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**Saturday, October 22  
Fall Conference**

**Featuring**

*The Neurobiology of Healing: A Framework for Undoing Aloneness and Doing Transformational Work in AEDP (morning program)*

**Presenter: Diana Fosha, PhD**

*How to Be a Transformational Therapist: AEDP Makes Good Use of Suffering*  
**Presenters: Diana Fosha, PhD** with Jerry Lamagna, LCSW (afternoon program)

*Beyond LGBT: Kink and Consensual Nonmonogamy*

Presenter: Margaret Nichols, PhD

*CBT for OCD: 34 New and Little-Known Techniques for Greatly Increasing Your Success Rate in Treating OCD*

Presenter: Milton Spett, PhD

*Untying Clinical Knots: The Ethics of Diversity in Private Practice*

NJPA Ethics Committee and the Committee on Diversity and Inclusion

Presenters: Jane Hochberg, PsyD; Morgan Murray, PhD; Arline Shaffer, PhD; and Luciene Takagi PsyD, with contributions from and Lisa Greenberg, PhD

*Positive Psychology*

Presenter: Daniel Tomasulo, PhD

*Assessing and Treating Suicidal Patients: A Panel Discussion*

Moderated Michelle Pievsky, MA

Presenters: Thomas Massarelli, PhD, Nicole Rafanello, PhD, David Schuh, PsyD, and David Kahn, MD

*Intergenerational Transmission of Trauma in the Family and its Impact on Relationships Among Adult Siblings*

Irit Felsen, PhD

# Welcome to the NJPA Fall Conference

## CONFERENCE SCHEDULE

October 22, 2016

REGISTRATION, EXHIBITS, AND POSTERS	8:00 am – 12:00 pm
CONTINENTAL BREAKFAST	8:00 am – 10:00 am
BUSINESS MEETING	8:00 am- 8:45 am
TOWN HALL MICOAGGRESSIONS: WHY WE NEED TO LISTEN FACILIATED BY CODI	8:45 am – 9:45 am
FEATURED SPEAKER	10:00 am - 4:00 pm
MORNING WORKSHOPS	10:00 am – 12:00 pm
LUNCHEON AWARDS PROGRAM	12:00 pm – 1:45 pm
EXHIBITS	1:00 pm – 2:30 pm
AFTERNOON WORKSHOPS	2:00 pm – 4:00 pm

### **CONFERENCE POLICIES**

Attendance at any workshop qualifies for 2 hours of CE credit for psychologists, unless otherwise noted. NJPA is approved by the American Psychological Association to offer continuing education for psychologists. NJPA maintains responsibility for the program and its content.

**Note About CE Credits: Pursuant to APA and NJPA Continuing Education Criteria, CE is awarded to attendees who attend the entire program. No credit shall be given to attendees who are more than 15 minutes late at the beginning of the session or leave 15 minutes before the end of the session**

All programs are geared to mental health professionals with an interest in the topic unless otherwise noted. No prior knowledge of the specific topic is required.

Photos of individuals and groups will be taken at this event. NJPA reserves the right to use photos for marketing, recruiting, and other business. Photos may appear in future publications, on the NJPA website, and on NJPA and/or NJPAF social media accounts including, but not limited to, LinkedIn, Facebook, and Twitter. If you would like to be removed from photos, please contact [njpa@psychologynj.org](mailto:njpa@psychologynj.org)

All conference complaints, following the completion of the conference, should be made in writing and submitted within 7 days. All complaints will be reviewed by the executive director and the Committee on Continuing Education Affairs. A response will be issued within 7 business days.

In the event a participant wishes to rescind their enrollment, refunds may be requested up to 14 days before the event. Requests for refunds will be acknowledged within 1 business day. Refunds will be provided in the manner in which the participant paid. Money will be refunded less a \$80.00 administration fee.

### **The NJPA Foundation is the of NJPA**

Each year, NJPA and the NJPA Foundation are delighted to see hard working students attending the Fall Conference to improve their knowledge of the profession of psychology. To assist them with the costs of the conference, the NJPA Foundation has made it a tradition to host a **"Take a Student to Lunch"** program to cover their conference lunch. Whether or not you are able to attend the NJPA fall conference, please consider donating a lunch for a student who is attending the conference.

