

THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS SOUTHERN REGION

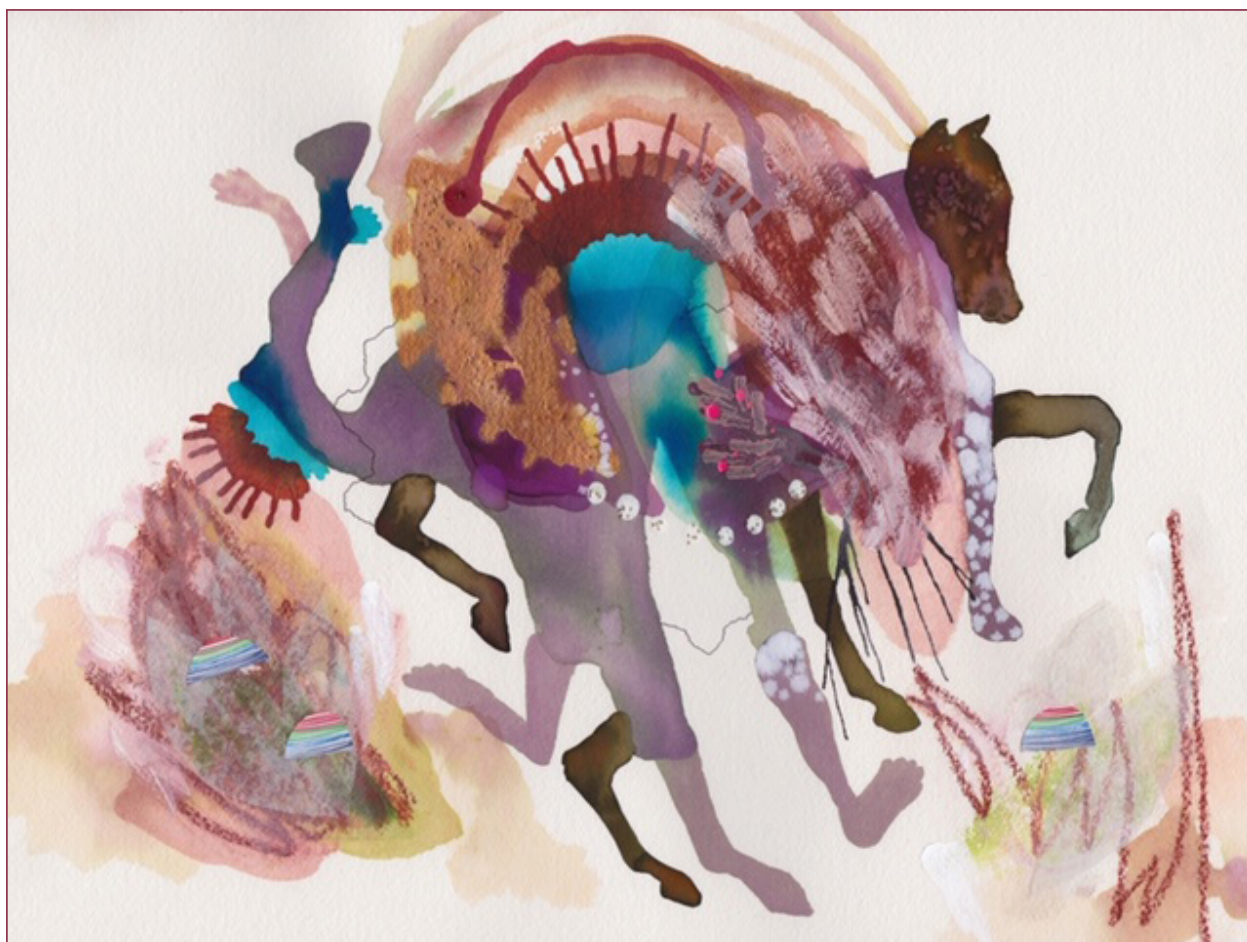
PRESENTS

2020 SPRING CONFERENCE:

Invitation to Self . . .

