The Many Paths to Transformation
From Problem Solving to Deep Healing

Featured Speakers
Jack Kornfield
Esther Perel
John & Julie Gottman
Harriet Lerner
Irvin Yalom

Special Session
Tony Robbins

THIS YEAR’S SYMPOSIUM WILL SELL OUT. Register Today!

SEE PAGE 82 FOR DETAILS
Once upon a time, the path to becoming a psychotherapist was pretty straightforward. You went to graduate school and—depending on the decade—you studied family systems, psychodynamic therapy, or some strand of cognitive behavioral therapy. That was about it, choice-wise. You got your diploma, hung out your shingle, and got on with the business of helping people in a fairly prescribed way.

Now, it’s a markedly different world. An explosion of brain science, the imperatives of the digital age, the influx of non-Western healing approaches, and a super-charged consumer culture have converged to create a sprawling marketplace of therapies and therapy-like practices. As the choices have multiplied, so has the range of possible identities for psychotherapists. You may see yourself as an agent of deep healing, working with people long term to resolve their suffering. Or you may view yourself as more of a coach, inspiring clients to realize their dreams. You may envision mind-body practices as a cornerstone of your approach, or follow a specific protocol to reduce symptoms, or look to Buddhism to move clients toward acceptance of those symptoms. Maybe you do all of it, and throw in some polyvagal work for good measure. It can be exhilarating to be a psychotherapist today. But the mélange of clinical possibilities can also be overwhelming, and treatment paths sometimes unclear.

Finding our way through this dizzying therapeutic bazaar is the focus of the 41st annual Networker Symposium, The Many Paths to Transformation: From Problem Solving to Deep Healing. It’s a celebration of our professional diversity, and a chance to ponder: Is there a common denominator that unites these many paths? What’s at the heart of your own identity as a therapist, and do you find yourself curious about other paths to growth and healing?

This year, we offer the opportunity to hear from a distinguished lineup of teachers and clinicians from a range of disciplines and points of view. But the Symposium is much more than a seat-in-the-chair conference—it invites you to experience yourself more directly and vividly through a host of creative offerings, from dance and yoga to theater arts and storytelling. It’s a bona fide festival of conversation, with plenty of opportunities to discuss the issues that matter to you with colleagues from around the world, as well as to just schmooze and unwind. In the process, we hope you discover—or rediscover—some vital element of your professional or personal identity. Who knows? You just may surprise yourself.

REGISTER ONLINE AT psychotherapynetworker.org
Welcome!

Clinical Specialty Guide
Zoom in on the workshops that match your specific needs and interests.

Meet Our Featured Speakers
Check out the range of important issues this year’s celebrated keynoters will address.

Thursday Workshops and Events
Rekindle your imagination, energy, and sense of possibility at Creativity Day. Plus, see options for pre-conference clinical workshops.

Friday Workshops and Events
Whatever your clinical interest, you’ll find all-day intensive workshops and two-hour sessions designed to answer your most pressing questions, expand your skill set, and broaden your vision of the therapist you want to be.

Saturday Workshops and Events
Your clinical quest continues with more exciting all-day intensive workshops and two-hour sessions.

Sunday Workshops and Events
Start the day with our Morning Keynote. Then select from a range of compelling workshops. All sessions end at 1:00 p.m.

Registration Information
Everything you need to know about making your Symposium experience as affordable, enjoyable, and hassle-free as possible. Find out about the benefits of our Full Pass options.

To make it easier to find the workshops that fit your needs, we’ve grouped this year’s program into four main categories.

Anxiety, Depression, and Trauma. These workshops focus on clients’ presenting symptoms and how to address them.

Mind, Body, and Brain. Go beyond traditional talk therapy to explore mindfulness, somatic practices, and applications of brain science.

Couples, Kids, and Families. These workshops emphasize the unit of treatment—couples, kids, adolescents, and families.

Personal and Professional Development. Explore new clinical tools, ways to grow personally and professionally, and therapeutic ethics.
Meet Our
Featured Speakers

Friday

MORNING KEYNOTE

Jack Kornfield
What Really Heals and Awakens
Trained as a Buddhist monk and clinical psychologist, Jack Kornfield will explore how to embody a fuller spiritual wisdom in your work with clients, getting to the heart of the perennial human questions of suffering and freedom, identity and meaning, love and possibility.

LUNCHEON ADDRESS

Harriet Lerner
Healing Betrayals Large and Small
Psychologist Harriet Lerner, bestselling author and expert in women’s issues and therapy, will examine the often bewildering dynamics of forgiveness, taking a fresh look at the power of the good apology, the various ways people unwittingly muck it up, and how therapists can help clients navigate the process.

FRIDAY DINNER EVENT

Stephan Wolfert
Cry Havoc: A Solo Play of Trauma and Transformation
Experience a searing, critically-acclaimed solo play that interweaves Shakespeare with actor/veteran Stephan Wolfert’s own memories and struggles with PTSD, bringing us face-to-face with the challenges our soldiers encounter when they return from combat and find themselves unable to be “non-combat ready.”

Saturday

MORNING KEYNOTE

Esther Perel
The Future of Modern Love
Bestselling author Esther Perel will open up a wider cultural conversation about our notions of traditional couplehood, the role therapists can play in helping clients explore beyond one-size-fits-all notions of intimacy and commitment, and what the all-too-common experience of infidelity can teach us.

LUNCHEON ADDRESS

John Gottman & Julie Gottman
The New Science of Couples and Family Therapy
Having spent decades developing an evidence base for couples therapy through their research, relationship experts John and Julie Gottman will explore how to better help couples develop the trust, enduring commitment, and physiological calm that are key to achieving more robust and measurable clinical outcomes.

SATURDAY DINNER EVENT

Susan Johnson, Martha Manning, David Treadway, Kirsten Lind Seal, David Kessler
My Most Transformative Therapeutic Moment: An Evening of Storytelling
Join five Master Therapists for an evening of deep listening and authentic experience. As in the acclaimed first-person storytelling program The Moth, each therapist will recount a deeply felt, real-life experience that will inspire, provoke, and enchant.

Sunday

MORNING KEYNOTE

Networker Lifetime Achievement Award
Irvin Yalom
Reflections on the Therapist’s Journey
Having dramatically shaped our field over the course of his storied career, pioneering therapist and acclaimed writer Irvin Yalom will discuss what he believes lies at the heart of what we do—our ability to forge a true connection with the client—and how therapists can deepen the impact of their work through the different stages of their careers.

Friday Afternoon

Tony Robbins
Creating Lasting Change and Impact
In this special event, Tony Robbins, life strategist and peak performance coach, whose approach to personal transformation has reached millions of people through his writings and live seminars, will demonstrate the key to creating an alliance for change and getting to the heart of what clients truly want in their lives.
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My experience with TherapyNotes has been fantastic!

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Dr. Christine Zillevski, PT, Licensed Clinical Psychologist

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Internal Family Systems is at the forefront of a movement in psychotherapy toward a more collaborative approach that relies on clients’ intuitive wisdom. Developed by Richard C. Schwartz, PhD, IFS offers a clear, empowering, and non-pathologizing view of human cognitive and emotional life and provides for a dynamic therapeutic environment that allows therapists and clients to enter transformational relationships in which healing can occur. IFS is now posted as an evidence-based practice on NREPP.

The Center for Self Leadership provides a variety of learning opportunities:
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- IFS Annual Conference
- Speaking engagements featuring Dr. Richard Schwartz
- IFS online bookstore and IFS Practitioner Directory

NEW RELEASE IN THE IFS ONLINE BOOKSTORE!
Many Minds, One Self: Evidence for a Radical Shift in Paradigm by Richard C. Schwartz & Robert R. Falconer
A chronicle of the widespread evidence for the natural multiplicity of the mind as well as an undamaged healing essence in each of us—and a compelling argument for the potential of this paradigm to bring harmony, connection, and positive leadership to the distresses of our planet.

Upcoming IFS Trainings

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LEVEL 2 IFS INTENSIVE TRAININGS
- IFS, Trauma & Neuroscience: Deepening & Expanding with IFS from the Inside Out
- IFS, Addictions & Eating Disorders

LEVEL 3 IFS TRAININGS
- Austin, TX
- Boston, MA
- Delray Beach, FL

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Neurofeedback is applied neuroscience – it is a new frontier in helping innumerable people who up until now have been condemned to just make the best of feeling chronically fearful, unfocused and disengaged."

- Sebern Fisher, author of Neurofeedback in the Treatment of Developmental Trauma
T
he Science of Couples and Family Therapy: Behind the Scenes at the Love Lab complements the general systems theory of the 1960s by presenting a new theory that is viable, precise, and measurable—the results of a second empirical revolution. John and Julie Gottman, world-renowned for bringing an evidence base to couples therapy, have written a book both theoretical and highly practical that helps clinicians become more effective in their everyday work. 

Couples therapists must read this fascinating book! A wealth of science linked to practice in a fun, readable way and the engrossing history of the Love Lab come together to make ANOTHER memorable contribution to the couple’s literature from the Gottman team.¹⁹

—Sue Johnson, PhD, author of Hold Me Tight and Love Sense

Nourish yourself and build your skills at 1440 Multiversity, an extraordinary new learning destination in the redwoods near Santa Cruz, California. Immense in a weekend or five-day program (CEs available) with renowned faculty in neuroscience, mindfulness, integrative medicine, authentic leadership, and more. Enjoy daily meditation, yoga, healing arts, and fresh, locally sourced cuisine. Walk away with new perspectives to enhance both your life and your work.

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¹⁹ Couples therapists must read this fascinating book! A wealth of science linked to practice in a fun, readable way and the engrossing history of the Love Lab come together to make ANOTHER memorable contribution to the couple’s literature from the Gottman team.
Thursday \textit{Creativity Day} — For Self-Expression, Personal Growth, and Healing

\textbf{All-Day Workshops}

\begin{itemize}
\item \textbf{111} Brain Care \textit{LINDA GRAHAM}
\item \textbf{112} Discover Your Inner Dancer \textit{BABA RICHARD GONZALEZ}
\item \textbf{113} The Actor’s Secret \textit{BETSY POLATIN}
\item \textbf{114} Mindfulness-Based Stress Reduction (MBSR) \textit{GINA BIEGEL}
\item \textbf{115} Writing to Awaken \textit{MARK MATOUSEK}
\item \textbf{116} The Path of the Shaman \textit{IRENE SIEGEL}
\item \textbf{117} Yoga and IFS to Clear the Constrictions \textit{AMY WEINTRAUB}
\item \textbf{118} Sing from Your Soul \textit{DANA LACROIX}
\item \textbf{119} The Gift of Storytelling \textit{NOA BAUM}
\item \textbf{120} The Journey to Oneness \textit{RUDOLPH BAUER}
\item \textbf{121} Befriending Stress \textit{GEORGE FALLER}
\item \textbf{122} A Day of Qigong \textit{PATRICK DOUGHERTY}
\end{itemize}

\textbf{Pre-Conference Clinical Workshops}

\begin{itemize}
\item \textbf{101} Mindful Aging \textit{ANDREA BRANDT}
\item \textbf{102} The Ethical Dilemmas No One Talks About \textit{MARY JO BARRETT & LINDA STONE FISH}
\item \textbf{103} The Actor’s Secret \textit{BETSY POLATIN}
\item \textbf{104} Mindfulness-Based Stress Reduction (MBSR) \textit{GINA BIEGEL}
\item \textbf{105} Writing to Awaken \textit{MARK MATOUSEK}
\item \textbf{106} The Path of the Shaman \textit{IRENE SIEGEL}
\item \textbf{107} Yoga and IFS to Clear the Constrictions \textit{AMY WEINTRAUB}
\item \textbf{108} Sing from Your Soul \textit{DANA LACROIX}
\item \textbf{109} The Gift of Storytelling \textit{NOA BAUM}
\item \textbf{110} The Journey to Oneness \textit{RUDOLPH BAUER}
\item \textbf{111} Befriending Stress \textit{GEORGE FALLER}
\item \textbf{112} A Day of Qigong \textit{PATRICK DOUGHERTY}
\end{itemize}

\textbf{Continuing Education Information}

CE credit from boards may vary for some presentations and workshops. For more information, see page 87 or psychotherapynetworker.org for the most up-to-date details.

\textbf{Note for Thursday:} CE credit available for all pre-conference clinical workshops (115–123) as well as other Thursday workshops unless otherwise indicated.
Find Fulfillment, Purpose, and Joy: Embracing Your Life After 50 to Mindful Aging

is a therapeutic approach to retirement and the implications for aging from the perspective of lifespan psychology, mindfulness, and neuroscience in clinical work. We all admire the grace, fluidity, and expressiveness of those who have dedicated their lives to the pursuit of dance. But few of us feel we have the ability—or the nerve—to do much dancing ourselves. This workshop, you’ll learn about the practical craft of dancing—basic Afro-Caribbean dance movements, different kinds of rhythms, and the physical language of expressive symbolic movement. Whatever your experience with dance, explore how to cast off self-judgment, and learn how to wholeheartedly throw yourself into the larger healing dance of life. You’ll have an opportunity to:

- Move beyond your inhibitions and expressive limitations
- Reframe the moment of being in the limelight as one to savor and not to fear
- Explore how to include dance in your healing process

LINDA GRAHAM

Discover Your Inner Dancer Learning to Let Yourself Move BABA RICHARD GONZALEZ & COMPANY

We all admire the grace, fluidity, and freedom dancers express, and their ability to step out of ordinary life into the realm of pure, rhythmic movement. But few of us feel we have the ability—or the nerve—to do much dancing ourselves. In this workshop, we’ll learn about the practical craft of dancing—basic Afro-Caribbean dance movements, different kinds of rhythms, and the physical language of expressive symbolic movements. Whatever your experience with dance, explore how to cast off self-judgment, and learn how to wholeheartedly throw yourself into the larger healing dance of life. You’ll have an opportunity to:

- Move beyond your inhibitions and expressive limitations
- Reframe the moment of being in the limelight as one to savor and not to fear
- Explore how to include dance in your healing process

LINDA GRAHAM

The Actor’s Secret The Keys to Transforming Habitual Patterns BETSY POLATIN

Expand the capacity to express yourself by using a unique approach that combines the Alexander Technique for neuromuscular reeducation, breathing coordination, and somatic experiencing. This workshop will offer hands-on guidance and simple exercises to enhance sensory skills by exploring the musculoskeletal, respiratory, and nervous systems. While many techniques and self-help books teach a new way of “doing,” the secret of this approach lies in “undoing.” You’ll discover how to:

- Stand, sit, speak, and walk with more ease to unleash your creative potential
- Practice and teach diaphragmatic breathing according to the design of the respiratory system
- Awaken inherent potential by finding the support from the ground that can lead to full stature and expansion, while noting how trauma and overwhelm can interfere with this process

BETSY POLATIN, MFA, SEP, AnSAT, an internationally recognized movement and breathing specialist, is a master lecturer at Boston University. Her book, The Actor’s Secret, shares her 40 years of teaching experience.

