Center, a sliding scale center, where she sees individuals and couples. She is a licensed psychologist in GA and NC.

#31 Meditation & Yoga in Psychotherapy: Healing Through Silence

This experiential session is based on the philosophy that "we can only meet clients who sit before us at the depth we've met ourselves." Through the portals of meditation and yoga, we tap into neuroplasticity, integrating the mind, body, and heart to elevate the inner power of our psychological healing. (3CEs/Max Unlimited)

Lena Franklin, LCSW, is a Mindfulness-Based Psychotherapist & International Wellness Guide. Lena earned her BS in psychology and MSW from the University of Georgia. Integrating her training in Clinical Social Work, LifeForce Yoga, Insight Yoga, and Buddhist Meditation, Lena shares her eastern wisdom teachings through individual client work, corporate trainings, and mindfulness retreats. Lena is also the Head of Content for Welzen Mindfulness Meditation App. Lena has been featured in various media outlets including the New York Times & World Traveler magazines.

#32 Breaking the Silence: The Use of Psychodrama in Expressing the Unspoken

This workshop will include psychodramatic processes and one full psychodrama. Participants will learn some of the basic principles of psychodramatic work, as well as participate in warm-up exercises, the actual enactment of one protagonist's story with a protagonist selected by the group, and a group sharing about the experience. (3 CEs/Max 12)

Beverly Matthews, LPC, has been a therapist and teacher for over 23 years. She has trained extensively in the use of hypnotherapy, psychodrama, somatic experiencing, and other experiential modalities. She specializes in working with trauma. She has trained professionals in the use of hypnotherapy and psychodrama since the late 90s. Beverly has a private practice in Atlanta at the Atlanta Center for Wellness. In addition to her practice, she runs regular psychodrama groups, workshops, and retreats for clients and professionals.

#33 Passivity: The Unspoken Truth

Passivity is an emotional behavior that contributes to silencing our own and client's voices. We will explore our own passive avoidance and discomfort around intense areas such as racism, religion, and sexuality. Through the experiential process we will learn about creating a space that transforms passivity into authentic self expression. (3 CEs/Max 18)

Rosa Ashe-Turner, PhD, LPC., is a 1990 graduate of Atlanta University in Atlanta, Georgia. She started her 27-year career path as a psychotherapist in 1988 as a rehabilitation therapist at the Center for Rehab Technology at Georgia Tech. That was followed by a four-year experience at Magellan Behavioral Health as an EAP Therapist. Her first private practice was started in 1998, and she continues to enjoy providing psychotherapy, consultation and training in a private setting in Atlanta, Georgia.

Quiet people have the loudest minds.
Stephen Hawking

#34 Silence & the Language of Death

There are several places in the phase of dying that are immersed in silence. But what does that silence look like? And how do we relate to it? In the workshop, "Silence & the Language of Dying," Kevin Quiles introduces a unique journey that took years to compose. (3 CEs/Max 12)

Kevin Quiles, LPC, has over a decade of educational training and over 20 years of experience in the field of hospice and counseling. He has developed a mindfulness-based format for attendees to have a simulated experience around the most feared existential passage: Death. As author of "Last Breath Awareness," Kevin has received training and mentoring in the field of mindfulness practice, locally and in India, from prominent teachers in the field of Eastern practices.

#35 Get Quiet and Open Up to Play

This workshop will demonstrate how simple activities restore joy, hope, and connections to individuals and families in emotional distress. Many clinicians are familiar with "play therapy" but do not fully understand the various underlying benefits embedded in childhood games. A variety of activities and corresponding therapeutic goals will be introduced. (3 CEs/Max 15)

Dr. Cindy Grapenthin is a Licensed Psychologist, a National Certified School Psychologist, is certified in Theraplay, and is a Registered Play Therapist-Supervisor. She specializes in play and expressive therapy techniques. Areas of interest include Attachment Issues, Trauma, Anxiety, Mind-Body Connection, and Family Therapy. Her clinical experience consists primarily of working with children and families around issues involving attachment, trauma, and developmental challenges. Dr. Grapenthin maintains a clinical practice providing psychotherapy and clinical supervision to other professionals and is an Assistant Professor in the Psychology Department at Brenau University.

Your silence will
not protect you.
Audre Lorde

#36 The Truths We Can Afford to Tell: Listening to the Unspoken

People often tell "the truth they can afford to tell" or are sometimes testing a small disclosure to determine if it is safer to disclose something more deeply held. We will explore what lives between words rather than the mere absence of words or presence of silence. (3 CEs/Max 20)

Larry Schor, PhD, is a professor of psychology at the University of West Georgia, which has maintained a humanistic orientation for fifty years. He practices psychotherapy in Carrollton, GA. He has published in the areas of disaster mental health, suicidal youth, and the use of projectives as a therapeutic tool. He is a Disaster Mental Health counselor for the American Red Cross, a Certified Professional Counselor Supervisor, and a member of the AAP since 2001.

#37 To Speak or Not to Speak: A Process Group

Every interaction includes split-second decisions about whether to speak or to silence. In this experiential process group, we will pay close attention to that which we name and that which we ignore. One side has risks and vulnerabilities, and the other decreases the opportunities to connect and deepen. (3 CEs/Max 15)

Debbara J. Dingman, PhD, conducts psychotherapy with adults in individual, couples, and group formats at Pine River Psychotherapy Associates in Atlanta. She is on the faculty of Emory University School of Medicine and Behavioral Health and Georgia State University Department of Psychology. She is excited for the opportunity to lead another process group with Dr. Doris Jackson.

