March 19–22, 2020

Nourishing the Soul of Psychotherapy

The Art of Healing in an Anxious Time

Featuring

Bryan Stevenson
Tara Brach
Peter Levine
Esther Perel
Lori Gottlieb
Alfie Breland-Noble
Bessel van der Kolk

... plus over 100 more!

Hurry! Register Today

SEE PAGE 80
Many of us think of psychotherapy as a kind of soulful art, an often intuitive and confusing process that, at its best, helps people access their most authentic selves. Even if the exact chemistry that makes therapy work can never be completely quantified, we know it relies on certain key ingredients to make the therapeutic experience feel alive and personal. But amid all the pressures to find clinical shortcuts, keep costs down, focus on practical outcomes, and make sure our work reflects the latest research, how do we avoid all the temptations to dim the spark that drives the therapeutic encounter? Even as the world around us feels more and more tumultuous and dispiriting, how can we make sure our work keeps its spark and relevance?

Of all the things that bring life and vitality into the therapy room, “soul” may be one of the most essential ingredients. But what does it mean? It certainly can be an elusive thing to define. Does it have something to do with joy? Serenity? The courage to resist when necessary? A connection with something greater than ourselves? All of these, and more?

However we define it, one thing is clear: clinicians can’t help their clients connect with their soul until they’ve made friends with their own. Fortunately, we have a plan for that—or at least a path. It’s the 2020 Networker Symposium, Nourishing the Soul of Psychotherapy: The Art of Healing in an Anxious Time. In some ways, this year’s theme embodies the fundamental mission of this gathering, which over the past 42 years has evolved into a celebration of what is so meaningful and fulfilling about the professional path we therapists have chosen. It’s a place where therapists can come to renew the sense of curiosity, community, and heartfelt commitment that can fortify us as we face the challenges of a demanding profession.

So here’s your chance to immerse yourself in an experience that you can carry with you for a long time to come. Join us for a four-day festival of connection, learning, high spirits, and deep meaning. And, who knows, by the time you leave, you may even have discovered what that elusive quality we call “soul” is really all about.
Workshops and Events

Explore new clinical tools, ways to expand your skill set, and grow personally and professionally.

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

Rekindle your imagination, energy, and sense of possibility at Creativity Day. Plus, see options for preconference workshops.

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.

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

Start the day with our Morning Keynote. Then select from a range of compelling workshops designed to answer your most pressing questions, expand your skill set, and grow personally and professionally.

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.

Welcome!

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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.

Anxiety, Depression, and Trauma

Mind, Body, and Brain

Couples, Kids, and Families

Personal and Professional Development

CLINICAL SPECIALTY

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Check out the range of important issues this year’s celebrated keynotes will address.

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Rekindle your imagination, energy, and sense of possibility at Creativity Day. Plus, see options for preconference 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.

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

Guide
Meet Our Featured Speakers

**Friday**

**Morning Keynote**

*Peter Levine*

The Body as Ally

Peter Levine, developer of Somatic Experiencing, will explore how helping clients experience a living, “knowing” body as an ally, not as a persecutor, can transform our notions of what the power, depth, and effectiveness of trauma treatment can be. (Page 70)

**Luncheon Address**

*Esther Perel*

The Therapist as Social Catalyst

Couples therapist, podcaster, and bestselling author Esther Perel will investigate how therapists can maintain our relevance in a changing world by finding new ways to address people’s increasingly urgent need for social connection. (Page 42)

**Friday Dinner Event**

*Lori Gottlieb*

When the Therapist Switches Seats

Bestselling author Lori Gottlieb will share stories from her acclaimed book *Maybe You Should Talk to Someone*, chronicling her experience as both clinician and patient, and reminding us of our shared humanity. (Page 47)

**Saturday**

**Morning Keynote**

*Tara Brach*

Radical Compassion in a Culture of Contempt

Tara Brach, internationally renowned mindfulness teacher and clinical psychologist, will explore how the weave of mindfulness and compassion can undo our fear-based reactivity, reveal our mutual belonging, and awaken our hearts. (Page 50)

**Luncheon Address**

*Alfiee Breland-Noble*

Reaching the Promise of Diversity

Alfiee Breland-Noble, director of The AAKOMA Project research lab, will show how combining scientific research with clinical sensitivity can help us deepen our relationship with all clients, whatever their racial, cultural, gender, sexual, or any other identity. (Page 61)

**Saturday Dinner Event**

Shadeen Francis, David Wexler, Elliot Connie, Dafna Lender, Mark O’Connell

My Most “Surprising” Case: An Evening of Storytelling

Join five master therapists for an evening of deep listening, authentic emotion, and unusual candor. As in the acclaimed first-person storytelling program *The Moth*, each therapist will recount a real-life experience that will inspire, provoke, and enchant. (Page 67)

**Sunday**

**Morning Keynote:** The Networker Lifetime Achievement Award

*Peter Levine*

The Body as Ally

Peter Levine, developer of Somatic Experiencing, will explore how helping clients experience a living, “knowing” body as an ally, not as a persecutor, can transform our notions of what the power, depth, and effectiveness of trauma treatment can be. (Page 70)

Mingle with Presenters!

Network with our Featured Speakers at the Exhibit Hall and Café, which features:
- book signings with authors
- hundreds of bestselling titles
- more than 80 exhibitors
- breakfast, lunch, and refreshments
Practice management in the palm of your hand.

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Somatic Experiencing® Trauma Resolution

Somatic Experiencing® (SE™), developed by Peter A. Levine, PhD, author of the bestseller, “Waking the Tiger: Healing Trauma,” is a potent psychobiological approach to resolving the symptoms of trauma and chronic stress. Whether you are a medical or mental health professional, addictions counselor, first responder, body worker, educator, alternative medicine practitioner, or other helping professional, the three-year SE™ Professional Training is a continuing education program that will help you make an even greater difference with your clients who suffer.

SE™ offers a framework to assess where your client is “stuck” in the fight, flight, or freeze responses and provides clinical tools to resolve these fixed physiological states that underlie so many trauma symptoms. Our educational model is both theoretical and highly experiential, offering you effective skills for restoring nervous system regulation and resolving trauma that can be immediately.

How SE May Benefit Your Practice:

- Learn practical and effective skills that help resolve trauma without re-traumatization. These gentle, powerful interventions will inspire and empower your clients, restoring resilience and providing them with a greater capacity to enjoy life.
- Improve clinical outcomes. Enhance the depth and effectiveness of therapy by including body based awareness, somatic interventions and knowledge of the nervous systems response to trauma.
- Have an extraordinary life experience. Many students find the SE training professionally and personally transformative. Experience the power of compassionate healing and meaningful growth for yourself and those you serve.
- Reduce compassion fatigue. The SE training helps increase your own resilience as a provider so that you have more energy and stamina for your work and experience greater pleasure and satisfaction.

Upcoming Training Start Dates (U.S.)

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<td>Seattle, WA</td>
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Introductory Workshops

- Basic Principles of Somatic Experiencing
  - Online - November 14, 2019
  - Online - December 19, 2019

Visit our website at www.traumahealing.org or call us at (803) 652-4035 for more information regarding registration, additional locations, full location schedules, and international start dates.

“Trauma is a fact of life. It does not, however, have to be a life sentence.”

- Peter A. Levine, PhD, Founder of Somatic Experiencing®

www.traumahealing.org
ESSENTIAL RESOURCES for YOUR PRACTICE

Eliminating Race-Based Mental Health Disparities
Practicing Equity and Culturally Responsive Care across Settings
By Tami N. Lefkowitz, PhD
Co-Director, Institute for Exemplary Mental Health Practice
Providence, RI, USA
ISBN: 978-1684031962 | US $19.95

The Feminist Handbook
Practical Tools to Resist Sexism and Dismantle the Patriarchy
By Joanne L. Marshall, PhD
University of California, Berkeley
ISBN: 978-1684031904 | US $19.95

Perfectly Hidden Depression
How to Break Free from the Perfectionism That Masks Depression
By Karen Garside, MA

Needing to Know for Sure
A DBT-Based Guide to Overcoming Compulsive Checking & Obsessive Seeking
By Martin A. Smith, MD
ISBN: 978-1684033761 | US $16.95

Bouncing Back from Rejection
Practical Activities to Help You Challenge Patterns, Manage Adolescents, and Engage in Collective Healing
By Tami N. Lefkowitz, PhD

The Racial Healing Handbook
Practical Activities to Help You Challenge Patterns, Manage Adolescents, and Engage in Collective Healing
By Tami N. Lefkowitz, PhD
ISBN: 978-1684032709 | US $24.95

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SESSIONS WITH ESTHER PEREL

MULTIDISCIPLINARY RELATIONAL INTELLIGENCE

Sessions is an online salon hosted by Esther Perel. Designed to convene therapists, coaches, educators, philosophers, and others with a passion to learn, Sessions brings a multidisciplinary approach to the field of relational intelligence.

Each month Esther interviews an expert in the field and curates a list of guest resources for further study. Interviews are complemented with a monthly Q+A with Sessions guests, as well as a community forum.

Everyone who joins Sessions has access to the entire archive — including over two years worth of interviews and resources with experts such as Emily Nagoski, Doug Braun-Harvey, Sara Nasserzadeh, and Alexandra Solomon.

If you want to diversify your approach, and learn in an inclusive environment, learn more about Sessions at sessions.estherperel.com

NEW FROM SHAMBHALA PUBLICATIONS

WELCOMING THE UNWELCOME
Wholehearted Living in a Brokenhearted World
By Pema Chodron

RELAX & BE AWARE
Mindfulness Meditations for Clarity, Confidence, and Wisdom
By Sayadaw U Tejaniya

TRIGGERS
How You Can Stop Reacting and Start Healing
By Dávid Richo

BREATHING MAKES IT BETTER
A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between
By Christopher Willard & Wendy O’Leary
New from Tara Brach, one of the most beloved and trusted mindfulness teachers in America

International bestselling author of

Radical Acceptance

TARA BRACH

Learning to Love Yourself and Your World with the Practice of RAIN

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Creativity Day — For Self-Expression, Personal Growth, and Healing

All-Day Workshops

101 A Day for Mindfulness-Based Stress Reduction
   Melissa Sutor

102 The Therapist as Writer
   Martha Manning

103 A Day for Beginning Therapists
   Shadine Francis & Alexandra Solomon

104 The Gift of Presence
   Caroline Welch

105 Caring for the Brain
   Linda Graham

106 Sing Out Loud, Sing Out Strong!
   Dana Lacroix

107 Therapy as a Performing Art
   Mark O’Connell

108 The Journey to Oneness
   Rudolph Bauer

109 Calming Practices for Anxious Times
   Amy Weintraub

110 Discovering the Artist Within
   Tally Tripp

111 The Dance of Connection
   Jody Wager

112 Embodiment, Rhythm, Awareness, Play
   Licia Sky

113 The Drama Therapy Experience
   Laura Wood

114 The Embodied Therapist
   Betsy Polatin

Preconference Clinical Workshops

115 Guilt, Shame, and the Traumatized Client
   Lisa Ferentz

116 Ethics in a Different Key
   Toya Rubin

117 Hope for Treatment-Resistant Depression
   Janina Fisher

118 Healing Our Relationship with Food
   Jeanne Catanizaro & Elizabeth Doyle

119 Trauma Ed
   Mary Jo Barrett & Ra Frye

120 The EFT Café
   Kathryn Rheem & Jennifer Olden

121 Ancient Wisdom for Today’s Ailments
   Sabrina N’Diaye

122 Family Constellations
   Carol Heil

123 What Works in Positive Psychology
   Jonah Paquette

124 Healing Cultural Trauma with IFS
   Deran Young & Jory Agate

CONTINUING EDUCATION INFORMATION

CE credit from boards may vary for some presentations and workshops. For more information, go to psychnetworker.org/2020/CE for the most up-to-date details.

Friday: Creativity Day — For Self-Expression, Personal Growth, and Healing

Preconference Clinical Workshop

Guilt, Shame, and the Traumatized Client
Finding Release from Toxic Emotions
Lisa Ferentz

Although trauma can affect clients’ inner lives in countless ways, most survivors grapple with deep-seated feelings of guilt and shame. Until these powerful and debilitating emotions are specifically addressed, it’s difficult for clients to fully heal. In this workshop, learn how to compassionately help clients understand the root causes of shame and guilt, and offer creative strategies for releasing themselves from the grip of these toxic emotions. You’ll explore:

- The difference between guilt and shame, and why shame is so difficult to resolve
- The specific dynamics of trauma and early childhood coping strategies that promote and sustain shame
- How secondary gain and “protective parts” affect clients’ willingness to let go of shame
- How to cognitively, somatically, and creatively enhance the two antidotes to shame: self-compassion and curiosity

Lisa Ferentz, LCSWC, DAPA, is the founder of The Ferentz Institute. Her many books include Letting Go of Self-Destructive Behaviors and Finding Your Ruby Slippers: Transformative Life Lessons from the Therapist’s Couch.

“The mix of playfulness and learning filled me with a sense of possibility.”
All-Day Workshops

9:30 a.m. – 12:00 p.m. & 1:00 p.m. – 4:00 p.m.

Preconference Clinical Workshop

116 Ethics in a Different Key: Snow White in the Therapy Room

TOVA RUBIN

Ethics training can be dull. But this workshop, using The Musical of Snow White as a framework, embodies the idea that when you’re having fun, the learning is deeper. Through hilarious songs that bring to life the “lost” narrative of Snow White’s real clinical issues, attendees will discuss tough ethical dilemmas that inevitably emerge in modern therapy settings. Small- and large-group discussions allow for sharing best practices and as many perspectives as are in the room. We’ll discuss:

- Relevant ethical issues, such as cell phone use in the office, attraction from or to clients, depthiness in sessions, and other real-life scenarios
- How to handle tough boundary settings, such as getting timely payment, addressing client tardiness or absence, and needing to refer a client
- How to develop an ethical decision-making model to guide you in gray areas not directly addressed in professional codes

Note: This workshop is 6 CE hours and fulfills many state board requirements for ethics and risk management.

Tova Rubin, PhD, is in private practice, teaches at George Washington University, and is a hospice volunteer.

101 A Day for Mindfulness-Based Stress Reduction: Preventing Burnout and Living Joyfully

MELISSA SUTOR

Recently, the World Health Organization classified burnout as a growing mental health crisis. There’s even a push to include burnout disorder in the DSM. But it’s not just our clients struggling with excess negative stress, which is the core cause of burnout and almost 80 percent of chronic health issues. When therapists are affected, it prevents us from effectively helping our clients. In this daylong retreat, learn to use Mindfulness-Based Stress Reduction (MBSR) to help yourself and your clients slow down, be present, and connect deeply with self and others. You’ll experience:

- Sitting and walking meditations, gentle stretches, mindful eating activities, and didactic exercises for burnout prevention and healing
- How to cultivate nonjudgmental awareness and develop the potential to experience each moment, no matter how difficult or intense, with serenity and clarity
- How meditation can improve sleep, increase self-esteem, enhance productivity, and renew enthusiasm for life and work
- How to help your clients live happier lives by cultivating your own happiness

Note: No CE credit for this workshop.

