

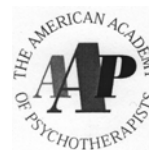
The American Academy of Psychotherapists
Southern Region

Presents

2010 Spring Conference:

*Valuing the Psychotherapist: The Art and Science of
Affirmation and Self Care*

Training for New and Accomplished Psychotherapists



April 16-18, 2010
Ocean Plaza Resort
Tybee Island, Georgia



The American Academy of Psychotherapists
Southern Region Spring Conference
c/o: Kay Rachelson, LCSW
790 Clemont Dr.
Atlanta, GA 30306

ADDRESS CORRECTION REQUESTED

AMERICAN ACADEMY OF PSYCHOTHERAPISTS SOUTHERN REGION ANNUAL CONFERENCE

April 16-18, 2010

Ocean Plaza Beach Resort
Tybee Island, Georgia

Valuing the Psychotherapist: The Art and Science of Affirmation and Self Care

Welcome to the 2010 AAP Southern Region annual Spring Conference. The Conference theme was born out of two awarenesses. One is that what we do as psychotherapists are many wonderful things, but doing these things can be very stressful and even burdensome.

To do it right requires allowing some profound dependence from our clients. There almost never can be enough acknowledgement of this or suggestions for self care and restoration. The second awareness is that insurance companies are minimizing the value of what we do by reducing what they allow for each session. This is a big discount of us and one that is almost forcing the choice of being on low paying panels or being totally self pay.

So it makes sense that we can get to feeling stressed, burdened, minimized and discounted. We hope the topic of valuing the psychotherapist is useful. We want this time to be one where you feel affirmed and cared for. The AAP Southern Region Committee is very proud and pleased with the roster of workshops. And we hope you leave the conference feeling restored by the workshops and the community and have more commitment and wherewithal to do better with self care.

2009 AAP Southern Region Committee

Joel Rachelson, Chair; Kirven Weekley, Immediate Past Chair; Maureen Martin, 2010 Conference Chair, Ken Turner, Treasurer, Debbie Granovsky, Secretary; Jane Davis; Darrin Bronfman; Hannah Ester-Hawkins, Nancy Moser, Penny Arnold, Melissa Beddingfield..

Site of the Spring Conference

The Ocean Plaza Beach Resort at Tybee Island, is located just steps away from miles of white

sandy beaches, rolling sand dunes, and the Atlantic Ocean. Tybee Island is a world of sun, sand, and surf that exists 20 minutes East of Historic Downtown Savannah. Secluded Tybee Island was recently voted Best Beach Destination by readers of Georgia Magazine. Average high temperatures for April is 74. They are offering special rates for conference attendees: \$159 Oceanside rooms suitable for a double, \$99 nonOceanside. Check the resort's website at www.oceanplaza.com or call 912.786.7777 to make your reservation.

The American Academy of Psychotherapists: 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. Carl Rogers, Albert Ellis, and Fritz Perls were all members of AAP, as were, through the years, other well-known members of our profession such as Virginia Satir, Carl Whitaker, Henry Guze, Rollo May, Irving and Miriam Polster, Bob and Mary Goulding, Jim Bugental, Sheldon Kopp, Dick Felder, Tom Malone, and John Warkentin.

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; that is the mission of the Academy. Our aims are:

- To provide a meeting ground for trained and experienced psychotherapists of differing orientations.
- To facilitate cross-discipline thinking, planning and research in psychotherapy.
- To encourage high standards of training experience and ethical practice in psychotherapy.

Target Audience

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

Conference Goals

At the AAP Southern Region Spring 2009 theme-focused workshops and process groups in which we will have an opportunity to:

- Identify the Stressors in the Role of the Psychotherapist
- Discuss the Importance of Stress Management via Self Care in Order to Maintain Therapeutic Effectiveness
- Name Specific Skills and Strategies for Self Care Particularly as Depicted by Seasoned Psychotherapists
- Describe Therapeutic Approaches to Self Care
- Identify Ways to Affirm the Value of the Psychotherapist and their Role.

All Day Workshops:

- **The Second Step, Harder Than the First** by David Loftis, Ph.D.
- **Creating the Practice You Always Dreamed of.....** Bob Rosenblatt, Ph.D.

Saturday AM Three Hour Workshops:

- **Attachment and Correction**, Barbara Nama LCSW and Z Rosenzweig, Ph.D.
- **Art of Self Care: Mindfulness Based Assisted Self Study and Journey with Inner Parts.** Inge Mula Myllerup-Brookhuis, MA, Cand.Psych.
- **Exploring the Mystery of Needs.** Edward Smith, Ph.D.

