THE MILTON H. ERICKSON FOUNDATION
THE COUPLES INSTITUTE present

The Couples Conference

AFFAIRS, ADDICTIONS, AND DECEPTION: CHALLENGING ISSUES IN COUPLES THERAPY

MARCH 31-APRIL 2, 2017
Manhattan Beach, California

SYLLABUS

DO NOT PRINT OUT.
You will receive a printed copy with your registration materials at Couples 2017.

ALEXANDRA KATEHAKIS
MARThA KAUPPI
MARY KLEIN
RICK MILLER
SUE DIAMOND POTTS
JANIS ABRAMHS SPRING
STAN TATKIN
JEFFREY ZEIG

DANIEL AMEN
ELLYN BADER
JANINA FISHER
STEVE FRANKEL
What You Will Learn...

The Couples Conferences have become a leading vehicle for learning the applications of the latest research on facilitating treatment with couples. At this Conference, you will learn from leading-edge theorists and practitioners as they define, describe and discuss differing approaches that initially promote closeness and those that move toward managing difference and facilitating differentiation. By the end of this Conference, you will have advanced and refined your own thinking about how to approach the challenge of facilitating intimacy.
The Milton H. Erickson Foundation, Inc. is a federal nonprofit corporation formed to promote and advance the contributions to the health sciences by the late Milton H. Erickson, MD. In addition to organizing congresses, workshops, and the previous Couples Conferences, the Foundation also has organized seven landmark Evolution of Psychotherapy Conferences in 1985, 1990, 1995, 2000, 2005, 2009, and 2013 attracting more than 7,000 professionals worldwide at each conference. The next Evolution Conference is scheduled for 2017 in Anaheim, California. The Milton H. Erickson Foundation Board of Directors are: Jeffrey K. Zeig, PhD, Roxanna Erickson-Klein, RN, MS, PhD, Camillo Loriedo MD, J. Charles Theisen, MA, MBA, JD, Bernard Trenkle, Dipl Psych. The Milton H. Erickson Foundation does not discriminate on the basis or race, color, religion, age, national or ethnic origin, physical challenge, gender or sexual orientation.

The Couples Institute


couplesinstitute.com

445 Burgess Drive, Suite 150, Menlo Park, CA 94025
Telephone: (650) 327-5915 or toll free (877) 327-5915
Fax: (650) 327-0738

For more than 20 years, Dr. Ellyn Bader and Dr. Peter Pearson have been helping couples resolve issues and create strong, loving relationships. Known worldwide through their pioneering work in couples therapy, they are the founders of The Couples Institute in Menlo Park, California. They are frequently invited to speak at major conferences and to conduct training in the psychological treatment of couples throughout the world. Their book on couples therapy for professionals is used in graduate schools across the country. In addition to their professional collaboration, they are married to each other, bringing even greater insight into the work they do. They will educate, enlighten and entertain you with the challenges they have faced as a couple, and how they overcame them to build a strong marriage. Ellyn and Peter have been featured on over 50 radio shows and on television including “The Today Show” and “CBS Early Morning News.” The Bader-Pearson approach is known for its practical applications that help partners create enduring love.

Financial Disposition

Profits from the meeting will be used by The Milton H. Erickson Foundation to support educational and scientific efforts.
DANIEL AMEN, MD
Dr. Amen is a neuroscientist, physician, double board certified psychiatrist, and multiple New York Times bestselling author. He is the Founder of Amen Clinics with locations in Costa Mesa and San Francisco, California, Bellevue, Washington, Reston, Virginia, Atlanta, Georgia and New York, New York. Amen Clinics have the world’s largest database of functional brain scans relating to behavioral health, totaling more than 125,000 scans on patients from 111 countries. In January 2016, his team’s research on distinguishing PTSD from TBI was featured as one of the top 100 stories in science by Discover Magazine.

ELLYN BADER, PhD
Dr. Ellyn Bader is a founder and director of The Couples Institute in Menlo Park, California. As a clinical psychologist, workshop leader, author, and speaker, she is dedicated to helping couples create extraordinary relationships. Over the past 30 years she has trained therapists in couples therapy throughout the United States as well as Europe, Asia, South America, and Australia. She served as a Clinical Faculty at Stanford University School of Medicine for 8 years. Ellyn is a past-president of the International Transactional Analysis Association and a recipient of the Clark Vincent Award for an outstanding literary contribution to the field of marital therapy from the California Association of Marriage and Family Therapists.

She co-authored the books, In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy (Brunner/Mazel.) and Tell Me No Lies: How to Face the Truth and Build a Loving Marriage. (St.Martins Press.) with her husband, Dr. Peter Pearson. Drs. Bader and Pearson have appeared on numerous radio and TV shows including the Today show and the CBS Early Morning News on election day. They have been married to each other for 35 years and have worked together for 30 years.
JANINA FISHER, PhD
Dr. Fisher is a licensed clinical psychologist and Assistant Educational Director of the Sensorimotor Psychotherapy® Institute. An instructor since 1996 at the Trauma Center founded by Bessel van der Kolk, she is also an EMDR Consultant, former Instructor, Harvard Medical School, and a consultant on trauma-informed care to the Connecticut and Massachusetts Departments of Mental Health. Dr. Fisher lectures nationally and internationally on the integration of neuroscience research into clinical practice. She is the author of Healing the Fragmented Selves of Trauma Survivors, to be published in April 2017. For more information, go to: www.janinafisher.com.

STEVEN FRANKEL, PhD, JD
Steve is a clinical psychologist and an Attorney at Law licensed in California, and The District of Columbia. He is a Diplomate in both Clinical and Forensic Psychology from the American Board of Professional Psychology. Beginning in 1980, his psychology practice focused increasingly on the diagnosis and treatment of post-traumatic and dissociative disorders. In 1993, he joined with Walter and Linda Young in the opening of a unit for the treatment of traumatic and dissociative disorders at Del Amo Hospital in Torrance, CA and remained a consultant to the program until July of 2000. An ISSD member since 1990 and Fellow since 1998, he was elected President of the ISSD for 2001-02. His legal practice is in health and administrative law. He represents healthcare professionals in their dealings with agencies like licensing boards and Medicare, as well as with their miscellaneous worries.

