

## **IMPORTANT NOTE ABOUT COVID-19**

At the time of this brochure's creation, we are planning for an in-person event. We are carefully watching CDC COVID-19 guidelines, and are prepared to hold a virtual conference if necessary. Some of the workshops, as well as participant numbers for workshops, may change as a result.

Thank you so much for your patience,

Your 2021 I&C Committee

### **COVID GUIDELINES**

If you choose to attend the I&C in person, full vaccination is required. AAP recommends that conference attendees follow the CDC recommendations at the time of the I&C.

For example, a current CDC guideline recommends the wearing of masks for all public indoor settings in areas of substantial or high transmission, regardless of vaccination status. Attendees who are immunocompromised or live with individuals with reduced immune responses to COVID-19 vaccines are recommended by the CDC to take more prevention measures, including wearing a mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces to protect themselves.

If you choose to attend the in person I&C, AAP recommends that you observe the CDC recommendations for YOU, at the time of the I&C. The state of Ohio does not allow local health authorities to mandate nor enforce CDC recommendations, so for each attendee, compliance is voluntary.

THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS

*presents*

THE 66th ANNUAL INSTITUTE AND CONFERENCE

# DYNAMIC ENGAGEMENT:

*Relational Connectedness  
Amidst the Many Faces of  
Change*

**UPDATED**

**SEPT. 18, 2021**



*October 20-24, 2021*

THE RENAISSANCE HOTEL  
COLUMBUS, OHIO

# THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS 66<sup>TH</sup> ANNUAL INSTITUTE AND CONFERENCE

## Dynamic Engagement: Relational Connectedness Amidst the Many Faces of Change

### WELCOME TO THE AAP 2021 I&C

Over the course of our five-day conference, we invite you to explore the ways in which we stay relationally connected to each other amidst the many changes taking place around us. The trauma of pandemic isolation-heightened awareness of racial injustice and divisive political ideologies exist between us, within us, and in our consultation rooms. How will we re-emerge and risk connection amidst these potential barriers we face each day?

At this conference we challenge you to consider the ways in which we dynamically engage with our clients considering the different and complex aspects of identity. We encourage you to dive deep into exploring what will be felt, experienced, and noticed when we re-emerge from isolation to rejoin our AAP community in person. What have we missed about each other? How will we reconnect? In what ways are we able to break down the walls built slowly, either knowingly or unknowingly, during these very difficult times? We invite you to attend to these questions and more over the course of the next five days here in Columbus.

We also want to welcome those of you who are joining us virtually. It is our hope that we can all be together very soon. During the time of the conference, we'd like to ask everyone to envision the virtual participants as an outer circle, surrounding those of us in person. We look forward to opportunities to interact with you in virtual hospitality suites throughout the conference.

In the spirit of getting back to normal, we will honor our AAP traditions by beginning with an opening experience, holding three community meetings, a Saturday evening dinner/dance, and we will conclude with a closing experience on Sunday. Our three plenaries will start Thursday with a dynamic presentation complete with two fishbowl experiences by our very own Avrum Weiss. Avrum will present on living and loving mutually and we will learn how to teach couples to break free from hurtful relationship patterns. Farooq Mohyuddin and Maryetta Andrews-Sachs will present on the existential challenge for authentic connections across differences. Penny Sterling will close with a performative theatrical experience entitled *Spy in the House of Men*, followed by a dynamic and intimate panel for discussion.

After many months in isolation, we are thrilled to have the opportunity to see some of you in person and to experience a full menu of exciting and creative workshops. We trust that you will accept our invitation to explore these topics and more, risking dynamic engagement as a way to reconnect in relationship with ourselves and each other.

On behalf of the 2021 Fall I&C committee, welcome to our I&C whether you join us in person in Columbus, Ohio or you join us virtually!

Your 2021 I&C Co-Chairs,



*Carrie A. Phillips and Darrin S. Bronfman*

“Perhaps the secret of living well is not in having all the answers but in pursuing unanswerable questions in good company.”

- Rachel Naomi Remen

### 2021 I&C COMMITTEE

**Darrin S. Bronfman, Co-Chair**

**Carrie A. Phillips, Co-Chair**

**Lori Oshrain, Program Co-Chair/  
Disaster Relief Team**

**Laura Fleming, Program Co-Chair**

**Orion Crook, Hospitality Co-Chair**

**Erin McCarthy, Hospitality Co-Chair,  
Art and Cover Design**

**Samir Patel, Marketing, Anti-Racism  
and Equity Consultant**

**Steven Ingram, Transportation/  
Hosted Dinners**

**Katie O'Meara, Rooms**

**Steve K. D. Eichel, Brochure**

**Dianna Woodruff, Consultant**

**Phil Spiro, Treasurer**

**Catherine Clemmer, National  
Meetings CE Consultant/Disaster  
Relief Team**

*Special Thanks to Elaine Rubin, Stephanie Spalding, and David Donlon, Disaster Relief Team*

# Travel & Lodging Information



## AIR

**John Glenn Columbus International Airport (CMH)** is located 15 miles east of downtown Columbus, Ohio. The journey time is about 45 minutes. You can use the Columbus, Ohio bus service (COTA) for a cost of about \$7.00.

*We are however offering a complimentary shuttle bus to and from the Columbus airport to simplify this often-stressful portion of your travel and help you connect with other attendees at the same time! Be aware that some wait times will vary depending on the schedule of arrivals and departures. Also, the capacity per trip is 15 people so act now while seats are available!*

Since the airport is only 15 miles from the hotel, the shuttle can be used as needed for transport. Please call, text or email Steven Ingram at (937) 266-2432 or [dringram79@gmail.com](mailto:dringram79@gmail.com) with flight arrival times on **Wednesday** after 12 noon. (There is no shuttle service on Sunday to the airport.) The conference committee is providing the shuttle.



## TAXI, UBER, AND LYFT

**Uber and Lyft** are available in the city. Fares vary depending on traffic and demand surge pricing. A one-way taxi fare for transportation from the airport is about \$25 plus tax.



## TRAVEL WHILE IN COLUMBUS - COTA

**COTA** is the Columbus Region's bus system. The **CBUS**, a downtown circulator, operates every 10-15 minutes along High Street between the Brewery District and the Short North Arts District. Cost is \$2.00 one-way or a day pass for \$4.50. Drivers do not carry cash so have correct change. Use the Transit App for bus stops and routes.

“We are one, but we are not the same, we've got to carry each other...”

- U2



## DIRECTIONS BY CAR AND PARKING

### FROM SOUTH-CINCINNATI

Take 71N to 70E, exit 100B (this exit will say 4th Street and Livingston). Follow 4th Street straight downtown and after right blocks, make a left on Day Street, then at the next light, make a left on South 3rd St. The hotel is located on the corner of South 3rd and East Gay.

### FROM NORTH-CLEVELAND/DETROIT/TOLEDO

Take 71S to 670W, stay in the left two lanes, exit under the 3rd Street sign. Stay on 3rd Street for approximately 1/2 mile. The hotel is located on the corner of South 3rd and East Gay.

### FROM THE AIRPORT

Take 71S to 670W, stay in the left two lanes, exit under the 3rd Street sign. Stay on 3rd Street for approximately 1/2 mile. The hotel is located on the corner of South 3rd and East Gay.

### FROM 70E-DAYTON/SPRINGFIELD

Take 70E to exit 100B (this exit will say 4th Street and Livingston). Follow 4th Street straight downtown and after eight blocks, make a left on Day Street, then at the next light, make a left on South 3rd St. The hotel is located on the corner of South 3rd and East Gay.

### FROM 70W-PENNSYLVANIA

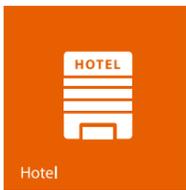
Take 70W to the 4th Street exit. Follow 4th Street straight downtown and after eight blocks, make a left on Day Street, then at the next light, make a left on South 3rd Street. The hotel is located on the corner of South 3rd and East Gay.

### FROM 315S-WORTHINGTON/DUBLIN

Take 315S to 670E, take the 3rd Street exit and proceed for about five blocks. The hotel is located on the corner of South 3rd and East Gay.

## PARKING

Valet parking is validated for \$28 a day at The Renaissance Columbus Downtown Hotel. Meters are available as well.



## HOTEL REGISTRATION

We are delighted to welcome you to the American Academy of Psychotherapists 66th Annual Institute and Conference, "Dynamic Engagement; Relational Connectedness Amidst the Many Faces of Change." Welcome to Columbus, Ohio.

This metropolitan hotel is situated in the heart of downtown Columbus. A 13-minute walk from the Columbus Museum of Art, this modern high-rise hotel is also a 14-minute walk from the COSI Columbus Science Center. It is complete with a restaurant and bar, plus a gym, seasonal rooftop pool, and hot tub. The chic rooms and suites come with flat screen TVs, iPod docks, Wi-Fi and desks, plus Mini Fridges and coffee makers. Room service is available.

Please reserve your room for the conference by contacting The Renaissance Hotel at 614-228-5050. Please be sure to use the American Academy of Psychotherapists code, AAP, to receive the discounted room rate of \$179.00 a night. This rate is available from Sunday, October 17 -Sunday, October 24. The deadline to register and receive this rate is September 30, 2021.

[www.marriott.com/hotels/travel/cmhbr-renaissance-columbus-downtown-hotel](http://www.marriott.com/hotels/travel/cmhbr-renaissance-columbus-downtown-hotel)

**R**  
**RENAISSANCE**<sup>®</sup>  
COLUMBUS DOWNTOWN HOTEL

50 N 3RD STREET  
COLUMBUS, OH 43215

(614) 228-5050



# Columbus, Ohio

## MUST SEE

**GERMAN VILLAGE- Herzlich Willkommen!** A hearty welcome to German Village, Columbus' premier downtown neighborhood and one of the preeminent historic districts in the United States. Here you will also find **The Book Loft** with 32 rooms of books at bargain prices, greeting cards, posters, music CDs, DVDs, puzzles, and more. Also in German Village is **Katzinger's Delicatessen**, an award-winning New York-style deli with dine-in and carry-out options. It also has specialty foods featuring artisanal cheeses, meats, dry goods, and breads.

**Short North Arts District** - As the "art and soul" of Columbus, the Short North is a vibrant cultural and business community. The nationally acclaimed Gallery Hop is held on the first Saturday of the month. Go on a self-led tour on the Short North Arts Trail.

**Franklin Park Conservatory and Botanical Gardens** - Displayed here is the world's largest collection of Dale Chihuly's glass artwork in a botanical garden. Seasonal exhibitions rotate year-round. Make sure not to miss the Scott's Miracle Gro Children's Garden!

**Columbus Museum of Art** - This museum, designed by a local architect, features gallery space for the museum's permanent collection and a bright area for special exhibitions. An outdoor sculpture garden and excellent new restaurant make it a great spot to enjoy any time of day.

**National Veterans Memorial and Museum** - Located on downtown's Scioto Mile, this museum is the only place where the stories of our veterans, their families, and the Fallen - across all branches of service and all eras of conflict - are told together.



# Columbus, Ohio

## MUST DO

**LEGOLAND Discovery Center** - The 36,000 sq. ft. LEGOLAND Discovery Center at Easton is billed as the ultimate indoor LEGO playground. The site includes two rides, ten LEGO build and play zones, and a 4D cinema.

