

AMERICAN ACADEMY OF PSYCHOTHERAPISTS



2025 SUMMER WORKSHOP

Embracing Authentic Change and Transformation



JUNE 4-8, 2025 | GLADE SPRINGS, DANIELS, WV

EMBRACING AUTHENTIC CHANGE AND TRANSFORMATION

WELCOME

We are thrilled to have you join us for the Summer Workshop 2025 at the beautiful Resort at Glade Springs. Our theme for this year's workshop emerged from a collective desire to build on the positive changes we are seeing within the academy. Our goal is to enhance therapeutic outcomes and to strengthen our commitment to mutual respect, integrity, and shared humanity.

We invite you to open your mind, share your experiences, and embark on a collective journey of self-discovery. Together, we'll foster an environment where personal and professional growth go hand in hand, creating a lasting impact not just on ourselves, but also on the communities we serve. In this shared space, we hope to build a world of deeper understanding, compassion, and transformation.

Thank you for being part of this important journey. We're excited to learn, grow, and evolve along with you.

Conference Co-Chairs



Nick Kirsch



Kristie Nies



“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.”

– Charles Darwin

MISSION STATEMENT:

We believe that meaningful change begins with self-awareness and the courage to embrace new perspectives. Our mission is to empower people to examine limiting beliefs, to cultivate personal change, and to foster genuine connections in order to transform as a collective. Through workshops, resources, and supportive environments, we aim to facilitate journeys of self-discovery that ignite positive change, ultimately creating a ripple effect of transformation in the world around us.

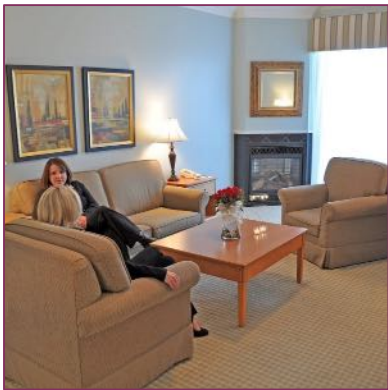
LEARNING OBJECTIVES

- 1.** Identify ethical issues in authentic interactions that promote or hinder growth and positive change in therapeutic relationships.
- 2.** Explore the realities of power differentials and cultural heterogeneity to enhance the possibilities for change within the therapeutic relationships with each of our clients.
- 3.** Share effective approaches for integrating transformative practices to improve therapeutic outcomes.
- 4.** Discuss strategies to maintain individual integrity, mutual respect and shared humanity.
- 5.** Identify the ways power dynamics and imbalances impact authentic dialogue and therapeutic effectiveness in fostering authentic growth and change.
- 6.** Explore how diverse perspectives and experiences can inform and enhance transformation.

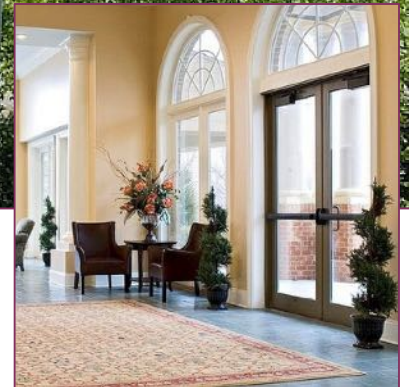




THE HOTEL



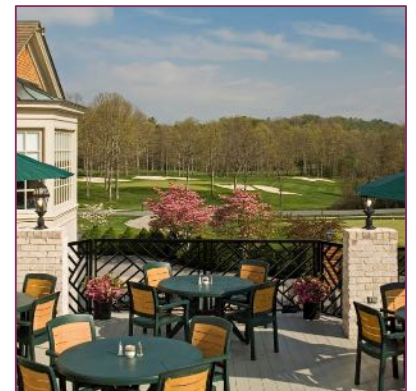
THE RESORT AT GLADE SPRINGS
255 Resort Dr, Daniels, WV 25832



Nestled in the heart of the Appalachian Mountains, The Resort at Glade Springs offers a serene and picturesque escape—perfect for Summer Workshop. Surrounded by lush forests and rolling hills, the resort blends natural beauty with modern comfort, creating an inviting atmosphere that sparks connection and creativity. With over 200 cozy and welcoming guest rooms, there's a perfect space for everyone. Settle into

a traditional hotel room or stretch out in one of the charming stand-alone manors—ideal for family groups looking to make lasting memories together. Start your mornings with a peaceful stroll along scenic walking trails, and after a productive day of workshops, unwind at the full-service spa or simply soak in the tranquility that surrounds you. At Glade Springs, you'll find the perfect balance of relaxation, inspiration, and connection—all in one unforgettable setting.

While all of your meals are provided during Summer Workshop, if you arrive early or stay after the conference, several restaurants are available at the resort to offer plenty of delicious dining options. Glade's Grill and Bar, the resort's signature restaurant, offers American cuisine featuring steaks and fresh seafood. Bunker's Sports Bar features a more casual dining experience, and the Small Talk Café offers light lunches and bakery treats.



We look forward to working and playing with you at Glade Springs!

MAKE YOUR OWN HOTEL ROOM RESERVATION

Members will need to make their own hotel reservations at Glade Springs. Please call **877-814-7316** to reserve your room and be sure to ask for the AAP Summer Workshop 2025 room block to get the discounted rate of \$179/night. Also check their website for room details, www.gladesprings.com.

For questions/concerns about reservations or registration, please call Giuliana Reed (202) 265-7679.



ACTIVITIES IN THE AREA

Come early or stay late and enjoy these activities:

Beckley Exhibition Coal Mine:

www.beckley.org/entertainment

This complex has an Exhibition Coal Mine and Youth Museum. Visitors can tour the period coal camp buildings and ride through passages of a vintage coal mine. Tickets: \$22.00



Trans-Allegheny Lunatic Asylum:

www.trans-alleghenylunaticasylum.com

Tour this National Historic Landmark that served as a sanctuary for the mentally ill in the mid-1800s. Ticket cost varies.

The Resort has many activities available onsite (some require advance reservations: www.gladesprings.com/adventures

Horseback riding

Spa services (844-668-5760)

Golf (844-668-5760)

New River Gorge tour

Fitness center

Laser tag

Pickleball

Bowling

Bubble soccer

Tennis (two clay courts, one indoor)

Archery and riflery

Basketball

Disc golf

Hiking

And more



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. Scheduled: Thur/Fri/Sat

Yoga for Everybody:

This gentle morning yoga time is appropriate for newcomers to yoga, as well as long-time practitioners and everyone in between. All are welcome! We will do yoga postures (asanas), and also keep in mind the eight limbs of yoga, of which the postures are only one part. We'll bring our attention to the ways that yoga can be an invitation for us to attend to our bodies, each other, and the world around us via our breath, mind, heart, and spirit (however you understand these categories). Elizabeth Gish is a long-time practitioner of yoga and uses it in her psychotherapy practice as well.



Don't stand in the doorway

Don't block up the hall

For he that gets hurt

Will be he who has stalled

The battle outside ragin'

Will soon shake your windows

And rattle your walls

For the times they are a-changin'

–Bob Dylan

AFTERNOON ACTIVITIES :

Pickleball:

By popular demand, a second pickleball tournament has been requested as an activity for SW. You will be asked to sign up at your level of play. The first category (level) is 2.0-2.9. The second category (level) is 3.0 to 3.9 or above. We will have regular scoring, not tournament scoring.

A signup sheet will be available at the registration desk at AAP and/or email your information to me and I'll place you on a list. If you don't know your level, please take a lesson or attend a clinic to determine. To enter you must have an understanding of the rules of the game, how to score and have had at least two games under your belt. For safety, proper shoes and clothing is required.

If you would like to choose your partner, please do so. If you need to be assigned a partner on your level of play, that can be arranged at SW. The time for the tournament is scheduled for Saturday afternoon after community meeting to be completed before dinner.

