



Summer Workshop 2023 - Theme Statement

Catching Our Breath

We live in times of great change. The speed with which we learn of unfolding events across the world can leave us breathless – overwhelmed or shocked with surprise. The COVID pandemic and the fractures in our racialized and sexualized society have reminded us that to come into a new form, we must struggle and fall apart so that a truer picture of the world and its possibilities comes into focus. Changing form takes courage and allowance. How can we catch our breath and help our clients cope in times of turbulent change?

Consider Summer Workshop 2023 as an opportunity to catch your breath. In AAP, we use the term “holding space”. Energetically this implies creating a container through which we can stop ordinary activity, drop into our bodies, be quiet, consciously reflect, inhale, exhale, take stock, go deep, and after a time, come back to our lives and work better balanced. Ready for the next round.

Resilience is the ability to confront, challenge and bounce back from adversity. What is the power of the wounded healer? What is the impact of trauma on the emotional body of the witness/responder/therapist?

As an organization, we have been attempting to address privilege and institutional racism. But what is the value of our nostalgia for the “good old days”? What is the impact on the emotional body of AAP, as we confront and own our unconscious racialized/sexualized biases and aggressions?

Breath is one of the principle building blocks of resilience. How are you bringing practices of breathwork into your practice with clients? How has your breath been taken away in love? In grief? What stories sustain you when things seem impossible? When was the last time you sang? When was the last time you danced? How have you become more physically active in your practice of psychotherapy? What is the impact of teletherapy on your on-going practice?

At Summer Workshop 2023, we invite you to present a workshop about what helps you be resilient as a therapist. We want to hear about what inspires you; what challenges you; what helps you breathe easier; what takes your breath away and what practices nourish your body and soul.