

American Academy of Psychotherapists
71st Annual Institute & Conference



Moving Into Stillness:

Trauma and Addiction Explored.

October 7-11, 2026



Charleston, SC

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Moving Into Stillness: Trauma And Addiction Explored

Welcome to the American Academy of Psychotherapists' 71st Annual Institute and Conference in Charleston, SC. We invite you to embark on a journey into our theme, Moving Into Stillness: Trauma and Addiction Explored. Our exploration will allow us as a community of healers, seekers, and survivors to quiet our minds and leave behind the hectic energy of life in hopes of discovering a deeper and more compassionate understanding of trauma, addiction, and the human condition. In the midst of our fast-moving world, stillness can feel counterintuitive. Yet it is within this stillness that we discover new ways of seeing, hearing, and understanding both ourselves and others.

As we gather, may stillness be our teacher and soften our judgments. Let it open our hearts and expand our understanding of the relationship between trauma and addiction, and how the process of healing becomes possible. May our collective stillness deepen both our personal journeys and our professional callings, allowing us to more effectively serve those entrusted to our care.

Let us begin...

"Ask not, 'Why the addiction?' But rather, 'Why the pain?'"

- **Dr. Gabor Mate**, *In the Realm of Hungry Ghosts, Close Encounters with Addiction*

Conference Co-Chairs

Catherine B. Clemmer, LCSW
Anthony Hampton, LISW-CP, CAC



COMMITTEE



Catherine Clemmer – Conference Co-Chair

Anthony Hampton – Conference Co-Chair

Meredith Albert – Treasure/Conference
Operations

Tory Drayton – Land and Labor
Acknowledgment,
Hosted Dinners

Wendy Graham – Continuing Education

Debbie Granovsky – Team Hospitality

Vanessa Hebert – Scholarship Liaison,
Activities, Presenter

Nick Kirsch – Consultant, DJ, Land and Labor
Acknowledgment, Presenter

Sally Kiss – Program Co-Chair, Scholarship
Liaison, Presenter

Tandy Levine – Team Hospitality

Michelle Leyden – Volunteer Coordinator

Phoebe Mcleod – Open Process Groups, Team
Hospitality

Jamie Miller – Activities, Rooms

Carrie Phillips – Hotel Liaison, Team
Hospitality Coach, Rooms,
National Meetings Chair

Elena Scher – Brochure, AV, Presenter Gifts

Jill Smith – Hosted Dinners, Eagle Eye Editor,
Presenter

Linda Tillman – Brochure Consultant

Daniel Turetsky – Program Co-Chair

Special thanks to Mitchell Clemmer - Marketing, Darrin Bronfman and Nancy Moser - Team Hospitality,
LeAnna Hamer - Executive Director,
Brian Duncan - Brochure Design, &
Kelsey Smith - Volunteer Process
Group Co-Facilitator



SCHEDULE AT A GLANCE

Wednesday October 7

12:00 – 4:50..... Registration
2:30 – 3:30..... New to AAP Orientation Group
1:45 – 4:45..... Training Institute
4:00 – 5:00..... Scholarship Process Groups
5:00 – 5:45..... Newcomers' Welcome Reception
5:30 – 7:00..... Hotel Nightly Reception, two
complimentary drinks for participants
5:45 – 7:10..... Opening Dinner
7:15 – 8:30..... Opening Experience
8:45 – 10:15..... Open Process Groups, Peer Groups

Thursday October 8

7:00 – 8:45..... Breakfast
8:00 – 8:50..... Registration
8:40 – 11:40..... Scholarship Process Groups
9:00 – 11:30..... Plenary 1
11:45 – 1:15..... Lunch/Scholars Lunch/Diversity Lunch
1:30 – 2:45..... Community Meeting
3:00 – 6:00..... Workshops/Training Institute
5:30 – 7:00..... Hotel Nightly Reception, two
complimentary drinks for participants
6:15 – 8:00..... Hosted Dinners/LGBTQIA Hosted
Dinner/Dinner on your own
8:30 – 10:00..... Open Process Groups, Peer Groups,
BIPOC Group

Friday October 9

7:00 – 8:45..... Breakfast is provided
8:00 – 8:50..... Registration
9:00 – 11:30..... Plenary 2
11:45 – 1:15..... Lunch/12-Step Meeting/Diversity Lunch
1:30 – 2:45..... Community Meeting
3:00 – 6:00..... Workshops/Scholarship Process Groups
5:30 – 7:00..... Hotel Nightly Reception, two
complimentary drinks for participants
6:15 – 8:00..... Hosted Dinners/BIPOC Hosted Dinner/
Dinner on your own
8:30 – 10:00..... Open Process Groups, Peer Groups,
LGBTQIA Group

Saturday October 10

7:00 – 8:45..... Breakfast is provided
8:00 – 8:50..... Registration
9:00 – 11:30..... Stillness Activities
11:45 – 1:15..... Lunch
1:30 – 2:45..... Community Meeting
3:00 – 6:00..... Workshops/Scholarship Process Groups
6:30 – 7:00..... Pre-dinner Social (Cash Bar)
7:00 – 12:00..... Presidential Address
Dinner and Dance

Sunday October 11

7:00 – 8:45..... Breakfast is provided
7:30 – 9:00..... Scholars' Breakfast Debrief
9:00 – 10:30..... Closing Experience

LEARNING OBJECTIVES

At the end of this conference, participants will be able:

1. To define and articulate the meaning of addiction that is humanizing and compassionate, moving beyond traditional definitions and conceptualizations about addiction
2. To identify specific factors about the relationship between trauma and addiction that our clients face
3. To describe and discuss cultural traumas in our country and the world that both our clients and ourselves as clinicians experience in our offices and in broader society
4. To name three examples of ethical considerations in doing trauma and addiction work with clients
5. To identify and describe the impact of trauma and addiction on marginalized communities
6. To reframe the identifying principles of recovery as returning to stillness and one's true nature and authenticity
7. To identify strategies for helping clients lean into stillness (I.e. meditation, movement, art, writing, etc.) to improve and cope with trauma activation in the bod

LAND & LABOR ACKNOWLEDGMENT



Charleston Land Acknowledgment

We respectfully acknowledge that the land on which we gather in Charleston, South Carolina, is the ancestral territory of the Cusabo and other Indigenous Peoples, whose knowledge of the land, waterways, and sustainable practices nurtured this region for generations. We honor their ancestors' lasting connection to this land, and recognize the enduring trauma effects caused by violent colonization and forced displacements. We also recognize Charleston's history as a central hub in the transatlantic slave trade and the invaluable contributions of enslaved Africans, whose labor, creativity and ingenuity in agriculture, craftsmanship, music, cuisine, politics and community life profoundly shaped the culture and economy of this city. Their spirit and legacies endure.

As psychotherapists committed to healing, inclusion and justice, we honor these histories and the suffering and resilience of those who came before us; we strive to create spaces of understanding, reparation and equity. There is an abundance of enriching historical sites, tours, and activities to visit while here.

