

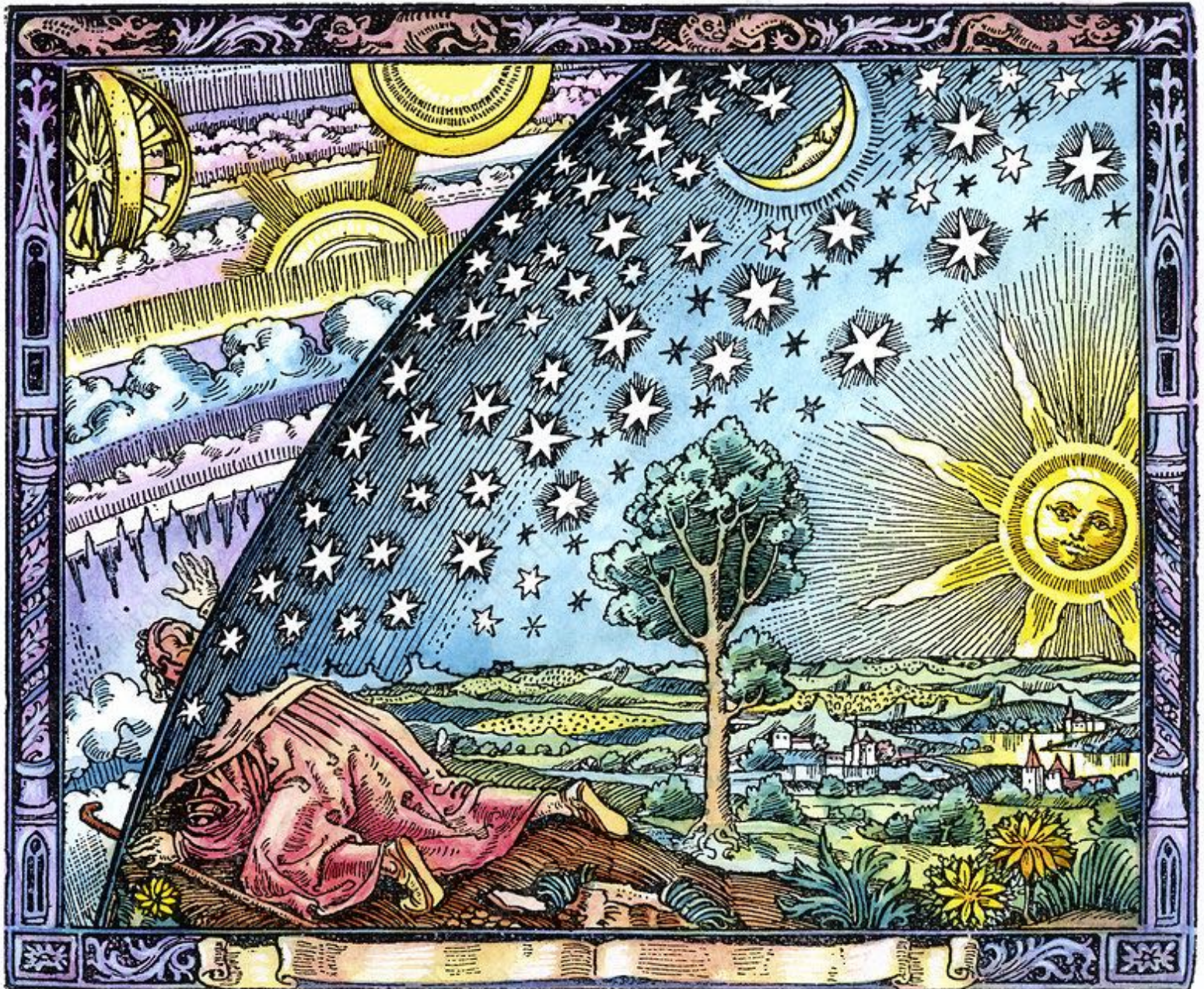
AMERICAN ACADEMY OF PSYCHOTHERAPISTS  
69<sup>th</sup> Annual Institute & Conference



# Tapping the Gifts of the Collective Unconscious through Ancient Wisdoms

OCTOBER 23 – 27, 2024

NEW ORLEANS, LOUISIANA



**UNIQUE ASPECTS OF THIS CONFERENCE**

**TAPPING THE GIFTS OF THE COLLECTIVE UNCONSCIOUS**

**THROUGH ANCIENT WISDOMS**

Welcome to the 2024 I&C in New Orleans! In 1957, the founders of the American Academy of Psychotherapists challenged classical psychoanalysis to embrace more humanistic approaches. Through spirited discourse, the focus of therapists gradually shifted from formulating interpretations to forging powerful therapeutic relationships. Nonetheless, the diverse cultural identities and healing techniques of our clients were often overlooked by leaders in the field.

At our conference this year, we welcome the spirits of our ancestors and honor the history and lineage of all attendees. We created a program that reflects the integration of a multitude of human lineages. Our program is mindfully designed to encourage all of us to honor our pasts, and each other in the now with less focus on the individual and more focus on "us" and "we."

Our committee has two core goals: paying tribute to those who came before us in providing access points to mental health care, and offering hospitality to all of you as attendees. We want all participants to feel comfortable and welcome during this conference so please feel free to bring your yoga mats, sitting pillows, back jacks, or anything else to help you feel more comfortable each day with the intention to revitalize your spirit, body, and mind.



*Welcome to New Orleans and to our conference,*  
Renée Burwell and Mike Southers



AAP's Endowment Fund, as well as an anonymous donor, each generously donated \$10,000 for this conference to introduce diverse thoughts and cultural backgrounds from a variety of ancient wisdoms. These donations were made with the full intention of increasing the diversity of our academy. We are grateful for their support and their belief in our concept.

The Ashé Cultural Arts Center, an important institution of the African diaspora in New Orleans, embodies the mission of using art and culture to support human, community, and economic development. Members of this center will be present during the I&C and you will experience their offerings of performative arts and more throughout the conference. Be sure to attend as many large group activities as possible to have the opportunity to experience this gift from the Ashé Center.

As most of you know, Taylor Swift will be performing in New Orleans for three nights of our conference. While New Orleans can handle the Swifties who will be there, it may create some challenges for us. At the I&C we are individually responsible for our meals, so consider making reservations for meals you may choose to eat out of the hotel well ahead of the conference. Bear this in mind for any outside activity you are planning.

As a special Friday night event, we invite our community to hold space for one another by listening and bringing personal stories of truth, resilience, and transformation to share. We hope to give participants the courage to speak openly, creating a space for connection, understanding, and community. Whether you're a seasoned storyteller or a first-time narrator, this is your opportunity. We encourage you to bring your story in whatever format calls you: narration, music, or dance. Please keep your story under five minutes, and sign up by emailing [support@reeneburwell.com](mailto:support@reeneburwell.com).



We invite everyone to participate in the Welcome Party, which features heavy appetizers and beverages, before the opening experience on Wednesday evening. This is in place of the usual Wednesday night dinner. Newcomers to AAP will be introduced at this event. We also want to remind you that while the Saturday night dinner and presidential address are ticketed events, our cocktail hour and the dance on Saturday night are open to everyone.



# The Theme of our Conference

We have come to understand that growth and wellness depend upon coming into wholeness – alignment with one’s values and traditions, one’s right mind and body. Listening well is the first step in encouraging healing in our clients. Understanding the parameters of our clients’ physical, psychological, emotional, and spiritual worlds helps provide a holistic view of our clients. Cultural competence is an essential tool in psychotherapy, assisting us in building strong and effective healing relationships.



Recent clinical research has exploded with divergent evidence-based treatment modalities which combine mind and body approaches to treat trauma. Therapists-in-training can now learn modern analytic techniques, DBT, meditation, psychedelic assisted therapy, and EMDR models. As practitioners, we must continue to grow our awareness of tools available to assist our clients in healing.

At this Institute and Conference, therapeutic cultural wisdoms will be highlighted. We will examine time-honored analytic concepts of transference-countertransference relationships, unconscious awareness, and early attachment relationships. Moreover, healing practices from Native American, African, South American, Eastern, and other cultures will be featured throughout our program. We encourage you to reflect upon your own healing experiences as well as your clients’ experiences to reexamine the therapeutic process.

# Location Information

The Renaissance New Orleans Arts Warehouse District Hotel is on one of the quieter streets just outside of the French Quarter. Attached to the hotel is an art gallery and on the upper floor you’ll find a gym, a rooftop pool, and a hot tub. Our alternate hotel, the Hilton Garden also has its own rooftop pool and a gym. The Hilton Garden Hotel is only a ten-minute walk to the conference. Each hotel features a restaurant as well.



**Renaissance New Orleans  
Arts Warehouse District Hotel  
700 Tchoupitoulas Street  
New Orleans, LA 70130  
(504) 613-2330**

**Reservation Link**

**<https://book.passkey.com/go/WELCOMEAAP>**

**New Orleans will be busier than usual due to Taylor Swift’s three concerts during the weekend of our conference. The**

**hotel room block we contracted three years before Taylor announced her tour will likely be filled with our attendees, and a second hotel, the Hilton Garden Inn now has a room block reserved for us.**

**If you would like to register for a room using the AAP roomblock go to the website above for the Renaissance New Orleans Arts Warehouse District Hotel. Use that link in a new internet browser window to ensure the site loads properly.**



**Hilton Garden Inn New Orleans  
Convention Center  
1001 S. Peters Street  
New Orleans, LA 70130  
(504) 525-0044**

**If this hotel room block is full, you can book a room at the Renaissance New Orleans Arts Warehouse District Hotel for the special event rate which will be in effect during our conference.**

**Reservation Link**

**<https://www.hilton.com/en/attend-my-event/msygigi-90a-049a9bc9-9db9-43aa-839b-d8999335986d/>**

**AAP has also reserved a room block at the Hilton Garden Inn. This hotel is a three-minute Uber drive or a ten-minute walk to the AAP conference site. Within the room block, there is an established rate of \$219 a night for 10/10 - 10/24. After those dates, you will be charged their special event rate.**

# Transportation to our I&C

**Renaissance New Orleans Arts Warehouse District Hotel**  
700 Tchoupitoulas Street, New Orleans, Louisiana 70130  
(pronounced *Chop-ih-too-lus*)

Telephone: 504-613-2330

New Orleans is an interesting place to visit, and can be a challenging one in which to drive. There are very few direct ways to get anywhere in this wonderful city. Pay attention to the u-turns only when you want to turn left.

New Orleans is a busy destination no matter the time of year. However, this year an additional consideration for your planning is that megastar Taylor Swift is performing at sold-out concerts on three nights that coincide with our conference. New Orleans is a world-renowned host city, routinely handling many more people than will be there for our conference and Ms. Swift. Still, it may behoove you to shop your airfare accordingly. The closest airport is [Louis Armstrong New Orleans International Airport](#), only 14 miles from the hotel. [Baton Rouge Metropolitan Airport](#) is the next closest (about an hour and 45 minutes away by car). In addition, make your restaurant reservations far in advance.

## HOW TO TRAVEL TO YOUR HOTEL FROM LOUIS ARMSTRONG NEW ORLEANS INTERNATIONAL AIRPORT

[Public transportation](#) options are available to get you close to the hotel, and can be planned at the link. This does require multiple transfers and a final walk to the hotel. The last transfer is to the streetcar, which is a NOLA classic (watch out for the neutral ground). Of course, walking anywhere in the city is fascinating and educational, however if you are on a time crunch . . .

The most efficient option is to take a [rideshare service](#) or taxi from the airport. Uber, Lyft, and Krewear (local) are available outside of Baggage Claim 1 on the middle curb. It is a half-hour or less ride to the hotel. Lyft and Uber both allow for advance booking. The conference hotel does not provide an airport shuttle.

If you are driving to the conference, please know that street parking in New Orleans is not advised for overnight or long-term situations, especially for out-of-state license plates. There is no self-parking at the hotel, which has valet parking for \$50.00 per night. The hotel has no EV charging stations. There are 24 Tesla EV charging spaces (at three sites) within a 15-minute walk from the conference hotel.

RACHEL NAOMI REMEN

“Healing may not be so much about getting better, as about letting go of everything that isn’t you – all of the expectations, all of the beliefs – and becoming who you are”

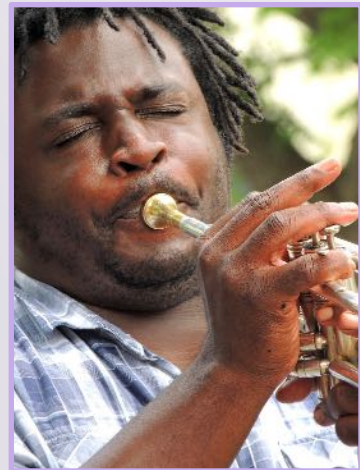
# Local Attractions

New Orleans offers a wide range of attractions from food and live music to the stunning World War II Museum, and gorgeous views of the city. All the city districts are only a 10-15 minute Uber ride away so it is easy to take a break to see the sights.