Doris Jackson, PhD, (BA Wellesley College, PhD Boston University) is a licensed clinical psychologist in practice in Cambridge, MA, treating couples and individuals and running long-term psychotherapy groups. She served as editor of the AAP journal *Voices* from 2009-2012, and she co-founded and co-chairs the AAP Scholarship Committee. She was named a Fellow of AAP in 2014.

Saying nothing. . . sometimes says the most.

Emily Dickenson

#38 Moving past Unspoken Taboos: Therapeutic Issues in Consensual Nonmonogamy

This session has three segments. The first introduces and explains types of consensual non-monogamies (CNM), and the second explores therapeutic issues for clients. The third portion of the session examines issues therapists have that arise from social attitudes, training, religion, and personal or family relationship histories, and how to address them. (3 CEs/Max 40) *This workshop has been approved for AASECT CEs. See page 4 for special instructions related to attending an AASECT workshop. Diversity CEs*

Elisabeth Sheff, PhD, has a PhD in Sociology from the University of Colorado and certification as a Sexuality Educator from AASECT. Dr. Sheff is the foremost expert on polyamorous families with children. Currently in her fourth wave of data collection, Dr. Sheff has conducted the only longitudinal study of polyamorous families to date. An educator and researcher, Dr. Sheff provides relationship and academic coaching, expert witnessing, and ghost writing. She is based in Chattanooga, Tennessee.

#39 Acknowledging the Unspoken and Embracing the Silence in Group Psychotherapy

Silence and the unspoken often push the comfortable edges of experience within group psychotherapy. There is value and wisdom in gaining an understanding of how both influence the group process. In this workshop, we will explore how these elements impact members and group leaders alike. (3 CEs/Max 12)

Zoë Worrell, LCSW-C, is a licensed clinical social worker with a private practice in Frederick, MD. Zoë earned a BSW from Hood College and an MSW from the University of MD School of Social Work. She has also completed post-graduate studies in the treatment of trauma. Zoë's passion is working with adults in individual, couples, and group psychotherapy. Additionally, she is the founder and co-owner of the multi-disciplinary Healing Circles Wellness Center.

Michael Southers, M.S., LCPC, is a psychotherapist whose private practice is in Frederick, MD. He has been working in the mental health field since 2005 and still enjoys the freshness of working with people from all domains of life. He was a 2014 AAP scholar and has returned to every I & C since. He was published in the 2015 Issue of *Voices*. He also

has a passion for community work and continues to volunteer for local non-profits.

Friday/Saturday Workshops (Continuation of Two Day Workshops)

#25B When Silence Has Color: Dialing Up the Volume in Ethical Conversations About Race—Roberts and Bliss

#26B Breaking the Silence—Makstein and Lake

#27B When Words Fail, The Body Speaks: Experiencing and Resolving Issues of Spirituality and Sexuality in the Person of the Psychotherapist—Mars

#28B On Clinical Ghosts: The Practitioner Inventory—Chopeitia

Thursday/Saturday Workshops (Continuation of Two Day Workshop)

#16B The Silent Language of Dreams: What the Night Reveals—Reed

Thursday/Friday/Saturday Workshop (Continuation of Three Day Workshop)

#17C The Sounds of Silence: Attending To the Unspoken—Rosenblatt

Silence is the ultimate weapon of power.
Charles de Gaulle



AAP REGISTRATION INFORMATION

Name for Badge:
Degree, License(s) & State:
Address:
Email:
Preferred Phone Number:
Special Diet/Special Needs:
Do you need CEs for AASECT accreditation? Y N
Would you like to be assigned an Ambassador (pg 4) to help navigate the conference? Y N
May we share your contact information with your Ambassador? Y N
For AAP members, would you like to be an Ambassador? Y N

REGISTRATION FEES

Cancellations before September 08, 2018 will be fully refunded less a \$75 processing fee. Refund requests must be submitted in writing to the central office at aap@caphill.com

	Through 9/08/18	After 9/08/18	Your Total
Member	\$455.00	\$495.00	
Non-Member	\$495.00	\$545.00	
Single Day(s)	\$190.00	\$200.00	
Student	\$200.00	\$200.00	

OPTIONAL FEES

	Through 9/08/18	After 9/08/18	Your Total
CE Processing Fee (CE processing fee for one day is \$25.00)	\$55.00	\$55.00	
Wednesday Buffet Dinner Guest <i>Full Registration includes 1 Wed dinner</i>	\$75.00	\$75.00	
Saturday Dinner Banquet (circle one) <i>Fish Chicken Vegetarian</i>	\$75.00	\$75.00	
Saturday Dinner Guest (circle one) <i>Fish Chicken Vegetarian</i>	\$75.00	\$75.00	

DISCOUNTS

	Through 9/08/18	After 9/08/18	Your Total
West Coast and International Discount (AL, CA, OR, WA and International)	-\$100.00	-\$100.00	
Past Scholar Discount (2017 AAP Scholars who register by 9/08/18 are eligible.)	-\$50.00		
Check Payment Discount	-\$10.00	-\$10.00	

Total Due (Payment must accompany this form.)	
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PAYMENT INFORMATION

__ Check enclosed payable to: American Academy of Psychotherapists
Credit Card # (AAP does not accept American Express):
CSC/CVV#: Expiration Date:
Card Holder Name:
Credit Card Billing Address:
Signature:

HOTEL RESERVATIONS

Make your reservations by contacting the Grand Hyatt directly. See page 3 for details.

