

# American Academy of Psychotherapists Summer Workshop 2024



## OUR BODIES, OUR STORIES



JUNE 26–30

Sugarbush Resort | Warren, Vermont

# Welcome to Vermont!

Summer Workshop 2024 welcomes you to the glorious Mad River Valley of Vermont, where we've planned a conference in tune with the landscape: energetic, lush, grounding and inspiring. The theme - OUR BODIES, OUR STORIES – continues what we began last summer and invites a shift out of our heads and into our bodies.



The idea for this conference emerged during the shared trauma of the Covid-19 pandemic. When health and illness preoccupied us, we retreated into physical separateness, and whatever sense of safety we may have previously enjoyed grew tenuous. As the pandemic moves into our rearview, we face war, climate crises and democracy in jeopardy – existential threats reverberating in our bodies with every scroll through our phones.

Every body is both a subject and an object, a source of life as well as death, an instrument of love and connection as well as harm and alienation. Our roster of workshops and community events was designed to stimulate awareness of how we hold and metabolize our experience and emotion in our bodies, and what happens when these bodies encounter others. We'll pay attention to the impact of sociocultural factors on our relationships to our own and others' bodies, and the ways our bodies communicate what our words might not.

This intimate gathering up in the Green Mountains promises refuge, nourishment and hope. We'll see you at Sugarbush!

Thia Joseph, Angela Cerkevich, & Kelly Ezickson  
Conference Tri-Chairs



## WORKSHOP MISSION STATEMENT

We experience the world and all of our relationships through the instrument of our bodies. We invite you to explore how you inhabit your body; how the body you live in shapes your experience of the world around you; and how we can use this awareness in our therapeutic work.

## LEARNING OBJECTIVES

1. Develop strategies for deepening clients' awareness of body sensations associated with emotion, trauma and expression.
2. Explore clients' experience of/in their bodies through the prism of intersectionality, to broaden understanding of our clients' experience of racial/ethnic/size/ability/age/gender bias.
3. Identify clinical and ethical concerns raised by the pressure psychotherapists may feel to modify their approach to psychotherapy in order to adapt to shifting cultural/political tides exemplified by the ME TOO movement, anti-racism, identity politics, etc.

“Good for the body is the work of the body,  
good for the soul is the work of the soul, and  
good for either the work of the other.”

– Henry David Thoreau

*These were lawn signs for 2000 when the Vermont Legislature was heatedly debating passage of a civil union bill. The bill passed and became the first of its kind in the nation!*





## SUGARBUSH RESORT

Welcome to Sugarbush, nestled in the scenic Mad River Valley of Vermont and located about one hour from the Burlington International Airport. The resort boasts beautiful mountain views and a rustic atmosphere reminiscent of summer camp adventures. AAP will have exclusive use of the resort. You will find a variety of activities to energize, relax, and soothe your body. Hikers will find plenty of trail options, and the chair lift will be available for scenic rides up the mountain on Saturday and Sunday. At the Sugarbush Health and Recreation Center, you can work up a sweat, swim in the indoor or outdoor pool, relax in the hot tub, or enjoy a massage. The resort is also home to an 18-hole golf course, a wooded disc golf course, and a bungee trampoline.

Should you get hungry and want more than the meals provided by our conference, the resort has plenty of places to eat. Rumble’s Bistro and Bar serves local meats and cheeses; Hogan’s Pub offers drinks and a beautiful view of the golf course; the Lunch Box serves tacos and beer; and best of all, the Sugar Shack serves local ice cream.

We’re confident that Sugarbush will be a fun and inspiring venue for work and play. Come early or stay late to take advantage of all the resort has to offer.

### AAP 2024 SUMMER WORKSHOP COMMITTEE

*Tri-Chairs: Angela Cerkevich, Kelly Ezickson, Thia Joseph*

- Gloria Myers Beller** – *Ombudsperson and Opening Experience*
- Bridget Burke** – *Hospitality*
- Catherine Clemmer** – *National Meeting CE Coordinator*
- Douglas Cohen** – *Ice Cream Man*
- Gordon Cohen** – *Treasurer*
- Bruce Ellman** – *Program*
- Meredith Frankel** – *Program*
- Doris Jackson** – *Opening Experience*
- Sally Kiss** – *Activities*
- Robin Knoblach** – *Brochure*
- Hallie Lovett** – *Ombudsperson and Opening Experience*
- Julie Mitchell** – *Brochure*
- Samir Patel** – *Rooms*
- Ann Reifman** – *Opening Experience*
- Michael Southers** – *Audio-Visual Coordinator*
- Linda Tillman** – *National Meeting Brochure Consultant*

Our lodging at Sugarbush is in three locations within the resort: the Claybrook Hotel (which is the central location for Summer Workshop), the newly renovated Lodge at Lincoln Peak, and several condos in the vicinity of the Claybrook. The Lodge at Lincoln Peak is most suitable for members without mobility challenges, as well as those with cars, although shuttles will be provided between the lodge and the Claybrook Hotel. It is recommended that you register early if you have mobility issues or will not have a car.

**Members will need to make their own hotel reservations for summer workshop, separate from their conference registration. Note: your conference registration fee includes all meal costs. Please call Sugarbush at (802) 583-6160 to reserve your room. Most double and single king rooms will cost \$199 per night. Condos and suites, ranging from one to four bedrooms, will cost up to \$796 per night.**



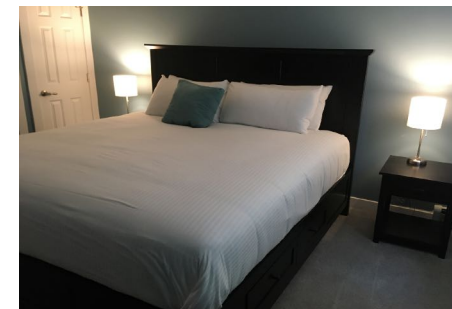
Clay Brook Hotel



Resort Condos



The Lodge at Lincoln Peak



## NEW TO SUMMER WORKSHOP 2024?

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

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



The second opportunity is the Newcomer's Reception at 5:00-5:45 on Wednesday evening immediately following the orientation group outlined above. Everyone is invited to join us at this reception in welcoming those who are new to AAP. The reception is immediately followed by the opening experience.

The third opportunity is the meeting of Open Process Groups which begin Wednesday night after dinner. These process groups are led by two academy members and will occur Wednesday from 8:30 - 10:00 pm and Thursday from 7:45-9:30 pm. These are open to anyone with a special emphasis on mingling first-timers and those members who have attended many AAP events, but who are not currently in a family/peer group. This new grouping has the potential to develop into a family/peer group. If you want to be in an open process group, you will register for that on the registration form in addition to the workshops that you choose.

After dinner on Wednesday evening, many AAP members attend family or peer groups where they have been members for many years. Some of these existing groups are closed to new members and some are not. There is much more about the history and value of these groups on the AAP website.

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

**Membership & Mentoring Committee:**  
*Nelia Rivers, Susan Diamond, Denise Castro, Barbara Thomason and Erin McCarthy*

## TRADITIONAL ELEMENTS OF SUMMER WORKSHOP

**Opening Experience:** Summer workshop opens with movements to bring you into the room and into your body before the start of our first community meeting.

**Community Meetings:** The daily community meeting provides a space for members to connect through witnessing, listening, and dialogue. We use the microphone as a talking stick to hold space between statement and reaction.

**Business Meeting:** The SW business meeting, open to ALL, will be held from 3pm to 4pm after our first community meeting on Thursday. This summer's unique business meeting, co-led by Kristie Neis and David Pellegrini, will provide an experiential activity for "Minding Our Business." See page 8 for details.

**Open Process Groups:** These led process groups are open to anyone and are especially welcome to newcomers and to members who have attended many events, but are not members of a family/peer group.

**BIPOC Open Process Group:** This lightly led group is for members who identify as Black, Indigenous, or People of Color, and provides a space to process the workshop experience.

**Diversity Lunches:** The diversity lunch format invites dialogue about diversity and inclusion drawn from reconciliation work. All you need to bring is your open mind and sense of curiosity to create space for sharing. Meetings are Thursday and Friday during lunch at a location posted at registration.

**Closing Experience:** Our final community-wide gathering is a long-held tradition and not one to be missed. Hoping for a robust turnout, we will be holding our Closing Experience on Saturday evening this year. The closing is our last opportunity to share our experience all together before we transition from an intense four-day workshop back to family, friends, home, and work.



