

THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS

# SUMMER WORKSHOP 2021

THIS LITTLE LIGHT  
*Nurturing Spirit in Dark Times*



JUNE 23 – JUNE 27, 2021

**THIS LITTLE LIGHT: NURTURING SPIRIT IN DARK TIMES**  
*Welcome to Summer Workshop*

*There is a crack in everything. That's how the light gets in.*  
— LEONARD COHEN

Our mission is to explore how the dark times in our lives and the lives of our clients can unexpectedly bring experiences of opening and resilience. Perhaps never before in our lives have we faced such an onslaught of awareness of our societal shortcomings in fighting racism, sexism, and the exhausting tedium of socially isolated daily life. How do therapists and clients find the inner strength, resilience, creativity, and even playfulness, to bring light into our lives?

We invite you to explore with us how our relationship with privilege, fear, shame, poverty, racism, and violence impact our ability to step forward, to act, to speak, to take the risk of changing our story, for our clients and ourselves.

“This Little Light” has been sung by many of us in churches, around campfires, or perhaps on the path of a protest march. Both folksong and anthem, it reminds us of the power of song and breath when confronting darkness.

The COVID pandemic has opened the world of virtual meetings. How has virtual life, and the world of virtual therapy hours amplified our need to nurture our spirits? How do our losses and our experiences of “othering” deepen our stories and lead us to finding new meanings in our lives and the lives of our clients?

We are delighted to present you with a rich program of workshops that offer fresh opportunities for learning, relating, and thinking, as well as for playfulness, creativity, and fun. We invite you to bring your whole heart, your battered heart, your hungry heart to this encounter with the light.

Susan Jacobson and Judy Lazarus

Co-chairs, Summer Workshop 2021

**2021 SUMMER WORKSHOP COMMITTEE**



Program Co-Chairs: **KELLY EZICKSON AND PHYLLIS CLYMER**

Hospitality Co-Chairs: **TAMARA LUBLINER AND MEREDITH FRANKEL**

Activities Co-Chairs: **JULIE MITCHELL AND CATHY ROBERTS**

Open Process Group Co-Chairs: **MAUREEN MARTIN AND VICKIE GOODMAN**

Secretary: **WENDY GRAHAM**

CEU Chair: **CATHERINE CLEMMER**



**Technical Support is AVAILABLE!**

Call, text or email TECH SUPPORT. We have an Intern from Georgia Tech who will be on hand during the conference.

**GREYSON MULLINS**

cell: (770) 854-2325

email: [amullins31@gatech.edu](mailto:amullins31@gatech.edu)

We will provide solutions for problems such as getting into a Workshop or downloading Zoom. Call before event starts!

## EVENTS & ACTIVITIES

*All times listed are Eastern Daylight time*

### **Orientation — Wednesday, 6:00PM**

Membership Chair, Nelia Rivers and Ambassadors Chair, Maureen Martin will welcome you and provide orientation and information, and you will have an opportunity to meet other new attendees.

### **Opening Experience — Wednesday, 7:00PM**

Opening Experience sets the tone for our work together. After a brief presentation relating to our theme by your Summer Workshop Committee, we meet in the first of four community meetings. There will be gatherings of all attendees on Thursday and Saturday and a Closing Experience on Sunday.

### **Open Process Groups — Wednesday & Thursday, 8:45-10:45PM**

Open Process Groups are co-led by seasoned AAP members on Wednesday and Thursday nights with the option of continuing as leaderless groups on Friday and Saturday. If you want to be in an open process group, please indicate your choice on your registration form.

### **Hospitality**

Hospitality Suite will be zooming on Wednesday, Thursday, Friday and Saturday. For times, please consult the schedule.

### **Memorial Service — Thursday, 5:45PM-7:15PM**

We will be remembering the following AAP members who have died in this past year: Vivian Guze, Steve Howard, Arthur Weinfeld, Michaelle Myrthil, Elaine Levin, Rahe Corliss, and Anna Williams.



## EVENTS & ACTIVITIES

*All times listed are Eastern Daylight time*

### **Greeting the Day with Movement**

Check our schedule for times for Qi Gong with Susan Levy, Tai Chi with Lenore Pomerance, Karate with Michael Stahly, Peloton with Meredith Frankel, and Jazzercise with Wendy Graham.

### **12 Step Meeting — Friday, 11:00AM**

Participants from all 12 Step programs are welcome.

### **BIPOC — Friday, 5:30PM**

This will be a gathering space for members who identify as Black, Indigenous, or People of Color. This lightly led group will offer time together to process SW experience. Sean LeSane will hold the space.

### **Shabbat Celebration — Friday, 5:30PM**

Open to everyone, the beginning of the Jewish Sabbath has become a beloved tradition at AAP. BYO challah and wine.

### **Diversity Coffee/Brunch — Saturday 11:00AM - 12:00PM**

Join us for nourishing conversation about diversity and connectedness.

### **Scavenger Hunt — Saturday, 7:00PM**

Form a team of people you'd like to have fun with, and come to the scavenger hunt on Saturday night. Look forward to pandemonium and hilarity.

### **Random Process Groups — Sunday, 12:30-2:00PM**

These groups offer the opportunity to process the SW experience in small, randomly assigned groups.

### **Closing Experience — Sunday, 2:00PM**

Everyone is encouraged to attend this final community meeting as we end our time together. Integration of our SW experiences allows the necessary transition to the conclusion of our journey together.

