



Couples Conference 2022 - Main Conference - June 24, 25, 26

The Couples Conferences have become a leading vehicle for learning clinician applications and 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.

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Overview of what you will learn

Attendees will increase their clinical effectiveness by:

- Comparing and contrasting differing professional perspectives and translating these into specific interventions
- Evaluating basic principles and techniques of contemporary schools of therapy

- Utilizing multi-level therapeutic communication
- Comprehending the commonalities that underlie successful clinical work
- Appreciating the historical development of psychotherapeutic disciplines in working with couples

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 stationery, certifying their full-time status as of June 2022.

Continuing Medical Education Policy on Disclosure

The Milton H. Erickson Foundation is justifiably 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 insuring balance, independence, objectivity and scientific rigor in all its individually sponsored or jointly sponsored educational activities. All faculty participating in a sponsored activity and those who review and therefore are in control of content are expected to disclose to the activity audience any significant financial interest or other relationship (1) with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation and (2) with any commercial supporters of the activity. (Significant financial interest or other relationship can include such things as grants or research support, employee, consultant, major stockholder, member of speaker's bureau, etc.). The Foundation's compliance with these standards assures that potential conflicts of interest are identified prior to our educational activities. The intent of this disclosure is to provide listeners with information on which they can make their own judgments. It remains for the audience to determine whether there are interests or relationships that may influence the presentation with regard to exposition or conclusion.

The Milton H. Erickson Foundation Board of Directors, Administrative Staff and the following presenters have indicated neither they nor an immediate family member has any significant relationship to disclose.

Faculty

- **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 in 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, Good Morning America and the CBS Morning Show. They have been married to each other for 35 years and have worked together for 30 years.

- **Elliott Connie, MA, LPC**

- Elliott Connie, MA, LPC is a psychotherapist that practices in Keller, Texas. He has worked with thousands of individuals, couples, and families applying the solution focused approach to help them move their lives from the current problems towards their desired futures. He is the founder and Director of The Solution Focused Universe, an online learning community that also conducts trainings to help professionals master the Solution Focused Approach in their work. He is recognized around the world speaking at national and international conferences and events in such places as throughout the United States, Australia, New Zealand, Germany, South Africa, Russia, Switzerland, England, Poland, Sweden, Denmark, Scotland, Holland, Canada, and Asia training practitioners to apply solution focused questions and techniques in their work. He has authored or co-authored 4 books including “The Art of Solution Focused Therapy”, “Solution Building in Couples Therapy”, “The Solution Focused Marriage”, and “Solution-Focused Brief Therapy with Clients Managing Trauma”.

- **William J. Doherty, PhD**

- William J. Doherty is an educator, researcher, therapist, speaker, author, consultant, and community organizer. He is Professor and Director of the Marriage and Family Therapy Program in the Department of Family Social Science, College of Education and Human Development, at the University of Minnesota, where he is also an adjunct Professor in the Department of Family Medicine and Community Health. Bill is past president of the National Council on Family Relations, the nation’s oldest interdisciplinary family studies organization. His awards

include the Significant Contribution to the Field of Marriage and Family Therapy Award, the Margaret E. Arcus Award for Outstanding Contribution to Family Life Education, and the Outstanding Community Service Award from the University of Minnesota. Bill is a licensed marriage and family therapist, psychologist, and Clinical Member, Fellow and Approved Supervisor for the American Association for Marriage and Family Therapy. He received his Ph.D. in family studies from the University of Connecticut in 1978 and has served on the faculty of the Department of Family Medicine at the University of Iowa and the University of Oklahoma before coming to the University of Minnesota in 1986.

- **Martha Kauppi, LMFT**

- Martha Kauppi, LMFT, is a marriage and family therapist, educator, author, speaker, and AASECT-certified sex therapist and supervisor. Her private practice in Madison, Wisconsin, specializes in complex relational therapy, sex issues, and alternative family structures. As the founding director of the Institute for Relational Intimacy, Martha offers unique educational offerings to help therapists all over the world become comfortable, confident, and competent working with sex issues. She is the author of the groundbreaking new book *Polyamory: A Clinical Toolkit for Therapists (and Their Clients)* (Rowman/Littlefield).

- **Tammy Nelson, PhD**

- Tammy Nelson PhD is the author of six books including *Open Monogamy; Co Creating Your Ideal Relationship Agreement, Integrative Sex & Couples Therapy, When You're the One Who Cheats, The New Monogamy; Redefining Your Relationship After Infidelity, and Getting the Sex You Want; Shed Your Inhibitions and Reach New Heights of Passion Together*. She has been in private practice for almost 30 years and is a Board Certified Sexologist, a Certified Sex and Couples Therapist, and an Advanced Imago Relationship Therapist. Tammy is the Director of the Integrative Sex Therapy Institute and on the faculty of California Institute Integral Studies sex therapy program, as well as Director of the PhD and Master's program in Human Sexuality and Sex Therapy at Daybreak University in Southern California. She is the host of the podcast *The Trouble with Sex* and a TEDx speaker. She can be found at www.drtaammynelson.com

- **Sejal Patel, PysD**

- Dr. Sejal Patel is a staff psychologist and the group coordinator at MIT student mental health and counseling. She is also in private practice where she primarily treats interracial couples in addition to being a DEI consultant with VISIONS, Inc. She has over 10 years of experience creating and teaching workshops and courses on diversity/inclusion and sociocultural identity issues and is committed to reducing barriers to mental health treatment by integrating social justice concepts into her work as a psychologist and coaching other clinicians. She has taught college level courses on Oppression and Privilege and Cross Cultural Psychology. She currently leads

a women of color group at MIT and is on the social justice task force at MIT mental health. She has a doctoral degree and master's degree in clinical psychology from the University of Denver.

