

**2022 AAP SOUTHERN REGION SPRING CONFERENCE**

**Joy: Your Sorrow Unmasked**  
**“To everything there is a season...”**

**MARCH 4<sup>TH</sup> – 6<sup>TH</sup>, 2022 • IN PERSON**

A watercolor illustration of a tree with a light blue sticky note on its trunk. The tree has a brown trunk and branches, with a green canopy on the right side. The background is a mix of watercolor washes in blue, yellow, orange, and purple. A light blue sticky note is placed over the tree's trunk, containing the text: 

**UPDATED**  
**FEB 9 2022**  
**PAGE 11**

At the time of this brochure's creation, we are planning for an in-person event. We are carefully watching CDC COVID-19 guidelines, and are prepared to hold a virtual conference if necessary. Some of the workshops, as well as participant numbers for workshops, may change as a result.

Thank you so much for your patience,  
**Your 2022 Southern Region Committee**

**COVID GUIDELINES Require and Request**

If you choose to attend the Southern Region Spring Conference, you will need to be fully vaccinated. We will ask to see a copy of your vaccination card at registration. AAP recommends that conference attendees follow the CDC recommendations at the time of the Southern Region Spring Conference.

For example, a current CDC guideline recommends the wearing of masks for all public indoor settings in areas of substantial or high transmission, regardless of vaccination status. Attendees who are immunocompromised or live with individuals with reduced immune responses to COVID-19 vaccines are recommended by the CDC to take more prevention measures, including wearing a mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces to protect themselves.

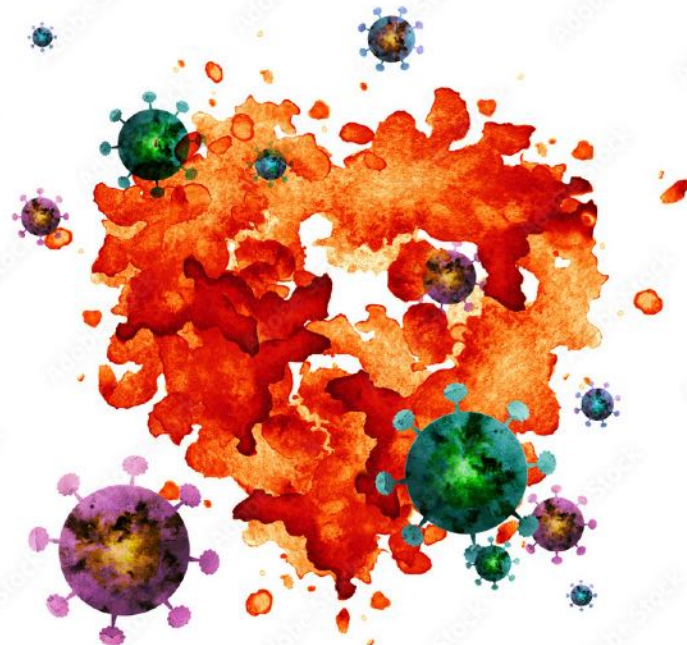
If you choose to attend the in person Southern Region Spring Conference, AAP recommends that you observe the CDC recommendations for YOU, at the time of the event. The state of Georgia does not allow local health authorities to mandate nor enforce CDC recommendations, so for each attendee, compliance is voluntary.

**“When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy...when you are sorrowful look again in your heart, and you shall see that in truth, you are weeping for that which has been your delight.”**

**Kahlil Gibran – The Prophet**



COVER ART BY ORION CROOK



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

**March 4, 5 & 6, 2022 • In person**

***Joy: Your Sorrow Unmasked  
“To everything there is a season...”***

The unprecedented crisis created by Covid-19 has touched everyone in a myriad of ways, hijacking the seasons of the lives of many. Countless among us mourned the isolation and distance from loved ones and were worn down by uncertainty, fear of illness, grief and sorrow. However, for others the quiet time in isolation constituted a valued and rare blessing in their lives.

