

THE AMERICAN GROUP PSYCHOTHERAPY SOCIETY (AGPA)

HOSTS:

AGPA CONNECT 2024

*Turbulent Times: Using Groups to Overcome
Divisions and Foster Engagement*

The Gaylord National Resort & Conference Center

February 27 - March 2, 2024

WASHINGTON D.C. HOSPITALITY GUIDE



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MAGPS

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PSYCHOTHERAPY
SOCIETY

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Dear Esteemed 2024 Connect Participants,

As the president of the Mid-Atlantic Group Psychotherapy Society ([MAGPS](#)), I welcome you to this special conference. As we gather in this vibrant and historic capital city, we are united by a common passion for advancing the field of group psychotherapy and promoting group as a unique and powerful tool for social justice and systemic change.

I want to recognize that the Gaylord Hotel is situated on land originally inhabited by the [Piscataway Tribe](#). The Piscataway and their ancestors lived on this land for 10,000 years before being encountered by John Smith and his band of colonizers in the early 1600s. By 1668, these peoples were confined, with other Algonquian speaking tribes, onto two reservations not far from where we are. They spent a century competing with other regional tribal groups for resources while the Maryland colony prospered. Eventually, they were disbanded and relocated as far as Canada. The Piscataway Tribe was just acknowledged as a regional Native American Tribe by the state of Maryland in 2012. They continue to be denied federal recognition.

These ancestors, as well as all of our personal ancestors and histories are with us this week as we form a unique subset of the broader AGPA community for the purpose of learning together and from one another. I am personally repping the District of Columbia and also want to acknowledge the unique history of my city, founded in 1791 as a “federal district”. Lovingly referred to as the Chocolate City ([Book: "Chocolate City"](#)), DC is rich with [Black and Civil Rights history](#). I welcome you spend some time educating yourself about this legacy in a place that is often referenced in the news as simply the house of the Federal Government. I will also remind you that to this day, the over 600,000 citizens of DC still do not have representation in Congress.

This guide that we, MAGPS, have put together for you, is really just the tip of the iceberg. At the Gaylord, we are right across the river from Alexandria, VA ([take a ferry!](#)), which has it's own unique and powerful history ([Alexandria History](#)).

AGPA serves as a platform for the exchange of knowledge, experiences, and innovative ideas among professionals dedicated to the practice of group psychotherapy. The DC metro area, with its rich history and diverse community, provides an inspiring backdrop for our collective experience. Have some wonderful meals! See the sights! [Get weird!](#)

Thank you for your commitment to excellence in the field of group psychotherapy. I wish you a fulfilling week here at Connect 2024!

From all of us at MAGPS,

Liz Marsh, LICSW, ATR, CGP
President of MAGPS and Dedicated Groupie

THE GAYLORD NATIONAL RESORT & CONVENTION CENTER

201 Waterfront Street, National Harbor, Maryland 20745

GETTING THERE:



GAYLORD
FACILITIES GUIDE

The closest airport to the National Harbor is the Ronald Reagan Washington National Airport (DCA). A rideshare from the airport to the Gaylord Resort and Conference Center averages around \$35 and takes about 17 minutes. The price and times will vary depending on time of day and traffic. Uber, Lyft and Alto all pick up at DCA.

For a less expensive way to get to the Gaylord, you could take the blue or yellow metro line that runs underneath the DCA airport to the King Street Metro Station in Old Town, Alexandria. From there, you would transfer to the NH2 bus that would drop you off a few blocks from the Gaylord.

FUN AT THE GAYLORD:

Relâche Spa & Salon

Fitness Center

Indoor Swimming (24-meter) Pool

Dining and Drinks:

- Old Hickory Steakhouse
- Harbor Social Sports Bar (w/duckpin bowling!)
- Potomac District Café & Market (brasserie-style)
- Replay at POSE Rooftop Lounge (80's themed cocktails & retro video games)
- Belvedere Lobby Bar

NEAR THE GAYLORD:

Capital (Ferris) Wheel (180 degree views of the Potomac)

Shop and eat at the National Harbor Waterfront

MGM National Harbor theater and casino

Atrium Fountain Show

Shopping at the Tangier Outlets

GAYLORD
FACILITIES MAP



WASHINGTON DC

TRANSPORTATION OPTIONS

BUS LINES

The National Harbor Circulator is a local bus that runs a loop from bus stations near the Gaylord to the Tanger Mall Outlets to MGM National Harbor. It runs from 11am – 4am and the cost is \$5 for an all-day pass. You can purchase a ticket with cash or credit on the bus.

