

The American Academy of Psychotherapists
Southern Region

Presents

2019 Spring Conference:

**Hiding in Plain Sight:
The Things We Do Not See**

Training for New and Accomplished Psychotherapists

www.aapweb.com



March 15 – 17, 2019

The Ridges Resort on Lake Chatuge

3499 Highway 76 West

Hiawassee, GA 30582

staynorthgeorgia.com

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

March 15-17, 2019
The Ridges Resort on Lake Chatuge
Hiawassee, GA

**HIDING IN PLAIN SIGHT: THE THINGS WE
DO NOT SEE**

It's a great power, your Open Secret. When your heart is undefended, you make it safe for whomever you meet to put down his burden of hiding, and then you both can walk through the Open Door – Rumi

We all play “hide-and-seek” with each other and the therapeutic relationship is no exception. When it’s played as it’s meant to be played, it is such a delightful game! However, kids ask to play it *only* when they are confident that they will be *found*. In that way, it’s much like psychotherapy. That is, only when clients feel hopeful that they will be seen and understood and that their experiences and feelings will be validated will therapy begin in earnest. While we all need to hide sometimes, we long to be discovered by someone who is looking, someone who really wants to *find* us. If we never have our feelings known and accepted, then hiding is no longer a game, but rather a way of life.

“Althea,” the Greek word for truth means “making manifest the hidden.” “While it is a joy to be hidden”, the English pediatrician and psychoanalyst, D.W Winnicott once wrote, “it’s a *disaster* not to be found.” What are the ways in which our clients guide us in this game of discovery, i.e, “making manifest the hidden,” and how do we maximize their chances of being found? How do their presenting symptoms, or emergency signals such as depression, anxiety, panic attacks, addiction and chronic pain, for example, provide us with clues from their unconscious? How do these clues serve as signposts or symbols on their road toward healing and potential transformation?

And finally, what about the “things we do not see” in our clients and in ourselves? What are our blind spots? While trained to be master detectives, how and why might we miss important clues? The answer to these questions, no doubt, are numerous and varied.

Your Southern Region Committee and a talented group of presenters invite you to bring to bear your knowledge, experience, creativity, and active imagination on these myriad questions, as we

explore together how we can best enhance the personal lives of those who come to us with the hope of being *seen*.

2019 AAP SOUTHERN REGION COMMITTEE

Curt Arey, Chair; Meredith Albert, Treasurer; Erin Simone, Secretary; Melissa Beddingfield, Orion Crook, Mitchell Foy, Maureen Martin, Nancy Moser, & Barbara Thomason.



SITE OF THE SPRING CONFERENCE

The mission of The Ridges Resort “is, and always will be, to make our guests feel welcome and at home.” The Ridges Resort isn't just a business, it’s a family, and understands the importance of hospitality, building relationships and providing guests with a memorable experience. They've spent the past year making changes that they hope will provide added value and comfort for new and returning guests. Whether you want to celebrate a major milestone, embark on a family adventure, or simply kick back and soak up a breathtaking mountain view, they’re here to accommodate your every need. And because they’re only a two-hour drive from major cities like Atlanta, Greenville, Asheville, and Chattanooga, the experience of your lifetime is a lot closer than you think. Whether you’re seeking relaxation or recreation, North Georgia has plenty of activities and attractions to make your vacation memorable.

**THE HUMAN SOUL DOESN'T
WANT TO BE FIXED, IT
WANTS TO BE WITNESSED.**

OUR MISSION

The 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.

CONFERENCE OBJECTIVES

1. Define "hiding" as it relates to interpersonal behavior and the practice of psychotherapy.
2. Demonstrate greater understanding of how emotional hiding can be an adaptive behavior.
3. Demonstrate psychotherapeutic methods that empower clients to identify what they hide from themselves and others.
4. Explore when to open and when to contain, when sitting with awareness of clients who may be hiding.
5. Discuss the difficulties in supporting clients in their efforts to identify how they hide from themselves and others.
6. Differentiate between intentional and habitual hiding.
7. Explain the need for psychotherapists to explore their own hiding behaviors in order to better share the lived experience with clients.

