

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

Earn up to 28 CE units



**One-day workshops**

October 1, 2016—David Mars  
November 12, 2016—Brent Atkinson  
March 4, 2017—Kathryn Rheem  
April 8, 2017—Ian Kerner

Important Continuing  
Education Information  
**PLEASE POST**

# ANATOMY OF INTIMACY

## Couples Therapy Training

**DAVID MARS**  
OCTOBER 1, 2016

**BRENT ATKINSON**  
NOVEMBER 12, 2016

**KATHRYN RHEEM**  
MARCH 4, 2017

**IAN KERNER**  
APRIL 8, 2017

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

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

## Coming in 2016–2017

### Trauma, Reactivity, Sexuality & LGBTQ issues

Last year's Anatomy of Intimacy series was again a rousing success! Your enthusiastic feedback was to keep inviting the masters of couples therapy from varied perspectives for more in-depth clinical training and interventions you can use on Monday morning. Most requested was more training on treating couples with trauma, refining skills with highly reactive couples, and sexuality issues.

With that in mind, our lineup for 2016–2017:

**Dr. David Mars** will present an Accelerated Experiential Dynamic Psychotherapy for Couples, which is an innovative, somatically focused model for treating relational trauma. Back by popular demand is **Dr. Brent Atkinson** who will return with new refinements to his Pragmatic/Experiential model of Couples Therapy with innovative procedures using digital technology for building resilience.

In the Spring, **Dr. Kathryn Rheem** will present her excellent work on the adaptation of EFT Couples Therapy to treat trauma survivors in a conjoint context. And **Dr. Ian Kerner** will join us to share his expertise on what all therapists need to know about the art and science of sex therapy with straight and LGBTQ couples.

Oh, and we're still treating attendees to the popular buffet lunch!

### About the Sponsors

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

The **UCI Department of Psychiatry and Human Behavior**, cosponsor of the Anatomy of Intimacy programs for many years, has been committed to supporting the FFCF's efforts to bring the leading clinicians and researchers from around the country to train our local mental health community. Sharing opportunities for top-notch clinical training with the broader professional community has been an ongoing value of the Department.

## Scholarships

The Foundation for the Contemporary Family is committed to increasing access to advanced clinical training in couples and family therapy to a broader range of mental health professionals in Southern California. The Foundation offers a number of scholarships to every workshop for graduate students and professionals eager to receive this specialized training who would otherwise be unable to do so. Please apply for these excellent training experiences.

You can download an application at [anatomyofintimacy.com](http://anatomyofintimacy.com) or request one at [zoanna@drjudithanderson.com](mailto:zoanna@drjudithanderson.com) or 949-464-0131.

## How to Register

**Online:** Go to [anatomyofintimacy.com](http://anatomyofintimacy.com) & select the Register button to go to online registration.

**Phone, Mail, Fax:** Mail or fax in the registration form available for download at [anatomyofintimacy.com](http://anatomyofintimacy.com). Register by phone 949.464.0131

### 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 is 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](mailto: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 only a full credit toward another course. 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 28.0 hours of continuing education credit as required by the California BBS.

Cover Art: "Edge of Love" by Hessam Abrishami

## Transforming Interlocking Trauma: AEDP for Couples

**David Mars, PhD**

Saturday, October 1, 2016  
9:00–5:00 \$170/\$147 until 9/9 7 CE hours

Accelerated Experiential Dynamic Psychotherapy for Couples is an innovative, somatically focused model which effectively treats the relational trauma and deprivation that underlies much marital dysfunction. By powerfully creating a safe container for even highly dysregulated couples to relate to each other in a more attuned way, new responsiveness begins from the first session.

Dr. Mars will illustrate key moments of how to work through trauma to heal shame-based blocks to couple intimacy. Extensive clinical videotapes of treatment over time will be used to unpack the dyadic change processes central to AEDP and show the progression of therapy. He skillfully addresses both deactivating (avoidant) and hyperactivating (anxious/ambivalent) attachment strategies. Practical course materials help simplify how to effectively use this approach. You will head back to work armed with immediately applicable interventions.