“Have you ever loved the body of a woman?  
Have you ever loved the body of a man?  
Do you not see that these are exactly the same to all in all nations  
and times all over the earth?” – Walt Whitman

## NEW ELEMENTS TO SUMMER WORKSHOP 2024

### Minding Our Business: AAP's Vision

This experiential business meeting will address AAP's vision. The goal is to inspire thoughtful dialogue around core values in our changing landscape. Responding to change requires a vision of the future that involves healing and integrating the past. Grounding the vision in the larger community provides an opportunity to promote balance between inner life and external reality. This business meeting will include a brief didactic introduction followed by a small group exercise and large group discussion.

*Led by Kristie Nies and David Pellegrini*

### Jewish Experience Group *Limited to Jewish AAP Members*

For many Jews, emerging from the depths of our collective unconscious and into consciousness are memories of historical traumas inflicted on the Jewish people. Expressions of anti-Semitism throughout the world - and perhaps even in AAP - leave us feeling terrified, enraged, conflicted, and alone. This group is intended for those of us who want to bear witness, offer testimony, and perhaps find support and comfort in being together with our "landsmen" (our Jewish soulmates) in the safety of the container we can create together.

*Led by David Mermelstein*

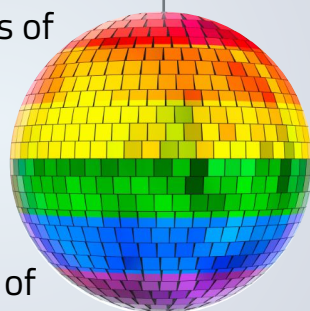
### Outdoor Workshop

This Summer Workshop takes place across multiple buildings at the resort. Please plan accordingly as weather is unpredictable - umbrellas, sunscreen, and layers are recommended.



### Friday Night Dance

Join us in the Mountain View Room to get your groove on to the sounds of well-loved Vermont DJ Disco Phantom, or just socialize and take in the evening together. The dance will be a shared opportunity to observe our bodies in motion - their expressiveness, self-consciousness, pain, rhythm, aging, magnetism and energy. In a break with tradition, we have chosen to hold the 'Saturday Night Dance' on Friday this year. Saturday's schedule will include invitations to process your experience of the dance and integrate it with our conference theme.



## COVID-19 GUIDELINES FOR THE 2024 SUMMER WORKSHOP

AAP will utilize a CDC-supported approach to minimize the impact of Covid-19, relying on high levels of vaccination in our population, Covid testing, mask-wearing, and use of isolation by individuals as needed. In addition to conference-wide policies, individual workshop leaders may request daily testing and/or masking within their workshops, and they will communicate with participants about any applicable mandates in advance.

### Testing:

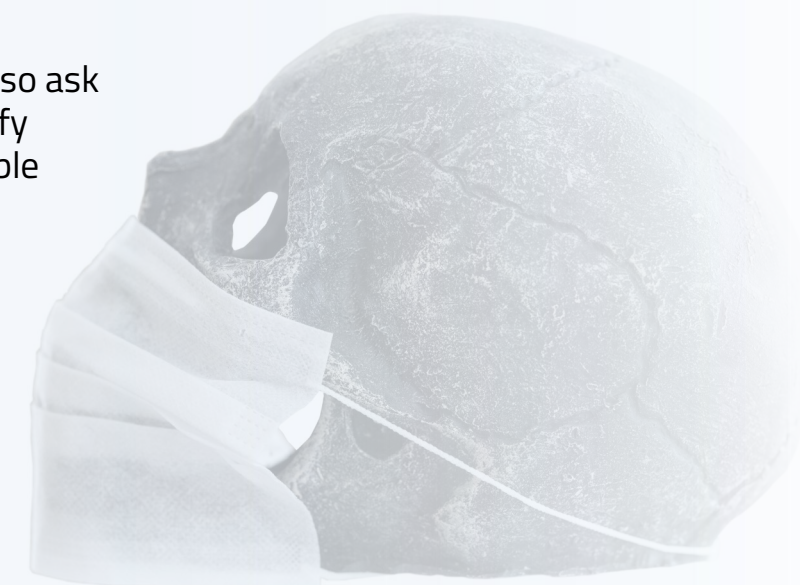
- We encourage all attendees to take an at-home Covid test and test negative within 24 hours of coming to the conference.
- We encourage each attendee to bring extra rapid Covid tests to the event. While daily Covid testing is not required, we strongly encourage testing for all attendees if they become symptomatic.

### Masks and Vaccinations:

- We encourage attendees to respect individual choices about mask wearing. Mask wearing will be voluntary unless mandated by specific workshop leaders prior to the conference.
- Vaccination is not required to attend, but we strongly encourage attendees to be current on the most recent Covid-19 vaccine.

### Illness Protocol:

- We ask any attendee who experiences illness or Covid-like symptoms to self-isolate and test/retest for Covid.
- We ask anyone who tests positive for Covid to self-isolate during the conference and immediately call or text our Covid advisor Sally Kiss at (508) 494-2357. She may assist with arranging meal delivery, transportation, contact tracing, and acquiring medication.
- After the Summer Workshop, we also ask attendees who test positive to notify Sally Kiss in order to manage possible exposures and contact tracing.



*\*This policy applies only to this Summer Workshop.*

## Land Acknowledgment

The committee would like to acknowledge that this conference takes place on the ancestral land of the Abenaki people, specifically the Sokoki band. The Abenaki people continue to experience the injustice of colonialism as they are not federally recognized as a native tribe, perhaps owing to having been divided and separated during the colonization of North America. The Abenaki Nation was recognized by the state of Vermont in 2006. We make this acknowledgment to affirm the rights of this place's native inhabitants, and to further our education and awareness of these under-shared histories. For more information, we recommend exploring here: <https://abenakination.com> and <https://abenaki-edu.org/about>

## ADA NOTICE

### 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.

## NEED FINANCIAL ASSISTANCE TO COME TO SW?

Remember the Relief Trust Fund is available for those who ask for financial relief. Gordon Cohen is Chair of the Relief Trust and Endowment board and you may request funds directly **from Gordon**. Requests remain confidential and only the Board Chair and Treasurer of the Academy are privy to this information.

## 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 - Hallie Lovett (reach via phone, 802-353-0878) and Gloria Myers Beller (reach via email, [beller217@aol.com](mailto:beller217@aol.com)) 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 which you can access by clicking on the QR code.



## TRANSPORTATION

The Sugarbush Resort in Warren, Vermont is located in the scenic Mad River Valley of Vermont, only a 60 minute drive from the Burlington International Airport. The Valley is home to covered bridges, country stores, dairy farms and winding rivers and evokes a peaceful kind of feeling dubbed by the committee "The Vermont Vibe."



### To Fly:

Many major airlines fly into the Burlington Airport (BTV).

**For more flight options, you may consider (airport and approximate distance from Sugarbush Resort):**

Logan International Airport (BOS), Boston MA - 3 hours 10 minutes  
Albany International Airport (ALB), Albany NY - 2 hours 50 minutes  
Bradley International Airport (BDL), Hartford CT - 3 hours 20 minutes  
Manchester-Boston Regional Airport (MHT), Manchester NH - 2 hours 20 minutes

*With these airports, we recommend that you rent a car as there will not be a shuttle provided.*

## Traveling from the Burlington Airport to Sugarbush:

**Shuttle:** Limited shuttle service will be offered for \$100 and can be selected at registration. Shuttles will depart BTV at 12pm and 4pm Wednesday, and will depart Sugarbush at 5am and 9am Sunday.

**Car Rental:** Most major car rental companies serve BTV and are conveniently located inside the airport rather than a remote site.

**Taxi and Car Services:** There are a number of private taxi and car companies that service the airport but since it is a small airport, it is highly recommended that you call ahead to order service. (For a full list of companies, go to the BTV airport website.)

We contacted the following sample to get estimates of their charges:

Green Mountain Taxi (802) 503-3096 charges \$125 for 1-4 passengers one way.  
Burlington Van Service (802) 598-4002 charges \$225 for 1-4 passengers one way.  
Granby Cab (802) 324-7338 charges \$120 for a van for 1-4 passengers one way.

Lyft and Uber: Lyft and Uber recommend you call ahead to reserve a ride.

Lyft estimate \$77 up to 4 people one way  
Lyft XL \$154.42 up to 6 people one way  
UberX \$134.93 up to 4 passengers one way  
Uber XL \$200 up to 6 passengers one way

## RECREATION AND ACTIVITIES

### Morning Activities

#### Slow Running

Jonas Horwitz will be practicing the art of slow running each morning. We will leave the lobby exactly at 7:00 and return at 8:00. All are welcome except for the showoffs who don't know how to run slow.