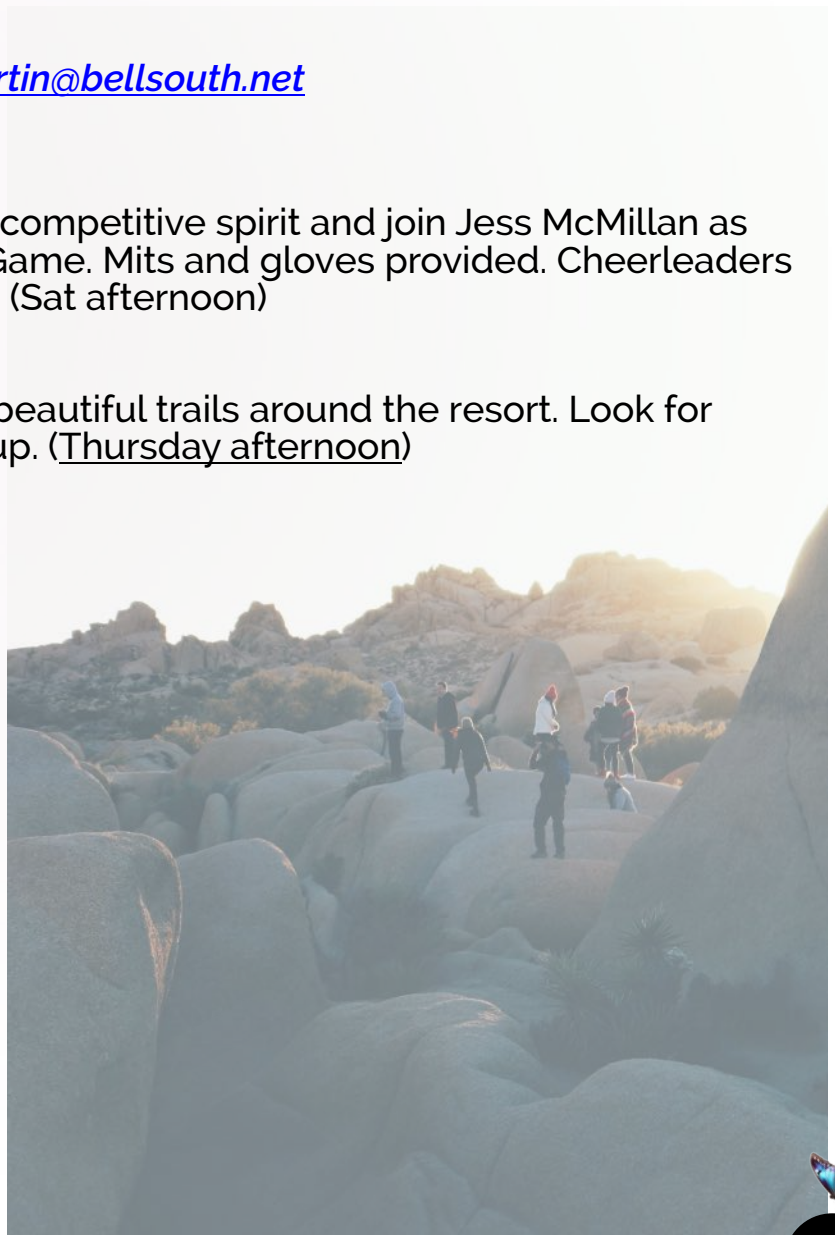
Questions: Contact Maureen: goldymartin@bellsouth.net

Softball:

Pack your shoes, sunscreen, and your competitive spirit and join Jess McMillan as she hosts the traditional AAP Softball Game. Mits and gloves provided. Cheerleaders are welcome, trash-talking is optional. (Sat afternoon)

Take a Hike:

Join Lauren Gardner for a hike on the beautiful trails around the resort. Look for information on when/where to meet up. (Thursday afternoon)



SUMMER WORKSHOP 2025 COMMITTEE

Nicholas Kirsch & Kristie Nies
Co-Chairs

Stephanie Spalding & Kristin Staroba
Program Co-Chairs

Meredith Albert
Treasurer

Linda Tillman
Brochure Consultant

Robin Knoblach
Brochure and Rooms

Lauren Gardner & Abby McDonald
Hospitality Suite

Alan Marcus
Transportation

Bruce Ellman
Program and Nutrition

Ronda Bostick
Ombuds

Amanda Walker
Graphics

Giuliana Reed
Registration

Molly Donovan
Communications, Ombuds

Wendy Graham
Activities and CEs

Nick Donahue
A/V

NEW TO SUMMER WORKSHOP 2025?

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, in addition to your pre-registered workshops, that you have information about the many opportunities available for you to learn and experience the treasures of Summer Workshop.

Your first opportunity 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 from 3:45-4:45 on Wednesday. Please arrange your travel accordingly so that you can attend and be with us from the start of this group.

The second opportunity is the Newcomer's Reception at 4:15-5:20 on Wednesday evening, which you can join 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 dinner and then the opening experience.



LAND ACKNOWLEDGMENT

We recognize the unique and enduring relationships that exist between indigenous peoples and their ancestral territories from time immemorial.

The land we are on in Daniels, Raleigh County, West Virginia, is the ancestral land of the Cherokee and Shawnee tribes. Both were forcibly made to leave this, their tribal land. The tribes' official residences are now in Oklahoma.

In more recent history, this is a region where every resource: timber, coal, natural gas, and, most disturbingly, the residents have been exploited for corporate profit. When those resources were depleted, jobs and benefits disappeared. The land and natural environment are permanently scarred and workers are saddled with chronic injuries, addictions and illnesses from mining jobs.

It's incumbent on us to honor these tribes and subsequent Appalachian peoples for their connection to these homelands and to the suffering and sacrifices they endured. We ride on their shoulders as we enjoy these next five days here. Their spirit is with us.

Your third opportunity is the meeting of open process groups which begin Wednesday night after the opening experience. The open process groups are led by experienced Academy members and will occur Wednesday 8:30 - 10:00, Thursday 7:45 - 10:00. These are open to anyone, both first-timers and veteran members who are not currently in a family/peer group. This new group has the potential to develop into a family/peer group. If you want to be in an open process group, you will sign up for that on the registration form in addition to the workshops that you choose.



After the opening experience 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 while some are open and you have the option to join. There is much more about the history and value of family groups on the AAP website. If you have any questions about family groups ask any of us and don't forget to utilize your mentor-mentee relationship. Your contact person is a valuable resource throughout the time!

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



TRADITIONAL ELEMENTS OF SUMMER WORKSHOP

Community Meetings: The daily community meeting is a space for all members to connect on equal footing in a large group format. Through dialogue, listening, and witnessing, we create the opportunity to have your voice heard and to discover the diverse and creative voices of fellow AAPers. Community Meeting challenges us to grow our capacities to listen deeply and speak authentically.