- **Peter Pearson, PhD**

- Peter Pearson, PhD, has specialized in helping couples transform their relationships. He and his wife, Dr. Ellyn Bader are pioneers in the field of couples therapy, creating The Developmental Model of Couples Therapy and founding The Couples Institute long before couples therapy was recognized as a specialty. As a therapist, workshop leader, author, and speaker, Pete is dedicated to helping couples create extraordinary relationships. He and his wife have been featured on over 50 radio and television programs including “The Today Show” and “CBS Early Morning News.”

- **Stan Tatkin, PsyD, MFT**

- Stan Tatkin, PsyD, MFT, 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. He has also authored “Wired for Love: How Understanding Your Partner’s Brain Can Help You Defuse Conflicts And Spark Intimacy” from New Harbinger, and most recently “We Do: Saying Yes to a Relationship of Depth, True Connection and Enduring“, published by Sounds True.

- **Ari Tuckman, PsyD, CST**

- Ari Tuckman, PsyD, CST is a psychologist, certified sex therapist, and ADHD expert. He is a popular and dynamic presenter who routinely earns excellent reviews for his ability to make complex concepts understandable and useful. He has given more than 450 presentations, across America and in nine other countries. He is the author of four books on adult ADHD, including his most recent book, ADHD After Dark: Better Sex Life, Better Relationship.

- **Joseph Winn, MSW, LICSW, CST-S**

- Joe Winn LICSW, CST-S is a clinical social worker, AASECT certified sex therapist and supervisor of sex therapy, practicing as a systemically based clinician since 1995. Joe has maintained his private practice since 2006 and works primarily with LGBTQIA + individuals and relationships engaged in consensual non-monogamy, polyamory, BDSM and kink, and has a particular interest in working high conflict couples. In addition to his clinical practice Joe is also a core faculty and training member of at The South Shore Sexual Health Center, located in

Quincy Massachusetts. SSSHC is an AASECT approved training and supervisory program for clinicians interested in pursuing AASECT Certified Sex Therapists. The SSSH's training philosophy embraces an anti-racist, LGBTQQIA + embracing, intersectional framing and understanding of sex, sexuality and eroticism and works to foster sexual, systemic, and social justice while providing affordable, training and psychosocially informed and medically accurate sex and relational therapy to economically diverse communities.

How the Conference Will Work

The Conference will be held on Friday, June 24th; Saturday, June 25th; and Sunday, June 26th. Friday, June 24th begins with an introduction to the Couples Conference with conference organizers Jeffrey Zeig, PhD, and Ellyn Bader, PhD. This convocation begins at 8:00am Pacific Time. Each conference day will have a keynote at 8:30am to start the day.

Each day will feature two keynote presentations; a topical panel discussion; and a series of workshops. Keynote presentations and topical panels will be one hour in length. Workshops will be two hours in length. Three workshop sessions will be held concurrently, and registrants may choose which session they would like to attend.

Friday, June 24th and Saturday, June 25th will have a total of 7 CE credits available. Sunday, June 26th will have a total of 4 CE credits available. There will be a 15-minute break between sessions, and one lunch break in the middle of the day.

Conference attendees may present questions to the Faculty using the Zoom Events Q&A feature. The Erickson Foundation will have a moderator collecting questions for the Q&A time at the end of each presentation. If you would like to pose a question to the faculty, please use the Zoom Events Q&A feature to ask questions.

In order to provide the best experience for all, your audio will already be muted when you join the conference. This will help prevent any inadvertent noise and distractions.

The Conference will be streamed live using the Milton H. Erickson Foundation's Zoom channel. It is recommended that registrants for the Conference download the Zoom app. This app is available on the Google Play Store for Android; the App Store for iOS; as well as for Mac and PCs directly through their site at <https://zoom.us/>.

Please note - you **do not need to sign up for a paid account** with Zoom to access our Conference. You can sign up for a free account to access the stream. Please ensure that your Clinical Library email is the email associated with your Zoom account. If it is not, please email support@erickson-foundation.org with the email associated with your Zoom account to receive access to the conference.

If you are not familiar with Zoom, there are a lot of support resources, including tutorial videos on how to use the app. You can find these support documents here - <https://support.zoom.us/hc/en-us>

The Erickson Foundation will record the conference and provide online streaming access to registrants of the Conference for up to six months after the conference.

