

# The Ghost in You: Psychotherapy and the Art of Grieving



The American Academy of Psychotherapists  
64th Annual Institute and Conference

October 23 - 27, 2019  
Hyatt Regency, Savannah, Georgia



## Welcome to Savannah, Georgia

Welcome to Savannah, where ghosts and history intertwine in every park and on every corner. Here we are delighted to host the American Academy of Psychotherapists' 64th Institute and Conference, *The Ghost in You: Psychotherapy and the Art of Grieving*.

A city filled with cemeteries and ghost tours, Savannah is the perfect setting for us to explore our own ghosts and delve into the complexity of our grief and loss. We hope you will enjoy the intrigue of America's most haunted city as you wander the streets and savor the culture.

### The Hyatt Regency

2 W. Bay Street

Savannah, Georgia 31401

Facing the Savannah River, the Hyatt Regency is an elegant waterfront hotel with access to River Street and Savannah's historic district. We are excited to be returning to this lovely hotel. Amenities at the hotel include complimentary WiFi, an indoor swimming pool, and a 24-hour fitness center. Easily within walking distance are historic parks and squares as well as riverfront shopping and restaurants.

Reserve your room by calling the Hyatt Regency **877-803-7534** and reference the American Academy of Psychotherapists to receive the discounted conference rate of \$229 per night plus fees and taxes. Or [you can click here to reserve your room](#). The cut-off date to receive this rate is **9/23/2019**. To extend your stay in Savannah, based on availability, you can reserve this rate one day before and one day after the event dates.

## Travel Information

**Many of you will arrive by air.** The Savannah/Hilton Head Airport(SAV), ranked as one of the top ten domestic airports, offers direct and connecting flights from around the globe. Ground transportation options are clearly marked throughout the airport. All of the usual rental car companies are available.

**Car service from airport:** Uber/Lyft pickup is conveniently located at the north entrance of baggage claim. Taxi to the hotel is approximately \$28 (\$5 for each additional passenger).  
*\*Please note, there is no shuttle service to the hotel.*

**If you are arriving in Savannah by car,** the address for the hotel for your GPS is 2 W. Bay Street.

**Parking:** Secure underground valet parking for standard cars and oversized vehicles/vans with maximum height of seven and five tenths feet is available. Parking includes full in/out privileges as much as needed with a cost of \$31 overnight. There is also self-parking available at a nearby Whitaker Street garage. In/out privileges do not apply; there is a \$16 overnight parking cost.



Hallway  
by  
Jean Wimmerlin

A Swiss photographer, Jean shot this hallway in Namibia in August, 2016.

### Is this your first AAP Conference?

The Ambassador Program is a special outreach arm of AAP that pairs seasoned AAP members attending the conference with first-time attendees at an AAP event. Ambassadors are excited to welcome first-time attendees personally and to offer to have coffee or a meal and answer questions about the unique ways that AAP conducts a conference. If you would like to have an ambassador contact you to arrange a meeting, please indicate this on your registration form.

## COMMITTEE

Kristie Nies, Co-Chair  
Stephanie Spalding, Co-Chair  
Nancy Cahir, Activities/Hosted Dinners  
Denise Castro, Treasurer  
Angela Cerkevich, Program  
Catherine Clemmer, Continuing Education  
David Fogel, Audio-visual Coordinator  
Lauren Gardner, Volunteers

Angela Gould, Hospitality Suite  
Maureen Martin, Band/Dance  
Meyer Rohtbart, Hospitality Suite  
Elaine Rubin, Brochure  
Edwin Sharp, Room Assignments  
Campbell States, Website  
Linda Tillman, Brochure  
Daniel Turetsky, Program

*Special thanks to Noah Meyers*

## **The Ghost in You: Psychotherapy and the Art of Grieving**

“The past is never dead. It’s not even past.”—William Faulkner

Loss is integral to the human experience. There is no attachment without the risk and eventuality of loss. The response to loss, however, determines our engagement in the present moment, as unfinished business can exist in a ghostly fashion. The ability (or inability) to navigate grief has a profound impact on the quality and duration of our relationships. Mourning can be a vehicle for, or an obstacle to, growth.

Over the course of these five days, we will take a deep dive into conscious and unconscious factors that influence how we, as therapists and individuals, metabolize grief. Particular attention will be paid to the potential for growth inherent in addressing what could otherwise be a scary topic.

We invite you to explore the theme of ghosts and grief as they relate to the person of the therapist, the therapy process, our community, and the world at large, in the hauntingly beautiful city of Savannah, GA. Our two plenary sessions are designed to address the psychology of “unfinished business,” and the central role that grief plays in resolving it. Justin Hecht, PhD, from San Francisco, CA will explore these themes from a Jungian perspective. Dorothy Holmes, PhD, from Bluffton, SC, will address manifestations of unrieved cultural loss. And our workshops, both experiential and didactic, will offer a host of additional pathways into this fascinating piece of psychological terrain.

We will honor AAP traditions by including opening and closing experiences, community meetings, and the Saturday evening dinner and dance. We encourage you take advantage of all of the talent and experience that AAP has to offer. The famous squares of Savannah, with their own rich history of ghosts and ghost stories, will be steps away from our hotel and will offer yet more opportunities for exploration. We trust that addressing ghosts of the past and present will result in a more enlivened future.

On behalf of our committee, we welcome you to the 64<sup>th</sup> annual Institute & Conference.

2019 I&C Conference Co-Chairs,

**Kristie Nies, PhD**  
**Stephanie Spalding, LCSW-R**



## 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, the Academy 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.



### AAP Scholarship Program

AAP offers a unique training opportunity for beginning psychotherapists and mid-career professionals of every discipline. Twenty-four need-blind scholarships of \$1200 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. Visit [www.aapweb.com](http://www.aapweb.com) to apply.



### 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.

#### Interested in Becoming a Member?

Information regarding membership requirements and applications can both be found on the AAP website ([www.aapweb.com](http://www.aapweb.com)). You can also receive an application by contacting the Central Office at 518-694-5360 or the Membership Chair, Nelia Rivers, at 404-261-8461, or at [neliarivers@gmail.com](mailto:neliarivers@gmail.com).

#### 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. Practice productive responses to loss and the many ways in which loss can facilitate growth and development.
2. Explore with clients the ways in which ghosts (unprocessed grief) can interfere with mourning and haunt the therapy process.
3. Identify ways in which dissociation, fragmentation, repression, and somatization interfere with grief work.
4. Discuss unresolved grief, the impact of haunting losses, and the transmission of trauma (i.e., intergenerational, institutional, community) with clients.
5. Explore with clients the effects of cultural differences in the understanding of loss and death and grieving practices/rituals.
6. Understand ethical considerations around confidentiality, boundaries, disclosures, and other matters when loss and grief enter the therapy relationship.
7. Attend to the ghosts (unprocessed grief) within our clients, which get triggered by loss in our lives (e.g., illness, retirement, divorce).
8. Identify "complicated grief" and address it productively within the therapy process.

Please see learning objectives for each workshop in the brochure addendum online at [www.aapweb.com](http://www.aapweb.com).

*"It is necessary for the therapist to mourn his own ghosts before helping his patients mourn theirs."*

- Susan Klebanoff

## Welcome Reception Honoring Newcomers

This gathering at 5:00 PM on Wednesday afternoon is a meet-and-greet for first-time attendees. Please join us as we welcome volunteers, scholarship recipients, and newcomers to our community. AAP officers and members look forward to this opportunity to mingle and to answer questions about the Academy.

## Wednesday Opening Experience and Buffet Dinner

Our conference kicks off on Wednesday evening at 6:00 PM with the Opening Experience, which will introduce the theme of the conference. Immediately following this will be the first of four community meetings. Large, open-format groups open to everyone, AAP community meetings encourage all to voice opinions, express feelings, and discuss concerns with the community as a whole. At 7:15 PM, we will adjourn to a buffet dinner, included for all conference registrants, to provide an opportunity to connect and catch the spirit of the I&C.

## 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 experienced AAP members. 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 9:00-10:45 PM and Thursday 8:45-10:30 PM.

## Hospitality Suite

Welcome! Our Hospitality Suite opens when registration starts. Join us Wednesday when you arrive for a light snack and/or beverage. We'll also be open each evening for old friends and new friends to mingle, unwind, and get nourished. It's a relaxed, safe place simply to be. Bring your hungry ghosts along with your joyful self. All parts of you are welcome! In our typical AAP fashion, musicians often show up with instruments, and jams get going along with sing-alongs. So, be prepared for that too, if it's your pleasure. See you there.

## 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 and at the registration desk.

## Hosted Dinners

Would you like to get better acquainted with other AAP members and newcomers? We will be offering hosted dinners, where each person pays for his or her own meal, at several local restaurants on Thursday and Friday evenings. You can find information regarding restaurants and our hosts at the registration desk.

**“Narrative and witnessing are possibly the antidote to haunting.”**

**Adrienne Harris**

## Activities

The city of Savannah is rich with downtown culture that includes guided tours, ghost walks, museums, sightseeing cruises, and historic parks. Soak up the sun with gorgeous golf courses designed by legendary players like Arnold Palmer, or simply stick to River Street. This famous strip is full of exceptional shopping, dining and entertainment and is conveniently located close to the Hyatt Regency Hotel. Popular attractions like Tybee Island are only a half-hour away. Also, the Hyatt Regency Hotel offers a spectacular pool and fitness center if you prefer not to explore outside the hotel.

Main attractions include:

- Trolley rides, walking tours, Segway tours, and horse carriage rides
- Riverboat cruises and dolphin magic cruises
- Tours of historic homes; history museums
- The Historic Savannah Theatre
- Ghost tours - walking and hears ghost tours

More specific and detailed information regarding contact information, locations and cost for a wide variety of these activities in the downtown Savannah area can be found by following this link to the Hyatt Regency Hotel-Savannah website: <https://www.hyatt.com/en-US/hotel/georgia/hyatt-regency-savannah/savs/area-attractions>

## Yoga Nidra

We invite all attendees to participate in a yoga nidra session on Sunday morning as a way to seal the conference experience. This nurturing and thoughtful practice restores the nervous system to bring calm, ease, and a felt sense of interconnectivity.

## Closing Experience

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

## SCHEDULE AT A GLANCE



### Saturday Night Dinner and Dance

The Saturday night dinner and dance is one of AAP's most honored traditions. After a long and meaningful workshop experience, we share a meal and enjoy each other. We will honor our leaders, presenters and committee, enjoy "teasers" of the conferences to come, and dance our hearts out to the live band music.

The Boomers are our Saturday night dance band. This versatile four-piece band includes acoustic guitars, drums and keyboard as well as an incredibly talented female lead singer. The Boomers played for Bill Clinton's inaugural ball, an NFL owners' meeting, and have opened for many mainstream bands. The lead singer has written over 100 songs that are used by other artists and for many national TV shows. They come ready to rock your socks off, but do not be deceived by their name; they play for all ages and all musical interests.

Get your dancing shoes ready!

