



Couples Conference 2023 - Main Conference - May 5, 6, 7

The Couples Conferences have become a leading vehicle for learning clinical 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 May 2023.

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

• Frank Anderson, MD

- Frank Anderson, MD, completed his residency and was a clinical instructor in psychiatry at Harvard Medical School. He is both a psychiatrist and psychotherapist. He specializes in the treatment of trauma and dissociation and is passionate about teaching brain-based psychotherapy and integrating current neuroscience knowledge with the IFS model of therapy. Dr. Anderson is a Lead Trainer at the IFS Institute

with Richard Schwartz and maintains a long affiliation with, and trains for, Bessel van der Kolk's Trauma Center. He serves as an advisor to the International Association of Trauma Professionals (IATP) and was the former chair and director of the Foundation for Self Leadership. Dr. Anderson has lectured extensively on the Neurobiology of PTSD and Dissociation and wrote the chapter "Who's Taking What" Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma in Internal Family Systems Therapy-New Dimensions. He co-authored a chapter on "What IFS Brings to Trauma Treatment in Innovations and Elaborations in Internal Family Systems Therapy" and recently co-authored Internal Family Systems Skills Training Manual. His most recent book, entitled "Transcending Trauma: Healing Complex PTSD with Internal Family Systems" was released on May 19, 2021. Dr. Anderson maintains a private practice in Concord, MA.

- **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.

- **Elliot Connie, MA, LPC**

- Elliott Connie, MA, LPC is a psychotherapist that practices in Texas. He is the host of the popular daily podcast, "The Aha Moments". 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 training 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”, "Solution-Focused Brief Therapy with Clients Managing Trauma", and the new book "The Solution Focused Diamond".

- **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).

- **Terry Real, LICSW**

- Terry has been a practicing family therapist for more than thirty years, and his work has been featured on NBC Nightly News, Today, Good Morning America, the CBS Early Show and Oprah, as well as in The New York Times, Psychology Today, Esquire, and numerous academic publications. His most recent book *Us: Getting Past You & Me to Build a More Loving Relationship* is a New York Times Bestseller. In 2007 his first book *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression* quickly became a National Bestseller. Terry founded the Relational Life Institute (RLI), which is dedicated to teaching the general public how to live relational lives and to teaching mental health professionals the practice of Relational Life Therapy. RLI uses Terry's work to advance the concept of "Relational Living" to help people address relational and psychological health in three critical relationship areas: parenting, coupling, and workforce effectiveness. The institute offers workshops for couples and professional trainings around the country as well as support services, books, CD's and other products.

- **Stan Tatkin, PsyD, MF**

- 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.

- **Cristine Toel, LPC**

- Cristine Toel is a Licensed Professional Counselor at Psychological Counseling Services, Ltd., (PCS) where she

has worked with intensive clients and couples for over a decade. She is an EMDRIA Certified EMDR therapist, and an EMDRIA Approved Consultant. She is also a member of the Arizona Psychodrama Institute, and a specialist in Problematic Sexual Behavior (SASH). PCS offers a weekly intensive program (30 hours of individual therapy and 25 hours of group therapy), which provides a therapeutic team approach for clients looking to mend difficult trauma, problematic sexual behavior, betrayal, crisis, and addiction. Cristine finds it fulfilling to work with intensive clients, because it allows her to pursue and help heal deep, historical traumas that are sometimes challenging to address in weekly therapy. Cristine is creative, intuitive, and tenacious, with a down-to-earth approach to her work with individuals and couples. Even more so, she is passionate about healing the worst traumas, and helping clients recognize and believe their strengths, as they develop an “I-Can” approach to living. She encourages her clients to trust their ability to handle struggle in life, including conflict, stress, anxiety, depression, boredom, and overall messiness, by adopting healthy coping rather than maladaptive habits, addictions, and escapes. As a result, she has seen sometimes miraculous shifts, as clients begin to engage more intimately, beginning with themselves and extending to the people who are trying to love them.

