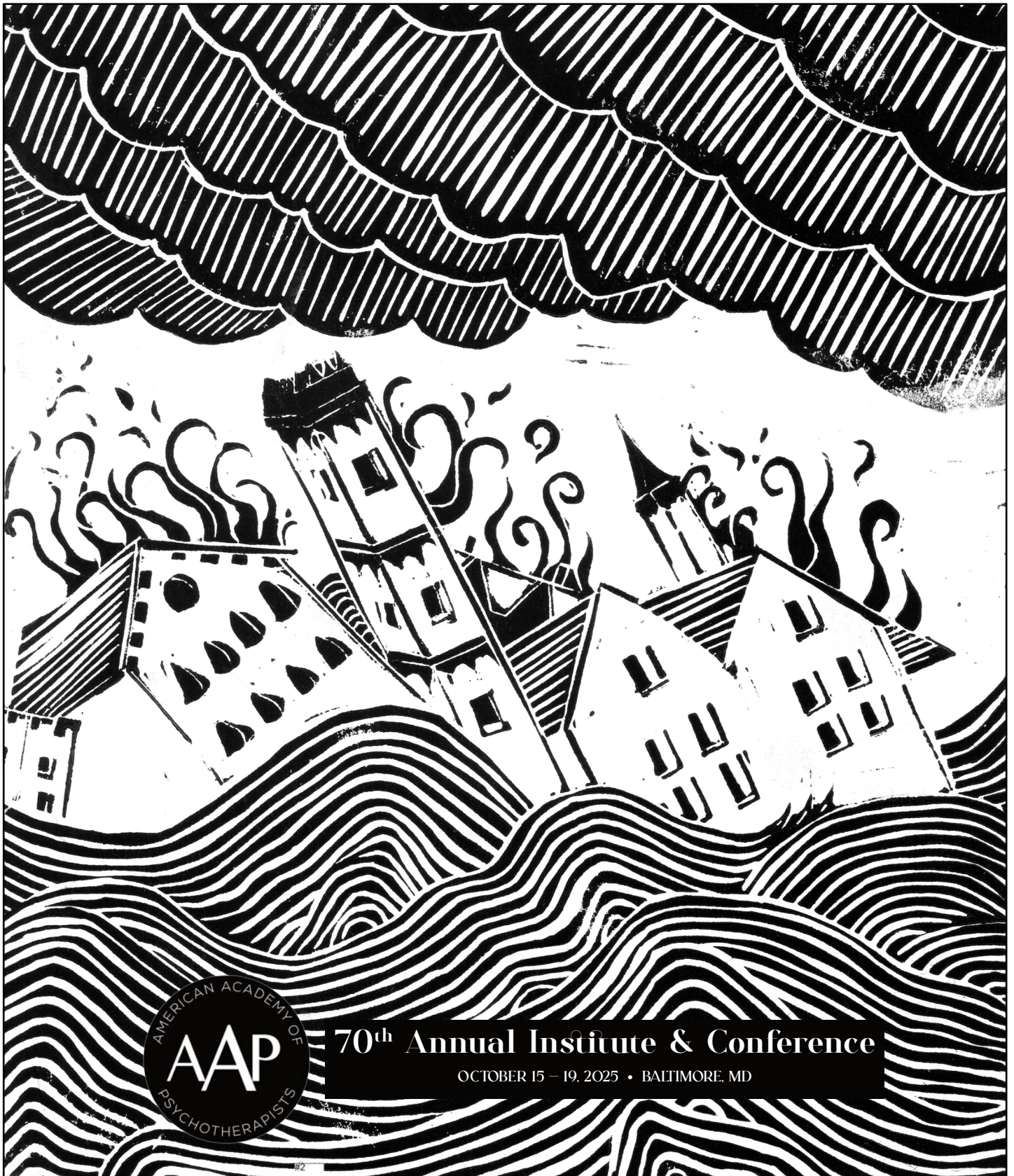


OUT OF TIME



70th Annual Institute & Conference

OCTOBER 15 – 19, 2025 • BALTIMORE, MD

OUT OF TIME



Welcome to the 70th Annual 2025 Institute and Conference in Baltimore, Maryland. We invite you to explore the ways that time, that quiet but constant force, guides our passage through life, pushing and pulling us as we make the choices that shape our stories. This immersive five-day conference offers an array of existentially-oriented adventures and experiences. We will grapple with the growing environmental threats we face as climate change impacts accelerate. We will explore the effect of technological advancements on the pace of life and the practice of psychotherapy. We will

examine the implicit challenges of time on intergenerational relationships and the potential for closing the gap before time runs out.

We invite our participants to step back from the speed and chaos of the modern world and, in connection with our community, find together what is timeless. After all, despite the march of time, the precious things do endure. We aspire to hold sacred space for the reconciliation of our timeless treasures with our most innovative approaches as we come to understand what it is to care for the person of the therapist today and what it is to care for our clients.

We are setting an intention to create sacred space for voices of all ages and experiences to be expressed, heard, and honored, and we are inviting each conference attendee to help us uphold that intention. Join us in encountering the unknown, in recognizing that the need for preservation can coexist with the need for change, and in reckoning with the challenges of our time. Be a part of the conversation that can only be as complete as it is rich with diversity. The way forward is the one we find together. We are eager to share this experience with you.

– Erin McCarthy and Jess McMillan

OUR LOCATION

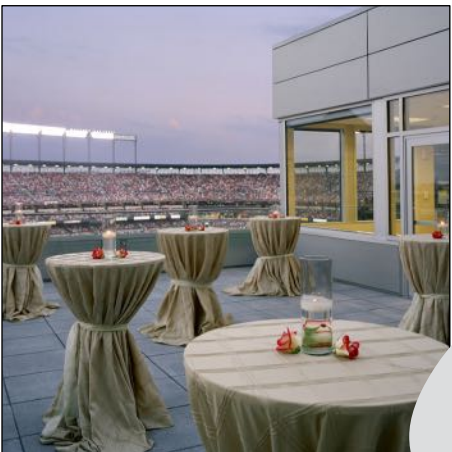
Welcome to Baltimore!

Home of the Orioles, the blue crab, Fort McHenry, and a whole lot of charm, Baltimore beckons you to explore and experience it. Our hotel, the Hilton Baltimore Inner Harbor, is located 20 minutes walking/five-minute ride from the Inner Harbor, where guests can visit the National Aquarium, USS Constellation (a Civil War ship), and the American Visionary Art Museum. You'll experience Baltimore's down-to-earth spirit wherever you go, and if someone calls you "hon," you'll know you're fitting right in. Listen for the local accent, 'Bawlmere.' If you find yourself wanting to see other parts of Baltimore, check out Hampden or Fells Point. We know how hard it can be to leave the hotel, though, so enjoy the amazing location next to Camden Yards Ballpark with dear pals and new friends!

HERE ARE SOME IDEAS FOR NEARBY ATTRACTIONS:

- **Federal Hill Park** (20 min walk from the hotel)
- **Baltimore Aquarium** (10 min walk)
- **Fells Point bars and restaurants** (30 min walk along the water)
- **Reginald F. Lewis Museum of Maryland African American History and Culture** (15 min walk)
- **Peabody Library** (20 min walk)
- **Shop and eat in Hampden** (10 min Uber ride)
- **Baltimore concerts/shows:** www.tumblr.com/baltshowplace





Our hotel for the I&C is the Hilton Baltimore Inner Harbor. This spacious, luxurious, and modern Hilton hotel is just a 20-minute ride from Baltimore Washington International airport (BWI) and only three blocks from the enchanting downtown Baltimore Inner Harbor. Within a mile are the Inner Harbor Museums, the National Aquarium, Oriole Park at Camden Yards, Top Golf, and an array of fine dining experiences. If you prefer to stay in, be sure to bring your gym bag and swimsuit. The hotel is equipped with a fitness center, a heated indoor pool, a whirlpool, and sauna. Modern amenities such as electric vehicle charging and entertainment streaming services are also available.

For your convenience, the hotel offers several dining options. For a morning coffee and a flaky pastry, Pratt & Perk Café and Market is located in the main lobby area. Pendulum 401, the urban oasis serving cocktails, breakfast, lunch AND dinner, is open ALL day. Come here to relax and recharge in metropolitan luxury. For those of us rushing to make it to a meeting, prepared foods are available at the hotel's grab and go concept, Fresh Connection. The Fresh Connection also offers a bag and drop room delivery service.

“**LIFE CAN ONLY BE UNDERSTOOD
BACKWARD, BUT IT MUST BE LIVED
FORWARDS.**”
— SØREN KIERKEGAARD

TRANSPORTATION

BY CAR

Baltimore is located on the I-95 East Coast corridor and is approximately one hour north of Washington, DC, and two hours south of Philadelphia. Parking is available at the hotel for \$36/night. EV charging is available on-site.

BY AIR

Fly into BWI - Thurgood Marshall Airport. Direct your rideshare or cab to the Hilton Baltimore Inner Harbor. The 20-minute ride to the hotel should cost \$20-30 on Uber or Lyft.

OR

Take light rail northbound (towards Hunt Valley) from the BWI airport to the Convention Center stop. The 30-minute train ride costs \$2. The walk from the Convention Center stop to the hotel only takes two minutes. Trains run every 30 minutes.

BY TRAIN

Amtrak service is available at Baltimore's Penn Station. From Penn Station, take a 10-minute rideshare or walk 10 minutes west on Oliver Street to the Mt. Royal/MICA stop to take the light rail south (towards BWI airport) to the Convention Center stop.



