

2025 AAP Southern Region Spring Conference

INVITING THE EXPERIENTIAL

MARCH 15, 2025



THE LINK COUNSELING CENTER, 348 MOUNT VERNON HIGHWAY NE, SANDY SPRINGS, GEORGIA

INVITING THE EXPERIENTIAL

Welcome to the AAP Southern Region Spring Conference, “Inviting the Experiential.” Rooted in Rogerian empathy, experiential psychotherapy invites clients to explore and re-enact their emotions in depth, both consciously and unconsciously. This approach is rooted in the belief that fully experiencing feelings—joy, anger, grief, or fear—can lead to profound personal insight and transformation. Experiential psychotherapy can be conducted using role-play, guided imagery, psychodrama, and more. Through these action-based processes, clients can embody and access psychological elements they may not otherwise experience.

We have chosen a group of talented psychotherapists to guide your exploration, both of yourself individually and as a therapist. Elizabeth Field will help you learn to use rituals in processing grief. Lauren Gardner will lead you in exploring taboos. Gus Kaufman will introduce you to the Pesso-Boyden method. Maureen Martin and Nancy Cahir will take you to the roots of AAP and the beginnings of experiential therapy. And Nicholas Demetry will teach you how to use sound in healing. Guneeta Singh will help you develop a deeper connection to your inner wisdom. Whatever you choose will be a growth-full experience.

The Southern Region Committee welcomes you to the Spring Conference!

AAP PROFESSIONAL ENVIRONMENT POLICY

The American Academy of Psychotherapists (AAP) has recently ratified the 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. Persons who experience harm will have several access points including on-site ombuds to assist and consult with individuals about taking steps to feel safe for the duration of the event. The full policy including reporting mechanisms is available on the AAP website as well as the QR code found on the registration page.

Kelsey Smith and Amy Stern will serve as ombuds for this conference.

TARGET AUDIENCE AND INSTRUCTIONAL LEVEL

Attending our Spring Conference would be beneficial for psychologists, social workers, counselors, marriage and family therapists, psychiatrists, mental health practitioners, as well as graduate students in mental health-related disciplines. The instructional level in all workshops is appropriate for new, intermediate and advanced practitioners, unless specifically noted.

INTERESTED IN BECOMING A MEMBER?

Information regarding membership requirements and applications can be found on the AAP website (aapweb.com). You can also obtain an application from Cap Hill at 518.694.5360 or by contacting the Membership Chair, Nelia Rivers, at 404.295.1773 or (neliarivers@gmail.com).

FRONT COVER IMAGE BY MICHELLE LEYDEN
IN COLLABORATION WITH CHATGPT



SCHEDULE AT A GLANCE

| | | | | |
|---------|-------|---------|-------|--------------------|
| 8:30AM | – | 9:00AM | | REGISTRATION |
| 9:00AM | – | 12:15PM | | FISH BOWL |
| 12:15PM | – | 1:30PM | | CATERED LUNCH |
| 1:30PM | – | 4:45PM | | WORKSHOPS |
| 5:00PM | – | 6:00PM | | CLOSING EXPERIENCE |
| 6:00PM | | | | AFTERPARTY |

HOSPITALITY SPACE AVAILABLE IMMEDIATELY FOLLOWING THE CONFERENCE

After a day of thought-provoking sessions please join us in our hospitality space to relax, connect, and process the experience. We'll provide a comfortable, welcoming atmosphere with complimentary drinks and snacks. We look forward to seeing you there.

LEARNING OBJECTIVES

1. Explore integrative healing practices to address and transform personal and societal wounds.
2. Enhance somatic awareness to develop a deeper understanding of how the body gathers, processes, and integrates information to support therapeutic and personal growth.
3. Utilize experiential psychotherapy theory to gain insights that can be applied in therapeutic settings, fostering profound client breakthroughs.

WORKSHOPS

JONATHAN FARBER

EXPERIENCING THE GROUP: A FISHBOWL PROCESS GROUP WITH AN AQUARIUM GLASS REVERSAL

(3 CES; MAX 8 FOR FISHBOWL)

In this variation on the traditional fishbowl, we begin with some rapid Q&A to accelerate the warmup process, and we break the fourth wall twice to debrief, explain, and share reactions. Anticipate synergy in learning about yourself, other individuals present, and about how to foster a productive experiential process.

NICHOLAS DEMETRY

SOUND HEALING WITH CRYSTAL AND TIBETAN SINGING BOWLS IN PSYCHOTHERAPY

(NOT FOR CE CREDIT; MAX 60)

In this workshop, you will have the opportunity to experience the healing power, relaxing effects and therapeutic benefits of alchemical crystal singing bowls, Tibetan bowls and crystal harps. I will instruct participants in valuable step-by-step instruction on how to play and make use of singing bowls in psychotherapy practice. As Nikola Tesla said, "If you want to know the secrets of the universe, think in terms of energy, frequency and vibration."

