

AMERICAN ACADEMY OF PSYCHOTHERAPISTS
68TH ANNUAL INSTITUTE & CONFERENCE

A surreal scene set in a room with dark, patterned curtains. A large, vibrant, pink and purple striped cat's face is projected onto a screen in the background. In the foreground, several black pugs are arranged around a table. One pug is sitting on a red lamp, another is behind a framed picture, and others are scattered around. The scene is lit with dramatic, colorful lighting, creating a dreamlike atmosphere.

INVITING THE
UNCONVENTIONAL

OCTOBER 18 – 22, 2023 • RALEIGH-DURHAM, NORTH CAROLINA

As psychotherapists, our profession has always been an unconventional one.

Has this ever been more true than it is today? While still wobbling back to normal life after the pandemic, we find ourselves catapulted into an age of artificial intelligence, spiraling climate change, and staggering social inequality. Whole professions have evaporated into obsolescence every few years. Gender is not as we thought, nor we were taught.

Do we dare define the role of the psychotherapist in such a world?

We do not heal with drugs or surgery, but with words. Perhaps we heal with our silence. Or perhaps through relationship, art, music, play, dance, or memes. To make contact, we use whatever technique or inspiration we can to get through to our client... as our client uses whatever she, or he, or they, can to get through to us. Openness to unconventionality, in the tiniest of instants, is how we signal our presence, and how we make way for healing.

Nothing could be more unconventional than allowing the fullness of time required to meet another human being. Whether that be joining in the surreal realm of dreams and fantasy, or riding through emotional turbulence, or simply finding the essence of what a client is sharing, joining together means going beyond conventional, superficial ways of being human together.

Unconventionality, then, is the gateway to healing, and to liberation. The way forward begins at the margins and migrates to the center. As each generation of therapists must cut their own way through this jungle, we must all overcome the overgrowth of our individual and collective histories. In this way, we are more equipped to serve others as guides through their own personal thickets. So leave your preconceptions at home, pack your hiking boots and join us in exploring the terrain of the Unconventional.

On behalf of our committee, we would like to invite your participation in Inviting the Unconventional, the 68th Annual Institute & Conference of the American Academy of Psychotherapists.

Lauren Gardner and David Donlon



“PEOPLE BECOME REAL TO US BY FRUSTRATING US; IF THEY DON'T FRUSTRATE US THEY ARE MERELY FIGURES OF FANTASY.”
- Adam Phillips”

2023 I&C COMMITTEE

- Lauren Gardner: Co-chair
- David Donlon: Co-chair
- Julie Mitchell: Program
- Bradley Lake: Program
- Meredith Albert: Treasurer
- Catherine Clemmer: Continuing Education
- Campbell States: Open Process Groups, Brochure Cover Art
- Cliff Ayers: Open Process Groups
- Daniel Cohen: Brochure, Land Acknowledgement
- Jess McMillan: Rooms, Entertainment
- Erin McCarthy: Hospitality, Marketing
- Carrie Phillips: Hospitality
- Tyler Beach: A/V, Activities, and Hosted Dinners
- Scott Topal: Food, Rooms
- Michael Stahly: Volunteers
- Jonas Horwitz: Transportation

The Embassy Suites by Hilton Raleigh Durham Research Triangle is located at:
201 Harrison Oaks Boulevard, Cary, NC 27513
Phone: 919-677-1840

From the Raleigh-Durham International Airport (RDU)

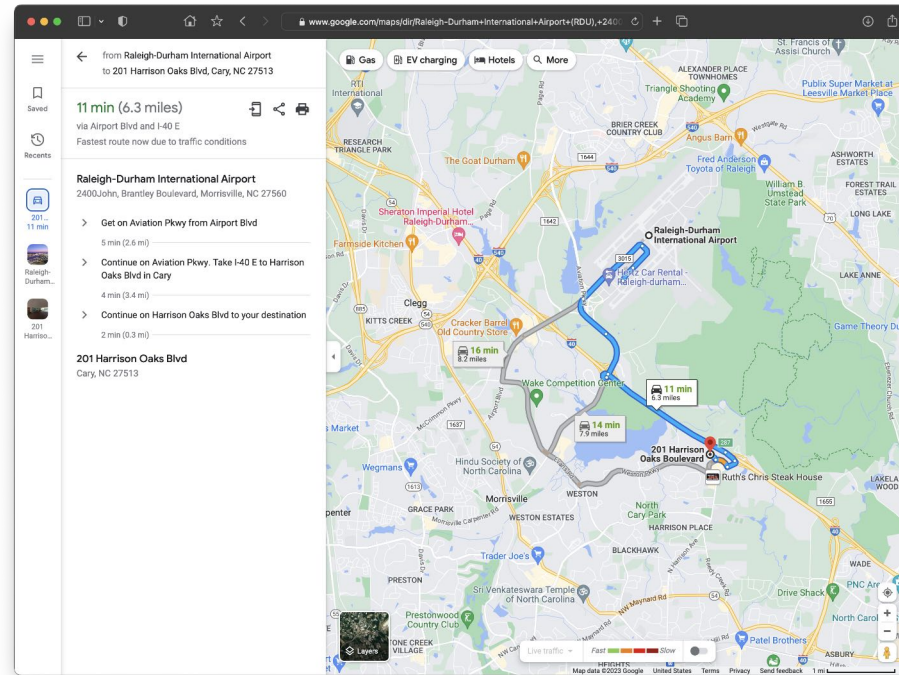
The hotel is 4 miles from Raleigh-Durham International Airport. It takes approximately 10 minutes to go from the airport to the hotel by car or shuttle. During rush hour please allow additional time.

The hotel offers a free shuttle between the airport and hotel. It runs from RDU to the hotel every 30 minutes. However, you do need to call 919-677-1840 to request the shuttle.

Allow at least 60 minutes from your flight's arrival to claim your baggage and meet the shuttle.

Taxi, Uber and Lyft are also readily available at RDU.

Self-parking at hotel: free for hotel guests and conference attendees
 Valet parking: not available
 EV charging: nearby, 1 mile



Contact for transportation questions:
Jonas Horwitz 443-388-0644 Jonashorwitzphd@gmail.com



From the north:
 Take I-85 S to exit 178 for US-70 E toward RDU Airport/Raleigh. Continue onto I-885/US-70 E, and then continue to follow I-885. Take exit 5A, using the left 2 lanes, and merge onto I-40 E toward RDU Airport/Raleigh. On I-40, take exit 287 for Harrison Ave toward Cary. Use the right lane to keep right at the fork, and follow signs for Harrison Ave Cary to merge onto N Harrison Ave. Turn right on Harrison Oaks Blvd. The hotel will be on your right on Harrison Oaks Blvd.



From the east:
 Take US-64 W until it becomes I-87/US-64 W. Take exit 3, using the right 2 lanes, and merge on I-440 toward US-1/Wake Forest. Take exit 4B toward I-40 W/RDU Airport/Durham. Merge onto Wade Avenue and then in 3 miles merge onto I-40 W. Take exit 287 for Harrison Ave toward Cary. Use the left lane to follow signs for Weston. Turn left onto N Harrison Ave, and then right onto Harrison Oaks Blvd. The hotel will be on your right.



From the south:
 Take I-95 N to exit 81 for I-40 W toward Raleigh. From the I-40 W, take exit 287 for Harrison Ave toward Cary. Use the left lane to follow signs for Weston. Turn left onto N Harrison Ave, and then right onto Harrison Oaks Blvd. The hotel will be on your right.



From the west:
 Take US-64 E to NC-540 N/Triangle Expwy ramp to NC-147/Durham/I-540 (this road has tolls). Keep left to merge on NC-540. Take exit 1A to merge onto I-40 E toward Raleigh. Take exit 287 for Harrison Ave toward Cary. Use the right lane to keep right at the fork, and follow signs for Harrison Ave Cary and merge onto N Harrison Ave. Turn right on Harrison Oaks Blvd. The hotel will be on your right on Harrison Oaks Blvd.



The Embassy Suites – Raleigh/Durham/Research Triangle

201 Harrison Oaks Boulevard, Cary, North Carolina, 27513



The Research Triangle Embassy Suites is conveniently nestled between Raleigh and Durham, N.C., and is only 10 minutes away from the RDU airport. With free parking on site, and complimentary airport shuttle service available 24/7, it couldn't be easier to get here from wherever you are. Hotel guests are treated to complimentary made-to-order breakfast, and an evening reception in the open-air atrium and tropical garden. Don't forget to bring your gym bag and swimsuit. The hotel boasts an indoor swimming pool open until 10 PM, and a fully equipped fitness center.

On-site dining is available at Crystal Falls Lounge, and Bistro in the Park is another great dining option located in the open-air atrium. This casual atmosphere has an open yet intimate flair. Gather for a meal while taking in the relaxing tropical gardens and soothing water features. We have reserved all fourteen corner-suites for small group workshops throughout the Institute and Conference. Also, all residential rooms are suites, and convenient to share with an additional roommate on the pullout sofa.

Room reservations can be made by calling 1-800-EMBASSY and mentioning AAP, or via [this conference-specific link](#)

SOLD OUT
In order to obtain the special conference rate of \$189.00 per night (plus taxes and fees) make reservations by September 20, 2023.



North Carolina Museum of Art

North Carolina Museum of Art
2110 Blue Ridge Rd, Raleigh, NC 27607

With a permanent collection that includes everything from masterworks by Rembrandt and Picasso to contemporary photographs by North Carolinians, the North Carolina Museum of Art (NCMA) in Raleigh truly offers something for everyone. Some of the highlights of its collection include the southeast's biggest collection of Rodin sculpture and an extension collection of Judaic ceremonial objects. Its 164-acre Museum Park is home to more than a dozen monumental works of art and is the country's largest museum park.



Sarah P. Duke Gardens
420 Anderson St, Durham, NC 27708

The Sarah P. Duke Gardens consist of approximately 55 acres (22 ha) of landscaped and wooded areas at Duke University located in Durham, North Carolina. There are 5 miles (8 km) of allées, walks, and pathways throughout the gardens. The gardens are divided into four areas, the Historic Core and Terraces, the H.L. Blomquist Garden of Native Plants, the William Louis Culberson Asiatic Arboretum and the Doris Duke Center Gardens (including the Page-Rollins White Garden).



University Campuses

Also in the Research Triangle are the campuses of the University of North Carolina (Founded 1789), Duke University (1838), William Peace University (1857), Shaw University (1865), St. Augustine's University (1867), North Carolina State University (1887), Meredith College (1891) and North Carolina Central University (1909).

