

# ADDENDUM

*Due to popular demand, we are now EXPANDING our offerings of Open Process Groups*

*The following are included with your registration, unlimited and open to all:*

- Three Plenaries and the #9 Ethics Workshop  
(Remember to register specifically for workshop #9)  
for a total of 11 CE credits.
- Opening and Closing meeting
- One mid week community meeting.
- Hospitality Suite and the Presidents Address.

Our 2020 Virtual I&C has proven to be so popular that we have almost entirely filled up all our smaller themed workshops. So, in order to provide more opportunities for everyone to have the AAP experience, we are now EXPANDING our offerings of Open Process Groups, adding morning groups and additional evening groups. These will be small in size, between 8 and 12 participants and led by experienced AAP members.

*All times are Eastern Standard (EST)*

## **TWO-DAY MORNING Groups**

**Tuesday & Wednesday, Nov 10<sup>th</sup> & 11<sup>th</sup> • 9:00AM – 10:30AM**

**Wednesday & Thursday, Nov 11<sup>th</sup> & 12<sup>th</sup> • 10:00AM – 11:30AM**

## **THREE-DAY MORNING Groups**

**Tuesday, Wednesday & Thursday, Nov 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> • 9:00AM – 10:30AM**

**Wednesday, Thursday & Friday, Nov 11<sup>th</sup>, 12<sup>th</sup>, & 13<sup>th</sup> • 10:00AM – 11:30AM**

## **TWO-DAY EVENING Groups**

**Thursday & Friday Nov 10<sup>th</sup> & 13<sup>th</sup> • 6:00PM – 7:30PM**

## **THREE -DAY EVENING Groups**

**Tuesday, Wednesday & Thursday, Nov 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> • 6:00PM – 7:30PM**

**Tuesday, Wednesday & Thursday, Nov 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> • 7:00PM – 8:30PM**

**Wednesday, Thursday & Friday, Nov 11<sup>th</sup>, 12<sup>th</sup>, & 13<sup>th</sup> • 6:30PM – 8:00PM**

# Risking Connection in an Age of Fear and Uncertainty



**The American Academy of Psychotherapists**

**2020 Virtual Institute & Conference**

**NOVEMBER 10-15, 2020**

On behalf of our committee we welcome you to the  
*American Academy of Psychotherapist's Virtual Institute and Conference.*

*These are the amazing people who put this experience together for you!*

*Chairperson and Task Master: Meredith Albert*

*Program Chairs: Barbara Thomason and Diana Woodruff*

*Continuing Education Chair: Catherine Clemmer*

*Hospitality Chairs: Darrin Bronfman and Catherine Clemmer*

*Secretary: Jill Smith*

*Time Keeper: Page Robinson*

*Editors: Lenore Pomerance and Barbara Thomason*

*Committee Members and Presenters: Rhona Engels,*

*Jonas Horwitz, Molly Milgrom*



*A special thanks goes out to Hannah Hawkins Esther and Samir Patel our Anti-Racism, Diversity and Equity Committee. We also want to thank Lyn Sommer for coordinating our Past Scholars' participation.*





# The American Academy of Psychotherapists 2020 Virtual Institute & Conference

## Risking Connection in an Age of Fear and Uncertainty

It is a dark time. A time of unknowns. A time of fear. We are stalked by an enemy we cannot see. Across the world the suffering of humanity is immeasurable. This virus has both created crises and highlighted others, leaving us reeling and overwhelmed. We are bombarded as never before with the realities of climate change, socio-economic inequity, and the rise of authoritarianism across the world. Each day we watch as the most vulnerable among us are further exploited while the historic structures of systemic racism and oppression actively resist change. These crises have left us sleepless and uncertain about our safety as well as the safety of our loved ones.

Yet while the night is dark we are witnessing hope surging across our country. Millions of people have chosen to reject complacency and are asking what they can do now to make things better. This call for action also rings through the American Academy of Psychotherapists. We are trying to hold ourselves to account, to ask what we can do now to help one another. It is a question that evokes hope and courage. While our organization may not be large our voices are strong and vibrant. We come from a brave and risky tradition of psychotherapists who also took on a broken world, and showed us a path forward. AAP founders challenged psychoanalysts to honor the human and relational nature of therapeutic change. They invited therapists from different disciplines to bring forth their authentic selves; to engage intensively and honestly with one another, not just for one conference, but over a professional lifetime. We have learned that the deeper we can go in working on ourselves, not only by exploring our individual pasts, but also by focusing on what happens between and among us, the more we can grow in relationship and thereby help our patients. It is an endless process of renewal, but a process that we hope never ends.

Please join us **November 10-15, 2020** for a virtual Academy experience. We will explore questions relating to our theme, Risking Connection in an Age of Fear and Uncertainty. How can we risk relating deeply with our patients as we are living through the same trauma? How does our need for physical separation and safety change our personal and therapeutic relationships? How can we risk connecting with each other across cultural, tribal and racial divides? We invite AAP members and guests to accompany us on this journey as we explore the risks in facing uncomfortable truths, creating a healing path for ourselves, and finding ways to connect with each other.

# TECH SUPPORT



## **Technical Support is AVAILABLE!**

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

**GREYSON MULLINS**

**cell: (770) 854-2325**

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

They are there for technical questions such as problems getting into a conference room.

***You must also download Zoom for free if you do not already have it.***



If all else fails and you have tried to get in touch with them and cannot, contact the Conference Chairperson, Meredith Albert, 404-844-1691.

For issues with registration you may also contact AAP Cap Hill at:

Michelle LaVoy Phone: (518) 240-1178 [aap@caphill.com](mailto:aap@caphill.com)

David Donlon Phone: (919) 929-6445 [aappresident@mindspring.com](mailto:aappresident@mindspring.com)

## **About The American Academy of Psychotherapists**

We are a multidisciplinary community of psychotherapists dedicated to the personal and professional development of the therapist. We value the therapist-client relationship as fundamental to the healing process of psychotherapy. As a community, AAP seeks to provide learning and growth opportunities for new therapists and seasoned professionals alike. AAP values relational workshop experiences and encourages interaction over prescribed formality. To this end, our meetings offer interpersonal groups, experiential workshops, and therapy demonstrations in addition to more traditional training workshops.

## **The Ambassador Program For First Time Attendees and Non-Member Returning Attendees**

The Ambassador Program pairs seasoned AAP conference attendees with first time and returning non-member attendees. Ambassadors are excited to welcome you personally and to answer your questions about the conference. If you would like to meet with an Ambassador, please indicate this on your registration form.

## **Target Audience and Instructional Level**

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

## **Learning Objectives**

1. To enhance therapist sensitivity to racism and cultural competency when dealing with the diversity and differences encountered in their practice.
2. Explore and understand the therapist's experience of trauma during the pandemic and how it may impact the therapeutic relationship.
3. Identify barriers and risks to interpersonal connection during times of racial injustice, political division, and the pandemic.

## **ADA Statement**

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs at the time of registration. We cannot ensure availability of accommodations without notification before October 28th.

## Past Scholarship Recipients Process Groups

This year we are inviting all past scholars to join us for the conference, many of whom are presenting. At this meeting, past Scholars Molly Milgrom, Alex Afram and Elizabeth Gomart are offering process groups for Past Scholars only.

*Alex Afram and Molly Milgrom*

*3 CEs, 8 People Max, 1 day*

**November 14th, SATURDAY 3:30PM – 6:30PM**

*Elizabeth Gomart and Brian Cross*

*4.5 CEs, 10 People Max, 3 days*

**November 11th, 13th & 14th WEDNESDAY 6:30PM – 8:00PM FRIDAY & SATURDAY 5:00PM – 6:30PM**

## Evening Open Process Groups

On-going peer process groups are one of AAP's most powerful learning and growth activities. We give and receive here-and-now feedback to each other and learn first hand about relationships and group dynamics. In addition to long-term peer groups, this I&C will feature evening process groups that are open to both newcomers and members. These open process groups will be led by an experienced AAP-member therapist. If you would like to participate in an Open Process Group, please indicate this on your registration form. There will be four different Open Process Groups.

**3 Days – WEDNESDAY, THURSDAY & FRIDAY 5:00PM – 6:30PM**

**2 Days – WEDNESDAY & THURSDAY 5:30PM – 7:00PM**

**2 Days – THURSDAY & FRIDAY 6:00PM – 7:30PM**  
*Led by Don Murphy and Marvice Marcus*

**2 Days – THURSDAY & FRIDAY 7:00PM – 8:30PM**



## ***New to the AAP Community? Interested in Membership and want to know more?***

Zoom over and join us at the **Orientation Group, TUESDAY, November 10th, at 5:00PM**. The gathering will be led by the membership chair, Nelia Rivers, LCSW and the community connections chair, Maureen Martin, LCSW. It will be an opportunity for new members and others interested in AAP to sit together both for affinity, support and for an orientation to the community.