He received the USC Award for Teaching Excellence early in his academic career. He was similarly honored by his state professional society some years later. He has spoken at local, national and international conferences on trauma and dissociation and his full-day continuing education curriculum in law and ethics for mental health professionals (over 50 workshops/year) has earned him his latest Outstanding Teacher Award. An Adjunct Professor of Law at Golden Gate University School of Law, he has taught courses on healthcare policy, mental disorders and the law and regulation of healthcare practice.
ALEXANDRA KATEHAKIS, MA, MFT
Alexandra Katehakis has a master in clinical psychology and is a licensed Marriage, Family Therapist. She is Founder and Clinical Director of the Center for Healthy Sex in Los Angeles, Senior Fellow at The Meadows, faculty for the International Institute of Trauma and Addiction Professionals, and the 2012 Carnes Award recipient. Ms. Katehakis is a Certified Sex Addiction Therapist/Supervisor and AASECT Certified Sex Therapist/Supervisor specializing in the treatment of sexual disorders.


MARTHA KAUPPI, LMFT, ACST
Martha Kauppi is a marriage and family therapist, educator, AASECT-certified sex therapist, and AAMFT-approved supervisor. She has a private practice in Madison, Wisconsin, specializing in couple therapy and a broad variety of sex-related issues. Particular interests in her practice are sexual health and function and alternative sexualities. She is passionate about helping therapists gain cultural competence working with marginalized sexual populations — for example, those who have alternative relationship structures such as polyamory.

Martha’s lifelong career in health and sexuality includes years of providing obstetric and gynecological care and sexual health and family systems counseling as a midwife. She has done technical writing about sexual health; taught physicians, nurse practitioners, and counselors how to be more effective helping with sex issues; created an innovative 600-hour curriculum for midwives; and developed and taught a graduate-level course for therapists about sexuality. She has presented to the public on issues ranging from alternative sexualities to improving orgasmic function, and to therapists about every conceivable topic related to sex and sexuality.

Martha is known for her warmth, humor, creativity, and ability to inspire. Her mission is to create a cultural shift: What if every therapist felt comfortable, competent, and confident including discussion about sex in the normal course of therapy? What if every client could expect their therapist to be able to hold steady and help skillfully with ANY topic...even sex? To this end, Martha recently developed an online training for therapists to build substantial skill working with sexual issues in therapy.
MARTY KLEIN, PHD
Dr. Klein has been an Licensed Marriage & Family Therapist and Certified Sex Therapist for 35 years. The award-winning author of 7 books, he has given 1,000 keynotes, seminars, and in-service trainings across the U.S. and in 30 other countries. Marty is a frequent guest in the popular media, including the NY Times, National Public Radio, the New Yorker, and the Daily Show. As a qualified forensic expert in sexuality, Marty continually challenges popular clinical assumptions about sex, gender, desire, & pornography. Wikipedia cites Marty as the key challenger to the concept of sex addiction. Marty recently gave two Congressional briefings on evidence-based sex education.

RICK MILLER, LICSW
Rick Miller is a clinical social worker in private practice in Boston and on Cape Cod, Massachusetts, USA. He has served on the national and international faculty for The International Society of Hypnosis, The Milton Erickson Foundation of South Africa, The Brief Therapy Conference, The Society for Clinical and Experimental Hypnosis, The American Society of Clinical Hypnosis, and The American Group Psychotherapy Association, and Harvard Medical School. He was also a guest lecturer at The University of Johannesburg Department of Psychology, Johannesburg, South Africa.

The curriculum Rick developed (hypnotherapy with gay men including customized scripts) is used at The Milton Erickson Institute of Mexico City, Mexico, and National Autonomous University of Mexico, also in Mexico City.


www.rickmiller.biz
Facebook: Rick Miller Psychotherapy +
Instagram: gaysonsandmothers.
SUE DIAMOND POTTS, M.A., R.C.C.

Sue Diamond Potts is a psychotherapist working in Vancouver, British Columbia with over 25 years in the field. She is the Founder & Director of the Good Life Therapy Centre which focuses on helping couples and individuals create loving relationships in the aftermath of addiction and trauma. Sue began her career working with adult children of alcoholics, focusing on healing developmental trauma and grieving the loss of an unlived childhood. She went on to study and teach somatic approaches to working with trauma. As a Certified Bader-Pearson Developmental Couples Therapist she has been leading trainings in this model to therapists locally and internationally.

Sue’s passion for helping others arises from her experience as the child of two immigrant parents who lived through WWII in Nazi Germany. Her Master’s thesis in Counselling Psychology focused on the trans-generational effects of war trauma on second generation children, who unconsciously carry their parents’ wounds. She drew parallels with the genocidal practices perpetrated on First Nation communities in her published paper, “Native Child Welfare: The Devastation & Rebuilding of a Culture.” She worked in the infamous Downtown Eastside of Vancouver, providing support and treatment to the most street entrenched addicts.

As part of her training, Sue travels to India annually to practice and study a scientific kriyayoga meditation technique for attaining self-realization. She brings a wealth of personal and professional experience to her work and is compassionately committed to making a difference by inspiring others to overcome their difficulties and strive for happiness. Sue is currently working on her first book: “Addictions & Relationships: Rebuilding Love in Recovery”.

JANIS ABRAHMS SPRING, PHD, ABPP

Janis Abrahams Spring is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. Her first book, After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, has sold more than a half million copies and was a Books for a Better Life Award finalist in the categories of Best First Book and Best Relationship Book. The completely updated second edition includes a new chapter on affairs in cyberspace. How Can I Forgive You? The Courage to Forgive, the Freedom Not To, was a Books for a Better Life Award finalist in the category of Best Psychology Book. Life with Pop: Lessons on Caring for an Aging Parent, a Living Well Award Silver Medalist, captures the extraordinary, ordinary personal challenges and moments of grace that come with caregiving and growing old.

