

## 2020 SUMMER INSTITUTE

### ONLINE MINI-COURSES & WORKSHOPS HELD VIA ZOOM

#### *CONTACT HOURS/CEUs APPROVED*



#### **EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT PRIVATE PRACTICE, ESPECIALLY NOW: A DISCUSSION FOR THOSE CONSIDERING GOING (OR ABOUT TO GO) INTO THEIR OWN PRACTICE**

**Instructors: Alison Hickman, LCSW, & Sweta Kansagra, LCSW**

The focus will be helping to pave the way for those starting out in private practice and will include: Assessing needs for office space and finding an office, practical matters concerning licensing and managing your records (clinical and financial), determining whether or not to participate on managed care panels, how to fill out insurance forms and submit to insurance companies for payment, practical information about insurance (what is a deductible, coinsurance vs. copay, etc.), issues in fee setting, advertising, marketing, developing a referral network, HIPAA (Privacy Law) requirements, licensing restrictions, and developing collegial and supervisory supports. The clinical dimensions that arise around these issues will also be raised (frequency of sessions, payments for missed appointments, telephone sessions, and other such matters). The issues in opening your private practice will be discussed. Participants will learn how to go from passing your LCSW exam to opening the door to a private practice. You will learn how to fill out insurance forms and other useful information about the ins and outs of taking insurance. Additional focus will be placed on the current pandemic and ways to include and attract clients to a telehealth model. Telehealth is considered to be an effective modality of treatment for an array of treatment methods and can be utilized for individual, couples, and group work with proper training. The training will include different telehealth platforms, benefits of utilizing them and discussions surrounding insurance coverage for telehealth during COVID-19.

**SUNDAY, JUNE 14, 1:00 PM – 3:00 PM**

**2 Contact Hours**

**FEE: \$50**

**STUDENT FEE (WITH STUDENT ID): \$25**

#### **WORKING WITH BORDERLINE PERSONALITY DISORDER: DYSREGULATION TO REGULATION**

**Instructor: Anthony Mazzella, Ph.D., LCSW**

This mini-course is designed to offer a theoretical framework and clinical techniques to mental health professionals who work directly with patients that are struggling with what is considered typical Borderline symptomatology. A close look at the factors that lead to a personality disorder will be discussed with a particular focus on how arrested developmental needs impact the patient's contemporary relationships. The course will offer the participants a theoretical framework that will allow them to understand the reasons behind a patient's defiant behavior and emotional outbursts. The presenter will demonstrate specific therapy techniques. Participants will be able to recognize typical borderline behavior, will be able to identify when the patient is 'dysregulated,' and will be able to name two types of interventions that have proven to be effective when working with a dysregulated patient.

**MONDAY, JUNE 15, 22 6:30 PM - 8:00 PM**

**3 Contact Hours**

**FEE: \$65**

**STUDENT FEE (WITH STUDENT ID): \$35**

#### **THE HIDDEN RESPONDERS: MENTAL HEALTH PROVIDERS IN A TIME OF CRISIS**

**Instructor: Vivian Eskin, Ph.D.**

Mental Health Providers are hidden responders, caring for front line workers and the general population suffering from anxiety, depression and mood and personality disorders. Social workers, mental health counselors, psychologists and psychiatrists have adapted and continue to serve their clients during the COVID 19 crisis. Without a roadmap on how to deal with a pandemic, we are thrust into shelter in place, social distancing, the over night transition to exclusive teletherapy for individual psychotherapy, psychoanalysis and support groups online. At the same time mental health providers are experiencing the crushing reality of anxiety, contagion, death, the potential to inflict harm, extended grief, overwhelming anxiety related to the virus and to the reality that the 'tale of two cities' is overwhelmingly apparent. Living with uncertainty with no end in sight as to how and if we will all return to work, to a semblance of what life felt like prior to Covid 19, we navigate with our patients a catastrophe we are trying to fathom. Navigating uncertainty, death anxiety, grief, and exhaustion on many levels, we are expected to remain steady while holding and containing our patients, our families and ourselves. This seminar will explore trauma, loss, complicated grief during the COVID 19 crisis. Participants will discuss trauma and catastrophic trauma and its impact, explore grief, loss and bereavement in this time of COVID19, and identify and discuss secondary stress trauma.