- **Lori Weisman, MA, LMHC**

- Lori Weisman MA LMHC is a trainer, psychotherapist, and coach with over four decades of experience helping thousands of people struggling to rebuild their lives and their relationships. Her background as a therapist, relationship coach, speech pathologist, and clinical director of brain injury centers gives her a unique understanding of the brain’s functioning and the nuances of couples relationships. During this time, she crafted and refined her skills to develop a specific method of marriage coaching that is fast, effective, and lasting. She now specializes in offering Couples Intensives because of how well they work. Lori has turned the Developmental Model into a winning curriculum for couples doing 2 day intensives. She is passionate about this model and has partnered with Ellyn Bader to train therapists and coaches worldwide to learn this innovative and effective model of couples therapy.

- **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. SSSH 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, LGBTQIA + 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, May 5th; Saturday, May 6th; and Sunday, May 7th. Friday, May 5th begins with an introduction to the Couples Conference with conference organizers Jeffrey Zeig, PhD, and Ellyn Bader, PhD. This convocation begins at 8:45am.

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, May 5th will have 6 CE credits available. Saturday, May 6th will have a total of 6 CE credits available. Sunday, May 7th will have a total of 5 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 chat 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 chat feature to message our Q&A moderators.

In order to provide the best experience for all, please make sure your audio is 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 via the links we provide.

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 until November 8th.

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

Join the Zoom Meeting

Register for Zoom Events at this link: https://events.zoom.us/ev/AsbR13kNQ9HehkW9zMf2n_pNRWN7bkHH-4TkFTbVwPAQcUxFxhnr~AggLXsr32QYFjq8BIYLZ5I06Dg

Once you have registered you would be able to Join the Lobby.

Conference Handouts and Review

Handouts for the Couples Conference will be made available here: <https://www.couplesconference.com/2023-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. The recordings will be made available on the conference review page at this link: www.erickson-foundation.org/couples-conference-2023

Continuing Education Certificate of Completion

Registrants of the Conference will be able to get their certificate beginning Monday, May 8th. 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 - May 5, 6, 7
All Conference Days
17 CE Credits included
Live access to conference, access to conference recordings for 6 months
Cost - \$399

Conference Schedule

Key

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

Friday, May 5 - Couples Conference Day 1

Session	Date and Time	Topic and Details	Faculty
CON	May 5, 2022 8:45am - 9am 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	May 5, 2022 9am - 10am PDT <i>1 CE</i>	<p><u>Keynote 01 - The Developmental Model</u></p> <p>Since 1988, professionals worldwide have used and taught the Developmental Model. Feedback from thousands of therapists and clients tells us what matters most to clients and what parts of the Developmental Model have led to the greatest breakthroughs in therapeutic skill.</p> <p>This keynote will emphasize 1) core principles of Developmental thinking that resonate with clients and 2) targeted skill sets that enable therapists to eliminate painful stuck patterns with couples. You'll come away knowing how to move your couples forward to create enduring change.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Describe 5 Principles of Developmental Thinking 2. Utilize 3 Interventions to Disrupt Symbiosis 3. Enable Couples to Understand What's Wrong and Embrace Growth 	Ellyn Bader, PhD

Session	Date and Time	Topic and Details	Faculty
WS01	May 5, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 01 - PACT: How to Orient Couples Toward Secure Functioning?</u></p> <p>This two-hour workshop will demonstrate how to foster secure functioning in your couple practice. Attendees will first get a deeper understanding of what is secure functioning versus insecure functioning in a couple system. We will answer the question as to why secure functioning is the only possible solution to relationship satisfaction and longevity. Then, through live demonstration, attendees will experience various challenges and opportunities to promote secure-functioning principles and orient partners toward a two-person psychological system of interdependency, teamwork, threat reduction, win-win outcomes, and protection of their union. We will also cover conflict management and why a couple system can be measured by how much load bearing it can take before the wheels start coming off.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. To be able to list at least five characteristics of a secure-functioning relationship. 2. To be able to name and describe the brain's error potentials and why they matter. 3. To be able to clarify and enforce principles of secure functioning with all couples. 4. To be able to apply basic PACT interviewing/intervention crossing techniques. 5. To be able to describe and implement therapeutic containers. 	Stan Tatkin, PsyD, MFT
WS02	May 5, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 02 - An integrative stance toward recognizing the courage of relationships that exist beyond heteronormativity: What BDSM/Kink & consensual non-monogamy can teach about relationships that work.</u></p> <p>This workshop will provide participants with an integrated framework, e.g., sociological, systemic, and models of sex therapy, from which to consider the strengths and skills that non-heteronormative relational systems can teach relational therapists working with monogamous couples interested in deepening both emotional attunement and interpersonal differentiation. Specific topics will include exploring clinician bias, challenge heteronormative constructs of relational, sexual, and erotic practices, and the necessity of integrating various relational models of intervention tailored specifically to the relational systems we work with.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Assess ones Person of the Therapist and Sexological World View to determine willingness to work effectively with non-heteronormative relational systems. 2. Identify common practices, principals, & research supporting BDSM/Kink & CNM as normative variations of sexual, erotic, and relational styles. 3. Apply foundational principals of sexual health, relational, and erotic negotiation, to competent delivery of clinical services to all relational systems. 	Joseph Winn, MSW, LICSW, CST-S