WORKSHOP SELECTIONS

Morning Plenaries are for all
Conference Registrants (Each 3 CEs)

Please indicate your 1st, 2nd, & 3rd choices

Thursday Afternoon Conference Workshops
1st _____ 2nd _____ 3rd _____

Friday Afternoon Conference Workshops
1st _____ 2nd _____ 3rd _____

Saturday Afternoon Conference Workshops
1st _____ 2nd _____ 3rd _____

Register for an Open Process Group
(see page 5 for a description)
Wed and Thurs _____

TRAINING INSTITUTES

Note: These are ongoing Training Institutes, open only to previous attendees.
Wed/Thurs Gouss _____
Wed/Thurs Nies _____

REGISTRATION INFORMATION

Choose from these easy registration options:

- Fax form to 518-463-8656
- Email form to aap@caphill.com
- Mail form & check to AAP, 230 Washington Ave. Ext, Ste.101, Albany, New York 12203
- Online registration available at www.aapweb.com on or after July 17, 2018

RESERVE MEETING & DINING SPACE FOR YOUR PEER GROUP

Reserve a process group meeting room for your peer group by contacting Lisa Smith Klohn or Louise Will-Wallace at lsklohn@yahoo.com or louise2212@gmail.com.

Reserve a dining table for your group on Wednesday, Saturday, or both by contacting: Jennifer Savitz at jencsavitz@aol.com.

If you are not a member, how did you hear about the the conference? _____

If you would like to file a grievance/complaint or have a question, contact Meghan McGrath at 518-240-1178 or aap@caphill.com.

WORKSHOP PLANNER	THURSDAY 9:00-12:15	FRIDAY 9:00-12:15	SATURDAY 9:00-12:15
	Plenary—Stevenson	Plenary—Jack	Plenary—Steele
WEDNESDAY 2:00-5:15	THURSDAY 2:30-5:45	FRIDAY 3:00-6:15	SATURDAY 2:30-5:45
TIA Gouss	TIB Gouss	18 Jack	29 Steele
TIIA Nies	TIIB Nies	19 Jenkins	30 Schwartz & Light
	1 Stevenson	20 Sparks & Danzig	31 Franklin
	2 Oshrain	21 Schwartzberg	32 Matthews
	3 Eichel & Tuikka	22 Gore	33 Ashe-Turner
	4 Murphy	23 Rooney	34 Quiles
	5 Arnold	24 Pluhar & Noblitt	35 Grapenthin
	6 Weinfeld	25A Roberts & Bliss	25B Roberts & Bliss
	7 Coyle	26A Makstein & Lake	26B Makstein & Lake
	8 Dabby	27A Mars	27B Mars
	9 Heneghan	28A Chopeitia	28B Chopeitia
	10 Weiskoff		36 Schor
	11A Fleming	11B Fleming	37 Dingman & Jackson
	12A Baum & Baes	12B Baum & Baes	38 Sheff
	13A Emmanuel	13B Emmanuel	39 Worrell & Southers
	14A Hawkins-Esther	14B Hawkins-Esther	
	15A Schoonover	15B Schoonover	
	16A Reed		16B Reed
	17A Rosenblatt	17B Rosenblatt	17B Rosenblatt
Scholarship Process Groups 9:00—10:00 PM	Scholarship Process Groups 9:00AM—12:00 PM	Scholarship Process Groups 9:00AM—12:00 PM	Scholarship Process Groups 2:30—5:30 PM

CONTINUING EDUCATION INFORMATION

Participants must pay their I&C registration fee, attend their chosen sessions in their entirety, attend all parts of multi-session workshops, and complete an Online Attendance/ Evaluation form in order to receive a CE Certificate of Attendance. Participants not fulfilling these requirements will not receive a certificate. Certificates are emailed immediately after completing the online evaluation form. You must complete the online form by **11/30/2018** in order to receive your CE certificate. The site will close after that date.

Psychologists: This I&C 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. 25.75 hours.

Professional and National Certified Counselors, Marriage and Family Therapists (NBCC): This course has been submitted for review.

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: 06/24/16-6/24/19. Social Workers should contact their regulatory board to determine course approval for continuing education units. Social Workers participating in this course may receive up to 25.75 clinical continuing education clock hours. ASWB approval is accepted by the Boards of Social Work in the following states: AK, AR, AZ, CO, DC, DE, FL, GA, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NE, NH, NJ, NM, NV, OH, OK, OR, PA, RI, SC, TN, TX, UT, VA, VT, WA, WI, WV, WY.

The American Association of Sexuality Educators, Counselors and Therapists has approved this event for a total of 9 AASECT concurrent workshop hours for Continuing Education credit. Participants can earn up to a maximum of 9 AASECT CE Credits.

New York Social Workers: Amedco SW CPE is recognized by the New York Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0015. 25.75 hours.

New York Board for Mental Health: Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0061. 25.75 hours.

New York Board for Marriage & Family Therapist: Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0032. 25.75 hours.

Ohio Chemical Dependency Board: This course has been submitted for review.

Appendix A: Learning Objectives

Plenary: Howard Stevenson. Overcoming the Silence About Race.