Regardless of personal impact, this virus has brought a new season into our lives—a season with new rules and a new vocabulary. For example, in the earlier days of the pandemic, an organizational psychologist at the University of Pennsylvania, Dr. Adam Grant, wrote an article for the *New York Times* about a phenomenon he called “languishing.” According to Grant, “languishing” is somewhere between “depression and flourishing.” “Joylessness”, “aimlessness”, “stagnation”, “emptiness” and a general absence of well-being appeared to be the experience of many at that time.

As vaccinations were on the rise and hope was in the air, Dani Blum, a *Times* journalist, wrote an article regarding “flourishing”, the other side of “languishing”, and cited the growing body of psychological research supporting the steps that individuals can take to recharge their emotional batteries, sparking a sense of fulfillment, purpose and happiness. For example, these steps included “acknowledging and savoring small moments; sharing tiny victories; feeling gratitude for things big and small; performing acts of kindness; engaging in volunteer work; involvement in high quality connections (moments of being seen by other people and being met with respect or enthusiasm); finding purpose in everyday routines; engaging in meditation or prayer; seeking new interests; and most importantly, being interested in life, thus leading to a sense of satisfaction, well-being and joy.”

Clearly, this pandemic has forced us to validate the paradoxical truths that arise as we face this new world in front of us. While there has been so much loss, with it comes new wisdom that may positively reshape the way we go forward. Part of this new wisdom necessarily involves embracing the paradoxical relationship between joy and sorrow, two opposing emotions often

existing at the same time. How do we develop the skill of navigating joy and sorrow through our gratitude and grief? How do we honor the whole of our experiential journey, involving both joy and sorrow?

These are among the powerful questions that we hope to explore in our Southern Region Conference. Please join us and our talented presenters as we allow ourselves “a time to weep and a time to laugh, a time to mourn and a time to dance.”

**2022 AAP Southern Region Committee**

Barbara Thomason, Meredith Albert, Bhavana Goel, Orion Crook, Nancy Moser, Maureen Martin, Vanessa Hebert, Barbara Sachs, Jim Bird, Marquita Johnson, David Terraso, Diana Woodruff.

## OUR MISSION

The American Academy of Psychotherapists was founded in 1954 by a group of pioneering psychotherapists who sought a meeting ground for practitioners from different disciplines where live experience and demonstrations of psychotherapy would help to create open discourse.

With an emphasis on authentic “I-Thou” engagement, we explore the relationship of the person of the therapist as the instrument of Change.

As a community, the Academy seeks to provide learning and growth opportunities for both seasoned professionals and new therapists. AAP values relational workshop experiences over lecture formats and encourages authentic interaction over prescribed formality. To this end, our meetings offer process groups, experiential workshops, and therapy demonstrations in addition to more traditional didactic workshops and panels.

## TARGET AUDIENCE

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

## NEW TO AAP / MENTORING SESSION

We welcome those who are attending AAP for the first time, whether students or experienced therapists. Newcomers are sometimes surprised at our unique approach to issues and interpersonal dynamics. We invite you to meet in a short mentoring session with a seasoned AAP member that will help you understand any scheduled and/or spontaneous events, as well as answer any questions about the conference.

**The mentoring session will be Friday, March 5<sup>th</sup> at 9pm.**

## ADA NOTICE

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

## JOEL RACHELSON STUDENT SCHOLARSHIP

We are proud to continue a scholarship program in posthumous honor of Joel Rachelson, who was an AAP member, Southern Region Chair, and strong student advocate. We are offering five scholarships to Spring Conference 2022. This scholarship fund covers the conference registration. **Recipients will be picked randomly through a lottery process on March 1, 2022.**

Students interested in the scholarship should so indicate on the registration form.