LEARNING OBJECTIVES

1. Participants will demonstrate new understanding and awareness about the impact of generational differences on the potential to foster intimate inter-generational connections.
2. Participants will gain sensitivity to the aging process, and will learn to develop cultural competency in working with clients at various developmental stages.
3. Participants will examine the impact of generational levels of acceptance and resilience to technological advancement on inter-generational compatibility.
4. Participants will explore therapeutic strategies for maintaining their capacity to stay present and connected to the client despite rapidly changing environmental, societal, and political circumstances.
5. Participants will evaluate the impact of their own willingness as therapists to confront matters pertaining to death or dying on interpersonal and therapeutic capacity.

**“TIME FLIES LIKE AN ARROW; FRUIT FLIES
LIKE A BANANA.”**

— ANTHONY G. OETTINGER

A Welcome from AAP President Kristie Nies

I'm delighted to welcome presenters, guests, and members of our Academy community to the 2025 I&C. As a multidisciplinary group of psychotherapists, we are united by a shared commitment to fostering healing, growth, and authentic connection within the therapeutic relationship.

We honor the value of lifelong learning—both professionally and personally—and this conference offers rich opportunities for both. Together, we will deepen our understanding, challenge and inspire one another, and continue the courageous work of transformation, within ourselves and alongside our clients. Our commitment extends to creating an inclusive, supportive space where therapists can gather in community to explore, heal, and evolve.

With heartfelt thanks to our chairs, Jess McMillan and Erin McCarthy, whose care and vision have shaped this gathering, and to their hard-working committee.

About The American Academy of Psychotherapists

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



**“THE WOLF IS
ALWAYS AT
THE DOOR”**

— DON HENLEY

**THE DAYS ARE
LONG, BUT THE
YEARS ARE
SHORT.”**

**- GRETCHEN
RUBIN**

Ambassador Program For First-Time Attendees

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

AAP Professional Environment Policy

The Professional Environment Policy represents AAP's process to repair, correct, and prevent harmful interactions within sponsored events. The Academy is dedicated to fostering a diverse and inclusive community that develops the person of the therapist through authentic interpersonal engagement. Because our organization values authentic, enlivening process and connection through which individual and interpersonal learning can thrive, ruptures are inevitable. This is a shared responsibility upheld through the practice of informed consent. Persons who experience harm will have several access points, including on-site ombuds, to assist and consult with individuals about taking steps to feel safe for the duration of the event. The full policy, including reporting mechanisms, is available on the AAP website as well as the QR code found on the registration page.

The Relief Trust Fund

The Relief Trust Fund can provide up to \$1000 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 Board Chair of the Relief Trust Fund.

Target Audience and Instructional Level

Attending our Institute and Conference would be beneficial 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.

AAP Scholarship Program

The AAP Scholarship Program was established in 2008 to introduce psychotherapists to AAP's unique collegial community and learning opportunities. Each year, ten early-career and ten mid-career psychotherapists, from any discipline, are awarded need-blind, merit-based grants, providing \$1500 to help with registration, travel, and hotel expenses for AAP's annual Fall meeting. Applications are received before June 1, and awards are announced in mid-July. See page 19 for more about this year's scholarship groups.

Ombudspersons

Ombudspersons will be available on site for people who need support and guidance, or who have an adverse experience. Two ombuds authorized by the committee to help attendees will be available for on-the-spot consultation and counsel throughout the conference. They are Michelle Leyden and Anthony Hampton. Contact information for the ombuds will be provided at the conference.

The full Professional Environment Policy, including reporting mechanisms, is available on the AAP website at www.aapweb.com/aap-professional-environment-policy.



Land Acknowledgment

We acknowledge that the Piscataway Indian Nation continues to maintain a relationship with the lands where we gather today. We acknowledge their long-standing kinship with these lands and waters, and acknowledge that we are uninvited visitors on these Indigenous lands. In 1652, Susquehannock leaders transferred these lands to the English in an unsuccessful effort to stop English settlers from encroaching up the Susquehanna River. We acknowledge the social, physical, spiritual, and kinship relationships this land continues to share with Indigenous nations of the Susquehanna River and Chesapeake Bay. We acknowledge our responsibility to Indigenous nations to repair unhealthy relationships and to steward all life.

Based on information shared by the Piscataway Indian Nation tribal consultants, as well as a land acknowledgment statement drafted by a Susquehanna and Shawnee elder for the MSAC (Maryland State Arts Council) Land Acknowledgment Project.

<https://msac.org/resources/land-acknowledgements>



Americans With Disabilities Act

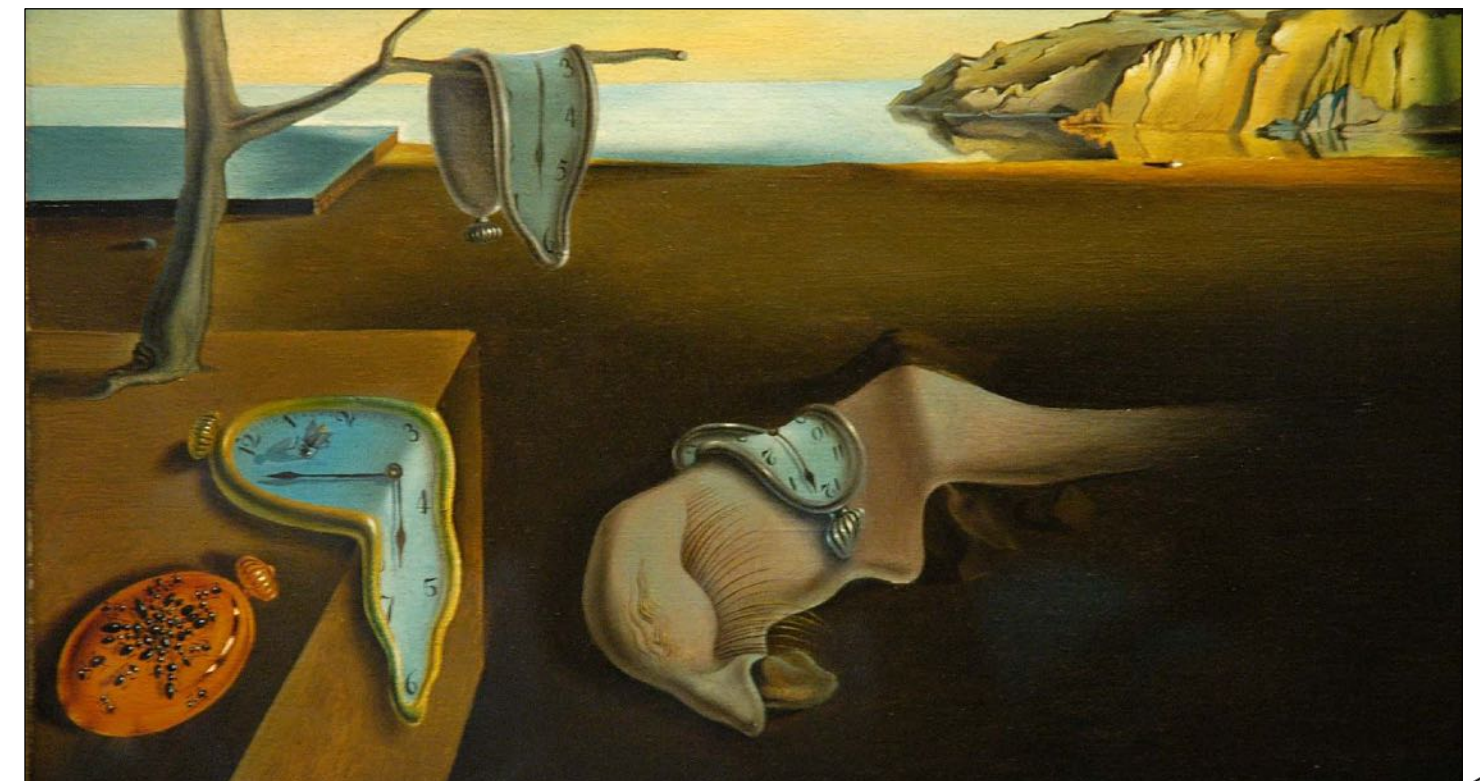
ADA accommodation will be made in accordance with the law. If you require ADA accommodation, please indicate your needs at the time of registration. We cannot ensure the availability of appropriate accommodations without prior notification.

Interested in Becoming a Member?

Information regarding membership requirements and applications can be found on the AAP website aapweb.com or by contacting the membership chair, Nelia Rivers at 404-261-8461 or neliarivers@gmail.com.