Melissa Sutor, MS, MA, is a mindfulness teacher and coach, mental health counselor, and founder of Dragonfly Healing Center, a nonprofit organization. She’s a professor for the Mindfulness-Based Healthcare and Human Services program at San Jose State University.

102 The Therapist as Writer: Transferring Clinical Skills to the Page

MARTHA MANNING

Although it might not seem obvious at first, therapists have a surprising amount in common with writers. In our work, we’re surrounded by stories, and learning how to listen for them is the essence of the clinician’s task. Plus, by attuning to the subtleties of being human, therapists can bring language to life and give fresh expression to emotion, the hallmarks of engaging writing. However, too many therapists lack the time and space to explore these gifts more fully on the page. Take advantage of the creative space this workshop will offer to:

- Harness your empathic experience and translate it into a "voice on paper" through writing exercises and group discussion
- Play with language to bring out the extraordinary in even the simplest occurrences
- Tap into your creativity to challenge your usual way of thinking
- Bypass insecurities, build confidence, and reclaim joy in the writing process

Note: No CE credit for this workshop.

Martha Manning, PhD, is a writer and clinical psychologist who has written five books, including Undercurrents: A Life Beneath the Surface. She’s published frequently in the Networker as well as other magazines.

103 A Day for Beginning Therapists: Finding Your Passion in a Changing Field

SHADEEN FRANCIS & ALEXANDRA SOLOMON

In a rapidly changing field, new therapists are facing unexpected challenges as well as uncharted opportunities. Designed for clinicians in training or those who graduated within the last five years, this workshop will help the emerging generation of therapists understand the supports they need to grow in this work and voice the ways they want to expand the culture of psychotherapy to shape its future. Through community-based dialogue and experiential exercises, you’ll explore:

- How to identify your clinical interests, ideal clients, and real-world passions
- Opportunities to increase intergenerational collaboration and build relationships with mentors who will invest in your development
- Strategies for overcoming obstacles and stereotypes, such as “millennial entitlement,” theoretical purism, or that you must have a PhD to have an impact
- Innovative ways to make therapy more accessible and creative

Note: No CE credit for this workshop.

Shadeen Francis, LMFT, is a therapist, professor, and author specializing in sex therapy and social justice. Alexandra Solomon, PhD, is a clinical assistant professor at Northwestern University and author of Loving Bravely and Taking Sexy Back.

Preconference Clinical Workshop

117 Hope for Treatment-Resistant Depression: A Sensorimotor Approach to Change

JANINA FISHER

The very nature of depression often thwarts efforts to treat it. After all, it’s difficult to change when you have no energy, no hope, and no capacity to concentrate. How can we challenge these chronic states? Using interventions from Sensorimotor Psychotherapy, this workshop will introduce ways to help clients relate to their depressive symptoms mindfully, rather than identifying with them, and to manage physical symptoms through changes in posture, breath, and energy. You’ll discover how to:

- Help clients separate depressive thoughts from physical symptoms, so that each can be treated separately
- Counter cognitive beliefs that reinforce depressive states by experimenting with new words, new actions, and new habits
- Use body-centered interventions, such as movement, to increase energy and focus in depressed clients
- Facilitate development of an “antidepressant lifestyle” rather than habitual engagement in the opposite

Janina Fisher, PhD, is a licensed clinical psychologist and instructor at the Trauma Center in Boston, a senior faculty member of the Sensorimotor Psychotherapy Institute, and a former instructor at Harvard Medical School.
Dana LaCroix

Doable micropractices involving food and the body and effective personal wellness plan to meet our clients need to fly across the world to remote beaches to restore their sense of calm: we can rejuvenate right inside our own heads. By tapping into the innate neuroplasticity of the brain to reduce stress and regain equilibrium, we can help clients become more resilient and achieve better outcomes. In this experimental workshop, you’ll explore:

- Dooable micropractices involving exercise, sleep, nutrition, learning, play, and social interactions that foster brain health
- Tools to access gratitude, kindness, and joy to counterbalance the brain’s negativity bias as well as build resources for resilient coping
- Brain-based techniques to help clients transform mistakes and losses into opportunities for enhancing learning
- Guided visualizations and process journaling that enhance the brain’s capacity for response flexibility, discernment, planning, and creativity

Linda Graham, MFT, integrates relational psychology, mindfulness and neuroscience in her international trainings. She’s the author of Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster.


Evaluate breathing patterns to:

1. Practice staying present with clinical
   “scene partners,” even when you’re just listening
2. Access a range of authentic versions of self, or “characters,” within you in each session, using your body and voice
3. Engage your clients in exploring the range of “characters” and selves within them
4. Expand empathy for your clients within safe boundaries through role-play
5. Shift from being in your mind alone to being in a state of awareness
6. Move into an awareness beyond thoughts and into spaciousness, energy and light
7. 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 studied with many Tibetan Buddhist and Chinese Qigong Masters as well as masters of Kashmir Shivism.

All therapists are performers. No more than our methods. Like the actor, the therapist’s technique is less about what we do and more about how we do it. When we approach therapy as a performing art, we can maximize empathy, creativity, and joy in our work, and inspire clients to do the same in their lives. This workshop will help you perfect the way in which you use your instrument—your self—in the role of therapist. You’ll discover how to:

Grow your capacities to stay with your clients in their intense emotions by exploring emotions that feel particularly intense for you
Help re-find your equilibrium moment-by-moment to be the best coregulator for your clients
Apply the five steps of the EFT Tango as well as other immediate interventions you can use with clients tomorrow

Kathryn Rheem, EdD, LMFT, is an ICEFt certified trainer and supervisor. Jennifer Olden, LMFT, is an ICEFt certified supervisor. Both host The EFT Café, an interactive online course.

The EFT Café
An Adventure in Experiential Learning

The EFT Café is the place for experiencing Emotionally Focused Therapy, not just hearing about it! It provides a format that facilitates more ongoing dialogue between presenters and audience, weaving together questions and comments as well as spontaneous role-plays. The result is a more collaborative experience that brings the challenges of EFT to life. You won’t be a passive learner! After watching videos of EFT interventions, you’ll practice the same interventions yourself. As you experience the integration of theory and practice, you’ll discover how to:

Grow your capacities to stay with your clients in their intense emotions by exploring emotions that feel particularly intense for you
Help re-find your equilibrium moment-by-moment to be the best coregulator for your clients

Therapy as a Performing Art

All therapists are performers. No matter what our theoretical orientations, clients are more influenced by us than our methods. Like the actor, the therapist’s technique is less about what we do and more about how we do it. When we approach therapy as a performing art, we can maximize empathy, creativity, and joy in our work, and inspire clients to do the same in their lives. This workshop will help you perfect the way in which you use your instrument—your self—in the role of therapist. You’ll discover how to:

Practice staying present with clinical “scene partners,” even when you’re just listening
Access a range of authentic versions of self, or “characters,” within you in each session, using your body and voice
Engage your clients in exploring the range of “characters” and selves within them
Expand empathy for your clients within safe boundaries through role-play

Mark O’Connell, LCSW, is a NYC-based psychotherapist and professional actor. He’s the author of The Performing Art of Therapy: Acting Insights and Techniques for Clinicians.

The Journey to Oneness

RUDOLPH BAUER

Through 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 are 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 state is that of pure radiant void. In this workshop, experience a rich and profound journey to the edges of your current state of awareness. You’ll discover how to:

Evaluate breathing patterns to assess emotional states, and shift them with a yoga-based practice
Instantly bring an anxious state into balance at any point in the day with a breath practice, hand gesture, or sound
Teach clients new ways to self-regulate and self-soothe with postures that bring about a sense of being grounded and attuned to your body
Develop a regular meditation practice that calms the mind, body, and emotions

Note: No CE credit for this workshop.

AMY WEINTRAUB

AMY WEINTRAUB

Spend a day engaging in soothing yoga practices to both support you in your day-to-day work and share with clients to enhance their own self-care and healing journeys. These evidence-based practices from LifeForce Yoga can reduce traumatic responses and high levels of anxiety by helping to move into the para-sympathetic nervous system, stimulate the vagal nerve, and find moments of deep rest and contentment through simple breathing practices, guided meditations, and accessible movements. You’ll explore how to:

How to use the genogram to help clients build resilience and hope, and attune to their sense of well-being
Guided imagery practices to use with clients in therapy, as well as community settings to help heal the body and heighten experiences of personal growth
Practical exercises involving writing, drawing, and chanting that reestablish a connection with the heart when trauma and stress have shut off that channel to inner wisdom

Note: No CE credit for this workshop.

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Practical exercises involving writing, drawing, and chanting that reestablish a connection with the heart when trauma and stress have shut off that channel to inner wisdom

Note: No CE credit for this workshop.
Carol Heil, LCSW-C, is a therapist and founding member of The Constellations Group in Washington, DC.

**Family Constellations**

An Intergenerational Approach to Healing Trauma

CAROL HEIL

Clients’ multigenerational family histories often contain overlooked traumas that have deeply affected their emotional lives. Family Constellations, a unique approach in which group participants represent members of each other’s extended families, has developed a reputation for uncovering hidden trauma and helping clients let go of the past. In this experiential workshop, explore how Constellations can shed light on family patterns and accelerate talk therapy. Learn to help clients, individually or in groups, create a “resolution picture” containing a new healing perspective on inherited trauma. You’ll discover:

- How to successfully encourage the processing of hidden intergenerational dynamics
- Why working “on stage” can be a transformative group experience, and how to apply Constellations principles in work with individuals
- How research in epigenetics may inform the effectiveness of Family Constellations
- Applications of concepts such as family entanglement, orders of love, and the knowing field

**Discovering the Artist Within**

The Liberating Power of Creative Improvisation

TALLY TRIPP

In therapy, as in art, people often get blocked, stuck in repetitive patterns, and cut off from their natural source of creativity. In this experiential session, we’ll focus on the liberating power of creative improvisation to lead to fresh discoveries and insights. We’ll explore a range of art materials, creating spontaneous, intuitive imagery, and experimenting with pastel over product. Leaving judgment and analysis behind, engage with the authentic artist within. Absolutely no prior art making experience required. You’ll explore:

- A nonthreatening, playful approach to art-making that promotes curiosity and experimentation
- How to engage with unbidden and unexpected imagery that informs an attuned therapeutic presence
- New insights and awareness that emerge when we turn our attention away from the familiar verbal realm
- Unique, nonthreatening ways to connect with clients who may be verbally shut down as a result of traumatic stress

Tally Tripp, LCSW, ATR-BC, is an art therapist and psychotherapist specializing in experiential approaches to treating traumatic stress. She’s the director of the Art Therapy Clinic at George Washington University.

**The Dance of Connection**

Learning to Let Yourself Move

JODY WAGER

Dancing is an authentic expression of self, or as Martha Graham put it, “the hidden language of the soul.” But you don’t need to be a performer, learn complicated steps, or even follow anyone’s lead to speak this language. If you enjoy dancing, your soul will soar and your feet will follow! In this workshop, you’ll have the opportunity to connect with yourself and others through dance and expressive movement. All fitness levels are welcome! As you’re supported and guided through an array of exercises designed to introduce you to restorative movements and ways to replenish your energy, you’ll discover how to:

- Release tension in your body through movement and breathing exercises
- Increase your energy level through a variety of movement opportunities
- Develop a sense of curiosity and play through expressive movement
- Strengthen your ability to improve and move spontaneously and authentically
- Expand your personal movement repertoire and learn ways to use dance as self-care

**Embodiment, Rhythm, Awareness, Play**

A Day to Experience Attuned Self-Awareness

LICIA SKY

The latest research shows that our ability to be aware of our bodies impacts how we process sensations and memories, and heal from traumatic events. But therapists can’t guide clients to calm their nervous systems and tolerate feelings if they can’t get into a state of attuned self-awareness themselves. After all, our body awareness is an important barometer to track the states of both our clients and ourselves. In this workshop, we’ll explore an array of exercises drawn from theater, guided focusing, dance, meditation, yoga, bodywork, and Embodied Voice. You’ll discover:

- A body-tracking meditation that incorporates interoception, proprioception, and neuroception
- How nonverbal awareness affects physical and emotional states, and techniques to explore that awareness through movement
- How to foster safety, curiosity, and shifts of state through nonverbal interaction
- How to use vocalizing and sound for energy and tension release, as well as how to calm the nervous system through touch and tapping

Note: No CE credit for this workshop.

Licia Sky, BFA, LMT, is an artist and bodyworker with over 30 years experience working with traumatized individuals. She trains mental health professionals around the world to use movement, theater exercises, writing, and voice as tools for healing and connection.

**Emotionally Focused Embodiment Therapy...**

Embodiment, Rhythm, Awareness, Play

A Day to Experience Attuned Self-Awareness

LICIA SKY

The latest research shows that our ability to be aware of our bodies impacts how we process sensations and memories, and heal from traumatic events. But therapists can’t guide clients to calm their nervous systems and tolerate feelings if they can’t get into a state of attuned self-awareness themselves. After all, our body awareness is an important barometer to track the states of both our clients and ourselves. In this workshop, we’ll explore an array of exercises drawn from theater, guided focusing, dance, meditation, yoga, bodywork, and Embodied Voice. You’ll discover:

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Note: No CE credit for this workshop.

Licia Sky, BFA, LMT, is an artist and bodyworker with over 30 years experience working with traumatized individuals. She trains mental health professionals around the world to use movement, theater exercises, writing, and voice as tools for healing and connection.