You can walk about 15 minutes to the French Quarter, a famous New Orleans landmark. The French Market features open-air shopping as well as local food offerings. You can find traditional pecan pralines or you can dip a classic beignet into your cafe au lait. Two of the most renowned places for this are Café Du Monde and Café Beignet. And there are other delicious places to eat on Chartres Street and throughout the Quarter.

Musical entertainment abounds. The Mahogany Jazz Hall in the French Quarter presents amazing live jazz. Here you can enjoy local jazz in an intimate environment sometimes featuring burlesque and serving great cocktails every night. The Jimani, a historic hole-in-the-wall bar that is supposedly haunted, also has affordable food. In the 1980s the Jimani was a secret meeting place for the gay community.



While the French Quarter has many offerings, Frenchman Street also has options for live music all day and night. The Black Cat is a renowned spot. Or, simply stroll down the street, listening to music from various clubs and bars before entering the place that strikes your fancy.

St. Claude Avenue is a local favorite for live music and shows at places such as the LGBTQIA+ Always Cabaret and Lounge. The Emporium Arcade bar offers billiards and arcade games from the 80s and 90s. You can find karaoke at Kajun’s Karaoke Bar, and food at Arabella Casa Di Pasta, named after the owner’s eldest daughter. The restaurant features homemade pasta and sauces, and the food is delicious. St. Claude Avenue is a 15-minute Uber ride from the conference site or a 45-minute walk through the French Quarter and Frenchman Streets. While you stroll, you can enjoy multiple districts of the city.



For a breathtaking view of the New Orleans skyline, visit the Pontchartrain Hotel. This historic hotel opened in 1927 and is about a 30-minute walk from the I&C hotel or a 5-10-minute Uber ride. The hotel has a classic 1920s feel with a hospitable ambiance throughout the building where you can find multiple places to eat for many different price points. Additionally, this hotel is known for its rooftop bar, Hot Tin, where you can experience breathtaking views.

# Local Attractions

New Orleans also offers incredible museums and tours. The WWII museum is an award-winning national museum and one of the largest WWII museums in the world. Or take a tour of one of New Orleans' memorable historic cemeteries with above-ground tombs. These tours are often at night for the ghostly effect, and it can be helpful to get tickets in advance.

Bayous are an important feature of south Louisiana and the New Orleans area has many. If you have time before or after the conference, you can take a guided bayou tour where you might even glimpse an alligator!

New Orleans is home to fascinating experiences, and we hope you have fun while you're here at the conference.

We are offering a reduced rate to the National WWII Museum. The cost is \$37.00 and you can pay on the registration form. A Tom Hanks-produced film *Beyond All Boundaries* is showing at the museum for an additional \$10. Note: A tour of this museum takes about three hours.

Please check the appropriate box on the registration page to pay this fee.



# Welcome

## A WELCOME FROM AAP PRESIDENT LYN SOMMER



I am excited to welcome presenters, guests, and academy community members to our 2024 I&C. Here, we will fulfill our core AAP process of working with each other in order to grow, as we learn from one another about diverse healing traditions and practices. My vision for AAP is to inspire psychotherapists to come together amidst an increasingly traumatized and polarized world, to engage in personal, relational, and cultural healing and caring.

With eternal gratitude to Chairs Renée Burwell and Mike Southers and their dream committee, **Lyn Sommer**

## AMBASSADOR PROGRAM: IS THIS YOUR FIRST NATIONAL AAP CONFERENCE?

The Ambassador Program is a special Community Connections committee outreach of AAP that pairs seasoned AAP members attending the conference with first-time attendees at an AAP national conference. Ambassadors are excited to welcome first-time attendees personally and want to offer to meet you to have coffee or a meal and answer questions about the unique ways that AAP conducts a conference. If you would like to have an ambassador assigned to you for the duration of the conference, please indicate this choice on the registration page of the brochure. The ambassador will contact you before the conference to discuss the ways that you two can connect.

## ABOUT THE AMERICAN ACADEMY OF PSYCHOTHERAPISTS

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

## AAP PROFESSIONAL ENVIRONMENT POLICY

The American Academy of Psychotherapists (AAP) has a Professional Environment Policy which represents AAP's process to repair, correct, and prevent harmful interactions within sponsored events. The Academy is dedicated to fostering a diverse and inclusive community that develops the person of the therapist through authentic interpersonal engagement. Because our organization values authentic enlivening process and connection through which individual and interpersonal learning can thrive, ruptures are inevitable. This is a shared responsibility upheld through the practice of informed consent.

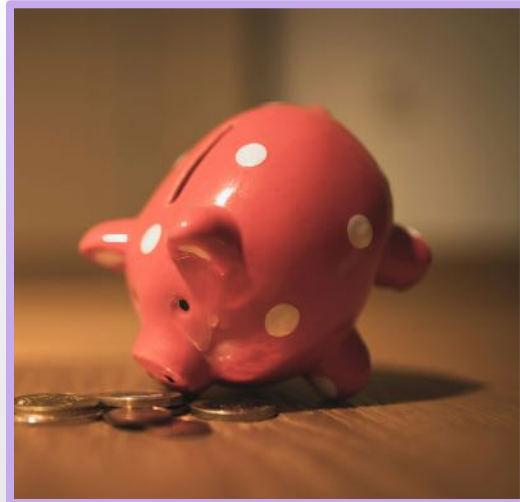
## LAND ACKNOWLEDGMENT

Land acknowledgments are more than just polite gestures. They're a way to recognize the original inhabitants of the land we occupy and the ongoing presence of Indigenous communities.

By acknowledging the history of the tribes of this region, including the Chitimacha, Jena Choctaw, Coushatta (Koasati), and Tunica-Biloxi Tribes of Louisiana, we may better understand the true context of our place here. Land acknowledgments also serve as a starting point for further education and engagement with these communities. Exploring the websites of these federally recognized tribes is a great first step to learning more about their rich histories and enduring contributions. We encourage you to learn more about the history of these indigenous communities and about their ongoing contributions.

## CONFERENCE GOALS AND OBJECTIVES

1. Identify ethical considerations when integrating therapeutic techniques.
2. Demonstrate and practice concepts of diversity and inclusion to integrate methods to increase accessibility to mental health services.
3. Learn, understand, and integrate cross-cultural healing beliefs to increase the therapeutic relationship with clients.
4. Identify three modern therapy techniques that can support ancient cultural healing practices to reduce the severity of symptoms in our clients and increase their quality of life.



## THE RELIEF TRUST FUND

The Relief Trust Fund can provide up to \$1000 for AAP members seeking financial assistance to defray the cost of registration fees or annual dues. There is no application to submit. Simply contact the AAP President or Board Chair of the Relief Trust fund.

AAP's Endowment Fund donated \$10,000 for this conference to support the introduction of diverse thoughts and cultural backgrounds. These donations were made with the full intention of increasing the diversity of our academy.

## TARGET AUDIENCE AND INSTRUCTIONAL LEVEL

Attending our Institute and Conference would be beneficial for psychologists, social workers, counselors, marriage and

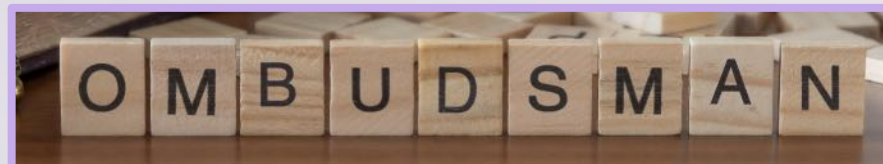
family therapists, sex therapists, psychiatrists, and mental health practitioners, as well as graduate students in mental health-related disciplines. The instructional level in all workshops and plenary sessions is appropriate for new, intermediate, and advanced practitioners, unless specifically noted.

## AAP SCHOLARSHIP PROGRAM

The AAP Scholarship Program was established in 2008 to introduce psychotherapists to AAP's unique collegial community and learning opportunities. Each year ten early career and ten mid-career psychotherapists, from any discipline, are awarded need-blind, merit-based grants, providing \$1500 to help with registration, travel, and hotel expenses for AAP's annual Fall meeting. Applications are received before June 1 and awards are announced in mid-July. See page 14 for more about this year's scholarship groups.

## OMBUDSPERSONS

People who need support and guidance or have an adverse experience will have ombuds on site. Two ombuds authorized by the committee to help attendees will be available for on-the-spot consultation and counsel throughout the conference.



The full Professional Environment Policy including reporting mechanisms is available on the AAP website at [www.aapweb.com/aap-professional-environment-policy](http://www.aapweb.com/aap-professional-environment-policy)

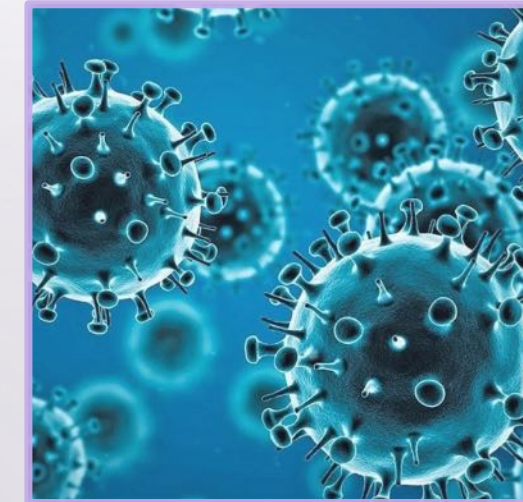
GRACE LEE BOGGS

“Building community is to the collective as spiritual practice is to the individual.”

## SICKNESS AND ILLNESS PROTOCOL

AAP will utilize a CDC-supported approach to minimize the impact of COVID, relying on high levels of vaccinations, COVID testing, mask-wearing, and use of isolation and self-testing by participants who are not feeling well.

Vaccination is not required to attend, but we strongly encourage attendees to be current on the most recent COVID-19 vaccines. In addition to conference-wide policies, individual workshop leaders may IN ADVANCE request daily testing and/or masking for participants in their workshops. Please respect individual choices about voluntary mask-wearing unless they are feeling unwell or mandated by specific workshop leaders.



We encourage all attendees to take an at-home COVID test and test negative within 24 hours of coming to the conference. Also, we encourage each attendee to bring extra rapid COVID tests to the event. We will also have several rapid tests at the registration desk. While daily COVID testing is not required, we encourage repeated testing, masking, and isolation, if participants become symptomatic at the conference.

We ask anyone who tests positive for COVID to self-isolate during the conference and immediately call, text, or email our COVID consultant, Danni Mui at 617-657-3201 or [danny.mui@mindfuljourneyllc.org](mailto:danny.mui@mindfuljourneyllc.org). He can assist with arranging meal delivery, transportation, contact tracing, and acquiring medication.

Once home, attendees who test positive should notify our AAP administrator Caroline Parry, [aap@caphill.com](mailto:aap@caphill.com) to communicate with the I&C community in the week following the I&C.

## VOLUNTEERS

We are excited to host volunteers at our 2024 institute and Conference. We look forward to having you join us. Come and see what our conference is like, meet members and get involved. Your conference registration fee is waived as a volunteer. Reach out for more details. Contact: [kryss@krysscattle.com](mailto:kryss@krysscattle.com)

## AMERICANS WITH DISABILITIES ACT

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

## INTERESTED IN BECOMING A MEMBER?

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

# Activities

## THE OPENING EXPERIENCE AND AAP COMMUNITY MEETING

Led by Karen Brown LCMHCS and Rachel Keller LCSW-C CST

(Open)

On **Wednesday evening**, we will begin with our traditional opening experience and community meeting. Our I&C opening will explore therapists' diverse cultural practices of attuning to mind, body, and spirit. We will introduce images, music, and spoken words to evoke ancient wisdoms from around the world and the archetypes of the psyche. Following the opening, we will begin our community meeting in the traditional AAP format. We are excited to share this experience and welcome new faces to our gathering this year.

## MORNING ACTIVITY

**SLOW RUNNING:** Steven Ingram will be following the art of slow running each morning. We will leave the lobby **exactly at 7:00 and return at 8:00**. All are welcome except for the showoffs who don't know how to run slow.