Training for New and Accomplished Psychotherapists

www.aapweb.com



Artwork graciously donated by Crystal Desai

MARCH 13 – 15, 2020

The Beach House Hilton Head

1 South Forest Beach Drive, Hilton Head, SC 29928

www.beachhousehhi.com

FOR RESERVATIONS CALL **855-474-2882**

**AMERICAN ACADEMY OF PSYCHOTHERAPISTS
SOUTHERN REGION
ANNUAL CONFERENCE**

March 13-15, 2020

The Beach House

Hilton Head, SC 29928

*"It doesn't interest me what you do for a living.
I want to know what you ache for.."*

- Oriah

The Invitation

When asked about the meaning of her extraordinary poem, *The Invitation*, Oriah responded, "It is the voice of my soul, calling to you, to myself, gently reminding us that we ache for something more than just continuing, asking us to remember our capacity for deep intimacy, our ability to live the meaning at the center of our lives, and to be aware of the mystery that can hold it all."

As therapists, how do we invite ourselves and our clients to live passionately, to confront and embrace all human experience from sorrow, loss and betrayal to joy and genuine ecstasy? How do we live face to face with ourselves and with the world around us and settle for nothing less than what is real? How do we learn to recognize true beauty in ourselves and in others, finding the sustenance our Spirit longs for? Echoing the words of the Irish poet and priest, John Donahue, how do we invite ourselves and our clients "to be faithful to the thresholds where beauty and pain, hope and darkness, memory and possibility, divine and human are sistered?"

Your Southern Region Committee invites you to ponder these questions as you accept our invitation to live with deep emotional intimacy during our three days together and, hopefully, beyond...

2020 AAP SOUTHERN REGION COMMITTEE

Curt Arey, Past Chair; Meredith Albert, Treasurer and new Chair; Erin Simone, Secretary; Vanessa Hebert, Barbara Sachs, Orion Crook, Anni Tuikka, Maureen Martin, Nancy Moser, Barbara Thomason and Bhavana Goel.

SITE OF THE SPRING CONFERENCE

Beach House on Hilton Head Island, is Travel + Leisure's "#1 Island in the Continental U.S." for the last four years, you'll find no place like Beach House. A world away from the sprawling, plantation-style resorts—they like to keep things comfortable, casual and conveniently close. Their sun-kissed beach, iconic Tiki Bar and live music venue, refreshing pool, and tasty Low country cooking are all right here. We invite you to kick back and relax with us.



**1 South Forest Beach Drive, Hilton Head, SC 29928
855.474.2882**

OUR MISSION

American Academy of Psychotherapists was founded in 1954 by a group of pioneering psychotherapists who sought a meeting ground for practitioners from different disciplines where live experience and demonstrations of psychotherapy would help to create open discourse. Since 1895, when Freud first realized that the analyst's emotional process played a role in analysis, our profession has needed to find ways to focus on the person of the psychotherapist as the instrument of change; this is the focus of the Academy which provides a dynamic, supportive and challenging community for the committed professional. The mission of the Academy is to invigorate the psychotherapist's quest for growth and excellence through authentic interpersonal engagement. Our purpose is:

- To enhance the person of the therapist.
- To challenge the experienced practitioner to professional excellence.
- To explore the relationship of person and process to psychotherapy.

TARGET AUDIENCE

This program is appropriate for psychologists, professional counselors, marriage and family therapists, social workers, graduate students and other professionals interested in experiential, expressive, depth process and humanistically oriented psychotherapies.

*"I urge you to let your patients matter
to you, to let them enter your mind,
influence you, change you, and not to
conceal this from them."*

- Yalom

WORKSHOP SELECTIONS

Friday PM Training 2:00 – 5:15

"One Seat at the Table-Mine"

Maureen Martin, LCSW, LMFT and Don Murphy, LMFT

Saturday All Day Workshops 9-12:15/2:45-6:00

Self Encounter – I and Thou

David Mermelstein, PhD

Growing Older, Being Bolder!

Beth Schumaker, LCSW

Barbara Thomason, PhD

What makes you alive? Bring that to the Table

Diane Christie Shaffer, PsyD

Saturday AM Workshops 9:00 – 12:15

Routes to Self-Balancing Contemplation and Conversation

David K Donlon, LCSW

Invitation to protect yourself and your clients:

Psychotherapy, ethics, and the law

Steve K. D. Eichel, Ph.D., ABPP, CST

Utilizing Group Psychotherapy to transform the Neurobiology of the Anxious Self

Jonas Horwitz, PhD

Saturday PM Workshops 2:45 -6:00

Re-Establishing Our Core

Orion Crook, LPC

Accepting the Invitation:

Moving from the External to the Internal

Barbara Sachs, LPC

Gay Men: a Deep Dive into the Self and the Existential Consequences (Good and Bad) of Psychotherapy

Thomas Sherratt, MA, LPA

TRAINING SESSION – FRIDAY

We are offering one training session on Friday afternoon from 2:00 to 5:15. Three (3) CE's are available for this workshop. This training is intended for graduate students and beginning therapists. Experienced therapists are encouraged to attend.