SOUTHERN REGION COMMITTEE

SHARMAN COLOSETTI, CHAIR;

MICHELLE LEYDEN AND KELSEY SMITH, CE CO-CHAIRS;

EMILY MCDONALD AND AMY STERN, PROGRAM CO-CHAIRS;

JESS MCMILLAN, SECRETARY;

JULIA STRONG

MAUREEN MARTIN AND NANCY CAHIR

INVITING AUTHENTIC ENGAGEMENT IN EXCEPTIONALLY TROUBLED TIMES: UTILIZING EXPERIENTIAL PSYCHOTHERAPY THEORY

(3 CES; MAX 14)

We will explore the roots of experiential psychotherapy by presenting the iconic Fritz Perls segment in the 1965 series, “The Gloria Films - Three Approaches to Psychotherapy.” The traditional passive psychotherapy approach is transformed into an active “I-Thou” model. We will include role-playing techniques and group discussions to explore this profound evolution and its impact on present-day psychotherapy training.

GUNEETA SINGH

COMING HOME TO YOURSELF: A SOMATIC AWARENESS OF HOW WE GATHER INFORMATION THROUGH OUR BEING

(NOT FOR CE CREDIT; MAX 10)

Participants will explore how their nervous system communicates using sensations, emotions, and impulses. They will learn to recognize signals that indicate comfort or discomfort; assess whether something aligns with their needs; and identify safety cues within their environments, fostering a deeper connection to their inner wisdom and self-awareness.

INVITING THE EXPERIENTIAL

WILL TAKE PLACE AT

THE LINK COUNSELING CENTER

348 MOUNT VERNON HIGHWAY NE

SANDY SPRINGS, GEORGIA

GUS KAUFMAN

THE ROOTS OF JUSTICE ARE IN THE BODY: APPLYING PESSO-BOYDEN SYSTEM PSYCHOMOTOR THERAPY FOR HEALING PERSONAL AND SOCIETAL WOUNDS

(3 CES; MAX 25)

How do family and societal wounds show up in our bodies, maps of the world, and behavior? What can be done to heal? With a PowerPoint, exercises, and experiences, we will explore the use of PBSP as a tool in identifying these wounds and creating a new map.

LAUREN GARDNER

TRANSCENDING OUR TABOOS

(3 CES; MAX 12)

In the USA, taboos include sexuality, money, religion, mental illness, addiction, and violence. Unsurprisingly, these topics also fascinate us. This group explores taboos in the context of relational approaches to psychotherapy; addresses how cultural differences shape our societal taboos; and shows how stances toward taboos shape group processes.

ELIZABETH FIELD

INVITING GRIEF: BODY, RITUAL AND COMMUNITY

(3 CES; MAX 12)

In this time-limited group, members are given an opportunity to embody ritual for the purpose of grief work. By doing their own work, psychotherapists will gain knowledge of their own grieving process and can take these skills into their own practices to encourage clients to use containment and release through rituals in their psychotherapy.

SCHEDULE

8:30 – 9:00
REGISTRATION

9:00 – 12:15
EXPERIENCING THE GROUP: A FISHBOWL PROCESS GROUP WITH AN
AQUARIUM GLASS REVERSAL
Jonathan Farber

12:15 – 1:30
CATERED LUNCH

1:30 – 4:45
BREAKOUT GROUPS:

INVITING AUTHENTIC ENGAGEMENT IN EXCEPTIONALLY TROUBLED
TIMES: UTILIZING EXPERIENTIAL PSYCHOTHERAPY THEORY
Maureen Martin and Nancy Cahir

SOUND HEALING WITH CRYSTAL AND TIBETAN SINGING BOWLS IN
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Nicholas Demetry

COMING HOME TO YOURSELF: A SOMATIC AWARENESS OF HOW WE
GATHER INFORMATION THROUGH OUR BEING
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THE ROOTS OF JUSTICE ARE IN THE BODY: APPLYING PESSO-BOYDEN
SYSTEM PSYCHOMOTOR THERAPY FOR HEALING PERSONAL AND
SOCIETAL WOUNDS
Gus Kaufman

TRANSCENDING OUR TABOOS
Lauren Gardner

INVITING GRIEF: BODY, RITUAL AND COMMUNITY
Elizabeth Field

5:00 – 6:00
CLOSING EXPERIENCE

6:00
AFTERPARTY

REGISTRATION

Registration for this event is online only. Please register at:
www.aapweb.com/events/southern-region-events

COST: \$130 (by 3/8) – \$160 (after 3/8)

To process CEs is an additional **\$35**

Catered Lunch Included.

Cancellation policy: No refunds after March 8, 2025

Continuing Education (CE) Language

American Academy of Psychotherapists
2025 AAP Southern Region Spring Conference
March 15, 2025
Atlanta, GA

Joint Accreditation Statement



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and American Academy of Psychotherapists Southern Region Committee (AAP-SRC). 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



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

This course is co-sponsored by Amedco and American Academy of Psychotherapists Southern Region Committee. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. **6.0** 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, KY, 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, WA, 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 **6.0** 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