The Ethical Dilemmas No One Talks About Clarifying Boundaries MARY JO BARRETT & LINDA STONE FISH

The ethical rules for therapists used to be straightforward: no gifts, no dual relationships, and no out-of-session contact. But the case of digital connectivity and the shift in our profession’s norms have introduced new questions about professional boundaries. How do we maintain relationships through email, texting, and social media? Should we Google clients before our next session? How do we deal with rating sites like Healthgrades? In this workshop, you’ll explore:

- How to set the ground rules that establish norms for transparency and client empowerment
- The do’s and don’ts of therapist self-disclosure
- How to maintain our energy to ensure we make wise ethical decisions
- How to handle online and social media boundaries with clients
- Best methods for handling client celebrations and ritual occasions

Note: This workshop fulfills many state board requirements for training in ethics and risk management.

MARY JO BARRETT, MSW, is the director of the Center for Contextual Change and the co-author of Treating Complex Trauma and The Systemic Treatment of Incest. Linda Stone Fish, MSW, PhD, professor of marriage and family therapy at Syracuse University, is the author of Nurturing Queer Youth.
Pre-Conference Clinical Workshop

104 Mindfulness-Based Stress Reduction (MBSR): A Day of Powerful Practices

GINA BIEGEL

Kick judgments, worries, daily to-do lists, and everyday stressors to the curb. Immerse yourself in practices from the Mindfulness-Based Stress Reduction (MBSR) Program developed by Jon Kabat-Zinn and colleagues. Simple and powerful practices such as the body scan, mindful movement, and loving-kindness will help you experience healing, new tools, and a more tranquil approach to client work. This day-long workshop is a game changer: you’ll return to your practice refreshed and ready to implement new approaches with your clients! You’ll explore:

- Specific mindfulness-based practices that teach the importance of, and ways to cultivate, self-care for your clients
- Mindful practices that can be used in daily life to facilitate inner sources of personal renewal and growth for your clients
- Ways to help clients take in the good and create beneficial, lasting resources
- Mindful approaches to teach clients to satisfy fundamental human needs for safety, security, and connection
- How to teach your clients methods to maintain a mindfulness practice in daily life

GINA BIEGEL, MA, LMFT, is the author of the Mindful & Stress Less and The Stress Reduction Workbook for Teens, among others. She’s the founder of the Mindfulness-Based Stress Reduction Program for Teens (MBSR-T) and CEO of Stressed Teens.

105 Writing to Awaken: Story as a Path of Transformation

MARK MATOUSEK

Are you challenged by clients unwilling to question the truthfulness of their stories? What about your own self-stories? When people can step back from narratives that define them and begin to tell the uncensored truth about themselves, they can gain important insight into the fictions that are limiting their self-knowledge and causing distress. In this workshop, you’ll be guided through the Writing to Awaken process of targeted question prompts aimed at radical truth telling, self-inquiry, and lasting positive change. You’ll discover how to:

- Discern between people’s life situations and their stories, and identify outdated fictions that serve as obstacles to personal authenticity
- Incorporate radical truthfulness into storytelling by overcoming shame and fear
- Deepen creativity and emotional flow through engagement with the written word
- Create an ongoing expressive writing practice to aid physical as well as psychological health

Note: No CE credit for this workshop.

MARK MATOUSEK, MA, is the author of the memoirs Sex Death Enlightenment: A True Story and The Boy He Left Behind: A Man’s Search for His Lost Father, and three other books. His latest is Writing to Awaken: A Journey of Truth, Transformation, and Self-Discovery.

106 The Path of the Shaman: Evoking Alternative Realities in the Consulting Room

IRENE SIEGEL

The modern therapist and the ancient shaman share a desire to alter negative mindsets, create healing, and inspire transformation. In fact, therapists can learn from shamans’ recognition of multidimensional realities and the power of altered consciousness, as well as their ability to access inner teachers or guides. Through guided mediation and other exercises, this experiential workshop will help you discover how to translate traditional shamanic healing into a Western psychotherapeutic framework. You’ll explore:

- How to access inherent skills of inner vision, inner hearing, deep intuitive knowing, and kinesthetic sense
- Shamanic philosophy and techniques, such as energy balancing and soul retrieval, that can help with ego integration, internal resourcing, and emotional regulation
- How to walk between the ordinary and nonordinary worlds, accessing inner guides and animal allies to accelerate client healing as inner wisdom and soul awareness emerge

Note: No CE credit for this workshop.

IRENE SIEGEL, PhD, LCSW, trained as a shaman in the Amazonian rain forest throughout the Americas, teaches the integration of Western psychotherapy with ancient healing arts, and is the author of The Sacred Path of the Therapist and Eyes of the Jaguar.

Pre-Conference Clinical Workshop

117 Laughter and Joy in the Consulting Room: A Solution-Focused Approach

BEN FURMAN

What if instead of asking couples and family therapy clients to recount their hurts and frustrations, you asked them to play the Happy Family game? And if that went well, you introduced them to the Miracle-Making Love Potion, or got them to answer the Awesome Celebration Question? In this workshop, you’ll discover how to add laughter and joy to your sessions. You’ll explore how to:

- Engage the creative and playful part of the brain to bring more spontaneity and imagination into therapy
- Use clinical tools based on the latest advances in solutions-focused therapy and insights from the gaming industry
- Approach even serious problems, such as trauma, suicide attempts, and psychotic symptoms, with a more light-hearted approach
- Help clients envision their future with more boldness and imagination
- Follow up with clients to ensure they bring the creative sense of freedom and fresh possibilities to their everyday lives

Ben Furman, MD, director of the Helsinki Brief Therapy Institute, is author of Never Too Late to Have a Happy Childhood, Hosting Therapeutic Conversations, and Kids’ Skills in Action.

118 Expanding Your Sexual Comfort Zone

TAMMY NELSON

Working with the often edgy, erotic behavior people engage in today can challenge a therapist’s own attitudes, values, and deeply held beliefs. This workshop can serve as an introduction to sex therapy. Intensive and fun, it includes videos, demonstrations, and small group discussions, and provides essential training and background to help therapists face their own preconceived notions and countertransference issues around eroticism and intimacy. You’ll explore:

- How to create a safe, comfortable, nonjudgmental environment for clients
- Alternative sexual practices that may come up in therapy, such as fetishes, BDSM, and cross-dressing
- How to process triggers and any vicarious trauma that may be activated by issues around open relationships, polyamory, and swinging
- How to expand your ability to communicate about sexual issues by exploring safe dialogues and interventions for couples and individuals
- Your own sex-related stereotypes, resistance, guilt, and shame, as a foundation to better help clients

Tammy Nelson, PhD, is a board-certified sexologist, AASECT supervisor, Imago therapist, and author of Getting the Sex You Want and The New Monogamy.
You’ll discover:

- Incorporate simple yoga skills like adapted breathing and meditations in clinical settings
- Apply simple self-inquiry exercises based on the IFS model that enhance client insight and self-awareness
- Develop a personal practice of accessible movement, breathing, and meditation for self-care
- Use compassion-enhancing strategies from both the IFS and LifeForce Yoga models to deepen your sense of calm, purpose, and joyful receptivity
- Discover new somatic experiences for the heart—opening gateways to new capacities for openness and authentic connection to Self and others.

This day of LifeForce Yoga practices will nourish your physical, emotional, and mental body, clearing whatever blocks you from reconnecting with a vision of your true nature. The unique and evidence-based breathing, meditation, and movement practices, adapted for clinical settings, will enhance your capacity for openness and authentic connection to Self and others. This integration of accessible yoga exercises with Internal Family Systems (IFS) is a great way to work with your over-stressed parts, and prepare you for the fullness of the Symposium experience. You’ll discover how to:

- Explore the soulful nature of your natural singing voice through call-and-response, folk and pop songs, rhythm, simple harmonies, movement, and theater games
- Dig into a collective beat and sing in harmony with others
- Develop more attuned listening skills with fun choir exercises that help your voice resonate with others
- Unlock the resources of your sub-conscious, creative mind and become more comfortable with spontaneity

Humans have been telling stories since the beginning of time that ignite our connection to self and affirm our belonging to community. When we can connect our personal stories with traditional stories we can access a deeper wisdom about life. In this workshop, you’ll explore the intersection between the art of storytelling and the healing arts, and learn how you can use stories to offer clients a fresh, creative, and enlivened experience. Through a variety of interactive exercises—including movement, voice, and visual arts—you’ll discover:

- How to tell a simple traditional tale and uncover personal meaning in timeless archetypes and structures
- The universal element in your personal story
- Skills to guide clients in a non-threatening creative process of exploring a traditional story that leads to insight, resilience, and transformation

Note: No CE credit for this workshop.

Janina Fisher, PhD, is a psychologist and professor at Naropa University. Her most recent book is Contemplative Psychotherapy Essentials: Enriching Your Practice with Buddhist Psychology.

KAREN KISSEL WEGELA

With clients you find particularly difficult to work with it can be a relief to reconnect with what the Buddhist call kotodharma, the innate, heartfelt kindness that inspires you to help others. In this workshop, we’ll explore practical options from Buddhist psychology that can help you connect with your clients.

You’ll discover:

- The power of using traditional mindfulness and compassion practices—such as metta and tonglen—to work with inner discomfort
- The Through the Empty Mirror guided contemplation, which helps you fully enter a client’s experience, reconnect with your natural compassion, and be more fully present when you meet next
- How to expand your therapeutic range and ability to stay present with more challenging clients
- How to enrich therapy for yourself and your clients with key practices from Buddhist psychology
- Methods to help clients relieve stress and connect with their hearts

Karen Kissel Wegela, PhD, is a psychologist and professor at Naropa University. Her most recent book is Contemplative Psychotherapy Essentials: Enriching Your Practice with Buddhist Psychology.

Amy Weintraub, MFA, ERYT 500, CAYT, author of Yoga Skills for Therapists and Yoga for Depression is the founder of LifeForce Yoga.

Dana LaCroix is a professional singer, songwriter, and critically acclaimed recording and touring artist. She’s written songs for feature films, been director of music at the New Drama School in Copenhagen, and worked as a vocal coach.

Noa Baum, MA, is an Israeli storyteller and educator performing internationally. She leads workshops on the power of narrative to heal across the divides of identity. Her memoir is A Land Twice Promised: An Israeli Woman’s Quest for Peace.

Janina Fisher, PhD, is an instructor at the Tuftsman Center in Boston and a senior faculty member of the Sensorimotor Psychotherapy Institute.

Janina Fisher

Opening the Heart How to Deepen the Experience of Therapy JANINA FISHER

We often use terms like heart-centered to describe those who can’t seem to feel empathy or connect to their own emotions, forgetting that the roots of open-heartedness grow out of safe and loving relationships early in life. Emotionally disconnected clients often flee from the deepening we try to facilitate in therapy because their bodies simply don’t know how to do empathy. In this workshop, we’ll explore simple, body-oriented ways of helping clients have more open, connected, heartfelt experiences. You’ll discover:

- Specific and simple movement interventions that physically open the heart and allow clients more access to emotion
- Ways to transform fear of emotional vulnerability through the body, including engaging the spine and core
- Which somatic experiences contribute to an open heart by experimenting with movement and tension
- How to use the heart as a resource in treatment by changing heart-rate variability
- Methods to support the heart physically and relax the extremities to relieve stress

Amy Weintraub

Yoga and IFS to Clear the Constrictions Revealing Your Soul’s Purpose AMY WEINTRAUB

This day of LifeForce Yoga practices will nourish your physical, emotional, and mental body, clearing whatever blocks you from reconnecting with a vision of your true nature. The unique and evidence-based breathing, meditation, and movement practices, adapted for clinical settings, will enhance your capacity for openness and authentic connection to Self and others. This integration of accessible yoga exercises with Internal Family Systems (IFS) is a great way to work with your over-stressed parts, and prepare you for the fullness of the Symposium experience. You’ll discover how to:

- Incorporate simple yoga skills like adapted breathing and meditations in clinical settings
- Apply simple self-inquiry exercises based on the IFS model that enhance client insight and self-awareness
- Develop a personal practice of accessible movement, breathing, and meditation for self-care
- Use compassion-enhancing strategies from both the IFS and LifeForce Yoga models to deepen your sense of calm, purpose, and joyful receptivity
- Discover new somatic experiences for the heart—opening gateways to new capacities for openness and authentic connection to Self and others.

This day of LifeForce Yoga practices will nourish your physical, emotional, and mental body, clearing whatever blocks you from reconnecting with a vision of your true nature. The unique and evidence-based breathing, meditation, and movement practices, adapted for clinical settings, will enhance your capacity for openness and authentic connection to Self and others. This integration of accessible yoga exercises with Internal Family Systems (IFS) is a great way to work with your over-stressed parts, and prepare you for the fullness of the Symposium experience. You’ll discover how to:

- Incorporate simple yoga skills like adapted breathing and meditations in clinical settings
- Apply simple self-inquiry exercises based on the IFS model that enhance client insight and self-awareness
- Develop a personal practice of accessible movement, breathing, and meditation for self-care
- Use compassion-enhancing strategies from both the IFS and LifeForce Yoga models to deepen your sense of calm, purpose, and joyful receptivity
- Discover new somatic experiences for the heart—opening gateways to new capacities for openness and authentic connection to Self and others.
Pre-Conference Clinical Workshop

110 The Journey to Oneness
The Four Levels of Consciousness
RUDOLPH BAUER

Throughout the world’s contemplative traditions, the spiritual journey usually involves an expansion of consciousness from everyday experience to an awareness of oneness with the universe. The journey’s stages begin with a heightened appreciation of thinking, sensation, and fantasy, followed by an awareness that we’re not our thoughts and feelings, then a sense of “awareness of awareness,” in which we come to experience the field of awareness as our own self. The fourth and rarest stage is that of pure awareness or pure radiant void—the highest mystical state of Tibetan Buddhism. In this workshop, you’ll experience a rich and profound journey to the edges of your current state of awareness. You’ll discover how to:

- Shift from being in your mind alone to being in a state of awareness
- Move into an awareness beyond thoughts and into spaciousness, energy, and light
- Access a sense of both oneness and separateness as you experience different levels of consciousness

Note: No CE credit for this workshop.