*****Attention graduate students: in order to be eligible for the student discount and scholarship, you must attend this training session*****

NEW TO AAP /MENTORING SESSION

We especially welcome those who are attending AAP for the first time, whether students or experienced therapists. Newcomers are sometimes surprised at our unique approach to issues and interpersonal dynamics. We invite you to meet in a short mentoring session with AAP member Nelia Rivers. She will help you understand any scheduled

and/or spontaneous events, as well as answer any questions about the conference. The mentoring session will be Friday PM from 9:00-9:30. Please check the announcement board for location.

ADA STATEMENT

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs at the time of registration. We cannot ensure availability of accommodations without notification before March 1, 2020.

SATURDAY NIGHT ENTERTAINMENT

Perhaps you have heard about the Saturday night entertainment at AAP conferences. If you haven't, you are in for a real treat, as Saturday night is often referred to as the highlight of the weekend and another of the many things that makes AAP special. We are so lucky this year to be treated to the music and entertainment provided by Jason Smith of D.J. Steel. So bring your dancing shoes!!

SPOUSES AND CHILDREN

Spouses and children are welcome at Southern Region Conferences. No registration is charged for those not attending workshops. (Lodging and meals must still be paid.) Many activities are available outside of the conference while workshops are in session.

FEES, LODGING & CE'S

The conference fee includes all meals and workshops. It does not include lodging. The Beach House in Hilton Head is offering exceptional room accommodations for the Southern Region Spring Conference. The rate per room is \$159/night for conference attendees. ***** Please make your reservations directly with The Beach House at 855-474-2882. Use group code AAP Southern Region.** The Beach House at Hilton Head is only guaranteeing rooms at the exclusive AAP rate until February 20, 2020, after which, rooms will be available for general sale. The special hotel room rate is available 3 days before and 3 days after the conference. Our program offers a possible 13.75 CE's if you attend all offerings. Fees for Continuing Education must be paid separately. If you would like to register for CE's, please include the CE fee with your registration. Details for obtaining CE credits will be provided by email after the conference is complete. For details about CE's visit www.aapweb.com

STUDENT ATTENDEES

There are two ways we assist students. We offer a student discount of \$100 off the registration fee.

Students are still responsible for lodging. The additional way we help students is through the Joel Rachelson Student Scholarship lottery. Students must initially pay the student registration fee and if you are chosen by lottery your registration fee will be refunded. All students are eligible to apply for the Joel Rachelson Student Scholar-

ship. Please indicate your desire to be entered into the lottery on the Registration form, to be randomly drawn on March 1, 2020. Please register early! **Note: Students who select the \$100 Student Discount or receive the lottery are required to attend the Friday Training Session.**

JOEL RACHELSON STUDENT SCHOLARSHIP

We are proud to continue a scholarship program in posthumous honor of Joel Rachelson, who was an AAP member, Southern Region Chair, and strong student advocate. We are offering three scholarships to Spring Conference 2020. This scholarship funds conference registration and meals. Lodging and transportation are the responsibility of recipients. Recipients will be picked randomly through a lottery process on March 1, 2020. Students interested in the scholarship should so indicate on the registration form. Please note required attendance at Training session Friday as well.

WEEKEND SCHEDULE WEEK AT- A- GLANCE

Friday, March 13, 2020

- 12:30 - 5:45 Registration
- 2:00 - 5:15 Training Session (with break)
- 6:00 – 7:30 Opening Experience
- 7:30 – 9:00 Dinner
- 9:00 – 9:30 Mentoring Meeting
(for first time attendees and students)

Saturday, March 14, 2020

- 7:00 - 9:00 Breakfast
- 9:00 - 12:15 Morning Sessions (or first half of All-Day Workshops, with break)
- 12:15 - 1:15 Lunch
- 1:30 - 2:30 Community Meeting
- 2:45 - 6:00 Afternoon Sessions (or second half of All-Day Workshops, with break)
- 7:00 - 8:30 Dinner
- 8:30 – 12:00 Music & Dancing

Sunday, March 15, 2020

- 7:00 - 9:00 Breakfast
- 9:00 - 10:30 Randomly Assigned Groups
- 10:45 - 12:00 Closing Experience/Depart

CONTINUING EDUCATION

Learners must complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available. If you are seeking continuing education, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Psychologists



This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. **13.75 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, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

MI: No CE requirements

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

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held), OK, OR, SC, UT, WA, WI, WY
MA / MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

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

Social Workers



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social workers completing this course receive **13.75** continuing education credits.