*Thursday - Sunday*

#### Yoga

Wake up to Embodiment. Join Lisa Smith Klohn (registered yoga teacher) for a morning movement and yoga session. No prior yoga experience necessary - every body is welcome!

*Friday*

#### Jazzercise

Jazzercise is a dance fitness that's been around for at least 50 years. Come start your morning with a cardio experience led by Wendy Graham. It may just feel like you're starting the Saturday night dance a bit early! All fitness levels are welcome, singing is optional and dance solos are encouraged. Leotards and legwarmers aren't necessary, but you'll want to wear comfortable shoes and clothing for moving and dancing.

*Thursday and Saturday*

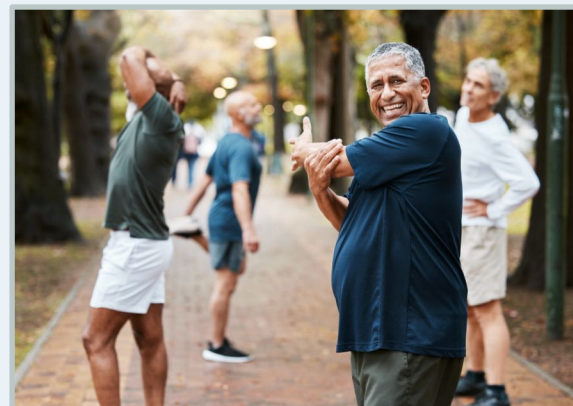
### Large Group Activity



#### Pickleball

Save Saturday afternoon from 3:15 pm to 6:00 pm. We will have sign-up sheets on the bulletin board at registration. If you have a paddle, please bring it. If you have an extra paddle to share, consider bringing it! We will pair players at equal level of play. ALL levels are welcome to join in.

*Questions? Please contact the coordinators:  
Maureen Martin or David Mermelstein*



### Activities Near Sugarbush

Grab a friend and go exploring! Sugarbush is located in the Mad River Valley, which is centrally located to a number of tourist hotspots in the state. Nearby Waterbury, unofficially nicknamed "The Beer Capital of Vermont," boasts plenty of pubs and restaurants. Ben & Jerry's, perhaps the most well-known Vermont brand worldwide, is headquartered in Waterbury offering factory tours, gift shop, and scoop shop. In the surrounding area there are trails suitable for biking and hiking, as well as water activities including paddleboarding and kayaking.

Burlington, Vermont's largest city, is just under an hour away and provides plenty of shopping, restaurants, concerts, and theaters settled on the shores of Lake Champlain. Nearby, Shelburne Museum in Shelburne, VT provides a unique experience of American history, art and design with 39 distinct structures full of rich art, weavings, pottery and historical items.

While best known as Vermont's capital city, Montpelier is also known for its active restaurant scene. As the nation's smallest state capital, Montpelier's intimate size, historic neighborhoods and diverse community make it a great city to visit.

### Hospitality

We are excited to welcome you to the SW2024 hospitality suite in the beautiful Green Mountains of Vermont. Our suite, nestled below the ski slopes and next to the hot tub, will offer both indoor and outdoor space to rejuvenate your body and soul. We look forward to sharing food, drinks, laughter, and love with each of you. We continue the longstanding tradition of inviting the AAP community to consider contributing sweet and savory homemade items to enhance the experience. We also appreciate anyone willing to take a shift of volunteering at the suite - if you're interested let Bridget know at [BridgetBurkePsychotherapy@gmail.com](mailto:BridgetBurkePsychotherapy@gmail.com). Hosted by Bridget Burke and Matthew Beason.

### Meeting Rooms

Please reserve a peer group meeting room or space for a committee meeting by contacting Samir Patel at [drsamirpatel@gmail.com](mailto:drsamirpatel@gmail.com) or by phone/text at (919) 491-2030. Rooms may be limited and are available on a first come, first served basis.

### Silent Auction: Bargain and Bid!

When AAP holds its auction sale  
Come hasten and make your bids  
You'll find fun, riches and amusements galore  
Do we hear ten, twenty, thirty or more?  
So join us this summer as we gather together  
Let's hope Vermont has glorious weather!

*Elaine and Barbara, Funding Co-Chairs*

*Sponsored by the Relief Trust and Endowment board*



"We are stardust, we are golden. And we've got to get ourselves  
back to the garden." – Joni Mitchell

## SCHEDULE AT A GLANCE

### Wednesday, June 26

- 12:00 PM – 5:00 PM ..... Registration
- 2:00 PM – 5:15 PM ..... Training Institutes
- 4:00 PM – 5:00 PM ..... Newcomers' Orientation
- 5:00 PM – 5:45 PM ..... Newcomers' Reception
- 6:00 PM – 7:15 PM ..... Opening Experience
- 7:15 PM – 8:30 PM ..... Dinner and Cash Bar
- 8:30 PM – 10:00 PM ..... Open Process, Peer/Family Groups

### Thursday, June 27

- 7:00 AM – 8:00 AM ..... Slow Running, Yoga
- 7:00 AM – 9:00 AM ..... Breakfast
- 9:00 AM – 12:15 PM ..... Workshops and Training Institutes
- 12:30 PM – 1:30 PM ..... Lunch/Diversity Lunch
- 1:45 PM – 2:45 PM ..... Community Meeting
- 3:00 PM – 6:00 PM ..... Jewish Experience Group
- 4:15 PM – 5:45 PM ..... BIPOC Process Group
- 6:30 PM – 7:30 PM ..... Dinner
- 7:45 PM – 9:30 PM ..... Open Process, Peer/Family Groups

"More than eyes or feet. More than lungs that have yet to draw free air.  
More than your life-holding womb and your life-giving private parts...  
love your heart. For this is the prize." – Toni Morrison

### Friday, June 28

- 7:00 AM – 8:00 AM ..... Slow Running, Jazzercise
- 7:00 AM – 9:00 AM ..... Breakfast
- 9:00 AM – 12:15 PM ..... Workshops
- 12:30 PM – 1:30 PM ..... Lunch/Diversity Lunch
- 12:30 PM – 1:30 PM ..... 12-Step Meeting
- 1:45 PM – 2:45 PM ..... Community Meeting
- 3:00 PM – 4:45 PM ..... BIPOC, Peer/Family Groups
- 5:00 PM – 6:00 PM ..... Business Meeting
- 6:00 PM – 6:45 PM ..... Shabbat
- 6:30 PM – 8:00 PM ..... Dinner
- 8:30 PM – 12:00 AM ..... Dance

### Saturday, June 29

- 7:00 AM – 8:00 AM ..... Slow Running
- 7:00 AM – 9:00 AM ..... Breakfast
- 9:00 AM – 12:15 PM ..... Workshops
- 12:15 PM – 1:30 PM ..... Lunch
- 1:45 PM – 3:00 PM ..... Community Meeting
- 3:15 PM – 4:00 PM ..... Memorial
- 3:15 PM – 6:00 PM ..... BIPOC, Peer/Family groups,  
Pickleball Tournament
- 6:30 PM – 7:30 PM ..... Dinner
- 7:45 PM – 9:30 PM ..... Closing Experience

### Sunday, June 30

- 5:30 AM – 9:00 AM ..... Breakfast (sandwiches to go if  
needed) and Goodbyes



# THE PROGRAM

## Training Institutes

### **DIVERSITY TI1a: The Air We Breathe**

*(Part 3 of 3) (6 Diversity CEs, 14 Participants)*

Like oxygen, the social construct of race affects everyone and permeates our institutions. Through didactic instruction, small group process, and experiential work, we will explore the nuances of how race seeps into our relationships.

*Part 3 of 3. Must have attended Part 1, June 2023*

#### **Catherine Clemmer**

Catherine B. Clemmer, LCSW, has a private practice in Chapel Hill, NC. She received her Master of Social Work from the University of North Carolina at Chapel Hill where she was formerly part of the clinical faculty. She received an AAP Scholarship in 2013 and became a member in 2014. She is an executive councilor for the Academy. She has led several workshops, including ones focusing on being labeled and labeling others as "Other." These experiences have inspired her to continue focusing on how "Othering" impacts our relationships, identity, and our work as psychotherapists.

#### **Michael Southers**

Mike Southers, M.S., LCPC grew up in the conservative White town of Westminster, MD. He attended McDaniel College in his hometown studying ethics, diversity, philosophy and then counseling while in graduate school. He later moved to Frederick, MD, working at a mental health agency serving multiple ages of people, many of whom were people of color with severe mental illness. Throughout his career, Mike has seen the chronic effects of racism and power dynamics impact the people he has served.