The DC Circulator is another bus system that runs routes through various neighborhoods, such as the National Mall where many of the city's museums and monuments are located. It costs \$1 to get on and the stops are serviced every 10 minutes.

The Maryland Bus System offers another cost-effective way to get from National Harbor to Washington, via the 610 bus. [Click here to view the 610 bus schedule.](#)

METRO

The DC Metro System can be a wonderful way to get around the city. Unfortunately, there is no metro stop at National Harbor. However, the NH2 bus stops a few blocks from the Gaylord Resort and Conference Center and will take you to the King Street Metro Station in Old Town Alexandria in about 22 minutes.

For more information on trip planning and purchasing tickets please go to the [Washington Metropolitan Area Transit Authority \(WMATA\) website](#) or the [Maryland Transit Authority \(MTA\) website](#).



RIDESHARES

Rideshares such as Uber and Lyft are a popular choice here given that parking a car can be quite challenging in DC depending on time/location. If you have not used rideshares before, you should download these apps before your trip.



CYCLING/BIKING

Exploring DC by bike is a popular choice for tourists looking for an inexpensive and fun way to travel. Use the DC Bikeshare app to find the closest docking station, hop on, and go! Classical and e-bikes are available!

WATER TAXI

During months of operation, you can take a water taxi from the National Harbor to Alexandria, and then to The Wharf and to Georgetown. However, the water taxi only operates from March – December. Since the AGPA conference runs until March 2, [you might be able to try one!](#)
[Click here to learn more.](#)





THINGS TO DO IN WASHINGTON DC

ALMOST all of these are free!



NATIONAL MUSEUM OF
NATURAL HISTORY

NATIONAL MUSEUM OF THE
AMERICAN INDIAN

INTERNATIONAL SPY MUSEUM*

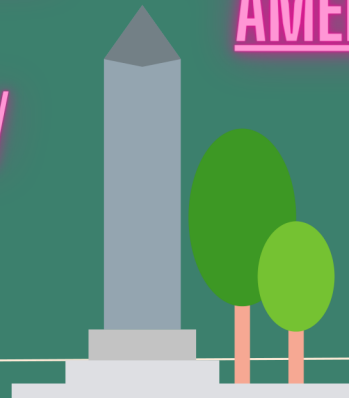
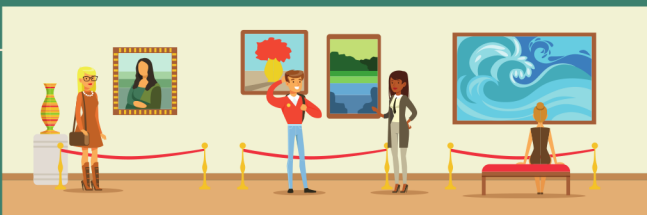
NATIONAL AIR AND
SPACE MUSEUM



NATIONAL GALLERY OF ART

NATIONAL MUSEUM OF
AMERICAN HISTORY

NATIONAL PORTRAIT GALLERY /
AMERICAN ART MUSEUM



LINCOLN MEMORIAL



NATIONAL POSTAL MUSEUM

NATIONAL MUSEUM OF AFRICAN
AMERICAN HISTORY AND CULTURE

PLANET WORD MUSEUM*

SO MUCH TO DO, SO LITTLE TIME!



These are America's museums, so there is no charge to visit them! All Smithsonian museums have interactive components and unparalleled collections of artifacts. The hard part is choosing which ones to visit. Visitors often flock to the National Air and Space Museum for its journeys into space and the National Museum of American History for its in-depth look at our nation's past. Also, be sure to check out the recently renovated Freer | Sackler Galleries, which are dedicated to Asian art

Take in the Smithsonian Museums

Touring the National Mall should top your list of must-do's when you visit the District. Free monuments, memorials and museums are all around, including the famous Lincoln and Jefferson memorials and the popular National Museum of African American History and Culture. Walk next to the Reflecting Pool and you can hear American history in your footsteps, from the sacrifices made by soldiers to the powerful words of Martin Luther King, Jr.

