

*AAP Summer Workshop 2018*

***Crossing to Common Ground:  
Creating Connection  
in  
Psychotherapy***



*June 20 - 24, 2018*

***Brasstown Valley Resort  
Young Harris, Georgia***



***“The flaps of Abraham’s tent were always opened on all four sides so that he might see any strangers approaching, and run to greet them.”***

Commentary: Rabbeinu Yona to Pirkei Avos 1: 5

***Welcome to Summer Workshop 2018. We are delighted to have you join us.***

The theme for this year’s workshop “Crossing to Common Ground” is a response to our understanding of important themes in our community as well as our world: managing feelings of inclusion and exclusion, as well as differences and connectivity. We have designed an experience that will encourage us to experiment with relaxing some boundaries of the familiar while moving towards the excitement and risk of the unknown. Throughout this workshop, we will honor the early roots of the Academy, bringing in old customs that will be new to some and long-lost friends to others.

- Our opening experience will help illustrate issues of inclusion and exclusion, and issues of differences and shared experiences, both of which are relevant to our AAP community and beyond.
- Most of our workshops will be offered by co-leaders, often a newer member pairing with a more senior member, who have never offered a workshop together before.
- On Sunday, prior to our closing experience, we invite you to attend an open process group with randomly assigned members. We hope you will find this an enlivening way to close the experience. For you who attend summer workshops regularly, we think this will be the kind of exceptional experience you will remember for years to come. If you have never been to a summer workshop, or haven’t been in a while, we hope you will get a taste of the heart and soul of the Academy.

Enjoy crossing to the common ground of Brasstown SW 2018!

***Debbara and Avrum,***

On behalf of our committee

## Schedule at a Glance

### Wednesday, June 20, 2018

12:00 - 5:00	Registration
2:00 - 5:00	Training Institutes
3:00 - 5:00	AAP Support Forum
4:00 - 5:00	Newcomers' Orientation
5:00 - 5:45	Newcomers' Reception
6:00 - 7:15	Opening Experience
7:15 - 8:30	Dinner and Cash Bar
8:30 -10:00	Open Process Groups
8:30 -10:00	Grouping

### Thursday, June 21, 2018

7:00 - 8:00	Qi Gong
7:00 - 9:00	Breakfast
9:00 - 12:00	Workshops & Training Institute
12:15 - 1:30	Lunch
1:45 - 3:00	Community Meeting
6:30 - 8:00	Dinner
8:30 -10:00	Grouping
8:30 -10:00	Open Process Groups

### Friday, June 22, 2018

7:00 - 8:00	Yoga and Meditation
7:00 - 9:00	Breakfast
9:00 - 12:00	Workshops
12:15 - 1:30	Lunch
12:15 - 1:30	12-Step Meeting
1:30 - 2:30	Community Meeting
2:30 - 3:30	Business Meeting
6:00 - 6:30	Shabbat Service
6:30 - 8:00	Dinner
8:30 - 10:00	Grouping
8:30 -10:00	Open Process Groups

### Saturday, June 23, 2018

7:00 - 8:00	Tai Chi
7:00 - 9:00	Breakfast
9:00 - 12:00	Workshops
12:15 -1:30	Lunch
1:45 - 3:00	Community Meeting
6:30 - 7:00	Social Gathering & Cash Bar
7:00 - 8:30	Dinner
8:30 - 12:30	Dance

### Sunday June 24, 2018

7:00 - 8:30	Breakfast
8:30 - 9:45	Random Process Groups
10:00 - 11:15	Closing Experience

## Brasstown Valley Resort

Brasstown Valley Resort and Spa is nestled in the North Georgia Mountains and is an easy 2 1/4 hour drive from both Atlanta and Asheville airports. With the gracious and helpful staff, the upscale rustic atmosphere of the lodge, and the beauty of surrounding vistas, it offers a perfect environment for us to work, relax and play. The amenities include The Equani Spa, nine miles of hiking trails, swimming pools, tennis courts, an 18-hole championship golf course, and five miles of riding trails in addition to the newly renovated equestrian center. We have rooms reserved in the eight cottages (a peer group might want to reserve one, first come, first served) and the lodge; the conference center will be exclusively ours. Of course the food will be plentiful with healthy options available for us. Come early to partake of all that our venue has to offer. For more information go to [www.brasstownvalley.com](http://www.brasstownvalley.com).



### **AAP 2018 Summer Workshop Committee** 2018 SW Co-Chairs: **Avrum Weiss & Debbara Dingman**

Fern Beu — Transportation and Registration  
Jerri Bonner — Hospitality  
Damon Blank — DJ and Dance  
Frances Compton — Treasurer  
Ron Del Moro — Hospitality, Music, Activities  
Doris Jackson — Program  
Maureen Martin — Rooms, Newcomers  
Don Murphy — Program  
Nelia Rivers — Rooms, Newcomers  
Bob Rosenblatt — Hospitality  
Elaine Rubin — Brochure  
Lyn Sommer — CEs  
Linda Tillman — Brochure  
Sara Trace — Activities and Publicity  
AAP President — Doug Cohen  
AAP Treasurer — Philip Spiro  
AAP Meetings Chair — Tandy Levine

# Events and Activities at the Conference

## ***New to Summer Workshop?***

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

The first is the **Orientation Group** for new members and first time attendees at Summer Workshop. The goal of this one-hour group is to help you map out your own journey in AAP and provide a time to connect with others in a smaller group before the workshops begin Thursday morning. This group will be led by Nelia Rivers and Maureen Martin and will be from **4:00-5:00 on Wednesday**.

The second opportunity is the **Newcomers' Reception** from **5:00-5:45 on Wednesday** evening immediately following the orientation group outlined above. Everyone is invited to join us at this reception in welcoming those who are new to AAP. The Membership/Mentoring committee members will be there to help introduce you to the community as well as the members of the Executive Council. The reception is immediately followed by the opening experience from **6:00-7:15**.

**Open Process Groups**, beginning on Wednesday night after dinner, are the third opportunity.

The peer/family group experience at AAP is an integral part of the organization. At the same time, it can be a difficult part to navigate if you are a new member or a member who has attended many AAP events but is not currently in a peer group. We offer open process groups with a leader each evening to encourage members without a peer group to explore this process for themselves. This new grouping has the potential to develop into a family/peer group. If you want to be in an open process group, you will register for that on the registration form in addition to the workshops that you choose.

After dinner on Wednesday evening many AAP members will be attending family or peer groups that they have been members of for many years. Some of these groups are closed to new members and some are not.

Last but not least, there is a **special workshop** entitled: *Character Style Meets Tapestry of Family Grouping: A Sequel*, led by Nelia Rivers and Barbara Thomason. Here participants can explore how this phenomenon fits your character, developmental needs, and your attachment style.

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

**Membership & Mentoring Committee:** ***Nelia H. Rivers, Chair***

# Events and Activities at the Conference

## **Opening Experience**

Our opening experience will be from 6:00 - 7:15 on Wednesday night, and will be our first chance to explore crossing to common ground with each other. Following the opening, we'll enjoy a cash bar and dinner.

## **Equine Therapy Workshop**

This unique workshop will be conducted with the additional assistance of horse care, transportation and lodging costs. There will be an extra fee that will appear on the registration page. We plan to conduct the workshop in any weather conditions. You will be in the field for both sessions with some process time in a covered area, so please plan your clothing to match the needs of the workshop. We are excited to present this truly special offering for you. Maureen Martin and Annie Prescott

## **Hospitality Suite**

*Come for the sliders, stay for the conference*

Our hospitality suite brought to you by Jerri Bonner, Ron Del Moro, and Bob Rosenblatt will provide some good old-fashioned *Southern Hospitality* for our AAP brothers and sisters. We aim to please!

