

The American Academy of Psychotherapists  
Southern Region

*Presents*

**2017 Spring Conference:**

***Turning Lead Into Gold:  
Dancing With Transformation***

Training for New and Accomplished Psychotherapists  
[www.aapweb.com](http://www.aapweb.com)



**March 24 – 26, 2017  
Brasstown Valley Resort & Spa  
6321 Highway 76  
Young Harris, GA 30582  
[www.brasstownvalley.com](http://www.brasstownvalley.com)**



The American Academy of Psychotherapists  
Southern Region Spring Conference  
c/o: Meredith Albert, LCSW  
3164 Kensington Rd.  
Avondale Estates, GA 30002

**ADDRESS CORRECTION REQUESTED**

# AMERICAN ACADEMY OF PSYCHOTHERAPISTS SOUTHERN REGION ANNUAL CONFERENCE

March 24 – 26, 2017  
Brasstown Valley Resort & Spa  
6321 Highway 76  
Young Harris, GA 30582  
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## Turning Lead into Gold: Dancing with Transformation

*"You know little or nothing about this art, yet you have practiced it every day since you were born. Every baby is born an alchemist, then loses the art, only to gain it again. Each of you mortals comes into the world to seek the Grail, only to discover that it was never lost. Everyone is created to reach freedom and fulfillment."*  
*Deepak Chopra, The Way of the Wizard*

Historically shrouded in mystery, the art of alchemy was believed to be the process of magically turning base metals, such as lead into gold, thus rendering an inexplicable or mystical transmutation. Similarly, the art of personal transformation, or the alchemy of the psyche and soul, is most certainly about turning lead into gold. In this case, however, it is our emotional lead that is transformed. Starting in childhood and continuing in adulthood, our pain, sadness, disappointments and heartache accumulate and become part of our very being. Slowly, our backpack of lead becomes increasingly heavy until it becomes difficult to separate ourselves from our emotions. At this juncture we are confronted with an existential choice: Do we break down or do we break open?

In chemistry, the primary element used to create transmutation is fire, i.e. heat. As we know, fire, long valued for its power to purify, has been used for two primary purposes: to destroy or to illuminate. Such is the case in personal alchemy. However, transforming our psychic lead into gold can be extremely uncomfortable.

When the possibility of a radical change presents itself, it often brings with it considerable fear. It is not easy to stay conscious during such a challenging and often painful process. Once the door opens it is tempting to shrink back from freedom and the terrors of the unknown. So when we find ourselves going through an alchemical change and experience the "burning heat" required for the process, will we allow it to consume us or will we allow it to illuminate?

As therapists, we have the extraordinary opportunity to engage in alchemy each time we attempt to guide our patients through this transformative process. However, often this is not an easy task. As Elizabeth Lesser notes in her remarkable book, *Broken Open*, "We are the only species on Earth capable of preventing our own flowering." Declaring that "there is no sincere path a human being can take without breaking his or her heart," Lesser emphasizes that "what stands between us and full bodied life can only be found in the Shadows." Thus, if we are to be effective in helping our patients to seek the illumination the fire promises, we first must be willing to awaken from our own psycho-spiritual slumber, walking through our toughest challenges with our eyes wide open and bearing the spirit of "going for the gold."

Your Southern Region Committee, along with our talented group of presenters, invites you to embark on a three-day odyssey into your psyche and soul from March 24-26, at the beautiful Brasstown Valley Resort and Spa in Young Harris, Georgia. As we engage in the art of alchemy during this moment in time, let us share the rapture of being alive and dance together with joy and gratitude.

### 2017 AAP Southern Region Committee

Maureen Martin, Chair; Nancy Moser, Secretary; Curt Arey, Treasurer; Meredith Albert; Dairlyn Chelette; Bob Coyle; Mitchell Foy; Annie Prescott; Erin Simone and Barbara Thomason. Consultants: Lucie Lie-Nielsen and Melissa Beddingfield.