**Scioto Mile** - 253 acres of parkland in downtown Columbus features miles of multi-use trails stretching from **Bicentennial Plaza** in the south to **North Bank Park** in the North. This is a great spot to take a stroll and enjoy both the city and nature. The country's largest free outdoor climbing wall is accessible from paths along the river at Scioto Audubon Metropark. Just east of the Scioto Mile is **Columbus Commons**, a six-acre park in downtown Columbus with more than 240 programs and events each year.

**Columbus Zoo and Aquarium** - Hand-feed a giraffe at the Heart of Africa exhibit or see a sea lion show at the newest exhibit, **Adventure Cove**.

**COSI** - A top-rated science center with more than 300 interactive exhibits in downtown Columbus. Don't miss the **American Museum of Natural History Dinosaur Gallery**.

**Columbus Coffee Trail & Columbus Ale Trail** - Grab a coffee trail card to explore one of the best coffee scenes in the Midwest and taste what happens when quality and collaboration come first or pick up a **Brew Book** to experience Columbus' booming beer scene, boasting highly regarded production breweries to nano breweries.



## MUST EAT



**Condado** - Mexican food and margaritas!

**Town Hall** - Casual vegan, organic food and cold pressed juice for "on the raw" organic juice.

**North Market** - Central Ohio's historic public market since 1876, featuring fresh and prepared foods, authentic ethnic cuisine, flowers, wine and beer, and unique gifts and cookware.

**Jeni's Splendid Ice Creams** - Don't miss Columbus-based Jeni's Splendid Ice Creams, from James Beard Award-winning chef Jeni Britton Bauer, called one of the best ice-cream spots in the U.S. by *Food & Wine*.

**Katalina's** - Neighborhood breakfast, brunch and lunch restaurant housed happily in a 100-year-old gas station. The pancake balls are a must-try!

**Cameron Mitchell Restaurants** - From **The Avenue Steak Tavern**, an all-occasion steakhouse in **Grandview**, to **The Pearl**, a restaurant, tavern and oyster room serving made-from-scratch comfort food in the Short North Arts District, this Columbus-born brand has a great range of dining options.

**Pistacia Vera** - A Columbus destination, recently nominated for the James Beard Award, features from-scratch macarons, croissants, pastries, confections, and more.

"Ask for what you want.  
Often your requests are not as big of  
a deal as your anxiety would have you  
believe."

- Hayden Dawes

# Schedule at a Glance

## WEDNESDAY, OCTOBER 20

12:00pm-5:00pm Registration  
2:00pm-5:00pm Training Institutes  
5:00pm-6:00pm Newcomers' Welcome Reception (cash bar)  
6:00pm-7:30pm Opening Dinner Buffet  
7:30pm-8:45pm Opening Experience/Community Meeting  
9:00pm-10:00pm Open Process Groups  
Family/Peer Group Meetings

## THURSDAY, OCTOBER 21

7:00am-8:45am Full Breakfast  
9:00am-12:15pm Plenary I - Weiss  
12:30pm-1:30pm Lunch on your own/Diversity Lunch  
*Hotel restaurant will offer soup and salad combo to go*  
1:45pm-3:00pm Community Meeting  
3:15pm-6:15pm Afternoon Workshops/Training Institutes  
6:30pm-8:30pm Hosted Dinners or Dinner on your own  
8:45pm-10:00pm Open Process Groups  
Family/Peer Group Meetings

“If you seek peace, be still. If you seek wisdom, be silent. If you seek love, be yourself.” - Anonymous

## FRIDAY, OCTOBER 22

7:00am-8:45am Full Breakfast  
9:00am-12:15pm Plenary II - Mohyuddin and Andrews-Sachs  
12:30pm-1:30pm Lunch on your own/Diversity Lunch/12-Step Meeting  
1:45pm-3:00pm Community Meeting  
3:15pm-6:15pm Afternoon Workshops  
6:30pm-8:30pm Hosted Dinners or Dinner on your own  
8:45pm-10:00pm BIPOC Only Meeting  
Family/Peer Group Meetings

## SATURDAY, OCTOBER 23

7:00am-8:45am Full Breakfast  
9:00am-12:15pm Plenary III - Sterling  
12:30pm-1:30pm Lunch on your own  
1:45pm-3:00pm Community Meeting  
3:15pm-6:15pm Afternoon Workshops  
6:30pm-7:00pm Presidents' Reception/Cash Bar  
7:00pm-12:00pm Dinner Dance

## SUNDAY, OCTOBER 24

7:00am-8:45am Full Breakfast  
9:00am-10:30am Closing Experience

# About AAP and the Institute & Conference

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## ABOUT THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS

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

## THE AMBASSADOR PROGRAM FOR FIRST-TIME ATTENDEES

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

## TARGET AUDIENCE AND INSTRUCTIONAL LEVEL

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

## THE RELIEF TRUST FUND

The Relief Trust Fund can provide up to \$500 for AAP members seeking financial assistance to defray the cost of registration fees or annual dues.

There is no application to submit. Simply contact the AAP President or any member of the Relief Trust Board to apply. Email [aapscholarship@gmail.com](mailto:aapscholarship@gmail.com) for more information.

## AAP SCHOLARSHIP PROGRAM

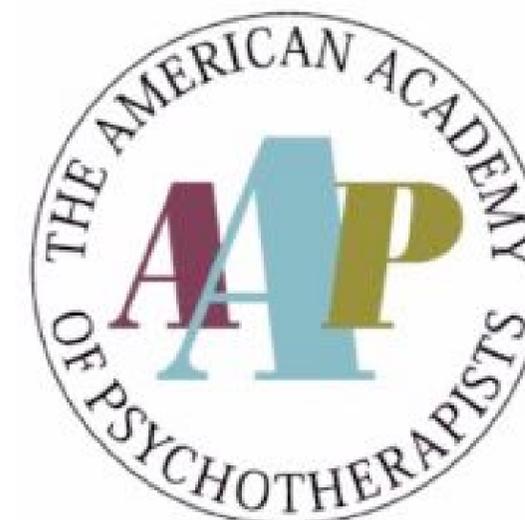
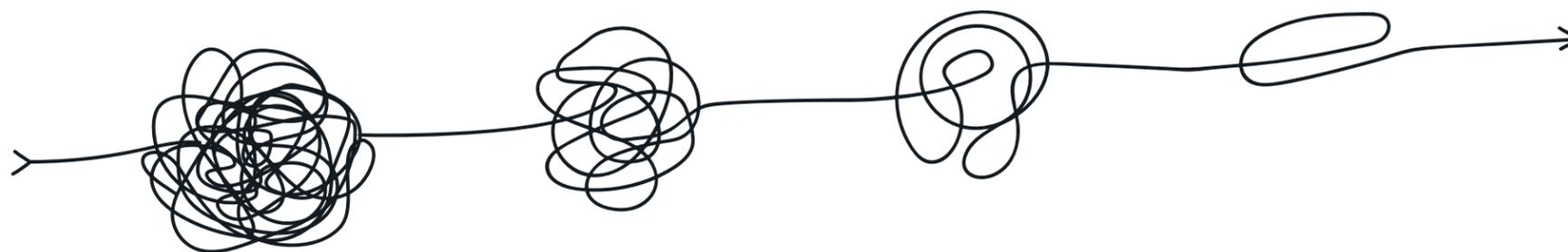
The Scholarship Program was suspended this year due to complications related to COVID. It will be reinstated in 2022.

## ADA

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 the availability of appropriate accommodations without prior notification.

## INTERESTED IN BECOMING A MEMBER?

Information regarding membership requirements and applications can be found on the AAP website ([aapweb.com](http://aapweb.com)). You can also obtain an application from Cap Hill at 518-694-5360 or by contacting the Membership Chair, Nelia Rivers at 404-261-8461 or [neliarivers@gmail.com](mailto:neliarivers@gmail.com).



# General Educational Objectives

Participants will be able to:

1. Develop a greater understanding of how the therapist's avoidance of and discomfort with racial conversations impacts the therapeutic relationship.
2. Demonstrate knowledge of current research on traumatic and cultural factors that lead to self-silencing in the client.
3. Identify and explore how to incorporate meditation and mindfulness practices in the psychotherapeutic process.
4. Delineate ethical issues related to the therapist's avoidance and self-silencing, and demonstrate an understanding of how this impacts the relationship with the client.
5. Discuss the complexities of suppressed expression of thoughts and feelings in the client and demonstrate knowledge of ways to facilitate client self-expression.
6. Demonstrate knowledge of research related to the benefits of authentic self-expression.

Please see learning objectives for each workshop at the end of this brochure.

# Events & Activities

## WELCOME RECEPTION HONORING NEWCOMERS

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

## WEDNESDAY BUFFET AND OPENING EXPERIENCE

Our first meal together starts on Wednesday evening at 6:00pm. This buffet is included for all registrants who signed up for the entire conference. This meal provides an opportunity to connect, catch the spirit of the I&C, and prepare for the opening experience, which takes place from 7:30pm-8:45pm. In the opening experience, the committee will introduce the theme. After this, we will hold the first of three Community Meetings. AAP community meetings are large, open-format groups where all are encouraged to voice opinions, express feelings, and discuss concerns with the community as a whole.

## OPEN PROCESS GROUPS

Ongoing peer process groups are one of AAP's most powerful learning and growth activities. We give and receive here-and-now feedback to each other and learn firsthand about relationships and group dynamics. In addition to long-term peer groups, this I&C will feature evening process groups that are open to both newcomers and members. These open process groups will be led by an experienced AAP-member therapist. Groups will consist of no more than 15 participants and will require a two-night commitment. If you would like to participate in an open process group, please indicate this on your registration form. No CEs are available for open process groups, which will be held: Wednesday 9:00pm-10:00pm and Thursday 8:45pm-10:00pm.

## HOSPITALITY SUITE

It's been so long since last we met! And your Hospitality Suite is here to celebrate our coming together again. Your in-person-presence is requested as we sip and savor food and drink, continue or start conversations, and dive together into the great connected unknown.

Each evening the Hospitality Suite will open to provide space to unwind, play, and lounge in community. Your hosts, Orion Crook and Erin McCarthy, will be bringing all kinds of fidgets, art materials, and games to spark silliness, introspection, and creative flow with self and others.

There will also be some creative virtual hospitality suite offerings for those who choose to not join in person.

# Events & Activities

## DIVERSITY LUNCHES

Attitudes and terms have changed the terrain of how we might address “isms.” The diversity lunch format invites dialogue drawn from reconciliation work and differs structurally from AAP Community Meetings. We can all learn from each other. All you need to bring is your open mind and sense of curiosity to create space for sharing. We will meet on Thursday and Friday during lunch. Feel free to come to either or both. Lunch location will be posted at registration.

## COMMUNITY MEETINGS

The large group process is an integral part of the experience at any AAP event. Three of these groups which we call Community Meetings spread throughout the conference on Thursday, Friday, and Saturday from 1:45pm-3:00pm. Our community meeting is a traditional gathering of our members where we witness, listen, and dialogue. We receive, reflect, and connect with each other. The use of the talking stick, i.e., the microphone, was instituted years ago to hold space between statement and reaction. We begin and end on time as we form this safe container.

## HOSTED DINNERS

Looking to get more acquainted with other AAP members and attendees? We will offer hosted dinners Thursday and Friday 6:30pm-8:30pm at several local restaurants sure to satisfy a variety of palates. You can find information regarding restaurants and your host at the registration desk. Look the restaurants over and sign up for the gatherings of about six to 12 people. Enjoy!

## BIPOC ONLY GROUP

This group will be a gathering space for members who identify as Black, Indigenous, or People of Color. This lightly led group on Friday from 8:45pm-10:00pm will offer time together to process the conference experience. This group will be lightly led by Samir Patel and Sean LeSane.