1. Learn about current research on racial disparities in early childhood
2. Learn the research support for engaging racial encounters
3. Learn about racial literacy strategies of storytelling and emotional regulation to use in face-to-face encounters with clients
4. Begin practicing racial literacy and stress reduction strategies

Plenary: Dana Jack. Silencing the Self, Listening for the Unspoken, and Recovering Authenticity.

1. Describe and recognize 'silencing the self' and how it affects emotional and physical health across cultures and contexts.
2. Demonstrate knowledge of current research on traumatic and cultural factors that lead to self-silencing in the client.
3. Understand the use of the Silencing the Self Scale to assess elements of self-silencing.
4. Discuss pathways for recovery of authentic voice.

Plenary: Kathy Steele. Standing in the Silent Spaces: Understanding and Treating Chronic Shame.

1. Describe the several adaptive functions of shame and the process by which shame becomes dysfunctional.
2. Delineate four major defensive strategies against shame, how they manifest, and how to utilize "antidotes" to shame.
3. Employ at least three top down and three bottom up interventions to resolve chronic shame, and utilize a specific relational strategy to minimize the chance of the client becoming overwhelmed when addressing shame.

Training Institute: Devajoy Gouss. Transformational Integrative Group Psychotherapy III.

1. Develop more confidence in leading sacred ritual work.
2. Learn about how to integrate lineage work and when and how to use it.
3. Explore an approach to help melt shame in a group setting.
4. Evaluate how to utilize silence and pauses in work.

Training Institute: Kristie Nies. Dark and Twisty: Using Shadow and Chakra to Find Wholeness.

1. List 3 brain structures involved in emotional health
2. List 3 brain benefits of yoga
3. Identify "gifts" available
4. Achieve proper alignment in 3 basic yoga poses
5. Create a resolve
6. Achieve yogic sleep

Scholarship Process Group: Frances Compton, Philip Spiro, Edward Z Rosenzweig, Barbara Nama, Ann Reifman, Murray Scher. Finding your Therapeutic Voice.

1. Clarify similarities and differences in therapeutic communications
2. Understand the value in verbalizing in relationship to patient revelations.
3. Understand the value of silent support in relationship to patient revelations.
4. Learn to silently witness another's story.
5. Identify their own style of communicating
6. Identify three examples of nonverbal therapeutic communication
7. Identify how verbal tone, amplification, and emphasis affect verbal communications
8. Communicate with patients in a way that establishes trust and therapeutic bond.
9. Learn about areas of shame and silence within them

Community Meetings: Louise Will-Wallace, Lisa Smith Klohn, Laura June.

1. Develop a greater understanding of how the therapist's avoidance of and discomfort with racial conversations impacts the therapeutic relationship.
2. Demonstrate knowledge of current research on traumatic and cultural factors that lead to self-silencing in the client.
3. Identify and explore how to incorporate meditation and mindfulness practices in the psychotherapeutic process.
4. Delineate ethical issues related to therapist avoidance and self-silencing, and demonstrate understanding of how this impacts the relationship with the client.
5. Discuss the complexities of suppressed expression of thoughts and feelings in the client and demonstrate knowledge of ways to facilitate client self-expression.
6. Demonstrate knowledge of research related to the benefits of authentic self-expression.
7. Recognize self-silencing as one impact of shame in self and others in group settings.

Workshop #1: Howard Stevenson. If Elephants Used Psychotherapy: Racial Literacy for Difficult Face-to-Face Encounters.

1. Learn about current research on racial disparities for clients of color health outcomes.
2. Learn the research support for engaging racial encounters directly on behalf of therapists.
3. Practice racial literacy strategies of storytelling, emotional regulation, and roleplaying to use in face-to-face encounters with clients and colleagues.

Workshop #2: Lori Oshrain. Can We Speak About Gender Variance?

1. Participants will be able to define Gender non-conformity
2. Participants will be able to differentiate between gender, sex, sexuality, and gender role.
3. Participants will be able to list strategies for confronting their own particular blocks to seeing the gender landscape.

Workshop #3: Steve Eichel, Anni Tuikka. Breaking the Silence about Porn: Its History and Impact on Intimacy, Sex and Society.

1. Identify the historical and cultural factors and contexts that influence the development and dissemination of Visual Sexual Stimuli (VSS).
2. Examine how participants' knowledge, beliefs and values surrounding VSS impact clinical work with individuals, couples, children and adults.
3. Discuss how employing constructs of compulsive use of VSS can help or hinder clinical progress.

Workshop #4: Don Murphy. Voicing the Unspoken.

1. Delineate ethical issues often avoided by therapists.
2. Demonstrate increased understanding of racial and gender issues as they relate to ethics in psychotherapy.
3. Better understand and choose when and how to give voice to sensitive ethical issues.

Workshop #5: Tara Arnold. Finding Our Voice Through Our Body Using Yoga, Mindfulness, and Meditation.

1. Understand the use of yoga, mindfulness, and meditation in practice.
2. Demonstrate knowledge of current research on traumatic factors that lead to self-silencing in the client.
3. Identify and explore how to incorporate meditation and mindfulness practices in the psychotherapeutic process.
4. Delineate ethical issues related to therapist avoidance and self-silencing, and demonstrate understanding of how this impacts the relationship with the client.
5. Discuss the complexities of suppressed expression of thoughts and feelings in the client and demonstrate knowledge of ways to facilitate client self-expression through bottom up approaches.
6. Demonstrate understanding of the ways in which use of mindfulness and meditation

practices may have the unintended consequence of encouraging self-silencing in the client.