## LEARNING OBJECTIVES

### Participants will be able to:

1. Identify and operationalize coping skills for their clients, as well as themselves during periods of intense fear and grief.
2. Deepen their understanding of “play” and its role in bringing light into the healing process in dark times. Recognize and explore the dimensionality of play using material from the client’s childhood experience and their adult expression of those experiences.
3. Increase and broaden understanding of the role of shame in hindering a client’s ability to find relief during highly stressful experiences.
4. Explore the benefits of shared experience through group process in responding to fear and stress of unknowable outcomes in their clients’ lives and their own.
5. Learn new methods of working with clients beyond traditional talk therapies, i.e. improvisation, play, humor and meditation practices.
6. Increase the client’s tolerance for experiencing and exploring connection and intimacy, as well as the fear and shame that breeds isolation in themselves.

## SCHEDULE

*All times listed are Eastern Daylight time*

### WEDNESDAY

6:00PM	—	7:00PM	Newcomers Orientation
7:00PM	—	8:30PM	Opening Experience
8:30PM	—	9:30PM	Hospitality Suite
8:45PM	—	10:45PM	Open Process Groups

### THURSDAY

8:00AM	—	8:45AM	Qigong
9:00AM	—	9:30AM	Jazzercise Express
12:30PM	—	3:45PM	Workshops
4:00PM	—	4:05PM	Welcome of Newcomers to AAP
4:05PM	—	5:35PM	Community Meeting
5:45PM	—	7:15PM	Memorial Service
7:00PM	—	8:00PM	Hospitality Suite
8:45PM	—	10:45PM	Open Process Groups

### FRIDAY

9:00AM	—	9:30AM	Peloton: Together We Go Far
11:00AM	—	12:00PM	12 Step Meeting
12:30PM	—	3:45PM	Workshops
4:00PM	—	5:00PM	Hospitality Suite
5:30PM	—	7:00PM	BIPOC Group
5:30PM	—	7:00PM	Shabbat
7:00PM	—	8:00PM	Scavenger Hunt
8:45PM	—	10:45PM	Open Process Groups

### SATURDAY

9:00AM	—	9:30AM	Peloton: Together We Go Far
11:00AM	—	12:00PM	Diversity Coffee/Brunch
11:00AM	—	12:00PM	Karate
12:30PM	—	3:45PM	Workshops
4:00PM	—	5:00PM	Community Meeting
5:00PM	—	5:30PM	Business Meeting
6:00PM	—	7:00PM	Hospitality Suite

### SUNDAY

10:30AM	—	11:30AM	Tai Chi
12:30PM	—	2:00PM	Random Process Groups
2:00PM	—	3:00PM	Closing Experience

**1. Three-Fold Way of Nurturing the Soul and Spirit of the Psychotherapist: Do Better Work, Have More Fun, and Make More Money**

3 DAY – THURS./FRI./SAT.

ROBERT ROSENBLATT, PHD  
14 Participants, 9 CE's offered

The goal in this experiential process group is to expand participants' capacity to thrive in dark times and light through processing character issues and their impact on clinical supervision, the quality of our work, and practice development. Interested, irritated, both? A safe landing is the order of our gathering.

Robert G. Rosenblatt has been providing psychotherapy to individuals, couples and groups for over 40 years. His current focus is clinical supervision and practice management aimed at helping psychotherapists develop private practices to thrive in. Bob is deeply committed to the practice of psychotherapy and has much to offer workshop participants.

**2. The Search for Meaning**

3 DAY – THURS./FRI./SAT.

ADAM KLEIN, PHD AND LUKE SMITH, LICSW  
10 Participants, 9 CE's offered

This three-day virtual process group will invite participants to grapple with their own developmental process. In particular, the leaders hope to create a space where members will have the opportunity to gain clarity about self-care and personal direction in light of working with others in these extra-ordinary times.

Adam Klein is a Licensed Psychologist in Maryland and Washington DC. He has a full-time private practice in Annapolis and Bethesda Maryland. He has formal training with many innovative leaders in the field of psychotherapy. The pandemic has reminded him of the American tradition of NOT living in fear.

Luke Smith is a Licensed Independent Clinical Social Worker. Luke worked in university health, public housing and outpatient mental health agencies in Maryland, DC and Vermont before opening his private psychotherapy practice at the Green River Guild in Hyde Park, VT in 2018. Prior to his career in social work, Luke worked as a secondary school teacher and coach, and as a professional musician. His search for meaning during the pandemic has Luke writing and recording music as SUPRALUKE.

**3. Staging a Coup: Group Work In Troubled Times**

3 DAY – THURS./FRI./SAT.

ALISON HOWARD, PSYD  
8 Participants, 9 CE's offered

This is a three day process group to understand the desire in each of us to stage a coup in the face of authority. We will focus on how we manage those feelings, how we act them out, and the urge to overthrow the Other in order to get what we want.

Alison Howard is a clinical psychologist in Washington DC in private practice, seeing adolescents and adults individually, in couples and groups. She has a M.S. From Suffolk University with a Doctorate from the George Washington University in Clinical Psychology. She is deeply involved in anti-racism work within herself, her practice and professional organizations, and is an adjunct faculty member of the Chicago School for Professional Psychology.

**4. Ethics: Light in Unsettled Times**

1 DAY – THURSDAY

DIANE CHRISTIE SHAFFER, PSYD  
60 Participants, 3 CE's offered ETHICS

During uncertain times, returning to what we know can be stabilizing as well as restricting. Ethics is both a stable entity and a dynamic entity requiring both familiarity and scrutiny. In this workshop, we will reflect on what we need to know and what needs exploration.