WORKSHOP SELECTIONS

Friday PM Training 2:00 – 5:15

- **Hiding and Finding: Group Interplay and the Discovery of Self** Mitchell Foy, LPC/David Loftis, PhD

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

- **Consultation Groups as a Way to Expand the Therapist's Capacity to Be Seen** Avrum G Weiss, PhD/Debbara J Dingmann, PhD
- **Mirror, Mask and Shadow: Can You See Me?** Adam Klein, PhD/Meredith Albert, LCSW
- **Pursuing Transparency in Our Relationships** Robert G Rosenblatt, PhD

Saturday AM Workshops 9:00 – 12:15

- **In Plain Sight: What We Can Learn Through Sensing Our Body Using Yoga, Mindfulness and Meditation** Tara Arnold, PhD, LCSW
- **Hiding Behind Our Sight** Catherine B Clemmer, LCSW
- **Payoff and Pitfall of Therapist-Initiated Illumination** David Donlon, LCSW

Saturday PM Workshops 2:45 -6:00

- **The Hidden Value of Hiding in Addiction** Bob Coyle, PhD
- **Deciding to Be Found** Susan McClure, PsyD/Jessica A McMillan, LMFT
- **Being Seen: Too Much of a Good Thing?** Don Murphy, PhD

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*****

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 members Nelia Rivers and David Donlon (Friday 9:00-9:30PM), who will help you understand any scheduled and/or spontaneous events, as well as answer any questions about the conference. Please check the announcement board for location.

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!!

AAP SCHOLARS

We are pleased to invite all former Scholars for a breakfast reunion on the Saturday morning of our conference.

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 Ridges Resort on Lake Chatuge is offering exceptional room accommodations for the Southern Region Spring Conference. The rate per room is \$149/night for conference attendees. *** **Please make your reservations directly with The Ridges Resort on Lake Chatuge at 706-896-2262.** Use group code AAP Southern Region. The Ridges Resort on Lake Chatuge is only guaranteeing rooms at the exclusive AAP rate until February 22, 2019, 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 **14.25 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.

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 (details below). 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 Scholarship. Please indicate your desire to be entered into the lottery on the Registration form, to be **randomly drawn on March 1, 2019.** 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 2019. 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, 2019. Students interested in the scholarship should so indicate on the registration form. **Please note required attendance at Training session detailed above.**

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 10, 2016.

WEEKEND SCHEDULE AT-A-GLANCE!

Friday, March 15, 2019

12:30 - 6:00 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 16, 2019

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 17, 2017

7:00 - 9:00 Breakfast

9:00 - 10:30 Sunday Morning Groups

10:45 - 12:00 Closing Experience/Depart

CONTINUING EDUCATION

Satisfactory Completion

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 credit for a specialty not listed below, 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 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. 14.25 hours.

The following state boards accept courses from APA providers for Counselors: AK, 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

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 requirements

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, 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.

Social Workers

Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program. ASWB Approval Period: 6/24/2016 to 6/24/2019. Social workers should contact their regulatory board to determine course approval for continuing education credits.

Social workers participating in this course may receive up to 14.25 clinical continuing education clock hours.

The following state boards accept courses from ASWB providers 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, WY

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

National Board of Certified Counselors

This course has been submitted for review.

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. 14.25 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. 14.25 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. 14.25 hours.

FL BBS

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2019. 14.25 General Hours.

OPENING EXPERIENCE, COMMUNITY MEETING, AND CLOSING EXPERIENCE

(1.5 CEs, 1 CE, 1.25 CEs respectively)

The large group 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. **Please note that our Opening Experience begins on Friday at 6:00PM.**

Curt Arey, LPC, practices at Pine River Psychotherapy Associates in Atlanta, GA, working with individuals, couples and groups. **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.

Erin Simone, LPC, has been a psychotherapist since 2013 in private practice in Norcross, 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.

SUNDAY MORNING GROUPS

(1.5 CEs)

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 assignment. The Closing Experience will follow.

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. 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.

Orion Crook, LPC, practices in the West End of Atlanta, the studio-office-holding space for adolescents and adults who are seeking to engage in a therapeutic-relationship-ritual. Grounded in a Humanistic foundation from the University of West Georgia, Orion often encounters the lived struggles of trauma, gender, sexuality, and loss with compassion, an ear for metaphors, and an interest in experiential Expressive Therapies.

Mitchell Foy, LPC, studied Depth Psychology at Pacifica Graduate Institute. He sits with patients in Norcross, Georgia and Intown Atlanta, and is a committee member for the Southern Region of AAP. **Maureen G. Martin, LCSW**, is a social worker in private practice in Atlanta. She has been a member of AAP since 1984.

Barbara Thomason, PhD, has been practicing the art of psychotherapy in the Atlanta area for over 38 years. Existential, Gestalt, Transactional Analysis and Family Systems Therapies have all played a significant role in the mosaic of her personal and professional development.

WORKSHOP DESCRIPTIONS

FRIDAY, MARCH 15, 2019
TRAINING SESSION: 2:00-5:15

1. Hiding and Finding: Group Interplay and the Discovery of Self

Mitchell Foy, LPC and David Loftis, PhD

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

In the context of a three-hour experiential group, participants are invited to explore those parts of ourselves that are concealed yet yearn to be found. What do you see in others' processes that speaks to how you hide and how you become discovered?