Conference Learning Objectives

1. Support the client to define the client's experience of being alone with themselves.
2. Demonstrate understanding of the risks of owning existential fears.
3. Demonstrate psychotherapeutic methods that empower clients to identify the limitations of their being human.
4. When sitting with awareness of clients living with failure, explore when to open and when to contain.
5. Differentiate in shifts from exterior to interior paradigms.

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

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK, PA, TN, TX, UT, VA, WI, WY

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

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

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

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

New York Board for Social Workers

Amedco SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. **13.75** hours.

New York Board for Mental Health Counselors

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. **13.75** hours.

New York Board for Marriage & Family Therapists

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. **13.75** hours.

FL BBS

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2021. **13.75** GENERAL Hours

National Board of Certified Counselors

This course has been submitted for review.

OPENING EXPERIENCE/COMMUNITY MEETING/ CLOSING EXPERIENCE

(1.5 CEs, 1 CE, 1 CE respectively)

The large group process is an integral part of the experience at any AAP event. Three of these groups, which we call Community Meetings, will be spread throughout the conference. At the first of these, the Opening Experience, the conference theme will be introduced, and participants will begin exploring various aspects of the psychotherapy relationship through this unique format. This exploration continues through a Community Meeting on Saturday. The final meeting, or Closing Experience, is an opportunity to review and integrate our exploration of the conference theme, and facilitate the transition back to family, friends and work. All participants are encouraged to attend.

Meredith Albert, LCSW received her undergraduate degree in Business Administration in 1987 and her graduate degree, MSW in 2004. In 2008 she received her LCSW and started her private practice, working with individuals, groups and couples. She also is fluent in Sign Language and sees Deaf clients. She joined AAP first by attending the Spring Conferences, then joined as a full member in 2013.

Curt Arey, MA, LPC, practices at Pine River Psychotherapy Associates in Atlanta, GA, working with individuals, couples and groups. He came to AAP as a graduate student volunteer in 2008 and believes AAP is the best venue for developing the person of the therapist. He is a former Scholar of the Academy (2010), Co-Chair of the 2017 I&C, and member of the Southern Region Committee and Community Connections Committee. He is grateful for the people in his life that offer him perspective.

Erin Simone, LPC has been a psychotherapist since 2013 in private practice in Alpharetta, GA and now in Atlanta. She is Secretary for the Southern Region of AAP. Her passion is for bringing new knowledge into work with adolescents and the constant flux of their transformation, both individually and in group settings.

Orion Crook, LPC description on page 8.

Vanessa Hebert, LCSW is a psychotherapist in private practice in Atlanta, GA. She received her Masters in Social Work (MSW) from Louisiana State University, Baton Rouge. Working in a variety of clinical settings has allowed her to gain experience in various aspects of adult mental health. In addition to a strong belief in the power of group psychotherapy, she has extensive experience and training in couples therapy, Dialectical Behavioral Therapy (DBT), trauma, family therapy. Utilizing a unique understanding of addiction and recovery, she works extensively with medical professionals, as well as individuals, couples and families, to heal and thrive after experiencing the impacts of addictive disease.

Maureen G. Martin, LCSW; LMFT description on next page.

Nancy Moser, LPC is in psychotherapy practice in Roswell, GA. She is a long-time member of Southern Region, also having co-chaired 2015 Summer Workshop in Skamania, WA, and currently is Program Chair for Summer Workshop 2019. Her energy is infectious.

Anni Tuikka, LPC, is a psychotherapist and an AAS-ECT-certified sex therapist (CST) and supervisor of sex therapists (CSTS). She is in private practice in Atlanta, GA, and works with individuals and couples who primarily seek to enhance or explore their relationships of sexual fulfillment. She holds master's degrees in psychology from Georgia School of Professional Psychology and in education from the University of Tampere, Finland. She presents on sexuality topics at AAP and elsewhere.