Maureen Martin, LCSW



Nelia H Rivers, LCSW

### **Plenaries at a Glance**

#### **Plenary #1**

**The Pandemic and Me: This time it's personal.**  
November 10th, **TUESDAY** 2:00PM – 4:15PM

Jonas Horwitz, Ph.D., PLLC  
(2 CEs, Open to All)

#### **Plenary #2**

**Attending to Implicit Bias and its Clinical Implications**  
November 12th, **THURSDAY** 12:00PM – 3:00PM

Kavita Avula and Bradley Lake  
(3 CEs, Open to All)

#### **Plenary #3**

**Psychotherapy in Black & White:  
Anti-Black Racism in Black Client/White Therapist and Black  
Therapist/White Client Dyads**  
November 14th, **SATURDAY** 12:00PM – 3:00PM

Laurie Paul  
(3 CEs, Open to All)



## Schedule at a Glance

<b>TUESDAY, NOV. 10<sup>TH</sup></b>	
12:00PM to 1:00PM EST	Opening Experience (AGM) ALL Group Meeting - Leader Murray Scher Set The Container
2:00PM to 4:15PM	<b>Plenary #1</b> Group - Leader Jonas Horwitz Panel/Fishbowl Hybrid (2 CEs)
5:00PM to 6:00 PM	Orientation Group
7:00PM to 8:30 PM	Process Groups and Workshops
<b>WEDNESDAY, NOV. 11<sup>TH</sup></b>	
9:00AM to 12:00 PM	Process Groups and Workshops
12:00PM to 1:30PM	All Member Meeting Group - Leader Hallie Lovett
1:30PM to 9:00 PM	Process Groups and Workshops
6:30PM to 8:00 PM	Past Scholarship Recipients Process Group
<b>THURSDAY, NOV. 12<sup>TH</sup></b>	
9:00AM to 12:00PM	Process Groups and Workshops
12:00PM to 3:00PM	<b>Plenary#2</b> Group - Leaders Kavita Avula and Bradley Lake Attending to Implicit Bias and its Clinical Implications
3:00PM to 9:00PM	Process Groups and Workshops
<b>FRIDAY, NOV. 13<sup>TH</sup></b>	
9:00AM to 9:00PM	Process Groups and Workshops
3:00PM to 6:30PM	Past Scholarship Recipients Process Group
<b>SATURDAY, NOV. 14<sup>TH</sup></b>	
9:00AM to 12:00PM	Process Groups and Workshops
12:00PM to 3:00PM	<b>Plenary #3</b> Group - Leader Laurie Paul Psychotherapy in Black & White: Anti-Black Racism in Black client/White Therapist and Black Therapist/ White Client Dyads
3:30PM to 6:30PM	Past Scholarship Recipients Process Group
7:00PM to 8:00PM	Presidential Address
<b>SUNDAY, NOV. 15<sup>TH</sup></b>	
10:30AM to 12:00PM	Sunday AM Randomly Assigned Leaderless Process Groups
12:30PM to 1:30PM	Closing All Group Meeting - Leader Grover Criswell

## Workshops & Process Groups at a Glance

1. Owning The Power To Do What We Can In Our Practices And In Our Lives . . . . .	17
2. "Is Anybody There?": Living Alone In The Time Of Covid . . . . .	18
3. Conscious & Unconscious Shamanism In Psychotherapy . . . . .	18
4. Practicin Self-Compassion In Challenging Times . . . . .	18
5. Black And White In Conversation . . . . .	19
6. Stop Helping! . . . . .	20
7. When It Hurts To Care, But We Care And Shine Anyway . . . . .	20
8. Exploring Gender Creativity – An Ongoing Training Institute (Must have attended Institute Part 1 to register) . . . . .	21
9. The Continuing Challenges Of Practing During Covid-19 And Our Awakening To Social Injustice: An Update On Ethical And Risk Management Considerations . . . . .	22
10. Am I Racist . . . . .	22
11. Black Men Heal . . . . .	23
12. Past Scholarship Recipients Process Group . . . . .	24
13A & 13B. Risking New Connections In A Time Of Uncertainty . . . . .	24
14A & 14B. Alone in the Darkness: A Process Group for Therapists Living Alone . . . . .	25
15A & 15B. What Is The Glue Of Connection? . . . . .	26
16A & 16B. I & Thou: A Two Day Process Group . . . . .	27
17A & 17B. In Time Of Crisis . . . . .	27
18A & 18B. Circling The Drain: A Two Day Process Group . . . . .	28
19A & 19B. The Living Body: Exploring The Relationship Between The Mind & Body . . . . .	29
20A & 20B. Living With The Part Of Me That Wants To Die: A Conversation For Our Present Time. . . . .	30
21A & 21B. Duality: Darkness and Light in our COVID Experience. . . . .	31
22A & 22B. Closeness And Covid-19: Reimagining Physical Intimacy In The Presense Of A Virus. . . . .	31
23A & 23B. Love In The Time Of Catastrophe: Psychotherapy And The Pandemic . . . . .	32
24A & 24B. Navigating Uncertainty Through Caring: Practicing The Art Of Negotiating Relationships . . . . .	33
25A, 25B & 25C. Risking Connection Across The Boundary: When You And I Become We . . . . .	34
26A, 26B & 26C. Attending to connection: social ties during crises . . . . .	35
27A, 27B, 27C, 27D. The Return Of The Repressed: Being A Psychotherapist In The Midst Of Twin Pandemics . . . . .	36

Registration will be online, at: [www.aapweb.com/events/national-events](http://www.aapweb.com/events/national-events)

Workshop/Process groups must be selected and space is limited

# HOSPITALITY SUITE

We invite you to visit the hospitality suite, which is a wonderful place to socialize. In keeping with AAP tradition, we will have a comfortable online Zoom space to relax and connect with old friends and to make new ones. Your hospitality co-hosts are Catherine Clemmer and Darrin Bronfman. The schedule and Zoom information is below, and we would like for you to come to the hospitality suite before our opening experience in order to visit and say hello prior to our conference getting started.

*Thank you and we look forward to seeing you online.*

## *Hospitality Suite Hours*

**TUESDAY** 10:45-11:45 AM  
- Catherine Clemmer

**TUESDAY** 8:45-10 PM  
- Darrin Bronfman

**WEDNESDAY** 9:15-10:15 PM  
- Catherine Clemmer

**THURSDAY** 9:15-10:15 PM  
- Darrin Bronfman

**FRIDAY** 9:15-10:15 PM  
- Catherine Clemmer

**SATURDAY** 8:15-10 PM  
- Darrin Bronfman

## 12-Step Meeting

AAP offers a 12-Step Meeting at Lunchtime on **FRIDAY** at noon.  
All are welcome. Questions please contact  
*Page Robinson at Robinsonpage@gmail.com*



Raise your words, not voice. It is rain that  
grows flowers, not thunder

- RUMI

# Thank You!



## **Presidential Address & Farewell**

**Saturday, November 14th 2020 at 7:00PM – 8:00PM**

On Saturday evening we will be bidding farewell to our beloved AAP President, David Donlon. Our committee wants everyone to join us in thanking David for his extraordinary leadership during his two years as our President. Additionally, it is clear to all of us who have worked closely with him over the last seven months that without his calm, steady and gentle guidance, our organization would not have been able to flourish as it has during this most challenging of times! Indeed, David has been the glue that has kept us together. So we invite our conference attendees and our entire membership to join us in saying goodbye to our amazing leader whose legacy will live in our hearts and minds for a long time to come!

Thank you, David. You are very loved!



# Plenary #1

## The Pandemic and Me: This time it's personal.

November 10th, **TUESDAY** 2:00PM – 4:15PM

*(2 CEs, Open to All)*

**Jonas Horwitz, Ph.D., PLLC**



In 2019, many of us were not sure of the difference between an epidemic and a pandemic. Today it touches nearly every aspect of our lives. It has rendered dangerous, if not deadly, what we value most: being physically together with our patients in an intimate setting. As psychotherapists we have traditionally designed our offices as quiet spaces that allow us to absorb the limbic resonance that floats between ourselves and our patients. Now we have had to pivot and are trying to project an analog of our emotional presence through cold, digital screens. How do we begin to understand the myriad effects these requisite changes have on us personally and professionally?

In this opening plenary, we will try to bring words to this experience as we attempt to virtually connect with one another in front of our greater community. A cross-section of our Academy will share their experiences and discuss the effects the global pandemic has had on their practices, their clients, and their own well-being.

Panelists will speak to their experience around these intensely personal questions:

- How can we risk relating deeply with our patients as we are living through the same trauma?
- How does our need for physical separation and safety change our personal and therapeutic relationships?
- How can we risk connecting with each other across cultural, tribal and racial divides?

The discussion will take place virtually as an interactive fishbowl. Jonas Horwitz will be the moderator. The greater community will be asked to make comments regarding the process midway through the experience. The panelists will then incorporate these observations as they continue to process with one another.

## Plenary #1 Panel Members



**Samir Patel, MD, MPH**, is a psychiatrist teaching at The Brown University psychiatry residency program located at Butler Hospital in Providence. After four years of working as an inpatient psychiatrist, he is building his psychotherapy-based private practice in Rhode Island. Born in Zambia, raised in India, he has been living in the US for the past 12 years. As an immigrant and a gay man, he is interested in examining the impact of race, ethnicity, and nationality on identity, interpersonal experiences, and psychopathology.



**Sean LeSane, LICSW**, 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. Outside of the office he continues his longtime yoga practice and relaxing with Harry Potter marathons.



**Jill Smith, LISW-CP-S**, is a psychotherapist in South Carolina. In 2003, she opened a private practice which has grown to a group of seven therapists and two office locations, as well as offering telehealth. She loves helping newer clinicians use emotion and self-as-therapist to elevate their work with clients. Jill specializes in couples work and is certified in Emotionally Focused Therapy. She has a particular interest in working with divorced couples where both parents remain involved and take on the challenge of co-parenting from different households.



**Luke Smith, MSW, LICSW**, has a private practice in Hyde Park, Vermont. His clients present with a range of primary problems, and his work is rooted in the established trust of the therapeutic relationship. He lives in nearby Stowe with his wife, their three kids, and their adopted dog, Peace.

## Plenary #1 Panel Members



**Diana Woodruff, PhD**, practicing in Atlanta, GA. For 20 years I have worked with families and with couples as I enjoy working through relationship difficulties.



**Thia Joseph, LICSW**, is a clinical social worker offering individual, couple and group psychotherapy in her Washington, DC practice. She holds a visual arts BA from Hampshire College, and an MSW from Boston University.



