

LOGISTICS

Place

The workshops will be held at the University Club, University of California, Irvine. For general information about the University Club, maps, and directions, please visit www.uclub.uci.edu.

UCI University Club
University of California, Irvine
801 East Peltason Drive
Irvine, California 92697

Parking

There is free, easy access parking located at the University Club.

Refreshments

Morning coffee, tea, muffins, and snacks will be provided.

Special Needs

The University Club is wheelchair accessible. If you have any special needs, please let us know when you register, or call the Foundation for the Contemporary Family at (949) 464-0131.

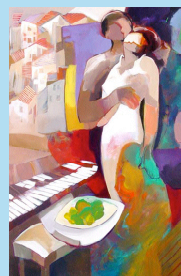
Questions?

If you have any questions, please contact ZoAnna Carrol at (949) 464-0131 or zcarrol@cox.net; or Judith Anderson (949) 727-4337 or drjazanderson@cox.net.

ABOUT THE SPONSORS

Founded in 1999, the **Foundation for the Contemporary Family** is dedicated to supporting innovations in clinical training, and research in couples and family therapy as well as inventive intervention programs.

For more than 15 years, under the direction of Dr. Judith Z. Anderson, the **UCI Family Therapy Training Program** in the Department of Psychiatry and Human Behavior at the UCI College of Medicine has offered clinical training programs in couples and family therapy for mental health professionals in Orange County and Southern California.



The Foundation for the Contemporary Family is granting a limited number of scholarships for professionals eager to receive this specialized training who would otherwise be unable to do so. To request an application, please call (949) 464-0131 or e-mail zcarrol@cox.net.

Cover art: "Autumn Eve" by Hessam Abrishami

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

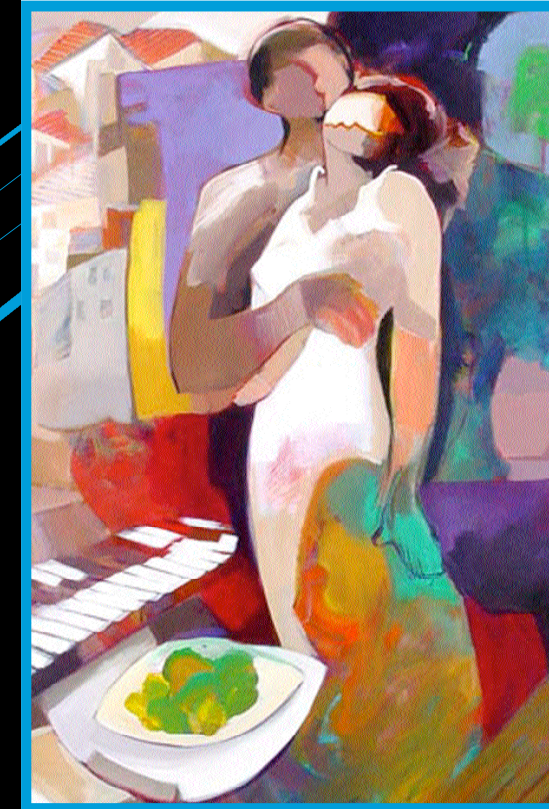
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Couples Therapy
A Seminar with Judith Zucker Anderson, Ph.D.
And guest lecturer James Furrow

Earn 12 CE hours
Important Continuing
Education Information:
PLEASE POST

Innovations in COUPLES THERAPY



A Seminar with
Judith Zucker Anderson, Ph.D.

Starts Friday, October 6, 2006

presented by

UCI Family Therapy Training Program
University of California, Irvine
Department of Psychiatry and Human Behavior

COUPLES THERAPY SEMINAR

with **Judith Zucker Anderson, Ph. D.**

A Guest Lecture by **James Furrow, Ph.D.**

Starts Friday, October 6: 4 Sessions (9 am to Noon)

WORKING WITH COUPLES is a challenging endeavor, too often avoided by even experienced clinicians. This popular 4 week seminar offers the practicing therapist an exciting opportunity to gain expertise and confidence in treating couples. The training emphasizes skill building, clear interactional thinking and translating theory into “what to do” in the session.