## 12-STEP MEETING

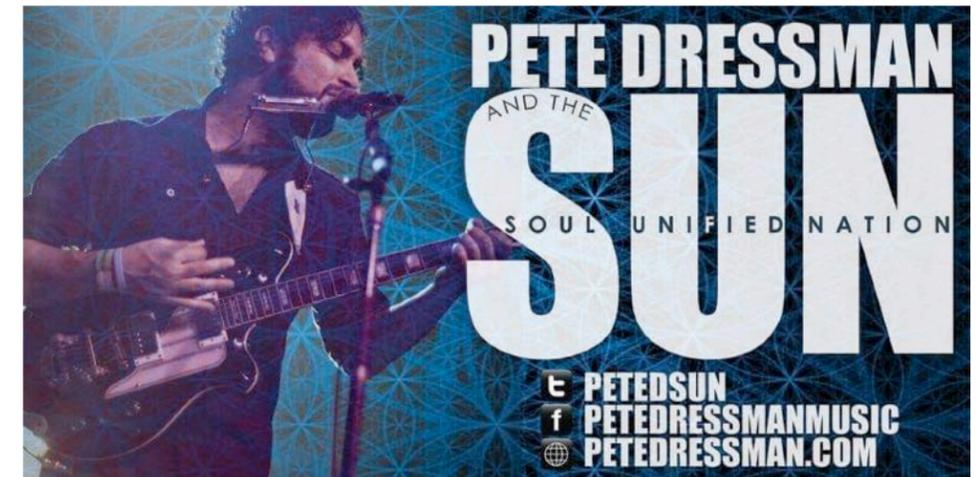
AAP offers a 12-Step Meeting at lunchtime on Friday. Participants from all 12-Step programs are welcome. Information will be on the bulletin board at the registration desk.

“You may be done with the past, but the past may not be done with you.” - Jennifer Dwight

## SATURDAY NIGHT DINNER AND DANCE

The Saturday night dinner and dance is one of AAP’s most vibrant traditions! Following the plated dinner, we’ll celebrate on the dance floor the connections we’ve made and the work we’ve done. We are delighted that we will be dancing to the DJ and musical talents of Pete Dressman. [www.petedressman.com](http://www.petedressman.com)

A permanent fixture in today's Cincinnati music scene, Pete Dressman grew up in Fort Mitchell, Kentucky. A self-taught musician and songwriter, Pete has honed his guitar and harmonica skills playing weekly gigs in his hometown and beyond. Opening up for bands like Big Head Todd and the Monsters, The Steve Miller Band at one of Cincinnati's hottest summer venues, PNC Pavilion, as well as touring with G. Love and Special Sauce, Pete's diversity is clearly evident. His musical inspirations are varied and Pete has developed his own style and sound that can be described as “acoustic alternative” with just the right touch of blues and rock. His ability to create original songs that resonate with his audiences have led to his strong and loyal fan base. Pete's genuine, down-to-earth nature comes through in his song-writing and he plans to continue doing what he loves most - writing and performing music from his soul.



## BOOK TABLE

The conference book table provides attendees with a selection of books written by our presenters for purchase. Checks and credit cards, except American Express, are accepted. No cash, please.

## SUNDAY MORNING CLOSING EXPERIENCE

The closing experience, our final community meeting, is an opportunity to review and integrate the week’s experiences. The closing experience is a chance for final connections and facilitates the transition back to family, friends, and work.

# Virtual Options

NEWS  
- CULTURE  
- ECONOMIC  
- FINANCE  
- BUSINESS  
- MEDIA  
- PEOPLE  
- CREATIVE  
- TUTORIALS  
- INVESTMENT  
- NETWORKING  
- VIDEO  
- MUSIC  
- FILMS  
- SEARCH  
- CONTACTS  
- MESSAGES  
- EUROPE  
- AMERICA  
- ASIA  
- AFRICA

Please note we have virtual options for those who are not joining us in person. All three of our plenary sessions will be live-streamed. During the time of the live-streaming virtual participants will not be able to interact with those of us who are attending in person. Nothing will be recorded. Please note the virtual process groups and workshops are available to participants during the regular conference hours. Hospitality options for those not attending in person will be available and links will be sent to virtual participants during the conference hours. If you experience any technical difficulties while participating virtually please contact Greyson Mullins at 770-854-2325 or email him at amullins31@gatech.edu. Virtual registrants will receive detailed instructions each morning for joining the conference virtually.

*Please make sure to download Zoom for free if you do not already have it.*



<https://zoom.us/download>

*For technical support during the conference please contact:*

**GREYSON MULLINS**

Cell: 770-854-2325

Email: amullins31@gatech.edu

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

**MICHELLE LAVOY**

Cell: 518-240-1178

Email: aap@caphill.com

**TECH SUPPORT**

# The Program

*\* Please note: based on CDC recommendations we may need to pivot to meeting entirely online. If this occurs, workshop availability may change \**

THURSDAY, FRIDAY, SATURDAY PLENARIES  
9:00AM – 12:15PM

## THURSDAY PLENARY I

***Hidden in Plain Sight:  
How Men's Fears of Women Shape Their Intimate Relationships***

It is counter-intuitive to suggest that men are afraid of women, and challenging to examine the ways in which men are also harmed by the systems they create to oppress others. Men are most frightened of women in their intimate relationships, but those fears remain underground, hidden from women and from men themselves. Nonetheless, these fears are among the most powerful and pervasive shapers of the interior lives of men and their intimate relationships. When we stereotypically reduce our understanding of men in intimate relationships as commitment-phobic, emotionally withholding, or shut down, we do a disservice to men and profoundly misunderstand what is happening in their relationships. Understanding the fears that lie beneath these defensive postures in men changes everything. **(3 CEs, Open)**



**Avrum Weiss, PhD.** Dr. Weiss is a psychotherapist, author, and teacher. His work as an author has focused on some of the larger questions in the field that have gone largely unexamined, such as his book on the process of change. Similarly, his decade-long work on men's fears of women is an effort to explicate critical aspects of men's internal experience that have been largely unrecognized. Dr. Weiss' fourth book "Hidden in Plain Sight" is scheduled to be released this fall. He is a regular contributor to the "Psychology Today" website and has given over 100 professional presentations. Dr. Weiss practices psychotherapy and supervision online, and is currently working on a book about the impact of siblings on individual development. He lives in Vinalhaven, an island off the coast of Maine.

*"Men are afraid that women will laugh at them.  
Women are afraid that men will kill them."*

*– Margaret Atwood*

## FRIDAY PLENARY II

### ***Keeping it Real--Struggling for Authentic Connections Across Differences: An Existential Challenge***

Existential issues weave throughout all of our work as psychotherapists. This plenary will focus on the vital role that having choices, finding meaning in life, feeling connected, and confronting our losses plays in human lives. In order to be fully alive, we must move past our differences, risk vulnerability, and confront "the givens of existence." In this plenary we will combine didactic and experiential experiences to explore these issues together. Each of us will present material drawn from our very different histories and our practices to highlight existential thinking in our work as well as the development of our close relationship. We will do a demonstration group and then have breakout groups for members to discuss their reactions and learnings. **(3 CEs, Open)**



**Maryetta Andrews-Sachs, LISW, CGP, FAGPA**, received her MSW from the University of Chicago in 1968. She has been a member of the Washington School of Psychiatry's Group Therapy Faculty since 1975 where she has been both Dean and Chair. She has also served as Chair of the Faculty Clinical Counsel, and on the WSP Board for eight years and served as President of the Mid-Atlantic Group Psychotherapy Association. She has been Chair of the Affiliates Societies Assembly for the American Group Psychotherapy Association, and served on the AGPA Board and Executive Committee. Currently, she is Co-Chair of the Online Institute

Committee for AGPA, and a member of the Board of the Group for Advancing Mental Health of AGPA. She is an AGPA Fellow. Maryetta also teaches a course in Group Therapy at Howard University's School of Social Work. She has a private practice of individual, couples, and group therapy in Washington, DC.



**Farooq Mohyuddin, MD, CGP, FAPA, FAGPA**, is a psychiatrist and an educator. He is currently the Chair of Psychiatry Training and Director of the Psychiatry Residency Training Program at Saint Elizabeth Hospital, Washington, DC. Dr. Mohyuddin is past Chair of the National Group Psychotherapy Institute, Washington School of Psychiatry. He is the immediate past president of Washington Psychiatric Society. He is an assistant clinical professor of Psychiatry at George Washington University, and at the School of Medicine and Faculty at Howard University School of Medicine. His primary interests include medical education and group

psychotherapy. He is a member of the Administration and Leadership Committee of the national think tank, Group for Advancement of Psychiatry. He is the past President of the Mid-Atlantic Group Psychotherapy Society. He is also the Co-Chair of the Public Affairs Committee AGPA. He is in private practice in Alexandria, VA. He has presented and published on a wide range of topics in Psychiatry.

## SATURDAY PLENARY III

### ***Spy in the House of Men***

Penny Sterling was 54 years old when she began transitioning. Her announcement to family, friends and coworkers was almost universally met with love and support, but also with many questions. She answered them as best as she could. That was pretty good, apparently, because they told her she should write a book. Instead, she wrote a proposal for a show called "Spy in the House of Men," for the Rochester, NY Fringe Festival in 2016. Her show was popular beyond her wildest expectations, and she has since performed it nationally over 40 times. Penny has several TEDx Talks and her storytelling skills and unflinching humor give cisgender viewers an opportunity to see life from an often hidden perspective, giving them greater understanding of what it means to be transgender.

Following Penny Sterling's presentation of "Spy in the House of Men," Penny will join with three AAP members, Lori Oshrain, Orion Crook, and Samir Patel, for an uncurated conversation focusing on how the presentation affected them personally. Their conversation will explore ways that Penny's monologue challenges the mainstream discourse about gender and also perhaps its impact on the formation of self for those who fall outside the gender binary. Through this dynamic engagement, the participants hope to find ways to deepen connectedness with each other. **(3 CEs, Open)**



**Penny Sterling** received her Bachelor of Arts in Drama from Ithaca College in 1981, and her MAC in Communication from the University of North Carolina in 1984. She spent the next 30 years working in television production, producing and directing public affairs programming, instructional television, children's shows, newscasts, advertising, and live sports-related programming. She is a stand-up comedienne and playwright, as well as an adjunct professor in the Communications Department at St. John Fisher College in Rochester, NY. Penny lives in Rochester, NY with her two children and her cat Betty.

"I'm not OK. You're not OK.  
And that's OK."  
- Sheldon Kopp

## PLENARY III – PANEL MEMBERS



**Lori Oshrain, PhD**, is a licensed psychologist in private practice outside Chapel Hill, North Carolina. Lori received a BA in Anthropology from University of Oregon and a PhD. in Clinical Psychology from UNC Chapel Hill. A lifelong “Misfit toy” and identifying as non- binary, Lori has worked extensively with gender creative individuals, spouses and families, and has offered consultation for community groups, medical students and therapists. Lori believes that compassion can free us from shame and through our differences make the world a more interesting place.



**Orion Crook, LPC** In the West End of Atlanta, Orion psychotherapy studio office holds space for adolescents and adults who are seeking to engage in a therapeutic-relationship-ritual with a licensed professional counselor. Grounded in their Humanistic foundation from the University of West Georgia, they often encounter the lived struggles of trauma, gender, sexuality, and loss with positive regard, with an ear for metaphors, and an interest in experiential Expressive Therapies. At the intersection where art meets therapy Orion founded and runs the Therapeutic Artists Residency, which offers four Atlanta artists free individual and group counseling for a year and ends in a showcase of their work.