LAND ACKNOWLEDGMENT

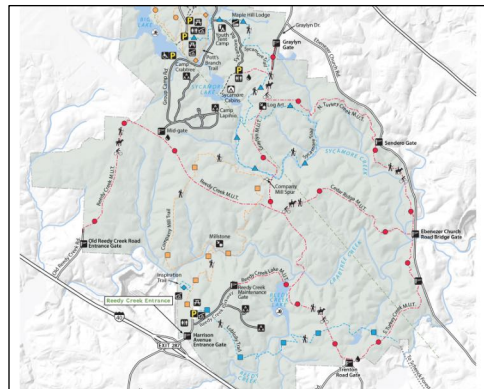
Our committee wishes to acknowledge that the location of this conference is the land of the many indigenous peoples of this region, past and present. The Embassy Suites of so-called Raleigh-Durham occupies the ancestral land of the Lumbee people. The larger Raleigh-Durham region is the ancestral land of many indigenous groups within the Tuscarora and Siouan territories, including Coharie, Cherokee, Haliwa-Saponi, Lumbee, Meherrin, Occaneechi, Sappony, and Waccamaw-Siouan peoples. We make this acknowledgment to affirm the rights of this place's native inhabitants, and to recognize the dispossession that they have endured under the injustices of colonialism.

To join us in beginning or continuing your education about the indigenous people of this region, we encourage conference participants to visit: www.trianglenative.org





Old Beech Nature Trail (Lake Crabtree)
 1400 Aviation Pkwy, Morrisville, NC 27560
 Located in Lake Crabtree County Park, this short loop provides a self-guided environmental education experience. Learn about habitat features as you travel from a young mixed forest to an older bottomland forest. A brochure is available at the trailhead kiosk.



Umstead State Park
 8801 Glenwood Ave, Raleigh, NC 27617
 Located in Wake County 10 miles northwest of downtown Raleigh, William B. Umstead State Park is a cherished retreat from bustling urban life. The park features an extensive network of hiking and multiuse trails, as well as three manmade lakes and their tributaries that are perfect for fishing.



Mason Farm Biological Reserve
 Old Mason Farm Road, Chapel Hill, NC
 A two-mile loop trail circles this 367-acre wildlife preserve and natural area in Chapel Hill, home to over 800 species of plants, 216 species of birds, 29 species of mammals, 28 species of fish, 28 species of reptiles, 23 species of amphibians, and 67 species of butterflies. Mason Farm is a place for research, education, and appreciation of the natural world.

“ I WILL NOT HAVE MY LIFE NARROWED DOWN. I WILL NOT BOW DOWN TO SOMEBODY ELSE'S WHIM OR TO SOMEONE ELSE'S IGNORANCE.”
 - bell hooks



Dames Chicken and Waffles (walking distance)
 823 Bass Pro Ln
 “Dame’s pairings are world-class, comfort food combinations meant to fulfill your appetite and heart’s desires. From “first timers” to “barnyard veterans”, Dame’s “Almost” World Famous Chicken & Waffle inspirations are truly palette-pleasing pairings that offer something special for all comers.”



Kō•än (walking distance)
 2800 Renaissance Park Pl
 “Kō•än is a casual fine dining restaurant in Cary that is focused on fun, sharable food that celebrates the unsung heroes of Southeast Asian cuisine. We find inspiration from and pay respect to the cultures of that region, while using local and seasonal ingredients to create something new. Kō•än’s menu highlights delectable house made dumplings, savory and comforting curries, a raw bar with a multitude of fresh seafood dishes, and last but not least, a stunning pastry program with edible works of art. All of this comes together with an exquisite wine list, lively craft cocktails, and a uniquely curated sake selection.”



Hérons (10 minute walk requires crossing busy street at pedestrian crosswalk)
 The Umstead Hotel and Spa, 100 Woodland Pond Dr
 “One of only 64 Forbes Five-Star restaurants worldwide, Herons is the signature restaurant of The Umstead Hotel and Spa and is annually acclaimed among the best restaurants in and around Raleigh, North Carolina. Open for breakfast, lunch, dinner, and weekend brunch, the intimate 98-seat dining room features a full-view kitchen, a meticulously curated private art collection, and floor-to-ceiling window views of the surrounding gardens and grounds.”



Koi Ramen (*driving distance*)
919 N Harrison Ave
 "Japanese & Asian Restaurant that serves Izakaya, Ramen Noodle, Koi Special Fried Rice, Teriyaki Entree, Dessert, Drink."



Bravos Mexican Grill (*driving distance*)
208 Grande Heights Dr
 "At Bravos Mexican Grill of Cary, NC you will find a wide variety of original Mexican food. This authentic Mexican restaurant has so many great food selections to choose from our menu and a wide variety of beverages. Try some of our Sizzling Fajitas or Platillos Tipicos. Enjoy our mouthwatering vegetarian, chicken, steak and seafood dishes. We are sure you will love the flavors and the way the food is prepared."



Himalayan Nepali Cuisine (*driving distance*)
746 E Chatham St
 "Located at Chatham Street, near Downtown Cary, North Carolina, Himalayan Nepal Cuisine is committed to serve all the flavors of areas surrounding the Himalayan region. Having 25 years of experience, our chef is passionate to help you experience the best meal that is cooking in our kitchen. The chef prepares foods using only the freshest ingredients."



Awaze Cusine – Ethiopian (*driving distance*)
904 NE Maynard Rd
 "Awazé Founded in February 2015 by Azeb Mekonnen, is a small family-owned business located in Cary, NC featuring authentic Ethiopian and Eritrean cuisine."

Wednesday, October 18th

12:00 - 5:00 Registration
 2:00 - 5:00 Training Institutes
 5:00 - 6:00 Newcomers' Welcome Reception
 6:00 - 7:15 Opening Experience, Community Meeting
 7:30 - 8:45 Dinner Buffet
 9:00 - 10:00 Scholarship Process Groups
 9:00 - 10:45 Open Process Groups; Peer Group Meetings

Thursday, October 19th

6:30 - 9:00 Breakfast
 8:00 - 9:00 Registration
 9:00 - 12:00 Plenary # 1
 9:00 - 12:00 Scholarship Process Groups
 12:00 - 1:30 Lunch; Diversity Lunch
 1:30 - 3:00 Community Meeting
 3:15 - 6:15 Workshops/ Training Institutes
 6:30 - 8:30 Hosted Dinners/ Dinner on your own
 8:45 - 10:30 Open Process Groups; Peer Group Meetings

Friday, October 20th

6:30 - 9:00 Breakfast
 8:00 - 9:00 Registration
 9:00 - 12:00 Plenary # 2
 12:00 - 1:30 Lunch; 12-Step Meeting; Diversity Lunch
 1:30 - 3:00 Community Meeting
 3:15 - 6:15 Workshops/Scholarship Process Groups
 6:30 - 8:30 Hosted Dinners/ Dinner on your own
 8:45 - 10:00 BIPOC only group
 8:45 - 10:30 Open Process Groups, Peer Group Meetings

Saturday, October 21st

7:30 - 9:00 Breakfast
 8:00 - 9:00 Registration
 9:00 - 12:00 Workshops
 12:00 - 1:30 Lunch
 1:30 - 3:00 Community Meeting
 3:15 - 6:15 Workshops/Scholarship Process Groups
 6:30 - 7:00 President's Reception
 7:00 - 12:00 Dinner/Dance

Sunday, October 22th

7:30 - 9:00 Breakfast
 8:00 - 9:00 Scholarship Recipient Breakfast
 9:00 - 10:30 Closing Experience

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.

THE AMBASSADOR PROGRAM FOR FIRST-TIME ATTENDEES

The Ambassador Program pairs seasoned AAP members with first-time attendees at AAP events. Ambassadors are excited to welcome you personally and to answer your questions about the conference. If you would like to meet with an ambassador, please indicate this on your registration form.

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.

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.

THE RELIEF TRUST FUND

The Relief Trust Fund can provide up to \$800 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 any member of the Relief Trust Board.

AAP SCHOLARSHIP PROGRAM

The AAP Scholarship Program was established in 2008 for the purpose of introducing psychotherapists to AAP's unique training and collegial community. Each year, 12 early career and 12 mid-career psychotherapists are awarded need-blind, merit-based grants, providing \$1,500 to help with travel, hotel, and registration expenses for AAP's annual Institute and Conference. (See p. 22 for more about the Scholarship Program.)

AMERICANS WITH DISABILITIES ACT

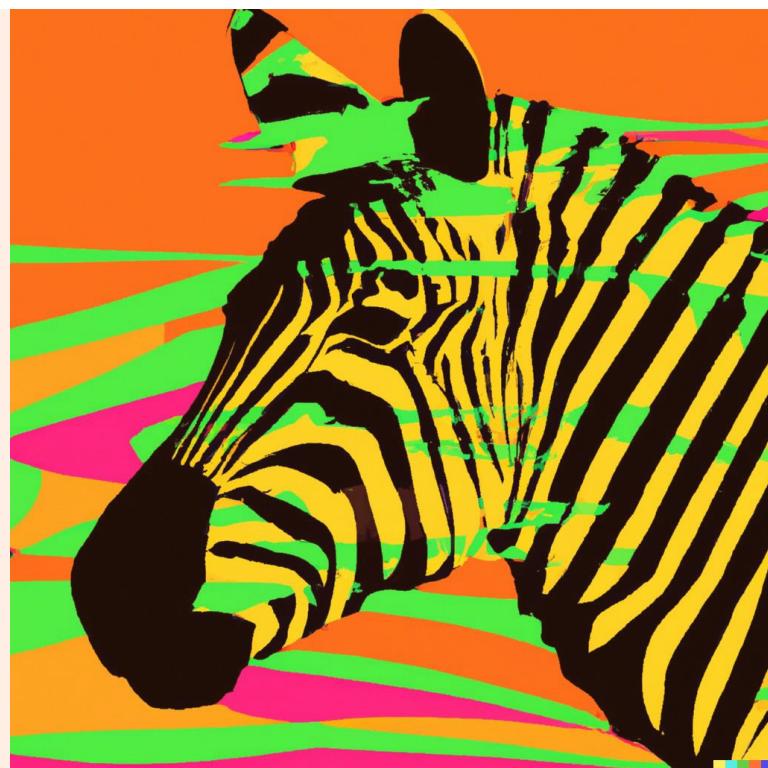
ADA accommodation will be made in accordance with the law. If you require ADA accommodation, please indicate your needs at the time of registration. We cannot ensure the availability of appropriate accommodations without prior notification.

INTERESTED IN BECOMING A MEMBER?

Information regarding membership requirements and applications can be found on the AAP website (aapweb.com). 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.



1. Utilize new therapy techniques and develop a deeper understanding of current practice areas for growth.
2. Identify ethical considerations when practicing in new therapeutic styles.
3. Identify ways the 'person' of the therapist and personal development is impacted by innovation and stagnation in the clinical process.
4. Demonstrate awareness of multiple layers of diversity and identity held by clinician and client. Participants will be able to demonstrate the above through presentations, as well as modeling and role-playing techniques provided by facilitators, lecturers, and presenters.
5. Identify, define, and demonstrate previously known psychotherapy theories (i.e., psychodynamic, object relations and self-psychology) re-examined and re-written through diverse lens (i.e., BIPOC, women, members of the LGBTQ+ community).