## FEES, LODGING AND CEU'S

The conference fee includes all meals and workshops. It does not include lodging. Lake Lanier Lodge Resort is offering exceptional room accommodations for the Southern Region Spring Conference. The rate per room is \$169.00 per night for conference attendees.

**Please make your reservations directly with Lanier Islands Legacy Lodge at 770-945-8787 (800-768-LAKE)**

Lanier Islands Legacy Lodge is only guaranteeing rooms at the exclusive AAP rate until February 3rd, 2022, after which rooms will be available for general sale. The special hotel room rate is available 3 days before and 3 days after the conference. The resort fee is \$12.50 per day. (e.g., wi-fi parking, etc.)

Fees for Continuing Education are paid separately. If you would like to register for CEs, please include the CE fee with your registration. Details for obtaining CE credits will be provided in the conference folder and will be given after the conference is over.

## STUDENT ATTENDEES

There are two ways we assist students. We offer a student discount of \$100 off the registration fee. Students are still responsible for lodging.

The additional way we help students is through the Joel Rachelson Student Scholarship lottery (see previous page). Students must initially pay the student registration fee, and if you are chosen by lottery, your registration fee will be refunded. All students are eligible to apply for the Joel Rachelson Student Scholarship. **Please indicate your desire to be entered into the lottery on the Registration form, to be randomly drawn on March 1, 2022. Please register early!**

*\*\*\* Note: Students who select the \$100 Student discount or receive the lottery are required to attend the Friday Training Session. \*\*\**

**“We travel not to escape life, but for life not to escape us.”**

## LEGACY LODGE, A WARM SOUTHERN WELCOME

Nothing satisfies the soul like sweet Southern hospitality. Welcome to the Legacy Lodge, our classic Lake Lanier accommodations option. Here is where authenticity and attention to detail deliver an unforgettable experience for our guests every time they visit Lanier Islands. Whether stopping by for a fine dining experience at Sidney's, dinner with drinks poolside at Bullfrog's, or settling in for an unforgettable stay on the lake close to Atlanta, GA, the Legacy Lodge is your home away from home. Legacy Lodge includes amenities like our saltwater swimming pool, fitness center, business center and multiple dining options as well as a host of in-room amenities.

### LANIER ISLANDS

7000 Lanier Islands Parkway, Buford, GA 30518

Phone: 770-945-8787



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## 2022 SPRING CONFERENCE

### Learning Objectives

1. Demonstrate an understanding of the paradoxical relationship between joy and sorrow.
2. Support the client's experience of navigating their experiential journey involving both joy and sorrow.
3. Demonstrate psychotherapeutic methods of empowering clients to recharge their emotional boundaries while facing the realities of the pandemic.
4. Describe the evolution of the client's feelings that start with "joylessness, aimlessness and stagnation" that evolve to feelings of a "sense of fulfillment, purpose and happiness".

Shared joy is a double joy, shared sorrow is half a sorrow.

Just when the caterpillar thought her life was over she began to fly.

Poetry comes from the highest happiness or the deepest sorrow.

Excessive sorrow laughs. Excessive joy weeps

The source of one's joy is also often the source of one's sorrow.

# Agenda

## Friday, March 4<sup>th</sup>

- 12:30 – 5:45 Registration
- 2:00 – 5:15 Training Session (with break)
- 6:00 – 7:30 Opening Experience
- 7:30 – 9:00 Dinner
- 9:00 – 9:30 Mentoring Meeting (for first time attendees and students)
- 9:30 – 10:30 BIPOC gathering

## Saturday, March 5<sup>th</sup>

- 7:00 – 9:00 Breakfast
- 9:00 – 12:15 Morning Sessions (or first half of All-Day Workshops, with break)
- 12:30 – 1:30 Lunch
- 1:45 – 2:45 Community Meeting
- 3:00 – 6:15 Afternoon Sessions (or second half of All-Day Workshops, with break)
- 7:15 – 8:45 Dinner
- 8:45 – 12:00 Music & Dancing

## Sunday, March 6<sup>th</sup>

- 7:00 – 9:00 Breakfast
- 9:00 – 10:30 Randomly Assigned Groups
- 10:45 – 12:00 Closing Experience/Depart

## HOSPITALITY SUITE

What would Southern Region be without it's hospitality room? We won't know because we will be gathering for those who choose to join us in the hospitality suite Friday afternoon and evening as well as Saturday night. Enjoy a more relaxed environment with you colleague. Weather permitting we will have a fire and outdoor space as well as indoor space.