**HOW DID IT
GET SO LATE
SO SOON? IT'S
NIGHT BEFORE
IT'S
AFTERNOON.
DECEMBER IS
HERE BEFORE
IT'S JUNE. MY
GOODNESS
HOW THE TIME
HAS FLEWN.
HOW DID IT
GET SO LATE
SO SOON?"**

— DR. SEUSS



■ The Schedule at a Glance

WEDNESDAY, OCTOBER 15TH

- 12:00PM – 5:00PM Registration
- 2:00PM – 5:00PM Training Institute
- 2:30PM – 3:30PM New to AAP Orientation Group
- 4:00PM – 5:00PM Scholarship Process Groups
- 5:00PM – 6:00PM Newcomers’ Welcome Reception
- 6:00PM – 7:15PM Welcome Dinner Buffet/Fellows Awards
- 7:30PM – 8:45PM Opening Experience, Community Meeting
- 9:00PM – 10:45PM Open Process Groups; Peer Group Meetings

THURSDAY, OCTOBER 16TH

- 7:30AM – 9:00AM Breakfast
- 8:00AM – 9:00AM Registration
- 9:00AM – 12:00PM Plenary #1: Therapy at the Tipping Point
- 9:00AM – 12:00PM Scholarship Process Groups
- 12:00PM – 1:30PM Lunch; Diversity Lunch, Scholars Lunch
- 1:30PM – 3:00PM Community Meeting
- 3:15PM – 6:15PM Workshops/Training Institute Part Two
- 6:30PM – 8:30PM Affinity Dinners/Hosted Dinners
- 8:45PM – 10:30PM Open Process Groups; Peer Group Meetings

FRIDAY, OCTOBER 17TH

- 7:30AM – 9:00AM Breakfast
- 8:00AM – 9:00AM Registration
- 9:00AM – 12:30PM Plenary #2: Voices Through Time
- 12:30PM – 1:30PM Lunch; 12-Step Meeting; Diversity Lunch
- 1:30PM – 3:00PM Community Meeting
- 3:15PM – 6:15PM Workshops/Scholarship Process Groups
- 6:30PM – 8:30PM Affinity Dinners/Hosted Dinners
- 8:30PM – 11:30PM Honky Tonk Dance

SATURDAY, OCTOBER 18TH

- 7:30AM – 9:00AM Breakfast
- 8:00AM – 9:00AM Registration
- 9:00AM – 12:00PM Workshops, Visionary Museum of Art Group Trip
- 12:00PM – 1:00PM Lunch on your own
- 1:00PM – 3:00PM Affinity Group Meetings, Peer Groups
- 3:15PM – 6:15PM Workshops/Scholarship Process Groups
- 6:30PM – 8:30PM President’s Reception/Banquet Dinner
- 8:30PM – 10:00PM Closing Experience/Community Meeting

SUNDAY, OCTOBER 19TH

- 7:30AM – 9:00AM Breakfast
- 8:00AM – 9:00AM Scholarship Recipient Breakfast
- 9:15AM – 10:30AM Community Meeting

COMMITTEE LIST

Erin McCarthy:Co-chair	Kelsey Smith:Program
Jess McMillan:Co-chair	Lauren Gardner:Program
Ariana Prawda:Marketing	Linda Tillman:AAP Brochure
Carrie Phillips:Hosted Dinners	Consultant
Cathy Roberts:Activities	Lyndon Sherman:Hospitality
Dana Pierre-Paul:Rooms	Maddie Sharp:Hospitality,
David Donlon:Brochure, Open	Volunteers
Process Groups	Mary Gresham:CEs, Opening/
Doris Jackson:Consultation	Closing Experience
Hayden Dawes:Scholarship Program,	Meredith Albert:Treasurer, Rooms
Opening/Closing	Michelle Leyden:Ombuds, Hospitality,
Experience	Land
Izzy Vasquez:Hospitality	Acknowledgement
Jake Robertson:Cover and Theme Art	Orion Crook:Hospitality,
Design	Volunteers, Opening/
Jeremy Mohler:A/V, Dance	Closing Experience
Entertainment	Ros Feierstein:Continuing Education
Julia Strong:Consultation, Theme	Samir Patel:Affinity Groups
	Zach Pyne:AV

I&C Events and Activities



Welcome Reception Honoring New Members

We invite you to a special welcome reception specifically designed to introduce new members, scholarship program recipients, volunteers, and visitors to the leadership of the Academy and to the AAP community. We invite all who are curious about making AAP a professional home. Please join this first opportunity to connect and bring a willingness to meet and greet each other as we begin the I&C.

Wednesday 5:00 – 6:00PM.

In addition, we will be offering a New to AAP Orientation Group on Wednesday from 2:30 – 3:30PM.

Opening Experience

All participants are welcome as we beckon in this sacred time together. Our conference is finite in time, and time will run out. Be with us as it begins. The committee will offer an opening experience which will be followed by our first community meeting.

Community Meetings as Clinical Practice: Fostering Authenticity, Presence, and Connection in Large Group Settings

Community Meetings at the American Academy of Psychotherapists offer clinicians an experiential training in large group process, grounded in authenticity, presence, and emotional honesty. Participants engage in real-time interpersonal interaction, cultivating clinical competencies such as attunement, self-awareness, and therapeutic relational responsiveness. Through facilitated process and group reflection, therapists explore here-and-now awareness, inclusion, and emotional expression. This process highlights the interconnection between therapist self-development, professional community, and clinical effectiveness, supporting growth that enhances both therapeutic relationships and overall clinical practice.

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 and learn firsthand about relationships and group dynamics. In addition to the established ongoing peer groups, the I&C will include evening process groups, open to both newcomers and members. Led by experienced AAP member therapists, these open process groups will consist of no more than 15 participants and will require a two-night commitment. If you want to participate in an open process group, please indicate this on your registration form. No CEs are available for open process groups. They will be held Wednesday and Thursday evenings.

***Special note:** Confidentiality and sobriety are requirements for participation in open process groups.*



Affinity Groups

Wondering what an affinity group is? At AAP, we endeavor to create spaces where all participants can find belonging and connection. Sometimes this requires a smaller, more intimate group of folks with a shared identity. Affinity groups are self-led groups formed around shared identities or interests, such as belonging to the LGBTQ community or being a person of color. AAP has had a formal BIPOC affinity group for a few years, and now we have added an LGBTQIA affinity group. We invite attendees outside of these two groups to create their own affinity spaces. You can post sign-up sheets for a new possible group on the bulletin board at the conference. Some ideas we have when we think of affinity: people who are parents, people identifying as neurocomplex, people with disability, and people who are athletes. We look forward to hearing your ideas as we develop this ongoing resource together.

Slow Running

Jonas Horwitz is leading a slow-running group every morning during the Institute & Conference. If you are interested in joining, meet in the lobby at 7:00AM. Pending survival, you should find yourself back by 7:45AM. (Thursday, Friday, Saturday)





BIPOC Only Group

This group will be a gathering space for members who identify as Black, Indigenous, or People of Color. This is a lightly led group with a dinner outing on Thursday night and a two-hour lightly-led group on Saturday afternoon. This is a time to process the conference experience.

LGBTQIA Affinity Group

This group is for all who identify as a member of the LGBTQIA community. We will gather for an informal meal on Thursday evening and meet for a two-hour process group on Saturday afternoon.

Diversity Lunches

Attitudes and terms have changed how we might address “isms.” The diversity lunch format invites dialogue drawn from reconciliation work and differs structurally from AAP community meetings. We can all learn from each other. All you need to bring is your open mind and your curiosity to create space for sharing. We will meet on Thursday and Friday during lunch. Lunch location will be posted at registration.

12-Step Meeting

AAP offers a 12-Step meeting during lunch on **Friday, October 17, from 12:30PM – 1:30PM.** Participants from all 12-step programs are welcome to attend. Newcomers or people curious about 12-step programs are welcome. Grab your lunch and join us. Time and the room assignment will be posted on the bulletin board at the registration desk.



**IT IS LOOKING AT THINGS FOR A LONG
TIME THAT RIPENS YOU AND GIVES YOU A
DEEPER MEANING.”**

— VINCENT VAN GOGH

Hospitality

At the end of each day, we invite you into a cozy pocket of time to unwind, connect, and be. Sometimes through laughter and playful moments, other times through quiet tears and soft shedding of feelings—this is a space for us to host each other and experience each other. Expect delicious treats, refreshing drinks, and open-hearted hospitality, all suspended in a time-traveling portal of presence. Watercolors, fidget toys, and a vibe worth sinking into await, lovingly hosted by a whole gaggle of us and our amazing volunteers. Please join us in hospitality at the following times, and watch for updates to the schedule as we get closer to the conference.

Wednesday 9:00PM – 12:00AM

Thursday 6:30PM – 12:00AM

Friday 7:00PM – 1:00AM

Saturday 6:15PM – 8:15PM, 10:00PM – 1:00AM

See you there!

Hosted Dinners

Want to get more acquainted with other AAP members and attendees? We will offer hosted dinners on Thursday and Friday from 6:30PM – 8:30PM at several beloved local restaurants. This is a great option if you would like to enjoy our host city, Baltimore, while meeting new folks. Digest both delicious foods and the stirring content of the conference! Everyone is welcome. You can find information about restaurants and the AAP member “hosting” the dinner at the registration desk. Look over the restaurant choices, and sign up for the gatherings of about six to 12 people. Bon Appetit! Salud! Cheers!

Affinity Hosted Dinners

Gather with the BIPOC-hosted dinner crew or the LGBTQIA crew for a dinner outing. This is a low-stakes way to connect with other attendees who share your identity.



**“THE BAD NEWS
IS TIME FLIES.
THE GOOD
NEWS IS
YOU’RE THE
PILOT.”**

**– MICHAEL
ALTSHULER**

Visionary Art Museum

Saturday morning

9:00AM – 11:30AM, or longer if you'd like to linger...



Meet us in the hotel lobby for a glorious morning walk (25 minutes) to the American Visionary Art Museum. This museum shows the works and process of outsider artists, or artists who have not received formal training, including artists living with mental health disabilities.

From giant kinetic sculptures to intimate, soul-stirring works, every piece tells a story of resilience and vision. Be inspired by art that breaks boundaries, defies convention, and celebrates the limitless spirit of human creativity.