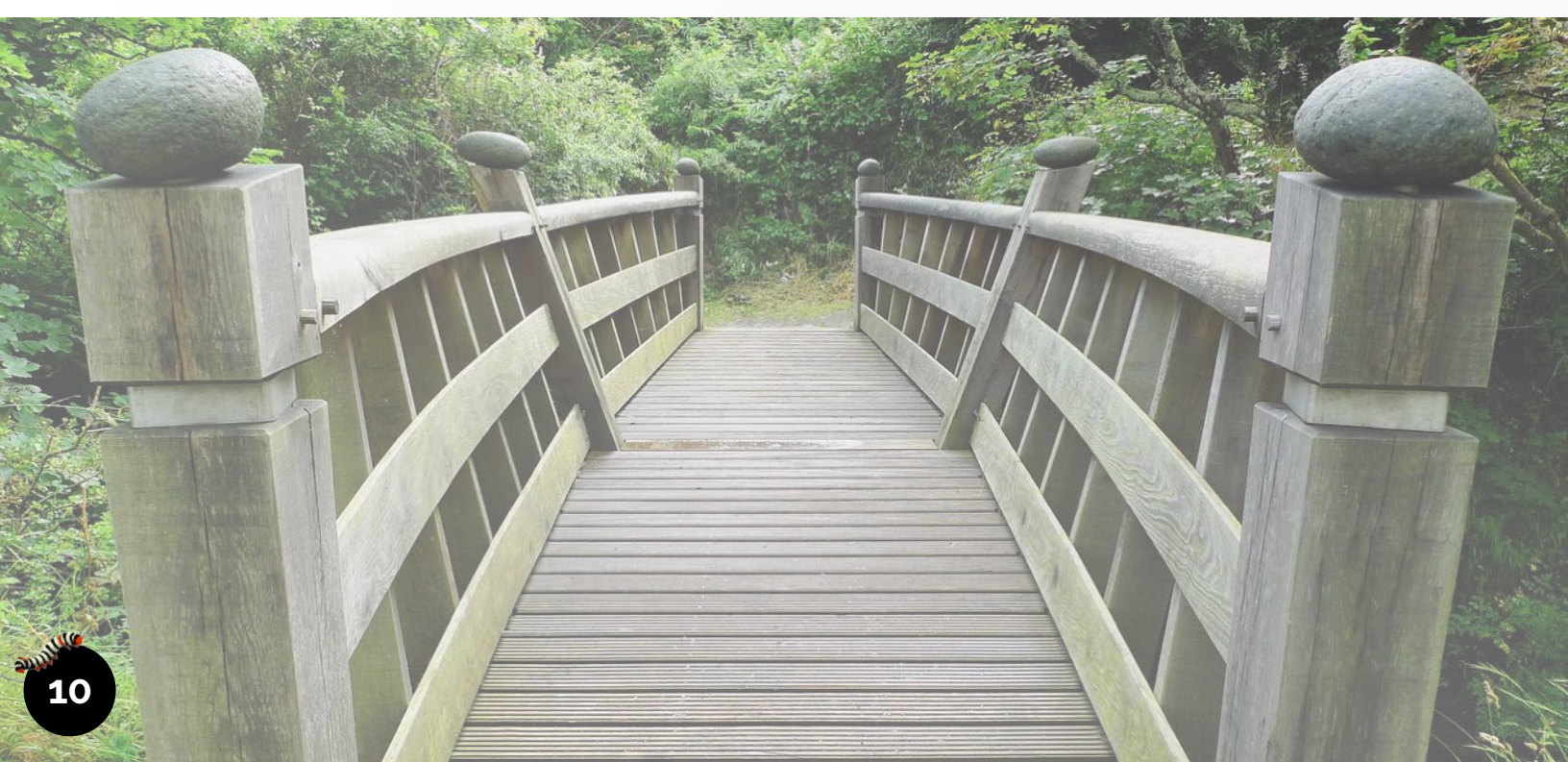
Open Process Groups (No CEs): Led open process groups will be offered Wednesday and Thursday evening after dinner. This format provides an opportunity to encounter other AAP members in an intimate group setting. You can sign up during conference registration or at the registration table at Summer Workshop.

BIPOC Open Process Group: This lightly led group is for members who identify as Black, Indigenous, or People of Color, and provides a connecting 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.

Random Process Groups (No CEs): After breakfast on Sunday, and just before the conference closing, random process groups are available. We meet in randomly assigned small groups to reflect and process our experience at the conference. These are leaderless groups which often help integrate and expand on your overall conference experience. Group assignments will be posted at the registration desk.

Closing Experience: The closing is the last opportunity to share your experience with the community as we transition from an intense five-day workshop back to family, friends, home, and work.



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 members 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 RTF Board Chair and AAP Treasurer are privy to this information.

PROFESSIONAL ENVIRONMENT POLICY - PEP

The Professional Environment Policy (PEP) specifies 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 can contact on-site ombuds - Ronda Bostick (386-882-8935) and Molly Donovan (202-550-4550) 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.



HOSPITALITY

We are excited to welcome you to the SW2025 hospitality suite in the beautiful rolling hills and valleys of West Virginia. Our suite, located in the Manor House, 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 Abby know at amac.licsw@gmail.com.



Hosted by Abby MacDonald and Lauren Gardner.



EMBRACING CHANGE: AN INNOVATIVE AAP VALUES EXPLORATION WORKSHOP

We often navigate our AAP world without fully recognizing our core values. Yet, without a clear grasp of what drives our organization, meaningful change becomes challenging. This interactive workshop will help uncover the personal and collective values that shape our thoughts, feelings, and behaviors—and explore whether it's time to redefine AAP's core values. Immediately following, we'll put our insights into action in the community meeting. Your participation in both is essential—join us in shaping the future of AAP.

Please sign up for our AAP Values Exploration Workshop #24, Friday 1:45-2:30.

TALENT SHOW

Hey all you superstars, are you ready to express your inner performer? Perhaps your stage debut? Join our amazing Summer Workshop Talent Show on Friday night! Sing, dance, juggle, comedy—whatever makes you glisten. Bring your props, your flair, and your courage. No talent? No problem. Enthusiasm and authenticity are what count (hey, it's the Academy). Lori Oshrain and Laura Fleming are coordinating rehearsals. Sign-up at the registration desk. We need you!!! Remember to bring props, costumes, instruments, etc.



ZOOM WITH FRIENDS FROM AFAR!

Connect with beloveds who are unable to attend. We will host an hour (or two) of Zoom at the Hospitality Suite with AAP friends who couldn't make it to Summer Workshop. Zoom-in hours will be posted on-site at registration, on the list-serv, or announced via e-blast. Please let Abby know if you want to be included from afar (amac.licsw@gmail.com).

MEETING ROOMS

Please reserve a peer group meeting room or space for a committee meeting by contacting Robin Knobloch at drrobin@robinknoblachphd.com. Rooms may be limited and are available on a first-come, first-served basis.

“If you want to make enemies, try to change something.”

– Woodrow Wilson

JOIN US FOR OUR INTERACTIVE AAP TOWN HALL

The AAP Town Hall, hosted by the Executive Committee (Kristie Nies, Lyn Sommer, Meredith Albert, Tyler Beach, Catherine Clemmer), will be an inclusive, interactive meeting designed to foster dialogue between leadership and membership. It's a chance for us to engage directly, listen to ideas and concerns, and discuss the direction of AAP as we continue to evolve. The Town Hall will take place from 1:45 - 3:00 on Thursday.

Here's a breakdown of the format:

1. **Introduction and Community Updates:** Brief news updates, and milestones within AAP and our broader community.
2. **Open Community Forum / Q&A Session:** A dedicated time for you, as members, to share your thoughts, ask questions, and raise concerns directly with leadership.
3. **Recap and Plan:** A summary of what we've learned together and actionable steps moving forward.

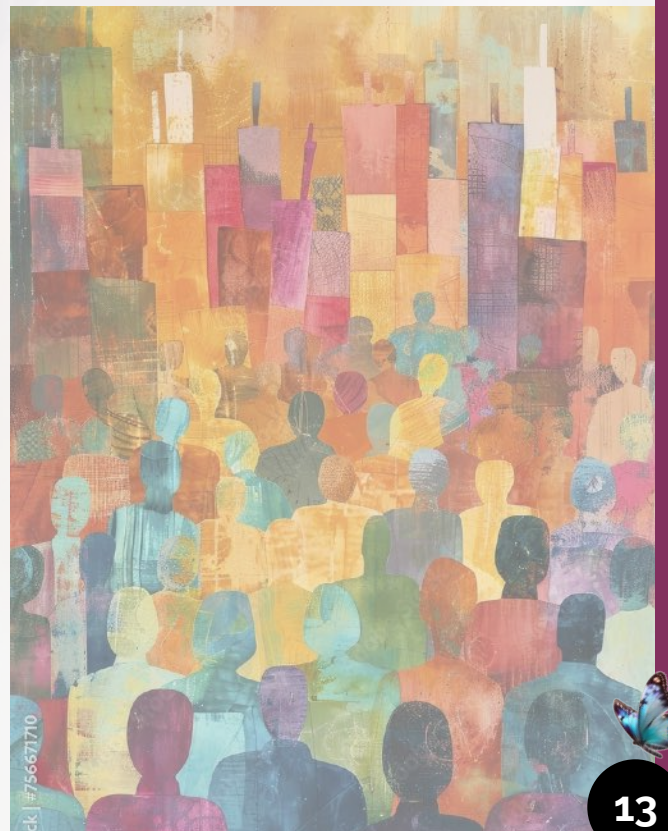
Why This Matters

The more members are involved in shaping the future of AAP, the more our community's concerns will be heard, and the stronger the connection will be between those serving on the Executive Council (EC) at any point in time and all of you. This is about creating a space where everyone has an opportunity to be a part of the conversation.