So, here are the top ten reasons to stop by.....

10. Opening early for Wednesday afternoon lunch
9. Karaoke night
8. Corn Hole Tournament of Champions
7. Dr. Bob's Sirloin Solution...it will fix what ails you
6. Gastronomic competition extraordinaire with judges and even real prizes
5. Open Mic Night for some high-minded comedy
4. Trivia Night with prizes
3. Bring a reusable water bottle because we are going for the green
2. Come for the sweets



**And the number one reason not to miss this year's hospitality suite is:**

- 1. Come for the conversation, connection and a smorgasbord of LOVE!**

Please let us know in advance if you are either bringing a delicious food offering or willing to volunteer in the hospitality suite by emailing [Bob](#), [Ron](#) or [Jerri](#).

Look for further Hospitality updates like menu and activities via the Newsletter.

**See you all in Brasstown Valley at the SW Hospitality Suite.  
Bring your appetite for food, fun, and feelings!**

*Where the magic is bound to happen!*

*"You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us.  
And the world will live as one."*

*— John Lennon*

# Events and Activities at the Conference

## **Alex Redmountain Memorial Golf Tournament**

Find a partner; practice your drives, chips and putts; and participate in the SW Nine-Hole Golf Tournament. The championship course is located at the resort. You may call ahead for a tee time if you wish at 706-379-4614. Last year's "shambles" format will be used again: where both players hit drives, choose the best one, and then play their own ball from that point on to the cup. Record the best score. There will be a sign-up sheet at the registration desk. You will be asked to record your handicap or typical score for 18 holes. Feel free to contact [Graham Hall](#) with any questions or if you need assistance finding a partner.

## **AAP Support Forum: A Path Toward Reconciliation and Repair**

This forum on Wednesday afternoon is offered for those members who have experienced painful encounters in the Academy, and who wish to receive support as they process unresolved grief, anger, fear and other distressing emotions. It is our hope that through connection and a path toward healing, participants will be offered a greater opportunity to have a more positive experience during Summer Workshop and beyond. Led by Barbara Thomason and Bob Coyle.

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

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

## **12-Step Meeting**

AAP offers a 12-Step Meeting at lunch on Friday. In keeping with the theme, participants from all 12-step programs are welcome. Information will be available at the registration desk on the bulletin board.

## **Qi Gong**

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

## **Yoga and Meditation**

This gentle, calming class on Friday morning includes breathwork, gentle flowing movements, passive and supported postures and a light to medium workout. This is a perfect beginner's class that is also appropriate for those healing from injuries, managing illness, those with limited mobility, or for those who just prefer a softer, gentler approach to yoga. Led by Jillian M. Thomas, a registered yoga teacher.

## **Tai Chi**

Join Lenore Pomerance on Saturday morning for an introduction to Tai Chi (more precisely *taijiquan*). Lenore will share her growing understanding of *taijiquan* as a practice of finding both mental and physical balance as embodied in the symbol of yin and yang.

**Alright AAPers.....Get your dancing shoes, your bestest outfits, and your good times mood states.....because DJ A-Train is ready for our pleasure at the Saturday SW Dance! In the words of a famous historian, Mick Jagger, "If you can't rock me, somebody will!" So, if you're willing to risk the chance that somebody will out-rock you, out-disco you, out-hustle you, you can't say you weren't warned! See y'all there!**

**Your hosts for the evening,  
Damon Blank and Ron Del Moro**

# Events and Activities at the Conference

## Random Process Groups

Borrowing a tradition from AAP's Southern Region meetings, we will randomly assign all attendees to a 75-minute process group. Each group will include a committee member or other experienced group leader. This is a chance to gain perspective on your workshop and group experiences at SW, while finding common ground with other participants.

★ Random Process groups will be held on Sunday morning from 8:30-9:45 followed by the Closing Experience at 10:00. Please make your Sunday travel plans accordingly.

## Sunday Morning Closing Experience

Our final gathering as a community is a long-held tradition and one not to be missed. It is a time for one last crossing to common ground and an opportunity to add your voice to the membership as we transition from an intense five day workshop back to family, friends and work.

## Hiking Around the Resort

We invite you take advantage of 9.2 miles of wilderness trails right outside the doorstep of the resort! Whether you're interested in a short walk in the forest or a longer hike, the "Miller Trek" is the perfect option. Miller Trek is a beautiful trail that begins at



Brasstown and takes you into the Chattahoochee National Forest. Keep your eyes peeled to catch some of the abundant wildlife who live in the forest such as deer, foxes, squirrels, and bears. There is a 6.5-mile trail blazed in orange for the more adventurous and a 2.5-mile loop for those of us with a little less time to explore. All trails lead back to the resort.



## The Brasstown Valley Resort and Spa

We invite you to arrive **early** and/or **stay later** at the Brasstown Valley Resort to take advantage of these incredible local attractions. Call Brasstown Valley Resort for room rates before and after the conference. The AAP room rate will not apply to these extra days.

The **Equani Spa** has "carefully integrated unique elements and activities indigenous to the tribe that stimulate and replenish your mind, body, and soul." This lovely spa is located just off the grounds of the resort on native Cherokee land. The spa offers the usual treatments for the face, hair, and body, and also offers other options that are unique to the Cherokee tradition of healing and restoration. The spa phone number is 706-379-2336.

Other trails in the area include [Enota Mountain](#), [North Georgia trails](#), , and two [beautiful waterfall trails](#) . Please pack a reusable water bottle as we are trying to make the SW a green one!

## Area Activities

Adventures and experiences to be had around Young Harris, GA are plentiful. Come early or stay late to take full advantage of all the area has to offer. Local attractions include the Rollins Planetarium, the Chattahoochee National Forest, Destiny Alpaca Farm and Crane Creek Vineyard. Superb white water rafting can be found within two hours of the resort and there are numerous opportunities for both pond and stream fishing. For additional details on all the area has to offer, please contact the resort activities director.

# Activities Around Brasstown

## **The Stables at Brasstown Valley Resort and Spa**

Located at the base of the extensive property, the stables offer a horseback trail riding experience for everyone. There are one hour and two hour trail ride options, accommodating all experience levels from beginner to advanced. Guests can meander through open fields, hardwood forests, and crystal clear trout streams as they travel through the property. Catered picnics are also available for both individual and group outings. The phone number is: 706-379-9900. The resort shuttle will provide free transportation and can pick you up within minutes of your call.

## **Antique and Boutique Shopping**

Choose between two great locations, Hiawassee and Blairsville. Shopping includes clothing, accessories, antiques, furniture, gifts, and local food products. Transportation is provided by the resort and is priced per person or group.

## **Crane Creek Vineyard**

Enjoy a glass of wine and the breathtaking scenic view of the quaint mountain vineyard. Nestled in the North Georgia Mountains, the vineyard is only minutes away from the resort. Options include a scheduled tasting experience and/or a Vintner's tour of the winery, including cheese and crackers, a souvenir wine glass, and transportation. Contact [www.brasstownvalley.com](http://www.brasstownvalley.com).