**Nelia Rivers, LCSW**, I live and practice from my home in NE Atlanta and I am embarking on my 7th decade. I see children and teens and those that have grown up. I was trained in family systems, play therapy and social work and I have been fortunate to call AAP home for 36 years.



**Tony Rooney, PhD**, has been practicing (mostly) long-term individual psychotherapy in Atlanta for 30 years. He considers mutually courageous authenticity to be the most powerful accelerant of the process of personal healing and evolution.



Staying Vulnerable is a risk we have to take  
if we want to experience connection.

**BRENE BROWN**

### Attending to Implicit Bias and its Clinical Implications

November 12th, **THURSDAY** 12:00PM – 3:00PM

*(3 CEs, Open to All)*

**Dr. Kavita Avula**



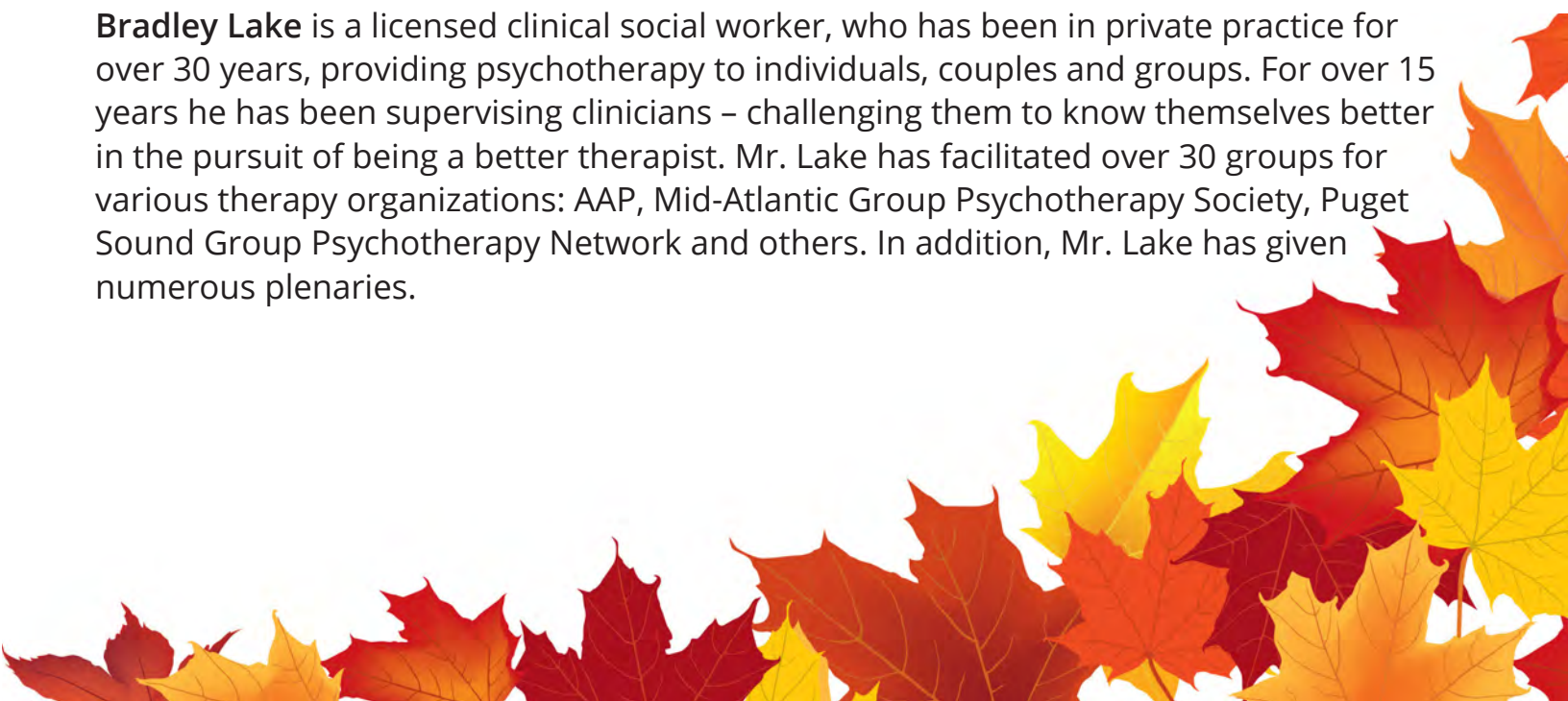
**Bradley Lake**



This didactic and experiential plenary will define Implicit Bias and its clinical implications, as well its impact on systems. Identity and group work will allow us to see and hear one another more intimately - being cognizant of the clinical impact that Implicit Bias has.

**Dr. Kavita Avula** is a licensed clinical psychologist who consults to a wide range of organizations, including university and hospitals, on diversity, cultural competency and oppression awareness. Dr. Avula has provided critical incident response in Kenya, Tanzania, Uganda, Ukraine, and Afghanistan and support after natural disasters in the Philippines and Mexico City. Committed to social and restorative justice, Dr. Avula conducts retreats, facilitations, and restorative circles for many groups. She trains groups in bystander intervention and building anti-racist frameworks.

**Bradley Lake** is a licensed clinical social worker, who has been in private practice for over 30 years, providing psychotherapy to individuals, couples and groups. For over 15 years he has been supervising clinicians – challenging them to know themselves better in the pursuit of being a better therapist. Mr. Lake has facilitated over 30 groups for various therapy organizations: AAP, Mid-Atlantic Group Psychotherapy Society, Puget Sound Group Psychotherapy Network and others. In addition, Mr. Lake has given numerous plenaries.





## Psychotherapy in Black & White: Anti-Black Racism in Black Client/White Therapist and Black Therapist/White Client Dyads

November 14th, **SATURDAY** 12:00PM – 3:00PM

*(3 CEs, Open to All)*

**Laurie Paul, Ph.D.**



We will review research and case material exploring Unintentional Anti-Black Racism exhibited by White therapists toward their Black clients, and by White clients toward their Black therapists. We will examine well-meaning White people's internal conflicts between their unconscious anti-Black bias vs. their conscious egalitarian racial values and non-racist identities. The discussion will take place virtually as an interactive fishbowl. The greater community will be asked to make comments regarding the process midway through the experience. The panelists will then incorporate these observations as they continue to process with one another.

**Laurie Paul, Ph.D.** is a licensed psychologist in Maryland, Virginia, and Washington, DC. Dr. Paul earned her doctorate in Clinical Psychology from The New School and B.A. in Psychology and Women's Studies from Wesleyan University. In graduate school, she spent 6 years researching how clients and therapists negotiate racial, ethnic, and cultural differences in psychotherapy. She works in her private practice in Chevy Chase, Maryland, specializing in anxiety and OCD. She is an Adjunct Professor of Psychology at American University.



Life is so ironic, it takes sadness to know  
what happiness is, noise to appreciate  
silence & absence to value presence.

# WORKSHOPS & PROCESS GROUPS

Tuesday, Nov. 10

Wednesday, Nov. 11

Thursday, Nov. 12

Friday, Nov. 13

Saturday, Nov. 14

Sunday, Nov. 15

*Workshops are colored by day*

**1 DAY**

## WORKSHOPS & PROCESS GROUPS

**WEDNESDAY, November 11th**

### 1. OWNING THE POWER TO DO WHAT WE CAN IN OUR PRACTICES AND IN OUR LIVES.

*Kathryn Van der Heiden*

*(3 CEs, 8 People Max)*

**November 11th, **WEDNESDAY** 9:00AM – 12:00PM**

In this process group we will together face the challenges of these times. Hopefully you will find ideas and meanings, and be challenged by possibilities gained as you interact with the group. Bring yourself as you are, your struggles and openness during what has been a most challenging year.

Kathryn Van der Heiden has been in private practice since 1981 as an LPCC-S. Her focus is growth through awareness and grounding. Kathryn believes that "without meaning in our lives, we struggle to find both our feet and our hearts. Who we become is a function of what we learn, see, commit to and are passionate about." A cross-cultural background has enriched her life personally and professionally. Trained in Gestalt Therapy, Relational Therapy and Jungian Psychology, Kathryn has an MS in Counseling and an M.A.T.

## 2. "IS ANYBODY THERE?": LIVING ALONE IN THE TIME OF COVID

*Susan Jacobson*

*(NO CEs, 8 People Max)*

**November 11th, WEDNESDAY 2:00PM – 5:00PM**

In this process group we will explore the experiences of participants isolating by themselves during the pandemic, including the benefits and blessings, the difficulties and the curses.

Susan Jacobson has been leading groups for AAP, MAGPS, ICP&P, and the Washington School of Psychiatry's National Group Institute and in her private practice for 43 years. A graduate of the Johns Hopkins School of Medicine's Master in Mental Health Program, she is a Certified Group Psychotherapist. Recently retired, she is enjoying her relationship with her new dog, Sunshine.

## 3. CONSCIOUS AND UNCONSCIOUS SHAMANISM IN PSYCHOTHERAPY

*John Rhead*

*(NO CEs, 15 People Max)*

**November 11th, WEDNESDAY 2:00PM – 5:00PM**

We will share our questions, concerns, thoughts, feelings, and experiences with regard to how conscious and unconscious shamanism might be used in psychotherapy. If time permits we may take a brief shamanic journey.