Dr. Spring received her B.A. from Brandeis University, magna cum laude; her Ph.D. in clinical psychology from the University of Connecticut, and her post-graduate training from Aaron Beck, M.D., at the Center for Cognitive Therapy at the University of Pennsylvania. A former clinical supervisor in the Department of Psychology at Yale University, she often serves as a guest expert in the national media (Good Morning America, NPR, The New York Times, Huffington Post, Sirius XM Radio, and others). In private practice for more than 38 years in Westport, Connecticut, Dr. Spring is a recipient of the Connecticut Psychological Association’s Award for Distinguished Contribution to the Practice of Psychology and the Connecticut Marriage and Family Therapy’s Award for Distinguished Service to Families. www.janisaspring.com.
STAN TATKIN, PSY.D., MFT

Stan holds a degree in clinical psychology. He is a clinician, researcher, teacher, and developer of A Psychobiological Approach To Couples Therapy® (PACT) which has training programs both nationally and internationally. In addition to his private practice, he teaches and supervises first through third-year family medicine residents at Kaiser Permanente, Woodland Hills, through which he is an assistant clinical professor at the UCLA David Geffen School of Medicine, Department of Family Medicine.

He is co-author with Marion Solomon of Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy from Norton's Interpersonal Neurobiology Series and author of Wired for Love: How Understanding Your Partner’s Brain Can Help You Defuse Conflicts And Spark Intimacy from New Harbinger and most recently of Your Brain on Love, through Sounds True.

JEFFERY ZEIG, PHD

Dr. Zeig is the Founder and Director of the Milton H. Erickson Foundation, having studied intermittently with Dr. Erickson for more than six years. He edited, co-edited, authored, or coauthored more than 20 books that appear in twelve foreign languages. His current area of interest is extracting implicit codes of influence from various arts, including movies, music, painting, poetry and fiction that can be used to empower professional practice, and everyday communication.

Dr. Zeig is the architect of The Evolution of Psychotherapy Conferences, considered the most important conferences in the history of psychotherapy. He organizes the Brief Therapy Conferences, the Couples Conferences, and the International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. Dr. Zeig is on the Editorial Board of numerous journals; is a Fellow of the American Psychological Association (Division 29, Psychotherapy); and Fellow of the American Society of Clinical Hypnosis.

He is a Distinguished Practitioner in the National Academy of Practice in Psychology of the National Academies of Practice. A psychologist and marriage and family therapist in private practice in Phoenix, Arizona, Dr. Zeig conducts workshops internationally (more than 40 countries). Specialty topics include experiential psychotherapy, hypnosis and brief therapy with various clinical problems. Dr. Zeig speaks at major universities and teaching hospitals including The Mayo Clinic, Menninger and MD Anderson. He is president of Zeig, Tucker & Theisen, Inc., publishers in the behavioral sciences and the Erickson Foundation Press.
Eligibility

The Couples Conference is open to professionals in health or mental health-related fields, including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (eg. AMA, APA, ADA), and to professionals with health-related graduate degrees (eg. MSW, MSN, MA or MS) from accredited institutions. Full-time graduate students in accredited programs leading to such degrees will be accepted if they supply a letter from their department on letterhead stationary, certifying their full-time status as of March 2017.

Continuing Education

The Application for Continuing Education and Evaluation forms will be available online beginning Thursday, March 30. You can obtain your certificate by going to CouplesConference.com and following the link on the home page, and complete the evaluation form and print it out immediately. If you do not have internet access, or prefer obtaining your certificate by mail, please stop by the registration desk and we’ll help you get a paper form. But please be aware that your certificate will take up to 4 weeks to be mailed. PLEASE NOTE: Attendees receive a separate Documentation of Attendance for the Law & Ethics pre-conference workshop. This is also available through the conference website.

Approvals

It is your responsibility to contact your licensing/certification board directly to determine eligibility to meet your continuing education requirements.

A.C.C.M.E. The Milton H. Erickson Foundation, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

A.M.A. The Milton H. Erickson Foundation, Inc., designates this live activity for a maximum of 26.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

A.P.A. The Milton H. Erickson Foundation, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. The Milton H. Erickson Foundation, Inc. maintains responsibility for this program and its content.

B.R.N. The Milton H. Erickson Foundation, Inc. Provider approved by the California Board of Registered Nursing, Provider Number CEP 9376 for 25.0 contact hours.

N.A.S.W. This program is Approved by the National Association of Social Workers (Approval # 886392793-8102) for 25 continuing education contact hours.

N.B.C.C. The Milton H. Erickson Foundation, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5056. Programs that do not qualify for NBCC credit are clearly identified. The Milton H. Erickson Foundation, Inc. is solely responsible for all aspects of the programs.

California Marriage & Family Therapists. The Milton H. Erickson Foundation is approved to provide continuing education by the NBCC and the APA in the state of California. As of July 1, 2015, California BBS accepts CE hours from CE providers approved by either the NBCC or the APA for all license types per Title 16 California Code of Regulation (16CCR) § 1887.4.1 and § 1887.4.3

State of Florida Department of Professional Regulation The Milton H. Erickson Foundation, Inc. is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling as a provider of continuing education (CE Provider #: 50-2008).

New York State Education Department’s State Board for Social Work The Milton H. Erickson Foundation is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0304.