If you have any issues connecting to the conference, please contact support@erickson-foundation.org

Join the Zoom Meeting

Links have been provided via email. When clicking on the link in the email, the email where the link has been received and your Zoom account email **must be the same** to gain access to the conference.

Please ensure that your Clinical Library email is the **same** email associated with your Zoom account. If it is not, please email support@erickson-foundation.org with the email associated with your Zoom account to receive access to the conference.

Conference Handouts and Review

Handouts for the Couples Conference are available here: <https://www.couplesconference.com/handouts/>

The Couples Conference will be recorded in its entirety. Registrants of the live conference will get access to review the conference recording for six months. Links to the recordings will be made available through email. If you do not receive these links, please email support@erickson-foundation.org.

Continuing Education Certificate of Completion

Registrants of the Conference will be able to get their certificate beginning Monday, June 27th. This process can be completed entirely online by following the steps outlined on this page:

URL: <https://catalog.erickson-foundation.org/page/evaluation-how-to>

Pricing

Main Conference - June 24, 25, 26	Couples Conference Day Tickets
Both Conference Days	Option to register for Friday, Saturday OR Sunday
19 CE Credits included	5-7 CE Credits included
Live access to conference, access to conference recordings for 2 months	Live access to conference, access to conference recordings for 2 months
Cost - \$399	Cost - \$199

Conference Schedule

Key

- *CE - Continuing Education Credit*
- *K - Keynote*
- *P - Panel Discussion*
- *WS - Workshop*

Friday, June 24 - Couples Conference Day 1

Session	Date and Time	Topic and Details	Faculty
CON	June 24, 2022 8am - 8:30am PDT <i>Not for credit</i>	<p><u>Convocation</u></p> <p>Join Jeff Zeig, Director of the Erickson Foundation, and Ellyn Bader, Director of the Couples Institute, to provide an introduction and overview of the conference.</p>	Ellyn Bader, PhD Jeff Zeig, PhD
K01	June 24, 2022 8:30am - 9:30am PDT <i>1 CE</i>	<p><u>Keynote 01 - Common Factors and Best Practice that Characterize Effective Couples Therapy</u></p> <p>In this golden age for models of couples therapy, therapists may wonder if they should be practicing the “one best model.” The research is clear that couples therapy models that have been tested are about equally effective, and that there are a number of key ingredients in any effective way to practice couples therapy. The presenter will describe these key ingredients that cut across models and some skills necessary to practice any model. He will argue that since this therapy is about improving relationships, the relationships we establish with our couple clients—balanced, caring, and sometimes challenging—are the heart of what we have to do well.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Participants identify what outcome research says about the effectiveness of different models of couples therapy. 2. They describe research-based common elements in successful couples therapy approaches. 3. They discuss several basic skills that cut across successful approaches to couples therapy. 4. They describe the challenges of creating clinical relationships in couples therapy and ways to address those challenges. 	William Doherty, PhD

Session	Date and Time	Topic and Details	Faculty
WS01	June 24, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 01 - Helping Couples When They Don't Want To Be Helped</u></p> <p>Most distressed couples seek relief not individual accountability/change when they come in. Inquiring about their goals usually results in each partner describing spousal rehab. Yet without objectives the therapist stays reactive to their current and historic pain. See a video demonstration that shifts from entrenched self-protection to inspired growth. Treatment plans can bring relief but not happiness. Learn to go beyond treatment plans to create satisfying and meaningful improvements.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. How to help couples avoid the two major catalysts of change - Desperation and Negotiation and move into Inspiration. 2. Why couples should not work on their relationship if they want to improve their connections. 3. Why goal setting for couples is so frustrating. 	Peter Pearson, PhD
WS02	June 24, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 02 - ADHD in Love: Treating Couples When One Partner Has ADHD</u></p> <p>One out of eleven couples has one partner with ADHD which can impact not only the individual, but also makes certain relationship dynamics more likely—and makes these couples more likely to show up in your office. Unfortunately, if the one partner's ADHD isn't addressed directly, the therapist will get stuck in the same traps as the partners do. We will begin with a more useful conceptualization of how ADHD impacts an individual's abilities to meet daily demands. We will then discuss how this sets up the dynamics that commonly develop in these couples, so that you can help these clients break free of the disempowering tug of war and create a more balanced and satisfying relationship. This will include how ADHD impacts a couple's sex life and how to make yet another area of discontent into a shared activity that adds energy to the relationship. This presentation will be full of practical strategies you can use with your next client.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Apply a more useful model of ADHD to help clients better understand and manage it. 2. Explain the many ways that ADHD can impact both partners in a couple and the common dynamics that ensue. 3. Integrate a deeper understanding of ADHD, relationship dynamics, and sexuality to work more effectively with these clients to improve both their relationship and sex life. 4. Help clients create more sustainable solutions to differences and disagreements. 	Ari Tuckman, PsyD, CST