WELCOME RECEPTION HONORING NEWCOMERS

Please join us at 5:00 PM on Wednesday to meet and greet first-time attendees, including volunteers, scholarship recipients, non-members and other newcomers to our community. AAP members and officers look forward to this opportunity to mingle and answer questions about AAP.

WEDNESDAY BUFFET AND OPENING EXPERIENCE

In the opening experience, which starts precisely at 6:00 PM, the committee will introduce the theme. After this, we will hold the first of the Community Meetings. AAP community meetings are large, open-format groups where all are encouraged to voice opinions, express feelings, and discuss concerns with the community as a whole. Our first meal together will be immediately after, Wednesday evening at 7:30 PM. The buffet is included for all registrants who sign up for the entire conference. This supper provides an opportunity to connect and to catch the spirit of the I&C.

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 that are open to both newcomers and members. These open process groups will be led by an experienced AAP-member therapist. Groups will consist of no more than 15 participants and will require a two-night commitment. If you would like 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 9:00 PM-10:45 PM, Thursday and Friday 8:45 PM-10:30 PM.

HOSPITALITY SUITE

Raucous laughter, an intimate conversation or making art or music after a long day of workshops: it's all here for you at our Hospitality Suite. Each evening the Hospitality Suite will open to provide space to unwind, play, and lounge in community. We will offer yummy treats, cold beverages and smiling hospitality -- all you need to do is bring yourself! Your hosts, Erin McCarthy and Carrie Phillips, will be packing bags full of fidgets, sand tray toys and other fun and creative "props" to ease and enhance our connecting! See you there!

DIVERSITY LUNCHES

Attitudes and terms have changed the terrain of 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 sense of curiosity to create space for sharing. We will meet on Thursday and Friday during lunch. Feel free to come to either or both. Lunch location will be posted at registration.

COMMUNITY MEETINGS

The large group process is an integral part of the experience at any AAP event. Three of these groups, which we call Community Meetings, spread throughout the conference on Thursday, Friday, and Saturday from 1:30 PM-3:00 PM. Our community meeting is a traditional gathering of our members where we witness, listen, and dialogue. We receive, reflect, and connect with each other. The use of the talking stick, i.e., the microphone, was instituted years ago to hold space between statement and reaction. We begin and end on time as we form this safe container.

HOSTED DINNERS

Looking to get more acquainted with other AAP members and attendees? We will offer hosted dinners Thursday and Friday 6:30 PM-8:30 PM at several local restaurants sure to satisfy a variety of palates. You can find information regarding restaurants and your host at the registration desk. Look the restaurants over and sign up for the gatherings of about six to 12 people. Enjoy!

BIPOC ONLY GROUP

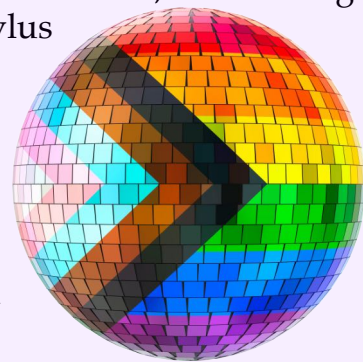
This group will be a gathering space for members who identify as Black, Indigenous, or People of Color. This lightly led group on Friday from 8:45 PM-10:00 PM will offer time together to process the conference experience.

12-STEP MEETING

AAP offers a 12-Step Meeting at lunchtime on Friday. Participants from all 12-Step programs are welcome. Information will be on the bulletin board at the registration desk.

SATURDAY DINNER AND DANCE

The Saturday night dinner and dance is a time-honored AAP tradition. We will provide a space to come together as a community and celebrate the hard work we have each done throughout the conference, not only through our conscious thoughts and words, but through our hearts and our bodies as we connect through song and dance. Stylus Entertainment, a local Raleigh company with a stellar reputation, will bring this year's dance to life. The Stylus team is bringing the energy to our dance floor with a live DJ set, tailor-made just for us. This year we have something new that we hope you will enjoy: The Alter-Ego Photo Booth experience! Come and play with fashion, appearance, and identity in our commemorative photo booth of the unconventional. All are encouraged to join us for this playful evening of enchantment and celebration.

**SUNDAY MORNING CLOSING EXPERIENCE**

The closing experience, our final community meeting, is an opportunity to review and integrate the week's experiences. The closing experience is a chance for final connections and facilitates the transition back to family, friends, and work.

Using a Play to Explore Themes of Moral Injury and Bearing Witness in Clinical Practice**THURSDAY, 9:00AM – 12:00PM**

This plenary, presented by the Red Well Theater Group, explores the humanity of persons who violate their own moral code when transgressing against another. A companion focus is the impact on a therapist of bearing witness to the traumatic outcomes of morally conflicted experiences. A dramatic reading of the play *Off the Map* by Joan Ackermann serves as both a cautionary tale of moral injury's psychic impact, and a redemptive parable of compassion and reconciliation. Ethical principles illuminated in the play include fidelity and responsibility, respect for peoples' rights and dignity, and the imperative for self-care. A clinically informed commentary and communal dialogue follow the play reading. (3 CEs, open)

Robert Schulte, MSW, CGP is the founding director of the Red Well Theater Group. His youthful affinity for show and tell, recess, and lunchtime were early signs of his future career paths in theater and psychotherapy. Red Well Theater Group supports the professional development of psychotherapists with continuing education programs featuring a dramatic play reading, clinically informed commentary and dialogue between therapist-actors and their audience of colleagues. Bob maintains a clinical practice in Alexandria, VA.

Rob Williams (George) has known many identities and life roles including boy, son, brother, grandson, student, parentified child, teen, heterosexual, young man, husband, chemical engineer, bisexual, businessman, gay, Buddhist, social worker, middle-aged, psychotherapist, group therapist, actor, thespian, artist, queer, creator, and senior. He is grateful for the opportunity to share his unconventionality. Rob is a veteran cast member of *Off the Map*, having portrayed Charley Groden, William Gibbs, and George in prior RWTG readings.

Shoba Nayar, MSW (Bo) is a clinical social worker, teacher, and supervisor in private practice in Metropolitan Washington, DC. When she was a tweener, Shoba wanted desperately to go to a musical theater camp. Sadly, it wasn't something traditional Indian parents would allow. She is thrilled to be cast as Bo Groden in *Off the Map* and to finally give her eleven-year-old aspiring actor self a voice and place alongside her adult therapist self.

Lee Futrovsky, PhD (Charlie) began his acting career in HS productions of *A Midsummer's Night Dream* and *The Music Man*. After a long break to start a career and raise a family, Lee re-engaged his love of drama by forming a play reading study group for therapists. Portraying Charlie Groden in *Off the Map* is Lee's third role with RWTG. Until Broadway calls, Lee will maintain his private practice in Chevy Chase, MD, where he treats adolescents, adults, couples, and families.

Constance Cannon, PhD (Arlene) is a psychologist in private practice in Silver Spring MD, working with adults and couples. As a teenager, Connie participated in school and community theater. Later while living in New York City, she had the good fortune to experience a delightful early career job perk – one that allowed her to chaperone clients to Broadway plays and performances. Her love of theater continues with her longstanding participation in Lee's play reading study group.

Dr. Matthew Schottland (William) is a clinical psychologist in Washington, DC, specializing in work with LGBTQ adults through a contemporary psychoanalytic lens. Matt has always enjoyed the theater and pursued acting and improv classes as a young adult. He is inspired by a sister who is an actress and producer in New York, and a sister-in-law recognized as the first Latina to star in a leading role on Broadway. Matt is delighted to be making his own stage debut as William Gibbs in *Off the Map*.

Angie Snyder, PsyD (Commentator) reports a love of acting that began in childhood and deepened as she combined her artistry with a passion for therapy. In 2016 she performed in two live mental health industrial programs, portraying a wife of a distressed couple in *Beyond Betrayal: Couples Therapy after The Affair* and *The Platonic Marriage: The Treatment of Sexual Issues in Couples from a Self-Psychological and Object Relational Perspective*. She will forever remember her favorite acting gig portraying Arlene in RWTG's 2020 film version of *Off the Map*.

Tom Teasley (Musician) is a critically acclaimed musician, composer, and teacher of modern percussion inspired by ancient traditions. Tom travels the globe, performing in concert, teaching master classes, and collaborating with indigenous musicians, vocalists, dancers, and visual artists. His creative projects include original music and sound scores for recording, film, videos, and live theater, including RWTG readings of 'Art', *Dog Sees God*, *The Great God Pan*, and *Off the Map*.

LEARNING OBJECTIVES

PLENARY I

- Identify a clinical example of moral injury being of central concern to a client or patient.
- Identify a clinical example when bearing witness to moral injury impacted therapist effectiveness and/or wellbeing.
- Identify therapist self-care strategies for reducing vicarious trauma from bearing witness to moral injury.

PLENARY II

- Participants will be able to state and define after attending this Plenary, David Altfeld, PhD article and theories within, "An Experiential Group Model of Psychotherapy Supervision."
- Participants will be able to compare and contrast, after attending this Plenary, the Altfeld's orientation and theory about Group Supervision with other theories defined
- Participants will be able to recommend which Supervision theoretical orientation works best for them for their client population and summarize as to why, after attending this Plenary.
- Participants, upon conclusion of this Plenary, will be able to define techniques used by the co-facilitators of the Fishbowl.
- Participants, upon conclusion of this Plenary, will be able to discuss the usefulness of the theory in group therapy, "Here and Now" for this particular Fishbowl Group and how it measurably useful to their clients.

Is It Unconventional?

FRIDAY, 9:00AM – 12:00PM

We enter and call upon our roles as therapists with histories that inform identities, character and insight. In this plenary we will be asking eight seasoned clinicians to join us in a Group Supervision Fishbowl. Drawn from the David Altfeld's, PhD article, "An Experiential Group Model of Psychotherapy Supervision," Victoria Lee, PhD and Bradley Lake, LICSW (co-leaders of the group) will be asking Fishbowl members to bring their identities – old, not so old and new – while they make free associations to access the unconscious material of a case presented, as well as attend to the here-and-now processing of the group. At the end of the group, members will be asked to shift from a free association/here-and-now mode to a more intellectual mind frame to make sense of the material and the case itself.

Victoria and Bradley will be asking themselves, as well as the Fishbowl attendees, to unpack their subterranean internal world, invite identities formed and not so formed, and personal experiences with courage and vulnerability illuminating dimensions and layers of clinical material.