Tour the National Mall



Located along a two-block area of 16th Street NW in Downtown DC, the famous mural features the words "Black Lives Matter" in 50-foot-tall letters, in yellow and all caps, as well as the flag of the District. The area is open to visitors at any time of the day, allowing for reflection on the words emblazoned on the street. Many visitors take photographs of the large yellow letters that stretch down one of the nation's most iconic streets.



Experience Black Lives Matter Plaza

Take a free tour of the John F. Kennedy Center for the Performing Arts. Guided tours depart every ten minutes, and docents discuss its artwork, 50-foot Austrian chandelier, interactive exhibit on the life of President Kennedy and the panoramic view of the city from its marvelous Rooftop Terrace. Tours are available in 17 languages. There's also a free shuttle to the Kennedy Center from the Foggy Bottom Metro stop, which leaves every 15 minutes from 9:45 a.m. – midnight Monday - Friday, 10 a.m. – midnight on Saturdays and 12 p.m. – midnight on Sundays.

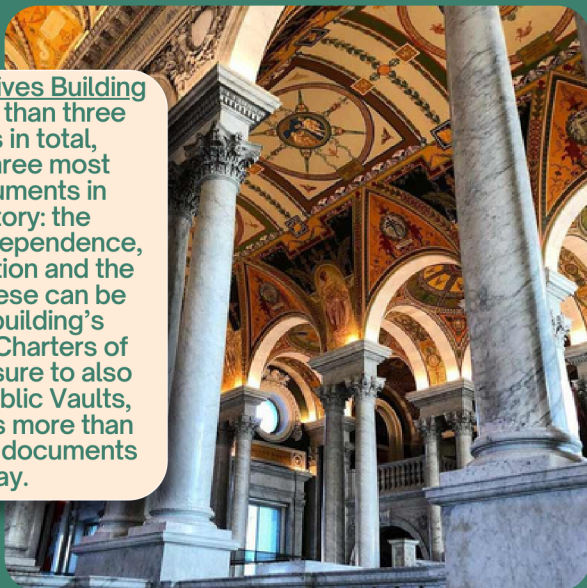
Tour DC's Premier Cultural Arts Center



MAGPS'S LIST OF LOCAL HIGHLIGHTS

Check out the Largest Library in the World

The National Archives Building is home to more than three billion records in total, including the three most important documents in American history: the Declaration of Independence, the U.S. Constitution and the Bill of Rights. These can be viewed in the building's Rotunda for the Charters of Freedom. Make sure to also check out the Public Vaults, which usually has more than 1,000 fascinating documents on display.



Observe our nation's historic documents inside the National Archives



You will be dazzled as soon as you step into the magnificent Library of Congress. The Thomas Jefferson Building provides the best visitor experience, with gorgeous Gilded Age architecture accompanied by special exhibits and the Library's incredible collection of books, papers, recordings, maps and much, much more.

Enjoy a (Free) Guided Walking Tour

Go for a stroll with DC by Foot's knowledgeable tour guides. The company offers an array of experiences, including tours of the National Mall, Capitol Hill, Georgetown, Arlington Cemetery, as well as night-time themed tours like Secrets & Scandals and a White House Ghost Tour. Although the tours are free, tipping your guide is highly recommended.

We also like the Trip Hacks DC Tour company!



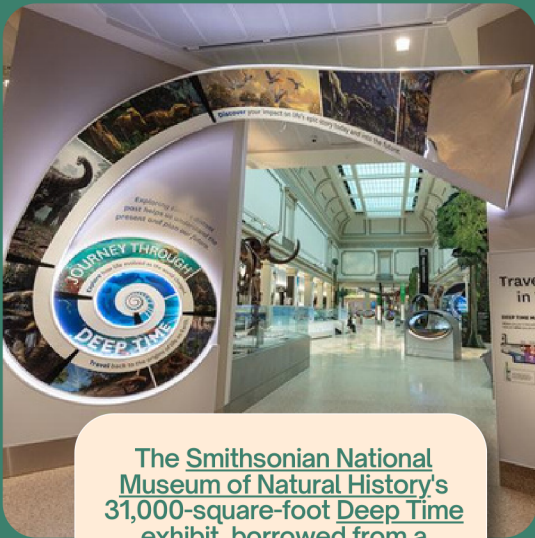
Marvel at the National Capital Columns

The National Arboretum is a 446-acre agricultural wonder in the heart of the District that does not charge admission. The oasis also features the historic National Capitol Columns that supported the East Portico of the U.S. Capitol from 1828-1958. The columns make for a jaw-dropping Instagram photo.



