

Foundation for the Contemporary Family
15615 Alton Parkway, Suite 220
Irvine, California 92618-3307

Earn up to 32.5 CE units



One-day workshops

Fall—William Doherty • Ellyn Bader & Peter Pearson
Winter—Philip Ringstrom • Tammy Nelson
Special—Steven Frankel law & ethics workshop
focusing on couples & family therapy

Important Continuing
Education Information
PLEASE POST

Anatomy of Intimacy Workshops

ANATOMY OF INTIMACY

COUPLES THERAPY TRAINING

WILLIAM DOHERTY
OCTOBER 17, 2015

ELLYN BADER & PETER PEARSON
NOVEMBER 14, 2015

PHILIP RINGSTROM
FEBRUARY 6, 2016

TAMMY NELSON
MARCH 5, 2016

STEVEN FRANKEL
APRIL 2, 2016

Foundation for the Contemporary Family &
Department of Psychiatry & Human Behavior
University of California, Irvine

anatomyofintimacy.com

You asked...we listened.

In the feedback from last year's Anatomy of Intimacy Intensive Workshops, you wanted us to continue inviting experts from varied perspectives for workshops to more deeply learn the clinical applications of their work and gain usable skills.

With that in mind, we are bringing five outstanding experts for all-day intensive clinical workshops to cover an array of the toughest issues in couples therapy—**William Doherty, Ellyn Bader & Peter Pearson, Philip Ringstrom, and Tammy Nelson.**

These talented therapists will each spend a full day presenting their work, giving you specific techniques that you can apply in your practice. A special bonus is a unique **Law & Ethics workshop** focusing solely on couples and family therapy with the renowned attorney/psychologist **Steven Frankel.**

Oh, and we're still throwing in the popular buffet lunch!

Please join us for a stimulating series of workshops.

About the Sponsors

The Foundation for the Contemporary Family (FFCF), directed by **Judith Zucker Anderson**, is dedicated to supporting innovations in clinical training and research in couples and family therapy and dissertation research. FFCF underwrites these programs in order to keep the fees low for this caliber of training and to provide an enriched learning experience with small groups, a lovely space, and good food.

The UCI Department of Psychiatry and Human Behavior, co-sponsor for many years, has been committed to supporting FFCF's efforts to bring the leading clinicians and researchers from around the country to train our local mental health community.

Scholarships

The Foundation for the Contemporary Family grants a limited number of scholarships for each continuing education workshop. The competition is open to professionals, interns and students eager to receive this specialized training, who would otherwise be unable to do so.

You can **download an application at anatomyofintimacy.com** or request one by contacting us at zoanna@drjudithanderson.com or 949.464.0131.

Registration now open for all programs

Online or download mail-in/fax form:
anatomyofintimacy.com
Phone: 949.464.0131

How to Register

Online: Go to anatomyofintimacy.com & select the Register button to go to online registration.

Fax, Mail, Phone: Mail or fax in the registration form available for download at anatomyofintimacy.com. Register by phone 949.464.0131 (please have your professional license number handy).

Place

Newkirk Alumni Center, UCI
450 Alumni Court
University of California, Irvine 92697

Lunch & Refreshments

Coffee & tea will be provided in the morning and afternoon. A delicious, complimentary lunch will be served on site, followed by an afternoon snack break.

Parking

Convenient parking located in the lot adjacent to the Newkirk Center, \$10.

Special Needs

Our venue is ADA compliant. The classroom has cutting-edge audio/visual equipment. If you have any special needs or concerns, please let us know and we will do our best to help.

Questions?

Please contact ZoAnna at zoanna@drjudithanderson.com or 949.464.0131.

Cancellation Policy

Refunds must be requested in writing (email, fax, or postmarked) at least 15 days prior to the original course date. A withdrawal fee of \$25 per person for each one-day course applies. If you cancel after that date, you will receive credit toward another course only. Refunds and credits are issued within 10 business days of the event.

Continuing Education

Psychologists: The Foundation for the Contemporary Family is approved by the American Psychological Association to sponsor continuing education for psychologists. The Foundation for the Contemporary Family maintains responsibility for this program and its content.

MFT/LCSW: The Foundation for the Contemporary Family (PCE 2688) is approved by the California Board of Behavioral Sciences to provide continuing education for MFTs, LPCCs, LEPs and LCSWs. These Courses meet the qualifications for up to 32.5 hours of continuing education credit as required by the California BBS.