Session	Date and Time	Topic and Details	Faculty
WS03	May 5, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 03 - Loving Power: Intimacy Beyond Patriarchy</u></p> <p>Under patriarchy – the framework we all live within – one can be connected or powerful; but not both at the same time. This workshop gives nuts and bolts technique for helping our clients discover “soft” or “loving” power. How to stand up for one’s self and cherish one’s partner, and the relationship, in the same breath. How one partner can help empower the other to come through for them, a win/win for both.</p> <p>Learn how to teach clients the 3 steps to getting what you want</p> <ul style="list-style-type: none"> – Daring to rock the boat – Teaching them what you want – Encouraging, rather than discouraging, progress <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. How to move beyond traditional gender binaries allowing for assertion and appreciation simultaneously 2. Learning the Three Phases of getting what you want 3. Learning a model of moving clients into mutual employment – more assertion up front, less resentment on the back end 	Terry Real, LICSW

Session	Date and Time	Topic and Details	Faculty
K02	May 5, 2022 1:45pm - 2:45pm PDT 1 CE	<p><u>Keynote 02 - The Internal Family Systems (IFS) Model of Therapy Applied to Couples</u></p> <p>Internal Family Systems (IFS) is a model of therapy that views the mind as a system of sub-personalities or parts that hold different beliefs, emotions, and behaviors. IFS also believes that each person has a “Self” that has inherent wisdom or healing capacity.</p> <p>When we apply IFS to couples, we help each partner become aware of their own parts and how they interact with their partners parts. This helps couples resolve conflicts that arise when their parts are in opposition to each other. IFS also helps each member of the couple identify and heal the wounds within them that can get in the way of intimacy in the relationship.</p> <p>The overall goal of IFS in couples is to help individuals become more aware of their own parts, to access empathy for their partner’s parts, and release the blocks that cause conflicts to develop a more compassionate relationship within themselves and their relationship.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Understand the basic principles of Internal Family Systems Therapy. 2. Describe the different types of parts that exist in IFS. 3. Understand the role of Self Energy 4. Learn how to resolve conflicts that arise in couples using the IFS model of therapy. 5. Understand the healing process in IFS as it relates to working with couples. 	Frank Anderson, MD
WS 04	May 5, 2022 3pm - 5pm PDT 2 CE	<p><u>Workshop 04 - IFS and LGBTQIA+ Couples</u></p> <p>Like any population, LGBTQIA+ individuals have a variety of different parts within their internal system. However, LGBTQIA+ clients may also have parts that are specifically related to their experiences of gender and sexual identity. These parts can be particularly strong in clients who have experiences discrimination, stigma, or trauma related to their LGBTQIA+ identity.</p> <p>The Internal Family Systems (IFS) model of therapy can be helpful for LGBTQIA+ couples in several ways. It can help each partner develop greater self-awareness and compassion for their own internal system. It can help partner develop greater empathy for their partner’s internal parts and their lived experience. And it can help couples work through conflicts that arise in the relationship related to identity, family legacy, sexuality, culture struggles, and trauma related issues that arise in the relationship.</p> <p>IFS offers LGBTQIA+ couples a solution beyond resolution. It provides a context to release and transform the overwhelming experiences each person brings to the relationship, providing the opportunity for deeper intimacy, increased resilience, and greater connection.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Develop an understanding of how IFS techniques can be applied when working with a LGBTQIA+ couple. 	Frank Anderson, MD

