

# 2026 AAP SOUTHERN REGION SPRING CONFERENCE



Create + Destroy

**SATURDAY, MARCH 21ST, 2026**  
**THE LINK COUNSELING CENTER · SANDY SPRINGS, GA**

**"WHERE YOU STUMBLE AND FALL, THERE  
YOU WILL FIND PURE GOLD."**

*-Joseph Campbell*



In the heart of every therapeutic process is the paradox of creation and destruction. To heal is to dismantle – identities that once protected us, stories that kept us small, relational patterns passed down through generations. And to transform is to build – new ways of sensing, moving, relating and belonging.

Creation always begins with an ending, and destruction is the doorway through which the new can enter. The “breaking point” becomes the birthplace of meaning, boundaries, capacity and connection. Together we learn how to accompany destruction skillfully and court creation with curiosity, reverence, and courage.

This conference explores the transformative cycle at the center of therapeutic change: the collapse of what no longer serves and the emergence of what longs to be born. Participants are invited into the dynamic exchange between creation and destruction – not as opposing forces to fear but as gateways into deeper aliveness.

## 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 experiencing harm will have several resources for safety, including on-site ombuds offering one-on-one assistance for the duration of the event. The full policy including reporting mechanisms is available on the AAP website.

## TARGET AUDIENCE AND INSTRUCTIONAL LEVEL



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

## REGISTRATION



Registration for this event is online only. Please register at:

[www.aapweb.com/events/southern-region-events](http://www.aapweb.com/events/southern-region-events)

COST: \$130 (by 2/24) - \$165 (after 2/24)

To process CEs is an additional \$35

CATERED LUNCH INCLUDED!

Cancellation policy: No refunds after March 7, 2026



## SCHEDULE

8:30AM	–	9:00AM	.....	Registration
9:00AM	–	9:15AM	.....	Opening Remarks
9:15AM	–	12:30AM	.....	Morning Session
12:30PM	–	1:30PM	.....	Catered Lunch
1:30PM	–	4:45PM	.....	Afternoon Workshops
5:00PM	–	6:00PM	.....	Closing Experience

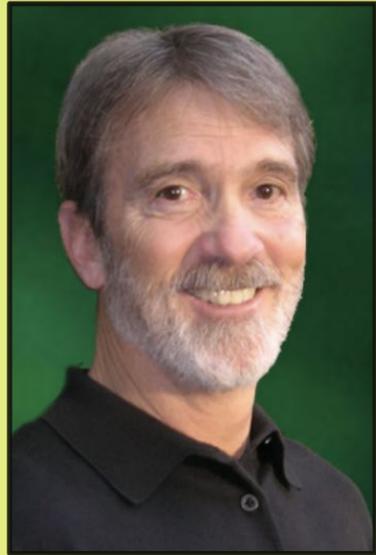
## BECOME A MEMBER!

### INTERESTED IN BECOMING A MEMBER?

Information regarding membership requirements and applications can be found on the AAP website ([aapweb.com](http://aapweb.com)). You can also obtain an application by contacting the Membership Chair, Erin McCarthy at 202-550-2710 or [erinmccarthytherapy@gmail.com](mailto:erinmccarthytherapy@gmail.com).

# MORNING EXPERIENTIAL PLENARY

*Breathwork and Meditation: Release and Create*



**PAT STOGNER**

Our plenary will be an experiential presentation in which attendees will participate in a breathwork session followed by a meditation session. There will be a brief instructional talk before each session, followed by a time to write about the experience. After both sessions, we will have a processing period to discuss applications in clinical settings. (3 CEs)

# AFTERNOON WORKSHOPS *(choose one)*

*Attachment Cartography: Creating New Maps with Pessu Boyden System Psychomotor*



**COBY BRYAN**

This workshop introduces Pessu Boyden System Psychomotor (PBSP) as a therapy for effective work with unmet attachment needs. PBSP helps people connect to lived experience through the body. We'll begin with a presentation exploring foundations for traumatic memory using the context of early life. Later, we'll expand these concepts through PBSP's interactive methods for creating a "new map," in relational learning. (3 CEs, Max 15)