Diane Shaffer is a member of the AAP Ethics Committee. She lives and works in Swarthmore, PA and also has an office in Center City Philadelphia. In June 2020, she left her position as Group Coordinator and Associate Director of Swarthmore College Counseling Center to pursue full-time private practice. She works with individuals, couples, families and groups. During Covid restrictions, Dr. Shaffer saw clients via teletherapy from home and became reacquainted with her cats, Little Bear and Sky.

**5. Resilience: Shining A Light on The Mind/ Body Connection**

2 DAY – FRI./SAT.

KRISTIE NIES, PHD  
12 Participants, 6 CE's offered

Together we will explore the concept of resiliency as it relates to the brain, the heart, and the body. This workshop will include a brief didactic piece each day as well as experiential/process elements. The ultimate goal is to promote resilience in each other and, by extension, our patients.

Kristie Nies is a board-certified neuropsychologist and registered yoga teacher. While no stranger to darkness, finding and owning her light has been a more recent exploration as she sustained a traumatic shoulder injury that required surgery and extended recovery during the pandemic. Finding the "sweet spot", a favorite theme of hers, honors both ends of the continuum. Dr. Nies is a frequent presenter for AAP.

“ DARKNESS CANNOT DRIVE OUT DARKNESS;  
only light can do that.  
HATE CANNOT DRIVE OUT HATE;  
only love can do that. ”

— MARTIN LUTHER KING, JR.

**6. Trusting Self and Risking Connection: Practicing Radical Authentic Respect**

ELIZABETH GOMART, LPC AND PUMA CORNICK, MSW

10 Participants, 3 CE's offered

1 DAY – THURSDAY

**In a process group, explore how stating your truth and taking risks will generate connection to the real self, not the curated self. It's an art (and act of love) to express yourself respectfully, without blame, humiliation, or stonewalling, and yet without having the projection figured out.**

**Elizabeth Gomart** has been in private practice in DC since 2014 where she sees individuals, couples and groups. She works from an interpersonal eclectic approach. She completed a professional training in Core Energetics body psychotherapy in 2007 which emphasizes self-expression and personality structure. She has been invested in learning about herself and her relationships since starting her personal individual and group therapy in 1987.

**Puma Cornick** attended the University of Virginia where she graduated with a BA. She received an MSW from Catholic University with a concentration in Family Therapy. She has been in private practice for the last 20+ years, conducting psychotherapy with individuals, couples, and groups.

**7. Enriching Your Life Through Dark Times**

JOEL H. MARCUS, LCSW-C

10 Participants, 6 CE's offered

2 DAY – FRI./SAT.

**Darkness has the potential to fuel substantial personal growth. To sink into pain and fear bypasses the opportunity to use the crisis to expand ourselves into better places than we were before. In this workshop we will explore the gifts that the dark times have to offer us all.**

**Joel H. Marcus** has been practicing experiential, humanistic psychotherapy for 32 years. He offers individual, couples and group psychotherapy as well as clinical supervision, at the Village of Cross Keys in Baltimore, Maryland. He has previously presented workshops for the American Academy of Psychotherapists on various therapeutic topics.

**8. "I want to dance with somebody"**

MEREDITH ALBERT, LCSW

10 Participants, 6 CE's offered

2 DAY – THURS./FRI.

**This workshop has nothing to do with dancing. The lyrics of Whitney Houston's song were, "I want to dance with somebody who loves me." It surely made people feel like dancing! In this workshop we will explore by listening to songs as well as other media, the sights and sounds that can change how we feel. You will be asked to let your own "light shine" and bring to this workshop a piece of art that makes you feel "some kinda way".**

**Meredith Albert** 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 works with individuals and couples and is fluent in Sign Language. Meredith presently serves on the Executive Council as well as being Chairperson for the Southern Region. She has chaired two national conferences.

**9. Are we QAnon? Of Course Not...But What About Other Cultic Processes?**

STEVE EICHEL, PHD

15 Participants, 3 CE's offered

1 DAY – SATURDAY

**Former president Donald Trump has been called a "cult leader" while some critics believe the neo-fascist, anti-semitic group "QAnon" is "brainwashing" followers. In fact, almost everyone has experienced cultic dynamics and processes at some time or another, in groups and relationships. We will explore these experiences in a process group.**

**Steve Eichel** is a licensed and board-certified psychologist, and is certified in sex therapy, EMDR, and clinical hypnosis. Dr. Eichel has been involved in the cultic studies field since 1975, has been twice awarded by the International Cultic Studies Association (ICSA), and served on the Board and then as ICSA President from 2012-2020. He has written several book chapters and articles on forensic and clinical work with cultists, and has testified on cultic dynamics in civil and criminal courts.

**10. Dark Humor for Dark Times**

JONATHAN FARBER, PHD AND JILLIAN THOMAS, LPC

14 Participants, 3 CE's offered

1 DAY – THURSDAY

**Human resilience often lurks in nihilistic humor and sarcasm. When we feel at the mercy of oppression, war, and disease, dark humor connects us to our truth and each other. In this process group, we will share our favorite dark tales and jokes, and how we use them in psychotherapy.**

**Jonathan Farber** received his Doctorate in Clinical Psychology from Duke University, taught at University of North Carolina, and practices in NC and DC. He is an emeritus editor of VOICES and has trained many psychotherapists from diverse professional and personal backgrounds. His humor in psychotherapy doesn't always land well, but given that humor is always risky, he's decided that it's usually worth the risk. He is so very deeply grateful to the Covid pandemic for the opportunity to learn so much about Zoom.