YEP, THERE'S A LOT TO DO IN D.C.

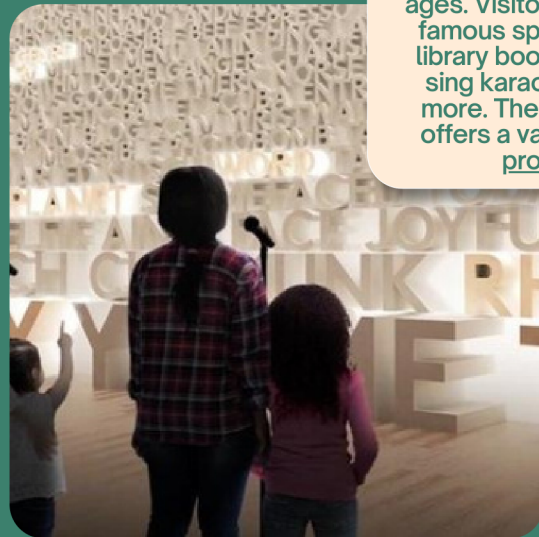
Transport back in time at the National Museum of Natural History's Hall of Fossils



The Smithsonian National Museum of Natural History's 31,000-square-foot Deep Time exhibit, borrowed from a scientific phrase that illustrates how Earth's history has played out over billions of years, is a can't-miss free experience in DC. Prepare to be amazed, overwhelmed, engaged, dazzled – you name it. Deep Time is one of the biggest exhibitions to come to DC in years and should be at the top of your to-do list.

Marvel at the power of language at Planet Word

Planet Word is the world's first voice-activated museum and brings language and words to life with immersive and interactive exhibits for all ages. Visitors can deliver a famous speech, watch a library book come to life, sing karaoke tunes and more. The museum also offers a variety of virtual programs.



Three acres of skylights illuminate the masterworks at the National Gallery of Art. On par with the world's most important art museums, the National Gallery was established with a gift from Andrew Mellon in 1937. In this marble temple are invaluable works of art from every era, including the only Leonardo Da Vinci painting in the Americas, *Ginerva de' Benci*. Make sure to visit the East Building, the museum's modern art wing designed by renowned architect I.M. Pei.

Discover Amazing Art at the National Gallery of Art

A FEW FINAL RECOMMENDATIONS!

Stroll through historic Georgetown

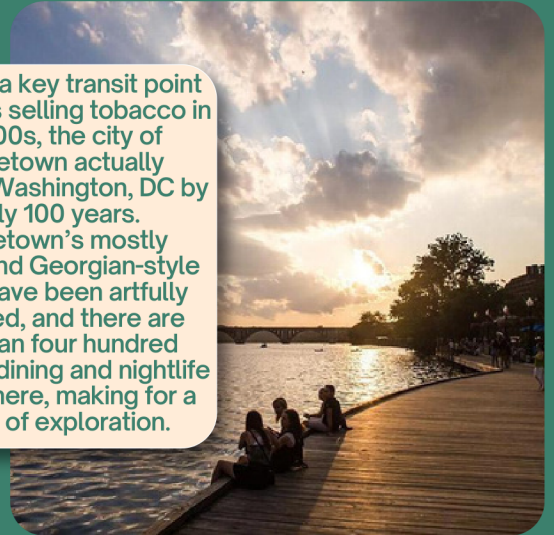
Peep the latest decorations in Palmer Alley

Palmer Alley is the highlight of CityCenterDC, a majestic walk decorated with different seasonal features throughout the year. The fixtures, which range from pink balloons during cherry blossom season to bright lights around the holidays, are picturesque and beg for Instagram love. CityCenterDC also frequently offers free events.