We've prepared a list with links for you to learn more. Please view and research the following tribes, locations and sites to learn more about the history and diversity within and surrounding this region:

[Land and labor acknowledgment links](#)

For example, to make this acknowledgment more personal to our community, our own Tory Drayton's family lineage is rooted in Charleston. Tory says, "Charleston, SC is where the American story of my family/lineage began via Drayton Hall plantation. My family's story of trauma is reflected in the theme of this conference. For my family, from that trauma emerged a lineage of leadership, resilience, artistry, and service."



A WELCOME FROM THE AAP PRESIDENT KRISTIE NIES, PHD

It is my great pleasure to welcome presenters, guests, and members of our academy community to the 2026 I&C. This year's theme, Moving Into Stillness: Trauma and Addiction Explored, invites us to consider how trauma and addiction touch our lives, as well as the ways healing becomes possible. This gathering reflects our shared commitment to lifelong learning, both professionally and personally, while inviting us to challenge and inspire one another and strengthen the community that sustains the meaningful work we do. I extend a heartfelt thanks to our conference chairs, Catherine Clemmer and Anthony Hampton, and their dedicated committee whose care and vision have brought this conference to life. May our time together renew our curiosity, deepen our compassion, and remind us that transformation is always possible.



GENERAL INFORMATION ABOUT AAP AND THE CONFERENCE

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 AMBASSADOR PROGRAM FOR FIRST-TIME ATTENDEES

The Ambassador Program pairs seasoned AAP members with first-time participants 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.

TARGET AUDIENCE AND INSTRUCTIONAL LEVEL

Our Institute and Conference is well suited for psychologists, social workers, counselors, marriage and family therapists, sex therapists, psychiatrists, and mental health practitioners, as well as graduate students in mental health related disciplines. The instructional level in all workshops and plenary sessions is appropriate for new, intermediate, and advanced practitioners, unless specifically noted otherwise.

INTERESTED IN BECOMING A MEMBER?

Information regarding membership requirements and applications can be found on the AAP website aapweb.com or from the Membership Committee Chair, Erin McCarthy at erinmccarthytherapy@gmail.com. We offer various tiers of membership based on a candidate's progression in personal therapy and clinical licensure. Members are eligible for leadership positions, attendance at the members only Summer Workshop and access to the LAUNCH program, offering funding assistance toward conference fees.

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. Contact Gordon Cohen at drgordoncohen@gmail.com.

THE ENDOWMENT FUND

The LAUNCH program provides new members with a grant of \$3,000, distributed in five disbursements of decreasing amounts (\$1,000, \$800, \$600, \$400, and \$200). The grants can be used for national meeting fees. Contact Rachel Keller at Rachel@AliveIntimacy.com for more information.

AMERICANS WITH DISABILITIES ACT

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

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, who 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

www.aapweb.com/aap-professional-environment-policy



OMBUDSPERSONS

Ombudspersons are individuals who will be available on-site for those who need support and guidance, or who have an adverse experience. Two ombudspersons authorized by the PEP Committee will be available for on-the-spot consultation and counsel throughout the conference. They are Maureen Martin and Gordon Cohen. Contact information for the ombudspersons will be provided at the conference.

EVENTS AND ACTIVITIES

NEW TO AAP ORIENTATION GROUP

We will be offering a New to AAP Orientation Group on **Wednesday from 2:30 – 3:30 PM**. The goal of this one-hour group is to “get your feet wet” in AAP-style experiential group processing and provide a time to connect with others in an informal setting before programming begins.

NEWCOMERS' WELCOME RECEPTION

Please join us at **5:00 PM on Wednesday** to meet and greet first-time participants including volunteers, scholarship recipients, and other newcomers to our community. AAP members and officers look forward to this opportunity to mingle and answer questions about AAP.

EMBASSY SUITES NIGHTLY RECEPTION

Embassy Suites treats guests to a **nightly reception from 5:30 – 7:00 PM** in the atrium where two complimentary alcoholic beverages are offered (domestic beer, house wine, and some liquors) along with complimentary snacks. The nightly reception is the perfect way to end the day or start the night with other conference participants.

HOSTED DINNERS

Are you looking to get more acquainted with other AAP members and participants? We will offer hosted dinners **Thursday and Friday 6:15 - 8:00 PM** at several local restaurants sure to satisfy a variety of palates. You can find information regarding restaurants and your host at the registration table. Look the

restaurants over and sign up for the gatherings of about six to twelve people. Enjoy!

DIVERSITY LUNCH

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. Bring your open mind and your curiosity to create space for sharing. We will meet on **Thursday and Friday during lunch 11:45 – 1:15 PM**. Lunch location will be posted at registration.

12-STEP MEETING

AAP offers a 12-Step meeting where participants from all 12-step programs are welcome to attend. Newcomers or participants curious about 12-step programs are welcome. We will meet on **Friday during lunch 11:45 – 1:15 PM**. Lunch location will be posted at registration.

BIPOC GROUP

At AAP we endeavor to create spaces where all participants can find belonging and connection. Sometimes this requires a smaller, intimate group of people with a shared identity. This group is a gathering space for participants who identify as Black, Indigenous, or Persons of Color. It is lightly led and is a time to process the conference experience. We will meet **Thursday night from 8:30 - 10:00 PM** For the process group and **Friday night for a hosted dinner**. Sign up for the hosted dinner will be posted at the registration table.

LGBTQIA GROUP

This group is for participants who identify as a member of the LGBTQIA community wanting to connect with others at the conference with this shared identity in order to process the conference experience. It will be lightly led by two LGBTQIA members of AAP. We will gather for a hosted dinner **Thursday night** and a process group **Friday night from 8:30 - 10:00 PM**. Sign up for the hosted dinner will be posted at the registration table.



HOSPITALITY SUITE

A long time tradition in AAP, the hospitality suite is open and available to all conference attendees. Your hospitality team will be serving sweet and savory treats and snacks as well as refreshing drinks of all sorts. Hospitality is a cozy place to come and sit with old friends, strengthen acquaintances and meet new folks. You can deepen your conference experience or blow off steam and laugh, hospitality is the place to share! We look forward to seeing you here in your conference clothes or PJs! The suite hours will be posted at the registration desk.

SATURDAY NIGHT DINNER AND DANCE

The Saturday night dinner and dance is one of AAP's most honored traditions. After a long and meaningful deep dive into the conference experience, we share a meal and connect with each other in a fun and playful way. We will honor our leaders, presenters and committee, enjoy “teasers” for the conferences to come, and dance our hearts out with the music and entertainment provided by Jason Smith of DJ Steel. Jason has DJed many times for AAP Southern Region conferences and was our DJ at the 2025 Summer Workshop. Get your dancing shoes ready! Dinner starts **Saturday at 7:00 PM**.