**Samir Patel, MD, MPH**, is a psychiatrist in private practice, 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, gender, sexuality, and nationality and its impact on interpersonal experiences and psychopathology.

## TRAINING INSTITUTES

WEDNESDAY 2:00-5:00PM  
& THURSDAY 3:15-6:15PM

### *T1a/b. Part 1: The Neuroscience of Resilience: Hype or Hope*

Resilience is the 2021 word of the year. Putting science behind the hype may create a path toward hope. Join me as we investigate the concept of resilience as it relates to you. We will explore not only how to strengthen your resilience, but also how you are resilient. Note: Training Institutes are open to members only and require a commitment to attend subsequent sessions at future conferences. **POSTPONED** (6 CEs, 24 participants, IN PERSON ONLY)

**Kristie Nies, PhD**, a board-certified neuropsychologist and registered yoga teacher, is no stranger to change. Resilience, as a concept, has been a more recent exploration, however, as she sustained a traumatic shoulder injury that required surgery and extended recovery during the pandemic. Recent job change and geographic relocation have continued to fuel the pursuit. Dr. Nies is a frequent presenter for AAP.

### *T2a/b. Part 4: Exploring Gender Creativity: An Ongoing Training Institute* (open only to previous participants)

This is part four of an ongoing Training Institute. The intention of this institute is to both deepen our 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. **(6 CEs, 14 participants in person and 14 participants if virtual)**

**Lori Oshrain, PhD**, is a licensed psychologist in private practice outside Chapel Hill, North Carolina. Lori received a BA in Anthropology from University of Oregon and a PhD in clinical psychology from UNC Chapel Hill. A lifelong “Misfit toy” and identifying as non-binary, Lori has worked extensively with gender creative individuals, spouses and families, and has offered consultation for community groups, medical students and therapists. Lori believes that compassion can free us from shame and through our differences make the world a more interesting place.



### THURSDAY ONE-DAY WORKSHOPS

#### 1. Engaging Across Generational Differences

What is a meme, how does it communicate a shared experience, and what makes it funny? Alternatively, what is a phone tree, and how do you actually write a paper check? In life and in therapy, we often need to connect with individuals who grew up in a radically different world: with different scripts, different expectations, different economic pressures, and even a different climate. We will also examine how powerful intersections of gender, cultural, and racial difference impact age and identity. In this workshop, participants will explore their own generational identity and ways that identity affects our worldviews. We'll learn to connect across those obstacles and overcome generational divides through group process. In particular, we'll focus on connecting with people significantly younger, or significantly older, than ourselves. We'll also learn ways to assist others in building those connections with one another, as when working with a family or a group. **(3 CEs, 20 participants in person and 20 participants if virtual)**

**Lauren Gardner** is a licensed clinical mental health counselor and former counselor-educator based in Chapel Hill, NC. Lauren received her clinical training in humanistic and existential psychotherapy at the University of West Georgia, which she completed in 2012. Since then, she has worked in hospital and university settings, and has provided clinical supervision to mental health counseling students at North Carolina State University. She has been in private practice in North Carolina since 2015, working with adults and couples.

#### 2. Drumming for Wellness: How to Create a Dynamic, Inclusive, Culturally-Aware Community

Drumming for Wellness modern-day drum circles are more than just a hippie fad. Come and have an experiential learning of how drum circles can be fun and transformative healing interventions by using the most effective instrument, the whole body! NO experience necessary, drums will be provided. **(3 CEs, 30 participants in person and 30 participants if virtual)**

**Cynthia D. Jones, MS, LCMHCS**, received her bachelor's degree in psychology from the University of California Irvine and her master's degree in counseling from University of North Carolina at Greensboro. Officially licensed since 1999 in the state of North Carolina, she has been active in the field of mental health for over 28 years. Cynthia worked in the Duke University Department of Psychiatry and Behavioral Sciences for 24 years before she retired to her present career as a therapist in private practice. For the last five years, Cynthia has participated and trained as a member of the Drum Circle Facilitator's Guild (<https://www.dcfg.net/>).

3:15 – 6:15PM

#### 3. Countertransference: Boundaries in the Many Faces of Change

The therapist's work involves managing the full spectrum of feeling responses regardless of who we have in our chair. In this experiential group we will learn about attending to and accepting our sometimes intense emotional reactions, and utilizing them effectively in therapeutic relationships. **(3 CEs, 10 participants in person and 12 participants if virtual)**

**Tandy Levine, LCSW**, is a long-time AAP member with a 40+ year practice in Washington, DC. She focuses on individual, group and couples therapy. She is a clinical instructor of Psychiatry and Behavioral Sciences at The George Washington School of Medicine and Health Services, as well as serving as a National Council Member of the Brown School of Social Work at Washington University in St. Louis. She is a past Executive Councilor and is the current National Meetings Chair for AAP.

#### 4. Seeing the Water We Swim In: Dynamic Engagement with White Culture

"Trauma decontextualized in a person looks like personality. Trauma decontextualized in a family looks like family traits. Trauma in a people looks like culture" - Resmaa Menakem  
Regardless of our own race and identity, we, in America, are all "swimming in" the dominant culture of Whiteness. Using reading, personal storytelling, and discussion, this workshop will strive to help us understand more of how the tenets of White Supremacy Culture affect us on a day-to-day basis personally, professionally, and organizationally. **(3 CEs, 12 participants in person and 12 participants if virtual)**

**Liz Marsh** is a clinical social worker and art therapist in private practice in Washington, DC. Liz has spent over 10 years combining her love of relational therapy and the expressive arts to help her clients get to know themselves and find deeper connection in their relationships with others. Liz strives to help each of her clients find their personal agency and, therefore, sees mental healthcare as tool for social justice.

"If you don't heal what hurt you, you'll bleed on people who didn't cut you." - Anonymous

**5a. Not Me: Those Who Don't Know What's "Right" Like I Do**

How do we remain connected in recent times of large cultural shifts? In this process group for men, we will learn more about how we respond to people who don't look, think, believe, smell, talk, or love like I do - AKA everyone that is not me. We'll explore how we empathize, understand, love, intentionally connect with and disconnect from one another. **(6 CEs, 12 participants, men only)**

**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 scholarship recipient of the Academy (2010), Co-Chair of the 2017 I&C and various other committees, and is becoming a frequent presenter for the Academy.

**Dr. Ron Del Moro** is a holistically-minded psychotherapist with over 15 years of experience assisting individuals, couples, families, and groups. Ron has a PhD in mental health counseling, a Masters degree in marriage & family therapy, and a specialist degree in education from the University of Florida. Ron earned numerous certifications and training experiences in a diverse array of healing modalities while traveling abroad and living/working at the Omega Institute for Holistic Studies. Ron has a private therapy practice in Washington, DC and works as an organizational wellness consultant internationally.

**6a. The Winds of Change**

Change is upon us and we respond as relational dynamics shift. The winds blow strongly, sometimes with force or perhaps a warm gentle breeze, or a transformative hurricane force tearing through the world. Ultimately, it's about relational connectedness vs alienation. This will be an experiential process group. **(6 CEs, 11 participants in person and 11 participants if virtual)**

**Gordon Cohen** is a clinical psychologist who has 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.

**7a. The Tensions and Opportunities in Facing Differences**

In this two-day process group, we will explore the ways we connect and disconnect, affirm and deny, invigorate and deaden ourselves as we engage others who are different. We will encourage curiosity about these processes in relation to our race, gender, orientation, age, health, and political and religious affiliations. **(6 CEs, 15 participants in person and 10 participants if virtual)**

**Douglas L. Cohen, Ph.D.** has enjoyed leading psychotherapy and process groups for over 40 years. He practices in Washington, DC, where he offers group, individual, and couples therapy as well as supervision for therapists. A past president of AAP, he has led numerous workshops and process groups for AAP meetings. He and Debbara met at an AAP Summer Workshop and have been dear friends and colleagues ever since.

**8a. Connect or Not! But Dare to Engage Your Body Along the Path**

This is a six-hour experiential process group, across two days, utilizing body-centered, spoken word, and movement approaches to clinical intervention. Attendees can expect to engage in a process that is outside normative didactic or seated process work. **(6 CEs, 12 participants in person and 12 participants if virtual)**

**Brian Cross** is a licensed psychologist in private practice since 1994. He has worked in the field since 1983 in a variety of positions including psychology technician, classroom teacher, high school guidance counselor and volunteer for developmentally disabled youth. He is a relational psychotherapist mining connections from psychodynamic, existential, I-Thou and family systems theories. Brian has specialty training in learning disabilities, ADHD, neuropsychology, body psychotherapy, and sexual health. He will rely heavily on his training in Core Energetics (Certified Core Energetics Provider - 2005) and other body-centered modalities for this workshop.

## THURSDAY/FRIDAY TWO-DAY WORKSHOPS

### ***V9a. To Be or Not to Be, is that Really the Question?***

How do we choose to connect or disconnect from others when we know the relationships will have a finite ending? In this workshop we will live alongside the anxiety of impermanence, and explore our feelings about the reality that everything we create, especially the connections in the room, will end. **(NO CEs, 10 participants)**

**Dr. Jonas Horwitz** is a licensed psychologist in private practice in Durham, NC. He obtained a BA from the University of North Carolina at Chapel Hill and a PhD from Virginia Commonwealth University. He is the author of "How to Stop Feeling So Damn Depressed: The No BS Guide For Men" (New Harbinger, 2018). Dr. Horwitz leads long-term process groups for clients as well as groups for psychotherapists. He is currently writing his next book: "Swimming Through Anxiety: How to Stay Afloat in a Nerve-Wracking World".

**NOW VIRTUAL**

### ***V10a. Coming Out of Hibernation: Is It Safe?***

As we reemerge, the global pandemic and racial reckoning have damaged many people's conscious and unconscious sense of safety. Do we stiffen when touched? Throw caution to the wind in a hunger for life? This process group will enhance our awareness of lingering effects of the pandemic and sociopolitical upheaval. **(6 CEs, 12 participants)**

**Matthew Burgess Leary, PhD**, is a licensed psychologist in Bethesda, MD and Charlotte, NC. He is a former graduate psychology professor, and currently works in private practice with children, adolescents, adults, couples, and families from an existential/humanistic, attachment, and systems perspective. He has needed all those perspectives and more this year, and is excited to co-lead with Angela and be with group members in exploring how we have all adapted to the tumultuous times.

**Angela Cerkevich, PsyD**, practices in the Washington DC area and works with adults in groups, couples, and individual therapy. Her COVID life includes copious Peloton rides and creating a homestead in Vermont. She is excited to co-lead with Matthew as a way to explore and digest the seismic shifts occurring in community and culture.

**NOW VIRTUAL**

## THURSDAY *VIRTUAL ONLY* ONE-DAY WORKSHOP

### **V1. Your Penis & Vulva Don't Matter to Me: Or Do They?**

In this process group, participants will explore the evolving role of gender in society, its impact on our individual psyches, our resistance to expanding its definition, and how we connect or disconnect based on those assumptions and expectations. **(3 CEs, 12 participants)**

**Sharilyn W Hafkin** is a practicing psychotherapist in Washington, DC. She graduated with a Master's degree in counseling education specializing in mental Health counseling from the University of Florida. From 2012-2014, Sharilyn completed a clinical program in psychodynamic psychotherapy and the National Group Psychotherapy Institute Program at The Washington School of Psychiatry. As a licensed professional counselor and certified group psychotherapist, Sharilyn works with individuals, groups and couples.

