

**AAP SOUTHERN REGION SPRING CONFERENCE**

# **LEANING INTO THE PAIN: A PATH TO HEALING**

**BEACH HOUSE HILTON HEAD**

**1 South Forest Beach Drive  
Hilton Head Island, SC 29928**

**[www.beachhousehi.com](http://www.beachhousehi.com)  
1-855-474-2882**

**MARCH 17-19<sup>TH</sup>  
2023**

# COVID-19 Updates

## COVID GUIDELINES Require and Request

If you choose to attend the Southern Region Spring Conference, you will need to be 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.

## IMPORTANT NOTE ABOUT COVID

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 with whom they don't live, 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.



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## AMERICAN ACADEMY OF PSYCHOTHERAPISTS SOUTHERN REGION ANNUAL CONFERENCE

March 17, 18, 19, 2023 • In person

### ***LEANING INTO THE PAIN: A PATH TO HEALING***

*“Your pain is the breaking of the shell that encloses your understanding.  
It is the bitter potion by which the physician heals your sick self.  
Therefore trust the physician, and drink his remedy in silence and tranquility.”  
(K. Gibran)*

Kintsugi is a 15<sup>th</sup> century practice meaning “to join with gold.” The Kintsugi process involves taking broken pottery and gluing it back together with liquid gold. The piece thus becomes something very different and more precious. It is a strong metaphor for life. We all experience difficulties and traumatic events in our lives. Applying Kintsugi to our lives means to be bold. Rather than hiding the cracks and imperfections, we can investigate them, possibly accept them, and find new perspectives in these life events.

We ask our clients to be brave – to accept that “a broken heart is an open heart.” We tell them when they are in a dark forest, the only way out is to keep going. How do we, as therapists, live our lives this way and model these truths for our clients?

Our Southern Region Committee invites you to join us and our talented presenters as we explore the power of Kintsugi, the spiritual alchemy that is inherent in a life characterized by wholeness and love. AAP’s Southern Region Spring Conference is being held March 17 -19, 2023 on beautiful Hilton Head Island. We hope to see you there.

*“The moment you accept  
what trouble you’ve been  
given, the door will open.”*

– Rumi



# Welcome

**The Southern Region Committee of AAP welcomes you to our Spring Conference 2023!**

Our theme: *Leaning into the Pain: a Path to Healing* was carefully chosen. As therapists and as world citizens, we know pain. The workshops at this conference are designed to move us closer to a place of healing.

We encourage you to make the most of your time: take a deep dive into the workshops, surround yourself with community in the large groups, dine and wine with other interesting people, then come free your soul on the dance floor Saturday night. Don't forget to spend time in the hospitality suite, a space created for conversation, connecting and having fun. And then there is always the beach!

## **Southern Region Committee:**

**Barbara Sachs, Chair**  
**Holly Tufan, Secretary**  
**Jim Bird**

**Maureen Martin**  
**Nancy Moser**  
**Barbara Thomason**

## **Consultants:**

**Meredith Albert**  
**Marquita Johnson**  
**Linda Tillman**

**David Donlon**  
**Erin Simone**

## **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.



## **AN ORIENTATION TO AAP**

Please join us for a one-hour informational meeting. The focus of this orientation will be on how you might access more gatherings, more events and perhaps even membership in this national organization called AAP. We have recently changed some of the steps to membership providing additional support and financial resources. The benefits are many! Come, gather and see what could work for you when you are ready for more!

-Nelia Rivers, MSW and David Donlon, LCSW

Friday 8:30-9:30 p.m.

## **MID-CONFERENCE CHECK IN**

We are offering a meeting hosted by experienced members for anyone who needs to check in about their ongoing experience at this spring conference. We will meet on the beach for this discussion, with lunch provided. Whether this is your first AAP experience or you have participated many times, you are welcome to come share with us any questions or thoughts about your emotional experience at the conference so far.

-Erin Simone LPC and Scott Topal LCSW

Saturday 12:30-1:30 p.m.

## **BIPOC MEETING**

We offer a gathering space for attendees who identify as Black, Indigenous, or People of Color. This group will be lightly led and will offer time together to process the conference experience.