**TUESDAY, JUNE 16, 6:15 PM – 8:15 PM**

**2 Contact Hours**

**FEE: \$50**

**STUDENT FEE (WITH STUDENT ID): \$25**

#### **IN THE BEGINNING - WHAT WE LISTEN FOR IN THE INITIAL CONSULTATION**

**Instructor: Hadassah Ramin, LCSW**

The initial consultation is the stage on which the patient presents us with the cast of his/her internal object world. With the help of clinical vignettes the instructor will demonstrate how she listens to decipher deeper symbolic meaning hidden in the manifest content. She will also demonstrate how such deeper understanding facilitates the therapist's capacity to formulate interventions that will be accessible and useful to the patient. Participants are strongly encouraged to bring their own clinical vignettes for discussion.

Participants will: understand the difference between hearing and listening; be sensitized to the value of non verbal communication, and learn the value of reliance on counter-transference as a tool to deepen the therapist's understanding of the patient's relationship with his/her

**THURSDAY, JUNE 18, 6:30 PM – 8:00 PM**

**1.5 Contact Hours**

**FEE: \$50**

**STUDENT FEE (WITH STUDENT ID): \$25**

### **WHEN THE GOING GETS TOUGH: CHALLENGES IN CHILD THERAPY BEFORE, DURING AND AFTER THE PANDEMIC**

**Instructor: Jill Bellinson, Ph.D.**

Child therapy often starts out well: children come willingly, play freely, improve quickly. But as time goes on, it sometimes flags: children start to skip sessions or ask to stop; play can be repetitive and lifeless; progress slows and stalls; we reach impasses. This workshop will examine how and why these difficulties might arise and discuss ways to enliven a lifeless treatment, overcome a deadlocked impasse, and restore progress toward improvement. It will include discussion of in-office play therapy as well as the unique challenges of video sessions during the COVID-19 quarantine. At the end of the workshop, participants will be able to: 1) identify 3 reasons why child treatment might fail to progress, 2) design 3 approaches to restore progress to a deadlocked child treatment, and 3) describe 3 techniques to reach children in video sessions when a play therapy office is not available.

**SATURDAY, JUNE 20, 10:00 AM – 1:00 PM**

**3 Contact Hours**

**FEE: \$65**

**STUDENT FEE (WITH STUDENT ID): \$35**

### **CONFIDENTIALITY – INTRODUCTION TO THE BASIC ISSUES**

**Instructor: Kim Gele, Ph.D.**

You're presenting clinical work in a case seminar – do you mention your patient's profession, age, and number of children, or do you disguise key elements? Should you ask your patient for consent before presenting the work? What if you are a student in the seminar, and you believe you recognize the patient from the details provided? Are published case reports more or less confidential than spoken presentations? Confidentiality is a bedrock of the clinical encounter. Without assurance that their words will stay private, patients would hesitate to speak freely. Yet discussion of clinical work is crucial for training and the benefit of future patients. Through the use of a fictional vignette, we will consider some of the issues involved in confidentiality, such as use of informed consent, disguise, and omission of identifying details. We will attempt to balance various interests, including the patient's need for confidentiality, the benefits of clinical material in training new clinicians, and the profession's need to advance. Participants will gain a heightened awareness of the issues and conflicts involved in confidentiality in both presentations and written settings. Participants will be able to: 1) identify three methods of protecting patients' confidentiality, 2) learn about the advantages and disadvantages of the methods of protecting confidentiality, and 3) gain awareness of the competing interests that conflict in regards to confidentiality.

**WEDNESDAY, JUNE 24, 6:00 PM - 8:00 PM**

**2 Contact Hours**

**FEE: \$50**

**STUDENT FEE (WITH STUDENT ID): \$25**

### **BASICS OF RELATIONAL PARENT WORK IN DOING PSYCHOTHERAPY WITH CHILDREN AND ADOLESCENTS**

**Instructor: John Mathews, Ph.D.**

In the first class we will look at the theoretical and clinical context of parent work. The second class will survey and illustrate the range of possible parent interventions in child psychotherapy. Readings will be: Altman, N. (2006). Manic society: towards the depressive position. *Psychoanalytic Dialogues*, 15(3), 321-346. Sorensen, P.B. (2006). Changing positions: helping parents look through the child's eyes. *Journal of Child Psychotherapy*, 31(2), 153-168. Participants will be able to describe the different levels of context affecting a child's functioning (nuclear family, extended family, immediate culture, mass culture), will be able to discuss different cultural interactions with parenting, be able to describe the range of interventions possible with parents depending on their capabilities, and be able to apply a perspective-modifying approach in parent guidance.