**What Works in Positive Psychology**

Therapy for a Meaningful Life

JONAH PAQUETTE

Although the field of mental health has traditionally aimed to "fix what’s wrong," positive psychology instead helps us to “build what’s strong.” By tapping into our clients’ internal strengths, we can boost resiliency and increase well-being and fulfillment. In doing so, we buffer against a variety of mental health difficulties and can even enhance physical health. In this workshop, drawn from positive psychology, mindfulness-based approaches, and cutting-edge neuroscience, you’ll explore:

- Strategies that help clients fight their negativity bias, including savoring positive experiences and cultivating strengths
- The impact of positive emotional states on health, relationships, creativity, and job performance
- The key brain regions linked to wellbeing, and how positive neuroplasticity can help strengthen them
- How to integrate exercises into your practice that encourage forgiveness, gratitude, and compassion

Jonah Paquette, PsyD, is the director of clinical training for a program at Kaiser Permanente in the San Francisco Bay Area. He’s the author of Real Happiness: Proven Paths for Conquering Stress, Transcending Negative Thinking, and Finding Everyday Peace, and The Happiness Toolbox.
Preconference Clinical Workshop

**124 | Healing Cultural Trauma with IFS**  
_A Culturally Sensitive Approach_  
**DERAN YOUNG & JORY AGATE**

Despite an increased willingness in our profession to discuss issues of diversity, including race, sexuality, gender, and class, we still have a long way to go in addressing the traumatic effects of systemic oppression. As therapists, we can acknowledge and try to remediate these negative effects by providing culturally sensitive care for people who often feel unseen or misunderstood. Using the framework of Internal Family Systems (IFS), this workshop offers practical skills to help heal the traumatic wounds of oppression. You’ll discover how to:

- Use the Intercultural Development Continuum with clients to explore how cultural perspectives impact communication and conflict style
- Apply the IFS model to help heal trauma and acknowledge/own our reactive parts when discussing issues of diversity
- Avoid microaggressions and explore emotional wounds with culturally sensitive techniques, such as “The U-turn” and “Unblending”

**Note:** Fulfills many state board requirements for cultural competency.

**DERAN YOUNG, LCSW** is the founder of Black Therapists Rock. **Jory Agate, MA, LMHC, MDiv,** is a certified IFS trainer and therapist, who had a 20-year career in Unitarian Universalist ministry.

**Laura Wood, PhD, iRDT/BCT,** is the president of the North American Drama Therapy Association and an assistant professor at Lesley University. She specializes in working with clients with eating disorders and trauma.

**Betsy Polatin, MFA, SEP, AmSAT,** an internationally recognized movement and breathing specialist, is a master lecturer at Boston University. Her book is _The Actor’s Secret._

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**113 | The Drama Therapy Experience**  
_Embody: The Change You Want To Be In The World_  
**LAURA WOOD**

Drama Therapy is an active and experiential form of embodied psychotherapy that’s well suited to working with individuals, groups, and communities across all ages. Drama and theater tools—such as role-play, improvisation, and dramatic projection—offer clients the opportunity to tell their stories, set goals, solve problems, express feelings, be spontaneous, examine past experiences, and rehearse new approaches in relationship to their internal and external world. In this dynamic and experiential workshop, deepen your work with your clients through the use of the body. Discover how to:

- Enhance your clinical work with tools such as dramatic projection, improvisation, and aesthetic distance
- Experience the power of role-taking to support clients in exploring difficult issues, such as eating disorders, depression, addiction, grief, or anxiety
- Help clients increase spontaneity and playfulness in their lives

**Laura Wood, PhD, iRDT/BCT,** is the president of the North American Drama Therapy Association and an assistant professor at Lesley University. She specializes in working with clients with eating disorders and trauma.

**Betsy Polatin, MFA, SEP, AmSAT,** an internationally recognized movement and breathing specialist, is a master lecturer at Boston University. Her book is _The Actor’s Secret._

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**114 | The Embodied Therapist**  
_The Keys to Transforming Habitual Patterns_  
**BETSY POLATIN**

Expand your capacity to express yourself, even while sitting, by using a unique approach that combines Somatic Experiencing with the Alexander Technique to track your embodied sensations, so that you can contain and process any overwhelm in yourself or your client. This workshop will offer hands-on guidance and simple exercises to enhance sensory skills by exploring how to harness the musculoskeletal, respiratory, and nervous systems. While many techniques teach a new way of “doing,” the secret of this approach lies in “nondoing.”

You’ll discover how to:

- Stand, sit, speak, and walk with more ease to unleash your creative potential
- Practice and explain diaphragmatic breathing according to the design of the respiratory system in order to increase breathing capacity
- Awaken inherent potential by finding internal support that can lead to full stature and expansion
- Discern when and how trauma and feelings of overwhelm can interfere with this process

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

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**Jody Wager**

Prime your body and mind for the Symposium experience by taking part in this opportunity to let go of the ordinary stresses, pressures, and responsibilities we so often carry with us. This special evening event is designed for first-time attendees and Symposium veterans alike to gather and prepare for the adventure to come.

Using physical movement, music, and play, enjoy an evening devoted to helping you open yourself to the new connections, insights, and inspirations that the Symposium offers. Here’s a chance to engage your mind and body in a fun and creative atmosphere, while bringing into focus your vision for what you wish to learn and experience in the days to come.

All fitness levels are welcome and absolutely no dance experience is necessary.

**Note:** No CE credit for this event.
A NEW YEAR AND NEW YOU
IS JUST AROUND THE CORNER!

Activate your highest therapeutic potential in SEDONA with these transformational experts:

Healing Complex Trauma with Internal Family Systems (IFS)
April 1-5, 2020
Frank Anderson, ND

Nutritional and Integrative Medicine Certification
May 13-17, 2020
Leslie Kars, PhD, MPH, LMHC

The Sixth Stage of Grief: Finding Meaning
Sept 24-27, 2020
David Kessler, one of the world’s foremost experts on healing and loss

Clinical Trauma Certification
Oct 27-Nov 1, 2020
Linda Curran, BCPC, LPC, CACD, CCDPD

SAVE $200
Register Today to lock in the early bird savings!

PESI’s #1 CE retreat destination is Sedona Mago Retreat Center

REGISTER TODAY: www.pesi.com/sedona

A NEW YEAR AND NEW YOU
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SAVE $200
Register Today to lock in the early bird savings!

REGISTER TODAY: www.pesi.com/sedona

GROW YOUR PRACTICE TREATING ASD SUCCESSFULLY

After interviewing thousands of families with kids on the autism spectrum, one thing became consistently clear: it’s nearly impossible to find a professional that has training in autism and understands how to successfully treat ASD, especially for high functioning individuals.

Your special brand of therapy can be tweaked with our trainings to help you provide much needed support to individuals with ASD and their families!

- Achieve consistent success with your current clients with an ASD diagnosis
- Find new clients with the help of the National Autism Academy

Make a difference in the lives of your clients with autism

Free Marketing Support When You Register Now!
- Add Autism Certification to your credentials
- Receive a certificate to display in your office
- Door decal to advertise your autism expertise
- NAA certification logo for your website
- NAA waiting room table tents
- Listing and link to your practice on our website

The National Autism Academy wants to help you successfully serve individuals with ASD and their families.

Scan to Learn More and See Special Offers!
www.nationalautismacademy.com

The Best in Autism Training!
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.

7:00 a.m. Yoga
Amy Weintraub

7:45 a.m. Continental Breakfast

9:00 a.m. Welcome and Keynote
Mercy, Humanity, and Making a Difference
Bryan Stevenson

11:00 a.m. Morning Workshops
#201–226

1:15 p.m. Luncheon Address
The Therapist as Social Catalyst
Esther Perel

3:00 p.m. Afternoon Workshops
#301–326

5:00 p.m. Symposium Reception
Exhibit Hall

7:00 p.m. Dinner Event
When the Therapist Switches Seats
Lori Gottlieb

9:00 p.m. Symposium Dance Party

Morning Workshops

Teaching Men Love
TERRY REAL & ESTHER PEREL

Awakening Positive Emotional States
COURTNEY ARMSTRONG

Becoming a Solution-Focused Therapist
ELLIOTT CONNIE

Opioid Use Disorders and Trauma
CHARLES ATKINS

Trauma-Informed Treatment for Immigrants and Asylum Seekers
ROSA MARIA BRAMBLE

Where the Wild Things Are
RON TAFFEL

The Trauma-Informed Therapist
LISA PARENTZ

Afternoon Workshops

Keeping the Spark Alive
ESTHER PEREL

The Dating Crucible
ALEXANDRA SOLOMON

Neuroscience-based Trauma Treatment
JENNIFER SWEETON

Psychopharmacology for Today’s Therapy
FRANK ANDERSON

From Dysfunction to Erotic Discovery
SUZANNE IASENZA

The Science of Sleep
CHARLES ATKINS

Transforming Resistance
JANNA FISHER

Highlights

7:00 a.m.
Yoga
Amy Weintraub

7:45 a.m.
Continental Breakfast

9:00 a.m.
Welcome and Keynote
Mercy, Humanity, and Making a Difference
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Dinner Event
When the Therapist Switches Seats
Lori Gottlieb

9:00 p.m.
Symposium Dance Party

CONTINUING EDUCATION INFORMATION

CE credit from boards may vary for some presentations and workshops. For more information, go to psychnetworker.org/2020/CE for the most up-to-date details.
Continued with workshop 306

Brave-Hearted Therapy: Courage as a Clinical Virtue
PARTS 1 & 2
WILLIAM DOHERTY & DAFNA LENDER

Courage may be the least recognized quality of a good therapist. But many of our finest hours were times when we went out on a limb with an intervention or extended ourselves beyond our comfort zone by, say, challenging a client who we thought might get angry and report us to a supervisor. This workshop will offer new ideas about the importance of courage in everyday therapeutic practice as well as in its most challenging moments. We’ll reflect on our own experiences with taking risks, practice techniques to skillfully navigate tough therapy encounters, and watch in-session videos of working through discomfort to summon up courage. You’ll discover how to:

• Overcome common obstacles to showing courage as a therapist and how to work through them
• Readily access your courage to help your clients by challenging them and gracefully handling times when they challenge you
• Practice strategies for implementing skillful courageous interventions in difficult clinical situations

Continued with workshop 307

Fun with Ethics: The Legal and Ethical Game Show Challenge—New Material
PARTS 1 & 2
CLIFTON MITCHELL

Does the thought of your annual legal and ethical CE training make your eyes glaze over? Instead of sitting through a dull lecture, fill those hours playing a game designed to test your legal and ethical knowledge while having tons of fun. This high-spirited workshop is back by popular demand—with lots of new material included! Teams are equipped with remotes, a computer keeps score, and answers are graphed and discussed. The material—applicable to all disciplines, practices, and states—will test you on perplexing practice quandaries and issues, such as:

• Recent code changes: Social Media, Boundaries, Telemental Health, Notes
• The legal and ethical issues surrounding informed consent, confidentiality, and duty to warn
• The responsibility a mental health professional has to survivors and perpetrators of child and elder abuse, rape, and statutory rape
• What constitutes fraud and malpractice, and how to navigate HIPAA

Continued with workshop 308

Taming the Amygdala: A Brain-Based Approach to Anxiety
PARTS 1 & 2
CATHERINE PITTMAN

New understandings in neuroscience have highlighted the central role the amygdala plays in anxiety. But how many of us can talk with our clients about the amygdala in a clear, engaging way that actually enhances treatment? This workshop provides brain-based techniques that directly target the symptoms of anxiety at the neurological source. Discover effective strategies—designed to fit how the amygdala learns—that target triggers, panic attacks, nausea, and sleep problems. You’ll explore how to:

• Demystify the neurobiology of anxiety by introducing clients to the language of the amygdala in a way that engages them in treatment and makes interventions more effective
• Use neurologically informed CBT techniques to target the amygdala’s contributions to anxiety disorders, including OCD and PTSD
• Use cognitive restructuring, including cognitive defusion and reconsolidation, to resist cognitions that ignite amygdala-based responding

Continued with workshop 309

IFS in Action: Leading Clients to Self-Leadership
PARTS 1 & 2
RICHARD SCHWARTZ

Healing is a word derived from the German heilung, 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 Self they learn 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. 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 clients
• Get clients’ polarized, deeply conflicted parts to negotiate with each other

Continued with workshop 310

How to Build Unshakable Clinical Confidence: The Key to Winning Your Clients’ Trust
PARTS 1 & 2
LYNN GRODZKI

At times even the most talented therapists may question their clinical effectiveness. For many, the response is to sign up for more training, but greater knowledge doesn’t always lead to greater confidence. Instead, research suggests that confidence is a separate skill set to be practiced on its own, allowing clinicians to feel self-assured and clients to feel a sense of trust in the therapy process. Learn the necessary steps that allow you to be at your best, no matter what modality you work in. You’ll explore:

• How biology, personality, upbringing, and the impostor syndrome can lead to a confidence gap
• Six steps that directly enhance confidence and how to apply them to your clinical work
• Spotting the results that are evident in sessions but often overlooked by therapists and not articulated to clients
• Ways to use more of your “self” in therapy, boosting your therapeutic confidence about who you are and what you have to offer

Continued with workshop 311

Working with Traumatized Vets and First Responders: A Mind-Body Approach
PARTS 1 & 2
JAMES GORDON

The trauma that comes from combat and from responding to crimes and fires is now universally acknowledged. However, many vets and first responders remain reluctant to engage in mental health care due to skepticism, shame, and fear of confronting painful past experiences. Discover a practical, nonstigmatizing model of mind-body healing that’s appealing to veterans, first responders, and others who appreciate rapid, concrete, measurable results. This easily learned and shared approach includes specific techniques for directly addressing the symptoms of PTSD, depression, and anxiety. Explore how to:

• Use “concentrative” Soft Belly Breathing to resolve biological and psychological imbalances
• Incorporate meditation and relaxation practices into your work with traumatized clients
• Use guided imagery, drawings, and movement as therapeutic tools
• Integrate mind-body techniques into any clinical approach to improve outcomes and engage clients as active participants in their own care
Use playful interventions that uplift depression, calm anxiety, and empower traumatized clients.

Use playful interventions that optimize learning and reinforce new behaviors.

Connirae Andreas, PhD, is the author or coauthor of four books and training manuals, including Coming to Wholeness.
Becoming a Solution-Focused Therapist
How to Make Therapy Brief and More Effective
ELLIOTT CONNIE

While most traditional therapies tend to focus on the problem rather than the solution, Solution Focused Brief Therapy offers a different pathway. Learn a deceptively simple process of asking targeted questions that can accelerate therapy with a range of challenging clinical issues, including anxiety and depression. In this highly interactive workshop, using session videos and live demonstrations, you’ll learn how to tailor a solution-focused approach that honors each client’s path to healing. You’ll explore how to:
- Leverage the most positive aspects of a client’s experience to more quickly and effectively achieve clinical goals
- Ask the right targeted questions in ways that turn problems into movement toward solutions in every session
- Apply a new perspective on using the solution-focused approach that integrates recent developments, such as focusing on a desired outcome, using the client’s language to ask questions, and evoking client strengths in therapy

Elliott Connie, MA, LPC, is the founder of The Solution Focused University, an online training community. His books include Solution Building in Couples Therapy, The Solution Focused Marriage, and The Art of Solution Focused Therapy.

Opioid Use Disorders and Trauma
A Whole Person Approach to Treatment
CHARLES ATKINS

For people who use opioids, the potent euphoria followed by the increased tolerance and exhilarating withdrawal can entrap them in an all-consuming self-destructive cycle of addiction, especially those with histories of trauma. This is borne out by hard data that connects high Adverse Childhood Experiences (ACEs) scores, as well as PTSD, anxiety, and mood disorders, with alarming rates of addiction. For opiate analogs flood the illicit drug market, where a five-dollar fix can be fatal, rapid identification and treatment of both trauma and opioid use disorder are crucial. In this workshop, discover:
- The most effective evidence-based approaches to treatment and recovery
- What therapists need to know about medication-assisted treatment for opioid use disorders
- How therapists can help people with opioid addictions heal their traumas and implement meaningful wellness strategies and peer supports in their lives
- How to apply family-based approaches that provide hope and impact

Charles Atkins, MD, is a psychiatrist, author, and chief medical officer for Community Mental Health Affiliates. He’s the author of Opioid Use Disorders: A Whole Person Approach to Assessment, Treatment and Recovery.