**Thursday - Saturday**

*More morning activities may be added.*

## INTRODUCING OUR LARGE GROUP FORMATS

**Thursday, Friday, Saturday mornings**

**10:45AM - 12:00PM**

**(1.5 CEs/Open)**

Following Thursday's plenary featuring Coming to the Table practitioners, we will practice using this group format which weaves in ancient traditions of collective sharing. In the large group meeting, we intend to cultivate a hospitable and inclusive experience of tapping into the gifts of the collective unconscious, giving voice to all participants, as we process our experiences and learnings from the conference.

Led by Jodie Geddes, Tom DeWolf, Renée Burwell

Following the Friday and Saturday plenaries, we will utilize large group formats that encompass indigenous practices, inviting voices in that have not always been heard. We will continue to witness, listen, and dialogue with each other. Our large group sessions will be guided by facilitators participating in the I&C, and will be focused on the theme of the conference.

Led by Hannah Hawkins-Esther



*Honoring the talking stick*

# Open Process Groups

## EXPERIENTIAL SOUND HEALING

On **Thursday and Friday evenings from 5:00 - 6:00PM**, we offer rejuvenating and transformative experiences of sound healing. These deeply relaxing musical and rhythmic practices harness the power of ancient sounds. Singing bowls, gongs, and chimes will be used to create harmonious vibrations that promote physical, emotional, and spiritual well-being.

*\*We encourage you to wear comfortable clothing and bring a yoga mat or blanket to lie on.*



**Artist: Mike Tamburo** is a world-renowned musician, composer, artist and educator. He is known and loved for his transformational live concerts performed on his personally curated set of metal percussion instruments (gongs, bells, bowls), string instruments (hammered dulcimer, guitar, zither, shahi baaja), as well as electronic instruments (synths, looping). An early adoptee of meditation, Mike's music offers

space for journeying, self-exploration and deep introspection by creating altered states of consciousness and out-of-body experiences. We are excited to introduce his talents to the American Academy of Psychotherapists.

## OPEN PROCESS GROUPS

Ongoing peer process groups are one of AAP's most powerful learning and growth activities. We give and receive here-and-now feedback to each other and learn firsthand about relationships and group dynamics. In addition to long-term peer groups, this I&C will feature evening process groups, open to both newcomers and members. Led by an experienced AAP-member therapist, these open process

groups will consist of no more than 15 participants and will require a two-night commitment. If you want to participate in an open process group, please indicate this on your registration form. No CEs are available for open process groups. They will be held:

**Wednesday and Thursday, 8:00 - 10:00PM**

# Scholarship Process Groups

## SCHOLARSHIP PROCESS GROUPS (SPGS)

Therapists from all disciplines were invited to submit applications for scholarships through the AAP website by the June 1, 2024 deadline. Participants are notified in mid-July.

**Wednesday 5:00PM – 6:00PM, Thursday 9:00AM – 12:00PM, Friday 9:00AM – 12:00PM, and Saturday 1:30PM – 4:30PM. Ten hours in all.**

Therapists from all disciplines are invited to submit applications for scholarships through the AAP website by the June deadline. This ten-hour training — one group for early career and one group for mid-career grant recipients — will address issues of ethical self-care, use of the authentic self in psychotherapy, the importance of collegial support and input, and the formation of safe boundaries in the therapeutic relationship. In keeping with this year's conference theme, the topic of tapping into the collective unconscious and the wisdom of past generations will be explored.

**Gordon Cohen PhD**, is a clinical psychologist who has been in private practice in Washington, DC since 1993, the same year he joined AAP. He has a large group therapy practice with adults, and also works with individuals and couples. He is a past president of the Academy, serving in that role from 2014 to 2016. He currently serves as Board Chair for AAP's Relief Trust and Endowment funds. His love and admiration for AAP have carried him throughout the years.

**Nelia Rivers, LCSW** began her informal psychotherapy training in her family of origin. Her formal training was in psychology and social work, and she spent years in an agency providing direct services to severely emotionally disturbed children. In 1984 she joined AAP and also began private practice in Atlanta, where she continues to treat children, adolescents, young adults, and families. She is membership chair for AAP and was selected as a Fellow of the Academy in 2017.

**Doris Jackson PhD**, holds a BA from Wellesley College and a PhD from Boston University. She has a psychotherapy practice in Boston, treating individuals and couples and conducting therapy groups. She co-founded and co-chairs the AAP scholarship program and is a former editor of *Voices*, the Academy's journal. She has led workshops and groups for numerous AAP gatherings and is a Fellow of the Academy. Other interests include writing, gardening and giving parties!

**Laurie Michaels, PhD**. After 25 years of private psychotherapy practice, working with individuals, couples and groups, Dr. Michaels retired to become a full-time philanthropist. Her current focus is climate justice in Louisiana. She has a bachelor of arts in English from Williams College and a doctoral degree in psychology from Colorado State University. She has been a member of AAP since 1985 and is a co-founder and co-chair of the AAP scholarship committee.

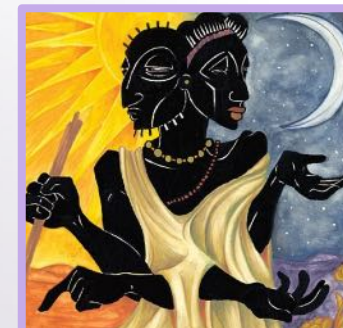
MARK SANFORD

"In not my, but our collective hands, is held the promise of change."

# Activities

## HOSPITALITY SUITE

Laissez le bon Temps Rouler! We are excited to welcome you to our I&C 2024 hospitality suite in New Orleans, LA, the land of crawdads, po'boys, jambalaya, sazerac, music festivals, voodoo, and Mardi Gras. Join us to rest and renew while sharing snacks, drinks, laughter, music, and the NOLA vibe in a relaxing and fun space. Contributions of your favorite homemade snacks are always welcome. Also, we need helpers in the HS, please volunteer for a shift with co-hosts Ronda Bostick (ronda.bostick@gmail.com) & Nick Kirsch (nicholaskirsch56@gmail.com).



## 12-STEP MEETING

AAP offers a 12-Step Meeting during lunch on **Friday, 6-25-24 from 12:30PM – 1:15PM**. Participants from all 12-step programs are welcome to attend. Grab your lunch and join us. Time and the room assignment will be posted on the bulletin board at the registration desk.



## HOSTED DINNERS

Looking to get more acquainted with other AAP members and attendees? Join a hosted dinner with eight to twelve others on Thursday and Friday evenings. Choose from several local restaurants sure to satisfy a variety of palates and budgets (separate checks). Details regarding the restaurants, precise times, and your hosts' names will be posted at the registration desk. Sign up there when you arrive.

## DIVERSITY LUNCHESES

Attitudes and terms have changed how we might address "isms." The diversity lunch format invites dialogue drawn from reconciliation work and differs structurally from AAP community meetings. We can all learn from each other. All you need to bring is your open mind and your curiosity to create space for sharing. We will meet on Friday during lunch. Lunch location will be posted at registration.

## BIPOC ONLY GROUP

This group will be a gathering space for members who identify as Black, Indigenous, or People of Color. This is a lightly led group on **Thursday and Friday from 6:00PM – 8:00PM**. This is a time to process the conference experience. Dinner will be included. Please RSVP for dinner by emailing [support@reneebrwell.com](mailto:support@reneebrwell.com)

## SHARE YOUR TALE: A STORYTELLING NIGHT

On Friday night, we invite our community to hold space for one another by listening and bringing our own stories to share. As part of this empowering storytelling night, you are invited to share your personal stories of truth, resilience, and transformation. We hope to give participants the courage to speak openly and honestly, creating room for connection, understanding, and community. Whether you're a seasoned storyteller or a first-time narrator, this is your opportunity to shine. We encourage you to bring your story in whatever format calls you: narration, music, or dance. Please keep your story under five minutes, and sign up by emailing [support@reneebrwell.com](mailto:support@reneebrwell.com).





# Sat. Dinner & Costume Party



## SATURDAY NIGHT DINNER AND COSTUME DANCE PARTY

The Saturday night dinner and dance is a time-honored AAP tradition. We will come together as a community and celebrate the hard work we have each done during the conference through song and dance. Phat Hat, a local funk/soul band from Baton Rouge, Louisiana, will provide the music for us as we connect not only through our conscious thoughts and words, but also through our

hearts and bodies. Phat Hat is known for “their soulful goodness with a sound that will keep the dance floor rocking all night long.”

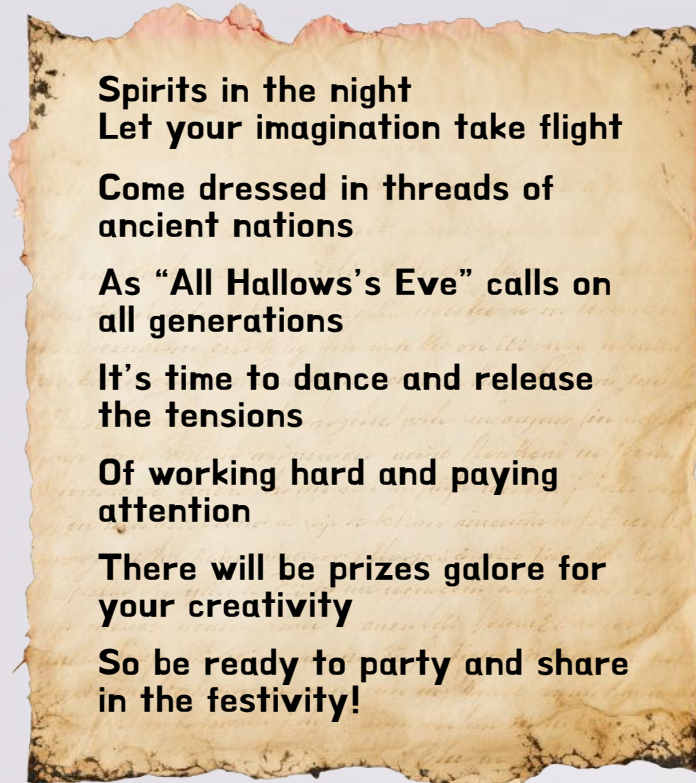
## SUNDAY MORNING CLOSING EXPERIENCE

SUNDAY 9:00AM - 10:30AM

Led by Maureen Martin, LCSW, LMFT

(Open)

On Sunday morning, we will come together to end our conference with a shared closing in a community meeting. Our closing group will focus on what we take with us about diverse cultural lenses and ancient wisdom for our future work.



Spirits in the night  
Let your imagination take flight

Come dressed in threads of  
ancient nations

As “All Hallows’s Eve” calls on  
all generations

It’s time to dance and release  
the tensions

Of working hard and paying  
attention

There will be prizes galore for  
your creativity

So be ready to party and share  
in the festivity!

## SPECIAL THANKS

We would like to give a special thanks to the following individuals for their additional help and support for our 2024 Institute & Conference:

**Lyn Sommer** for her ongoing guidance and investment to ensure a well-supported conference.

Our **ombudspeople** for allowing an additional space to increase the comfort and care for our attendees.

**Carrie Philips** for her consistent encouragement and striving to maximize CEU approval as the national guidelines change.