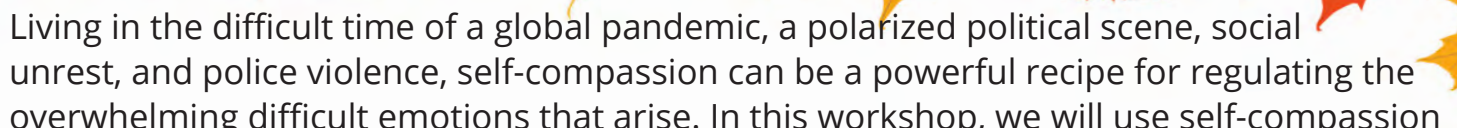
John Rhead has a B.A. and a Ph.D, from Dartmouth and Stanford respectively, both in psychology. He is a licensed psychologist in Maryland, where he is in private practice. He was trained in psychedelic psychotherapy by Stan Grof and Bill Richards, and has taken a number of workshops in shamanism through the Foundation for Shamanic Studies. He likes to think and write about the intersection of psychotherapy and spirituality.

## 4. PRACTICING SELF-COMPASSION IN CHALLENGING TIMES

*Hannah Ester-Hawkins*

*(2 CEs, 20 People Max)*

**November 11th, WEDNESDAY 7:00PM – 9:00PM**



Living in the difficult time of a global pandemic, a polarized political scene, social unrest, and police violence, self-compassion can be a powerful recipe for regulating the overwhelming difficult emotions that arise. In this workshop, we will use self-compassion and mindfulness practices to fiercely embrace ourselves, just as we are.

Hannah Hawkins-Esther LCSW has been practicing meditation and mindfulness for almost a decade. She is engaged in the self-sustaining practice of self-compassion and is a Certified teacher of Mindful Self-Compassion. Hannah maintains a private psychotherapy practice at Pine River Psychotherapy Associates in Atlanta, Georgia where she sees older adolescents, adults, couples and families. Hannah has been a member of AAP since 2008.

## THURSDAY, November 12th

### 5. BLACK AND WHITE IN CONVERSATION

*Boris Thomas and Rhona Engels*

*(NO CEs, 25 People Max)*

**November 12th, THURSDAY 9:00AM – 11:00AM**

Assuming the binary of Black and White, what allows communication between the two? What hinders it? What gets said, what doesn't? What communications are enacted when unspoken? Are there taboo topics: and if so, what and why? As we explore these questions together, what's most important is that we find ways to enter into the conversation and be aware of ourselves in the moment.

Boris Thomas, JD, PhD, is in private practice in New York City. His clinical and scholarly interests focus on matters of race, cultural difference, intersectionality, and the individual's unconscious integration and re-enactment of legal and political systems. He obtained his MSW from NYU, and his PhD from Chicago's Institute for Clinical Social Work (ICSW). He is an honors graduate of NYU School of Law and practiced as an attorney for ten years, specializing in labor and employment law. He has been on the faculty of ICSW and at New York's Institute for Contemporary Psychotherapy.

Rhona Engels, MSW, LCSW, ACSW, has been in private practice in NYC for 37 years, enjoying meaningful conversations with individuals, couples and groups, while also teaching and providing supervision. Her work is informed by her social work education, analytic training at the Karen Horney Institute, and in group psychotherapy, and her previous educational and teaching experience in English and American Literature. She has served on AAP's Executive Council, has had articles published in VOICES and other clinical journals, chaired committees, is program co-chair for the 2022 Institute and Conference, committee member for this conference, and an AAP Fellow.



## 6. STOP HELPING!

*Lee Blackwell*

*(3 CEs, 9 People Max)*

**November 12th, THURSDAY 3:15PM – 6:15PM**

Helping is often a role that psychotherapists were recruited into from infancy. By chronically focusing on the needs of others, we can rob ourselves of fully experiencing ourselves. This process group will focus on being present and avoiding helping while being engaged with others.

Lee Blackwell, Ph.D. is in private practice in Newport 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 and neuroscience. Lee is a Past President and Fellow of AAP.

## 7. WHEN IT HURTS TO CARE, BUT WE CARE AND SHINE ANYWAY

*Devajoy Gouss*

*(1.5 CEs, 8 People Max)*

**November 12th, THURSDAY 7:00PM – 8:30PM**

We bear witness to ravaging fires, hurricanes, racial injustice, police brutality, global pandemic, and attacks on our democracy. Our hearts hurt deeply, yet we are simultaneously committed to bringing light to our clients and communities. How do we feel, care, hurt and shine all in a day...together. Group Process.

Devajoy Gouss, LCSW, is 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 Jacquie Damgaard, Ph.D and Al Pessio. She also integrates energy medicine, brain spotting, EMDR, polarity touch, yoga, life coaching, resiliency therapy and the power of ritual in her work. For over two decades, she gives monthly experiential workshops.

“

Experiencing our worst fears doesn't kill us, and experiencing our greatest hope doesn't save us.

Already Free, Bruce Tift

## FRIDAY, November 13th

### 8. EXPLORING GENDER CREATIVITY-AN ONGOING TRAINING INSTITUTE (Must have attended Institute Part 1 to register)

*Lori Oshrain*

(3 CEs, 16 People Max)

November 13th , **FRIDAY** 9:00AM – 12:00PM

Gender identity, confined to a binary, limits relating with one another and ourselves. We will explore through didactic, experiential, and relational avenues ways to think outside the box and gain deeper understanding of gender non-conformity. We will explore LGBTQ, emphasizing T and Q. Participants are part of an ongoing training group. Must have Attended Institute #1 to register.

Lori Oshrain, PhD., is a licensed Psychologist in private practice for 25 years outside Chapel Hill, North Carolina. She received a B.A. in Anthropology from University of Oregon and a Ph.D. in Clinical Psychology from UNC Chapel Hill. She has worked extensively with gender non-conforming individuals and couples, and has offered consultation, education and supervision for community groups, medical students and therapists. She believes compassion can free us from shame and through our differences make the world a better place.



## 9. THE CONTINUING CHALLENGES OF PRACTICING DURING COVID-19 AND OUR AWAKENING TO SOCIAL INJUSTICE: AN UPDATE ON ETHICAL AND RISK MANAGEMENT CONSIDERATIONS

*Marilyn Schwartz and Diane Shaffer*

*(ETHICS-3 CEs, Open to All)*

**November 13th, FRIDAY 1:00PM – 4:00PM**

In practicing during this unprecedented time, what are the ethical choices and risks we face? How are the standards evolving around conducting a primary telehealth practice, returning to in-person therapy, or combining the two? How do we ethically respond to a patient's reporting COVID-related dangerous behaviors or expressing racism?

Marilyn Schwartz, Ph.D., has been a psychotherapist in private practice in Washington, DC for 45 years, providing individual, couples, group therapy and clinical supervision. Since 1980, she has been a consultant to the Smithsonian Institution. In 2005, she created the Adult ADHD Center of Washington, a treatment center for adults with ADHD. As a long-term member and Fellow of AAP, she chairs the Ethics Committee and has presented ethics workshops nationally and locally.

Dr. Diane Shaffer is a second-career psychologist who works with individuals, groups, couples and families. Prior to becoming a psychologist, she worked in secondary education. Dr. Shaffer trained at the University of Delaware and Swarthmore College. She completed the Group Training Institute at the Washington School of Psychiatry. From 2013-2020, she was Group Therapy Coordinator and senior clinician at Swarthmore College Counseling Center. She left Swarthmore in June 2020 to continue private practice in Center City and Swarthmore.

## 10. AM I RACIST

*Maureen Martin and Bhavana Goel*

*(2 CEs, 10 People Max)*

**November 13th, FRIDAY 4:30PM – 7:30PM**

We welcome attendees irrespective of their demographics and professional profile for a three hour process group. This workshop offers an open invitation for people from diverse cultures, religions, ethnicities, genders and sexuality. We intend to enable a process that allows attendees to examine transparently, their spoken/ unspoken shame and biases.

Bhavana Goel is an APC and a past scholar of AAP (2019). Her private practice is based in Atlanta. She draws upon her international training, work experience and multicultural competency while working with her clients. Her journey as a psychotherapist continues to be impacted by the color of her skin. Her co-presenter offered to join her in this journey and together find the pieces that need be owned and healed. This generous offering inspired her to co-present this process group.

Maureen Martin, LCSW is a lifetime member of AAP. She has been providing psychotherapy since 1973. She has grown up in the Academy family and has experienced many necessary, though not always anticipated or pleasant, life lessons that were waiting to be learned. Her pairing with her co-presenter grew out of a shared philosophy and emotional connection, while the culture, race, generational and professional experience areas are different. She is ready for the next level of growth.

## SATURDAY, November 14th

### 11. BLACK MEN HEAL

*Tasnim Sulaiman M.Ed., LPC*

*(2 CEs, 25 People Max)*

**November 14th, SATURDAY 10:00AM – 12:00PM**

This workshop will explore the current effects of trauma on Black men. We will explore: health and treatment disparities; masculinity and race related-barriers to treatment; how COVID-19 and the recent racial uprisings are hitting Black and Brown communities especially hard; and culturally competent approaches to therapeutic care.

Tasnim Sulaiman, LPC, is the CEO of a private practice in the Philadelphia area. She received a Post-Graduate certification in Marriage/Family Therapy and Sex Therapy from The Council For Relationships. Tasnim is passionate about men's mental wellness & the importance of men seeking therapy. This passion led to becoming the Founder and current Executive Director of Black Men Heal, a mission providing free therapy to men and reducing health disparities and stigma around mental illness within the Black community.



## 12. Past Scholarship Recipients Process Group

*Molly Milgrom and Alex Afram*

*(3 CEs, 8 People Max) - Past Scholarship Recipients Only*

**November 14th, SATURDAY 3:30PM – 6:30PM**

3-hour process group that gives past scholars the opportunity to explore feelings, thoughts, impulses and fantasies together in the here-and-now.