Trauma-Informed Treatment for Immigrants and Asylum Seekers
Facing the Challenge
ROSA MARIA BRAMBLE & MARCIA GUEVARA-TREJO

Asylum seekers and immigrants coming into the U.S. often carry severe traumas. Add to this our current sociopolitical climate and the hardships of immigration itself, and the accumulated stress can take an enormous toll on the well-being of individuals and families, affecting their ability to work, attend school, and find their way in a new community. Learn the legislative landscape for migration to the U.S. and the critical role mental health professionals can play in helping this vulnerable population. Through case presentations and video vignettes, you’ll explore:
- How to assess and address the mental health challenges of unaccompanied minors, asylum seekers, and immigrant families
- Specific body-centered interventions to resource dysregulation clients during the immigration process
- The role mental health professionals can play in support of the immigration process by writing psychosocial evaluations to keep families together
- How to increase awareness of vicarious trauma as well as vicarious resistance

Rosa Maria Bramble, LCSWR, is a bilingual practitioner, founder of Borders of Hope, and adjunct lecturer at Columbia School of Social Work. Marcia Guevara-Trejo, Esq, LLB, is an immigration attorney at Hudson Legal Services.

Where the Wild Things Are
The Art and Science of Countertransference
RON TAFTEL

Regardless of approach, countertransference is a vital reminder of psychotherapy’s essential humanity. We therapists inevitably have unprofessional feelings, make errors, get bored in sessions, express subliminal cultural biases and macroaggressions. And yet countertransference can be a central component of healing, a roadmap to guide treatment with uncanny accuracy. This workshop will help you put this refraíme to practical use. Discover current research on three types of countertransference—unconscious, behavioral, and somatic. Then through case examples and videos, we’ll discuss how to introduce our experiences in ways that open up unaddressed issues and strengthen the therapeutic relationship. You’ll explore:
- How therapists’ feelings mirror the unspoken selves of clients, reveal secrets in families of origin, and signal early termination
- How to use identity, attachment, and transgenerational trauma histories to inform when it’s helpful to bring your own stories and internal experience into treatment
- How to read your somatic states during sessions to guide interactions
- Specific ways to repair the interpersonal ruptures that countertransferences inevitably create

Run Taftel, PhD, is an author and the chair of the Institute for Contemporary Psychotherapy in NYC.

There’s been an increased call in recent years for clinicians to be trauma informed, but what does that umbrella term mean in action? Explore effective ways to apply trauma-informed concepts throughout treatment, with a special focus on how to obtain crucial information in the early assessment phases that determine the best direction for care. Deepen your knowledge of what brain science tells us about how to help clients reactivate their prefrontal cortex and handle triggers that might otherwise lead to premature termination of therapy. You’ll discover:
- How to do an intake without causing harm, gather historical and family of origin information in a safe way, and weave strengths-based questions into the assessment process
- Specific breathwork and somatic techniques to help clients feel grounded when triggered
- What to do when countertransferential dynamics emerge that can affect the therapeutic alliance

Lisa Ferentz, LCSW, DAPA, is the founder of The Ferentz Institute. Her books include Treating Self-Destructive Behaviors in Trauma Survivors, Letting Go of Self-Destructive Behavior, and Finding Your Ruby Slippers.
The rise of the #MeToo movement has generated a seismic shift in how we view sexual harassment and other once overlooked issues in the relationships between men and women. Through award-winning videos and clinical examples, we’ll explore ways to distinguish and address transgressions that range from truly violent, to subtly bullying, to simply gross and juvenile.

Learn to help men who offend or are confused, women who’ve experienced harassment, and couples whose gender and power issues remain unaddressed. Discover how to:

- Recognize the subtle ways that male harassers target and impose themselves on victims
- Develop clear strategies for confronting male entitlement in a way that actually gets through to men
- Help men examine ways in which they may have unknowingly “crossed the line”
- Intensify your empathy for the confusion and paradox that many survivors of sexual harassment experience

David Wexler, PhD, is the executive director of the Relationship Training Institute. He’s the author of six books, including The #MeToo Movement and Therapy (with Holly Snow), When Good Men Behave Badly, and Men in Therapy.
Four techniques that can help prepare current best prescribing practices. How different kinds of medications work with your clients around the issue of meds. How can you evaluate the new promising medications on the market? Are antidepressants really any better than placebo? Why are so many clients prescribed antipsychotics these days? And what’s on the horizon for 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 impact 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 what the next generation of psychoactive meds may have to offer
- How to talk with clients who may be skeptical, ambivalent, or curious about possible medications

Frank Anderson, MD, is a psychiatrist and psychotherapist. He’s the voice chair of the Foundation for Self Leadership and a supervisor at the Trauma Center at Justice Resource Institute.

The state of affairs: Where should we begin? Esther Perel

An integrative approach to helping clients explore how we can maintain our commitment. Evolving notions of intimacy and the role therapists might play in helping couples explore their relational needs with romantic partners.

Esther Perel

Keeping the spark alive: an integrated practice, an integrated life. Esther Perel

We all need to maintain a sense of vitality and creativity in our work—our clients’ well-being depends on it. There’s much emphasis in our field on acquiring new methods and techniques as the key to a therapist’s growth and development. But less attention is given to exploring the fuller range of ways to invite diverse input into your practice to broaden and deepen your clinical intuition and effectiveness with clients. This session will focus on how the therapist can tap into new sources of inspiration and fresh learning. You’ll explore how to:

- Get regular feedback on your clinical work to make therapy as salient and valuable for your clients as possible
- Avoid becoming trapped in an ideological straightjacket and, instead, seek out opportunities to learn from and collaborate with those with a different therapeutic viewpoint
- Find ways to bring more of your client’s wider life context into therapy, such as including extended family, friends, coworkers, and even people facing similar life challenges

Esther Perel

The dating crucible: navigating the common challenges. Alexandra Solomon

With more and more people choosing to marry later in life and sometimes not at all, knowing how to date well today’s fast-paced world is essential. Learning relational metaskills can help clients avoid anxiety and depression linked to recent dating trends and approach beginnings and endings with more integrity and self-awareness, reducing collateral damage to both self and others. In this workshop, discover an integrative approach for helping your clients deal with common modern dating challenges, including using dating apps, identifying red flags, navigating commitment milestones, and breaking up. You’ll explore:

- How to teach relational self-awareness as an essential metaskill for success in romantic relationships
- How to help clients advocate for their relational needs with romantic partners
- An integrative approach to helping clients move from fear and relational ambivalence toward empowerment and clarity

Alexandra Solomon, PhD, is a therapist at The Family Institute at Northwestern University and the author of Loving Bravely and Taking Sexy Back. How to Own Your Sexuality and Create the Relationships You Want.

Neuroscience-based trauma treatment: how to maximize your efficacy. Jennifer Sweeton

Despite your best efforts, evidence-based trauma therapies can fail, leaving you feeling frustrated and helpless. Fortunately, neuroscience research provides insights into why this often occurs, and what steps therapists can take to maximize treatment efficacy. This workshop offers simple, neuroscience-based skill sets you can help clients build before initiating evidence-based trauma therapies, as well as straightforward, easy-to-implement techniques that can prepare clients’ brains for trauma-focused treatment. Specifically, you’ll discover:

- The five areas of the brain impacted by trauma, and how each contributes to posttrauma symptoms
- What neuroscience tells us about the recommended “order of operations” of trauma treatment, and why evidence-based therapies are often initiated at the wrong time
- The difference between “bottom-up” and “top-down” approaches to therapy, and when to use each during treatment
- Four techniques that can help prepare clients’ brains for the often intense, cognitive-heavy trauma therapies

Jennifer Sweeton, PsyD, is a clinical psychologist focusing on trauma, anxiety, and the neuroscience of mental health. Originally trained as a neuroscientist, she’s the author of Trauma Treatment Toolbox.
From Dysfunction to Erotic Discovery: Transforming the Sexual Narrative

Suzanne Iasenza, PhD

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 becoming a sexual-discovery team exploring their own idiosyncratic pathway to pleasure. You’ll learn a three-part therapeutic process to help couples find alternatives to rigid scripts about what fulfilling sexuality is supposed to be like and discover how to:

- Conduct a detailed sexual history to help partners 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.

Develop clinical interventions and assignments that integrate psychodynamic, systems, and cognitive behavioral approaches into sex therapy.

Suzanne Iasenza, PhD, teaches at the Ackerman Institute for the Family. Her forthcoming book is Transforming Erotic Narrative.

The Science of Sleep: Implications for Wellness and Disease

Charles Atkins, MD

Have you ever wondered why you spend a third of your life unconscious? Truth is you don’t have a choice. Everything sleeps. It’s a biological imperative. So what’s the harm in missing a few hours? Sleep research in the past two decades answers this with a resounding “everything.” Inadequate sleep correlates with increased risk for Alzheimer’s, heart attacks, stroke, obesity, diabetes, depression, anxiety disorders, substance use disorders, schizophrenia, and even cancer. Get an overview of the best-practice techniques to enhance sleep, and thereby the health and wellness of your clients. You’ll explore how to:

- Use the three primary drives of sleep to promote a restorative night.
- Apply effective behavioral modification interventions, such as cognitive behavioral therapy for insomnia (CBT-I).
- Introduce the use of Sleep Diaries in your work with clients, and know when to refer them to a sleep specialist.

Charles Atkins, MD, is a psychiatrist, author, and chief medical officer for Community Mental Health Affiliates, a multisite behavioral health and substance abuse agency in Connecticut. He’s the author of Opioid Use Disorders: Implications for Wellness and Disease and The Science of Sleep.

Transferring Resistance: What to Do When Therapy Gets Stuck

Janina Fisher, PhD

Most therapists think of “resistance” as the main obstacle to therapeutic progress. But whether it manifests as a passive-aggressive response to interventions, desperation for help alternating with a refusal to collaborate, self-destructive behavior, or struggle for therapeutic control, the underlying conflicts about self-protection vs. trust in the therapeutic relationship—but it doesn’t have to be that way. In this workshop, discover how to:

- Befriend the resistance by treating it as a resource and allying with it.
- Reframe stuckness as a survival strategy and increase clients’ curiosity about the process.
- Help clients use action, movement, and gesture to experience stuckness or resistance in new, more empowering ways.

Janina Fisher, PhD, is a licensed clinical psychologist and instructor at the Trauma Center in Boston, a senior faculty member of the Sensorimotor Psychotherapy Institute, and a former instructor at Harvard Medical School.

Treating the Self-Harming Adolescent: How to Make Technology Your Ally

Meagan Houston, PhD

Suicidal and self-harm behaviors are among a therapist’s most anxiety-provoking concerns, especially when it comes to adolescent and teen clients. Now, with social media amplifying the pressure to gain peer validation and alluring online forums that actually encourage self-harm, we’re seeing an increase of these behaviors. But technology and the internet can also be used therapeutically with our young clients to address and counter self-harm behaviors. In this workshop, discover how to:

- Assess how your client’s social media use might be contributing to self-harm behaviors, and why they might find online self-harm forums alluring.
- The most effective strategies to reduce self-harm behaviors, including incorporating technology into treatment, such as self-harm recovery forums, self-harm reduction apps, and peer-support sites.
- Involve parents and other caretakers in treatment to increase positive outcomes and engagement.

Meagan Houston, PhD, a psychologist for the Houston Police Department, has a private practice and is the author of Treating Suicidal Clients and Self Harm Behaviors: Assessments, Worksheets, and Guides for Interventions and Long-Term Care.

The Wisdom of the Felt Sense: Deepening Psychotherapy through Focusing

Joan Klagsbrun, PhD

Do you have clients who seem to live in their heads and have a hard time reflecting inward? Focusing is a mindful process that can help them speak from their feelings, rather than about them. It teaches clients to listen to their body’s signals, bypassing defenses and accessing the implicit body wisdom of their “felt sense.” Focusing can be easily used in sessions or as an everyday life practice that gently brings emotional issues into fuller awareness. In this workshop, 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, a psychologist in private practice, has taught Focusing for over three decades. She’s an adjunct professor at Lesley University and has published many Focusing resources.
An Evening with
Lori Gottlieb:
When the Therapist Switches Seats

7:00 P.M.

No book has better combined daring self-disclosure and biting humor in describing a therapist’s own experience into therapy than Lori Gottlieb’s acclaimed Maybe You Should Talk to Someone. It’s currently being adapted as a television series with Eva Longoria and has spent months on The New York Times bestseller list. She’s also the writer of the wildly popular weekly advice column “Dear Therapist” for The Atlantic magazine, and a regular contributor to The New York Times. In her new book, Gottlieb follows the lives of four patients, along with a fifth—herself. Chronicling her experience as both clinician and patient, she reminds us of our shared humanity and the ways we grow in connection with others.

In this evening program, she’ll share selections from her book, discuss the importance of taking ownership of our stories in moving toward change, and talk about breaking the fourth wall, despite being a therapist, to reveal personal details of her experience as a patient.

Note: No CE credit for this event.

Lori Gottlieb, MFT, speaks frequently on mental health topics for media outlets, such as The Today Show, Good Morning America, CNN, CBS, and NPR.

To register for this dinner event, see page 83.
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, there will be open sessions from which to choose.