SATURDAY MORNING STILLNESS ACTIVITIES

In the spirit of *Moving Into Stillness*, we invite you to pause, soften, and reconnect with yourself during this intentionally curated Saturday morning experience. A variety of guided and restorative offerings will be

available to support integration, nervous system regulation, and gentle reflection on all that has been received throughout the conference. Rather than adding more to take in, this time is designed to help you embody the work, allowing insight, clarity, and restoration to naturally emerge. Please visit the registration table for a full list of offerings. Activities will be **Saturday from 9:00 - 11:30 AM.**

OPEN PROCESS GROUPS

Ongoing peer process groups are one of AAP's most powerful learning and growth activities. We give and receive here-and-now feedback to each other and learn firsthand about relationships and group dynamics. In addition to long-term peer groups, this I&C will feature evening process groups that are open to both newcomers, members, and other attendees. These open process groups will be led by an experienced AAP-member. Groups will consist of about 15 participants and will require a two-night commitment. If you would like to participate in an open process group, please indicate this when you register. No CEs are available. These groups will be held **Wednesday 8:45 - 10:15 PM, Thursday and Friday 8:30 - 10:00 PM.** Special note: Confidentiality and sobriety are requirements for participation in open process groups.

AAP SCHOLARSHIP PROGRAM

Therapists from all disciplines were invited to submit applications for scholarships through the AAP website by June 1. Applicants were notified in mid-July. This ten-hour training, one group for early-career and one group for mid-career scholarship 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.

The groups will meet **Wednesday 4:00 - 5:00 PM, Thursday 8:40 AM - 11:40 PM, Friday 3:00 - 6:00 PM, Saturday 2:45 - 5:45 PM.** Participants will meet for lunch **Thursday from 1:15 - 2:45 PM** and a breakfast debrief **Sunday from 7:30 - 9:00 AM.** (10 CEs)

GROUP LEADERS

- ◆ **Diane Christie Shaffer, PsyD** is a second-career psychologist working with adults, couples, and groups in private practice in Swarthmore, PA and Philadelphia, PA. Diane first came to AAP in 2004 as a new graduate student. At AAP, she found her voice, honed skills and continues making life-changing connections.
- ◆ **Tyler Beach, MSW LCSW** is an individual and group psychotherapist in private practice in Durham, NC. In the past 15 years, he has received specialized training in working with patients generally deemed "treatment resistant." In addition to his clinical practice, he provides clinical supervision and consultation.
- ◆ **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, 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.

THE PROGRAM

OPENING EXPERIENCE

WEDNESDAY 7:15 - 8:30 PM

As our community sits together for the first time at this conference, our opening experience invites you to bring yourself into the room, to engage with our theme and to begin your journey. *(1.25 CE, Unlimited participants)*

COMMUNITY MEETINGS

THURSDAY and FRIDAY 1:30 - 2:45 PM, SATURDAY 1:30 - 12:45 PM

Community meetings at the American Academy of Psychotherapists offer therapists an experiential training in a large group process, grounded in authenticity, presence, and emotional honesty. Participants engage in real-time interpersonal interaction, cultivating clinical competencies such as accurate empathy, 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.

(1.25 CEs Thursday, 1.25 CEs Friday, 1.25 CEs Saturday, Unlimited participants)

- ◆ **Debbara Dingman, PhD** is a clinical psychologist at Pine River Psychotherapy Associates in Atlanta. She enjoys her work with individuals, couples, and groups. Her years in AAP have promoted her ability to be playful, resilient, and somewhat flexible. She is a fellow of AAP and a member of the Ethics Committee, the Community Meetings Team, and the Personal Boundary Protection Committee.
- ◆ **Samir Patel, MD** is a psychiatrist in private practice in Providence, RI. He co-facilitates a training seminar on uncertainty for psychiatrists in training. AAP is his professional home, a place to connect, disconnect, play, and sometimes rest. He also loves to cook and can usually be found thinking about his next trip.
- ◆ **Lisa Makstein, LCSW-C, LICSW** is a clinical social worker practicing in Maryland and Washington, DC. In her private practice, she works with individual adults, couples, and co-leads interpersonal psychotherapy groups. Lisa has also co-led many workshops at AAP conferences. It is always a privilege to join in other people's journeys towards increased authenticity and a better quality of life.

CLOSING EXPERIENCE • SUNDAY 9:00 - 10:30 AM

In our final gathering as a community, Closing Experience is an opportunity to review and integrate the week's experiences. It allows a chance for final connections and facilitates the transition from an intense five-day conference back to family, friends, home, and work. *(1.5 CEs, Unlimited participants)*



PLENARIES

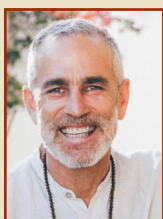
PLENARY 1, THURSDAY 9:00 – 11:30 AM

Beyond the Pain of Trauma and Addiction : Integrating Holistic Recovery-Oriented Principles of Practices into Psychotherapy

This plenary will explore the relationship between trauma and addiction through a recovery-oriented lens, examining the limitations of abstinence-only models and the clinical value of integrating mind-body awareness, purpose-building and lifestyle-based practices into psychotherapy and counseling.

Participants will gain clinically applicable frameworks and experiential insights to support emotional regulation, resilience and sustained recovery for their patients and clients.

(2.5 CEs, Unlimited participants)



Tommy Rosen is an advanced Vinyasa flow and Kundalini yoga teacher. He is a leading expert on addiction and recovery, with over 30 years experience helping people overcome addictions of all sorts. He is the founder of

Recovery 2.0, the eight-week Awakening Program, and the Recovery 2.0 Coach Training Program.



Anthony Hampton, LISW-CP, CAC works with individuals and groups to help clients and family members overcome the pain of untreated addiction and abstinence-based recovery practice. Crediting his own recovery journey as his biggest

teacher, he currently works as a recovery life coach.



PLENARY 2, FRIDAY 9:00 – 11:30 AM

From the Mat to the Therapy Room: Embodied-Awareness, Presence and the Parallel Process of Healing

This plenary will explore the embodied-awareness, presence and the parallel process of healing, while examining the similarities between yoga and psychotherapy. We will learn how the therapist's embodiment impacts the therapeutic alliance and outcome of psychotherapy and recovery.

(2.5 CEs, Unlimited participants)



Rolf Gates, former social worker and US Airborne Ranger, is known as a leading voice of modern yoga. He co-founded the Yoga+Recovery Conference and Esalen Institute. He brought yoga and functional stretching to the US DOD,

provides private yoga life coaching, and is a contributor to the Good Men Project.

Anthony Hampton, LISW-CP, CAC works with individuals and groups to help clients and family members overcome the pain of untreated addiction and abstinence-based recovery practice. Crediting his own recovery journey as his biggest teacher, he currently works as a recovery life coach.

TRAINING INSTITUTE WEDNESDAY 1:45 - 4:45 PM, THURSDAY 3:00 - 6:00 PM

T1a Help Me See You: Examining the Cultural Underpinnings of Psychotherapy in a Diverse Society

The clinical encounter is multidimensional. Social identity, relational strivings, power dynamics, and systems shape quality of care and treatment outcomes. In this training institute, principles of dialogical reflexivity will be applied to service provision. Didactic and experiential activities will ground participants in a critical praxis of decolonizing therapy, recognizing that this standpoint must be interrogated for its liberatory and oppressive potential. (6 CEs, 11 participants)



Marvice D. Marcus, PhD is a licensed psychologist in North Carolina. Currently, Marvice divides his time between psychotherapy and overseeing a clinical training program. He is an avid reader, with interests ranging from psychoanalysis to cultural studies and critical social theory.