**To make a donation, check off the "Take a Student to Lunch" box on the registration form. Donations can also be made at the conference.**

**PRESIDENT**, Barry Katz, PhD

**PRESIDENT-ELECT**, Hulon Newsome, PsyD

#### **CONFERENCE COMMITTEE**

Larisa Wainer, PsyD, Co- Chair  
Sheila Bender, PhD  
Phyllis Bolling, PhD  
Jordan Levy, PhD  
Margaret Lundrigan, PsyD  
Nathan McClelland, PhD  
Gene Nebel, PhD  
Michelle Pievsky, MA  
Megan Willis, PhD

#### **STAFF**

Keira Boertzel-Smith, JD, Executive Director  
Danielle Barnes, Membership Coordinator  
Christine Gurriere, Communications Manager  
Barry Helfmann, PsyD, Director of Professional Affairs  
Kelly Somers, MA, Office and Event Coordinator

## FEATURED SPEAKER

**Diana Fosha, PhD**

10:00am – 12:00pm

### **The Neurobiology of Healing: A Framework for Undoing Aloneness and Doing Transformational Work in AEDP**

Diana Fosha, the developer of AEDP (Accelerated Experiential Dynamic Psychotherapy) will describe and discuss the four foundational aspects of the model which places at its center, active experiential work with the process of transformation. The approach informed by neuroscience and attachment theory, uses experiential, relational and trauma-processing techniques to activate and strengthen what is hypothesized to be the patients' innate strivings to heal, adapt and grow ("transformance").

Dr. Fosha will explain and illustrate the four foundational aspects of AEDP: 1) *Healing orientation*, 2) *Undoing the aloneness*, 3) *Mobilizing subcortical affective systems*, and 4) *Metatherapeutic processing*. With emphasis on the co-creation of safety, with accompaniment, AEDP is an approach that is advanced as one that allows patients to revisit past trauma, set healing and neuroplasticity into motion and turn suffering into flourishing. Dr. Fosha will use clinical vignettes and videos to illuminate the process.

At the end of this program attendees will be able to:

- List each of the four foundational aspects of AEDP
- Identify the key issue for each of the aspects
- Cite some of the neurobiology findings behind the process of transformation
- Discuss how safety and therapist attunement set emotional healing into motion

### **ABOUT THE FEATURED SPEAKER**



**Diana Fosha, PhD**, is the developer of AEDP (Accelerated Experiential-Dynamic Psychotherapy), and director and founder of the AEDP Institute, an internationally recognized school that specializes in training therapists in a healing-oriented transformational approach to the treatment of attachment trauma. A leader in the field of transformational studies in trauma treatment, Fosha's work on healing transformational processes focuses on integrating neuroplasticity, recognition science and developmental dyadic research into experiential clinical process work with patients. The originator of the concept of transformance, Diana is at the cutting edge of transformational theory and practice. Changing how we think about change, she is opening up exciting possibilities for what can happen in psychotherapy. Her

work has focused on integrating interpersonal neurobiology and developmental dyadic research into clinical work. She is the author of *The Transforming Power of Affect* (Basic Books, 2000) and of numerous papers and chapters on healing transformational processes in experiential therapy and trauma treatment. She is the editor (with Daniel Siegel and Marion Solomon) of *The Healing Power of Emotion: Affective neuroscience, Development and Clinical Practice* (Norton, 2009), a part of Norton's Interpersonal Neurobiology series. Two DVDs of her live clinical work, one including her work with men, are part in APA's Systems of Psychotherapy Series, and a 3rd one on supervision has just been released (APA 2016). She presents workshops and trainings nationally and worldwide. She lives and is in private practice in New York City. Many of her papers are available at the AEDP Institute's website, [www.aedpinstitute.org](http://www.aedpinstitute.org).

*This workshop is designed as a full-day program.  
Attendance at both Morning and Afternoon workshops is highly recommended*

10:00am - 12:00pm

## **Beyond LGBT: Kink and Consensual Nonmonogamy**

**Presenter:**

**Margaret Nichols, PhD**

Private practice, Highland Park



Sex and gender diversity is a lot broader in the 21st century. Among the people included in the 'Q' that's been added to the LGBT are those who practice kink-BDSM, 'Leathersex,' fetish sex – and people who are involved in consensually nonmonogamous relationships. This workshop focuses on those subgroups and the intersections between them and other members of the 'queer' community.