7:00 a.m. Yoga
Amy Weintraub

7:45 a.m. Continental Breakfast

9:00 a.m. Keynote Address
Radical Compassion in a Culture of Contempt
Tara Brach

11:00 a.m. Morning Workshops #401–426

1:15 p.m. Luncheon Address
Reaching the Promise of Diversity
Alfiee Breland-Noble

3:00 p.m. Afternoon Workshops #501–526

6:30 p.m. Exhibit Hall Closes

7:00 p.m. Dinner Event
My Most Surprising Session: An Evening of Storytelling

Morning Workshops

10:00 Practice as RAIN Partners
TARA BRACH

10:15 Has Neuroscience Lived Up to Its Promise?
BESS EL VAN DER KOLK & DANIEL SIEGEL

10:30 The New Social Anxiety
MARGARET WEHRENBerg

10:45 Trauma in the Urban Community
JADA MCCRAY

11:00 Treating Couples Well
DAVID TREADWAY

11:15 New Perspectives on Porn
IAN Kerner

Afternoon Workshops

10:00 The Wheel of Awareness
DANIEL SIEGEL

10:15 Therapists as Agents of Hope
WILLIAM DOHERTY

10:30 A Shame-Free Path to Cultural Competence
LAMBERS FISHER

10:45 The Path to Resilience
MICHAEL UNGAR

11:00 A Journey into Transgender Mental Health
NOAH GARCIA

11:15 The Healing Power of Safe Touch
DEB DANA

11:30 Beyond Sensate Focus
IAN KERNER

11:45 Yoga for Trauma Recovery
AMY WEINTRAUB

12:00 Mindfulness as Exposure Therapy
RICHARD SEARS

12:15 Promoting Positive Caregiving
BARRY JACOBS & JULIA MAYER

12:30 Sexual Health and the Trauma Survivor
JOE KORT

12:45 Treating Trauma with Hakomi
MANUELA MISCHKE-REEDS

CONTINUING EDUCATION INFORMATION
CE credit from boards may vary for some presentations and workshops. For more information, go to psychnetworker.org/2020/CE for the most up-to-date details.
### All-Day Workshops

#### Morning Keynote

**Radical Compassion in a Culture of Contempt**

**TARA BRACH**

For more than 30 years, Tara Brach, internationally renowned mindfulness teacher and clinical psychologist, has offered distinctive trainings for therapists that blend the traditions of Eastern meditation and Western clinical practice, integrating both emotional healing and spiritual awakening. Through her bestselling books, including *Radical Acceptance* and *True Refuge*, as well as her podcast, which receives over a million and a half downloads each month, her unique voice as a teacher has enhanced the capacity of people all over the world to bring fuller and more caring attention to issues of violence and hatred, racial injustice, equity and inclusivity, and environmental sustainability. In a culture of contempt that continuously reinforces our evolutionary tendency to create **bad others**, she’s dedicated her life to showing how deliberate training and practice can provide a pathway toward greater compassion and awareness. In this address, she’ll explore how the weave of mindfulness and compassion can undo our primitive, fear-based reactivity, reveal our mutual belonging, and awaken our hearts. Approved for 1 CE hour

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**Tara Brach, PhD, is the founder of the Insight Meditation Community of Washington and co-founding teacher with Jack Kornfield of the Awareness Training Institute. Her latest book is Radical Compassion.**

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### Healing Trauma in Couples Therapy

**Two Contrasting Approaches**

**PART 1 & 2**

**TERRY REAL & JANINA FISHER**

Childhood trauma leaves survivors with a fundamental mistrust in the safety of relationships. As adults, they develop defenses against vulnerability, commitment, and emotion—often shutting down or getting stuck in mutually escalating conflicts with their partner. This workshop will demonstrate two very different styles of intervention with these clients. One will emphasize challenging the couple’s ability to be emotionally authentic; the other will focus on the importance of somatic communication in helping couples connect. You’ll discover how to:

- Help partners identify the role of trauma in their troubled relationships
- Challenge them to move beyond their stories and automatic responses
- Use nonverbal communication to reduce conflict and connect safely
- Evoke a couple’s inherent capacity for authentic emotional connection and expression

Continued with workshop 501

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**Terry Real, PhD, LICSW, is a bestselling author and the founder of The Relational Life Institute. Janina Fisher, PhD, is a senior faculty member of the Sensorimotor Psychotherapy Institute.**

### Emotionally Focused Therapy for Individuals

**Expanding the Self**

**PARTS 1 & 2**

**SUSAN JOHNSON**

Emotionally Focused Therapy is a well-known approach to couples treatment. But how can it translate to work with individuals? This workshop introduces EFT (Emotionally Focused Individual Therapy), which focuses on helping individual clients shape a robust and resilient sense of self, ready to move into what Carl Rogers called “existential living.” EFT privileges emotion and shapes corrective emotional experiences in each session to restructure negative ways of defining the self, organizing inner experience, and engaging with others. As in EFT for couples, attachment science offers a map that simplifies how we frame clients’ problems and shape their journey toward wholeness. You’ll discover:

- The key elements of the attachment perspective on personality and its significance for clinical intervention
- The process of change and the elements of the EFT Tango
- Micro-interventions to gradually move clients into transformative moments where vulnerabilities are encountered with balance and competence
- The applicability of EFT with clients suffering from a range of symptoms and issues

Continued with workshop 502

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**Susan Johnson, EdD, is the developer of Emotionally Focused Therapy. Her latest book is Attachment Theory in Practice.**

### You Don’t Need to Be a Specialist to Treat Addiction

**An Integrative Harm Reduction Approach**

**PARTS 1 & 2**

**ANDREW TATARSKY**

More than one-third of Americans struggle with addictive behaviors, whether it’s sex, substance use, eating, or gambling. But misinformation and pervasive stereotypes have led many therapists to believe only an addiction specialist can treat these challenging issues. This workshop offers a biopsychosocial model for understanding and working with these behaviors that you can incorporate into any practice. By exploring the Integrative Harm Reduction Psychotherapy approach, you’ll discover:

- A framework for understanding addictive behavior as a meaningful response to social conditions and their emotional and physical impact
- A harm-reduction stance that starts wherever people are ready to begin to change their self-destructive habits
- Seven therapeutic tasks that combine relational psychodynamic, CBT, and mindfulness interventions into a holistic approach to addressing addictive behaviors

Continued with workshop 503

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**Andrew Tatarsky, PhD, is developer of IHRP and author of Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems. He’s founder and director of the Center for Optional Living and has trained professionals in 18 countries.**

### When the Therapist Gets Triggered

**Becoming the “I” in the Storm**

**PARTS 1 & 2**

**RICHARD SCHWARTZ**

Research has repeatedly demonstrated that the therapist’s open, accepting, and compassionate presence is a primary key to successful treatment, yet therapists are given few guidelines for how to achieve and maintain such a presence. The Internal Family Systems (IFS) model offers therapists concrete and practical methods to access the Self, an inner essence of calm, compassion, confidence, and clarity, allowing them to respond effectively when triggered by clients. Through experiential exercises and video examples, this workshop will help therapists deal with extreme client behaviors and distressing content in sessions. You’ll discover how to:

- Identify a state of healing presence called the Self
- Get to know parts of you commonly triggered by certain clients, allowing you to enhance their healing journey
- Practice quickly returning to that Self state after being triggered
- Discover the parallels between the way you relate to your parts and to your clients who resemble them

Continued with workshop 504

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**Richard Schwartz, PhD, director of the Center for Self Leadership and originator of the Internal Family Systems therapy model, is on the faculty of Harvard Medical School.**
Relational EMDR as a Transformational Journey
The Power of Attunement
PARTS 1 & 2
DEANLY LALIOTIS
While EMDR is best known for the treatment of PTSD, it’s evolved into a comprehensive, attachment-based approach that addresses a broad range of clinical conditions. In this workshop, you’ll learn how to enhance the power of EMDR by heightening the therapist’s use of self and creating an attuned experience that enables clients to process painful experiences that have been previously avoided or denied. We’ll explore how to assess a client’s readiness for the emotional challenges of bringing the past into present-day awareness and the trust in the therapist required to embark on this difficult journey. You’ll discover:

- The Adaptive Information Processing model of EMDR therapy that informs how present difficulties are informed by past experiences
- Relational strategies to navigate the moment-to-moment demands in and out of memory processing
- How to identify a therapeutic impasse and explore what’s needed to move the process forward
- How to negotiate the rules of engagement with clients, making it possible to navigate the uncertain territory of trauma processing

Continued with workshop 505

Deany Laliotis, LCSW, is the director of training for EMDR Institute, Inc. and the codirector of EMDR of Greater Washington.

Psychedelics in Therapy
New Ways to Catalyze Healing
PARTS 1 & 2
MICHAEL MITHOEFER
As psychiatry struggles to develop new, more effective treatments, clinical trials combining psychotherapy and the drug MDMA, also known as Ecstasy, are producing stunning results. New research suggests that incorporating psychedelics like MDMA and psilocybin into talk therapy can dramatically improve outcomes for an array of issues, including PTSD, anxiety, depression, relationship blocks, and drug addiction. If ongoing trials continue with favorable results, FDA approval for certified therapists to use MDMA and psilocybin-assisted therapy in their practices could be on the horizon. Guided in this workshop by the psychiatrist at the helm of the MDMA-assisted psychotherapy trials, you’ll explore:

- The rationale for using drugs like MDMA, psilocybin, and other psychedelics as catalysts for psychotherapy
- The MDMA-assisted psychotherapy process, illustrated with video clips
- How these directed-approach therapies respect and support clients’ innate healing intelligence
- New opportunities for therapists to receive training in this approach

Continued with workshop 506

Michael Mithoefer, MD, a psychiatrist, conducted the first FDA-approved clinical trials of MDMA-assisted psychotherapy for PTSD. He trains and supervises therapists involved in the final phase of this research.

Rethinking ADHD
A New Treatment Approach
PARTS 1 & 2
EDWARD HALLOWELL
As ubiquitous as it is, the condition we misleadingly call ADHD is too often misunderstood, even by professionals. Rather than treating it as a deficit or disorder, the best outcomes derive from a new strengths-based model that recognizes ADHD as VAST (Variable Attention Stimulus Trait). Discover cutting-edge interventions based on the VAST approach that can change the lives of clients of all ages. You’ll learn:

- How to explain the VAST model to clients in plain language, so they start seeing and using their unique brain traits as an asset rather than a curse
- The role of medication vs. nonmedication interventions for children and adults
- How to help clients avoid the major pitfalls of VAST, such as chronic self-attack, rumination, underachievement, substance abuse and other addictions, poor relationship choices, and the consequences of disorganization

Continued with workshop 507

Edward (Ned) Hallowell, MD, is a psychiatrist, ADHD expert, founder of The Hallowell Centers, and bestselling author of 21 books, including Driven to Distraction and Delivered From Distraction. He’s been featured on 20/20, 60 Minutes, Oprah, Dateline, The View, and more.

Rethinking Personality Disorders
New Approaches with Challenging Clients
PARTS 1 & 2
JAY LAPPIN
In clinical work, the “I” of the individual is inseparable from the “we” of context. That’s why Salvador Minuchin’s Structural Family Therapy (SFT) is built on understanding each family’s unique intimacy ecology. The therapist’s use of self and the continuous evolution of craft are the means toward each family’s transformative experience and the therapist’s growth as a practitioner. In this workshop, the practical application of SFT techniques will illuminate how patterns that have maintained symptomatic behavior can be respectfully challenged to tap the family members’ and the therapist’s underutilized strengths as a shared path forward. Discover how to:

- Incorporate the three elements of effective SFT therapy—the shape of the family, the person of the therapist, and the technique
- Strengthen your differential use of self and awareness of your therapeutic strengths and vulnerabilities
- Track family members’ conversations and interactions to create a structural “map” of the family to guide interventions
- Create effective enactments between family members

Continued with workshop 508

Jay Lappin, MSW, LCSW, is a family and couples therapist as well as board member emeritus and senior faculty at the Minuchin Center for the Family.

Structural Family Therapy
Practical Applications for Today’s Families
PARTS 1 & 2
COURTNEY ARMSTRONG
While EMDR is best known for the treatment of PTSD, it’s evolved into a comprehensive, attachment-based approach that addresses a broad range of clinical conditions. In this workshop, you’ll learn how to enhance the power of EMDR by heightening the therapist’s use of self and creating an attuned experience that enables clients to process painful experiences that have been previously avoided or denied. We’ll explore how to assess a client’s readiness for the emotional challenges of bringing the past into present-day awareness and the trust in the therapist required to embark on this difficult journey. You’ll discover:

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Continued with workshop 505

Deany Laliotis, LCSW, is the director of training for EMDR Institute, Inc. and the codirector of EMDR of Greater Washington.

Jay Lappin, MSW, LCSW, is a family and couples therapist as well as board member emeritus and senior faculty at the Minuchin Center for the Family.

in ways that won’t jeopardize the therapeutic alliance

- Foster secure attachment skills with experiential interventions, and recover from therapeutic missteps when your defenses get triggered

Continued with workshop 509

Courtney Armstrong, LPC, is the author of Rethinking Trauma Treatment: Attachment, Memory Reconsolidation, and Resilience and The Therapeutic “Aha!”: 10 Strategies for Getting Your Clients Unstuck.
Explain how to:
- Use leverage to rebuild fractured relationships between narcissists and those they’ve hurt.
- Validate the hurt partners of narcissists when doing couples therapy.

Continued with workshop 510

Wendy Behary, LSW, is the founder and director of The Cognitive Therapy Center of New Jersey and The New Jersey Institute for Schema Therapy. She is the author of Disarming the Narcissist and Let’s Face It!

Unconditional love and acceptance, empathy, and tolerance for frustration.
- Work with narcissists involved in excessive sexual activity that includes pornography, cyber-sexual relationships, prostitutes, and affairs.
- Use leverage to rebuild fractured relationships between narcissists and those they’ve hurt.
- Validate the hurt partners of narcissists when doing couples therapy.

Continued with workshop 512

Howard Schubiner, MD, is an internist at Ascension Providence Hospital and a professor at Michigan State University. He’s the author of Unlearn Your Pain and coauthor of Hidden from View.

Typically, physical and psychological pain are treated separately, even when they’re deeply intertwined. Nearly half of all therapy clients suffer from chronic physical pain, often with no clear medical cause, including back and neck pain, headaches, and fibromyalgia. We 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. Learn tools to simultaneously address physical and emotional pain in your work with clients. Explore how to:
- Explain how the brain’s predictive coding mechanisms generate and moderate the experience of physical pain, and avoid the trap of clients hearing it as “it’s all in your head.”
- Teach clients how to reverse rather than cope with chronic brain-induced pain using specific mindfulness and cognitive behavioral techniques.
- Implement Emotional Awareness and Expression Therapy, which has been found to be more effective than standard psychotherapeutic treatment.
- Understand cutting-edge research to determine if your client has psycho-physiologic-induced pain.

Continued with workshop 513

Mary Jo Barrett, MSW, is the director of the Center for Contextual Change and coauthor of Treating Complex Trauma and The Systemic Treatment of Acustic. Linda Stone Fish, MSW, PhD, is a professor of marriage and family therapy at Syracuse University.

Our field has come a long way in addressing the challenges of complex development trauma. Unfortunately, no matter how much progress clients make in therapy, once they leave the safe space of our offices, they often fall back into patterns of negative emotion and dysfunctional relationships. In this workshop, you’ll learn concrete strategies for involving partners and other family members in the treatment process to make sure that the cognitive and self-regulation skills clients learn in therapy transfer to everyday life. We’ll explore:
- How to avoid demonizing clients’ families and playing the role of therapeutic rescuer when family trauma is involved.
- The benefits of involving family members in the therapy process, including the opportunity to witness our clients’ experience and become partners in healing.
- Specific strategies for integrating couples and family therapy techniques with individual therapy, and educating families about their reactive feedback loops.