### Site of the Spring Conference

Brasstown Valley Resort & Spa is nestled in the north Georgia mountains and is an easy 2 ¼ hour drive from Atlanta. With the gracious and helpful staff, the upscale rustic atmosphere of the lodge and the beauty of surrounding vistas, it offers a perfect environment for us to work, relax and play. The amenities include the Equani Spa, hiking trails, swimming pool, tennis courts, a championship golf course and horseback riding on site! We have rooms reserved in the lodge; the hospitality suite is in a nearby cottage. Of course, the food will be plentiful, with healthy options available. Come early to partake of all that this venue has to offer and be ready to “be transformed!” For more information go to

[www.brasstownvalley.com](http://www.brasstownvalley.com)

### 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 life experience and demonstrations of psychotherapy would help to create open discourse. Since 1895, when Freud first realized that the analyst’s emotional process played a role in analysis, our profession has needed to find ways to focus on the person of the psychotherapist as the instrument of change. This is the mission of the Academy: to provide a dynamic, supportive and challenging community for the committed professional, within which the psychotherapist’s quest for growth and excellence through authentic personal engagement is invigorated.

Our Purpose is: a) To enhance the person of the therapist, b) To challenge the experienced practitioner to professional excellence and c) To explore the relationship of person and process to psychotherapy.

### 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.

### Conference Objectives

- 1) Discuss the importance of potency and therapeutic protection as necessary elements in the process of change.
- 2) Assess the critical importance of both the timing and the impact of therapeutic interventions.
- 3) Identify skills necessary to assist the patient in the process of integrating both the fear of, and the pull toward, growth.
- 4) Highlight the importance of the therapist’s own capacity for psychological growth and transformation.
- 5) List the ways that group process can be an effective catalyst for intrapersonal and inter-personal exploration.

### Workshop Selections

#### Friday PM Training 2:00 – 5:15

**Creating a Transformational “Dance” in Group Process** *See Training Session below.*

Erin Simone, LPC, David Donlon, LCSW

#### Saturday All Day Workshops 9-12:15/2:45-6

- **Star Trek Therapy: Boldly Go Where No One has Gone Before** Lyn Sommer, PhD
- **Golden Minutes, Leaden Minutes** Doris Jackson, PhD/Debbara Dingman, PhD
- **The Timeless Journey: Soul Transformation In Myth and Fairytale** Lucie Lie-Nielsen, LPC

#### Saturday AM Workshops 9:00 – 12:15

- **The Alchemy of Loss: A Path Toward New Beginnings** Barbara Thomason, PhD
- **The Alchemy of Symphonic Movement: Clinical Interventions and Demonstrations** Annie Prescott, PhD
- **Titration the Catalyst: Cues to Regulating The level of Therapist Intervention** David Donlon, LCSW

#### Saturday PM Workshops 2:45 -6:00

- **Ethical Issues in Both Fertility Preservation and Infertility Treatment** Lee Kyser, PhD
- **Dancing with Death: An Existential Transformation** Kevin Quiles, LPC
- **The Gold Inside: Unearthing the Gifts of Transformation** Mitchell Foy, LPC/Melissa Coats, PLMHC

### **Training Session – Friday**

We are offering one training session on Friday afternoon from 2:00 to 5:15. **Three (3) CE's** are available for this workshop. This training is intended for graduate students and beginning therapists. Experienced therapists are encouraged to attend. **\*\*\*Attention graduate students: You must attend this session to be eligible for discounts and/or scholarships\*\*\***

### **Mentoring Session**

We especially welcome those who are attending AAP for the first time. Newcomers are sometimes surprised at our unique approach to issues and interpersonal dynamics. We invite you to meet in a short mentoring session with AAP members, Nelia Rivers and Don Murphy (Friday between 9:00-9:30P.M), who will help you understand any scheduled and/or spontaneous events, as well as answer any questions about the conference. Please check the announcement board for location.

### **ADA Statement**

ADA accommodations will be made in accordance with the law. If you require ADA accommodations, please indicate your needs at the time of registration. We cannot ensure availability of accommodations without notification before March 2, 2017.

### **Spouses and Children**

Spouses and children are welcome at Southern Region Conferences. No registration is charged for those not attending workshops. (Lodging and meals must still be paid.) Many activities are available outside of the conference while workshops are in session.

### **CONTINUING EDUCATION**

Satisfactory completion

Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available.

### **Psychologists**

This course is co-sponsored by Amedco and the 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. 9 hours.