## **Boating**

The Ridges Resort and Marina is located just 20 minutes away from Brasstown Valley Resort. The Marina is open to all visitors. The Marina offers: pontoon boats, fishing and fishing boats, pedal boats, canoes, jet skis, ski boats, and wakeboard boats and equipment. Trout fishing is very popular. You may consider hiring a pontoon boat for your family groups and/or for a committee meeting excursion. The site is [www.theridgesresort.com](http://www.theridgesresort.com) and the phone number is: 706-896-1886.

## **Guided Excursion to Blood Mountain**

This 4-5 hour excursion allows you to visit three phenomenal and historic sites near Blood Mountain. This tour is for "active" participants. The three sites include the Mountain Crossings at Walasi-yi, Helton Creek Falls, and

Vogel State Park. Walasi-yi provides a store located at the "only covered portion of the Appalachian Trail." This site offers a view of Blood Mountain and serves over 2000 hikers. Helton Creek Falls includes a view of two beautiful falls, Upper Helton Creek Falls that is a 60 foot drop and Lower Helton Creek falls that is a 30 foot drop. Vogel State Park is one of Georgia's oldest parks and incorporates a 22 acre lake and a historical museum. This park also contains a four-mile hike, Bear Hair Gap loop and a challenging 13 mile Coosa Backcountry Trail hike. Arrangements for transportation to and from these sites are provided at [www.brasstownvalley.com](http://www.brasstownvalley.com). There is a charge for this transportation service. Group rates are available.

## **Whitewater Rafting**

Whether you are seeking the solitude of paddling the river on your own or the adrenaline rush of large rapids, there is a perfect river within sight. Location of the 1996 Olympic river events, you can drive or arrange transportation to one of the four nearby rivers. The drive ranges from 45-minutes to three hours from the resort. Whitewater rafting is typically a full-day event; however, it would be a perfect activity to do before or after summer workshop! Contact [www.brasstownvalley.com](http://www.brasstownvalley.com).

## **Helen, Georgia**

Don't miss visiting the cute town of Helen, Georgia (less than 30 miles away from Brasstown, and on the way from Atlanta). Helen has "the charm of Bavaria, in the heart of the Blue Ridge Mountains." Visitors get a rare glimpse of Germany without leaving the states! Helen has cobblestone walkways, quaint hotels, and all the Alpine food and drink you are looking for. Helen has wineries, festivals, artisan tours, and much more. Explore the natural beauty by horseback, on foot, or bicycle. Enjoy a lazy day tubing down the Chattahoochee River. For those of you feeling a bit more adventurous, try Helen's zip-line or hot air balloon. This cute and unique town has a little something for everyone.





Wednesday 2 - 5  
Thursday 9 - 12

## **T1 Dark and Twisty: Using Shadow and Chakra to Find Wholeness**

**Ongoing Training:** *This Training Institute will continue at the I&C 2018 in Atlanta. Please do not register if you are unable to attend all sessions.*

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. In this training we will stimulate the intellect, engage in group process, move our bodies and still our minds in order to reclaim energy we have expelled. Our willingness to be open to our Shadows will facilitate our helping patients face their own heroic journeys. (12 participants) (6 CEs)

**Kristie Nies, PhD** is a psychotherapist, board certified neuropsychologist, and registered yoga teacher. Dr. Nies believes the principles of yoga complement both neural health and the goals of psychotherapy. She combines extensive training in all three areas to guide people to wellness. Dr. Nies is a frequent AAP presenter.

### Important notice:

#### **ADA Statement**

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.

*“We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection.”*

*Brene Brown*

## **T2 Transformational Integrative Group Psychotherapy Institute. Part II**

This is the second module of a four-part institute on training in experiential group psychotherapy rooted in psychomotor therapy and other body/mind approaches. We will continue to learn how to map one’s inner world into “sacred rituals” and to imprint the necessary antidotes that help us and our patients evolve with more resourcefulness. (To participate, you must have attended Part I) (6 CEs)

**Devajoy Gouss, LCSW** is an experiential therapist in Atlanta who received her MSW from Tulane University in 1980. In the course of 33 years of working within group, couple and individual settings she has evolved her own style of experiential therapy. Using her training in psychomotor therapy with Jacquie Damgaard and Al Pessa, 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 offered monthly experiential workshops.

# The Program

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

## TWO-DAY WORKSHOPS

Thursday - Friday  
9:00 - 12:00

### **1a Finding Common Ground in Disparate Co-Therapist Approaches**

The collaboration of therapists with contrasting styles can offer a more comprehensive and growthful therapeutic experience to a group than a therapy dyad who always agree. Different therapists pay attention differently. This experiential workshop will provide participants with the opportunity to explore and understand the advantages and disadvantages of contrasting therapeutic approaches.

*(12 participants) (6 CEs)*

**David Loftis, PhD** received his PhD in clinical psychology in 1981. He is a Fellow of AAP, and his many years of service to the Academy include several terms on Executive Council, and his presidency from 2006 to 2008. He has conducted many workshops for AAP and other organizations. He is in private practice in Atlanta, offering experiential-focused therapy for individuals, couples and groups, as well as supervision for group therapists.

**Hallie Lovett, PhD** has practiced psychotherapy for 40 years, first in Washington, DC and currently in Manchester, VT. A long-time member, workshop presenter and Fellow of AAP, she credits decades of membership in two professional peer groups, ongoing teaching and supervision, deep friendships, and a 46 year marriage with challenging and fertilizing her growth as a person and therapist. In their friendship of 30 years, David has taught her much about the positive dimensions of conflict and difference.

*“People can't be just tied together. They have to connect. Otherwise, they'll find themselves bound hand and foot.”*

*- Ai Yazawa*

### **2a Managing Cross Currents within Therapeutic Relationships**

Managing conflicts well is imperative for the relational psychotherapist. In this six-hour group process, participants will work together to identify our ways of avoiding/engaging with internal and interpersonal conflict. We will focus on the therapeutic resolution of conflicts within and between group members.

*(12 participants) (6 CEs)*

**Gary C. Frankel** is a licensed psychologist in Washington, DC who has been in full time private practice for over 35 years. Gary conducts individual, couples, and group psychotherapy. In addition, he conducts individual and group supervision for therapists, with an emphasis on countertransference. He is a frequent presenter at AAP and also served for many years as chair of the Academy's ethics committee. He was recently named Fellow of the Academy.

**Dr. Lyn Sommer** is a psychologist practicing for over three decades. She works in Westport, CT, specializing with couples and groups. Lyn is board certified as a group therapist (ABPP, CGP). She enjoys the intensity of long-term group work and intensive couples weekend therapy. Lyn co-founded the AAP Endowment Fund and the AAP scholarship program, and was named Fellow of the Academy in 2014.

*“People leave traces of themselves where they feel most comfortable, most worthwhile.” — Haruki Murakami*

# The Program

## **3a Across a Screen: Using Film in Psychotherapy**

Participants will watch a recent film together and discuss their reactions. We will demonstrate how, in psychotherapy, the film-maker's art can be used as a projective exercise, providing a safe space to discuss areas of life that may be hard to address directly.

*(15 participants) (6 CEs)*

**Murray Scher** received the PhD in counseling psychology from the University of Texas at Austin. He is a Fellow and past president of the Academy. He currently maintains private practices in Austin, TX and Jonesborough, TN. A frequent presenter at AAP, he is widely published in the area of gender roles and psychotherapy. He is an inveterate film-goer.