**Jillian M. Thomas** has been practicing psychotherapy and teaching yoga in South Carolina since 2008. She received her B.A. from the University of Illinois and her M.A. from the University of Maryland-Europe. Prior to moving to SC, she worked for the military overseas providing counseling services for active duty military and their family members. In 2017, she expanded her practice to include a yoga studio and frequently fuses traditional psychotherapy with yoga/meditation. 2020 has unexpectedly sharpened her level of sarcasm to a degree that even she doesn't know if she is kidding or not...



### 11. Dancing into Dementia: Fears and Hopes

MICHAL RUBIN, PHD AND KAREN BROWN, LPC

*12 Participants, 3 CE's offered*

**In a culture of youth-worshipping, aging with dementia is painted with the dark colors of destruction and grief. But alas, dementia is probably coming. In this process group we will explore our fears and hopes as we see ourselves or our loved ones entering the unknown world of dementia.**

**Michal Rubin** has 30 years of psychotherapy experience in a variety of treatment settings. She earned her B.S. from the University of Illinois (1978) and her MA and PhD from the University of Wisconsin (1980, 1985) in Child and Family Studies. Currently she practices in Columbia SC. As an immigrant into the US she has an affinity to minority groups, always engaging with open curiosity, awareness of "not knowing", and eagerness to know more of sameness and otherness.

**Karen Brown** has 25 years of psychotherapy and teaching experience. Karen earned her BA in Psychology, University of Missouri, 1983; her MA in Counseling, Appalachian State University, 1993; and her Certificate in Intermodal Expressive Arts Therapy, The European Graduate School in Leuk-Stadt, Switzerland, 2001.

1 DAY – THURSDAY

1 DAY – SATURDAY

### 12. This Little Light: Adaptive Denial for Hope versus Despair

N. MENDIE COHN, PHD

*12 Participants, 3 CE's offered*

**We will explore denial as a healthy response to fear that enables hope and optimism versus a maladaptive response leading to despair and pessimism. There will be opportunities to discuss how we help patients cope with the fear of Covid as well as our own responses to the pandemic.**

**N. Mendie Cohn** is a clinical psychologist in private practice in Brooklyn, New York. She earned her doctorate from Adelphi University in 1980. She has worked with psychiatric and medical patients, supervised staff and trainees, led seminars and workshops, and was the Director of Internship Training at a municipal hospital. Living and working in what was the first epicenter of the pandemic, she has experience working with patients coping with the fear and anxiety of contracting Covid 19.



### 13. Bringing the Light: Sharing Stories of Resilience from Our Lives

LISA MAKSTEIN, MSW AND SUSAN DIAMOND, MSW

*8 Participants, 3 CE's offered*

**Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. In this experiential group we will invite you to share stories of resilience relating to you and your clients. We will also explore how resilience affects quality of life.**

**Lisa Makstein** is a Licensed Certified Clinical Social Worker in full-time private practice for over 35 years in Maryland and Washington, DC. She has done extensive work on her own historical challenges and takes pride in her resilience that has allowed her to create a loving, life-affirming path for herself. She feels truly privileged to work with clients, supporting their resilience to help them develop a greater quality of life for themselves.

**Susan Diamond** is a licensed Independent Clinical Social Worker in private practice for 28 years in Washington, DC. She provides individual, couples, and group psychotherapy. She started her career providing social work in a large inpatient psychiatric unit and is forever grateful to the patients who showed her nearly every diagnosis in the DSM. She feels honored to sit with her clients on their journeys.

1 DAY – THURSDAY

### 14. Nurturing Imagination: A Spark to Find Meaning

SAMIR PATEL, MD AND MICHAEL SOUTHERS, LCPC

*10 Participants, 6 CE's offered*

**Imagination evolved as a tool to help us create and experiment with solutions to problems. It is intimately tied to play. But developmental and situational experiences can impinge on one's imagination and produce fears. In this experiential two-day workshop, participants will understand their own relationships with boredom, imagination, and play.**

**Samir Patel** is a psychiatrist in private practice in Providence, RI. He also teaches at the Brown University Psychiatry Residency Program. Born in Zambia and raised in India, he has been living in the US for the past 15 years. As an immigrant and a gay man of color, he is interested in the intersectionality of race, ethnicity, sexuality, and nationality and its impact on interpersonal experiences and psychopathology.

**Michael Southers** has a private practice in downtown Frederick, MD and enjoys walking to work daily. He uses Adlerian, Gestalt, and Existential techniques when working with clients. He specializes in working with people who have had traumatic brain injuries, autism diagnoses, young adults, the LGBTQIA+ population and men contemplating divorce. The theme of therapeutic work with his clients centers around learning how to live more authentic lives.