CREDIT BREAKDOWN

<table>
<thead>
<tr>
<th>Date</th>
<th>Category</th>
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<tr>
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<td>6.0 credits</td>
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<tr>
<td>Friday, March 31st:</td>
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<td>Saturday, April 1st:</td>
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<td>Sunday, April 2nd:</td>
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<tr>
<td>Full Conference:</td>
<td>19.0 credits</td>
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<tr>
<td>Full Conference + Pre-Conference:</td>
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POLICY ON DISCLOSURE: The Milton H. Erickson Foundation is proud of the conferences and other educational opportunities it sponsors, taking care that the conduct of these activities conforms to the standards and principles of behavioral and medical sciences, thus ensuring balance, independence, objectivity and scientific rigor in all individually sponsored or jointly sponsored educational activities. All faculty members participating in a sponsored activity, and those who review and therefore are in control of content, are requested to disclose any relevant financial relationship prior to the CME activity, including but not limited to specific commercial interests, financial remuneration received by faculty member or spouse, and what role or activity was performed for this remuneration. If a conflict of interest exists as a result of a financial relationship it will be resolved prior to the activity. A faculty member will not be allowed to present if the conflict is not or cannot be resolved.
SITE, SESSIONS & SEATING

The Couples Conference is held at
Manhattan Beach Marriott
1400 Parkview Avenue
Manhattan Beach, California 90266
Phone: 1-310-546-7511    Fax: 1-310-939-1486

Attendance at the individual sessions of the Conference is limited by room size. There is no pre-registration. Early arrival to individual sessions will ensure optimal seating. The first row of all meeting rooms is reserved for attendees with physical challenges and for VIPs. Please do not block aisles or sit on the floor in meeting rooms. Strict regulations are enforced. We appreciate your cooperation.

AUDIO AND VIDEO RECORDINGS

Presentations will be audio recorded and available for purchase. The Audio and Video Recordings tables will be located in the registration area: Manhattan Ballroom foyer.

IDENTIFICATION BADGES

Each attendee should already have a name badge. Please wear your badge at all times. Only persons who wear identification badges will be admitted to conference sessions.

SYLLABUS

This book contains educational objectives, presentation descriptions, location of events and other important information. Additional copies will be available for $20, while supplies last.

VOLUNTEERS

A number of volunteers are assisting with the Couples Conference. Volunteers can be identified by special red ribbons on their name tags. If you are asked to change seats to accommodate someone who is physically challenged, please comply.

PARKING

Self-parking at the Marriott is $17 per day/per car; $35 for valet parking, per day/per car.

SMOKING POLICY

The Marriott is 100% non-smoking.

LOST & FOUND

Please turn in found items to the Erickson Foundation Registration Desk. At the end of the day these items will be turned over to the hotel security.

LITERATURE TABLES

Literature tables are located in the registration area for faculty and sponsor materials. Please ask at the Erickson Foundation desk for information and permission to display literature on these Free-Take-One tables. Unauthorized material will be removed.

BOOKSTORE

ROOM 200 AB
Friday March 31    7:30am-7:00pm
Saturday April 1    7:30am-6:00pm
Sunday April 2     7:30am-3:30pm

EXHIBIT HOURS

MANHATTAN BALLROOM FOYER
Friday March 31    7:30am-7:00pm
Saturday April 1    7:30am-6:00pm
Sunday April 2     7:30am-3:30pm

Please be considerate of others at the conference. Do not use cell phones during sessions—and please turn off your ringers.

QUESTIONS ABOUT THE CONFERENCE?

THE MILTON H. ERICKSON FOUNDATION
2632 East Thomas Road, Suite 200   ●   Phoenix, Arizona 85016
Phone: 602-956-6196 ● Fax: 602-956-0519

CouplesConference.com
Started in 1980, the educational outreach activities of The Milton H. Erickson Foundation have made it a leading provider of continuing education opportunities for mental health professionals.

Training Opportunities

CONFERENCES
The Foundation organizes educational conferences designed to share and explain state-of-the-art methods, while refining and enhancing clinical skills. Currently these conferences include:

- The International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy (begun in 1980 and scheduled every three years)
- The Brief Therapy Conference (begun in 1988 and scheduled approximately every three years);
- The Couples Conference (first held as a stand-alone conference in 1995 and roughly each year thereafter).

The Evolution of Psychotherapy

Apart from other conferences is the celebrated Evolution of Psychotherapy Conference. The Foundation organized the first Evolution conference in 1985 in Phoenix. It was instantly hailed as a landmark conference—“The largest gathering ever devoted to the practice of psychotherapy” by TIME. At the suggestion of Virginia Satir, the conference was repeated every five years. A four-year cycle was initiated with the 2009 conference.

INTENSIVE TRAINING IN ERIKSONIAN APPROACHES TO HYPNOSIS & THERAPY

Since 1987, the Foundation has offered Intensive Training in Ericksonian Approaches to Hypnosis and Psychotherapy. Held three times a year in Phoenix, Arizona, these workshops have limited enrollment for individualized instruction, and are organized into Fundamental, Intermediate, and Advanced levels of training. All of them focus on principles, applications, and techniques of Ericksonian Hypnotherapy.

MASTER CLASS IN BRIEF PSYCHOTHERAPY

New to the educational opportunities offered by the Foundation is the Master Class in Brief Psychotherapy. This program is limited to 12 participants and open only to licensed, experienced mental health professionals. A special aspect of the Master Class is that it is held at the Erickson home, in Dr. Erickson’s office and teaching study, where he conducted his famous teaching seminars.

In 2010 the Foundation purchased Dr. Erickson’s last home in Phoenix, Arizona. The Foundation is committed to preserving the legacy of the late Dr. Erickson by transforming the home at 1201 E. Hayward Avenue into a museum. The home, where “the master” both lived and worked in the last decade of his life, will be preserved with integrity to give visitors an emotionally-charged experience. Friends of the Foundation can rediscover the man behind the methods by “experiencing Erickson” in his actual environment.

Audio, Video & The Foundation Press


Since its inception, the Foundation operated out of modest ‘40s style bungalows in central Phoenix. Now the Foundation headquarters and archives are located in newer facilities, which provides a home base for the staff, as well as serving as a destination for practitioners. We can now focus our energy in one place, maximize our efforts, expand our rich archives and continue to enhance the skills of students and professionals.
THE ERIKSONIAN MONOGRAPHS
The Foundation is sponsor of The Ericksonian Monographs. The highest quality articles on Ericksonian hypnosis and psychotherapy are included in The Monographs. Ten issues were published under the editorship of Stephen Lankton. The Monograph series evolved into the Annual of Brief Therapy. These are available from Taylor & Francis.