**Caroline Parry** for her administrative support and expertise in communications regarding hotel bookings.

**Dan Goldstein** for finding the band for the conference that we can all enjoy.

**Elaine Rubin** whose poetry and creativity helped with our write-up about the dance.

**Meredith Albert** for her quick response time and financial problem-solving abilities to maximize the I&C budget.

# Committee

## THE COMMITTEE FOR THIS I&C



Audio/Visual .....	Curt Arey & Hannah Hawkins
Brochure .....	Esther Karen Brown & Maureen Martin
Brochure Consultant .....	Linda Tillman
Continuing Education .....	Catherine Clemmer
Daily Activities .....	Curt Arey
Daily Troubleshooting .....	Curt Arey & Ron Del Moro
Dining & Seating .....	Maureen Martin & Hannah Hawkins-Esther
DJ/Band .....	Michael Southers
Hospitality .....	Ronda Bostick & Nick Kirsch
Hosted Dinners .....	Nick Kirsch
I&C Chairs .....	Renée Burwell & Michael Southers
Marketing .....	Tory Drayton & Ronda Bostick
Outreach .....	Dana Pierre-Paul
Covid Advisor/Medical Consultant.....	Danny Mui
Opening Experience .....	Rachel Keller & Karen Brown
Program .....	Laura Fleming and Nancy Moser
Program .....	Ron Del Moro and Hannah Hawkins-Esther
Quiet space .....	Donteá Mitchell Hunter
Registration.....	Ronda Bostick
Rooms.....	Maureen Martin & Hannah Hawkins-Esther
Swag Bag.....	Tory Drayton & Ronda Bostick
Transportation .....	Curt Arey
Treasurer .....	Rachel Keller
Volunteers.....	Kryss Castle

# Schedule

# At a Glance

## WEDNESDAY, 10/23/24

- 12:00PM - 5:00PM..... Registration
- 2:00PM - 5:00PM..... Training Institute
- 5:00PM - 6:00PM..... Scholarship Process Group
- 5:00PM - 6:30PM..... Welcome Party - Heavy Appetizers and Cocktail Hour
- 6:30PM - 7:45PM..... Opening Experience and Community Meeting
- 8:00PM - 10:00PM..... Open Process Group/Family Peer Group

## THURSDAY, 10/24/24

- 7:00AM - 9:00AM..... Breakfast
- 7:00AM - 8:00AM..... Slow running with Steve Ingram
- 9:00AM - 10:30AM..... Plenary - AAP Community Coming to the Table Group
- 9:00AM - 12:00PM..... Scholarship Process Group
- 10:45AM - 12:00PM..... Large Community Group Process
- 12:00PM - 1:30PM..... Lunch on your own
- 1:30PM - 4:30PM..... Afternoon workshops, themed process group
- 5:00PM - 6:00PM..... Experiential Sound Healing
- 6:00PM - 8:00PM..... BIPOC process group with dinner provided
- 6:00PM - 8:00PM..... Hosted Dinners/Dinner on your own
- 8:00PM - 10:00PM..... Open process Groups/Family Peer Groups
- 8:00PM - 10:00PM..... Night Time Sound Healing

## FRIDAY, 10/25/24

- 7:00AM - 9:00AM..... Breakfast
- 7:00AM - 8:00AM..... Slow running with Steve Ingram
- 9:00AM - 10:30AM..... Plenary - Creating Access to Psychedelic Assisted Therapy for BIPOC
- 9:00AM - 12:00PM..... Scholarship Process Group
- 10:45AM - 12:00PM..... Conference-Themed Community Meeting
- 12:00PM - 1:30PM..... Lunch on your own
- 12:30PM - 1:15PM..... 12-Step Meeting/Diversity Lunch
- 1:30PM - 4:30PM..... Afternoon workshops/themed process groups
- 5:00PM - 6:00PM..... Experiential Sound Healing
- 6:00PM - 8:00PM..... BIPOC process group with dinner provided
- 6:00PM - 8:00PM..... Hosted Dinners/Dinner on your own
- 8:00PM - 10:00PM..... Storytelling

## SATURDAY, 10/26/24

- 7:00AM - 9:00AM..... Breakfast
- 7:00AM - 8:00AM..... Slow running with Steve Ingram
- 9:00AM - 10:30AM..... Plenary - Forging New Healing Paradigms Using Ancient Traditions Of Healing
- 10:45AM - 12:00PM..... Conference-Themed Community Meeting
- 12:00PM - 1:30PM..... Lunch on your own
- 1:30PM - 4:30PM..... Scholarship Process Group
- 1:30PM - 4:30PM..... Afternoon Workshops
- 5:45PM - 6:30PM..... Gathering and Cocktail Hour *(All are Invited)*
- 6:30PM - 8:30PM..... Banquet Dinner Ticketed Admission/Committee Announcements/Presidential Address
- 8:30PM - 12:00PM..... Saturday Night Costume Dance Party - Come in Costume *(All are Invited)*

## SUNDAY, 10/27/24

- 7:00AM - 9:00AM..... Breakfast
- 9:00AM - 10:30AM..... Closing Experience/Conference-Themed Community Meeting



## THURSDAY PLENARY

9:00AM - 10:30AM, 10:45AM - Noon

(AAP Community Coming To the Table Group)

### Jodie Geddes and Tom DeWolf

**Coming to the Table: Working Together to Transform the Unconscious into the Conscious**

(DIVERSITY 2.75 CEs/Open)



This plenary will introduce our I&C academy community to the Coming to the Table (CTTT) model, which provides leadership, resources, and a supportive structured environment for all who wish to acknowledge and heal wounds from the racism rooted in the US history of slavery. CTTT is grounded in restorative justice, trauma awareness, and healing modalities.

**Jodie Geddes** is an international speaker on restorative justice and an advocate for racial healing and justice. As a Jamaican native who grew up in Brooklyn, she uses her journey as a catalyst for creating new narratives about the Black experience and possibilities for healing. Jodie serves as a Program Director at RJOY (Restorative Justice for Oakland Youth) and Co-Manager for CTTT.

In 2006, **Tom DeWolf** became a founding member of Coming to the Table. He served as its director/manager since 2013. Tom is trained in strategies for trauma and resilience, restorative justice and circle processes. He is the author of "Inheriting the Trade" (2008), about his PBS documentary, "Traces of the Trade" and co-author of "Gather at the Table."

\*Jody Geddes and Tom DeWolf are co-authors of *The Little Book of Racial Healing*.



**Renée Burwell, LCSW, MPA, CST-S, CSE** is a psychotherapist and educator with specializations in couples' work, sex therapy, trauma, and psychedelic-assisted therapy. She is a skilled facilitator offering training in mental health, sexual health, and reproductive and social justice. Renée is the co-chair of this 2024 Institute and Conference.

## FRIDAY PLENARY

9:00AM - 10:30AM

### Darron Smith

**Creating Access to Psychedelic-Assisted Therapy for BIPOC**

(No CEs/Open)



This plenary presentation will focus on psychedelic-assisted therapy for addressing race-based trauma experienced by communities of color, particularly in treating PTSD, depression, anxiety, and substance use. The workshop plans to explore the barriers and potential benefits of this IFS-informed therapy for people of color, highlighting the need for culturally informed approaches to address racial trauma effectively.

**Darron Smith** is an African-American scholar, author, and blogger. His research and writing focuses on social injustices impacting African Americans and other marginalized groups in the US. His work includes the study and impact of race on US health care, the practice of white parents adopting black and biracial children, religion, sports, politics, and other current topics.

**SYDNEY J. HARRIS**

"Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better."

## SATURDAY PLENARY

9:00AM - 10:30AM

**Ashley Carmen, Kat Kurner, Antonio Cuevas, Paulo Rebello**

**FORGING NEW HEALING PARADIGMS USING ANCIENT TRADITIONS OF HEALING**  
(DIVERSITY 1.5 CEs/Open)

This panel will create a collaborative community of practitioners who will share their practices. We will feature a diverse array of traditions and methodologies within the healing fields. Our goal is to connect licensed clinical and medical professionals (who are trained by academia) with more native, spiritual, and traditional practitioners who profoundly impact healing in their communities.



**Cacique Antonio Cuevas** is chief of a Yucayeke (Afro-Taino village) in New York City. His passion is for awakening his own community and others by aiding their discovery of resilient strengths. Antonio believes in the power of plant medicine and Spirits, and the empowering messages they bring through ceremonies. He works with people one-on-one, in group settings, social and sacred medicine circles - locally, nationwide, and internationally.

**Ashley Carmen, LMFT**, is a deeply compassionate psychotherapist experienced in supporting individuals on their journey to recovery from addiction, severe trauma, and emotional challenges. Ashley's path took a turn when she realized the limitations and potential drawbacks of conventional pharmaceutical treatments. This revelation ignited her fervent advocacy for the healing power of psychedelic medicine and holistic behavioral therapies.



**Kat Kurner** is a psilocybin facilitator, coach and activist. For the last 20 years, Kat has helped people find their way back home to themselves with the help of psychedelics. She specializes in working with people at end of life, however, she works with all who are looking to heal themselves. Kat is passionate about decriminalizing nature and about increasing awareness of the many benefits of psychedelics.

**Paulo Rebello** was born in the Brazilian Amazon, went to college in France and England and immigrated to the US to pursue his masters degree in counseling. He trained in psychedelic-assisted therapy, the MAPS' protocol to work with MDMA, as well as in the Mazatec tradition to work with psilocybin mushrooms. Paulo is a practitioner of mindfulness, integral psychotherapy, somatic resourcing, somatic attachment therapy, and internal family systems.



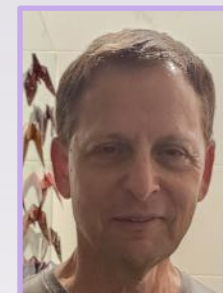
## TRAINING INSTITUTE

### T11 On Being a Group Therapist

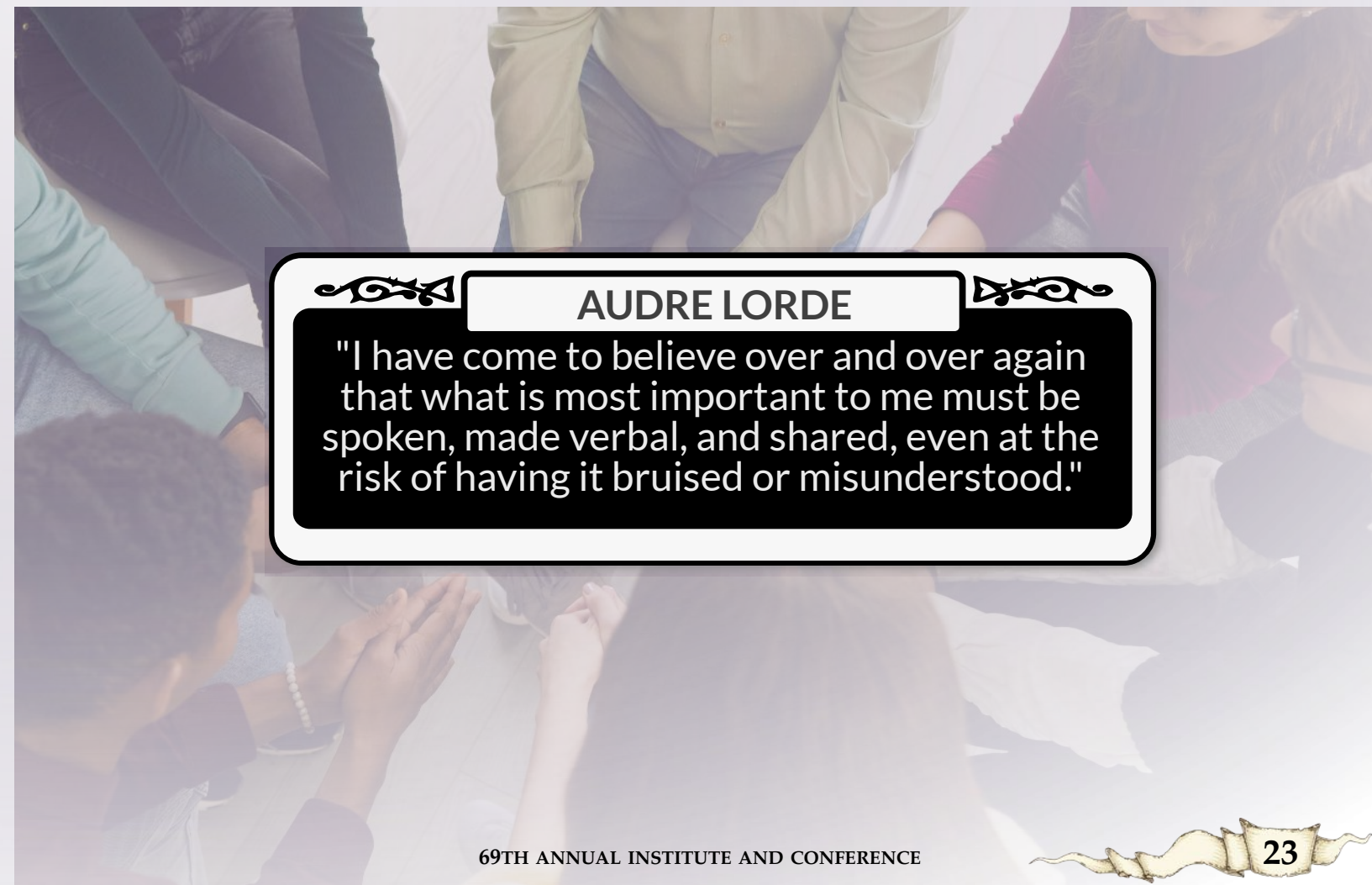
Wednesday 2 - 5PM and Thursday 1:30 - 4:30PM

\*For participants who have attended prior TI sessions  
(6 CEs)

This is the fourth and final session of this Training Institute. The session will be 85% process and 15% didactic learning. Process groups enhance deep self-awareness and emotional growth through authentic and respectful interpersonal encounter, and, simultaneously, they closely simulate group psychotherapy making them excellent training experiences for group therapists.