Workshop #6: Arthur Weinfeld. Unlocking Silence and Claiming Aliveness.

1. Describe the methodology used in action methods.
2. Acquire skills at using action methods in individual and group psychotherapy practice.
3. Demonstrate a knowledge of action methods.

Workshop #7: Bob Coyle. Listening to the Silent Sound of Secrecy in Addiction.

1. Describe attachment styles that create an increased vulnerability to addiction.
2. Describe the cyclical nature of secrecy, isolation, shame, and addiction.
3. Discuss countertransference vulnerabilities that represent predictable challenges in working with clients with addiction.

Workshop #8: Murray Dabby. Exploring and Creating a Stage for Listening in Silence with Improv.

1. Understand facets of improv as a therapeutic tool.
2. Understand the rudiments of performance and improvisation theory and practice.
3. Learn how to create a performance stage for exploring experiences.
4. Explore the boundaries and experiences of silence for therapeutic processes.

Workshop #9: Jessi Heneghan. Mindful Parenting: How a Moment of Stillness Can Promote Healing and Connection.

1. Define mindfulness and list at least 3 research-based benefits.
2. Discuss how mindfulness practices can help reduce parent reactivity and enhance family connections.
3. List 4 informal mindfulness practices for parents.

Workshop #10: Linda Weiskoff. Hiding and Being Seen: Breaking Through the Silence of Shame.

1. Compare their bodies in neutral, shame and armored positions.
2. Investigate an early shaming experience and move toward healing
3. Discuss Vulnerability as a way to break through Shame.

Workshop #11A/B: Laura Fleming. Growing Emotion Regulation Skills in the Fertile Ground of Silence.

1. Describe the mindfulness skills and practices that best support the learning of new skills.
2. Introduce a mindfulness practice session that will engage patients.
3. Demonstrate an interpersonal skill, and describe how it supports a client's goals for treatment.
4. Define Dialectics as an approach to treatment and give some examples of dialectical dilemmas
5. Explain Radical Acceptance, and describe how it can reduce misery.
6. Describe how Skills Group can augment treatment of major psychiatric problems.

Workshop #12A/B: Scott Baum, Pascale Baes. "Hearing" What Cannot and May Not Be Spoken: Using the Discipline of Bioenergetic Analysis to Apprehend the Reality of Borderline and Schizophrenic People.

1. Describe their own body processes using more specific and discrete words and concepts.
2. Recognize the particular state of being associated with borderline and schizophrenic personality organizations.
3. Examine reactions to the encounter with psychotic states and their effect on them.
4. Consider ways to use to non-language, evoked sensory reactions in themselves to understand the patient's communication.
5. Begin to develop psychotherapeutic interventions using a method of following non-language communication and the participant's sensory somatic experience as a guide.
6. Identify and explore countertransference reactions to these communications and the states in the patient that they emanate from.

Workshop #13A/B: Nicholas Emmanuel. SHHH! Quiet!! I am Listening to my Body!

1. Discuss the core principles of the gestalt psychotherapy process.
2. Demonstrate their awareness of self and other.
3. Demonstrate a deeper understanding of the core principles of facilitating emotional intimacy.
4. Utilize the application of non-verbal emotional intimacy in professional and personal arenas..
5. Enhance their ability to evaluate the difference between emotional expression and thinking expression.
6. Utilize the ability to determine the physical source of their feelings and sensations.

Workshop #14A/B: Hannah Hawkins-Esther. Challenging the Toxic Silence of Self-Shame and Self-Criticism: Introduction to Mindful Self-Compassion.

1. Participants will be able to explain the science and physiology of why self-compassion is more effective than self-criticism
2. Participants will be able to evaluate and explain possible resistance clients may have to practicing self-compassion skills and how to debunk societal myths
3. Participants will differentiate between motivating with self criticism and motivating with self compassion.
4. Participants will practice self-compassion skills to help clients heal core beliefs and old wounds and have tools to guide clients through this process
5. Participants will practice and describe how self-compassion skills can be used to tolerate and even learn to embrace painful emotions to assist in emotion regulation
6. Participants will practice, discuss and evaluate ways self-compassion can be utilized as a critical skill for therapist self-care and how this can benefit both the therapist and the client.
7. Participants will locate feelings of shame and practice self-compassion and discuss the effects on negative emotional states.
8. Participants will be able to define the three components of Self-Compassion.

Workshop #15A/B: Reggie Schoonover. Silent Partners: The Unspoken in Couples Therapy.

1. Describe the two fundamental relational fears that encourage withholding.
2. Compare common unspoken negative and positive sentiments and the effects of each.
3. Discuss the barriers (defenses) that perpetuate withholding.
4. Explain techniques for increasing safety in the session.
5. Describe approaches for encouraging self-revelation.
6. Discuss the risks and benefits of self-revelation.

Workshop #16A/B: Giuliana Reed. The Silent Language of Dreams—What the Night Reveals.