CURRENT THINKING AND RESEARCH IN BRIEF THERAPY
Current Thinking and Research in Brief Therapy: Solutions, Strategies and Narratives. Evolving from the Ericksonian Monographs, this series contains only the highest quality articles on brief therapy theory, practice and research. Volumes I, II and III are available from Taylor & Francis.

THE FOUNDATION PRESS began by publishing the proceedings of the 1998 Brief Therapy and Evolution of Psychotherapy Conferences. The PRESS makes a library of print, audio and video resources available for mental health care providers. These include classics like The Handbook of Ericksonian Psychotherapy. Also offered are DVDs of Dr. Erickson, discussed by Jeffrey Zeig, such as Advanced Techniques of Hypnosis & Psychotherapy: Working with Resistance.

An especially important project is the limited edition Collected Works of Milton H. Erickson, of which Volumes 1 through 16 are already in print.

Institutes, Websites & Newsletter
There are 140 Milton H. Erickson Institutes/Societies in the United States and abroad that have permission to use Dr. Erickson’s name in the title of their organization. Institutes provide clinical services and professional training. There are Institutes in major cities in North America, South America, Europe, Asia, Australia, New Zealand, South Africa and the Philippines.

www.erickson-foundation.org
CouplesConference.com
www.EricksonCongress.com
BriefTherapyConference
www.EvolutionofPsychotherapy.com

The Milton H. Erickson Foundation publishes a Newsletter for professionals three times a year to inform its readers of the activities of the Foundation. Articles and notices that relate to Ericksonian approaches to hypnosis and psychotherapy are included. Submissions should be sent to karen@erickson-foundation.org. Business and subscription matters should be directed to the Erickson Foundation at 2632 E. Thomas Rd., Suite 200, Phoenix, AZ 85016; newsletter@erickson-foundation.org.

NEWSLETTER STAFF
Richard Landis, PhD, Executive Editor
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Jeffrey K. Zeig, Director & Founder
FREE COFFEE OR TEA
IN THE MANHATTAN BALLROOM FOYER!

Courtesy of
THE MILTON H. ERICKSON FOUNDATION

The Bookstore is Open!

For your convenience...
The onsite bookstore carries hundreds of titles by faculty authors and on related topics! The store is located on the second floor
ROOM 200 AB

Bookstore Hours
Friday March 31  7:30am-7:00pm
Saturday April 1  7:30am-6:00pm
Sunday April 2    7:30am-3:30pm

CouplesConference.com
<table>
<thead>
<tr>
<th>Time</th>
<th>Program Number</th>
<th>Program Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td></td>
<td>Registration for Law &amp; Ethics</td>
<td>Manhattan Ballroom Foyer</td>
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<tr>
<td>8:00 AM - 12:00 PM</td>
<td>LE 1</td>
<td>LE 1</td>
<td>SHORE BALLROOM</td>
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<tr>
<td>1:30 PM - 3:30 PM</td>
<td>LE 2</td>
<td><strong>Law &amp; Ethics</strong>&lt;br&gt;Presented by Steven Frankel, PhD, JD</td>
<td>SHORE BALLROOM</td>
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"What Goes Around …" is focused on recent and emerging developments in law and ethics that will impact clinicians of all disciplines. Starting with changes to child abuse reporting obligations, the workshop covers changes for custody evaluators, record-keeping and maintenance, emerging issues and risks regarding telehealth practice, updates on duties to inform and warn when violent behavior may occur, modifications of laws concerning “retirement” of professionals, receiving subpoenas, testifying in court, risk management for supervisors, suicide risk management, and “selected slippery slopes.”

**Educational Objectives:**

1. Identify at least three areas of practice for which legal/ethical changes have developed in the past 5-10 years.
2. State the most effective strategy for maintaining clinical records of patient/client care.
3. Identify two significant problems for clinicians who wish to provide telehealth services.
4. State two major cautions for clinicians who receive subpoenas for patient/client records.
5. State the differences between three classes of witnesses in courts.
6. Identify two “slippery slopes” of concern to clinician risk management.

Attendees receive a separate Documentation of Attendance for the Law & Ethics pre-conference workshop. This is available through the conference website.
Marriage is bliss, they say, but it can also be a source of trauma. After an affair, how do couples move from hate and hurt to genuine forgiveness? How much work takes place inside the heart and mind of the hurt partner, and how much is earned through concrete steps taken by the unfaithful partner? What makes for a good apology? What is the job of the hurt partner in fostering forgiveness? Can partners forgive and divorce? Is it possible to heal without forgiving? Is it possible to forgive partially and rebuild a good life together? These are some of the questions that will be addressed in this keynote.

Educational Objectives:
- Differentiate “forgiveness” as it is traditionally defined versus “acceptance”.
- Reframe and de-shame the personal meaning of an interpersonal wound.
- Teach each partner to acknowledge a fair share of responsibility for the injury.

Ellyn will present a video of a first session with a couple about to separate after a third discovered infidelity. The session, conducted by Ellyn Bader and Peter Pearson focuses on illuminating how one partner’s unresolved family of origin issues create pain for both partners, contribute to infidelity and inhibit the development of the relationship. After the video presentation, Janis Spring will comment. We all learn more when we see therapeutic work discussed from multiple perspectives.

Educational Objectives:
- Recognize 5 early stage treatment issues when infidelity is revealed
- Uncover underlying unresolved trauma and demonstrate to the partners how this contributed to infidelity
- Avoid getting pulled into the blame/shame cycle
- Prevent the critical mistake of rushing to smooth things over too quickly
- Elicit insight and accountability without alienating either partner

Couples problems may be rooted in deception—infidelity is based in deception. Clinicians need to know how to assess and treat it.

Educational Objectives:
- Describe three patterns of Couples deceptions
- List three methods to address deception.
- Describe three patterns of infidelity.
- List three treatment options for infidelity
Keynote #3

JEFFREY ZEIG, PHD
An Experiential Approach to Couples Therapy
When information and advice fail to promote change, an experiential approach can foster adaptive realizations. Learn nonverbal and metaphoric methods to enliven your approach.

Educational Objectives:
● Describe an experiential approach.
● Indicate when to use evocative methods.
● Describe orienting toward.