Dr. Anderson will present an effective and empirically based couples therapy model from an attachment theory framework based on Emotionally Focused Therapy (EFT) and Gottman’s marital research. In this seminar, therapists will learn to actively harness withdrawal and reactivity to foster a more secure bond, helping partners go beyond safety- to define themselves and face the anxiety of their differences while remaining emotionally connected. Tools will be given to 1) conceptualize the integration of the couple’s interaction patterns with each partner’s internal experience; 2) determine the couple’s repair capabilities in the context of their current developmental stage and early attachment history. Dr. Furrow will join us one week for a stimulating presentation on implementing powerful therapeutic change events.

The format will include lectures, group discussion and extensive videotapes of couples therapy sessions to illustrate didactic material.

Learn how to:

- Get off to a powerful start—conduct initial sessions in order to set clear goals and a collaborative alliance.
- Use questionnaires, videotaping and other diagnostic instruments to expedite assessment.
- Increase affect regulation—target interventions to contain destructive reactivity and develop self-soothing as well as empathic responsiveness.
- Change the marital dance—shape powerful new softening enactments and bonding events in the session.
- Create intensity within the session to enhance differentiation beyond the couple’s usual comfort zone.
- Design effective homework which continues the therapy outside the session.
- Teach couples how to better repair relationship ruptures.

Dates: Fridays, October 6, 13, 20, and November 3 (no class October 27)

Time: 9 am to 12 noon.

Place: University Club Library Room at the UCI Campus

ABOUT THE INSTRUCTORS



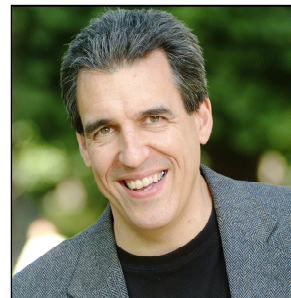
Judith Zucker Anderson, Ph. D. is a clinical psychologist and a well-respected couples and family therapy teacher and therapist. For over ten years, she has been the Director of Family Therapy Training and Assistant Clinical Professor of Psychiatry at the UCI College of Medicine, Department of Psychiatry and Human Behavior. Dr. Anderson has recently become the president of the Foundation for the Contemporary Family, whose mission is to support innovative research, clinical training and

community programs which address the issues facing contemporary families. She is recognized as an expert on divorce, remarriage and blended families.

Dr. Anderson is a graduate of Stanford University, UC Berkeley, and CSPP. She has received intensive postgraduate training in couples and family therapy from the Couples Institute, Philadelphia Child Guidance Clinic, Georgetown Family Center, the National Institute of Mental Health and advanced training in EFT.

A gifted teacher whose seminars consistently receive rave reviews, Dr. Anderson has a keen ability to translate theoretical constructs into clear, usable clinical skills. Her creative use of videotapes and live interviews makes the “how to do it” of couples therapy come alive.

Guest speaker, James Furrow, Ph. D., is program director and Associate Professor of the Department of Marriage and Family Therapy, Fuller Graduate School of Psychology in Pasadena California. He is an Approved Supervisor and Clinical Member of the AAMFT. A certified supervisor in Emotionally Focused Therapy, Jim is actively involved in clinical training, supervision, and process research with the EFT model. He is co-author of the recently published *Becoming an Emotionally Focused Couple Therapist* and articles specific to the practice of EFT. For more information, see: theeftzone.com



CONTINUING EDUCATION

Psychologists: The Foundation for the Contemporary Family (FFCF) is approved by the American Psychological Association (APA) to offer continuing education for psychologists (APA 1483). FFCF maintains responsibility for this program. 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 UCI Family Therapy Training Program is approved by the California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs and LCSWs (BBS#3322). This course meets the qualifications for 12 hours of Continuing Education credits.

REGISTRATION

First Name: _____ Middle Initial: _____
Last Name: _____
License Number: _____ Degree: _____
Street Address: _____ Apt./Ste. #: _____
City: _____
State: _____ Zip: _____
Phone: _____
E-mail: _____
Please note: whenever possible, communication with registrants will be via e-mail.

Registration and Fees

I would like to attend the seminar at a reduced rate of:

- Early Enrollment : \$XXX
(Early Registration must be postmarked no later than September 8, 2006)
- Regular Enrollment : \$XXX

I would like to pay by:

Check
Please make checks payable to the Regents of the University of California.

Credit Card

MC VISA

Card number: _____

Expiration date: M _____ YR _____

Signature: _____

Today's Date: _____

Mail or Fax to:

The Foundation for the Contemporary Family
380 Glenneyre, Suite D
Laguna Beach, California 92651
fax: (949) 494 – 0865 phone: (949) 464 – 0131

CANCELLATION POLICY

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