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

Saturday & Sunday, November 5-6, 2005

The Foundation for the Contemporary Family

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 NCEP Accrediting Agency.

CMs and Counselors: The Lifespan Learning Institute (LILI) 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.

MTF/LCSW: UCI Family Therapy Training Program (LUCITTP) is approved by the California Board of Behavioral Sciences (BBS) to provide continuing education for MTFs and LCSWs. These courses meet the qualifications for up to 14 hours of CE as provided by the California Board of Behavioral Sciences (BBSE #PCE3322).

RN: This course is approved for 14 hours of credit for Nurses: Provider # 03424 (LILI).

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. (LILI)

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...

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
e-mail: djzanderson@cox.net
Dr. Marion Solomon (310) 474-2505
e-mail: CSEminars@aol.com

Or visit our website at: www.anatomyofintimacy.com

Foundation for the Contemporary Family

The Anatomy of Intimacy: Fall 2005

Tuesday, November 8, 2005

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

Saturday, November 5, 2005

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

Sunday, November 6, 2005

Invited Faculty:

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

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Socio-Legal Sciences Hall

UNIVERSITY OF CALIFORNIA, IRVINE

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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 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 couples need 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 approach of therapy. Her work has 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.

Dr. Van der Kolk and Johnson will dialogue together on their convergent and divergent views of 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.

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.
- The best predictors of success or failure in adult intimate relationship change
- 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 intimate attachments. 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.
Marion Solomon, Ph.D.

Conference Co-Directors

Program Schedule

SATURDAY, November 5, 2005
8:00 am Registration
9:00 am Introduction: Judith Anderson, Ph.D., Marion Solomon, Ph.D.
11:45 am Questions & Answers Forum
12:00 pm LUNCH (INCLUDED IN FEE)
1:00 pm Susan Johnson, Ed.D. - “Emotionally Focused Couple 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”
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

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JUDITH ZUCKER ANDERSON, Ph.D., Director, UCI Family Therapy Treatment Program, Assistant Clinical Professor, Department of Psychiatry and Human Behavior, Clinical psychologist and well-known couples and family therapist 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 I. SOLOMON, Ph.D., Co-Founder and Director of Clinical Training, Lifespan Learning Institute; Senior extension faculty, UCLA Extension; has authored many journal articles and books on EFT.

BESSEL VAN DER KOLK, MD is a prominent expert on trauma. He is a Professor of Psychiatry at Boston University and Medical Director of the Trauma Program at the South Boston VA Medical Center. He has authored over 500 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.

JOHN M. GOTTMAN, Ph.D., is the nation's foremost researcher on marital relationships. He is director of the Gottman Institute and an emeritus Professor of Psychology at the University of Washington and founded what the media termed, "The Love Lab". A sought-after speaker and author, he is the co-author of 116 published academic articles and 37 books, including: 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 Therapy Program. She is one of the originators of EFT and an expert in the practice of EFT with couples. She is the author of several books, including: “Meta-Emotion: A Possible Basis for Preventing Attachment Injuries in Couples” and “The Body Keeps: The Score. Integration of Body and Mind in The Treatment of Traumatized People.”

Invited Faculty

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Bessel van der Kolk, MD