Saturday PM Three Hour Workshops:

- **The Ethics of Dual Relationships and Self Disclosure: Valuing Therapist and Patient Alike.** Steve Howard, M.D.
- **Voice Dialogue: A Powerful Tool for Balancing the Selves Who Take Care of Us and Others.** Susan McClure Psy.D. and Deborah Marcet, Psy.D.
- **Self Care for the Care Takers - A TA Perspective for Identifying and Changing the Negative Impact Drivers, Discounting and Passivity.** Josephine Lewis Psy.D. and Joel Rachelson, Ph.D.

Training Session

We are offering a training session on Friday afternoon from 2:00 to 5:15. Three (3) CE's are available for this workshop. This training is especially for graduate students, interns, and therapists who have been in practice less than two years. **Graduate students who choose this experience will get a \$100 discount on conference registration.** (Lodging and meals must still be paid.) Experienced therapists are welcome, but will not receive a discount.

Mentoring Sessions

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 mentoring sessions with AAP Southern Region Committee members Kirven Weekley and Nancy Moser. They will help you understand and become comfortable with scheduled and spontaneous events throughout the conference. Mentoring sessions will be Friday afternoon at 5:30, following the training session, and Saturday at 6:00 after the day's workshops. 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 20, 2009.

Spouses and Children

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

CONTINUING EDUCATION

Satisfactory completion: Participants must have paid tuition fee, attended their chosen sessions in their entirety and completed an Attendance/Evaluation form in order to receive a certificate of completion/attendance. Participants not fulfilling these requirements will not receive a certificate. Certificates are available electronically upon completion of the online evaluation form.

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. Maximum of 9 hours.

Professional Counselors and Marriage and Family Therapists: This course is co-sponsored by Amedco and the American Academy of Psychotherapists. Amedco is recognized by the National Board for Certified Counselors to offer continuing education for certified counselors. We adhere to NBCC continuing education guidelines. Provider #5633. Maximum of 9 hours.

Social Workers: This course has been submitted for review to the National Office of NASW, Washington, DC.

WEEKEND SCHEDULE SUMMARY

Friday, April 16, 2010

2:00 - 5:15 Training Session:
 SELFEY: Refreshing our Psychic Spaces, Rosa McDaniel-Ashe, Ph.D. Experiential Psychotherapy
3:00 - 6:00 Registration
5:15 - 5:45 Mentoring Meeting (for first time attendees and students)
6:00 - 7:30 Opening Experience
7:30 Dinner

Saturday, April 17, 2010

7:30 - 9:00 Breakfast
9:00 - 12:15 Workshops
Two All Day Workshops
The Second Step, Harder Than the First, David Loftis, Ph.D.

Creating the Practice You Always Dreamed of..., Bob Rosenblatt, Ph.D.
 (Both workshops requires attendance at afternoon session.)

Three Hour Morning Workshops
Attachment and Correction, Barbara Nama LCSW and Z Rosenzweig, Ph.D

Art of self care: Mindfulness based assisted self study and journey with inner parts. Inge Mula Myllerup-Brookhuis, MA, Cand.Psych. (Ph.D equiv, Denmark)

Exploring the Mystery of Needs. Edward Smith, Ph.D.

12:15 - 1:15 Lunch
1:30 - 2:30 Community Meeting
2:45 - 6:00 Workshops
The Ethics of Dual Relationships and Self Disclosure: Valuing Therapist and Patient

Alike. Steve Howard, M.D.

Voice Dialogue: A Powerful Tool for Balancing the Selves Who Take Care of Us and Others. Susan McClure Psy.D. and Deborah Marcet, Psy.D.

Self Care for the Care Takers - A TA Perspective for Identifying and Changing the Negative Impact Drivers, Discounting and Passivity. Josephine Lewis Psy.D. and Joel Rachelson, Ph.D.

6:00 - 7:00 Mentoring Meeting
7:00 - 8:15 Dinner
8:30 --- Entertainment
Sunday, April 17, 2009
7:30 - 9:00 Breakfast
9:00 - 10:30 Randomly Assigned Process Groups
10:45 - 12:00 Closing Experience and Community Meeting

OPENING EXPERIENCE, SUNDAY PROCESS GROUPS, AND CLOSING EXPERIENCE

The Opening Experience Friday will begin to construct the container for the weekend's experiences. We will highlight and process the experience of Self Care for the Therapists and its value. **Please note that our Opening Experience will be before dinner on Friday at 6:00.**

After Sunday breakfast, there will be ninety-minute leaderless process groups. Each interested person will be **randomly assigned** to a group. The Closing Experience and Community Meeting will follow the process groups.