**MONDAY, JULY 20, 27, 7:15 PM - 8:45 PM**

**3 Contact Hours**

**FEE: \$65**

**STUDENT FEE (WITH STUDENT ID): \$35**

*Zoom instructions and meeting link will be emailed to participants prior to the workshop.*

**The New York State Education Department has approved contact hours (CEUs) for LMSWs, LCSWs, LMHCs and LPs. A certificate will be emailed to those who sign in at the beginning of the session, stay until the end of the session and complete an emailed evaluation.**

**JILL BELLINSON, PH.D.** Certificate in Psychoanalysis, William Alanson White Institute. Faculty and Supervisor: Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Child and Adolescent Program; William Alanson White Institute; Adelphi University. Supervisor: Clinical Psychology Doctoral Programs of CUNY, Columbia University and Yeshiva. Author: Children's Use of Board Games in Psychotherapy & papers on psychodynamic treatment of children and adults. **VIVIAN ESKIN, PH.D.** Certificate in Psychoanalysis, New York Freudian Society, Graduate of NYFS/IPTAR Anni Bergman Parent-Infant Program. Qualifying Diploma in Couple Psychoanalytic Psychotherapy, Tavistock Relationships, London, UK. Faculty: The Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Adult Program. Training and Supervisory Analyst: NY Freudian Society. Member: NY Freudian Society, American Psychoanalytic Association, International Psychoanalytical Association, CIPS, NASW. **KIM GELÉ, PH.D.** Certificate in Psychoanalysis, Institute for Psychoanalytic Training and Research. Faculty and Supervisor: Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Adult Program; Manhattan Institute for Psychoanalytic Psychotherapy. Supervisor: Institute for Psychoanalytic Training and Research. Member: American Psychoanalytic Association, New York State Psychological Association, Division 39 of the American Psychological Association, New Orleans-Birmingham Psychoanalytic Center. **ALISON HICKMAN, LCSW** Certificate in Psychoanalytic Psychotherapy, Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Adult Program. Faculty: Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Adult Program. Board Member: Metropolitan Society of Psychoanalytic Psychotherapists. **SWETA KANSAGRA, LCSW** Certificate in Psychoanalytic Psychotherapy, Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Adult Program. Member: Metropolitan Society of Psychoanalytic Psychotherapists. **JOHN MATHEWS, PH.D.** New York University Doctoral Program in Clinical Psychology. Faculty: Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Child and Adolescent Program, William Alanson White Institute, Child and Adolescent Psychotherapy Program. Supervisor: Clinical Psychology Program, City University, Clinical Program, Teachers College, Columbia University. Member: American Psychological Association, New York State Psychological Association, International Association for Relational Psychoanalysis and Psychotherapy. **ANTHONY MAZZELLA, PH.D.**, **LCSW** Certificate in Psychoanalysis, Institute for Psychoanalytic Training and Research. Faculty & Supervisor: Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Adult and Child and Adolescent Programs. Fellow, Training and Supervising Analyst: Institute for Psychoanalytic Training and Research. Board of Directors: IPTAR. Past Director: IPTAR Clinical Center. Past Professor: New York University, Fordham University. Member: International Psychoanalytical Association. **HADASSAH RAMIN, LCSW** Certificate in Psychoanalysis, Contemporary Freudian Society (formerly The New York Freudian Society). Faculty and Supervisor: Metropolitan Institute for Training in Psychoanalytic Psychotherapy, Adult Program. Faculty, Training and Supervising Analyst: The Contemporary Freudian Society. Training and Supervising Analyst [Fellow]: Institute of Psychoanalytic Training and Research. Member: International Psychoanalytical Association; NASW.

**REGISTRATION FORM (or register online on the Events page of mitpp.org)**

I would like to register for the following Summer Institute 2020 workshop/mini-course(s):

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Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Telephone: \_\_\_\_\_  
(office) (cell) (home)

Affiliations (school and/or work): \_\_\_\_\_

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Degree and year or expected date of degree: \_\_\_\_\_

How did you hear about this workshop? \_\_\_\_\_

I am paying by (please check one, payable to info@mitpp.org):

GooglePay \_\_\_\_ Zelle \_\_\_\_ Chase Quickpay with Zelle \_\_\_\_

I am an MCMH Staff Member (no fee) \_\_\_\_\_

**Please note that, due to the current crisis, our offices are closed and we are temporarily unable to accept payment by check or money order.**

Return to: [info@mitpp.org](mailto:info@mitpp.org)