

Upcoming Special Fall 2005 Conference

The Anatomy of Intimacy: *Healing Traumatic Attachment Injuries and Preventing Relapse in Couples Therapy*

November 5-6, 2005
Social Sciences Hall, UC Irvine

Featuring:

John Gottman, Ph.D. Sue Johnson, Ed.D.
Bessel Van der Kolk, M.D.

Conference Directors:

Judith Z. Anderson Ph.D. Marion Solomon, Ph.D.

We invite you to join us in the third Anatomy of Intimacy conference. Creating lasting change in couples therapy is a crucial clinical goal. Yet a significant relapse rate in couples therapy remains a serious problem affecting our field today. Unresolved trauma and attachment injuries pose major obstacles to the effectiveness of marital treatment and greatly contribute to relapse. Trauma intensifies the need for secure attachments yet, often simultaneously, destroys one's ability to trust such bonds. Treating complex relational wounds challenges all clinicians. How to best work with these issues in a couples therapy context can be especially daunting. Producing enduring change in relationships is an essential outcome.

This conference brings together key contributors to new insights about healing traumatic attachments and preventing relapse in couples therapy. Three internationally distinguished clinician/researchers will offer stimulating presentations from an attachment-based, interpersonal and neurobiological view of adult love. Presenters will share their convergent and divergent perspectives on the issues of trauma, attachment injuries, and relapse prevention in couples therapy. Through individual presentations, presenter dialogues and open question-answer forums, participants will have the opportunity to enhance their marital therapy skills in promoting healthy, lasting connections between partners.

Those attending this conference will learn:

- The best predictors of success or failure in adult intimate relationships
- How the body keeps score of trauma-based sensations and affects
- The most effective therapeutic interventions which help resolve trauma plus restore mastery and connections.
- Key factors in preventing relapse and advancing lasting relationship change
- Understanding the difference between trauma and attachment injuries in couples relationships
- Meta-emotion work with couples in preventing attachment injuries
- Powerful change events in couples therapy that foster secure attachment

www.anatomyofintimacy.com

High Impact Couples Therapy:

Using a Developmental Model to Start and Sustain
Effective Treatment with Difficult Couples



A workshop with
Dr. Ellyn Bader

Friday, October 7, 2005

Presented by:

Foundation for the Contemporary Family
UCI Family Therapy Training Program
University of California, Irvine
Department of Psychiatry & Human Behavior

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

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Friday, October 7, 2005

HIGH IMPACT COUPLES THERAPY:

Using a Developmental Model to Start and Sustain Effective Treatment with Difficult Couples

A workshop with Dr. Ellyn Bader

Difficult couples challenge therapists with their aggressive interactions, demands for intimacy, chronic feelings of hurt and their high degree of sensitivity to confrontation. In treatment, these are the "stump the therapist" cases. The main trap for therapists is getting caught in the bottomless well of negativity in which these struggling couples seem trapped.

In this workshop, Dr. Ellyn Bader will demonstrate how to use a developmental approach to start and, more importantly, sustain positive momentum with high-distress couples. She will illuminate a model based on four pillars of change:

1. Helping the couple define a vision for their relationship that will stand as a vital reference point to maintain more positive collaboration throughout therapy.
2. Targeting and resolving specific intrapsychic impasses.
3. Changing the systemic process for discussing highly charged emotional issues.
4. Developing new targeted skills that support effective decision-making.

She will also describe and demonstrate how to effectively use six different types of confrontation to impact entrenched negative patterns. Participants will learn to take a stronger leadership role at the outset of treatment so that couples change faster with less conflict and more cooperation. Case transcripts, videotapes of actual therapy sessions and simulated role playing will all be used to demonstrate these principles.

Learn How To:

- Identify repetitive patterns in emotionally distressed couples
- Utilize four pillars to anchor your interventions for change
- Better prepare clients for couples therapy
- Teach couples how to avoid unproductive sessions
- Get couples work off to a powerful start
- Identify 6 essential elements of the first interview
- Recognize the importance of the therapist taking a strong leadership role
- Define intrapsychic impasses clearly
- Manage unrelenting negative projections
- Learn to confront regression, passivity and narcissism
- Utilize transference-based interventions in the present

Date: Friday, October 7, 2005

Time: 9:00 a.m. to 5:00 p.m.

Place: University Club on UCI Campus (Irvine)

Fee: \$110 Early Registration
\$135 Regular Registration

ABOUT THE PRESENTER

Ellyn Bader, Ph.D., is a psychologist in private practice and an internationally recognized expert in couples therapy training. She is Co-Director of The Couples Institute in Menlo Park, California. She was a clinical faculty member at Stanford University, Department of Psychiatry for 8 years. Over the past 20 years she has conducted professional training programs in couples therapy in the U.S., Europe, South America and Australia. She is a past-president of the International Transactional Analysis Association and a recipient of the Clark Vincent Award for an outstanding literary contribution to the field of marital therapy from the California Association of Marriage and Family Therapists. Dr. Bader is frequently invited to speak at national and international conferences. She and her husband, Peter Pearson, Ph.D., co-authored the book, *"In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy"* (Brunner/Mazel.) Their latest book helps couples recognize the essential ingredients in flourishing marriages. She is a lively and engaging speaker, consistently receiving superlative evaluations.



CONTINUING EDUCATION

Psychologists: The Foundation for the Contemporary Family (FFCF) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. FFCF maintains sole responsibility for its programs. Courses that are provided by an APA-approved sponsor are accepted for continuing education credit by the Board of Psychology in California. This conference meets the requirements for up to 7 hours of CE credit. Psychologists attending this course will receive an MCEP Credit Reporting Form to submit to the MCEP Accrediting Agency.

MFT/LCSW: UCI Family Therapy Training Program (UCIFTTP) is approved by the California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs and LCSWs. These courses meet the qualifications for up to 7 hours of CE as required by the California Board of Behavioral Science (BBSE #PCE3322)

Some scholarships and discounts for graduate students and interns by request - please call or email to inquire about availability.

Cancellation Policy

Refunds must be requested in writing 10 days prior to the program. A \$25 processing fee is deducted from all refunds. Full credit will be given if applied towards a future workshop.

REGISTRATION FORM

Please register me for the High Impact Couples Therapy at UCI on Friday, October 7, 2005

Fee: \$110 if postmarked by September 10, 2005

\$135 if postmarked after September 10, 2005

Name: _____

Address: _____

Phone: _____

Fax: _____ e-mail: _____

Profession: _____

License No.: _____

Registration fees should be made payable to:

The Regents of the University of California.

Send to: UCI Family Therapy Training Program

15615 Alton Parkway, Suite 220 • Irvine, California 92618-3307

Fax (949) 494-0865

Check MasterCard Visa

Credit Card Number: (Please double-check your #)

_____ Exp. Date: ____ / ____

Date: ____ / ____ / ____ Total: \$ _____

Signature: _____

Questions: Any questions can be directed to Dr. Judith Anderson at (949) 464-0131, Fax (949) 494-0865 or e-mail: drjzanderson@cox.net

Parking: Free and easy access parking at the University Club.

Food: Morning coffee, bagels, muffins and afternoon snacks will be provided.

If you require special assistance to participate in this program, please let us know. Reasonable efforts will be made to accommodate your needs.