**Nicholas Kirsch, PhD**, a psychologist for 35 years in Washington, DC, runs therapy groups, some exclusively for psychotherapists. Relational and experiential, his therapy draws from healing traditions as father, athlete, coach, boy scout, bartender, camp director, accountant, and student of human nature. His teachers include Virginia Satir, Anne Alonso, Fred Klein, Jack Mulgrew, David Hawkins, Justin Hecht, Aaron Black, and his clients. A good process group is one of life's highlights.



**AUDRE LORDE**  
"I have come to believe over and over again that what is most important to me must be spoken, made verbal, and shared, even at the risk of having it bruised or misunderstood."

# Workshops

# 2 Day Thurs. Fri. Workshops

**THURSDAY/FRIDAY  
TWO-DAY, 6 HOUR WORKSHOPS 1:30PM – 4:30PM**

## 1a-b. Gayle Neufeld and Joseph Schmidt

### ***All That We Carry That Could Be Lost: A Two-Day Process Group Concerning the Familial and Cultural Identities Within***

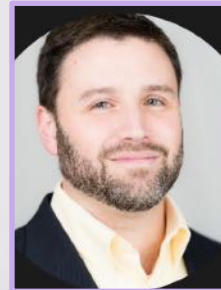
(6 CEs/16 Max)

As therapists and patients, we are the product of individuals, families, cultures, experiences, and contexts that leave their mark in conscious and unconscious ways. Participants in this two-day, process will have the opportunity to reflect upon, feel, and become aware of the people and cultures we carry inside ourselves, as well as what we co-create in the here-and-now of the group.



**Gayle Neufeld, MD**, is a psychiatrist, licensed in Washington, DC. At the start of her career, she focused mainly on pharmacology, but her desire to connect more with her patients has changed her practice toward including individuals, couples, and group psychotherapy.

**Joseph Schmidt, PhD** works in private practice in Rosslyn Virginia, conducting individual, couples, and group psychotherapy. He is a member of AGPA and the Mid-Atlantic Group Psychotherapy Society. He has extensive experience with the Tavistock approach to understanding groups.



## 2a-b. Kaya Spicer and Dana Pierre-Paul

### ***Decolonizing Grief: Ancestral and Indigenous Practices for Healing Together*** (6 CEs/16 Max)

Collective grief refers to a community's shared emotional response to loss and trauma. Colonization disregards the collective; thus, grieving becomes something we are expected to swallow alone. In this two-day we'll reclaim ancestral traditions of sharing embodiment and silence. We'll learn ways of empowering ourselves and our clients to navigate grief and healing.



**Kaya Spicer**, a USC graduate, is a double board-certified sex therapist. The founder of Infinite Zen Holistic Therapy, Kaya enjoys training, speaking, and education. Kaya uses a decolonized frame to help clients navigate their sacred sexuality, grief, desire, compatibility, intimacy, self-care and boundary setting.

**Dana Pierre-Paul, MFT**, practices integrative therapy in a group practice in Wyncote, Pa., working with individuals, couples, and families. Dana's approach supports clients from a systemic perspective, addressing relational dynamics, promoting effective communication, and fostering resilience within families and social systems.



## 3a-b. Sean LeSane and Jane Baxter

### ***Gaining Wisdom About Anti-oppressive Inclusive Practice*** (ETHICS & DIVERSITY 6 CEs/Open)

This two-day Ethics/DEI workshop will provide training about targets and agents of oppression, followed by processing where participants find themselves in either or both group(s). We will explore how countertransference issues inform our implicit biases in our work with clients. Our goal is to help us develop our cultural humility, curiosity, and knowledge of intersectionality in our therapy practices.



**Sean LeSane** is a clinical social worker in private practice in Washington, DC. He provides individuals, couples and group psychotherapy to adults. He also provides consultation and supervision to new clinicians. He is licensed in the District of Columbia. As a member of AAP's Executive Council, Sean chaired AAP's first Professional Environment Protection (PEP) Committee.

**Jane Baxter, MSW, PhD** has been in private practice in Washington, DC for over 25 years. In 2003 she founded PsychFit - a program which combines targeted exercises and psychotherapy, authoring *Manage Your Depression with Exercise* in 2011. She has been a frequent presenter, and has served as a member of the Ethics and Scholars committees.



# 2 Day Workshops

## 4a-b. Judy Lazarus

***Shapeshifting for Beginners: From Ancestral Postures to Psychotherapy Practice***  
(6 CEs/15 Max)

This two-day workshop will combine ancient imagery, movement, trance and postures with our therapeutic talk therapy techniques. Our intention will be to experience and facilitate a fuller sense of wholeness and healing in our patients. Wear comfortable clothing and bare feet. Chairs will be available.



**Judy Lazarus, LCSW-C**, is a clinical social worker in private practice since 1976. She has undertaken the study of Gestalt therapy as well as ritual body postures. She is certified to teach by the Cuyamungue Institute to work with bodily postures as vehicles to access the collective unconscious.

## 5a-b. Diane Shaffer and Avrum Weiss

***Where Did That Come From? What Women Learn About Men from Their Mothers***  
(6 CEs/16 Max)

This six-hour workshop will explore what women learn about men from their mothers and how these messages can appear in their relationships with men later in life. The format includes an introductory discussion, two fishbowl process groups, one for women and one for men, and a final group process.



**Diane Shaffer, PhD** worked in college settings before entering full-time private practice in Philadelphia and Swarthmore, PA. She sees adults, couples, families, and groups. In every modality she is thinking about the quality of relationships in a person's life and asks them to be curious about stories that shape them and how they shape their relationship to self and others.

**Avrum Weiss** graduated with a PhD in psychology from Georgia State University in 1986. He worked as a psychologist in Georgia for 35 years and has been also licensed to practice in Maine for four years. He is author of four books, and dozens of professional articles, and has given professional presentations. Avrum specializes with men and women with relationship and intimacy concerns.

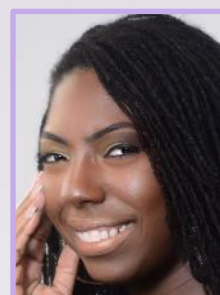


# 2 Day Thurs. Fri. Workshops

## 6a-b. Desiree Robinson

***Inviting Justice, Ancestral Wisdom and Integration in Your Therapeutic Interventions***  
(6 CEs/30 Max)

In this didactic and experiential workshop, we will explore ways to bring ancestral wisdom from lineages, cultures, and belief systems to your work in service of therapeutic repair and integration. We will work to build intentionality and choice in the consulting room, and expand our options for support, movement toward liberation, and empowerment for individuals, couples, and communities.



**Desiree Robinson, LCSW-C, CST, PhD** is an AASECT certified sex therapist and an EMDRIA certified therapist. She is committed to supporting marginalized populations, utilizing an intersectional lens to understand how racism, sexism, and implicit bias impact body image, identity, and relational dynamics. Desiree is a certified sex and faith trainer at the Institute of Sex and Faith.

## 7a-b. Steven Ingram and Hannah Chapman

***Uncovering Our Hidden Money Stories: How They Affect Our Life & Work***  
(6 CEs/20 Max)

Our money stories begin before birth and continue throughout childhood, impacting how we see ourselves and relate to others. The words money, security, worth, and value affect much of what we do and who we are, and yet we may not talk much about money, including in our therapy rooms. In this process we will examine our "money stories" and how they inform our work and life.



**Steven Ingram, D.Min, LPCC-S** has a practice in Dayton and Cincinnati, Ohio treating individuals, couples, and groups, and offering supervision. He is interested in trauma, grief, character, financial psychology, and teaching clinicians "Spiritually Integrated" psychotherapy. A life member of the Academy, Steven is a husband, father of two, violinist, woodworker, and clock collector.

**Hannah Chapman** is a certified financial planner (CFP) and the founder of X-Squared Wealth Planning, helping entrepreneurs and individuals since 2007. She is also a chartered retirement planning counselor (CRPC), practicing in all 50 states. She brings artistry and empathy to her role as a financial advisor.



## THURSDAY ONE-DAY, 3 HOUR WORKSHOPS 1:30PM – 4:30PM

### 8. Bhavana Goel

#### *Sangha*

(3 CEs/12 Max)

This group will dive into the elements that make us a "Sangha," a therapeutic group which holds more space for the WE, than the "I." We will examine elements that connect us, while also working collectively toward alleviating "Dhukha," suffering/pain in the relational space. Learn about amplifying the power within us, within our groups, and within our therapy rooms.



**Bhavana Goel** is an LPC and past scholar of AAP. Her private practice is based in Atlanta. She draws upon her international training, work experience, and multicultural competence in working with her clients. Her journey as a psychotherapist continues to be impacted by her demographic variables, and she looks forward to exploring this territory in this workshop.

### 9. Ann Colley and H. Jean Wright II

#### *Echo of Ancestors - Liberation Healing Practices*

(DIVERSITY 3 CEs/30 Max)

Through education and engagement, attendees will learn how to utilize liberation psychology, critical thinking, and the client's ancestors' and elders' wisdom in therapy. We will focus on how to create safe and nurturing spaces that help clients critically see their circumstances and divest from internal narratives that no longer serve, them while centering love, hope, faith, and actions for healing.



**Ann Colley, D.Min, MBA** has developed a psychotherapy group practice and consulting firm in Philadelphia with a transformative ethos that provides safe spaces for exploration. Our focus is the development of intrapersonal and interpersonal skills and resources to maximize external productivity for the benefit of self and others.

**H. Jean Wright II, PsyD** is a transformational clinical and forensic psychologist with 25 years of experience as a behavioral health leader in Philadelphia and NYC. He is a clinical faculty member at Temple University. A consultant, facilitator and trainer, Jean has developed a ground-breaking approach—The Wright Method<sup>SM</sup> to solve problems with individuals and systems.



### 10. Tom DeWolf, Jody Geddes, and Renée Burwell

#### *Coming To the Table*

(3 CEs/25 Max)

This workshop will allow participants to take a deeper dive into the Coming to the Table model. We will reflect upon the large group community CTTT experience; and examine our trauma awareness, racial awareness, and learnings. And we will experience and view our own process as the CTTT process continues among us.

In 2006, **Tom DeWolf** was a founding member of Coming to the Table. He has served as director/manager since 2013. Tom is trained in strategies for trauma awareness, enhancing resilience, restorative justice, and circle processes. He is the author of *Inheriting the Trade* (2008), about his PBS documentary, "Traces of the Trade," and co-author of "Gather at the Table" (2012). *Pictured on page 20*

**Jodie Geddes** is an international speaker on restorative justice and an advocate for racial healing and justice. As a Jamaican native who grew up in Brooklyn, she uses her journey as a catalyst for creating new narratives about the Black experience and possibilities for healing. Jodie serves as a Program Director at Restorative Justice for Oakland Youth and Co-Manager for CTTT. *Pictured on page 20*

**Renée Burwell, LCSW, MPA, CST-S, CSE** is a psychotherapist and educator with specializations in couple's work, sex therapy, trauma, and psychedelic-assisted therapy. She is a skilled facilitator offering training in mental health, sexual health, and reproductive and social justice. Renée is the co-chair of this 2024 Institute and Conference. *Pictured on page 20*



## 11. Mary Gresham

### *Ethical Issues in Psychedelic Assisted Psychotherapy*

(3 CEs/20 Max)

This workshop will focus on ethical issues in psychedelic-assisted therapy. The first hour will be a presentation of an ethical model to use to increase awareness of the special need for exponentially increased ethical monitoring when a client enters a non-ordinary state of consciousness, either planned or spontaneous. There will be an experiential exercise, and group processing as well.



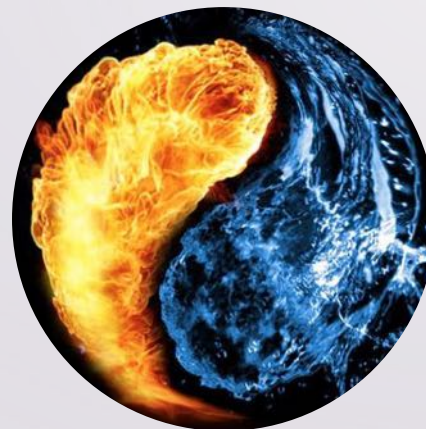
**Mary Gresham, PhD** is a graduate of Tulane, Emory, and Georgia State, always in psychology, and is licensed in Georgia with PsyPact. She participated in the California Institute of Integral Studies, receiving MAPs training as well as certification in psychedelic therapy and research (CPTR). She currently works part-time in research trials on psychedelic-assisted therapy at Emory University.

