



AAP SOUTHERN REGION SPRING CONFERENCE

MARCH 9, 2024



**THE DANCE OF
BODY AND MIND**

THE LINK COUNSELING CENTER, 348 MOUNT VERNON HIGHWAY NE, SANDY SPRINGS, GEORGIA

THE DANCE OF BODY AND MIND

“The most significant connection with the other is outside of awareness,
the relating of one unconscious to another.”
– John Warkentin

Welcome to the 2024 Southern Region Spring Conference! We’re glad that you’ve chosen to explore “The dance of body and mind” with us. Please join us at the Link Counseling Center in Sandy Springs, Georgia on March 9.

As therapists, it is vitally important to know our edges and deepen our understanding of ourselves in order to sit with our clients in an authentic way. By knowing ourselves, we can see, understand, and validate both our own and our client’s affective and cognitive processing of experience. When we are fully present, we are able to guide our clients in creating new ways of being.

Our bodies and bodily experiences are always in the room. How do we incorporate the messages of our body with the musings of our mind? How do we recognize and honor pain, loss, disappointment, and dissatisfaction as pathways to healing and understanding ourselves?

In our morning fishbowl process group, we will learn how to trust our experience as a means of fostering growth.

In our afternoon workshops, we offer you five diverse options.

- You can learn to ground, center, and focus your energy to be fully present in the room, for yourself, your client, and the work.
- You can explore how our history and societal norms have contributed to the way we embody ourselves and how our diverse bodies define us.
- You may want to understand more about the system of moral hierarchy we’ve learned to map on different body shapes, skin pigmentation, and ages.
- You can process how we first recognize and handle sexual arousal, and then learn to appropriately foster intimacy, deep attachment, and healing.
- You may choose to explore the effects of power and privilege, and the importance of true consent given without external pressure.

Our presenters, chosen for their talent and creative experience, offer attendees the opportunity to learn, grow, heal, and, of course, have fun! Come enjoy our community of gifted therapists!

FRONT COVER IMAGE BY

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AAP PROFESSIONAL ENVIRONMENT POLICY

The American Academy of Psychotherapists (AAP) has recently ratified the Professional Environment Policy which 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.

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.

INTERESTED IN BECOMING A MEMBER?

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

SCHEDULE

- 8:30AM – 9:00AM Registration
- 9:15AM – 12:00PM..... Bob Rosenblatt
- 12:15PM – 1:30PM..... Maureen & Sharman/Community Meeting
- 1:30PM – 2:45PM..... Lunch
- 2:45PM – 6:00PM..... Breakout Groups

Samir Patel
Sean LeSane/Carrie Phillips
Marilyn Schwartz/Maureen Martin
Judy Lazarus/Jenny Otto
Lori Oshrain/Meredith Albert

9:15AM – 12:00PM

The Humanistic-Existential Approach to Group Psychotherapy (fishbowl)

Via a fishbowl format demonstration with Q & A to follow, this workshop will illuminate the humanistic-existential group therapy process: how this process can enable greater self-awareness, authenticity, and allow the client opportunity to author new ways of being, both inside and outside the consultation room. **2.5 CEs**

Presenter: Bob Rosenblatt

Bob Rosenblatt, a licensed psychologist who has been practicing over 40 years in Washington, D.C., provides individual, group and couples psychotherapy as well as groups for clinical supervision, professional development and practice building in D.C. and Atlanta with variously disciplined therapists. When not working, Bob spends time with family (especially grandchildren), cooking, golfing, beaching and traveling.

Our Bodies, Our Selves and the Other

This workshop will explore our subjective experience through the intersectional lens, as we focus on how our diverse bodies define us and our clients, and on the role contextual norms/rules play in how we embody ourselves with each other and our clients. **3 CEs**

Presenter: Samir Patel

Samir Patel is a licensed psychiatrist who teaches at Brown University's psychiatry residency program and has a private practice in Providence, RI. His interests include education, intersectionality and Otherness.

The Ethics of Informed Consent

Consent is the process of communication between you and another, given without external pressure. How often do we keep consent in mind, and how do power and privilege come into play? Join us as we consider what consent does/does not look like and how these dynamics might play out in relationships. **3 CEs (Ethics)**

Presenters: Sean Lesane and Carrie Phillips

Sean Lesane: An African-American clinical social worker with a private practice in Washington, D.C., Sean over the past 20 years has focused primarily on providing individual, couples and group psychotherapy, as well as supervision to new and developing clinicians.

Carrie Phillips, a licensed independent social worker, has been practicing in Dayton, Ohio for 24 years. She mainly focuses on children, adolescents and all of their parents. Carrie enjoys individual, family and long term group psychotherapy.

Why Can't We Be Lovers

This workshop will address the clinical challenges and ethical dilemmas of being fully present with our clients by allowing our sexual and loving selves into the consultation room. This workshop is designed for early and mid-career therapists, but veterans are welcomed. **3 CEs (Ethics)**

Presenters: Marilyn Schwartz and Maureen Martin

Marilyn Schwartz is a clinical psychologist in Washington, DC, offering individual and couples therapy as well as clinical supervision. She also provides consultation to the Smithsonian. She co-directed the Adult ADHD Center of Washington for 15 years. She is a long-term member and Fellow of AAP and former chair of the ethics committee. Recognizing the absence of professional training on this topic, she has written and presented ethics workshops on erotic transference and countertransference.