As you observe this fishbowl and group experience, we invite you to be curious about what parts of self are activated. At the end of this plenary we will allow for these parts to give voice – as individuals, a community and a large group. (3 CEs, Open)

Bradley Lake, LICSW has been in private practice for over 33 years, providing individual, couples, group psychotherapy and supervision. Having spent too many hours as a child in front of a full-length mirror attempting to dance, sing and act, creativity and movement has been the cornerstone of Bradley's life. On the second date with his now husband, Bradley walked into a condo filled with paintings on the walls and music playing, all created by his husband. Later, Bradley and his husband's babies went to bed at night with music created by his husband, or with Bradley's spontaneous stories, bringing the room to life. Bradley is excited about his newest creative venture, "Elongate" – three-day immersive workshops embracing psychotherapy, movement and creativity towards healing, growth and the now, for individuals, couples and therapists. Bradley is thrilled to have the opportunity to co-present this Plenary with Victoria - a fellow faculty member of NGPI.

Victoria Lee, Ph.D., CGP is a licensed clinical psychologist in Washington DC and Maryland and currently works at a group practice in Maryland. Victoria worked as a staff psychologist at Howard University Counseling Services for many years where she provided clinical services to the student population and provided supervision to graduate students receiving training in the APA-accredited training program. Victoria has a passion for training professionals to be more culturally competent and has led numerous training groups for professionals and students. Victoria completed the Fellowship in Leadership at the National Group Psychotherapy Institute (NGPI) at the Washington School of Psychiatry and is currently a faculty member at NGPI.

We invited therapists of all disciplines to submit applications by the June 1, 2023 deadline. Recipients will be notified in mid-July.

The Scholarship Process Groups will meet

Wednesday 9 - 10PM, Thursday 9AM - 12:00PM, Friday 3:15 - 6:15PM, Saturday 3:15 - 6:15PM. Ten hours in all.

In addition to attending other conference offerings, scholars take part in a dedicated Scholarship Process Group (SPG) facilitated by senior AAP group leaders. This ten-hour training (one group for early career and one for mid-career practitioners) addresses issues of ethical self-care, authentic self-expression, the importance of collegial support, and the formation of safe boundaries in the therapy relationship. In keeping with the 2023 conference theme, the topic of unconventional treatment modalities will be explored. (10 CEs)

Gloria Myers Beller, LICSW has been in practice for over 30 years in Washington, DC, providing individual, group and couples psychotherapy for adults. Her areas of expertise include multicultural dynamics and Employee Assistance. She is a singer, a mother of two, and she believes that every encounter is a multicultural phenomenon.

Steven A Ingram, D Min, LPCC-S has a private practice in West Chester, Ohio, treating adults in individual, couples, and group psychotherapy, and offering supervision. During three decades in practice, he has developed a special interest in trauma, grief, character development, and spiritually integrated psychotherapy. A member of the Academy since 2004, he recently served as Secretary of the Academy. Steven is a husband, father of two, a woodworker and a violinist.

Jennifer Pellegrini, PhD received her BA from the University of Virginia and her PhD from Vanderbilt University. Since 1986 she has conducted a full-time private practice in Washington DC, treating individuals and couples and leading psychotherapy groups. She is a long time AAP member conducting workshops and serving on the Scholarship Committee. In addition, she is a practitioner and teacher of yoga and meditation.

Douglas L. Cohen, PhD has enjoyed leading psychotherapy and process groups for over 40 years. He practices in Washington DC where he offers group, couples, and individual therapy for adults as well as supervision for therapists. A Past President of AAP, he has led numerous workshops for the Academy. He enjoys scuba diving, photography, poker, and "fighting bad ninjas" with his grandchildren.

WEDNESDAY, 2:00 - 5:00PM and THURSDAY, 3:15 - 6:15PM

T1: The Air We Breathe

Like oxygen, the social construct of race affects everyone and permeates our institutions. Through didactic instruction, small group process, and experiential work, we will explore the nuances of how race seeps into our relationships.

(12 Participants, 6 CEs, DIVERSITY)

Part 2 of 4. Must have attended Part 1, June 2023



Catherine B. Clemmer, LCSW, has a private practice in Chapel Hill, NC. She received her MSW from the University of North Carolina at Chapel Hill where she was formerly part of the Clinical Faculty. She received an AAP Scholarship in 2013 and joined in 2014. She is an Executive Councilor for the Academy. She has led several workshops including ones focusing on being labelled and labeling others as "Other". These experiences have inspired her to continue focusing on how "Othering" impacts our relationships, identity, and our work as psychotherapists.



Mike Southers, MS, LCPC, grew up in the conservative White town of Westminster, MD. He attended McDaniel College in his hometown studying ethics, diversity, philosophy and then counseling while in graduate school. He later moved to Frederick, MD working at a mental health agency serving multiple ages of people, many of whom were people of color with severe mental illness. Throughout his career, Mike has seen the chronic effects of racism and power dynamics impact the people he has served.



Hannah Hawkins-Esther, LCSW, maintains a private psychotherapy practice at Pine River Psychotherapy Associates in Atlanta, Georgia where she works with individuals, couples, families, and groups. As a therapist she works to support, witness and compassionately challenge clients in their healing and humanity to enrich and deepen their relationship to others and to themselves. AAP has been part of her personal and professional development since grad school (2008).



Liz Marsh, LICSW, is a Clinical Social Worker and Art Therapist in private practice in Washington, DC. Liz has spent over 10 years combining her love of relational therapy and the expressive arts to help her clients get to know themselves and find deeper connection in their relationships with others. Liz strives to help each of her clients find their personal agency through understanding the dynamics in their families of origin and our society as a whole. In this way, Liz sees mental healthcare as a tool for social justice.



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.

We are grateful for our three consultants: Gloria Beller, MSW, Renee Burwell, LCSW, and Ann Colley, LMFT, MDiv, MBA, who have all generously offered input to inform this Training Institute as it unfolds.

T2: On Being a Group Therapist

Meeting will be 85% process group and 15% didactic learning. Process Groups foster 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. Participants who access their courage and vulnerability while encountering fear, shame, and uncertainty will benefit greatly. (12 Participants, 6 CEs)

Part 2 of 4. Must have attended part 1, June, 2023



Nick Kirsch, PhD, has been a psychologist for 35 years in Washington, DC, running therapy groups, some exclusively for psychotherapists. Relational, experiential, eclectic, his therapy practice draws from many healing traditions and lifetimes as father, athlete, coach, boy scout, bartender, camp director, accountant and student of human nature. Free time is novels, hiking, Settlers of Catan and his addiction to biking. Nick is indebted to many incredible teachers including 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."



T3: Tame Your Mind, Embrace Your Heart, Move Your Body & Nourish Your Soul: A Training Institute in the Essential Care and Feeding of the Therapist

This training will guide participants through the exploration of various self care modalities. We will address tools for taming the mind, moving the body, nourishing the heart and soul through experiential exercises and tools. Each participant will create a daily practice of self-care and explore inner thieves and ways of sabotaging. (12 Participants, 6 CEs.)

Part 1 of 2; Commitment includes attending part 2, June 2024



Devajoy Gouss, LCSW, is an experiential therapist, working with groups couples and individuals. Over forty years, she has evolved her own style of psychomotor therapy, integrating ART, energy medicine, brain spotting, yoga, and ritual in her work. She gives monthly experiential workshops, including the Marrying Yourself Journey, a year-long transformative experience. She is author to two books, Re-arranged Never the Same: The Nature of Grief and Toolbox of Hope for When your Body Doesn't Feel Good and an online interactive course called the Marrying Yourself Journey.



Jillian M. Thomas, LPCS, LPC, RYT has been providing healing through psychotherapy and yoga for the past 20 years. She worked overseas in England and Germany with Family Advocacy groups helping members of the military and their family members from 1999 until 2008. In 2008, she relocated to South Carolina where she has been in private practice and ran a studio in which her clients can do yoga, journal, or participate in a variety of treatment modalities. She loves dogs, lake life, and the Chicago Cubs. By fusing psychotherapy with movement, body and breath work, she has focused on treating many clients heal from complicated grief, trauma, PTSD, and other difficult to treat disorders.

“
 SHOW ME A SANE MAN AND I WILL CURE HIM FOR YOU.
 - Carl Gustav Jung
 ”

CEs for individual workshops are still pending approval.

THREE-SESSION WORKSHOPS

Thursday 3:15-6:15, Friday 3:15-6:15, Saturday 3:15-6:15

1. Alienation and Belonging - The Role of the Group Therapist

This 3-session (9hr.) process group will provide an opportunity for participants to discuss and process their personal and creative thoughts, hopes, and fantasies about conducting therapy groups, with a focus on becoming more client-centered in their approach to the work. As participants discuss their experiences, they and their fellow group members will also be invited to notice how they are and are not feeling connected to others in the group. This is an "in vivo" experience of a process group, with the goal of better understanding the dynamics of group therapy participants. Session participants will learn to better understand their clients' experiences. (9 CEs, 30 participants)



Alison Howard, PsyD, MEd is a clinical psychologist and group psychotherapist in Washington, DC and Berkeley Springs, WV. She is an adjunct faculty member for George Washington University and an Instructor at Georgetown's School of Medicine. She has recently served on two boards as the Chair of the Antiracism Committee and the Associate Director of Diversity and Outreach.

Joseph Schmidt, PhD, is a clinical psychologist and group psychotherapist in private practice in Washington, DC and Rosslyn, VA. He is a member of the American Group Psychotherapy Association and the Mid-Atlantic Group Psychotherapy Society.

2. Sexual Attitude Reassessment (Abridged)

The Sexual Attitude Reassessment (SAR) is an experiential workshop aimed at deepening one's self-awareness about their sexual attitudes and values. This experience helps individuals be comfortable and non-judgmental about the many varied representations of sexuality they will encounter within themselves and others. (9 AASECT CEs, 10 participants)

*This SAR does not meet AASECT's certification requirement.

Renée Burwell, LCSW, MPA, CST-S, CSE is a nationally acclaimed psychotherapist and educator with specializations in sex therapy and trauma. Her practice, Pandora's Awakening, offers services and educational outreach that help destigmatize mental and sexual health services. She is a skilled facilitator offering trainings and workshops to healthcare and social services professionals on mental health, sexual health, and reproductive justice.

TWO-SESSION WORKSHOP

Thursday 3:15-6:15, Saturday 9:00-12:00

3. Inviting the Candyman: Horror Films, Race and Intergenerational Trauma

Like intergenerational trauma and racialized trauma, horror films are often misunderstood and disregarded. In fact, horror films are powerful vehicles for narratives of collective, unremembered trauma. In this workshop, we will watch a horror film dealing with the legacy of slavery together and begin to connect our own story to intergenerational folklore, myth and dissociated histories. Content warning: this film includes themes of slavery, suicide and police violence. (6 Diversity CEs, 12 participants)

Campbell States, LCSWC is a psychotherapist in private practice in Washington, DC specializing in trauma and dissociative disorders. She attended Smith College and the Graduate School of Social Work and Social Research of Bryn Mawr College.