"We'll pick up Hazy Davy and Killer Joe  
And I'll take you all out to where the Gypsy angels go  
They're built like light and they dance like spirits in  
the night  
(All night) in the night (all night)"  
Bruce Springsteen

### Wednesday October 23

- 12:00 - 5:00 Registration
- 2:00 - 5:15 Training Institutes
- 5:00 - 6:00 Newcomers' Welcome Reception, Cash Bar
- 6:00 - 7:15 Opening Experience, Community Meeting
- 7:15 - 8:45 Dinner Buffet
- 9:00 - 10:00 Scholarship Process Groups
- 9:00 - 10:45 Open Process Groups  
Peer Group Meetings

### Thursday October 24

- 7:00 - 8:45 Continental Breakfast
- 8:00 - 9:00 Registration
- 9:00 - 12:15 Workshops/Training Institutes
- 9:00 - 12:15 Scholarship Process Groups
- 12:15 - 1:45 Lunch on your own  
Scholarship Recipient Lunch
- 1:45 - 3:00 Community Meeting
- 3:15 - 6:30 Workshops/Training Institutes
- 6:30 - 8:30 Hosted Dinners/Dinner on your own
- 8:45 - 10:30 Open Process Groups  
Peer Group Meetings

### Friday October 25

- 7:00 - 8:45 Continental Breakfast
- 8:00 - 9:00 Registration
- 9:00 - 12:15 Plenary/Scholarship Process Groups
- 12:15 - 1:45 Lunch on your own  
12-Step Meeting
- 1:45 - 3:00 Community Meeting
- 3:15 - 6:30 Workshops
- 6:45 - 7:15 Shabbat Service
- 6:30 - 8:30 Hosted Dinners/Dinner on your own
- 8:45 - 10:30 Peer Group Meetings

### Saturday October 26

- 7:00 - 8:45 Continental Breakfast
- 8:00 - 9:00 Registration
- 9:00 - 12:15 Plenary
- 12:15 - 1:45 Lunch on your own
- 2:00 - 5:15 Workshops/Scholarship Process Groups
- 6:30 - 7:00 President's Reception, Cash Bar
- 7:00 - 12:00 Dinner/Dance

### Sunday October 27

- 7:00 - 8:45 Continental Breakfast
- 8:00 - 9:00 Scholarship Recipient Breakfast
- 8:00 - 8:45 Yoga nidra
- 9:00 - 10:30 Closing Experience

# The Program

## AAP Scholarship Process Groups: Embracing the Ghosts In You

In this four-day, ten-hour scholarship process group, participants will explore deeper and less conscious aspects of themselves in order to create better therapeutic relationships. In July, scholarship recipients are selected and are then assigned to a process group for the I&C. Scholarship process groups are each facilitated by two senior AAP members throughout the duration of the I&C.

In this year's scholars' process groups, attention to unconscious processes will include identifying ghosts in our lives that result from incomplete grief and that can hinder our capacity to connect to others and to our own life force. Death, separation, relinquishing a goal, losing a valued role, or making a change in an important structure - such as a family - can, if not fully processed within oneself, result in the formation of personal ghosts. As psychotherapists we can better help by identifying our ghosts and helping others to do the same. The group will bear witness to the metabolizing and integration of haunting losses to deepen our relationships with each other and ourselves and eventually to those with whom we will practice psychotherapy.

The Scholarship process groups will meet: Wednesday 9:00—10 PM; Thursday and Friday 9:00 AM—12:15 PM; and Saturday 2:00—5:15 PM.

### Group Leaders:

**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 Scholars' Process Group with Dr. Z Rosenzweig.

**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 I&C 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.

**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 is currently 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.

## Training Institutes - beginning Wednesday 2:00 - 5:15 PM

### T1a Exploring Gender Identity and Gender Non-Conformity: A Training Institute

The intention of this institute is both to deepen understanding of gender identity and gender non-conformity as well as remain open to the questions before us on this subject. **(Diversity)** (6 CEs, 12 participants, committing includes attending part two in June 2020)

**Lori Oshrain, PhD**, is a licensed psychologist in private practice outside Chapel Hill, NC. She received a BA in anthropology from 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.

### T2a Men's Fears of Women in Intimate Relationships

It's intuitively clear to most people that women are afraid of men, and with good reason. Men's fears of women are more underground, hidden from women and from themselves. Although hidden, these fears are one of the most powerful and pervasive shapers of men's interior lives and their intimate relationships. (6 CEs, 15 participants)

**Dr. Avrum Weiss** is a clinical psychologist and author, practicing in Atlanta, GA. He is the author of two books, numerous professional articles, and has given over 100 professional presentations. He is working on a new book about how men's fears of women shape their interior lives and intimate relationships.



**Thursday Morning 9 AM - 12:15 AM**  
**T1b Continued**  
**Two-Day Workshops**

### 1a Grief and Mourning: The Beauty of Sitting “Shiva”

Grief, mourning, loss...all common aspects of the human condition. Understanding and addressing these universal emotions are critical to the well-being of client and therapist. In this experientially-oriented workshop, we will explore these concepts from a humanistic-existential approach and varied religious traditions. Come prepared to share your experienced losses. (6 CEs, 18 participants) **Thursday AM & Friday PM**

**Robert G. Rosenblatt, PhD**, has been providing varied psychological services for over 40 years. His current practice emphasis is on clinical supervision and practice management with the aim of helping other therapists construct thriving private practices. He loves what he does and believes he has much to offer on this topic. Come and see if that is accurate. Besides his work, he loves to spend time with family (especially grandchildren), at the beach, golfing, cooking, and writing about psychotherapy.

### 2a How to Kill Your Mother Part 2: Grief or Relief?

This process group will delve into how we carry old family rules that govern current behavior. What happens when we dredge up these "ghosts"? Can we exorcise them? Do we end up grieving the loss and change, or feeling relief at weight lifted? Prior participation in Part 1 not necessary. (6 CEs, 12 participants)

**Kristin Staroba, MSW**, is President-elect of the Academy and edited the journal, *Voices*, for six years. Her private practice is in downtown Washington, DC, where she works with adults in individual, couples, group, and supervision. Kristin graduated from Hunter College in New York City with a BA in philosophy and from Catholic University NCSSS with an MSW. A frequent

AAP presenter, Kristin both gives and receives in the workshop experience.

### 3a Standing in Grief

The mirroring inherent in the therapeutic process has impact on the body of the therapist. Engagement with grief, loss and trauma produces physiological response. Emotional pain lives in the flesh. This experiential workshop will offer structural integration practices for grieving and use rattling trance to disrupt neurological patterns of holding. Dress comfortably. (6 CEs, 15 participants)

**Judy Lazarus** received her MSW from Catholic University in 1972 and is a licensed social worker. Throughout her career she has worked with adolescents and their families, including 11 years at St. John's College, Annapolis, MD. Practices that promote resilience have been a mainstay of her work. Since 1996 she has been a certified teacher of ecstatic body postures, a practice for trance induction in the ancient poses of our common ancestors.

**Jenny Otto** is a certified yoga teacher, yoga therapy teacher, KMI (anatomy trains) structural integrator and teacher trainer in the greater Washington Metro area. Jenny has developed a deep understanding of anatomy and therapeutics in the domain of functional rehabilitation, biomechanics, and the nervous system. She has been teaching wellness/exercise programs nationally since 1980.



**“As my memory rests  
 But never forgets what I lost  
 Wake me up when September ends”**  
 Green Day

### 4a The Grief and Loss of Trauma – Accessing Inner Healing Wisdom in MDMA-assisted Psychotherapy: Evidence and Examples from Clinical Research

Lead researchers in FDA-approved non-profit research will present data from studies of MDMA-assisted psychotherapy for PTSD, and will describe the nature of the MDMA-facilitated process and the therapeutic approach. This will be illustrated with video clips of MDMA research sessions, allowing ample time for discussion of the content. (6 CEs, 40 participants)

**Michael Mithoefer, MD**, has conducted non-profit-sponsored clinical research of MDMA-assisted psychotherapy for PTSD since 2004. He is medical monitor and lead therapist trainer for ongoing international phase 3 trials under FDA breakthrough therapy designation. Training: MD, Medical University of South Carolina (MUSC), internal medicine residency, University of Virginia, psychiatry residency MUSC. He has been board certified in psychiatry, emergency medicine and internal medicine, is Fellow of the American Psychiatric Association and clinical assistant professor of psychiatry at MUSC.

**Annie Mithoefer, BSN**, has conducted non-profit-sponsored clinical research of MDMA-assisted psychotherapy for PTSD since 2004. She is a lead therapist trainer for ongoing international phase 3 trials under FDA breakthrough therapy designation. Training: BSN, Medical University of South Carolina (MUSC), certified holotropic breathwork facilitator, Grof Transpersonal Training, Hakomi training.





## 5a From National to Personal: Grieving the Loss

Politics in America haunt every aspect of our emotional and physical lives. The experience of losses/grief resulting from political decisions from conception to death, social justice issues, race relations and environmental change, impacts the psychological well-being of our patients and ourselves. This is an experiential group. (6 CEs, 15 participants)

**Lenore Pomerance**, (UC Berkeley, MSW, CUA, Washington, DC) has an individual, couples and group psychotherapy practice in Washington DC, specializing in chronic and terminal illness, mid-life issues of menopause, sexuality, aging and loss. She has led and co-led workshops reflecting all of these interests at AAP. A Peace Corps volunteer in the 1960s, a community organizer in the 1970s, and having a 25-year psychotherapy practice, Lenore understands how the "political" is very personal.

Steeped in the politics of his hometown, Washington, DC, **Gordon Cohen** helps patients in his practice address the impact of the cumulative societal losses since the advent of the current administration. Dr. Cohen has been in private practice for twenty-five years. He is a past president of the Academy.

## 6a The Miscarriage of Grief: Utilizing Movement and Psychotherapy to Process Complicated Grief

This is an all-day process-oriented workshop to explore the stuck, complicated grief our bodies hold onto. By combining process group therapy with light yoga and mindful meditation, we will explore our own resistance to letting go of grief and loss. (6 CEs, 15 participants)

**Jennifer Savitz** has a BSN, MN, Master's in rehabilitation counseling and a PhD in counseling and is in private practice. A member of the Academy for over 30 years, having served on EC as membership chair, and chairing an I&C, she loves AAP and the insights gained. She has experience in Gestalt therapy, behavioral therapy, and process

therapy and has trained with Al Pesso, Al Lowen, Irma Lee Shepherd, and Joen Fagen, among others.

**Jillian M. Thomas, LPC, NCC, RYT** has been practicing psychotherapy and teaching yoga in South Carolina since 2008. Originally from the Chicago area, she received her BA from the University of IL and her MA from University of Maryland-Europe. Prior to moving to SC, she worked for the military overseas providing counseling services for active duty military and their family members. In 2017, she expanded her practice to include a yoga studio and frequently fuses traditional psychotherapy with yoga/meditation.

## 7a Relationships Don't Die, People Do: Making Grief Matter Through Shared Tears and Laughter

This will be a two-day workshop: the first day includes a didactic presentation drawing from systems theory, experiential psychotherapy, and grief psychotherapy, and a movie that speaks to the theme of this workshop; the second day includes process-oriented experiences focusing on the healing nature of authentic grief. (6 CEs, 15 participants)

**Jacob Megdell** earned his BA from University of Michigan, 1970, his MA from University of West Georgia in 1975, and his PhD from California School of Professional Psychology in 1981. He has published research on humor and the psychotherapy relationship. He specializes in treating the psychological aspects of chronic pain and illness. He is currently employed with the Ministry of Health, Ontario, Canada, as clinical psychologist on a family health team. Primary clinical interests include the healing components of the psychotherapy relationship.