SATURDAY NIGHT ENTERTAINMENT

Joey Anthros and Bluesology is a band that plays contemporary soulful Blues for your listening pleasure. It includes Bob Coyle Psychologist and friend of the Academy on harmonica

LODGING, FOOD, TRANSPORTATION, WORKSHOP, AND CE FEES

The conference fee includes all meals. And for the first time in AAP Southern Region history the food Ocean Plaza Beach Resort is providing will

all be **organic and free range**.

Ocean Plaza Beach Resort is also offering exceptional room accommodations for the Southern Region Spring Conference. The rates listed below are per room, so the cost will vary depending on how many people share the room. For instance, two people sharing the same room would each pay half of the cost listed. **Please make your reservations directly with Ocean Plaza Resort**

Oceanside \$159/night

Non \$99/night

Conference participants will be responsible for charges not covered by the registration fee.

Graduate students attending the Friday Training Track will receive \$100 off of their conference registration. (Lodging and meals must still be paid.) **Please register early.**

There is no shuttle service available from Savannah International Airport to Ocean Plaza. Cab fares to and from average \$40 but if you let us know we may be able to provide pick up and delivery.

WORKSHOP DESCRIPTIONS

FRIDAY, APRIL 16

Training Session:

2:00 - 5:15

SELFEY: Refreshing Your Psychic Spaces

Rosa McDaniel-Ashe, Ph.D.

(3 CE's, Open attendance. Instructional Level: Introductory, Intermediate and Advanced)

Experiential psychotherapists are aware that the development of excellent clinicians must go beyond what is traditionally taught in most graduate and training programs. This training workshop invites the therapist to explore their psychic spaces in order to discover creative ways of refreshing the mind, body and spirit. Participants will be encouraged to venture behind the professional masks through the utilization of group process techniques.

Rosa McDaniel-Ashe, Ph.D. runs a full-time private in Norcross, Georgia, a suburb of Atlanta. Her practice is an eclectic bounty of spirituality, hypnotherapy, traditional and non-traditional psychotherapy. She enjoys groups, individual, family, and couples therapy.

SATURDAY, APRIL 17

ALL-DAY WORKSHOPS:

9:00 - 12:15 and 2:45 - 6:00

The Second Step, Harder Than the First

David Loftis Ph.D.

(6 CE's; Limit 12, . Instructional Level: Introductory, Intermediate and Advanced)

People often find it hard to try on new behaviors. Once they are convinced that new behaviors are necessary to improve their lives, they may then take the risk of exposing themselves in a way that is scary. If they do not get a positive response, they have a tendency to withdraw and conclude that they have made a mistake in taking the risk. The harder step is to learn to make oneself even more vulnerable at that stage. It is at this point that a therapist must have the knowledge to encourage and guide the person to continue.

David Loftis, Ph.D David has been in private practice in Atlanta for over 25 years specializing in individual, couple and group psychotherapy with adults. He is fortunate to maintain an enthusiasm for learning and improving the craft. In more than two decades of AAP membership, he has served in a number of leadership positions and presented numerous workshops. He is currently Immediate Past President. His rose garden is a mixed blessing.

Creating the Practice You Always Dreamed Of.....

Robert G. Rosenblatt, Ph.D.

(6 CE's, Limit 24, Instructional Level: Introductory, Intermediate and Advanced)

This workshop will focus on two principles that facilitate the development of our desired private practice. First, our practice is a manifestation of our character, for better or worse. Second, to craft a practice which offers effective, dynamic psychotherapy and build a business that is caring and affirming of the practitioner are not mutually exclusive values. Attendees should be prepared to share their vision of a dream practice and their character strengths and weaknesses in bringing this to fruition. Via experientially-based exercises and an afternoon process group, each attendee will uncover how they hinder success and acquire individualized suggestions to remedy these roadblocks.

Robert G. Rosenblatt has been providing individual, couples and group psychotherapy in Washington, DC for over 25 years. He completed his graduate work at the University of Southern California in 1983. In addition, he has been offering practice management consultation seminars and ongoing groups in Washington, DC and Atlanta, GA, for over 20 years. His theoretical orientation is Humanistic-Existential, and his workshops tend to be enlivening and engaging

SATURDAY MORNING WORKSHOPS: 9:00 - 12:15

Art of Self Care: Mindfulness Based Assisted Self Discovery and Affirming Journey with Inner Parts

Inga "Mula" Myllerup-Brookhuis
(3 CE's, Limit 26, Instructional Level: Introductory, Intermediate and Advanced)

Easing into mindfulness based accessing of embodied presence, awakening sensorymotor presence and expressiveness. Releasing experience residue via gentle movement. Unblending of self from inner parts. Identifying, witnessing and nourishing inner parts.