-Hayden Dawes LCSW

Saturday 6:30-7:30 p.m.

## **LEARNING OBJECTIVES**

- 1. Participants will be able to define and discuss the concept of open heartedness as we as therapists investigate this dynamic with our clients and help them find new perspectives related to healing.**
- 2. Demonstrate at least two psychotherapeutic methods used to empower our clients to lean into the pain as they are managing their fears, grief and other traumas.**
- 3. Support the client's experience of learning new methods to use to navigate their pain as they experience the journey involving their broken heartedness.**
- 4. Describe at least two methods of ethical decision-making regarding learned psychotherapy techniques to help our clients keep going and prevailing during difficult times.**

## 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 three scholarships to Spring Conference 2023. This scholarship fund covers the conference registration. Recipients will be picked randomly through a lottery process on March 15, 2023. Interested students should indicate on the registration form.

## FEES, LODGING AND CEUs

The conference fee includes all meals and workshops. It does not include lodging. Beach House is offering exceptional room accommodations for the Southern Region Spring Conference. The rate per room is \$199.00 per night for conference attendees with a reduced resort fee of \$12. (e.g. parking, WiFi)

***Please make your reservations directly with Beach House, Hilton Head Island at (855) 474-2882***

Beach House is only guaranteeing rooms at the exclusive AAP rate until February 23, 2023, after which rooms will be available for general sale. The special hotel room rate is available three days before and three days after the conference.

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 above). 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. Students who want to be considered for the scholarship should indicate their interest on the registration form.

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

## HOSPITALITY SUITE

So much of the value in AAP comes from old friendships, budding relationships and making new friends. The hospitality suite offers all of that. It's a great place to gather for free snacks and drinks as well as time with wonderful people. What would Southern Region be without the hospitality suite? We don't have to wonder because everyone who wants to is welcome to gather in the hospitality suite. Hours and location will be posted at registration and in your folder. Join us one and all!

## SATURDAY NIGHT DANCE

The highlight of Southern Region is always the Saturday night dance. And what makes a memorable dance? A great DJ who 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*.

## LOCATION OF THIS YEAR'S CONFERENCE: BEACH HOUSE, ON COLIGNY BEACH, HILTON HEAD ISLAND

Experience Hilton Head Island's only true oceanfront boutique resort. Guests love the oceanfront location, gorgeous beachfront pool, a Tiki Hut, and, of course, the beautiful wide beach only steps away from the pool and outdoor bar. Stunning sunrises and late night beach walks add to the experience. Oh, and there are nightly "dive in movies" at the pool and nightly dancing to live music at the Tiki Hut. Join us at this delightful location!

**BeachHouseHHI.com**

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**1 South Forest Beach Drive, Hilton Head Island, SC 29928**



# Agenda

## FRIDAY, MARCH 17

- 12:30 – 5:45 ..... Registration
- 2:00 – 5:15 ..... Training Session *(with break)*
- 6:00 – 7:30 ..... Opening Experience
- 7:30 – 9:00 ..... Dinner
- 8:30 – 9:30 ..... Orientation Session

## SATURDAY, MARCH 18

- 7:00 – 9:00 ..... Breakfast
- 9:00 – 12:15 ..... Morning Sessions  
*(or first half of All-Day Workshop, with break)*
- 12:30 – 1:30 ..... Mid-Conference Check In
- 12:30 – 1:30 ..... Lunch
- 1:45 – 2:45 ..... Community Meeting
- 3:00 – 6:15..... Afternoon Sessions  
*(or second half of All-Day Workshop, with break)*
- 6:30 – 7:30 ..... BIPOC meeting
- 7:15 – 8:45 ..... Dinner
- 8:45 – 12:00 ..... Music & Dancing

