

Foundation for the Contemporary Family
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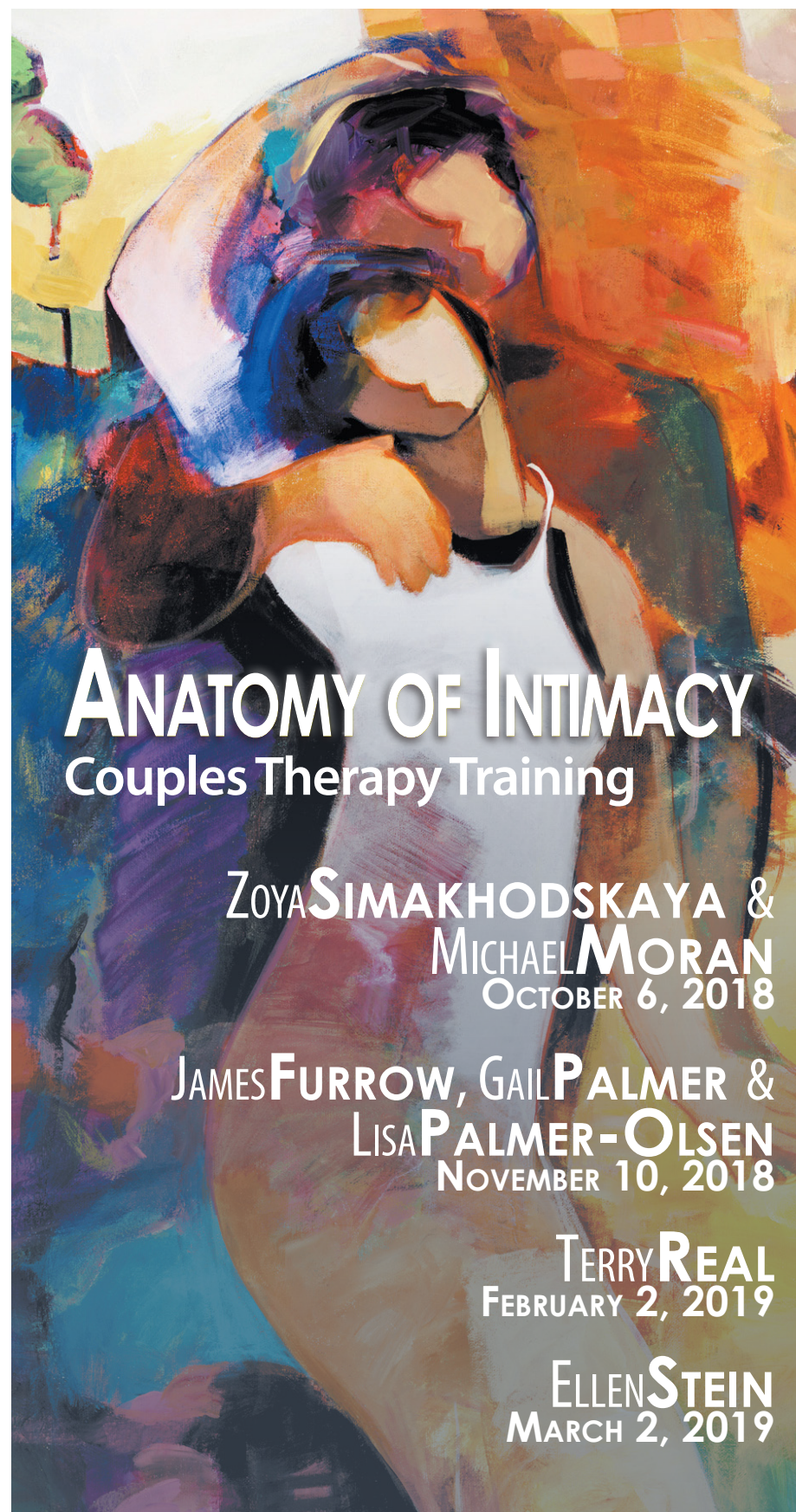
Earn up to 27 CE hours