**Curt Arey, MA, LPC** practices in Atlanta, treating individuals, couples and groups. He came to AAP as a student volunteer in 2008, and was an AAP scholarship recipient in 2010. Since joining the Academy, Curt has presented at multiple conferences and has co-chaired a successful I&C. He serves on the AAP scholarship and outreach committees and is Chair of the AAP Southern Region. He believes AAP is the best venue for developing the person of the therapist.

## **4a Playing with Strangers: Risking Connection, Embracing Difference**

In this workshop, participants and co-leaders are asked to imagine they are starting the first day of school, walking onto a brand new playground. The goal will be to explore the terror and the excitement of new and old connections, thus helping us examine what we and our patients experience when we encounter one another in the consulting room.

*(10 participants) (6 CEs)*

**Diane Shaffer** began adult life teaching English and coaching field hockey and lacrosse. After the birth of her two sons, she followed her desire to study clinical psychology. Diane is currently a senior staff member and the groups coordinator at Swarthmore College Counseling Center. She finds joy working with young adults who are in the midst of a significant transformation in their lives. In addition, she has a private practice for adults in Swarthmore, PA and Center City, Philadelphia.

**Jonas Horwitz, PhD** is a clinical psychologist in private practice in Durham, NC, where he sees individuals and couples and leads interpersonal process groups for men. He is the author of Stop Feeling So Damned Depressed: A No-nonsense Guide for Men Who Want to Start Feeling Better Now! When not in the office, Jonas enjoys long-distance running as well as backpacking in the Appalachian Mountains along with his family, who kindly wait for him to catch up.

“It is man's social nature which distinguishes him from the brute creation. If it is his privilege to be independent, it is equally his duty to be inter-dependent. Only an arrogant man will claim to be independent of everybody else and be self-contained.”

- Mahatma Gandhi

# The Program

“As with everything else, the more we separate ourselves from each other, the weaker we become.”

– Teresa R. Funke

## 5a *Common Ground Exists for All of Humanity Between The Good, The Bad, and The Ugly*

Each of us develops a biography, a narrative of our story, as we travel through life. What narratives have evolved from your life experiences regarding racism, homophobia, sexism, ageism, xenophobia, etc.? Since it is crucial for therapy practitioners to seek awareness of our disavowed biases, participants will be asked to explore and illuminate the disowned aspects of themselves. We will spotlight themes of dysfunction, aggression, greed, and power seeking, and perhaps integrate our narratives in more hopeful ways.

(27 participants) (6 CEs)

**Gloria Myers Beller, MSW** is a licensed independent social worker in Washington, DC. She has degrees in psychology, sociology and social work from Johnson C Smith University, University of New Orleans, and Virginia Commonwealth University. Gloria provides psychotherapy to individuals, couples and groups, with an emphasis on multiculturalism. She has a keen interest in the interplay between the individual, the community, and the broader culture.

**Thomas Sherratt, MA, LPC** is an existential/experiential psychotherapist who has been in practice in Durham, NC, for more than 35 years, primarily treating gay men in individual, couples and groups. He holds degrees in philosophy and psychology. Thomas presents in academic, professional and political forums on the topic of clinical issues common to gay men, recently addressing the Second International Congress of Psychotherapy in Vienna, Austria.

## 6a *I'm Right and You're Wrong: Finding Common Ground in Politics, Religion and Everything Else*

Rodney King famously asked, "Can't we all get along?" This two-day didactic/experiential/process group offers an opportunity to address that question by exploring "Moral Psychology" as described in The Righteous Mind by Jonathan Haidt. In seeking to express our truths, we'll explore our own moral foundations. The goal is to use our values as part of -- not as obstacle to -- relationships, and to teach skills that can help our patients gain clarity and empathy in their important relationships.  
(15 participants) (6 CEs)

**Frances Compton** is a life member and active presenter at AAP. Dr. Compton earned her PhD from the University of Maryland. She is licensed in Washington, DC, holds the National Certificate of Clinical Competence from ASHA and is a member of the Society for the Exploration of Psychotherapy Integration. Dr. Compton enjoyed a private practice for 40 years, and presently consults with individuals and small business owners.

**Philip M. Spiro, MD** has practiced psychiatry in Chapel Hill, NC since 1990. In addition to his clinical practice where he frequently combines experiential/psychodynamic psychotherapy and pharmacotherapy, he is active in the training and supervision of psychiatric residents at Duke Medical Center. He currently serves as Treasurer of AAP and is on AAP's Trust and Endowment Board.

“We change our behavior when the pain of staying the same becomes greater than the pain of changing. Consequences give us the pain that motivates us to change.”

— Henry Cloud

# The Program



## One-Day Workshop: Offered twice

The workshop below is a one-day workshop, offered on Thursday and again on Friday.

### 7 and 13

#### ***Kundalini Yoga: Finding Common Ground Between Yoga and Psychotherapy***

Psychotherapy involves the delicate process of "Crossing to Common Ground" between therapist and client. Healing happens when both therapist and client are able to expand awareness in a loving, non-judgmental way. In this workshop, we will explore the connections that cross from Kundalini yoga to traditional psychotherapy. You are welcome to sign up for both experiences. (20 participants) (3 CEs)

***Damon Blank, LMFT*** is a licensed Marriage/Family Therapist and certified Kundalini Yoga Instructor. He has been in private practice as a psychotherapist in Medfield and Cambridge, Massachusetts, for over 35 years. Recently he has become fascinated by the "common ground" shared by psychotherapy and yoga practice.

“Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

~ Eckhart Tolle

## Thursday One-Day Workshops

### 8 ***Character Style Meets the Tapestry of Family Grouping: A Sequel***

What is this phenomenon called “family group?” In this workshop, those who have navigated this mysterious AAP long-term group journey will dialogue with those still standing on the shore. Our exploration will include: How do you join? How does your choice of family group fit with your character, your developmental needs, and your attachment style? And how does belonging to a family group translate into benefit for your repertoire of psychotherapy skills? (25 participants) (3 CEs)

***Nelia H. Rivers, LCSW*** began her informal therapy training in her family of origin. Formal training followed in psychology and in social work; clinical training came through years of direct service with severely emotionally disturbed children. She joined AAP and went into private practice in 1984, each providing a wealth of opportunities for risks, vulnerability and intimacy. In her home office she sees children, adolescents, young adults and families. She is a Fellow of the Academy and is the membership/mentoring chair.

***Barbara Thomason, PhD*** has been practicing psychotherapy in the Atlanta area for 37 years. Gestalt, existential, transactional analysis and family systems have all played a significant role in both her personal and her professional life. A life member of AAP, she has chaired and co-chaired three national meetings and served on the Executive Council. Barbara has filled the position of AAP Retention Chair for seven years -- focusing on issues of inclusion/exclusion and peer group membership.

# The Program

## 9 *Journey to the Soulful Feminine*

In this experiential and didactic workshop, we will dive into the archetypal story of the Seal Maiden, which mirrors the way we humans can become separated from aspects of Soul, often leaving us in a depleted state. We will learn how to reconnect with these Soulful parts in order to become nourished and whole for ourselves and our clients.

(8 participants) (3 CEs) *Women only*

**Lucie Lie-Nielsen, MA, LPC** has been in private practice in the Atlanta area for 20 years. She also lectures weekly at Ridgeview Institute's partial hospitalization program. A graduate of West Georgia College, she has a passion for the works of Joseph Campbell, Carl Jung and Clarissa Pinkola Estes. Lucie has been a member of AAP since 2008.