## SATURDAY NIGHT ENTERTAINMENT

What's SR without "The Dance"? And that Dance needs a great DJ that will INSPIRE everyone to have an unforgettable night! So bring your party clothes, shoes, and spirits, and let's dance the night away with our favorite **DJ STEEL**.

*“My heart is where Joy and  
Sorrow Dance Forever bound By  
the music Of pain And love”*



## Training Group

### Joy and Sorrow in the Interpersonal Moment

**Attendance: Maximum unlimited, CEs 3**

**2:00PM – 5:15PM, Friday**

This workshop will explore ways of working with feelings of joy and sorrow by bringing them into focused attention in the authentic interpersonal encounter. Through “fishbowl” demonstration and large group discussion, participants will develop their understanding of how immediate and novel internal experience can be expressed and transformed in meaningful communication.

**David Donlon, LCSW** has been a psychotherapist in Chapel Hill, North Carolina for 40 years, splitting his time between a county mental health center and an individual private practice. A Bronx native, his initial training was in humanistic and Gestalt therapy in California in the 1970’s before he returned to complete an MSW at the University of North Carolina. He is currently the Immediate Past President of AAP.

## Opening Experience / Community Meeting / Closing Experience

### Meredith Albert, LCSW

The large group process is an integral part of the experience at any AAP event. Three of these groups, which we call Community Meetings, will be spread throughout the conference. At the first of these, the Opening Experience, the conference theme will be introduced, and participants will begin exploring various aspects of the psychotherapy relationship through this unique format. This exploration continues through a Community Meeting on Saturday. The final meeting, or Closing Experience, is an opportunity to review and integrate our exploration of the conference theme, and facilitate the transition back to family, friends and work. All participants are encouraged to attend.

**Meredith Albert, LCSW** received her undergraduate degree in Business Administration in 1987 and her graduate degree, MSW in 2004. In 2008 she received her LCSW and started her private practice. She also is fluent in Sign Language and sees Deaf clients. She joined AAP first by attending the Spring Conferences, then joined as a full member in 2013. Meredith serves on the executive counsel, the Relief Trust and Endowment board, as well as the temporary chairperson for the Southern Region of AAP.



*“If it excites you and scares you at the same time, it probably means you should do it.”*

## ALL DAY GROUPS 9:00AM – 6:15PM

### Finding Meaning Within the Suffering: Creating Personal Myths to Carry Ourselves Forward

**In person attendance Maximum 16, CEs 6**

In the darkness of night we meet ourselves. Personal myths return us to our soul’s purpose and instill meaning among the chaos. In this group we will examine the stories we create about our lives and how they may both protect us and block us from experiencing joy.

**Jessica A McMillan, MA, LMFT** is in private practice in Atlanta, Georgia, working with individuals, couples and families. With specialization in treating Eating Disorders, Jessica has worked with individuals and families on the path towards weight restoration and recovery. She served as Clinical Director for Atlanta Recovery Center. Jessica has been involved with AAP since 2010 when she was introduced to the Academy as a Scholar.

**Michelle Y Leyden, MA, LAPC** is in private practice at Pathway Center for Psychotherapy in Norcross, Georgia, working with individuals and couples to find freedom and empowerment by developing self-love and personal sovereignty. Michelle is a 2017 graduate of the University of West Georgia’s Humanistic Psychology Program which led her to become involved in AAP as a volunteer in 2015.