#### **Hannah Hawkins-Esther**

Hannah Hawkins-Esther LCSW maintains a private psychotherapy practice at Pine River Psychotherapy Associates in Atlanta, Georgia, where she works with individuals, couples, families and groups. As a therapist she works to support, witness, and compassionately challenge clients in their healing and humanity to enrich and deepen their relationship to others and to themselves. AAP has been part of her personal and professional development since graduate school (2008).

#### **Liz Marsh**

Liz Marsh is a clinical social worker and art therapist in private practice in Washington, DC. Liz has spent over 10 years combining her love of relational therapy and the expressive arts to help her clients get to know themselves and find deeper connection in their relationships with others. Liz strives to help each of her clients find their personal agency 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.

#### **Samir Patel**

Samir Patel, MD, is a psychiatrist who sees individuals and couples in his private practice in Providence, RI. He is a psychotherapy supervisor for Brown University's psychiatry residents. He has a keen interest in the psychological impact of the intersection of race, sexuality, immigration, and the self, and he serves as co-chair of the Anti-Racism, Diversity, and Equity Committee of AAP.

*We are grateful for our three consultants: Gloria Beller, MSW, Renee Burwell, LCSW, and Ann Colley, LMFT, MDiv, MBA, who have all generously offered input to inform this Training Institute as it unfolds.*

### **TI2a: On Being a Group Therapist**

*(Part 3 of 4) (6 CEs, 12 Participants)*

The meeting will be 85% process group and 15% didactic learning. Process groups enhance deep self-awareness and emotional growth through authentic and respectful interpersonal encounters, and simultaneously they closely simulate group psychotherapy, making them excellent training experiences for group therapists. Participants who access their courage and vulnerability while encountering fear, shame, and uncertainty will benefit greatly.

*Part 3 of 4. Must have attended Parts 1 and 2*

#### **Nicholas Kirsch**

Nicholas Kirsch has conducted group therapy and process groups for therapists for 35 yrs. His style of therapy is relational and experiential, drawing on many healing traditions and roles as father, athlete, coach, boy scout, bartender, camp director, accountant, and student of human nature. Nick enjoys novels, hiking, plays, Catan, and biking in his free time. He is indebted to many incredible teachers including Virginia Satir, Fred Klein, Jack Mulgrew, David Hawkins, Justin Hecht, Aaron Black, and his clients. He considers a good process group as one of life's highlights.



*Follow the Leader by Woody Jackson*

**TI3a: Psychotherapist, Heal Thyself—We Can't Give What We Haven't Got**  
*(Part 2 of 2) (6 CEs, 12 Participants)*

This training will guide participants through the exploration of various self-care modalities. We will address tools for taming the mind, moving the body, and nourishing the heart and soul through experiential exercises and clinical skill building. Each participant will create a daily practice of self-care and explore inner thieves and ways of sabotaging. Only then can we pass these skills onward for our clients to benefit. We will teach simple methods for learning to listen to our bodies' needs and messages. We will introduce ways to frame the central importance of self-care to clients of different temperaments and worldviews, emphasizing the principle that "small actions add up to large changes."

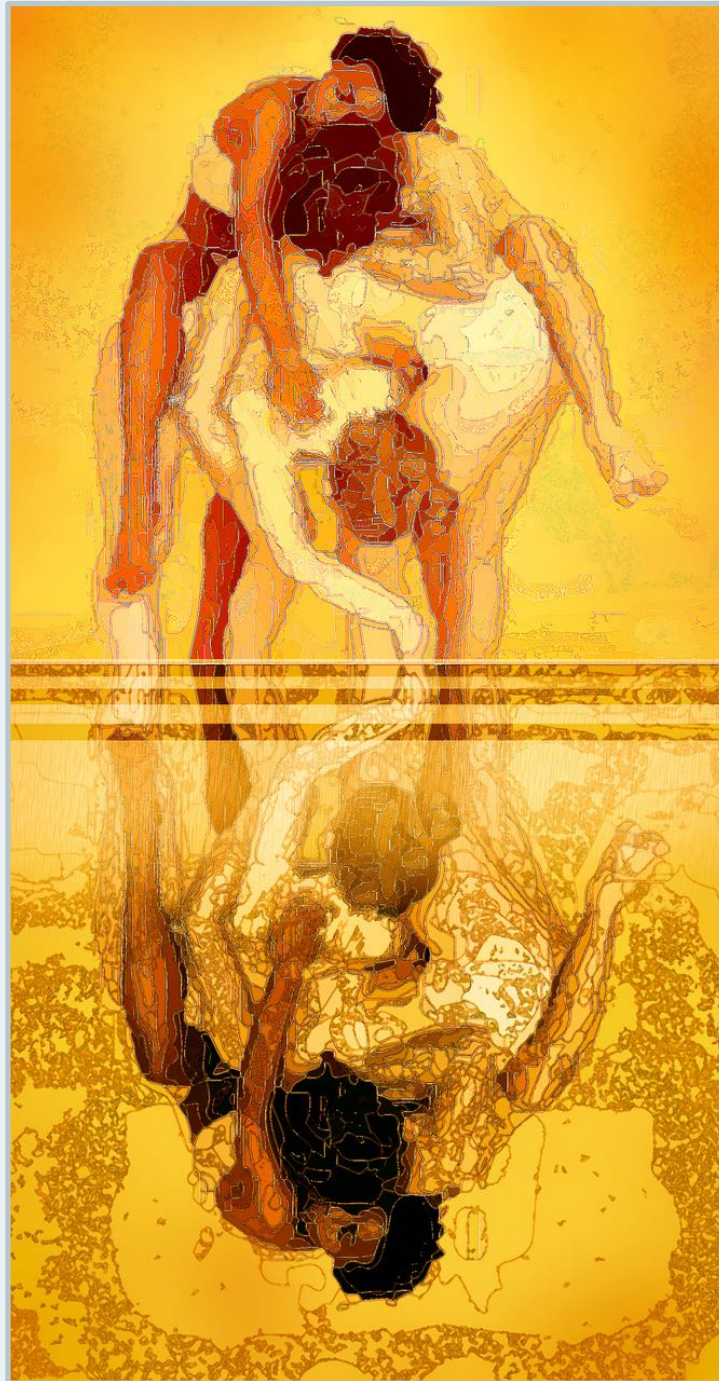
*Part 2 of 2, must have attended  
Part 1 in October 2023*

**Devajoy Gouss**

Devajoy Gouss, LCSW, is an experiential therapist, working with groups, couples, and individuals. She has evolved her own style of experiential therapy integrating psychomotor therapy, ART, TRM, energy medicine movement, brain spotting and the power of ritual. Her passion is facilitating the Marrying Yourself Journey, now also available online.

**Jillian Thomas**

Jillian M. Thomas, LPCS, LPC, RYT has been providing healing through psychotherapy and yoga for the past 20 years. By fusing psychotherapy with movement, body and breath work, she has focused on treating many clients healing from complicated grief, trauma, PTSD, and other disorders. She currently has a private practice in South Carolina in which her clients can participate in a variety of treatment modalities. She loves dogs, lake life, and spending time with her family.



by Fern Beu, PhD

**THREE DAY WORKSHOP: THURSDAY/FRIDAY/SATURDAY**

**1a/b/c Active Processing: Integrating Our Past, Present and Future Selves  
While Being Fully Present in our Bodies**  
*(9 CEs, 30 Participants)*

This three day workshop will move from our first moments of birth to our present selves, ending with our future selves. We will access ourselves in our totality through experiential learning at the beginning of each group.

**Jane Baxter**

Jane Baxter received her Bachelor of Arts in psychology at Bucknell and her Master of Social Work degree and PhD from University of Maryland, where she also taught and supervised graduate students. She worked at inpatient addiction treatment centers before starting her private practice. An unwavering advocate of exercise/activity as necessary for full mental health, she launched the PsychFit methodology in 2003, and published *Manage Your Depression with Exercise* in 2011. She works with individuals, couples, and groups in northwest DC.



**TWO DAY WORKSHOPS: THURSDAY/FRIDAY**

**2a/b Aging Bodies, Expanding Minds**  
*(6 CEs, 12 Participants)*

**Are we done with our changes yet? As our bodies age, how do we simultaneously grieve losses and generate excitement about shaping a vision of our future? Our didactic and experiential workshop focuses on ways to be physically and emotionally aware so that we can help ourselves and our clients make realistic and fulfilling choices.**

**Lenore Pomerance**

Lenore M Pomerance graduated from the University of California at Berkeley in 1964, majoring in history. She received her Master of Social Work degree at the Catholic University of America in 1987. She has had a private practice of psychotherapy with individuals, couples, groups and supervision in Washington, DC, since 1993. She has led or co-led workshops at AAP since 2001 on issues such as menopause, sexuality and aging, dying and death. She found taichi and qigong after retiring from 15 years of competitive rowing.

