

## The Anatomy of Intimacy

**Saturday & Sunday, November 5-6, 2005**

Make checks payable to: **The Foundation for the Contemporary Family (FFCF)**  
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If you require special assistance to participate in the program, please let us know.  
Reasonable efforts will be made to accommodate your needs.

### Registration Fees:

Early Enrollment (postmarked by 10/14/05) - \$275.00

Regular Enrollment (after October 10/14/05) - \$295.00

\* Students and Interns:

Early Enrollment (postmarked by 10/14/05) - \$225.00

Regular Enrollment (after October 10/14/05) - \$240.00

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Mail or Fax to: **The Foundation for the Contemporary Family**  
380 Glenneyre, Suite D  
Laguna Beach, CA 92651  
fax: (949) 494-0865

**Refund Policy:** If your registration must be cancelled, a refund of less \$50 will be allowed if requested in writing by October 20, 2005. We regret that refunds cannot be allowed after October 20, 2005.

**\*Students and Residents:** In order to enroll at the student rate, participants must submit proof of full-time, non-practicing student status with this form or registration will be returned.

## 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 14 hours of CE credit. Psychologists attending this course will receive an MCEP Credit Reporting Form to submit to the MCEP Accrediting Agency.

**CMA:** The Lifespan Learning Institute (LLI) is a CMA accredited provider. Physicians attending this course may report up to 14 hours of Category I credit towards the California Medical Association's Certificate in Continuing Medical Education and the American Medical Association's Physician's Recognition Awards.

**MFT/LCSW:** UCI Family Therapy Training Program (UCIFITP) 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 14 hours of CE as required by the California Board of Behavioral Science (BBSE #PCE3322)

**BRN:** This course is approved for 14 hours of credit for Nurses: Provider # 03424 (LLI)

**Clinical Social Workers:** The Lifespan Learning Institute is approved by the California Society for Clinical Social Work Provider # CE137 for 14 contact hours.

**CAADAC:** This course is approved by CAADAC Provider #2N-97-347-0199 for 14 continuing education hours. (LLI)

**NBCC:** This course meets the qualifications for 14 hours of continuing education credits required by the National Board of Certification Counselors.

### Hotels:

**Embassy Suites Hotel in Irvine special...\$114**

For reservations call (800) EMBASSY or (949) 553-8332.

**Travel Dynamics Group**

Contact: Michael Siddell (888) 747-4359

For further information contact:

**Dr. Judith Anderson (949) 464-0131**

email: drjzanderson@cox.net

**Dr. Marion Solomon (310) 474-2505**

e-mail: CESeminars@aol.com

**Or visit our website at:**

**www.anatomyofintimacy.com**

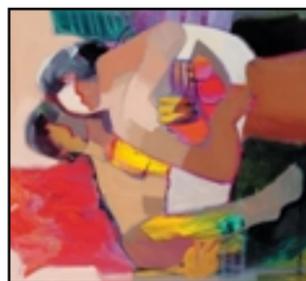
**COVER ARTWORK:** "Falling in Love" by Hessam Abrishami

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**www.anatomyofintimacy.com**

**Conference Directors:**

Judith Zucker Anderson, Ph.D.

Marion F. Solomon, Ph.D.

**Invited Faculty:**

John Gottman, Ph.D.

Susan Johnson, Ed.D.

Bessel Van der Kolk, MD

**Earn up to 14 CE hours**  
**Important Continuing**  
**Education Information:**  
**Please Post**

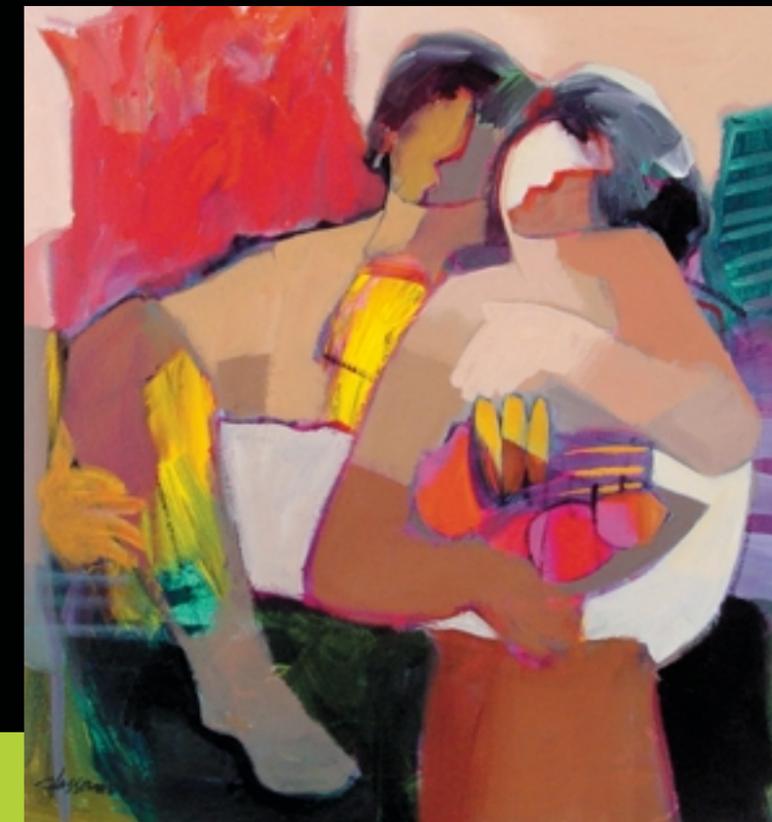
# The Anatomy of Intimacy:

Healing Traumatic Attachment Injuries and  
Preventing Relapse in Couples Therapy

**Saturday & Sunday, November 5-6, 2005**

SOCIAL SCIENCES HALL

UNIVERSITY OF CALIFORNIA, IRVINE



Invited Faculty:

**John Gottman, Ph.D.**

**Sue Johnson, Ed.D.**

**Bessel Van der Kolk, MD**

Presented by:

**Foundation for the Contemporary Family**

UCI Family Therapy Training Program

University of California, Irvine

Department of Psychiatry & Human Behavior

In Collaboration with

**The Lifespan Learning Institute**

Conference Directions:

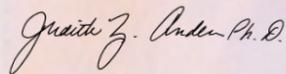
**Judith Zucker Anderson, Ph.D., Marion F. Solomon, Ph.D.**

Dear Colleague:

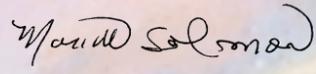
We invite you to join us in the third Anatomy of Intimacy conference. Creating lasting change in couples therapy is a crucial clinical goal. Yet a significant relapse rate in couples therapy remains a serious problem affecting our field today. Unresolved trauma and attachment injuries pose major obstacles 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.

Sincerely,



**Judith Z. Anderson, Ph.D.**  
Conference Co-Director



**Marion Solomon, Ph.D.**  
Conference Co-Director

## Objectives

### 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

## The Anatomy of Intimacy

### Healing Traumatic Attachment Injuries and Preventing Relapse in Couples Therapy

The conference begins with **Dr. Bessel Van der Kolk** exploring the effects of childhood trauma on the development of the self and adult intimate attachments. He will discuss how early traumatizing relationships and disruptions in attachment affect issues of self-cohesion, empathic attunement and affect regulation. In the wake of new insights into the neurobiology of trauma, Dr. Van der Kolk will present research and clinical material on how the body keeps score of trauma-related sensations which may serve as engines for continuing maladaptive responses. Videotapes will be shown of effective interventions aimed at restoring active mastery of self and relationships.

**Dr. Susan Johnson** will follow, offering insight into her interpersonal view of trauma. Conjoint therapy has not been part of traditional approaches to the treatment of trauma, but may be a crucial part of effective intervention. The therapist's goal must be not simply to lessen the distress in a survivor's relationship, but to create a secure attachment that promotes optimal adaptation in a world that contains danger, but is not defined by it. She will show videotapes that illustrate her perspective that couples therapy can provide the healing environment to resolve past trauma.

Drs. Van der Kolk and Johnson will dialogue together on their convergent and divergent views of how different treatment modalities impact traumatic attachments and discuss what are the key change events as partners process through recovery to a sense of mastery.

On Sunday, **Dr. John Gottman** will present recent developments about the kinds of therapeutic interventions in couples therapy which produce lasting change. He is a passionate voice for relapse prevention in treatment as well as psycho-educational approaches to build stronger foundations of marital friendship and repair. He will discuss the new work on Meta-Emotion and its promise in preventing attachment injuries which, ultimately, leads to better relapse prevention. Videotapes will demonstrate his clinical concepts.

Dr. Susan Johnson will follow with a presentation of key change events and ways to overcome impasses to change from an Emotionally Focused Therapy framework. Dr. Johnson's work focuses on creating a transforming level of emotional engagement that fosters a secure attachment bond between partners. Relapse prevention is addressed from the EFT point of view. When a couple is able to connect with true emotional engagement, and learn to forgive key injuries, relapse is much less likely. She will show tapes that demonstrate how she achieves this transforming bonding experience.

Drs. Gottman and Johnson will then dialogue about the similarities and differences in their work, offering guiding principles for refining marital treatment.