Your feedback, ideas, and engagement are vital to our ongoing success. The Town Hall offers us an opportunity to stay connected, collaborate, and ensure our decisions reflect and honor the diverse perspective of our community.

YOUR PARTICIPATION IS KEY

We truly believe these **Town Hall** gatherings will be invaluable for building a future that reflects our members' values and vision. Whether you're new to AAP or have been with us for years, we want you to be a part of the conversation. The more we all participate, the richer and more vibrant our discussions will be—and the more responsive we can be to the needs and concerns of our community.



SATURDAY NIGHT DANCE

Join us Saturday night for a dynamic, multi-DJ dance experience that embodies the theme of change—personal, collective, and intergenerational. As music shifts across genres and eras, we invite you to move, adapt, and celebrate the rhythms of transformation. Whether you find yourself carried by nostalgia or energized by something new, the dance floor becomes a space to enjoy the connections between past and future. Change is constant, but in this moment, we embrace it together—one beat at a time!



TRANSPORTATION

Where We'll Be:

The Resort at Glade Springs
255 Resort Drive
Daniels, West Virginia 25832

By Air:

Key:

- CLT** – Charlotte Douglas International Airport in Charlotte, North Carolina
- CRW** – Yeager International Airport in Charleston, West Virginia
- BKW** – Raleigh County Memorial Airport in Beaver, West Virginia
(3 miles outside of Beckley, West Virginia)

Yeager International Airport in Charleston, West Virginia (CRW) is one hour away from the resort. There are many direct flights to this airport.

Raleigh County Memorial Airport in Beaver, West Virginia (BKW) is 10 minutes from the resort. This airport has limited flights and planes flying to and from and are usually smaller type planes (Embraer regional jets).

Air Travel Examples:

Flight from DCA to Beckley will run about \$425 dollars. It will stop in Charlotte (CLT) where you change planes to Contour Airlines (a public charter flight). Average travel time is 4.5 hours (includes layover).

Flight from Atlanta to Beckley will run about \$525 dollars on American Eagle. Flight will leave Atlanta and stop in Charlotte (CLT) where you change planes to Contour Airlines and fly to Beckley (5 hours and 38 minutes including layover).

Flight from DCA on American Airlines to Charlotte (CLT) where you change planes and take an American Eagle flight to Charleston (CRW) West Virginia will cost about \$460. Average travel time is four hours.

Shuttle Service:

The resort offers shuttle service to and from Beckley Airport and Charleston, West Virginia Airport.

Fee for Shuttle Services (this is a total price to be divided up among the passengers)

4 PEOPLE OR LESS
Charleston: \$125
Beckley: \$401

14 PEOPLE OR LESS
Charleston: \$232
Beckley: \$76

15 – 25 PEOPLE
Charleston: \$280
Beckley: \$95

- ***To make reservations or if you have questions concerning shuttle services, call the venue front desk at 304-763-2000
- ***After calling and reserving a shuttle ride, please email Alan Marcus (AAP SW/2025 transportation liaison). Please send your name, contact info, and pick up and drop off times to sw25shuttle@yahoo.com

Car Pool: If carpooling is your choice, reach out to others via the AAP Net to coordinate carpooling on your own. This will streamline the process and avoid any confusion. If you are driving and have room for X number of people, or you are seeking a ride, please state this clearly. Note where you are located (town and state). Please be sure to ask folks to respond directly to you. Once you connect, you can establish where to meet and what is expected in cost-sharing.



SCHEDULE AT A GLANCE

WEDNESDAY, June 4

- 12:00PM – 5:00PM Registration
2:00PM – 5:15PM Training Institutes
3:45PM – 4:45PM Newcomer's Orientation
4:15PM – 5:20PM Opening Reception (Cash Bar)/New Member Introductions
5:30PM – 6:50PM Dinner and Cash Bar
7:00PM – 8:15PM Opening Experience/Community Meeting
8:30PM – 10:00PM Open Process Groups, Family Groups

THURSDAY, June 5

- 7:00AM Slow Running
7:00AM – 9:00AM Breakfast
9:00AM – 12:15PM Workshops, Training Institutes
12:15PM – 1:30PM Lunch, Diversity Lunch
1:45PM – 3:00PM Town Hall
3:30PM – 6:30PM Family Groups
5:30PM Memorial Service
6:30PM – 7:45PM Dinner
7:45PM – 10:00PM Open Process, Family Groups

FRIDAY, June 6

- 7:00AM Slow Running, Yoga
7:00AM – 9:00AM Breakfast
9:00AM – 12:15PM Workshops
12:15PM – 1:15PM Lunch, Diversity Lunch
1:45PM – 2:30PM AAP Values Exploration Workshop #24 (non-CE)
2:30PM – 3:30PM Community Meeting
3:45PM – 6:15PM Family Groups, PickleBall
6:30PM – 7:45PM Dinner
8:00PM – 10:00PM Talent Show, Family Groups

*Traditionally, AAP offers a range of member-organized unofficial events.
Please check the bulletin board for these offerings.*

SATURDAY, June 7

- 7:00AM Slow Running, Yoga
- 7:00AM – 9:00AM Breakfast
- 9:00AM – 12:15PM Workshops
- 12:15PM – 1:30PM Lunch
- 1:45PM – 3:00PM Community Meeting
- 3:00PM – 6:00PM Family Group, Softball, Golf tournament
- 6:15PM – 6:45PM Pre-dinner Social (Cash Bar)
- 6:45PM – 8:30PM Dinner, Awards, Appreciations
- 8:30PM – 12:00AM Dance

SUNDAY, June 8

- 7:00AM – 8:30AM Breakfast
- 8:30AM – 9:45AM Leaderless Process Groups
- 10:00AM – 11:15AM Closing Experience

THE PROGRAM



TRAINING INSTITUTES

TI 1a/b Embracing the Transformation into Elderhood: Shifting From Role to Soul

(6 CEs, 12 Participants)

Kierkegaard said, "Life can only be understood backwards, but it must be lived forwards." Participants will conduct a life review from many points of view, welcoming the time of the Elder, enabling transition from Role to Soul. This work involves recognition and befriending of the Jungian concept of the Shadow. At the same time, therapists will review how their different life roles have been evident in their work with clients and how those roles have changed in the life cycle of the therapeutic relationship. This Training Institute will meet at two consecutive national meetings, Summer Workshop 2025 and I&C 2025, and participants must commit to all sessions. *(Part one of two)*



Stephanie Ezust

Stephanie Ezust has practiced as a licensed psychologist for more than 45 years in Decatur, GA, working with individuals, couples, and groups. As an elder therapist and survivor of breast cancer, she has dived deeply into issues of illness and mortality, having undertaken transformation from role to soul, which requires authentic confrontation of the Shadow.

TI 2a/b Sex Therapy and Consultation Training Institute

(6 CEs, 8 Participants)

Note: CEs will be approved individually for each session attended.

Sex and sexuality play significant roles in human development and life in general. This Training Institute will meet at four consecutive national meetings, over the course of two years. It will involve 1.5-hour presentations on a topic relevant to sex and sexuality and 1.5 hours for case consultation and/or feedback on the meeting's topic. Participants must commit to all sessions of this Training Institute.

(Part one of four)

Steve Eichel

Steve K. D. Eichel, PhD, is a licensed and board-certified psychologist with over 40 years of experience. His professional training and experience have been diverse, ranging from community mental health to multisystemic family therapy to private practice. He holds certifications in addictions, clinical hypnosis, and EMDR, in addition to being an AASECT Certified Sex Therapist.

"To improve is to change; to be perfect is to change often."