Cover Art: "Scent of Sicily" by Hessam Abrishami"

Couples on the Brink: To Divorce or Not?

William Doherty, PhD

Saturday, October 17, 2015

9:00–4:30 \$160/\$137 until 9/25 6.5 CE hours

The dirty little secret of couples therapy is that we have great models and protocols for couples who want to actively work on their marriage. But what happens when one person is mostly out the door and the other is desperate to save the marriage?

The most critical life decision most therapists deal with in their everyday practice is helping people decide whether to dissolve a marriage or try to save it. Most couples have mixed agendas about divorce—one wants to save the marriage while the other is ambivalent about therapy.

These couples are often frustrating because there is no clear goal for couples therapy. Standard approaches often fail us because they require at least a nominal investment in working on the relationship. This workshop will teach a protocol for offering clients a one- to five-session consultation that helps the “leaning-out” partner make a decision that has integrity for self and others, while helping the “leaning-in” partner bring his or her best self to the crisis and maximize the chance that the marriage will survive and improve.

This innovative new approach will be demonstrated with actual case videos to carefully detail the protocol for Discernment Counseling. Dr. Doherty will highlight the typical therapeutic mistakes made in working with mixed agenda couples. He will offer extensive examples of how to effectively structure this process, showing couples who decide to work on the marriage versus those who move directly to divorce.

In this workshop, you'll learn how to:

- Engage the leaning-out partner who is ambivalent about any counseling process as well as the leaning-in partner, without colluding to change the other's mind
- Identify the common mistakes therapists make in working with mixed agenda couples (one leaning out of the relationship and the other wanting to save it)
- Identify recent research findings on the openness of couples in the divorce process to considering the option of reconciliation
- Discuss a protocol for working with partners together & separately on how to proceed with marital reconciliation or divorce



William Doherty is a master couples therapist, speaker, trainer, researcher, educator, and community organizer. He is Professor of and Director of the Marriage and Family Therapy Program and Minnesota Couples on the Brink Project at the University of Minnesota. A sought after speaker for both therapists and lay audiences, he is author of 13 books on families and family therapy, including *Soul Searching*, *Take Back Your Marriage*, and *Take Back Your Kids*. He cofounded the Doherty Relationship Institute to spread training in Discernment Counseling to therapists, mediators, and family lawyers.

Lies, Self-absorption, and Unrelenting Hostility

Ellyn Bader, PhD & Peter Pearson, PhD

Saturday, November 14, 2015

9:00–4:30 \$160/\$137 until 10/23 6.5 CE hours

Untangling a web of lies and deception, engaging an unmotivated or self-absorbed partner to greater levels of attunement, and harnessing unrelenting hostility in early sessions are challenges for the couples therapist. In this interactive training, Drs. Bader and Pearson will present their Developmental Model of Couples Therapy which incorporates neuroscience, attachment, and differentiation. Using videos and rich clinical material, they will dissect and demonstrate unique approaches to navigating these tough issues:

Lies and Deception: In therapy, there are lies to the self, to the partner, and to the therapist. Self-deception, conflict avoidance, and “felony lies” all undermine commitment and connection. Unpack these tangled situations, evaluate the types of lies, learn effective confrontation skills, and recognize blocks to differentiation.

Self-Absorbed Partners: A lack of empathy creates much disconnection and stalls therapy. Direct confrontation rarely works. Learn ways to target the intrapsychic impasses of self-centeredness and take steps toward greater empathy.

Unrelenting Hostility: Mobilizing motivation for change in the face of implacable hostility dramatically increases success. Learn how to use a powerful tool for engaging partners to shift from partner rehabilitation to self-change from the outset of therapy.

Ellyn and Pete are masters at teaching incisive intervention skills, which simultaneously support the developmental growth of each partner. Take away innovative approaches for your next sessions.

In this workshop, you'll learn how to:

- Use a strategy for early sessions to inspire unmotivated partners into embracing self-change rather than changing their partner
- Skillfully unpack a continuum of lies and deception and choose targeted interventions
- Identify intrapsychic conflicts of self-absorption and expose the internal process while being nonjudgemental
- Help partners hold onto self and expand their own voices when dealing with self-absorbed partner



Drs. Ellyn Bader and **Peter Pearson** are founders and directors of The Couples Institute in Menlo Park. Gifted clinicians and teachers, they have trained couples therapists for 30 years in the US, Europe, Asia & Australia. Both served as Clinical faculty at Stanford. Ellyn received CAMFT's Clark Vincent Award for outstanding literary contribution to the field of marital therapy. Ellyn and Pete co-authored *In Quest of the Mythical Mate* and *Tell Me No Lies*. They are sought after presenters at major couples and psychotherapy conferences.

