

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, and muffins 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 or concerns, please contact ZoAnna Carrol at (949) 464-0131 or zcarrol@cox.net; or Dr. Judith Zucker Anderson at (949) 727-4337 or drjzanderson@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 Zucker 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.



Scholarships

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: "My Valentine" by Hessam Abrishami

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Important Continuing
Education Information
PLEASE POST

Foundation for the Contemporary Family

15615 Alton Parkway, Suite 220
Irvine, California 92618-3307



Earn 15 CE hours

Couples Therapy
A Seminar with Judith Zucker Anderson, Ph.D.

INNOVATIONS IN COUPLES THERAPY



A Seminar with
Judith Zucker Anderson, Ph.D.

Starts Friday, October 3, 2008
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.

and a Guest Lecture by Scott R. Woolley, Ph.D.

Starts Friday, October 3, 2008: 5 Sessions (15 CE Units)

HELPING COUPLES create and sustain intimacy over the long haul is a challenging endeavor, too often avoided by even experienced clinicians. Couples therapy is a powerful modality that can also be fun for the therapist when done skillfully. This popular five-week seminar offers the practicing therapist an exciting opportunity to gain expertise and confidence in treating couples. The training, conducted in a seminar format, emphasizes skill building, interactional thinking and translating theory into “what to do” in the session.

Dr. Anderson will present an effective, empirically-validated 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 how to: (1) de-escalate a couple’s negative cycle, actively harnessing their reactivity to foster a more secure bond; and (2) create more responsive connections, helping partners define themselves and face the anxiety of their differences while staying emotionally connected. Tools will be given to (3) conceptualize the integration of the couple’s interaction patterns with each partner’s internal experience; and (4) determine the couple’s repair capabilities in the context of their developmental stage and early attachment history. Dr. Woolley will join us one week for a stimulating presentation on implementing powerful therapeutic change events.

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

Learn how to:

- Get off to a powerful start by conducting initial sessions in order to set clear goals and a collaborative alliance with both partners
- Use questionnaires, videotaping and other diagnostic instruments to expedite assessment
- Increase affect regulation—target interventions to contain destructive reactivity, 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
- Use key EFT interventions to restructure destructive patterns
- Teach couples how to better repair relationship ruptures

Enroll Early: Space is limited to 45

Dates: Fridays, October 3, 10, 17, 24, and 31

Time: 9 am to 12 p.m.

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 more than 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 is 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 con-

temporary 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 with Dr. Susan Johnson.

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.

For more information, visit www.drjudithanderson.com

SCOTT R. WOOLLEY, PH.D., is a Professor and the Systemwide Director of the MFT Masters and Doctoral Programs at the California School of Professional Psychology at Alliant International University. Dr. Woolley has trained therapists in EFT in many areas of the world, including Canada, Finland, Guam, Hong Kong, Japan, Mexico, Taiwan, and throughout the U.S., and has copublished, copresented, and cotrained with Dr. Susan Johnson, founder of EFT.



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 15 hours of Continuing Education credits.

Registration & Fees

First Name: _____ Middle Initial: _____

Last Name: _____

Professional License Number: _____ Degree: _____

Street Address: _____

Street Address: _____ Apt./Ste. #: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Please note: whenever possible, communication with registrants will be via e-mail.

Fees

Register quickly and securely online at

www.regonline.com/seminar08

Early Enrollment : \$295
Early Registration must be postmarked no later than September 12, 2008

Regular Enrollment : \$330

Check
Please make 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 business 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.