**Thursday 9:00 AM - 12:15 PM**  
**One-Day Workshops**

"There is no grief like the grief that doesn't speak."

Henry Wadsworth Longfellow

## 8 The Other Side of Suicide

When a person suicides, there is little attention paid to how it affects one's relatives, friends, and therapists. This workshop will address how suicide impacts those who are initiated into a "club to which you don't want to belong" -- the club of survivors of suicide. (3 CEs, 20 participants)

**N. Mendie Cohn** is a licensed clinical psychologist in private practice in Brooklyn, NY. She earned her PhD from Adelphi University in 1980. Throughout her career she has worked with psychiatric and medical patients in both inpatient and outpatient settings, supervised staff and trainees, led seminars and workshops, and was the Director of Internship Training at a municipal hospital for 18 years. Over the past 26 years, she has presented workshops in AAP on a variety of topics.

**Darrin Bronfman** has spent 13 years in private practice as a licensed psychotherapist in metro Atlanta. In addition to seeing children, teens, and adults in psychotherapy, he is also a clinical supervisor. He has been a member of AAP for ten years and spent three years on the Southern Region Committee in addition to serving on two summer workshop committees and co-presenting two workshops.

**Karen Swander, PhD, ABPP**, has been a member of AAP since 1972. She retired from the University of Tennessee in 2011 and is semi-retired from private practice. Having experienced a familial suicide, followed by working with people struggling with suicidal urges or coping with suicides of loved ones, she became interested in one's motivations for suicide. In 1975, she co-presented on ethical aspects of suicide at the IX International Congress for Suicide Prevention and Crisis Intervention in Helsinki, Finland.



## 9 Grieving Past Parts of Ourselves: Honoring the Shoulda, Coulda, and Woulda

As we come into who we are personally and professionally, we must, throughout the process, leave visions and versions of ourselves behind. This workshop is an invitation to use visual art and process to honor parts of ourselves that we've grieved along the way. (3 CEs, 12 participants)

**Liz Marsh** is a clinical social worker and art therapist in private practice in Washington, DC. Liz has spent over ten years combining her love of relational therapy and the expressive arts to help her clients get to know themselves and find deeper connection in their relationships with others.



## 10 Use of Ritual in Ethical Relationship Transition: An Ethics Workshop

Underlying all that we know about healthy relationships with self and others is a substrate of ethics, beginning with "Do no harm." Ending or transitioning a relationship can be challenging. We will explore ethical substrates of relationships, and elements of grief and ritual. The workshop will utilize didactic, group, council, and experiential process. **(Ethics)** (3 CEs, 15 participants)

**Pat Webster** received a Bachelor's from Duke University, a Master's in psychiatric nursing from UNC-CH and a PhD in clinical psychology from the Union Institute. She is a licensed clinical psychologist practicing in Durham, NC, and an Academy Fellow. She is former chair and current member of the AAP Ethics Committee. She uses her personal experiences with relational ethics, grief,

loss and ritual to help others along this journey. She has navigated challenging relationship transitions with the help of these tools.

"Oh I'm in pieces, it's tearing me up, but I know  
A heart that's broke is a heart that's been loved"  
—Ed Sheeran

## 11 Delayed Mourning Creatively Captured: "Lars and the Real Girl"

After viewing the film, "Lars and the Real Girl", we will examine the ingenious, creative symptomatology the unconscious devises to solve the problem of unresolved mourning. We will explore the function of the therapist and the wider community in facilitating mourning. Requested pre-reading: *Freud's Mourning and Melancholia* (short paper). (3 CEs, 12 participants)

A former English teacher, **Joan Levine** was a member of the first cadre of teachers in the Bay Area Writers' Project through Berkeley University. After moving to NYC, she wrote children's books. She began the PhD program at City University in clinical psychology, initially interested in adolescent and family therapy. Dr. Levine now sees couples and adults in private practice, is on the adjunct faculty at City University, and is a supervising psychologist with CAPA (China American Psychoanalytic Alliance).

## 12 Reunion With Self: The Integration of Ghosts in Adoption and Third-Party Reproduction

Unresolved grief and complex trauma are hallmark symptoms in families created through adoption and third-party reproduction. Today's therapists

recognize that 75 percent of families seen are nontraditional. By facilitating the awakening of the sleeping ghosts, therapists lessen the developmental impact on the individual, family and society. Lecture and film clips. (3 CEs, Open)

**Leslie Pate Mackinnon**, an "adoption competent therapist" who trains therapists worldwide, was led to the field after placing her two first-born sons for adoption. She's served on The Board of Donaldson Adoption Institute and Concerned United Birthparents. She's been interviewed by Robin Roberts on GMA, Dan Rather and Katie Couric. Her story is in the *The Girls Who Went Away*, and the documentary *A Girl Like Her*. She consults for *Long Lost Family* on TLC.

**Thursday 3:15 - 6:30 PM**  
**T2b, 2b, 3b, 4b, 5b, 6b, 7b**  
**are continued.**

**Three-Day Workshops**

## 13a Groveling, Grappling, Growing, Grieving: A Three-Day Process Group

Peter Pan sings, "I won't grow up... if it means I must prepare to shoulder burdens with a worried air, I'll never grow up, Not me, ...", the archetypal refusal to grieve, holding onto childhood myths and magical thinking. Participants will experientially examine their own resistance to grieve and grow. (9 CEs, 16 participants)

**Nicholas Kirsch, PhD**, has been practicing psychotherapy in Washington, DC for 30 years, specializing in process-oriented group therapy. His eclectic approach draws from relational, attachment, group-as-a-whole, and developmental theories, among others. He thrives on the deep dynamic connections that happen in cooperative groups (therapy, pelotons, drum circles, sports teams), and when not leading a group he is likely participating in one with others who also love living moment to moment in the flowing connections that are so enriching, unpredictable and uniquely human. (9 CEs, 16 participants)



## 14a Welcoming the White Shadow

Grief is both solitary and communal. In this three-day process group, we will explore grief as deeply as we possibly can, in ourselves, each other, and our clients, with an ongoing focus on what determines when the engagement of another person helps versus hinders grieving and growth. (9 CEs, 12 participants)

**Jonathan Farber** received his doctorate in clinical psychology from Duke and interned at Duke Hospital, but learned the most from his patients and from his AAP colleagues. He taught at UNC and Duke, did research for the VA, and ran an adolescent inpatient program before beginning full-time private practice with adults and children. He leads long-term groups and provides private supervision. He's led AAP trainings since 1987. He is mindful that grief is present in all of us.

**Adam Klein, PhD**, is a licensed psychologist working full-time in private practice. More recently he has focused on how mining and cultivating mature masculine energy potentiates healing. Without rituals in our society to guide us we are lost on the path to gaining mature masculine energy. Psychotherapy, especially group psychotherapy, is loaded with rituals that help encapsulate this process. In his free time he enjoys listening to music, laughing with friends and loving his wife and kids.

### Thursday/Friday Two-Day Workshops



## 15a Managing LingerinG Ghosts

What can be done about those lingering ghosts of parents, teachers, peers, girlfriends, boyfriends, spouses, siblings, etc? This two-day process-oriented workshop will provide the opportunity to help you identify those that linger and explore alternative ways of managing the impact of their influence. Your ghosts and grief will be

welcome. (6 CEs, 12 participants)

**David Loftis, PhD**, has been an Atlanta psychotherapist during the past 35 years and has had the privilege of supervising graduate students and postgraduate psychotherapists. He has taught undergraduate and graduate courses in psychology while serving in various roles of leadership positions in AAP for more than 20 years. He has conducted numerous professional workshops. He continues to enjoy practicing individual, couples and group therapy. He is both a past president and a Fellow of AAP.

## 16a The Body's Wisdom: Healing Loss and Accessing Love

Community provides a venue for processing our losses to heal and move forward to reopen ourselves to love. The 'body' holds our experiences of loss and love. We will utilize movement, touch, dance, and words in the context of an interpersonal group experience to explore loss and renewal. (6 CEs, 12 participants)

**Brian Cross** is a licensed psychologist practicing in the mental health field for the past 30 years. He is passionate about the art of psychotherapy, integrating body work, and is certified as a sex therapist.

**Elizabeth Gomart, LPC** (Master in International Affairs, Columbia University, 1994, Master in Education and Human Development, George Washington University) has a bilingual private practice in Washington, DC treating individuals, groups and couples. During her first career leading research teams for the World Bank, she became fascinated with group dynamics leading her to seek out group training, and attending and co-facilitating Tavistock conferences. She completed Core Energetics training in body psychotherapy in 2007. Elizabeth and co-presenter Brian are a married couple.

## 17a Traveling from Darkness of Ignorance to Light of Knowledge: Experiencing Loss, Grief, and Attachment Through the Lens of Kundalini Yoga and Psychotherapy

Experience kundalini yoga and traditional group process as opportunities to enrich our awareness as healers. In what ways do death, loss, and grief empower and enliven us or inhibit and confine us? Step out of darkness and into the light. (6 CEs, 20 participants)

**Damon Blank** is a licensed marriage and family therapist in private practice for over 35 years. He is also a certified kundalini yoga Instructor, RYT-200. He is fascinated with the integration of traditional psychotherapy and the technology of kundalini yoga as tools for awareness, growth, and healing.



## 18a A Wounded Healer or A Petty Tyrant - Make Your Choice

Tyrants never harm out of joy. These two days explore the price of buried sorrow--stealing our life spirit and robbing our clients of the miracle of their power to heal. Teachings and group processes enable participants to sustain commitment to clients even when it appears that nothing more will alleviate suffering. (6 CEs, 15 participants)

**Carol Brothers, PhD**, has been practicing psychotherapy for over 35 years. She received advanced training in grief, loss and trauma from the Elisabeth Kubler-Ross staff and has led and staffed workshops worldwide: police officers in NYC after 9/11, workshops for 9/11 survivors, New Orleans after Katrina, and Gulfport, MS following flooding. She has provided critical



incident debriefing and was named one of Maryland's Top 100 Women for Outstanding Achievement in 2003 and 2005 for her work in these areas.

**Nancy Mullins, MA**, a licensed marriage and family therapist, has led and staffed workshops for 35 years on grief, loss, trauma, and abuse, nationally and internationally, including in Oklahoma City, Canada, Northern Ireland, England, New Zealand and Zimbabwe. For 12 years she was a member of the staff of Dr. Elisabeth Kubler-Ross. She has training in critical incident stress management and led and staffed workshops nationally and in Canada and New Zealand on compassion fatigue and burnout for animal care professionals.

### 19a At Death's Door

Endings are a constant element of life. We encounter these events and how we respond to them shapes who we are and how we relate. We suffer the loss of those we love. We will explore the personal impact of these experiences and the central role they play in therapy. (6 CEs, 14 participants)

**Grover E. Criswell, MDiv**, has had numerous experiences with death and dying, with goodbyes and endings: as a parish minister, hospital chaplain and psychotherapist, not to mention with family and friends. He believes how we engage with these losses determines the pattern of our relationships, with ourselves and others. He is a past president and Fellow of the Academy.