Inge Mula Myllerup-Brookhuis, Cand.Psych. (Ph.D equiv, Denmark) studied at the Department of Psychology, University of West Georgia and has nine years of experiential presence and learning with Tom Malone Ph.D. MD at APC. Trained in six body-mind psychotherapy modalities, she is certified as a therapist and trainer by Hakomi founder Ron Kurtz and is an assistant trainer to Richard Schwartz Ph.D. founder of Internal Family Systems Therapy. She teaches in post-graduate training programs and is an Adjunct Professor at UWG. Inge Mula is founder of the Zenter in Carrollton, GA where she practices body-mind-spirit integrative psychotherapies and yoga.

Attachment: Connection and Correction

Z. Rosenzweig, Ph.D. and Barbara Nama, LCSW
(3 CE's, Limit 16, Instructional Level: Introductory, Intermediate and Advanced)

Therapist know thyself. In the clinical setting, both the therapist and patient bring their attachment histories to the therapy relationship. By understanding the therapist's own attachment style, the therapy process is enhanced and facilitated. Using the principles of attachment, interpersonal and intersubjective theories, we will explore the impact of the therapist's attachment style on the clinical process through didactic presentation, experiential exercises and case discussion.

Z Rosenzweig, Ph. D. has been in private practice of clinical psychology for 36 years in Atlanta. He sees the essential healing nature of being in relationship and appreciates the lasting impact of past relationships and attachments on the present. He looks forward to continued connections with patients, friends, family, and the bounties of life.

Barbara Nama, LCSW is in private practice in Atlanta and has been practicing psychotherapy for 33 years. Recognizing that attachment issues are part of the human condition, she has been interested in working in this area from a relational perspective over many years. An important part of her self-care as a therapist has been the invaluable support of knowledgeable and compassionate supervisors and colleagues in looking at herself within the therapy process.

The Mystery of Needs

Edward Smith, PhD, ABPP.
(3 CE's, Limit 20, Instructional Level: Introductory, Intermediate and Advanced)

Recognition, understanding, and fulfillment of needs is at the core of therapist self-care. We will explore the "mystery" of need through Norse myth, symbol, meditation, and Gestalt experiment. Although much of this workshop will be experiential, it is not intended to be a "process group."

Edward Smith, Ph.D has been a member of the Academy since the mid-1970's and is a frequent presenter. He was the founding Director of Clinical Training of the Psy.D. program at Georgia Southern University, and is currently Professor Emeritus, devoting his professional time to writing.

SATURDAY AFTERNOON GROUPS: 2:45 - 6:00

The Ethics of Dual Relationships and Self-Disclosure: Valuing Therapist and Patient Alike

Steve Howard, MD

(3 CE's, Limit 30, Instructional Level: Introductory, Intermediate and Advanced)

Linda Weiskoff, LCSW

We are confronted daily in therapy with the question of self-disclosure, and frequently with the closely related issue of dual relationships. The choices we make have profound clinical and ethical effects for both client and therapist. Rules and prohibitions are offered, but they break down in the face of real-life events. We will look closely at the arguments presented on all sides of these subjects, and search for guidelines in a therapy based in relationship itself.

Stephen Howard, MD, is an experiential psychotherapist, family therapist, and psychiatrist with 40 years of clinical practice. He teaches, supervises and writes extensively, and presents regular Continuing Education workshops.

Voice Dialogue: A Powerful Tool for Balancing the Selves Who Take Care of Us and Others

Susan McClure, Psy.D. and Deborah Marcet, Psy. D

(3 CE's, Limit 30, Instructional Level: Introductory, Intermediate and Advanced)

All relationships, including therapeutic relationships, involve the formation of bonding patterns through which interpersonal needs are met. Unless we become aware of the selves in us that help us meet those needs, we enact these patterns, in both positive and negative ways, in a repetitive and often inauthentic and disempowering manner resulting in relationships that are not able to be as dynamic, therapeutic and nurturing as they may otherwise be. This presentation will focus on how to identify our current bonding patterns, and to locate selves in us that can offer more adaptive, creative and authentic ways of taking care of ourselves and others

Dr. Susan McClure has been a psychotherapist in private practice for 28 years. She works with individuals, families and organizations and runs ongoing dreamwork/Voice Dialogue groups as part of her training activities at the Charleston Center for Voice Dialogue. She is also a member of the senior faculty of the Voice Dialogue International website where she provides dream work/Voice Dialogue mentoring online.