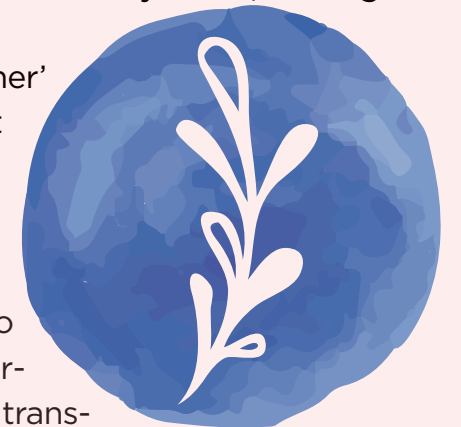
## MOVED TO SATURDAY MORNING

### Dreaming, alone and together: making meaning of dreams during a global pandemic

**In person attendance: Maximum 12, No CEs offered**

The COVID-19 pandemic has shaped our collective and individual unconscious processes in ways we have only begun to discover. Participants in this group are invited to bring dream material from the last two years to share in group process both through words and in symbols, making individual sand trays. Together we will explore our dreaming in a time of disjointedness, loss and change — actively ‘dreaming together’ to shape and form our fragmented parts into a cohesive yet differentiated whole.

**Erin McCarthy, MSW** practices psychotherapy with teens and adults from a contemporary relational and experiential perspective. She supports those who are willing to shift into an increased sense of playfulness, emotional depth and internal security. Part of that process is working with dreams to transform unconscious, forbidden affects and thoughts into ideas that can be symbolized, tolerated and known. She maintains practices in Washington, DC and Philadelphia, PA, where she moved in October 2020.



## Bring in the Noise, Bring in the Funk, Bring in the Sorrow, Bring in the Joy

**In person attendance: Maximum 14, CEs 6**

What a year and a half! Have the pandemic blues? Has Covid been a great reprieve? Has your anxiety/fear been out of control? Has isolation been the best or worst of times? Whatever your answers, personally or professionally, are to the myriad issues, let's get after it! Time to move from languishing to flourishing!

**Robert G. Rosenblatt, PhD** has been providing psychotherapy to individuals, couples, and groups for over 40 years. The current emphasis of Bob's practice is focused on providing clinical supervision and practice management in order to help other psychotherapists construct thriving private practices. Bob is deeply committed to what he does and believes that he has much to offer. Besides work, Bob loves to spend time with family (especially grandchildren), at the beach, golfing, cooking, and writing about psychotherapy.

## Honoring our Suffering: An Open Process Group

**In person attendance Maximum 14, CEs 6**

AAP Process Groups reflect the essence of what AAP offers to the psychotherapy world, deeper self-awareness through authentic and respectful interpersonal encounter. Life entails suffering. This group will do the vulnerable and daring work to examine the here-and-now suffering within the group, trying to better know the connection between suffering and soul, honoring necessary suffering while dishonoring unnecessary suffering.

**Nicholas Kirsch, PhD** has been a Psychologist for 32 years. He practices in Washington, DC, with ongoing therapy/process groups just for psychotherapists. He is relational, developmental, experiential, and eclectic, a full-time student of human nature. He has experienced advanced training with incredible teachers, including Virginia Satir, Anne Alonso, Fred Klein, David Hawkins, Murray Scher, Justin Hecht, and Aron Black. "A good process group is one of life's highlights", he said.

*"We choose our joys and sorrows long before we experience them."*

*-Kahlil Gibran*

## **SATURDAY MORNING WORKSHOPS 9:00AM – 12:15PM**

## What Breaks You: Bearing Witness to the Scars in Your Heart

**In person attendance: Maximum 8, CEs 3**

In this experiential process group, participants will move toward the parts of their hearts that are broken. The goal is to move toward sharing suffering in order to feel greater connection and deeper meaning.