### **Social Workers**

Amedco, #1346, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org),

through the Approved Continuing Education (ACE) program. Amedco maintains responsibility for the program. The ASWB Approval Period is: 06/24/2016-06/24/2019. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course may receive up to 9 clinical continuing education clock hours.

### **Professional and National Certified Counselors, Marriage and Family Therapists (NBCC)**

The 2017 Spring Conference: Turning Lead into Gold: Dancing with Transformation has been approved by NBCC for NBCC Credit. Sessions approved for NBCC credit are clearly identified. The American Academy of Psychotherapists is solely responsible for all aspects of the program. NBCC Approval No. SP-2815.

### **New York Social Worker**

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. 9 hours.

### **WEEKEND SCHEDULE AT-A-GLANCE!**

#### **Friday, March 24, 2017**

<b>12:30 - 6:00</b>	<b>Registration</b>
<b>2:00 - 5:15</b>	<b>Training Session</b>
<b>6:00 - 7:30</b>	<b>Opening Experience</b>
<b>7:30 - 9:00</b>	<b>Dinner</b>
<b>9:00 - 9:30</b>	<b>Mentoring Meeting</b> (for first time attendees and students)

#### **Saturday, March 25, 2017**

<b>7:00 - 9:00</b>	<b>Breakfast</b>
<b>9:00 - 12:15</b>	<b>Morning Sessions</b> (or first half of All-Day Workshops)
<b>12:15 - 1:15</b>	<b>Lunch</b>
<b>1:30 - 2:30</b>	<b>Community Meeting</b>
<b>2:45 - 6:00</b>	<b>Afternoon Sessions</b> (or second half of All Day Workshops)
<b>7:00 - 8:30</b>	<b>Dinner</b>
<b>8:30 - 12:00</b>	<b>Music &amp; Dancing</b>

#### **Sunday, March 26, 2017**

<b>7:00 - 9:00</b>	<b>Breakfast</b>
<b>9:00 - 10:30</b>	<b>Randomly Assigned Process Groups</b>
<b>10:45 - 12:00</b>	<b>Closing Experience/Depart</b>

**OPENING EXPERIENCE, SUNDAY GROUPS, AND CLOSING EXPERIENCE** (No CE Credit)  
The Opening Experience Friday will begin to construct the container for the weekend's experiences. **Please note that our Opening Experience will begin on Friday at 6:00 P.M.** On Sunday, there will be leaderless process groups (90 Minutes). Each attendee will be **randomly assigned** to a group. The Closing Experience will follow.

### **SATURDAY NIGHT ENTERTAINMENT**

Perhaps you have heard about the Saturday night entertainment at AAP conferences. If you haven't, you are in for a real treat as Saturday night is often referred to as the highlight of the weekend and another of the many things that makes AAP special. We are so lucky this year to be treated to the music and entertainment provided by Jason Smith of D.J. Steel. So bring your dancing shoes!!

### **FEES, LODGING AND CEU'S**

The conference fee includes all meals and workshops. **It does not include lodging.** Brasstown Valley Resort is offering exceptional room accommodations for the Southern Region Spring Conference. The rate per room is \$149.00 per night for conference attendees.

\*\*\* **Please make your reservations directly with Brasstown Valley Resort and Spa [www.brasstownvalley.com](http://www.brasstownvalley.com).** Brasstown Valley is only guaranteeing rooms at the exclusive AAP rate until March 2, 2017, after which rooms will be available for general sale. The special hotel room rate is available 2 days before and 2 days after the conference. The resort fee is \$5.00 per day.(e.g., wi-fi parking, etc.) Fees for Continuing Education must be paid separately. If you would like to register for CEUs, please include the CE fee with your registration. Details for obtaining CE credits will be provided in the conference folder.