**Melissa Beddingfield, MA, LPC** has been in private practice in Atlanta for 15 years, working with adults individually and in groups. She has been active with AAP for many years, serving on the Southern Region Committee, the Outreach/Salon Committee and several national conference committees. Through training in psychodrama, psychomotor, and myth/archetypes/dreams, she embraces the power of body, mind, and spirit in healing. She is thoughtful about weaving together spirituality and psychotherapy.

## 10 *Crossing Generations to Common Ground*

In this process group, we will explore generational divides both within and outside of the consultation room. Participants will examine how intergenerational family, social and hierarchical dynamics influence the character of the therapist and how responses to generational differences may facilitate or hinder connection and intimacy.

(12 participants) (3 CEs)

**Bruce Ellman, PsyD** is a clinical psychologist, organizational consultant, and former Wall Street executive. Father of three, Bruce holds an MBA from Yale and a

doctorate from Pepperdine University. Bruce practices in Los Angeles. His most recent essay, *God of My Father*, appears in the anthology, The Good Men Project. His favorite tee-shirt reads "Real Men Marry Rabbis." Bruce serves as the chair of AAP's Trust and Endowment Board.

**Leonard Schwartz, PhD** has enjoyed a long career as psychotherapist to individuals, couples, and groups. An expert with couples work, Leonard worked for many years with his beloved wife Rozlyn, with whom he co-authored the book Becoming a Couple. He is a long-time, honored member of AAP and former chair of the AAP Eastern region. In the course of his career, Leonard has trained several generations of therapists.

***"It is one of nature's ways that we often feel closer to distant generations than to the generation immediately preceding us."***  
***~Igor Stravinsky***

# The Program

## 11 *The Ethics of Practicing on the Outer Perimeters of Traditional Psychotherapy*

Interested in widening the scope of your practice? Concerned about possible ethical questions? Vivian Guze and Jane Baxter practice on the outer edges of traditional psychotherapy and are alert to the challenges of working differently. Join us for a presentation followed by a process group to explore different practice orientations.  
(12 participants) (3 CEs)

**Jane Baxter, PhD** is a clinical social worker practicing in Washington, DC. She earned her degrees at Bucknell University and University of Maryland. In addition to her traditional psychotherapy practice, she has created a program called PsychFit, combining psychotherapy talk sessions with physical workouts. Her book Manage Your Depression through Exercise describes this program.

**Vivian Guze**, an honored member of the Academy, has enjoyed a long career as a psychotherapist working with individuals, couples, and groups. She is an expert at combining traditional psychotherapy with bioenergetic work. Vivian entered AAP with founder-husband Henry, and is a long-time member of the AAP ethics committee. She and her husband have had profound effects on generations of therapists.

*“Connecting with someone is not necessarily a bond with a significant other, or even a friend, but can be the indefinable - perhaps the rarest and most precious thing in life to find at all.”*  
— Donna Lynn Hope

**Three-Day Workshop starting Thursday**

## 12a *Holy Chutzpah*

As therapists we may need a special brand of boldness in order to speak difficult truths. Our positions may often be unpopular, reveal dark linings, and may wake the slumbering. This three-day process group invites participants to explore holy chutzpah.  
(12 participants) (9 CEs)

**Adam Klein, PhD** is a licensed psychologist in full-time private practice in Maryland. He has had the privilege of being trained by some of the most innovative thought leaders in the field. Additionally, in the tradition of AAP, he has dedicated countless hours to personal process work in various group settings.

**Friday**

**Training Institutes (continued)**  
**Thursday/Friday**  
**Two-Day Workshops (continued)**  
**Three-Day Workshop (continued)**

**T1 Kristie Nies**

**T2 Devajoy Gouss**

\*\*\*\*\*

**1b Gary Frankel / Lyn Sommer**

**2b Hallie Lovett / David Loftis**

**3b Murray Scher / Curt Arey**

**4b Diane Shaffer / Jonas Horowitz**

**5b Gloria Myers Beller / Thomas Sheratt**

**6b Frances Compton / Phil Spiro**

\*\*\*\*\*

**12b Adam Klein**

# The Program

**TWO-DAY WORKSHOPS**  
Friday - Saturday  
9:00 - 12:00



## **15a Shaky and Common Ground: Exploring the Relationship Between Parenting Dyads and Families**

Parenting is one of the most difficult and rewarding jobs in life. Among other challenges, parents struggle with exposure to the lives of others depicted on social media. In a process group format, we will invite participants to delve into the common ground of parental challenges in order to connect to our own and our patients' difficulties with parenthood.

*(12 participants) (6 CEs)*

**Bradley Lake** has been in practice for over 27 years. He provides group, individual and couples psychotherapy to a varied patient population, as well as supervision to clinicians, with offices in Washington, DC and Annapolis, MD. He is thrilled to co-lead this workshop with Jenny Smith. Bradley lives on the eastern shore of Maryland, on six acres of woods, with his husband, two children, and two dogs.

**Jennifer Savitz-Smith** has been practicing psychotherapy for 17 years in Columbia, SC, with a special interest in parenting issues. She finds that no matter what the presenting issue is, many clients bring parenting questions to the fore in their work. Her own children, Delaney and Rutledge, who just turned nine, keep her busy outside of work. Jenny and Bradley have not previously presented together, although they have shared a friendship and professional relationship.

*“Invisible threads are the  
strongest ties.”*

*- Friedrich Nietzsche*

## **16a Horse Partnerships: Carrying our Psyche Across Common Ground**

This experiential workshop will help participants develop a greater awareness of their relationship style, using their partnership with a horse as a metaphor. Small group exercises and large group process will offer each participant an introduction to the theory and practice of EFP (Equine Facilitated Psychotherapy).

*(12 participants) (6 CEs) Extra fee \$55*

**Maureen G. Martin, LCSW** has been practicing psychotherapy since 1973. She is currently in private practice in Atlanta. She has many specialty areas as a longtime clinician and is currently studying equine facilitated psychotherapy. Her unabashed love and association with horses since age 11 has helped her weather many of life's storms. Learning this modality of treatment is a marriage of her love of horses and their healing power with her grounding in the practice of psychotherapy.

**Annie Prescott, PhD** is a licensed clinical psychologist, certified addiction counselor and supervisor, and healing touch practitioner since 1979. She established her private practice in 1993, offering psychotherapy to youth and adults. At her horse farm, Oakhill, in Douglasville, Georgia, she facilitates experiences in which patients spiritually connect with themselves, with animals and with nature. Dr. Prescott integrates EFT, psychomotor, Gestalt, T.A., energy psychology and mindfulness in her work, to help her patients increase resiliency and authenticity.



# The Program

## **17a *Reaching Across the Divide of Aging Through Creativity***

In this workshop -- open to Academy members of any age -- we will use arts media including tissue paper collage, clay, and Scribble Technique, to elicit feelings about the aging process. As we explore the common human ground of our inevitable aging, we will deepen our commitment to living life fully. Come feed your soul! -- and learn skills that can deepen your therapeutic work. (10 participants) (6 CEs)

**Giuliana Reed, LCSW** has practiced for over 30 years in the Washington, DC area, where she received her MSW from Catholic University. Recently her interest in the work of Carl Jung has drawn her to focus on the use of symbols and metaphor as they emerge through the use of art media. Attending to these images can help us reach experiences that are beyond words and can open pathways into treasures held within the labyrinthine caverns of the unconscious.