We will be leading a large group to explore and experience the museum. We invite participants to join us on this unique and fruitful group outing to one of Baltimore's premier attractions, where raw imagination transforms into breathtaking creations.

We are able to offer the first 60 tickets at our \$12 group rate. If you are interested, please add this option during conference registration. Once these 60 tickets are sold out, we would invite additional participants to pay the museum directly. Adult tickets are \$15.95 and tickets for seniors are \$13.95.

If you would rather take a car to the museum, you are welcome to do so. We can assist you with calling an Uber or Lyft, and we will set up some carpools. Please contact Orion Crook (orionpsychotherapy@gmail.com) ahead of time with requests for additional transportation.



Scholarship Process Groups

Therapists from all disciplines were invited to submit applications for scholarships through the AAP website by June 1, 2025. Participants were notified in mid-July.

This ten-hour training — one group for early-career and one group for mid-career grant recipients — will address issues of ethical self-care, use of the authentic self in psychotherapy, the importance of collegial support and input, and the formation of safe boundaries in the therapeutic relationship. In keeping with this year's conference theme, we will make the most of the time we have together and address how to use the time limits of any psychotherapy treatment to enhance its effectiveness.

The groups will meet

Wednesday 4:00PM – 5:00PM, Thursday 9:00AM – 12:00PM,

Friday 3:15PM – 6:15PM, Saturday 3:15PM – 6:15PM. Ten hours in all.

Gordon Cohen, PhD, is a clinical psychologist who has been in private practice in Washington, DC, since 1993, the same year he joined AAP. He has a large group therapy practice, and also works with individuals and couples. He is a past president of the Academy, serving in that role from 2014 to 2016, and in 2024 was selected as a Fellow of the Academy. He currently serves as Board Chair for AAP's Relief Trust and Endowment funds. His love and admiration for AAP have carried him throughout the years.

Nelia Rivers, LCSW, began her informal psychotherapy training in her family of origin. Her formal training in psychology and social work followed, and she spent years providing direct services to severely emotionally disturbed children and their families. In 1984, she joined AAP and began her private practice specializing in the treatment of children, adolescents, young adults, and families. She is the membership chair for AAP and was selected as a Fellow of the Academy in 2017.

Sean LeSane, LICSW, is a clinical social worker in private practice in Washington, DC. He provides individuals, couples, and group psychotherapy to adults. He also provides consultation and supervision to new clinicians. He is licensed in the District of Columbia. Sean has been part of the AAP community since 2008 and is the former chair of the Professional Environment Policy Committee.

Stephanie Spalding (she/her), LCSW-R, is a clinical social worker in private practice in New York City. She sees individuals and couples and provides supervision to candidates at the Institute for Contemporary Psychotherapy, where she trained in relational psychoanalysis. AAP has been her professional home for over 20 years, and she can't imagine her life without it.

As we play with time, we are changing the AAP Dance to FRIDAY night.

The FRIDAY Night DANCE

A honky tonk in Baltimore? What? Yes, Charm City has a thriving bluegrass, old-time music, and classic country scene, and even old-school honky tonk dances. Pack your dancing shoes (and cowboy boots?) because we're going back in time to learn the Texas two-step and dance our hearts out to twangy tunes from a bygone era. We'll get a dance lesson and then cut it up to the band Rusty Sal, an all-star cast of some of Baltimore's strongest Americana musicians. From Rusty Sal's website, in their words,



"The band aims to bring a new generation of fans to the songwriting of Hank Williams, Buck Owens, Loretta Lynn, George Jones and other old favorites."

Let's enjoy this timeless music together. After the dance lesson and the Rusty Sal's set, we will have AAP DJs to lead our dancers through the decades.

Saturday Banquet

In keeping with tradition, we invite you to celebrate with us at the Saturday night banquet dinner and awards ceremony. Note that this is an additional \$99 charge; please buy your ticket at registration. Dinner will be followed by our closing experience and a community meeting.

Closing Experience

What happens when our conference... runs out of time? Join us for a collective closing experience on Saturday evening that will serve as a formal way to say goodbye. Through ritual, symbol, and song, we will honor this ending together and see what gets stirred up. This will be a separate offering from our final community meeting on Sunday morning.



The Program

PLENARY 1, THURSDAY AM

Therapy at the Tipping Point: Supporting Clients Facing Climate Collapse (3 CEs)



A majority of Americans report that they are worried about climate change. All of us have already begun to feel the effects of climate change with warming temperatures and more extreme weather. As climate change continues, the mental health impacts of climate change are

becoming more pronounced and better understood. Join Dr. Jon Gorman to learn about how to work with therapy clients who present with concerns related to climate change, including coping with distress, resilience, and finding meaning. This workshop will include an overview of the latest research on the topic as well as practical therapy tools that are tailored to be most helpful for individuals experiencing climate-related distress.

**“THE BEST TIME
TO PLANT A
TREE WAS 20
YEARS AGO.
THE SECOND
BEST TIME IS
NOW.”**

**— CHINESE
PROVERB**

Jon Gorman, PsyD, is a clinical psychologist and the owner of Towson Therapy Group. He is an assistant clinical professor of psychology at Loyola University, Maryland, and an active member of the Climate Psychology Alliance of North America and Healthy Climate Maryland. His work focuses on the psychological impacts of climate change and eco-aware therapeutic approaches. Dr. Gorman is the author of a forthcoming book, *Facing Climate Anxiety*.

PLENARY 2, FRIDAY AM

Voices Through Time: Holding Space for the Generations (3 CEs)

As therapists and humans, we find an undeniable kinship in connecting with others from our own particular timeframe. We locate each other through time – what year did you graduate? When were you born? – and use these origin stories as a bridge for connection. But what if, in our eagerness to find commonality with our peers, we create a group of insiders/outsiders and prematurely reject connection with those who came before or after us? Age and generation can unite, but also offer quite powerful fodder for division. In the consulting room, age and generation of the therapist and the client can predetermine answers to the following questions: Can you help me? Do you understand me? Do you see me?



As clients or therapists, we reach for a metaphor, hoping for shared understanding, only to find that the other can't quite locate it inside themselves. In building intergenerational connection, we may risk deep frustration in our attempts to feel effective, connected, and authentic. We are called to work through these impasses because intergenerational relationships offer us the chance to make up for lost time, to have family, to be parents, to pass something on, to share our story, to experience wonder, to receive wisdom, and to leave something behind. This demonstration will strive to create connection and relationship across the generational divide. Join us for an intimate three-part demonstration exploring the emotional landscapes of members of different generations hoping to find, secure, and hold onto connections across the boundaries of time.

Avrum Weiss, PhD, is a psychologist who has over forty years of experience practicing, teaching, and writing about psychotherapy. He is the award-winning author of four books, including *Hidden in Plain Sight: How Men's Fears of Women Shape Their Intimate Relationships*. Dr. Weiss lives with his wife and dog on an island in mid-coast Maine and offers psychotherapy consultation online.

Liz Marsh, LICSW, is a psychotherapist in private practice in Washington, DC. Liz has spent over ten years combining her love of relational group therapy and the expressive arts to help her clients get to know themselves and find deeper connection with others. Liz strives to help each of her clients find empowerment through understanding the dynamics in their families of origin AND our society as a whole. In this way, Liz sees mental healthcare as a tool for social justice. Liz is the immediate past president of the Mid-Atlantic Group Psychotherapy Society.

**TRAINING INSTITUTE,
WEDNESDAY PM, THURSDAY PM**

**T1. Part 2
Aging and Integration: Transforming Identity and
Meaning Across the Lifespan**
(6 CEs, Max 12) Must have attended part 1 in June

Kierkegaard said, “Life can only be understood backwards, but it must be lived forwards.” This six-hour didactic and experiential workshop invites clinicians to engage in a Life Review Exercise, exploring aging as a developmental passage from role to deeper self. Participants will reflect on neglected or unintegrated aspects of identity and will consider the emergence of the elder as a vital psychological transition. Through guided reflection and group dialogue, the workshop supports authenticity, emotional presence, and renewed therapeutic insight in work with aging clients and oneself.

Stephanie Ezust, PhD, attended Georgia State University and has practiced psychotherapy for over 45 years in Decatur, Georgia. She has been an Academy member for almost 30 years. An aging therapist and survivor of breast cancer, she dives deeply into issues of illness, mortality, and has undertaken the transformation from role to soul, which requires authentic confrontation of the Shadow.

**THREE-DAY WORKSHOPS THURSDAY
PM, FRIDAY PM, SATURDAY PM**

1. Becoming Through Our Knowing
(9 CEs, Max 12)

We will examine cultural differences in authentic relationships among women in the second half of life. Using the Tree of Life as a guide, we will share stories of the realms we inhabit as a way of improving navigation in new times. Please wear comfortable clothing and bare feet. The skills we gain as we spend this time together will enhance our work with clients in our practices.

Karen Hammond Brown, LCMHCS, is currently working in private practice. Karen is a certified intermodal expressive arts therapist, a tutor in the Kabbalah Society Toledano Tradition, and a certified psychological astrologist. A child of a holocaust survivor and a Native American, she has been interested in healing and identity over a lifetime.

Judy Lazarus received her MSW from Catholic University in 1972 and is a clinical social worker in Edgewater, MD, where she works with adults. As a white-haired white woman therapist living in unprecedented times, she values stories of coming into one's deeper self as a resource for navigation.