### **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 (details below). 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 15, 2017.** Please register early! \*\*\***Note: Students who select the \$100 Student Discount or receive the lottery are required to attend the Friday Training Session.** \*\*\*

### ***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 2017. This scholarship funds conference registration and meals. **Lodging and transportation are the responsibility of recipients.** Recipients will be picked randomly through a lottery process on March 15th. Students interested in the scholarship should so indicate on the registration form. **Please note required attendance at Training session detailed above.**

## **WORKSHOP DESCRIPTIONS**

***FRIDAY, March 24***  
**TRAINING SESSION: 2:00-5:15**

### **1. "Creating a Transformational Dance"**

**Erin Simone, LPC, David Donlon LCSW**  
(3 CEUs; Open attendance; All instructional levels welcome.)  
This workshop will explore the elements conducive to transformation in a group. Central to the experience will be a "fishbowl" setting in which 12 participants will "be" a group, observed by those in the outer circle. Participants will be encouraged to explore the interplay of heat and illumination in group interaction.

**Erin Simone, LPC**, has been a psychotherapist since 2013 in private practice in Norcross, GA and now Atlanta. She is a committee member for the Southern Region of AAP. Her passion is for bringing new knowledge into work with adolescents and the constant flux of their transformation, both individually and in group settings.  
**David Donlon, LCSW** has been a psychotherapist in Chapel Hill, North Carolina for 35 years in both public clinics and private practice. He is President-Elect of AAP.

***SATURDAY, March 25***  
**ALL-DAY WORKSHOPS:**  
**9:00 - 12:15 and 2:45 - 6:00**

## **2a. “Star Trek Therapy: Boldly Go Where No One Has Gone Before”**

**Lyn Sommer, PhD**

(6 CEUs; Limit 15; All instructional levels welcome)

Psychotherapists must risk challenging explorations into patients’ dark and feared landscapes-- to help them move toward more desirable uncharted territories. Therapy takes courage on the part of both patient and therapist alike. This group will focus on the how, why, and when of therapeutic risks we take with our patients.

**Lyn Sommer, PhD**, ABPP, CGP, has specialized in Group and Couples Psychotherapy for thirty years of practice. She is a certified group psychotherapy supervisor, and leads four psychotherapy groups in Westport Connecticut where she enjoys living when she is away from the AAP professional community.

## **3a. “Golden Minutes, Leaden Minutes”**

**Doris Jackson, PhD and Debbara Dingman, PhD**

(6 CEUs; limit 14; All instructional levels welcome)

Every moment in this life has its element of gold or lead. In this interactive group we will attend carefully to our minutes together and be mindful of how they fly. We aim to explore how this attentiveness, together with the authentic presence of each other, can help us transmute our lead into gold.

**Debbara J. Dingman, Ph.D.** is a psychotherapist in private practice at Pine River Psychotherapy. She is on the clinical faculty at Emory School of Medicine and Behavioral Health, and Georgia State University Department of Psychology. She enjoys her practice of Individual and Group Psychotherapy, Consultation, Supervision and Teaching.

**Doris Jackson, PhD**, is a psychologist in private practice in Cambridge, Massachusetts, offering in-depth, psychodynamically informed psychotherapy with a focus on relationships. She is a longtime AAP member, a founder and Co-Chair of the AAP Scholarship Program and former editor of *Voices*, the Academy’s journal. She is delighted to be attending her first Southern Region meeting, and to be co-presenting with the wonderful Debbara Dingman.

## **4a. “The Timeless Journey: Soul Transformation in Myth and Fairytale”**

**Lucie Lie-Nielsen, LPC**

(6 CEUs; Limit 12, All instructional levels welcome)

Carl Jung drew vivid parallels between ancient alchemy and individual psychic transformation. This same pattern is replicated in Archetypal Fairy Tales and Myths. Using story-telling, teaching and group interaction,, we will unearth this healing cycle for ourselves and our clients,

bringing new tools for transformation back to the psychotherapy room.

**Lucie Lie-Nielsen**, LPC has been practicing psychotherapy as well as lecturing at Ridgeview Institute’s Partial Hospitalization Program for 20 years. She remains impassioned by the works of Joseph Campbell, Carl Jung and Clarissa Pinkola Estes. Lucie is a member of AAP.

## **SATURDAY MORNING WORKSHOPS**

**9:00 - 12:15**

## **5. “The Alchemy of Loss: A Path Toward New Beginnings”**

**Barbara Thomason, PhD**

(3 CEUs; Limit 12; All instructional levels welcome)

In this workshop we will explore our deepest personal teachings related to the inevitable losses we encounter in life and how our full embrace of these experiences offers an invitation to greater insight, growth and renewal.