Session	Date and Time	Topic and Details	Faculty
WS03	June 24, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 03 - The Future of Sex; What's New?</u></p> <p>Working with sexuality and the erotic behavior many people engage in today can challenge a therapist's deeply held beliefs about sex and relationships. It can be difficult just to keep up with the impact of technology on sexual behavior, especially with the advent of sex robots, teledildonics, artificial intelligence, and virtual reality. Intensive and fun, this workshop includes videos, expert panels, and small-group discussion to help therapists face their own preconceived notions and countertransference around sex and intimacy. You'll explore:</p> <ul style="list-style-type: none"> • Your own sex-related stereotypes, resistance, confusion, and shame in order to create a safe, nonjudgmental environment for clients • Alternative sexual practices that may come up in therapy, like open relationships, dom/sub relationships, nonmonogamy, fetishes, and BDSM • How clients are affected by new sex tech, including virtual reality and AI porn • How to expand your ability to communicate about sexual issues in the consulting room, and help clients create new pathways for pleasure in their relationships • Ways to process triggers and vicarious trauma that may be activated by unconventional sexual behavior <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Identify and assess your own sex-related stereotypes, resistance, and shame to create a safe, comfortable, and nonjudgmental environment for clients. 2. Explore the ways in which technology is changing sexuality for your clients, including robotics, teledildonics, artificial intelligence, and virtual reality. 3. Assess responses and any vicarious trauma that may be triggered by issues around pornography, unconventional sexual behavior, sex tech and other fringe erotic practices, in order to improve clinical outcomes. 4. Expand your ability to communicate about sexual issues in the consulting room and ask questions therapeutically. 	Tammy Nelson, PhD

Session	Date and Time	Topic and Details	Faculty
K02	June 24, 2022 1:15pm - 2:15pm PDT 1 CE	<p><u>Keynote 02 - Couples and Trauma - What Do You Say and Do When Unresolved Trauma Impedes a Couple's Progress</u></p> <p>Unresolved trauma often contributes to stalled couples development. Clients are often referred to individual therapy to work on their trauma history. Yet, couples therapy is a modality uniquely suited to help trauma survivors develop a voice and a stronger sense of self. Ellyn will highlight 5 types of trauma and demonstrate how to help trauma survivors build the capacities to create the thriving relationship they so badly desire.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Describe 5 types of trauma that may impact couples coming for therapy. 2. Utilize clinical examples to show how an attuned couples therapist can facilitate trauma survivors developing a stronger more integrated sense of self. 	Ellyn Bader, PhD
P01	June 24, 2022 2:30pm - 3:30pm PDT 1 CE	<p><u>Panel 01 - Couples and Motivation</u></p> <p><i>Description:</i></p> <p>Motivational factors may be central in the life of a couple. The panel will describe conflicts due to motivational factors and provide therapeutic options.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. List three ways that motivational factors affect relationships. 2. Describe three methods of addressing motivation with couples. 	Elliott Connie, MA, LPC; William Doherty, PhD; Tammy Nelson, PhD; Peter Pearson, PhD
WS04	June 24, 2022 3:45pm - 5:45pm PDT 2 CE	<p><u>Workshop 04 - Developmental Thinking: How to be a Skilled Couples Therapist</u></p> <p>This advanced clinical workshop is designed to demonstrate core concepts from The Developmental Model of Couples Therapy. Developmental thinking allows you to assess couples incisively and intervene actively to move your couples forward.</p> <p>Ellyn will share video and clinical examples of disrupting enmeshment, challenging narcissistic defenses and confronting angry partners. Participants will increase their skills in effective confrontation and incisive delineation of intrapsychic conflicts. Join Ellyn and learn how to make developmental assists, strengthen your confrontation skills and promote couples development.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Describe 3 core principles of developmental thinking. 2. Demonstrate how to prepare a client for confrontation. 3. Explain how to disrupt enmeshment and why this matters in couples work. 	Ellyn Bader, PhD

Session	Date and Time	Topic and Details	Faculty
WS05	June 24, 2022 3:45pm - 5:45pm PDT 2 CE	<p><u>Workshop 05 - Polarization in Intimate and Civic Life</u></p> <p>During this time of extreme polarization in the country, political stress has invaded couple relationships. Loyalties to different political tribes create tensions, as do different ways of coping with this stressful environment. This is new territory for couples therapists, and of course we are dealing with our own distress about what's going on the country. The presenter will offer clinical strategies for helping couples in turbulent times, along with examples of how he has applied couples therapy strategies to create community interventions to reduce polarization, via the nonprofit Braver Angels.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Participants identify the major sources of political polarization in contemporary society. 2. They describe the effects of political stress on couple relationships 3. They discuss general ways to help couples cope with political stress 4. They identify ways that couples therapy knowledge can apply to political polarization 	William Doherty, PhD
WS06	June 24, 2022 3:45pm - 5:45pm PDT 2 CE	<p><u>Workshop 06 - Therapeutic Use of Containers</u></p> <p>Couple therapists must be able to organize each session in such a way that allows for measuring progress in their treatment plan. One such way is to think of placing the couple and therapist in discreet "containers" or exercises that stress the couple. These exercises, tasks, or games allow the therapist to test and retest hypotheses, test a particular capacity, or otherwise allow the therapist to view couple performance in real time. These containers include a task, timing, and possible roles casted by the therapist and may include a role the therapist must also play. An example might be a psychodrama whereby partners must replay a recent event – step by step – as the therapist, as investigator, gets the facts. Or another container might involve a deal breaker issue whereby partners are required to persuade each other out of a deal breaker while the therapist plays the role of mediating only the manner in which partners argue their points.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. To be able to accurately describe the meaning and purpose of containers in couple therapy. 2. To be able to apply the use of containers for assessment and intervention purposes. 3. To be able to identify implicit and explicit behavioral leakages through partner somatic reactions while under stress. 	Stan Tatkin, PsyD, MFT