Molly Milgrom is a licensed clinical social worker with a private psychotherapy practice in Washington DC where she works with individuals and groups. Her specialties are college and graduate students, young professionals, career-changers, expatriates, and adult third culture kids. Prior to her private practice, Molly worked for 8 years at a Federally-Qualified Health Center (FQHC) in Northern Virginia treating clients of all ages with a focus on immigrants. She is fluent in Spanish.

Alex Afram is a Licensed Clinical Psychologist in the District of Columbia, and received his degree in 2013 from George Mason University. Alex completed his internship at American University's Counseling Center and his postdoctoral fellowship at the George Washington University Colonial Health Center. Alex is a member of AAP and on the committee for its Mid-Atlantic Chapter. He has an interest in helping people better understand therapy and has written several articles on the subject as well.

**2 DAY**

## WORKSHOPS & PROCESS GROUPS

**TUESDAY**  
**November 10th**

**WEDNESDAY**  
**November 11th**

## 13A & 13B. RISKING NEW CONNECTIONS IN A TIME OF UNCERTAINTY

*Angela Cerkevich and Matthew Leary*

*(3 CEs, 10 People Max)*

**November 10th & 11th, TUESDAY & WEDNESDAY 7:00PM – 8:30PM**

The uncertainty and fear of the pandemic has heightened our need for making connections creatively while straining our inner resources to do so. This process group will encourage building connections with those that you may not know well. We also will support you in trying out new ways of connecting.

Angela Cerkevitch practices in the Washington, DC area, and works with adults in groups, couples and individual therapy. Her Covid life includes copious Peleton rides and slowly learning to enjoy cooking. She is excited to co-lead with Matthew as a way to build closeness with a new friend, and to explore the group's theme of new relationships and new ways of being.

Matthew Leary is a licensed psychologist in Bethesda, MD who works with children, adolescents, and adults in family therapy, couples therapy, and individual therapy. He recently moved to Maryland from North Carolina, so even before the pandemic, he has been working on creating new connections. He is happy to have the opportunity to deepen his new friendship with Angela through co-leading this workshop together.

**2 DAY**  
**FULLY BOOKED**  
**WORKSHOPS & PROCESS GROUPS**  
**WEDNESDAY**  
**November 11th**  
**THURSDAY**  
**November 12th**

## **14A & 14B. ALONE IN THE DARKNESS: A PROCESS GROUP FOR THERAPISTS LIVING ALONE**

*Douglas Cohen*

*(NO CEs, 8 People Max)*

**November 11th & 12th, WEDNESDAY & THURSDAY 9:00AM – 12:00PM**

Humans are not designed to live alone. What happens during a prolonged time when we cannot be together in-person? A time when we and our patients are under enormous stress. How can we cope with our extra neediness and vulnerability? How can we sustain ourselves during this dark lonely time?

Douglas Cohen, Ph.D. is a long-time member and past president of The Academy. He has over 30 years experience as a psychologist providing group, individual and couples therapy in Washington, DC. He enjoys scuba, photography, poker, dog training and “fighting bad guys to save the day” with his grandchildren. He presently lives alone with his dog, Athena, in Bethesda, MD.

## 15A & 15B. WHAT IS THE GLUE OF CONNECTION?

*Carole Light and Sharyn Faro*

*(NO CEs, 7 People Max)*

**November 11th & 12th, WEDNESDAY 2:00PM – 5:00PM & THURSDAY 4:00PM – 6:00PM**

Given the challenges of the pandemic and politics, we will explore what it is that keeps us connected...to our self, to each other, to people we know and to the experience of people we don't know. What is the glue that sustains connection? What causes connection to break?

Carole Light trained in Experiential, Humanist, Gestalt and bio-energetic therapy modalities. She received her Ph.D, a half century ago, at Columbia University. She worked with couples, groups and individuals in Atlanta for thirty years, then moved to the North Carolina mountains in 2000. She was a co-therapist for much of that time with her husband, Alex Redmountain, Ph.D., now deceased. She is moving towards retirement slowly. She is currently not taking new patients, but is still working virtually with about five to seven people a week.

Sharyn Faro moved to Atlanta in 1972 in order to study in the Clinical Psychology program at Georgia State University, where she received her PhD in 1979. Later, she received additional training in Transpersonal Psychology from Stanislov Grof, MD, and became certified in Holotropic Breathwork. Sharyn has been working with individuals, couples and groups since 1980. Additionally she had led workshops, wilderness treks and vision quests. Her orientation combines psychotherapy with spiritual practices. Currently, Sharyn lives in Santa Fe, NM.



Melancholy by Albert György

## 16A & 16B. I AND THOU: A TWO DAY PROCESS GROUP

*David Mermelstein*

*(NO CEs, 10 People Max)*

**November 11th & 12th, WEDNESDAY 2:30PM – 5:30PM & THURSDAY 4:00PM – 7:00PM**

The Roman god Janus has two faces: one looking forward, one looking backward. In our interpersonal encounters we are challenged to connect with the other, the hidden parts of ourselves, or both. This process group will afford participants the opportunity, and the challenge, to explore both faces of connection.

David Mermelstein is a licensed Clinical Psychologist in private practice in Charlotte, NC. He received his Ph.D. from Catholic University. He offers individual, couples, and group psychotherapy, and grief counseling to adults. A Fellow of the Academy, he has offered many workshops and trainings over the years.

## 17A & 17B. IN TIMES OF CRISIS

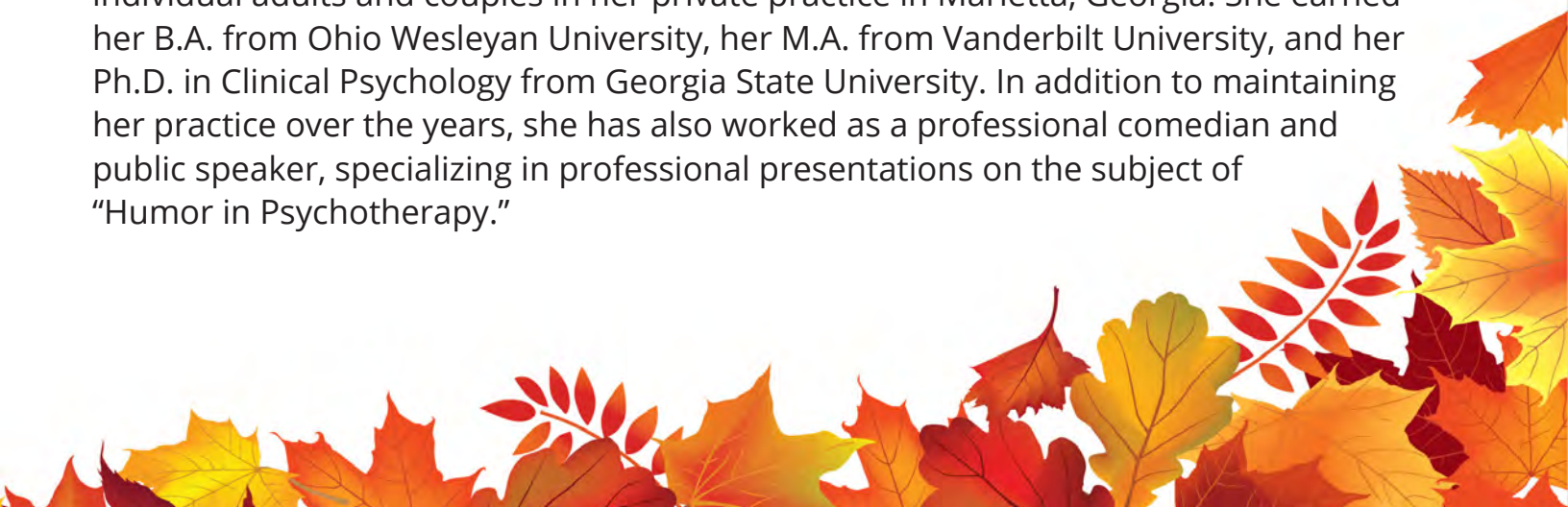
*Sandra Hutton*

*(NO CEs, 8 People Max)*

**November 11th & 12th, WEDNESDAY & THURSDAY 4:00PM – 5:30PM**

Participants are invited to explore subtle shifts in their therapeutic work in recent months -- in all these frightening, depressing, infuriating, exhausting, chaotic, "challenging" months. Are we talking more, or less? Self-disclosing in ways that deepen our connections? Concealing our own fears? - Why? Indulging ourselves? Staying "professional?" Let's talk.

Dr. Hutton has been a licensed psychologist in Georgia since 1975. She currently sees individual adults and couples in her private practice in Marietta, Georgia. She earned her B.A. from Ohio Wesleyan University, her M.A. from Vanderbilt University, and her Ph.D. in Clinical Psychology from Georgia State University. In addition to maintaining her practice over the years, she has also worked as a professional comedian and public speaker, specializing in professional presentations on the subject of "Humor in Psychotherapy."





**2 DAY**

## **WORKSHOPS & PROCESS GROUPS**

**WEDNESDAY**  
**November 11th**

**FRIDAY**  
**November 13th**

### **18A & 18B. CIRCLING THE DRAIN: A TWO DAY PROCESS GROUP**

*Jonas Horwitz*

*(NO CEs, 8 People Max)*

**November 11th & 13th, WEDNESDAY 2:00PM – 4:00PM & FRIDAY 10:30AM – 12:30PM**

A two day process group exploring the therapist's experiences of exhaustion, despair, and glimmers of stubborn hope. Dr. 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 PhD 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*. Dr. Horwitz is currently writing his next book: *Swimming Through Anxiety: How to Stay Afloat in a Nerve Wracking World*. In his practice, Dr. Horwitz leads long term process groups for men and therapy groups for psychotherapists. He is particularly interested in translating the scientific findings from academia into practical ideas that patients can use right now.