Originally a key transit point for farmers selling tobacco in the 1700s, the city of Georgetown actually predates Washington, DC by nearly 100 years.

Georgetown's mostly Federal and Georgian-style homes have been artfully preserved, and there are more than four hundred shopping, dining and nightlife options there, making for a day full of exploration.



EAT AND DRINK YOUR WAY THROUGH TOWN

100 BEST EATS IN WASHINGTON

HIDDEN GEMS IN ALEXANDRIA, VA



NATIONAL MALL CIRCULATOR BUS MAP

Monday-Friday: 7 am – 8 pm

Saturday-Sunday: 9 am – 8 pm



DC CIRCULATOR LINES



STOPS:

UNION STATION TO
LINCOLN MEMORIAL

LINCOLN MEMORIAL
TO UNION STATION

Originating at Union Station in the direction of Lincoln Memorial

1. Union Station
E St. NE / Columbus Circle
2. National Gallery of Art
Madison Dr. NW / 4th St.
3. National Gallery of Art Sculpture
Garden
Madison Dr. NW / 7th St.
4. National Museum of American
History / National Museum of
Natural History
Madison Dr. NW / 12th St.

DC METRO SYSTEM MAP



M System Map

wmata.com
Customer Information Service: 202 637-7000
TTY Phone: 202 638-3780
Metro Transit Police: 202 962-2121

Legend

- RD** Red Line • Glenmont / Shady Grove
- OR** Orange Line • New Carrollton / Vienna
- BL** Blue Line • Franconia-Springfield / Largo Town Center
- GR** Green Line • Branch Ave / Greenbelt
- YL** Yellow Line • Huntington / Fort Totten
- SV** Silver Line • Wiehle-Reston East / Largo Town Center

Station Features

- Bus to Airport
- Parking
- Hospital
- Airport

Connecting Rail Systems



Rush-Only Service: Monday-Friday
6:30am - 9:00am 3:30pm - 6:00pm



MetroRail
Operating Times
Mon-Thu
5am-midnight
Fri
5am-3am
Sat
7am-3am
Sun
7am-midnight
Times are approximate

Metro is accessible.



No Smoking



No Eating or Drinking



No Animals (except service animals)



No Audio (without earphones)



No Littering or Spitting



No Dangerous or Flammable Items

The Gaylord National Resort

ATRIUM MAP

COLOR LEGEND

- Lower Atrium
- Lobby Level
- Ballroom Level Meeting Space
- Resort Footprint

KEY

- Concierge
- Front Desk
- Valet
- Bus
- Taxi / Car Service
- Car Rental
- Bell Services
- Restrooms
- Elevator
- Stairs
- Escalator
- Fedex Office Business Center

DINING

- Pienza Marketplace Lower Atrium
- National Pastime Bar & Grill Lower Atrium
- Old Hickory Steakhouse & Lounge Lobby Level

BAR & LOUNGE

- Belvedere Lobby Bar Lobby Level
- Pose Rooftop Lounge Elevator access from Bell Stand to 18th Floor