Rudolph Bauer, PhD, director of the Washington Center for Phenomenological and Existential Psychotherapy, has published extensively on existential psychotherapy and studied with many Tibetan Dzogchen and Chinese Qigong masters.

111 Befriending Stress
Who Says It’s Always Tense?
GEORGE FALLER

As a society, we often appear to be waging a war on stress, but we have a choice about whether to view stressful situations as being invariably toxic or as opportunities to face a healthy challenge. This experiential workshop will present a therapeutic model that assumes that all too often it’s our confused relationship with stress that’s the problem, not the stress itself. You’ll focus on how to:

- Empathetically explore and reframe the stresses in clients’ lives to provide a pathway that allows important vulnerabilities to emerge
- Turn post-traumatic stress into post-traumatic growth by learning how to use stress to increase energy, focus, performance, meaning, and resilience
- Evolve the challenge response (instead of fight or flight) to help clients discover that regular experiences of stress can empower them
- Differentiate insights from cutting-edge science and spiritual traditions to transform clients’ responses to everyday stressors
- Reframe society’s one-sided view of stress as negative in a way that inspires client resiliency

George Fallier, LMFT, founder of the New York Center for EFIT, teaches at the Ackerman Institute for the Family and is the director of training at the Center for Hope and Renewal.

112 A Day of Qigong
Learning to Balance Your Life Energies
PATRICK DOUGHERTY

You’ve no doubt heard about Qigong, but how much do you really know about the benefits of this simple practice? Here’s your chance to directly experience its positive effects. Qigong opens up any blocked energy channels in the body and offers greater engagement and more profound connection with all life. In this workshop, you’ll discover:

- The simple movements, visualizations, and breathing exercises of Qigong—and how to develop your own daily practice
- How to use Qigong as an antidote to emotional fatigue, burnout, anxiety, depression, and a range of physical ailments
- How to enhance your capacity for connecting with clients by balancing your own energy, especially when your clients’ energy is out of balance

Note: No CE credit for this workshop.

Patrick Dougherty, MA, LP, a psychologist, has been studying Eastern philosophies and practices for 25 years and integrating them into his clinical work. He’s the author of Qigong in Psychotherapy: You Can Do So Much by Doing So Little and A Whole-Hearted Embrace: Finding Love at the Center of It All.

Note: No CE credit for this workshop.

122 Becoming a More Magical Therapist
Harnessing Your Social Engagement System
DAFNA LENDER & JON BAYLIN

We all know therapists who seem magically able to establish a powerful sense of trust and connection with even the most distrustful clients. In this workshop, we’ll take a close look at the power of the polyvalent system and the way certain vocalizations, facial expressions, and gestures elicit more open and collaborative communication. You’ll explore how to:

- Connect with defensive clients, eliciting novel responses that grab their attention, interrupt automatic defensiveness, and generate curiosity
- Practice exercises for helping guarded or angry clients feel more open
- Develop skills to create small but transformative moments in therapy
- Use games to make anxious clients more relaxed and depressed clients more energized
- Master specific behaviors that elicit trust, like a sing-songy, rhythmic voice; open, curious eyes; reassuring touch; and sounds of empathy

Dafna Lender, LCSW, is the program director for The Theraplay Institute. She trains clinicians around the world. Jon Baylin, PhD, is a clinical psychologist and coauthor of Brain-Based Parenting and The Neurobiology of Attachment-Focused Therapy, with Daniel Hughes.
When our clients are overwhelmed by anxiety, adrift in depression, or hobbled by trauma, a lack of self-compassion is often at the heart of their difficulty. But research has shown us that if practiced regularly, self-compassion can regulate emotions, transform negative core beliefs, and heal trauma. This workshop will help you integrate self-compassion training into your work with clients. You’ll focus on how to:

- Guide clients through highly individualized training sessions based on their specific strengths and obstacles
- Apply the eight core practices of Breathwork methods to help clients break through to new energy through a balanced blend of movement, meditation, and dance.
- Cultivate heart energy through loving-kindness meditation
- Experience connection and attunement to others through dance
- Explore how music and movement can enhance your capacity for intuition, empathy, and a calm mind

**Note:** No CE credit for this workshop.

**Daniel Leven, LPC, RSMT,** is founder and director of the Leven Institute for Expressive Movement and a faculty member at the Hartford Family Institute’s professional training program in In-Depth Body Psychotherapy.

**Jim Morningstar, PhD,** is a psychologist, director of Transformations Incorporated, and founder of the School of Integrative Psychology. His five books include Break Through with Breathwork.

**Jessica Dibb** is codirector of the Global Professional Breathwork Alliance, and founder of the Inspiration Consciousness School.
Lynn Grodzki
LSW, Master Certified Coach
Individual Business Coaching for Therapists
Privatepracticesuccess.com

With coaching sessions, you can:
- Develop more confidence as a business owner
- Build a profitable practice with or without insurance
- Enhance your reputation as a speaker & writer
- Get empowered and motivated to reach your goals

Go to privatepracticesuccess.com to schedule your introductory session, or email: info@privatepracticesuccess.com / Ph: 301.434.0766

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Shambhala Publications
New and Forthcoming

To Heal a Wounded Heart
by Pilar Jennings
Paperback | $18.95

Mindful Eating
by Jan Chozen Bays
Paperback | $16.95

Mindfulness on the Go Cards
by Jan Chozen Bays
Card Deck | $15.95

Mindful Games Activity Cards
by Susan Kaiser Greenland
Card Deck | $19.95

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Be Mindful & Stress Less
50 Ways to Deal with Your (Crazy) Life
by Gina M. Biegel

This toolbox for teens introduces them to mindfulness and shows them how it can ease fears and anxieties, help develop more measured responses to stressors, and build strong relationships. In fifty short activity chapters, mindfulness teacher and family therapist Gina M. Biegel offers meditations, breathing and thought exercises, and stress-reducing solutions that can be done as an ongoing practice or in the moment.

Visit our booth at Psychotherapy Networker Symposium 2018!

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Be Mindful & Stress Less
The Stress Reduction Workbook for Teens, Second Edition
and the Be Mindful Card Deck for Teens: She is the founder of the Mindfulness-Based Stress Reduction Program for Teens (MBSR-T) and CEO of Stressed Teens.

Visit our booth at Psychotherapy Networker Symposium 2018!
All-Day Workshops

All-day workshops are for exploring a clinical approach in depth. The morning session is a prerequisite for the afternoon session. If you wish to switch from an all-day program, there will be open sessions from which to choose.

Morning Workshops

1. **Therapy and the Promise of Transformation**
   - **William Doherty, Esther Perel, Kenneth Hardy & Richard Schwartz**

2. **Enhancing Assessment in Couples Therapy**
   - **John Gottman, William Bumberry & Vagdevi Meulener**

3. **The Four Myths About Domestic Violence**
   - **David Wexler**

4. **Welcoming the Body to Talk Therapy**
   - **Daniel Lieven**

5. **Therapy and Our Polarized and Polarizing Culture**
   - **Michael Alcée**

6. **Opioids and Chronic Pain**
   - **Martha Teater & Don Teater**

7. **An Introduction to Gender-Affirmative Care**
   - **Margaret Nichols & Laura Jacobs**

8. **What’s New in Psychopharmacology?**
   - **Frank Anderson**

9. **Cultural and Historical Traumas**
   - **Anita Mandley**

10. **When the Therapeutic Relationship Is Challenged**
    - **Judith Beck**

11. **Grieving and Remembering Well**
    - **David Kessler**

Afternoon Workshops

1. **Creating Lasting Change and Impact**
   - **Special Session**
   - **Tony Robbins**

2. **The Dark Secret of Incest**
   - **Mary Jo Barrett**

3. **Advanced Issues in Gender-Affirmative Therapy**
   - **Margaret Nichols & Laura Jacobs**

4. **Healing from Infidelity**
   - **Michele Weiner-Davis**

5. **Treat the Complex Trauma Clients at the Edge**
   - **Frank Anderson**

6. **Brain Switch**
   - **Kate Cohen-Posey**

7. **Borderline Personality Disorder and Co-occurring Disorders**
   - **Márcia O’Neill**

Continuing Education Information

CE credit from boards may vary for some presentations and workshops. For more information, see page 87 or psychotherapynetworker.org for the most up-to-date details.

“I use what I learned at Symposium every day in my practice.”
Morning Keynote

Jack Kornfield

Trained as a Buddhist monk and clinical psychologist, Jack Kornfield has been a pioneer in bringing meditation, mindfulness, and Buddhist psychology to the West. He cofounded the country’s first major mindfulness meditation center in Massachusetts, and now runs Spirit Rock Center in California. In his bestselling books and countless trainings, Kornfield has always emphasized the central importance of loving awareness in bringing about positive change.

Through transformative stories, clinical examples, and some shared practices of the awakened heart, Kornfield will explore how Buddhist psychology gets to the heart of the perennial human questions of suffering and freedom, identity and meaning, love and possibility. In this keynote, you’ll discover:

- How to embody a fuller spiritual wisdom in your work with clients to heal difficult emotions, create calm focus, and connect deeply with others

Approved for 1 CE hour

Jack Kornfield, PhD, is a psychologist and one of the key teachers to introduce mindfulness to the West. An author of many bestselling books, he teaches meditation to large audiences nationwide.

All-Day Workshops

11:00 a.m. – 1:00 p.m. & 3:00 p.m. – 5:00 p.m.

1. Harnessing the Power of Emotion
   A Step-by-Step Approach to EFT
   PARTS 1 & 2
   SUSAN JOHNSON

2. Healing with Hypnosis
   Gentle Protocols for Rewiring the Brain
   PARTS 1 & 2
   COURTNEY ARMSTRONG

3. The Dos and Don’ts of Working with Children
   Creativity and Problem Solving
   PARTS 1 & 2
   LYNN LYONS

What Really Heals and Awakens

JACK KORNFIELD

- Avoid the common therapeutic pitfalls that can reinforce anxiety and depression in families and children

Continued with workshop 301

Continued with workshop 302

Continued with workshop 303

- Use the three frames of flexibility, parts, and action to identify salient problems, teach skills, and set goals with families

- Demonstrate the mind-body connection to children to interrupt common somatic symptoms like GI issues, sleep problems, and headaches

- Create assignments for families that develop flexibility, action, and emotional management

- Find out why hypnosis is an effective tool for influencing subcortical areas of the brain, and learn the art of communicating with the subconscious using metaphor, multisensory language, and techniques that engage your client’s curiosity and imagination. You may even experience your own transformative trance with live demonstrations and experiential activities. You’ll discover how to:
  - Safely guide your clients into hypnotic states, effectively frame suggestions, and activate innate healing responses
  - Provide clients with self-hypnosis techniques they can use to evoke self-compassion and stop self-defeating behaviors
  - Craft direct and indirect suggestions for relieving anxiety, pain, and depression
  - Resolve traumatic memories safely, using a simple five-step protocol that accesses clients’ strengths and leaves them feeling empowered, resilient, and uplifted

Lydia Lyons, LICSW, specializes in treating anxious families. She’s author of Anxious Kids, Anxious Parents and Playing with Anxiety, and author of Using Hypnosis with Children: Creating and Delivering Effective Interventions.

Lydia Lyons, LICSW, is a therapist who works with children and families to help them feel more confident and resilient. She specializes in the use of hypnosis and other mind-body techniques to help children and families cope with anxiety and other emotional challenges.

Lydia Lyons is the author of Anxious Kids, Anxious Parents and Playing with Anxiety. She specializes in working with children and families who are struggling with anxiety, depression, and other emotional challenges. She uses a variety of techniques, including hypnosis, to help her clients develop skills to overcome their challenges and feel more confident and resilient.

Lydia Lyons, LICSW, is an author and therapist who specializes in working with children and families to help them overcome anxiety and other emotional challenges. She has written several books on the subject, including Anxious Kids, Anxious Parents and Playing with Anxiety, and she has been a speaker at numerous conferences and workshops.
"I love the atmosphere of intellectual excitement and challenge."
Morning 11:00 a.m. – 1:00 p.m.

214 The Four Myths About Domestic Violence What We Didn’t Know Then
DAVID WEXLER

The field of partner abuse has always been riddled by controversy and misinformation, but recent research has deepened our understanding of what underlies abuse and how best to treat abusers. This workshop will break down four common myths about partner abuse and articulate what research tells us about the best ways to help both offenders and victims as well as kids who witness domestic violence.

You’ll discover:
- How to recognize the motivations underlying a wide range of partner abuse, such as power and control, anxious attachment, and narcissistic injury
- Contemporary perspectives about female abusers, including the myth of self-defense, the impact of trauma history, and effective interventions
- The myth some victims perpetuate that “it’s not that bad,” or “it’s my fault too,” as well as gaining a deep understanding of counterintuitive victim behavior that can impede treatment
- How to reach difficult and abusive men more effectively by respecting the power of male shame and using “guy talk” that speaks directly to them

David Wexler, PhD, is a clinical psychologist specializing in the treatment of relationship in conflict. He’s the executive director of the Relationship Training Institute and the author of six books.

215 Welcoming the Body to Talk Therapy How to Embrace Somatic Wisdom
DANIEL LEVEN

Too often our focus as therapists is on our client’s verbal narrative. What happened? Where? When? We tend to neglect another powerful storyteller: the client’s body. In fact, the body records our emotional experience as adequately as our mind. Our viscera, muscles, and nervous systems record trauma, which expresses itself in the form of chronic tension, physical imbalance, depression, anxiety, and disease processes. This workshop will focus on how to help clients express their somatic experience in ways that go beyond traditional talk therapy. You’ll explore:
- How to incorporate body scans and body checks into your approach
- Right-brain exercises that access body feelings and emotions in your clients
- How to stay in your own body as you invite your clients to embrace the wisdom of their somatic experience.

Daniel Leven, MFC, RPC, is founder and director of the Leven Institute for Expansive Movement and a faculty member at the Hartford Family Institute’s clients training program in In-Depth Body Psychotherapy.

216 The Sex-Starved Marriage How to Revive Erotic Passion
MICHELE WEINER-DAVIS

One out of every three couples struggles with mismatched sexual desire—a formula for marital disaster. When one spouse is sexually satisfied and the other is oblivious, unconcerned, or uncaring, sex isn’t the only casualty; a sense of emotional connection can also disappear. As therapists, we’ve been taught that for couples to have good sexual relationships, we must first help them resolve their emotional issues. But this doesn’t always work. This workshop offers both sex and couples therapists concrete, practical solutions to help spouses work together to reverse their sexual decline and reignite their emotional connection. You’ll discover how to:
- Motivate the lower-desire partner to feel more empathy for their higher-desire spouse
- End the vicious cycle of rejection that leads to anger, more refusal, and more anger
- Persuade each partner to take personal responsibility for breaking patterns that lead to emotional and physical disconnection
- Teach clients specific educational information that changes attitudes, increases empathy, and triggers lasting behavioral change

Michele Weiner-Davis, MSW, is the director of the Divorce Busting Center, a TEDx speaker and the author of several bestselling books, including The Sex-Starved Marriage, Divorce Busting, and Healing from Infidelity.