Workshops 1-3

ALEXANDRA KATEHAKIS, MA, MFT
The Long and Bumpy Road to Recovery: Restoring Trust and Love in Shattered Relationships
Sex addiction destroys trust in relationships, traumatizing the partner, the sex addict, and the family system. Betrayal is an attachment injury that topples the regulatory systems of both parties, and when relational trauma is left untreated, both parties and the family system will suffer. Thus, when acute emotional and physical symptoms become chronic, treatment becomes more difficult making the prognosis for restoring the coupleship poor. Rapid intervention and interactive regulation between the couple is essential for relational healing to begin immediately. Attunement, communication, and empathy (ACE) are the three-pronged stool that supports the long, and sometimes arduous journey to restoring trust.

Educational Objectives:
● Recognize the signs of relational trauma in both parties
● Describe the effects of relational trauma on the relationship
● Compare the difference between relational trauma and co-dependence

STAN TATKIN, PSYD, MFT
Betrayal: Structuring Your Approach
This two-hour workshop will focus on the matter of betrayal as presented in couple therapy. A betrayal comes in many forms – sexual, financial, mismanagement of thirds, withholding of information, lying, and gas lighting. Through video and live demonstration, attendees will learn how to structure their approach as determined by the type of betrayal presented in session. The matter of the trail deserves special focus as it not only involves the experience of betrayal but also the application of an architecture the therapist uses to guide the couple toward healing.

Educational Objectives:
● To be able to list at least three types of betrayal
● To be able to apply at least one therapeutic architecture for dealing with betrayal
● To be able to apply at least three interventions for dealing with betrayal
WS 3

MARTY KLEIN, PHD

10 Crucial Things about Sex that Therapists Don't Learn in School

Most clinical training programs include a very limited amount about sexuality. It generally focuses on pathologies (e.g., rape and child molestation), dysfunction* (e.g., problems with desire or orgasm), and more recently, "diversity" (e.g., the existence of people who identify as GLBT or polyamorous). But what about the everyday sex lives of ordinary people? What about the sexual dissatisfaction of couples whose bodies function fine, the sexuality of people who prefer other activities instead of intercourse, adults who feel self-conscious about their bodies, or people troubled by their fantasies? Most training programs don’t discuss cases like these—nor are therapists encouraged or trained to raise sexual issues that patients don’t. This workshop will help attendees identify and explore important issues that are often invisible when both patient and therapist are mutually silent about them.

Educational Objectives:
● To learn how to talk about sex with patients who hesitate to do so.
● To learn how to assess patients sexual experience, as compared with their sexual function.
● To learn the Sexual Intelligence model of sexual satisfaction, and how it can be used with couples struggling with arousal, desire, and function issues.
Keynote #4

STAN TATKIN, PSYD, MFT
Affairs, Addictions and Deception:
The PACT Approach

Of all the challenges to the couple therapist the most common is the matter of the affairs, addictions, and deception. In this one-hour presentation, attendees will learn various methods of detecting cheating, lying, and substance and non-substance abuse very early in the process of couple therapy. We will be looking at these behaviors from both psychobiological and neurobiological perspectives. However, detection is but one hurdle for the couple therapist. The other is intervention. PACT has a specific orientation for dealing with affairs, addictions, and deception. Attendees will get a thorough introduction to these methods as well as takeaways that can be utilized immediately in their own practice.

Educational Objectives

● To be able to list at least three methods for discovering deception, affairs, and addictions
● To be able to apply at least three interventions for dealing with betrayals
● To be able to describe and differentiate between various levels of betrayal and deception

Workshops 4-6

JANIS ABRAHMS SPRING, PHD, ABPP
After the Affair:
Rekindling Trust and Intimacy, and Earning Forgiveness

This course will offer concrete clinical interventions to help couples struggling with infidelity and address questions such as: What constitutes an affair - sexual intercourse? Sexting? What makes cyber-relationships particularly seductive? When is cybersex a sign of sexual addiction? Is there room for secrets in couples therapy and, if so, how an therapist create a safe place for each partner’s rigorous honesty and self scrutiny? How do attributes which originally attracted us to our partner become targets of our contempt? How can we help partners decipher the meaning of an affair in ways that shed light on their vulnerabilities and longings? How can this meaning be used to grow the marriage? What concrete exercises help couples rekindle trust and erotic intimacy after an affair? How can partners work to reconcile and recommit, even when they don’t yet feel very loved or loving?

Educational Objectives

● Describe an open secrets policy that helps couples and therapists manage secrets in couples therapy.
● Specify what makes cybersex so appealing and addictive.
● Describe an exercise to rekindle trust after an affair.

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Workshops 4-6 (cont’d)

WS 5
ELLYN BADER, PHD
Strong Leadership in Couples Therapy:
How the Developmental Model Helps You (Part 1)

Being a highly skilled couples therapist requires strong leadership especially in early sessions. Here you set the tone, establish your role and the clients role, solidify your credibility, assess what is wrong and why, and chart a clear direction, all while preventing regression, creating hope and stimulating individual accountability. Not an easy task! This is a two-part workshop designed to take you on a journey from assessment to resolution. Following video segments from one couple, you will see the interplay between effective assessment and targeted intervention in couples work. In the course of this 4-hour workshop I will demonstrate how the Developmental Model enables you to (1) Ask effective questions (2) Uncover each partner's level of differentiation and create effective goals (3) Interrupt enmeshment and push each partner's development (4) Resolve conflicts surrounding intimacy avoidance. Knowing this approach will enable you to be a strong leader in early sessions without creating unnecessary traps for yourself.

Educational Objectives
- Reveal how to use assessment as an intervention
- Assess each partners level of differentiation using 6 criteria
- Interrupt enmeshment in a blended family

WS 6
DAN AMEN, MD
Healing ADHD: 7 Types

In this workshop Dr. Amen will give a detailed look at the 7 types of ADHD he has discovered through his clinical and brain imaging work. These include: Classic, Inattentive, Overfocused, Limbic, Temporal Lobe, Ring of Fire, and Anxious. He will discuss their clinical presentation, impact on relationships and treatment, including natural and medicinal.