**Barbara Thomason**, PhD has been practicing the art of psychotherapy in the Atlanta area for over 36 years. Existential, Gestalt, Transactional Analysis and Family Systems Therapies have all played a significant role in the mosaic of both her personal and professional development. A Life Member of AAP, she has served on the Executive Council for over six years. A pivotal experience in an undergraduate psychology course in 1967 made her realize that she could no longer “remain tight in a bud”.

## **6. “The Alchemy of Symphonic Movement: Clinical Interventions and Demonstrations”**

**Annie Prescott, PhD**

(3 CEUs; unlimited; All instructional levels welcome)

Movement can illicit change in mood, energy and pain levels. Psychoneuroimmunology theory proves that we are powerful self-healers. Participants will infuse elements of Chi Qong, Tai Chi, Yoga, Dance, Mindfulness and Psychomotor, to activate their own medicinal elixir to unblock held trauma, transforming chronic tension, emotional pain, and physical discomfort.

**Annie Prescott, PhD**, a psychotherapist for almost 40 years, is a Licensed Clinical Psychologist, Trauma and Addiction Specialist, with specialized training in Psychoneuroimmunology, Energy Psychology and Mindfulness. She has extensive experience in Dance, Meditation, Yoga, Tai Chi, and Chi Qong. She has inspired others in her Douglasville, Georgia-based private practice to activate their own self-healing, walk a peaceful path and find their true passions in life.

## 7. “Titrating the Catalyst: Cues to Regulating the Level of Therapist Intervention”

**David Donlon LCSW**

(3 CEUs, 12-14 participants; all levels welcome)

Leaving aside what a therapist says, what is the optimal *amount* of activity at important moments? We will explore together the alchemical formula for combining elements of method, theory, personal style and intuition that guide the choice of how much to say.

**David Donlon, LCSW** has been a psychotherapist in Chapel Hill, North Carolina for 35 years in both public clinics and private practice. He is President-Elect of AAP.

### **SATURDAY AFTERNOON WORKSHOPS:**

**2:45 - 6:00**

**2b(Sommer), 3b(Jackson/Dingman) and 4b(Lie-Nielsen) Continued . . .**

## 8. “Ethical Issues in Both Fertility Preservation and Infertility Treatment”

**Lee Kyser, PhD**

(3 CEUs; Unlimited; All instructional levels welcome)

Medical technology is used to both treat infertility and to preserve fertility, expanding the biological clock for women and couples. This new frontier brings many ethical considerations. Laws regarding some techniques vary among states. This workshop will look at the various methods involved and the roles of the infertility counselor and psychotherapist in helping patients navigate these very personal issues. The differences in the ethical roles of the psychotherapist and infertility counselor will be highlighted.

**Lee Kyser, PhD**, has been in private practice in Clinical Psychology since 1981 in Atlanta, Georgia. She has practiced Individual, Group and Couples Psychotherapy throughout her career. She has served on professional boards within the American Academy of Psychotherapists and the Georgia Psychological Association. Most pertinent to this workshop has been her focus for the last 15 years on infertility issues. She is a member of the American Society of Reproductive Medicine.

## 9. “Dancing with Death: An Existential Transformation” **Kevin Quiles, LPC**

(3CEUs; Unlimited space; All instructional levels welcome)

Life and death is one dance. Yet we often divide the two. Worse still, we leave out the importance of our final breath. Combining imagery and simulated exercises carefully designed from Eastern and Western psychology, Kevin guides the professional into an experiential encounter with mental and emotional patterns often found

in the end of life. By familiarizing ourselves with these patterns, the professional can prepare not only him or herself, but also assist clients struggling with aging, illness and death.

**Kevin Quiles, LPC**, attained his Masters of Divinity in 1995, later entering into hospice service in order to provide spiritual care to a culturally diverse community. Subsequently, he deployed with the U.S. Navy to Afghanistan, providing spiritual care to marines. In addition to his 15 years in Hospice Care, he has trained in the studies of Mindfulness, Vedic traditions, Hypnosis and Attachment Theory.

