

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

Earn up to 45.5 CE units



One-day workshops

NEW! Advanced Skills workshops

Fall—Brent Atkinson • Stan Tatkin

Winter—Sue Johnson • Terry Real

Important Continuing
Education Information
PLEASE POST

Anatomy of Intimacy Workshops

ANATOMY OF INTIMACY COUPLES THERAPY TRAINING

BRENT ATKINSON

NOVEMBER 8, 2014

ADVANCED SKILLS WORKSHOP NOVEMBER 9

STAN TATKIN

DECEMBER 6, 2014

ADVANCED SKILLS WORKSHOP DECEMBER 7

SUE JOHNSON

JANUARY 17, 2015

TERRY REAL

MARCH 7, 2015

ADVANCED SKILLS WORKSHOP MARCH 8

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

anatomyofintimacy.com

You asked...we listened.

The overwhelmingly positive feedback from the Anatomy of Intimacy Intensive Workshops last year told us that the mental health community was eager for more in-depth training in couples therapy. You told us to invite more experts from varied perspectives for all-day workshops to more deeply learn the clinical applications of their work and gain usable skills.

It is the mission of the **Foundation for the Contemporary Family** to bring cutting-edge training in couples therapy to Southern California through the Anatomy of Intimacy series, in collaboration with the **UCI Department of Psychiatry and Human Behavior**.

With that in mind, we are bringing four outstanding experts in the field for all-day intensive clinical workshops—**Brent Atkinson, Stan Tatkin, Sue Johnson and Terry Real**. 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 for this series is that three of the speakers will also be offering a second day of **advanced skills training** for a limited group of those who attend the first day. The Foundation is underwriting part of the cost to make this kind of training more affordable. A complimentary lunch on both days is also included.

Please join us for a stimulating series of workshops.

About the Sponsors

The Foundation for the Contemporary Family, directed by **Judith Zucker Anderson**, 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** or request one by contacting us at zoanna@drjudithanderson.com or 949.464.0131.

How to Register

Online: Go to anatomyofintimacy.com & click on the Register button to go to online registration form.

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

Place

Beckman Center or Newkirk Alumni Center

University of California, Irvine Campus

Check your registration confirmation or anatomyofintimacy.com for exact location for each individual workshop.

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

There is easy access parking at both venues.

Special Needs

Our venues are wheelchair accessible. If you have any special needs, 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 (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.

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 45.5 hours of continuing education credit as required by the California BBS.

Cover Art: "Irresistible Love" by Hessam Abrishami"

Emotional Intelligence in Relationships: Cutting through the blame game

Brent Atkinson, PhD

Saturday, November 8, 2014

9:00–4:30 \$160/\$137 until 10/19 6.5 CE hours

Most people who are in distressed relationships believe that their partners are more to blame. Mistaken beliefs about overall blame fuel contempt, which is the most powerful predictor of divorce. In this workshop, Dr. Atkinson will demonstrate how you can go straight to the heart of the matter, helping clients realize that they can't have it both ways (i.e., they can't hold on to the belief that their partners are more to blame and also expect caring responses in return). You will learn how to give impactful feedback to clients about their dysfunctional habits, without feeling criticized, and help them understand the concrete changes they need to make. Step by step, Dr. Atkinson will show how you can motivate and guide clients through the process of "laying down their weapons," explicitly acknowledging mutual responsibility for the depleted condition of their relationships. Finally, you'll learn how to skillfully facilitate openhearted, healing conversations about past hurts and taking concrete action steps toward change.

In this workshop, you'll learn how to:

- Present a compelling case to each partner for how and why s/he has contributed just as powerfully to the deteriorated condition of the relationship as his/her partner has.
- Help each partner develop a clear picture of the changes s/he needs to make in order to interact with his/her partner in healthier ways.
- Talk to clients directly about their dysfunctional habits in ways that help them avoid feeling shamed and/or defensive.
- Generate excitement about the prospect of learning more effective ways of relating to their partners.



Brent Atkinson is the principal architect of the Pragmatic/Experiential Method which integrates advances in neurobiology with landmark discoveries in the relationship sciences. Author of *Emotional Intelligence in Couples Therapy* and *Developing Habits for Relationship Success*, his pioneering work has

been featured in many professional journals and in the popular media. An engaging speaker, Dr. Atkinson is known for his ability to present complex scientific ideas in compelling and easy-to-understand ways. His seminars are packed with clinical videos, cutting-edge information, practical interventions, and handouts that can be given to clients.