WORKSHOP DESCRIPTIONS

Friday, March 13th, 2020

Training Session 2:00PM – 5:15PM

1. "ONE SEAT AT THE TABLE-MINE"

(3 CE's; Open attendance; All instruction levels welcome.)

Maureen Martin, LCSW, LMFT and Don Murphy, LMFT

(3 CE's; Open attendance; All instruction levels welcome.)

This workshop will focus on awareness of self as members participate as either observers or participants in a fishbowl experience. Time will be spent in a large group process following the fishbowl, with particular emphasis on how participants might have experienced and expressed self-doubt in either group.

Maureen G. Martin, LCSW, LMFT has been a practicing psychotherapist since 1973 and a member of AAP since 1984. She serves on the executive council of AAP and has been a member of the Southern Region committee for over a decade, serving as chair for four years. Her clinical work with her clients continues to refine and deepen as she works on her "person" in AAP. She has presented at national and regional meetings and has received more than she has given. She has many areas of specialty in her practice, most recently adding an equine therapy modality.

Don Murphy, Ph.D is currently retired after a 47 year clinical career which included independent practice, university teaching and directing a university mental health center. A member of AAP since 1982, he maintains active participation in the organization, presenting workshops, serving on the editorial review board of VOICES and continuing to value his long-term peer group.

Saturday, March 14th, 2020

2A. SELF ENCOUNTER – I AND THOU

(6 CE's; Limit 12; All instruction levels welcome.)

David Mermelstein, PhD

This experiential group will offer participants the opportunity to become more aware of the faces of ourselves that we display to others and to uncover the unconscious disowned parts of ourselves which remain hidden. Through one's interaction in the group, hopefully, we will become more "self" accepting and more whole.

David Mermelstein is a licensed Psychologist in private practice in Charlotte, NC. He received his Ph.D. from Catholic University of America. He offers individual, couples' and group psychotherapy as well as psychotherapy supervision in his practice. A fellow of AAP, he has offered workshops and trainings in a variety of settings. He presented a Training Institute on the works of Sheldon Kopp for Academy members. His theoretical orientation is Existential/Experiential and whatever works.

3A. GROWING OLDER, BEING BOLDER!

(6 CE's; Limit 20; All instruction levels welcome.)

Beth Schumaker, LCSW

Barbara Thomason, PhD

How much power does your belief system have over the quality of your life? In this workshop, we'll explore cultural and personal belief systems about getting older and the impact on your well-being. You'll be invited to create a bold narrative to invigorate the next phase of your life's journey.

Beth Schumaker: Beth Schumaker is a Licensed Clinical Social Worker in Georgia and a Certified Third Age Facilitator. She's conducted many workshops and given keynote addresses on Positive Aging. Beth began her career as the Head of Social Services for the inpatient mental health unit of Northside Hospital, in addition to providing outpatient psychotherapy. She received training in Gestalt, Psychomotor, Cognitive-Behavioral, and other psychotherapy modalities. She is also an executive coach and workshop facilitator focused on personal and professional growth.

Barbara Thomason: Barbara Thomason has been practicing psychotherapy for 40 years. Existential, Gestalt, Transactional Analysis, and Family System Therapies have all played a significant role in both her personal and professional life. A life member of AAP, she has chaired and co-chaired three national meetings and has served on the Executive Council for nine years. As Barbara has continued on her journey into aging, her soul continues to invite her to be fully present for every moment of this precious life.

4A. WHAT MAKES YOU ALIVE? BRING THAT TO THE TABLE

(6 CE's; Limit 14; All instruction levels welcome.)

Diane Christie Shaffer, PsyD

What does aliveness feel like? When you hear just the right music/poem/story, what happens next? Being attuned to visceral moments in life can help steer us. The more we listen to our bodies, the better we will capture and use those moments in the consulting room with our clients.

Diane Shaffer, PsyD, is currently the Associate Director and Groups Coordinator of Counseling at Swarthmore College in Swarthmore, PA, as well as in private practice in Swarthmore and Philadelphia. Her interest in individual therapy naturally evolved after majoring in English and American Studies and being a teacher. Her interest in group dynamics began as a collegiate athlete and a coach, growing further with involvement in the National Group Therapy Institute (NGPI) at the Washington School of Psychiatry in 2008-2010.