Mitchell Foy, LPC studied depth psychology at Pacifica Graduate Institute, and sits with patients at offices in both Norcross and Atlanta, Georgia. He is a recent member of AAP, and a board member for the Southern Region.

David Loftis, PhD has served in various levels of in AAP leadership the past 30 years and presented or co-presented numerous workshops. Since receiving his Ph.D. in Clinical Psychology in 1981, he has been in private practice in Atlanta. He continues to be fascinated and challenged by a wide range of clinical questions.

SATURDAY, MARCH 16, 2019

ALL-DAY WORKSHOPS:
9:00 - 12:15 and 2:45 - 6:00

2a. Consultation Groups as a Way to Expand the Therapist's Capacity to Be Seen

Avrum G Weiss, PhD and Debbara J Dingman, PhD

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

It is the psychotherapist's capacity to embrace his or her own experience that sets the ceiling for the patient's work. Accordingly, consultation groups should focus on expanding the psychotherapist capacity to fully embrace every potential aspect of experience that may be elicited in the work with a particular patient.

Avrum G Weiss, PhD and **Debbara J Dingman, PhD** are long-term AAP members who have been co-leading consultation and psychotherapy groups for over 25 years at Pine River Psychotherapy Associates in Atlanta.

3a. Mirror Mask and Shadow: Can You See Me?

Adam Klein, PhD and Meredith Albert, LCSW

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

This full-day group will invite participants to explore moving from the familiar to the unknown. In this space opportunities emerge to come into the light of understanding ourselves, others and spaces in between.

Adam Klein, PhD is a licensed Psychologist in full-time private practice in Bethesda, and Annapolis Maryland. Recently he has focused on ritual processes in the therapeutic encounter that illuminate the movement through the familiar to the unknown and into something deeper for all involved. He looks for those special moments to laugh really hard with his wife Karen and 3 children Jordan 15, Rachel 14, and Benny 12.

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. 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.

A PICTURE CAN HIDE AS MUCH AS
IT REVEALS.

Alexandra Petri

4a. Pursuing Transparency in Our Relationships

Robert G Rosenblatt, PhD

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

In Shelley Kopp's (AAP'er) book, "If You Meet the Buddha on the Road, Kill Him," he references a card game as a metaphor for psychotherapy. In this story, all 52 cards are dealt out to two players. The client examines the cards and after deliberation, decides upon their first play. Much to the client's surprise, the therapist lays all of their cards on the table face up willing to engage transparently and without guile. It usually takes a long time until the client is willing to do the same. Come prepared to explore all sides of this dynamic.

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 focused on 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 writing about psychotherapy. has been providing psychotherapy to individuals, couples and groups for over 40 years. The current emphasis of Bob's practice is focused on 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 writing about psychotherapy.

We do not need magic to change the world,
we carry all the power we need inside
ourselves already: we have the power to
imagine better.

JK Rowling

SATURDAY MORNING WORKSHOPS
9:00 - 12:15

5. In Plain Sight: What We Can Learn Through Sensing Our Body Using Yoga, Mindfulness and Meditation

Tara Arnold, PhD, LCSW, CEDS-S, RYT

(3 CE's; Limit 15; All instructional levels welcome)

This session will introduce yoga postures, breath work, and mediation tools useful in the clinical setting. We will explore the neuroscience behind "bottom-up" approaches to clinical work. Clinical application of how we can use Yoga and Meditation to help connect with our inner worlds and heal.

Tara Arnold, PhD, LCSW received her MSW in 2000 and her PhD in 2003 both from University of Georgia. Tara received her LCSW in 2003 in Georgia. She opened her private practice in 2003 after being in the field since 1997. She has been the clinical co-director of WholeHeart Psychotherapy since 2012. In 2015, she also co-founded Creative Health Initiatives. Dr Arnold was intensively trained in DBT in 2013 and became a Registered Yoga Therapist in 2016.

6. Hiding Behind Our Sight

Catherine B Clemmer, LCSW

(3 CE's; limit 10; All instructional levels welcome)

What do we hide when we know someone is looking at us? Do we smile when we are sad? Evade eye contact? Choke back tears? What if we could take

vision out of the picture and relax into being fully authentic? In this workshop we will use group experiences and discussion to explore how to stop hiding and be fully “seen.”

