

**2021 American Academy of Psychotherapists
Mid-Atlantic Chapter Zoom Winter Workshop
Sunday February 21, 2021
2:00-5:15pm**

The Space Between: Finding Hope

The Mid-Atlantic Chapter of the American Academy of Psychotherapists (AAP) invites members, non-members, and newcomers to participate in the 8th Annual 2021 Zoom Winter Workshop, “The Space Between: Finding Hope.” The event will be held on Sunday, February 21, 2021 from 2-5:15pm and will offer **3 CE's**.

As we reflect on the past year, we hope participants will explore the theme of the many divides that have challenged us and made us more resilient: the physical and emotional distance of the pandemic, racial injustice, and the political discord in this country. As we begin 2021, our invitation to you is to see beyond the space between us and cultivate hope and resilience.

AAP - WHO WE ARE

AAP is a multidisciplinary community of psychotherapists dedicated to developing the person of the therapist. The mission of the American Academy of Psychotherapists is to invigorate and support the psychotherapist’s professional quest for excellence and growth through authentic interpersonal engagement.

With an emphasis on authentic “I-Thou” engagement, we explore the relationship between the person of the therapist and the process of therapy, in an ongoing effort to develop the art and science of psychotherapy.

As a community, the Academy seeks to provide learning and growth opportunities for both seasoned professionals and new therapists. AAP values relational workshop experiences over lecture formats and encourages authentic interaction over prescribed formality. To this end, our meetings offer process groups, experiential workshops, and therapy demonstrations in addition to more traditional didactic workshops and panels.

AAP - WHAT TO EXPECT

The winter workshop format will be a Fishbowl demonstration led by Dr. Doug Cohen, a clinical feedback and observation session, and Community Meeting. Community Meeting is a staple of how AAP members process the world around them. The purpose is to provide a shared space in which people can share their thoughts, feelings and reflections when they feel moved to do so - similar to a Quaker meeting.

1) Fishbowl: Dr. Doug Cohen, a long-standing and senior member of the Academy from Washington DC, will conduct the Fishbowl beginning at 2pm. A Fishbowl is a 'group-within-a-group' instructional method for demonstrating the group process that is visible to all attendees, and it has the potential to both clarify and amplify the power of group.

2) Clinical Feedback & Observations: Following the fishbowl, Dr. Cohen will lead a discussion with all participants in order to reflect on the experience they've just witnessed.

3) Community Meeting: Following the clinical feedback time, we will commence with a large-group experience. The MAAAP Community Meeting will be a confidential, leaderless space where people are free to share their experiences, speak what is on their mind or in their heart, and contribute to a 'container' that offers an additional means to hold the workshop experience.

EDUCATIONAL OBJECTIVES

L.O. #1: Will be able to describe an experiential approach to leading a process group.

L.O.#2: Will be able to identify moments of parallel process in the group.

L.O.#3: Will be able to describe several ways of leading a process group that enhances interpersonal connection.

SCHEDULE

2-2:10pm - Welcome & Announcements

2:10-3:25 - Fishbowl with Dr. Doug Cohen

3:25-3:35 - 10-Minute Break

3:35-4:20pm - Clinical Feedback & Observations

4:20-5:15pm - Community Meeting

*VOLUNTEERS NEEDED FOR THE FISHBOWL- If you would like to volunteer for the fishbowl, please check the box for 'Fishbowl Volunteer' when you register online. Please note that you are NOT guaranteed a seat in the Fishbowl. We will let you know if you have been selected via email. In order to be a volunteer, you CANNOT be a current or past member of Dr. Cohen's therapy or supervised clientele.

In order to receive your continuing education units you must stay for the entire workshop.

Certificates will be available following course completion at www.ceuregistration.com. You will receive an email the week after the workshop with directions on how to download your certificate.

There is no conflict of interest or commercial support for this program.

FEES

CE Fee: \$30

Non-CE Fee: \$15

*No refunds after February 6th, 2021.

REGISTRATION

To register, please visit our website at www.midatlanticaap.com. We will send a Zoom link the week of the workshop. For more information about AAP, please visit www.aapweb.com.

If you have any questions about the workshop or AAP in general, please email Sharilyn or Brooke at midatlanticaap@gmail.com or call Brooke at 202-256-4646.

Brooke Bralove & Sharilyn Wiskup, Mid-Atlantic AAP Co-Chairs