**Jonas Horwitz, PhD** is a Licensed Psychologist in private practice in Durham, NC. He obtained his BA from the University of North Carolina at Chapel Hill 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 clients, as well as groups for psychotherapists. He is currently writing his next book: *Braking Anxiety: Using Neuroscience to Calm Your Anxious Brain*.

## Our Relationship with Joy and Sorrow

**In person attendance: Maximum 12, CEs 3**

Moving into joy or staying in sorrow is an agreement between our body, mind and spirit. In this workshop, we will explore the language of joy and sorrow and ways to move out of sorrow, which will allow the possibility of joy.

**Linda Weiskoff, LCSW** has been a clinical social worker since 1987, providing psychotherapy to clients of different age groups and cultures. In 2001-02 she received special training in attachment theory and working with Reactive Attachment Disorder. In 2003, she opened the Heartwork Counseling Center, a residency program for new masters level therapists. Linda provides supervision, workshops, and trainings to other clinicians and the general community.

## Dance in the Mourning: The Experience of Grief and Resilience in Black America

**In person attendance: Maximum 16, CEs 3**

Down through the years and still through the tears! Disenfranchised grief, ambiguous loss, and early death are common to African-Americans. While their disenfranchised grief is rarely a target for treatment, the culture's resilient spirit turns mourning into dancing. This workshop approaches grief/loss in therapy through a culturally sensitive lens.

**LaVerne Collins** is a Licensed Professional Counselor in Georgia and Licensed Clinical Mental Health Counselor in North Carolina. She is a National Certified Counselor, Approved Clinical Supervisor, Board Certified Tele-Mental Health provider and Master Addictions Counselor. She holds additional credentials as a Certified Family Trauma Professional, a Certified Grief Counseling Specialist, and an Integrative Nutrition Health Coach.

Since 2011, she has owned an Atlanta-based practice and training agency: New Seasons Counseling, Training, and Consulting, LLC. She is also co-owner of Equity Training Partners, LLC, providing

customized learning and coaching solutions that promote a sustainable, anti-discrimination culture in organizations and societal structures.

Dr. Collins serves on the Industry Advisory Council for the University of Phoenix College of Social and Behavioral Sciences. Her experience also includes serving as Adjunct Faculty at University of North Carolina-Greensboro. Her professional interests include multicultural counselor training on race, faith, culture, trauma, genocide awareness, women's issues, and substance abuse assessment. Her publications include a monthly column in Counseling Today Magazine on "Honoring Diversity," numerous cover feature articles for Counselor Magazine; a published textbook chapter on Clinical Assessment in P. Ruiz & E.C. Strain (Eds) Lowinson & Ruiz's Substance Abuse: A comprehensive textbook; her book, *The Fruit of Your Pain: Experiencing Spiritual Renewal through Seasons of Struggle* and contributions to several other works still in press.

Dr. Collins earned her bachelor's degree at Syracuse University; MS Ed in community counseling from Duquesne University; and PhD in Christian counseling from South Florida Bible College and Seminary.

***"We work on ourselves to improve the quality of our lives--not to make ourselves more lovable. We are already worthy of love"***

## SATURDAY AFTERNOON WORKSHOPS

### "Ambivalence, Risk, and Morality"

**In person attendance: Maximum 12, CEs 3**

This workshop will provide a forum for participants to examine their own journeys during these challenging and impactful times. The presenters will facilitate exploration of the ambivalences, risks and morality of the decisions that we are making in our professional and personal lives.

**Dairlyn Chelette**, Licensed Clinical Social Worker for 34 years. Ten years in psychiatric social work and 23 years in full time psychotherapy practice. Specialty training in Couples Therapy and Family Systems models. Member of AAP for 29 years, serving on numerous committees, including the development of programs and conferences for advanced psychotherapists, and contributor to VOICES. In response to a missed shot during a heated game of pickleball with my co-presenter, I exclaimed, " I hate ambivalence!" which inspires our workshop.