Powerful aspects of AEDP for Couples include:

- 1) Focus on healing attachment trauma in the couple as well as in each individual
- 2) Use of self of the therapist in transformative work with chronically traumatized couples
- 3) Cutting edge neuroscience that informs the accelerated treatment of relational trauma
- 4) Cultivating whole body “witness consciousness” of perceiving and expressing “the seven channels of experience”

### In this workshop, you'll learn how to:

- Generate and strengthen the secure base required for transformative couple treatment using a somatic focus
- Employ an effective Early Warning System to treat dissociation & hyper-reactivity
- Resolve shame about what each partner has done and was helpless to prevent being done to them
- Expand the window of affect tolerance



**David Mars** is the creator of AEDP for Couples. He is a Senior Faculty Member at the Accelerated Experiential Dynamic Psychotherapy (AEDP) Institute in New York. He has trained with Diana Fosha since 2005 and has been an innovator in developing somatically, process-focused techniques. He presents training programs and workshops nationally and internationally. Dr. Mars

is inspiring, organized, warm and deeply personable as a presenter. His powerful clinical videos of ongoing therapy allow participants to truly witness the progression of the work.

## Emotional Reconditioning: Reduce Reactivity Beyond the Session

**Brent Atkinson, PhD**

Saturday, November 12, 2016  
9:00–5:00 \$170/\$147 until 10/21 7 CE hours

Returning to UCI with new material, Dr. Atkinson is a master at translating the advances in neurobiology and relationship science into practical methods. In this workshop, he will present a more thorough version of the micro-skills used in the Pragmatic/Experiential model of Couples Therapy. After demonstrating powerful methods for cutting through blame and resolving old resentments, he will show you how to design and guide clients in implementing personalized emotional reconditioning programs.

To navigate a relationship skillfully, one's brain must be wired in ways that enable mood-regulation, self-soothing, response-flexibility, and empathy. The neural mechanisms that enable such aptitudes cannot be willed at a moment's notice, but much research suggests that they can be strengthened through practice. Dr. Atkinson will present step-by-step methods for motivating clients to engage in daily exercises that cultivate the aptitudes that are needed for better connection, including:

- 1) Accessing audio recordings and interactive, web-based tools that provide on-demand, personalized, step-by-step guidance
- 2) Implementing practice protocols that deliberately re-stimulate and interrupt old emotional reactions
- 3) Engaging in “sustained inviting” practices that strengthen the brain's intimacy circuits, boosting feelings of empathy, playfulness, and desire
- 4) Using smartphone technology to create a system of reminders, protocols, and check-in procedures that enhance follow-through

### In this workshop, you'll learn how to:

- Engage in straight-talk with clients about their detrimental habits
- Facilitate rapid internal state shifts in each partner by taking breaks during joint sessions to meet individually
- Introduce clients to a protocol that they can use to recalibrate when they lapse into old habits between sessions
- Design personalized exercises that recondition couples' automatic responses in emotionally-reactive situations



**Brent Atkinson** is the principal architect of the Pragmatic/Experiential Method for Improving Relationships and is the author of *Developing Habits for Relationship Success* and *Emotional Intelligence in Couples Therapy*. Director of Post-Graduate Training at the Couples Research Institute and Professor Emeritus at Northern Illinois University, Dr. Atkinson is known for his ability to present complex scientific

ideas in compelling and easy-to-understand ways. His seminars are packed with cutting-edge information, video examples of practical interventions, and handouts that can be given to clients.

## Calming the Traumatized Brain & Heart: EFT with Trauma Couples

**Kathryn Rheem, EdD, LMFT, CERTIFIED ICEEFT TRAINER**

Saturday, March 4, 2017  
9:00–5:00 \$170/\$147 until 2/10 7 CE hours

A fundamental key to healing trauma is being able to seek comfort and protection from a loved one. But, for trauma survivors, that vulnerability is fraught with danger. Trauma is typically treated in individual therapy, yet great strides have been made in uniquely adapting couples therapy to play a vital role in the recovery of trauma survivors.