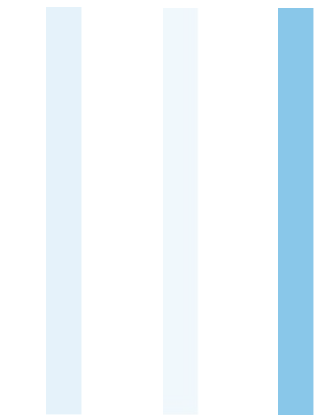


2. Love, Ecstasy, and Death: Existential Themes and Ritual Process in Psychotherapy (9 CEs, Max 12)

This experiential workshop explores roles psychotherapists embody during ritual and transformational processes in clinical work. Participants will engage in reflective and interactive practices, identifying patterns that sustain or deplete energy in therapeutic encounters. We'll examine vitality, presence, and ethical responsiveness. We'll find therapeutic clarity, resilience, and intention in symbolic and emotionally-charged clinical material. Multiple evidence-based approaches to this goal are discussed in the workshop. Material based on embodiment and somatic theory do not have consensus in the scientific community due to lack of evidence-based study (see Somatic Experiencing International).

Michelle Y Leyden, MA, LPC helps clients find freedom and empowerment by developing self-love and personal sovereignty. Michelle went to West Georgia's humanistic psychology program, which led her to become involved in AAP. Michelle has been engaging with Death as a teacher for years in her personal/spiritual/existential work and finds value in destigmatizing it.

Adam Klein, PhD is a licensed psychologist. He has pursued martial arts to embody the Warrior, plays guitar, and dances to embody the Lover, conducts ritual (psychotherapy) to embody the Magician, and has a mentor as a way to embody the King. His children left for college which helps him fall in love with his wife daily.



“
**TIME IS THE
LONGEST
DISTANCE
BETWEEN TWO
PLACES.”**
— **TENNESSEE
WILLIAMS, THE
GLASS
MENAGERIE**

TWO-DAY WORKSHOPS
THURSDAY PM - FRIDAY PM



3. Here, and Gone: Maintaining Our Sense of Self As We Navigate Change (6 CEs, Max 15)

Life is a confluence of beginnings and endings. How do we maintain a coherent sense of self over time? This workshop will explore elements of personal resilience in the face of change. A deeper relationship with self and others is an important resource during periods of transition. Participation in this workshop will teach the therapist how to strengthen resilience in transitions, which, in turn, will help our clients.

Lori Oshrain, PhD has been in private practice outside Chapel Hill, NC, for 30 years, and has led numerous workshops and a training institute for AAP. Lori feels most alive when improvising in relationships and music, and when making art with wood, leather, and seed beads.

David Pellegrini, PhD, is a clinical psychologist in private practice in Washington, DC, and a long-time member of AAP. Previously, he was a tenured associate professor of psychology at The Catholic University of America. He provides individual, couples, and group therapy, as well as consultation to businesses. In addition, he is an avid oil painter, photographer, and writer.





4. Bridging Time: Healing Generational Trauma in an Era of Rapid Change (6 CEs, Max 14)

The relationship between therapist sustainability, intergenerational trauma, and human connection will be examined through body-based practices that increase awareness of internal states and support nervous system regulation. Through guided experiences, reflective dialogue, didactic presentation, and relational exploration, we will process inherited patterns of stress and resilience. Multiple evidence-based approaches are included, like storytelling and narrative therapies, concepts of intergenerational trauma, and clinician wellness. The material based on somatic theory and embodiment is not currently considered evidence-based. (For more information, visit Somatic Experiencing International-- <https://traumahealing.org/research/>)

Dana Pierre-Paul, MFT, is a marriage and family therapist fostering healing and growth through an eclectic therapeutic lens. She helps individuals, couples, and families establish healthy boundaries, improve self-regulation, and cultivate self-awareness. By understanding systemic dynamics, she works to realign structures, disrupt dysfunction, and guide clients toward healthier relationships with themselves and others.

Duewa Kaya Spicer, LCSW-S CST, is a holistic psychotherapist, AASECT certified sex therapist, speaker, and advocate dedicated to decolonizing mental health through trauma-informed, culturally responsive care. Kaya champions collective healing, integrating traditional wisdom with somatic therapies to dismantle systemic barriers and empower communities. They believe deeply in the transformative power of interconnectedness for holistic well-being.

“

**INELEGANTLY,
AND WITHOUT
MY CONSENT,
TIME PASSED.”**

— **MIRANDA
JULY**

5. "I didn't know what time it was, then I met you": Love in the Therapy Encounter (6 CEs, Max 15)

The relationship between therapist and client plays a major role in the outcome of psychotherapy. We will explore this assertion, as well as the ways psychotherapy can help clients foster love in relationships in their lives. Using a combination of didactic and experiential modalities, we will illuminate how the experience of love can be nurtured in psychotherapy to benefit the client. We will examine the impact of transference and countertransference in the experience of love as a therapeutic process.

Murray Scher, PhD, attended University of Texas at Austin. He is a past president and fellow of the Academy and a fellow of the APA. He has been a professor, worked in student services, and has been in private practice for over fifty years. He has published on topics of gender and the intricacies of psychotherapy.



6. If not Now, When?! The Ethics of Risk-Taking in the Therapeutic Relationship **ETHICS** (6 CEs, Max 12)

Therapists and their clients value the comfort and safety of the consultation room. We like a process that is known and predictable. Yet the most transformative and flourishing moments of therapy may come from stretching and risking beyond the known experiences of the self and other. This group will focus on creating the courage to step out of comfortable roles and patterns. Learning risk-taking will be a skill we can transfer to our clients. If not now, when?

Lyn Sommer, PhD, ABPP, CGP, is practicing in Connecticut, specializing in intensive individual and couples therapy. She is board-certified as a group therapist and loves the power and risk-taking that is transformative in groups. A long-time participant in AAP, she is currently serving as immediate past president.

7. Endings are a bitch!
(6 CEs, Max 8)

James Taylor’s song for this group would be: "I Will Never See You Again." Letting go of someone you love may create high anxiety. Addressing this pain can deepen our relationships. We will address the loss anxiety that is in the room—not to fix it, but to honor it. We will respect the brief time we have with one another. We start relationships with our clients that ultimately end. Experiencing the loss process is crucial to saying good-bye well.

Jonas Horwitz, PhD practices in Durham, NC. He sees adults, couples, and runs groups for psychotherapists. He is a member of the APA, and AAP. He is the author of *How to Stop Feeling So Damn Depressed: The No BS Guide For Men*, and is working on *Braking Anxiety: Neuroscience to Reclaim Your Life!*



8. Quantum Physics, Time Travel, and Psychotherapy
(6 CEs, Max 20)

Since Freud and Jung, clinicians have observed therapeutic phenomena that defy linear models of time and causality. Recent developments in quantum physics theory may provide meaningful frameworks for understanding the intersection of consciousness and psychotherapy. Participants will explore key principles from quantum physics, including Federico Faggin's (2025) Quantum Information Processing framework, and learn how emotional experience functions outside of time to preserve unhealed trauma. Ethical and cultural implications of integrating these perspectives into psychotherapy will also be examined.

Shana Evans-Bassett, MS, LPC is a licensed professional counselor with a busy private practice in Atlanta, GA. In addition to her therapy practice, she leads professional consultation groups for early-career therapists. Shana has long been fascinated with the metaphysical and relational aspects of psychological development and healing.

“**THEY SAY I’M
OLD-
FASHIONED,
AND LIVE IN
THE PAST, BUT
SOMETIMES I
THINK
PROGRESS
PROGRESSES
TOO FAST!”**
— **DR. SEUSS**

9. Time's Up! How We Cope with Losing Someone
(6 CEs, Max 10)

In this two-day workshop, we will explore experiences of being "out of time" to engage with, make repairs to, or seek answers from a significant relationship. What did losing this person illuminate for you about yourself? Does the passage of time shift how you understand the person or your relationship with them? What do you notice in your body? In other relationships? In your work? What wisdom can we glean from our experiences to help patients with theirs?

Kristin Staroba, MSW, is in private practice in DC and MD since 1996, and has presented workshops, process groups, plenaries, and articles at AAP salons, Summer Workshops, and I&Cs. She edited AAP's peer-reviewed journal *Voices* from 2013-2018, and is a fellow and past president of the Academy.

ONE DAY WORKSHOPS – THURSDAY PM

10. ADHD: Tyranny of the Forgotten Task
(3 CEs, Max 15)

Adult ADHD can be devastating, and those who suffer from it may carry the burden of unidentified experiences of shame. Forgetting tasks, operating inefficiently in a workplace that demands consistency, and marching to one’s own rhythm: the adult with ADHD lives on a different time signature, yet has to somehow adapt to societal time. Our clients often present with these issues. We will explore ways to work differently with the tyranny of the forgotten task.

Lauren Gardner, LCMHC, PhD, is a psychotherapist in private practice in Chapel Hill, NC, where she works with adults of all ages. Lauren also enjoys working with women and nonbinary people with ADHD, especially in healing the shame that comes with a lifetime of cognitive overwhelm and in supporting the struggle of staying organized in an increasingly demanding world.

“**TIME IS TOO SLOW FOR THOSE WHO WAIT, TOO SWIFT FOR THOSE WHO FEAR, TOO LONG FOR THOSE WHO GRIEVE, TOO SHORT FOR THOSE WHO REJOICE, BUT FOR THOSE WHO LOVE, TIME IS ETERNITY”**
- **HENRY VAN DYKE**

11. Running Out of Time: When our Unfinished Work Gets in the Way
(3 CEs, Max 35)

As therapists, we encourage our clients to heal, grow, and change—but are we doing the same? Unresolved wounds, resistance to self-work, and emotional stagnation can create blind spots and limit our effectiveness as therapists. This presentation explores how our unfinished business impacts the therapeutic process and why personal growth is an ethical responsibility. Just as doctors have doctors, therapists must prioritize their own healing. Join us in a conversation about modeling the courage and transformation we ask of our clients.