217 Therapy and Our Polarized and Polarizing Culture How We Can Promote Healing
MICHAEL ALCÉE

How can we make sense of the polarizing culture confronting us in today’s political, social, and interpersonal environments? We all witness the escalating divisiveness and the fear and distrust that it engenders. How can we find ways to help heal these divisions? This workshop will use the relational concepts of multiplicity, enactment, and dissociation to provide a framework for understanding and addressing this timely issue, focusing on ways of expanding what Walter Whitman famously referred to as our capacity for “containing multitudes.”

You’ll discover:
- How individual and collective trauma fuel polarization and close down possibilities for creative repair and growth
- How technology, the media, and our cultural obsession with perfection plays into polarizing tendencies on both sides of the political aisle, and what can be done about it
- How relational concepts like multiplicity, dissociation, and enactment can help therapists better understand and redress these issues at an individual, group, and societal level

Note: This workshop fulfills many state board requirements for training in cultural competency.

Michael Alcée, PhD, is a clinical psychologist and speaker. He helps individuals, organizations, and schools make innovative connections to create systemic change.

218 Opioids and Chronic Pain Uncovering A Deadly Dyad
MARTHA TEATER & DON TEATER

The opioid epidemic is spilling into consulting rooms as more therapists encounter clients oversuing these dangerous medicines to treat their chronic pain. Although behavioral interventions are the treatment of choice for pain, prescriptions for opioids—the least effective and riskiest treatment option—continue to rise. Led by a therapist and a physician, this workshop digs into the epidemic, and the mindfulness and CBT approaches that bring dramatic improvements to people with pain. You’ll discover:
- What’s behind the opioid misuse/chronic pain link and how to reduce your clients’ reliance on opioids
- How to better understand and address clients’ fears and feelings by recognizing the intersecting neurophysiology of pain and opioid misuse
- How to help clients use cutting-edge, evidence-based tools to treat chronic pain, like modifying thought distortions, de-catastrophizing, imagery and breathing

Martha Teater, MA, LMFT, LPC, LCAS, NCC, leads workshops in DSM-5, trauma, and disaster mental health. She’s the coauthor of Overcoming Compassion Fatigue, and with Don Teater, Treating Chronic Pain: Pain-Free Approaches to Move People from Hurt to Hope.

Don Teater, MD, MPH, owner of Teater Health Solutions and a family physician, is focused on opioid misuse and overdose.
An Introduction to Gender-Affirmative Care

Latest Perspectives for the Non-specialist

MARGARET NICHOLS & LAURA JACOBS

Therapy’s old, paternalistic gatekeeping model for working with gender-transitioning clients is out. Today, our job is to provide gender-affirmative care both to adults and the increasing numbers of young people coming out as transgender or nonconforming. This means the average therapist needs to know the basics of diagnosis and be able to identify complex cases where gender dysphoria may not be the relevant psychological issue. In this workshop, you’ll discover:

- The latest perspectives on gender diversity, including up-to-the-minute research and definitions
- The basic principles of gender-affirmative care, including supporting a client’s internal sense of identity and helping younger clients find a safe space to express their gender
- How to best assess gender dysphoria and gender-identity issues
- The impact of the political climate on the transgender community and your role as an affirming clinician

Note: This workshop fulfills many state board requirements for training in cultural competency.

Margaret Nichols, PhD, a psychologist and AASECT certified sex therapy supervisor working in the LGBTQ community, is founder of New Jersey’s Institute for Personal Growth.

Laura Jacobs, LCSWR, is a transsexual and gender-queer identified psychotherapist, activist, speaker, and author.

Working with All@holes

How to Engage Difficult People

KEITH MILLER

These days it seems there’s a jerk waiting around every corner—on the street, on your social media feed, even in your consulting room. Is there anything therapists can do for our clients and communities to help us successfully engage with the antagonistic people in our lives? In this workshop, we’ll examine how to apply the therapeutic concept of radical acceptance as a practical and safe strategy to bring more peace, civility, and creativity into potentially polarizing situations. You’ll discover how to:

- Work more effectively with narcissistic or borderline clients who challenge our boundaries
- Avoid common mistakes when dealing with an antagonistic or difficult person by paying too much or too little attention to their behavior
- Keep yourself safe and sane when interacting with clients who hold extreme beliefs by connecting to your own courage and creativity and getting support from others

Keith Miller, LCSW, specializes in mindfulness-based IFS therapy. He’s the author of 21-Day Marriage Transformation: The SIMPLE Antidote to Relationship Conflict and Negativity and Love Under Repair: How to Save Your Marriage and Survive Couples Therapy.

What’s New in Psychopharmacology?

Separating Myths from Reality

FRANK ANDERSON

With so many controversies and contradictory research about the effectiveness of psychopharmacological interventions, it’s hard to know how to best work with your clients around the issue of meds. What are the new most promising medications on the market? Are antidepressants really any better than placebos? Why are so many clients prescribed antipsychotics these days? What are the prospects of breakthroughs in the next generation of meds? Discover the answers to these questions and more in this comprehensive workshop. You’ll explore the latest information about:

- How different kinds of medications affect the brain and nervous system
- Current best prescribing practices for treating depression, bipolar disorder, anxiety, PTSD, dissociation, psychotic disorders, insomnia, ADHD, and more
- New drugs on the market as well as the next generation of psychoactive meds

Frank Anderson, MD, is a psychiatrist as well as a psychotherapist. He’s the executive director of the Foundation for Self-Leadership and a supervisor at the Trauma Center at Justice Resource Institute.

Cultural and Historical Traumas

Invisible Barriers to Healing and Change

ANITA MANDLEY

If you work with African Americans, Native Americans, Holocaust survivors and their descendants, intergenerational poverty, or refugees, then whether you realize it or not, your work is being influenced by the legacies of cultural and historical trauma. If your clients differ from you in the areas of race, culture, religion, sexuality, class or gender, your own biases are there as well. This workshop brings these issues out of the shadows and into consciousness, and opens a new path toward addressing the hidden grief of cultural and historical wounds. You’ll discover:

- How to assess the impact of cultural and historical traumas on clients and yourself
- How to move clients from reflexive reactivity to a conscious state of presence that allows for connection, fluidity, and coherence in the here and now
- How to uncover the survival narrative, validate the trauma, and move to a strengths-based process of change with clients

Note: This workshop fulfills many state board requirements for training in cultural competency.

Anita Mandley, MS, LCPC, practices at The Center for Contextual Change. She’s the creator of the Integrative Trauma Recovery Group (ITR), a group therapy process designed specifically for adults with developmental and complex PTSD.
When the Therapeutic Relationship Is Challenged
A CBT Approach
JUDITH BECK
What do you do when clients become angry at you in session, fail to reveal important information, criticize you, demand special treatment, or remain silent? A common misunderstanding of CBT is that it ignores the importance of the therapeutic relationship. But CBT practitioners are just as vulnerable to challenging therapeutic relationships as any other practitioner. This workshop will focus on how CBT offers strategies for handling common challenges to the therapist-client bond that can derail clinical progress. You’ll discover how to:

- Identify the faulty beliefs and coping strategies of both the therapist and client that can undermine the therapeutic relationship
- Develop effective strategies for addressing client anger, criticism, or withholding in sessions
- Help clients generalize what they learned from the therapeutic relationship to relationships outside of treatment

Judith Beck, PhD, is president of the Beck Institute and has trained thousands of health and mental health professionals in CBT. She’s clinical professor of psychology in psychiatry at the University of Pennsylvania, and the author four online courses and six books on CBT.

Grieving and Remembering Well
Tools for Healing
DAVID KESSLER
While most therapists are experienced in exploring the pain of grief, their clients may be asking for a clear direction out of their pain. How does the therapist deal with questions of “When will this pain end?” or “Should I be on antidepressants?” How and when can the therapists help the client shift from feeling pain to experiencing healing? In this workshop, we’ll look closely at how the type of death may complicate the griever’s experience, and ways to use that information to decrease clients’ suffering. Through videos clips, case studies, and discussion, you’ll explore how to:

- Identify the grief distortions born of “what if’s” that result in guilt, regret, and complicated grief
- Provide practical tools that you and the client will use for dealing with grief bursts, painful yearning, and anniversary reactions
- Assist clients in creating a life after loss that honors their loved ones

David Kessler, MA, RN, is a contributing writer for Oprah.com, Dr. Oz’s Sharecare.com, Anderson Cooper 360, and The Huffington Post. He’s the founder of grief.com and author of five books, including two with Elisabeth Kubler-Ross, and You Can Heal Your Heart and Divorce or Death with Louise Hay.

Creating Lasting Change
Mastering the Art of Transformation
TONY ROBBINS
The results therapists get in their practices have more to do with what they’re willing to tolerate in clients than with their clients’ own limitations. The key to having more powerful impact with clients is having the skill and vision to get to the heart of what they truly want in their lives and then being willing to lead them through the process of change. In this special session, Tony Robbins, who’s served as a peak performance coach and life strategist to the likes of Bill Clinton, Mikhail Gorbachev, Serena Williams, and a host of Fortune 500 execs, will demonstrate the basic principles of his approach to personal transformation. You’ll discover:

- How to quickly and effectively determine both what clients truly want and what’s getting in their way
- Ways to shift from a focus on “resistance” to strategies for putting clients in charge of their destinies

Tony Robbins has empowered more than 50 million people from 100 countries through his audio, video, and life-learning programs. He created the #1 personal and professional development program, and more than four million people have attended his live seminars.

Note: No CE credit for this workshop.

Mastering the Art of Transformation
Tony Robbins
Creating Lasting Change
Tony Robbins
How to actively use your genuine love as the ultimate therapeutic tool and the key to creating an alliance for change with clients
The Dark Secret of Incest
How to Help Our Clients Heal
MARY JO BARRETT

Exposing the family secret of incest is a transgression that makes everyone deeply uncomfortable, both in the families in which it occurs and for the mental health professionals who try to help them. One reflection of this discomfort is the avoidance of even using the term itself in favor of the less threatening, more generic trauma. But at least 1 in 4 girls and 1 in 7 boys are sexually abused before they turn 18, and the overwhelming incidence of it occurs within the family. This workshop will explore our current understanding of both the family dynamics of incest and the tools needed to help the vast number of trauma clients who are incest victims. You’ll discover:

- How to work with clients who are bystanders, victims, or perpetrators of incest
- Techniques for building safety and addressing deep attachment wounds
- Which family treatment approaches to use when the sexual abuse is current or when doing family of origin work with adult clients

Mary Jo Barrett, MSW, is the founder and director of the Center for Contextual Change and the author of Treating Complex Trauma: A Relational Blueprint for Collaboration and Change and The Systemic Treatment of Incest.

Advanced Issues in Gender-Affirmative Therapy
Co-occurring Disorders, Detransitioners, and Other Dilemmas
MARGARET NICHOLS & LAURA JACOBS

For even the most knowledgeable gender-affirmative therapist, work with transgender clients can be complex and difficult. There are parents who assume their gender-atypical child is transgender and prematurely insist on social transition, as well as young transgender adults who decide to “detransition.” Across age groups, co-occurring mental disorders can muddy treatment priorities. And it can be hard for some therapists to sort through their own countertransference feelings about transgender clients. You’ll discover how to:

- Identify common co-occurring conditions of gender dysphoria, including autism spectrum disorder, major depressive disorder, and PTSD
- Assess when parental anxiety or problems are driving the referral and when gender dysphoria may be temporary
- Know when countertransference with transgender clients is normal, and when it’s an impediment to ethical treatment

Note: This workshop fulfills many state board requirements for training in cultural competency.

Margaret Nichols, PhD, a psychologist and AASECT certified sex therapy supervisor working in the LGBTQ community, is founder of New Jersey’s Institute for Personal Growth. Laura Jacobs, LCSW-R, is a transgender and genderqueer-identified psychotherapist, activist, speaker, and author.

Healing from Infidelity
The Path to Recovery
MICHELE WEINER-DAVIS

Without a concrete road map for helping couples heal from infidelity, it’s easy for therapists to get lost in the labyrinth of emotions. Using video clips, this workshop will provide a nuts-and-bolts, step-by-step plan for dealing with different phases of recovery, from the crisis of discovery through forgiveness. Learn how to effectively coach both betrayed and unhappy partners to undertake specific tasks to heal personally, strengthen their relationship, and master tools for navigating the complex, zigzag road to recovery, where progress can alternate with setbacks from week to week. You’ll explore how to work with an array of post-affair issues, and consider:

- When and how to discuss the details of the betrayal, and whether to give an ultimatum to end the affair
- How to handle secrets and help partners begin to rebuild trust through “x-treme” accountability
- How to help clients manage rumination and self-sabotaging thoughts, and offer apologies that matter
- How to deal with inevitable setbacks and instill hope when couples experience “recovery fatigue”

Michele Weiner-Davis, MSW, the director of the Divorce Busting Center, is a TEDx speaker and the author of several best-selling books, including The Sex-Starved Marriage, Divorce Busting, and Healing from Infidelity.

Integrating Neurofeedback with Psychotherapy
Technology in the Treatment Room
SEBERN FISHER

Try as we might through talk and somatic therapies, it can be very difficult to shift the states of fear, shame, and rage that haunt clients with early developmental traumas. Fortunately, recent research shows that using neurofeedback to train the brain to fire in new ways can quiet these trauma-based affects, and create a space for healing. In this workshop, you’ll discover:

- How trauma alters the developing brain, and how, by changing brain waves and reactivity in the brain through biofeedback, we can regulate or reverse those alterations
- Clear steps for integrating neurofeedback into your practice, including how to introduce the approach, deliver psychoeducation, and assess its effectiveness
- User-friendly guidance on how neurofeedback works to quiet hard-to-treat states of fear, rage, and shame

Sebern Fisher, MA, is a trauma therapist who has integrated neurofeedback and psychotherapy for over twenty years. She’s the author of Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear Driven Brain.
“The Symposium is unique—a therapeutic experience for those of us doing therapy.”