Emotionally Focused Couple Therapy (EFT) experientially demonstrates how attachment insecurity actively perpetuates the long-term effects of trauma and reverberates in the couple's current distress. In working interpersonally, partners, rather than the therapist, can ultimately become each other's best resource for resilience.

Since the emotional dysregulation of trauma scrambles communication and amplifies distress between partners, distilling and sharing partners' intrapsychic experience facilitates bonding. In this workshop, the importance of the clinician's ability to evoke and respond to clients' moment-to-moment experiences will be highlighted, including:

- 1) Supporting the trauma survivor in cultivating courage to reach for comfort
- 2) Managing the tension between fears and longings
- 3) Detailing how to re-process traumatic events with the partner present
- 4) Anticipating how to respond to triggers outside of therapy

Through teaching, extensive video of actual cases, and experiential learning, you'll see how to use voice, reflection, and deepening interventions to help partners make safe contact with each other and begin to counteract the blocks to intimacy.

### In this workshop, you'll learn how to:

- Re-process the emotional echoes of trauma & how they block connection
- Create the elements of safety needed to do deep emotional work
- Engage the partner to know how best to be responsive to the trauma survivor
- Practice using prosodic voice tone to send signal of safety to clients
- Evoke & amplify the client's intrapsychic experience



**Kathryn Rheem** is the Director of the Washington Baltimore Center for Emotionally Focused Therapy, where she also has a private practice. She works with couples where one or both partners has endured trauma and has presented on doing couples therapy with trauma at numerous conferences. A clinical fellow and approved Supervisor of AAMFT, she has written many articles/chapters on the application of EFT to

trauma survivors. Kathryn, along with Dr. Sue Johnson, was a cofounder of Strong Bonds, Strong Couples a successful program for soldiers who served in Iraq and Afghanistan and their partners.

## The Sexually Well-informed Clinician: Beyond Masters & Johnson

**Ian Kerner, PhD**

Saturday, April 8, 2017  
9:00–5:00 \$170/\$147 until 3/17 7 CE hours

Sex is a topic that is invariably on your clients' minds, but to what extent does it enter the clinical conversation?

It's not uncommon for both client and therapist to collude in avoiding sex-related issues due to mutual discomfort, or for a therapist to feel unskilled when addressing sexuality. Many therapists will simply avoid the conversation altogether, or find themselves referring out cases requiring sex therapy. Most of us haven't been trained in helping couples freely explore their sexual needs, fears, fantasies, and desires. Nor do we know about the latest advances in treating common sexual problems.

All this is unfortunate, as the current field of sex therapy has a body of practices that integrate very well with individual psychotherapy and couples therapy. In an effort to bridge this gap, we are excited to offer this workshop with Dr. Kerner, a renowned sex therapist, who will do a thorough and provocative presentation, including:

- 1) The exponentially expanding science of sexuality
- 2) Current tools for assessment and treatment of common sexual issues through a biopsychosocial lens
- 3) Dealing with the therapist's anxiety and counter-transference about sex
- 4) Understanding the unique issues in working with LGBTQ couples

### In this workshop, you'll learn how to:

- Connect with your clients around “hard to talk about” sex topics
- Integrate tools for intervening in various issues no matter what your orientation, such as low desire, mismatched libido, ejaculation and orgasm problems, excessive porn use, sex with trauma history, among others
- Apply the latest research on spontaneous vs. responsive desire, arousal noncordance, dual control model, and sexual fluidity
- Understand issues experienced by LGBTQ clients, such as outness, effects of internalized shame, sex “under the influence”, monogamy, sex script rigidity, and transsexuality issues



**Ian Kerner** is a nationally recognized sex therapist, Clinical Fellow of AAMFT, certified by the American Association of Sexuality Educators and the Society for Sex Therapy. He presents at many universities and conferences around the world and is a regular contributor to *The Today Show*, NPR, CNN's sex expert, and is the founder of GoodinBed.com. He is the *New York Times*

best-selling author of numerous books, including *She Comes First*, which is the best-selling sex advice book of the last decade and has been translated into a dozen languages