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| | <ol style="list-style-type: none">2. Learn the role attachment trauma plays in intimate relationships and how best to address it from the IFS perspective.3. Understand the unique strengths and challenges that show up when working with LGBTQIA+ couples.4. Explore the parts of the therapist that enter the therapy room and explore skills and techniques to address them.5. Develop an awareness of ethical considerations when working with LGBTQIA+ couples, including issues related to confidentiality, cultural sensitivity and potential biases or assumptions. | |
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Session	Date and Time	Topic and Details	Faculty
WS05	May 5, 2022 3pm - 5pm PDT 2 CE	<p><u>Workshop 05 - Deep Change: Working with Trauma in Couples Therapy</u></p> <p>This workshop introduces participants to a new form of couples therapy – one that does deep individual work in the presence of the partner. Most of us, when faced in couples therapy with one or both partners needing trauma work or work on their characters refer these individuals to individual treatment. RLT offers a combination of loving confrontation (Joining through the truth), educational coaching on relational skills, and inner child work that, taken together, produce quick, profound, and lasting change.</p> <p>Any mental health professional or coach dealing with relational issues in his or her work. It is relevant to both couples therapists and individual therapists with a relational perspective. Anyone interested in how to integrate trauma work into couples therapy. Anyone wishing to go more deeply in their own clinical work.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. How to quickly identify and articulate the couple’s choreography, their dynamic, (Eg. The more she pursues, the more he withdraws.) 2. How to wake up dormant parts of the partners we work with – accountability, for example, or empathy through joining through the truth, the art of loving, highly empathic confrontation. 3. How to transition smoothly from the present difficulty to family of origin and early childhood, identifying and using resonances – repeating patterns in attitude or behavior. 4. How to bring the present-based, mature, Functional Adult part of the person into relationship with the Adaptive Child and Wounded Child parts of the person. 5. How to empower the individual to begin re-parenting his or her inner children – both nurturing and containing them. 6. How to bring the newly empowered partner back into the couple’s relationship with a creative, new position. 7. How to debrief with the witnessing partner, amplifying his or her experience of empathy and compassion. 	Terry Real, LICSW

Session	Date and Time	Topic and Details	Faculty
WS06	May 5, 2022 3pm - 5pm PDT 2 CE	<p data-bbox="558 99 1472 159"><u>Workshop 06 - Loss of Attraction: Applying the Developmental Model of Couples Therapy</u></p> <p data-bbox="558 196 1556 467">When faced with loss of attraction, clients and therapists alike often feel overwhelmed, confused, and disempowered. Attraction seems so mysterious, coming on quickly and going away just as suddenly. It is easy to believe attraction is out of our control. But restoring attraction is actually possible. In this workshop, Martha will show you how she uses several concepts and interventions from the Developmental Model of Couples Therapy to help clients identify what is blocking attraction, remove the blocks, and restore intimate connection. Expect a spirited combination of lecture, discussion, Q & A, and plenty of immediately applicable material you can take to your next session.</p> <p data-bbox="558 505 831 532"><i>Educational Objectives:</i></p> <ol data-bbox="558 537 1461 727" style="list-style-type: none"> 1. Participants will be able to name the single most important early treatment intervention in loss of attraction cases 2. Participants will be able to name three parts of effective goal setting in loss of attraction cases 3. Participants will be able to identify at least two pitfalls for therapists when working with loss of attraction 	Martha Kauppi, MS, LMFT