*I Created You...You Destroy Me*

**JILL SMITH**

Finding yourself estranged from your adult children is disorienting, shame-filled, and crushing. Choosing to disavow your parents can be heavy, lonely, and further wounding. We will discuss and define this growing phenomenon. Participants will explore the balance of staying in truth about family experiences while staying open to the other family members' truths--finding the path to peace or reconciliation. These skills can heal families and provide hope in the darkest of times. (3 CEs, Max 15)



## Destructive Patterns, Creative Sparks



### **VANESSA HEBERT**

This workshop explores the essential paradox of therapeutic change: the necessary destruction of what no longer serves our clients and us to make way for the creation of deeper aliveness. Participants will engage in self-reflection and group discussion to identify destructive patterns while igniting the creative sparks that foster growth and fulfillment. *(3 CEs, Max 15)*

## Stuffed Figurings

### **ORION CROOK**

Participants will engage in an experiential learning process that integrates evidence-based expressive arts methods, psychomotor approaches, and parts-work interventions grounded in established therapeutic models. Using symbolic objects such as stuffed figures, participants will explore using structured exercises including pairing, transformation, reconstruction, and meaning-making. These practices support the identification of inner parts, facilitate the release of outdated personal narratives, and promote the development of updated, adaptive stories. The session will emphasize how these experiential techniques can be applied ethically and effectively within clinical practice to enhance insight, emotional regulation, and therapeutic attunement.

*(3 CEs, Max 15)*



## An Exploration of the Gateway to Elderhood, its Obstacles and its Invitations



### **STEFFI EZUST**

Kierkegaard wrote, “Life can only be understood backwards, but it must be lived forwards.” This workshop invites participants to step toward the gateway of Elderhood by engaging in shadow work, exploring disowned or denied parts of the self. Our process will release what no longer serves, and open us to the richness of this emerging life stage—both personally

and clinically. Grounded in evidence-based applications of Jungian therapy, the session will introduce structured approaches to working with the shadow, integrating symbolic material, and supporting clients as they navigate developmental transitions with greater self-awareness and psychological flexibility. Participants will consider how this deeper inner work can not only enhance their own evolution but also strengthen their capacity to accompany others with nuance, maturity, and clinical integrity. *(3 CEs, Max 15)*



## SOUTHERN REGION COMMITTEE

**JESS MCMILLAN,  
CO-CHAIR**

**MICHELLE LEYDEN,  
CO-CHAIR**

**EMILY MCDONALD,  
SECRETARY**

**KELSEY SMITH**

**JULIA STRONG**

**ERIN SIMONE**

**COBY BRYAN**



## Spring Conference Scholarships Now Available!



Scan the following QR code to access the Southern Region Spring Conference 2026 Scholarship Application. Graduate students and clinicians with associate-level licensure are eligible to apply. Registration fees will be waived for scholarship recipients. There are a limited number of scholarships available. Apply today!

### SCHEDULE AT A GLANCE

- 8:30AM – 9:00AM ..... Registration
- 9:15AM – 12:30PM ..... Breathwork and Meditation: Release and Create, **Pat Stogner**
- 12:30PM – 1:30PM ..... Catered Lunch
- 1:30PM – 4:45PM ..... Afternoon Workshops
- Attachment Cartography: Creating New Maps with Pessu Boyden System Psychomotor, **Coby Bryan**
- I Created You...You Destroy Me, **Jill Smith**
- Destructive Patterns, Creative Sparks, **Vanessa Hebert**
- Stuffed Figurings, **Orion Crook**
- An Exploration of the Gateway to Elderhood, its Obstacles and its Invitations, **Steffi Ezust**
- 5:00PM – 6:00PM ..... Closing Experience, **Jess McMillan** and **Michelle Leyden**

# Continuing Education (CE) Language Statement

American Academy of Psychotherapists  
2026 AAP Southern Regional Conference  
March 21, 2026  
Atlanta, GA

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

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

**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: Advanced. Social workers completing this course receive up to 7.0 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.