– Winston Churchill



THREE DAY WORKSHOP - 9AM-12:15 PM

1 a/b/c Superiority and Inferiority - Who Am I When I Am with YOU?

(9 CEs, 10 Participants) DIVERSITY

We will examine the felt and structural positionality of superiority and inferiority in relationships. Participants will view a short film after which we will move into process using the material we have watched as a launchpad for the three-day workshop.

Alison Howard

After living in Washington, DC, for more than two decades, Alison recently moved to a log cabin in the woods of WV. She has a private practice working with adults individually, in couples, and in group. She has a PsyD in clinical psychology and a certificate in diversity and inclusion. She is also a certified group psychotherapist.

Joseph Schmidt

Joseph Schmidt works in private practice in Rosslyn, VA, conducting individual, couples, and group psychotherapy. He is a member of AGPA and the Mid-Atlantic Group Psychotherapy Society. He also has extensive experience with the Tavistock approach to understanding groups and utilizes relational and psychodynamic theories in his work with clients.

TWO DAY WORKSHOPS, THURSDAY/FRIDAY - 9AM-12:15 PM

2 a/b Manning Up in 2025: Understanding Boundaries and Consent

(6 CEs, 12 Participants)

The world has changed for men and women. It is sometimes hard to embrace the changes, especially for men who have not previously had to examine their behavior carefully. That is no longer the case in their relationships, particularly with objects of their affection and sexual interest. This workshop will address some of these changes and how to understand and incorporate them into contemporary behavior.



Curt Arey

Curt Arey, MA, LPC, practices at Pine River in Atlanta, GA, working with individuals, couples, and groups. He came to AAP as a graduate student volunteer in 2008, and after many experiences, still believes AAP is the best venue for the therapist's growth. He is very aware of how the world has changed before, as, and since, he came of age. Curt loves playing with boundaries with Murray.

Murray Scher

Murray Scher earned his PhD in counseling psychology from the University of Texas at Austin. He has been in private practice for 54 years. A past president and fellow of the Academy, he is also a fellow of the American Psychological Association and a sought-after presenter. He has always enjoyed learning about boundaries from Curt.

3 a/b Awakening Connection: Cultivating Self Awareness in Authentic Relationship

(6 CEs, 15 Participants)

In this workshop we will consider our collective experiences of the inevitable ruptures and repairs that happen in daily life.

Sharing our deep vulnerabilities, we can enhance self-awareness and foster a culture of authenticity and compassion, modeling the power of human connection in its raw, imperfect beauty.



Lori Oshrain

Lori Oshrain earned a BA in anthropology from the University of Oregon (1980) and a PhD from UNC Chapel Hill (1994). She is in private practice outside Chapel Hill, NC, and has led numerous workshops and a training institute for AAP. Lori feels most alive when improvising in relationships and music and making art with wood, rock, leather, and seed beads.

David Pellegrini

David Pellegrini, PhD, is a clinical psychologist in private practice in Washington, DC, and a long-time member of AAP. Previously, he was a tenured associate professor of psychology at The Catholic University of America. He provides individual, couples, and group therapy, as well as consultation to businesses. In addition, he is an avid oil painter, photographer, and writer.

4 a/b The Process of Change in Psychotherapy: An Experiential Model

(6 CEs, 12 Participants)

Change is central to the practice of psychotherapy, yet in our field, we have been notably unreflective about the process of change, leaving many practitioners functioning without a theoretical foundation to support their work. This workshop will offer an experiential model of change in psychotherapy. Participants may choose to further develop their own models of change as a guide to their clinical practice. This workshop aims to teach therapists new ways of managing change to be able to navigate their clinical work more effectively.

Avrum Weiss

Dr. Weiss is a psychologist with over 40 years of experience practicing and teaching psychotherapy. He is the award-winning author of four books, including the Amazon best-selling *Hidden in Plain Sight: How Men's Fears of Women Shape Their Intimate Relationships*, and a regular contributor to psychologytoday.com. Dr. Weiss offers group and couples psychotherapy and psychotherapy consultation online from his home in Maine.



5 a/b A Therapist's Guide to Repair: Navigating our Authentic Self through Rupture and Repair Internally and with Others

(6 CEs, 12 Participants)

Starting with guided imagery, we will navigate all the parts of our personal authentic self through our years of growth. It takes great courage to be totally honest with ourselves as we journey through our ruptures and repairs internally and with those around us. We will lean on existential, transpersonal, Jungian, and humanistic thought to begin and then move into a process group.



Angela Gould

Angela Gould received her PhD in 1980 from an international university with visiting professors including Victor Frankel and James Bugental, transpersonal/existential theorists. Later she studied at the Jungian Institute in Zurich. The Jungian approach was complementary to her practice focusing on psycho spiritual development and the search for authenticity. She's been practicing psychotherapy for 48 years and currently is in private practice in Boulder, CO, and St. Thomas, USVI.

6 a/b Individuation and Relationship: Particle and Wave

(6 CEs, 12 Participants)

In the midst of societal norms of how women are treated as they age, we seek to engage through our stories of individuation and transformation. This two-day process group for women will examine cultural difference in authentic relationship among women in the second half of life. Using the tree of life as a guide, we will share stories of the realms we inhabit as a way of improving navigation for us and our clients in new times. Please wear comfortable clothing and bare feet.



Judy Lazarus

Judy Lazarus received her MSW from Catholic University in 1972. She is a licensed clinical social worker in Edgewater, MD, where she works mainly with adults. As a white-haired white woman therapist living in unprecedented times, she values women's stories of coming into their distinct selves as a resource for navigation.

Karen Brown

Karen Brown, LCMHCS, has 25 years of psychotherapy experience and is in private practice. Eclectic in her training, Karen is also a certified intermodal expressive arts therapist, a tutor in the Kabbalah Society Toledano Tradition, and a certified psychological astrologist. A child of a holocaust survivor and a Native American, she has been interested in healing and identity over a lifetime.

7 a/b Writing Your Way to Authenticity

(6 CEs, 8 Participants)

Finding our authentic voice creates the profound experience of self beyond ego. Our connection with others becomes clear, powerful. In sharing our vulnerabilities and our humanity, a spaciousness emerges with room for our differences. Therein lies the possibility of transformation and the ability to affect beyond where our arms can reach.

Giuliana Reed

Giuliana Reed, MSW, has practiced in Washington, DC, for 40 years. She experiences the ground between our inner landscapes and our external worlds as subtly holding the power of archetypal and symbolic worlds, which have the ability to transform and heal our understanding of ourselves and our experience of others.

ONE DAY WORKSHOPS, THURSDAY - 9AM-12:15 PM

8 "I Contain Multitudes": The (Aspirational) Self and the Shadow Side in Psychotherapy

(3 CEs, 10 Participants) **DIVERSITY**

Human suffering, in its many forms, is at the forefront of the proverbial "talking cure." The manner in which individual will is promoted becomes especially complicated when identity and sociocultural factors are considered. To foster dialogic reflexivity, participants will engage topics such as authentic self-expression, bias, and (dis)connection.

Marvice Marcus

Marvice Marcus, PhD, is a licensed psychologist and clinical supervisor in North Carolina. Since leaving his role as Training Director at Duke University, Marvice has maintained a private practice. He also oversees a clinical training program at Radical Healing Collaborative. Marvice is an avid reader, with interests ranging from psychoanalysis, to cultural studies and critical social theory, to Black epistemologies.



"If you don't like something, change it. If you can't change it, change your attitude."

– Maya Angelou



9 Reinventing Our Rites of Passage

(3 CEs, 12 Participants)

Rites of passage are a human universal. Their forms vary widely depending on culture, embodiment, and zeitgeist. Our mercurial relationship with emergent technologies increasingly determines the contours of these growing-up moments. Consider learning to drive, getting your own phone, starting birth control, or getting a hearing aid. Participants in this experiential workshop will practice working clinically with rites of passage in a trauma-informed, existential theoretical framework. Identifying and reframing rites of passage opens doors to unexpected crossroads of transformation.