WORKSHOPS

THREE-DAY WORKSHOP

THURSDAY, FRIDAY 3:00 - 6:00 PM,
SATURDAY 3:00 – 6:00 PM

1a. The Watcher At The Gates Of Dawn

Therapists absorb a lot around the responsibilities we engender, the projections we hold, and the complexities and difficulties we experience in our work. How healers move these energies that we may absorb in our consulting rooms has an enormous amount of impact on our health, vitality and resilience in everyday life. In this three-day process group we will bring to the foreground the roles we engage in as healers and ways we do, or don't, optimize our healing potentials. (9 CEs, 12 participants)

Adam Klein, Ph. D is a licensed psychologist practicing in Annapolis, MD. He has placed the full force of his energies on the meditations involving healing the healer. He finds love and joy with his wife Karen and his three adult children Jordan, Rachel and Benny.

TWO-DAY WORKSHOPS

THURSDAY, FRIDAY 3:00 - 6:00 PM

2a. Drawing on the Unprocessed

In our work, we use awareness of our in-the-moment experience to guide our clients. Noticing what the client activates in us--whether that is conscious and already processed or simply familiar but unarticulated--allows us to be curious with the client about what is stirring in them. In this workshop, we will examine this phenomenon and practice noticing, expressing, and using the "unthought known" (C. Bollas, *The Shadow of the Object*, 1987) in our group process. (6 CEs, 10 participants)

Kristin Staroba, MSW has been in private practice in the Washington, DC, area since 1996. She is a past president and fellow of this academy. In graduate school, Christopher Bollas's concept of the "unthought known" became central to her examination of the process of change in psychotherapy.

David K. Donlon, LCSW After completing a masters in social work at the University of North Carolina, David Donlon has been a psychotherapist in Chapel Hill for the past 44 years. He regards deepening his inner stillness in order to foster empathic connection to be a major part of his life's work. He was president of AAP 2018 through 2020 and is a fellow of the academy.



TWO-DAY WORKSHOPS • THURSDAY, FRIDAY 3:00 - 6:00 PM

3a. Compassionate Acceptance, Unconditional Self-Love, and Self-Healing of Addiction and Trauma

Nobody gets through this life unscathed. Life is a series of lessons interrupted by tests and quizzes. The opportunity is yours to use life's challenges to evolve, mature, and grow. This workshop will provide practice in professional and life-affirming skills for the therapist's application to clinical practice. (6 CEs, 12 participants)

Damon Blank, MEd, LMFT is a licensed marriage / family therapist who has been in private practice for 44 years, a mere blink of the eye. In his lifetime, he has been gifted with trauma, illness, addiction, and family crises. With the practice of yoga and meditation, stillness has delivered unimaginable strength, resilience, compassion and peace.

4a. Religious Trauma in a Fractured Public: Moral Injury, Community, and the Work of Repair

This session focuses on understanding and healing religious trauma. We will examine how to work through religious trauma personally, and how to accompany patients, clients, and communities as they grapple with this trauma. We will attend to how these experiences shape the formation of relationships and communities, with particular attention to the cultural and political moment we find ourselves in. This group includes process and a substantive psychoeducational component.

(6 CEs, 15 participants)

Elizabeth Gish 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.

5a. Turning Down the Noise: Silence as Container and Possibility

This two-day process group will examine how stillness and silence evoke aspects of mind and body sensations that are hard to notice in this day of information overload and overstimulation. As we weave in and out of stillness and process, we aim to help participants access parts of themselves that lay beneath the blanket of distraction. By quieting the internal noise, clinicians can sharpen their "self-as-instrument," enhancing the somatic resonance and nuanced attunement essential for deep psychotherapeutic work. (6 CEs, 10 participants)

Alison McGrath Howard, PsyD, MEd lives and works in Berkeley Springs, WV, and also has an office in Washington, DC. She works with individuals, couples and groups, and is currently a third- year candidate with the Institute for the Psychoanalytic Study of Subjectivity.

Joseph Schmidt, PhD works in private practice in Rosslyn, Virginia conducting individual, couples, and group psychotherapy. He is a member of AAP, AGPA and the Mid-Atlantic Group Psychotherapy Society. He has extensive experience with the Tavistock approach to understanding groups.

6a. Group Psychotherapy for Trauma and Addiction: What Therapists Need to Know and Do

In this workshop we will explore: how the pain of trauma so often leads to escape through addiction, how stillness can increase connection to ourselves and others, and how carefully led group psychotherapy can help heal those suffering from trauma and PTSD. We will identify ways therapists can foster safety and trust and avoid retraumatization. We will also explore how the practice of stillness for people suffering from trauma can augment group psychotherapy to make greater progress. (6 CEs, 15 participants)

Doug Cohen, PhD provides group, couples, and individual psychotherapy and supervision in Washington, DC. He has worked with parents traumatized when told their child was deaf, adults traumatized by disabilities, and therapists struggling with their clients' traumas and their own. In 2022, he co-led a group for traumatized Ukrainian therapists.

7a. Queering Stillness

Popular advocacy has valued being "out and proud." Keith Haring told us "silence = death." Yet what lies in the fertile stillness beneath these outward expressions? Here we will build a frame to experience a queer stillness together, collectively inviting what emerges. Participants will use this space to explore aspects of identity, grief, desire & shame that have remained unexpressed and unconscious, building competency in addressing these issues with gay, lesbian and trans clients.

(6 CEs, 16 participants)

Erin McCarthy, MSW is a queer clinician whose exploration of her own identity has taken many forms throughout her life. She works with children, adolescents and adults in Philadelphia, PA and Washington, DC.

Gordon Cohen, PsyD is a psychologist who practices in Washington, DC. He has a general practice in adult psychotherapy with a specialty working with LGBTQ patients in groups and couples therapy. He is a past president and fellow of the academy.

8. 12 Steps as Experiential Psychotherapy

A misconception is that 12-steps is merely a tool for change. In reality, it is a design for living. This workshop will elevate 12-steps as a pathway into the therapeutic work clinicians already practice.

Participants will engage in dialogue, examine assumptions, and explore how expanding experiential therapy to include recovery work deepens awareness, invites acceptance of powerlessness, and reveals the strength found in stillness. While both approaches center on self-work and healing, their key differences will be explored.

(3 CEs, 15 participants)

Elizabeth E. Field, MA, LMFT, LCAS is in private practice in NC. She started her practice in the field of addiction. Since she moved into the treatment of trauma, she still uses her training as an addictions specialist to aid in her work. She is pleased to offer this workshop weaving both training and experience.