Tasnim Sulaiman, MFT, LPC, is a licensed psychotherapist, CEO, and founder of Black Men Heal, a nationally recognized nonprofit offering free, culturally responsive therapy to Black communities. With 20 years of clinical experience, Tasnim is a leading voice for mental health equity. Her work has been featured on Netflix, NBC, and more.

Edith King, MA, LPC, is a counselor, author, and educator. She is the owner of King Counseling Services and serves as the Director of Group Programming for Black Men Heal. Edith serves as an adjunct professor for Eastern University and provides professional development. Her passion lies in empowering individuals to cultivate the courage and willingness to do the work to be well.

12. "Running out of time": Ambiguous Loss and Aging Alone
(3 CEs, Max 30)

How are we spending our time, knowing we are living the last chapter? Among the challenges for us as we age may be learning to live with ambiguous loss, facing spousal loss or living alone, having physical and medical changes, or experiencing a life we never imagined. We may face spiritual challenges and find ourselves reexamining our values. As we come together to share our strengths and vulnerabilities, we will gain resources to share with each other and our clients.

Victoria Danzig, LCSW, DCEP, has been fascinated with the use of plant medicine for PTSD, depression, end-of-life therapy, and grief. She received training in psychedelic-assisted therapies and research at California Institute of Integral Studies and 100 hours in MDMA-assisted therapy from MAPS. Victoria has been facilitating a spousal loss group since 2021.

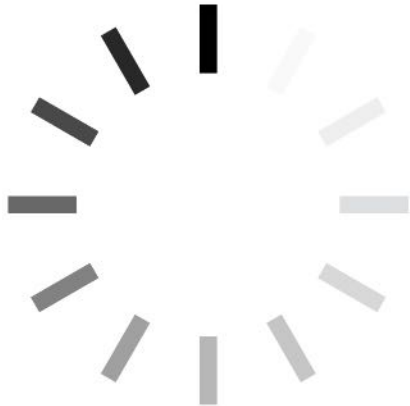


13. Time as Wish: Reflecting on Session Length and Frequency When Out of Time
(3 CEs, Max 20)

Managed care often defines the therapist’s relationship to time with clients’ suffering. Pressure about using time and its value disrupts sitting with the containing, constricting, and calming functions of the amount of time in and between sessions. Time in session evokes our own dependency, as well as a tableau for wishes. The wish for more time, less time, and for a capacity to shrink or expand our impact can operate continuously when we are out of time.

The work of Hayden Dawes, PhD, LCSW, LCAS, is informed by years of experience within multiple sectors, including community mental health, substance abuse, veterans’ health, and private practice. He teaches graduate courses and regularly provides lectures on mental health equity for LGBTQ+ People of Color and the foundational skills of cultural humility for the community.

Sara Bressi, PhD, LSW, is a professor at Bryn Mawr’s Graduate School of Social Work and Social Research. Her current scholarship emphasizes the translation of psychoanalytic theory to practice in service settings, including inpatient hospitals, community mental health settings, and substance use treatment settings. She is a psychoanalyst in private practice.



TWO DAY WORKSHOP
FRIDAY PM - SATURDAY AM

14. Existential Horror: Acknowledging When Not Knowing Whose Time Will Be Up
(6 CEs, Max 12)

Helping clients acknowledge the death of others is often a topic in therapy. Sometimes a death is foreseeable, but at other times, death strikes at random. In this two-day workshop, participants will watch the movie, *The Monkey*, and discuss the themes of unplanned death, abandonment, powerlessness, as well as other themes that arise. We will look at applying what we learn in this workshop to our work with clients.

Michael Southers, LCPC, graduated from McDaniel College. He currently works in Frederick, MD, seeing clients at his private practice. He also teaches REBT and group counseling at Hood College. Cooperative board games are a hobby of Michael’s, and he has presented lectures about how game theory relates to life success.



“LIVE AS IF YOU WERE LIVING A SECOND TIME, AND AS THOUGH YOU HAD ACTED WRONGLY THE FIRST TIME.”

— VIKTOR E. FRANKL, MAN’S SEARCH FOR MEANING

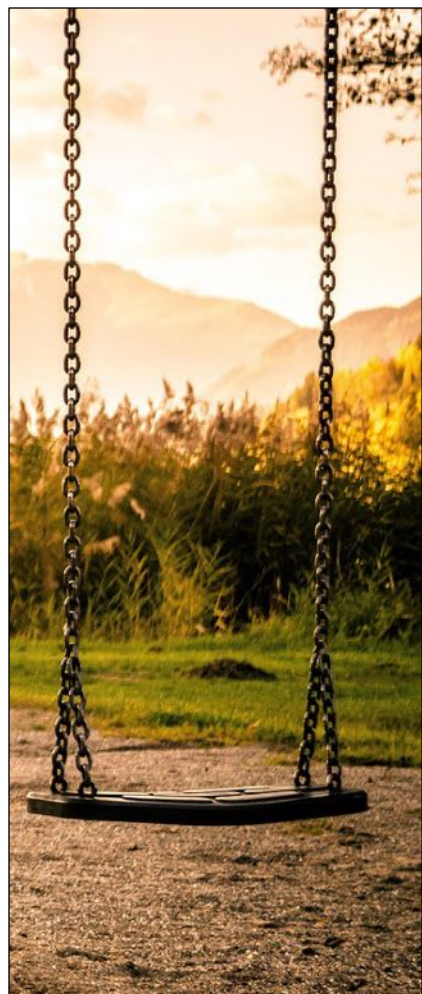
ONE DAY WORKSHOPS
FRIDAY PM

15. Using Artificial Intelligence (AI) in Your Psychotherapy Practice: Clinical Opportunities and Ethical Challenges **ETHICS**
(3 CEs, Max 40)

This workshop offers a mix of didactic presentation and hands-on activities, equipping attendees with the knowledge and skills to ethically navigate AI’s rapidly evolving role in psychotherapy practice. No previous knowledge of AI is assumed. Basic terms and competencies will be covered, and participants will be encouraged to engage in activities in real-time. Whether you’re new to AI or hoping to enhance your expertise, this three-hour CE provides the core information you need to incorporate AI ethically and effectively into your practice.

Scott Peck, PsyD, is a clinical psychologist and professor at The Chicago School of Professional Psychology. He specializes in OCD and working with LGBTQIA+ clients. With nearly 20 years of experience as a software engineer, he brings a unique perspective to the ethical integration of AI in psychological assessment, treatment, and education.





16. I did not have children, and it's too late now.
(3 CEs, Max 12)

Whether it was your choice, or it was decided for you, those who are childless face unique challenges. We may feel like outsiders, wonder who will take care of us when we are old, or wonder where to focus our love. Sit with us as we discuss the experiences of women without children, as well as how we create meaning and fulfillment in our lives. Increasing our understanding of childless women, we are better able to serve our childless clients.

Carrie Phillips, MSW, LISW, has worked as a psychotherapist in Dayton, Ohio, for 30 years. She likes doing group, individual and family therapy. The decision not to have children is a topic that is very dear to her heart.

Ellen Connell, PsyD, is based in Washington, D.C. She is childless not by choice and has presented for several World Childless Weeks. Although she has taken on the role of part-time step-parent/friend to a teenager, she is very aware of the grief of not having your own children.

17. What about me?
(3 CEs, Max 10)

A workshop for us women to listen to ourselves about how we spend our time and notice how much (or how little) is spent on ourselves. A short partnered activity will help each person feel seen and heard in their current life stage. In a world where it feels like there is little time for you, this group will be your protected time. Attending to spending time on ourselves will give us tools to share with our clients.

**“TODAY IS THE
SEED TIME,
NOW ARE THE
HOURS OF
WORK, AND
TOMORROW
COMES THE
HARVEST AND
THE
PLAYTIME.”**

**- W.E.B. DU
BOIS**

Erin Simone, LPC, practices in Atlanta, GA, offering individual and group psychotherapy. Her specialty is self-confidence, which she defines as being able to listen to yourself and to trust yourself. She has previously been involved with AAP but has less time since having her two kids. Now, more than ever, it feels like there is very little time for herself.

**18. Love on the Line: Helping
Couples Through Changes Before
Time Runs Out**
(3 CEs, Max 40)

In this interactive workshop, you will explore strategies to help clients navigate life transitions before disconnection becomes irreversible. Through exercises and frameworks, participants will learn to identify warning signs of relational distress and apply interventions that foster communication, trust, and resilience. Attendees will leave with actionable tools to guide couples to reconnection—before time runs out. This session is ideal for clinicians seeking to enhance their effectiveness in couples therapy and for individual clients looking to be intentional in their relationships.



Danielle D. Boucree, MSW, LCSW-C, MBA, is the founder of HOPE Psychotherapy. She works with both individual adults and couples with a practice fueled by the Gottman Method. Her 12-week couples therapy framework helps partners strengthen connection and communication. Danielle has led workshops on relationship healing and provides evidence-based strategies for clinicians supporting couples in therapy.