Catherine B. Clemmer, LCSW is in private practice in Chapel Hill, NC. She is former Clinical Faculty at the University of North Carolina at Chapel Hill in the Department of Psychiatry working as a psychotherapist in the STEP Clinic (Schizophrenia Treatment and Evaluation Program). Her 14 years of experience include both community mental health and private practice working with individuals, groups, and families. She received her MSW from the University of North Carolina at Chapel Hill. She was an AAP Scholar in 2013 and joined in 2014.

7. Payoff and Pitfalls of Therapist-Initiated Illumination

David Donlon, LCSW

(3 CEs; Limit 12; All instructional levels welcome)

Interpretation, advanced accurate empathy, feedback, confrontation ... When are therapists’ attempts to illuminate welcome? When do they speed the process of growing awareness and when do they derail it, or cheat it of its natural course? Through group exercises and discussion, we will expand our attunement to this fundamental question.

David Donlon, LCSW moved to Chapel Hill, North Carolina after an initial immersion in humanistic and Gestalt therapies in California in the 1970’s, at which time he broadened his therapeutic foundation. He has been a psychotherapist in Chapel Hill since graduating with an MSW from UNC in 1982. Joining the Academy in 2008, he currently serves as its President.

SATURDAY AFTERNOON WORKSHOPS

2:45 - 6:00

2b. (Weiss & Dingmann) continued...

3b. (Klein & Albert) continued...

4b. (Rosenblatt) continued...

8. The Hidden Value of Hiding in Addiction

Bob Coyle, PhD

(3 CEs; Limit 18; All instructional levels welcome)

Addiction requires hiding from self and others. In one of the many paradoxes of addiction, what is viewed from the outside as imperiling and chaotic can be experienced by the addict as providing safety and control. We will seek a deeper understanding of this paradox and how its appreciation can facilitate psychotherapy.

Bob Coyle, PhD is a psychologist in independent practice in Atlanta, GA. He is a Certified Sex Addiction Therapist (CSAT), and presents continuing education workshops through Pine River Psychotherapy Training Institute, as well as at AAP.

9. Deciding to Be Found

Susan McClure, PsyD and Jessica A McMillan MA, LMFT

(3 CEs; Limit 12; All levels welcome)

We walk the line of deciding how much to expose versus conceal as we pursue the richness of intimate discovery. In taking risks to be seen we may find ourselves unpleasantly exposed. In this group we will examine the critical role of shadow revelation in being seen and ultimately found.

Susan McClure, PsyD is a clinical psychologist who has been in private practice in Charleston, SC since 1983. She works with individuals, couples and groups, incorporating a blend of analytic approaches and techniques including Jungian dream work. She also incorporates the use of a technique called Voice

Dialogue, which is an experiential approach to working with selves or sub-personalities.

Jessica A McMillan MA, LMFT is in private practice at Shiloh Center for Experiential Therapy in Atlanta, GA, working with individuals, couples and families. 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 Scholar.

10. Being Seen: Too Much of a Good Thing?

Don Murphy, PhD

(3 CEs; Limit 15; All instructional levels welcome)

It is no surprise that being seen and known can carry discomfort. While as Winnicott said, “it’s a disaster not to be found,” the discovery can also be frightening. Through both didactic and group methods this workshop will invite our looking into this conundrum.

Don Murphy, PhD, while ostensibly retired, is kept involved in the land of psychotherapy by 36 plus years affection for AAP. His professional life includes a short stint as a Protestant minister, university teaching, directing a university mental health center, serving on a state licensure board and long years of independent practice. He is licensed in Georgia as a Marriage and Family Therapist and is also a Certified Group Psychotherapist.



SUNDAY, MARCH 17

SUNDAY MORNING GROUPS

9:00 – 10:30

(1.5 CEs)

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.

CLOSING EXPERIENCE

10:45 – 12:00

(1.25 CEs)

We will come together 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.

CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with The Ridges Resort on Lake Chatuge, 3499 Highway 76 West, Hiawassee, GA 30582
staynorthgeorgia.com, for reservations call 706-896-2262

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail (for confirmation) _____

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

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.

Friday Afternoon	Saturday Morning	Saturday Afternoon	Sunday Morning
____ Foy/Loftis	____ Weiss/Dingmann(*)	____ Weiss/Dingmann(*)	<u> X </u> Randomly Assigned
	____ Klein/Albert(*)	____ Klein/Albert (*)	Groups
	____ Rosenblatt(*)	____ Rosenblatt (*)	
	____ Arnold	____ Coyle	
	____ Clemmer	____ McClure/McMillan	
	____ Donlon	____ Murphy	

(*) 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, Parking, Internet, Saturday Dinner & Dance)