2 DAY – FRIDAY/SATURDAY



**15. Lighting Up: Expand Beyond the Box**

DEVAJOY GOUSS, MSW AND BROOKE BRALOVE, MSW

12 Participants, 3 CE's offered

**What we focus on expands! Together we will focus on enhancing our abilities for "lighting up" through experiential exercises that invite us to shine beyond our zoom boxes. Weaving between experiential exercises and group process, we will engage with connection, breath, sound, movement and other playful ways of sharing!**

**Devajoy Gouss** has been an experiential therapist in Atlanta for thirty-five years. Working within group, couple and individual settings, she has evolved her own style of experiential therapy after years of training in psychomotor therapy with Jacque Damgaard, Ph.D and Al Pessa. She also integrates energy medicine, brain spotting, EMDR, polarity touch, yoga, life coaching, resiliency therapy and the power of ritual in her work. She has given monthly experiential workshops for over two decades

**Brooke Bralove** is a Licensed Clinical Social Worker, psychotherapist, AASECT-Certified sex therapist, and Certified Daring Way Facilitator, specializing in treating adults, couples, and groups with relationship issues. She is a graduate of the University of Pennsylvania and Columbia University's School of Social Work. Additionally, she is a graduate of the Washington School of Psychiatry's Clinical Program on Psychodynamic Psychotherapy and the National Group Psychotherapy Institute. She has been in private practice in Bethesda, MD for sixteen years.

1 DAY – FRIDAY



**16. Taking Responsibility for What You Don't Say**

AVRUM WEISS, PHD AND DEBBARA DINGMAN, PHD

12 Participants, 6 CE's offered

**This workshop will focus on the idea that everything that is not said impacts a group as much as what is said. Participants will be invited to pay careful attention to all that they are not saying, as well as their process in making those decisions.**

**Avrum Weiss** is licensed as a Psychologist in Georgia and Maine. He is the author of three books, the most recent being **Living and Loving Mutually**. He is also a consultant for the Islands Community Medical Services in Vinalhaven, Maine and Jewish Family and Career Services in Atlanta, GA.

**Debbara J. Dingman** is in private practice at Pine River Psychotherapy in Atlanta, GA. She is also a supervisor and adjunct clinical faculty at Emory University School of Medicine (Psychiatry) and Georgia State University Department of Psychology. She and Avrum have been co-therapists in experiential and subversive process groups for three decades.

2 DAY – FRIDAY/SATURDAY

**17. Holding and Passing the Torch: The Therapeutic Power of a Conversation Between Youth and Elders**

LYN SOMMER, PHD AND GARY FRANKEL, PHD

10 Participants, 6 CE's offered

**Coming of age as therapists, we want our voices to be heard and our life experiences to be valued. In this two-day group process, we will explore the ways in which we inhibit, express, and utilize our powers with each other-- especially inter-generationally.**

**Lyn Sommer** is a psychologist in Connecticut, enjoying the practice of individual, group and intensive couples therapy. She is a co-founder of AAP's endowment and scholarship programs, a Fellow, and president-elect. She and Gary have helped each other to grow from youthful to mature in the same peer group over three decades.

**Gary C. Frankel** is a licensed psychologist in DC, Maryland and Virginia. He is also in The National Register of Health Service Psychologists. In addition, he is a Fellow of AAP. Dr. Frankel has been in private practice for over 40 years. Dr. Frankel conducts individual, couples, group psychotherapy and clinical supervision. He has also served as Chair of the Academy's Ethics Committee. Gary has been fortunate to be a peer traveler in growth with Lyn.

2 DAY – THURSDAY/FRIDAY

**18. Not a Pretty Girl**

LISA KAYS, LICSW, LCSW-C

8 Participants, 3 CE's offered

**Ani DiFranco sings, "I am not a pretty girl...I ain't no damsel in distress..." This group for female-identifying people explores the strength, power, challenges, pain, fear, and self-doubt of not being a pretty girl in an American world. Pretty girls wanting to get in touch with their not-pretty parts welcome.**

**Lisa Kays** obtained her MSW from Catholic University in 2011 and has worked in a variety of clinical settings. She began her private practice in 2013 and sees individuals, couples and groups. She has offered trainings at The Catholic University, the American Group Psychotherapy Association, the Greater Washington Society of Clinical Social Work, and for a variety of clinical agencies.

1 DAY – SATURDAY

**19. The Myth of Icarus and Daedalus**

GORDON COHEN, PSYD

11 Participants, 6 CE's offered

**The power of mythology still reaches us. A flight to the sun, soaring to freedom. But not too close or you'll go down in flames. Icarus took to the skies with his father Daedalus and their story touches our innermost desires and fears. This will be an experiential process group.**

**Gordon Cohen** is a Clinical Psychologist whose been in private practice in Washington DC for thirty years. He is the Co-Director of the Affirmative Psychotherapy Group, working with adults in individual psychotherapy, couples and groups. He is a Past President of the Academy.

2 DAY – THURS./FRI.



## 20. This Little Light: Prevailing Over Catastrophe

ED SHARP, PHD AND TOM BURNS, PHD

8 Participants, 3 CE's offered

**In challenges of pandemic, racial reckoning and chaotic use of power we find – at least at times - creativity and resilience. In the space between light and shadow participants will share their unwelcomed insights and unclaimed pride. They will bring something that represents their resilience and its shadow.**

**Edwin Sharp** graduated from Catholic University in 1986. He is a Fellow of the Academy who joined in 1995. Licensed in Virginia for 32 years, he sees couples and individuals. He's been active in Academy business with EC, VOICES, presenting workshops, and currently is Co-Leader of the Scholarship Committee. He has published in academic and professional journals and his creative pursuits include music, neon and metal sculpting and glass fusing. He is the father of two adult children who still like him.

**Tom Burns** is in private practice, and resides in Northeast Tennessee. He's a longtime AAP member, has collaborated on VOICES and a variety of Academy workshops and conferences. In the last several months he's been soothed by poetry, his family and friends, carrying grief in one hand and gratitude in the other. Of late, he aspires to garden, setting out little ceramic dishes every night, brimming with cheap beer, in an ongoing ground war with slugs.