**Brooke Bralove, LCSW-C** is a licensed clinical social worker, psychotherapist, sex therapist, and Certified Daring Way™ Facilitator, specializing in treating adults, couples, and groups with depression, anxiety, and relationship challenges. 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 almost 20 years.

***For technical support during the conference please contact:***

**GREYSON MULLINS • CELL: 770-854-2325 • Email: amullins31@gatech.edu**



**<https://zoom.us/download>**

## THURSDAY/FRIDAY *VIRTUAL ONLY* TWO-DAY WORKSHOP

### **V2a. How Creating New Pariahs Threatens Connection**

In choosing, for whatever reason, to attend this conference virtually, are we a new class of social pariahs? Has this choice threatened longed-for connection? If so, how? Are we inviting pariahs' stigma? Can we survive on a diet of zoom? **(6 CEs, 11 participants)**

**Lenore M Pomerance** graduated with a degree in history from the UC Berkeley and received an MSW from The Catholic University in Washington, DC where she had a private practice of psychotherapy. She has specialized in chronic and terminal illness and mid-life issues of menopause, sexuality, and aging. She has co-led and led workshops reflecting all of these interests at AAP. Since the COVID pandemic she has relocated to a rural area and conducts all of her work virtually and has no immediate plans to return to her pre-COVID life.

## FRIDAY ONE-DAY WORKSHOPS

### **11. Dyads in Treatment: Sex Therapy, Couples Therapy, and Addressing Issues Specifically Sensitive to LGBTQ Couples – *Ethics***

The ethical treatment of partnerships presents unique challenges and opportunities. Treatment of hetero or LGBTQ partnerships and sex therapy requires knowledge of specific ethical rules and potential missteps. Attention to best practices treating couples, LGBTQ, or when providing sex therapy will enhance quality of care, protecting both clinician and clients. **(3 CEs, 30 participants in person and 20 participants if virtual)**

**Steve Eichel** is a licensed and board-certified psychologist who is also certified in sex therapy, EMDR, clinical hypnosis, and addictions treatment. He rejoined AAP in 2010 and has been an active member since.

**Laurie Paul, PhD**, is a licensed psychologist. Dr. Paul graduated with her doctorate in clinical psychology in 2014 from The New School, an APA-accredited PhD program in New York City. While in graduate school, she spent five years as part of a research team examining the psychological impact of breast cancer on lesbian and bisexual women and on

Latina women, with a focus on social support, family support, and doctor-patient relationship. She also spent six years as part of a research team studying how clients and therapists negotiate racial, ethnic, and cultural differences in psychotherapy. Dr. Paul completed a postdoctoral fellowship in psychodynamic psychotherapy at The Karen Horney Clinic in New York City. She currently works in her private practice in Chevy Chase, MD, specializing in anxiety, OCD, and couples therapy. She is an Adjunct Professor of Psychology at American University and gives continuing education trainings on multicultural psychology and the LGBTQ community for the DC Psychological Association.

**Robert G. Rosenblatt, PhD** has been providing psychotherapy to individuals, couples and groups for over 40 years. The current emphasis of Bob's practice is providing clinical supervision and practice management in order to help other psychotherapists construct thriving private practices. Bob is deeply committed to what he does and believes that he has much to offer. Besides work, Bob loves to spend time with family (especially grandchildren), at the beach, golfing, cooking, and traveling.

### **12. Understanding Antiracism as an Outcome of Cultural Humility and Racial Healing**

This workshop interrogates our relationship to race, racism, and culture and their impact upon our construction of self, our interpersonal relationships, and the work we do as psychotherapists. We will engage in intrapersonal, interpersonal, and institutional reflection to discern the dynamics we experience with those who hold different identities. **(3 CEs, 20 participants in person and 20 participants if virtual)**

**Dr. Marlon Johnson** (He/Him) is an Assistant Professor of Counselor Education at Seminary of the Southwest in Austin, Texas. He owns a private practice and consulting firm as a licensed professional counselor which seeks to support organizations in developing more inclusive cultures and community outreach strategies. Dr. Johnson received his PhD in counselor education from the University of Tennessee, Knoxville upon the completion of his dissertation "We Have to Feel Like We Belong: A Narrative Inquiry on the Recruitment Experiences of African American Men within Master's-Level Counseling Programs." His work centers on culturally-inclusive recruitment and retention processes in counselor education and strategies to support client growth at the intersection of race, spirituality, religion, and sexuality. Dr. Johnson is currently working to develop a community-based strategy to engage and educate clergy and mental health professionals in practices of racial healing. He is also serving as the Social Justice and Human Rights Interest Network Chair for the 2021-2022 cycle of the Southern Association for Counselor Education and Supervision.

### 13. Ambivalence, Risk and Morality

This workshop will provide a forum for participants to examine their own journeys during these challenging and impactful times. The presenters will facilitate exploration of the ambivalences, risks and morality of the decisions we are making in our professional and personal lives. **(3 CEs, 12 participants in person and 12 participants if virtual)**

**Maureen Martin, LCSW**, has been a grateful member of AAP since 1984. She has grown into the person and the therapist she is because of the gifts she has received and the work she has done in the Academy. She believes in constant growth and adaptation to the changes, challenges and opportunities of life.

**Dairlyn Chelette** has been a licensed clinical social worker for 34 years. She spent ten years in psychiatric social work and 23 years in full time psychotherapy practice. She has specialty training in couples therapy and family systems models. A member of AAP for 29 years, she has served on numerous committees and focused on the development of programs and conferences for advanced psychotherapists, and contributed to *Voices*. In response to a missed shot during a heated game of pickleball with her co-presenter, she exclaimed, "I hate ambivalence!" which inspired this workshop.

### 14. Who Am I Now? The Side Effects of Healthy Parenting Are That My Children Will Leave and No Longer Need Me in the Same Way

Bite my tongue. When does parenting stop? Remember holding your beautiful baby in your arms, its very existence dependent on everything you do? The sign of a job well done means that your children use their wings and fly...away. I invite you to come and sit with me as we discuss the dynamic transition from "consultant" vs. "manager". **(3 CEs, 8 participants in person and 8 participants if virtual)**

**Jill Smith** is a licensed independent social worker of clinical practice supervisor (LISW-CP-S). She has been in private practice for 19 years. She has built a private practice group of nine therapists with two offices. The best part of her practice is the ability to still see couples and individual clients, and to mentor younger therapists. Jill is a certified EFT counselor and is currently working to become an EFT supervisor. Jill lives and practices in South Carolina.

## THURSDAY/FRIDAY WORKSHOPS CONTINUED

V5b. Arey/Del Moro

8b. Cross

6b. Cohen, G.

9b. Horwitz

7b. Cohen, D.

V10b. Leary/Cerkevich

## FRIDAY/SATURDAY TWO-DAY WORKSHOPS

### 15a. Radical Permission: How Do We Offer Ourselves Consent to Attend to Our Inner World in the Midst of an Ever Changing Environment?

Radical Permission is a daily practice of offering oneself permission. Since 2018, Hayden has explored this practice. In this workshop, Hayden will share his approach, and we will collectively explore our inner worlds in giving ourselves consent. Together, we will question what this means to the community and individuals. **(6 CEs, 10 participants, IN PERSON ONLY)**

**Hayden Dawes, LCSW, LCAS**, is an aspiring compassion warrior, social worker, mental health and intersectional therapist. Hayden is also a PhD student at the University of North Carolina-Chapel Hill's School of Social Work, where his research aims to promote the mental health and social well-being of people of color and LGBTQIA+ individuals. During the COVID pandemic, Hayden expanded his permission slip practice to create #radicalpermission for the greater community across social media to encourage people to set daily intentions.

### V16a. The Dark Side of Helping: How I Avoid Dynamic Engagement

Lee has found that chronic helping is a serious limitation to intimacy and dynamic engagement and can become obvious and/or subtle ways of competing for social dominance. Participants will be asked to do their best not to help during the time together, and to limit their conversation to "I" statements. **(6 CEs, 9 participants)**

**Lee Blackwell, Ph.D.** is in private practice in Newport Beach and Huntington Beach, CA, specializing in couples therapy and sexual issues. After receiving his PhD from Florida State University, he received training in human sexuality at the Kinsey Institute, and then sex therapy in the Human Sexuality Program at UCLA, staying on as a supervisor and then as 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 the American Academy of Psychotherapists. While at UCLA Dr. Blackwell organized several conferences on treating the sexual problems of adults who were molested as children. He was also an assistant clinical professor in the UCLA Semel Institute for Neuroscience and Human Behavior from 1993 to July, 2018. He is a past president and fellow of the American Academy of Psychotherapists.

**NOW VIRTUAL**

### V17a. Facing Our Conscious and Unconscious Biases about Women for Women: A Workshop and Process Group for Women of All Ages

We cannot be perfect but we can open to our misconceptions, assumptions, judgments and fears about what it has meant and means to be a woman. Come invited and challenged in these times to examine internalized biases appearing invisible both to ourselves and our clients. Brave the opportunity in the safety of confidentiality to discuss and experience how our lived experiences affect our relationships and work. Education is in the experience of growth and change. **(6 CEs, 8 participants)**

**Kathryn Van der Heiden.** Coming from a multilingual and multicultural background, Kathryn has had considerable experience with cultural biases. With degrees in counseling and art therapy, she has worked in private practice in Ohio with individuals, couples, and groups for 40 years. During the pandemic, she has been primarily working virtually. Trained in Gestalt therapy, bioenergetics, art therapy, and relational therapy, she also studied at the Jungian Institute in Zurich. Kathryn has worked with young women between 16 and adulthood and with the biases that have affected their lives. She has witnessed a change in women's self-awareness in general and their growing belief in their own competence over time. Kathryn has studied with a number of remarkable women therapists and it has opened her eyes to the historical context of women's growth and belief in themselves.

**NOW VIRTUAL**



### 18a. Caring is an Active Process: Practicing and Expanding our Awareness as We Interact With Others

However we identify ourselves, it's essential to consciously balance our own wants/needs with those of people around us. If we objectify others as we develop relationships, we oversimplify the delicate dance of the social world. We will jointly create a container for expanding our awareness of how we "dance" with others. **(6 CEs, 12 participants)**

**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 EC for seven of them. His proudest accomplishment, though, is the family he has built with his co-presenter, Lisa, over the course of their 48-year relationship.

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

**NOW VIRTUAL**

### 19a. "The Fourth Turning: An American Prophecy": What the Cycles of History Tell Us About America's Next Rendezvous with Destiny

"THE FOURTH TURNING: AN AMERICAN PROPHECY," by William Strauss and Neil Howe. This process group invites participants to experience in vivo deep personal sharing within this theme-related context. The above book predicts that the profound social and environmental global upheavals of recent years will continue for another decade. The participants will explore how to meet these crises through dynamic engagement and synergy. **(6 CEs, 14 participants, IN PERSON ONLY)**

**Penelope Penland, Ed.,** is a 40+ year member of AAP, holding a doctorate in counseling psychology from Boston University. A licensed psychologist in Santa Fe, New Mexico, she practices as a psychotherapist, coach, workshop presenter and consultant in conscious philanthropy and estate planning. Penelope's decades' long involvement with the Santa Fe Institute, the world's first center for the study of complex adaptive systems, is background for exploring the approach to time as cyclical, not linear, and links to fostering robustness and resiliency through relational connectedness in turbulent times.