Early Bird Registration (Before 02/28/19)	\$365	_____
Regular Registration (Pre conference)	\$395	_____
Onsite Registration	\$425	_____
Continuing Education	\$ 50	_____
Additional Person (Meals Only)	\$250	_____
Subtotal		

Student Discount (Requires Attendance of Friday Training Session)	- \$100	_____
Presenter Discount	- \$100	_____
AAP Member Discount	- \$ 25	_____

Total Amount Due _____

Payment by check only to: American Academy of Psychotherapists, Southern Region

Cancellations must be submitted in writing and postmarked no later than March 08, 2019, and will be subject to a service charge of \$50. Refunds may not be granted after March 08, 2019. 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 reserves 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

2019 Southern Region Conference Workshop Objectives

Opening Experience/Community Meeting/Closing Experience

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

Sunday Morning Groups

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

Friday

1. Hiding and Finding: Group Interplay and the Discovery of Self

1. Participants will be able to name three therapeutic interventions effective in assisting patients to safely uncover hidden parts of themselves.
2. Participants will be able to talk about how group experiences aid in the understanding of their own need to be seen, the discovery of methods they use to hide, and their feelings around seeing the hidden aspects of others.
3. Participants will demonstrate a useful understanding of how and why we hide from ourselves, hide from others, and the value of being seen by individuals and collectives.

Saturday

2A/B. Consultation Groups as a Way to Expand the Therapist's Capacity to Be Seen

1. Define the aliveness of access to experience, for themselves and their clients.
2. Demonstrate greater understanding of the advantages and disadvantages of emotional hiding for our clients.
3. Discuss the value of helping clients to notice and claim when they are hiding and relate it to history.
4. Demonstrate methods that help clients recognize aliveness and deadening in themselves, similar to hiding and being present.
5. Explore challenges in psychotherapy when the client resists being more alive in session.

3A/B. Mirror Mask and Shadow: Can You See Me?

1. Participants will be able to describe the feelings associated with movement away from the familiar.
2. Participants will be able to articulate how the familiar is compelling in spite of its detrimental limitations.
3. Participants will be able to identify the ritual processes involved in the therapeutic encounter.

4A/B. Pursuing Transparency in Our Relationships

1. Participants will be able to engage their clients in a more authentic manner.
2. Participants will understand the critical value of self-disclosure as a significant element fostering connection in the psychotherapeutic relationship.
3. Participants will be more able to speak their truth and create greater honesty in their client relationships.
4. Each participant will be able to increase their level of presence and genuineness in their consultation room.
5. Participant will be able to construct a more mutual relationship with their clients.
6. Each participant will be able to facilitate the development of a more substantive, affirming, validating and healing relationship with their clients.

5. In Plain Sight: What We Can Learn Through Sensing Our Body Using Yoga, Mindfulness and Meditation

1. Understand the use of yoga, mindfulness, and meditation in practice.
2. Demonstrate knowledge of current research on traumatic 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 therapist avoidance and self-silencing, and demonstrate 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 through “bottom-up” approaches.

6. Demonstrate understanding of the ways in which use of mindfulness and meditation practices may have the unintended consequence of encouraging self-silencing in the client.

6. Hiding Behind Our Sight

1. Demonstrate an understanding of ways one hides when engaged interpersonally because of fear of what others may see.
2. Identify ways in which emotional hiding has been adaptive.
3. Identify personal barriers and resistance to utilizing non-visual senses in working with clients and in relating to others in the therapist's life.

7. Payoff and Pitfalls of Therapist-Initiated Illumination

1. List and compare 5-10 conceptualizations of the illumination process.
2. Contrast benefits and dangers of active and passive techniques.
3. Explain elements of their own style and how that matches different techniques.
4. Show an understanding of different contraindications for therapist-initiated illumination.
5. Explain elements of timing and tentativeness in the illumination process.

8. The Hidden Value of Hiding in Addiction

1. Describe the mechanism of hiding as a function of the boundary disturbance of addiction
2. Discuss addiction as a scarcity-based model requiring secrecy.
3. Describe therapist pitfalls when encountering secrecy and deception in clients struggling with addiction.

9. Deciding to Be Found

1. Evaluate the dissonance of clients conflicting internal forces of desire and anxiety regarding engaging in the process of being found.
2. Discuss potentially severe negative consequences associated with taking the risk of engaging in the process of allowing oneself to be found.
3. Identify and list the interpersonal conditions, dynamics, and environments, which foster the successful cultivation of a client's decision to be found at the various stages of the therapeutic process.

10. Being Seen: Too Much of a Good Thing?

1. Summarize some of the literature related to psychological hiddenness.
2. Demonstrate situations in which being seen carries danger.
3. Better evaluate particular client's ability to tolerate being known.