At the end of this program attendees will be able to:

- Understand and describe the rationale behind a non-pathological model of BDSM and nonmonogamy
- Describe how 'kinky people' handle sexuality and what lessons 'vanilla' people can learn from the experience of those who practice BDSM
- List the various types of nonmonogamy, and understand what nonmonogamous people can teach us about jealousy, the meaning of fidelity, and the capacity to have multiple relationships at the same time

10:00am - 12:00pm

## **CBT for OCD: 34 New and Little-Known Techniques for Greatly Increasing Your Success Rate in Treating OCD**

**Presenter:**

**Milton Spett, PhD**

Dr. Spett is the co-founder and co-leader of the New Jersey Association of Cognitive Behavioral Therapists



Exposure and Response Prevention (ERP) is generally considered to be the treatment of choice for OCD. Yet research has found that after ERP (or medication or both), only about 50% of OCD patients are significantly improved, and the 50% who improved still have residual symptoms. And when patients end treatment with residual symptoms, their chances of relapse are greatly increased. To greatly increase the effectiveness of CBT for OCD, this workshop will include:

- 9 new and little-known techniques for increasing the effectiveness of ERP for OCD
- 7 principles OCD patients should internalize to guide their handling OCD urges
- 6 cognitive techniques for OCD
- 12 new or little-known techniques which, when added to ERP, will enable 90% of your OCD patients to become symptom-free (o.k. maybe 80%)
- Acceptance and Commitment Therapy for OCD
- Dr. Spett will include many case examples, and he will demonstrate these new and little-known OCD techniques with role play volunteers

Also -- Obsessive Compulsive Personality is often misdiagnosed as OCD and is often co-morbid with OCD.

- 6 criteria for distinguishing Obsessive Compulsive Personality from OCD
- 25 new techniques for treating Obsessive Compulsive Personality

At the end of this workshop, participants will:

- Learn advanced techniques for treating difficult OCD patients
- Discover new ways to get stuck OCD treatment moving
- Develop a unique treatment plan for each OCD patient
- Become familiar with the research on the most effective treatment of OCD

10:00 am-12:00 pm

## Untying Clinical Knots: The Ethics of Diversity in Private Practice



### Presenters:

**NJPA Ethics Committee and the Committee on Diversity and Inclusion**

**Jane Hochberg, PsyD; Morgan Murray, PhD; Rhonda Allen, PhD and Luciene Takagi PsyD, with contributions from Arline Shaffer, PhD and Lisa Greenberg, PhD**

This presentation is collaboration between the Ethics Committee and the Committee on Diversity and Inclusion (CODI). Using a clinical vignette, the panelists will discuss the various ethical implications of treating an adolescent patient whose parents are from a different culture.

At the end of this workshop, participants will be able to:

- Identify at least three ethical considerations regarding working with clients from a different culture
- Define and understand the impact of microaggressions
- Delineate at least five questions to ask a new client from another culture during an initial consultation

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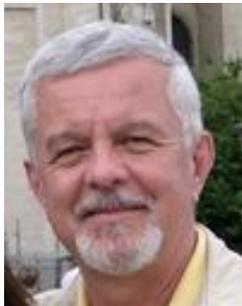
### Luncheon Awards Program

12:00 noon – 1:45 pm

Join us as we celebrate the achievements of NJPA members and members of the public who have made a significant difference in the area of mental health!

The following awards will be presented during the luncheon:

#### Psychologist of the Year



Joseph Coyne, PhD

#### Legislator of the Year



Governor Richard J. Codey  
State Senator, New Jersey

#### Citizen of the Year



Jordan Thomas

#### **Dr. Dawn Gemeinhardt Student of Excellence Award**

##### **NJPA Foundation Awards:**

Dr. Zellig Bach Award for the Study of the Family  
Award for Research into Causes and/or Treatment of Social Problems  
Scholarship for Research on Diversity Issues