1. Apply body/mind techniques of meditation and breath to deepen connection to somatic sense of self.
2. Utilize tissue paper collage to represent dream and emerging group process symbols
3. Utilize clay scribble sculpting to represent dream and emerging group process symbols
4. Utilize fast writing to represent dream and emerging group process symbol
5. Review images using free association and amplification to understand personal and group meanings
6. Observe through the process of making and processing of dream images using expressive arts how the images themselves provide a new language for expressing emotions, thoughts and feelings that may have no other outlet.

Workshop #17A/B/C: Robert Rosenblatt. The Sounds of Silence: Attending to the Unspoken.

1. Participants will be able to be more observant of the non-verbal elements present in their consultation room.
2. Participants will be able to differentiate the ability to foster greater connection to their clients by the enhancement of their capacity to demonstrate increased attunement with the client.
3. Participants increased capacity for empathy will enable them to facilitate greater intimacy which will yield deeper work with their clients.
4. Participants will be able to describe the linear and non-linear associations that are going on in our heads are, in fact, the roots for greater understanding of the other

5. Participants will select to pay increased attention to their own internal reactions and understand that these are additional grist of the mill in psychotherapy.
6. Participants will come to more deeply trust their own emotions as well as their reactions and perceptions of the client as they emerge within the context of our work.
7. Participants will understand the significance of having a greater capacity for presence in the consultation room by attending to their own internal process coupled with an increased capacity for emotional expressiveness.
8. Participants will be able to value the importance of the many facets of non-verbal communication and state the significance of it with the formation of the therapeutic relationship.
9. Participants will be able to discuss the four principles of living (show up, pay attention, tell the truth, and do not be attached to the results) as it pertains to the work of psychotherapy.

Workshop #18: Dana Jack. Silencing the Self, Listening for the Unspoken and Recovering Authenticity.

1. Describe how self-silencing manifests in therapy and affects it, both within the therapist and client.
2. Evaluate how gender, culture and race affect a person's self-silencing in therapy and movement toward authentic voice.
3. Explain how the teachings and practice of mindfulness/meditation may inadvertently affect clients' view of what it is permissible to say and feel, leading to self-silencing.

Workshop #19: Kendle Jenkins. Hearing the "Unsaid": Working with Dreams to Deepen Relationship with Self and Others.

1. Delineate how dreams express unconscious processes.
2. Demonstrate knowledge of differences between Freudian and Jungian dream theories.
3. Apply several techniques for ethically and effectively working with dreams in the therapy session.

Workshop #20: Loretta Sparks, Victoria Danzig. Health Energy: Working on the Edge of the Unspoken.

1. Describe EP and its supporting theories.
2. Demonstrate use of EP in treatment of anxiety and addiction.
3. Explain use of EP in treating trauma and PTSD.

Workshop #21: Cynthia Schwartzberg. Brainspotting: A Focused Mindfulness Approach.

1. Describe what Brainspotting is and what it can be used for
2. Explain the value of silence in the session.
3. Describe what W.A.I.T. is and how to use it.
4. Define and state examples of limbic-countertransference.
5. State how Self-spotting can support self-care.

Workshop #22: David Gore. The Screams and Silence of Addiction.

1. Participants will be able to differentiate between addiction and problem usage.
2. They will be able to compare and contrast the difference between 12-step beliefs and the belief's of most therapists.
3. They will understand and predict the course of addiction over a client's lifetime.

Workshop #23: Tony Rooney. Silence As an Intentional Tool in Psychotherapy.

1. Utilize silence as an intentional tool within therapy sessions.
2. Understand the healing power of silent eye contact in melting shame.
3. Be more comfortable with silent connection with psychotherapy clients.

Workshop #24: Erika Pluhar, Joshua Noblitt. Beyond Sexual Silencing: Finding Voice, Healing, and Integration.

1. Describe at least one intra- or interpersonal and at least one societal consequence of sexual silencing.
2. Identify at least one way they have themselves experienced silencing around some aspect of their sexuality.

3. Identify at least one personal way and one professional way in which they have been impacted by sexual silencing.
4. Describe one change they will make in their practice of psychotherapy to help break the silence about sexuality.

Workshop #25A/B: Cathy Roberts, Gil Bliss. When Silence Has Color: Dialing Up the Volume in Ethical Conversations About Race.

1. List four ethical principles that can increase professional awareness when having conversations about race with clients and colleagues.
2. Locate personal position of racial identity development using the appropriate model.
3. Identify two ways to apply racial identity development concepts to their workplaces.
4. Experience circle dialogue as a way to facilitate difficult conversations.
5. Identify two ways to respond when you are challenged in a racially difficult situation.
6. Name two ways that white cultural values tamp down aliveness.

Workshop #26A/B: Lisa Makstein, Bradley Lake. Breaking the Silence.

1. Demonstrate awareness of the therapist's personal history with being, implicitly or explicitly, silenced versus being encouraged to speak and be heard.
2. Understand the impact that the therapist's personal history has on our ability to speak authentically within the context of the therapeutic process with clients. Explore various theories on development, such as Erik Erickson's Stages of Development, Freud's Psychosexual Development, Lawrence Kohlberg's stages of Moral Development, and Piaget's theory of Cognitive Development.
3. Demonstrate knowledge of current research on how traumatic family or cultural factors that can lead to self-silencing in the therapist and in the client. Explore various theories on Trauma and trauma's impact on and with the therapist. Review and process various means of current treatment with Trauma and historical wounds: EMDR, Progressive Counting (PC), Somatic Experiencing, Biofeedback, Internal Family Systems Therapy, Sensorimotor Psychotherapy.
4. Identify techniques of overcoming roadblocks to personal expression in the therapist.
5. Discuss the complexities of client histories that can lead to self-silencing in the client and demonstrate knowledge of ways of facilitating increased client self-expression. These would include both identifying trauma and treatment techniques, but not excluding other means that may silence and ultimately self-silence clients.
6. Based on current research, list the ways that self-expression by therapist and client enhances the psychotherapeutic process. This research would stem from exploring theories, such as Relational and Interpersonal Relational Psychotherapy, that speak to the inclusion of the therapist self-expression and revealing of self.