## SUNDAY, MARCH 19

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

“Worry often gives a small thing a big shadow.”  
— Swedish proverb

# Training Session

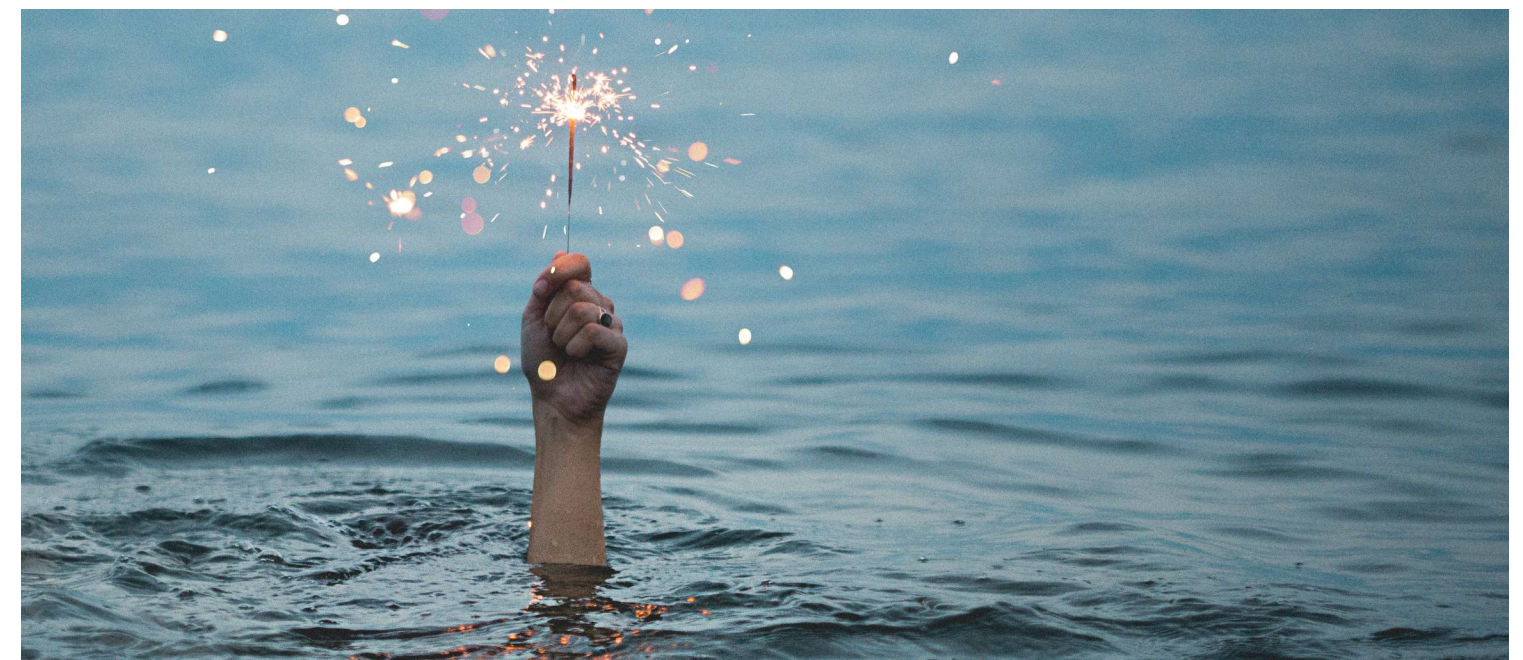
## *The Psychological Art of Kintsugi: Healing Through Diving into the Wreck*

Stephanie Ezust Ph.D. and Gus Kaufman Ph.D  
Attendance: Maximum unlimited, 2:00PM-5:15PM, Friday  
(3 CEs; Open Attendance: All instruction levels welcome.)

Our first instinct is to avoid pain. This workshop will offer opportunities to experience emotional pain that heals rather than perpetuates. The hard-won wisdom of healing through the dark emotions allows us to dive into the wreck and resurface renewed. A fishbowl demonstration will develop participants' understanding of emotional alchemy.

Stephanie Ezust, a licensed psychologist who practices in Decatur, Georgia, earned a Ph.D. in clinical psychology, masters degrees in clinical psych and counseling, and an undergraduate degree in comparative literature. Licensed in Georgia and Florida, she works with adults presenting issues including dissociative disorders, anxiety, depression, transitional crises, recovery from trauma, recent and historic. She is trained in a number of approaches to healing trauma. Trauma recovery work includes acknowledgment of and healing from loss and grief.