**Peggy Brooks**

Peggy Brooks is a retired clinical psychologist and Professor Emerita at Massachusetts College of Liberal Arts. She became a member of AAP in 1995 and has presented workshops using body-focused techniques and on sibling relationships. She enjoys hiking, biking, gardening, and being a mother and grandmother. In the past five years, she has hiked and biked hundreds of miles in the Swiss and French Alps. She lives in Asheville, NC.

### 3a/b Improv, Inhabiting our Bodies, and Stories in THIS Moment

(6 CEs, 12 Participants)

This workshop will invite you to take risks, make mistakes, and deeply connect to others in the present moment using short form improv games, and exercises. We will listen more intently and develop more flexibility in our responses.

#### Laura Fleming

Laura Fleming, LCSW, is in full-time private practice in Rochester, N.Y. She has training in DBT, works with individuals and couples and leads process groups. She has been studying improv for over ten years. She believes that improv has greatly improved the quality of her work as a psychotherapist and strengthened her ability to listen more fully and stay in the moment.

### 4a/b Running from Death: Exploring Beliefs about the Causes of Health, Illness, Disability and Death

(6 CEs, 12 Participants)



Much in our lives is shaped by convictions about which actions (Exercise? Herbs? Diet? MRIs?) lead towards illness versus health, and, more deeply, our assumptions about destiny: e.g. fate versus free will versus randomness. We will compare and process various approaches for exploring those beliefs in ourselves and our clients.

#### Jonathan Farber

Jonathan Farber received his doctorate in clinical psychology from Duke University in 1985, and is licensed in NC and DC where he practices and supervises. All four of his children survived grave health problems, and he often treats people with chronic or terminal health conditions. For more than 20 years he's been a top national competitor in triathlons, but like anyone, he could die any day: Weird?

### ONE DAY WORKSHOPS THURSDAY

### 5 Moving our bodies for a deeper connection with Self and Other

(6 CEs, 20 Participants)

Dance as a healing method goes back to earliest human history. Through dance-movement we increase our body awareness and allow for expression of internal states. Moving together we become aware of nonverbal communication while allowing for safety of physical and emotional boundaries.



#### Hilla Keren

Hilla combines more than 20 years' experience in individual, couples, group and family therapy. She integrates her unique blend of theory, skills and knowledge into an intuitive process. Hilla draws upon modalities that include arts therapy, meditation, movement, and more, to help her clients access and connect with their feelings.

### 6 Pickleball: A metaphor for taking risk, relationship deepening and practicing humility and courage. Our story unfolds...

(3 CEs, 12 Participants)

Pickleball is a game that soared in popularity during the pandemic. Attendees will take risks, learn how the theory of play, especially the game of pickleball, strengthens mental health, and become relationally aware of self and other. Experience is NOT required. Use of theory, taking one's inventory, play and process will provide invaluable information for use with self and our clients as they navigate these same life challenges.

#### Maureen Martin

Maureen Martin has been practicing psychotherapy for 50 years. She is grateful to be in a profession that is relevant in the changing world we live in- the complex problems that exist within us. She is a long-term member of AAP and is a Fellow of the academy. She is dedicated to working on the "person of the therapist." She believes in the interpersonal, relational and growth aspect of play. Pickleball is and has been an instrument and a metaphor for continuing to know who she is, was and will be.

"In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past." – Bessel Van Der Kolk

## 7 ETHICS Why Can't We Be Lovers?

*(3 Ethics CEs, 15 Participants)*

**The therapeutic encounter is an embodied experience: our bodies and bodily experiences are always in the room. In intensive psychotherapy, it is inevitable that both client and therapist may come to experience sexual arousal and erotic feelings. How do we understand sexual arousal in its absence to simple aesthetic appreciation, to mild attraction, to obsessive desire? How do we navigate erotic transference and countertransference in a manner that fosters intimacy, deep attachment, and healing? Together, we'll address the clinical challenges and the ethical dilemmas of being fully present with our clients by allowing our sexual and loving selves into the consulting room.**

### Marilyn Schwartz

Marilyn Schwartz, PhD, is a clinical psychologist in Washington, DC, providing individual and couples therapy, and clinical supervision, and is a consultant to the Smithsonian institution. 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.

### David Christy

David Christy is a clinical social worker licensed in MD, DC and VA. In his private practice, he works mainly with adult individuals, and couples. After an enjoyable 28 years practicing and teaching international law, David realized his long-held intention to become a psychotherapist, working psychodynamically to help folks grow and build healthier, happier lives. He earned a Master of Social Work from the University of Maryland, Baltimore; a law degree from the University of Chicago; and a Bachelor of Arts degree from the University of Kansas.

## 8 To Feel or Not to Feel? - Addiction and The Body

*(3 Addiction/Public Health CEs, 12 Participants)*

**This group contains a brief didactic portion about the role of substance use in regulating emotional experience, followed by a process group exploring addictive behavior from an attachment perspective. We will explore how addictive behavior from an attachment perspective might inform work with clients in recovery.**

### Zachary Pyne

Zach works as a professional counselor in Washington, DC, providing individual, couples, and group therapy services. He started a private practice in 2020; one of his specialties is working with clients to address substance addiction and its related issues. Prior to this, Zach facilitated daily therapy groups for an intensive outpatient recovery program in the DC area. He studied counseling psychology at Towson University and graduated with a master's degree in 2013.

### Graham Hall

Graham is a psychotherapist with a sub-specialty in addiction practicing in Georgetown, DC. Prior to starting his private practice, he worked as an executive coach at The Administrative Office of the US Courts and as the assistant director of the Kolmac Clinic. He holds a master's degree in organizational counseling and a PMC in clinical counseling from Johns Hopkins University.

## 9 Our Bodies, Our Boundaries

*(3 CEs, 15 Participants)*

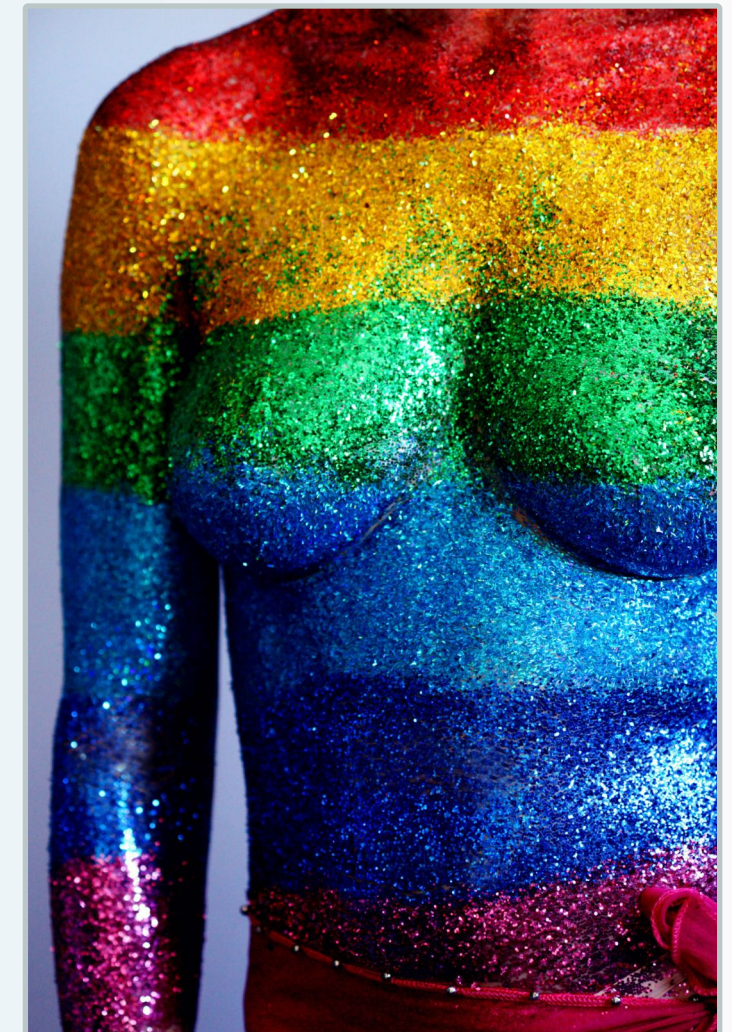
**Come learn a bit about the what, why and how of personal boundaries, which are issues of critical importance both in the consultation room and in any of our interactions with others. In particular, when we work with clients on establishing boundaries in individual, couples and group therapy, these learnings fuel their ability to identify and set healthy boundaries elsewhere, which is critical to personal growth. We will invite the collective wisdom of the group to explore and practice how to set healthy boundaries and hold to them. We will discuss boundary violations as ethical issues when appropriate.**

### Laurie Michaels

After 25 years of practice, Laurie retired in 2012 to become a full-time philanthropist, focusing for ten years on reducing the power differential between funders and non-profits. Her current focus is climate justice in Louisiana. She has a Bachelor of Arts in English literature from Williams College and a doctorate degree from Colorado State University. She has been a member of AAP since 1985, and is a co-founder and co-chair of the Scholarship Committee.