## 21. The Dark Side of Helping

LEE BLACKWELL, PHD

9 Participants, 6 CE's offered

**Helping means putting our needs aside in order to be of assistance to others. Chronic helping leads to distance from ourselves and others. We will practice being present without helping as a way of being in our personal relationships and in identifying and modifying chronic helping in our clients.**

**Lee Blackwell** is in private practice in Newport Beach and Huntington Beach, CA, specializing in couples therapy and sexual issues. After receiving his Ph.D. from Florida State University, he received training in sex therapy in the Human Sexuality Program at UCLA, staying on as a supervisor and then was Co-Director from 1983 to 1993. He has presented nationally and internationally on sexuality, psychotherapy and neuroscience. Lee is a Past President and Fellow of AAP.

## 22. The Ethics of Self Disclosure in Psychotherapy

JONATHAN FARBER, PHD

14 Participants, 3 CE's offered ETHICS

**We will use a process group format to explore ethical dimensions of self-disclosure. Although a powerful/vital clinical tool, self-disclosure in psychotherapy brings risks. With role-playing and exercises, we can examine sample disclosures from multiple perspectives. Bring your ideas; bring your worries.**

**Jonathan Farber** received his doctorate in Clinical Psychology from Duke University, taught at University of North Carolina, and practices in NC and DC. He is an emeritus editor of VOICES. He has trained many psychotherapists from diverse backgrounds and supported some of them through ethical and legal crises. He believes that in avoiding ethical problems, and overcoming them when they happen, we do best when we seek support from our community.

## 23. Painting as a Therapeutic Expression of "In the moment" Emotion

ELLEN CARR, MSW

8 Participants, 3 CE's offered

**This is not a workshop on how to paint, but rather a workshop experience in which we will cultivate the non-verbal expression of emotions in the present moment. Participants will be using forms, shapes, and colors to identify feelings alive in them at the moment of this workshop.**

**Ellen Carr** has a Masters Degree in Social Work from Catholic University, a B.A. in Sociology from the University of Maryland, and received her Maryland license for social work in 1976. She was in private practice from 1976-2014 and worked with adults with eating disorders, depression, and anxiety as well as with adolescents and groups. Additionally, she has participated in painting workshops since 2000 as a means to access the unconscious.

## 24. DIVERSITY This Little Light: Nurturing Spirit Through Relinquishing Power

SEAN LESANE, MSW AND RENÉE BURWELL, MSW

15 Participants, 6 CE's offered

**Participants will share experiences of power and privilege related to race. They will be invited to explore how they hold onto this power and ways they might relinquish it while still holding onto themselves.**

**Sean LeSane** is a clinical social worker in private practice in Washington DC. Since 2004 he has provided individual, couples, and group psychotherapy as well as supervision to newer therapists. In the office he strives to help clients explore the full range of their emotional experience in their relationships.

**Renée Burwell** is a psychotherapist and educator with specializations in sex therapy and trauma. Her practice, Pandora's Awakening, offers services and educational outreach that help destigmatize mental and sexual health services. She is a skilled facilitator offering trainings and workshops to healthcare and social services professionals on mental health, sexual health, and reproductive justice.

“As far as we can discern, the soul purpose of human existence is to kindle a light in the darkness of mere being.”  
 — CARL JUNG

**25. Let's Go to the Movies: Therapists Nurture Spirit in a Dark Room**

**2 DAY – THURSDAY/FRIDAY**  
 MURRAY SCHER, PHD AND CURT AREY, LPC  
 15 Participants, 6 CE's offered  
**Films are an excellent way to energize psychotherapy. Films, like dreams, touch the unconscious, revealing hidden material. In this workshop we will explore techniques for using film and how to work with the material that is unearthed. We will view a movie, discuss it, and examine how it affected us.**  
**Murray Scher** received his Ph.D. in Counseling Psychology in 1971. He currently practices in both Austin, Texas and Jonesborough, Tennessee. A past President and Fellow of the Academy, he is a frequent presenter for AAP. He is published in the areas of psychotherapy and gender issues.  
**Curt Arey** practices at Pine River Psychotherapy Associates in Atlanta, GA, working with individuals, couples and groups. He came to AAP as a graduate student volunteer in 2008 and believes AAP is the best venue for developing the person of the therapist. He is a former Scholar of the Academy (2010), Co-Chair of the 2017 I&C and is becoming a frequent presenter for the Academy.

**26. First Meeting of AAP Afterlife Process Group (AAPAPG)**

**1 DAY – SATURDAY**  
 JOHN RHEAD, PHD  
 12 Participants, NO CE's offered  
**This process group will begin with an invitation to deceased AAP members to join us. It will then proceed as a normal process group. Participants should anticipate learning about deeper parts of themselves, possibly including previously unconscious connections with deceased others and beliefs about life after death.**  
**John Rhead** attended K-12 in the Denver Public School system, obtained a BA in psychology from Dartmouth and a Ph.D. in psychology from Stanford, and is a Licensed Psychologist in Maryland and a Certified Group Psychotherapist. He is in private practice. His work in the 1970s with LSD-assisted psychotherapy for people who are dying both reflected and enhanced his interest in spirituality in general, and in death, in particular.