**2 DAY**

## WORKSHOPS & PROCESS GROUPS

**THURSDAY**  
**November 12th**

**FRIDAY**  
**November 13th**

### 19A & 19B. THE LIVING BODY: EXPLORING THE RELATIONSHIP BETWEEN THE MIND & BODY

*Marquita Johnson*

*(4 CEs, 10 People Max)*

**November 12th & 14th, **THURSDAY** and **FRIDAY** 9:00AM – 11:00AM**

Our bodies are constantly sending messages about our experiences. How often are we able to clearly hear those messages? In this workshop we will be exploring these issues and how they manifest in our tissues regarding current experiences. These include: social injustice, racial trauma and the COVID-19 pandemic. Last, we will engage in somatic work to access healing.

Marquita Johnson is currently a doctoral student at Walden University, graduate of Mercer University with a Master of Science in Community Counseling and Master of Divinity. Marquita completed her undergraduate degree from Georgia State University in Psychology & Sociology. She is a licensed professional counselor in Georgia, nationally certified counselor, board certified tele-mental health counselor, brainspotting practitioner, and certified professional counselor supervisor. Marquita has a private practice in Atlanta and works with Emory University's Faculty & Staff Assistance Program. Marquita also is a past Scholar of AAP.

“

Do Not Confuse My Bad Days As A Sign  
Of Weakness. Those Are The Days I Am  
Fighting My Hardest

## 20A & 20B. LIVING WITH THE PART OF ME THAT WANTS TO DIE: A CONVERSATION FOR OUR PRESENT TIME

*Michal Rubin and Tyler Beach*

*(4 CEs, 12 People Max)*

**November 12th & 13th, THURSDAY & FRIDAY 9:00AM – 11:00AM**

The world we currently live in is filled with darkness and fear in a manner we are not used to facing. The extreme polarization of our political system has split our society like never before. Additionally, we face climate change, racial suffering, and are now enduring an unprecedented Pandemic. We are isolated, and underfed in terms of our relational needs. As a New York Times article noted: "Therapists are not OK." The political leadership embodies characteristics that wounded us in the past from which we help clients and ourselves heal. Now there is a sense that we are walking upstream in our efforts.

Some of us have always had an aspect of our personalities that felt living in the world was too much. And now, amidst the present context, we are pushed to face this aspect in a more direct way. How do we live, and move forward, with the part of us that wants to die? We invite you to this provocative conversation. (\*please note that if you are struggling with suicidality in the present moment, this workshop would be contraindicated given the time-limited nature of our time together.)

Tyler Beach is a Licensed Clinical Social Worker in private practice. Over his career, he has received specialized training and ongoing supervision in Experiential and Relational psychotherapy models, particularly Experiential Dynamic Therapies. He has a particular interest in psychotherapy integration and provides training and supervision to help therapists make their interventions more experiential and attuned to relational dynamics.

Michal Rubin has 29 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 Ph.D from the University of Wisconsin (1980, 1985) in Child and Family Studies. Currently she practices in Columbia, South Carolina. As an immigrant in the US, she has an affinity for minority groups, always engaging with open curiosity, awareness of "not knowing," and an eagerness to know more.

**2 DAY**

## 21A & 21B. DUALITY: DARKNESS AND LIGHT IN OUR COVID EXPERIENCE

*Kelly Ezickson and Thia Joseph*

(NO CEs, 14 People Max)

November 12th & 13th, **THURSDAY** & **FRIDAY** 4:00PM – 5:30PM

2020's many sources of turmoil fill us with dread, anger and grief, while also presenting opportunities for creativity, perspective and even expansion. We are regularly confronting destruction and alienation, while also creating beauty, community and stirrings of revolution. Our process group will offer a space for exploring the ways such dualities manifest in our own lives and selves as we travel through the challenging terrain of life in COVID times.

Kelly Ezickson has been a therapist for over 30 years, with some years at home with her children. She earned a BA from the University of Delaware in 1987 in psychology, and in 1989 an MSW at the University of Pennsylvania. Kelly worked in an out-patient clinic for several years in the school systems in Boston and Norton, MA. She started a private practice in 1994 in Massachusetts, and is now located in Washington, DC.

Thia Joseph is a clinical social worker offering individual, couples and group psychotherapy in her Washington, DC practice. She holds a visual arts BA from Hampshire College, and an MSW from Boston University.

### 2 PART ONE DAY WORKSHOP / FRIDAY • November 13th

## 22A & 22B. CLOSENESS AND COVID19--REIMAGINING PHYSICAL INTIMACY IN THE PRESENCE OF A VIRUS

*Debbara Dingman and Ndiya Nkongho*

(6 CEs, 10 People Max)

November 13th, **FRIDAY** 9:00AM – 12:00PM & **FRIDAY** 2:00PM – 5:00PM

How do we practice psychotherapy while simultaneously acknowledging the physical harm we might experience from, or cause to others? This 6-hour workshop will blend didactic review and self-as-therapist, group process exploration to investigate our acceptance and/or resistance to viewing our physical bodies as shared spaces.

Debbara Dingman is a psychotherapist at Pine River Psychotherapy Associates in Atlanta. She works with individuals, couples, and groups. Debbara also provides consultation and

**2 DAY**



supervision at Pine River and as clinical supervisor at Emory University and Georgia State University. She is enthusiastic about the opportunity to co-lead a process group with her valued colleague, Dr. Ndiya Nkongho. "Of course I miss being with each of you in person, however I am confident we can cook up something wonderful together via Zoom".

Ndiya Nkongho provides psychotherapy and consultation for people interested in intentional, joyful and passionate living. Her research and clinical experience have focused on the areas of identity, coping and resilience in the face of trauma and loss. She is a graduate of Brown University, Pennsylvania State University, and Georgia State University. Ndiya is licensed in Georgia, New York, and Ontario (Canada). She serves as a clinical supervisor to psychiatry residents at Emory University and to psychology students at Georgia State University.

**2 DAY**

## **WORKSHOPS & PROCESS GROUPS**

**FRIDAY** November 13th **SATURDAY** November 14th

**23A & 23B. LOVE IN THE TIME OF CATASTROPHE: PSYCHOTHERAPY AND THE PANDEMIC**

*Murray Scher*

*(6 CEs, 12 People Max)*

**November 13th & 14th, FRIDAY 10AM – 1:00PM & SATURDAY 9:00AM – 12:00PM**

The Beatles sang, "All you need is love!" Although that would be good to believe, in psychotherapy, while love is essential, however it manifests, something more is necessary. In this workshop we will explore what opportunities the pandemic provides in psychotherapy where love is the bedrock, but more is essential.

Murray Scher received his Ph.D, in Counseling Psychology in 1971 from the University of Texas at Austin. He currently practices in both Austin, Texas, and Jonesborough, Tennessee. A past president and Fellow of the Academy, as well as Fellow of the American Psychological Association, he has been a frequent presenter for AAP. He has published in the areas of psychotherapy and gender issues. He is also experiencing the difficulties and opportunities the pandemic provides.