### Gary Frankel

Dr. Frankel has worked in private practice in Washington, DC for over 43 years. His practice consists of individual, group, and couples psychotherapy. He also provides individual and group supervision with an emphasis on countertransference. Since 1982, Dr. Frankel has conducted over 40 workshops on various topics. He also (with Dr. Michaels), conducted the first three scholars groups for AAP. Dr. Frankel served for 15 years as ethics chair. In October of 2017, he was elected Fellow.



## TWO DAY WORKSHOPS FRIDAY/SATURDAY

### 10a/b BodySpeak

*(6 CEs, 10 Participants)*

**BodySpeak will be an adventure to explore and express what we discover in our bodies through movement and creative writing. This process will open the space for shared stories to take into an embodied healing ritual so that we can better understand ourselves and our clients.**

#### Devajoy Gouss

Devajoy Gouss, LCSW, is an experiential therapist, working with groups, couples and individuals. She has evolved her own style of experiential therapy integrating psychomotor therapy, ART, TRM, energy medicine movement, brain spotting and the power of ritual. Her passion is facilitating the Marrying Yourself Journey, now also available online.

#### Giuliana Reed

Giuliana uses her writing training with Natalie Goldberg, as well as breath work and body sensation, in workshops and in her practice to increase awareness of lost memories and past trauma which continue to affect participants and clients in their present lives. Often the results are astonishing, allowing for deep healing while supporting the ground for transformation and integration. This experience of wholeness fosters empathy, compassion, and love, much needed in our complex world.

### 11a/b Grief: Body, Ritual and Community

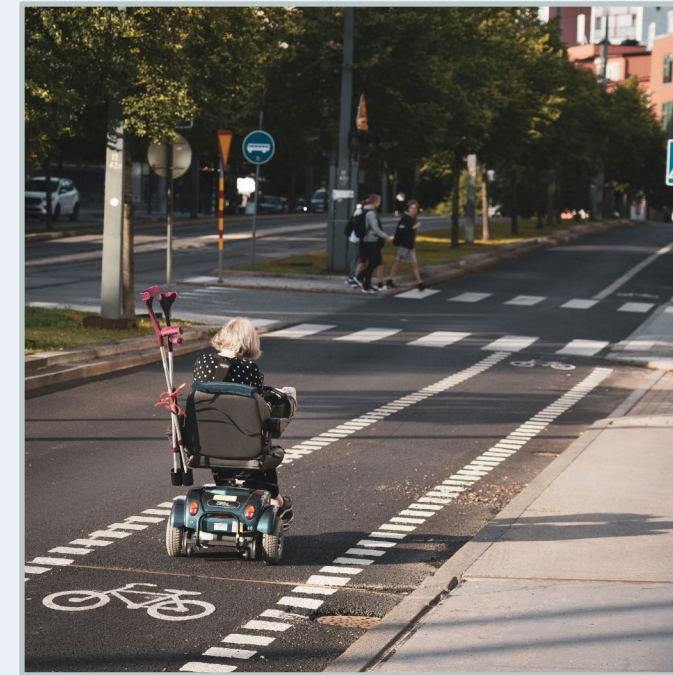
*(6 CEs, 14 Participants)*

**In this time limited group, members are given an opportunity to embody ritual for the purpose of grief work. By doing their own work, psychotherapists will gain eldership in grieving and can take these skills into their own practice to encourage clients to use containment and release through rituals in their psychotherapy.**

#### Elizabeth Field

Elizabeth E. Field, MA, LMFT, LCAS graduated from Appalachian State University in 1999 with a master's degree in Marriage and Family Therapy. Her professor and mentor was a long time AAP member who brought her to AAP in 1999. As a result, AAP has been her post-graduate training ground. Elizabeth's interests continue to evolve and her current focus is on building group therapy into her private practice. In 2024, she hopes to add a time limited group on grief to her practice in Charlotte, NC.

### 12a/b Necessary losses, unexpected gains: Sustaining vitality in an aging body



*(6 CEs, 12 Participants)*

**Impermanence and change provide the contours of aging. How we navigate our own aging shapes how we meet our clients in their own aging experience. In this process group we will explore this pivotal element of the human experience and consider the unexpected gains that feed vitality across the lifespan.**

#### David Pellegrini

David Pellegrini earned his bachelor's and doctorate degrees in clinical psychology from the University of Minnesota (1980). He interned at Harvard Medical School and was a Fulbright Fellow (1980-81) at London's

Institute of Psychiatry. Prior to going into full time private practice, he was a tenured associate professor of psychology at The Catholic University of America (1981-1991). He currently engages in individual and group psychotherapy. Additionally, he is an avid oil painter, photographer, and writer.

#### Lori Oshrain

Lori Oshrain earned a Bachelor of Arts in anthropology from the University of Oregon (1980), and a doctorate degree from UNC Chapel Hill (1994). Lori is in private practice outside Chapel Hill, and now maintains a Psypact E-Passport to practice with participating states. Lori works with individuals, couples and groups. Lori has led numerous workshops and a training institute for AAP. Lori feels most alive when improvising in relationships, music, and making stuff out of found objects of wood, rock, leather, and beads.

**"It's astounding the first time you realize that a stranger has a body - the realization that he has a body makes him a stranger. It means that you have a body, too. You will live with this forever, and it will spell out the language of your life." – James Baldwin**

### 13a/b How we carry our friendships in our bodies: A process group of friendship couples

*(6 CEs, 10 Participants)*

Loneliness is on the rise and research shows that connection reduces anxiety, depression, and increases longevity. This process group invites participants to register with a friend. Using theories from couples and group dynamics, trauma therapy and the healing aspects of friendships, we will explore the dynamics of the process of holding our friendships near.

#### Jenny Savitz-Smith

Dr. Jenny Savitz-Smith has been in private practice in Columbia, SC, for 24 years. She and Bradley Lake have a special friendship that helps them progress through the challenges of life together. Jenny is a mother of 15-year-old boy/girl twins.

#### Bradley Lake

Bradley Lake, LICSW has been in private practice for over 35 years. His passions include supervising therapists in the pursuit of knowing themselves. Bradley's belief that differentiation is key to enhanced intimacy in long-term relationships is alive in his clinical work with couples, his friendships, and his relationship with his husband. Bradley's friendship with Jenny is extremely important to him. They honor the spaces of similarity and difference - as parents, mates, and therapists. Bradley is thrilled to do this workshop with Jenny.

### 14a/b ETHICS/DIVERSITY: When Silence Has Color: Ethically Embodying Our Narratives About Racial Bias

*(6 Diversity CEs, 12 Participants)*

Participants will have the opportunity to practice greater cultural humility with clients by increasing personal understanding of their own and clients' racial narratives. Deeper awareness of how racial narratives are felt in the body and application of ethical principles to cultural humility will be covered. Didactic, video, and group process.

#### Sharon Bernstein

Sharon Bernstein, LCSW, after obtaining her Master of Social Work from the University of Maryland, was in private practice in Bethesda, Maryland from 1987 until her retirement in 2019. After retiring Sharon became very involved with the Southern Delaware Alliance for Racial Justice where she served on several committees and participated in various workshops on creating dialogues toward ending racism. Since 2020 she has co-facilitated a number of groups and workshops addressing racism and its effects on society..

“Biology isn't just genes playing out some unalterable script. It is sensitive to the world around it,” – Bruce D. Perry



#### Cathy Roberts

Cathy Roberts, LCPC, earned her Bachelor of Arts from Frostburg State University (secondary education) and Master of Science in pastoral counseling from Loyola University (Maryland). She is licensed in MD, VA, and WV and brings a somatic perspective to her clients and workshop participants. In addition to counseling individuals and couples, she has presented dozens of workshops and has facilitated numerous circles on racial bias starting in 2016. In 2023 she was appointed to the Racial Equity Committee of Frederick County Schools.