## FRIDAY VIRTUAL ONLY ONE-DAY WORKSHOPS

### V3. Resistant Techies: Utilizing Tele-Therapy Begrudgingly

We will explore the ways we kept our practices and personal lives afloat utilizing technology and other means. We will explore our resistance regarding these platforms, what worked and what did not. Some focus will be devoted to why we choose to stay virtual for this conference when an in-person option was available and we prefer in-person overall. Participants will have an experiential, process-oriented training devoted to exploration of how we have survived, possibly thrived and stayed connected during tumultuous times. **(3 CEs, 12 participants)**

**Jillian M. Thomas, LPC, RYT**, has been working within the military community and in private practice for 20 years. To reach a wider population she opened up Camden Wellness, a holistic, integrative medical practice that offers yoga, psychotherapy, and other therapy modalities. Fusing movement and traditional psychotherapy methodologies has been the focus of her work for the past several years as well as enjoying lake life, and her family and friends.

**N. Mendie Cohn, Ph.D.** 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.

### V4. Dynamic Re-Engagement Through the Lens of Racial Bias

We all have some degree of racial bias. How might our unconscious bias create challenges in our clinical practice? In this workshop we will watch brief videos that demonstrate bias and reflect on them through self-interrogation and group sharing. **(3 CEs, 10 participants)**

**Cathy Roberts, LCPC**, is a licensed counselor providing individual and couples therapy to residents of MD, VA, and WV, most recently all virtual. In addition, Cathy has presented dozens of workshops and racial reconciliation circles locally and nationally. Her areas of interest include intergenerational trauma, bias, and racial identity development. Cathy and Venetia have four years of experience working together to increase individual and organizational awareness of bias so that bias can be dissolved.

**Venetia Bailey** is trained as a trauma-informed leader and STAR (Strategies for Trauma Awareness and Resilience) practitioner, assisting individuals address trauma healing needs and building resilience strategies. Additionally, Venetia has presented various workshops on racial reconciliation and self-care, and facilitated racial reconciliation and restorative justice circles. Her areas of interest include intergenerational trauma, dismantling structural bias, and restorative justice.

## THURSDAY/FRIDAY VIRTUAL TWO-DAY CONT'D.

### V2b. Pomerance

## SATURDAY ONE-DAY WORKSHOPS

### 20. Useful Storytelling: Storytelling Skills for Deeper Connection and Understanding of Ourselves and Others

Come and join Penny in learning to connect with others on an emotional level through storytelling. This exploration of her storytelling method of gaining understanding for the human condition will continue the lessons learned in the plenary, *Spy in the House of Men*. Participants will learn to write and tell a personal story connected to an emotional event in their lives through Penny's storytelling techniques. **(No CEs, 15 participants in person and 15 participants if virtual)**

**Penny Sterling** began transitioning at age 54. An adjunct professor at St. John Fisher College, she is also a comedienne and playwright. She wrote a play, *Spy in the House of Men*, and began performing it nationwide. Penny's storytelling skills and unflinching humor give cisgender viewers an opportunity to see life from an often hidden perspective, giving them greater understanding of what it means to be transgender.

### V21. Men and Women Working Together to Understand Men's Fears in Intimate Relationships

This workshop is limited to heterosexual couples with both members attending. The men in the workshop will have the opportunity to explore their fears of women in intimate relationships. The women will learn about men's experiences and talk with other women about their reactions. Finally, the men and women will talk with each other about their reactions. **(3 CEs, 12 participants)**

**Dr. Avrum Weiss** has been in the independent practice of Psychotherapy since 1986. He currently serves as a consultant for Jewish Family and Career Services in Atlanta, GA and the Islands Community Medical Services in Vinalhaven, ME. His fourth book, "Hidden in Plain Sight: How Men's Fears of Women Shape Their Intimate Relationships" is scheduled to be released this Fall. He has given over 100 professional presentations.

**NOW VIRTUAL**

## SATURDAY ONE-DAY WORKSHOPS

### V22. *Ethics and Vulnerable Populations: Seniors, Differently Abled, and Children - Ethics*

Ethics and best practices for treating vulnerable clients meet the unique needs and protect the unique vulnerabilities of seniors, differently abled, and children. Whether vulnerable clients are occasional or frequent in one's practice, familiarity with these specialty ethics and guidelines enhances clinician competence, protects clinicians from potential missteps, and benefits both client and clinician. **(3 CEs, 40 participants in person and 40 participants if virtual)**

**Rebecca S. Allen** received her PhD from Washington University in St. Louis in 1994. A professor of clinical geropsychology at The University of Alabama (UA), Dr. Allen's research and clinical interests are: 1) interventions to reduce the stress of individuals, family, and professional caregivers within the context of advanced chronic or terminal illness; 2) the cultural dynamics of healthcare decision making; and 3) clinical training, particularly ethics, LGBTQ+ issues, and strategies for empowering individuals in community-based participatory research. Dr. Allen is a fellow of the Gerontological Society of America and the American Psychological Association. She is Editor for the *Americas of Aging and Mental Health* and Senior Psychologist for the Geropsychology Clinic at UA.

**Alan L. Marcus, PhD**, Director of Sexual Health Matters, received his doctorate from Temple University in Philadelphia, PA. He then went on to become an AASECT Certified Diplomate in sex therapy, a Certified IMAGO therapist, and a Level 2 Gottman Trained couples therapist. Having Deaf parents, Dr. Marcus is also fluent in American Sign Language. He earned his certification as a sign language interpreter in 1985. Dr. Marcus has extensive experience working with clients as a sex therapist as well as a relationship, marriage, and family therapist. He also works with clients struggling with depression, anxiety, ADHD, and porn addiction. His approach is one of curiosity, inviting clients to ask themselves the hard questions as they work towards a deeper understanding of themselves. Dr. Marcus's main goal is to help clients be the best that they can be.

**Penelope Norton** practices psychotherapy in Ormond Beach, FL. She has specialized in treating children and teens from the time of her graduate training at the University of Rochester until the present. She has taught undergraduate and graduate level courses, and has supervised and trained providers to children and teens. She serves on the AAP Ethics Committee.

**NOW VIRTUAL**

### 23. *The Many Faces of Change for Women Single Again After 50*

As changes occur in our lives, we must learn to adjust to these many faces of change and how they alter our lifestyle and our interaction with others. Using the group process, we will have an opportunity to share our experience with others as well as hear how others have managed the change in their lives. **(3 CEs, 10 participants)**

**Diana Woodruff, PhD** received her doctorate from Georgia State University and has been in private practice working with adults and adolescents within the family structure. She worked with the Psychoeducational Program in the Atlanta metro area school system prior to going into private practice. Along with two partners, she founded the Pathway Therapy Center outside the metro Atlanta area. She and her husband adopted four children which was her introduction to family therapy. She studied with Gus Napier for family therapy and David Hawkins for group therapy.

**Page Robinson** is in private practice in DC specializing in supporting bright students with learning differences and ADHD, and their families. She earned her MSW from the National School of Social Service at Catholic University in Washington, DC in 2006. She has two grown children and has been over 50 and single for six years now, and plenty before that too! She finds strength, support and humor through a broad network of essential single and over-50 girlfriends.

**NOW VIRTUAL**

### 24. *Relational Connectedness*

Beneath gender, race, religion, and nationalism there is our natural relatedness. Psychotherapy gets below what separates us and to relational connectedness, the fundamental reality that unites and heals. In this primarily process group, we will explore relating that is therapeutic, whatever the many faces of change. **(3 CEs, 12 participants, IN PERSON ONLY)**

**David Doane** has degrees from Duquesne University (BA), BGSU (MA), and Kent State University (PhD). He is a psychologist licensed in Ohio and has practiced in the Toledo area for the past four decades. His interest in relational connectedness derives from his training and passion in Existential, Gestalt, and Systems psychotherapy, and most recently in Vedic wisdom.

## FRIDAY/SATURDAY TWO-DAY CONTINUED

15b. Dawes

V16b. Blackwell

V17b. Van der Heiden

18b. Makstein/Makstein

19b. Penland

## SATURDAY *VIRTUAL ONLY* ONE-DAY WORKSHOPS

### **V5. Showing Up When it Counts**

In dark times, it can be necessary to retreat inwards. Despite global crisis and the need for radical change, it has felt too risky to take a stand. In this process group, expect to re-engage with your silenced parts around serious issues. This group will be about rediscovering your voice. **(3 CEs, 10 participants)**

**Jessica A. McMillan MA, LMFT** is in private practice at home in Atlanta, GA, working with individuals, couples and families virtually. With specialization in treating eating disorders, Jessica has worked with individuals and families on the path towards weight restoration and recovery. She served as Clinical Director for Alana Recovery Center. Jessica has been involved with AAP since 2010 when she was introduced to the Academy as a scholarship recipient.



3:15 – 6:15PM

### **V6. Transformational Geography**

The Great Circle Mound, in Newark, Ohio, remains as a living monument to the sophisticated people who built earthen mound complexes throughout North America. We will visit this complex virtually and become acquainted with the meaning of its geography, as we seek to navigate the changing emotional geography of our times. **(3 CEs, 22 participants)**

**Judy Lazarus** obtained her BA in English from Mt. St. Joseph University in 1967, and her Master's in Social Work from The Catholic University of America in 1972. Judy has maintained a private practice of psychotherapy for over 40 years. She trained in Gestalt therapy, taught in the Johns Hopkins Fellows Program, and is a certified instructor for the Cuyamungue Institute. For 11 years she worked at the St. John's College Counseling Center in Annapolis.

**Belinda Gore, PhD**, is a psychologist, coach, and experienced teacher. She holds a doctorate from The Ohio State University in counselor education and counseling psychology and is licensed as a psychologist in Ohio, as well as holding the credential as Associate Certified Coach by the International Coach Federation. For over 30 years she has integrated the Enneagram system with psychotherapy and executive coaching and is an accredited Enneagram Professional with Distinction with the International Enneagram Association. Dr. Gore is a senior faculty member and partner at The Deep Coaching Institute. Since 1984 she has practiced and taught The Cuyamungue Method, developed by anthropologist Dr. Felicitas D. Goodman, and Ancient Ritual Postures as a tool for expanded consciousness. She is the author of three books about Ancient Ritual Postures.

**Jenny Otto-Stewart** is a certified yoga teacher, yoga therapy teacher, Anatomy Trains Structural Integrator, and teacher trainer in the Washington, DC area. Jenny has developed a deep understanding of anatomy and therapeutics in the domain of functional rehabilitation, bio-mechanics, and the nervous system. She has been teaching wellness/exercise programs nationally since 1980.

# Continuing Education

American Academy of Psychotherapists  
2021 Institute and Conference  
October 20 – 24, 2021  
Columbus, OH

## Accreditation Statement



JOINTLY ACCREDITED PROVIDER  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists (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) Credit Designation

Amedco LLC designates this activity for a maximum of 21.0 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) Credit Designation



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 21.0 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. 21.0 hours.

## 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. 21.0 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. 21.0 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. 21.0 hours.