## **18a *Back and Forth to Find Common Ground***

In this six-hour, two-day experiential workshop, participants will be asked to attend to the experience of being present and being with each other in the group. They will be encouraged to notice whatever comes up in the moment with freedom to explore past, present and future versions of themselves. By paying attention to the moment, and to the back and forth between participants, we will sharpen the relational skills needed by psychotherapists. (12 participants) (6 CEs)

**Elizabeth E. Field, LMFT** began attending AAP meetings the year she graduated from Appalachian State University in 1999, and has been an AAP member since 2001. Her graduate training is in marriage and family therapy. Elizabeth started a private practice in 2006 and is currently in full time private practice in Charlotte, NC. She

believes in relationship as a powerful tool to create healing. Her professional areas of interest include trauma, relationships and sexuality.

**Jack Mulgrew, PhD** has spent many years teaching undergraduate and graduate students at Appalachian State, with an emphasis on the transformative power of group process. He is a longtime AAP member and frequent presenter at the Academy. His training and supervision of therapists centers on expressing the full range of thought and feeling in relationship to the other.

“We build too many walls and not enough bridges.”

— Issac Newton

## **19a *Moving Towards Common Ground***

In this two-day experiential workshop, join us to put your whole self in, Hokey-Pokey style -- and beyond! Using conversation, I-Thou encounters, and expressive movement, we will attempt to move our disparate voices to a common ground of connection. Our experiential work will help illuminate what happens in every therapist-patient relationship, where two separate entities must create a sense of understanding. (10 participants) (6 CEs)

**Sharon Bernstein, LCSW, ACSW**, University of Maryland graduate, has been in practice for over 30 years and has been a member of AAP for 27 years. She now practices part-time in Bethesda, treating adolescents and adults. Prior to that, as a hairstylist for 18 years, she

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"lived" social histories with her clients, witnessing from behind the chair.

**Brian Cross** is a clinical psychologist in private practice in Washington, DC where he conducts groups, couples therapy and individual consultation. He chairs the Mid-Atlantic Region of AAP. Brian is actively involved in his family life; he values authentic relationships with his children, and his brilliant and beautiful wife, Elizabeth. He is proud to chair AAP's Mid-Atlantic Region.

## 20a *Improv, Pathway to Co-Creation*

This workshop will invite you to take risks, make mistakes, play and connect to the present moment, using short form improv games and exercises. We will listen intently, focus on finding the pathway to connecting to others in the "scene," and develop more flexibility in our responses. All of these skills are directly applicable to psychotherapy, since therapists and clients must co-create an understanding of the client's reality by responding and collaborating in the therapy hour.

*(12 participants) (6 CEs)*

**Laura Fleming, LCSW** is in full-time private practice in Rochester, NY. She has training in DBT and leads DBT skills training groups. She has been studying improv for seven years, and has enjoyed performing in several settings. She currently performs with Address Unknown, an improv troupe in Rochester, NY. Performing improv has greatly improved the quality of her work as a psychotherapist and strengthened her ability to listen more fully and stay in the moment.



## 21a *Claiming the Unclaimed: What our projections tell us about ourselves*

Knowing ourselves as fully as possible is central to our work as humanistic psychotherapists. Blind spots are inevitable, but -- luckily -- feedback from others can make visible what has been obscured from view. This workshop will offer crossover opportunities to give and receive feedback in the spirit of self-discovery, since every practicing therapist benefits from being more grounded in his or her dis-owned aspects.

*(15 participants) (6 CEs)*

### **Stephanie Spalding, LCSW-R**

has worked as a psychotherapist since graduating from New York University's School of Social Work in 1999. She has done post-graduate training in Gestalt therapy, self psychology, and relational psychoanalysis. For the past 17 years she has considered AAP her professional home. She would not be the person or therapist she is had she not benefited from its growth opportunities, many of which have emerged in workshops like this one.

**Daniel Turetsky, PsyD**, a graduate of the Ferkauf Graduate School of Psychology, has been an AAP member for over 20 years. Group therapy has been a focus and joy of his practice for the past 30 years and he has presented at national and local conferences on his group work with adults and children. He is currently in practice in Georgetown, DC and Bethesda, MD, where he is continually humbled by the intimacy of the therapeutic connection.

*"If we reach common ground, and can understand what everybody's going through, we can really affect change. And make sure that everyone is treated equally and has the same freedom."*

Colin Kaepernick

## Friday One-Day Workshop

### 14 *Finding Connection Amidst Apparent Disparity*

This workshop's leaders come from disparate backgrounds to investigate what creates divisiveness and what might heal splits between people and within communities. During an era of extremely polarized views, we aim to find common ground in honesty, trust and risk-taking, and to clarify implicit moral reasoning. We offer you a similar opportunity to explore.

*(15 participants) (3 CEs)*

After spending almost half her career in rural Montana, **Anne M. Pincus**, licensed clinical psychologist, now resides and practices in Sebastopol, the apple-growing capital of California. Experientially and somatically oriented in her approach, Anne has also taught and supervised interns in transpersonal psychology for two decades. Still broadening her scope, she regularly seeks consultation from a Jungian analyst, and is pursuing AASECT certification training.

**Diana Woodruff, PhD** trained as a behaviorist and has expanded her skills through study and through participation in multiple clinical trainings. She treats families, couples, individuals and groups in her private practice in Georgia. "My process in the therapy room is experiential in nature, which allows me to use myself as I connect with my patients."

*"Sometimes it's just a matter of finding a little common ground and then building a relationship on it."*

*- Susan Gale*

## Saturday

### Friday Two-Day (continued)

### Thursday Three-Day (continued)

15b Bradley Lake / Jennifer Savitz-Smith  
16b Maureen Martin / Annie Prescott  
17b Giuliana Reed  
18b Elizabeth Field / Jack Mulgrew  
19b Brian Cross / Sharon Bernstein  
20b Laura Fleming  
21b Stephanie Spalding / Daniel Turetsky  
\*\*\*\*\*

12c Adam Klein

## Saturday One-Day Workshops

### 22 *Co-Therapy Face Up: Finding Common Ground*

Co-therapy, though fraught with complexities, offers a powerful force for leading groups. How do co-therapists work with their differences in the here-and-now of the ongoing group? In this workshop, we will look at the inner processes of one experienced co-therapy pair as the group does its work.

*(12 participants) (3 CEs)*

**Molly Donovan, PhD** has been in the private practice of psychotherapy in Washington, DC for forty years, seeing adults individually, in couples, and in groups. She has worked with several co-therapists, sometimes with great challenges. She and Barry have co-led groups for many years, usually finding common ground together pretty well.

**Barry Wepman, PhD** has been practicing psychotherapy and supervision individually and in groups for over four decades. Currently in Washington, DC, he has taught in several universities, and is now on the faculty of The Washington School of Psychiatry. He and Molly have been

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running therapy groups together for many years, and he continues to learn from the experience in ways that are both gratifying and humbling.



## **23 *Push/Pull: Finding a Loving Common Ground Between Teens and Their Parents***

We invite you to bring your personal experiences as teens and parents of teens, along with professional experiences working with teenagers, to a didactic and experiential workshop examining the often painful process of individuating. We will explore the impact of conscious and unconscious motivators upon the parent-child relationship, and look at ways to help clients navigate this conflictual stage of family life.

*(12 participants) (3 CEs)*

***Carrie A. Phillips, LISW*** has been practicing psychotherapy for over 20 years in Dayton, Ohio. Now in private practice, she works with children, teens and all of their parents, offering individual, family and long-term group psychotherapy. Carrie enjoys working closely with parents and step-parents. She provides consultation in schools, where she advocates for children.