Continued with workshop 514

Clifton Mitchell, PhD, is an international clinical trainer and author of Priming: Programming the Mind for Habit Change and Success and Effective Techniques for Dealing with Highly Resistant Clients.

Social psychologists have produced a vast body of research on priming—the powerful, largely unconscious process by which both words and nonverbal clues can be used to change another person’s behavior and state of mind. This workshop will explore the range of ways therapists can use the practice of priming to embed suggestions, guide the therapeutic dialogue, help clients break bad habits, and move more effectively toward desired goals. You’ll discover how to:
- Apply the principles of semantic priming in your practice and better harness the power of the subconscious mind.
- Resolve clinical impasses by using priming techniques to avert resistance, seed goals, and create therapeutic movement.
- Pace and lead a session with an embedded prime to present new ideas in the most acceptable manner.
- Break negative habits and enhance clients’ progress toward their goals through the direct application of priming as a technique.

Continued with workshop 514
Morning Workshops
11:00 a.m. – 1:00 p.m.

415 Practicing as RAIN Partners
How to Awaken Compassion Together
TARA BRACH
The acronym RAIN (Recognize-Allow-Investigate-Nurture) is an accessible and powerful mindfulness-based practice for cultivating self-compassion and compassion for others. When practiced by peers as a dyadic "applied" meditation or when used in psychotherapy, the transformational impact can increase significantly. In this workshop, you’ll discover the steps of RAIN, look at key elements that are relevant for use in clinical settings, and experience an actual guided RAIN Partners session. You’ll explore:
- How to apply the RAIN practice to a range of emotions, including fear, anger, and grief, as well as with clients who have experienced trauma
- Using powerful inquiries that support somatic-based "investigation" and cultivate distinct pathways of clients’ self-nurturing
- The fruit of the RAIN practice (called After the RAIN), which is non-identification with limiting beliefs and passing emotional states, and realization of the loving awareness that is our true nature

Tara Brach, PhD, a clinical psychologist, is the cofounding teacher with Jack Kornfield of the Awareness Training Institute. Her latest book is Radical Compassion.

416 Has Neuroscience Lived Up to Its Promise?
Perspectives on Brain-based Therapy
BESSEL VAN DER KOLK & DANIEL SIEGEL
Over the past 20 years, more and more therapists have devoted themselves to exploring the relevance of neuroscience for the practice of psychotherapy. This session will feature a provocative, far-ranging dialogue about the impact of neuroscience on our field and whether or not it has increased the effectiveness of psychotherapy. It will consider a range of questions including:
- What specific clinical advances have resulted from therapists’ expanded understanding of neurobiology?
- How has it extended our capacity for offering deep healing? What have we learned about how to better change both the mind and the brain? Has the therapeutic influence of neuroscience been oversold? What new breakthroughs may be on the horizon?
- You’ll learn:
  - What research has taught us about the most important clinical applications of neurobiological principles
  - How a better understanding of the relationship between mind and brain can change your practice
  - What new research may shape the future direction of psychotherapy

Bessel van der Kolk, MD, is the founder of the Trauma Center and the author of The Body Keeps the Score. Daniel Siegel, MD, is the executive director of the Mindsight Institute and author of many books, including Aware: The Science and Practice of Presence.

417 The New Social Anxiety
Managing the Impact of Online Life
MARGARET WHEHRENBERG
Online life can certainly be exciting and entertaining, but it also brings startling risks for neurobiological changes that can negatively affect cognitive functioning and nervous system reactivity. That’s why today’s therapists need to know how to help clients cope with anxieties like FOMO and NoMophobia; address media, internet, and gaming addictions; and develop strategies for responding to the ever-expanding sources of social anxiety that are part and parcel of life in the digital age. In this workshop, you’ll discover how to:
- Dispel the fantasy of perfection and implied need to live an “amazing life” that interferes with developing effective coping skills
- Engage the brain’s default mode network to increase problem solving and balance of mind
- Recognize the neurobiological impact of rapid screen shifting, prolonged gaming, and social media exposure
- Address the addictive nature of communication notifications and social media

Margaret Wehrenberg, PsyD, is a therapist and trainer specializing in anxiety disorders. Her new book is The 10 Best-Ever Strategies to Manage the New Social Anxiety.

418 Trauma in the Urban Community
Exploring the Wider Context
JADA MCCRAY
There’s nothing “post” about the PTSD many people living in impoverished, urban communities experience daily. But effective interventions for these clients require a commitment to understanding the complexities of their experience and identifying the traumas, both hidden and visible, rooted in a lack of basic necessities and jobs, unhealthy family relationships, drug addiction, unfair policing practices, and ongoing violence. This workshop explores trauma through the lens of epigenetics and generational trauma as well as psychological health in the light of the ACEs study. In this session, you’ll explore:
- The environmental risk factors for PTSD and major depressive disorder within an urban and impoverished population
- How to widen the trauma-informed care lens by identifying family-centered specific interventions
- The correlation between trauma in the urban environment and the rise in suicide rates of African American children

Jada McCray, LCSW-C, is a therapist and trainer specializing in anxiety and stress disorder treatment. Her new book is Exploring the Wider Context: Urban Community.

419 Treating Couples Well
Creating Collaborative Couple Therapy
DAVID TREADWAY
Couples often struggle in therapy with having too many issues to tackle in too little time. Luckily, you can help couples design their own treatment plan—right from the first session. In this workshop, learn a collaborative process to help couples decide together whether and when to work on making changes in the here and now, or focus on healing wounds from the past, or explore family-of-origin dynamics. This model gives couples ownership of “their” therapy, rather than requiring them to submit to a therapist’s agenda. We’ll discover how to:
- Help couples develop a collaborative plan for treatment in the first interview
- Offer couples a variety of techniques to work on communications, behavior changes, problem solving, and sexual intimacy
- Provide an amends-and-forgiveness protocol for resolving past wounds from issues like infidelity, substance abuse, and betrayal
- Offer clients a focused approach to working on family-of-origin dynamics that shaped their development as a couple

David Treadway, PhD, is a therapist and trainer. His upcoming book is Treating Couples Well: A Practical Guide to Collaborative Couple Therapy. He’s also the author of Home Before Dark and other books.

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Managing the Impact of Online Life
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Treating Couples Well
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David Treadway, PhD, is a therapist and trainer. His upcoming book is Treating Couples Well: A Practical Guide to Collaborative Couple Therapy. He’s also the author of Home Before Dark and other books.
New Perspectives on Porn
Its Uses and Misuses
IAN KERNER
True or false: porn desensitizes people to genuine intimacy? Or wait: is porn use a normal, healthy expression of human sexuality? Although porn is a confusing and polarizing topic that can easily trigger therapists’ negative countertransference, Americans visit more porn sites each month than they do Amazon, Netflix, and Twitter combined. Critics say that this just goes to show we’re living in a “porn-addicted” society, but it’s a “porn-phobic” one as well. Regardless, therapists are on the frontlines of addressing the effects of porn on self-regulation and relationships. You’ll discover:

- How to assess for when porn is a problem in relationships—and when it’s not—and avoid therapeutic potholes in the process
- A CBT-based program for helping clients regulate their relationship to porn when it’s problematic
- How to explore a client’s self-diagnosis of “porn addict”
- A review of “ethical porn” and how it can be used to help with a range of common sexual problems

Ian Kerner, PhD, LMFT, is a sex therapist and the author of numerous books, including She Comes First. He writes for CNN and teaches and supervises at the Institute for Contemporary Psychotherapy in NYC.

Parents These Days
Addressing Technoference in Families
MARTHA STRAUS
Therapists are used to adolescents grappling with their own screen use. But for most of us, online and mobile devices have become more than recreation tools. They are now the norm and are constantly at our side. How do therapists begin a conversation about screen time and how it’s affecting their family? This workshop will explore how to help parents get control of their attachment to their devices and give their children—their own personal assistants—more time to be children. You’ll discover:

- Help families address and mitigate the impact of "technoference" on every relationship in the home
- Support parents who worry about their teen’s use of technology but don’t know how to talk openly about their concerns
- Give families the tools to set aside and maintain screen-free time for all, and deal with the fallout after someone unwillingly turns off a screen
- Model attention and help parents become more fully engaged and responsive, using technology to connect, rather than isolate, family members

Martha Straus, PhD, is a professor at Antioch University New England, is the author of No-Talk Therapy for Children and Adolescents, Adolescent Girls in Crisis, and Treating Traumatized Adolescents.

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 you know that your clients are not just grappling with the visible effects of their trauma. They are also struggling with the invisible barriers their trauma has created. You’ll explore:

- The steps in the brain’s process of true unlearning and how to guide them
- Transcultural knowledge of the experiences that induce profound change
- How unconscious, implicit emotional learnings can become richly felt, conscious targets of change
- How to set up the juxtaposition experience that unlocks and rewrites the neural encoding of a target emotional learning

Bruce Ecker, MA, LMFT, is codirector of the Coherence Psychology Institute, co-originator of Coherence Therapy, and coauthor of Unlocking the Emotional Brain and Depth Oriented Brief Therapy.

Dissolving Complex Attachment Trauma
The Power of Memory Reconsolidation
BRUCE ECKER
Extensive research in brain science has revealed an empirically proven path to transformational change through the process of memory reconsolidation. Explore a nontheoretical, immediately useful approach for reaching a new level of effectiveness with clients, whatever your clinical approach. In videos of deep, intense work, you’ll see the reconsolidation process nullify the underlying, emotion-laden core beliefs and schemas that are the basis of complex attachment trauma, permanently resolving severe behavioral, emotional, and somatic symptoms. You’ll discover:

- The steps in the brain’s process of true unlearning and how to guide them
- Transcultural knowledge of the experiences that induce profound change
- How unconscious, implicit emotional learnings can become richly felt, conscious targets of change
- How to set up the juxtaposition experience that unlocks and rewrites the neural encoding of a target emotional learning

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Cultivating a Resilience Mindset: Rewiring Old Patterns for New Growth
LINDA GRAHAM

When overwhelming anxiety or loss leaves your clients feeling stressed, or worse—traumatized—there’s a way not only to help them bounce back, but bounce forward. Recent discoveries in neuroscience have given us specific tools to facilitate posttraumatic growth, allowing clients to engage with virtually any challenge as an opportunity. In the process, clients can change old coping patterns, shift perspectives, and discover new possibilities. In this experiential workshop, you’ll discover how to:
- Use body-based tools of breath, touch, movement, and visualization to restore equilibrium in the nervous system.
- Help clients manage disruptive emotions and cultivate positive ones to shift brain functioning from states of contraction to openness and learning.
- Adapt mindfulness practices to help clients identify dysfunctional coping patterns and uncover new, healthier behaviors.
- Use brain-based techniques to transform mistakes and losses into opportunities for learning and empowerment.

Linda Graham, MFT, integrates relational psychology, mindfulness, and neuroscience in her trainings. She’s the author of Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster.

Finding Meaning in Loss: The Sixth Stage of Grief
DAVID KESSLER

Many clients look for “closure” after a loss, but the process of finding meaning and a clear direction out of their pain can transform therapy into a deeper, more hopeful experience. How can therapists help their clients shift from simply exploring pain to experiencing healing and even posttraumatic growth? Learn new ways to help your clients relate to their suffering and move on in a way that honors the loved one they’ve lost. You’ll explore how to:
- Identify strategies to address guilt, shame, and stigma in special circumstances, such as child loss, sibling loss, parental loss, and death by suicide or addiction.
- Develop a better understanding of the stages of loss, and the meaning and limitations of the Kübler-Ross model, as well as how a new stage can enhance posttraumatic growth and resiliency.
- Explore powerful techniques for using grounded positive psychology to help witness vs. “fixing” grief.

David Kessler, MA, RN, is an expert on healing after loss. He is the author of six books, including his latest, Finding Meaning: The Sixth Stage of Grief. He’s written books with Elisabeth Kübler-Ross and Louise Hay.

Scary Teen Behaviors: Strategies for Achieving Safety and Stability
BRITT RATHBONE & JULIE BARON

While self-harm and suicidal behaviors are increasing among adolescents, there’s no evidence that hospitalizing high-risk teens is an effective intervention. In fact, it may even lead to significant secondary problems, such as stigmatization and further trauma. What’s a therapist to do? Keeping teens in their families, schools, and communities, whenever possible, can reinforce effective coping interventions, which can be practiced and strengthened in real-life environments. In this practical and fast-paced workshop, you’ll explore how to:
- Teach teens crisis survival skills to get immediate relief from overwhelming urges to engage in high-risk behaviors.
- Maintain a collaborative focus on treatment to manage high-risk symptoms in an outpatient setting when possible, and increase clients’ motivation to change.
- Use specific mindfulness, distress tolerance, and acceptance skills for managing anxiety and feelings of helplessness when working with high-risk teens.
- Effectively implement structured chain analysis interventions to accurately target behaviors for change.

Britt Rathbone, LCSW-C, and Julie Baron, LCSW-C, are the authors of What Works with Teens: A Professional’s Guide to Engaging Authentically with Adolescents to Achieve Lasting Change.
What the results of a study of Michael Ungar
Practice depolarization skills in your
The critical aspects of incorporating
How gender dysphoria is commonly
How to apply the Adult Resilience
Areas of common clinical concern
How recognizing the principles of
Develop skills in bridging gaps
Ideas for making resilience-promoting resources more accessible to everyone
The difference between “rugged” individuals and “resourced” individuals and why resourced ones do better long term
How to help clients integrate the 12 kinds of resources they need for resilience into their lives
Specific strategies to bring about sustainable, lasting change, even for clients with complex needs
How to apply the Adult Resilience Measure, a validated tool for assessing clients’ internal and external strengths

515 The Wheel of Awareness
Consciousness and the Process of Change
DANIEL SIEGEL
The Wheel of Awareness is a visual metaphor for the way the mind works and a tool to expand the container of consciousness. The Wheel can be used to reduce stress, improve cardiovascular and immune system functioning, and slow the aging process. It incorporates the three pillars of mental training: focused attention, open awareness, and kind intention. This session will demonstrate how to incorporate it into therapy to cultivate meaning and connection in clients’ lives. You’ll explore:

- What the results of a study of the Wheel of Awareness involving thousands of people can tell us about how to help clients bring more awareness into the process of change
- The four parts of the Wheel: the five senses; the interior signals of the body; the mental activities of feelings, thoughts, and memories; and our relational self
- How recognizing the principles of chaos and rigidity can help us guide clients toward learning to savor the experience of life in a more balanced way

Daniel Siegel, MD, is the founding codirector of the UCLA Mindful Awareness Research Center and the Mindsight Institute. His latest book is Mind: A Journey to the Heart of Being Human.