9. Sweet Relief, Bitter Roots: Exploring the Neurobiology of Sugar and the Legacy of ACEs in Addiction Recovery

In this three-hour session, we move beyond traditional substance use definitions to explore the deeper "why" of the pain. By examining the relationship between Adverse Childhood Experiences (ACEs) and the neurobiological impact of sugar, we reveal how the body attempts to find stillness through external regulation. *(3 CEs, 16 participants)*

Loretta Sparks, LMFT is a psychotherapist practicing in Hermosa Beach, CA. She is an AAP past president and fellow. She worked for 28 years in the Addiction Medicine Department of Kaiser Permanente South Bay, LA. During those years she felt privileged to be in service of her patients' journey.

10. Exploring the Impact of Trauma on the Body

This experiential workshop explores the impact trauma has on our bodies and strategies for coping with body sensations and self-regulation. These strategies offer a structured pathway toward the window of tolerance necessary for effective trauma work. Participants will be guided through accessible, evidence-informed techniques requiring no prior experience. *(3 CEs, 15 participants)*

Angela Gould, PhD is a clinical psychologist practicing in Boulder, CO and the US Virgin Islands. She has been in an eclectic practice for over 45 years utilizing a variety of adjunct therapies including meditation and Qi-Gong. She has taught both techniques in a variety of settings with a focus on trauma.

11. Burnout, Boundaries and Bias: Ethics in the Treatment of Addictions

We will explore common ethical challenges and the tensions they create for the therapist. Respect for the issue of client autonomy vs potential for harm will be explored. We will discuss frequently experienced therapist reactions including moral distress, feelings of helplessness and awareness of limitations. Come to be challenged, fed and stimulated. *(3 CEs, 16 participants, Ethics)*

Maureen Martin, LCSW is an "old-timer" in AAP. She has many clinical specialties including working with clients dealing with addiction. She combines her clinical expertise with 12-step programs knowledge to provide a comprehensive approach to treatment. She has presented several workshops on addiction for AAP and is committed to "spreading the word". She is a fellow of the academy.

Bob Coyle, PhD is a longstanding member of AAP and is currently in private practice in Atlanta. A significant portion of his practice involves providing psychotherapy to people in various stages of addiction recovery. During his time in AAP he has led a number of workshops on addiction-related topics.

12. Seeing You Wholeheartedly

This experiential workshop introduces heart-centered presence in pairs to cultivate nonverbal connection, presence, and compassionate witnessing without judgment. Participants will explore co-regulation, mindful presence, consent, boundaries, projection, and integration dialogue. Through guided practice, reflection, and facilitated processing, learners can expect an immersive, emotionally attuned experience emphasizing co-regulation, embodied awareness, relational depth, and connection. By exploring these dynamics, clinicians will strengthen their capacity for therapeutic use of self, allowing for deeper connection in the clinical setting. *(3 CEs, 20 participants)*

Yariela Sequeira has been in private practice since 2018, specializing in one-on-one counseling services for adults. She has also contributed significantly to her community as a public speaker and presenter at various events, including the 2024 American Academy of Psychotherapists conference.

13. Rewiring the Wounded Brain: Ketamine, Neuroplasticity, and the Path Through Addiction

We will explore why trauma and addiction so often travel together through knowledge of brain science, the stories of our clients, and our own bodies. Drawing on the latest research in psychedelic-assisted therapy and ketamine treatment, and grounded in Gabor Maté's compassionate inquiry approach, this workshop blends neuroscience with clinical practice. Expect didactic content combined with guided somatic experience to find greater understanding of this emerging field. (3 CEs, 20 participants)

David Fogel, MD is an integrative physician and psychotherapist practicing for over 30 years doing individual, couples, and group therapy. He is a certified ketamine medical-therapy provider and, using a harm reduction model, administers IM ketamine and psychedelic integration in a ketamine-assisted psychotherapy framework.

14. Stillness in Motion: Embodied Presence, Movement, and Voice in Trauma Treatment

This session invites clinicians to explore how their own internal parts and physiological responses influence therapeutic pacing, relational safety, and client outcomes. Practical tools will be provided to support therapist self-regulation, deepen attunement, and strengthen trauma-informed relational work. Drawing from Internal Family Systems (IFS), attachment theory, and contemporary trauma research, participants will examine how therapist activation can be processed through the body. (3 CEs, 10 participants)

Duewa "Kaya" Spicer, LCSW, CST, CCATP is a licensed clinical social worker and certified sex and couples therapist specializing in trauma and embodied relational healing. She integrates polyvagal-informed somatic practices, Internal Family Systems, and decolonizing frameworks in her work with individuals and partnerships.

15. The Quiet Trauma Responses in Psychotherapy

Freeze and fawn are often overlooked trauma responses that shape relationships in subtle but powerful ways. Unlike fight or flight, they can appear as compliance, emotional numbing, people-pleasing, or difficulty asserting needs—

undermining authenticity and therapeutic progress. This workshop helps psychotherapists recognize freeze and fawn patterns in clients and themselves, understand their relational impact, and learn to cultivate increased safety, agency, and emotional intimacy. (3 CEs, 12 participants)

Lauren Gardner, LCMHC, PhD is a psychotherapist in private practice in Raleigh, NC, where she works with adults of all ages. She also specializes in gender identity work and recovery from religious trauma. She was also trained as a counselor educator at NC State University.

16. Breathwork for Step Work: Regulating the Nervous System and Embodying the Spiritual Principles of the 12 - Steps

Recovery is an embodied process. We will explore the integration of breathwork practices with the transformative framework of the 12-steps. Participants will learn how intentional breathing techniques can regulate the nervous system, increase emotional tolerance and support deeper embodiment of spiritual principles such as surrender, acceptance, inventory, forgiveness and service. We will learn how breath-based regulation can reduce reactivity and support trauma-informed step work. (No CEs, Unlimited participants)

Tommy Rosen is an advanced Vinyasa flow and Kundalini yoga teacher. He is a leading expert on addiction and recovery, with over 30 years experience helping people overcome addictions of all sorts. He is the founder of Recovery 2.0, the 8-week Awakening Program, and the Recovery 2.0 Coach Training Program.

TWO-DAY WORKSHOP

FRIDAY 3:00 - 6:00 PM, SATURDAY 3:00 - 6:00 PM

FRIDAY CONTINUED 1b., 2b., 3b., 4b., 5b., 6b., 7b.

17a. Queer Joy: From Trauma to Authenticity

Queer identity is so often conflated with pain and trauma. However, this workshop will focus on rewriting and reframing our narratives around queerness to find joy and authenticity in our experiences. We will explore the societal and personal attitudes and experiences that contribute to stories of queerness. 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 identify new ways to work with clients. (6 CEs, 15 participants)

Sally Kiss, LICSW is in private practice in Quincy, MA. She particularly enjoys working with young adults who have experienced trauma and those in the queer community. She has been involved with AAP since 2019 and was a scholarship recipient in 2022.

Lyndon Sherman recently defended his dissertation Exploring the relation of gender euphoria in adults who are transgender in Florida where the research findings demonstrate how authenticity, support, and access to healthcare provided joy, peace, and a sense of calmness. This research has provided unique aspects and understanding in queer joy.