One-day workshops

October 6, 2018—Zoya Simakhodskaya
& Michael Moran
November 10, 2018—James Furrow, Gail Palmer
& Lisa Palmer-Olsen
February 2, 2019—Terry Real
March 2, 2019—Ellen Stein

Important Continuing
Education Information
PLEASE POST



ANATOMY OF INTIMACY

Couples Therapy Training

ZOYA SIMAKHODSKAYA &
MICHAEL MORAN
OCTOBER 6, 2018

JAMES FURROW, GAIL PALMER &
LISA PALMER-OLSEN
NOVEMBER 10, 2018

TERRY REAL
FEBRUARY 2, 2019

ELLEN STEIN
MARCH 2, 2019

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

anatomyofintimacy.com

Coming in 2018–2019

Integrating Sex & Couples Therapy; EFT Family
Therapy; Men in Therapy; Legal & Ethical Issues

The Anatomy of Intimacy series chooses topics based on your feedback and continues to invite the best and brightest of couples therapy from varied perspectives to offer you in-depth clinical training and interventions you can use with clients on Monday morning.

With that in mind, our lineup for 2018–2019:

Zoya Simakhodskaya & Michael Moran show you how to integrate sex and couples therapies to address what you can do when creating a closer emotional connection doesn't improve a couple's sex life. Next, the three key developers of the innovative EFT Family Therapy—**James Furrow, Gail Palmer & Lisa Palmer-Olsen**—illustrate how to restore connection and promote resilience in complex parent-child relationships.

We've had many requests for more **Terry Real**, so he'll be back to talk about better ways to engage men in therapy using a high-empathy, high-accountability approach. He's a master at dealing with shame, grandiosity, and covert depression in male clients. Finally, it's Law & Ethics time again, so we invited **Ellen Stein**, an engaging and entertaining expert who can cover all the bases.

The Foundation for the Contemporary Family is still underwriting the programs to keep tuition low and provide the popular buffet lunch on the patio!

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 or request one at zoanna@drjudithanderson.com or 949-464-0131.

How to Register

Online: Go to 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. Register by phone 949.464.0131

Place

Newkirk Alumni Center, UCI
450 Alumni Court
University of California, Irvine 92697

Lunch & Refreshments

Coffee, tea & healthy snacks will be provided in the morning and afternoon. A delicious, complimentary lunch will be served on site.

Parking

Convenient parking, located in the lot adjacent to the Newkirk Center, is \$10. An attendant will be on site to issue your parking pass.

Special Needs

Our venue is ADA compliant, and 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 make you comfortable.

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 course date. A withdrawal fee of \$25 per person for each one-day course applies. If you cancel less than 15 days before the course, you will receive only a full credit toward another course. Refunds and credits are issued within 10 business days after the workshop.

Continuing Education

Psychologists: The Foundation for the Contemporary Family is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Foundation for the Contemporary Family maintains responsibility for this program and its content.

MFT/LCSW: The BBS no longer directly approves continuing education providers. Instead, BBS has designated approval agencies from which licensees can receive continuing education. The Foundation for the Contemporary Family is approved by one of these designated approval agencies (APA).

Cover Art: "Adoration" by Hessam Abrishami

Integrating Sex & Couples Therapy: Beyond a secure bond

Zoya Simakhodskaya & Michael Moran

Saturday, October 6, 2018

9:00–5:00 \$165/\$140 through 9/21 7 CE hours

From the perspective of Emotionally Focused Therapy (EFT), healthy sexuality in a long-term relationship is built on the foundation of attachment security. Yet therapists cannot assume that helping a couple create a more secure bond will automatically lead to a better sexual relationship. Sexual issues often remain unresolved unless they are directly addressed, and most couples therapists lack specialized skills in sex assessment and intervention.