TWO SESSION WORKSHOPS
SAT AM – SAT PM

19. Finding Kairos (mythic time)
(6 CEs, Max 12)

The ancient Greeks had two words for time: Chronos: sequential time, and Kairos: “the exact right moment.” With the help of ritual, we will seek to access this secondary time continuum beyond our earthly routines. We will practice slowing down and being present with one another. What is the therapeutic potential of experiencing life beyond the constraints of time? Would this experience help to foster a deeper sense of awareness, peace, and fulfillment? Our ritual experience can be employed with clients.

Liz Marsh, LICSW, ATR, CGP, is a social worker, art therapist, and certified group psychotherapist. She combines relational therapy and expressive arts to give clients the tools to create joyful and fulfilling lives. Liz strives to help each of her clients find their personal agency through understanding the dynamics in their families AND in our society as a whole.

Christopher Straley, MSW, CST, CGP (he/him) is a psychotherapist in DC and MD specializing in sex therapy, group work, and trauma. He works relationally with LGBTQIA+, kink, poly, and recovery communities. Christopher teaches at the Washington School of Psychiatry and co-leads ongoing interpersonal and Sexual Health in Recovery therapy groups.



“WHAT A
STRANGE LIFE!
AN EVENING
REFUSES TO
PASS, YET THE
YEARS ARE
SLIPPING BY
EFFORTLESSLY.”

- MIRZA GHALIB



20. Group Leadership under Time Pressure
(6 CEs, Max 8)

In this experiential training, we will rotate leadership of our interpersonal process group. Participants will set goals and will have limited time to achieve them. Group therapy techniques, and the experiences of leadership and time pressure will be discussed. No previous experience leading groups necessary– we’ll help you get started.

Jonathan Farber, PhD, offers supervision and psychotherapy in North Carolina, and in Washington, DC. Nearer the end of his career than the beginning, he feels that one lifetime isn’t enough time to learn all that a psychotherapist needs to know. So we do what we can in the time we have.

21. Men Who Were Once Boys
(6 CEs, Max 8)

A man walks into your office and says, “Nothing I do is good enough for her.” He’s only partly aware of his anger, shame, and resentment. Messaging around boyhood and manhood is ancient. What messages did this man get as a boy? Does identifying them address the initial complaint before he’s out of time? For therapists who offer couples therapy as well as people seeing men as individuals, this workshop should deepen your understanding of male dynamics.

Diane Christie Shaffer, PsyD, works in private practice in Philadelphia and Swarthmore, PA. Many important relationships with men have shaped and influenced her during her life, including her father, a big brother, her husband of 31 years, her two adored adult sons, her first therapist, and many male clients over the years.

**“THE AGES LIVE IN
HISTORY
THROUGH THEIR
ANACHRONISMS.”**

– OSCAR WILDE

David Christy, MSW, JD, brings years of contemplation about messaging about boys and men, coupled with a deep appreciation of the power wielded by women. His workshop is also inspired by the speed with which he can go to a deep, dark place when he perceives that women are displeased with him.

22. Running Out of Time or Just Getting Started? Queer Identity in Adulthood (6 CEs, Max 12)

Queer folks who discover their identity as adults may feel they have lost time conforming to societal expectations. Delayed self-exploration can create a sense of urgency to reclaim authenticity. This interactive workshop explores these experiences through activities and guided discussions, providing time for reflection, connection, and shared insights. In working with each other, we will gain helpful ways to work with clients in the same identity determination as adults.

Lyndon Sherman, MS, NCC, is currently completing his final year of a doctoral program in counseling psychology. His research emphasizes LGBTQ+ issues and intersectionality. Clinically, he focuses on forensic and correctional populations, working with individuals on probation, in state hospitals, and in prisons. His approach often integrates trauma-informed care and skill-building interventions. He has attended AAP events since 2020.

Sally Kiss, LICSW is a clinical social worker in private practice in Quincy, MA. She works with individuals, particularly young adults who have experienced trauma, and she recently became trained in EMDR. Sally has been involved with AAP since 2019 and was a scholarship recipient in 2022.

23. Out of Shame (6 CEs, Max 12)

Shame is a potent saboteur, often operating without awareness. Our patients (and often we, ourselves) can suffer for decades from the negative effects of shame, manifesting as intractable depression, anxiety, chronic illness, addiction, and repetitive underperformance and failure. Leveraging our patients' awareness that each day brings us closer to running out of time, we can guide them into the delicate and painful work of unlocking shame so that they may more fully live.

Thia Joseph, LICSW, found her way to the field of depth-oriented psychotherapy after some time working in the visual arts and practicing psychiatric social work with underprivileged populations in Boston and Washington, DC. As a psychotherapist, she has particular interest in the roles of shame, creativity, and resilience.

John Gershefski, PhD is a psychologist in private practice for 25 years, specializing in several shame-related topics including addictions, anger, trauma, and relational difficulties. His personal experience with shame helps him to empathize with and normalize it, and to guide others in shedding light on their shame and experiencing acceptance.

**“TIME YOU
ENJOY
WASTING IS
NOT WASTED
TIME.”**

**— MARTHE
TROY-CURTIN**

**“WHAT ARE DAYS FOR?
DAYS ARE WHERE WE LIVE.
THEY COME, THEY WAKE US
TIME AND TIME OVER.
THEY ARE TO BE HAPPY IN:
WHERE CAN WE LIVE BUT DAYS?
AH, SOLVING THAT QUESTION
BRINGS THE PRIEST AND THE DOCTOR
IN THEIR LONG COATS
RUNNING OVER THE FIELDS.”**

– PHILLIP LARKIN

24. Shame, Grief, and Politics
(6 CEs, Max 15)

This session focuses on the role of shame, fear, grief, and anger in our contemporary political ecosystem. We will explore how to work with our own emotions, as well as ways to support our patients, clients, and communities who may also be experiencing these difficult emotions. We will pay attention to the impact of these emotions on us as therapists and our need to model growth, healing, and the building of healthy relationships and communities for our clients. This is an interactional group which also includes a discussion of how to frame these issues and the opportunity to share related resources.

Elizabeth Gish, MDiv, ThD, is a psychotherapist and the senior program officer for Democracy and Community at the Kettering Foundation. She has been in private practice since 2021, and studied pastoral care and counseling, religion and public life, and psychoanalysis at Harvard University, where she received her master’s and doctorate.



25. The Ongoing Spiritual Journey of the Psychotherapist
(0 CEs/Max 14)

Interactions with clients can help both therapist and client to increase awareness of the self and of the other. At times, both client and therapist may find that their relationship feels connected to something larger than each individual. This workshop will offer participants a chance to discuss the elements that can lead to this kind of relational experience and how it can be framed and understood by both client and therapist.

John Rhead, PhD, CGP, has been intrigued by human behavior, his own and that of others, since he was quite young. Formal study of psychology in college and graduate school fed some of his curiosity, but did not cover the deeper motives within us all. Those he has explored more on his own, outside of academia.

“**TIME IS THE
COIN OF YOUR
LIFE. IT IS THE
ONLY COIN
YOU HAVE,
AND ONLY YOU
CAN
DETERMINE
HOW IT WILL
BE SPENT.”**

**- CARL
SANDBURG**

ONE SESSION WORKSHOPS
SATURDAY AM

**26. Rhythm of Timelessness: Use of Song,
Movement, and Drumming for Resilience and
Wellness**
(3 CEs, Max 50)

Rooted in ancient practices and functional neurology, drumming enhances brain function, mood, and cognition. Research shows rhythm regulates the nervous system, fosters adaptability, and promotes the flow of energy. Somatic shifts through drumming may restore balance and build resilience. This hands-on workshop explores evidence-based techniques to harness rhythm for wellness. Participants will gain practical tools to integrate drumming into clinical practice, potentially enhancing therapeutic outcomes and personal well-being of our clients.

Cynthia Jones, LCMHC ("Cindy~Anna~Jones and the Temple of Boom") uses love of music to help clients break through barriers where “talk therapy” cannot penetrate. A

psychotherapist for over 25 years, Cindy also leads rhythm journeys of healing and connection with drum circles in the NC Triangle area.



“
THERE IS MORE
TO LIFE THAN
INCREASING
ITS SPEED.”
— MAHATMA
GANDHI

27. Heart-Centered Presence: Cultivating Emotional Attunement and Relational Openness in Psychotherapy (3 CEs, Max 20)

Heart-Centered Presence: Cultivating Emotional Attunement and Relational Openness in Psychotherapy offers experiential training to enhance therapeutic presence, emotional resonance, and relational connection. Drawing on affective neuroscience, attachment theory, and interpersonal neurobiology, participants will explore emotional openness through guided practices that support awareness in the chest/heart region. Emphasis is placed on improving empathy, regulation, and client trust. This workshop strengthens the therapeutic alliance by helping clinicians access authentic presence and translate these skills into deeper, more effective work with clients.

Candace Rosen, LCSW, has over 30 years' experience specializing in trauma and grief. She served as Clinical Director at STAR Foundation and maintains a private practice in Phoenix, Arizona. Her training includes Gestalt therapy, dialectical behavioral therapy, and somatic experiencing through the Trauma Institute.



28. Our Changing Minds and Bodies and Professional Competency: Practical and Ethical Considerations (3 CEs, Max 15) **ETHICS**

Is your professional life running out of time? As you may want to practice into your 70s or beyond, how will you address the cognitive and physical changes that occur with normal aging and major life changes like menopause, illness, or loss? In this workshop, we'll create together a toolbox of strategies to deal with changes, such as a decline in memory, attention, energy level, and sense of physical well-being etc. so that we can continue to practice competently and ethically.