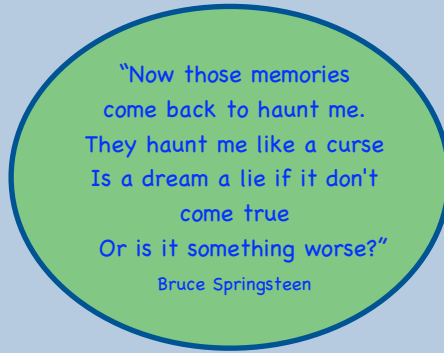
**Thursday 3:15 - 6:30 PM  
One-Day**

### 20 Practicing in the Shadow of our Therapist Forefathers

While providing vital ways of understanding behavior, the "fathers" of therapy (e.g. Freud, Skinner) also contributed to misunderstanding that led to abuse, dismissal and short-sightedness in helping people. We will look at the research that exorcised these ghosts and

how to use that knowledge to heal more fully. (3 CEs, Open)

**Roy Clymer, PhD**, is a licensed psychologist in the state of Texas. He is a graduate of the US Naval Academy, obtained an MSW from the University of Maryland, and his PhD in medical psychology from the Uniformed Services University of the Health Sciences. He has worked in both the private and public sector and as a researcher and clinician. He maintains a mostly-retired private practice in TX.



### 21 Grief and Redemption: When Happily Ever After Ends in Divorce

Dane Cunningham said, "Divorce is like death without a burial". In this three-hour process group, participants will share their unique experiences of love, loss, grief, courage, and hope present in their marriages, separations, divorces, and subsequent relationships. (3 CEs, 12 participants)

**Brooke Bralove, LCSW-C** is a licensed clinical social worker, psychotherapist, sex therapist, and Certified Daring Way™ Facilitator, specializing in treating adults, couples, and groups with depression, anxiety, and relationship challenges. She is a graduate of the University of Pennsylvania and Columbia University's School of Social Work. Additionally, she is a graduate of the Washington School of Psychiatry Clinical Program on Psychodynamic Psychotherapy and the National Group Psychotherapy Institute. She has been in private practice in Bethesda, MD for 15 years.

**Katie O'Meara** is a licensed clinical psychologist in VA and the Director of the Center for Cognitive Therapy, a private practice where she supervises 12 associates. She specializes in anxiety disorders (specifically OCD), depression, divorce and separation, and relationship problems. She recently completed a training by the Collaborative Practice Training Institute and has extensive experience providing cognitive and psychological assessments. Dr. O'Meara received a PsyD from the American School of Professional Psychology, where she later served as an adjunct faculty member.

### 22 "I'm Not Gonna Be Here Forever!" A Process Group Around Illness and Death

Therapists and clients become ill, recover partially or fully, and die. What does dealing with cancer, dementias, and aging evoke practically, professionally, emotionally? How do we facilitate grieving? Deal with denial? Work with the painful truths that live in the body? What sources of hope, comfort and support are available? (3 CEs, 15 participants)

**Stephanie Ezust** received graduate training at Georgia State University and has practiced as a licensed psychologist for more than 40 years. She is in private practice in Decatur, GA, working with individuals, couples, groups, and supervisees. A member of the Academy for 22 years, she has extensive training in trauma recovery. As an aging clinician who has experienced and defeated breast cancer, she is no stranger to dealing with illness and what that brings up for clients and supervisees.

**Gus Kaufman** is a licensed psychologist in GA with a PhD in clinical psychology from the Fielding Institute. He practices individual, couples and group psychotherapy and consults to other therapists. He is the senior trainer in Pesso Boyden System Psychomotor therapy. He is also a co-founder of Men Stopping Violence, Inc. and trains people around the world in ending male violence toward women.

## Friday

### The Dark Clouds of Racial Disavowal: Psychoanalytic Exploration of What Is Lost and Not Mourned in our Culture's Persistent Racism

Racism infiltrates clinical work, too often as ghosts that remain split off and disavowed. When who we are racially remains lost to us by splitting or disavowal, whether historically or in the present, our association with perpetrating or receiving of racism remains masked. As such, we are barred from mourning what harm we have created or suffered; we are barred from celebrating the riches of who we are when unfettered by racism, and the ghosts underpinning racism continue with their mischief. This presentation and guided presenter-audience exercises will show how treatment can transform the ghosts, making it possible to face and mourn losses to our humanness that racism has cost us. (3CEs, Open)



**Dorothy Evans Holmes, PhD**, is a teaching, training, and supervising analyst in the Psychoanalytic Center of the Carolinas, professor and PsyD Program Director Emeritus at the George Washington University, and teaching, training and supervising Analyst Emeritus at the Washington Baltimore Center for Psychoanalysis. Dr. Holmes is widely-recognized for her work on the impact of race and gender on psychoanalytic treatment process. She continues to be involved in national psychoanalytic organization leadership roles. She practices psychoanalysis and psychotherapy in Bluffton, SC.

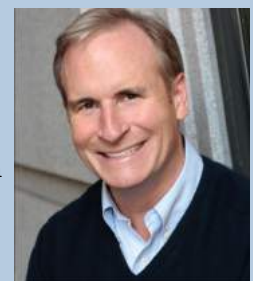
## Saturday

### Learning From and Living With the Ghosts That Haunt Us

Throughout our lives we are deeply touched by people, experiences, and places. These memories become part of our enduring psychic structure. Sometimes, they are integrated without trouble into the ongoing flow of our lives. These positive memories can provide inspiration, comfort, and connection, and can be experienced as muses, guardian angels, and guides. At other times, our memories persist as unresolved problems, demanding our attention. These unresolved memories can stay with us throughout our lives, and can be experienced archetypally as ghosts, phantoms, or demons.

In his plenary session, **Justin Hecht, Ph.D.**, will discuss the psychological function and meaning of hauntings, ghosts, demons, and spirits (kindly and otherwise) that emerge from our life's experience. He will combine a Jungian archetypal perspective with an eclectic theoretical and conceptual approach to stimulate our thinking about the meaning, function, and purpose of hauntings in our lives. The session will begin with a lecture, and will be followed by a demonstration fishbowl exercise; plenty of time will be allowed for questions and answers. (3CEs, Open)

**Dr. Justin Hecht** is a Jungian analyst in San Francisco with an active group and individual practice. A graduate of Harvard University, he studied business at the Wharton School, developmental psychology at Columbia University, and completed his PhD in clinical psychology at Boston University. A licensed psychologist, he is on the clinical faculty of the University of California, San Francisco, where he teaches psychotherapy and Jungian analysis. He is a fellow of the American Group Psychotherapy Association.





“If we are unable to move on when life requires it, we may be incapable of hanging on when life demands it. Yet loss, if fully mourned, can be a vehicle for growth.”  
Vamik Volkan