***Darrin Bronfman, LCSW*** has been in the social work field for 18 years. Since 2010 he has been a partner at Pathway Center For Psychotherapy in metro Atlanta, where he works as a clinical supervisor. In addition to psychotherapy with adults, he does extensive individual and group therapy with adolescents -- a population he enjoys. He currently has two teens -- his son and his step-daughter -- residing in his home.

## **24 *OK We're Different, And...?***

Lisa Makstein and Tom Burns share humor, grandparenthood, spirituality, resilience, and emotional presence. They have differences, too. Tom and Lisa, co-leading together for the first time, will explore the process of forming alliances despite differences. They will focus on noticing impediments to connection and on celebrating disparate perspectives, in order to forge strong co-therapy partnerships.

*(12 participants) (3 CEs)*

***Lisa Makstein, LCSW*** has been in full-time private practice for 35 years in Maryland and Washington, DC. She has done extensive work on her own historical topography and takes pride in having created a loving, life-affirming path. She feels privileged to join clients in their journeys toward more authenticity and aliveness in their lives and relationships.

***Tom Burns, PhD*** is a psychologist practicing in Tennessee. In addition to his work as a psychotherapist, he is a writer who draws support from his writers' group and his poetry mentor. He has been grandpa to Hattie for two years. Tom loves a well-led process group and enjoys reflecting on-- and influencing -- group process. He has been a member of AAP for twenty years. He looks forward to co-leading this workshop with Lisa Makstein.

## **25 *Different Realities? How We See Ourselves Versus How Others See Us***

As psychotherapists, we strive for self-awareness. In this interactive experience, participants will compare the traits which they consider to be most important to their identity with the traits that others perceive, examining discrepancies or similarities between self-awareness and external perception. Participants have an opportunity to be challenged and supported while learning how they are experienced by others.

*(25 participants) (3 CEs)*

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**Mendie Cohn** earned her PhD from Adelphi, and is in private practice in Brooklyn, New York. Throughout her 37-year career she has worked with psychiatric and medical patients in both inpatient and outpatient settings. She has also supervised staff and trainees and served as the Director of Internship Training at a municipal hospital for 18 years. Over the past 25 years in AAP she has presented workshops on a variety of topics.

**Denise Castro, PsyD** practices in Bellingham, WA, and also maintains a private practice in Ventura, CA. She identifies as a relational psychologist, and works with individuals, couples and groups. She has been an AAP member for eight years.

## **26 *It's Not All About You: The Ethics of Meeting Clients' Needs and Our Own in the Therapeutic Relationship***

We'll explore the challenges we face when addressing clients' needs draws us into risky boundary crossings or uncharted territories. We will also consider the thorny question of how to attend to our own personal issues, crises and life transitions, while still following the ethical imperative to keep clients' welfare our first priority. (15 participants) (3 **ETHICS** CEs)

**Tandy Levine** is a long-time AAP member with a psychotherapy practice of 40 years in Washington, DC. She provides individual, group, and couples therapy as well as consultation for other therapists. She is a clinical instructor at the George Washington University School of Medicine and also serves as a national council member of the Brown School of Social Work at Washington University in St. Louis. She serves on the executive committee of AAP.

**Marilyn Schwartz, PhD** is a psychologist in Washington, DC, providing individual and couples therapy, clinical supervision, and

consultation to federal agencies. She created and co-directs the Adult ADD Resource Center of Washington, a treatment center for adults with ADHD. She chairs the AAP ethics committee, is a member of the ethics committee of the DC Psychological Association and frequently presents at national and local meetings on the topic of ethics in psychotherapy.

“It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one destiny, affects all indirectly.”

— Martin Luther King, Jr.

## **27 *The Psychotherapist in Court: Ethics in the Courtroom***

Few experiences frighten psychotherapists more than the thought of having to testify in court. This workshop will cover many of the common issues arising when psychology intersects with the law, including; patient confidentiality, responding to subpoenas, the difference between expert and fact witness testimony, and how to avoid role conflicts. (Unlimited number of participants) (3 **ETHICS** CEs)

### **Steve K.D. Eichel, PhD, ABPP**

is a licensed and board-certified counseling psychologist in independent practice in Newark, DE. He has served as chair of the Psychology and Law Committee of the Delaware Psychological

# The Program

Association since 2006. From 2008-2013 he served at vice-president of the Delaware Board of Psychological Examiners. One third of his practice involves forensic evaluation and testimony in both criminal and civil cases. He recently published two chapters in books on forensic psychology.

## **28 Inside Out/Outside In: What Role Do You Play?**

In this didactic and process group we will explore inclusion and exclusion and the part we play, consciously or unconsciously, in those experiences. We will learn how our personality types (introvert/extrovert) influence our sense of inclusion or exclusion. Participants will be invited to explore the times we have experienced acceptance and non-acceptance, and how each of us have dealt with our inevitable feelings of being in and being out throughout life.

*(12 Participants) (3 CEs)*

**Jennifer Savitz**, a member of AAP for over 30 years, has a BSN, MN, a Masters in rehabilitation, and a PhD in counseling. As a psychotherapist, she uses Gestalt, behavioral and process techniques, having trained with Al Pesso, Al Lowen, Irma Lee Shepherd, Joen Fagan and others. Jennifer has served on EC, chaired the AAP membership committee, and co-chaired an I&C. She writes “Most of all, I love AAP and the insights I have gained.”

**Jillian Thomas, MA, LPC** and registered yoga teacher, is a new member of AAP. She has practiced as a licensed professional counselor for the past decade. Jillian maintains a private practice in South Carolina which includes a yoga studio, and in her work she incorporates movement as a way of managing symptomatology.



## **Objectives for 2018 Summer Workshop**

We invite you to reflect on the ways in which the therapeutic process and relationship involves creating connection from disparate parts, perspectives, differences, and polarities.

Our meeting will feature workshops about the following: forming alliances between therapist and patient, managing group dynamics of inclusion and exclusion, collaborating within the co-therapy partnership, dealing with gender, ethnic, racial, age differences within the therapy relationship, and managing conflict in dyadic and group work. In the spirit of the theme, we have invited our workshop leaders to pair up with new co-presenters. We hope to learn about ways of generating dialogue between opposing viewpoints, and creating good connection within the therapeutic relationship.

### **Participants will be able to:**

1. Identify dimensions and methods of conflict resolution, and bringing together disparate voices in psychotherapy.
2. Identify methods of forming alliances between therapist and patient.
3. Work with differences in disciplines and perspectives in collegial and co-therapy relationships.
4. Build understanding of gender and partner differences that interfere with connection.
5. Understand the ways in which ethnic, racial, age, and sex differences may affect the therapy relationship.
6. Examine how therapist's self-disclosure of differences with patients affects progress of the therapy.
7. Identify through large group process the dynamics of clarifying disparate voices, and building common ground.

# Travel to Brasstown

Soon we all will be traveling to spend intimate and restorative time together in the North Georgia mountains. Let's make getting to the Brasstown Valley Resort in Young Harris, Georgia, as stress-free as possible.

For those who choose **to drive** from Atlanta, here are the directions:

Take I 75 N/GA 401-N, toward Marietta/Chattanooga, out of Atlanta.

Merge onto GA 5N/I 575N via exit 268 towards Canton.

In 88.84 miles, GA 5N becomes US 76E/GA-515.

Then, another 14.82 miles takes you to Young Harris.

Take a right turn on Fairway Lane, then the first right onto Deer Path Lane, left onto Brasstown Way and then the first left to stay on Brasstown Way. Voila!