Gus B. Kaufman, Jr., Ph.D., clinical psychologist in Atlanta, GA, is a senior trainer in Pesso Boyden System Psychomotor therapy, a powerful, gentle, body-based method of emotional re-education and healing ([www.pbsp.com](http://www.pbsp.com)). 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 he has published many chapters and articles on abuse, healing via body-based interventions, and sexual orientation and gender.



## Opening Experience / Community Meeting / Closing Experience

Maureen Martin LCSW and Barbara Sachs LPC

Attendance: Maximum unlimited

(1.5 CEs, 1 CE, 1.25 CEs respectively; Attendance: Maximum unlimited; All instruction levels welcome.)

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.

Maureen G. Martin LCSW is a long-time member of AAP. She has been involved with Southern Region committee for 17 years. She is passionate about the advances that AAP is struggling with to look into ourselves, our biases, and blind spots; the goal being to promote healing and much needed growth. Membership in AAP has provided a lifelong opportunity for challenge and growing through the pain sometimes necessary. She welcomes the chance to participate.

Barbara Sachs LPC is a psychotherapist in private practice in Atlanta. Working in her first career as a nonprofit executive in the fields of intimate partner abuse, addiction, and chronic illness her eyes were opened to the depth of pain possible in people's lives. Committed to working on a more personal level, she received her MA in 2010 and then licensure. She continues her work with adults to support them in accepting and tolerating their pain, thus making it possible for them to heal. Barbara currently serves as chair of the Southern Region Committee.

## **All Day Group 9:00am – 6:15pm**

### **Leaning into the cracks of your avoidance: What is stopping you from doing the thing you really want to do?**

Jonas Horwitz, Ph.D

(No CEs; Maximum Attendance: 12; No CEs; All instruction levels welcome.)

This workshop will examine the parts of ourselves that avoid doing the things we would most love to see ourselves doing. In particular, we will utilize the group process to see how this may reveal itself interpersonally.

Dr. Jonas Horwitz is a licensed psychologist in private practice in Durham, NC. He obtained his B.A. 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: *Swimming Through Anxiety: How to Stay Afloat in a Nerve Wracking World*.

## **Saturday Morning Workshops**

### **Damn the Avoidance, Full Tolerable Speed Ahead**

David Donlon, MSW, LCSW

(3 CEs; Maximum attendance: 12; All instruction levels welcome.)

Timing and tone comprise much of the art of psychotherapy. When intuiting or guessing that the client is avoiding divulging something, about life or about the relationship, how do we decide if, when and how to raise it? Forcefully? Tentatively? Sternly? Jocularly? We will explore the contours of these decisions.

David Donlon, MSW, LCSW, has been a psychotherapist in Chapel Hill, North Carolina for 40 years. Most of those years he worked in the county mental health center as well as in private practice. He is a Fellow and a Past-President of the Academy.

**“Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.”**  
— William James

### **Pain in the Ass or Pain in the Heart: The Cure for Both**

Victoria Griffin LPC

Ron Del Moro Ph.D.

(3 CEs; Maximum attendance: 15; All instruction levels welcome.)

This workshop seeks to challenge participants to expand their capacity to withstand emotional pain and deepen their trust in their own ability to heal, to restore, and to recover in the face of their greatest fear.

Victoria is a master trauma therapist and intimacy coach with a diverse background in both the mental health and substance abuse field. She has expertise in trauma, domestic violence, sexual assault, addiction, and grief. She is a professional consultant, public speaker, and presenter in the counseling field. She also serves as an expert witness in domestic violence and sexual assault in the state of Georgia. Victoria is dedicated to empowering survivors of trauma/abuse, helping repair family relationships, and community mental health awareness.

Ron Del Moro is a holistically-minded psychotherapist with 20 years of experience assisting individuals, couples, families, and groups. Ron earned a PhD in mental health counseling, a masters degree in marriage and family therapy, and a specialist degree in education from the University of Florida. Dr. Del Moro is a licensed professional counselor (LPC) working and living in Washington DC. Ron is passionate about truth, the environment, social justice, family/community, and living life to the fullest.