Saturday, June 25 - Couples Conference Day 2

Session	Date and Time	Topic and Details	Faculty
K03	June 25, 2022 8:30am - 9:30am PDT 1 CE	<p><u>Keynote 03 - Updating the Empty Chair Psychodrama within Couple Therapy</u></p> <p>The empty chair psychodrama was first made popular by Fritz Perls, founder of Gestalt therapy. It has since been adapted into Redecision Therapy, The Developmental Model, Voice Dialogue, Family Constellation, and even Cognitive-Behavioral therapy. PACT has adapted this approach for use within the couple session when consistent projection or projective identification processes impede the forward development of one or both partners. This particular technique uses Self and Object Relations theory to capture real time archaic self and object representations that maintain an ego syntonic, regressed relationship with one (or more) original caregiver(s). The psychodrama provides an opportunity for the couple therapist to bring this maladaptive early relationship to light and to make strides toward ego dystonic rejection of the regressive behavior.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. To be able to describe the empty chair psychodrama set up. 2. To be able to detail the task of the empty chair exercise and describe the goal. 3. To be able to identify the real time self and object representations that arise during the psychodrama. 	Stan Tatkin, PsyD, MFT

Session	Date and Time	Topic and Details	Faculty
WS07	June 25, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 07 - Therapy with the One Who Cheats</u></p> <p><i>Description:</i> Many therapists dedicate much therapy time helping betrayed partners heal deep emotional wounds in the wake of an affair. Therapy is often lopsided in a victim–perpetrator model, dealing with the injury of the betrayal. Less attention is typically paid to helping the partners who had the affair, one-night stand, or online infidelity, especially regarding why and how it happened. This workshop will give you a more nuanced understanding of the motivations for the infidelity and present practical interventions around the underlying meaning of the cheating and what it means about the relationship.</p> <p><i>Educational Objectives:</i> 1. Describe three motivations for infidelity and how these relate to motivation and defense mechanisms in the betraying partner 2. Define the integration model of treatment to create positive treatment outcomes for both the couple and the individual 3. Assess for triangulations and avoid a “trauma triangle” in the treatment as an inadvertent reenactment of the affair</p>	Tammy Nelson, PhD
WS08	June 25, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 08 - Couple Sensitive Individual Therapy</u></p> <p>Most clinical conversations about couple relationship problems occur in individual therapy, not couples therapy. But individual therapy models offer little guidance for how to address relationship problems. The result is that therapists sometimes collude with their client’s view of the partner and offer one-sided narratives of complex relational problems. This doesn’t help the client and can undermine the relationship. Even couples therapists sometimes make the same mistakes when doing individual therapy. This workshop will provide specific tools and guidelines for helping individual clients in the context of their relationship, while avoiding common traps when we are seeing just one member of a couple.</p> <p><i>Educational Objectives:</i> 1. Identify warning signs that the therapy isn’t couple sensitive, including attributing negative intentions to the absent partner and expressing pessimism that the partner can change 2. Describe strategies to avoid reflexively siding with the client’s view of the relationship 3. Discuss techniques to support the clients’ personal therapy goals while supporting their important relationships</p>	William Doherty, PhD