Wired for Love: Connection, disconnection & mutual regulation in couples therapy

Stan Tatkin, PsyD

Saturday, December 6, 2014

9:00–4:30 \$160/\$137 until 11/16 6.5 CE hours

Neuroscience has taught us the basic lesson that our brains are wired for attachment. Just as important, however, is learning to recognize the unconscious automatic responses aroused by threats and conflicts with our intimate partners. Dr. Tatkin will present his well-regarded Psychobiological Approach to Couples Therapy (PACT™), which is a fusion of attachment theory, developmental neuroscience and arousal regulation. The PACT methodology uses a bottom-up (implicit) versus a top-down (explicit) approach to psychotherapy. This emphasizes enactment of experience over cognition or psychological interpretation. Focusing on very fast, often surprising interventions, the therapist accesses implicit systems as revealed in micro-expressions and micro-movements in the face, voice and body. You will learn [1] to analyze moment-to-moment variations and shifts in affect and arousal and [2] to therapeutically stage interventions that trigger arousal and implicit somatoaffective experience and memory. The format for the workshop includes many video case examples and engaging clinical exercises.

In this workshop, you'll learn how to:

- Differentiate between autoregulation, self-regulation and interactive regulation
- Develop skills to harness a couple's moment-to-moment energy, alertness and readiness to engage.
- Apply tools for discovering attachment organization within and between partners
- Use bottom-up interventions for accessing implicit material
- Identify the parts of the brain central to social-emotional functioning



Stan Tatkin, is a clinician, researcher, teacher, and developer of A Psychobiological Approach to Couples Therapy (PACT™). He was named Educator of the Year by the AAMFT-CA for his superb teaching skills. He is the author of *Wired for Love*, *Your Brain on Love*, and *Love and War in Intimate Relationships*. In his clinical

practice he specializes in working with couples and individuals who wish to be in relationships. He developed the PACT Institute to train other psychotherapists in this method. In addition, Dr. Tatkin is an assistant clinical professor at UCLA's David Geffen School of Medicine, Department of Family Medicine. His trainings have received rave reviews worldwide.

Advanced Skills Workshops

Enrollment limited.

You must attend Day 1 to register.

Reserve your spot now!

Brent Atkinson, PhD

Tuning Up a Couple's Emotional Brain: Part 2

Sunday, November 9, 2014

9:00–4:30 \$160/\$137 until 10/19 6.5 CE hours

This workshop will build upon Day One by teaching a detailed mind/body workout to help couples develop the interpersonal and self-regulating skills proven to increase partner responsiveness. Dr. Atkinson is a master at translating the advances in neurobiology and relationship science into usable methods. To navigate a relationship successfully, one's brain must be wired in ways that promote mood-regulation, self-soothing, response-flexibility, and empathy. These skills are easy to understand but hard to do. The neural mechanisms that enable such skills cannot be willed at a moment's notice, but hundreds of studies suggest that they can be strengthened through certain practices. Dr. Atkinson's engaging demonstrations and videos will show you the key steps. **In this workshop, you'll learn how to help clients:**

- Develop the core set of habits needed for improving partner receptivity.
- Stay motivated to engage in exercises that recondition automatic internal reactions and enable the formation of new habits.
- Regulate internal states that interfere with the ability to implement these habits.

Stan Tatkin, PsyD, MFT

Wired for Love:

Part 2

Sunday, December 7, 2014

9:00–4:30 \$160/\$137 until 11/16 6.5 CE hours

This workshop will build upon Day One by implementing PACT principles and skills through live demonstrations, exercises and a video case presentation of a first session. You will get a clear sense of a first session, including assessment, case conceptualization, interventions, and treatment plan. Through digital video frame analysis, you will learn how to catch very fast psychobiological "tells" that help the couples therapist answer three important questions: Who are you? What do you really want? and What are you up to?. **In this workshop, you'll learn how to:**

- Establish familiarity with the PACT maxims and three domains.
- Identify visual, auditory and linguistic markers for secure and insecure attachment as well as hypoarousal and hyperarousal.
- Develop a treatment plan within the first session.

How to REGISTER

Registration now open for all programs

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

Phone: 949.464.0131

2015 Workshops

For details, watch for our next brochure
or visit anatomyofintimacy.com

Sue Johnson

Saturday, January 17, 2015

EFT with Challenging Couples

Spend a special day with the renowned founder of Emotionally Focused Therapy. She will demonstrate how EFT works effectively with the most challenging clients: highly escalated, self-absorbed and traumatized couples. Learn treatment strategies to interrupt destructive cycles, reduce emotional arousal, create safety, and promote secure bonding.



Terry Real

Saturday, March 7, 2015

Advanced Skills Workshop: March 8, 2015

Rethinking Couples Therapy: Joining through the truth

Join us for the acclaimed Terry Real, whose radical approach to couples therapy breaks many cherished rules. He takes sides and focuses on issues of character and grandiosity. His model artfully confronts the couple's difficult truths right out of the gate. Learn this effective method of holding a mirror up to the couple to spotlight obnoxious and self-defeating behavior in a powerful yet respectful way—an excellent approach for the most intractable couples.