Brain Switch
Turning Reactivity into Equanimity
KATE COHEN-POSEY
You may be excited about cutting-edge advances in brain research, but do you know how to translate them into practical methods that may reduce clients’ resistance, transform deeply disturbing emotions, and reinforce treatment interventions? All clients can be taught to locate hidden strengths and dissolve distress by activating their brains reward centers. In this workshop, we’ll use tools developed from memory reconsolidation and Polyvagal Theory. You’ll explore:
- The therapeutic impact of activating brain centers that neutralize stressful neurochemicals
- How to regulate sensations from disturbing emotions by balancing them with uplifting neurochemicals
- The power of visual images to externalize distress, enhance attunement, and create pathways to implicit memories and inner assets
- Ways to integrate a variety of therapeutic approaches into a three-step, brain-based protocol that can be used with diverse populations and ages

Borderline Personality Disorder and Co-occurring Disorders
Effective Treatments for Complex Clients
MELISSA O’NEILL
We now know that along with accompanying mood disorders, 78 percent of adults with borderline personality disorder (BPD) will develop a substance disorder or addiction at some point. Understanding and addressing this complex comorbidity can make treating these clients less overwhelming. Through experiential exercises and case studies, we’ll explore how personal biases toward clients with BPD can affect diagnosis, treatment, and outcomes, and we’ll focus on a range of evidenced-based practices for treating this complex diagnosis. You’ll discover how to:
- Implement effective strategies for managing impulsivity in BPD clients, including mindfulness and relapse-prevention planning
- Apply elements of Dual Focus Schema Therapy to treatment, such as altering clients’ negative belief systems to help break the cycle of relapse
- Utilize strategies from DBT and ACT for co-occurring disorders, including distress-tolerance skill implementation, and thought diffusion
- Cultivate awareness of personal biases to avoid common traps with BPD clients, such as blaming the client and getting caught in their narrative

Cry Havoc
A Solo Play of Trauma and Transformation
Stephan Wolfert
Host: Rich Simon
7:00 P.M.

After seven years in the US Army, and struggling with a full-blown case of PTSD and alcohol addiction, one evening Stephan Wolfert stepped into a local theater and saw a production of Shakespeare’s Richard III. In this classic play, he heard an echo of his own experience as a soldier. Now, using Shakespeare’s timeless words interwoven with his own memories, actor/veteran Wolfert has created Cry Havoc, a critically-acclaimed solo play that brings us face-to-face with the challenges our soldiers encounter when they return from combat and find themselves unable to be “non-combat ready.”

As The Boston Globe wrote, “When Wolfert describes or reenacts an episode of battle from the recent past, and then suddenly unleashes a burst of Shakespeare written more than four centuries ago, the effect is to bathe the episode in a searing, almost blinding light.” The founder of DE-CRUIT, a program helping vets transition to civilian life, Wolfert will not only offer a powerful theater experience, but enhance your clinical imagination. Objective: In this event, introduced by Networker editor Rich Simon, you’ll explore the application of stage skills in transforming trauma.

Stephan Wolfert, MFA, is an actor, director, writer, and teaching artist. The founder of DE-CRUIT, he received a certificate of appreciation from the City Council of Los Angeles for his work with Shakespeare & Veterans. Rich Simon, PhD, is editor of Psychotherapy Networker.

Approved for 1 CE credit. To register for this dinner event, see page 84.
**Saturday Clinical Workshops II – Learn from psychotherapy’s best teachers**

### All-Day Workshops

All-day workshops are for exploring a clinical approach in depth. The morning session is a prerequisite for the afternoon session. If you wish to switch from an all-day program, they’ll be open sessions from which to choose.

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<td><em>The New Science of Couples and Family Therapy</em></td>
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### Highlights

- **7:00 a.m.** Yoga
- **7:45 a.m.** Continental Breakfast
- **9:00 a.m.** Keynote Address
- **11:00 a.m.** Morning Workshops
- **1:15 p.m.** Luncheon Address
- **3:00 p.m.** Afternoon Workshops
- **6:30 p.m.** Exhibit Hall Closes
- **7:00 p.m.** Dinner Event

### All-Day Workshops

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### Continuing Education Information

CE credit from boards may vary for some presentations and workshops. For more information, see page 87 or psychotherapynetworker.org for the most up-to-date details.
In recent years, the provocative work of couples’ therapist Esther Perel has resonated in the popular culture by exploring the dynamics of eroticism in long-term relationships and what the all-too-common experience of infidelity can teach us about the paradoxes of the search for intimate connection in today’s world. In her new book, The State of Affairs, and her popular podcast, Where Should We Begin? Perel has opened up a wider cultural conversation about our notions of traditional couplehood and the role therapists might play in helping couples explore beyond our one-size-fits-all notions of intimacy and commitment.

Perel will look at the ways our relational lives are undergoing a radical makeover. She’ll discuss the rise of algorithm as matchmaker, the commodification of human beings in the swiping culture, and the pressure to curate enviable lives on social media. In this keynote, you’ll explore:

- How today’s social changes are altering the consulting room and transforming our approach to couples therapy

Approved for 1 CE hour

Esther Perel, MA, LMFT, is New York Times bestselling author of The State of Affairs and Mating in Captivity. Her TED talks have nearly 20 million views, and she leads the online clinical training platform “Sessions with Esther Perel.”

**Learning from Affairs**
Rethinking Infidelity & Pathways to Intimacy
PARTS 1 & 2
ESTHER PEREL

Conventional practices say therapists should insist upon full disclosure after an affair, and view all infidelity as a traumatic event. But affairs can also act as a powerful alarm system, shaking couples out of complacency. In this workshop, we’ll locate infidelity within a broader social context of modern marriage, digital culture, and sexuality, exploring the nuance between an affair that breaks a relationship already dying on the vine and one that can remake it. You’ll discover how to:

- Create a safe and nonjudgmental therapeutic environment to work with secrets, confidentiality, transparency, and truth-telling
- Clarify the difference between investigative and detective questions
- Manage the crisis of an affair from a dual perspective that integrates partners’ meanings and motives as well as the impact of the affair
- Examine the existential, clinical, and ethical aspects involved, and how assumptions, moral values, and personal experiences influence our therapeutic work

Continued with workshop 501

**The Therapist as Healer**
Leading Clients to Self-Leadership
PARTS 1 & 2
RICHARD SCHWARTZ

Healing is a word derived from the German heilen, meaning “to make whole.” To truly heal isn’t easy, since it involves reconnecting with polarized and often volatile subpersonalities, or parts within ourselves, including protectors, managers, and exiles. The Internal Family Systems (IFS) model, helps clients access an undamaged inner essence called the Self, and from this place to lovingly relate to and transform their most troubling parts. In this workshop, you’ll discover how to help clients transform their fragmented experience of Self. You’ll explore how to:

- Apply strategies used in IFS to contact the core Self
- Shift the role of therapist from the primary attachment figure to a container who opens the way for the client’s Self to emerge
- Use methods for transparently handling situations in which you get emotionally triggered by your client
- Get clients’ polarized, deeply conflicted parts to negotiate with each other

Continued with workshop 502

**Race In and Outside Therapy**
Breaking Eggshells
PARTS 1 & 2
KENNETH HARDY

The disturbing undercurrent of white supremacists embodied by recent national events show us that stereotypes and tensions about race still pervade much of American society. But even though we may want to brace the issue of race openly, honestly, and respectfully, too often, we feel constrained to tiptoe around the subject, unsure of the right tone to strike. In this workshop, we’ll discuss ways to speak about race with colleagues and clients, without anger or defensiveness. You’ll explore:

- The four critical developmental stages for effective conversations involving race: preparation, encounter, engagement, and execution
- The distinctive Tasks of the Privileged as well as the Tasks of the Subjugated in resolving race-related issues within relationships, communities, and institutions
- The range of situations in which racism emerges as a therapeutic issue
- How to address race-related issues in the consulting room

Continued with workshop 503

**Ethics Made Fun**
A Game Show Approach
PARTS 1 & 2
CLIFTON MITCHELL

We all want to do what’s ethical, and yet the CE to boost, but slogging through most ethics courses can be a tiresome bore. Not this time! This workshop (back by popular demand from previous years) features a game show that’s entertaining, engaging, and high-spirited. Participants will be divided into teams and equipped with electronic remotes for shooting answers to a computer-generated scoring system. Along the way, you’ll explore some of the most perplexing legal and ethical quandaries in a clinical setting, including:

- Aspirational ethics, insurance fraud, treatment mandates, advertising, and duty to treat
- Informed consent, confidentiality, court records, dual relationships, duty to warn, and malpractice
- Client abuse, statutory rape, suicide, and scope of practice
- Client gift giving and celebratory events

Continued with workshop 504

**High-Impact Couples Therapy**
Going Deep with Troubled Clients
PARTS 1 & 2
TERRY REAL

The secret to helping couples have a powerful, transformative experience in therapy is to get them to deeply explore—while in each other’s presence—their own character structure and family-of-origin trauma. For the therapist, this process involves six steps: arriving at the couple’s relational diagnosis, helping them articulate their repeating loops, getting the backstory of their childhood adaptation, imaginatively re-parenting each inner child, loving confrontation, and helping each partner master new skills. In this workshop, you’ll discover how to:

- Quickly arrive at a clear map of the repeating loops the couple is mired in
- Use their relational diagnosis to wake them up to their patterns of dysfunction and wish to connect
- Smoothly transition from the dysfunctional family of origin backstory to a re-parenting dialogue
- Introduce relational skills like having good boundaries, speaking up for oneself with love, and responding to criticism nondefensively with a generous heart

Continued with workshop 505

**All-Day Workshops**

11:00 a.m.–1:00 p.m. & 3:00 p.m.–5:00 p.m.

Morning Keynote

**The Future of Modern Love**
ESTHER PEREL
“This is the best investment
I can make in myself and my practice.”
Laura Markham, PhD, is a clinical psychologist who specializes in mindfulness and psychotherapy. Her work focuses on the integration of mindfulness into clinical practice, emphasizing the importance of self-compassion and present-moment awareness. Markham's approach, known as the Peaceful Parenting model, aims to help parents develop effective communication skills and avoid punishment while managing challenging behaviors in children. This method is grounded in empathy, understanding, and the belief that positive outcomes can be achieved through compassionate and skillful parenting. Markham's workshops and books have been influential in promoting a new paradigm in parenting, advocating for a more nurturing and responsive approach to child rearing. Through her teachings, she encourages parents to recognize the impact of their words and actions on children and to cultivate a loving and empathetic environment that fosters emotional well-being and personal growth.
Morning 11:00 a.m. – 1:00 p.m.

419 Promoting Positive Caregiving

Barry Jacobs & Julia Mayer

While caring for aging parents is often portrayed as a physical, psychological, and financial burden, there’s a growing body of research suggesting that caregivers can derive important benefits from their role, including increased life satisfaction and even improved health. In fact, caregivers have the potential to get stronger as they gain the skills to provide care more effectively, even in the face of a loved one’s decline. This workshop will explore how therapists can enable caregivers to experience the growth potential in their mission. You’ll focus on how to:

- Clarify clients’ sense of purpose in deciding to provide hands-on care, and normalize the ambivalence and frustration that comes with it
- Teach intentional practices—including mindful awareness, daily reflection, and prospective retrospection—to help them savor the meaning of their undertaking
- Identify and nurture positive beliefs that will sustain caregiving


420 Disarming Shame

David Wexler

If you’ve ever worked with men, you know how intensely sensitive they can be to shame and feelings of incompetence. If therapists can’t de-shame the therapeutic experience, men won’t stay for very long, and won’t be as real as they need to be to benefit from the experience. Therapist self-disclosure, carefully calibrated, can be extremely effective in disarming male shame and its behavioral cousins: denial, minimization, defensiveness, and avoidance. Through video and case examples, you’ll explore how to:

- Develop the “twinship experience” with clients to disarm male defenses and activate male engagement
- Carefully craft effective therapist self-disclosure to facilitate engagement and sharing, while also recognizing when not to self-disclose
- Establish more authentic, human-to-human connection with even the most defended male clients by revealing emotional reactions in the moment and personal experiences from the past

David Wexler, PhD, is a clinical psychologist specializing in the treatment of relationship conflict. He’s the executive director of the Relationship Training Institute and the author of six books and many articles and book chapters.

421 Focusing and the Felt Sense

Joan Klagsbrun

There’s a resource, implicit in each of us, that has the capacity to accelerate the healing process and make therapy more effective. Focusing invites clients to pause and access their “felt sense,” or implicit body wisdom, which lies right at the edge of awareness. Once they’ve discovered their felt sense, clients can speak from their feelings instead of about them, and are often released from stuck places. This workshop will demonstrate how the Focusing process can be integrated into any kind of therapeutic orientation. You’ll discover how to:

- Apply Focusing to your current therapeutic approach and expand clients’ access to their somatic self and nonverbal awareness
- Use Focusing to enhance clients’ capacity for insight and to work with emotional issues in a gentle yet powerful manner
- Implement Focusing with specific types of cases, including clients dealing with serious illness, anxiety, or depression
- Use Focusing to enhance your own well-being as a therapist

Joan Klagsbrun, PhD, is a clinical psychologist specializing in the treatment of relationship in conflict. He’s the executive director of the Relationship Training Institute and the author of six books and many articles and book chapters.

422 Helping Clients Unlearn Their Pain

Howard Schubiner

Nearly half of all clients in therapy have physical pain, yet for the majority of these individuals, their pain has no clear medical cause. This is particularly true for those with back and neck pain, headaches, fibromyalgia, and abdominal-pelvic pain. Neuroscientists now know that all pain is constructed by the brain’s alarm mechanism, which can be activated by either physical injury or perceived emotional threat. This workshop will provide tools and step-by-step techniques to help therapists simultaneously address physical and emotional pain. You’ll discover:

- An approach to distinguishing clients with psychophysiologic pain from those with more structurally caused pain
- How to help clients understand the psychophysiological process for pain in ways that encourage their commitment to positive action
- How to use mindfulness-based cognitive-behavioral techniques to address psychophysiological pain in clients

Howard Schubiner, MD, is an internist at Providence Hospital and a professor at Michigan State University. He’s the author of Unlearn Your Pain. Unlearn Your Anxiety and Depression and coauthor of Hidden from View.
Ian Kerner
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NETWORKER SYMPOSIUM 2018
to fabulous speakers.

Robert D. Spero, MD, is the past president of the American Society for Aesthetic Plastic Surgery and author of the New York Times bestseller Plastic Surgery Secrets. A past visiting professor at Harvard University, Dr. Spero serves on the board of directors of the American Society for Aesthetic Plastic Surgery and is active in educational programs at both the state and national levels.