Session	Date and Time	Topic and Details	Faculty
WS09	June 25, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 09 - Queering the Developmental Model: (De)constructing Identities, Experience, and Building Resilience in Relational Therapy</u></p> <p>The Developmental Model, or DM, is a sophisticated orientation to understanding intimate partner relationships. Organizing relational processes through the lenses of attachment theory, developmental and neuropsychology, and family systems theory the DM maintains a non-psychoopathologizing perspective while fostering interconnection through the process of differentiation. However, The DM, like many models of relational therapy, was not designed to explore the complexities and lived experiences of those with multiple intersecting identities or queer identity formation as areas of consideration and exploration in clinical practice. Building on Bader and Pearson's work, this workshop will explore how the incorporation of intersectionality, queer, and critical theory can be woven seamlessly into the process of joining, assessment, formulation, treatment planning and intervention to expand the DM into larger and more diverse styles and structures of intimate partner relationship in clinical practice.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Frame how relational therapies inadvertently, reinforce, maintain, and propagate systems of racism, heteronormativity, sexism, ageism, and ableism. 2. Have a foundational understanding of queer theory and its application to relational psychotherapy via adaptations to The Developmental Model of Relational Therapy. 3. Understand how a 'queer 'exploration of the self of the therapist, personal and professional sexological worldviews, can expand how to better join with non-heteronormative and diverse relational systems. 	Joseph Winn, MSW, LICSW, CST-S
K04	June 25, 2022 1:15pm - 2:15pm PDT 1 CE	<p><u>Keynote 04 - The Solution Focused Approach with Couples</u></p> <p>The Solution Focused Approach has been around since the 1970s and in that time it has grown in prominence and popularity amongst professionals in many fields. One area where it has been gaining steam in recent years has been in working with couples. This is an approach about using questions to help the couple move their relationship from the problem towards a future that is more desirable to both partners.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Attendees to this lecture will be familiar with the questions process of the Solution Focused Approach and how it is applied to couples. 2. Attendees to this lecture will be able to use Solution Focused questions in sessions to move the conversation from a focus on the couple's problems to a focus on the outcome they hope to achieve from therapy. 3. Attendees to this lecture will be aware of the strengths and limitations of using the Solution Focused Approach with couples. 	Elliott Connie, MA, LPC

Session	Date and Time	Topic and Details	Faculty
P02	June 25, 2022 2:30pm - 3:30pm PDT 1 CE	<p><u>Panel 02 - Lies and Deception</u></p> <p><i>Description:</i> A review of the pitfalls of deception as applied to relationships including therapeutic approaches.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. List three types of deception 2. Given a couple where deception is a factor, indicate a therapeutic approach. 	Ellyn Bader, PhD; Stan Tatkin, PsyD, MFT; Ari Tuckman, PsyD, CST
WS10	June 25, 2022 3:45pm - 5:45pm PDT 2 CE	<p><u>Workshop 10 - Addressing “modern isms” with Couples</u></p> <p>For this course, we will first begin by discussing common and unique issues in working with interracial couples. We will then review what “modern isms” are and how they are enacted from one’s historically included identities. After introducing the foundational knowledge and constructs, we will consider options for addressing and naming “modern isms” and that occur within the context of the therapy room between diverse couples and between one or both members of the couple and the therapist. The instructor will share several clinical examples and discuss how she addressed the modern isms in session.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Understand five manifestations of “modern isms”. 2. Consider the various historically included and excluded sociocultural identities of various members of the couple and oneself. 3. Learn skills and language for addressing possible “modern isms” in sessions while reducing defensiveness, shame, and preserving the therapeutic alliance between the couple and the therapist. 4. Learn skills and language for addressing possible “modern isms” and microaggressions in sessions while reducing defensiveness, shame, and preserving the therapeutic alliance between the couple and the therapist. 	Sejal Patel, PsyD

Session	Date and Time	Topic and Details	Faculty
WS11	June 25, 2022 3:45pm - 5:45pm PDT 2 CE	<p><u>Workshop 11 - Questions to Couples that Evoke Love</u></p> <p>The Solution Focused Approach is known for being a questions based way of working with clients, thus the key to mastering this approach lays within developing the ability to ask questions that lead toward change. This is an even more crucial skill when working with couples due to the fact that there is more than one person present in the session. This presentation will clearly show how to ask the kinds of questions that evoke love and happiness in a couple's lives.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Attendees to this lecture will gain a mastery and confidence in using Solution Focused questions in their work with couples. 2. Attendees to this lecture will be able to apply this approach in their work with couples. 3. Attendees to this lecture will be made aware of the research in this field and the evidence base of this approach. 	Elliott Connie, MA, LPC
WS12	June 25, 2022 3:45pm - 5:45pm PDT 2 CE	<p><u>Workshop 12 - Moving Towards Non-Monogamy: Handling Common Challenges In Opening Up</u></p> <p>As more and more people experiment with non-monogamy, therapists everywhere are being called upon to work with polyamory-related relational challenges. Are you prepared to help a client navigate the predictable pitfalls that come with a transition into an open relationship? Clients may be affected by pre-existing unresolved relational issues, like infidelity or substance abuse. They may have significant knowledge deficits about non-monogamous relationship styles, or difficulty making and keeping agreements. Or they may not be able to agree on whether to open their relationship in the first place. How can you help clients build the skills they need in order to make polyamory work well, and what skills are those? Gain concrete strategies for handling the key difficulties your clients will face when opening up. Expect case examples, worksheets and exercises, and an opportunity to ask Martha about your toughest polyamory-related cases.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Participants will be able to identify the skills needed in order to be a strong participant in a healthy polyamorous relationship, and discuss how therapy can help build those skills. 2. Participants will be able to describe at least 3 aspects of healthy, workable polyamory. 3. Participants will be able to describe at least two important interventions when clients have a difference of opinion about whether to open up. 	Martha Kauppi, LMFT