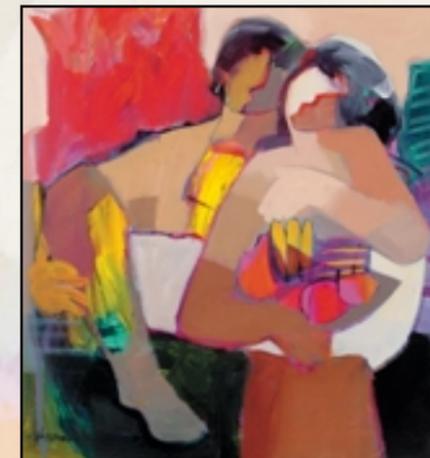
## Program Schedule

### SATURDAY, November 5, 2005

- 8:00 am** Registration
- 9:00 am** Introduction: **Judith Anderson, Ph.D., Marion Solomon, Ph.D.**
- 9:15 am** **Bessel van der Kolk, MD** "The Body Keeps The Score: Integration of Body and Mind In The Treatment Of Traumatized People"
- 11:45 pm** Questions & Answer Forum
- 12:00 pm** LUNCH (INCLUDED IN FEE)
- 1:00 pm** **Susan Johnson, Ed.D.** "Emotionally Focused Couples Therapy With Trauma Survivors"
- 3:30 pm** Questions & Answers
- 3:45 pm** Break
- 4:00 pm** Dialogue between **Bessel van Der Kolk, MD** and **Susan Johnson, Ed.D.** - Discussion with each other and with the audience
- 5:00 pm** End of Day

### SUNDAY, November 6, 2005

- 9:00 am** **John Gottman, Ph.D.** "Meta-Emotion: A Possible Basis for Preventing Attachment Injuries in Couples"
- 11:00 am** **John Gottman, Ph.D.** "Prevention of Relapse in Couples Therapy"
- 12:00 pm** LUNCH (ON YOUR OWN)
- 1:00 pm** **Susan Johnson, Ed.D.** "Transforming Moments in EFT - Getting to the Heart of the Matter"
- 3:00 pm** Questions & Answers
- 3:15 pm** Break
- 3:30 pm** Dialogue between **John Gottman, Ph.D.** and **Susan Johnson, Ed.D.**
- 5:00 pm** End of Day



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

## Conference Directors

**JUDITH ZUCKER ANDERSON, Ph.D.**, Director, UCI Family Therapy Training Program, Assistant Clinical Professor, Department of Psychiatry and Human Behavior. Clinical psychologist and well-known couples and family therapy teacher and therapist, she is recognized as an expert on divorce, remarriage and blended families. Founder and President of the Foundation for the Contemporary Family, a non-profit foundation whose mission is to support innovative clinical training, research and education in couples and family therapy.

**MARION F. SOLOMON, Ph.D.**, Co-Founder and Director of Clinical Training, Lifespan Learning Institute; Senior extension faculty, UCLA Department of Humanities, Sciences and Social Sciences; Author of *Narcissism and Intimacy*, *Lean On Me: The Power of Positive Dependency in Intimate Relationships* and co-editor of *Countertransference in Couples Therapy* and *Healing Trauma*.

## Invited Faculty

**JOHN M. GOTTMAN, Ph.D.** is the nation's foremost researcher on marriage. He was the co-founder of the Gottman Institute and is an emeritus Professor of Psychology at the University of Washington and founded what the media termed, "The Love Lab", where much of his research on couples' interactions was conducted. Dr. Gottman is world renowned for his work on marital stability and divorce prediction, involving the study of emotions, physiology, and communication. He is the author or co-author of 119 published academic articles and 37 books, including: *The Marriage Clinic*, *The Relationship Cure*, *The Seven Principles for Making Marriage Work*; *Why Marriages Succeed or Fail...and How You Can Make Yours Last*.

**SUSAN JOHNSON, Ed.D.** is an internationally acclaimed clinician and researcher in couples therapy. She is Professor of Psychology and Psychiatry at Ottawa University and Director of the Ottawa Couple and Family Institute. She is one of the originators and the main proponent of Emotionally Focused Couples Therapy (EFT), now one of the best empirically validated couples treatment in North America. She has authored many journal articles and books on EFT. *The Practice of Emotionally Focused Couple Therapy*, *Attachment Processes in Couples and Family Therapy* and recently *Emotionally Focused Couple Therapy with Trauma Survivors* have made excellent contributions to the field.

**BESSEL VAN DER KOLK, MD** is a preeminent expert on trauma. He is a Professor of Psychiatry at Boston University and Medical Director of the Trauma Center in Brookline, MA. He has been active as a clinician, researcher and teacher in the area of posttraumatic stress and related phenomena since the 1970s. His work integrates developmental, biological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment. His book *Psychological Trauma* was the first integrative text on the subject. He is co-editor of *Traumatic Stress, the Effects of Overwhelming Experience on Mind, Body and Society* and has published more than 100 scientific articles.