**Friday 3:15 - 6:30 PM**  
1b, 13b, 14b, 15b, 16b, 17b, 18b, 19b  
Continued  
~~~~~  
**Friday/Saturday Two-Day**

**23a The Ghost in the Helix: Tracking Clues to the Self**

Since epigenetic development is helical, evidence of our unresolved issues haunts our lives and relationships until we take the necessary risks and face the necessary losses to master them. This two-day psychodynamic group experience will offer stimulation and support for wherever each of us is on that developmental road. (6 CEs, 12 participants)

**David Hawkins, MD**, is a Board Certified Psychiatrist in private practice in Chapel Hill, NC, where he offers individual, group, and couples therapy from a psychodynamic orientation. He also provides training in group psychotherapy, as well as supervision and consultation to other group and individual therapists.

**24a Death, Loss, and Our Work: The Impact on the Working Relationship**

How do losses and illnesses of our patients, and in our own lives, impact our work? Empathy, fear and sadness, along with vulnerable feelings are alive in the work. This two-day process group will explore the realities of loss,

illness and death in our patients' lives and our own. (6 CEs, 12 participants)

**Jenny Savitz-Smith** was first introduced to the Academy by her mother, also a member, in 1999, when she attended her first I&C. Jenny is in private practice in Columbia, SC and has been practicing psychotherapy for 19 years. Jenny and Bradley are close friends and colleagues. Together they process the losses in their own lives and explore how grief affects each of them and their professional work.

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

**25a If You Meet the Ghost on the Road, Kill It!**

Ghosts can represent unfinished business from the past. Our challenge is to stay with the grieving process long enough to allow the pain to subside so that we can feel the joy of having loved and having been loved. We will share our grief and how we persist in living fully. (6 CEs, 10 participants)

**Lee Blackwell, PhD**, is in private practice in Newport Beach and Huntington Beach, CA, specializing in couples therapy and sexual issues. After receiving his PhD from Florida State University, he received training in sex therapy in the human sexuality program at UCLA, staying on as a supervisor and later becoming co-director from 1983 to 1993. He has presented nationally and internationally on sexuality, psychotherapy and neuroscience. Lee is a past president and Fellow of the American Academy of Psychotherapists.



**26a Lost Landscapes: Attachment, Loss and Homecoming to the Natural World**

Through experiential awareness, didactic materials and individual and group process, this workshop will explore attachment and loss in the landscapes of participants' lives, and in our collective connection to our environment. Specific skills and experiences in ecotherapy will be included while exploring (on foot) one of Savannah's natural environments. (6 CEs, 15 participants)

**Penelope Norton** has practiced psychology for over 30 years in Ormond Beach, FL. She specializes in psychotherapy with children, teens, adults and seniors. She conducts individual, couple, group and family therapy. She has a passion for the natural environment and has conducted many workshops in ecotherapy.

**Ruth Wittersgreen's** earliest memories are of exploring the wilderness for hours on end where she lived in a valley beneath the mountains of Tennessee. During college at the University of South Florida, most days involved hiking or canoeing amongst river otters, bobcats, alligators, and foxes. Completing her doctorate in clinical-community psychology at the University of South Carolina, she studied environmental psychology. Now utilizing ecotherapy as a licensed clinical psychologist in DC, she is immersed in nature much of the time.

“There were ghosts in the eyes  
Of all the boys you sent away.  
They haunt this dusty beach road  
In the skeleton frames of burned out  
Chevrolets.”  
Bruce Springsteen



## 27a The Loss of Innocence

This two-day experiential process group will focus on our histories with, and reactions to, the loss of innocence in our lives. Together, we will attempt to explore this largely unexplored loss and how it has shaped our responses to the world and to our interpersonal relationships. Blessing, curse, or both? (6 CEs, 15 participants)

**David E. Mermelstein, PhD**, is a licensed clinical psychologist in private practice in Charlotte, NC. He received his doctorate from Catholic University. A Fellow of AAP, he has offered numerous workshops and trainings in a variety of settings, including the Academy, and has written extensively on the psychotherapy experience. Currently, he works with individual adults, couples, and offers loss and bereavement counseling to bereaved parents. He works from an existential/experiential orientation.

*"Well, I'll be damned, here  
comes your ghost again  
But that's not unusual  
It's just that the moon is full  
And you happened to call"*

Joan Baez

**Friday 3:15 - 6:30 PM  
One-Day**

## 28 Recovering and Mourning Racial Losses in Treatment: Lessons from Filmed Reflections on a Cross-Racial Analysis

Participants will view a film that reprises a 1950's cross-racial analysis. Racial factors eluded the analytic process and the filmed discussion between Ralph Greenson, White, the former analyst and Ellis Toney, Black, the former analysand. We will focus on recovering, mourning

and using the lost elements for effective treatment. (**Diversity**) (3 CEs, Open)

**Dorothy Evans Holmes, PhD**, is a teaching, training, and supervising analyst in the Psychoanalytic Center of the Carolinas, professor and PsyD Program Director Emeritus at the George Washington University, and teaching, training and supervising Analyst Emeritus at the Washington Baltimore Center for Psychoanalysis. Dr. Holmes is widely-recognized for her work on the impact of race and gender on psychoanalytic treatment process. She continues to be involved in national psychoanalytic organization leadership roles. She practices psychoanalysis and psychotherapy in Bluffton, SC.

## 29 Anticipatory Grief: A Process Group

You know the fear: it so often arises - unbidden - at the very moments we feel most grateful for our partner or loved one. Beginning with some guided imagery and dyad work, we will explore this "anticipatory grief" that comes with the territory of loving (and attaching) deeply. (3 CEs, 15 participants)

**Tony Rooney** received his PhD in clinical psychology from GA State in 1990, and has been in private practice in Atlanta ever since. His passionate interest is the cross-pollination between "spiritual" and "psychological" approaches to human healing and evolution.

**Devajoy Gouss, LCSW**, is an experiential therapist practicing in Atlanta for 35 years. Working within group, couple 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 Pessa. She also integrates energy medicine, brainspotting, EMDR, polarity touch, yoga, life coaching, resiliency therapy and the power of ritual in her work. For over two decades, she has given monthly experiential workshops.



## 30 The Therapeutic Action of Mourning: Working with Grief While Grieving

Clinical material and group process will highlight three areas of grief: developmental loss (separation/individuation); death of a loved one (bereavement); loss of identity due to divorce or break ups (death of a relationship). We will be looking at the therapeutic action of mourning. (3 CEs, 15 participants)

**Alison Howard** has a bachelor's degree from Boston University, a masters in mental health counseling, and a doctorate in clinical psychology from George Washington University. Her clinical work spans public schools, agencies, counseling centers, private practices and hospitals. She has advanced training in psychoeducational assessments, couples therapy and group therapy. She holds active licenses in DC and MD, and has a private practice in upper NW DC. She works with adolescents and adults in individual and group therapy.

*"I've seen fire and  
I've seen rain  
I've seen sunny days  
that I thought would  
never end  
I've seen lonely  
times when I could  
not find a friend  
But I always thought  
that I'd see you  
again"*

James Taylor

"To understand  
the living, you  
have to commune  
with the dead."

- Midnight in the  
Garden of Good and  
Evil

**Saturday 2:00 - 5:15 PM**  
13c, 14c, 23b, 24b, 25b, 26b, 27b  
**Continued**

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**Saturday One-Day**

### **31 Making the Midlife Transition: Facing the Ghosts of the Past and Embracing the Future with Wholeness**

This experiential and didactic workshop will present a Jungian approach to dealing with the midlife crisis. Justin Hecht will provide theories and definitions, discuss the ghosts that keep us stuck, and suggest strategies for a successful transition to maturity. The workshop will include a demonstration group and time for interaction. (3 CEs, 50 participants)

**Justin Hecht, PhD**, is a Jungian analyst in San Francisco with an active group and individual practice. A graduate of Harvard University, he studied business at the Wharton School, developmental psychology at Columbia University, and completed his PhD in clinical psychology at Boston University. A licensed psychologist, he is on the clinical faculty of the University of California, San Francisco, where he teaches psychotherapy and Jungian analysis. He is a fellow of the American Group Psychotherapy Association.

### **32 I Ain't Afraid of No Ghosts: Cultivating the Courage to Face the Ghosts of our Past**

In this one-day experiential group process, we will come together and identify ghosts of our past and present. We will cultivate the courage to face these ghosts and explore how they impact our relationships with ourselves, family, friends, and clients. (3 CEs, 12 participants)

**Ron Del Moro** is a holistically-minded licensed mental health counselor and earned a PhD in mental health counseling, a Masters degree in marriage and family therapy, and a Specialist degree in education. He has certifications and trainings in a diverse array of alternative healing modalities. Dr. Del Moro has been providing individual, couples, and group psychotherapy, organizational wellness consultations, and communication training with the Gainesville community since 2006. He recently relocated to Washington, DC and is in private practice.

**Noah Meyers** is a licensed clinical psychologist. He received his BS from Cornell University and his PhD from American University. He is currently in private practice in Washington, DC and works with individuals, couples, families, and groups.

"No one ever told  
me that grief feels  
so much like fear."

C.S. Lewis

"Coffee cups on the  
counter, jackets on the chair  
Papers on the doorstep, but  
you're not there  
Everything is everything  
But you're missing."

Bruce Springsteen



### **33 There's a Ghost in my Closet: Using Expressive Art to Identify and Process Unresolved Grief**

Unveiling unresolved grief buried in our bodies may require more than talk therapy. In this workshop, we will use meditation, music, and creative writing to discover unresolved grief. Participants will share their personal and professional experience to shed light on unresolved grief, and to find meaningful and creative ways to grieve. (3 CEs, 15 participants)

**Hilla Keren** holds a Bachelor of Science degree in psychology and a Master of social work (MSW) from The University of Maryland. Since 1997, she has been leading groups and providing family and group psychotherapy for adults, children, and adolescents. She leads continuing professional education seminars and has designed and implemented a healing intensive program using expressive art therapy with women who endured trauma. She worked in Maryland until 2014. She is currently providing group supervision in her private practice in Toronto.

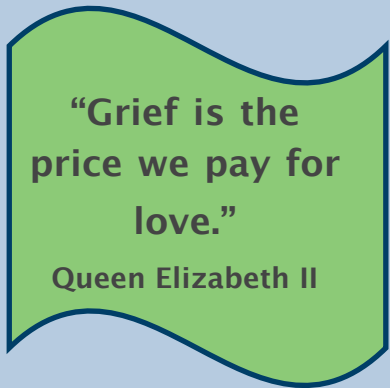




### 34 Legacies of Love: The Loss of a Pet

This experiential and process-oriented group will provide participants a chance to understand the depth of the animal/human bond and the grief that can result from the loss of a pet. Attachment theory and pet connection and loss will be discussed and various resiliency skills taught and practiced. (3 CEs, 12 participants)

**Kay Loveland, PhD**, is a clinical psychologist in private practice in Asheville, NC, director of Camp Unleashed, co-founder of Camp Hope Unleashed for Veterans with PTSD, a resiliency trainer, and developed a program using therapy dogs with Resources for Resiliency in the Buncombe County Jail. This workshop honors her goldendoodle, Misha.



### 35 Professional Self-Care as an Ethical Imperative in Working with Grief and Loss

It is said: "A client can go only as far as we go." In this workshop, we'll consider what changes we need to make in our lives with regard to self-care that allow us to be fully present and work more deeply with our clients facing grief and losses. **(Ethics)** (3 CEs, 17 participants)

**Marilyn Schwartz, PhD**, is a psychologist in Washington, DC, providing individual and couples therapy, clinical supervision, and is a consultant to the Smithsonian Institution. She created and co-directs the Adult ADHD Center of Washington, a

treatment center for adults with ADHD. She is Chair of the AAP Ethics Committee, 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.