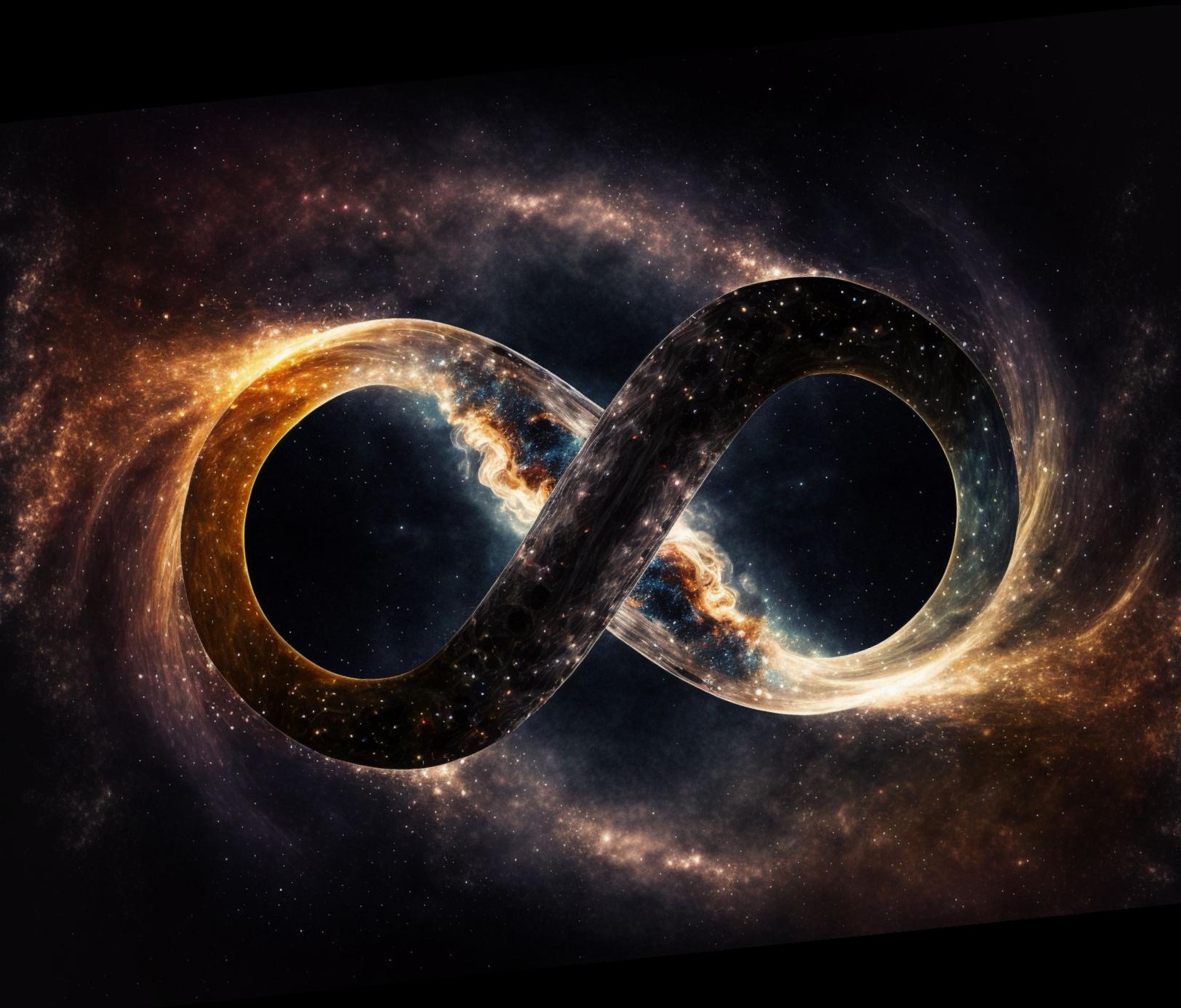
**The following state boards accept courses offering ASWB ACE credit for MFTs:** AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK\*, OR, PA, RI, TN, TX, UT, VA, WI, WY

**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



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