Sunday, June 26 - Couples Conference Day 3

Session	Date and Time	Topic and Details	Faculty
K05	June 26, 2022 8:30am - 9:30am PDT 1 CE	<p><u>Keynote 05 - Bringing Up Sex in Therapy: How, When, Why, and Other Pressing Questions Answered</u></p> <p>When it comes to sex issues, therapists are understandably concerned about crossing a boundary, making their clients uncomfortable, or getting outside of their scope of practice. However, when therapists shy away from bringing up sexuality, they may be missing serious (even life-threatening) issues. In this skill-building presentation, Martha will share her unique approach to bringing up sex, including how to follow up ethically and thoroughly once the topic is open. When should you refer or consult? Where is the line regarding scope of practice? What language will help both you and your clients feel comfortable? How much do you need to know about sex? How do you tell whether you're dealing with relational issue or a sex issue? What should you focus on first? Discover the answers to these questions and more, and walk away with a set of tools you can apply in your very next session.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Participants will be able to list at least 3 reasons it is important to open the topic of sex in therapy and be willing to discuss sex-related issues 2. Participants will be able to identify three pressing concerns that could worsen if not addressed early in treatment 3. Participants will be able to describe the interplay between relational and sexual issues, and explore which to focus on and when 	Martha Kauppi, LMFT
WS13	June 26, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 13 - Challenges in Addressing Race Related Issues with Interracial Couples</u></p> <p>For this workshop, we will briefly review research on discussing race related themes and concerns between interracial couples. The presenter will introduce 2-3 interracial couples currently in treatment with this provider and some presenting concerns around sociocultural identity differences, perspectives on social justice, and how the couple discussed or did not discuss microaggressions one partner of the couple experienced outside of the relationship. The presenter will address her own countertransference processes, how she conceptualized the conflicts, and how she addressed and facilitated dialogue between the couple. Participants will also have an opportunity to present their own cases, challenges moments, and questions they have regarding how to address race related presenting issues.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Review existing literature pertaining to how interracial couples discuss race related topics in the relationship. 2. Understand microaggressions and the impact of microaggressions on recipients. 3. Identify what constitutes social justice language and learn to integrate social justice language and concepts into the treatment of interracial couples presenting with race related issues. 	Sejal Patel, PsyD

Session	Date and Time	Topic and Details	Faculty
WS14	June 26, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 14 - The Truth about Lies: Dealing with Dishonesty in Couples Therapy</u></p> <p>Dishonesty can damage relationships and undermine therapy, but honesty is hard, especially for some clients. And yet, for therapy to progress, romantic partners need to be able to navigate thorny discussions with honesty and respect—and couples therapists need to avoid getting roped into being the lie detector. Honesty and disclosure are an important part of effective therapy, but they are also an important goal to work towards. We will begin by discussing the different kinds of dishonesty, the purposes that they serve, and the impact that actual or suspected dishonesty has on the partner and relationship. Then we will discuss how to help clients build the skills to be able to be more honest with themselves, their partner, and their therapist, as well as how to help partners be better receivers of honest disclosure, so that both partners feel empowered to shift a dissatisfying dynamic.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Help clients identify the little lies that they tell themselves and learn to be more honest with themselves. 2. Help clients see how both partners contribute to a lack of honesty in their relationship and therefore both have the ability to shift that dynamic. 3. Help clients be more trustworthy in their relationship by being more honest. 4. Help clients feel more trust in their relationship by responding better to uncomfortable disclosures. 	Ari Tuckman, PsyD, CST
WS15	June 26, 2022 9:45am - 11:45am PDT 2 CE	<p><u>Workshop 15 - Facilitating Intimate Connection: Clinical Studies in Desire Discrepancy</u></p> <p>What kills desire in long-term relationships, and how do you help clients with desire discrepancy find one another again? Desire may be mysterious, but relational dynamics that block it--like pressure for sex, managing sex pain, and sexual performance issues--are very predictable. Learn how to identify and work effectively with these tough but common blocks so that desire can bloom again. You'll gain clinical tools for depathologizing desire differences, starting a collaborative conversation about pleasure, and helping partners build the skills to stay flexible and connected through sexual challenges.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Participants will be able to list at least 3 things that reliably suppress sexual desire. 2. Participants will be able to describe at least three core skills couples need in order to handle sexual challenges well. 3. Participants will be able to describe the use of the Dual Control Model of Arousal for starting a conversation between partners about desire that is depathologizing. 4. Participants will be able to describe at least one strategy for working with relational dynamics involving subtle (or not so subtle) pressure for sex. 	Martha Kauppi, LMFT