Saturday, May 6 - Couples Conference Day 2

Session	Date and Time	Topic and Details	Faculty
K03	May 6, 2022 9am - 10am PDT 1 CE	<p><u>Keynote 03 - Working with Sex Issues and Polyamory Using the Developmental Model</u></p> <p>What do consent, great sex, strong agreements, and well-functioning polyamory have in common? The Developmental Model of Couple's Therapy holds important keys to creating all of them. In this keynote, sex therapist Martha Kauppi will discuss why she finds the Developmental Model of Couples Therapy to be an ideal fit for her relational sex therapy practice. Learn how weaving together concepts of attachment, differentiation, and neuroscience empowers clients to create strong, healthy intimate and sexual relationships.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Participants will be able to describe the three parts of differentiation that are required to give and withdraw consent effectively 2. Participants will be able describe how attachment relates to differentiation of self 3. Participants will be able to identify three aspects of agreement-making and agreement-keeping 	Martha Kauppi, MS, LMFT
WS07	May 6, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 07 - Using the Developmental Model to Untangle Intimacy Avoidance</u></p> <p>Many couples kill the intimacy that once ignited their dreams and brought them together. It doesn't happen in a day or in a week but occurs gradually and quietly as fear and anxiety dominate and partners avoid moments of growth. They shy away from conflict, deeper connection, and intimate moments – opting to live on the surface until they no longer know each other or even themselves. They come to you, often on the way out, with little awareness about how they created such distance and with minimal hope of feeling love again. This workshop will help develop your skills to enable intimacy avoidant couples to evolve.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Describe common patterns of intimacy avoidance 2. Demonstrate how to slow down and create experiential moments in sessions 3. Delineate internal dilemmas that keep avoidant couples stuck 	Ellyn Bader, PhD

Session	Date and Time	Topic and Details	Faculty
WS08	May 6, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 08 - PACT: Repairing Partner Betrayal</u></p> <p>This two-hour workshop will demonstrate how to organize and approach partner betrayal. In this case, the secret-keeper has kept vital information from the discovery-partner – such as a love affair, sexual acting out, financial decisions, a secret life, and other instances where the secret-keeper withheld, lied, and used gaslighting to cover their tracks. The reveal or discovery of important information that, if previously known, would have changed everything, is arguably the most devastating form of betrayal in romantic relationships. The discovery partner almost always exhibits PTSD symptoms of mood instability, sleep problems, flash backs, intrusive and obsessive thoughts, paranoia, and abandonment depression. A specific therapeutic architecture and therapist stance is vital to a successful therapeutic outcome of secure functioning.</p> <p>Attendees will learn how to approach this unidirectional betrayal structure through and video example.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. List at least five characteristics of a secure-functioning relationship. 2. Describe the structural architecture of this type of betrayal. 3. Clarify the roles of each partner (secret-keeper/discovery-partner). 4. Discuss with partners the process of recovery and what will be expected. 5. List at least three possible outcomes of betrayal cases. 	Stan Tatkin, PsyD, MFT

Session	Date and Time	Topic and Details	Faculty
WS09	May 6, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 09 - Sexual Betrayal: An Intensive EMDR Approach for Couples</u></p> <p>This workshop will provide participants with an understanding of how the Adaptive Information Processing Model (including the three-pronged protocol and 8 phases of EMDR) is applied for the treatment of relational trauma for the betrayer and the betrayed partner within the context of an intensive therapy model, provided by a therapeutic team system at Psychological Counseling Services, Ltd. (PCS). This presentation will focus on the implementation of EMDR that is focused on assisting the healing of the couple using Standard Protocol EMDR, EMDR addiction protocols, internal family systems EMDR, and couple's shared EMDR.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Replicate the model in their own private practice. 2. Understand typical patterns in terms of perspective and mindset of betrayers, some of whom suffer from compulsive, problematic sexual behavior, and their betrayed partners who are often suffering from post-traumatic stress and relational trauma. 3. Utilize and seek further training in specific addiction EMDR protocols used for the betrayer. 4. Gain insight and utilize common cognitive interweaves that allow for strength building and deeper EMDR processing that can involve healing historical, related trauma. 5. Explore Case Studies that provide insight on how Couple's EMDR can be used in a therapeutic practice to heal relational trauma, build trust and repair, and create a space for deeper connectiveness and intimacy. 	Cristine Toel, LPC
K04	May 6, 2022 1:30pm - 2:30pm PDT 1 CE	<p><u>Keynote 04 - The Solution Focused Approach with Couples</u></p> <p>The Solution Focused Approach with couples is a brief and outcome-driven approach to couples therapy. The focus is on the present and future, rather than the past. The aim is to help couples identify and achieve their desired outcomes, while ignoring or minimizing any problematic behaviors.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. This helps the couple identify their strengths and resources, and uses these to find solutions to their problems. 2. This also uses a variety of techniques such as scaling questions, miracle questions, and exception-finding to encourage the couple to identify their goals and focus on positive change. It is designed to be a brief and focused intervention. 3. This makes it an attractive option for couples who are seeking a more efficient and effective way to resolve their problems. Overall, the Solution Focused Model with couples can be a highly effective way to help couples improve their relationships and achieve their desired outcomes. 	Elliott Connie, MA, LPC