## FL Board of Behavioral Sciences (FL BBS)

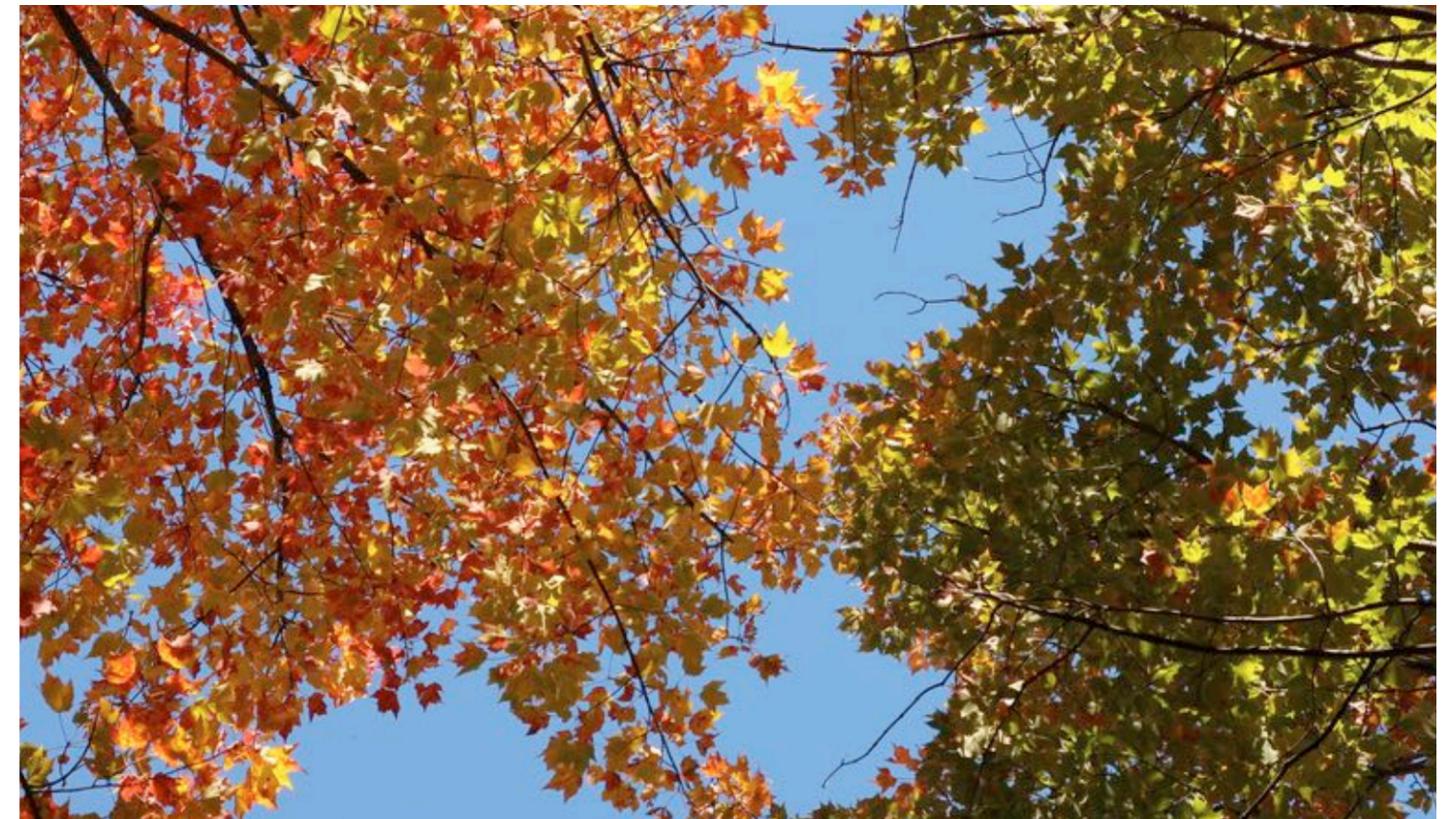
Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2023. 21.0 GENERAL Hours

## Licensed Professional Counselors Association of Georgia (GA LPC)

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.



# Workshop Planner

# Registration

Wednesday 2:00pm-5:00pm	Thursday 3:15pm-6:15pm	Friday 3:15pm-6:15pm	Saturday 3:15pm-6:15pm
Nies T1a. <b>POSTPONED</b>	Nies T1b.		
Oshrain T2a.	Oshrain T2b.		
	1. Gardner	11. Eichel/Paul/Rosenblatt <b>Ethics</b>	20. Sterling, P.
	2. Jones	12. Johnson	V21. Weiss <b>VIRTUAL</b>
	3. Levine	13. Martin/Chelette	V22. Allen/Marcus/Norton <b>Ethics VIRTUAL</b>
	4. Marsh	14. Smith, J.	V23. Woodruff/Robinson <b>VIRTUAL</b>
			24. Doane
	V5a. Arey/Del Moro <b>VIRTUAL</b>	V5b. Arey/Del Moro <b>VIRTUAL</b>	
	6a. Cohen, G.	6b. Cohen, G.	
	7a. Cohen, D.	7b. Cohen, D.	
	8a. Cross	8b. Cross	
	V9a. Horwitz <b>VIRTUAL</b>	V9b. Horwitz <b>VIRTUAL</b>	
	V10a. Leary/Cerkevich <b>VIRTUAL</b>	V10b. Leary/Cerkevich <b>VIRTUAL</b>	
	V1. Bralove/Hafkin	15a. Dawes	15b. Dawes
	V2a. Pomerance	V16a. Blackwell <b>VIRTUAL</b>	V16b. Blackwell <b>VIRTUAL</b>
		V17a. Van der Heiden <b>VIRTUAL</b>	V17b. Van der Heiden <b>VIRTUAL</b>
		V18a. Makstein/Makstein <b>VIRTUAL</b>	V18a. Makstein/Makstein <b>VIRTUAL</b>
		19a. Penland	19b. Penland
		V3. Cohn/Thomas	V5. McMillan
		V4. Roberts/Bailey	V6. Lazarus/Gore/Otto-Stewart
		V2b. Pomerance	V3. Cohn/Thomas

## KEY

Training Institutes
One-Day Workshops
Two-Day Workshops Thursday/Friday
Two-Day Workshops Friday/Saturday
Virtual Workshops

REGISTER ONLINE:

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

Or print both sides of this page and mail to:

American Academy of Psychotherapists  
230 Washington Avenue Extension, Suite 101  
Albany, New York 12203

AAP REGISTRATION INFORMATION	THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS 66TH ANNUAL INSTITUTE AND CONFERENCE Dynamic Engagement: Relational Connectedness Amidst the Many Faces of Change
Name for badge:	Reserve your room by calling The Renaissance Hotel at 614-228-5050. Reference the American Academy of Psychotherapists to receive the discounted conference rate of \$179 per night plus fees and taxes. The cut-off date to receive this rate is 9/30/2021. Based on availability, you can reserve this rate one day before and one day after the event dates.
Degree, License(s) & State:	
Address:	
Email:	
Preferred Phone Number:	
Special Diet/Special Needs:	
Would you like to be assigned an Ambassador to help navigate the conference? Y N	
May we share your contact information with your Ambassador? Y N	
AAP Members: Want to be an Ambassador? Y N	
<b>REGISTRATION FEES</b>	
Cancellations for illness: Please note that if you feel sick or are concerned you have Covid symptoms after the registration deadline, let us know and we will move you to virtual status with no extra charge. If you want to cancel altogether due to illness, we encourage you to take care of yourself and cancel. We will not charge you our usual administrative cancellation fee and will refund your payment. Please direct cancellations to Michelle Lavoy at <a href="mailto:aap@caphill.com">aap@caphill.com</a>	

**TRAINING INSTITUTES, PLENARIES, AND WORKSHOP LEARNING OBJECTIVES**

	Through 10/4/21	After 10/5/21	Your Total	WORKSHOPS
Members	\$525	\$575		<b>Plenaries on Thursday, Friday and Saturday mornings are for all conference registrants (Each: 3 CEs)</b> <b>Thursday Afternoon Workshops</b> 1st ___ 2nd ___ 3rd ___ <b>Friday Afternoon Workshops</b> 1st ___ 2nd ___ 3rd ___ <b>Saturday Afternoon Workshops</b> 1st ___ 2nd ___ 3rd ___ Would you like to register for an Open Process Group? Y ___ N ___ Is this your first AAP Conference? ___ Y ___ N ___
Member Virtual Only	\$425	\$475		
Member/1-Day Only	\$205	\$225		
Non-Member	\$575	\$625		
Non-Member Virtual Only	\$450	\$500		
Non-Member/1-Day Only	\$215	\$235		
Non-Member Former Scholars	\$525	\$575		
Students	\$200	\$200		
Students (Scholarship recipients)	\$200	\$200		
<b>OPTIONAL FEES</b>				
Wednesday Dinner Guests	\$80	\$80		<b>TRAINING INSTITUTES</b>
Saturday Dinner Banquet Choice (Please circle meal choice) Fish Beef Vegetarian	\$80	\$80		Wed Thurs Nies _____ Wed Thurs Oshrain _____
Saturday Dinner Banquet Choice (Please circle meal choice) Fish Beef Vegetarian	\$80	\$80		
CE Processing Fee	\$60	\$60		Easy Registration Options: - Fax or Email: Fax registration form to 518-463-8656 or email to aap@caphill.com - Mail: Send registration form and check to AAP, Washington Ave. Ext, Suite 101, Albany, NY 12203 - Online registration: Available at www.aapweb.com after 9/1/21 - Questions: Contact AAP Central Office, aap@caphill.com or call 518-240-1178.
<b>PAYMENT INFORMATION</b>				
Make enclosed check payable to: American Academy of Psychotherapists				
Credit Card #:				
Expires:	CSC/CVV#:			
Cardholder Name:				
Billing Address (as it appears on your credit card statement):				
Signature:			How did you hear about the AAP Conference?	

**Plenary I. Hidden in Plain Sight: How Men's Fears of Women Shape Their Intimate Relationships**

1. Participants will be able to describe the seven progressively more unconscious fears that men generally hold of women.
2. Participants will be able to describe the role of these fears in the individual psychology of men, the dynamics of heterosexual couples, and the culture at large.
3. Participants will be able to apply this information to their clinical work with men and couples.

**Plenary II. Keeping it Real—Struggling for Authentic Connections Across Differences: An Existential Challenge**

1. Analyze the impact of existential givens on our difficulty having authentic connections.
2. Describe the resistance to exploring the existential givens and the subtle ways that the resistance impacts our lives.
3. List the commonalities in existential concerns across all human beings.

**Plenary III. Plenary: *Spy in the House of Men: A One-Woman Show (with Balls)***

1. List three conditions to explore when working with a client of a non-traditional gender identity (such as transgender, non-binary, gender-queer identities).
2. Demonstrate an experiential method of mentalizing experience of another person whose socialization was impacted due to their transgender/nonbinary identity.
3. Describe ways in which traditional binary concept of gender limits our relationship with ourselves and others, including other clients.

**T1. Training Institute Part 1: The Neuroscience of Resilience: Hype or Hope**

1. Develop a personal definition of resilience.
2. Define neuroplasticity.
3. Describe the implications of neuroplasticity for resilience.
4. Identify three brain structures involved in resilience.
5. Describe the implications of white matter connections.
6. Describe two real-life functions of the frontal lobes.

**T2. Training Institute Part 4: Exploring Gender Creativity: An Ongoing Training Institute (only available to previous participants)**

**Participants will be able to:**

1. Define gender non-conformity and gender-identity.
2. Differentiate between gender, sex, sexuality, and gender role.
3. List strategies for confronting their own particular blocks to seeing the gender landscape.
4. Explain the process of transition in individuals who choose to do so.
5. List at least three surgical procedures for gender confirmation surgery in individuals who choose to do so.
6. Differentiate between view of gender as binary versus a more complex model.
7. Differentiate between old and new uses of the term queer.
8. List resources for individuals looking to understand gender non-conformity.