TWO-SESSION WORKSHOPS

Thursday 3:15-6:15, Friday 3:15-6:15

4. Tight Versus Loose: An Unconventional Approach to Culture, Conflict, and Therapeutic Change

Cultural diversity includes a tightness-looseness continuum, denoting enforcement of rules and tolerance for deviance, and is informed by threat. I suggest that AAP's adoption of rules of conduct following the pandemic is not a coincidence. This process group will explore psychotherapeutic implications of social norms on individual/group and organizational levels. (6 CEs, 12 participants)

Kristie Nies, PhD, is a board-certified neuropsychologist, a registered yoga teacher, and a psychotherapist who has worked in a variety of clinical settings including physical medicine and rehabilitation, a multi-specialty medical practice, and private practice. She identifies with a "tight" mindset and is continually challenged to let go of what no longer serves and to embody flexibility. She currently works in a neurology office in Bristol, Tennessee and is President Elect of the American Academy of Psychotherapists.



5. Is it Unconventional?

It is often said "clients only grow as far as the therapist has." In process group format, participants will consider how we may allow roles to block the very human connection our clients seek, exploring how we allow our humanity to be seen and our full experience drawn upon while maintaining an ethical space. (6 CEs, 12 participants)

Vanessa Hebert, LCSW is a psychotherapist in private practice in Atlanta, GA. She received her Master's in Social Work from Louisiana State University in 1993. Working in various clinical settings, she learned of the power of connection to healing. Strongly believing in the power of group psychotherapy, she also has training in Dialectical Behavioral Therapy (DBT), couples and family therapy. In addition to her training, she draws from her personal recovery journey in her practice of psychotherapy.



6. Establishing Group Norms and Out of the Ordinary Encountering

The Academy is pretty conventional when it comes to group psychotherapy norms. We will work to locate and list the group norms at large and then move towards exploring how these touchstones live in the room. We will unconventionally demonstrate the boundaries and ways we can transcend tradition within group work. (6 CEs, 10 participants)

Orion Crook, LPC practices in the West End of Atlanta. Orion Psychotherapy's studio office holds space for adolescents and adults who are seeking to engage in a therapeutic-relationship-ritual with a Licensed Professional Counselor. Grounded in their Humanistic Praxis Certification and foundation from the University of West Georgia, they often encounter the lived struggles of trauma, gender, sexuality, and loss with compassion, an ear for metaphors, and an interest in experiential Expressive Therapies as a means towards healing.

Jake Robertson, LMHC, Jake Robertson practices psychotherapy at his office in Sarasota, FL where he focuses on individual clients who dance with anxiety, depression, life transitions, and grief. He also focuses on psychedelic integration work and is partnered with local psychiatrists to help facilitate and support clients who engage with psychedelic medicines. In his graduate work he focused on phenomenological approaches to psychotherapy and is trained in CBT with a particular focus on the here-and-now relationship between the client and therapist.

TWO-SESSION WORKSHOPS Friday 3:15-6:15, Saturday 9:00-12:00

7. Fathers and Sons/Sons and Fathers

Robertson Davies said, "A man has many fathers, not the least of which are those he chooses for himself." In this workshop we will explore the intricacies of father/son relationships and how they affect the transference and countertransference in the therapeutic encounter. (6 CEs, 15 participants)

Murray Scher received the PhD in Counseling Psychology from The University of Texas at Austin in 1971. A former Professor of Psychology, he has been in private practice for more than 50 years. He is licensed in both Tennessee and Texas and is a Fellow of the American Psychological Association as well as a Fellow and Past President of the American Academy of Psychotherapists. He has extensively published in the area of the intersection of male gender roles and psychotherapy.

8. Whoops! Death is Closer Than it Once Was: Let's Talk About It

Let's talk about death. The first quarter of the workshop will be didactic, covering issues around the dying process, death of a family member, practical issues, and new information regarding spiritual and afterlife issues. The remainder will be an opportunity to share responses in a group process. (6 CEs, 15 participants)

Pat Webster holds a bachelor's degree from Duke University in Nursing, a master's degree from the University of North Carolina in Psychiatric Nursing, and a Doctorate in Clinical Psychology from the Union Institute. She practices psychotherapy part-time and is a third year ministerial Student at the Unity Urban Ministerial Seminary. Her background in Nursing allows her to integrate awareness of the dying process for the patients and their families. Her ministerial studies allow her to integrate spiritual awareness.



Ali Webster, RN. With background in Drama and English, and a degree in Dramatic Arts, Ali learned to recognize depths of emotion. With a degree in Nursing, and as a Board Certified Registered Nurse, she has worked full-time as a Hospice Nurse for two years. She has been at the bedside of many dying patients, and present for various expressions of end of life transition. She has also had experience with family dynamics related to the care and impending loss of loved ones.

9. Attending to Your Co-therapist: Leaning in for Long-Term Growth

This workshop is aimed at supporting the relationships of existing co-therapy teams, as well as co-therapy-curious pairs and individuals. There are many advantages to being in a co-therapy team, and the difficulties come from difficulties in the relationship between co-therapists. Each day will start with a countertransference supervision group, followed by a candid sharing by the co-leaders about their experience with each other and end with a debrief by each team or individual. (6 CEs, 12 participants)

Elizabeth Gomart has been in a private practice in Washington DC since 2013. She sees individuals, couples and groups. In the last decade, she has had a few co-therapists and explored partnering with male and female therapists. Since 2017, she has co-led groups with Brian Cross, PhD, who is also her husband. Elizabeth graduated with an M.Ed & HD from George Washington University. She also completed a four-year Core Energetics Certificate. Elizabeth was a Senior Social Scientist and led research teams at the World Bank from 1996-2010. She was on the faculty of Tavistock conferences in the late 1990s and early 2000s.

Brian Cross has been working in the field of psychology for 40 years. He has been married to his wife and co-therapist Elizabeth Gomart for 23 years. They have two teenage daughters living in the greater DC area. Brian brings his heart, presence, humor and thoughtfulness to individual, couples and group work.

10. Using Dreams to More Comfortably Explore the Unconscious

Program participants may anticipate a deeper understanding of the value of dreams in the psychotherapeutic process, particularly when used with psychotherapy groups. Participants interested in this topic may notice themselves remembering more of their dreams, reflecting the power of the unconscious and its drive to heal. Finally, participants can expect to discover how dreams and "dreamwork" play a part in every culture, ranging from the Asabano of Papua New Guinea to the Ancient Egyptians, from Judaism and Christianity to Hinduism and Islam to the original religions of African countries. (6 CEs, 8 participants)

Kara Veigas received her BSW from Providence College and an MSW from Catholic University. In the 30 years of her professional life, she's learned to utilize a variety of therapeutic models to help others improve their lives. She found an educational home within the Washington School of Psychiatry, where she both teaches and continues to learn. She now is a "dream" enthusiast and finds the use of group process with dreams to aid in building equity and safety in our world for members of every race, religion, color, creed, gender, and sexual orientation. Kara serves adults in the Washington Metropolitan Area through group, couples, and individual psychotherapy.

11. NO CE - Slowly Running into Your Pain

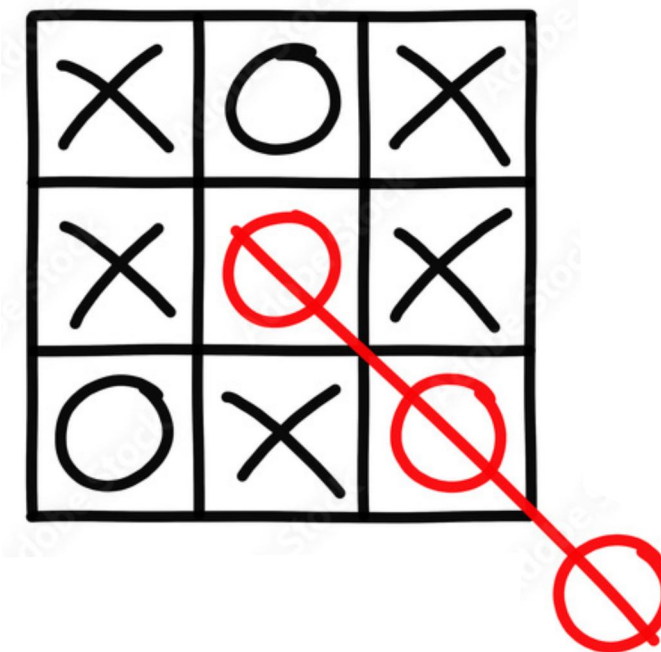
Our defenses both protect and isolate us. Choosing something hard, like slow running, can allow access to greater vulnerability as we move toward our pain. Sharing our suffering allows for deeper healing. Please note, a few moments of actual slow running may take place during this workshop. (No CEs, 12 participants)

Dr. Jonas Horwitz is a Licensed Psychologist in Durham, NC. He obtained his B.A. from the University of North Carolina and his PhD from Virginia Commonwealth University. He is the author of *How to Stop Feeling So Damn Depressed: The No BS Guide for Men* (New Harbinger, 2018). Dr. Horwitz leads long-term process groups for psychotherapists and civilians. He is extremely interested in what is happening in the current moment as people experience connection and disconnection.

12. Moments of Crisis: Who Are We During the Apocalypse?

In this 2-day workshop participants will join in an experiential simulation of a global traumatic event. Grounded in transactional analysis, participants will roleplay in a guided activity to learn how transactional roles play out unconsciously in the therapeutic process. They will practice and incorporate cognitive behavioral therapy concepts to effectively problem solve. On the 2nd day, participants will process their feelings towards learning something new and challenging, the roles they played in solving objectives, as well as the defense mechanisms that emerge. (6 CEs, 5 participants)

Michael Southers, LCPC graduated McDaniel College in 2014 with an M.S. in counseling. He currently works in Frederick, MD and is licensed in Maryland seeing clients at his private practice. He is also an adjunct professor at Hood College teaching REBT and group counseling. Cooperative board games are a hobby of Michael's where he uses his group expertise to help his teammates. He has also lectured at the nation's largest boardgame convention about how game theory relates to life success.



TWO-SESSION WORKSHOPS Saturday 9:00 – 12:00, 3:15-6:30

13. Practicing a Politics of Equity: True Sliding Scale Psychotherapy

Whether it is fee setting, or deciding how much a psychotherapy session is worth, the topic of money is a difficult and often vulnerable one for therapists and patients alike. This two-day process and relationally oriented workshop will introduce issues of diversity, power, privilege, identity, sliding scales, wealth, capitalism and economic justice – all of which are inclusive of the therapist's and client's relationship to money. Knowing your identities in relation to money (usage of self) deepens the work with each client.

(6 DIVERSITY and PUBLIC HEALTH CEs, 12 participants)

Silvia Dutchevici, MA, LCSW, is president and founder of the Critical Therapy Institute and author of *Critical Therapy: Power and Liberation in Psychotherapy*. A trained psychotherapist, Dutchevici created critical therapy after perceiving a need for the theory and practice of psychology to reflect how race, class, gender, and religion intersect with psychological conflicts. She is a founding board member of Black Women's Blueprint and a member of the Physicians for Human Right's Asylum Network.