18a. Silence as Therapeutic Intervention

In this experiential workshop, we will examine the value of pausing in intentional silence as we work to deepen our understanding of each other's trauma, and to connect with each other in a manner that heals. We will do this first by discussing in real time how we relate to each other's traumas and coping mechanisms, and how our connections with each other change our experience. Then we can explore whether momentary silence isolates us...or connects us more meaningfully.

(6 CEs, 15 participants)

Jonathan Farber, PhD practices psychotherapy and provides supervision for individuals and groups in North Carolina and Washington DC. Some days he wants more quiet in his life; and some days the people in his life wish he were less quiet.



19a. To Feel or Not to Feel?: Addiction and Trauma

This group contains a didactic portion about the role of substance use in regulating emotional experience, followed by a process group exploring addictive behavior from an attachment perspective and how it might inform work with clients in recovery. *(6 CEs, 15 participants)*

Zachary Pyne, LPC works as a professional counselor in Washington, DC, providing individual, couples, and group therapy services. He started private practice in 2020. One of his specialties is working with clients to address substance addiction and its related issues.

Graham Hall, LCPC, LPC 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 in the government and then as the assistant director of the Kolmac Clinic in Washington, DC.

20a. Our Many Selves: Trauma, Addiction and the Restoration of Stillness

Trauma and addiction are often approached as problems to be managed or behaviors to be controlled. This interactive workshop offers a developmental and experiential framework that reframes both trauma responses and addictive patterns as adaptive strategies created by different “parts” of the self in response to early wounding. STAR’s concept of “our many selves” including the wounded child, inner critic, shadow, and masks, shows how these parts developed when safety and regulation were unavailable. *(6 CEs, 30 participants)*

Candace Rosen is a practicing psychotherapist trained in gestalt therapy, grief, somatic experiencing, dialectical behavioral therapy and many other modalities. She worked in a premier psychiatric hospital for six years and in an agency doing DBT with clients dealing with borderline personality disorder and serious mental illness.

Brian Bailey, BA, BS has degrees in business, humanities, and natural and social sciences from Wayne State University and Monteith College (1968). He was an officer in the U.S. Army from 1969-1972 and worked in corporate business executive domestic and international firms from 1972 -2014. He has 40 years of sustained sobriety and transformative mentoring.

Adela Raffa is an international coach and trainer focusing on self-awareness, communication, and transformational growth. She works with individuals, leaders, and teams to strengthen emotional intelligence and relational effectiveness. Her approach integrates gestalt-informed coaching to support sustainable behavioral change.

Melanie Turner serves as president and managing director of STAR Retreats, a nonprofit organization offering immersive 8-day healing retreats in Arizona and South Carolina. Her passion is creating safe, structured spaces where individuals can move beyond survival patterns, reconnect with their essential selves, and experience lasting transformation.

21a. Good Vibrations: Cultivating Stillness Using Sound and Vibration for Treating Nervous System Dysregulation

Individuals with trauma and addiction histories may struggle to access stillness through silence alone. Emerging research suggests structured vocalization practices, including Sanskrit chanting, may influence autonomic regulation and mindfulness capacity. This experiential workshop examines the clinical rationale, mechanisms, benefits, and limitations of chant-based interventions accompanied by harmonium. Participants will differentiate regulatory responses, assess indications and contraindications, and integrate somatic, mindfulness-based, and relational psychotherapy frameworks relevant to trauma and addiction treatment. *(6 CEs, 15 participants)*

Peter Reich LCSW integrates relational psychotherapy, somatic awareness, and ancient yogic traditions in his work. His clinical interests include nervous system regulation, embodied presence, and the therapeutic application of sound and vibration. He explores how stillness and resonance inform healing trauma and dysregulation.

Laura Sonneborn-Turetsky is a trauma therapist and trauma-informed yoga teacher in NYC, and is currently working towards CASAC certification. Laura and Peter met as fellow AAP scholarship recipients in the 2022 cohort.

22a. Active Stillness in Groups

This workshop will be 85% process and 15% didactic. Process groups enhance deep self-awareness and emotional growth through authentic and respectful interpersonal encounters. Participants who access their courage and vulnerability while encountering their fear, shame, and uncertainty will experience nervous system deactivation or "stillness." (6 CEs, 12 participants)

CANCELED

Nicholas Kirsch, PhD is a psychologist of 37 years practicing in Washington, DC, running therapy groups, several of which are exclusively for psychotherapists. He draws from many healing traditions, including relational, experiential, social justice, and lifetimes as a father, partner, athlete, coach, boy scout, bartender, camp counselor/director, and perpetual student of human nature.

23a. The Journey from Trauma to Resilience: Strength, Perseverance, and. Spirituality

This workshop will explore the journey from post-traumatic stress disorder to post-traumatic stress resilience. We will learn the distinction between the two, as well as how trauma can shape resilience. We will include the diversity of spiritual practices that have been part of the healing process. We will use stories of our journey as the ground for learning. Learning modalities include didactic, Sacred Circle and process. This approach integrates post-traumatic resilience frameworks with clinical narratives to support our work as clinicians. (6 CEs, 12 participants)

Pat Webster, PhD has been a practicing psychotherapist for 50 years. In June 2025, she completed four years of seminary and was ordained as a minister in the Unity Church. She is a trauma survivor, who consequently turned to strength and spirituality. She is grateful for the outcome.

ONE-DAY WORKSHOPS

FRIDAY 3:00 - 6:00 PM

24. From Dislocation to Secure Attachment: Integrating Neurobiology, Spirituality, and Relational Healing in Addiction Recovery

Addiction represents profound dislocation from self, others, community, and the divine. This integrative model addresses addiction through attachment neuroscience, utilizing Curt Thompson's "Four Ss" (Seen, Soothed, Safe, Secure) to rewire brain reward pathways from substance dependence toward relational connection. By bridging self-empowerment and surrender (Proverbs 3), recovery honors both human agency and divine grace, moving individuals from restless seeking to secure stillness. (3 CEs, 50 participants)

Seth Scott, PhD, LPC, LPC-S, NCC is a professor of counselor education and associate dean of the Seminary and School of Counseling at Columbia International University. Dr. Scott's expertise includes training, research, and publications in identity formation, biblical worldview immersion, trauma, addiction, and emotional regulation.



25. From Relief to Responsibility: Coaching Trauma-Driven Addiction Through Awareness and Accountability

Addiction is often treated as a substance and behavioral problem. This workshop reframes it as relief-seeking rooted in trauma and nervous system dysregulation. Participants will explore how awareness and structured accountability move clients from insight to interruption.

Drawing on lived experience, neuroscience and a structured coaching model for identifying and shifting patterns, this session offers practical tools for durable change.

(No CEs, 50 participants)

John Brunty is a recovery life and business coach who helps clients navigate trauma-driven addiction and behavioral repetition. Drawing on lived experience with addiction and trauma therapy, he integrates neuroscience, mindfulness and accountability.

26. Addicted to Love (My Children's Love, That Is!)

Parental shame and pain keeps the phenomenon of parental emotional dependency on our children under wraps. Let's pull the curtain back and safely explore the often overlooked dynamic of parental "addiction" and emotional dependency on adult children--children who might be actively detaching or choosing estrangement. We will examine how enmeshment, control, and unresolved trauma play a role in derailing relationships with our adult children while exploring our power to foster healthier, more balanced relationships and find, forgive, and redefine ourselves.