Maureen Martin, licensed clinical social worker in Georgia, has been practicing psychotherapy for 50 years. She is grateful to be in a profession that is relevant to the changing world we live in, given the complex problems that exist for us. She is a long term member of AAP and is an AAP Fellow. She is dedicated to working on the "person of the therapist." Presenting this topic is challenging to her, and she welcomes the growth that will ensue.

Your Body, the House You Don't Live in

Embodied presence during the therapy hour is difficult to maintain in times of personal stress and global change. This workshop will present techniques based in structural integration for grounding, centering and focusing the energy of the therapist/witness. Wear comfortable clothing and bare feet. Chairs will be provided. **3 CEs**

Presenters: Judy Lazarus and Jenny Otto

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Judy Lazarus, a clinical social worker trained in Gestalt therapy, has maintained a family therapy practice in the Annapolis, MD area for many years. Her interest in the health and well-being of the body of the therapist/witness has become keen with her own aging.

Jenny Otto is a certified yoga teacher, yoga therapy teacher, 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, bio-mechanics, and the nervous system. She has studied ATSI (the Anatomy Trains Structural Integration system). She has been teaching wellness/exercise programs nationally since 1980.

Aging is Out of Your Control. How You Handle it is in Your Hands

Susan Sarandon is quoted as saying "I look forward to being older when what you look like becomes less an issue and what you are is the point." This workshop will explore our experiences of aging: our bodies, minds, vulnerabilities and strengths. **3 CEs**

Presenters: Lori Oshrain and Meredith Albert

Lori Oshrain, a licensed psychologist who practices outside of Chapel Hill and in Psypact E-Passport participating states, has been a member since 1999. She has led numerous workshops and a training institute for AAP. Lori feels most alive when she's improvising in relationships, music, and making stuff out of found objects: wood, rock, leather, beads.

Meredith Albert had a background in business prior to becoming a licensed clinical social worker and also is fluent in American Sign Language, allowing her to work with deaf and hearing clients. She currently is the treasurer on the AAP Executive Council and serves on several national conference committees.

THE DANCE OF BODY AND MIND

WILL TAKE PLACE AT

THE LINK COUNSELING CENTER

348 MOUNT VERNON HIGHWAY NE

SANDY SPRINGS, GEORGIA

SCHEDULE AT A GLANCE

8:30 – 9:00 REGISTRATION

9:15 – 12:00 **THE HUMANISTIC-EXPERIENTIAL (HE) APPROACH TO GROUP PSYCHOTHERAPY** BOB ROSENBLATT

12:15 – 1:30 **A COMMUNITY GATHERING: A PLACE FOR CONSOLIDATION OF BODY AND MIND, THEORY AND PRACTICE –** MAUREEN MARTIN AND SHARMAN COLOSETTI 1 CE

1:30 – 2:45 CATERED LUNCH

BREAKOUT GROUPS 2:45 – 6:00:

- **AGING IS OUT OF YOUR CONTROL. HOW TO HANDLE IT IS IN YOUR HANDS.** LORI OSHRAIN AND MEREDITH ALBERT
- **YOUR BODY, THE HOUSE YOU DON'T LIVE IN** JUDY LAZARUS AND JENNY OTTO
- **OUR BODIES, OUR SELVES AND THE OTHER** SAMIR PATEL
- **THE ETHICS OF INFORMED CONSENT** SEAN LESANE AND CARRIE PHILLIPS
- **WHY CAN'T WE BE LOVERS?** MARILYN SCHWARTZ AND MAUREEN MARTIN

SOUTHERN REGION COMMITTEE

SHARMAN COLOSETTI, CHAIR

JULIA STRONG, CE CHAIR

JESS MC MILLAN, SECRETARY

BARBARA THOMASON

AMY STERN

CONTINUING EDUCATION (CE) LANGUAGE

American Academy of Psychotherapists Southern Region Committee
2024 Spring Conference
March 9, 2023
Atlanta, GA

JOINT ACCREDITATION STATEMENT



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists Southern Region Committee (AAP-SRC). 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 #4008163.

PSYCHOLOGISTS (APA) CREDIT DESIGNATION



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

This course is co-sponsored by Amedco and American Academy of Psychotherapists Southern Region Committee. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 6.5 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, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

MI: No CE requirements.

*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, 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.

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 (ASWB) CREDIT DESIGNATION



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 Learner Level: Intermediate. Social Workers completing this course receive 6.5 GENERAL 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, MD, ME, MO, ND, NE, NM, NH, NV, OK*, OR, PA, TN, TX, UT, VA, WI, WY

MI: No CE requirement

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 requirement.

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

REGISTRATION

Registration for this event is online only. Please register at:
www.aapweb.com/events/southern-region-events

REGISTRATION: **\$120 (by 2/24)** - **\$150 (after 2/24)**

To process CEs is an additional \$25

Catered Lunch Included!

Cancellation policy: No refunds after February 24, 2024