Session	Date and Time	Topic and Details	Faculty
K06	June 26, 2022 1:15pm - 2:15pm PDT 1 CE	<p><u>Keynote 06 - Erotic Transference and Countertransference: Exploring Power, Desire, and Possibility in Relational Therapies and Supervisory Practices</u></p> <p>The process of working with erotic transference and countertransference is often avoided in clinical practice and in the training of psychotherapists. As therapists we must recognize and address that erotic transference and countertransference are significant pathways, albeit uncomfortable topics steeped in fear and defensiveness, toward greater vulnerability, healing, and the potential for growth within the clients we treat and the clinicians we long to be. This keynote discussion will begin a conversation on the process of removing fear from topics traditionally avoided within the realm of normative psychotherapy practice and parameters for their exploration within a bounded and ethical framework will be provided.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Expand the conceptualization & definition of erotic transference & countertransference within psychotherapy practice & the process of clinical supervision. 2. Understand how the avoidance of erotic transference and countertransference within the field of psychotherapy undermines the process of therapy and may add contribute to boundary violations within relational psychotherapy. 3. Explore how working with erotic transference and countertransference in clinical practice & supervision can deepen the therapeutic relationship and humanize the complexity of being a relational psychotherapist. 	Joseph Winn, MSW, LICSW, CST-S
P03	June 26, 2022 2:30pm - 3:30pm PDT 1 CE	<p><u>Panel 03 - Race, Gender, Sex and Power in Clinical Practice</u></p> <p><i>Description:</i> Extrinsic forces, centered in racism, classism, sexism, heteronormativity, ageism, ableism, and other intersecting identities impact relationships. However, they factors are not extrinsic, as we are all steeped in and operate from or are operated on, but these factors making them all too present and, unfortunately, made invisible to us as clinicians and the relational systems that we work with. The panel will define these factors, explore the power of their invisibility and impacts on relationships at the micro, mezzo and macros levels of experience and discuss their clinical implications on relational and systemic therapies.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. List how cultural factors impact relationships. 2. Given a client indicate how to address these factors. 	Martha Kauppi, LMFT; Sejal Patel, PsyD; Joseph Winn, MSW, LICSW, CST-S
CLOSING	June 26, 2022 3:45pm - 4:00pm PDT Not for Credit	Closing	Ellyn Bader, PhD Jeff Zeig, PhD

Continuing Education Accreditation Information

The Couples Conference is open to professionals in a health-related field with a master's degree or higher, and students currently enrolled in an accredited graduate program in a health-related field. Each day of the Couples Conference offers a maximum of 7 CE credits, equivalent to 1 credit per hour of conference. There is a maximum of 19 CE credits for this Conference.

- **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 19.0 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.

- **A.S.W.B.**

- The Milton H. Erickson Foundation, Inc., #1489, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. The Milton H. Erickson Foundation, Inc. maintains responsibility for the program. ASWB Approval Period: 05/02/2021 – 05/02/2024. Social workers should contact their regulatory board to determine course approval for continuing education credits.

- **B.R.N.**

- The Milton H. Erickson Foundation, Inc., is approved by the Board of Registered Nursing in California to offer continuing education for nurses (Provider no. CEP 9376). This program is eligible for a maximum of 19.0 contact hours.

- **CA B.B.S.**

- Licensees with the California Board of Behavioral SciencesThe Milton H. Erickson Foundation, Inc is approved to provide CE's by the NBCC and the APA in the state of California. As of 7/1/15, 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 Regulations (16CCR) § 1887.4.1 and § 1887.4.3
- **Florida L.C.S.W., L.M.F.T., L.M.H.C.**
 - 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).
- **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.
- **New York L.C.S.W. and L.M.S.W.**
 - 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.
- **NY L.M.F.T.**
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- **NY L.M.H.C.**
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 - The Milton H. Erickson Foundation, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0069.

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About the Conference Organizers

The Couples Conference is organized by **The Milton H. Erickson Foundation, Inc.**, 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, Brief Therapy and Couples Conferences, the Erickson Foundation also organized eight landmark Evolution of Psychotherapy Conferences in 1985, 1990, 1995, 2000, 2005, 2009, 2013, 2017, 2020, and 2022, attracting more than 8,000 professionals from around the world at each conference. The Milton H. Erickson Foundation does not discriminate on the basis of race, color, religion, age, national or ethnic origin, physical challenge, gender or sexual orientation.

The Couples Conference is organized in partnership with **The Couples Institute**.

For more than 35 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 books 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.

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If the Milton H. Erickson Foundation (hereby referred to as MHEF) cannot hold the Couples Conference due to acts of nature, war, government regulations, disaster, civil disorder or curtailment of transportation facilitating other emergencies making it inadvisable, illegal, or impossible to provide the facilities or to hold the meeting, each prepaid attendee will receive a copy of related handouts and any other materials that would have been distributed. Fixed

expenses will be paid from the pre-registration funds. Remaining funds will be refunded to pre-registrants. MHEF is not responsible for any other costs incurred by pre-registrants in connection with the Couples Conference.

The views and opinions expressed by presenters are their own and do not necessarily represent those of MHEF.

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Please email support@erickson-foundation.org for written registration cancellations. Cancellations submitted on/or before March 31st will be given a full refund. Cancellations submitted after April 1st but before before April 24, 2022 will receive a full refund, less a \$50 service fee. Those who cancel after April 24 and before May 24, 2022, will receive a 50% refund. We will not issue refunds for cancellations made after May 24, 2022. Please allow 8-10 weeks processing. If paying by check, please note that those who submit a non-sufficient fund check will be charged a \$20 service fee.