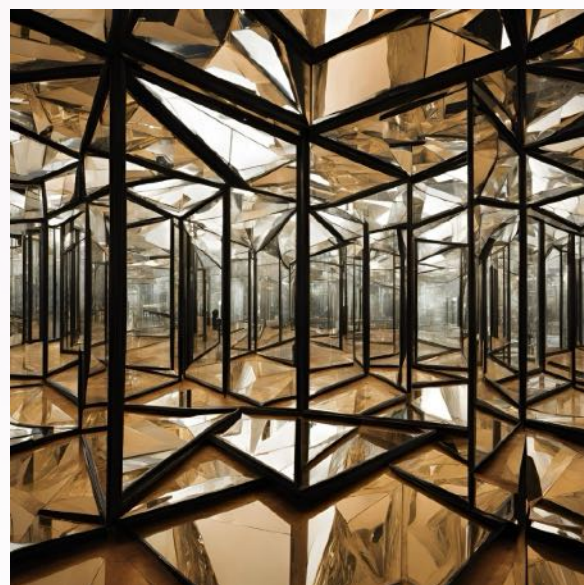
Lauren Gardner

Lauren Gardner is a psychotherapist in private practice in Chapel Hill, NC, seeing adults and couples. Lauren studied at University of West Georgia before pursuing her doctorate in counselor education at North Carolina State University. Currently, Lauren is exploring the peculiar emergences of those growing-up-moments that appear at all stages of life.

10 Psychedelic Integration: What Makes It Effective as an Agent of Authentic Change?

(NO CEs, 15 Participants)

Clinical research is demonstrating that integration is a key part of psychological growth and transformation after psychedelic experiences. What is psychedelic integration and what makes it effective? Using the "Synthesized Model of Integration" endorsed by the Multidisciplinary Association of Psychedelic Studies as a framework, participants are invited to learn together, process together, and share their personal or their clients' experiences of effective and ineffective psychedelic integration. Together we'll learn about the model of integration and then open up to the process that unfolds.



David Fogel

David Fogel, MD, is an integrative physician, psychotherapist, and psychedelic therapy medical provider. He has been in practice for over 30 years doing individual, couples, and group therapy in Bethesda, MD. He is a certified ketamine medical provider and, within a harm reduction framework, administers intramuscular (IM) ketamine together with psychedelic integration in individual sessions.

11 The Therapist Asking for Help: Ethical Implications and Possibilities for Authentic Change and Connection

(3 CEs, 20 Participants)

As psychotherapists, we are well-practiced in providing help and support to others. Conversely, it is often difficult to identify the help needed for ourselves and then ask for and receive the necessary assistance to attend to our own suffering and psychological problems. Ethical codes and practice wisdom invite examining these dynamics to create authentic change and connection.

Hayden Dawes

Hayden Dawes, PhD, is an assistant professor at Bryn Mawr College's Graduate School of Social Work and Social Research. With ten years of experience with diverse populations in varied clinical settings, his work focuses on oppressed populations and other helpers. His research investigates self-permission—allowing self-determined thoughts, feelings, and behaviors to enhance well-being. Hayden underscores that granting ourselves permission to seek and accept help is a continual, lifelong practice.

12 Is it Addiction or a Bad Habit? How Do I Know for Sure?

(3 CEs, 14 Participants) ADDICTION

This workshop is designed to educate participants on how to identify addiction. We will gently explore qualities, descriptors, and definitions of addiction without label or judgment, and come to examine beliefs, connect with our shared humanity, and embrace new perspectives.

Maureen Martin

Maureen Martin, MSW, is a long-time member of AAP and a Fellow of the Academy. She has been a psychotherapist for 51 years and has had many of her own courageous and transformative experiences in AAP. Hopefully, she will continue to stretch and grow in her self-discovery, challenging of self, and examination of her limited belief systems.

Anthony Hampton

Anthony Hampton is an LCSW, Certified Addictions Counselor, and vinyasa yoga teacher. His counseling work is informed by his experience as a professional ballet dancer, father, and person in long-term recovery. He is excited to explore and hopefully clarify some of the myths and misconceptions about addiction, recovery, and well-being with you this summer.



13 Advanced Ethics Studies in the Practice of Psychotherapy

(3 CEs, 25 Participants) ETHICS

This workshop will present a review and up-to-date information on various topics relevant to the ethical practice of psychotherapy. Topics will include a new socially responsive model for ethical decision-making in psychotherapy (Juntunen, 202, revised teletherapy guidelines (APA, 2024)), and current best practices in risk management issues regarding subpoenas, requests for administrative services, billing couples therapy, and confidentiality working with couples, collaterals, and minors.

Penelope Norton

Penelope Norton, PhD, is a clinical psychologist in private practice in Ormond Beach, FL. She specializes in psychotherapy for individuals, couples, families, and groups. She is currently chair of AAP's ethics committee.

Marilyn Schwartz

Marilyn Schwartz, PhD, is a clinical psychologist in Washington, DC, providing individual and couples therapy as well as clinical supervision, and is a consultant to the Smithsonian Institution. She is a long-term member and fellow of AAP and former chair of the ethics committee. She has presented over 20 professional workshops on different ethics and risk management topics at national and local meetings.

Diane Shaffer

Dr. Shaffer, PsyD, is a clinical psychologist in private practice in Philadelphia and Swarthmore, PA. She works with adults in individual, couples, and group therapy. She has been a member of the AAP Ethics Committee since 2018.

14 Fact vs. Myth: What Traits Actually Change and Transform as We Age

(3 CEs, 12 Participants)

Research has debunked the myth that we get more conservative as we age. However there are personality changes that come with aging. We will review research on these changes, explore transformations in our own thinking and attitudes as we age, and apply these to our work with patients.

N. Mendie Cohn

N. Mendie Cohn, PhD, is a longtime member of AAP and has presented on a variety of topics. Now, in her later years, she has noticed that her attitudes and perceptions of events are changing, which has led to exploring whether these changes are shared by others.

***“Muddy water
Let stand
Become clear”***

– Lao Tsu

15 a/b Stop Helping: The Transformational Power of Mentalizing

(6 CEs, 12 Participants)

Chronic helping is a serious barrier to intimacy and dynamic engagement. It can become visible in overt or subtle bids for social dominance. We will consider how we manifest this behavior in our work and in the group. Lee will ask you to do your best to not help during our time together and to use "I" statements.

Lee Blackwell

Lee Blackwell, PhD, is in private practice in Newport Beach, CA, specializing in couples therapy and sexual issues, including sex and love addiction. He has presented nationally and internationally on couples therapy, sexuality, mentalization, psychotherapy, and neuroscience. He is a past president and a fellow of the Academy.



16 a/b Authenticity and Transformational Change: Easy to Claim, Hard to Create

(6 CEs, 12 Participants)

Being in authentic relationships can bring about transformational change. Two powerful ingredients for such evolution to develop are an awareness of the difference between intention and impact and an understanding of how ruptures can be repaired when there is an unintended impact. Our group will explore these themes as they relate to relationships with clients, connections in the here and now within our group, and within the communities to which we belong, including AAP.

Lisa Makstein

Lisa Makstein, MSW, has been a licensed clinical social worker in private practice for over 30 years in Maryland and Washington, DC, working with individual adults, couples, and groups. She finds it a privilege to join clients in their healing journeys as they move toward more authenticity in their relationships.

Neil Makstein

Neil Makstein, PhD, is a psychologist in Virginia and Maryland working with couples, individuals, families, and groups, as well as doing supervision and organizational consultation. He has enjoyed contributing to AAP leadership over 20 years. He has been described as a "group junkie" and looks forward to presenting with Lisa, his life-partner of many decades.



17 a/b Speak Your Truth, Even When It Scares You

(6 CEs, 12 Participants)

Speaking our truth is a true measure of our authenticity. Yet, it is very hard to do for many of us. In this process-oriented workshop we will explore what gets in our way and how this impacts our intimacy. Ultimately, we will create a space together to experience our truths with each other to foster authentic growth and change.