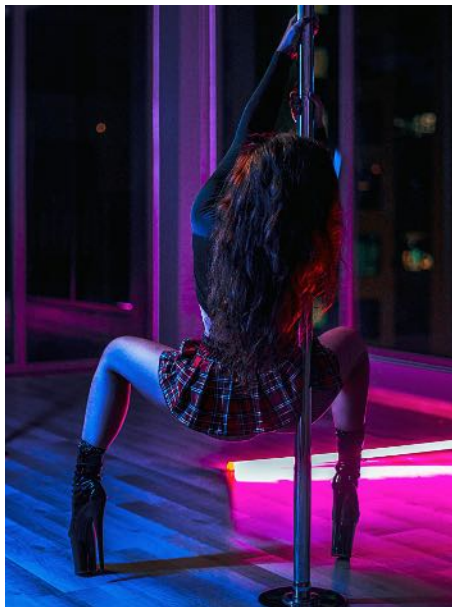
Marilyn Schwartz, PhD, a psychologist in Washington, DC, provides individual and couples therapy, clinical supervision, and is a consultant to the Smithsonian Institution. She's a long-term member and fellow of AAP and former ethics committee chair. She's presented over 20 professional workshops on different ethics topics at national and local meetings.

Jane Baxter, MSW, PhD, completed her education at the University of Maryland, where she also supervised students. She worked at inpatient addiction treatment centers before starting her private practice. She launched the PsychFit methodology and published "Manage Your Depression with Exercise." She works with individuals, couples, and groups in Northwest DC, and provides supervision to therapists.



29. Burlesque as an Avenue for Healing
(3 CEs, Max 20)

Throughout history, burlesque dance has symbolized and expressed aspects of society relegated to the shadows. In this three-hour workshop, participants will learn about the wide spectrum of burlesque dance and explore its history as performance art. Group members will imagine themselves as performers, utilizing elements of play, fun, and theatricality. Discussion will include how this form of dance therapy can assist clients with body positivity, self-expression and other therapeutic elements.



Rachel Keller, LCSW-C, CST, is a social worker and therapist specializing in sexuality and couples therapy for over 10 years. She is a proud Baltimore resident and member of the city's blossoming burlesque community. Rachel believes the hidden gem in sex therapy is a deeper understanding of the self.

30. Reclaiming Time: Innovative Pathways to Reconnect with Ourselves and Our Clients
(3 CEs, Max 35)

Participants will explore how therapists can reclaim personal and professional space in a changing world. This interactive session offers practical strategies to set boundaries, to deepen client connections, and to prevent burnout. Attendees will engage in reflective exercises and learn innovative therapeutic approaches that promote self-care, adaptability, and professional growth. By the end of the session, participants will be able to implement techniques that support renewed purpose and enhance effectiveness in clinical practice.



Michelle Clay, PhD, LPC, LPCS, is a therapist, speaker and trainer who is dedicated to helping clients navigate personal and professional challenges while fostering resilience. Therapists often struggle to balance their own well-being with the needs of their clients, leading to burnout and disconnection. By exploring together, we can create a space of healing to thrive in this ever-changing landscape.

ONE DAY SATURDAY PM

31. Black Female Therapist Documentary
(3 CEs /Max 300) **DIVERSITY**

Together, we will watch *Black Female Therapist*, a documentary exploring Black women’s mental health journeys. This session offers an engaging learning experience, combining film, discussion, and expert insights on healing, self-awareness, and reducing stigma. Participants will gain practical tools for self-care, resilience, and navigating emotional challenges for African American females, an underserved population in the mental health community. Our interactive and thought-provoking conversation should prepare you to bring mental wellness tools to underserved communities.



Jenine Lowery, PhD, LPC, is a licensed mental health therapist, filmmaker, and author dedicated to empowering her community through healing and self-awareness. Her documentary, *Black Female Therapist*, sparks critical conversations on mental health. With 20+ years of experience, she advocates for reducing stigma and promoting wellness in Black communities.

TWO SESSION WORKSHOP / SAT AM – SAT PM

32. Being Fully Present in the Moment
(6 CEs, Max 15)

This workshop will invite you to take risks, make mistakes, play, and connect to the present moment, using short form Improv games, and exercises. We will listen more intently, focus on connecting to and supporting others in the “scene” and develop more flexibility in our responses. We will laugh, cry, have fun and learn a ton.

Laura Fleming, MSW, is in (part-time) private practice in Rochester NY. Fifteen years ago she tried to talk her son into taking an Improv class. He refused so she decided to take the class herself. After many classes, teams, and performances, she is still amazed at how Improv has strengthened her skill as a psychotherapist.



WORKSHOP PLANNER

WEDNESDAY 2:00 - 5:00	THURSDAY 3:15 - 6:15	FRIDAY 3:15 - 6:15	SATURDAY AM 9:00 - 12:00	SATURDAY PM 3:15 - 6:15
TI 1 Ezust	TI 1 Ezust			
	1. Brown/Lazarus	1. Brown/Lazarus		1. Brown/Lazarus
	2. Leyden/Klein	2. Leyden/Klein		2. Leyden/Klein
	3. Oshrain/Pelligrini	3. Oshrain/Pelligrini	19. Marsh/Straley	19. Marsh/Straley
Key	4. Pierre-Paul/Spicer	4. Pierre-Paul/Spicer	20. Farber	20. Farber
Training Institute	5. Scher	5. Scher	21. Shaffer/Christy	21. Shaffer/Christy
Three Day Workshops	6. Sommer	6. Sommer	22. Sherman/Kiss	22. Sherman/Kiss
Two Day Workshops	7. Horwitz	7. Horwitz	23. Joseph/Gershefski	23. Joseph/Gershefski
One Day Workshops	8. Evans-Bassett	8. Evans-Bassett	24. Gish	24. Gish
	9. Staroba	9. Staroba	25. Rhead	25. Rhead
			32. Fleming	32. Fleming
		14. Southers	14. Southers	
	10. Gardner	15. Peck	26. Jones	31. Lowery
	11. Sulaiman/King	16. Phillips/Connell	27. Rosen	
	12. Danzig	17. Simone	28. Schwartz/Baxter	
	13. Dawes/Bressi	18. Boucree	29. Keller	
			30. Clay	

TIPS FOR REGISTERING

- ✦ Review the brochure before registering and have your choices for which workshops you would like to attend, including alternative choices, if your preferred workshop has filled.
- ✦ Review the description of the Open Process Groups and, for first-time attendees, the Ambassador Program to consider your interest in these opportunities.

REGISTRATION

Members (Early)	\$850
Members (Late)	\$975
Non-Member (Early)	\$950
Non-Member (Late).....	\$1,000
Day Only - Member or Non (Early).....	\$350
Day Only - Member or Non (Late).....	\$400
Former Scholars	\$850
Current Scholars	\$550
Students	\$550

ADDITIONAL CHARGES

CEUs	\$60
Saturday Dinner	\$99
West Coast Discount.....	-\$100
Wednesday Dinner Guests	\$99
Saturday Dinner Guests	\$99
Visionary Arts Museum Ticket (60 available)	\$12

Friday Dance included in Registration fee

Cut off date to register is October 1st, 2025

Registration opens, August 19th at noon (Eastern)

Register online at: www.aapweb.com/events

NO Early departures without a hotel room charge.

This is HOTEL policy, not AAP.

Cancellations must be submitted in writing to aap@caphill.com no later than 10/1/2025 and will be subject to a nonrefundable fee of \$75. Refunds may not be granted after 10/2/2025. In case of circumstances beyond our control, AAP reserves the right to make necessary changes in presenters and content of workshop without notice. All CE designations are pending approval and are not guaranteed at this time.

Continuing Education (CE) Language Statement

American Academy of Psychotherapists
2025 AAP Institute & Conference
October 15, 2025 - October 19, 2025
Baltimore, MD

Joint Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Amedco Joint Accreditation Provider Number: 4008163

Professions in scope for this activity are listed below.

Psychologists



This course is co-sponsored by Amedco and 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 content. Maximum of hours.

The following state boards accept courses from APA providers for Psychologists/Counselors: AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MA (LEP ONLY), MD, ME, MN, MO, NC, ND, NH, NE, NJ, NM, NV, OH, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

MI: Accepts courses from APA for Psychologists. No general CE requirement for Counselors.

OK: Accepts APA credit for live, in-person activities but not for ethics and/or online courses.

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

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

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

MI MFTs: There are no CE requirements for MFTs in MI.

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 (held outside NY ONLY), OK*, OR, SC, UT, WA, WI, WY

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. ASWB Content Level: Beginner, Intermediate, & Advanced. Social workers completing this course receive up to continuing education credits.

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

OK: Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

WV: Accepts ASWB ACE unless activity is held live in West Virginia.

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA

(LEP ONLY), MD, ME, MO, ND, NE, NM, NH, NV, OK*, OR, PA, TN, TX, UT, VA, WI, WY

MI: No CE requirement for licensed counselors.

The following state boards accept courses offering ASWB ACE credit for MFTs: AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK*, OR, PA, RI, TN, TX, UT, VA, WI, WY

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

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

MI: No CE for requirement for licensed MFTs.

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

New York Social Workers

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

FL Board of Behavioral Sciences

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2023. GENERAL Hours

You must request your certificate within 45 days of the activity to meet the deadline for submission to CE Broker. Credits are generally reported during the first week of each month for those who claimed during the month prior.

New York Psychologists

Amedco is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. hours.