

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

3 one-day workshops

Janis Abrahms Spring • Tammy Nelson • Esther Perel

Earn 21 CE hours

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Important Continuing  
Education Information  
PLEASE POST

## Anatomy of Intimacy Workshops

# INFIDELITY 2.0 INTENSIVE CLINICAL TRAINING

JANIS ABRAHMS SPRING  
OCTOBER 12, 2013

TAMMY NELSON  
NOVEMBER 2, 2013

ESTHER PEREL  
FEBRUARY 1, 2014

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

[anatomyofintimacy.com](http://anatomyofintimacy.com)

## YOU ASKED...WE LISTENED.

The overwhelmingly positive feedback from the Anatomy of Intimacy Conference on Infidelity last November told us that the mental health community was eager for more training on this topic. The most common request from the evaluations was to please invite the speakers back for full-day intensive workshops where you can learn in more depth the practical clinical applications of their work.

With that in mind, we are bringing back these highly rated presenters for all-day intensive clinical workshops—

**Janis Abrahms Spring, Tammy Nelson and Esther Perel.**

Each of these talented therapists will spend a full day helping you understand their work in detail and giving you specific techniques that you can apply in your practice. Please join us for a stimulating series of workshops on infidelity, sexuality, marriage, and innovative couples therapy.

It is the mission of the Foundation for the Contemporary Family to support bringing cutting-edge training in couples therapy to Southern California through the Anatomy of Intimacy series.

These workshops will be held at the Beckman Center of the National Academies of Sciences & Engineering, a serene, retreat-like setting on the UCI campus. As a special bonus for this series, the Foundation will be underwriting a delicious buffet lunch for all attendees.

### About the Sponsors

The Foundation for the Contemporary Family is dedicated to supporting innovations in clinical training and research in couples and family therapy, dissertation research, as well as inventive intervention programs.

The UCI Department of Psychiatry has been committed to supporting bringing 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](http://anatomyofintimacy.com) or request one by contacting us at 949.464.0131 or [zoanna@drjudithanderson.com](mailto:zoanna@drjudithanderson.com)

### How to Register

**Online:** Go to [anatomyofintimacy.com](http://anatomyofintimacy.com) & click on the Register button.

**Fax, Mail, Phone:** The registration form in this brochure can be faxed or mailed. Please have the necessary information handy if you are registering by phone.

### Place

Arnold & Mabel Beckman Center of the National Academies  
of Sciences & Engineering  
University of California, Irvine  
100 Academy  
Irvine, California 92617  
949.721.2200

### Parking

There is *free*, easy-access parking at the Beckman Center.

### Lunch & Refreshments

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

### Special Needs

The Beckman Center is wheelchair accessible. If you have any special needs, please let us know and we will do our best to help.

### Questions?

If you have any questions or concerns, please contact ZoAnna at 949.464.0131 or [zoanna@drjudithanderson.com](mailto:zoanna@drjudithanderson.com).

## 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 1-day course applies. If you cancel after that date, you will receive credit toward another course only. Refunds are issued within 10 business days of the event.

## Continuing Education

**Psychologists:** The Foundation for the Contemporary Family (FFCF) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. FFCF maintains responsibility for this program and its content. Courses approved by an APA-approved sponsor are accepted for MCEP credit by the Board of Psychology in California. Psychologists attending this seminar will receive an MCEP Credit Reporting Form to submit to the MCEP Accrediting Agency.

**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. This Course meets the qualifications for 21 hours of continuing education credit as required by the California BBS.

Cover Art: "Broken Heart" by Carolyn Reed



## Infidelity: Secrets, Cybersex, Affairs—and Forgiveness?

Janis Abrahms Spring, PhD, ABPP

Saturday, October 12, 2013  
9:00 to 5:00 7.0 CE hours

A unique opportunity to spend a day of intense clinical training with Dr. Janis Abrahms Spring, one of the nation's foremost experts on infidelity and forgiveness. She will focus in-depth on the interventions of her radical treatment model for helping couples navigate the crisis of infidelity, including how to best use her open secrets policy. Specific techniques will be demonstrated to help each partner own their contribution to the marital damage, distinguish between cheap and earned forgiveness, treat each other in ways that foster growth and reconnection.

Poignant case examples will bring to life answers to such important clinical questions as:

- What constitutes an affair? Why is cybersex so seductive?
- Is there room for secrets in couples therapy and, if so, how can therapists create a safe place for each partner's rigorous self-scrutiny and honesty?
- How can partners decipher the meaning of an affair in ways that shed light on their vulnerabilities, longings, and unresolved traumatic injuries?
- Is it possible for partners to heal without forgiving?
- How do attributes which originally attracted us to our partner become targets of our contempt?

Dr. Spring will teach the steps each partner must take to foster genuine forgiveness and exercises to help couples rekindle trust after an affair, including ways to help partners recommit, even when they don't yet feel very loved or loving.