14. What Can We Have Together? A Modern Psychoanalytic Look at the Intersection of Power and Intimacy

This workshop will be conducted from a modern psychoanalytic perspective, with a focus on helping participants foster progressively more open communication with one another. Special attention will be paid to helping participants explore how embedded power dynamics and bias affect people's sense of safety in verbalizing their emotional experience.

(6 CEs, 10 participants)

Alex Afram, PhD is a practicing clinical Psychologist in Washington, DC who works with individuals, couples and groups. He particularly enjoys the practice of group psychotherapy and has received advanced training in group through multiple professional organizations. He has a special interest in helping to disseminate the theory and practice of psychotherapy to the public in ways that are readily comprehensible.

Molly Milgrom obtained her MSW from Catholic University and is a licensed clinical social worker in Washington, DC. She works in private practice with individuals and groups. Molly got her start as a therapist working at a Federally-Qualified Health Center (FQHC) treating clients of all ages in Spanish and English with a focus on the intersection of physical and emotional health. She is passionate about working with immigrants, expatriates, and adult third culture kids.

15. Inviting the Unconventional in Loving Connections with Others: A Creative Process

Psychologist Barbara Fredrickson, in her unconventional book *Love 2.0*, redefines love as micro-moments of connection between people. Here, we will explore our unique ways of connecting and disconnecting with others, balancing fear and love. Since this plays out in ways that can elude our awareness, we will use group interactions to enhance consciousness about how we both develop and avoid connectedness with others.

(6 CEs, 12 participants)

Neil Makstein is a Clinical Psychologist licensed in Virginia and Maryland, with degrees from the University of Maryland and University of Michigan. His practice is primarily with couples, individual and group therapy as well as supervision/consultation to organizations, particularly Juvenile/Domestic Relations Court programs. He has been a contributing member to AAP for over 17 years, presenting numerous workshops and serving on EC for 7 years. His proudest accomplishment, though, is the family he has built with his co-presenter, Lisa, over our 50-year relationship.

Lisa Makstein is a Licensed Clinical Social Worker practicing for over 35 years in Maryland and Washington, DC. Her practice focuses on individual adults, couples, and groups. She feels very privileged to join clients on their journeys toward more authenticity in their relationships and in their lives. For the same reason, she has enjoyed co-leading many process groups in AAP. She takes pride that alongside her life partner and co-presenter, Neil, she has created a loving, life-affirming path for herself and her family.

16. How to Start a Private Practice Conventionally...or Unconventionally

Starting an independent private practice can bring up a tremendous number of feelings, even in seasoned therapists. This group will provide an environment to both explore the emotional and situational barriers to beginning a private practice as well as learn practical information to help to demystify the process. *(6 CEs, 12 participants)*

Maria Thestrup is a Licensed Clinical Psychologist who has been practicing in independent private practice in Washington, DC since 2012, where she works with individuals, couples, and groups. Maria has also conducted a small supervision group with Noah Meyers that is geared towards therapists who want to begin and expand their private practices.

Noah Meyers, PhD, is a therapist in private practice in Washington, DC. Along with Maria Thestrup, Noah conducts co-therapy for couples and groups, and has conducted a supervision group for many years. Noah is excited to share what he has learned in his private practice journey.

ONE-SESSION WORKSHOPS Thursday 3:15-6:15

17. ETHICS: Is it Time to Ask the Client to Leave the Table? Ethical Dilemmas and Risks in Terminating with Challenging Clients

In our efforts to practice ethically, we'll explore the challenges we face in deciding to continue to work with or let go of patients who are extremely challenging in refusing to comply with their treatment plans, showing up in ways markedly different than their initial diagnosis, and triggering unworkable transference or countertransference.

(3 ETHICS CEs, 15 participants)

Tyler Beach, LCSW, is an individual and group psychotherapist in private practice in Durham, NC. He specializes with patients deemed "treatment resistant," while also providing clinical supervision and consultation to therapists on challenging clinical situations. He has conducted local and national workshops to help clinicians intervene effectively with difficult clinical situations. He has completed training with Allan Abbas, MD, and Joel Town, PhD, experts in Intensive Short-Term Psychotherapy, particularly useful in addressing challenging patients. Tyler has served on the Ethics Committee of AAP.

18. Inviting the Unconventional: Oh Siblings, Where Art Thou

DNA technology has enabled individuals to seek previously unknown genetic relatives. We will explore and discuss challenges for psychotherapists unfamiliar with the commercialization of reproductive technologies, the emotional and psychological effects on individuals and families finding unknown and/or unexpected results, and how these discoveries change the definition of "family." (3 CEs, 20 participants)

N. Mendie Cohn, PhD, is a licensed clinical psychologist in private practice in Brooklyn, New York. She has two sons, one from an anonymous donor and one with her husband. Through DNA testing, her son found a number of half-siblings as well as the identity of the donor. Her son's discoveries have expanded her view of what constitutes family and broadened her emotional connections to include her son's half-siblings and their parents.

Henry Cohn-Geltner is an educator and counselor, with over 20 years of experience in digital storytelling, special education, and assistive technology. Henry provides support for students with disabilities at K through university institutions and is an expert in secondary school separation and transition, Universal Design for Learning, and accessibility for people with disabilities. Henry identifies as a Donor Conceived Person (DCP), finding out he was conceived with the aid of a biological donor at a very early age. He believes that DCP have a right to know their conception story and supports efforts to promote greater transparency in the fertility industry.

Paul Geltner, DSW is the author of *Emotional Communication: Countertransference Analysis and the Use of Feeling in Psychoanalytic Technique*. He has also authored papers on dreams, child analysis, and evolutionary understanding of psychoanalytic theory. He has been the Director of Psychoanalytic Education at the Psychoanalytic Psychotherapy Study Center. He specializes in individual and group case consultation and professional development.

19. Creating (Dis)Connection as a Racialized Helper: Critical Considerations when Using Self-Disclosure and Authenticity to Catalyze Change in Psychotherapy

Integral to human connection and intimacy, strategic use-of-self requires authentic engagement and self-disclosure. Public and private identities shape the intersubjective space of psychotherapy. Specifically, ethnocultural identities profoundly impact the therapeutic alliance. This workshop will explore the depths and contours of racialized self-disclosure, its relevance to countertransference, and mutuality.

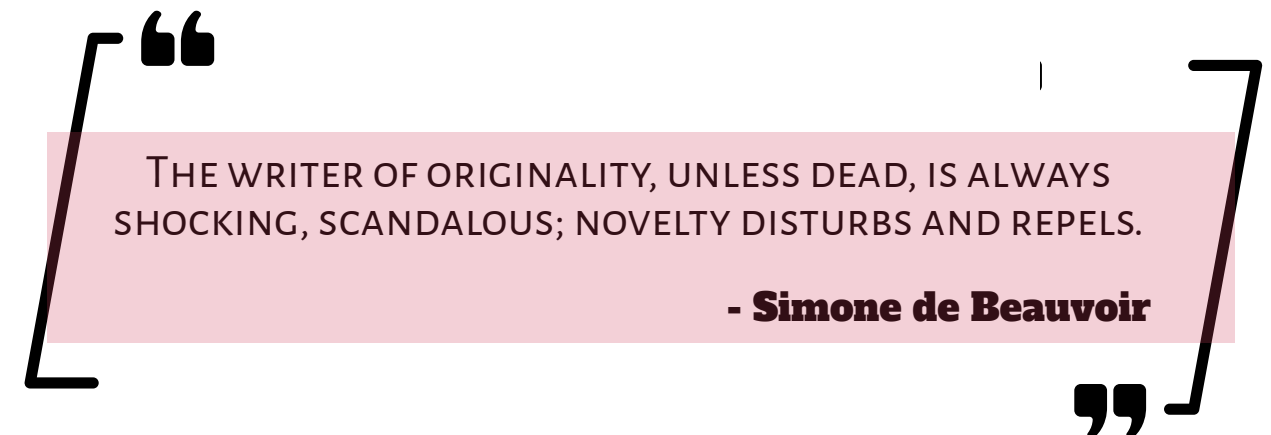
(3 DIVERSITY CEs, 15 participants)

Dr. Marvice Marcus is an independent licensed psychologist in Durham, NC. He earned bachelor's and master's degrees, both in psychology, from the University of Nevada, Reno. Dr. Marcus completed his doctorate in counseling psychology at Washington State University. He previously served as the Training Director at Duke University Counseling & Psychological Services. While he deeply values training and education, clinical work—particularly relational psychoanalysis and liberationist praxis—is his first love. Racial justice/equity, Black epistemologies, critical inquiry, and human sexuality are his interest areas.

20. ETHICS: Ethical Issues in Couples Therapy

People in a couple form such a large part of each other's emotional environment that progress in couples therapy can generate benefits that rapidly ricochet and escalate back and forth. Doing this kind of clinical work can be exhilarating. However, couples work can also challenge the clinician with a distinct set of ethical issues. We will work together, drawing from our collective experiences, to identify, understand, and address ethical concerns that can arise in couples work. (3 ETHICS CEs, 14 participants)

Jonathan Farber earned a doctorate in clinical psychology from Duke University and served on the faculty at UNC - Chapel Hill in the 1980s. He maintains a clinical practice and offers clinical supervision in Chapel Hill and Washington, DC.



21. Mario, Macbeth, and Minuchin Walk into a Bar: Gamified, Theatrical, and Character Based Interventions

Role-playing has been used as an intervention since the inception of psychotherapy, but there is a narrow view of what types we use clinically. This workshop examines the use of gaming, immersive theater, and character-building in client-centered, non-traditional therapeutic interventions. We'll explore history, efficacy, and implementation techniques for your practice. (3 CEs, 30 participants)



Strother Gaines is a business coach and keynote speaker pursuing a dual MSW/ MBA at the University of Denver. Prior to the pandemic he was the Producing Artistic Director for Washington, DC's first Immersive Theatre Company, "TBD Immersive." He worked as the Director of Training and Consulting for Ethos Talent, a DEIB consulting firm based in Chicago. He has a TEDx talk on immersive storytelling that has been viewed over 40,000 times and he looks pretty good in purple.

Anthony Carter is a Director of Practice Improvement and Consulting at the National Council for Mental Wellbeing. Prior to this he served as the Data and Quality Assurance Manager for Montgomery County, MD Child Welfare Services, where he was responsible for agency data collection, analysis, and reporting of key performance indicators. He started with Montgomery County as a child protective services social worker investigating child abuse and neglect allegations. He is a Licensed Clinical Social Worker (LCSW-C) in Maryland.