## **Mindfully Meeting Our Pain**

Holly Tufan LAPC  
Lana Harris LPC

(3 CEs; Maximum attendance: 12; All instruction levels welcome.)

Like Dante making the journey through hell, we must descend into our pain to save our lives. However, we won't complete the journey if we cannot tolerate the pain. In this workshop, we will learn to meet our pain with mindfulness and self-compassion, becoming aware of our biases and accountability.

Lana Harris received her master's degree in psychology from the University of West Georgia. She is an EMDR therapist whose work focuses on trauma, especially with working with those who have experienced sexual assault. She first attended AAP as a graduate student in 2017.

Holly Tufan received their master's degree in psychology from the University of West Georgia. They work at Skyland Trail's adolescent residential program as the Core DBT group therapist and aftercare coordinator. Holly works with adolescents experiencing BDP traits, PTSD, experiencing suicidal intention and planning, self-harm, depression and anxiety. Holly has also created and facilitates a group for Skyland Trail addressing adolescents' experiences with racism, microaggressions, privilege, and other social issues. Holly first attended AAP in 2016 as a graduate student.

## **The Avenue of Mindset Towards Ritualizing Our Healing**

Orion Crook LPC

(3 CEs; Maximum attendance: 15; All instruction levels welcome.)

Participants will explore the mindset we have toward our pain. Through understanding gained from placebo studies, adaptation of experiencing, and ceremony we will work to alter the pathways our pain has embedded in our nervous systems. Weather permitting we will head to where the sand meets the ocean. Please come dressed appropriately.

Orion Crook practices in the west end of Atlanta at Orion Psychotherapy. Their 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 with their 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.



“Feelings come and go like clouds in a windy sky.  
Conscious breathing is my anchor.”

– Thich Nhat Hahn

## **Ethical practice during challenging times, when the therapist or a colleague is suffering.**

Hannah Hawkins-Esther

(3 CEs; Maximum attendance: 20; All instruction levels welcome.)

In this workshop participants will explore the ethical practice challenges that can occur when we therapists and/or one of our colleagues are suffering amidst all too human painful life experiences. We will learn ways therapists may miss their own or their colleagues vulnerabilities in times of personal struggle which set them up for ethical violations and ways to prevent these missteps.

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).



## Saturday Afternoon Workshops

### Entitled, Trauma Response or What?

Vanessa Hebert LCSW

Julia Strong LCSW

(3 CEs; Maximum attendance: 12; All instruction levels welcome.)

We all experience traumatic events but often fail to have compassion for, accept or even recognize, how those experiences influence our interactions with others. Does this lack of self-awareness keep us from honest expression, particularly in high-stakes situations? You are invited to slow down and safely explore what is happening in your body during a difficult situation. Using connection with our bodies, we can learn how the embodied information, which is typically overlooked, drives our responses and behavior. This offers the possibility of a more grounded authentic interpersonal exchange.

Julia Strong, LCSW received her MSW from University of Georgia in 1984. She began to get language for misogyny, sexual orientation, racism, and class 50 years ago. The mythology she was raised to believe has continued to be busted open ever since. The AIDS epidemic was a powerful learning experience, and only during the COVID pandemic has she really learned how trauma, and the denial of trauma, pervades all human perception. All of this has been folded into how she practices psychotherapy with adults, which she has been doing in Georgia for 35 years.

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 in 1993. Working in a variety of clinical settings allowed her to gain faith in the power of connection to healing and a strong belief in the power of group therapy. She has extensive experience and training in couples therapy, dialectical behavioral therapy (DBT), trauma, and family therapy. Utilizing a uniquely personal understanding of addiction and recovery, she has worked extensively with medical professionals as well as individuals, couples, and families, to heal and thrive after experiencing the impact of addictive disease.

“Hang on to your hat. Hang on to your hope. And wind the clock, for tomorrow is another day.”