**27. Swimming Through Anxiety: Embracing Your Dusk and Your Dawn**

**2 DAY – FRI./SAT.**  
 JONAS HORWITZ, PHD  
 8 Participants, 6 CE's offered  
**In this two-day process group, participants will explore their anxieties with one another as they consciously move toward the parts of themselves they are terrified of as well as those parts that give them the greatest hope.**  
**Jonas Horwitz** is a Licensed Psychologist in private practice in Durham, NC. He received his B.A. from the University of North Carolina at Chapel Hill and his Ph.D. in Clinical Psychology from Virginia Commonwealth University. He is the author of **How to Stop Feeling So Damn Depressed: The No BS Guide for Men**. He is currently writing his next book, **Swimming through Anxiety**. Dr. Horwitz leads long term process groups for men and process groups for psychotherapists.

**28. Finding the Light When the Tunnel is Long**

**1 DAY – FRIDAY**  
 JANE BAXTER, PHD AND KELLY BARCLAY, PSYD  
 30 Participants, 3 CE's offered  
**Feeling ambushed by chronic pain (and other related physical problems) requires a major adjustment to the surreal experience of having to face the pain, and the myriad problems involved with getting better. We will process loss, confusion, isolation, resilience and hope with fellow pain sufferers.**  
**Jane Baxter** received both her Doctorate and Masters Degrees in Social Work at the University of Maryland. Her practice areas include mood disorders, addictions, group and couples therapy. She also developed the program, PsychFit, and is author of the book, **Manage Your Depression Through Exercise**. She has become familiar with several therapy modalities for the treatment of chronic pain, due to her own journey with Lyme Disease.  
**Kelly Barclay** graduated with her Doctorate degree in psychology in 1995. She is in private practice in southern California where she provides individual therapy to adolescents and adults, couples therapy and family therapy. Dr. Barclay offers parent consultations, and assists parents involved in divorce mediation in developing child custody arrangements outside of court. Dr. Barclay became intimately acquainted with the various treatments for chronic pain following a disabling surgery in 2017 and subsequent autoimmune issues.



**29. Shining Light On Darkness**

TANDY LEVINE, MSW AND CARRIE PHILLIPS, MSW  
*8 Participants, 3 CE's offered*

**Our hearts have cracked wide open in the last year. We will explore the dark places we went during this stressful time. Together we will shine the light on the surprising strengths that we found inside of us as well as the hidden treasures we found in others.**

**Tandy Levine** is a graduate of the Brown School of Social Work at Washington University and the University of Maryland. In addition to working with groups and couples in private practice in DC, Tandy is a Clinical Instructor at George Washington School of Medicine, National Council member at Washington University School of Social Work and is past Executive Councilor of AAP. Prior to private practice, she worked as a School Social Worker and Clinical Administrator at St. Elizabeth's Psychiatric Hospital.

**Carrie A. Phillips** is a psychotherapist in private practice in Dayton, Ohio. Carrie graduated from The Ohio State University in 1996. Carrie has practiced in a variety of settings. Her practice includes group, family and individual psychotherapy. Carrie works with children, teens and all of their parents.

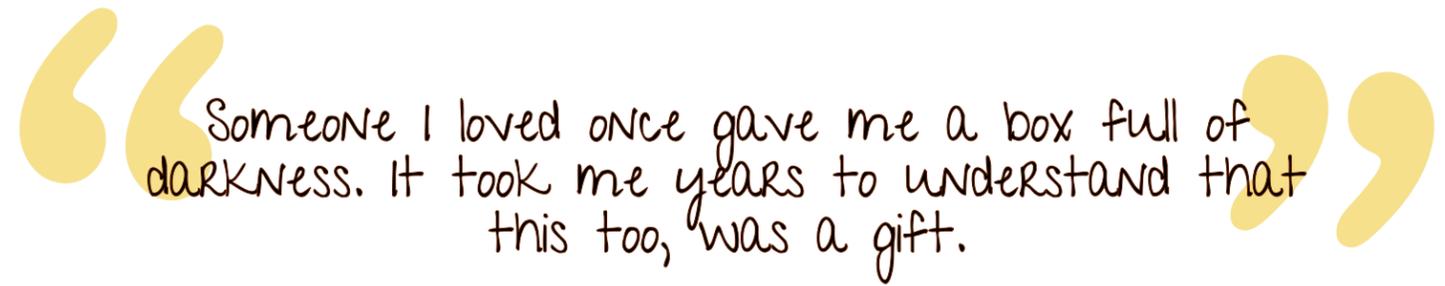
**30. Keeping the Light On in Challenging Times: Mind, Body, Spirit**

PAMELA FINNERTY, PHD AND JENNIFER PELLEGRINI, PHD  
*10 Participants, 3 CE's offered*

**In this workshop, we will deepen our connections between body, mind and spirit, which can be helpful in both our personal and professional lives. In keeping with the Workshop theme, we will explore how to recognize, support, and engage our "Light" through gentle movement, breathwork, meditative practices and discussion.**

**Pamela Finnerty** has taught and presented workshops for over forty years. She was a tenured Associate Professor of Counseling, and Associate Research Professor of Psychiatry at The George Washington University. Pam has a private practice in Washington, DC, and works with individuals, couples and groups. She is an AASECT certified sex therapist and has a particular interest in mind/body work and sexuality.