(3 CEs, 15 participants)

Jill Smith, LISW-CP/S has been a psychotherapist since 2000, finding her way to AAP as a scholarship recipient in 2015. She is forever grateful to Avrum and Cola, SC AAP friends. She is CEO of a large group practice, helping to foster therapists in the APP experiential therapy way. Working through her own pain with her family has led her to lean into the phenomenon of estrangement with passion and tenderness.

27. Living in Uncertain Times

Horrible daily news, deepening uncertainty about the future, anxiety, helplessness, rage, grief, disillusionment, and ungroundedness are being experienced during our current times. Some have never felt safe; many more now feel

vulnerable. How are YOU doing? What do you need? What helps you cope? In this workshop we will share our experiences, resources and tools. We will explore the effects of current events on our nervous systems, relationships, and communities. Together, we will search for healthy ways to replenish our spirits and capacity to help us personally and professionally with our clients.

(3 CEs, 15 participants)

Julia Strong, LCSW, throughout her 35 year professional evolution, has studied how people cope with overwhelming events. This exploration included embodied strategies (such as meditation and nervous system regulation), belief systems (spirituality, metaphysics, existentialism, Buddhism) and community level activities (community organizing/activism, disaster relief, community response to crises).

28. Strong at the Broken Places: Kintsugi as Metaphor

Kintsugi, the Japanese art of repairing broken pottery with lacquer mixed with gold, regards cracks as integral to an object's history rather than flaws to be hidden. Contemporary clinicians have begun using kintsugi as a metaphor for integrating trauma, loss, and self-stigma, emphasizing visible "scars" as sites of meaning, dignity, and resilience. Emerging work on Kintsugi-informed psychotherapeutic techniques suggests potential benefits for psychological well-being.

(3 CEs, 12 participants)

Mary Gresham, PhD is a psychologist in private practice in Atlanta who recently renewed her interest in art therapy, the subject of her master's thesis. She re-experienced the therapeutic value of a nonverbal group process that was physical, creative, mindful and concrete and wants to share that with other therapists.

29. Breathwork for Step Work: Regulating the Nervous System and Embodying the Spiritual Principles of the 12 - Steps

Recovery is an embodied process. We will explore the integration of breathwork practices with the transformative framework of the 12-steps. Participants will learn how intentional breathing techniques can regulate the nervous system, increase emotional tolerance and support deeper embodiment of spiritual

principles such as surrender, acceptance, inventory, forgiveness and service. We will learn how breath-based regulation can reduce reactivity and support trauma-informed step work. *(No CEs, Unlimited participants)*

Tommy Rosen is an advanced Vinyasa flow and Kundalini yoga teacher. He is a leading expert on addiction and recovery, with over 30 years experience helping people overcome addictions of all sorts. He is the founder of Recovery 2.0, the 8-week Awakening Program, and the Recovery 2.0 Coach Training Program.

ONE-DAY WORKSHOPS SATURDAY 3:00 – 6:00 PM

SATURDAY CONTINUED 1c., 17b., 18b., 19b., 20b., 21b., 22b., 23b.

30. Living In Colonial Times – Now: Trauma, Addiction and a Desire for Stillness

We will explore a desire to decolonize therapy as a human imperative, examining how dominant clinical frameworks can quietly reproduce power, hierarchy, and disconnection, even when our intentions are good. Participants will reflect on how trauma and addiction are shaped by individual history and by collective wounds, cultural erasure and systemic harm. Through dialogue, reflection and a re-centering of community wisdom, we hope to step into a more honest courageous relational stance.

(3 CEs, 15 participants)

Ronda Bostick LMHC-QS is a licensed mental health counselor and qualified supervisor in Florida. She worked with community non-profit agencies and her part-time private practice. She has more than 10 years of clinical experience and specializes in mental health, substance abuse and trauma, working with vulnerable populations.

31. Living the Path of Compassion and Accountability, from Static to Stillness

This didactic/experiential session explores a more compassionate definition of trauma and addiction via developmental and instinctive lenses. Drawing from personal narrative, self-inquiry mandala work, and a chain of analysis model, participants will examine relationship styles and addictions as adaptations to unmet needs and chronic shame. Through guided stillness, writing, mandala, and rhythm, participants learn to support self-reverence, restore agency and invite healing.

(3 CEs, 50 participants)

Eryn Donnalley holds a master's degree in consciousness studies, spirituality and transpersonal psychology. As a researcher, facilitator, author and artist her work focuses on transformation through creativity and self-inquiry mandalas. She works independently and with TakeCare.org in contemplative and practical approaches.

Cynthia Jones, MS LCMHCS has "practiced" psychotherapy since 1999. In 2015, she became an LCMHCS. After a family tragedy in 2000, she went into deep study on the use of rhythm and somatic therapies to guide her own healing and to inform her clinical role serving others.

32. Moving Into Stillness With Risk: Harm Reduction and Relapse as Ethical Information

This 3-hour experiential ethics workshop focuses on ethical decision making in trauma and substance use treatment. Grounded in harm reduction, participants examine dilemmas related to autonomy, nonmaleficence, beneficence, fidelity, and non-abandonment when relapse and risk persist. Learning occurs through guided reflection, live case holding, and group consultation, emphasizing ethical presence, boundaries, and dignity amid clinical uncertainty. *(3 CEs, 25 participants, Ethics)*

Christopher Straley, MSW is a psychotherapist and sex therapist specializing in substance use disorders and out-of-control sexual behaviors. He works from a psychodynamic, trauma-informed lens and is especially interested in harm reduction approaches to relapse that support ethical, grounded care.

33. Can Addiction Be Our Friend?

Dr. Gabor Maté has described his addiction to opera and classical music recordings. Others have discussed addictions to exercise, food, sex/porn, gambling, and other non-substance related behaviors in addition to the "usual" addictions (alcohol, drugs, nicotine). In this workshop, we will explore the paths to insight and growth that addiction can inspire and even aid. We will explore ways in which therapists can welcome addiction as a guide to deep empathy and growth. *(3 CEs, 12 participants)*

Steve K. D. Eichel, PhD is a psychologist with over 40 years experience. He holds M.S. and Ph.D. degrees from the University of Pennsylvania. His professional training and experience have ranged from community mental health to private practice. He taught in Villanova University's addictions certification program for 10 years.

34. The Space in Between: Exploring Addiction Beyond the Binary

The illness model of addiction inadvertently emphasizes a line between addict and normal. The truth is many are caught in a gray area of addictive behavior, appearing high functioning while suffering internally. Social and self-stigma can prevent recovery efforts before the use becomes more severe. How can we increase our understanding of addiction to include this space of ambiguity? How can we address judgment in ourselves and others to expand compassion and pathways to healing? *(3 CEs, 10 participants)*

Betsy Frasier, LCSW is a psychotherapist in private practice in Decatur, GA. Her work with the unhoused and mentally ill population in Atlanta exposed her to the social impact of severe addiction. She credits AAP with providing authentic connections to help overcome her own gray area of addiction.