**1. Engaging Across Generational Differences**

1. Discuss the structural and socioeconomic changes affecting young adults in 2021.
2. Explain the concept of emerging adulthood as a developmental stage.
3. Identify three strategies for bridging generational differences with older or younger clients.
4. Predict ways that generational differences or similarities can strengthen a therapeutic relationship.

**2. Drumming for Wellness: How to Create a Dynamic, Inclusive, Culturally-Aware Community**

1. Participants will be able to describe a therapeutic/recreational drum circle and differentiate between a "drum jam" and an intentional circle.
2. Participants will be able to name the multi-cultural contributions to the field of drum circles particularly the instrument of the Djembe (West African Drum).
3. Participants will be able to evaluate this multidimensional experiential modality (moving from total body to community body, through the senses of sound, tactile, visual, interoceptive, and

proprioceptive).

4. Participants will be able to evaluate the drum as another language of communication which is inclusive and empowering, allowing interaction, exploration, and “play” regardless of age, gender, body size, or ability.

5. Participants will be able to evaluate the drum circle as an additional resource for therapy (for the “mind-body”).

6. Participants will be able to describe the techniques of drum circle facilitation that include the four elements of music medicine - rhythm, melody, harmony, and silence.

### **3. Countertransference: Boundaries in the Many Faces of Change**

1. The participant will be able to recognize feelings within oneself that may interfere with the ability to be therapeutically present.

2. The participant will be able to identify unconscious othering.

3. The participant will be able to examine one’s own biases when working with a client who evokes powerful feelings.

### **4. Seeing the Water We Swim In: Dynamic Engagement with White Culture**

1. Name tenets of White Supremacy Culture (WSC).

2. Locate common ways that WSC permeates various social structures.

3. Demonstrate understanding of WSC through personal storytelling.

### **5. Not Me: Those Who Don’t Know What’s "Right" Like I Do**

1. Describe ways that projections impact connection.

2. Discuss how perceptions of the other relate to unexamined parts of self.

3. Demonstrate methods for making genuine contact within a group context.

### **6. The Winds of Change**

1. Participants will evaluate the group composition for cohesion.

2. Participants will review the activation and illumination of the here and now within the group.

3. Participants will summarize three elements of the group’s culture.

4. Participants will identify group boundaries.

5. Participants will define a corrective emotional experience.

### **7. The Tensions and Opportunities in Facing Differences**

1. Participants will increase their clinical skill in addressing tensions that arise when facing differences.

2. Participants will increase their ability to help patients to identify and explore their unconscious biases.

3. Participants will increase their confidence and skill in eliciting previously unspoken tensions in group.

4. Participants will become better able to name subgroups and the effects of subgroups on group process.

### **8. Connect or Not! But Dare to Engage Your Body Along the Path**

1. Differentiate the four primary emotions in facial, postural, and gestural physiologic features.

2. Demonstrate the difference between the autonomic nervous system's para-sympathetic and sympathetic expressions in three areas of the body.

3. Name the primary areas of the body that hold tensions and describe these areas in functional detail.

4. Summarize three ethical means of approaching clients with body-oriented techniques that the client assents and consents to in concrete terms.

5. Compare three methods of moving and energizing 'blocks' or 'held tension' in various segments of the body.

6. Demonstrate three ways to utilize the group process to assist clients in motor activity in the clinical setting.

### **9. To Be or Not to Be, is that Really the Question?**

No CEs

### **10. Facing Our Conscious and Unconscious Biases About Women for Women: A Workshop and Process Group for Women of All Ages**

1. Define internalized biases in ourselves and others as women.

2. Learn how to speak to the issues of internalized biases.

3. Summarize how to change our words to match what we mean about ourselves as women and debunk our assumptions.

4. Discuss how internalized bias affects our clients and our lives.

5. Evaluate what have been our blind spots in our use of language.

### **11. Dyads in Treatment: Sex Therapy, Couples Therapy, and Treating LGBTQ - Ethics**

1. List and describe specific ethical requirements that apply to sex therapy, couples therapy, or treating LGBTQ.

2. List and describe best practices for clinicians providing sex therapy, couples therapy, or treating LGBTQ.

3. Identify potential ethical missteps when providing sex therapy, couples therapy, or therapy to LGBTQ.

### **12. Understanding Antiracism as an Outcome of Cultural Humility and Racial Healing**

1. Articulate the definitions of terms such as race, ethnicity, antiracism, racial trauma, cultural humility, and intersectionality.

2. Utilize the Multicultural and Social Justice Counseling Competencies to identify power, privilege, and oppression between interpersonal relationships in the counseling space.

3. Implement strategies for racial healing and cultural humility that will foster bravery and connection between clinicians and clients and between colleagues from different cultural backgrounds.

### **13. Ambivalence, Risk, and Morality**

1. Define ambivalence and how it shows up in your therapeutic work and personal life.

2. Evaluate your tolerance for risk as a therapist.

3. Name the clinical and moral principles that guide your decision making about your clients.

### **14. Who Am I Now? The Side Effects of Healthy Parenting Are That My Children Will Leave and No Longer Need Me in the Same Way.**

1. The participant will be able to describe the developmental lifespan cycle of development and discuss the launching process and the need for talking about this in their clinical work.

2. The participant will be able to identify intense feelings of grief and loss that may come up during the launching process and will be able to identify coping strategies to transition from a parenting/manager role to a supportive/consultant role.

3. The participant will be able to demonstrate healthy coping skills to creatively problem solve new ways of developing the self.

### **15. Radical Permission: How Do We Offer Ourselves Consent to Attend to Our Inner World in the Midst of an Ever Changing Environment?**

1. Articulate the primary aims of Radical Permission.

2. Identify at least two ways of giving ourselves consent in our personal and professional lives.

3. Describe obstacles in giving ourselves permission in the client-therapist relationship.

4. List at least two reasons clients can benefit from our modeling of giving ourselves.

### **16. The Dark Side of Helping: How I Avoid Dynamic Engagement**

1. Describe how helping can limit intimacy and dynamic engagement.

2. Speak in subjective terms, using "I" statements when appropriate.

3. Teach clients to use subjective language.

### **17. Coming Out of Hibernation: Is it Safe?**

1. Describe Maslow’s hierarchy of needs and how the individual's needs impact and correlate with the needs of the larger community.

2. Discuss the emotional impacts that changes in sense of safety have had on your mood and ways of relating to other people in the world.

3. Identify at least two sociopolitical shifts within the past year that have personally impacted your

work with clients.

4. Articulate and discuss how your needs for safety have shifted and how you have adapted to get your safety needs and social needs met.
5. List at least two ways in which the pandemic, BLM, and #Metoo movements have shifted your sense of safety and how that shift affects your clinical work.
6. Describe at least two elements of growth you have noticed in yourself while dealing with the pandemic and sociopolitical upheaval.

### **18. Caring is an Active Process: Practicing and Expanding our Awareness as We Interact with Others**

1. List ways that the participant has achieved enhanced understanding of the building blocks of relationship improvement to be applied to relationships, both clinical and personal.
2. List at least five common personal triggers that set off argumentative responses when interpersonal conflicts arise.
3. Discuss at least five obstacles that participants commonly struggle with that create difficulty in owning responsibly for conflicts and misunderstandings.
4. Evaluate evidence of noticeable improvements in empathetic awareness of other people's emotional pain.
5. Summarize enhanced understanding of how to protect oneself more effectively in examples of interpersonal conflicts, and conversely to also summarize enhanced understanding of personal "blind spots."
6. List self-understanding of ways that participant is being seen more completely and transparently as a result of group interactions with other members.

### **19. "The Fourth Turning: An American Prophecy" - What the Cycles of History Tell Us About America's Next Rendezvous with Destiny**

Discern how one's birthdate initiates the person into the model of cyclical, not linear, time throughout their entire lifespan, through all four turnings as follows:

- 1) The "high," a period of cultural unity and achievement
- 2) The "awakening," where the values of the old order are challenged
- 3) The "unraveling," during which institutions weaken from the challenge of the second
- 4) The "crisis," where a new order replaces the old order (where we are located presently)

1. Participants will be able to use the framework of the turnings to enhance their intellectual understanding of these phases or turnings.
2. Participants will be able to differentiate the emotional integration of the challenges and changes that occur through these phases or turnings.
3. Participants will be able to demonstrate ways to develop resiliency in the face of these turnings and will be able to implement them in their private and professional practice.

### **20. Useful Storytelling: Storytelling Skills for Deeper Connection and Understanding of Ourselves and Others**

No CEs

### **21. Men and Women Working Together to Understand Men's Fears in Intimate Relationships**

1. Participants will be able to describe the seven fears men typically have of women in intimate relationships.
2. Participants will be able to explore and articulate how those fears play out in their own relationships.
3. Participants will be able to apply that knowledge to increase their understanding of the dynamics of their own relationships.

### **22. Ethics and Vulnerable Populations: Seniors, Differently Abled and Children - Ethics**

1. Differentiate ethics and best practices for vulnerable clients (seniors, differently abled, and children) from non-vulnerable clients.
2. List unique best practices for seniors, differently abled, and children.
3. Identify potential missteps in treating vulnerable clients, including seniors, differently abled, and children.
4. Identify specific protection requirements for which clinicians are responsible when treating vulnerable clients.

### **23. The Many Faces of Change for Women Single Again After 50**

1. Describe how you believe your problems restricts connection with others.
2. Describe what keeps you living in the wreckage of the perceived future.
3. What pocket of shame do you keep hidden and how do you avoid connections?

### **24. Relational Connectedness**

1. Better address relational connectedness.
2. Better facilitate relational connectedness to overcome "othering" hidden in divisive issues.
3. Better facilitate relational connectedness to help clients deal with change and fear.
4. Use group process to better understand 1 and 2 above.
5. Foster relational connectedness in group process.

### **V1. Your Penis & Vulva Don't Matter to Me: Or Do They?**

1. Identify the evolving role of gender in society.
2. Evaluate our personal resistance to gender norms.
3. Describe barriers to connection.

### **V2. How Creating New Pariahs Threatens Connection**

1. Define pariah and stigma.
2. Discuss how the COVID pandemic has fostered stigma and being a pariah.
3. List ways to transcend pariah state to achieve/maintain connection.

### **V3. Resistant Techies: Utilizing Tele-Therapy Begrudgingly**

1. Identify the technology we have become proficient with over the past two years.
2. Explore the gains and losses of utilizing this technology.
3. Process individually and collectively our resistance to these modes and how it compares to what we previously did in our practices and personal lives.
4. Discuss ways to enhance our connections to each other, our clients, family, and friends.
5. Demonstrate our evolved tech skills.

### **V4. Dynamic Re-Engagement Through the Lens of Racial Bias**

1. Identify one area in which participants are aware of personal and professional bias, i.e., race, age, etc.
2. Name two methods of using self-interrogation to increase awareness of bias.
3. Summarize three practices participants can develop to reduce their own bias.

### **V5. Showing Up When It Counts**

1. Evaluate their own individual levels of comfort with conflict in their personal lives as well as their professional lives.
2. Estimate the impact of personal trauma on our ability to stay present and take risks with our clients.
3. Select a course of action that acknowledges and reflects both their own resilience to trauma as well as their clients.

### **V6. Transformational Geography**

1. List three practices for strengthening the hippocampus.
2. Identify three ways to disrupt fixed patterns of holding.
3. Describe the physiological effects of shifting awareness through rhythmic stimulation, known as a "bottom up" trance.