## 24A & 24B. NAVIGATING UNCERTAINTY THROUGH CARING: PRACTICING THE ART OF NEGOTIATING RELATIONSHIPS

*Lisa Makstein and Neil Makstein*

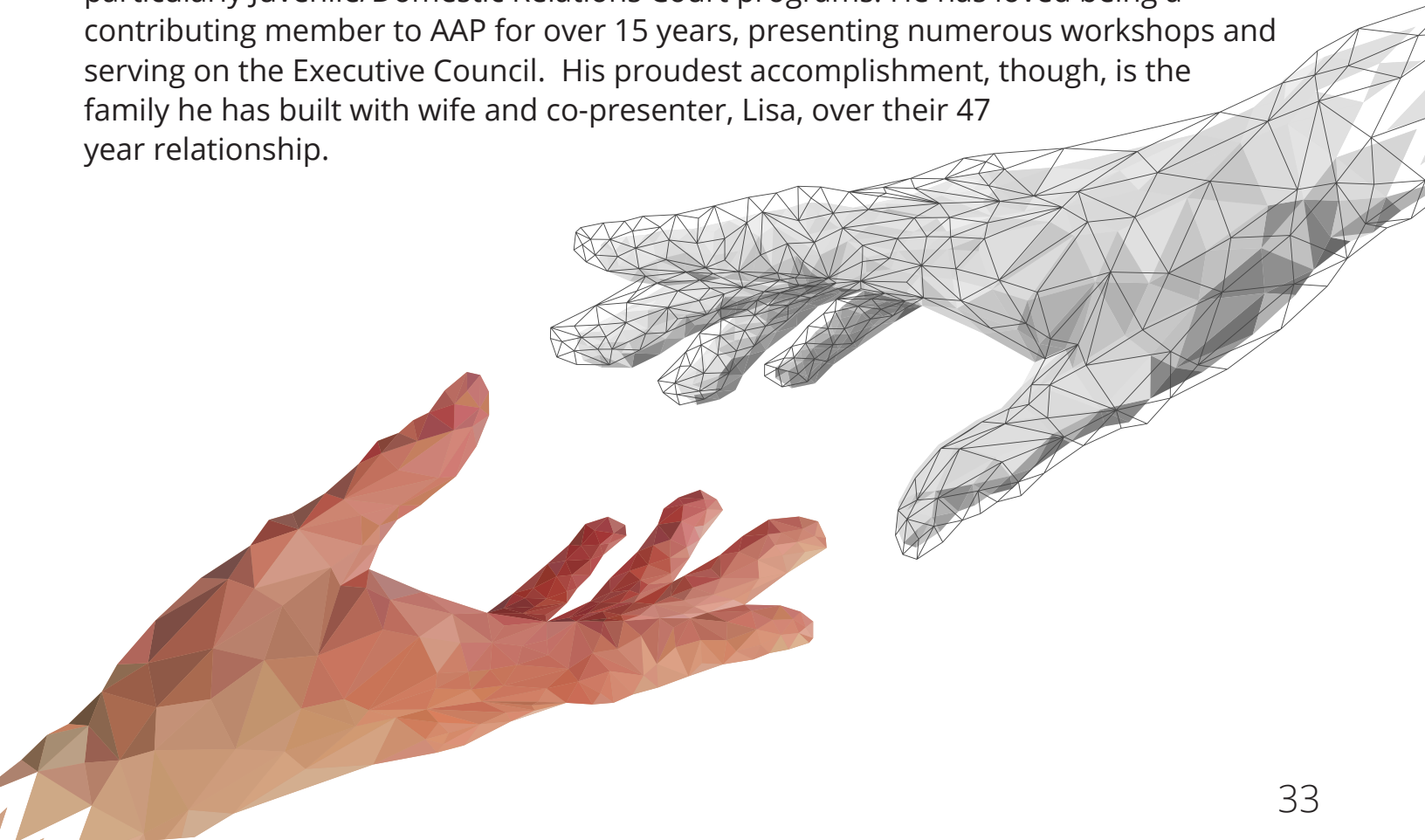
*(6 CEs, 10 People Max)*

**November 13th & 14th, **FRIDAY** & **SATURDAY** 3:00PM- 6:00PM**

In these times of acute uncertainty and chaos, the most relevant antidote to despair is reliance on developing and nurturing caring relationships. In this process group, members will be encouraged and challenged to meet and know each as honestly and authentically as possible, negotiating openly in our short journey together.

Lisa Makstein is a licensed clinical social worker practicing full time for over 35 years in Maryland and Washington, DC. Her practice primarily focuses on individual adults, couples and group therapy. She feels privileged to join clients in their journeys toward more authenticity in their lives and relationships. For the same reason, she has enjoyed co-leading many process groups in AAP. Lisa takes pride that, alongside my co-presenter, Neil, I have created a more loving, life-affirming path.

Neil Makstein is a Clinical Psychologist licensed in Virginia and Maryland, with degrees from University of Maryland and University of Michigan. His practice is primarily couples, individual and group therapy as well as supervision/consultation to organizations, particularly Juvenile/Domestic Relations Court programs. He has loved being a contributing member to AAP for over 15 years, presenting numerous workshops and serving on the Executive Council. His proudest accomplishment, though, is the family he has built with wife and co-presenter, Lisa, over their 47 year relationship.



**3 DAY**

## WORKSHOPS & PROCESS GROUPS

**WEDNESDAY**

**November 11th**

**THURSDAY**

**November 12th**

**FRIDAY**

**November 13th**

**25A, 25B & 25C. RISKING CONNECTION ACROSS THE BOUNDARY: WHEN YOU AND I BECOME WE**

*Molly Milgrom and Joe Schmidt*

*(NO CEs Offered, 8 People Max)*

**November 11th, 12th & 13th, WEDNESDAY 6:30PM – 8:00PM, THURSDAY and FRIDAY 4:30PM – 6:00PM**

This is a process group wherein participants will reflect more deeply on themes of the conference as it relates to a “here and now” setting. Group members will be invited to listen to their inner experiences (i.e. thoughts, feelings, fantasies, bodily sensations) and risk sharing and connecting with others.

Molly is a licensed clinical social worker with a private psychotherapy practice in Washington DC where she works with individuals and groups. Her specialties are college and graduate students, young professionals, career-changers, expatriates, and adult third culture kids. Prior to her private practice, Molly worked for 8 years at a Federally-Qualified Health Center (FQHC) in Northern Virginia treating clients of all ages with a focus on immigrants. She is fluent in Spanish.

Joe Schmidt studied Clinical Psychology at The George Washington University. He is licensed to practice in the Commonwealth of Virginia. He has extensive experience with facilitating groups, particularly in the Tavistock tradition. He currently works at Dodini Behavioral Health in Arlington, VA, working with individuals, couples and groups.

**3 DAY**

## WORKSHOPS & PROCESS GROUPS

**WEDNESDAY**

**November 11th**

**FRIDAY**

**November 13th**

**SATURDAY**

**November 12th**

**26A, 26B & 26C. ATTENDING TO CONNECTION: SOCIAL TIES DURING CRISES**

*Elizabeth Gomart and Brian Cross*

*(4.5 CEs, 10 People Max - Past Scholarship Recipients Only)*

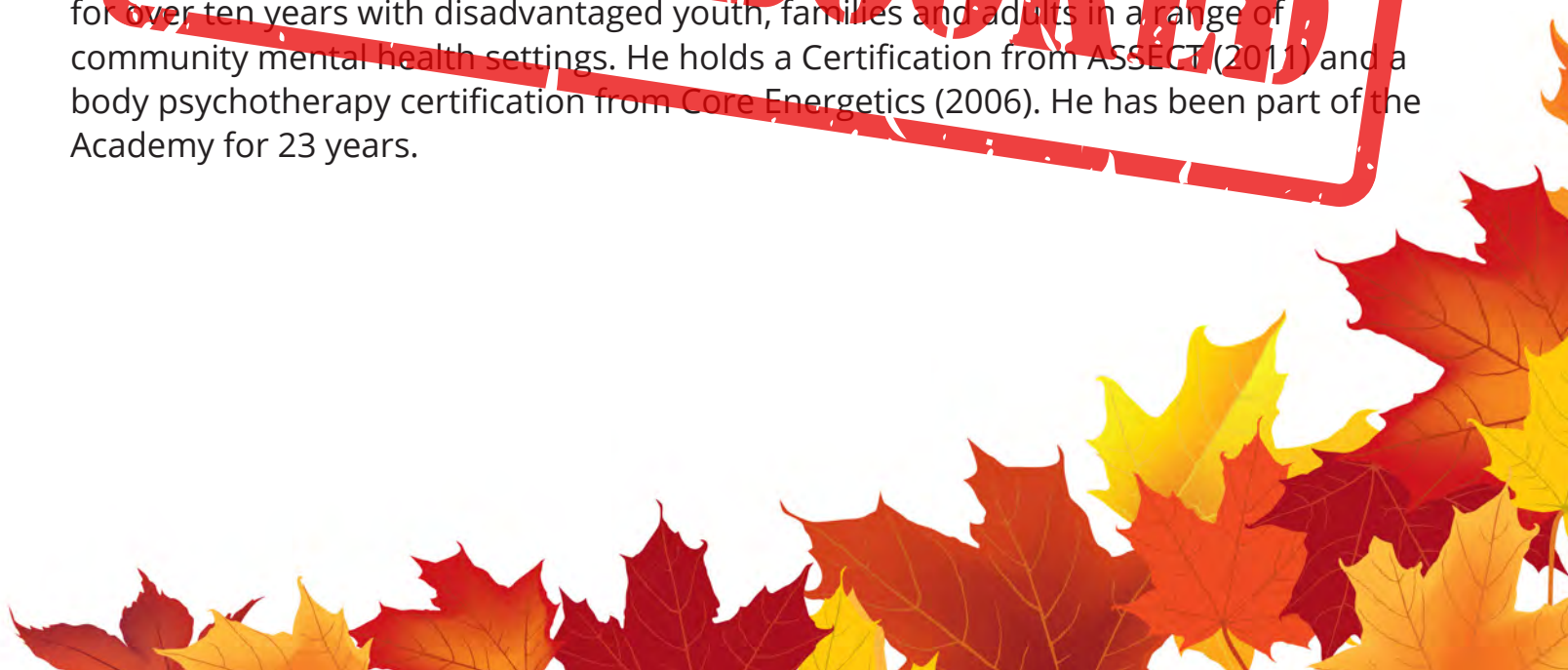
**November 11th, 13th & 14th, **WEDNESDAY** 6:30PM – 8:00PM, **FRIDAY** and **SATURDAY** 5:00PM – 6:30PM**

This process group is designed for former scholars to deepen their connections to each other. Tending to connection by following feelings, showing vulnerability, being curious about one self and how we affect each other and trusting the twisting and turning process, leads to more and safety.

Elizabeth received a Masters in Education and Human Development from Georgetown University in 2011. She completed a 4 year body psychotherapy training (Core Energetics) and has been in some form of therapy for most of her adult life. She has a full-time private practice where she sees adults in individual, couples and group psychotherapy. Elizabeth is a Past Scholarship Recipient.

Brian Cross, PhD, has a private practice in Washington DC since 1994. He has worked for over ten years with disadvantaged youth, families and adults in a range of community mental health settings. He holds a Certification from ASSECT (2011) and a body psychotherapy certification from Core Energetics (2006). He has been part of the Academy for 23 years.

**FULLY BOOKED**





**4 DAY**

## WORKSHOPS & PROCESS GROUPS

**WEDNESDAY**  
**November 11th**

**THURSDAY**  
**November 12th**

**FRIDAY**  
**November 13th**

**SATURDAY**  
**November 14th**

**27A, 27B, 27C, 27D. THE RETURN OF THE REPRESSED: BEING A PSYCHOTHERAPIST IN THE MIDST OF TWIN PANDEMICS**

*Alison Howard*

*(12 CEs, 10 People Max)*

**November 11th, 12th, 13th & 14th, WEDNESDAY, THURSDAY, FRIDAY and SATURDAY 9:00AM – 12:00PM**

This four day process group will focus on the impact on the person of the therapist stemming from the two pandemics in our country. The shutdown due to COVID-19 has changed the nature of our practices, AND, created opportunity for connection and intimacy, while also highlighting that racism is as lethal a virus as COVID-19.