## **Afternoon Programs**

### **FEATURED SPEAKERS**

**Diana Fosha, PhD with Jerry Lamagna, LCSW**

**2:00pm – 4:00pm**

### **How to Be a Transformational Therapist: AEDP Makes Good Use of Suffering**

AEDP is an emotion focused approach to psychotherapy that places active experiential work with the process of transformation itself at the center of its approach. Informed by neuroscience and attachment theory, and using experiential, relational, and trauma-processing techniques, it works to activate and strengthen our patients' innate strivings to heal, adapt, and grow ("transformance"). This workshop explores the challenges and opportunities of using AEDP's healing oriented approach in working with patients caught in aversive emotions linked to childhood emotional neglect and abuse. Making extensive use of videos of actual sessions to show how to put neuroplasticity into action, Fosha & Lamagna will illustrate how AEDP works to regulate and transform the patient's felt sense of aloneness, shame, and anxiety, and breakthrough to a new, healthier experience of connection and resilience. Participants will see how a patient's in-the-moment experiences of relief, felt support, recognition, appreciation, and self-compassion can be used to provide a foundation upon which subsequent waves of change can take place.

At the end of this workshop, participants will be able to:

- List the sequential stages of Accelerated Experiential Dynamic Psychotherapy's four state transformational process.
- Name two ways AEDP uses relational contact between therapist and patient to promote change-for-the-better in our patients.
- Identify three types of affective change processes used to foster change in psychotherapy patients.
- Define the term "pathogenic affect" as it relates to AEDP's approach to therapeutic change.
- Describe how the AEDP intervention known as metaprocessing initiates and reinforces transformational moments in the therapy session.

*This workshop is designed as a full-day program.*

*Attendance at both Morning and Afternoon workshops is highly recommended*

### **ABOUT THE FEATURED CO- SPEAKER**



#### **Jerry Lamagna, LCSW**

Jerry Lamagna, LCSW, is a psychotherapist in private practice in New York City and Westfield, New Jersey. He currently works with individuals in AEDP psychotherapy, addressing problems related to trauma, dissociation, addiction, depression, low self-worth and personality disorders. Throughout his career, Mr. Lamagna's interest in affect based, experiential treatment approaches has led to his extensive training in psychodrama, EMDR, ego state therapy, trauma/dissociative disorder treatment, and most recently, AEDP. The study of these modalities has inspired his ongoing efforts to integrate relational, intra-psychic, and experiential elements into his clinical work. Mr. Lamagna, along with Dr. Kari Gleiser has developed a modified version of AEDP for the treatment of dissociative disorders.

2:00pm - 4:00pm



## Positive Psychology

### Presenter:

**Daniel Tomasulo, PhD**

Teaches Positive Psychology in the graduate program of Counseling and Clinical Psychology at Columbia University, Teachers College and holds a PhD in psychology, an MFA in writing, and is the first licensed psychologist and psychodramatist to graduate from the Master of Applied Positive Psychology program from the University of Pennsylvania in 2012.

Most of our daily thoughts and actions have the end goal of achieving, maintaining, or salvaging our happiness. Recent advances in scientific research may be able to help, with a number of studies suggesting that people have the power to increase happiness through intentional activities. The new science of positive psychology seeks to move toward happiness and well-being, not simply away from suffering. We are shifting focus from what's wrong to what's strong. This talk will highlight research and interventions for clinicians and supervisors to use with those they help and in their own life.

At the end of this presentation attendees will be able to:

- Identify three key moments in the history of the positive psychology movement. Learned Helplessness, Learned Optimism, & Martin Seligman contributions
- Identify and describe the development of the 5 areas of PERMA model by Martin Seligman. (Positive emotions, Engagement, Relationship, Meaning, Achievement)
- Describe and explain the use of resilience training from positive education and the military
- Explain and describe the history of positive psychotherapy research findings, and current trends in employing positive interventions
- Describe and demonstrate ways to incorporate positive interventions in to psychotherapy

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2:00pm - 4:00pm

## Assessing and Treating Suicidal Patients: A Panel Discussion



### Presenters:

**Moderated Michelle Pievsky, MA**

**Presenters: Thomas Massarelli, PhD, Nicole Rafanello, PhD, David Schuh, PsyD, and David Kahn, MD**

This is a panel discussion on issues related to suicidality, featuring psychologists and psychiatrists who work in inpatient and outpatient settings. Panelists will discuss their experiences working with suicidal patients and will field questions from the audience about how they assess and treat this population. The second half of the panel will feature clinical vignettes of real cases panelists have treated in order to engage panelists and audience members in an open discussion about the legal and ethical issues that arise when treating suicidal patients.