– E.B. White

### Mending Painful Broken Hearts, Strengthening Resilience

Annie Prescott, Ph.D

(3 CEs; Maximum attendance: 12; All instruction levels welcome.)

This artistic experiential workshop will help identify trauma experiences, painful events and losses that have contributed to deep emotional pain. Exploring resilience efficacy, participants will identify ways to maintain and strengthen resilience. A supportive, group experiential will be included in the last two hours of this experience.

Dr. Prescott, a Georgia licensed clinical psychologist, certified clinical supervisor and certified addiction counselor, brings 43 years of clinical experience treating children, adolescents and adults with trauma histories. Her passion for health, wellness, and animals inspired a vision to create a private practice offering experiential therapies, providing healing from trauma exposure. Promoting resilience in her clientele, she has modeled, educated, and inspired others to authentically express themselves and enjoy their lives robustly. She enjoys traveling and camping with her horses.

### How we deal with adversity: the individual and the community.

Linda Weiskoff LCSW

(3 CEs; Maximum attendance: 20; All instruction levels welcome.)

The workshop will examine assumptions about human nature. We will look at how we participate in community, the interaction between community and individual, its impact on us, and ways we can move forward in the face of adversity.

Linda Weiskoff has been a clinical social worker since 1982. In 2001-02 she received special training in attachment issues and attachment disorder. She opened The Heartwork Counseling Center in 2003, supervising and training new therapists in a residency program. She delivers workshops to the psychology community and the general public.

### Rising from the Ashes of Grief

Sharman Colosetti Ph.D.

(3 CEs; Maximum attendance: 15; All instruction levels welcome.)

In this interactive workshop, members will participate in initiative games, didactic learning and group discussion to experience the stages of change that accompany grief.

Sharman Colosetti, PhD, LCSW has an eclectic virtual private practice in Decatur, GA and has been consulting with the GA Department of Corrections since 1993, providing individual and group therapy to incarcerated women and training to the mental health staff. She is the historian for AAP, past chair of the Southern Region Committee, and a past council member on EC. She has been the chair of an AAP Summer Workshop and has served as program chair and member of various AAP workshop committees.





# Sunday Morning Process Groups

## 9:00 am – 10:30 am

### All Participants (broken into small groups)

(1.5 CEs; Maximum attendance: unlimited; All instruction levels welcome.)

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

Jim Bird MSW  
Vanessa Hebert LCSW  
Maureen G. Martin LCSW  
Barbara Thomason PhD  
Holly Tufan LAPC

James H. Bird, LCSW majored in group therapy at Tulane University where he obtained his MSW degree. James also has an MA in sociology from Vanderbilt University. Both graduate degrees were earned in 1970. James is currently a licensed LCSW in Georgia where he has had a private practice of psychotherapy since 1982. Between 1970 and 1982, he obtained valuable experience in a family agency, a state mental health hospital and an outpatient mental health center.

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 in 1993. Working in a variety of clinical settings allowed her to gain faith in the power of connection to healing and a strong belief in the power of group therapy. She has extensive experience and training in couples therapy, dialectical behavioral therapy (DBT), trauma, and family therapy. couples therapy, DBT, trauma, and family therapy. Utilizing a uniquely personal understanding of addiction and recovery, she has worked extensively with medical professionals as well as individuals, couples, and families, to heal and thrive after experiencing the impact of addictive disease.

Maureen G. Martin LCSW is a long-time member of AAP. She has been involved with Southern Region committee for 17 years. She is passionate about the advances that AAP is struggling with to look into ourselves, our biases, and blind spots; the goal being to promote healing and much needed growth. Membership in AAP has provided a lifelong opportunity for challenge and growing through the pain sometimes necessary. She welcomes the chance to participate.

Barbara Thomason PhD, has been practicing psychotherapy for 45 years. Existential, Gestalt, transactional analysis, psychomotor, and family systems therapies have all played a significant role in both her personal and professional development. A Life Member of AAP, she has chaired and co-chaired three national meetings, has served on the Executive Council for eleven years and eight years on the Southern Region Committee. Having been exposed to a life changing undergraduate course in psychology in the late 60s, Barbara has never doubted that the path to healing must occur through the full embrace of one's pain.