Alison has a Master's in Counseling from Suffolk University in Boston, MA, and a Doctorate in Clinical Psychology from George Washington University in DC. She has advanced training in couples therapy and psycho-educational assessment of children. Her experience spans community mental health, college counseling centers, schools and hospitals. She is currently in private practice in DC, working with adolescents, adults and couples and runs psychotherapy groups for adults. Alison is heavily engaged in anti-racism work both personally and professionally.

**WE NEED PEOPLE IN OUR LIVES WITH WHOM WE CAN BE AS OPEN AS POSSIBLE. TO HAVE REAL CONVERSATION WITH PEOPLE MAY SEEM LIKE A SIMPLE, OBVIOUS SUGGESTION, BUT IT INVOLVES COURAGE AND RISK.**

**THOMAS MOORE**

# REGISTRATION

When you register you will be registered for all Plenaries and for All Attendee Group Meetings (Opening Experience, Closing Experience) plus the Presidents Address on Saturday Night and the Leaderless Process Groups on Sunday AM before the closing. You will also be included in the Hospitality Suite. Each one of these events will require you to log on through the Zoom Invitation you will receive prior to the various meetings. Look for the invitation in your spam folder if you do not see it in your inbox.

**The Following ARE INCLUDED in your general registration for a total of 11 CEs.**

*Opening Experience (AGM) – Group Leader Murry Scher; Set The Container*  
November 10th **TUESDAY**, 12:00PM to 1:00PM EST

*Plenary #1 Group Leader Jonas Horwitz; Panel/Fishbowl Hybrid (2 CEs)*  
November 10th **TUESDAY**, 2:00PM to 4:15PM

*Orientation Group*  
November 10th **TUESDAY**, 5:00PM to 6:00PM EST

*All Member Meeting 12:00 to 1:30 – Group Leader Hallie Lovett*  
November 11th **WEDNESDAY**, 12:00 PM to 1:30PM

*Plenary #2 Group Leaders Kavita Avula and Bradley Lake*  
*Attending to Implicit Bias and its Clinical Implication (3 CEs)*  
November 12th, **THURSDAY**, 12:00PM to 3:00PM

*Ethics Marilyn Schwartz and Diane Shaffer*  
*Ethics: An update on Ethical and Risk Management considerations... (3 ethics CEs)*  
November 13th, **FRIDAY** 1:00PM to 4:00PM

*Plenary #3 Group Leader Laurie Paul*  
*Psychotherapy in Black & White: Anti-Black Racism in Black... (3 CEs)*  
November 14th, **SATURDAY** 12:00PM to 3:00PM

*Presidential Address*  
November 14th, **SATURDAY** 7:00PM to 8:00PM

*Sunday AM Randomly Assigned Leaderless Process Groups*  
November 15th, **SUNDAY** 10:30PM to 12:00PM

*Closing All Group Meeting – Group Leader Grover Criswell*  
November 15th, **SUNDAY** 12:30PM to 1:30PM

**Workshop/Process groups must be selected and space is limited!**

*Register Online: [www.aapweb.com/events/all-upcoming-events](http://www.aapweb.com/events/all-upcoming-events)*

# SCHEDULE PLANNER

## TUESDAY, NOVEMBER 10TH

Time	Credit	Title
12:00 PM - 1:00 PM	0	Opening Experience (Agm) All Group Meeting - Leader Murray Scher; Set The Container
2:00 PM - 4:15 PM	2	Plenary #1 - Leader Jonas Horwitz Panel/Fishbowl Hybrid
5:00 PM - 6:00 PM	0	Orientation Group
7:00 PM - 8:30 PM	2	13A. Risking New Connections In A Time Of Uncertainty
Max Hours	4	

## WEDNESDAY, NOVEMBER 11TH

Time	Credit	Session Title
9:00 AM - 12:00 PM	3	1. Owning The Power To Do What We Can In Our Practices And In Our Lives
9:00 AM - 12:00 PM	0	14A. Alone In The Darkness: A Process Group For Therapists Living Alone
9:00 AM - 12:00 PM	3	27A. The Return Of The Repressed: Being A Psychotherapist In The Midst Of Twin Pandemics
12:00 PM - 1:30 PM	0	All Member Meeting Group - Leader Hallie Lovett
2:00 PM - 5:00 PM	0	2. Is Anybody There?: Living Alone In The Time Of Covid
2:00 PM - 5:00 PM	0	3. Conscious And Unconscious Shamanism In Psychotherapy
2:00 PM - 5:00 PM	0	15A. What Is The Glue Of Connection?
2:00 PM - 4:00 PM	0	18A. Circling The Drain: A Two Day Process Group
2:30 PM - 5:30 PM	0	16A. I And Thou: A Two Day Process Group
4:00 PM - 5:30 PM	0	17A. In Times Of Crisis
6:30 PM - 8:00 PM	0	25A. Risking Connection Across The Boundary: When You And I Become We
6:30 PM - 8:00 PM	2	26A. Attending To Connection: Social Ties During Crises
7:00 PM - 8:30 PM	2	13B. Risking New Connections In A Time Of Uncertainty
7:00 PM - 9:00 PM	2	4. Practicing Self-Compassion In Challenging Times
Max Hours	12	

## THURSDAY, NOVEMBER 12TH

Time		Session Title
9:00 AM - 10:30 AM	0	5. Black & White In Conversation
9:00 AM - 12:00 PM	0	14B. Alone In The Darkness: A Process Group For Therapists Living Alone
9:00 AM - 11:00 AM	2	19A. The Living Body: Exploring The Relationship Between The Mind & Body
9:00 AM - 11:00 AM	2	20A. Living With The Part Of Me That Wants To Die: A Conversation For Our Present Time
9:00 AM - 12:00 PM	3	27B. The Return Of The Repressed: Being A Psychotherapist In The Midst Of Twin Pandemics
12:00 PM - 3:00 PM	3	Plenary #2 - Leaders Kavita Avula And Bradley; Lake Attending To Implicit Bias And Its Clinical Implications
3:15 PM - 6:15 PM	3	5. Stop Helping!
4:00 PM - 6:00 PM	0	15B. What Is The Glue Of Connection?
4:00 PM - 7:00 PM	0	16B. I And Thou: A Two Day Process Group
4:00 PM - 5:30 PM	0	21A Duality: Darkness and Light in our COVID Experience
4:00 PM - 5:30 PM	0	17B. In Times Of Crisis
4:30 PM - 6:00 PM	0	25B. Risking Connection Across The Boundary: When You And I Become We
7:00 PM - 8:30 PM	2	7. When It Hurts To Care, But We Care And Shine Anyway
Max Hours	15	

## FRIDAY, NOVEMBER 13TH

Time	Credit	Session Title
9:00 AM - 12:00 PM	3	7. Exploring Gender Creativity- an Ongoing Training Institute
9:00 AM - 11:00 AM	2	19B. The Living Body: Exploring The Relationship Between The Mind & Body
9:00 AM - 11:00 AM	2	20A. Living With The Part Of Me That Wants To Die: A Conversation For Our Present Time
9:00 AM - 12:00 PM	3	22A. Closeness And Covid19--Reimagining Physical Intimacy In The Presence Of A Virus
9:00 AM - 12:00 PM	3	27C. The Return Of The Repressed: Being A Psychotherapist In The Midst Of Twin Pandemics
10:00 AM - 1:00 PM	3	23A. Love In The Time Of Catastrophe: Psychotherapy And The Pandemic
10:30 AM - 12:30 PM	0	18B. Circling The Drain: A Two Day Process Group
1:00 PM - 4:00 PM	ETHICS 3.00	9. The Continuing Challenges Of Practicing During Covid-19 And Our Awakening To Social Injustice: An Update On Ethical And Risk Management Considerations
2:00 PM - 5:00 PM	3	22B. Closeness And Covid19--Reimagining Physical Intimacy In The Presence Of A Virus
3:00 PM - 6:00 PM	3	24A. Navigating Uncertainty Through Caring: Practicing The Art Of Negotiating Relationships
4:00 PM - 5:30 PM	0	21B. Duality: Darkness and Light in our COVID Experience
4:30 PM - 6:00 PM	0	25C. Risking Connection Across The Boundary: When You And I Become We
4:30 PM - 6:30 PM	2	10. Am I Racist
5:00 PM - 6:30 PM	2	26B. Attending To Connection: Social Ties During Crises
Max Hours	29	

## SATURDAY, NOVEMBER 14TH

Time	Credit	Session Title
9:00 AM - 12:00 PM	3	23B. Love In The Time Of Catastrophe: Psychotherapy And The Pandemic
9:00 AM - 12:00 PM	3	27D. The Return Of The Repressed: Being A Psychotherapist In The Midst Of Twin Pandemics
10:00 AM - 12:00 PM	2	11. Black Men Heal
12:00 PM - 3:00 PM	3	Plenary #3 - Psychotherapy In Black & White: Anti-Black Racism In Black Client/White Therapist And Black Therapist/White Client Dyads
2:30 PM - 5:30 PM	3	12 Process Group For Past Scholarship Recipients Only
3:00 PM - 6:00 PM	3	24B. Navigating Uncertainty Through Caring: Practicing The Art Of Negotiating Relationships
5:00 PM - 6:30 PM	2	26C. Attending To Connection: Social Ties During Crises
7:00 PM - 8:00 PM	0	Presidential Address
Max Hours	19	

## SUNDAY, NOVEMBER 15TH

Time	Credit	Session Title
10:30 AM - 12:00 PM	0	Sunday Am Randomly Assigned Leaderless Process Groups
12:30 PM - 1:30 PM	0	Closing All Group Meeting
Max Hours	0	
TOTAL HOURS	79	



# CONTINUING EDUCATION CREDITS

## 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 The 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 79.0 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

**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 79.0 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 in 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, 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.

**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, PA, RI, TN, TX, UT, VA, WI, WY

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

**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