Deborah Marcet, Psy. D. is a licensed clinical psychologist in private practice in Charleston, SC with over 15 years of experience in the field. She is a psychodynamically oriented therapist incorporating Voice Dialogue, EMDR, and dreams into her therapeutic work.

Self Care for the Care Takers: A TA Perspective for Identifying and Changing the Negative Impact of Drivers, Discounting and Passivity

Jo Lewis, Psy.D. and Joel Rachelson, Ph.D.
(3 CE's, Limit 30, Instructional Level: Introductory, Intermediate and Advanced)

Transactional Analysis is powerful in its capacity to illuminate and clarify childhood programming. Miniscript Drivers Hurry Up, Be Perfect, Try Hard, Be Strong and Please Others are pervasive and insidious. Discounting, which occurs when someone is replaying a Driver, is a perceptual distortion regarding the positive outcome of problems. This results in passivity in

the form of doing nothing, over-adaptation, agitation or incapacitation/violence. These processes support the Life Script of self neglect. In this didactic and experiential workshop we will demonstrate Redecision Therapy and Psychomotor Mini-Structure remedies

Jo Lewis, Psy.D. is co-founder and director of the Center for Cooperative Change in Decatur, GA. She is a licensed clinical psychologist, and a Certified Transactional Analyst and Clinical Teaching Member Instructor in the International Transactional Analysis Association. She is a psychotherapist to individuals, couples, and groups, and an organizational and corporate consultant, trainer, and coach. In addition, she is a senior consultant to and with VISIONS, inc.—an international organization, specializing in multicultural training.

Joel Rachelson, Ph.D. has been using TA, Gestalt, Psychomotor and other methods in individual and group settings for over 25 years. He has written articles on The Psychology of Self Parenting and is beginning some writing on Roadmap Therapy. He has led numerous workshops for psychotherapists nationally and internationally. Joel was certified as a Psychomotor Therapist in 1990, and has also completed the three-year Psychomotor Trainer training.



SUNDAY MORNING GROUPS:

9:00 – 10:30

Randomly Assigned Process Groups

The last workshop of the conference will offer participants a final opportunity to be in caring contact with other attendees in a leaderless group. Group members will be invited to encounter one another, to share experiences from the conference, to sample and explore technique and process. [See the Conference Bulletin Board for group assignments.](#) (No CE credit)

CLOSING EXPERIENCE:

10:45 – 12:00

We will come together as a community one last time to have to time for more comfort, closure and any final sharings. (No CE credit)

CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with Ocean Plaza Resort
www.oceanplaza.com or call 912.786-7777

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail (for confirmation) _____

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 **without exception**.

Friday Afternoon	Saturday Morning	Saturday Afternoon	Sunday Morning
<input type="checkbox"/> McDaniel-Ashe	<input type="checkbox"/> Loftis ⁽¹⁾	<input type="checkbox"/> Loftis ⁽¹⁾	<input type="checkbox"/> Randomly Assigned
	<input type="checkbox"/> Rosenblatt t ⁽¹⁾	<input type="checkbox"/> Rosenblatt ⁽¹⁾	<input type="checkbox"/> Process Groups
	<input type="checkbox"/> Nama/Rosenweig	<input type="checkbox"/> Howard	
	<input type="checkbox"/> Brookhuis	<input type="checkbox"/> McClure	
	<input type="checkbox"/> Smith	<input type="checkbox"/> Lewis/Rachelson	

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

Dietary/ADA/Other Needs _____

CONFERENCE FEES

(Includes workshops, Organic/free range meals, Hospitality Suite, parking, Saturday banquet.)

Early Bird Registration (Before 03/08/10)	\$250	_____
Regular Registration (Pre conference)	\$270	_____
Onsite Registration	\$280	_____
Continuing Education	\$ 45	_____
Additional Person (Meals Only-Organic)	\$140	_____
Subtotal		_____
Student Discount (Requires Friday training)	- \$100	_____
Presenter Discount	- \$100	_____
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 April 1, 2010, and will be subject to a service charge of \$50. Refunds may not be granted after April 9, 2010. 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:

**Kay Rachelson, LCSW
 790 Clemont Drive
 Atlanta, GA 30306
 404.277-0803**