**5. ROUTES TO SELF – BALANCING
CONTEMPLATION AND CONVERSATION**

(3 CEs; Limit 12; All instruction levels welcome.)

David K Donlon, LCSW

When confronting the painful limitations inherent in our incarnations, e.g. mortality, finitude, separateness, meaninglessness, clients turn in different directions. Some tend toward isolating themselves in introspection, perhaps meditation. Others turn toward engaging people in dialogue. We will explore how we as therapists assess that balance and whether to redirect attentional focus.

David Donlon, LCSW is a psychotherapist in Chapel Hill NC, where he graduated with a degree in social work from UNC in 1982. He has been a member of AAP for 11 years and currently serves as its president. With an adolescence split between isolated rural weekends and gregarious suburban school days, Donlon has long been an observer of the rhythms of isolation and connection.

**6. INVITATION TO PROTECT YOURSELF AND YOUR
CLIENTS: PSYCHOTHERAPY, ETHICS, AND THE LAW**

(3 CEs; ETHICS Open attendance; All instruction levels welcome.)

Steve K. D. Eichel, Ph.D., ABPP, CST

It is almost guaranteed that all psychotherapists will one day have to deal with courts and the legal system. This workshop will focus on how to protect your clients' rights, the therapy relationship, and your rights as a professional. The presenter is a forensic psychologist as well as a psychotherapist.

Steve Eichel, PhD, in addition to being a psychotherapist for over 35 years, was a full-time forensic psychologist (1988-89) and over the years has devoted about 1/3 of his practice to forensic psychology. He is Co-Chair of the Psychology in Law Committee of the Delaware Psychological Association and has presented on psychotherapy and the law to state, regional, and national professional audiences. He is a member of the American College of Forensic Psychologists.

**7. UTILIZING GROUP PSYCHOTHERAPY TO TRANS-
FORM THE NEUROBIOLOGY THE ANXIOUS SELF**

(3 CEs; Limit 12; All instruction levels welcome.)

Jonas Horwitz, PhD

This workshop will teach how all anxiety is mediated by the Autonomic Nervous System and how it uses the hormones Adrenaline and Cortisol to enervate the body and the neurotransmitter G.A.B.A. to create the relaxation response. Cognitive structures that reduce the sympathetic response will be addressed as well as techniques that actively increase the production of G.A.B.A.

Jonas Horwitz, PhD is a Licensed Psychologist in private practice in Durham, NC. He obtained his B.A. from the University of North Carolina at Chapel Hill and his 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 men and therapy groups for psychotherapists. He is extremely interested in what is happening at the current moment as people experience connection and disconnection.

Saturday Afternoon Workshops

8. RE-ESTABLISHING OUR CORE

(3 CEs; Limit 12; All instruction levels welcome.)

Orion Crook, LPC

Before we were able to be aware that our self existed, we received messages that were stored deep in our core. This workshop is an invitation to explore these negative and positive core beliefs and engage in an imaginal meditation to re-establish our cores, followed through with open process.

Orion Crook, LPC, practices in the West End of Atlanta. Orion Psychotherapy's 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 Praxis Certification and their foundation from the University of West Georgia, and their undergrad at Florida International University, they often encounter the lived struggles of trauma, gender, sexuality, and loss with compassion, an ear for metaphors, and an interest in experiential Expressive Therapies as a means towards healing.

**9. ACCEPTING THE INVITATION: MOVING FROM THE
EXTERNAL TO THE INTERNAL**

(3 CEs; Limit 10; All instruction levels welcome.)

Barbara Sachs LPC

This session is an invitation to meet and explore our authentic selves. Using meditation, art and writing, we take a journey inside ourselves to find what it is our heart aches for.

Barbara Sachs, LPC has been in private practice in Atlanta Georgia since 2010. Her approach is humanistic and existential. Barbara's first career was in non-profit organizational development until she realized that her true path was in developing people, not companies. She has been attending AAP events for 6 years, is a member and serves on the Southern Region Committee.

10. GAY MEN: A DEEP DIVE INTO THE SELF AND THE EXISTENTIAL CONSEQUENCES (GOOD AND BAD) OF PSYCHOTHERAPY

(3 CEs; Limit 25; All instruction levels welcome.)

Thomas Sherratt, MA, LPA

The average gay man expends about six years from the time of his first awareness to the full integration of himself. The implications of this, given the fact that no one is raised to be gay, are profound.