Workshop #27A/B: Marilisse Mars. When Words Fail, The Body Speaks: Experiencing and Resolving Issues of Spirituality and Sexuality in the Person of the Psychotherapist.

1. Demonstrate knowledge of the connectivity of mind and body and the usefulness of such connectivity in resolving deep emotions
2. Utilize mindful brain-body contact to identify emotions in our bodies
3. Utilize mindful brain-body contact to identify memories of formative experiences around gender, sexuality, spirituality, and religion
4. Identify core values and beliefs around gender, sexuality, spirituality, and religion
5. Identify how formative experiences and core beliefs present themselves in the here and now in the person of the psychotherapist
6. Identify personal biases regarding gender, sexuality, spirituality, and religion
7. Identify ethical issues surrounding the silence of religious and sexual shame in the person of the psychotherapist
8. Utilize mindful brain-body contact within ourselves during therapy sessions with clients to be mindfully aware of personal biases in the moment and respond to our clients in self-aware, organic, and empathic ways
9. Calm the mind and heart by calming physical experiences in the body in response to deep emotions.

Workshop #28A/B: Edurne Paula Chopeitia. On Clinical Ghosts: The Practitioner Inventory.

1. Differentiate the most frequent “ghosts” in the therapy room.
2. Compare indicators in the countertransference to tune up our observing mind.
3. Identify a common language to name common obstacles in the understanding of our clients.
4. Select and name at least one “ghost” that fogs understanding of self or others.
5. Choose one action to take in order to locate the silenced presence in the room.
6. Best practices to manage ghosts in referrals, consultation, supervision.

Workshop #29: Kathy Steele. The Many Voices of Trauma: An Integrative Approach to Working with Dissociative Identity Disorder.

1. Explain the psychobiological foundations of complex dissociative intrapsychic organizations.
2. Delineate an integrative treatment approach to complex dissociative disorders.
3. Describe at least five interventions that directly address dissociation.

Workshop #30: Marilyn Schwartz, Carole Light. Knowing When to Speak up or Be Silent from an Ethical Perspective.

1. List 3 ethical principles that are relevant to therapists’ decision to speak up or be silent in the consultation room or in public.
2. Identify 3 variables that lead to therapists’ self-disclosures or speaking a difficult truth in the consulting room being therapeutic.
3. Describe 3 factors that determine whether a therapist’s decision to speak out in public or remain silent may be regarded as ethical or unethical.

Workshop #31: Lena Franklin. Meditation & Yoga in Psychotherapy: Healing Through Silence.

1. Demonstrate the ability to utilize body-based therapeutic techniques in the realms of meditation and yoga in the clinical setting.
2. Explain how, when, and why various body-based therapeutic techniques are used for particular psychological disorders.
3. Utilize meditation and yoga techniques to "meet the mood" of your client in order to enhance emotional regulation.

Workshop #32: Beverly Matthews. Breaking the Silence: The Use of psychodrama in Expressing the Unspoken.

1. List the basic theory, stages and several techniques used in psycho-dramatic work.
2. Demonstrate several psycho-dramatic tools they can use in their own therapy groups.
3. Discuss the benefits and contraindications for the use of psychodrama in group work.

Workshop #33: Rosa Ashe-Turner. Passivity: The Unspoken Truth.

1. Describe particular ways in which their specific passive behaviors are contributing to silencing the authentic self.
2. Match specific passive behaviors with resulting impacts on their professional and personal relationships.
3. Discuss their individual understanding of the origins of their individual passive dynamics and the implications for personal behavior modification.

Workshop #34: Kevin Quiles. Silence & the Language of Death.

1. Silence & the Language of Death is specifically designed for the professional. By participating in the workshop as outlined by the presenter, the caregiving professional will experience common existential processing.
2. The trained caregiver will have a closer relationship with personal reflections on his or her final breath that will lead to more intentional experiences with family members, friends, and the world at large.
3. Therapeutically, the professional will practice with greater sensitivity and compassion while attending to the existential angst of clients. They say a client will only go as far as we go. After attending the program, the therapist will be able to carefully guide the client into a most feared topic with the potential for growth and development.

Workshop #35: Cindy Grapenthin. Get Quiet and Open Up to Play.

1. Participants will identify playful activities that will rejuvenate hope and facilitate communications for clients.
2. Participants will guide activities with intentionality based on knowledge of underlying neurological and physiological constructs.
3. Participants will describe how playful activities restore hope while opening new pathways for discussion and processing information thus positively impacting intrapersonal development and self-expression.

Workshop #36: Larry Schor. The Truths We Can Afford to Tell: Listening to the Unspoken.

1. Demonstrate the ability to identify potential meaning that occurs during silence.
2. Compare the difference between dishonesty and shame.
3. Identify moments of potential therapeutic breaches and repair.