**Maureen G. Martin, LCSW, LMFT** has been a practicing psychotherapist since 1973 and a member of AAP since 1984. She serves on the executive council of AAP and has been a member of the southern region committee for over a decade, serving as chair for four years. Her clinical work with her clients continues to refine and deepen as she works on her "person" in AAP. She has presented at national and regional meetings and has received more than she has given. She has many areas of specialty in her practice, most recently adding an equine therapy modality.

### Joy & Sorrow—The Dance of Unmasking Authenticity

**In person attendance: Maximum 12, CEs 3**

Evocative music will be used to encourage movement of the participants in an attempt to unmask the authentic self, especially joy and sorrow.

**James H Bird, LCSW** majored in group therapy at Tulane University and obtained his professional degree there. James has always appreciated the potential for individual growth in the safe container of the therapy group. Jim experienced modern dance in a fine arts class at the University of Arkansas obtaining his B.A. degree in 1967. Drawn to dance from an early age, he began combining his love of movement with his knowledge of group therapy after obtaining his M.S.W. from Tulane University in 1970. James is currently a licensed L.C.S.W. in Georgia.

**Wendy Graham, Ed.S, LPC, LAC** for Wendy, music and movement have been a consistent thread throughout her life. She was a musician in high school, undergrad, and after college. She obtained her professional degree in Counselor Education from the University of South Carolina and shortly discovered dance aerobics as a way to manage her stress early in her career. Wendy recently got certified as a Jazzercise instructor in February of 2021 and entertains her team every Friday by hosing virtual dance parties. She is currently licensed as an LPC and LAC in South Carolina and works as the Director of Behavioral Health for Healthy Blue, a Medicaid Managed Care Plan in South Carolina.



## Experiential Mapping: Connecting the Negative to a Positive

**In person attendance: Maximum 12, CEs 3**

This workshop will use channels of emotional experience in the body to identify and connect with feelings, both positive and negative of the present and the past. Participants will be guided through an exercise in their internal world. Participants who wish to share with the group what the experience was like for them will be supported by the group to do so.

**Mary Gresham, PhD** has been in private practice in Atlanta for almost 40 years and enjoys it more each year. She fell in love with psychology as a sophomore in college and pursued it since then with a short foray into the world of art education. Becoming a therapist has been a lifelong quest and Mary is still learning and growing, sometimes painfully so and sometimes with excitement and joy. Her most recent specialized training has been in the field of psychedelic assisted psychotherapy and in AEDP, a modality that developed from the work of Diana Fosha. Her past training was in the world of financial psychology. She supports and encourages other therapists in a variety of ways, including 2 supervision groups, a book club and as a therapist. I am really encouraged by witnessing a renaissance of humanistic, experiential therapies and she is hopeful for the future of our field.

**SUNDAY MORNING RANDOM PROCESS GROUPS & CLOSING**  
**MARCH 6<sup>TH</sup> 2022 9:00AM – 10:30AM, CLOSING 10:45AM – 12:00PM**

### **All Participants (broken into small groups), 1.5 CEs, all levels**

The last experience of the conference will offer participants an opportunity to be in contact with other attendees in a randomly assigned group. Members will be invited to encounter one another and to share experiences from the conference.

See the Conference Bulletin Board for group assignments which will be posted Sunday morning.

### **LEADERS**

**Meredith Albert, LCSW** description on page 10

**Bhavana Goel, APC** description next page

**Orion Crook, LPC** description next page

**Barbara Thomason, PhD** description next page

**Vanessa Hebert, LCSW** description next page

**Maureen G. Martin, LCSW, LMFT** description on page 15

**Barbara Sachs, LPC** description next page

**Bhavana Goel, APC** Is a past scholar of AAP (2019). Her private practice is based in Atlanta. She draws upon her international training, work experience and multicultural competency towards working with the clients. Her journey as a psychotherapist continues to be impacted by the color of her skin. Her co- presenter offered to join her in this journey in order to find together the pieces that need be owned and healed. This generous offering inspired her to co- present this process group.