516 Therapists as Agents of Hope
Our Role in a Game of Thrones World
WILLIAM DOHERTY
In the toxic polarization of our society, most of us try to stay focused on our traditional work of personal healing, trying to steer clear of the struggles in our wider culture. But if “winter is coming,” a more proactive alternative is to expand our conception of psychotherapy to include building capacity for people to live in a pluralistic democracy that doesn’t rely on “saviors” of the Left or Right. How can we enhance our impact in a Game of Thrones world, where red tribes battle blue tribes, democracy is in retreat, and climate change threatens us all? Explore a larger vision for our role as therapists. You’ll discover how to:

- Identify the connection between your current clinical work and democratic renewal
- Develop skills in bridging gaps between groups who see themselves as opposing the political “other”
- Practice depolarization skills in your own life and work
- Connect with organizations and initiatives where you can use your knowledge and skills for the public good

William Doherty, PhD, is a professor and director of the Minnesota Couples on the Brink Project at the University of Minnesota. His books include Helping Couples on the Brink of Divorce, with Steven Harris.

517 A Shame-Free Path to Cultural Competence
Rising to the Challenge
LAMBERS FISHER
Even with an increased appreciation of the importance of multicultural awareness, many therapists feel confused about how to work effectively with clients from different cultural backgrounds. Too often, fear of even inadvertently offending a client strains them and flattens the therapeutic experience. Fortunately, most therapists already possess the tools they need to reduce misunderstandings and repair relationships when unintentional transgressions occur. Exploring cultural issues beyond ethnicity (gender, religion, age, etc.), this workshop will offer practical strategies to help you feel more comfortable in your ability to meet the needs of whomever you have the opportunity to serve. You’ll discover:

- Specific strategies to address cultural differences as well as reduce and repair offenses that can damage the therapeutic relationship
- How to identify and incorporate a variety of culturally relevant influencing factors in treatment
- Ways to increase cultural self-awareness and other-awareness to improve rapport building in sessions

Lambers Fisher, LMFT, MDiv, is a therapist, supervisor, and instructor of multicultural awareness and diversity. He teaches clients in private practice and faith-based environments.

518 The Path to Resilience
The Science of Personal and Social Transformation
MICHAEL UNGAR
Warning! This workshop may turn your clinical framework on its head! Through stories from practice and findings from resilience studies around the world, find out why helping people build inner toughness through individual-oriented methods, such as positive thinking, almost always fails to produce long-term change. Instead, helping them change the world around them and become better resource in their communities and workplaces is the most effective path to improving their well-being. Learn a culturally sensitive approach to building resilience based on the science of personal and social transformation. You’ll explore:

- The difference between “rugged” individuals and “resourced” individuals and why resourced ones do better long term
- How to help clients integrate the 12 kinds of resources they need for resilience into their lives
- Specific strategies to bring about sustainable, lasting change, even for clients with complex needs
- How to apply the Adult Resilience Measure, a validated tool for assessing clients’ internal and external strengths
- Ideas for making resilience-promoting resources more accessible to everyone

Michael Ungar, PhD, is a family therapist and international researcher on resilience. His latest book is Change Your World: The Science of Resilience and the True Path to Success.

519 A Journey Into Transgender Mental Health
Transcending the Binary
NOAH GARCIA
When seeking care, nothing is scarier to transgender individuals than a provider who’s poorly informed about the issues facing their community. From discrimination and harassment to mental health issues and the process of transitioning, having a clinician who’s informed and affirmative can make a huge difference in ensuring transgender individuals get the help they need. Through firsthand accounts coupled with clinical information, this workshop will explore how you can be an affirmative provider. You’ll discover:

- Areas of common clinical concern and treatment when working with transgender individuals
- How gender dysphoria is commonly experienced
- The medical, social, and psychological aspects of transitioning all therapists should be aware of
- The critical aspects of incorporating trans-affirmative care into your practice

Note: Fulfills many state board requirements for training in cultural competency.

Noah Garcia, MA, LPC-S, NCC, is the owner of NexQuest Counseling in Austin, TX, and a clinical consultant on LGBTQA+ issues, particularly those facing the transgender community.

REGISTER AT PSYCHOTHERAPYNETWORKER.ORG
Afternoon 3:00 - 5:00 p.m.

520 The Healing Power of Safe Touch: A Polyvagal Road Map
DEB DANA

While many clinicians consider physical contact with clients a therapeutic taboo, touch is one of the most direct and palpable ways of offering emotional support. With its grounding in a practical understanding of the autonomic nervous system, Polyvagal Theory offers a road map to the safe and effective therapeutic use of touch. Learn to not only enhance clients’ understanding of their own physiological responses, but also incorporate a powerful tool in your work. You’ll explore how to:

- Talk about touch with clients through the language of the autonomic nervous system
- Develop a touch menu with clients to use as a guide to explore different kinds of safe touch
- Create an autonomic touch map to identify connecting, mobilizing, and disconnecting responses
- Write a touch agreement based on a client’s touch map

Note: No social work credit for this workshop.

Deb Dana, LCSW, is coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute, the coleader, with Stephen Porges, of Clinical Applications of the Polyvagal Theory, and the author of Polyvagal Exercises for Clinical Applications.

521 Beyond Sensate Focus: Innovative Sex Therapy Interventions
IAN KERNER

The practice of sex therapy is unique and goes beyond what happens in a session. Although “homework” is a standard part of sex therapy, clinicians often find their bag of tools woefully light and outdated in this regard. Despite our understanding of human sexuality having evolved considerably since Masters and Johnson, most of the homework we give clients originated from them. This workshop takes sex therapy interventions into the 21st century. You’ll discover:

- The latest science of sexual desire—including spontaneous vs. responsive desire—and specific interventions to address lack of desire or a couple’s desire discrepancy
- How to assess for other common sexual problems through a biopsychosocial lens—including erectile disorder, premature ejaculation, and sexual pain and orgasm issues in women—and apply interventions that target them
- How to track and modify homework throughout the sex therapy process using data and feedback from clients

Ian Kerner, PhD, LMFT, is a sex therapist and bestselling author of numerous books, including She Comes First. He writes for CNN and teaches and supervises at the Institute for Contemporary Psychotherapy in NYC.

522 Yoga for Trauma Recovery: No Mat Required!
AMY WEINTRAUB

As yoga continues to proliferate around the world, it’s important that therapists understand which practices can benefit clients struggling with complex trauma and PTSD, and which can actually worsen symptoms. LifeForce Yoga, designed for a clinical setting, can support your work by offering calming practices that can interrupt a panic attack, offset a flashback, and soothe a hyperaroused amygdala. Explore specific techniques to dial-down tensions in the treatment room, bringing couples, families, and individuals back into balance and helping them productively engage in therapy and with each other. You’ll discover how to help clients:

- Respond to a panic attack by applying sound and breath techniques that gently but effectively calm the nervous system
- Use powerful, personal imagery to manage trauma-related flashbacks in the moment
- Apply hand gestures, called mudras, to create a parasympathetic response and reduce fight-flight-or-freeze reactions
- Self-regulate and self-soothe with gentle, accessible movements that increase heart rate variability and balance the autonomic nervous system

Amy Weintraub, MFA, ERYT500, YACEP, CAYT, is the author of Yoga Skills for Therapists: Yoga for Depression, and numerous resources on yoga for mental health. She’s the founder of LifeForce Yoga.

Note: No CE credit for this workshop.

523 Mindfulness as Exposure Therapy: Avoiding the Avoidance Trap
RICHARD SEARS

Mindfulness is a popular intervention these days, well-supported by clinical research and brain-scan studies. But many well-meaning clinicians use mindfulness to distract clients from unpleasant thoughts and feelings, inadvertently reinforcing the avoidance cycle, which increases struggle in the long term. This workshop will help you avoid the avoidance trap and translate research findings into powerful tools. Learn proven techniques for using mindfulness to help clients move more directly into transforming their relationship with difficult thoughts, emotions, and body sensations. You’ll discover:

- Specific tools to help clients break free from the circular traps they create by fighting with their own distressing thoughts
- Concrete practices to help clients move into the body sensations that underlie strong emotions, so they can transform them from within
- How to apply a three-minute exercise to help clients quickly move into challenging thoughts, feelings, and sensations to disrupt the avoidance cycle
- Increase therapist resilience and presence with challenging clients to improve your outcomes

Richard Sears, PsyD, ARPP, is a clinical psychologist and director of the Center for Clinical Mindfulness. He’s author of over a dozen books, including Mindfulness: Living through Challenges and Enriching Your Life in this Moment.

524 Promoting Positive Caregiving: Making Meaning in the Care of Aging Parents
BARRY JACOBS & JULIA MAYER

Adult children often approach the prospect of caring for their aging parents with a sense of dread. They worry they’ll be increasingly burdened both psychologically and financially as their parents decline and depend on them more. But research suggests that caregivers can derive positive rewards from caregiving, including an enhanced sense of purpose as well as spiritual and personal growth. In this workshop, we’ll explore ways therapists can help their caregiving clients cultivate experiences where perseverance and gratitude overcome helplessness and fear. You’ll learn how to:

- Help clients identify their caregiving “mission” and bring it into alignment with their most deeply held values
- Reduce guilt and normalize ambivalence about caregiving tasks
- Teach prospecutive introspection and other techniques for grounding self-judgment and savoring the meaning of their undertaking
- Frame caring for one’s parents as an opportunity for improving difficult relationships.


REGISTER AT PSYCHOTHERAPYNETWORKER.ORG
My Most Surprising Case: An Evening of Storytelling

Shadeen Francis, David Wexler, Elliott Connie, Dafna Lender, Mark O’Connell

7:00 P.M.

This evening of candid storytelling about the intimate moments of therapeutic practice has become such a hit for attendees that we’re bringing it back for the fifth year in a row!

Join five Master Therapists as they invite you into 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. The more you listen, the more you’ll feel like you’re huddled around a campfire exchanging stories and sharing insights in an experience of communal discovery. Each therapist will reveal a tale from the heart about a session, a client, or a therapeutic moment that stands out from all the others because it was... the most touching? Surprising? Humbling? Explosive? Hilarious? Come and find out—and leave with a deepened sense of what it means at the core to be a therapist.

Shadeen Francis, LMFT, specializes in sex therapy and social justice. David Wexler, PhD, is the executive director of the Relationship Training Institute. Elliott Connie, MA, LPC, is the author of The Art of Solution Focused Therapy. Dafna Lender, LCSW, is the program director for the Theraplay Institute. Mark O’Connell, LCSW, is the author of The Performing Art of Therapy.

Note: No CE credit for this event.

To register for this dinner event, see page 83.
Sunday — Bring home new possibilities for your practice

Sunday Workshops

01 The Body as Healer    PETER LEVINE
02 Parenting through IFS    FRANK ANDERSON
03 Mixed-Race Couples in Therapy    KIRSTEN LIND SEAL & COREY YEAGER
04 Relationship as a Spiritual Practice    TERRY REAL
05 The Accidental Sex Therapist    STEPHEN SNYDER
06 What’s New with Sex?    TAMMY NELSON
07 Beyond the Borderline Label    ANITA MANDLEY
08 Overcoming Hopelessness    PETER FRAENKEL
09 The Craft of Treating Trauma    DAFNA LENDER
10 Healing Trauma through Connection    KATHRYN RHEEM & T. LEANNE CAMPBELL
11 The Therapist’s Calling    DAVID TREADWAY
12 Soothing the 30-Year Itch    BARRY JACOBS & JULIA MAYER
13 Core Transformation    CONNIRAE ANDREAS
14 Scattered Kids    SHARON SALINE
15 Making Therapy More Accessible    ESTHER BOYKIN
16 ADHD and Women    SARI SOLDEN
17 Rediscovering Wonder    JONAH PAQUETTE
18 Taking Sexy Back    ALEXANDRA SOLOMON
19 The Dance of Engagement    JODY WAGER

“Every year, it’s the best conference I attend.”