35. The Elephant in The Session: Missed Clinical Connections

Some clinicians own unexamined addiction narratives, outdated beliefs, insufficient training, and cultural/societal barriers that may inhibit a more compassionate, integrated, and destigmatized approach needed for healing. Delving into the complex interplay between addiction, trauma, and the cultural epidemic of disconnection, participants will explore how these issues intersect and are exacerbated by the persistent professional stigma faced by both clients and practitioners. *(3 CEs, 15 participants)*

Vanessa Hebert, LCSW is a seasoned psychotherapist in private practice in Atlanta, GA. Obtaining a masters in social work from Louisiana State University in 1991, she has garnered extensive experience across various clinical settings, strengthening her faith in the power of connection for healing.

36. Mindfulness Foundations for Psychotherapists: Practical Skills for Presence, Burnout Prevention, and Creative Clinical Response

Cultivating awareness enhances emotional intelligence and deepens therapeutic presence. This workshop will focus on foundational techniques of mindfulness meditation, including attention to breath, body awareness, and nonjudgemental observation of thoughts and emotions. Participants will explore how mindfulness practice supports nervous-system regulation, reduces burnout and compassion fatigue, and strengthens the capacity to remain attuned and present in complex clinical situations. *(No CEs, Unlimited participants)*

Rolf Gates, a former social worker and US Airborne Ranger, is known as one of the leading voices of modern yoga. He co-founded the Yoga+Recovery Conference, & Esalen Institute. He brought yoga and functional stretching to the US DOD, works 1:1 doing private yoga life coaching, and is a contributor to the Good Men Project

37. Breathwork for Step Work: Regulating the Nervous System and Embodying the Spiritual Principles of the 12 - Steps

Recovery is an embodied process. We will explore the integration of breathwork practices with the transformative framework of the 12-steps. Participants will learn how intentional breathing techniques can regulate the nervous system, increase emotional tolerance and support deeper embodiment of spiritual principles such as surrender, acceptance, inventory, forgiveness and service. We will learn how breath-based regulation can reduce reactivity and support trauma-informed step work. *(No CEs, Unlimited participants)*

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Workshop Planner

Wednesday	Thursday	Friday	Saturday
1:45 PM - 4:45 PM	3:00 PM - 6:00 PM	3:00 PM - 6:00 PM	3:00 PM - 6:00 PM
T1a Marcus	T1b Marcus		
	1a Klein	1b Klein	1c Klein
	2a Staroba/Donlon	2b Staroba/Donlon	
	3a Blank	3b Blank	
	4a Gish	4b Gish	
	5a Howard/Schmidt	5b Howard/Schmidt	
	6a D Cohen	6b D Cohen	
	7a McCarthy/G Cohen	7b McCarthy/G Cohen	
	8 Field	17a Kiss/Sherman	17b Kiss/Sherman
Key	9 Sparks	18a Farber	18b Farber
Training Institute	10 Gould	19a Pyne/Hall	19b Pyne/Hall
Plenary	11 Martin/Coyle	20a Rosen/Bailey/Raffa/Turner	20b Rosen/Bailey/Raffa/Turner
Three Day	12 Sequeira	21a Reich/Sonneborn-Turetsky	21b Reich/Sonneborn-Turetsky
Two Day	13 Fogel	22a Kirsch	22b Kirsch
One Day	14 Spicer	23a Webster	23b Webster
	15 Gardner	24 Scott	30 Bostick
	16 Rosen	25 Brunty	31 Donnalley/Jones
		26 Smith	32 Straley
		27 Strong	33 Eichel
		28 Gresham	34 Frasier
		29 Rosen	35 Hebert
			37 Gates
			38 Rosen

Helpful Information

WELLNESS GUIDELINES FOR THE CONFERENCE

As we continue to navigate the ongoing presence of COVID-19, flu, RSV, and other illnesses in our communities, we acknowledge that these viruses will continue to circulate. Our goal is to create a safe and supportive environment for all participants while maintaining flexibility, respect, and common sense.

During the conference please being mindful of the following:

1. **Personal Responsibility:** We encourage everyone to take personal responsibility for their health and safety. If you are feeling unwell, have symptoms of COVID-19, flu, RSV, or other illness or have recently been exposed to someone with these viruses, we ask that you refrain from attending events. Please take appropriate precautions and seek medical advice as needed.
2. **Optional Masking:** Masking is optional throughout the conference. We recognize that personal comfort and choice are important, and we encourage participants to make decisions based on their individual health needs and references.
3. **No Ongoing Monitoring:** We will no longer be reporting COVID-19, flu, RSV, or other illness cases post conference. However, we trust that all participants will exercise respect for one another's health and well-being.

As we move forward, we remain committed to providing a safe and welcoming environment for learning, connection, and growth. Let's continue to support each other with kindness, empathy, and a shared commitment to well-being.

HOTEL

Embassy Suites by Hilton Charleston Airport Convention Center
5055 International Blvd, North Charleston, SC 29418
1 843-747-1882

To learn more about the hotel and local attractions go to:

www.hilton.com/en/hotels/chseme-embassy-suites-charleston-airport-hotel-and-convention-center

Booking link:

www.hilton.com/en/attend-my-event/chseme-92u-b993fad4-361c-43c0-8124-742f2e102cfb

TRANSPORTATION

Next to the North Charleston Area Convention Center, this newly renovated all-suite hotel is two miles from Charleston International Airport. It offers free airport shuttle service. 5:30 AM to 10:00 PM



Registration

REGISTRATION

Members (Early).....	\$695
Members (Late).....	\$825
Non-Member (Early)	\$795
Non-Member (Late).....	\$875
Non-Member / Day Only	\$380
Former Scholars.....	\$695
Scholars.....	\$500
Students	\$550

ADDITIONAL CHARGES

CEs.....	\$65
Saturday Dinner	Included
West Coast Discount	– \$100
Wednesday Dinner Guests	\$100
Saturday Dinner Guests	\$100

**Hotel provides transportation shuttle for free from the airport*

CANCELLATION POLICY: *Cancellations must be submitted in writing to director@aapweb.com no later than 9/21/2026 and will be subject to a nonrefundable fee of \$75. Refunds may not be granted after 9/22/2026. In case of circumstances beyond our control, AAP reserves the right to make necessary changes in presenters and content of workshop without notice.*

Continuing Education

Continuing Education (CE) Language Statement

American Academy of Psychotherapists
2026 AAP Institute & Conference
October 7, 2026 - October 11, 2026
Charleston, SC

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 20.75 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, ME, MN, MO, NC, ND, NH, NE, NJ, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY*

MA: Accepts APA for all classes of psychology license; does not accept APA for licensed counselors (LMHC, LMFT, etc.) except LEP.

MD: Does not accept Jointly Accredited content.

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: Intermediate & Advanced. Social workers completing this course receive up to 20.75 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, NJ, 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. 20.75 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.3-31-2027. 20.75 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. 20.75 hours.



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