Denise Castro

Denise Castro, PsyD, is in private practice in Bellingham, WA, and sees adults in individual, couples, and group modalities. She considers herself a relational psychologist and has been in practice for over 20 years. She started her journey with AAP as a scholar and has been a member since 2010.



Meredith Albert

Meredith Albert, LCSW, received her undergraduate degree in business administration in 1987 and her MSW in 2004. In 2008 she received her LCSW and started her private practice. She also is fluent in sign language and sees deaf clients. She joined AAP first by attending the spring conferences, then joined as a full member in 2013.

18 a/b Change and Transformation in Sand Tray Therapy

(6 CEs, 10 Participants)

This workshop will provide didactic and experiential education in sand tray therapy. Participants will learn about the history and methodology of sand tray therapy and see the model successfully used through a case presentation. Each participant will have the opportunity to practice the skills learned and create their own sand tray.



Robin Knoblach

Robin Knoblach, PhD, is a clinical psychologist who has been in private practice in Herndon, VA, for 29 years. She works with adults, children, and families in individual and family therapy. Robin believes in the power of play in effecting change and growth and works with both children and adults in sand tray therapy.

Erin McCarthy

Erin McCarthy, MSW, practices psychotherapy with adults, teenagers, and children from a contemporary relational and experiential perspective. She delights in the powerful and surprising experiences of sand tray in her consulting room and beyond, and believes that what is inaccessible in words or thoughts may be found in displacement, through symbol, shape, and form.

19 a/b Belonging and Not Belonging in Groups: How to Effect Change

(6 CEs, 12 Participants)

Each of us wants to feel accepted and welcomed – we want to feel we belong. In group psychotherapy, we utilize the drive to belong to motivate people to change. Change requires letting go of old perspectives of ourselves and others which limit our ability to have more meaningful relationships. Change requires taking risks to be seen and connected. In this group, we will explore ways in group therapy that therapists encourage and discourage the feeling of belonging.

Douglas Cohen

Douglas Cohen has been leading groups for almost 40 years and loves it. He currently leads groups for therapists and non-therapists in his private practice. Early in his career, he led groups for deaf adults and parents of children with disabilities, which taught him a lot about not belonging.

20 a/b You Had Me at Goodbye: Starting at the End to Be Here Now

(NO CEs, 10 Participants)

"I always thought that I'd see you again." James Taylor's lyrics stay true for all of us, but the "always," traps us into magical thinking. It denies the fragility of everything we love, and desensitizes us to the looming end. This six-hour process group will explore the distance and closeness within the room, while bearing in mind we may never see each other again.



Jonas Horwitz

Jonas Horwitz, PhD, is a licensed psychologist practicing in Durham, NC, where he sees adults and couples, and runs long-term process groups for psychotherapists. He believes growth happens as we stay present to the ebb and flow of the space between us.

"When a complex system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to shift the entire system to a higher order."

– Ilya Prigogine, Nobel prize winning chemist



21 a/b The Power of Family Stories in the Healing Process: Examination of Oppression, Authenticity and Transformation

(6 CEs, 15 Participants)

In this workshop participants will examine their family stories and histories through the lens of storytelling and mythologies, with an emphasis on how these impact resilience and healing. Participants will be asked to explore generational trauma, personal mythology, and the family dynamics contributing to or inhibiting individual transformation and authentic change.

Steven Feierstein

Steven is a retired psychotherapist, focused on couples and family therapy. After receiving a master's degree from Rollins College, Steven received specialized training and certifications in marital, family, and sex therapy. Training included the Menninger Foundation, Carl Whitaker, Virginia Satir, and The Moreno Institute. He developed the first marriage and family therapy training program at Iowa Children's and Family Services in Des Moines, IA.



22a/b Perfectly Imperfect.....Love and Acceptance. Life Skills and Wisdom For Your Lifetime and Your Clients'

(6 CEs, 12 Participants)

Life comes at us...ready or not! You will feel SO much better knowing you have heard, seen, and practiced some precious resources that you can ALWAYS refer to and share in your clinical work. This workshop will challenge you and give you the opportunity to practice professional and life-affirming skills to enhance your life and your clients'. No humility in this!

Damon Blank

Damon Blank, MDe, LMFT, is a licensed marriage/family therapist in private practice for what has felt like several lifetimes; in fact, a mere 44 years. In the past decade, he has been gifted with a variety of health and family crises. In his terror, fear and pain, he begged the universe for the resources to survive. In doing so, he discovered unimaginable strength, resilience, peacefulness, and love.



23 Embracing Authenticity: Addiction and Attachment

(3 CEs, 12 Participants) ADDICTION

This group will include a didactic portion explaining addiction through the lens of an attachment disorder, followed by a process group exploring attachment issues elicited by group work and how it might inform work with clients in recovery.

Graham Hall

Graham is a psychotherapist with a sub-specialty in addiction who practices in Georgetown, DC. Before starting his private practice, he worked as an executive coach at The Administrative Office of the US Courts and then 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.

Zachary Pyne

Zach 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. Before 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.

24 Embracing Change: An Innovative AAP Values Exploration Workshop

(NO CEs, Unlimited Participants)

Note: this workshop meets from 1:45 - 2:30 Friday

Change begins with self-awareness, the courage to embrace new perspectives, and a commitment to values that guide us toward growth and positive transformation. This experiential meeting is designed to assist in identifying personal and professional values and how they impact one's thoughts, feelings, and behaviors.

Kristie Nies, Meredith Albert, Tyler Beach, Catherine Clemmer, Lyn Sommer

Kristie Nies, PhD, is a board certified neuropsychologist, a registered yoga teacher, and a psychotherapist who has worked in a variety of clinical settings including physical medicine and rehabilitation, a multi-specialty medical practice, and private practice. She was the lead neuropsychologist at OhioHealth from 2017-2021 and currently works in a neurology office in Bristol, TN. She is the current president of AAP.



25 Is It Time to Ask the Client to Leave? Ethical Dilemmas and Risks in Terminating with Challenging Clients

(3 CEs, 15 Participants) ETHICS

In our efforts to practice ethically, we'll explore the challenges we face deciding to continue to work with or let go of clients who refuse to comply with their treatment plans, show up in ways markedly different than their initial diagnoses, and trigger unworkable transferences or countertransferences. We will explore the interpersonal dynamics that tend to be present in such dyads and also work, through process, to help participants with experiential understanding of how to respond.



Tyler Beach

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 to other therapists on challenging clinical situations.

26 Working with Diversity: Risk, Rupture, and Hope of Repair

(3 CEs, 45 Participants) DIVERSITY

We constantly experience cringy (at best awkward, at worst irreparable) transactions between members of the dominant culture and literally everyone else. Marginalized people know more about the dominant culture than vice versa, and are often expected to overlook or salvage the situation with grace. Members of the dominant culture often freeze when their assumptions or habits don't suffice in these situations. This is an opportunity to practice working in these sensitive intersections. This workshop will be experiential and grounded in somatic self-care, with space for reflection and honest feedback.

Julia Strong

Julia has been a psychotherapist in private practice since 1990, and has been involved in social justice and environmental movements since the 1970s. She served as president of Georgia National Association of Social Workers and helped to found several AIDS organizations in Georgia when there were none. She hopes that workshops like this can help AAP fulfill its aspiration to become a healthy, richly diverse community.

Jess McMillan

Jess McMillan is in private practice in Atlanta, GA. With specialization in treating eating disorders, Jess has worked with individuals and families on the path toward recovery. Jess has been involved with AAP since 2010 when she was introduced as a scholar by her mentor, Jack Mulgrew. Jess is the proud parent of two Great Pyrenees and is an avid beach enthusiast.

27 What Do Men Need from Other Men?

(3 CEs, 15 Participants)

So-called “traditional” masculine norms discourage emotional vulnerability in men. This can force others to shoulder a disproportionate amount of emotional labor in relationships and in organizations like AAP. It also can perpetuate gender-based violence, including the crossing of boundaries without informed consent. We’ll explore through interpersonal processing how these norms hold us back and what we need from each other to heal and grow. All men are welcome, including cisgender, trans, and others who feel like they belong in men’s spaces.