## 12. Rosa Ashe-Turner

### *Accessing the Ancient Wisdom of the I Ching*

(DIVERSITY 3 CEs/12 Max)

This workshop will offer therapists a basic understanding of the I Ching, ancient Chinese teachings. The participants are not required to know the I Ching. Please bring a book about the I Ching that you may already have or find and bring a book about the I Ching to which you relate to facilitate discussion. The learning will be primarily experiential.



**Rosa Ashe-Turner, PhD** has provided deep reparative psychotherapy since 1987. She began her career as a rehabilitation therapist and an employee assistance program counselor. She co-founded the Pathway Center for Psychotherapy. Dr. Ashe-Turner currently practices independently in the Atlanta and Decatur communities of Georgia.

## 13. Liz Marsh and Deva Joy Gouss

### *Sacred Circle of Women- Calling on our Ancestors and Guides to Harvest Gratitude and Wisdom of 2024*

(DIVERSITY 3 CEs/12 Max)

We will gather women (and those identifying as women) and through guided imagery, movement, and experiential exercises, we will call upon the presence of our feminine ancestors and guides to help us harvest gifts from the year. Together, we will create an altar with offerings and we will experience the richness of sacred rituals to embody our gratitude.



**Liz Marsh** is a clinical social worker, art therapist, and certified group psychotherapist working with a wonderful mix of clients who are diverse in their experiences and identities. She combines relational therapy and the expressive arts to help each of her clients find their personal agency through understanding the dynamics in their families of origin and our culture as a whole.

**Devajoy Gouss, LCSW**, is an experiential therapist psychotherapist in Atlanta GA, working with groups, couples, and individuals. She has evolved her own style of experiential therapy, rooted in psychomotor therapy and the power of ritual. She facilitates the Marrying Yourself Journey and has published books on grief and a workbook for living with illness





## 14. Jonathan Farber

### *Jewish Wisdom in Psychotherapy*

(3 CEs/14 Max)

Jewish philosophy, custom, and ritual carry ancient wisdom that can inform and enrich psychotherapy. In this workshop, we will discuss ways to bring this wisdom into psychotherapy encounters. We will discuss delightful and profound material and we will consider when and how to use it.



**Jonathan Farber, PhD** is licensed in NC and DC where he practices and supervises. He is excited by Judaism's contribution to psychotherapy in implicit ways that are part of our professional culture. He is also a student of the language, ideas, and ritual from Jewish philosophy and history that we can utilize in our work with suitable (and not necessarily Jewish) patients.

## 15. Rachel Keller and Kate Becker

### *Therapeutic Breathwork Experiencing and Processing: Ancient Wisdom to Move Blocks and Release Old Patterns*

(3 CEs/25 Max)

In this group we will teach a conscious-connected breathing pattern designed to activate blocks and repression in the physical and emotional body, releasing old patterns of holding that are currently limiting our life on an unconscious level. The group will then discuss our experiences to ground and integrate the activity for application to our lives and clinical practice with patients.



**Rachel Keller, LCSW** works with individuals and couples seeking to overcome barriers to intimacy and achieve relational fulfillment. As a social worker and sex therapist, she specializes in helping clients understand sexual desire diversity, overcome sexual pain and trauma, and change unhelpful patterns. Rachel's spiritual practices include breathwork which enlivens her practice as a therapist.

**Kate Becker** is a level four therapeutic breathwork trainer, breathwork educator, and mentor. Kate uses breathwork to help achieve naturally altered states of consciousness, in which deep core wounds can be resolved, and deep core wholeness can be accessed. The goal of her work is to help us move from a survival-based life model to one of thriving.



## 16. Camille Whitsett and George Turnage

### *African and Indigenous Spirituality and Mental Health Shamanism Practices*

(3 CEs/34 Max)

Over 100 million people in 43 countries practice African-based religions or shamanism. In this workshop we will learn about African cultural teachings that include elements in nature and primitive wisdoms that may aid healing and recovery work. Our purpose is to blend five bottom-up, top-down, and horizontal therapeutic interventions to balance mind, spirit, and body connections.



**Camille Whitsett, MEd**, has worked as a counselor, supervisor, certified sex therapist, and certified trauma therapist for 22 years, developing sexuality, educational, and abuse prevention programs. Camille provides CBT, schema therapy, somatic work, and EMDR for survivors of sexual abuse, assaults, gender-based violence (GBV). She also works with people struggling with sex addiction.

**George Turnage** graduated with a bachelor's degree in music from New York University in 2020. He became president of the Peristyle Haitian sanctuary in 1982. George travels extensively, teaches botany, collects and understands medicine and herbs in botany. He has studied African spirituality and conducts ceremonies.



**THURSDAY / FRIDAY TWO-DAY WORKSHOPS CONTINUING  
FRIDAY 1:30 - 4:30PM**

**1b Gayle Neufeld and Joseph Schmidt**

**2b Kaya Spicer and Dana Pierre-Paul**

**3b Sean LeSane and Jane Baxter**

**4b Judy Lazarus**

**5b Diane Shaffer and Avrum Weiss**

**6b Desiree Robinson**

**7b Steven Ingram and Hannah Chapman**

# 2 Day Fri./Sat. Workshops

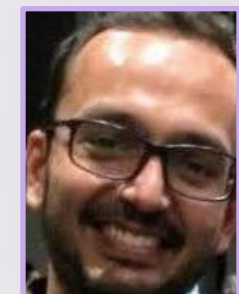
**FRIDAY / SATURDAY  
TWO DAY SIX-HOUR WORKSHOPS**

## 17a-b. Bob Rosenblatt, Samir Patel, Gloria Beller

### **(Movie) Origin: The Ancient System of Human Ranking**

(DIVERSITY 6 CEs/36 Max)

After viewing Ava DuVerney's film, ORIGIN, the workshop will endeavor to examine the construct of "ISMS (Sexism, Racism, Anti-Semitism, Ageism and Ethnocentrism). The film will serve as a catalyst to understand the concept of this global societal element with a different lens. An emphasis on the violence and objectification that these "ISMS" perpetrate. The objectives will be to increase our own self-awareness of these "ISMS" and the implications for our intrapersonal and interpersonal process as psychotherapists.



**Samir Patel, MD**, is a psychiatrist who sees individuals and couples in his private practice in Providence, RI. He is a psychotherapy supervisor for Brown University's psychiatry residents. He has a keen interest in the psychological impact of the intersection of race, sexuality, immigration, and the self, and he serves as co-chair of the Anti-Racism, Diversity, and Equity Committee of AAP.

**Robert G. Rosenblatt, PhD** has been an AAP member and a psychotherapist to individuals, couples and groups for over 40 years. Bob's current practice is focused on providing clinical supervision and practice management in Washington DC and Atlanta, GA to help psychotherapists construct thriving private practices. Bob serves on AAP's Anti-racist and Diversity Committee.



**Gloria Myers Beller** has degrees in social Work, sociology and psychology and has been in private practice in Washington, DC since 1991. She works with couples, individuals, and groups. Cultural diversity and multicultural relationships inform most of her work. She believes authentic engagement begins with hearing and taking in the lived experience of the other.

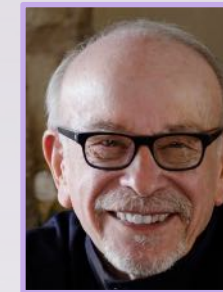
# 2 Day Workshops

## 18a-b. Curt Arey and Murray Scher

### **On the Shoulders of Giants: The Transmission of Wisdom**

(6 CEs/15 Max)

We stand on the shoulders of giants, to see the future, be grounded, and elevated. We will consider who are our therapy giants, what wisdom was meaningful or rejected, and how those determinations were made. We'll explore wisdom, ancient and modern, which has influenced us and that which should have.



**Murray Scher** received his PhD in 1978, qualifying him as a wisdom elder. He works out of that wisdom and experience in rural Tennessee and urban Austin, Texas seeing adults in long-term therapy. He has recognized the privilege of standing on the shoulders of giants, some of whom he was lucky to know in AAP. He has always benefited from working with Curt Arey who has the wisdom of clarity.

**Curt Arey, MA, LPC** practices at Pine River in Atlanta, working with individuals, couples, and groups. He came to AAP as a graduate student volunteer in 2008, and after many experiences, still believes AAP is the best venue for the therapist's growth. He notices how wisdom shows up in the most unexpected places. Curt appreciates how much wisdom he gains from working with Murray.



## 19a-b. Michelle Coomes

### **Beyond Tarot and Jungian Analysis: Exploring the Collective Unconscious in Psychotherapy**

(6 CEs/18 Max)

When it is hard to communicate in therapy, we may rely on symbolism and metaphor. Tarot provides a symbolic language - a way to learn about ourselves while finding synchronicities. This workshop promotes creativity and self-expression as we hold space for each other and engage with imagery that arises through tarot in the group process. No experience in tarot is needed.



**Michelle Coomes MA, LMFT** is a psychotherapist in private practice in Davidson, NC. She treats individuals, couples, and co-leads several ongoing psychotherapy groups. Michelle enjoys utilizing experiential and expressive art therapy modalities.



# 2 Day Fri./Sat. Workshops

## 20a-b. Victoria Griffin and Shana Evans-Bassett

### *Rhythm & Soul Healing through Collective Dance*

(DIVERSITY 6 CEs/12 Max)

This workshop will introduce participants to the gifts of Afrocentric ancestral healing: rhythm, movement, melody, song, hymn, poetry, and dances of our heart and soul. The purpose of this workshop is to bring these gifts into consciousness through music and movement, and to help participants bring these healing practices into their therapy with clients



**Victoria Griffin, LPC, MA** is licensed in Georgia, Mississippi, and Washington DC. She has experience in psychiatric treatment, somatic experiencing work, substance abuse treatment, and private practice. She works with complex trauma, dissociative disorders, couples, and sex therapy. Her practice includes public speaking, consulting, coaching, and therapy with executives, victims of violence, and therapists.

**Shana Evans-Bassett** earned her master's degree in clinical counseling psychology from Brenau University in 2020, where she received the 2020 Outstanding Graduate Student Award. She was a 2023 Fellow at the Emory's Psychoanalytic Institute. She currently works in private practice providing individual, couples, and family therapy, and has been a speaker for large and small groups in the Atlanta community.



## STING, MUSICIAN

"I don't think psychedelics are the answer to the world's problems, but they could be a start."

# 2 Day Workshops

## 21a-b. Elizabeth Field and Jess McMillan

### *The Myth of Control*

(6 CEs/15 Max)

In an uncertain and competitive world, one's sense of control may be experienced as desirable if not imperative. In this workshop we will question the wisdom of this paradigm and invite the group to explore what other possibilities exist or may be created to manage the profound uncertainty of life.



**Elizabeth Field, MA, LMFT** graduated in 1999 from Appalachian State University. She is in private practice in Charlotte, NC, and provides therapy to individuals, couples, families, and groups. She has recently begun grief workshops which involve the ancient wisdom of ritual informed by pagan tradition and Jungian theory. She is excited to present this workshop with fellow LMFT Jess McMillan.

**Jessica McMillan MA, LMFT** is in private practice in Atlanta, Georgia. With specialization in treating eating disorders, Jess has worked with individuals and families on the path toward recovery. Jessica has been involved with AAP since 2010 she was introduced as a scholar by her mentor, Jack Mulgrew. Jess is the proud parent of two Great Pyrenees and is an avid beach enthusiast.



## 22a-b. Neil Makstein and Lisa Makstein

### *Meeting Each other: How To Integrate Ancient Wisdom and Current Experience*

(6 CEs/12 Max)

To authentically interact as therapists, we integrate the wisdom we carry from those who have traveled before us with our own here-and-now awareness of what is happening between us and our patients. As our group process unfolds, we will explore both sources of wisdom, and demonstrate how clinicians can use awareness that comes from our presence and from our histories, in therapy.



**Lisa Makstein, LCSW** has practiced for over 35 years in Maryland and Washington, DC with adults, couples, and groups. She feels privileged to join people on their journeys toward more authenticity in their relationships. Working on her own history has allowed her to create an authentic, life-affirming path. Being in AAP and co-leading academy groups has been an important part of that evolution.

**Neil Makstein** is a clinical psychologist licensed in Virginia and Maryland working with couples, individuals and groups. He also consults with organizations, including juvenile and domestic relations court programs. He has loved contributing to AAP, presenting workshops and serving on EC. He finds groups fascinating and delightful to co-create.