**Orion Crook, LPC** practices in the West End of Atlanta, the studio office holding space for adolescents and adults who are seeking to engage in a therapeutic-relationship-ritual with a Licensed Professional Counselor. Grounded in a Humanistic 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. At the intersection where art meets therapy Orion founded and runs a Therapeutic Artists Residency that offers four Atlanta artists free individual and group counseling that ends in a showcase of their work.

**Barbara Thomason, PhD** has been practicing psychotherapy for 40 years. Existential, Gestalt, Transactional Analysis, and Family System Therapies have all played a significant role in both her personal and professional life. A life member of AAP, she has chaired and co-chaired three national meetings and has served on the Executive Council for nine years. As Barbara has continued on her journey into aging, her soul continues to invite her to be fully present for every moment of this precious life.

**Vanessa Hebert, LCSW** is a psychotherapist in private practice in Atlanta, GA. She received her Masters in Social Work (MSW) from Louisiana State University, Baton Rouge. Working in a variety of clinical settings has allowed her to gain experience in various aspects of adult mental health. In addition to a strong belief in the power of group psychotherapy, she has extensive experience and training in couples therapy, Dialectical Behavioral Therapy (DBT), trauma, family therapy. Utilizing a unique understanding of addiction and recovery, she works extensively with medical professionals, as well as individuals, couples and families, to heal and thrive after experiencing the impacts of addictive disease.

**Barbara Sachs, LPC** practices therapy as an evolutionary process with an emphasis on trust and authenticity in the therapeutic relationship. Her first career was in non-profit organizational development, until she realized that her true path is in developing people, not companies. She has been involved in AAP for 7 years and currently serves as Secretary of the Southern Region Committee. While Barbara works solely virtually these days, her practice is in Atlanta where she focuses on in-depth work with adults.

*“We travel not to escape life,  
but for life not to escape us.”*

# CONTINUING EDUCATION

**American Academy of Psychotherapists**  
**2022 Southern Regional Spring Conference**  
**March 3 – 6, 2022**  
**Buford, GA**

## 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.

## Psychologists (APA) Credit Designation



This course is co-sponsored by Amedco and American Academy of Psychotherapists (AAP). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. **13.0** hours.

**The following state boards accept courses from APA providers for Counselors:** AK, AL, 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, WA, WI, WY

**MI:** No CE requirements

**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

**The following state boards accept courses from APA providers for Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (outstate held), OK\*, OR, SC, UT, WA, WI, WY

**\* OK accepts APA credit for live, in-person activities. For all ethics and/or online courses, an application is required.**

**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 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. Social Workers completing this course receive **13.0** 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

**\* WV accepts ASWB ACE unless activity is live in West Virginia, an application is required.**

**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

**AL/Counselors:** Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

**MI:** No CE 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

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

**MI:** No CE requirement

**\* OK accepts ASWB ACE for live, in-person activities. For all ethics and/or online courses, an application is required.**

**The following state boards accept courses offering 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. **13.0** 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. **13.0** 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. **13.0** 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. **13.0** 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. **13.0** GENERAL Hours



## CONFERENCE FEES

<b>Early Registration</b> <b>Ends February 2<sup>nd</sup></b>	<b>Registration</b> <b>February 3<sup>rd</sup> - 22<sup>nd</sup></b>
Members . . . . . \$430	Members . . . . . \$480
Non-Members . . . . . \$460	Non-Members . . . . . \$510

Presentors . . . . . \$360

Guest Registration, meals only . . . . \$270

Continuing Education (CE) . . . . . +\$50

REGISTER ONLINE AT:

[www.aapweb.com/2022SpringConference](http://www.aapweb.com/2022SpringConference)