Session	Date and Time	Topic and Details	Faculty
P01	May 6, 2022 2:45pm - 3:45pm PDT 1 CE	<p><u>Panel 01 - When to Terminate Couples Therapy</u></p> <p>Termination can be determined by multiple factors. Procedures for successful termination can be outlined.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. How to determine when termination is warranted. 2. Given a patient, describe the steps in terminating therapy. 	Terry Real, LICSW; Stan Tatkin, PsyD, MFT; Elliott Connie, MA, LPC
K05	May 6, 2022 4 pm - 5pm PDT 1 CE	<p><u>Keynote 05 - Relational Life Therapy: Deep, Quick, Dramatic Change</u></p> <p>Participants will receive an overview of RLT, a potent form of couples therapy which offers clients a map and specific set of skills that enable them to live relationally – that is, in a state of authentic connection to themselves, those they love, society, nature, and Spirit.</p> <p>RLT replaces the individualistic and patriarchal delusion of power over nature with “ecological wisdom.” Our relationships are our biosphere. We live within them, not above them.</p> <p>RLT offers a practical “relational technology” that delivers on our cultures brand new ambition- a truly intimate life-long romance.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Understand the definition of ‘Relational Mindfulness’ - the core practice 2. Differentiate between the ‘Three Phases of RLT’ 3. Move from toxic individualism and patriarchy to ‘US’ 	Terry Real, LICSW

Sunday, May 7 - Couples Conference Day 3

Session	Date and Time	Topic and Details	Faculty
P02	May 7, 2022 9am - 10am PDT 1 CE	<p><u>Panel 02 - When Infidelity is Traumatic</u></p> <p>Infidelity erodes trust and can destroy relationships. Traumatic effects can be addressed.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Describe Infidelity 2. Describe a method of working with a couple when infidelity is a presenting complaint. 	Martha Kauppi, LMFT; Cristine Toel, LPC; Ellyn Bader, PhD; Lori Weisman, MA, LMHC
WS 10	May 7, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 10 - Using the Solution Focused Approach with Any Couple, with Any Issue</u></p> <p>Couples come to therapy with a myriad of complications, things like infidelity or communication issue are common issues that bring people into our offices. Managing these issues can be tricky and conducting a session that leads towards change can be even trickier. There is often a strong temptation to try to “teach” the couple how to function. However, we have to resist this urge because it doesn’t work nor does it lead towards change. In this workshop I am going to show you how to use the Solution Focused Approach to help couples create positive change in their relationship, regardless of the referral issue.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Participants will gain an understanding of the Diamond Approach to SFBT and how this approach is an evolution of traditional SFBT. 2. Participants will understand how using the Diamond Approach to SFBT will help them avoid the need to teach couples new skills during therapy. <p>Participants will gain an understanding about how SFBT can be used to help couples with any referral issue to experience positive change.</p>	Elliot Connie, MA, LPC