# Friday 1 Day Workshops

**FRIDAY  
ONE DAY THREE-HOUR WORKSHOPS 1:30 – 4:30PM**

## 23. David Fogel, Angela Cerkevich, Maria Thestrup

### ***Psychedelic Psychotherapy: The Power of Collaboration between Medical and Non-medical Healers***

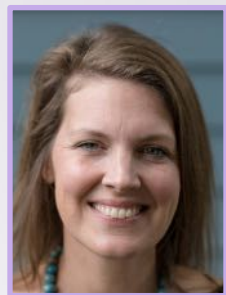
(No CEs/35 Max)

Collaboration between medical providers and non-medical therapists is essential for optimizing the healing power of ketamine therapy. David Fogel, M.D., is a psychotherapist and ketamine medical provider. This workshop will explore the dynamics of the shared experience of client, psychotherapist, and medical provider in a collaborative model of psychedelic healing.



**David Fogel, MD** is board certified in internal medicine with fellowship training in mind/body focused individual and group psychotherapy. He is licensed to practice medicine in Maryland and has practiced in Bethesda for over thirty years. David is a certified ketamine medical provider, and uses a team-focused, collaborative Ketamine-Assisted Psychotherapy model.

**Angela Cerkevich, PsyD, RYT** practices in Washington DC with groups, couples, and individuals. Her interest in working with clients to incorporate psychedelics in their treatment is rooted in her own experiences with meditation and other tools that affect perception and knowledge of the self. She hopes to utilize psychedelic treatment in couples work.



**Maria Thestrup** is a psychologist in Washington DC. Maria has a private practice and provides individual, group and couples therapy. Maria has a strong interest in the intersection between psychotherapy, mental health and spirituality and believes ketamine and other psychedelics are profoundly useful tools to facilitate greater awareness and connection.

**TERRENCE MCKENNA**  
"Psychedelic experiences and dreams are chemical cousins; they are only different in degree."

# 1 Day Workshops

## 24. Orion Crook and Karen Brown

### ***Eco-psychotherapy as a Psychological Intervention Toward Wellness***

(3 CEs/12 Max)

In this workshop, we will delve into simple eco-psychological theories and practices that integrate nature-based interventions with our psychotherapy work. Our clients present with a wide range of imbalances, growing edges, and needs. Together, we will explore methods to cultivate physical, emotional, and spiritual nourishment within the therapeutic relationship.



**Orion Crook, LPC** has a psychotherapy practice, holding space for adolescents and adults who are seeking to engage in a therapeutic relationship with a licensed professional counselor who was once a supportive horticultural and wilderness therapist. Grounded in humanistic foundation, they encounter the struggles of trauma, gender, sexuality and loss with compassion.

**Karen Brown, LCMHCS** has 25 years of psychotherapy experience and is in private practice. Eclectic in her training, Karen is also a certified intermodal expressive arts therapist, a tutor in the Kabbalah Society Toledano Tradition, and a certified psychological astrologist. A child of a holocaust survivor and a Native American, she has been interested in healing and identity over a lifetime.

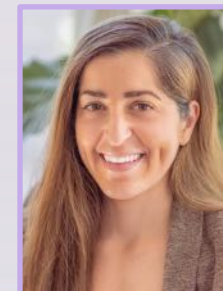


## 25. Ana Radakovic

### ***Navigating the Collective Unconscious through Art Therapy***

(3 CEs/10 Max)

In this interactive workshop, Ana will demonstrate her use of music, movement, and art in psychotherapy to foster patients' growth. Participants will explore their unconscious patterns by responding to various kinds of music, art-making, and movement. Expect a dynamic fusion of expressive and talk therapies. No prior art experience needed - just an open heart and mind.

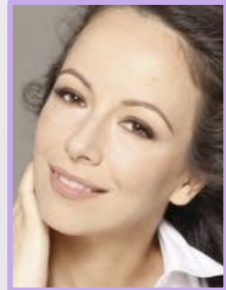


**Ana Radakovic, MA, LPC, ATR, CGP** is a licensed professional counselor, art therapist, and group psychotherapist. She runs a private practice in Washington, DC, integrating therapeutic modalities to empower clients in their healing journeys. Ana is also a mother to two daughters who are at the center of her world, and enjoys yoga, nature, traveling, and art-making.

## 26. Ivana Ross

***EMDR: Learning How Repressed Memories Are Accessed Using EMDR***  
(3 CEs/14 Max)

This interactive, process-oriented EMDR workshop will focus on accessing less conscious parts of our psyches, and the practical implications for our everyday lives. Cultural factors, repressed memories, and personality variables will be examined. Participants will learn about alternative forms of coping with trauma and responding to trauma in our patients.



**Ivana Ross, LMFT** is in private practice in Manhattan. She has devoted her career to helping patients with a variety of life challenges: anxiety, phobias, disorders, toxic relationships, depression, and anger. She is a clinical fellow of AAMFT and a certified hypnotist. Ivana also developed the mental health-social media app, *Ressista*, which helps people heal through shared experiences.

## 27. Racine Henry

***Integrative Culinary Therapy for Couples***  
(3 CEs/40 Max)

In this participatory and experiential workshop, Racine will teach her innovative approach to couples' therapy: 'Integrative Culinary Therapy' (ICT); and yes, the treatment includes cooking! This structured nine-session experiential therapy is geared to black couples who bring traumatic multigenerational family-of-origin histories as they work on their own unique 'family of creation.'



**Racine R. Henry, LMFT** works in New York City, and specializes in working with BIPOC couples. Her PhD is in trauma therapy. Racine is the founder of Sankofa Marriage & Family Therapy, PLLC and an assistant professor at The Family Institute at Northwestern University.

## 28. Victoria Danzig, Mary Gresham

***Helping Your Client Prepare to Integrate Altered States of Consciousness***  
(3 CEs/20 Max)

Preparation and integration are legal and ethical modalities of support for the client who utilizes psychedelics to change their consciousness within therapy. What does the therapist actually do in these stages? We will review, describe, and practice how to make use of the interventions that comprise the pre- and post- of psychedelic-assisted psychotherapy.



**Victoria Danzig, LCSW, DCEP**, graduated from U.S.C. in social work and has been in private practice since 1985. She has experience with the use of plant medicine for PTSD, depression, end of life therapy, and grief. In 2021, Victoria received training in psychedelic-assisted therapies and research at the California Institute of Integral Studies and completed 100 hours in MDMA-Assisted Therapy from MAPS.

**Mary Gresham, PhD** enjoys studying and reading psychology. She initiated her graduate education at Emory University and ended at Georgia State University. She left Emory because it was too research-oriented, though ironically, she currently works at Emory in their research studies on psilocybin. Mary practices in Atlanta and finds that "the more gray hair I have, the more my patients seem to benefit."



## 29. LaVoya Woods

***Decolonizing Psychotherapy: Exploring African Cosmologies of the Body, Mind & Spirit***  
(DIVERSITY 3 CEs/20 Max)

Participants will explore decolonizing psychotherapy practices, leveraging African cosmologies to empower client healing. Expect transformative insights into constructs of time, vulnerability, and shame. This workshop will equip you with practical tools for collective care. Leave prepared to integrate ancestral wisdom into therapeutic practice, fostering resilience and holistic well-being.



**LaVoya Woods, MSW**, a genderqueer, neurodiverse eco-therapist based in Durham, North Carolina, specializes in trauma therapy and family therapy. Ve focuses on intergenerational impacts of systemic trauma within BIPOC communities, creating The Woods Collective for Decolonizing and Ancestral Healing to be affordable, accessible, and deeply collective.

# Friday 1 Day

## 30. Erica Hart and Sheva Melmed

### *Finding ourselves in unexpected places: Navigating Dreams and Unconscious Associations*

(3 CEs/15 Max)

Mysterious things often happen in the therapeutic relationship: dreams, images, songs and associations pop into our minds. In this group, participants will learn how to use signals from the unconscious experience to inform the therapeutic process and support client's insight-building. Leaders draw from psychodynamic psychotherapy and dream work practices.



**Erica Hart, PhD** is a clinical psychologist based in Washington, DC. She leads the psychodynamic and person-centered therapy practicum at American University. Erica's private practice focuses on insight-oriented therapy with artists and couples experiencing sexual and emotional intimacy issues. She values humor, play, creativity, and connection in both her professional and personal worlds.

**Sheva Melmed, LICSW** is a practicing psychotherapist and artist in Washington DC. She trained at the Washington School of Psychiatry as well as with the Institute of Contemporary Psychotherapy and Psychoanalysis. Her practice also draws from intergenerational trauma theory, attachment theory, relational psychotherapy, and somatic mindfulness techniques.



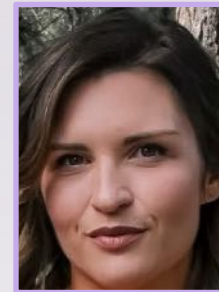
# Workshops

## 31. Ashley Rollerson and Mary Tobin

### *Integrating Eco-psychedelic Therapy and DBT in Community Healing*

(No CEs/50 Max)

This workshop explores the integration between psychedelic-assisted therapy, nature informed therapy, and dialectical behavioral therapy as it pertains to community healing. Through psychoeducational material and experiential activities, participants will learn the benefits of each modality and how they can be integrated into practice to create collective growth through reciprocity.



**Mary Tobon, LCSW** is a certified forest therapy guide and certified nature informed therapist in Los Angeles, CA. Mary has a private practice utilizing mindfulness, DBT and nature-based interventions. She is also the co-founder of Ecodeletic Therapy Collective which integrates Psychedelic Assisted Therapy and Nature Informed Therapy.

**Ashley Rollerson, LMFT** is a private practice therapist and clinical supervisor in Los Angeles CA. Working with high-risk adolescents and adults, she's recognized the importance of intersectionality within modalities and clinical frameworks. She integrates DBT, Psychedelic Assisted Therapy, Family systems and nature based practices to create an eclectic approach to healing. Her clinical background plus the love of nature and plant medicine inspired her to co-create Ecodeletic Therapy Collective.



# Saturday

## SATURDAY, CONTINUATION OF FRIDAY / SATURDAY WORKSHOPS

17b Bob Rosenblatt, Samir Patel, Gloria Beller

18b Curt Arey and Murray Scher

19b Michelle Coomes

20b Victoria Griffen and Shana Evans-Bassett

21b Elizabeth Field and Jess McMillan

22b Neil Makstein and Lisa Makstein

# Saturday 1 Day Workshops

**SATURDAY**  
**ONE DAY THREE-HOUR WORKSHOPS 1:30 – 4:30PM**

## 32. Lauren Gardner

***Alchemical Processes of Change and Transformation in Groups***  
(3 CEs/12 Max)

Alchemical metaphors may be widely applied to group psychotherapy: Consider the processes of warming to another, cooling down reactivity, softening of heart; all alchemic transformations. Participants will deepen their familiarity with ancient alchemical arts and connection with emergent group themes of change and transformation.



**Lauren Gardner, PhD** is a psychotherapist in private practice in Chapel Hill, North Carolina, where she works with individuals and couples. She earned her doctorate from North Carolina State University. Lauren is also a lifelong student of classical alchemy and Western Esotericism. This background informs this workshop, which will draw from the same well of wisdom that inspired Carl Jung.

## 33. Lee Blackwell

***Mentalizing in Couples Therapy***  
(3 CEs/25 Max)

Our defenses against attachment anxiety can be toxic to the relationship we seek to protect. Mentalization Based Treatment (MBT) offers a powerful approach to reducing a couple's conflict by increasing safety and security. This workshop will provide practice using practical tools that can be used immediately in work with couples.



**Lee Blackwell, PhD** practices in Newport Beach, CA, and virtually in Texas, specializing with couples. He trained in sex therapy and human sexuality at UCLA, staying on as a supervisor and then co-directing the program from 1983 to 1993. Lee has presented internationally on sexuality, couples work, mentalization, and psychotherapy. He is a Past President and Fellow of AAP.

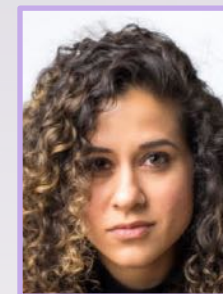
# 1 Day Workshops

## 34. Ashley Carmen and Mike Bledsoe

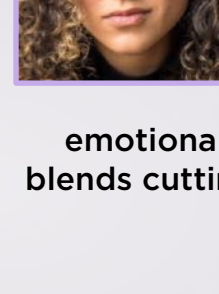
***From Ancient Wisdom to Modern Practice: The Evolution of Psychotherapy and its Impact on Today's Healing Paradigm***  
(ETHICS 3 CEs/60 Max)



Explore the evolution of psychotherapy from ancient wisdom to modern practices. This workshop empowers therapists to cultivate personal intuition and ethics, beyond external governing boards. Through interactive exercises and relational meditation, participants will enhance their integrity and deepen their therapeutic impact in today's healing paradigm.