Thomas Sherratt, MA, LPA is an existential/experiential psychotherapist who has been in private practice in Durham, NC for forty years primarily treating gay men in individual, couples and groups. He has university degrees in psychology and philosophy, has presented in multiple AAP events, and is a life member of the Academy.

Sunday Morning Groups

The last experience of the conference will offer participants an opportunity to be in contact with other attendees in a randomly assigned group. Members will be invited to encounter one another and to share experiences from the conference. See the Conference Bulletin Board for group assignments (1 CE).

Orion Crook, LPC description on page 8.

Vanessa Hebert, LCSW description on page 6.

Maureen G. Martin, LCSW, LMFT description on page 7.

Nancy Moser, LPC description on page 6.

Anni Tuikka, LPC, description on page 6.

"Caring about what people think of you is useless. Most people don't even know what they think of themselves."

- Sonya Teclai

"What a liberation to realize that the "voice in my head" is not who I am. Who am I then? The one who sees that."

- Eckhart Tolle



CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with The Beach House, 1 South Forest Beach Drive, Hilton Head, SC 29928 for reservations call 855-474-2882

Name _____ Phone _____
 Address _____ E-mail (for confirmation) _____
 City _____ State _____ Zip _____

Would you like to be notified if others are looking for a roommate? **Yes/No** Please consider me for the Student Scholarship? **Yes/No**
 Is this your first AAP event? **Yes/No** I am a Member of AAP? **Yes/No**

WORKSHOP PREFERENCES

Indicate 1st, 2nd, and 3rd choices in boxes below. Registration is limited for many workshops and assignments to workshops will be determined on a first-come, first-served basis. In case of circumstances beyond our control, the Southern Region of AAP reserves the right to make necessary changes in presenters and content of workshops without notice.

FRIDAY AFTERNOON
 Circle: **Yes** or **No** Martin/Murphy

SATURDAY MORNING

- Thomason/ Schumaker (*)
- David Mermelstein (*)
- Diane Shaffer (*)
- Steve Eichel (Ethics)
- David Donlon
- Jonas Horowitz

SATURDAY AFTERNOON

- Thomason/Schumaker (*)
- David Mermelstein (*)
- Diane Shaffer (*)
- Barbara Sachs
- Orion Crook
- Thomas Sherratt

SUNDAY MORNING

- Randomly Assiged Groups

(*) All-day workshop. You must sign up for both morning and afternoon sessions for group continuity.

Dietary/ADA/Other Needs _____

CONFERENCE FEES

(Includes Workshops, Meals, Hospitality Suite, Saturday Dinner & Dance)

Early Bird Registration (Before 02/21/20)	\$395	
Regular Registration (Pre conference)	\$420	
Regular Registration (Onsite Registration)	\$465	
Continuing Education	ADD \$50	
Additional Person (Meals Only)	ADD \$270	
	SUBTOTAL	
Student Discount <i>(Requires Attendance of Friday Training Session)</i>	- \$100	
Presenter Discount	- \$100	
AAP Member Discount	- \$25	
	TOTAL AMOUNT DUE	

Cancellations must be submitted in writing and postmarked no later than February 28, 2020, and will be subject to a service charge of \$50. Refunds may not be granted after February 28, 2020. It is the responsibility of the registrant to cancel, whether or not registration confirmation has been received. In case of circumstances beyond our control, the Southern Region of AAP reserve s the right to make necessary changes in presenters and content of workshops without notice.

Mail Conference Registration and fee to:
 c/o: Meredith Albert
 3164 Kensington Road
 Avondale Estates, GA 30002

hirepower@mindspring.com

Please see details of workshop learning objectives in brochure addendum on-line at: www.aapweb.com

If you want to pay by Credit Card add \$10 and call, Meredith at 404-844-1691 to use IVY pay.

Payments by check should be made out to:
 The American Academy of Psychotherapists, Southern Region

INDIVIDUAL WORKSHOP LEARNING OBJECTIVES

One Seat at the Table-Mine

1. Experience differences in sense of self as either a fishbowl participant or a fishbowl observer.
2. Differentiate between times when clients might be encouraged to openly admit a sense of failure and when they might be encouraged to maintain privacy about failure.
3. Demonstrate an ability to support a client's experience of being alone with themselves.