Workshop #37: Debbara Dingman, Doris Jackson. To Speak or Not to Speak: A Process Group.

1. List the decisions she or he made about silence and estimate the costs and benefits of each decision.
2. Name the events that facilitated group engagement.
3. Define the boundaries that were helpful to him/her in this group experience.

Workshop #38: Elisabeth Sheff. Moving Past Unspoken Taboos: Therapeutic Issues in Consensual Nonmonogamy.

1. Differentiate between types of consensual non-monogamies.
2. Identify possible personal and relational issues that clients in CNM relationships might face.
3. Evaluate one's own reactions to CNM and identify social, religious, professional, and personal issues that may influence their attitudes towards consensual non-monogamies.
4. Summarize steps to address issues identified in #3.

Workshop #39: Zoë Worrell, Michael Southers. Acknowledging the Unspoken and Embracing the Silence in Group Psychotherapy.

1. Describe the benefits and challenges of silence that the group psychotherapy experience provides.
2. Identify the process of coming into presence as a leader or participant in group psychotherapy.
3. Evaluate personal comfort around silence in the group experience.
4. Demonstrate an awareness of the dynamics of the unspoken in group psychotherapy.

Appendix B: AASECT CKAs

Presenters	Day	AASECT Core Knowledge Areas	Total CEs
Chopeitia, MA, LAPC	Friday & Saturday	A. Ethics and ethical behavior/30 mins C. Socio-cultural, familial factors/60 mins F. Diversities in sexual expression/15 mins K. Cyber sexuality and social media/15 mins N. Learning theory/60 mins O. Professional communication/180 mins	6
Eichel, PhD, CST & Tuikka, MA, LPC, CST-S	Thursday	B. Developmental sexuality/30 mins F. Diversities in sexual expression/30 mins I. Range of sexual functioning & behavior/15 mins J. Sexual exploitation/15 mins K. Cyber-sexuality and social media/45 mins	3
Mars, MS, LPC	Friday & Saturday	A. Ethics and ethical behavior/45 mins B. Developmental sexuality/20 mins C. Socio-cultural, familial factors/150 mins D. Sexual orientation & gender identity/25 mins F. Diversities in sexual expression/30 mins M. Pleasure enhancement skills/15 mins	6
Oshrain, PhD	Thursday	B. Developmental sexuality/15 mins C. Socio-cultural, familial/30 mins D. Sexual orientation & gender identity/125 mins G. Sexual and reproductive anatomy/10 mins	3
Pluhar, PhD, EdS & Noblitt, MDiv	Friday	B. Developmental sexuality/30 mins C. Socio-cultural, familial factors/30 mins D. Sexual orientation & gender identity/30 mins E. Intimacy skills/30 mins F. Diversities in sexual expression/15 mins O. Professional communication/45 mins	3
Schoonover, PhD	Thursday & Friday	A. Ethics and ethical behavior/30 mins C. Socio-cultural, familial factors/30 mins D. Sexual orientation & gender identity/30 mins E. Intimacy skills/180 mins F. Diversities in sexual expression/15 mins H. Health/medical factors/ 15 mins I. Range of sexual functioning & behavior/30 mins J. Sexual exploitation/15 mins O. Professional communication/15 mins	6
Sheff, PhD	Saturday	A. Ethics and ethical behavior/30 mins C. Socio-cultural, familial factors/30 mins F. Diversities in sexual expression/ 60 mins O. Professional communication/30 mins Q. Principles of sexuality research/30 mins	3

AASECT Core Knowledge Areas

AASECT recently updated the Core Knowledge Areas (CKA) required for certification and certification renewal of all Sexuality Educators, Sexuality Counselors and Sex Therapists. All candidates for certification must have knowledge of the following as they relate to sexual health and pleasure.

- A. Ethics and ethical behavior.
- B. Developmental sexuality from a bio-psycho-social perspective across the life course.
- C. Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values,) in relation to sexual values and behaviors.
- D. Issues related to Sexual Orientation and/or Gender Identity: heterosexuality; issues and themes impacting lesbian, gay, bisexual, pansexual, asexual people; gender identity and expression.
- E. Intimacy skills (e.g., social, emotional, sexual), intimate relationships, interpersonal relationships and family dynamics.
- F. Diversities in sexual expression and lifestyles, including, but not limited to polyamory, swinging, BDSM, tantra.
- G. Sexual and reproductive anatomy/physiology.
- H. Health/medical factors that may influence sexuality including, but not limited to illness, disability, drugs, mental health, conception, pregnancy, childbirth, pregnancy termination, contraception, fertility, HIV/AIDS, sexually transmitted infection, other infections, sexual trauma, injury, and safer sex practices.
- I. Range of sexual functioning and behavior, from optimal to problematic, including but not limited to common issues such as: desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain and penetration problems, difficulty with orgasm.
- J. Sexual exploitation, including sexual abuse, sexual harassment, and sexual assault.
- K. Cyber sexuality and social media.
- L. Substance use/abuse and sexuality.
- M. Pleasure enhancement skills.
- N. Learning theory and its application.
- O. Professional communication and personal reflection skills.
- P. History of the discipline of sex research, theory, education, counseling, and therapy.
- Q. Principles of sexuality research and research methods.

American Academy of Psychotherapists

www.aapweb.com

230 Washington Ave Ext, Suite 101

Albany, NY 12203