Therapists must be able to move between the relational and sexual systems to help the couple be aware of how they can negatively impact each other, which then creates emotional and sexual distance. This clinically focused workshop will show you how to do a thorough assessment of the negative relational and sexual cycle so you can skillfully use EFT interventions to help a couple move toward deeper connection. Clear video case examples will demonstrate how to integrate psycho-educational and behavioral sex therapy interventions while at the same time continuing to build a more secure bond through increased vulnerability. The lecture will include the latest research on sexuality, age-related changes, and diversity.

This workshop is designed to help you:

- Define different, new models of sexual response
- Apply techniques of sexual assessment in EFT treatment in couples therapy
- Identify negative cycles around sexual issues during de-escalation
- Effectively use EFT interventions around sexual issues to create more secure bonds in couples that lead to greater sexual fulfillment



Zoya Simakhodskaya, PhD is a clinical psychologist and Certified EFT Therapist, Supervisor, and Trainer. Her private practice in New York specializes in sexuality and working with cross-cultural and bilingual populations. She is Executive Director of the Board of NYCEFT and Director of the Center for Psychological and Interpersonal Development. She is also on the faculty at NYU School of Medicine, CUNY Graduate Center & Rutgers University and lectures internationally.



Michael Moran, LCSW, CST is a psychotherapist and sex therapist in New York City. His practice focuses on the intersection of couples therapy & sex therapy. He is the only Certified EFT Therapist and Approved Supervisor Candidate who is also an AASECT Certified Sex Therapist in NYC. He is an adjunct professor at Rutgers University, where he teaches marriage and family therapy, as well as LGBTQ issues in contemporary society.

EFT Family Therapy: Restoring connection & promoting resilience

James Furrow, Gail Palmer & Lisa Palmer-Olsen

Saturday, November 10, 2018

9:00–5:00 \$165/\$140 through 10/19 7 CE hours

EFT Family Therapy (EFFT) is an innovative family therapy model which enables therapists to extend the proven effectiveness of EFT to the multiple relationships and complexities of family life. It is an attachment-based approach that combines both systemic and experiential interventions to mend broken bonds and heal fractured families. EFFT offers a practical approach to engaging emotional experience within a family and targets the problem cycles that block family members from accessing the necessary resources for growth and connection.

A primary goal of EFFT is to reduce problematic behavior by creating new patterns of emotional accessibility and responsiveness that create a secure base for children to develop and families to thrive. Through the power of transforming emotional experience, a family is able to heal and gain resilience in the everyday and unexpected challenges of life. This workshop provides participants an introduction to the conceptualization and treatment of family-related distress through EFFT.

We are delighted these three outstanding trainers and key developers of EFFT will share a variety of video case examples to illustrate the model.

This workshop is designed to help you:

- Conceptualize family distress using theories of emotion & attachment
- Identify the stages and markers of change in the EFFT approach
- Describe interventions used to break through blocks in parent-child connections
- Delineate the relationship of secure attachment to family patterns of resilience



James L. Furrow, PhD is an EFT Trainer and Professor of Marital and Family Therapy at the Fuller Graduate School of Psychology. He is editor of the *EFT Casebook* and co-author of *Becoming an EFT Therapist: The Workbook* and *Emotionally Focused Therapy for Dummies*. His research and clinical work has been widely published in peer-reviewed journals.



Gail Palmer, MSW, MFT is an EFT Trainer and Co-Director of ICEEFT. Gail has trained therapists in EFT in North America & Europe and lectures at Carleton and St. Paul's Universities in Ottawa. She is an approved AAMFT supervisor and co-author of *Becoming an Emotionally Focused Therapist: The Workbook*.



Lisa Palmer-Olsen, PsyD is an EFT Trainer and Co-Director of TRI EFT Alliant. Her primary clinical and research interests are in the area of couples and families dealing with trauma and attachment-related struggles. She is an AAMFT supervisor, as well as cofounder and clinic director for the Alliant Couple and Family Clinic in San Diego.