Jeremy Mohler

Jeremy Mohler, LCPC (he/him), is a psychotherapist and writer who focuses on helping men and couples with relationships. He is Level-1 trained in Internal Family Systems (IFS) therapy and the author of the newsletter Make Men Emotional Again, which debunks myths about masculinity.

Jake Robertson

Jake Robertson, LMHC, practices psychotherapy at his office in Sarasota, FL, where he focuses on individual clients who dance with anxiety, depression, life transitions, and grief. In his graduate work he focused on phenomenological approaches to psychotherapy and is trained in CBT with a particular focus on the here-and-now relationship between the client and therapist.

"Change is good. You go first."



28 Moving Through: Exploring the Role of Movement in Unlocking Stored Trauma and Fostering Authentic Connection

(3 CEs, 12 Participants)



Movement has immense potential to unlock stored trauma, reveal unconscious patterns, and catalyze profound personal and collective transformation. By combining movement with the process group format, this workshop offers participants a unique opportunity to deepen their understanding of themselves and their relationships

Jenny Savitz-Smith

Through the experience of Pilates, Jenny has become much more aware of the mind-body connection, and the need for movement and unlocking stuck patterns. Dr. Savitz-Smith is in private practice in Columbia, SC. She finds that Pilates permeates all aspects of life, including work with clients.

29 Searching for Truth Through Authentic Connection

(3 CEs, 14 Participants)

In this workshop we will discuss what 'truth' is and how to discover 'it' through authentic engagement with fellow participants. This workshop will use a process format to help participants learn how to assist clients in deepening their relationship with self and others.

Ron Del Moro

Ron Del Moro, PhD is a holistically-minded psychotherapist with 20 years of experience assisting individuals, couples, families, and groups. Ron earned a PhD in mental health counseling, a master's degree in marriage and family therapy, and a specialist degree in education from the University of Florida. Ron is a licensed professional counselor (LPC) working and living in Washington, DC.

“Life doesn’t come with a remote. You have to get up and change it yourself.”

– Mark Cooper

30 Authentic Voices: Writing about Our Work

(3 CEs, 10 Participants)

This workshop will explore the process of writing about our work as psychotherapists. We will talk about what that might mean and will do some in-workshop writing. If you are so inclined, you might share your writing with the group. If you have already started a piece, feel free to bring it.

Molly Donovan

Hallie Lovett and Molly Donovan are long-time Academy members who are part of an editorial team working on the next issue of VOICES. This workshop is structured to encourage and help both experienced and aspiring writers who may want to submit a piece for review and possible publication. All are welcome.

Hallie Lovett

Hallie and Molly both began psychology practices in the mid-1970s in Washington, DC. Since then, they have led workshops and training programs through AAP, National Group Psychotherapy Institute, Red Well Theater, and their own creative series, Conversation Between the Arts and Psychotherapy. They have nurtured and challenged each other's lifelong passions in creative arts, psychotherapy, spirituality, and all things Irish.

31 Forest Bathing: Authentic Transformation as a Gift of the Forest

(3 CEs, 8 Participants)

This workshop will be an introduction to forest bathing, including individual, solitary experiences and group sharing. Forest bathing is a Japanese healing technique, shinrin-yoku, 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. Experience and share the healing benefits of forest bathing.

Penelope Norton

Penelope Norton, PhD, is a clinical psychologist in private practice in Ormond Beach, FL. She specializes in psychotherapy for individuals, couples, families, and groups and has a special interest in the healing power of the natural world. She is certified in forest bathing and has led retreats, trainings, and group experiences in forested environments.



COVID-19 PROTOCOLS AND GUIDELINES

As we continue to navigate the ongoing presence of COVID-19 in our communities, we acknowledge that the virus is now part of an endemic phase, meaning it will continue to circulate but with less disruption to daily life. Our goal is to create a safe and supportive environment for all attendees while maintaining flexibility, respect, and common sense.

Here's what you need to know about our current approach:

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, or have recently been exposed to someone with COVID-19, 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 attendees to make decisions based on their individual health needs and preferences.
3. **No Ongoing Monitoring:** We will no longer be reporting COVID-19 cases post conference. However, we trust that all attendees 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.

Thank you for your cooperation and understanding!



REGISTRATION

Early Registration is **\$715** through April 21, 2025

Regular Registration is **\$795** from April 22, 2025

Discount West Coast **\$100**

CEUs cost is **\$65**

Registration opens Monday, April 14th at noon Eastern Time.
Register online at:

www.aapweb.com/events

CANCELLATION POLICY

AAP will refund all but \$75 of the total registration to members who notify Central Office/Cap Hill of their cancellation on or before May 22, 2025. NO REFUNDS will be offered after May 22nd, 2025.



WORKSHOP PLANNER

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TI 1a Ezust: Embracing Transition into Elderhood	TI 1b Ezust: Embracing Transition into Elderhood		
TI 2a Eichel: Sex Therapy and Consultation	TI 2b Eichel: Sex Therapy and Consultation		
Three Day:	1a Howard/Schmidt: Superiority and Inferiority	1b Howard/Schmidt: Superiority and Inferiority	1c Howard/Schmidt: Superiority and Inferiority
Two Day: THURS/FRI	2a Arey/Scher: Manning Up in 2025	2b Arey/Scher: Manning Up in 2025	
	3a Oshrain/Pellegrini: Awakening Connection	3b Oshrain/Pellegrini: Awakening Connection	
	4a Weiss: The Process of Change in Psychotherapy	4b Weiss: The Process of Change in Psychotherapy	
	5a Gould: Navigating our Authentic Self	5b Gould: Navigating our Authentic Self	
	6a Lazarus/Brown: Individuation and	6b Lazarus/Brown: Individuation and	
	7a Reed: Writing Your Way to Authenticity	7b Reed: Writing Your Way to Authenticity	
One Day:	8 Marcus: "I Contain Multitudes"	23 Hall/Pyne: Embracing Authenticity	25 Beach: Is it Time to Ask the Client to Leave?
	9 Gardner: Reinventing Rites of Passage		26 Strong/McMillan: Working with Diversity
	10 Fogel: Psychedelic Integration	24 Nies/Albert/Beach/Clemmer/Sommer AAP Values Exploration Workshop (1:45 - 2:30)	27 Mohler/Robertson: What do Men Need from Other
	11 Dawes: The Therapist Asking for Help		28 Savitz-Smith: Moving Through
	12 Martin/Hampton: Is it Addiction or a Bad Habit		29 Del Moro: Searching for Truth Through Authentic
	13 Norton/Schwartz/Shaffer: Advanced Ethics		30 Donovan/Lovett: Authentic Voices: Writing
	14 Cohn: Fact vs. Myth		31 Norton: Forest Bathing
Two Day: FRI/SAT		15a Blackwell: Stop Helping	15b Blackwell: Stop Helping
		16a Makstein/Makstein Authenticity &	16b Makstein/Makstein Authenticity &
		17a Castro/Albert: Speak Your Truth	17b Castro/Albert: Speak Your Truth
		18a Knoblach/McCarthy: Change & Transformation in	18b Knoblach/McCarthy: Change & Transformation in
		19a Cohen: Belonging and Not Belonging in Groups	19b Cohen: Belonging and Not Belonging in Groups
		20a Horwitz: You Had Me at Goodbye	20b Horwitz: You Had Me at Goodbye
		21a Feierstein: The Power of Family Stories in the Healing	21b Feierstein: The Power of Family Stories in the Healing
		22a Blank: Perfectly Imperfect... Love and	22b Blank: Perfectly Imperfect... Love and

CONTINUING EDUCATION

American Academy of Psychotherapists

2025 AAP Summer Workshop

June 4 - 8, 2025

Daniels, WV

Joint Accreditation Statement



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists. 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 12.75 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 (LEP ONLY), MD, ME, MN, MO, NC, ND, NH, NE, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

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, 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 12.75 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, 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 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. 12.75 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.3-31-2023. 12.75 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. 12.75 hours.