**Ashley Carmen, LMFT** founded the Psychedelic Guide Network and Medicine Woman. She has specialized training from MAPS in MDMA-assisted psychotherapy and the School of Consciousness Medicine in Mazatec psilocybin guiding. A product of broken societal systems, Ashley passionately advocates blending ancient traditions with modern therapies to transform healing.



**Mike Bledsoe** is a US Navy veteran and CEO of The Mission After, a company that helps veterans transition from the military to civilian life with a holistic approach to physical, mental, emotional, and spiritual health. With 16 years of coaching experience, Michael blends cutting-edge with time-honored methods that enable veterans to master challenges and (re)discover their purposes.



## 35. Yariela Sequeira

***The Medicine Healer and Therapist in Me: Integrating Ancient Cultural Practices in Counseling Sessions for Latinx***  
(DIVERSITY 3 CEs/50 Max)

In this workshop, participants will learn to integrate Latinx cultural considerations and healing traditions into their existing therapeutic practice, enhancing their effectiveness as contemporary healers who provide tailored, culturally sensitive, and inclusive mental health services.



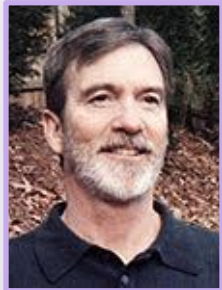
**Yariela Sequeira, LMHC** maintains a private practice, specializing with adults facing mental health challenges and life stressors at-risk individuals and substance users. She has been a clinical supervisor to interns, and a Yoga teacher. Yariela's migration from Nicaragua to Florida yielded a profound understanding of challenges in mental health services faced by the Latinx community.

## 36. Pat Stogner

### *A Gift from the Ancients: Healing Through Breath*

(3 CEs/20 Max)

In this experiential presentation, participants will join in a guided meditation which draws from an aspect of Native American spirituality: The Four Directions. We will also learn about and practice breathwork, a release therapy in which a specific breathing pattern is used to access a non-ordinary state of consciousness.



**Pat Stogner, MEd. LMFT** works in private practice in Georgia with adults and couples. He is also a clinical hypnotherapist. With patients, Pat employs a blend of traditional talk therapy with experiential therapies of breathwork, hypnotherapy, brain spotting, and psychodrama.

## 37. Brian Peacock

### *Amplifiers of the Unconscious: Psychedelics' Impact on Psychodynamic Process*

(No CEs/15 Max)

The pioneering researcher, Dr. Stanaslov Grof, described psychedelics as nonspecific amplifiers of the psyche. This workshop will consider the psychodynamics of psychedelics through process group discussion. Conversation will be supplemented by guidance on current research. Participants who are optimistic, skeptical, knowledgeable, or novice about psychedelic therapies, are welcome!



**Brian Peacock, PhD** is a licensed psychologist in Maryland, working with adults and children. He earned his PsyD from The Wright Institute, where he researched applications of psychedelic-assisted psychotherapy across personalities and psychopathologies. Brian has specialized training in psychodynamic therapy and neuropsychological assessment.

## 38. Sonia Hsieh

### *"Ways of Exploring the Truth: Iboga and the Wisdom of Bwiti"*

(No CEs/30 Max)

Bwiti is an African philosophical tradition that was born from messages given from iboga - a central west African tree shrub. Workshop will include what an iboga flood dose entails, and the mystical components involved in helping patients to experience truth, soul, and ancestral healing. This experiential workshop will include guided breathwork.



**Sonia Hsieh** earned her MSW at Smith College. She currently lives and works in Chapel Hill, NC as a psychedelic-informed psychotherapist. She trained at an iboga retreat center in Costa Rica for two years and completed her first Bwiti Initiation in West Africa in July 2023. Her priority is to help people experience spiritual truths for the liberation of the mind into a unity-centered consciousness.

## 39. Michael Southers

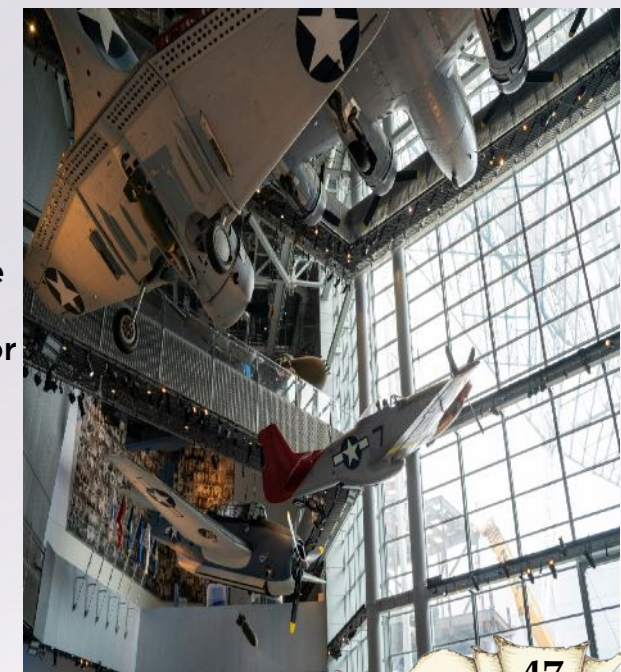
### *Hopelessness and Hope: Learning from The Great War--A Tour to the National WWII Museum*

(3 CEs/80 Max)

History repeats itself, and we are currently experiencing a repeat of rising fascism, nationalism, and fears of the other. In this workshop, therapists will visit the National WWII Museum and experience histories of those who defended Europe from the Holocaust. We will consider the feelings of hope and hopelessness therapists and clients may experience while coping with global violence. Note: If you are signing up for this workshop, be sure to pay for your museum ticket at registration.



**Michael Southers, LCPC** sees clients at his private practice in Frederick, Maryland. He is also an adjunct professor at Hood College teaching rational emotive behavior therapy and group counseling. Mike's hobby of board games has become a passion: he has lectured at the nation's largest board game convention about the ways in which game theory relates to life strategies and success.





# Saturday 1 Day

# Workshop Planner

## 40. "Cacique" Antonio Cuevas

### *Shamanic Alchemy: Expanding Consciousness and Preserving Life Force.*

(No CEs/12 Max)

Shamanic alchemy is a specialized course designed for individuals seeking to explore the world of entheogens at macro and ultra-macro doses. Through the use of non-visionary plants, herbs, and supplements, participants will learn how to prepare themselves for profound altered states of consciousness. The program emphasizes the importance of having the necessary amino acids in the brain to effectively process, remember, and integrate these experiences. Additionally, it focuses on cultivating and replenishing qi (life force) to facilitate deeper dives into altered states. Mastering this skill is crucial for both longevity and sustained use of entheogens in the long run.



**Antonio** is Cacique (chief) of a Yucayeke (an Afro-Taino village) in New York City. He is a medicine man with a strong Taino lineage, originally from the island of Boriken (Puerto Rico) He is best known for his passion for truths and for his hands-on involvement in helping awaken his own community by helping uncover their resilient strengths. Antonio believes in the power of the plant medicine Spirits and the empowering messages they bring to the people of his communities. He highlights the integration of the lessons given by the medicines during ceremonies. He works with people one-on-one, in group settings, social and sacred medicine circles - locally, nation-wide, and internationally. His soul's quest is to continue to be a humble and dedicated vessel for the insights and knowledge of Divine sacred medicines in all communities around the globe.

	Wednesday 2:00 - 5:00	Thursday 1:30 - 4:30	Friday 1:30 - 4:30	Saturday 1:30 - 4:30
T11	T11 Kirsch	T11 Kirsch		
		8 Goel	23 Fogel/Cerkevich, Thestrup	32 Gardner
		9 Colley/Wright	24 Crook/Brown	33 Blackwell
		10 DeWolf/Geddes/Burwell	25 Radakovic	34 Carmen/Bledsoe
		11 Gresham	26 Ross	35 Sequeira
		12 Ashe-Turner	27 Henry	36 Stogner
		13 Marsh/Gouss	28 Danzig/Gresham	37 Peacock
		14 Farber	29 Woods	38 Hsieh
		15 Keller/Becker	30 Hart/Melmed	39 Southers
		16 Whitsett/Turnage	31 Rollerson/Tobon	
		1a Neufeld/Schmidt	1b Neufeld/Schmidt	Key
		2a Spicer/Pierre-Paul	2b Spicer/Pierre-Paul	Training Institute
		3a LeSane/Baxter	3b LeSane/Baxter	One Day Workshops
		4a Lazarus	4b Lazarus	Two-Day Workshops Thurs/F
		5a Shaffer/Weiss	5b Shaffer/Weiss	Two-Day Workshops Fri/Sat
		6a Desiree Robinson	6b Desiree Robinson	Scholarship Process Grps St
		7a Ingram/Chapman	7b Ingram/Chapman	
			17a Rosenblatt/Patel/Beller	17b Rosenblatt/Patel/Beller
			18a Arey/Scher	18b Arey/Scher
			19a Coomes	19b Coomes
			20a Griffin/Evans-Bassett	20b Griffin/Evans-Bassett
			21a Field/McMillan	21b Field/McMillan
			22a Makstein/Makstein	22b Makstein/Makstein
		SPG 9:00 - 12:00	SPG 9:00 - 12:00	SPG 1:30 - 4:30

# Registration

<b>Early Registration Members:</b> .....	<b>\$775</b>
<b>Registration after August 31<sup>ST</sup> Members:</b> .....	<b>\$835</b>
<b>Early Registration Non-Members:</b> .....	<b>\$835</b>
<b>Registration after August 31<sup>ST</sup> Non-Members:</b> .....	<b>\$895</b>
<b>Early Registration/Day Only:</b> .....	<b>\$282</b>
<b>Registration/Day Only:</b> .....	<b>\$302</b>
<b>Former Scholars:</b> .....	<b>\$775</b>
<b>2024 Scholarship Recipients:</b> .....	<b>\$250 (Saturday night included)</b>
<b>Students:</b> .....	<b>\$413</b>

## Additional Charges

<b>Wednesday Dinner Guests:</b> .....	<b>\$65</b>
<b>Saturday Dinner Guests:</b> .....	<b>\$99</b>
<b>CEUs:</b> .....	<b>\$60</b>
<b>Saturday Dinner:</b> .....	<b>\$99</b>

**West Coast Discount:**..... **\$100**

<b>National WWII Museum Ticket:</b> .....	<b>\$37</b>
<b>Beyond All Boundaries Film (45 Minute Film): ...</b>	<b>\$10</b>

Cancellations must be submitted in writing to [aap@caphill.com](mailto:aap@caphill.com) no later than 10/6/24 and will be subject to a nonrefundable fee of \$75. Refunds may not be granted after 10/6/24. In case of circumstances beyond our control, AAP reserves the right to make necessary changes in presenters and content of workshop without notice.

# Continuing Education

American Academy of Psychotherapists  
2024 Institute and Conference  
October 23 – 27, 2024  
New Orleans, LA

## Joint Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists (AAP). Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Amedco Joint Accreditation #4008163.

Professions in scope for this activity are listed below.

## Psychologists



This course is co-sponsored by Amedco and 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. **22.00** hours.

**The following state boards accept courses from APA providers for Psychologists/Counselors:** AK, AR, AZ, CA, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, IO, KS, MA (LEP ONLY), ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK\*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**The following state boards accept courses approved by any other state for Psychologists/Counselors:** CO, MD  
**MI:** No CE requirements.

**\*OK:** Accepts APA credit for live, in-person activities but not for ethics and/or online courses.

**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, WDC, WI, WY

**AL MFTs:** Credits authorized by NBCC or any other state licensing agency will be accepted.

**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 Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (held outside NY *ONLY*), OK\*, OR, SC, UT, VA, WI, WY

**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.

ASWB Learner Level: **Intermediate**. Social Workers completing this course receive **22.00** GENERAL continuing education credits.

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

**\*OK:** Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

**\*WV:** Accepts ASWB ACE unless activity is held live in West Virginia.

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

**MI:** No CE requirement

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

**AL MFTs:** Credits authorized by NBCC or any other state licensing agency will be accepted.

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

**MI:** No CE requirement.

**The following state boards accept 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

# Continuing Education

## **New York Board for Social Workers (NY SW)**

Amedco SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. **22.00** hours.

## **New York Board for Mental Health Counselors (NY MHC)**

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0061. **22.00** hours.

## **New York Board for Marriage & Family Therapists (NY MFT)**

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0032. **22.00** hours.

## **New York Board for Psychology (NY PSY)**

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. **22.00** hours.

## **FL Board of Behavioral Sciences (FL BBS)**

Amedco is approved by the Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling. Provider BAP#39-Exp.3-31-2025. **22.00** GENERAL Hours