## 10. “The Gold Inside: Unearthing the Gifts of Transformation”

**Mitchell Foy, LPC and Melissa Coats PLMHC**

(3 CEUs; Limit 14; All instructional levels welcome)

So often the leaden weight of our fears inhibits access to the gold of effective therapy. If we want our clients to embrace transformation, should we not as well? Come dig deep as we unearth gifts within--exploring these treasures with curiosity, compassion, and courage. Guided meditation, the rich medium of clay, and safe processing will facilitate our alchemical journey.

**Mitchell Foy, LPC**, studied Depth Psychology at Pacifica Graduate Institute. He embraces transformation with patients in Norcross, Georgia, and is a committee member for the Southern Region of AAP.

**Melissa Coats, PLMHC**, is a psychotherapist in private practice working with individuals and groups. Her passion is for work with adults who have either experienced a traumatic event and/or are coping with grief, loss, caregiving or life threatening illnesses. Melissa currently practices in Jacksonville, Florida.

### **SUNDAY, MARCH 26 9:00 – 10:30**

#### **Randomly Assigned Process Groups**

The last experience of the conference will offer participants a final opportunity to be in contact with other attendees in a leaderless group. Members will be invited to encounter one another and to share experiences from the conference. **See the Conference Bulletin Board for group assignments.**

(No CE credit)

#### **CLOSING EXPERIENCE 10:45 – 12:00**

We will come together as a community one last time to have an opportunity for closure and final sharing.



## CONFERENCE REGISTRATION FORM

Please note: All lodging reservations must be made directly with Brasstown Valley Resort @ [www.brasstownvalley.com](http://www.brasstownvalley.com), or 1-800-201-3205

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail (for confirmation) \_\_\_\_\_

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? \_\_\_\_\_

### WORKSHOP PREFERENCES

Indicate 1st, 2nd, and 3rd choices in boxes below. Registration is limited for many workshops and assignments to workshops will be determined on a first-come, first-served basis.

<b>Friday Afternoon</b>	<b>Saturday Morning</b>	<b>Saturday Afternoon</b>	<b>Sunday Morning</b>
<input type="checkbox"/> Donlon/Simone	<input type="checkbox"/> Sommer <sup>(*)</sup>	<input type="checkbox"/> Sommer <sup>(*)</sup>	<input checked="" type="checkbox"/> Randomly Assigned
	<input type="checkbox"/> Jackson/Dingman <sup>(*)</sup>	<input type="checkbox"/> Jackson/Dingman <sup>(*)</sup>	<input type="checkbox"/> Process Groups
	<input type="checkbox"/> Lie-Nielsen <sup>(*)</sup>	<input type="checkbox"/> Lie-Nielsen <sup>(*)</sup>	
	<input type="checkbox"/> Thomason	<input type="checkbox"/> Kyser	
	<input type="checkbox"/> Prescott	<input type="checkbox"/> Quiles	
	<input type="checkbox"/> Donlon	<input type="checkbox"/> Foy/Coats	

(\*) All-day workshop. You must sign up for both morning and afternoon sessions for group continuity.

**Dietary/ADA/Other Needs** \_\_\_\_\_

### CONFERENCE FEES

*(Includes Workshops, Meals, Hospitality Suite, Parking, Internet, Saturday Dinner & Dance)*

Early Bird Registration (Before 03/10/17)	\$335	
Regular Registration (Pre conference)	\$360	
Onsite Registration	\$395	
Continuing Education	\$ 55	
Additional Person (Meals Only)	\$240	
<b>Subtotal</b>		
Student Discount	- \$100	
(Requires Attendance of Friday Training Session)		
Presenter Discount	- \$100	

**Total Amount Due** \_\_\_\_\_

**Payment by check only to: American Academy of Psychotherapists, Southern Region**

**Cancellations** must be submitted in writing and postmarked no later than March 20, 2017, and will be subject to a service charge of \$50. Refunds may not be granted after March 20, 2017. 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 workshops without notice.

**Mail Conference Registration and fee to:**

c/o: Meredith Albert, LCSW  
3164 Kensington Rd.  
Avondale Estates, GA 30002  
**hirepower@mindspring.com**

# **Southern Regional Conference Workshop Objectives**

## **Creating a Transformational “Dance”**

1. Explain the elements of setting a framework to maximize both safety and authentic expression.
2. Describe several ways to stimulate meaningful interaction among group members.
3. Explain at least four interventions for deepening individual awareness in a group setting.