### Participants will be able to:

- describe an open secrets policy that helps couples and therapists manage secrets in couples therapy
- specify what makes cybersex so appealing and addictive yet sometimes harmless
- explain how an understanding of contributing factors reduces a couple's vulnerability to future affairs
- define trust-building exercises that foster connection between partners after an affair

**Janis Abrahms Spring** is an internationally acclaimed expert on infidelity and forgiveness. Her book, *After the Affair*, is Amazon's #1 best seller on infidelity. *How Can I Forgive You?* was a Books for a Better Life Award Finalist. She is a Diplomate in Clinical Psychology, a former clinical supervisor at Yale University's Department of Psychology, and a popular media guest on radio and television.

## Erotic Recovery After Infidelity: Integrative Affair Repair

Tammy Nelson, PhD

Saturday, November 2, 2013  
9:00 to 5:00 7.0 CE hours

A rare West Coast all-day training on affair repair from Dr. Tammy Nelson, renowned sexologist and couples therapist. Much therapy on infidelity focuses on trust and forgiveness, overlooking direct repair of the couple's sexual relationship. Infidelity is an erotic injury to a relationship and must be repaired through step by step erotic recovery in order for a committed partnership to move forward. She will guide participants through a clearly identified process with three phases of erotic recovery to help couples revive desire and create a new vision of monogamy for those who choose to stay together after an affair.

A new monogamy vision includes a more conscious commitment where the couple creates a monogamy agreement that is renewable and flexible. This new vision of a stronger relationship creates a more sustainable monogamy and a more hopeful future where implicit betrayal moves into empathy and a more passionate, mature connection.

Using extensive case examples and clinical videos, Dr. Nelson will present:

- How to navigate sexuality as a way to find comfort and connection during destabilization with no expectation for the future.
- Developing a narrative of the infidelity including the vulnerabilities that led to the affair and what it meant about you, me and us.
- A protocol of experiential erotic exercises and intentional connection to use along with a dynamic dialogical process.

### Participants will be able to:

- learn the three phases of affair recovery and the steps to take to heal the injury in each stage
- understand implicit and explicit monogamy agreements and how wounding to the erotic happens long before the crisis
- learn three direct interventions for erotic recovery and long term passionate monogamy after infidelity
- identify how to heal trust, forgiveness and negotiation of future vision of monogamy

**Tammy Nelson** is a Board Certified Sexologist, a Certified Imago Therapist, and the author of *The New Monogamy; Redefining Your Relationship After Infidelity* and *Getting the Sex You Want: Shed Your Inhibitions and Reach New Heights of Passion Together*. She lectures and trains internationally on sex and relationships, blogs for Huffington Post, and is often sought after by the media.

## Rethinking Couples Therapy: Sex, Desire, Love & Infidelity

Esther Perel, MA, LMFT

Saturday, February 1, 2014  
9:00 to 5:00 7.0 CE hours

Spend a day of intense training with Esther Perel, a Master Clinician, focused on innovative ways to approach the complex issues of sex and infidelity in couples therapy. In this one-day workshop, she will demonstrate how couples therapy succeeds best in combinations of individual and joint sessions. She will define how to navigate secrets, balancing the hidden dimension of sexual desire with the need for transparency and security.

Combining clinical case examples and video vignettes with didactic material, Ms. Perel will address:

- the costs and benefits of truth-telling and transparency.
- how to probe the bonds and conflicts between love and desire through a multi-cultural lens.
- the motivations behind affairs and their possible meanings in different relationships, both heterosexual and gay.
- how to create separate spaces where each partner can explore their individual experiences within the larger relationship dynamics.

With an eye on the existential, clinical and ethical aspects involved, we will focus on how our values influence our therapeutic work and elude the needs of the couple. The workshop draws on attachment and psychodynamic theory, family systems and body-oriented approaches.

### Participants will be able to:

- create a safe, flexible and nonjudgmental therapeutic environment to work with secrets, privacy, transparency and truth-telling
- have a more nuanced therapeutic approach for working with extra-marital relations—past and present, fantasized or real, disclosed or withheld
- implement strategies to help couples unlock sexual blocks and take emotional risks
- help couples rebuild trust and intimacy and to promote erotic recovery following an affair

**Esther Perel** is one of the most original and insightful voices worldwide on couples and sexuality across cultures. She is a celebrated speaker sought for her expertise in erotic intelligence, infidelity, and modern marriage. Her award-winning *Mating in Captivity: Unlocking Erotic Intelligence* has been translated into 24 languages. She is on the faculties of NYU and Columbia University. Ms. Perel has recently received acclaim for her popular TED Talk.

Register quickly and securely online at [anatomyofintimacy.com](http://anatomyofintimacy.com)

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| <input type="checkbox"/> Regular Enrollment: \$150   | <input type="checkbox"/> Regular Enrollment: \$150  | <input type="checkbox"/> Regular Enrollment: \$150   |  |
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