Opening/Community/Closing

1. Demonstrate large group psychotherapeutic methods that empower clients with the strength and openness to delve into their vulnerabilities.
2. When sitting with awareness of others' living with failure in large group process, explore when to open and when to contain.
3. Discuss the differences that show up in adaptive and maladaptive behaviors in a large group process.

Self Encounter – I and Thou

1. Identify the selves they show their interpersonal world.
2. Become more aware of the disowned parts of themselves.
3. Discover ways to be more self-accepting.
4. Assist others in recognizing disowned parts of themselves as well.

Growing Older, Being Bolder!

1. Define the "4 ages" of the lifespan and characteristics of each
2. Define the Longevity Bonus
3. Describe both intrapersonal and common cultural beliefs about aging
4. Explain the factors that gave rise to negative cultural stereotypes about aging
5. Contrast earlier beliefs about the physical and psychosocial trajectory of aging with the latest research findings
6. Describe the relationship between self-endorsed negative age stereotypes on physical and mental well-being
7. Define one's current and desired functioning using an 8-step model for well-being and positive aging
8. Identify methods for creating a bold personal vision for positive aging
9. Define the necessary personal beliefs, goals, and actions for successful aging

What makes you alive? Bring that to the Table.

1. Participant will be able to describe how using music, poems and quotes can help clients to actively engage in therapy
2. Participant will be able to differentiate between intellectual responses and emotional responses in their clients
3. Participant will be able to define the difference between active and passive participation therapy

Routes to Self – Balancing Contemplation and Conversation.

1. Identify the major and expectable existential limitations that are likely to create some degree of distress over the lifespan.
2. Better evaluate a client's tendency to rely on internal contemplation or interpersonal conversation when faced with major obstacles
3. Identify and describe therapist's preference and possible bias toward one mode or the other
4. Describe criteria for deciding when to encourage a client to shift his/her emphasis from contemplation to conversation or the reverse

INDIVIDUAL WORKSHOP LEARNING OBJECTIVES

Utilizing Group Psychotherapy to transform the Neurobiology of the Anxious Self.

1. Describe the function of two primary subdivisions of the Autonomic Nervous System.
2. Describe the role of the Sympathetic Nervous System and the Parasympathetic Nervous System.
3. Identify how the Sympathetic Nervous System utilizes the hormones Adrenaline and Cortisol and how the Parasympathetic Nervous System utilizes the neurotransmitter, G.A.B.A.
4. Describe how the Amygdala functions in the midbrain and it mediates all sensations of anxiety.
5. Describe the Cognitive Distortions which increase the sympathetic response.
6. Describe the behavioral techniques that increase the amount of G.A.B.A. in the Parasympathetic Nervous System which can then be utilized to strengthen the natural relaxation response

Invitation to protect yourself and your clients: Psychotherapy, ethics, and the law

1. Differentiate between civil and criminal litigation and how that impacts on a psychotherapist's practice.
2. Explain how to respond ethically and appropriately to subpoenas.
3. Describe how confusing the roles of psychotherapist and expert witness can be detrimental to the therapist, the client, and the therapy relationship.
4. Breathe more easily and prevent a drastic rise in blood pressure when confronted with involvement with the legal system.

Re-Establishing Our Core

1. Define how negative core beliefs are formed in early childhood
2. Differentiate between core beliefs and the imaginal core self
3. Demonstrate how to lead a client in a meditation centered in distancing negative core beliefs
4. Identify when an individual is activating negative core beliefs
5. Identify and practice methods to reduce negative core belief reactivity and dysregulation

Accepting the Invitation: Moving from the External to the Internal

1. Support the client's being alone in a mindful way
2. Demonstrate an understanding of the risks involved in defining oneself from an internal perspective
3. Demonstrate psychotherapeutic methods that assist clients in recognizing both limitations and ability in being authentic
4. Explore boundary setting and containment techniques with clients
5. Compare and contrast with clients the internal and external descriptions of self

Gay Men: a Deep Dive into the Self and the Existential Consequences (Good and Bad) of Psychotherapy

1. List the stages of development that most gay men go through in order to achieve integration.
2. Understand and list the difficulty involved in confronting a hostile culture.
3. List the clear dangers that gay men encounter and overcome in order to achieve integration.
4. Compare and contrast Jung's notion of separation and individuation for gay men and the rest of their contemporaries.

Sunday Morning Groups

1. When sitting with awareness of others' living with failure, explore when to open and when to contain.