For those **flying**, the Asheville and Atlanta airports are about equal distance from the resort, but AAP will be providing a bus with refreshments from the Atlanta airport at two different times for both your arrival and your departure. I would not encourage renting a car in Atlanta. Car rental is offsite, and I have personally been delayed in my travels several times because of the long lines. It is usually far less expensive to fly into Atlanta than Asheville. After that, it would be much more soothing to the harried traveler to leave the driving to us!

Our **buses** will leave the airport at 12:30 pm and 2:30 pm on Wednesday, arriving at the (did I say, fabulous?) resort around 3:00 pm and 5:00 pm. On Sunday, our buses leave at 7:30 am and 11:30 am (the later bus allows you to participate in the random process groups). You will arrive at the Atlanta airport at 10 am and 2 pm. All for only \$85 round trip!

The Atlanta airport can take a little time to navigate, so we will have concierge guides at baggage claim to make sure you find your way with ease to our motor coaches. However, to mitigate the unforeseen, it would be wise to make your flight arrangements to arrive and depart no less than an hour before our buses will be on their way. In particular, the security lines at the airport are sometimes longer than might be expected.

Please register and sign up for your opportunity to begin your AAP experience with your fellow travelers on the bus no later than May 15th. For those traveling by AAP bus, I will email you instructions. Please provide me with your email addresses, cell phone numbers, flight numbers and times so we may be in contact if there are problems or delays. Which of course, knowing AAP, there would not be, but, just in case.....

Come Bus With Us!  
Czarina Fern Beu  
[fernbeuphd@aol.com](mailto:fernbeuphd@aol.com)  
410-353-3584



# Workshop Planner

Wednesday 2:00 - 5:00	Thursday 9:00 - 12:00	Friday 9:00 - 12:00	Saturday 9:00 - 12:00
T1a Nies	T1b Nies		
T2a Gouss	T2b Gouss		
	1a Loftis/Lovett	1b Loftis/Lovett	
	2a Frankel/Sommer	2b Frankel/Sommer	22 Donovan/Wepman
	3a Scher/Arey	3b Scher/Arey	23 Phillips/Bronfmann
	4a Shaffer/Horowitz	4b Shaffer/Horowitz	24 Makstein/Burns
	5a Beller/Sherratt	5b Beller/Sherratt	25 Cohn/Castro
	6a Compton/Spiro	6b Compton/Spiro	26 Schwartz/Levine
	7 Blank	13 Blank	27 Eichel
	8 Rivers/Thomason	14 Pincus/Woodruff	28 Savitz/Thomas
	9 Lie-Nielson/Beddingfield	15a Lake/Savitz-Smith	15b Lake/Savitz-Smith
	10 Ellman/Schwartz	16a Martin/Prescott	16b Martin/Prescott
	11 Baxter/Guze	17a Reed	17b Reed
		18a Field/Mulgrew	18b Field/Mulgrew
		19a Bernstein/Cross	19b Bernstein/Cross
		20a Fleming	20b Fleming
		21a Spalding/Turetsky	21b Spalding/Turetsky
	12a Klein	12b Klein	12c Klein

Training Institute
Thursday two-day
Thursday one-day
Thursday three-day
Friday one-day
Friday two-day
Saturday one-day

## Continuing Education Information

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

**NOTE:** If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

**Psychologists:** This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 16 hours.

**Social Workers:** Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program. ASWB Approval Period: 6/24/2016 to 6/24/2019. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course may receive up to 16 clinical continuing education clock hours.

**Florida Board of Behavioral Sciences:** Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2019. 16 Hours

**New York Board for Social Workers:** Amedco SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. 16 hours.

**New York Board for Mental Health Counselors:** 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. 16 hours.

**New York Board for Marriage & Family Therapists:** 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. 16

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

**The following boards accept courses from APA providers for Counselors:** AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, KY, KS, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**AL / Counselors:** Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

**The following boards accept courses from ASWB providers for Counselors:** AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, ME, MO, ND, NE, NM, NH, NV, OK, PA, TN, TX, UT, VA, WI, WY

**AL / Counselors:** Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

**The following state boards accept courses from APA providers for MFTs:** AK, AR, AZ, CA, CO, CT, DE, FL, IA, ID, IN, KS, ME, MO, NE, NC, NH, NM, NJ, NV, OK, OR, PA, SC, SD, TN, TX, UT, VA, WI, WY

**The following board accepts courses from ASWB providers for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, ME, MO, NC, NE, NH, NM, NV, OK, PA, TN, TX, UT, VA, WI, WY



# Registration

For information, email [aap@caphill.com](mailto:aap@caphill.com) or call 518-694-5360

## AAP Registration Form for Summer Workshop 2018

Name for badge: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Phone Number: \_\_\_\_\_

Special Diet/Special Needs? \_\_\_\_\_ License(s) and States \_\_\_\_\_

King bed? Yes \_\_\_ No \_\_\_ Is this your first Summer Workshop? Yes \_\_\_ No \_\_\_

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

Roommate(s) Name(s): \_\_\_\_\_

Registration Fees: Includes workshops, meals, and accommodations June 20-24, 2018. Registration for these days will be booked as a block of rooms by AAP.

### Early Registration is on or before May 2

Room Type	Early Registration Before May 2	Regular Registration Deadline May 18	Your Total
Single	\$1300	\$1400	
Shared Double	\$ 935	\$1035	
Triple	\$ 820	\$ 945	
Quad	\$ 766	\$ 890	
CE Processing Fee		\$ 40	
Equine Workshop		\$ 55	
Shuttle from ATL <a href="#">Email Fern Beu</a>		Round trip \$ 85 One way \$ 50	
International and west coast discount		-\$150	
Paying with a check		-\$ 10	
		<b>Total Due</b>	

### After May 18, rooms and registration cannot be guaranteed

AAP will refund all but \$75 of the total registration to members who notify Central Office of their cancellation on or before May 18, 2018. **No refunds after May 18.** Cancellations must be submitted in writing.

### Payment Information

Check enclosed - Payable to American Academy of Psychotherapists.

(\$10 discount if paying by check): \_\_\_\_\_

VISA or MC (no AMEX) Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_ CSC/CVV: \_\_\_\_\_

Name on card: \_\_\_\_\_

Billing Address for credit card: \_\_\_\_\_

Signature: \_\_\_\_\_

**You may also [register and pay on](#) the member area of the AAP website.**

Financial assistance for registration available to eligible AAP members from Relief Trust Fund. Contact Doug Cohen or any Trust Board member for information.

**Grievances:** If you would like to file a grievance, complaints or have questions, please contact contact [aap@caphill.com](mailto:aap@caphill.com).

### The 2018 Summer Workshop Crossing to Common Ground: Creating Connection in Psychotherapy

For early arrival or extended stay, please call the resort at **800-201-3205** and mention you are with AAP. The AAP Conference room rate of \$159 + tax will be available 3 days before and after SW, **if rooms are available.**

### Workshop Choices:

Wed and Thurs T1: Nies \_\_\_\_\_  
Wed and Thurs T2: Gouss \_\_\_\_\_

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

\*Attending the Newcomers' Orientation? Y N

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

\*To reserve a family/peer group room, please email [Nelia](#) or [Maureen](#). In your email, list your family/peer group members.

### Easy registration options:

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

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

**American Academy of Psychotherapists**

Fax: 518-463-8656

Questions?

Contact AAP Central Office by email: [aap@caphill.com](mailto:aap@caphill.com)

Phone: 518-240-1178