## **Star Trek Therapy: Boldly Go Where No One Has Gone Before**

1. Set clear time boundaries, confidentiality boundaries and goals for the group process.
2. Identify the importance of safety/boundaries for laying the foundation for risking material in therapy.
3. List the goal/priority of attending to one’s own feelings and growth, prior to trying to focus on or fix another.
4. Contrast three risks with patients: active listening, appropriate self-disclosure and empowering the group.
5. Demonstrate active listening and reflecting unspoken shame-filled feelings/needs-to move-another forward.
6. Demonstrate appropriate self-disclosure, modeling of risking speaking about challenging history.
7. Identify moments in which the group’s powerful effect can reduce individuals’ shame/promote healing and risks and growth.

## **Golden Minutes, Leaden Minutes**

1. Discuss significant research about the efficacy of social relationships to improve health and well-being for your clients.
2. Describe the technical elements of an I-thou exchange, which empowers person-to-person communication.
3. Describe at least two ways that group therapy can be an effective catalyst of change for your clients.

## **The Timeless Journey: Soul Transformation in Myth and Fairytale**

1. List the basic elements of the Alchemical process and Jung’s corresponding phases of soul transformation.
2. State the basic components of the Monomyth in Myths and Fairy tales and compare this to the Alchemical Individuation Process.
3. Identify and describe a transformative process in their own lives in the form of the Alchemical pattern.
4. Discuss how transformation for psychotherapy clients can be facilitated utilizing the Jungian model.
5. Verbalize possible impediments to transformative psychotherapeutic change and how these can be overcome.

## **Titrating the Catalyst: Cues to Regulating the Level of Therapist Intervention**

1. Define the characteristics which differentiate moments where particular attention should be paid to regulating the amount of therapist intervention.
2. List three dangers of saying too much and explain using two personal examples.
3. List three dangers of saying too little and explain using two personal examples.
4. Describe how their own theory and method influence the amount of therapist activity.
5. Describe how their own personal style influences the amount of therapist activity.
6. Develop a personal statement which summarizes their principles around therapist interventive quantity.

## **The Alchemy of Loss: A Path Towards New Beginnings**

1. Denote the critical importance of embracing loss as it relates to the inevitable flow of life.
2. Understand and thus define the alchemy of loss as a manifestation of death and rebirth cycle of life.
3. Discuss the direct relationship between their own willingness to “break open” during times of intense loss and grief and their capacity to accompany their clients on this potentially transformative journey.

## **The Alchemy of Symphonic Movement: Clinical Interventions and Demonstrations**

1. Identify initial personal energy levels and tension and how movement and breath can activate change in mind/body and spiritual awareness.
2. Name the concept of the psychological interaction, Chi energy and how repressed and blocked emotions and trauma can impact overall health, energy, mood and pain levels.
3. State three techniques to achieve chi energy, to help improve mental alertness, mood and overall energy.
4. Describe three rhythmic strategies to improve emotional and behavioral regulation and executive brain functioning.
5. Create a therapeutic, moving meditative routine to help your clients increase self-awareness, improve balance, energy and mood.

### **Ethical Issues in Both Fertility Preservation and Infertility Treatment**

1. Identify the differences in Fertility Preservation and Infertility Treatment.
2. Distinguish the differences in the major ethical responsibility of the Psychotherapist and Infertility Counselor.
3. Name the primary governing body of the Infertility Counseling/Fertility Preservation Counseling field.

### **Dancing with Death: An Existential Transformation**

1. Define experiential language used by the professional when discussing death with clients.
2. Describe the skills you learned about communicating with clients as they experience their death journey.
3. Discuss impediments for the professional who is learning the skill of helping the client die with grace.

### **The Gold Inside: Unearthing the Gifts of Transformation**

1. Verbalize feelings and thoughts associated with inner processes accessed via meditation.
2. Utilize expressive arts in therapy, specifically through the medium of clay.
3. List ways the group experience can be a catalyst for deeper interpersonal exploration