EATERY

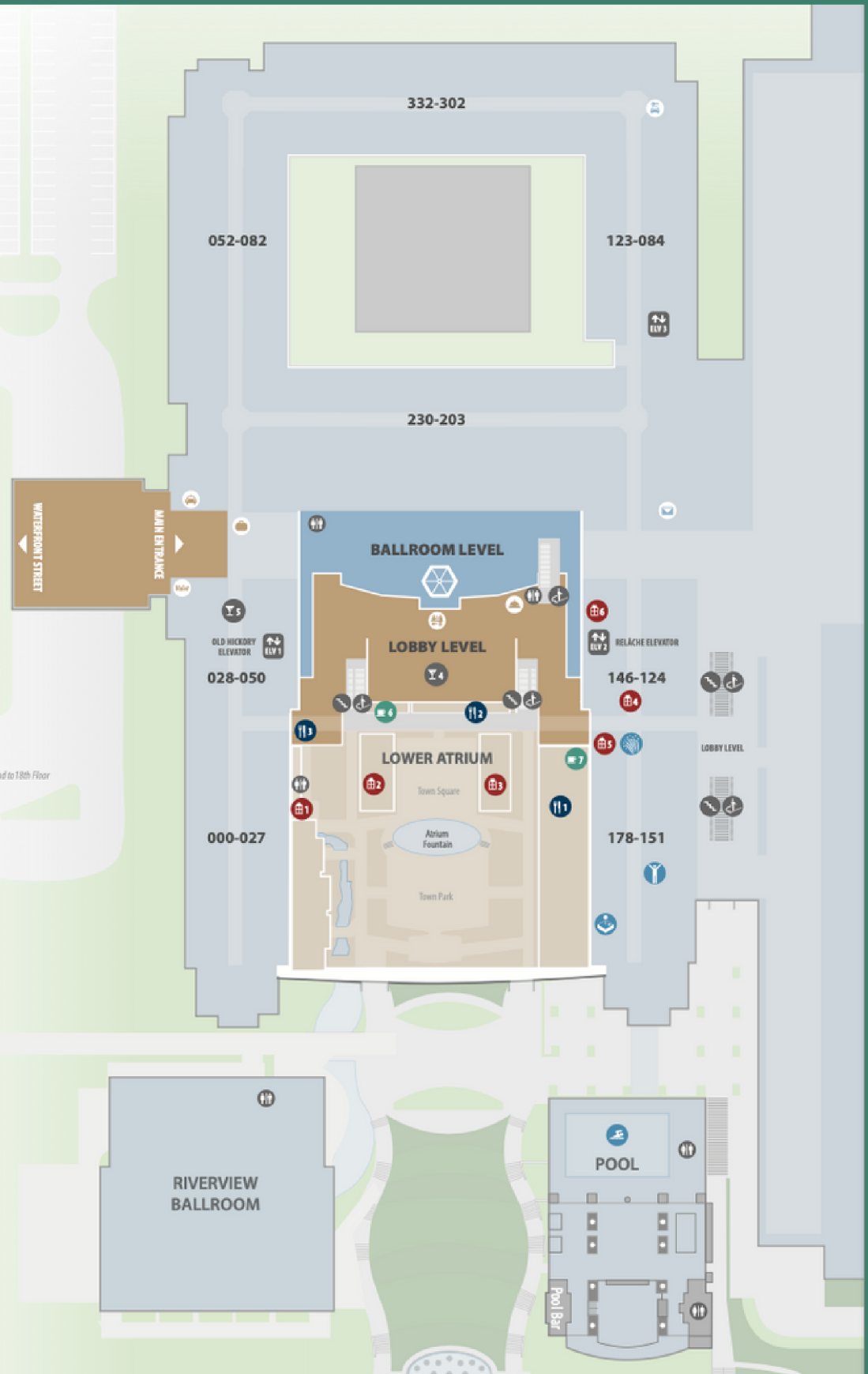
- The Cocoa Bean Coffee Lower Atrium
- Harbor Marketplace Lower Atrium

SHOPPING

- Key Provisions News, Sundry & Gifts Lower Atrium
- Stars N' Stripes Lower Atrium
- Paisley Accessories & More Lower Atrium
- Amelia's Boutique Lower Atrium
- Relâche Boutique Lobby Level
- Strictly First Glass Lobby Level

AMENITIES

- Relâche Spa & Salon Lobby Level
- Fitness Center ELV2 to Level P
- Pool ELV2 to Level P
- Potomac Play Zone ELV2 to Level P



The Gaylord National Resort CONFERENCE ROOM MAP

National Harbor Conference Rooms

- A** National Harbor Conference Rooms

Ballroom Level

- | | |
|--------------------------------------|----------------------------------|
| B Maryland Ballroom | I Cherry Blossom Ballroom |
| C Chesapeake Conference Rooms | J Magnolia Rooms |
| D Potomac Ballroom | K Camellia Rooms |
| E Baltimore Rooms | L Azalea Rooms |
| F Fort Washington Boardroom | M Presidential Boardroom |
| G Annapolis Rooms | |
| H Woodrow Wilson Ballroom | |

Lobby Level

- N** Mezzanine Conference Rooms

Lower Atrium

- | |
|--|
| O Prince George's Exhibition Hall |
| P Town Square |
| Q Eastern Shore Meeting Space |
| R RiverView Ballroom |
| S Orchard Terrace |