### 15a/b Dance Meditation and Process Group

*(6 CEs, 16 Participants)*

In this intensive workshop we will utilize movement, touch, expressive vocalizations, and group process to deepen more traditionally based talk-only therapies. Please wear comfortable clothing, bring water, and yourself. Be prepared to move beyond seated expressive work.



#### Brian Cross

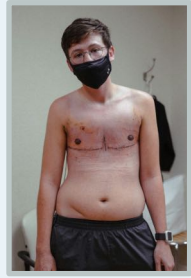
Brian is a husband, father, friend, and psychotherapist fortunate to practice in Washington, DC, with a wide range of supportive friends, colleagues, clients and family.

#### Elizabeth Gomart

Elizabeth has had a private practice since 2013. She graduated from George Washington University's Graduate School of Education and Human Development with a Master of Art degree in education and human development in 2011. She completed a four-year professional certificate in body psychotherapy with the NY Core Energetics Institute in 2007. Elizabeth was introduced to the mind-body connection by her college varsity rowing coach. She is a practitioner of dance meditation and dance improv -- and loves movement.

## ONE DAY WORKSHOPS FRIDAY

### 16 DIVERSITY Intersectional bodies: learning about gender and identity through film



*(3 Diversity CEs, 20 Participants)*

**Tangerine** is a tragicomedy that explores a day in the life of two trans black sex workers in LA. Together, we will use this cultural documentary to gain competence and fluency in concepts of gender identity and intersectionality so that we may better understand the varied lives and experiences of our clients.

#### Erin McCarthy

Erin McCarthy, MSW, works with populations diverse in gender identity, sexuality and cultural background. She believes that one of the most powerful ways to learn about and internalize different perspectives is through paying attention to cultural expressions from and by these communities. Erin has been an AAP member since 2022.

### 17 Our Beautiful and Brave Bodies



*(3 CEs, 15 Participants)*

Through an experiential process group, participants will learn techniques to increase attunement to their beautiful and brave bodies in the "here and now." The techniques learned during this workshop can be taught to clients to support client goals and improve their body image. Participants will be led through various types of physical movement to tune into their body sensations related to their comfort and challenge zones. We will explore body sensations, thoughts, and emotions that arise. (Participants should wear comfortable clothes and shoes.)

#### Debbie Granovsky

After attending Emory University in Atlanta, Debbie Granovsky earned her Master of Social Work degree in 1996 from the University of Georgia. She has led domestic violence support groups; provided crisis stabilization in the county mental health system; and provided individual and group services in the day hospital program at Ridgeview Institute. Debbie has been in private practice since 2003, holding space for adults, teaching self-care and recovery from trauma, addiction, and codependency.

#### Wendy Graham

Wendy Graham is a behavioral health clinician who has worked in the managed care environment, supporting complex mentally ill populations since 2015. Prior to that, she worked with the military and provided crisis response and command support to the South Carolina Army National Guard. She has experience in private consulting since 2006. She is inherently curious and attempts to remain teachable in all of her endeavors.

### 18 What do men want? Sex, sexuality, and relationships from a male POV

*(3 CEs, 16 Participants)*

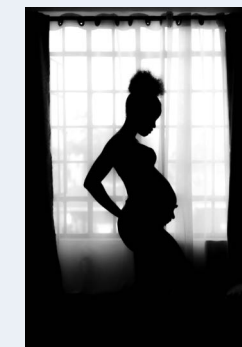
Freud famously asked, "What do women want?" This workshop will explore "What do men want?," focusing on the sexual and relationship wishes and needs of male participants; people who identify other than male can attend in a "fishbowl" manner, listening for the first two hours of this three hour workshop.

#### Steve Eichel

Steve Eichel, Ph.D., ABPP, CST is a licensed and board-certified counseling psychologist in Delaware and Pennsylvania, and a certified sex therapist (AASECT). He also holds proficiency certifications in addictions treatment, EMDR, clinical hypnosis, and the evaluation and treatment of sex offenders. He has practiced since 1980 with a broad range of clients, employing a trauma-informed psychodynamic and experiential approach. He has presented regionally and nationally on sexuality-related topics.

### 19 Have You Seen My Estrogen?

*(3 CEs, 12 Participants)*



**Women and peri/menopause.** It is crucial that we understand it and its impact on our clients' physical, emotional, and psychological well being. Often not fully considered in women over 40, symptoms can overlap with depression or anxiety. Menopause can be a difficult and isolating experience. Therapists who are informed about peri/menopause can help improve the quality of their clients lives by providing support and education. Many women may be unaware of what is happening to their changing body. Come sit with us to learn ways that we can identify these symptoms in our clients and help support them through this time.

#### Katie O'Meara

Katie O'Meara is a licensed clinical psychologist and founder and director of The Center for Cognitive Therapy and Assessment in Northern Virginia. Dr. O'Meara specializes in the treatment of obsessive-compulsive disorder (OCD), mood and anxiety disorders, parenting difficulties, divorce, job loss and grief. She supervises associates in her practice.

#### Carrie Phillips

Carrie is a pediatric psychotherapist in Dayton, OH. Carrie has been working as a psychotherapist since 1996. She does individual, group, and family therapy with children, teenagers, and all of their parents. Carrie is currently interested in how peri/menopausal changes affect women in their many roles and what these changes mean to them. Carrie has come to believe that menopause is a developmental crisis that needs more diagnostic attention.

## ONE DAY WORKSHOPS SATURDAY

### 20 Our Bodies Our Stories in Nature

*(3 CEs, 6 Participants)*

This Introduction to Forest Bathing will include individual and group experiences. Forest Bathing (Shinrin-Yoku) is a Japanese healing technique that enhances connection and relationship with trees and forests. Benefits of the practice include: reduced depression and anxiety, enhanced mental relaxation, and increased feelings of gratitude, selflessness and wonder. Participants will experience and share the healing benefits of this Forest Bathing Experience.

#### Penelope Norton

Penelope Norton, Ph.D. is a licensed psychologist in practice in Ormond Beach, Florida. She specializes in psychotherapy for individuals, couples, families, and groups. She received her bachelor's degree in 1974 from the University of Florida. Her Ph.D. specializing in clinical psychology was granted in 1980 by the University of Rochester. She has extensive training and experience in outdoor psychotherapeutic experiences, including recently completing training to be a Forest Bathing Guide.

### 21 You Shake My Nerves and You Rattle My Brain: The embodiment of social, emotional and physiological experience (Section 1)

*(3 CEs, 12 Participants)*

**"You shake my nerves, and you rattle my brain." What happens when we top off days of intimate sharing with the AAP SW dance? Come explore your embodiment – both physiological and emotional - during and following this time-honored Academy experience. Were you shook, rattled... or rolled? Let us look inside.**

#### Ed Sharp

Ed Sharp, has practiced for 35 years and is interested in peoples' experience of dancing. As a young father Ed learned the power of dance through comforting his newborn daughter by dancing as he held her. She now is an active dancer who knows how to comfort herself this way.

#### Jillian Thomas

Jillian M. Thomas, LPCS, LPC, RYT has been providing healing through psychotherapy and yoga for the past 20 years. Currently, she has a private practice in South Carolina in which her clients can participate in a variety of treatment modalities. By fusing psychotherapy with movement, body and breath work, she has focused on treating many clients healing from complicated grief, trauma, PTSD, and other disorders. She loves dogs, lake life, and spending time with her family.



### 22 You Shake My Nerves and You Rattle My Brain: The embodiment of social, emotional and physiological experience (Section 2)

*(3 CEs, 12 Participants)*

**"You shake my nerves, and you rattle my brain." What happens when we top off days of intimate sharing with the AAP SW dance? Come explore your embodiment – both physiological and emotional - during and following this time-honored Academy experience. Were you shook, rattled... or rolled? Let us look inside.**

#### Gordon Cohen

Gordon Cohen has a private practice in Washington, DC where he has worked for the past thirty years.. He is a Past President of the Academy.