Holly Tufan, LAPC received their master's degree in psychology from the University of West Georgia. They work at Skyland Trail's adolescent residential program as the core DBT group therapist and aftercare coordinator. Holly works with adolescents who are experiencing BDP traits, PTSD, experiencing suicidal intention and planning, self-harm, depression and anxiety. Holly has also created and facilitates a group for Skyland Trail addressing adolescents' experiences with racism, microaggressions, privilege, and other social issues. Holly first attended AAP in 2016 as a graduate student.

## Closing Experience

### 10:45 am – 12 pm

(1.25 CEs, Maximum attendance: unlimited. All instruction levels welcome.)

The Closing Experience is our final meeting. As such, it gives all attendees the time and space to share about their experience, to integrate the work they have done during the conference, to ask final questions and to say their goodbyes.. It is our last opportunity to be together as a group before we head back to our everyday world.

“In the end, it is important to remember that we cannot become what we need to be by remaining where we are.”

— Max De Pree

# Continuing Education

## 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, 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

Early Bird Member Registration, (before Feb. 23) .....	\$495
Early Bird Non-Member Registration, (before Feb. 23).....	\$525
Regular Member Registration, (preconference) .....	\$530
Regular Non-Member Registration, (preconference) .....	\$560
In Person Registration, (onsite) .....	\$560
Continuing Education.....	+ \$50
Additional Person, (meals only).....	+ \$270
Presenter Discount.....	- \$100
Student Discount, (Requires Attendance of Friday Training Session) .....	- \$100

**Register online:**  
[www.AAPweb.com/2023SpringConference](http://www.AAPweb.com/2023SpringConference)

Please email Erin Simone at  
[aapsouthernregion@gmail.com](mailto:aapsouthernregion@gmail.com) with any questions/concerns.

## Conference Registration Form

*Please note: All lodging reservations must be made directly with The Beach House, 1 South Forest Beach Drive, Hilton Head SC 29928. For reservations call 855-474-2882.*

Name \_\_\_\_\_ Preferred pronoun \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Dietary/ADA/Other Needs \_\_\_\_\_

Would you like to be notified if others are looking for a roommate? Yes/No  
 Is this your first AAP event? Yes/No  
 Please consider me for the student scholarship? Yes/No  
 Are you a member of AAP? Yes/No

**WORKSHOP PREFERENCES** Indicate first, second and third choices in boxes below. Registration is limited for many workshops and assignments to workshops will be determined on a first-come, first-served basis. In case of circumstances beyond our control, the Southern Region of AAP reserves the right to make necessary changes in presenters and content of workshops without notice.

### FRIDAY AFTERNOON TRAINING

Ezust/Kaufman

### SATURDAY MORNING

Jonas Horwitz\* (note: this is an all day workshop. You must sign up for both morning and afternoon.)

David Donlon

Griffin/Del Moro

Tufan/Harris

Orion Crook

Hannah Hawkins-Esther

### SATURDAY AFTERNOON

Jonas Horwitz\*

Hebert/Strong

Annie Prescott

Linda Weiskoff

Sharman Colosetti

### CONFERENCE FEES (Includes workshops, meals, hospitality suite, Saturday dinner and dance.)

Early bird member registration (before February 23).....	\$495	_____
Early bird non-member registration (before February 23) .....	\$525	_____
Regular member registration.....	\$530	_____
Regular non-member registration .....	\$560	_____
Continuing Education .....	\$50	_____
Additional person (meals only) .....	\$270	_____
	SUBTOTAL	_____
Student Discount (requires attendance of Friday training session) .....	- \$100	_____
Presenter Discount .....	- \$100	_____
	TOTAL AMOUNT DUE	_____

Cancellations must be submitted in writing no later than March 10, 2023 and will be subject to a service charge of \$75. Refunds may not be granted after March 10. It is the responsibility of the registrant to cancel, whether or not registration confirmation has been received. In case of circumstances beyond our control, the Southern Region of AAP reserves the right to make necessary changes in presenters and content of workshop without notice.