Educational Objectives
- Learn the 7 Types of ADHD as described by Dr. Amen.
- Learn underlying brain systems for each type.
- Learn one natural and one medication treatments for each type.

11:45 AM-1:00 PM Lunch Break

Keynote #5

DAN AMEN, MD
Impact of ADHD on Relationships

One of the missing links in couples strife is undiagnosed ADHD. In this presentation, Dr. Amen will discuss how ADHD can impact relationships in both positive and negative ways. In addition, he will discuss ways to work with couples where one or both members have ADHD, including a brief overview of the 7 types of ADHD he has discovered in his clinical and brain imaging work.

Educational Objectives
- List 5 ways ADHD can impact relationships.
- List the 5 hallmark symptoms of ADHD.
- Be able to list 7 different types of ADHD described by Dr. Amen.
Topical Panel #2

ELLYN BADER, SUE DIAMOND POTTS, JANIS ABRAHMS SPRING

Couples vs. Individual Therapy: What Works/What Doesn't

Couples treatment requires an understanding of interpersonal dynamics. Clinicians need to understand the benefits and liabilities of couples vs. individual therapy, and have a mechanism for deciding when to use each approach.

Educational Objectives
- Describe three essential differences between Couples and Individual Treatment
- Given a couple describe the decision process for couples vs. individual treatment.
- List three benefits of Couples Therapy

Workshops 7-9

WS 7

DAN AMEN, MD

Change Your Brain, Change Your Life

In this workshop Dr. Amen will describe 6 different brain systems (prefrontal cortex, anterior cingulate gyrus, basal ganglia, limbic system, temporal lobes, cerebellum), what they do, what happens when things go wrong, and how to help them. He will apply each brain system to their positive and negative impact on relationships.

Educational Objectives
- List the functions of the prefrontal cortex, anterior cingulate gyrus, basal ganglia, limbic system, temporal lobes, cerebellum.
- List the problems of prefrontal cortex, anterior cingulate gyrus, basal ganglia, limbic system, temporal lobes, cerebellum.
- List at least one treatment for the prefrontal cortex, anterior cingulate gyrus, basal ganglia, limbic system, temporal lobes, cerebellum.

WS 8

ELLYN BADER, PHD

Strong Leadership in Couples Therapy: How the Developmental Model Helps You (Part 2)

This is a two-part workshop designed to take you on a journey from assessment to resolution. Following video segments from one couple, you will see the interplay between effective assessment and targeted intervention in couples work. In the course of this four-hour workshop, Bader will demonstrate how the Developmental Model enables you to:
1. Demonstrate understanding of asking effective questions
2. Identify each partner's level of differentiation and create effective goals
3. Analyze enmeshment and push each partner's development
4. Analyze conflicts surrounding intimacy avoidance

Knowing this approach will enable you to be a strong leader in early sessions without creating unnecessary traps for yourself.

Educational Objectives:
- Reveal how to use assessment as an intervention
- Assess each partners level of differentiation using 6 criteria
- Interrupt enmeshment in a blended family
We’re seeing more and more couples in conflict over one partner’s use of porn. But pathologizing one partner’s porn use while legitimizing the grievances of the consumer’s partner violates our commitment to neutrality—and more importantly, it doesn’t help the couple. To address porn-related issues more effectively, this workshop will focus on treating intrapsychic conflicts and power struggles over porn use. We’ll explore how conflict about pornography is often used to avoid confronting a sexual relationship’s deficits; how one or both partners may be acting out body image issues; and why “porn addiction” is not a helpful concept.

**Educational Objectives**
- Identify common assumptions of therapists about porn, and to self-assess regarding these assumptions
- Demonstrate learning of how to help couples discuss the relationship deficits that they’re avoiding via conflict about porn
- Demonstrate learning of the limitations of the porn addiction model—and learn how to help people with a powerful alternative model
Early childhood trauma has lasting and dramatic effects on attachment formation and on the later capacity for intimacy and mutuality. Instead of experiencing relationships as a haven of safety, traumatized couples are driven by powerful wishes for and fears of closeness. By using somatic and mindfulness-based interventions, conflictual patterns are disrupted, allowing couples to address the intense responses and impulsive reactions that undermine all sense of safety and hope and recreate the experience of threat in the body and in the relationship.

**Educational Objectives**

- Discuss the neurobiological consequences of traumatic experience on individuals and couples
- Identify signs of traumatic attachment in dyadic interaction
- Describe a trauma-focused paradigm for high-conflict couple relationships

In traumatized couples, talking about ‘what happened’ often evokes more conflict than empathy and does not alter their habitual trauma-related animal defense survival responses of fight, flight, freeze, submission, or cry for help. By teaching couples to observe their somatic responses to each other and to use gesture instead of words, the language of blame is inhibited. In addition, somatic interventions regulate the body and nervous system, which reduces each partner’s sense of threat. Without words, each partner can be taught the ability to simultaneously open and protect the heart—creating a sense of safety for self and other.

**Educational Objectives**

- Identify patterns that increase/decrease activation of animal defense survival responses
- Demonstrate understanding of increasing couples’ ability to observe their somatic communication
- Integrate somatic interventions into couples treatment

The PACT therapist is always moving couples toward secure functioning. A deal breaker is a conflict between partners for which there is no workable solution. Deal-breakers lead partners to a dead-end and therefore threaten the existence of the relationship. The couples therapist must play the long game as partners almost always are playing the short game. To them, facing a deal-breaker squarely triggers fear of loss, and so it is avoided. If secure functioning is to be a therapeutic goal, the couples therapist has a duty to keep partners from bending reality and avoiding deal-breakers. In this two-hour workshop, attendees will learn how to detect large and small deal-breakers and how to apply a well-defined process for guiding the couple toward dissolving the deal-breaker for good.