Session	Date and Time	Topic and Details	Faculty
WS11	May 7, 2022 10:15am - 12:15pm PDT 2 CE	<p><u>Workshop 11 - Transforming Couples Relationships Using a New Model</u></p> <p>Demand is growing for couples intensives. If you have been curious about intensives but weren't sure how to lead them this workshop is you.</p> <p>There is a therapy process that gives you all the time in the world to provide your clients with the foundation they need to communicate effectively, without being interrupted by weekly breakdowns. This format gives you time to work on the real issues. Time to practice new skills couples can rely on for life. Time to see and disrupt the exact patterns clients are desperate to change. We'll also review how to discern which couples will benefit from an intensive model.</p> <p>You will see a demonstration of how to talk to your existing clients about doing an intensive with you.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Demonstrate how to talk to existing couples about doing an Intensive. 2. Describe 3 reasons longer sessions benefit distressed couples. 3. Access appropriate couples for intensive work. 	Lori Weisman, MA, LMHC
WS12	May 7, 2022 9:45pm - 11:45pm PDT 2 CE	<p><u>Workshop 12 - Bringing Play into Relational Therapy in the Treatment of Trauma</u></p> <p>This workshop will provide participants with an integrated theoretical framework, e.g., sociological, systemic, somatic, and psychodynamic, to the assessment, formulation, and treatment of trauma within relational therapy. This presentation will focus on the everyday use of witnessing, movement, and art to engage self-soothing, connection, and the re-engagement of voice, touch, and healing in relational therapy.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Assess forms of trauma that are often un-recognized in the treatment of relational systems. 2. Identify how trauma (re)organizes the relational world and embeds in the body at the expense of voice. 3. Utilize an integrated play-based process involving witnessing, movement, and art to identifying, address, and begin healing trauma through relational and multi-systemic therapy. 	Joseph Winn, MSW, LICSW, CST-S

Session	Date and Time	Topic and Details	Faculty
K06	May 7, 2022 1:30pm - 2:30pm PDT 1 CE	<p><u>Keynote 06 - A Psychobiological Approach to Couple Therapy</u></p> <p>A psychobiological approach to couple therapy (PACT) is, at its core, a social-justice, purpose-centered approach to primary attachment relationships (two or more). That is to say, PACT therapists expect their partnership clients to become secure functioning. A secure-functioning system is one that is a two (or more) psychological system grounded in fairness, justice, mutual sensitivity, collaboration, and cooperation. In other words, secure functioning relationship is a team sport. For many, secure functioning is a high bar to achieve. It requires a degree of social-emotional development, moral reasoning, individuation, differentiation, self-activation, and of course interest in, and a willingness to pursue it as a goal.</p> <p>PACT, underneath the hood, is a polytheoretical approach that combines, among other things, attachment, arousal regulation, and developmental neuroscience. Aside from the top-down therapeutic stance of secure functioning, PACT is a bottom-up approach that focuses on implicit, somatic “tells” in each partner’s face, body, voice, movements, and linguistic choices, particularly when partners are under stress. This process orientation helps the clinician obtain more information quickly and strategically than content oriented or procedure-based approaches.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. To be able to list at least five characteristics of a secure-functioning relationship. 2. To be able to describe a two-person psychological system and how it operates. 3. To be able to describe and define co-regulation, autoregulation, external regulation, and self-regulation. 	Stan Tatkin, PsyD, MFT
P03	May 7, 2022 2:45pm - 3:45pm PDT 1 CE	<p><u>Panel 03 - Forgiveness</u></p> <p>Forgiveness can heal relationship ruptures. Procedures for addressing forgiveness will be offered. Attendees can learn methods of working to promote forgiveness.</p> <p><i>Educational Objectives:</i></p> <ol style="list-style-type: none"> 1. Define forgiveness 2. Indicate methods for prompting forgiveness in cases where needed. 	Frank Anderson, MD; Cristine Toel, LPC; Joseph Winn, MSW, LICSW, CST-S
CLOSING	May 7, 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. The Couples Conference offers a maximum of 17 CE credits, equivalent to 1 credit per hour of 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 17.0 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 – 05/02/2025. 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.**

- The Milton H. Erickson Foundation is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0052.

- **NY L.M.H.C.**

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- **New York Psychologists**

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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, 2021, 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 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.

The Couples Institute
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Disclaimer

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.

MHEF disclaims any responsibility for the use and application of information presented at this training.

Cancellation Policy

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, 2023 will receive a full refund, with a \$50 service fee. Those who cancel after April 24 and before April 30, 2023, will receive a 50% refund. We will not issue refunds for cancellations made after May 1, 2023. 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.