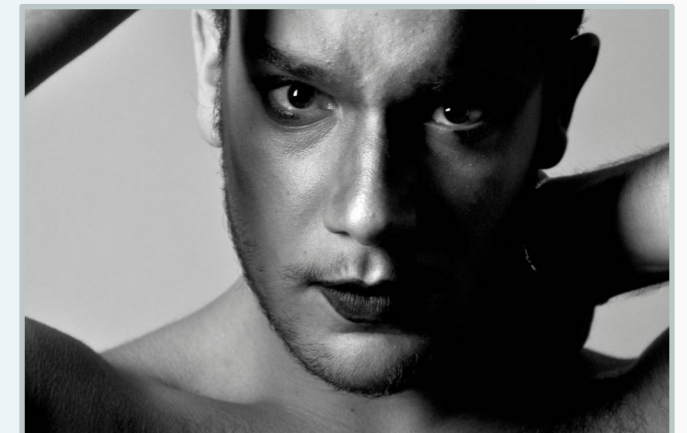
### 23 My Enthusiastic Yes: Affirmative Consent in Sexuality and in Life

*(3 CEs, 25 Participants)*

**Enthusiastic, affirmative consent vitalizes all meaningful interpersonal contact. In this experiential workshop, rather than construing consent solely through the lens of violations, participants will learn to identify what their "yes" feels like, learn to distinguish a "maybe" from an enthusiastic "yes," and help their clients apply techniques for self-awareness.**

#### Lauren Gardner

Dr. Lauren Gardner (she/they) works as a psychotherapist in private practice in Chapel Hill, NC. Lauren specializes in assisting young adults of (all ages) with life transitions, gender exploration, relationships, and trauma recovery. Many of her clients are queer, gender-nonconforming, or engage in polyamory or ethical-non monogamy. Lauren has a passion for the topics of sexuality, sexual diversity, and building cultures of consent. She lives in Raleigh, NC, with her spouse, also a therapist.





## 24a/b VIRTUAL: When Your Body Fails You: Dealing with Disability and Chronic Illness

(6 CEs, 20 Participants)

Losing capabilities to live is second only to losing one's life. But the losses that come with disability/chronic illness are often ambiguous and poorly recognized, including loss of dreams, autonomy, and connection. This group will focus on how members and their clients cope and muster hope when facing disability/chronic illness.

### Matthew Leary

Matthew S. Burgess Leary, Ph.D., is a psychologist in private practice in Bethesda, MD. He specializes in working with couples and families, parenting issues, anger, trauma, shame, and chronic illness. He has experienced second-hand the losses of self that come with chronic illness and disability through his wife's and children's struggles with chronic Lyme, long Covid, and the host of medical issues and sequelae that have come from these infectious diseases and immune dysfunction.

*Note: This virtual workshop is only offered to people not registered for the in-person Summer Workshop.*

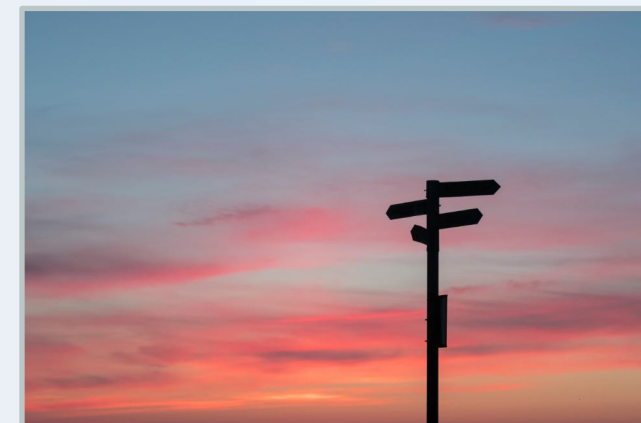


“Living in my body has expanded my empathy for other people and the truths of their bodies. Certainly, it has shown me the importance of inclusivity and acceptance (not merely tolerance) for diverse body types.”

– Roxanne Gay

## WORKSHOP PLANNER

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TI 1a Clemmer et. al Air We Breathe	TI 1b Clemmer et. al Air We Breathe		
TI 2a Kirsch Group Psychotherapy	TI 2b Kirsch Group Psychotherapy		
TI 3a Thomas/Gouss: Psychotherapist, Heal Yourself	TI 3b Thomas/Gouss: Psychotherapist, Heal Yourself		
<b>THREE DAY</b>	1a Baxter: Energy and the Body	1b Baxter: Energy and the Body	1c Baxter: Energy and the Body
<b>TWO DAY: THUR/FRI</b>	2a Pomerance/Brooks: Aging Bodies, Expanding Minds	2b Pomerance/Brooks: Aging Bodies, Expanding Minds	
	3a Fleming: Inhabiting our Bodies, and Stories in THIS Moment	3b Fleming: Inhabiting our Bodies, and Stories in THIS Moment	
	4a Farber: Running from Death	4b Farber: Running from Death	
<b>ONE DAY</b>	5 Keren: Moving our bodies for a deeper connection with Self and Other	16 McCarthy: Intersectional Bodies	20 Norton: Our Bodies, Our Stories in Nature
	6 Martin: Pickleball	17 Granovsky/Graham: Our Beautiful and Brave Bodies	21 Sharp/Thomas: Embodying the Dance, Sec A
	7 Schwartz/Christy: Ethics- Why Can't We Be Lovers?	18 Eichel: What Do Men Want?	22 Cohen G: Embodying the Dance, Sec B
	8 Pyne/Hall: To Feel or Not to Feel	19 O'Meara and Phillips: Have You Seen My Estrogen?	23 Gardner: My Enthusiastic Yes
	9 Michaels/Frankel: Our Bodies Our Boundaries		
<b>TWO DAY: FRI/SAT</b>		10a Gouss/Reed: BodySpeak	10b Gouss/Reed: BodySpeak
		11a Field: Grief- Body, Ritual and Community	11b Field: Grief- Body, Ritual and Community
		12a Pelligrini D/Oshrain: Necessary Losses, Unexpected Gains	12b Pelligrini D/Oshrain: Necessary Losses, Unexpected Gains
		13a Savitz-Smith/Lake: How We Carry Our Friendships in Our Body	13b Savitz-Smith/Lake: How We Carry Our Friendships in Our Body
		14a Roberts/Bernstein: Ethics- When Silence Has Color	14b Roberts/Bernstein: Ethics- When Silence Has Color
		15a Cross/Gomart: Dance Meditation and Process Group	15b Cross/Gomart: Dance Meditation and Process Group
		24a Leary: When Your Body Fails You. Virtual: for nonattendees	24b Leary: When Your Body Fails You. Virtual: for nonattendees



# CONTINUING EDUCATION (CE)

**American Academy of Psychotherapists**  
**2024 Summer Workshop**  
**June 26 – 29, 2024**  
**Warren, VT**

## Joint Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists (AAP). 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



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 its content. **12.0** 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, VA, 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: **Advanced**. Social Workers completing this course receive **12.0** 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

## New York Board for Social Workers (NY SW)

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. **12.0** hours.

## New York Board for Mental Health Counselors (NY MHC)

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0061. **12.0** hours.

## New York Board for Marriage & Family Therapists (NY MFT)

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0032. **12.0** hours.

## New York Board for Psychology (NY PSY)

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. **12.0** hours.

## FL Board of Behavioral Sciences (FL BBS)

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2023. **12.0** GENERAL Hours



# REGISTRATION

***\*\*\* Members will need to make their own hotel reservations for this conference, different from our traditional Summer Workshop registration structure. Please call (802) 583-6160 to reserve your room \*\*\****

***Rooms range from \$199 to \$796 and come in several configurations, from one bedroom suites to four bedroom condos. Be sure to ask for the AAP rate.***

## **Virtual Registration:**

We are offering one workshop virtually so that members who are unable to come to Vermont will have an opportunity to be a part of AAP at SW time. Here is the description:

### **24 VIRTUAL: When Your Body Fails You: Dealing with Disability and Chronic Illness**

***(6 CEs, 20 Participants)***

**Losing capabilities to live is second only to losing one's life. But the losses that come with disability/chronic illness are often ambiguous and poorly recognized, including loss of dreams, autonomy, and connection. This group will focus on how members and their clients cope and muster hope when facing disability/chronic illness.**

#### **Matthew Leary**

Matthew S. Burgess Leary, Ph.D., is a psychologist in private practice in Bethesda, MD. He specializes in working with couples and families, parenting issues, anger, trauma, shame, and chronic illness. He has experienced second-hand the losses of self that come with chronic illness and disability through his wife's and children's struggles with chronic Lyme, long Covid, and the host of medical issues and sequelae that have come from these infectious diseases and immune dysfunction.

***Note: This workshop is only offered to members who are not registered for the in-person SW in Vermont. This is an opportunity to participate in the AAP Summer Workshop even if you are unable to travel to Vermont. It will take place from 1 - 4:15 Eastern time to accommodate people from all parts of the country so nobody has to process at 6:00 AM.***

You may register for this workshop for \$100 which includes 6 CEs (no separate CE fee). Only the first 20 registrants will be accepted.

**Registration opens Monday, March, 25<sup>th</sup> at 12:00pm ET.  
Register online at:**

**[www.aapweb.com/events](http://www.aapweb.com/events)**