**ONE-SESSION WORKSHOPS
Friday 3:15-6:15**

22. Using Pesso Boyden System Psychomotor Therapy (PBSP) to Heal Attachment Wounds and Trauma (including Compulsory Heterosexuality and Policed Gender Roles)

As Bessel van der Kolk's female patient enunciated, "the body keeps the score." We'll describe and experiment with PBSP, a way of delineating and rewriting scripts held in the body-mind. We'll also explore experiential techniques for deconstructing embodied, policed gender roles. "We're born naked; all the rest is drag" (RuPaul). (NO CEs, 30 participants)

Gus B. Kaufman, Jr., BA, MA, PhD, clinical psychologist in Atlanta, GA, is the senior trainer in Pesso Boyden System Psychomotor therapy, a powerful, gentle, body-based method of emotional re-education and healing. Gus sees individuals, groups and couples and trains other therapists. A lover of nature and people, Gus has co-founded five non-profit organizations, including Men Stopping Violence, and published many chapters and articles on abuse, healing via body-based interventions, and sexual orientation and gender.

23. ETHICS: Therapist Toolbox - When to Utilize Conventional Versus Unconventional Strategies in Ethical Decision Making

We will focus on ethical decision making in these changing times for therapists and clients. The tools we learned in our training and personal development have been impacted by innovation and stagnation. Finding our new direction and making ethical clinical decisions in our work with clients will be explored. (3 ETHICS CEs, 15 participants)

Nancy Cahir has been a member of the AAP community since 2004. She is a licensed clinical psychologist, practicing in Atlanta, GA for 25 years. Her PhD is from Georgia State University's Clinical Psychology program. Specialty areas include psychotherapy and psychological assessment with adults. Over the span of her AAP membership, she has co-chaired both a Summer Workshop and an I&C. Nancy is very thankful for the invaluable training and enlightening experiences that are so uniquely AAP.

Maureen Martin, LCSW, LMFT, has been a member of AAP since 1984. She has had the privilege of growing up in the arms of the academy, both as a person and a clinician. She is interested in the ethical considerations involved with new and innovative therapeutic practices. She is honored to be a Fellow in the Academy.

24. When a Mob Boss Goes to Therapy: An Unconventional Look at the Therapeutic Relationship

The Sopranos offers many gifts – and for us in particular, a depiction of a long-term therapeutic relationship. As Dr. Melfi and Tony Soprano work together, their negotiations, power struggles and experiences fuel mutual personal growth as well as pain. Participants are welcomed to bring associations evoked by this groundbreaking show. (3 CEs, 15 participants)

Erin McCarthy, MSW, is a new member (2022) of AAP, who has been practicing psychotherapy for 10 years, working with clients throughout the lifespan. She is a native of New Jersey and currently lives in Philadelphia. For better or worse, The Sopranos reminds her of home. Erin has completed advanced training in psychoanalytic therapy, a much needed second home, in addition to her interest in experiential therapy that she pursues here at AAP.

25. The Journey of Attuning to Your Brain and Body

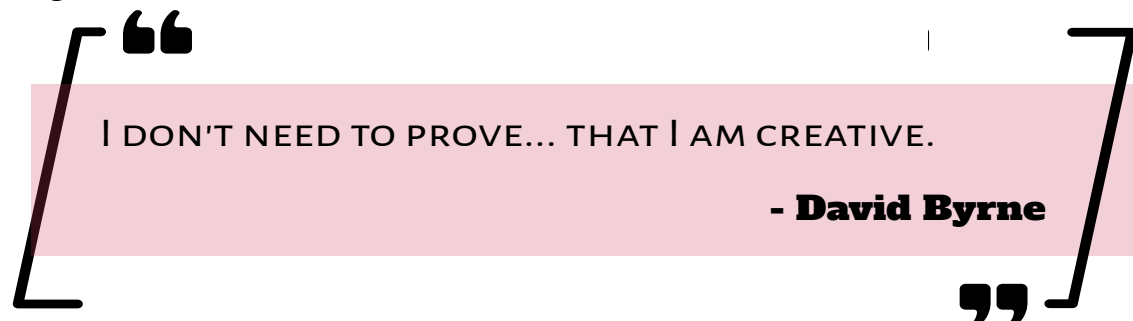
An invitation to fully be present in one's body while embracing curiosity through individual and collective healing practices. Exploring ways to utilize experiential exercises to awaken our senses while increasing awareness in the brain and body. Examining the body as a resource center utilizing brainspotting, Hakomi, and somatic based practices. (NO CEs, 12 participants)

Marquita Johnson is a graduate of Mercer University with a Master of Science in Community Counseling and a Master of Divinity. She is a licensed professional counselor in Georgia, a nationally certified counselor, a certified brainspotting clinician, speaker, author, and approved clinical supervisor. Marquita is currently a visiting instructor at Naropa University in the Mindfulness Based Transpersonal Counseling Program, has a private practice and supports the FSAP at Emory University. She is completing a doctoral degree in Counselor Education and Supervision at Walden University.

37. ETHICS: The Ethics of Pleasure

Separate section of workshop #26 (see page 37). (3 ETHICS CEs, 20 participants)

Debbara J. Dingman, PhD and Hannah Hawkins-Esther, LCSW



ONE-SESSION WORKSHOPS
Saturday 9:00-12:00

26. ETHICS: The Ethics of Pleasure

This ethics workshop will examine the challenges between therapist and patient in exploring the meanings and functions of pleasure-seeking behaviors. Tension arises as one balances therapist concerns with curiosity and stays focused on the experience, choice, and growth potential of the client. We will utilize didactic and process formats. (3 ETHICS CEs, 30 participants)

Debbara J. Dingman, PhD is a psychologist in private practice at Pine River Psychotherapy Associates in Atlanta. She conducts psychotherapy training and treatment in individual, couples, and group formats. She earned her Bachelor of Science degree at Florida State University and her doctorate at Georgia State University. She is trained in humanistic psychotherapies including Gestalt, Psychomotor, Experiential, and Feminist. A long-term member of AAP, she serves on the Ethics Committee, and chairs the Sexual Boundary Protection Committee. She is enthusiastic about this topic and the opportunity to co-present with Hannah Hawkins-Esther.

Hannah Hawkins-Esther, LCSW maintains a private psychotherapy practice at Pine River Psychotherapy Associates in Atlanta, Georgia where she works with individuals, couples,

families and groups. As a therapist she works to support, witness, and compassionately challenge clients in their healing and humanity to enrich and deepen their relationship to others and to themselves. AAP has been part of her personal and professional development since joining during grad school (2008). She is currently a member of the Ethics Committee and co-chairs the Anti-Racism, Diversity and Equity Committee.



27. ETHICS: Ethical Non-Monogamy: Exploring Unconscious Reactions in Countertransference

Ethical non-monogamy is becoming increasingly popular as a preferred relationship orientation and is appearing more often in our therapy offices. This workshop provides the opportunity to explore our unconscious reactions to non-monogamous relationship dynamics. The format is a guided process group, with terms and case studies used as prompts. (3 ETHICS CEs, 20 participants)

Rachel Keller is a Licensed Clinical Social Worker and an AASECT Certified Sex Therapist, with an MSW and MEd in Human Sexuality from Widener University. Rachel has a private practice in Crofton, Maryland specializing in overcoming barriers to intimacy, and facilitating sexual healing, empowerment, and joy. She has experience personally and professionally navigating alternative relationship styles, including ethical non-monogamy and kink dynamics. Rachel's approach is trauma-informed and affirming of all sexual orientations, gender identities, racial identities, and relationship structures.



28. Practicing What We Preach: Navigating the Group Co-Leader Relationship

As in all dyadic relationships, struggles around competition, control and vulnerability are inevitable. Is it better to go it alone and avoid the complications, or take up the challenge and work through the discord? Actual scenarios and the group's process will help us examine feelings evoked in co-leadership and how we respond to them. (3 CEs, 16 participants)

Jeffrey Frank is a Clinical Social Worker in private practice. Based in Sarasota, Florida, he is licensed in Florida and the District of Columbia. He received his BA from New York University and MSW from Howard University. He is a graduate of the Washington School of Psychiatry's Clinical Program and Supervision Training Program and is certified by the International Experiential Dynamic Therapy Association as a practitioner and teacher of Intensive Short-Term Dynamic Psychotherapy (IS-TDP).

Thia Joseph went to unconventional schools all her life (B.A. in Art and Cultural Criticism from Hampshire College) until finally going mainstream for graduate school (MSW from BU). Her plan was to focus on 'macro' social work and community organizing but the universe had other plans. She's been doing group work in one way or another since her first-year internship, and she also does a lot of couples work. For the first half of her career (so far) she wondered whether she was in the wrong place, but feels that she has finally settled in.

29. Meet My Needs and Wants: Breaking the Old Norm of Good Enough

Relationships are rooted in wants and needs, yet oftentimes we're left feeling unfulfilled. Unhealthy schemas of romantic relationships and other social contracts often persist unexamined. Schemas known to contribute to poor mental health outcomes will be identified and described. Participants will learn techniques for use with clients. (3 CEs, 10 participants)

Dontea' Mitchell-Hunter, MA, LMFT, AAMFT Supervisor, is the CEO of Soirées in Therapy, an online private practice. She earned her master's degree in marriage and family therapy at Valdosta State University in 2014. She enjoys offering both clinical supervision and clinical consultations for therapists. She is proud to be the host of the Situationsh!t Podcast, where she has straightforward conversations around common mental health hangups.

30. Re-telling Our Life Stories in the Midst of Social Change

The upheaval of old systems affords us an opportunity to reflect on our life story through a new lens. Using Narrative Therapy techniques, this workshop will help us uncover what stories we are telling ourselves and others. Examining our stories will help us organize our thoughts, find meaning and purpose, and establish our identity in changing times. (3 CEs, 10 participants)

Laurie Paul, PhD is a licensed psychologist and the president of the DC Psychological Association. She graduated with her doctorate in clinical psychology in 2014 from The New School, an APA-accredited PhD program in New York City. Dr. Paul went on to complete a post-doctoral fellowship in psychodynamic psychotherapy at The Karen Horney Clinic and the Gottman Method Couples Therapy Level 2 training. She currently works in her private practice in Chevy Chase, MD, specializing in group and couples therapy. She is also an Adjunct Professor of Psychology at American University.

Daryl Gincherman, LCPC, began her career as a psychotherapist in 2013 and is in private practice in the Washington, DC area. She spent her early professional career working in nonprofit management and local government administration. She received her BS in Anthropology from the University of Wisconsin (1991), an MA in Public Administration from the University of Pennsylvania (1995) and her MS in Clinical Counseling from Johns Hopkins University (2013). Daryl works with individuals on a variety of issues, with a special interest in working with adults with a history of childhood trauma. She looks forward to exploring her love of engaging with others around their personal narratives through this experiential workshop. Outside of her practice, Daryl enjoys being active in the outdoors and spends as much time as she can reveling in the healing power of nature.