The 10 Best-Ever Exercises for Greater Emotional Resiliency
Margaret Wehrenberg, PsyD,
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Margaret Wehrenberg, PsyD,
Afternoon Workshops
3:00 p.m. – 5:00 p.m.

515 The Magic Trio
What We Know Makes Couples Therapy Work
JOHN GOTTMAN, JULIE GOTTMAN, WILLIAM BUMBERRY & VAGDEVI MEUNIER

In recent years, research has identified key, measurable elements of happy and stable long-term relationships. They include trust, attunement, listening compassionately and nondefensively within conflict, a relational safe haven, and emotional commitment. In this workshop, you’ll acquire tools for approaching couples therapy more effectively. You’ll discover:
- How to enhance a couple’s capacity for gratitude, cherishing, and commitment
- Interventions that increase couples’ ability to desescalate anger, manage conflict, and repair ruptures in the relationship
- How to stay calm in the midst of couples’ relationship conflicts and have hope when they feel hopeless

John Gottman, PhD, is co-founder of The Gottman Institute.
Julie Gottman, PhD, is co-founder and President of The Gottman Institute.
William Bumberry, PhD, is a psychologist, a Gottman Therapist and Master Trainer.
Vagdevi Meunier, PsyD, is a psychologist, a Gottman Therapist and Master Trainer, and the founder and executive director of The Center for Relationships.

516 Millennials Rising 2.0 – This Time “It’s Personal”
How Young Adults Are Changing the Therapy Relationship Forever
RON TAFFEL

Millennials are coming into therapy with challenging new expectations about the therapeutic relationship. These 18- to 35-year-olds—with their staunch belief in collaboration, attunement to power-based microaggression, and impatience with anything remotely dull or canned—are pushing therapists to adjust their roles in unexpected ways. In this workshop, we’ll explore how to create a secure therapeutic connection with millennials, and surprising ways to engage them. You’ll discover:
- How to incorporate texting into therapy to create greater openness and connection, use as a mindfulness tool, and help repair damaged relationships
- How therapists’ nonlinear role-flexibility and willingness to self-disclose, discuss sensitive biases, and address cultural phenomena can deepen the treatment relationship
- Guidelines for different types of self-disclosure, emotional sharing, and storytelling that millennials need to fully trust their therapists
- Strategies to get your advice and therapeutic directives across in ways that can match the power of the millennial friend group, their online habits, and contemporary multitasking

Ron Taffel, PhD, chair of the Institute for Contemporary Psychotherapy, is author of eight books and over 100 articles on therapy and family life.

517 Bringing a Polyvagal Perspective into Therapy
How to Safely Navigate Emotional Storms
DEB DANA

When life—and therapy—brings scary moments, it’s the body’s autonomic nervous system that takes action. Polyvagal Theory has revolutionized our understanding of both how this system works, and how to create safety and connection. In this workshop, you’ll learn how to harness the healing potential of the autonomic nervous system to help your clients navigate the storms of fight, flight, and collapse. You’ll discover how to:
- Use your own autonomic nervous system to create an environment of safety for your clients
- Develop the expressive range of your eyes, voice, breath, and body to enrich your nonverbal attunement skills
- Help your clients listen to their internal state and let go of their problem story
- Reliably guide your clients from state to state and enhance their capacity for self-regulation

Deb Dana, LCSW, is co-lead, with Stephen Porges, of Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies and the author of The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation.

518 New Perspectives on Porn
Its Uses and Misuses
IAN KERNER

True or false: porn desensitizes people to genuine intimacy? Or wait, true or false: porn use is a normal, healthy expression of human sexuality? Porn is a confusing and polarizing topic that can easily trigger therapists’ negative countertransference. But the fact is that people in the United States visit more porn sites each month than they do Amazon, Netflix, and Twitter combined. In this workshop, you’ll discover:
- How to assess if porn is or isn’t a problem in relationships, and how to avoid therapeutic potholes in the process
- How to handle clients’ self-diagnosis of “porn addict” and explore the context and assumptions surrounding their self-assessment
- A CBT-based program that uses harm reduction, mindfulness, and cognitive reframing to regulate problematic relationships to porn
- A review of “ethical porn” and how it can be used to help patients with a range of common sexual problems

Ian Kerner, PhD, LMFT, is a sex therapist and the author of the book She Comes First. He writes about sexuality for CNN and Prevention Magazine, and is on the Board of Directors of the American Association of Sexuality Educators, Counselors and Therapists.

519 Breaking the Spell of Our Digital Devices
Helping Clients Embrace a More Embodied Life
LINDA GRAHAM

There’s no question that our near constant use of the internet, apps, and texting have transformed how we relate to each other. The ubiquity of our devices and the huge bite they’ve taken out of authentic in-person communication has become a pressing mental health concern that therapists are just beginning to address. In this workshop, you’ll explore how to help clients assess the impact of their overuse of digital technologies and balance it out for a more fully embodied life. You’ll discover:
- Emerging research on the long-term effect of digital devices on attention, empathy, friendships, and self-reflection
- How technology contributes to digital addiction and emotional constriction in clients’ lives
- Protocols for digital detoxes that can reduce brain fog, mood swings, and isolation, all while promoting better sleep, authentic relationality, and enhanced well-being
- How to help clients reawaken to “real life” relationships, tolerate messy emotions, and get comfortable with solitude and intimacy

Linda Graham, MFT, is a psychotherapist who integrates relational psychology, mindfulness, and neuroscience in her trainings. She’s the author of Bawing Back: Rewiring Your Brain for Maximum Resilience and Well-Being.
Taking in the Good Mindfulness for Teens and Young Adults GINA BIEGEL

As they try to navigate the demands of school, online social lives, and daily pressures, many teens and young adults today are worried, in pain, angry, and even out of control. In fact, 1 in 5 of them currently has or will have a serious mental illness. To make it through the emotional dysregulation of these complex years, they need a strong inner compass, and in this workshop, you’ll discover the evidence-based protocol that combines mindfulness and positive neuroplasticity to help establish that compass. You’ll explore:

- How to help teens and young adults turn positive experiences into lasting resources for safety, satisfaction, and connection
- Recent advances in positive neuroplasticity that cultivate the four levels of self-care for clients
- How to teach teens and young adults to shift from reacting impulsively to responding mindfully to stress

Gina Biegel, MA, LMFT, is a therapist, researcher, and author of Be Mindful & Stress Less, The Stress Reduction Workbook for Teens, and the Be Mindful Card Deck for Teens. She’s the founder of the Mindfulness-Based Stress Reduction Program for Teens (MBSR-T) and CEO of Stressed Teens.

When Mind-Body Practices Go Wrong: How to Match Clients with the Right Methods AMY WEINTRAUB

Have you ever had clients try a mindfulness exercise that made them more anxious, or get emotionally flooded when you asked them to breathe deeply? What about clients who are quick to tell you, “I don’t like that breathing stuff”? If you’re applying mind-body practices like pranayama breathing, meditation, mudras, or mantras in your session, it’s important to understand which practices are best suited to which conditions, such as depression, anxiety, and disassociated states, and what effects and possible aberrations these practices can evoke. You’ll discover how to:

- Apply appropriate breathing and meditation practices based on your client’s presenting mood and diagnosis
- Help clients learn breathing, toning, and hand-gesture practices to self-regulate between sessions
- Incorporate simple yoga skills like adapted breathing and meditations in clinical settings, even when clients express cultural, religious, or personal resistance to practicing yoga

Note: No CE credit for this workshop.

Amy Weintraub, MFA, ERYT 500, CLAYT, author of Yoga Skills for Therapists and Yoga for Depression, is the founder of LifeForce Yoga, and offers trainings for health and yoga professionals worldwide.

New Perspectives on Intergenerational and Collective Trauma Widening the Frame PATRICK DOUGHERTY

Our growing understanding of intergenerational and collective trauma is challenging therapists’ standard treatment methods. Recognizing that some trauma can be inherited—or be shared by groups, communities, ethnicities, and nationalities—can open up new avenues of healing, especially for clients who otherwise seem stuck. In this workshop, you’ll learn to identify and process the subtle signs of intergenerational and collective trauma in your clients. You’ll explore how to:

- Develop a framework and language for understanding how intergenerational and collective trauma can complicate a client’s personal trauma
- Engage clients with specific techniques, including active imagination, body posture, and using therapeutically evocative language to help them process their intergenerational and collective trauma
- Design a protocol for responding to acute collective trauma events so your own emotional reactions don’t distract from your client’s response

Patrick Dougherty, MA, LP, is a psychologist with nearly 30 years of experience. He’s part of an international training group developing quantifiable methods for dealing with intergenerational and collective trauma.

Preventing Gray Divorce: Addressing the Stresses of Late-Life Marriage BARRY JACOBS & JULIA MAYER

While there’s an expectation that marital happiness will increase in the last third of life, when many couples are freed of family responsibilities, the reality is more complicated than that. Empty-nest syndrome, decreased physical intimacy, poor adjustment to retirement, and the advent of chronic illness are all driving rates of so-called “gray divorce” to record highs. Spouses over 50 are now twice as likely to divorce than they were in 1990. For those over 65, the likelihood is three times higher. In this workshop, we’ll look at the stresses of long-term, late-life marriage, and examine couples therapy modifications for older clients. You’ll discover how to:

- Identify each spouse’s existential mission and whether it’s supported by the relationship
- Create effective frameworks for couples’ negotiations of life changes
- Facilitate the processing of loss through mindful reflection and grief rituals
- Support couples in setting new boundaries and expectations with family members

As a result of the opioid epidemic, the United States saw its largest recorded increase in overdose deaths last year. Overdoses are now officially the leading cause of death among adults under 50. What do we need to do differently for clients grieving for a loved one who overdosed? And how do therapists themselves deal with the loss of an addicted client? Full of strategies for healing after the trauma of loss, this workshop will help you explore:

- Why addiction grief is often weighted in self-blame and guilt
- How to help loved ones sort through the shame, isolation, and roles they played in an addiction death
- Particular tools for helping clients deal with addiction grief and the “if only”’s that accompany it, such as responsibility clarification and separating out the loved one’s voice from the addiction

David Kessler, MA, RN, is a contributing writer for Oprah.com, Dr. Oz’s Sharecare.com, and The Huffington Post. He’s the founder of grief.com and the author of five books, including It’s Time to Retool: It’s Time to Retool: The Talk: Love You Want, Love You Need, the author of Loving Bravely: 20 Lessons of Self-Discovery to Help You Get the Love You Want. Kirsten Lind Seal, PhD, is an author and the founder of grief.com, Anderson Cooper 360, and the author of It’s Time to Retool: The Talk: Love You Want, Love You Need. She appears regularly on Relationship Reboot, a weekly segment on WCCO (CBS) TV’s Midmorning show.
Sunday — Bring home new possibilities for your practice

Sunday Workshops

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Sunday Workshops
10:00 a.m. – 1:00 p.m.

**Reflections on the Therapist’s Journey**

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**Maintaining the Heart and Soul of Therapy**
A Dialogue with Irvin Yalom

*Irvin Yalom & Susan Johnson*

At a time when our lives continue to speed up and our engagement with digital devices continues to siphon off attention from our intimate connections, is therapy as we’ve known it doomed to be replaced by apps and computer programs? In this session, two of our field’s most noted practitioners, both of whom view therapy as a deeply personal experience, will explore how the therapeutic encounter can remain relevant in a rapidly changing world. Using video to bring more detail and immediacy to their conversation, they’ll focus on the need to go beyond theory and technique to highlight the therapist’s emotional engagement and use of self as being at the core of what makes therapy work. You’ll explore:

- The role of emotion in enriching and driving the therapeutic process
- The main barriers to therapeutic connection and how to overcome them
- How confronting your own issues and fears is essential to helping your clients deal with the existential terror that underlie so much of their suffering

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**Couples Therapy for Treating Trauma**
The Gottman Method Approach

*Julie Gottman & John Gottman*

Trauma treatments have largely ignored the interpersonal symptoms of PTSD, but whether caused by early abandonment, childhood abuse, military combat, or other traumatic experiences, the impact of trauma on committed relationships is commonly encountered in everyday practice. In this workshop, using some recorded materials, we’ll focus on a therapy that interweaves individual PTSD treatments with the interpersonal orientation of Gottman Method Couples Therapy. You’ll discover how to:

- Better recognize the signs of trauma and the impact it has on a relationship
- Help one or both partners surface and address past trauma
- Foster the couple’s transformation of trauma into greater compassion for each other, deeper insight, and meaningful growth

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**Therapy with a Coaching Edge**
Introducing Action and Possibility Into Every Session

*Lynn Grodzki*

Many therapists have incorporated some coaching into their practice, in part because the style of client interaction feels unaffected and natural, and often accelerates results. But to truly improve outcomes, therapists need to apply coaching skills specifically designed for therapy sessions. This workshop will explore skills that create “aha” moments, foster readiness for action, and help clients go farther, faster. You’ll discover:

- The differences and overlap between therapy and coaching, and how to incorporate the components of a coaching approach for therapy
- How to distinguish between clients who are suited to a faster-paced, action-oriented therapy experience and those who aren’t
- Four key elements to adopting a collaborative stance that reduces client resistance to behavioral change
- Specific coaching skills, like asking pointed, powerful questions, calling clients into action, and delivering a “coaching edge” that boosts motivation and keeps clients on track

---

**Demystifying Acceptance and Commitment Therapy (ACT)**
A Mindful Approach to Value-Based Action

*Dj Moran, PhD, BCBA-D*

Despite the popularity of mindfulness, not all our clients want to embrace an Eastern philosophy and sit on a meditation cushion every day. Acceptance and Commitment Therapy (ACT) offers a way to use the power of contemplative practice while promoting concrete and quantifiable change. In this workshop, you’ll focus on specific ACT strategies and tools to integrate into your practice, including how to:

- Use ACT to increase psychological flexibility to cope with a wide variety of clinical problems—including depression, anxiety, stress, and substance abuse—by helping clients to stop believing their thoughts
- Apply the Mindful Action Plan (MAP) to help clients keep solid, values-based commitments
- Respect cultural diversity while teaching contemplative practices
- Teach ACT strategies and tools to integrate into your practice, including how to:
  - Increase psychological flexibility by helping clients to stop believing their thoughts
  - Apply the Mindful Action Plan (MAP) to help clients keep solid, values-based commitments
  - Respect cultural diversity while teaching contemplative practices
  - Use ACT to increase psychological flexibility by helping clients to stop believing their thoughts

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**Issues for Therapists of Color**
Reclaiming Our Voices

*Kenneth Hardy, PhD*

Despite the progressive political attitude prevalent in our field, clinicians of color continue to face certain challenges around issues of race in our work with clients, and struggle to find a strong therapeutic voice with which to address them. This day-long experiential session is an opportunity to create a community in which we can consider the role of race in our clients’ day-to-day experiences as well as our own work and lives. You’ll explore:

- How to deal with issues of race both with clients in the therapy room and in our work and training settings
- The distinctive challenges of addressing issues of psychological homelessness, devaluing, and voicelessness with minority clients
- The dynamics of victim/victimizer relationships and how there may be a piece of oppressor in many well-intentioned people
- How to approach issues of social justice that go beyond the purview of the traditional therapeutic worldview

---

**Coaching Edge: Partnership, Action**
Therapy with a Coaching Approach

*Lynn Grodzki, LCSW, MCC*

This year the Networker will honor Irvin Yalom with its Lifetime Achievement Award for more than a half-century of work that offers a more encompassing vision of life than ever can be conveyed through a therapy manual. Known for his pioneering role in establishing group therapy as a disciplined clinical approach, he’s also celebrated as the foremost practitioner of existential psychotherapy, grounded in the belief that the only real antidote to our fear of meaninglessness is the life-giving force of human engagement and commitment. With his acclaimed works of fiction, including *Love’s Executioner*, *When Nietzsche Wept*, and *Meaning of Life*, he’s widely renowned as psychotherapy’s most famous storyteller. When Yalom was awarded the 2015 American Psychological Association’s Distinguished Career Award, psychologist and *Psychology Today* editor-in-chief Dava Sobel said, “Irvin Yalom is a rare example of a therapist who has a public platform to reach a larger audience.” Yalom’s books, including *Irvin Yalom, PhD*, is the author of many books, including his latest, *Becoming Myself: A Psychiatrist’s Memoir*.
Michael Mithoefer, MD, specializes in experiential methods of psychotherapy, to treat PTSD. Now focused on MDMA clinical research, he’s completed studies with treatment-resistant PTSD, and trains therapists for a nonprofit, phase-3 clinical trial of MDMA-assisted psychotherapy for PTSD.