**Kevin Quiles, MDiv, MA**, helped patients and their family members for 15 years as a hospice chaplain. He is the founder of *Conversing with Death*, a program aimed at assisting healthcare and mental health professionals to work through the existential struggle of impermanence. Along with speaking locally and nationally, Kevin is the author of three books, *Spiritual Care to Elderly and Dying Loved Ones*, *Conversing with Death*, and *Last Breath Awareness*. The fifty-six year old holds a private practice in Roswell, GA.



### 36 That Which Endures: Relating to Real Ghosts

We will gather to share stories from our clinical work and our personal lives of actual (not imagined or as-if) relationships with those who have passed on. From this sharing we will see what we can learn about the nature of such relationships and how they can be usefully addressed. (3 CEs, 12 participants)

**John Rhead** was born in Utah and grew up in Colorado. He went on to get degrees in psychology from Dartmouth (BA, 1963) and Stanford (PhD, 1971). His first job out of school was doing research on the use of LSD as an adjunct to psychotherapy with terminal cancer patients, alcoholics, and others. He is licensed as a psychologist in MD and has certificates in group therapy and in marriage and family therapy.

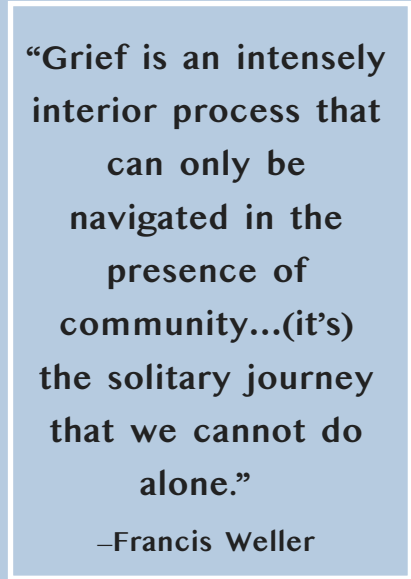


### Community Meetings

The large group process is an integral part of the experience at any AAP event. Four of these groups, which we call Community Meetings, spread throughout the conference: the Opening Experience, two Community Meetings (Thursday and Friday), and the Closing Experience. (5 CEs/1.25 each, Open)

**Kristie Nies, PhD**, is a board certified clinical neuropsychologist and a registered yoga teacher. Involvement in AAP has included writing for *Voices*, presenting workshops, and chairing the 2013 I&C.

**Stephanie Spalding, LCSW-R**, is in private practice in New York City. She is a member of the Executive Council, chair of the Training Committee, and has been a presenter for AAP.



## AAP REGISTRATION INFORMATION

Name for badge:
Degree, License(s) & State:
Address:
Email:
Preferred Phone Number:
Special Diet/Special Needs:
Would you like to be assigned an Ambassador to help navigate the conference? <b>Y N</b> May we share your contact information with your Ambassador? <b>Y N</b> AAP Members: Want to be an Ambassador? <b>Y N</b>

### REGISTRATION FEES

Cancellations before September 9, 2019, will be fully refunded less a \$75 processing fee.  
Refund requests must be submitted in writing to [aap@caphill.com](mailto:aap@caphill.com)

	Through 9/9/2019	After 9/9/2019	Your Total
<b>Member</b>	<b>\$495</b>	<b>\$535</b>	
<b>Non-Member</b>	<b>\$535</b>	<b>\$575</b>	
<b>Non-Member Former Scholarship Recipient</b>	<b>\$495</b>	<b>\$535</b>	
<b>Single Day(s)</b>	<b>\$195</b>	<b>\$205</b>	
<b>Student</b>	<b>\$200</b>	<b>\$200</b>	

### OPTIONAL FEES

<b>CE Processing Fee</b> (fee for one day registration is \$25)		<b>\$55</b>	
<b>Wednesday Buffet Dinner Guest</b> Full Registration includes 1 Wednesday meal		<b>\$80</b>	
<b>Saturday Dinner Banquet Choice (Please circle meal choice)</b> Fish    Chicken    Vegetarian		<b>\$80</b>	
<b>Guest Choice Saturday Dinner Banquet (Please circle meal choice)</b> Fish    Chicken    Vegetarian		<b>\$80</b>	
<b>West Coast and International Discount</b> (Alaska, California, Oregon, Washington, International)	<b>-\$100</b>	<b>-\$100</b>	
<b>Check Payment Discount</b>	<b>-\$10</b>	<b>-\$10</b>	
<b>Total Due (Payment must accompany this form)</b>			

### PAYMENT INFORMATION

Make enclosed check payable to: American Academy of Psychotherapists.	
Credit Card #:	<b>AAP does not take AMEX</b>
Expires:	CSC/CVV#:
Cardholder Name:	
Billing Address: (As it appears on your credit card statement):	
Signature:	

## AAP 2019 Institute and Conference: The Ghost in You: Psychotherapy and the Art of Grieving

Reserve your room by calling the Hyatt Regency Savannah at **877-803-7534**. Reference the American Academy of Psychotherapists to receive the discounted conference rate of **\$229** per night plus fees and taxes. The cut-off date to receive this rate is **9/23/2019**. Based on availability, you can reserve this rate three days before and three days after the event dates.

### WORKSHOPS

Plenaries on Friday and Saturday are for all conference registrants (Each: 3 CEs)

Thursday Morning Workshops

1st\_\_\_ 2nd\_\_\_ 3rd\_\_\_

Thursday Afternoon Workshops

1st\_\_\_ 2nd\_\_\_ 3rd\_\_\_

Friday Afternoon Workshops

1st\_\_\_ 2nd\_\_\_ 3rd\_\_\_

Saturday Afternoon Workshops

1st\_\_\_ 2nd\_\_\_ 3rd\_\_\_

Would you like to register for an Open Process Group?    Y\_\_\_ N\_\_\_

Is this your first AAP Conference?  
\_\_\_\_\_Y    \_\_\_\_\_N

### TRAINING INSTITUTES

**Wed PM and Thurs AM Oshrain** \_\_\_\_\_  
(commitment includes one more conference)  
**Wed PM and Thurs PM Weiss** \_\_\_\_\_  
(must have participated in first session at SW)

#### Easy Registration Options:

- **Fax or Email:** Fax completed registration form to **518-463-8656** or email to [aap@caphill.com](mailto:aap@caphill.com)
- **Mail:** Send registration form and check to AAP, 230 Washington Ave. Ext, Suite 101, Albany, NY 12203
- **Online registration:** Available at [www.aapweb.com](http://www.aapweb.com) after July 17, 2019
- **Questions:** Contact AAP Central Office, [aap@caphill.com](mailto:aap@caphill.com) or call 518-240-1178.

#### How did you hear about the AAP Conference?

# WORKSHOP PLANNER

Thursday Morning 9:00 - 12:15	Thursday Afternoon 3:15 - 6:30	Friday Morning Plenary	Saturday Morning Plenary
1a Rosenblatt		Plenary: Holmes	Plenary: Hecht
2a Staroba	2b Staroba	Friday Afternoon 3:15 - 6:30	Saturday Afternoon 2:00 - 5:15
3a Lazarus/Otto	3b Lazarus/Otto	23a Hawkins	23b Hawkins
4a Mithoefer/Mithoefer	4b Mithoefer/Mithoefer	24a Savitz-Smith/Lake	24b Savitz-Smith/Lake
5a Cohen/Pomerance	5b Cohen/Pomerance	25a Blackwell	25b Blackwell
6a Savitz/Thomas	6b Savitz/Thomas	26a Norton/Wittersgreen	26b Norton/Wittersgreen
7a Megdell	7b Megdell	27a Mermelstein	27b Mermelstein
8 Cohn/Bronfman/Swander	13a Kirsch	13b Kirsch	13c Kirsch
9 Marsh	14a Klein/Farber	14b Klein/Farber	14c Klein/Farber
10 Webster <b>ETHICS</b>	15a Loftis	15b Loftis	31 Hecht
11 Levine	16a Cross/Gomart	16b Cross/Gomart	32 Del Moro/Meyers
12 Mackinnon	17a Blank	17b Blank	33 Keren
	18a Brothers/Mullins	18b Brothers/Mullins	34 Loveland
	19a Criswell	19b Criswell	35 Schwartz/Quiles <b>ETHICS</b>
	20 Clymer	1b Rosenblatt	36 Rhead
	21 Bralove/O'Meara	28 Holmes <b>DIVERSITY</b>	
	22 Ezust/Kaufmann	29 Rooney/Gouss	
Wednesday PM, Thursday AM	Wednesday PM, Thursday PM	30 Howard	
T1 Oshrain <b>DIVERSITY</b>	T2 Weiss		
Scholarship Process Group	Scholarship Process Group	Scholarship Process Group	Scholarship Process Group
Wednesday: 9:00 PM - 10:00 PM	Thursday: 9:00 AM - 12:15 PM	Friday: 9:00 AM - 12:15 PM	Saturday: 2:00 PM - 5:15 PM

## CONTINUING EDUCATION INFORMATION

**Satisfactory Completion:** Learners 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. 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 (APA):** 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. **26.25** hours.

**The following state boards accept courses from APA providers for Counselors:** AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, MD, 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.

**MI:** No CE requirements

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

**The following state boards accept courses from APA providers for Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held), OK, OR, SC, UT, WA, WI, WY

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**The following state boards accept courses from APA providers for Social Workers:** AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

**Social Workers** As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social workers completing this course receive **26.25** clinical continuing education credits.

**The following state boards accept courses from ASWB providers for Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, NC, ND, NE, NH, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY

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

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**The following state boards accept courses from ASWB providers for Addictions Professionals:** AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WY, WY

**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. **26.25** 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. **26.25** 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. **26.25** hours.

**FL BBS** Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2021. **26.25** GENERAL Hours

**National Board of Certified Counselors, Marriage and Family Therapists (NBCC)** This course has been submitted for review.

**Georgia Association For Marriage and Family Therapy (GA MFT)** This course has been submitted for review.

**Licensed Professional Counselors Association of Georgia (GA LPC)** This course has been submitted for review.

**Note:** To receive CE credit, you must pay the CE fee and be registered for the 2019 I&C Conference.

## Workshops by Day, Number, Title, and Presenter

**T1 Exploring Gender Identity and Gender Non-Conformity: A Training Institute** *Wednesday PM/Thursday AM* Lori Oshrain

**T2 Men's Fears of Women in Intimate Relationships** *Wednesday PM/Thursday PM* Avrum Weiss

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

**#1a/b Grief and Mourning: The Beauty of Sitting "Shiva"**  
Bob Rosenblatt

**#2a/b How to Kill Your Mother Part 2: Grief or Relief?**  
Kristin Staroba

**#3a/b Standing in Grief** Judy Lazarus and Jenny Otto

**#4a/b The Grief and Loss of Trauma - Accessing Inner Healing Wisdom in MDMA-assisted Psychotherapy: Evidence and Examples from Clinical Research** Michael Mithoefer and Annie Mithoefer

**#5a/b From National to Personal: Grieving the Loss**  
Gordon Cohen and Lenore Pomerance

**#6a/b The Miscarriage of Grief: Utilizing Movement and Psychotherapy to Process Complicated Grief** Jennifer Savitz and Jillian Thomas

**#7a/b Relationships Don't Die, People Do: Making Grief Matter Through Shared Tears and Laughter** Jacob Megdell

**#8 The Other Side of Suicide** N. Mendie Cohn, Darrin Bronfman, and Karen Swander

**#9 Grieving Past Parts of Ourselves: Honoring the Shoulda, Coulda, and Woulda** Liz Marsh

**#10 Use of Ritual in Ethical Relationship Transition: An Ethics Workshop** Pat Webster

**#11 Delayed Mourning Creatively Captured: "Lars and the Real Girl!"** Joan Levine

**#12 Reunion With Self: The Integration of Ghosts in Adoption and Third-Party Reproduction**  
Leslie Pate Mackinnon

### *Thursday PM 3:15-6:30*

*(T2, #2, 3, 4, 5, 6, and 7 continued)*

**#13a/b/c Groveling, Grappling, Growing, Grieving: A Three-Day Process Group** Nicholas Kirsch

**#14a/b/c Welcoming the White Shadow** Adam Klein and Jonathan Farber

**#15a/b Managing LingerinG Ghosts** David Loftis

**#16a/b The Body's Wisdom: Healing Loss and Accessing Love** Brian Cross and Elizabeth Gomart

**#17a/b Traveling from Darkness of Ignorance to Light of Knowledge: Experiencing Loss, Grief, and Attachment Through the Lens of Kundalini Yoga and Psychotherapy**  
Damon Blank

**#18a/b A Wounded Healer or A Petty Tyrant - Make Your Choice** Carol Brothers and Nancy Mullins

**#19a/b At Death's Door** Grover Criswell

**#20 Practicing in the Shadow of our Therapist Forefathers**  
Roy Clymer

**#21 Grief and Redemption: When Happily Ever After Ends in Divorce** Brooke Bralove and Katie O'Meara

**#22 "I'm Not Gonna Be Here Forever!" A Process Group Around Illness and Death** Stephanie Ezust and Gus Kaufman

### *FRIDAY AM PLENARY 9:00-12:15*

***The Dark Clouds of Racial Disavowal: Psychoanalytic Exploration of What is Lost and Not Mourned in our Culture's Persistent Racism*** Dorothy Evans Holmes

### *Friday PM 3:15-6:30*

*(T2b, 1b, 13b, 14b, 15b, 16b, 17b, 18b, 19b continued)*

**#23a The Ghost in the Helix: Tracking Clues to the Self**  
David Hawkins

**#24a Death, Loss, and Our Work: The Impact on the Working Relationship** Jenny Savitz-Smith and Bradley Lake

**#25a If You Meet the Ghost on the Road, Kill It!** Lee Blackwell

**#26a Lost Landscapes: Attachment, Loss and Homecoming to the Natural World** Penelope Norton and Ruth Wittersgreen

**#27a The Loss of Innocence** David Mermelstein

**#28 Recovering and Mourning Racial Losses in Treatment: Lessons from Filmed Reflections on a Cross-Racial Analysis**  
Dorothy Holmes

**#29 Anticipatory Grief: A Process Group** Tony Rooney and Devajoy Gouss

**#30 The Therapeutic Action of Mourning: Working with Grief While Grieving** Alison Howard

### *SATURDAY AM PLENARY 9:00-12:15*

***Learning From and Living With the Ghosts That Haunt Us***  
Justin Hecht

### *Saturday PM 2:00-5:15*

*(Saturday continued: 13c, 14c, 23b, 24b, 25b, 26b, 27b)*

**#31 Making the Midlife Transition: Facing the Ghosts of the Past and Embracing the Future with Wholeness** Justin Hecht

**#32 I Ain't Afraid of No Ghosts: Cultivating the Courage to Face the Ghosts of our Past** Ron Del Moro and Noah Meyers

**#33 There's a Ghost in my Closet: Using Expressive Art to Identify and Process Unresolved Grief** Hilla Keren

**#34 Legacies of Love: The Loss of a Pet** Kay Loveland

**#35 Professional Self-Care as an Ethical Imperative in Working with Grief and Loss** Marilyn Schwartz and Kevin Quiles

**#36 That Which Endures: Relating to Real Ghosts** John Rhead

**Community Meetings: *Wednesday - Saturday***

Kristie Nies