ONE-SESSION WORKSHOPS

Saturday 3:15-6:15

31. Forest Bathing: Catching Our Breath in the Trees

This workshop will be an introduction to Forest Bathing, including individual, solitary experiences and group sharing. Forest Bathing is a Japanese healing technique, *shinrin-yoku*, that enhances connection and relationship with trees and forests. Benefits of the practice include: reduced depression and anxiety, enhanced mental relaxation, and increased feelings of gratitude, selflessness and wonder. (3 CEs, 8 participants)

Penelope Norton, PhD, is a clinical psychologist in private practice in Ormond Beach, Florida. She specializes in psychotherapy for individuals, couples, families and groups. She has a special interest in the healing power of the natural world and has led retreats, trainings and group experiences in natural environments in a variety of outdoor settings.

32. Rhythm as Remedy: Innovative Use of Drum Circles to Inspire Wellness for Individuals and Small or Large Communities

Participants will take a journey on the use of rhythm and percussion for healing and connection to themselves and others. Drum circles are now considered an evidence-based medical intervention for anxiety, depression, and even for improving the body's autoimmune response. (3 CEs, 100 participants)

Cindy Jones, MS, LCMHSC, (aka Cindy Anna Jones and the Temple of Boom) is a Counselor who works in private practice in Durham North Carolina. She retired from Duke University Department of psychiatry after 24 years and presently works with teens to elders, individuals, and families across all spectrums of mood disorders. As a long-time drummer and musician, she uses her own love of music to help her clients break through barriers where "talk therapy" cannot penetrate.

33. So Your Client Wants to Use Psychedelics, Now What?

This workshop is designed to help a therapist interact with a client who is interested in psychedelics. Psychedelics are currently seen as a magical solution for many different kinds of issues. The harm reduction model gives us a framework to preserve the therapeutic alliance while also encouraging our client towards self-care and safety. In this workshop we will have an hour of didactic presentation on the model of psychedelic assisted therapy used in clinical trials. This model has specific stages in therapy identified as preparation and integration. Here integration is defined as the post-psychedelic work in therapy to understand what occurred in a non-ordinary state of consciousness and decide what, if any, behaviors need to change in the client's life over time.

The workshop will help to identify factors that make psychedelic use risky for a particular client, based on criteria for research studies. Identification of alternate means to enter non-ordinary states of consciousness is part of harm reduction models. Therapists who are interested in further training will be given a handout on training programs and a professional bibliography. (CE approval pending, 20 participants)

Mary Gresham has been in psychology since 1966. She did her undergraduate degree at Tulane, her master's degree at Emory, and her PhD at Georgia State. She has been practicing in Atlanta since 1987. In 2018 she googled existential anxiety and found a program in California for training as a psychedelic-assisted therapist. She completed the yearlong program in 2019 and has been lucky enough to work at Emory as a psilocybin facilitator in trials for treatment-resistant depression and for demoralization in cancer survivors.

Victoria Danzig, LCSW, DCEP, graduated from U.S.C. in Social Work, has been in private practice since 1985. She has been fascinated with the use of plant medicine for PTSD, depression, end of life therapy and grief. She received training in 2021 in Psychedelic Assisted Therapies and Research at California Institute of Integral Studies and 100 hours in MDMA therapy from MAPS. She has worked extensively with clients who suffer from traumatic experiences and addictions using Energy Psychology methodology. She has been training therapists in Advanced Integrative Therapy from 2005 to 2018 and Thought Field Therapy in La Jolla from 1998-2003.

34. Dark Humor and Sarcasm in Psychotherapy

Human resilience often lurks in nihilistic humor and sarcasm. When we feel stymied or at an impasse in life, or psychotherapy, dark humor connects us to our truth and each other. In this process group, we will share our favorite dark tales and jokes, and how we use them in psychotherapy. (3 CEs, 14 participants)

Jonathan Farber earned his doctorate in Clinical Psychology at Duke University, taught at the University of North Carolina, and practices in NC and DC. He is emeritus editor of *Voices* and has trained many psychotherapists from diverse professional and personal backgrounds. His humor in psychotherapy doesn't always land well, but he persists, claiming that it's worth the risk.

Jillian M. Thomas, LPCS, LPC, RYT currently resides and runs her private practice in South Carolina. She has three older brothers who forced her to have a healthy sense of humor, quick wit, and unapologetic sarcastic side. She has worked overseas for various branches of the military before settling in SC 14 years ago and setting up shop. She specializes in grief and trauma work which desperately needs comic relief. If you don't have a sense of humor, you probably won't like this presenter.

35. Addiction from a New Perspective: An Attachment Disorder

This group contains a brief didactic portion explaining addiction through the lens of an Attachment Disorder, followed by a process group exploring attachment issues elicited by group work and how it might inform work with clients in recovery. The workshop will focus on how to view addiction as an Attachment Disorder and how awareness of our own attachment issues can inform the work we do.

(3 Addiction and Public Health CEs, 12 participants)

Graham Hall, LCPC, LPC, holds a Master's in Organizational Counseling and a Post-Master in Clinical Counseling from Johns Hopkins. He worked as Assistant Clinical Director at the Kolmac Clinic prior to entering private practice. He has found that an attachment approach has been surprisingly effective in working with clients in recovery and has helped them thrive in their recovery.

Zachary Pyne is a Maryland native and completed an MA in Counseling Psychology at Towson University in 2013. He has been a licensed therapist in DC since 2015, first as an LGPC and then as an LPC in 2017. He has worked primarily with clients experiencing chronic, persistent mental illness and substance use issues. He has been working in private practice offering individual therapy services since 2020 and in 2022 he started cofacilitating therapy groups.

36. Applying 21st Century Inner Organic Technology to Healing Counselor and Client

Drawing upon scientifically validated connections between heart and brain, we will learn a simple technique that harmonizes the two organs, thereby offering potential for improved physical and emotional health. Part didactic and part experiential, you will learn an inner organic technology practice to benefit both you and your clients.

(NO CEs, 8 participants)

Cathy Roberts, LCPC has a Master of Science in Pastoral Counseling from Loyola University (MD). Licensed in MD, VA, and WV she works via telehealth with individuals and couples. Having presented over two dozen CEU workshops on anti-racism and implicit bias, she's gingerly stepping out of her comfort zone to explore new and different counseling techniques with you. Cathy trained with Psych- K® and HeartMath, both unconventional counseling techniques. She has found benefit in using these techniques both for herself and for her clients.

38. ETHICS: Is it Time to Ask the Client to Leave the Table? Ethical Dilemmas and Risks in Terminating with Challenging Clients

Separate section of workshop #17 (see page 32)

(3 ETHICS CEs, 15 participants)

Tyler Beach, LCSW

ALTERNATIVE PROCESS GROUPS

As clinicians, we live in the flux and juxtaposition between the conventional and unconventional. These three-hour process groups provide an opportunity for presenters and participants to dive into this flux together. We invite participants to bring their curiosity and presence as they join in the dance between the conventional and unconventional that moves within us, within our clients, and among us all as humans.

(NO CEs, 10 participants)

P1. David Donlon, *Thursday 3:15 – 6:15*

P2. Jess McMillan, *Friday 3:15 – 6:15*

P3. Lauren Gardner, *Saturday 9:00 – 12:00*

P4. Bradley Lake, *Saturday 3:15 – 6:15*

WED 2-5	THUR 3:15-6:15	FRI 3:15-6:15	SAT 9-12	SAT 3:15-6:15
T1 Clemmer/Southers/Hawkins-Esther/ Marsh/Patel **				
T2 Kirsch				
T3 Gouss/Thomas				
	1. Howard/Schmidt	1. Howard/Schmidt	26. Dingman/ Hawkins-Esther *	1. Howard/Schmidt
	2. Burwell	2. Burwell	27. Keller	2. Burwell
	3. States **	22. Kaufman	3. States **	31. Norton
	4. Nies	4. Nies	28. Frank/Joseph	32. Jones
	5. Hebert	5. Hebert	29. Mitchell-Hunter	33. Gresham/Danzig
	6. Crook/Robertson	6. Crook/Robertson	30. Paul/Gincherman	34. Farber/Thomas
	17. Beach *	7. Scher	7. Scher	35. Hall/Pyne ***
	18. Cohn/Cohn-Geltner/ Geltner	8. Webster/Webster	8. Webster/Webster	36. Roberts
	19. Marcus **	9. Gomart/Cross	9 Gomart/Cross	38. Beach *
	20. Farber *	10. Veigas	10. Veigas	
	21. Gaines/Carter	11. Horwitz	11. Horwitz	
		12. Southers	12. Southers	
		23. Cahir/Martin *	13. Dutchevici **	13. Dutchevici **
		24. McCarthy	14. Afram/Milgrom **	14. Afram/Milgrom **
		25. Johnson	15. Makstein/ Makstein	15. Makstein/ Makstein
		37. Dingman/ Hawkins-Esther *	16. Thestrup/Meyers	16. Thestrup/Meyers
	P1. Donlon	P2. McMillan	P3. Gardner	P4. Lake

*	ETHICS
**	DIVERSITY
***	ADDICTION AND PUBLIC HEALTH
	1 DAY WORKSHOPS
	2 DAY WORKSHOPS
	3 DAY WORKSHOPS

Registration is online only and opens
Monday, August 7th at noon Eastern Daylight Time

To register go to this page:
www.aapweb.com/events

PRICING INFORMATION

	Early Registration (by 9/27/2023)	Regular Registration
Members	\$575	\$650
Non-Members	\$595	\$650
Past Scholarship Recipients	\$575	\$650
1-day only registration	\$380	\$380
2023 Scholarship Recipients	\$375	\$405
First 20 Recent graduates (less than 3 years post-graduate experience)	\$350	\$380
Students	\$300	\$330

ADDITIONAL CHARGES:

Wednesday Dinner Guests*	\$75	\$75 (if available)
Saturday Dinner Guests*	\$75	\$75 (if available)
CEs	\$75	\$75

* Both dinners included with full registration.

Cancellations must be submitted in writing to aap@caphill.com no later than 9/27/23 and will be subject to a nonrefundable fee of \$75. Refunds may not be granted after 9/27/23. In case of circumstances beyond our control, AAP reserves the right to make necessary changes in presenters and content of workshop without notice. All CE designations are pending approval and are not guaranteed at this time.

Tips for registering:

- Review the brochure before registering have your choices for which workshops you would like to attend, including alternative choices if your preferred workshop has filled.
- Review the description of the Open Process Groups (page 15) and, for first time attendees, the Ambassador Program (page 12) to consider your interest in these opportunities.

American Academy of Psychotherapists

2023 Institute and Conference

October 18 – 21, 2023

Raleigh-Durham, NC

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.

Psychologists (APA) Credit Designation



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. **25.0** hours.

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

MI: No CE requirements.

***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, 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 (ASWB) Credit Designation



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: **Advanced**. Social Workers completing this course receive **25.0** 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

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. **25.0** 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. **25.0** 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. **25.0** 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. **25.0** 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.3-31-2023. **25.0** GENERAL Hours

Licensed Professional Counselors Association of Georgia (GA LPC)

Application has been submitted for review.