MDMA and Psychotherapy
Facilitating Psychoactive Drug Treatments for Trauma
MICHAEL MITHOEFER

For millennia, cultures around the world have embraced mind-altering substances to catalyze healing. Western psychotherapy has generally resisted the healing potential of such substances, but the FDA has lately approved clinical trials using MDMA—also known as Ecstasy, or Molly—to treat PTSD. Psychotherapists have a major role to play in these treatments, by helping clients process the healing shifts in consciousness that can occur on the drug. In this workshop, you’ll explore what this potentially field-changing treatment means for therapists, including:

- Specifics of the role therapists play in the healing process of MDMA-assisted psychotherapy, including balancing a non-directive approach with interventions based on the therapist’s training and intuition
- What typically happens in the eight-hour therapy sessions that accompany the administering of MDMA
- The history of MDMA and how its pharmacologic profile makes it effective against treatment-resistant PTSD

“The essential Self is who we’ve always been and the wise, loving presence that’s the root cause of suffering, from narcissism to low self-esteem. Rather than treating the symptoms of egocentricity, we can introduce clients to their essential Self. Effortless Heart Mindfulness Therapy helps clients and therapists discover their already compassionate Self, which welcomes all subpersonalities and transforms even the deepest traumas. In this experiential workshop, you’ll discover how to:

- Move clients from cognitive mindfulness to effortless heart mindfulness to access well-being and transform trauma
- Teach clients to go beyond self-compasion to a natural, deep compassion from the Self for all parts
- Shift clients from thought-based egocentricity to open-hearted Self using methods such as unhooking from thinking and dropping from head to heart
- Transform difficult emotions and repressed, shadow parts by helping clients enhance their true Self’s compassionate, relational capacity

Loch Kelly, MD, is a therapist, meditation teacher, and author of the award-winning book Shift into Freedom. Founder of the Open-Hearted Awareness Institute, he collaborates with neuroscientists at Yale, UPenn and NYU.

607
From Ego to Self
Effortless Heart Mindfulness Therapy
LOCH KELLY

Effortless Heart Mindfulness Therapy helps clients and therapists discover their already compassionate Self, which welcomes all subpersonalities and transforms even the deepest traumas. In this experiential workshop, you’ll discover how to:

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Sunday 10:00 a.m. - 1:00 p.m.

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From Dysfunction to Erotic Discovery
Transforming the Sexual Narrative
SUZANNE IASENZA

When couples come to therapy with problems involving desire, arousal, and orgasm, therapists often fall into the trap of thinking of them as somehow broken and in need of fixing. Instead, this workshop offers an approach that guides couples from a state of disconnection to one of becoming a sexual-discovery team that explores their own idiosyncratic pathway to pleasure.

- Conduct a detailed sexual history for partners to help them understand their current sexual narratives and how to create more liberating stories
- Empower both partners to make explicit their “menus” for preferred sexual activities as a way of expanding their repertoire for more genuine erotic satisfaction
- Help couples use sensate focus as a meditative tool to enhance their sexual development
- Integrate psychodynamic, systems, and cognitive behavioral approaches in couple sex therapy

Suzanne Iasenza, PhD, is faculty at the Institute for Contemporary Psychotherapy and Psychoanalysis and the postgraduate program in Couples and Family Therapy of Adelphi University’s Denver Institute. She’s the codirector of Lesbians and Psychoanalysis.
As the flurry of recent press coverage indicates, more couples today are negotiating monogamy in new and creative ways, including through open marriages, polyamory, group marriages, and a variety of intentional partnerships. This is especially true among younger couples, and if therapists haven’t encountered this new reality already, they’ll soon need to know how to work with monogamy agreements and open-relationship structures. In this workshop, you’ll develop the skills necessary to help clients in alternative types of committed partnerships. You’ll explore:

- What’s behind an open-marriage decision, including the search for individuation, intensity, and relational flexibility
- How to support integrity in these new arrangements through transparency, honesty, and agreement on a new type of sexual fidelity
- What clients will need to be able to negotiate flexible monogamy arrangements
- The signs that an open marriage is working or failing, and how to help couples recover after an open-relationship betrayal

Tammy Nelson, PhD, is a board-certified sexologist, an AASECT certified supervisor, a certified Imago therapist, a licensed professional counselor, and the author of Getting the Sex You Want and The New Monogamy.

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“I always feel a renewed sense of purpose after the Symposium.”
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Tammy Nelson

Martha Straus

Peter Fraenkel

Mitchell Greene

Joe Kort

Peter Fraenkel, PhD, is an associate professor of psychology at the City College of New York, and former director of the Center for Work and Family at the Ackerman Institute. He received the 2012 American Family Therapy Award for Innovative Contribution to Family Therapy.

Mitchell Greene, PhD, is a clinical and sport psychologist who specializes in working with athletes. He is the founder of Cognitively Clinical & Sport Psychology in Havertown, PA.


Sports, even at the youngest developmental levels, has become a source of great stress for kids and their parents. The final results of games and kids’ individual statistics are immediately broadcast on the internet, and recruiting videos of middle-school age athletes are all over YouTube. Recreation has been replaced with expectation, and practitioners need to be ready to help frustrated young athletes and their parents navigate the choppy waters of youth sports. In this workshop on the fundamentals of sport psychology, you’ll focus on:

- In-office strategies to help athletes (and parents) discover a mindset that’s more about enjoying the journey than worrying about the results
- How practitioners can incorporate their clinical training, including family-therapy techniques, into their work with sport families
- How to help athletes see when they’re playing distracting “side games” in addition to the game they chose to play, and how that impacts performance
- How to work with parents who are overly invested in their child’s performances on the field

Rather than providing a pathway to healing, the sex addiction model too often contributes to clients being sexually lost and at odds with their own nature. Therapists are left with both being unable to help clients with their continued out-of-control sexual behaviors and also with the consequences of being the recipient of a pathologizing label. This workshop will educate therapists on having a sexual health and strength-based dialogue with their clients as an alternative to the sex addiction model. You’ll explore how to:

- Help clients develop a non-pathologizing understanding of their own individual sexuality and erotic identity
- Develop a comprehensive assessment and alternative treatment that emphasizes the nonsexual meanings of sexual behaviors and fantasies
- Understand your own countertransference with clients struggling with sexual behaviors you may experience as problematic
- Differentiate normative male sexuality from out-of-control sexual behaviors around the use of porn, fetishes, and sex with partners

Peter Fraenkel

Mitchell Greene

Joe Kort
Sunday 10:00 a.m. – 1:00 p.m.

The Power of Embodied Presence: Transform Trauma with AEDP
SUEANNE PILIERO

Working with trauma and attachment wounds requires a strong therapeutic presence. When clients see and feel only darkness, it’s up to us to lead boldly, attune closely, and fiercely champion their capacity to heal and be whole. Accelerated Experiential Dynamic Psychotherapy (AEDP) emphasizes the undoing of aloneness for clients in crisis and establishes the therapeutic relationship as a safe haven and secure base. In this workshop, with the help of recorded sessions showing clinicians exhibiting a strong, embodied presence, you’ll discover:

- How to use your Self as a healing mechanism through disclosure about your feelings, explicit sharing of your clients’ impact on you, and offering clients, in the here and now, the support they never received from caregivers
- How to work with clients’ wounded child parts to build self-compassion, minimize defenses, and reduce shame
- Specific tools, such as cognitive restricting and uncoupling dynamics, to transform maladaptive beliefs like “I’m unworthy of love. It was all my fault, or you’ll hurt me if I get close to you.

SueAnne Piliero, PhD, is senior faculty and a founding member of the AEDP Institute. She provides AEDP training and consultation to mental health professionals around the world.

Creating Secure Connection in Couples Therapy: An Emotionally Focused Approach
KATHRYN RHEEM

Volatile, emotionally escalated clients can be among the most challenging cases couples therapists regularly work with. Such clients can often be set off by seemingly negligible events, making sessions difficult for both partners and their therapist. Typically, core issues of attachment distress are at the heart of these outbursts. Emotionally Focused Therapy (EFT) offers a clear road map for working with such hard-to-treat couples by helping them access and share primary emotions. In this workshop, you’ll discover how to:

- Differentiate each partner’s emotions in order to contain reactive emotion and evoke vulnerabilities
- Recognize and assess each partner’s role in destructive patterns of interaction
- Restructure couples’ negative patterns and stay in process when they become emotionally activated
- Use voice, reflection, and validation to help partners share their deepest vulnerabilities

Kathryn Rheem, EdD, LMFT, is an ICEFET certified trainer, supervisor, and therapist. She’s the director of the Washington Baltimore Center for EFT and conducts EFT trainings internationally.

Making Couples Therapy Stick: How to Stress-Proof a Relationship
STEVEN STOSNY

Couples often lose the skills they learn in therapy during times of stress, reentering entrenched habits of emotion regulation and interaction based on childhood coping mechanisms of blame, denial, and avoidance. Our task is to help them develop stress-proof habits that engage prefrontal cortex abilities to improve, appreciate, connect, and protect. This workshop will illuminate the brain science that helps us create new positive emotional habits. You’ll explore how to help clients:

- Switch from “toddler brain” to “adult brain” coping mechanisms by focusing on improving, appreciating, connecting, or protecting
- Act on their deeper values rather than temporary feelings by discovering what’s most important to them and which behavior choices make them truly like themselves
- Turn guilt and shame into love motivators that help them show compassion and kindness
- Use the power of habitation to help them reinforce love and affection into their daily routine

Steven Stosny, PhD, is the director of Compassion Power. He’s the author of Living and Loving after Betrayal and Love without Hurt, and the coauthor of How to Improve Your Marriage without Talking about It.

Creating a Group Practice: Key Strategies for Generating Passive Income
JOE BAVONSE

You may be one of the many private practitioners who’s learned how to create a full and successful solo practice. But do you sometimes feel as if the income you’re generating isn’t quite enough to allow you to create the lifestyle you really want, save for retirement, pay for your kids’ college, and take the occasional grand vacation? It’s possible a group practice could be the answer. Led by the head of a practice that employs 20 therapists in three locations, and last year generated $2 million in revenue, this practical workshop will cover all the key elements of creating a successful group practice. You’ll discover:

- The benefits and risks of group practices, such as fewer hours and more money, along with an increase in liability
- How to design an initial business plan that includes marketing, branding, staffing, admin, and a company culture for your group practice
- How to find and hire the right associates

Joe Bavonese, PhD, is the director of the Relationship Institute of Michigan, and of Uncommon Practices, which helps psychotherapists build successful practices.
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• Existential therapy

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There’s nothing like a learning environment that fully engages your mind, body, and spirit. The Networker Symposium is a one-of-a-kind chance to make face-to-face connections with the field’s innovators and be part of a community of colleagues who share your interests and aspirations. To take advantage of the full range of the Symposium experience, consider the following registration options and special benefits:

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For each workshop’s learning objectives, visit psychotherapynetworker.org.
Lunchtime Networking Groups

The following networking tables will be available for seating at the Symposium Luncheon events. Enjoy a meal with fellow attendees who share your interests, or connect with a new community of colleagues!

- Beginning Therapists
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- Career/Business & Coaching
- Children & Adolescents
- Couples Therapy
- Mind-Body
- Private Practice
- Spirituality
- Trauma Treatment

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Need More Information?

Email our Registration Office at symposium@promesaweb.com or call (800) 379-1733. Answers to many of your questions and the latest information on workshops and hotel-room availability will be posted on our website: psychotherapynetworker.org

If you’d rather register via snail mail, simply fill in the form on the opposite page and send it in with your payment.

- Forms must be postmarked by February 20 to qualify for the final Advanced Discount.
- Don’t send snail mail registrations after February 28. We’ll only accept online registrations after that date.

Mail your Form & Payment to:

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14607 Felton Court – Suite 116
Apple Valley, MN 55124

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Networker Symposium 2018 Registration Form

**REGISTRATION**

Check the appropriate box and circle the corresponding fee, depending on when your form is postmarked. Register online before midnight January 8 for online-only Early Bird prices—best value! See psychotherapynetworker.org

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**LUNCH/DINNER CHOICES**

**Friday Lunch:** “Healing Betrayals Large and Small” with Harriet Lerner

- Poached chicken breast with pasta salad: @ $59.99 each
- Honey ginger tofu with vegetables: @ $59.99 each

**Friday Dinner:** “Cry Havoc: Transforming Trauma through Theater” with Stephen Wolfert

- Seared chicken with artichoke bano and vegetables: @ $79.99 each
- Butternut squash with kale and chard: @ $79.99 each

**Saturday Lunch:** “The New Science of Couples and Family Therapy” with John Gottman & Julie Gottman

- Grilled chicken with thyme and vegetables: @ $59.99 each
- Potato gnocchi with kale and cheddar: @ $59.99 each

**Saturday Dinner:** “My Most Unforgettable Session: An Evening of Storytelling”

- Short ribs with potato gratin and vegetables: @ $79.99 each
- Pan-seared salmon with mushroom risotto and vegetables: @ $79.99 each
- Seared chicken with artichoke bano and vegetables: @ $79.99 each
- Glazed Rockfish with vegetables: @ $79.99 each

**TOTAL AMOUNT ENCLOSED**

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**WORKSHOP CHOICES**

- **First-time Attendees**
- **Beginning Therapists**
- **Other**

**SPECIAL REQUESTS**

- Have a physical disability and will need support services.
- Please send me:
  - the room-sharing list
  - the ride-sharing list
  - this is my first Symposium

**PAYMENT**

An agency purchase order or check payable to the Psychotherapy Networker should be enclosed with this form.