Stephanie Spalding

## Ghosts

Sometimes in the night I feel it  
Near as my next breath and yet untouchable  
Silently the past comes stealing  
Like the taste of some forbidden sweet  
Along the walls in shadowed rafters  
Moving like a thought through haunted  
atmospheres  
Muted cries and echoed laughter  
Banished dreams that never sank in sleep  
Lost in love and found in reason  
Questions that the mind can find no answers for  
Ghostly eyes conspire treason  
As they gather just outside the door  
And every ghost that calls upon us  
Brings another measure in the mystery  
Death is there to keep us honest  
And constantly remind us we are free  
Down the ancient corridors  
And through the gates of time  
Run the ghosts of days that we've left behind  
Down the ancient corridors  
And through the gates of time  
Run the ghosts of dreams that we left behind  
Sometimes in the night I feel it  
Near as my next breath and yet untouchable  
Silently the past comes stealing  
Like the taste of some forbidden sweet  
And every ghost that calls upon us  
Brings another measure in the mystery  
Death is there to keep us honest  
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Down the ancient corridors  
And through the gates of time  
Run the ghosts of days that we've left behind.

—Dan Fogelberg

**American Academy of Psychotherapists**  
**230 Washington Ave. Ext, Suite 101**  
**Albany, New York 12203**



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## Appendix A: Learning Objectives

### **Plenary: Dorothy Evans Holmes. The Dark Clouds of Racial Disavowal: Psychoanalytic Exploration of What is Lost and Not Mourned in our Culture's Persistent Racism**

1. Describe social/historical/cultural factors that have led to the exclusion of racism as a meaningful focus of psychotherapeutic work.
2. Demonstrate counter-transferences that have interfered with identifying evidences of racism in therapy process.
3. Plan for inclusion of racism as a factor that needs to be identified and processed in psychotherapeutic work.

### **Plenary: Justin Hecht. Learning From and Living With the Ghosts That Haunt Us**

1. Identify which political forces have most impacted their lives personally.
2. Identify one to three ways this impact has benefitted or stymied their personal growth.
3. Identify political ghosts in their family, community, country that haunt them.
4. Move toward an image of being a personal game changer.
5. List three applications of their workshop experience to clinical practice.

### **Training Institute: Lori Oshrain. Exploring Gender Identity and Gender Non-conformity**

1. Define gender non-conformity and gender-identity.
2. Differentiate between gender, sex, sexuality, and gender role.
3. List strategies for confronting their own particular blocks to seeing the gender landscape.
4. Explain the process of transition in individuals who choose to do so.
5. List at least three surgical procedures for gender confirmation surgery in individuals who choose to do so.
6. Differentiate between view of gender as binary versus a more complex model.

### **Training Institute: Avrum Weiss. Men's Fears of Women in Intimate Relationships**

1. Participants will be recognize and describe the ways in which men's fears of women manifest in individual and couples psychotherapy.
2. Participants will be able to describe the underlying psychological and sociocultural causes of men's fears of women in intimate relationships.
3. Participants will be able to differentiate the progression of men's fears of women from those that are more conscious and acknowledge to those that are more unconscious and defended against.
4. Participants will be able to describe the impact of men's fears of women on both their individual patients and the larger sociocultural context of their clinical work.
5. Participants will learn how to apply this theoretical framework in their individual work with both men and heterosexual couples.

### **Scholarship Process Group: Frances Compton, Edward Z Rosenzweig, Barbara Nama, and Murray Scher. Embracing the Ghosts In You**

1. Identify at least one loss in one's life and begin to express around it in order to integrate it.

2. Identify three ways in which ghosts can manifest in a participant/ patient.
3. Learn to witness another's loss and resilience stories.
4. Clarify similarities and differences in grieving and resiliency trajectories among participants.
5. Understand the value in verbalizing grief, loss and resilience in relationship to patient revelations.
6. Understand the value of support in relationship in processing unfinished business around losses or ghosts.
7. Identify participants' own tasks in a grieving process, and how these might be impeding connection to self and other.
8. Identify how ghosts may be getting in the way of connecting to self and other.
9. Identify three examples of therapeutic interventions to support the process of grieving and processing ghosts.
10. Communicate with patients in a way that establishes trust and therapeutic bond.

### **Community Meetings: Kristie Nies and Stephanie Spalding**

1. Discuss emerging understanding of components of the psychotherapy relationship as they pertain to each individual and their work as a psychotherapist.
2. Define the subjective experience of client and therapist through the lens of the large group process.
3. Predict the ways countertransference shows up in the psychotherapy relationship as it emerges in a large group process.
4. Evaluate the ethics of therapist self-disclosure by way of large group process on the psychotherapy relationship.
5. Identify therapist challenges in maintaining supportive connection in the large group process.
6. Demonstrate examples of successful and unsuccessful therapeutic interactions in the large group process.

### **Workshop #1: Bob Rosenblatt. Grief and Mourning: The Beauty of Sitting Shiva**

1. Participants will learn more about the therapeutic value of universality of grief, loss, mourning and anguish.
2. Participants will be able to better facilitate the assimilation of grief and loss into their consultation room.
3. Participants will learn about the different stages of the process related to dealing with losses.
4. Participants will learn about the critical nature of affirming and validating the reality of their clients as they move through the the different stages of dealing with the loss.
5. Participants will be better able to engage their clients in a therapeutic dialogue about mourning and loss whether it be about a family member, friend, lover, trauma or an aspect of their physical lives.
6. Participants will leave with a deeper comprehension of the I-Thou relationship as it relates to grieving and their therapy.

### **Workshop #2: Kristin Staroba. How to Kill Your Mother Part 2: Grief or Relief?**

1. Describe at least one outcome of their growing-up experience that impacts current life choices.
2. Differentiate between how identifying and expelling this "ghost" leaves them with grief or relief.
3. Apply breathing and tapping techniques to reduce experienced distress during the process.
4. Describe application of the process to work with patients.



### **Workshop #3: Judy Lazarus and Jenny Otto. Standing in Grief**

1. Name key parts of the body involved in grief reactions.
2. Describe the neurological mechanism of "freezing".
3. Identify three ways to disrupt fixed patterns of holding.
4. Describe the physiological effects of "bottom up" trance.
5. Compare experiences of two ancient poses in trance.
6. Choose from an array of experienced tension relieving techniques.

### **Workshop #4: Michael Mithoefer and Annie Mithoefer. The Grief and Loss of Trauma - Accessing Inner Healing Wisdom in MDMA-assisted Psychotherapy: Evidence and Examples from Clinical Research**

1. Explain the rationale for studying MDMA as an adjunct to psychotherapy.
2. Discuss the possible mechanisms of action of MDMA as a catalyst to psychotherapy.
3. Describe the design of past and current research studies of MDMA-assisted psychotherapy.
4. List the results of completed clinical trials of MDMA assisted psychotherapy.
5. Describe the therapeutic method of MDMA-assisted psychotherapy used in clinical trials.
6. Discuss the nature of the experiences of participants in MDMA-assisted psychotherapy for PTSD.

### **Workshop #5: Gordon Cohen and Lenore Pomerance. From National to Personal: Grieving the Loss**

1. Identify which political forces have most impacted their lives personally.
2. Identify 1-3 ways this impact has benefitted or stymied their personal growth.
3. Identify political ghosts in their family, community, country than haunt them.
4. Move toward an image of being a personal game changer.
5. List 3 applications of their workshop experience to clinical practice.

### **Workshop #6: Jennifer Savitz and Jillian Thomas. The Miscarriage of Grief: Utilizing Movement and Psychotherapy to Process Complicated Grief**

1. Define complicated grief and other barriers to processing grief in general.
2. Identify and utilize traditional and non-traditional methods to resolve complicated grief.
3. Discuss those methods to broaden an approach to grief therapy that works for them.
4. Explore several meditative methods to help clients remove barriers preventing them from processing their grief.
5. Process their own views and resistance to grieving and how it affects one's body physically, emotionally, and spiritually.
6. Identify the limitations that using only one approach to complicated, trapped grief can bring.

### **Workshopp #7: Jacob Megdell. Relationships Don't Die, People Do: Making Grief Matter Through Shared Tears and Laughter**

1. Describe and discuss the elements of authentic grief.
2. Compare and contrast authentic grief from avoidance and complicated grief.
3. Define and explain the nature of the I-Thou Relationship as it pertains to the grieving process.
4. Recommend effective psychotherapy practices and techniques in the treatment of patients presenting

with grief related issues.

**Workshop #8: N. Mendie Cohn, Darrin Bronfman, and Karen Swander. The Other Side of Suicide**

1. Participants will be able to list current statistics on the increase in suicides in the U.S. over the past 20 years, the difference in suicide between men and women, and the increase in suicides after a celebrity suicide.
2. Participants will be able to describe at least three emotions that arise for a person when someone who is significant in their life commits suicide.
3. Participants will be able to identify how the impact differs for the survivors when a significant person chooses suicide as opposed to a sudden, unpreventable death.
4. Participants will be able to identify how the impact differs for the survivors when the suicide is due to mental illness versus a chronic and/or terminal illness.
5. Participants will be able to identify different reactions based on the relationship between the person who suicided and the survivor (i.e. a parent, child, relative, friend, therapist, patient, etc.).

**Workshop #9: Liz Marsh. Grieving Past Parts of Ourselves: Honoring the Shoulda, Coulda, and Woulda**

1. Participants will be able to discuss how visual art (art therapy) can be useful in the grieving process.
2. Participants will be able to define ways that our past, as clinicians, affects countertransference dynamics.

**Workshop #10: Pat Webster. Use of Ritual in Ethical Relationship Transition: An Ethics Workshop**

1. Talk of a relationship they are grieving and/or transitioning.
2. List 3 ethical substrates underlying good relationship with self and other.
3. List 3 elements of a healing grief process.
4. List 2 reasons that ritual can be a powerful therapeutic transitional tool.
5. List 2 ways they may use elements of ritual in their clinical practice.

**Workshop #11: Joan Levine. Delayed Mourning Creatively Captured: "Lars and the Real Girl"**

1. Participant will distinguish between DSM diagnosis and psychoanalytic formulation of the presenting problem.
2. Participant will compare CBT approach to psychoanalytic/existential approach in thinking about treatment options for this "patient" i.e.Lars.

3. Participants will be able to distinguish Freud's differential diagnoses of Mourning vs Melancholia exemplified by case of Lars and this will apply to other patients who participants may see who present with profound loss.

**Workshop #12: Leslie Pate Mackinnon. Reunion with Self: The Integration of Ghosts in Adoption and Third-Party Reproduction**

1. Participants will be able to identify the unrecognized trauma experienced by adopted individuals, adoptive parents, & birthparents themselves.
2. They will be able to differentiate between the grief experienced by each member of the triad. (triad =

adoptee, adoptive parent, first parent.

3. Participants will learn methods to bring the unconscious grief into awareness.

**Workshop #13: Nicholas Kirsch. Groveling, Grappling, Growing, Grieving: A Three-Day Process Group**

1. Establish a safe and strong container for group therapy.
2. Use group process comments to strengthen the group container.
3. Use vulnerable self-acknowledgement statements to strengthen the group container.
4. Assist clients to develop deeper connection and intimacy.
5. Assist clients to express feelings in a clearer and more functional manner.