At the end of this workshop, attendees will:

- Understand the risk and protective factors of suicide
- Learn about suicide assessment tools and strategies
- Understand the legal and ethical issues surrounding inpatient and outpatient treatment of suicidal patients

2:00 pm – 4:00pm



## **Intergenerational Transmission of Trauma in the Family and its Impact on relationships Among Adult Siblings**

**Presenter:  
Irit Felsen, PhD**

Private practice, Mountain Lakes and Englewood; Adjunct Professor of Psychology, Montclair State University and Yeshiva University in New York.

Current empirical findings from trauma studies and epidemiological studies of adult onset trauma indicate that trauma can be transmitted intergenerationally. This presentation will focus on long-term effects related to parental trauma in the family, where trauma is defined as *existence in extremis*, survival at the point of death. The psychological problems of offspring of parents who endured extreme experiences including the Holocaust, combat trauma and the horrors of political persecution or life in a war zone will be described. The sub-clinical yet powerful psychological organizing patterns in the lives of these children of survivors of trauma will be discussed; and concepts of a "dual reality of trauma" and a "disavowed self", as well as the disorganizing effects of parental trauma on their offspring will be explained. A profile of co-existing vulnerabilities and resiliencies manifested in survivors and their children will be advanced.

Some persistent misconceptions about trauma that characterized psychoanalytic formulations that were used regarding Holocaust survivors and Vietnam veterans, and the ways in which such psychoanalytic conceptualizations tragically purportedly constrained the professional response to survivors of adult onset trauma will be put forth.

The differences between the assumption of "primacy of predisposition" is advanced as an outdated psychoanalytic view of adult onset trauma, and current evidence-based models of resilience and recovery will be given as substitute.

At the end of this workshop, attendees will:

- Cite two empirical findings that support the hypothesis that trauma is transmitted generationally
- Define "dual reality of trauma" and "disavowed self"
- Identify a disorganizing effect of parental trauma on their offspring
- Describe one misconception of trauma that interfered with treatment of survivors of adult onset trauma
- Give a profile of co-existing vulnerabilities and resiliencies manifested in survivors of trauma offspring

*This workshop is geared to mental health professionals with some basic knowledge of the specific content.*



## **DIRECTIONS TO THE APA HOTEL WOODBRIDGE**

**(formerly the Hotel Woodbridge at Metropark)**

120 Wood Avenue South, Iselin, NJ 08830

Exit 131 Garden State Parkway

732-494-6200

### **New Jersey Southbound/Northbound**

Garden State Parkway to Exit 131. Hotel is on the right at the exit. (Please note the exits have been renumbered)

### **New Jersey Southbound/Northbound**

Garden State Parkway to Exit 131A. Hotel is on the right at the exit. (Please note the exits have been renumbered)

### **Newark Liberty International Airport/New York City:**

New Jersey Turnpike South Exit 11. Garden State Parkway North to Exit 131A.

Hotel is on the right at the exit.

### **Staten Island**

Outerbridge Crossing to Route 440. Garden State Parkway North to Exit 131A.

Hotel is on the right at the exit.

### **Philadelphia**

New Jersey Turnpike North to Exit 11. Garden State Parkway North to Exit 131A.

Hotel is on the right at the exit.

<http://www.apahotelwoodbridge.com/>

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## **Mark Your Calendars!**

### **So You Want to be in Private Practice: The Nuts and Bolts of Practice**

Presenters: Barry Helfmann, PsyD

and Kenneth Freundlich, PhD

**September 21, 2016 9:00 AM-1:00 PM**

Brookdale Community College Student Life Center

765 Newman Springs Road, Lincroft, NJ 07738

### **Introduction to Future Search:**

### **Getting the Whole System in the Room for Vision, Commitment and Action**

Presenter: Jeffrey Axelbank, PsyD

**November 11, 2016 9:30 AM-12:30 PM**

NJPA Central Office

414 Eagle Rock Avenue, Suite 211

West Orange, NJ 07052

### **Mind/Game: The Unquiet Journey of Chamique Holdsclaw**

Presenter: Rick Goldsmith Producer/Director/Writer/Editor with Marshall Mintz PhD

**December 2, 2016 9:00 AM-12:00 PM**

The Hanover Manor

16 Eagle Rock Avenue

East Hanover, NJ 07936