**Jennifer Pellegrini** received her B.A. from the University of Virginia in 1976. She received her M.S. (1979) and Ph.D. (1981) from Vanderbilt University, including a pre-doctoral internship at UCLA Neuropsychiatric Institute. While working at Duke University Medical Center and several mental health centers, she began her private practice, going into full time practice in 1986. She has been a devoted yoga and meditation student for many years, completing a yoga teacher training program in 2007 and meditation program in 2016.



— MARY OLIVER

**31. What We Owe Each Other: The Ethics of Working Across**

**Lines of Privilege**

DANIEL COHEN, LGSW AND MICHAEL STAHLY, LCSW-C  
*12 Participants, 3 CE's offered ETHICS*

**Grappling with dimensions of privilege and oppression in the therapeutic situation can be daunting. This workshop will be a discussion of the ethical obligations of therapists who occupy intersections of privilege towards patients who occupy intersections of oppression. There will be both a facilitated discussion and a process group portion.**

**Daniel Cohen** holds a Master of Clinical Social Work from the University of Maryland School of Social Work. Daniel has received postgraduate training at the Institute for Contemporary Psychoanalysis and Psychotherapy.

**Michael Stahly** practices therapy in Maryland with kids, adolescents, and adults. In his work, he draws from a lifelong study of the martial arts and exhibits a penchant for existential themes. He recently completed postgraduate training, along with his co-presenter, at the Institute for Contemporary Psychoanalysis and Psychotherapy.

**32. Training Institute: Exploring Gender Creativity: Part 3**

LORI OSHRAIN, PHD  
*15 Participants, 3 CE's offered*

**This purpose of this closed Training Institute is to deepen understanding of gender identity and gender creativity as well as remain open to the questions before us on this subject. We will follow in real time the rapid growth and need for awareness of this subject.**

**Lori Oshrain** is a licensed Psychologist in private practice near Chapel Hill, North Carolina. She received a B.A. in Anthropology from University of Oregon and a Ph.D. in Clinical Psychology from University of North Carolina, Chapel Hill. She has worked extensively with gender creative individuals and couples. She has offered consultation, education and supervision for community groups, medical students and therapists.

# WORKSHOP PLANNER

3 Day Workshop

2 Day Workshop

1 Day Workshop

THURSDAY	FRIDAY	SATURDAY
1a - Rosenblatt	1b - Rosenblatt	1c - Rosenblatt
2a - Klein & Smith	2b - Klein & Smith	2c - Klein & Smith
3a - Howard	3b - Howard	3c - Howard
4 - Shaffer		
	5a - Nies	5b - Nies
6 - Gomart & Cornick		
	7a - Marcus	7b - Marcus
8a - Albert	8b - Albert	
		9 - Eichel
10 - Farber & Thomas		
11 - Rubin & Brown		
		12 - Cohn
13 - Makstein & Diamond		
	14a - Patel & Southers	14b - Patel & Southers
	15 - Gouss & Bralove	
	16a - Weiss & Dingman	16b - Weiss & Dingman
17a - Sommer & Frankel	17b - Sommer & Frankel	
		18 - Kays
19a - Cohen	19b - Cohen	
		20 - Sharp & Burns
21a - Blackwell	21b - Blackwell	
		22 - Farber
23 - Carr		
	24a - LeSane & Burwell	24b - LeSane & Burwell
25a - Scher & Arey	25b - Scher & Arey	
		26 - Rhead
	27a - Horwitz	27b - Horwitz
	28 - Baxter	
		29 - Levine & Phillips
	30 - Finnerty & Pellegrini	
		31 - Cohen & Stahly
		32 - Oshrain

# CONTINUING EDUCATION INFORMATION

## Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists (AAP). Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## Psychologists (APA)

Amedco LLC designates this activity for a maximum of **14.0** Psychologist contact hours.

**The following state boards accept courses from APA providers for Counselors:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WI, WY

**MI:** No CE requirements

**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, WI, WY

**MI:** No CE requirement

**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 (outstate held)\*, OK, OR, SC, UT, WA, WI, WY

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**The following state boards accept courses from APA providers for Social Workers:** AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

\* If the activity is held *live* in the state of NY, then direct addictions board is required, ie: NAADAC. If the activity is held outside NY, is virtual, enduring or remote, it is considered "outstate" and this reciprocity applies.

## Social Workers (ASWB)



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. Social Workers completing this course receive **14.0** GENERAL continuing education credits.

**The following state boards accept courses offering ASWB ACE credit for Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV, WY

\* **WV** accepts ASWB ACE unless activity is live in West Virginia, then an application is required.

**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

**AL/Counselors:** Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

**MI:** No CE requirement

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

**MA / MFTs:** Participants can self-submit courses not approved by the MAMFT board for review.

**MI:** No CE requirement

**The following state boards accept courses offering ASWB ACE credit for Addictions Professionals:** AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

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

Amedco SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. **14.0** hours.

## CONTINUING EDUCATION INFORMATION

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

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0061. **14.0** hours.

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

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0032. **14.0** hours.

### New York Board for Psychology (NY PSY)

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. **14.0** hours.

### FL Board of Behavioral Sciences (FL BBS)

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2023. **14.0** GENERAL Hours

### Ohio Chemical Dependency Professionals (OH CD)

Application has been submitted for review.

### Ohio Mental Health Counselors, Social Workers, Marriage & Family Therapist (OH MHC, SW, MFT)

Application has been submitted for review.

## REGISTRATION

**Registration is for Members Only.**  
**The fee for up to 14 CE credits is only:**

**\$195**

**Register online at:**  
**[www.AAPWEB.com/events](http://www.AAPWEB.com/events)**