6. Assist clients to reduce dysfunctional criticisms, judgments, and rage.
7. Increase clients' capacity to feel and express love, affection and joy.
8. Increase verbalizations of the many feelings involved with grieving.
9. Assist clients to better understand and value grieving.

**Workshop #14: Adam Klein and Jonathan Farber. Welcoming the White Shadow**

1. Participants will be able to identify signs of productive grieving in themselves, their colleagues, and their clients.
2. Participants will be able to identify ways in which maladaptive attempts to cope with grief impair functioning and impede therapeutic progress, e.g. through fragmentation, somatization, projection, perfectionism, and dissociation.
3. Participants will be able to specify their own responses to grief, and their personal needs, such that these will enrich rather than confuse the therapeutic relationship.
4. Participants will be able to specify examples of cultural differences in grieving, and be responsive to the different needs of grieving clients from their respective cultures.
5. Participants will be able to specify and initiate group dynamics that support grief work.
6. Participants will be able to foster productive grieving in individual psychotherapy relationships.
7. Participants will be able to recognize latent grief issues embedded in other forms of dysfunction such as relationships, work, or addiction.
8. Participants will be able to recognize when all the grieving that can be done at a given time has been accomplished, and when further work becomes counterproductive.
9. Participants will be able to name three ways that shared grief affects group dynamics.

**Workshop #15: David Loftis. Managing Lingered Ghosts**

1. Participants will be able to identify unresolved potential countertransference issues that could impact their work as psychotherapists.
2. Participants will be able to more readily assist clients in recognizing transference in their relationships.
3. Participants will learn new skills to assist clients to reduce the negative impact of their unresolved interpersonal conflicts.

**Workshop #16: Brian Cross and Elizabeth Gomart. The Body's Wisdom: Healing Loss and Accessing Love**

1. List three ways to calm, breathe and attune to a physiological aroused sympathetic nervous state sometimes experienced in a grieving process.
2. Name three methods of grounding oneself and a client when in an activated grieving state.
3. Differentiate between a loss event and the experience of /or diagnosis of depression.
4. Define three methods of clinically safe, mutually defined, and ethically permissible ways to hold or touch a client with grief.
5. State three ways to assist clients in accessing felt experiences and body memories of those involved in a loss.
6. Discuss three ways to assist a dysphoric, depressed, or motorically stifled client into a an activation state.

**Workshop #17: Damon Blank. Traveling from Darkness of Ignorance to Light of Knowledge: Experiencing Loss, Grief, and Attachment Through the Lens of Kundalini Yoga and Psychotherapy**

1. Use/demonstrate pranayam(breath work) as a grounding tool.
2. Understand/define meditation as opportunity for discovering unconscious thought, feelings, experiences.
3. Develop tools for metabolizing grief and loss.
4. Utilize paradoxical intention as a powerful affirming/accepting strategy.
5. Demonstrate Kirtan(sacred chanting) as a technique for integrating and regulating mood states.
6. Compare/contrast different breath techniques for regulation of different diagnostic categories.
7. Define reframing as a therapeutic antidote to defensiveness.

**Workshop #18: Carol Brothers and Nancy Mullins. A Wounded Healer or a Petty Tyrant - Make Your Choice**

1. Describe the difference between a “wounded healer” and a “petty tyrant”.
2. Define the meaning of healing and identify instances of healing in your own life.
3. Explain how healing can be blocked in yourself and in your client.
4. Describe the basic natural emotions with which we are born and their purpose.
5. Describe the natural expression of these emotions.
6. Describe behaviors and emotions that can occur when our natural emotions are walled off/repressed.
7. Identify situations in which you have been unable to express your emotions
8. Share a situation when you over-responded or disappeared and what you think triggered you.
9. Explain how your over-reaction is like a “petty tyrant”.
10. Name some ways you can create conditions for healing for your clients.
11. Describe what it means that healing is innate and idiosyncratic to each individual client.
12. Describe some of the steps in the client and in the therapist that help client know that healing comes from within the client.
13. Name some ways to maintain an ongoing connection with your own inner life and to access sources of healing for yourself.

**Workshop #19: Grover Criswell. At Death's Door**

1. Describe the role of loss in evolving relationships.
2. Differentiate between healthy and unhealthy ways of dealing with loss.
3. Explain how interrupted dealing with loss interferes with relationships.
4. Name the stages in the grief process.
5. Describe the facets of complicated grief.
6. Summarize some of the ways of dealing with grief in the therapy process.
7. Define how unresolved grief contributes to fear and anxiety.

**Workshop #20: Roy Clymer. Practicing in the Shadow of our Therapist Forefathers**

1. Describe how the assumptions of various researchers colored their views of the nature of children and affected their research results.
2. Articulate how research has challenged theoretical views of child development.
3. Discuss the relevance of the various research results for their understanding of their patients' and their own lives.

**Workshop #21: Brooke Bralove and Katie O'Meara. Grief and Redemption: When Happily Ever After Ends in Divorce**

1. Define three ways they can be resilient during the separation and divorce process.
2. State common coping mechanisms for managing grief and loss associated with separation and divorce.
3. Summarize common reactions to separation and divorce.
4. Discuss and share stories of separation and divorce.

**Workshop #22: Stephanie Ezust and Gus Kaufman. "I'm Not Gonna Be Here Forever!" A Process Group Around Illness and Death**

1. Identify the specific events in participants' lives that have caused loss, grief, and other emotions, such as their own illness, a client's illness or death, or a supervisee's illness or death.
2. Discuss the sequelae and implications of these events in their practice as therapists.
3. Describe the emotions that have been evoked by these events.
4. Identify fears, fantasies, denial and projections related to death and illness.
5. Describe how these emotions and experiences lodge in the body, bringing them to the surface and working through them so that the participant experiences identifiable relief (e.g., tension and pain reduced).
6. Identify sources of hope, comfort and support regarding these events.

**Workshop #23: David Hawkins. The Ghost in the Helix: Tracking Clues to the Self**

1. Describe the dynamics of the developmental helix.
2. Explain our need for a "true self" and a "false self."
3. Describe the use of the group's "working agreement."
4. Explain why "necessary losses" are necessary.
5. Explain "catalytic associations."
6. Describe the leader's job in the termination phase.

**Workshop #24: Jenny Savitz-Smith and Bradley Smith. Death, Loss, and Our Work: The Impact on the Working Relationship**

1. State ways in which loss in their own lives affects the lives of their clients.
2. Describe ways in which the transference and countertransference are affected by grief, loss and illness.
3. Discuss how a therapist's illness or absence can affect the work.
4. Differentiate between the effect to the work and the effect of loss to the psychotherapy process.
5. Summarize the types of losses and reactions to losses that one may see in the work with clients who have experienced multiple losses.
6. Understand how the larger world view and culture of the world around us affect our work with clients and our ability to be present.

**Workshop #25: Lee Blackwell. If You Meet the Ghost on the Road, Kill It!**

1. Identify unfinished grief in themselves and their patients.
2. List common causes of unfinished grief.
3. Facilitate patients' processing of grief.
4. Identify common losses as we age.
5. Identify signs of resignation vs. persistence in living fully.
6. Identify tendencies to approach or avoid grieving.

**Workshop #26: Penelope Norton and Ruth Wittersgreen. Lost Landscapes: Attachment, Loss and Homecoming to the Natural World**

1. Participants will be able to apply attachment theory to environmental psychology.
2. Participants will discover ways that disconnection and loss from the environment impairs health.
3. Participants will develop awareness of landscapes and mourning.
4. Participants will learn methods of assessment useful to ecotherapy.
5. Participants will learn the techniques of Forest Bathing.
6. Participants will learn methods of reconnection to the environment.

**Workshop #27: David Mermelstein. The Loss of Innocence**

1. Formulate the existence of the phenomenon of the loss of innocence and it's concomitants.
2. Describe events that can generate potential loss of innocence.
3. Explore and demonstrate the existence of this phenomenon in their own lives.
4. Differentiate possible responses to this loss.
5. Assess the functionality of individual attempts to deal with this loss.
6. Summarize conclusions based on the group interaction.

**Workshop #28: Dorothy Evans Holmes. Recovering and Mourning Racial Losses in Treatment: Lessons from Filmed Reflections on a Cross-Racial Analysis**

1. Describe their own struggle with lost, recovered, mourned and then effectively used racial factors in a treatment process.
2. Differentiate clinical material that makes effective use of racial factors from that which does not.
3. Write a clinical formulation and treatment plan that addresses likely therapist and patient issues with acknowledging and working with racial factors.

### **Workshop #29: Tony Rooney and Devajoy Gouss. Anticipatory Grief: A Process Group**

1. Understand the definition and meaning of "anticipatory grief."
2. Describe some of the potential impacts of anticipatory grief on relationships.
3. Teach tools for navigating anticipatory grief.
4. Help clients transform the fear that comes with anticipatory grief into loving and connecting more deeply.

### **Workshop #30: Alison Howard. The Therapeutic Action of Mourning: Working with Grief While Grieving**

1. Describe how the subjective experience of loss is always unconsciously infused with historical material.
2. Discuss the relevance of culture and society on how we process and discuss loss.
3. Demonstrate increased skill in identifying unprocessed loss with clients.

### **Workshop #31: Justin Hecht. Making the Midlife Transition: Facing the Ghosts of the Past and Embracing the Future with Wholeness**

1. List the common types of 'ghosts' that result in midlife crises.
2. State Jung's key ideas for the resolution of the midlife crisis.
3. Explain the key ways that a therapist can help a client through 'the middle passage'.
4. Describe the characteristics of necessary suffering and sacrifice

### **Workshop #32: Ron Del Moro and Noah Meyers. I Ain't Afraid of No Ghosts: Cultivating the Courage to Face the Ghosts of our Past**

1. Identify ghosts that impact our daily experience.
2. Explore how these ghosts are impacting our current relationships.
3. Differentiate different ways of responding to the ghosts in our lives.
4. Formulate skills that will assist us in helping clients work with their own ghosts.

### **Workshop #33: Hilla Keren. There's a Ghost in my Closet: Using Expressive Art to Identify and Process Unresolved Grief**

1. Participants will: list words, statements, behaviors, and situations that indicate unresolved grief.
2. Identify sources of joy within their personal lives that can be used in support of the healing process (e.g. swimming, cooking, reading, etc.).
3. Identify meaningful daily activities to help with the process of grieving.

### **Workshop #34: Kay Loveland. Legacies of Love: The Loss of a Pet**

1. Discuss the research regarding the benefits of the Animal/Human Bond.
2. Explain attachment Theory as it applies to the animal/human connection.
3. Summarize the psychological and physical reactions of grief connected to the loss of a pet.
4. List three Resiliency Skills that can be used in the Grief Process.

### **Workshop #35: Marilyn Schwartz and Kevin Quiles. Professional Self-Care as an Ethical**

**Imperative in Working with Grief and Loss**

1. Identify three ethical principles relevant to why self-care is an ethical requirement.
2. Describe three self-care practices that are most often recommended to meet the challenge of working with clients facing grief and losses.
3. Describe the concept of impermanence and how to incorporate this attitude into one's life and office to work more deeply with clients facing grief and losses.

**Workshop #36: John Rhead. That Which Endures: Relating to Real Ghosts**

1. Differentiate between imaginary and real relationship with those who have died.
2. Work effectively with clients who claim to have a real relationship with someone who has died.
3. Discuss the importance of ongoing relationships with deceased persons.