Men in Therapy: Shame & grandiosity, empathy & accountability

Terry Real

Saturday, February 2, 2019

9:00–5:00 \$165/\$140 through 1/11 7 CE hours

We've all worked with troubled men who are irresponsible, oppressive, or emotionally absent—and dragged into therapy by their partners. This workshop will explore common themes of trauma and disconnection in many men's lives and how it can translate into overt and covert depression, which, in turn, fuels frequent male issues of self-medication and sexual or aggressive acting out. Terry Real returns to UCI to present his newest work in effectively engaging men in therapy. His powerful approach integrates a high level of empathy while challenging their level of accountability. He will present a range of strategies to help men reconnect to their core self, be more accountable for their behavior, as well as focusing on their underlying vulnerabilities.

In this workshop, you'll learn how to effectively work with issues of shame and grandiosity, as well as toxic engagement and disconnection. He will show how to apply different approaches with different personalities, including:

- 1) The Boys—the sensitive “good boys” and the fiery “bad boys” who won't grow into a mutual relationship or take on family responsibilities
- 2) The Bullies—the grandiose men who control their partners and retaliate when they can't maintain power
- 3) The Avoiders—the damaged souls whose attachment injuries have left them unable to stay the course of a relationship

He will show extensive video to demonstrate various ways to increase empathy and accountability that leads to reconnection of self and to the partner. Join us to dramatically enhance your work with men and couples.

This workshop is designed to help you:

- Avoid common missteps that trigger men to shut down in therapy, especially with female therapists
- Apply techniques to enlist the best part of the man into an alliance with you
- Assess the differences between shame & grandiosity and how best to intervene
- Explain the distinction between overt & covert depression in men and how to treat it



Terry Real, LCSW is a senior faculty member of the Family Institute of Cambridge, Massachusetts, and a Clinical Fellow of the Meadows Institute in Arizona. He founded the Relational Life Institute in Boston. A couples therapist and renowned teacher for more than 25 years, he is the best-selling author of *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression*; the straight-talking *How Can I Get Through to You? Reconnecting Men and Women*; and, most recently, *The New Rules of Marriage: What You Need to Make Love Work*. Terry presents nationwide to professionals and gives frequent commentary to the media.

Can of Worms 2.0: Law and ethics with couples, kids & families

Ellen Stein

Saturday, March 2, 2019

9:00–4:00 \$165/\$140 through 2/8 6 CE hours

We're bringing you another enlightening and entertaining ethics training with the latest information you need to know!

Working with couples and families, even the best clinicians are challenged to effectively navigate sticky ethical issues and ever-changing California laws. This unique workshop, focusing on couples and family therapy, offers an opportunity to examine common clinical/ethical/legal dilemmas which often arise when treating more than one person:

WHO is the client?

CONFIDENTIALITY—keeping secrets or not? Seeing partners both individually & conjointly?

TREATING CHILDREN and sharing information with parents? If divorced?

HIGH-CONFLICT divorce & remarriage cases—dealing with ex-spouses, attorneys & children

SUBPOENAS in divorce & custody cases

REPORTING abuse & maintaining a therapeutic alliance?

THE NEW TARASOFF WARNING—what exactly is it?

TELEHEALTH—risks of using Skype, email & text messaging

BOUNDARY VIOLATIONS—what are they & what are the risks?

Dr. Stein's seminars are known for her outstanding interweaving of valuable training with an entertaining and engaging style. The relevant use of case examples, audience participation, and a fun exploration of content all contribute to a stimulating refresher we all need.

This workshop is designed to help you:

- Define the implications of various confidentiality policies
- Establish effective informed consent for couples, family & individual treatment
- Identify legal and ethical issues in families experiencing divorce and high conflict
- Effectively use correct legal & ethical guidelines to conduct your practice



Ellen Stein, PhD is a forensic & clinical psychologist in San Diego. She's a former Adjunct Professor of Law/Ethics with Alliant International University as well as the University of San Diego. With a clinical practice which focuses on adolescents and adults, Dr. Stein also specializes in forensic consultation and expert witness testimony in civil, criminal, and military courts. She served on the CPA Ethics Committee for years and is also a Court Appointed Expert for the Superior Court of California. Dr. Stein serves on the California BOP Enforcement Program, as an Expert Reviewer.