**Educational Objectives**

- List at least three examples of deal-breakers
- Identify, amplify, and work through deal-breakers
- Apply at least three interventions for dealing with deal-breakers
Addiction is rampant in our society. Many of us have been both bombarded professionally with this reality and touched personally in some form. Addicts are like tornadoes ravaging their way through the lives of others, and people in need of immediate care are left bleeding on the sidelines. And yet, the truth is that too many therapists are left unprepared for what to do when they discover that one or both partners are struggling with an addiction. Or, they believe that they cannot do effective couples work, while simultaneously addressing the addiction. We will explore how the therapist can be fluid and flexible and juggle the present demands of recovery, while providing healing to past interpersonal wounds. By focusing through a developmental lens, we will discuss strategic interventions that move the individuals and couple from symbiosis to differentiation and beyond.

**Educational Objectives**

- Outline the benefits of approaching addiction and couples therapy from a developmental model that allows for integration of the two.
- Discuss 3 effective confrontation strategies to assess, address and integrate recovery into the structure of the couples work.
- Identify 6 essential tools needed, both personally and professionally, to work more flexibly and fluidly with this population through the entire addiction spectrum.

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**Topical Panel #3**

**JANINA FISHER, MARTHA KAUPPI, RICK MILLER**

**Couples Boundaries: Rigid, Permeable and Transparent**

Relational boundaries can be a source of problems if they are too inflexible or if they are too weak. Clinicians need a method to assess and treat boundary issues.

**Educational Objectives**

- Describe couples boundaries in operational terms.
- Given a couple, indicate the boundary style most common in its use.
- Provide an example of each boundary type.

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**Workshops 13-15**

**MARTHA KAUPPI, LMFT, ACST**

**Therapy with Polyamorous Clients: Gaining Cultural & Clinical Competence with a Marginalized Population**

Polyamory is in the news, in the movies, and in the therapy room. As media attention for this open relationship style grows, more and more people are giving it a try. Working skillfully with this marginalized group requires gaining cultural competence specific to their struggles. Learn who chooses polyamory and why, how long their relationships last, how many relationships they have, what their family groups look like, and how challenges specific to polyamory might present in your therapy room. Learn how to identify and disrupt maladaptive relational strategies without perpetuating negative cultural bias. Gain insight into working with alternative family structures through case presentations from Martha’s practice, and take advantage of question-and-answer segments so that you can leave feeling confident about putting the information into practice.

**Educational Objectives**

- Demonstrate learning of the difference between a relationship structure and a decision-making body and why this is relevant to therapy.
- Describe how to work with polyamory from a differentiation perspective.
- Identify 6 common relationship challenges for polyamorous clients, and clinical treatment strategies for each one.
Workshops 13-15 (cont’d)

WS 14

RICK MILLER, LICSW
Exclusive vs. Inclusive In Healthy Male Couples:
Differences Between Monogamy, Loosening Boundaries, and Deception

The gay male subculture emphasizes easy sexual hookups as a norm, without questioning whether this is actually healthy for a couple. This workshop will define how male couples choose exclusivity successfully, how healthy attachment is an important component for considering an open relationship and provide guidelines for managing open boundaries within a couple. Norms in the subculture will be compared to stereotypical heterosexual couples, including what actually constitutes deception or affairs, and how transform deception to a deeper intimacy.

Educational Objectives
● Promote greater communication and intimacy in gay male couples.
● Differentiate healthy sexual norms from out of control sexual behavior in gay male couples.
● Identify guidelines for whether opening up a relationship is advisable and provide suggestions for successful implementation of this when appropriate.

WS 15

JANINA FISHER, PhD
Healing the Fragmented Self in Couples Treatment

Couples enter relationships with unconscious hopes that these will be reparative, that their wounded child selves will finally experience the cherishing for which they have longed. As each triggers or disappoints the other’s hurt child selves, protector parts rise to the defense with anger, withdrawal, threats, or shame. In this model, couples are helped to identify hurt, angry, fearful feelings as communications from young parts and their vigorous defensive responses as those of protector parts. By having a way to ‘hover above’ their conflicts, ‘own’ hurt and disappointment as the feelings of a young child, and take responsibility for their fight/flight behavior, couples develop a new language that promotes safety and closeness.

Educational Objectives
● Identify actions and reactions triggered in the relationship as communications from child parts.
● Describe the contributions of protector parts to the conflicts in the relationship.
● Demonstrate new relational patterns in which the soothing of one’s young parts becomes the focus of attention, rather than assumed to be the responsibility of the partner.

Closing Remarks

JEFFREY ZEIG, PhD
The last 10 years of Dr. Erickson’s long and distinguished life were spent with his wife Elizabeth at a modest, ranch-style home on Hayward Avenue in Phoenix, Arizona—located near the majestic Phoenix mountain preserve (which encompasses Piestewa Peak, formerly known as Squaw Peak), one of Dr. Erickson’s favorite, local natural landscapes. The Hayward house, now the Erickson Museum, is a snapshot of Mid-Century life in the Southwest—relaxed, functional, and charming. There is a main house as well as a guest house, or what came to be known as “the little house,” and both sit on a roomy double lot surrounded by the serene landscape of original, indigenous trees, cactus, and shrubbery. Dr. Erickson’s office in the guest house is “frozen in time,” but warmed with his essence; his green leather chair may be empty but is still filled with his spirit.

To learn more or to schedule a tour: ericksonmuseum.org
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  - Peter—Institutionalization of Children (18 min.)
  - One Plus One Equals Zero (56 min.)
  - The Adolescent Liar (57 min.)
  - The 12 year old who is afraid of ghosts (30 min.)

- Blended Families
  - The Adolescent Liar (60 min.)
  - Puerto Rican Family with Son who has asthma (44 min.)

DISEMPowering FAMILIES
- Peter—Institutionalization of Children (18 min.)
- The 12 year old who is afraid of ghosts (30 min.)
- One Plus One Equals Zero (56 min.)

SUPERVISION
- Introduction (7 min.)
- The Shit Painter (46 min.)
- The Caretaker (45 min.)

WORKING WITH WELFARE FAMILIES
- Homes Without Doors (29 min.)
- The Caretaker (26 min.)
- Support Systems the Disempower Welfare Families (8 min.)

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