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Important Information

Access the Omni Shoreham Hotel at (888) 444-6664 and request the Psychotherapy Networker Symposium discount rate.

Be sure to mention that you’re with the Networker Symposium when you make your reservation to receive your discount rate. Rates can’t be changed at check-in or check-out for those who forgot to mention the affiliation when reserving the room. Rooms may not be available for check-in until after 3:00 p.m. Check-out time is noon.

Note: The Omni Shoreham Hotel fills up quickly each year. We suggest you reserve your room at least two to three weeks before your arrival.
Our launch of BookShelf offers a great new way to review and search for books of interest to mental health professionals. Check out the ONLINE edition of BookShelf for detailed information on authors, books and publishers, and a more extensive listing of books and links to ordering info at:

psychotherapynetworker.org/bookshelf

**Unwrapped: Integrative Therapy with Gay Men... the Gift of Presence**
by Rick Miller, LICSW

Unwrapped is the ultimate guide for working with gay men. The mind-body connection is a priority for effective therapy; after all, wasn’t it the body’s signals that betrayed him in childhood? In this pivotal contribution, Miller, a longtime therapist, who is himself a gay man, helps readers to understand how early internalized messages of being the proverbial outsider take root for a lifetime. In addition to grounding experiential exercises, the book contains key interventions for working with gay male clients at various life stages. The ample case material brings Miller’s keen insights and therapeutic strategies into clear focus.

**Sacred Stress**
by George Faller, MS, LMFT and The Rev. Dr. Heather Wright

Stress takes life and gives life. It is an inescapable part of our existence. The key to successful living is managing stress effectively and efficiently. Rather than letting stress shut us down and insidiously ravage our bodies, we need to embrace it as an opportunity to deepen self-awareness, form richer relationships and find spiritual vitality. Filled with inspirational stories and pearls of wisdom, this book will help you to befriend stress. Some of the many pioneers in the field of psychotherapy to endorse Sacred Stress include Susan Johnson, Diana Fosha, Esther Perel, Dan Hughes and Froma Walsh.

**Mindfulness for Emerging Adults**
by Donna Toney, MA, LMHC, RYT

Mindfulness for Emerging Adults is written for both young adults and their mentors. For the emerging adult somewhere between 19 and 30; the mindfulness skills learned in this book will help them take control of stress and manage difficult emotions in this fast-paced digital world. Highlighted sections entitled Thoughts for Mentors will guide mentors and therapists to better relate to young adult challenges. Mindfulness for Emerging Adults is a great resource for therapists to use with their clients to help them find balance, belonging, focus, and meaning in the digital age.

**Loving Bravely: Twenty Lessons of Self-Discovery to Help You Get the Love You Want**
by Alexandra H. Solomon

Real love starts with you. In order to attract a partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. In Loving Bravely, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so—you’ll be ready to find the healthy, lasting love your heart desires.

**WholePerson.com**

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Out of the Doghouse: A Relationship-Saving Guide for Men Caught Cheating

Robert Weiss, a nationally acclaimed expert in the treatment of sexual infidelity and relationship intimacy, has spent over 25 years helping couples affected by the pain of betrayal heal. In Out of the Doghouse: A Relationship-Saving Guide for Men Caught Cheating, Weiss offers insight into how sexual and romantic betrayal affect relationship intimacy, and case examples to help clients and their partners heal from betrayal. Moving beyond the immaturity of infidelity into healthy attachment requires learning new skills, and Weiss provides practical tools to address trauma within the entire family. Child and family therapists, social workers, mental health counselors, and psychologists working in a variety of settings will find this book a valuable resource.

www.robertweissmsw.com/my-books

The Therapeutic “Aha!”: 10 Strategies for Getting Your Clients Unstuck

Courtney Armstrong’s The Therapeutic “Aha!” explores the thrilling and rare moment when a client reaches an aha realization, allowing them to make meaningful change. In 10 straightforward strategies, this practical book demonstrates how to shake things up in therapy when a client is stuck or stalled at a startup. Readers will learn how to positively spark the “emotional brain” by creating uplifting experiences in their sessions that engage and advance the healing process. Examples include new spins on techniques that use imagery, music, movement, storytelling, play, and humor with clear case examples and worksheets you can use in your sessions.

www.courtneyarmstrong.net/the-therapeutic-aha-book

CBT Made Simple: A Clinician’s Guide to Practicing Cognitive Behavioral Therapy

In CBT Made Simple, two psychologists and experts in cognitive behavioral therapy (CBT) offer the ultimate “how-to” manual based on the principles of effective adult learning. Structured around these evidence-based principles, this user-friendly guide will help you learn CBT and deliver it to your clients in the most optimal way. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogue and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. If you are a clinician or student interested in learning more about CBT, this book has everything you need to hit the ground running.

www.newharbinger.com/cbt-made-simple

Managing Trauma Workbook

John J. Liptak, EdD & Ester R.A. Leuternbarg

Managing Trauma Workbook is full of strategies, worksheets, and activities, designed to guide clients toward recovery. It’s easy to feel stressed out. Written by a psychotherapist specializing in mindfulness-based stress reduction (MBSR) and featuring brand new exercises, The Stress Reduction Workbook for Teens, Second Edition shows how mindfulness skills can help you relax, prioritize, and keep calm during stressful times. This collection of simple workbook activities will teach you to reduce your worries using mindfulness. Mindfulness is a way to be aware of your thoughts and feelings in the present moment. You can use mindfulness when you start to feel stressed, so you can stop worrying about what might happen and focus instead on what’s happening now.

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She Comes First

Mark Matousek

The New York Times–declared She Comes First “the Encyclopedia Britannica of the citoyen” —and it has been the bestselling sex advice book of the last decade. A must-have for your patient library, She Comes First demystifies the female orgasm and offers a vibrant manifesto of sexual pleasure that both men and women alike find accessible, inspiring, and empowering. As Rhett Butler said to Scarlett O’Hara in Gone with the Wind, “You should be kissed, and often, and by someone who knows how.” She Comes First is stamping out “illiteracy,” one orgasm at a time. Viva La Vulva!

www.amazon.com/She-Comes-First-Thinking-Pleasuring/dp/0060538260

Break Through with Breathwork

Jim Morningstar, PhD

Therapeutic Breathwork can help facilitate astonishing breakthroughs within a single session. Jim Morningstar, PhD, originator, author, and master practitioner, explains how therapists can reinforce these breakthroughs with additional techniques for self-regulation, dramatically reducing recovery time and often resolving challenges that might never have been worked through in standard practice.

www.northatlanticbooks.com/shop/break-through

Eyes of the Jaguar

Irene R. Siegel

Eyes of the Jaguar reveals one woman’s first steps on the shamanic path, a journey into the sacred. While a clinical supervisor at a psychiatric center, the call of this ancient wisdom tradition whisked her into the mountains of Peru, the home of the Inca, revealing the mystical teachings of this ancient body of knowledge, and changing her path forever.

www.dinaramieesigal.com/jaguar.htm

The Stress Reduction Workbook

Mark Matousek

“Many of history’s greatest philosophical texts—think the confessions of Augustine—are based on the kind of self-reflections that this book insists on.” Publishers Weekly Writing to Awaken is an intimate exploration of personal identity through radical truth-telling and self-inquiry. Exploring your life stories helps to dispel the destructive narratives that prevent you for reaching your full potential. When you tell the truth, your story changes. When your story changes, your life changes. The book provides practical step-by-step tools, a multitude of handouts, and case examples to treat trauma within the entire family. Child and family therapists, social workers, mental health counselors, and psychologists working in a variety of settings will find this book a valuable resource.

www.markmatousek.com/writing-to-awaken-book

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Pathways to Possibility (and Back Again) — Helping Our Young Clients Develop a Strong Inner Selfie
by Tobi B. Goldfus, LCSW-C
Ms. Goldfus presents a totally contemporary perspective on working with young people. Essential to reaching this wonderful population is understanding their world. Drawing on years of professional experience and study, Goldfus has established a repertoire of powerful ways to collaborate with young clients as they navigate the promises and pitfalls of social media alongside the challenges and triumphs of real-life developmental stages. Clinical guidance attuned to digital vocabulary jumstarts the exploration and consolidation of a healthy, happy *inner selfie.* The hypnotic and experiential activities are a perfect fit for young people — and the clinicians who work with them.

zeigtucker.com

The Resilience Workbook: Essential Skills to Recover from Stress, Trauma, and Adversity
by Glenn R. Schiraldi
Why do some people sail through life’s storms, while others are knocked down? Resilience is the key. Resilience is the ability to recover from difficult experiences, such as death of loved one, job loss, serious illness, terrorist attacks, or even just daily stressors and challenges. Resilience is the strength of body, mind, and character that enables people to respond well to adversity. In short, resilience is the cornerstone of mental health. Combining evidence-based approaches including positive psychology, cognitive behavioral therapy (CBT), mindfulness, and skills for regulating stress, The Resilience Workbook will show you how to bounce back and thrive in any difficult situation.

rosmundzander.com

Sex Addiction 101: A Basic Guide to Healing from Sex, Porn, and Love Addiction
by Robert Weiss LCSW, CSAT
Isn’t it time you learned to identify and treat problem sexual behaviors? Typically, neither therapists nor people struggling with sex, porn, and love addiction have more than a cursory understanding of this incredibly complicated disease. Sex Addiction 101 and its companion volume, Sex Addiction 101, the Workbook enlighten both clinicians and addicts. These books should be core titles in every addiction collection. How are sex, porn, and love addiction identified and diagnosed? What are the most effective ways to treat sex, porn, and love addiction? How does early attachment trauma affect adult intimacy? How do sex, porn, and love addiction affect woman, teens, and sexual minorities? How does sex addiction relate to drug, alcohol, and other addictions?

newharbinger.com/resilience-workbook

From Real Life to Cyberspace (and Back Again) — Helping Our Young Clients Develop a Strong Inner Selfie
by Rosamund Stone Zander
Pathways to Possibility is both more personal and far-reaching than Rosamund Zander’s best-selling book, *The Art of Possibility.* Life is about growth, she asserts, and demonstrates that we develop ourselves by dismantling and “rewriting” into an adult form, the inherited or child-based stories that make up our beliefs from our earliest days. This book takes the reader on a journey of becoming, starting in the cradle where patterns of perception and identity are launched. A new possibility emerges along the way: a wholly global self where changing definitions of “I” increase our power to be effective in the world.

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A listing of programs for Networker readers to review in making recommendations to clients seeking treatment and recovery. It’s also available online with direct links to each organization, at: psychotherapynetworker.org/TreatmentRecovery/Programs

The Center for Eating Disorders at Sheppard Pratt offers comprehensive care for children, adolescents, adults, and older adults with eating disorders. A national leader in evidence-based treatment since 1989, The Center for Eating Disorders provides highly specialized individual, group, family, occupational, art, and nutritional therapies. Our full continuum of care includes a 24 hour/day inpatient program, 12 hour/day partial hospital program (PHP), 4 hour/day, 4 day/week intensive outpatient program (IOP), and free support groups and collaborative care workshops for caregivers. (410) 938-5252.

The Retreat at Sheppard Pratt provides highly personalized, expert care in a healing environment to treat depression, anxiety, mood, personality, and substance use disorders, among others. Our residents have access to a full range of resources and specialized expertise during their all-inclusive, three-week stay. The Retreat is a source of hope, and as a private-pay program, has the freedom, the flexibility, and the focus to turn lives around. (410) 938-3891.

Sheppard Pratt Health System’s Trauma Disorders Program is an internationally recognized program for the treatment of individuals with trauma-related conditions, including dissociative disorders and other complex post-traumatic conditions. Our specialized, recovery-oriented care includes both inpatient and outpatient clinical services. The inpatient program utilizes an intensive, multidisciplinary treatment approach through individual therapy, milieu therapy, and process-oriented, experiential, and psychosocial group therapies. We provide a structured and supportive environment, with a focus on safety and stabilization. (410) 938-3684.

Sheppard Pratt Health System (SPHS) is the largest non-profit provider of mental health, substance use, special education, and social services in the country. SPHS provides 2.8 million services annually across a comprehensive continuum of care, spanning both hospital- and community-based services. Since 1853, SPHS has been an innovator in research and best practice implementation, with a focus on improving the quality of mental health care globally. SPHS has been consistently ranked as a top national psychiatric hospital by U.S. News & World Report for the past 27 years. (410) 938-3000.

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<td>Season Pass</td>
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<td>$349</td>
<td>On Demand (12) Months of Streaming + Download Access</td>
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<tr>
<th>Location</th>
<th>Start Date</th>
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<tbody>
<tr>
<td>New York, NY</td>
<td>February 9-12, 2018</td>
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<tr>
<td>Tucson, AZ</td>
<td>February 16-19, 2018</td>
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<tr>
<td>Austin, TX</td>
<td>February 16-19, 2018</td>
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<tr>
<td>Berkeley, CA</td>
<td>March 2-5, 2018</td>
</tr>
<tr>
<td>Upper Montclair, NJ</td>
<td>April 4-9, 2018</td>
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<tr>
<td>Glenside, IL</td>
<td>April 20-23, 2018</td>
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<td>Seattle, WA</td>
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<td>Asheville, NC</td>
<td>May 4-7, 2018</td>
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<tr>
<td>Atlanta, GA</td>
<td>June 22-25, 2018</td>
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<tr>
<td>Yellow Springs, OH</td>
<td>June 29-July 2, 2018</td>
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<tr>
<td>Dana Point, CA</td>
<td>July 27-30, 2018</td>
</tr>
</tbody>
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Additional trainings are being scheduled for 2018 in Louisiana, New Jersey, Colorado and California.

Introductory Workshops

Basic Principles of Somatic Experiencing
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