A Relational Psychoanalytic Approach to Couples Therapy

Philip Ringstrom, PhD, PsyD

Saturday, February 6, 2016

9:00–4:30 \$160/\$137 until 1/16 6.5 CE hours

Dr. Philip Ringstrom will present his cutting-edge model for relational psychoanalytic couples therapy, which addresses the complex psychodynamics of couples in highly practical ways. The model is based on three broad themes:

- 1) the actualization of self experience in an intimate relationship
- 2) the capacity for mutual recognition and
- 3) the relationship having a mind of its own

Based on his outstanding new book, *A Relational Psychoanalytic Approach to Couples Psychotherapy*, Dr. Ringstrom will offer a clear roadmap of six steps which wed theory and practice. Outlining the therapist's close attunement to the hopes and fears that each partner brings to the relationship, he highlights the couple's “vicious circle” interactions when developmental longings trigger painful states in the other partner. The problems of blame, failure of mutual recognition, and difficulties in self-actualization are clearly laid out. He uses enactments to illuminate the power of unconscious repetitions and offers hope to the couple that their conflicts are not intractable, but can be managed in the service of a more fulfilling relationship.

An engaging and stimulating presenter, Dr. Ringstrom will combine didactic material with extensive audience interaction. A master at using playfulness and improvisation in therapy, he has an amazing talent for making complex concepts clear in practical ways, usable on Monday morning!

In this workshop, you'll learn how to:

- Discuss how attunement is necessary but insufficient for genuine change in couples
- Define the use of enactments and how to analyze them
- Use techniques to help couples translate what's experienced as demands or attacks into messages of attachment needs and vulnerability
- Explain how the “relational turn” of his model, beyond self psychology, enables couples to reconcile their dissociated self-states and better negotiate interpersonal conflicts



Philip Ringstrom is a Senior Training and Supervising Analyst, Faculty Member, and Member of the Board of Directors of the Institute of Contemporary Psychoanalysis in Los Angeles, where he is also in full-time private practice. His new book *A Relational Approach to Couples Psychotherapy* is an outstanding contribution to the field and winner of the Goethe Award for the best book in psychoanalysis in 2014. He is on the Editorial Boards of *Psychoanalytic Dialogues* and *The International Journal for Psychoanalytic Self Psychology*. He was also one of four psychoanalysts hired by Slate.com to write post-episode commentary on *The Sopranos*.

Registration now open for all programs

Online or download mail-in/fax form:
anatomyofintimacy.com
949.464.0131

More 2016 Workshops

For details, visit anatomyofintimacy.com

Tammy Nelson, PhD

Saturday, March 5, 2016

Reigniting Desire in Sex-starved Relationships

Low desire or complete sexual disconnection is a common problem facing many couples who present for therapy. Sexual desire and arousal can be hijacked—by trauma, betrayal, resentment, emotional distance, as well as pain and other physical problems. Sex needs to be addressed directly in addition to working with the relational and trauma issues. Back by popular demand, Dr. Tammy Nelson, renowned sexologist and couples therapist, will present her innovative approach to reigniting desire in non-sexual relationships. Learn a specific treatment protocol that can be integrated into other models of couples therapy to help low desire or no-sex couples reduce trauma triggers, create new ways to talk and touch, and expand positive erotic interactions.



Steven Frankel, PhD, JD

Saturday, April 2, 2016

A Can of Worms: Legal & Ethical Issues in Couples & Family Therapy

Doing the best couple and family therapy sometimes runs a collision course with what is required from a strictly ethical/legal standpoint. Knowing how to skillfully manage the sticky issues which arise—while still doing good clinical work—is crucial for all therapists to master. This unique workshop will address issues such as:

- Who is the client?
- Confidentiality—keeping or not keeping secrets; seeing partners both individually and conjointly; seeing kids alone and with the family
- High conflict divorce and remarriage cases—dealing with ex-spouses, children, and attorneys
- Handling emails & texts from partners and subpoenas in divorce, custody, or abuse cases