CONTINUING EDUCATION INFORMATION
CE credit from boards may vary for some presentations and workshops. For more information, go to psychnetworker.org/2020/CE for the most up-to-date details.
Integrate clients’ awareness of Experient
Listen nondefensively and give
Ask the
Co-parent in a way that’s supportive,
Explore you
Recover from the inevitable
Develop strength through yielding
Stephen Snyder
Talk to children about difficult
Empowe
Assess the often-fleeting physical
and Memory.
Association for Training on Trauma
of Body Psychotherapy and from the
Peter Levine, PhD,
Approved for 1 CE hour
The Body as Ally
PETER LEVINE
Today, somatic approaches to psychotherapy have achieved a once-unimaginable place of acceptance in the wider field of psychotherapy. And perhaps no one has been more responsible for the growing movement toward body-based therapy than Peter Levine, the developer of Somatic Experiencing, bestselling author of Waking the Tiger: Healing Trauma and many other titles, and trainer of tens of thousands of therapists around the world. His work on helping therapists master the ability to read bodies—both their clients and their own—has transformed our notions of what the power, depth, and effectiveness of trauma treatment can be.
In this address, Levine will explore the development of Somatic Experiencing and how helping clients experience a living, “knowing” body as an ally, not as a persecutor, can create a more vital and healing therapeutic experience.
Approved for 1 CE hour
PETER LEVINE
The Body as Healer
Working from the Bottom Up
One of the keys to helping clients move beyond trauma into empowerment and mastery is to help them learn how to access safety and positive embodied resource states. This contrasts with reliving traumas and repeatedly experiencing threats that no longer exist. Learn specific tools from Somatic Experiencing for reading clients’ physical and emotional cues, while using their natural instincts to heal and rebalance their physiology and inner feelings. You’ll discover how to:
Integrate clients’ awareness of their internal experience and your observations of their nonverbal behaviors, including involuntary gestures, posture changes, and external indications of shifts in the autonomic nervous system
Develop your capacity to read your own somatic cues as a means of resonating and connecting with the client’s experience
Assess the often-fleeting physical cues of clients’ internal states that indicate crucial events they can access as they move toward healing
Peter Levine, PhD, is the recipient of awards from the US Association of Body Psychotherapy and from the Association for Training on Trauma and Attachment in Children. His books include Waking the Tiger, In an Unspoken Voice, and Trauma and Memory.
Parenting through IFS
From Tears to Transformation
FRANK ANDERSON
For all its joys, parenting is often a roller coaster of challenges. Even when parents are at the top of their game, the most routine curveballs—quarreling siblings, a child’s public meltdown, or a phone call from a teacher—can trigger unresolved shame, guilt, or anger. But the Internal Family Systems (IFS) approach can help parents more fully understand and heal the wounds their children have inevitably evoked in them, allowing them to better set healthy limits, while also creating a more nurturing family environment. You’ll discover how to:
Talk to children about difficult subjects by using “part of me language,” which cultivates honesty, clarity, and calm
Explore your own reactive moments with compassion and respond to triggers with more empathy, using dialogues with inner parts
Co-parent in a way that’s supportive, collaborative, and leads to a fuller expression of mature selfhood
Recover from the inevitable moments when they “lose it” and take the necessary steps to repair with fuller awareness
Frank Anderson, MD, is a psychiatrist and psychoanalyst. He’s the vice chair of the Foundation for Self Leadership and a supervisor at the Trauma Center at Justice Resource Institute.
Peter Levine, PhD, is the developer of Somatic Experiencing. His books include Waking the Tiger, In an Unspoken Voice, and Trauma and Memory.
Mixed-Race Couples in Therapy
How to Have Crucial Conversations about Race
KIRSTEN LIND SEAL & COREY YEAGER
When you’re working with mixed-race couples, how comfortable are you talking about race in session? Do you have the words and understanding to help these couples with issues specific to race? Whatever our own background, as therapists we need to be able to encourage and support these crucial conversations. In this workshop, you will learn how to:
Identify when mixed-race couples are struggling with micro-aggressive and micro-invalidation behaviors
Break the “code of silence” around race and racism in the therapeutic relationship, supporting each partner’s experience while holding space for the differences
Address the two ways couples often cope in mixed-race relationships: “race doesn’t matter” or “you don’t understand”
Explore your own implicit bias and historical experience addressing race within the therapeutic relationship
Kirsten Lind Seal, PhD, is an adjunct associate professor of MFT at Saint Mary’s University of Minnesota. Corey Yeager, PhD, LMFT, is the team psychotherapist with the Detroit Pistons. They’re both contributors to Relationship Rebate, a weekly segment on WCCO TV.
Note: This workshop fulfills many state board requirements for training in cultural competency.
Corey Yeager, PhD, LMFT, is the team psychotherapist with the Detroit Pistons. They’re both contributors to Relationship Rebate, a weekly segment on WCCO TV.
Relationship as a Spiritual Practice
Discovering the Tao of Real Intimacy
TERRY REAL
These days, there’s much discussion about the value of mindfulness, but we too often ignore the connections between emotional intimacy and spiritual evolution. This workshop will demonstrate additional practices that couples can use to achieve “second consciousness,” the ability to “remember love” in the midst of difficult interactions. We’ll explore how to help cultivate partners’ mutual acceptance of their frailties and imperfections, so they can serve as a springboard to both real intimacy and enhanced relational mindfulness. Discover how to help clients:
Assert self and cherish the other simultaneously
Develop strength through yielding in their relationship
Listen nondefensively and give with the heart to a partner
Experience growth through appreciation of the other
Terry Real, PhD, LICSW, is the author of I Don’t Want to Talk About It: Overcoming the Secret Legacy of Male Depression, and has been featured on numerous national news programs. He’s the founder of The Relational Life Institute, where he does therapist trainings and workshops for couples.
The Accidental Sex Therapist
Sex Therapy Tools Anyone Can Use
STEPHEN SNYDER
When a client unexpectedly reveals a sexual problem, many clinicians find themselves thrust into the role of “accidental sex therapist.” In this uncomfortable position, too many shy away from addressing the sexual issue, thinking they lack expertise. But all it really takes are some simple conceptual tools and a willingness to learn what’s truly going on in the bedroom. In this workshop, we’ll examine how to handle common sexual problems with confidence and skill. Discover how to:
Ask the right questions that get to the heart of what’s really going on in bed—and in each person’s head—during sex
Teach clients a new vocabulary to describe their level of arousal, and help them stop expecting to function sexually when they’re not really aroused
Recommend techniques to improve the erotic climate of a relationship, such as enjoying moments of mutual arousal even when sex isn’t on the menu and doing simple mindfulness practices in bed
Empower clients to feel more confident communicating their sexual needs and feelings
Stephen Snyder, MD, is the author of Love Worth Making: How to Have Ridiculously Great Sex in a Long-Lasting Relationship and host of the podcast Relationship Doctor.
Sunday Workshops
10:00 a.m. – 1:00 p.m.
Peter Levine
Kirsten Lind Seal
Corey Yeager
Terry Real
Stephen Snyder
Peter Levine
Frank Anderson
Sunday Workshops
10:00 a.m. – 1:00 p.m.
Peter Levine
Kirsten Lind Seal
Corey Yeager
Terry Real
Stephen Snyder
Beyond the Borderline Label
Helping BPD Clients Without Bias
ANITA MANDLEY
Most therapists understand that the extreme behaviors of people with a borderline personality disorder diagnosis are often strategies for survival, self-management, and attachment. But their intense abandonment fears, uncontained states of rage, and extreme reactions to loved ones can still set even experienced therapists on edge. This workshop will dismantle the bias against BPD clients and clear a path for a transformative therapeutic relationship by exploring the clinical choices that can truly make a difference. You’ll discover:

■ How states of pervasive emotional dysregulation and low tolerance for the ups and downs of life and relationships can play out in sessions
■ Effective strategies for increasing clients’ capacity for self-regulation, interpersonal stability, somatic awareness, and cultivating a strong core sense of self
■ The therapeutic power of regulation, and how to cope with being triggered by a client’s extreme and provocative behaviors
■ BPD’s intricate connections to complex and developmental trauma as well as tools to create experiences that provide early missing resources and can repair early attachment wounds

Anita Mandley, MS, LCPC, practices at The Center for Contextual Change.

Overcoming Hopelessness
Working with Low- and No-Motivation Clients
PETER FRAENKEL
One of the greatest challenges a therapist can face is when a client feels hopeless about the possibility of change. But whether this sense is due to doubts about therapy or the intrinsically negative nature of their struggles, current research challenges the widespread assumption that clients must be strongly motivated in order to change. The Creative Relational Movement (CRM) approach is a set of ideas and practices that stimulate clients to engage in therapy, even when their motivation is low. You’ll discover:

■ How to apply the four principles of CRM with “last chance” couples as well as clients struggling from depression, anxiety, and substance abuse
■ How to use the integrative Therapeutic Palette approach to help clients engage in their treatment, even when they may not see the point
■ Specific mindfulness practices that facilitate immediate psychological change
■ How to offer “experiments in possibility,” even if they feel unnatural or even irrational at first

Peter Fraenkel, PhD, is a clinical psychologist and associate professor at City College of New York. He’s the author of Sync: Your Relationship, Save Your Marriage and the forthcoming Relationships on the Brink: Last Chance Couple Therapy.

The Craft of Treating Trauma
Three Core Skills
DEANY LALIOTIS
Regardless of your specific methodology for treating trauma, there’s a core set of fundamental skills that determine a therapist’s effectiveness in this challenging arena of practice. This workshop will explore these underlying clinical skills in depth, including how to respond to clients’ extreme states of distress that carry the danger of retraumatization, work with wounded parts of self that carry the burden of early traumatic memories, and create a shared experience between therapist and client in the present that brings a sense of connection forward into the future. You’ll discover how to:

■ Track and regulate the client’s moment-to-moment experience using Window of Tolerance and relational strategies
■ Identify parts of self as they get activated in the present as an opportunity to facilitate a developmental repair of childhood trauma
■ Work with states of profound aloneness using the relational dimension between therapist and client to bring attention to the shared experience

Deany Laliotis, LCSW, is a trainer, clinical consultant, and practitioner of EMDR. She’s the director of training at EMDR Institute, Inc., and is the codirector of EMDR of Greater Washington.

The Misattuned Family
Techniques for Healing Attachment Trauma
DAFNA LENDER
Too many children feel hurt, angry, and disconnected from their parents; and too many parents feel discouraged that their child-rearing approaches aren’t working. Many parent-child therapies focus on improving behaviors without looking at the core issues underneath—attachment and trauma. This workshop offers an approach that focuses on the physiologic, nonverbal connection between parent and child to improve the relationship, rather than just behaviors. Using two attachment-based modalities—Dyadic Developmental Psychotherapy and Theraplay—learn to enhance regulation, connection, and joy between parents and children as well as guide parents to do reparative work around family trauma. Discover how to:

■ Get to the heart of a child’s deeper thoughts, feelings, wishes, and beliefs without relying on the child’s ability to verbalize feelings
■ Facilitate active dialogue between parents and children that’s both safe and gets to their core issues
■ Practice scenarios for optimal arousal, affect regulation, and deescalating child-parent dysregulation
■ Learn gentle ways to intervene and redirect a misattuned or critical parent

Dafna Lender, LCSW, is the program director for the Theraplay Institute and a certified trainer in Dyadic Developmental Psychotherapy.
Many children and teens with ADHD, autism spectrum disorder, or learning disabilities have a tough time starting and completing schoolwork or other necessary tasks. Successfully motivating them involves using a strength-based, collaborative approach that includes them in creating solutions to daily challenges. These young, out-of-the-box thinkers then develop personal accountability and independence through meaningful routines with appropriate levels of adult support. In this workshop, you’ll learn which executive functioning skills contribute to motivation, why procrastination and avoidance occur, and how to create effective and lasting strategies for improvement. You’ll discover how to:

- Teach kids goal-directed persistence, time management, and organizational skills that stick
- Create meaningful, collaborative incentives and effective routines that help kids make positive long- and short-term choices about their tasks
- Determine appropriate levels of parent participation in kids’ school work, peer relationships, activities, and chores

**Sharon Saline, PsyD, author of What Your ADHD Child Wishes You Knew:** Working Together to Empower Kids for Success in School and Life, specializes in working with ADHD, learning disabilities, and other issues.
Why we experience awe, and the difference between stigma and relief. How to help your clients shed shame and access pathways for people to find and utilize our services more quickly and more effectively. You’ll learn:

- The difference between stigma and accessibility and how both often hinder community mental health
- How issues of financial, racial, and cultural privilege impact issues of access for people who need help
- Specific ways technology and media can be used to improve access
- How individual clinicians, private practices, and other for-profit organizations can improve accessibility

ESTHER BOYKIN, LMFT, is CEO of Group Therapy Associates and Therapy Is Not A Dirty Word, focused on creating social and educational programs to increase access to mental health education and skills. She’s an adjunct professor and podcast host.

ADHD and Women: Treating an Overlooked Condition SARI Solden

When most people think of ADHD, they usually picture a hyperactive boy who can’t sit still. What many therapists don’t realize is that ADHD in women can exhibit itself quite differently. Their brain-based challenges stay hidden behind a wall of quiet self-isolation, low self-esteem, and internalized shame. As a result, these women are often misdiagnosed with anxiety and depression. And when they don’t get the treatment they need, they can leave therapy feeling worse about themselves, wondering why nothing is helping and they “just can’t get it together.” While getting this diagnosis right is critical to successful therapy, so are the interventions you apply from there. You’ll discover:

- Why focusing on behavior strategies and coping skills isn’t enough for most women with ADHD and what to do instead
- How to facilitate a step-by-step process to help clients untangle their core sense of self from their brain-based challenges
- How to apply interventions that heal and go beyond tasks and time-management tools

Sari Solden, MS, a therapist, author, and speaker, has counseled adults (including psychotherapists) with ADHD for 30 years. She specializes in women with ADHD and the healing process for adults who grew up with undiagnosed ADHD.

Rediscovering Wonder: Cultivating Awe for Health, Happiness, and Connection JONAH PAQUETTE

What do you feel when you gaze up at the Milky Way, listen to an incredible piece of music, or witness an act of great courage? This feeling, often complete with goosebumps, is awe—and researchers have discovered that cultivating it can create positive, lasting changes in physical and mental health. With a therapist’s help, clients can tap into awe as a powerful personal resource to promote hope, inspiration, and well-being. In this workshop, you’ll explore:

- Why we experience awe, and the psychological impact of this universal human emotion
- How clients who seek out awe can not only improve emotional, physical, and brain health, but increase compassion, curiosity, and creativity
- Why some people are more disposed to awe than others and how to help all clients cultivate it in ways that help strengthen their connections with self and others
- Practical strategies for building an “awe menu” that’s unique to each client

JONAH PAQUETTE, PsyD, is the director of clinical training at a Kaiser Permanente program in the San Francisco Bay Area. He’s the author of Real Happiness and The Happiness Toolbox.

Taking Sexy Back: Helping Women Integrate the Erotic Self ALEXANDRA SOLOMON

The erotic self is an essential aspect of our identity, but in our culture, conversations about sex tend to get stuck in a place of either titillation or taboo, leaving us with more questions than answers and more shame than self-compassion. Learn how to help your clients develop sexual self-awareness and experience sexuality as a source of pleasure and authenticity. This workshop explores how women and female-identified clients can move from an “outside-in” to an “inside-out” construction of the erotic self, and how men can be enlisted as allies in this process. You’ll discover:

- Why conversations about autonomy, sex positivity, intersectionality, consent, and pleasure are needed today more than ever
- How to help your clients shed constraining, shaming, and limiting stories of their sexual self, inviting them to create stories that are compassionate and empowered
- How to bring a more integrative perspective on sexual self-awareness into the therapeutic conversation

ALEXANDRA SOLOMON, PhD, is a clinical assistant professor at Northwestern University, a therapist, and the author of Loving Bravely and Taking Sexy Back: How to Own Your Sexuality and Create the Relationships You Want.

The Dance of Engagement: Embodiment Tools for Therapists JODY WAGER

Embodied therapists mindfully connect to present moment experiences and gain valuable insight by focusing on the wisdom of the body—their own and their client’s. Explore somatic attunement through a range of expressive dance, movement, and integrative art activities. Through participation in various exercises, develop your innate ability to attend empathically to clients, respond authentically, and translate nonverbal experiences into cognitive insights. Whatever your clinical approach, you’ll learn body-mind exercises that can be integrated into any practice, and discover:

- Movement techniques to be more present and self-aware when working with trauma, anxiety, and depression
- How to use kinesthetic empathy to better understand and gather information about what your clients might be feeling in the moment or the intensity of emotions held in their body
- New methods to stay grounded and centered in sessions

NOTE: No CE credit for this workshop.

JODY WAGER, MS, BC-DMT, is a dance therapist, the director of the expressive therapy department at Dominican Hospital, and the past president of the American Dance Therapy Association.
What is Internal Family Systems®?

Internal Family Systems® (IFS) – was developed by Dr. Richard C. Schwartz over the last 30 years and has grown into a powerfully transformative, evidence-based model of psychotherapy. We believe our inner parts contain valuable qualities and our core Self knows how to heal. When our inner parts and Self work together we can better lead our behaviors, relationships and lives. In IFS all parts are welcome.

IFS is a movement. A new, empowering paradigm for understanding and harmonizing the mind and, thereby, larger human systems. One that can help people heal and helps the world become a more compassionate place.

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Email our Registration Office at symposium@psychnetworker.org or call (888) 851-9498. 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 19 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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PO Box 1000
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General Information

Attendees with Disabilities
We’re happy to accommodate your ADA requests if you register at least three weeks prior to the beginning of the symposium. If you have a disability and need support services, please check the box when you register online and provide a description. We’ll contact you to determine your needs so that we can make advanced arrangements.

Symposium Recordings
Recordings of nearly all Symposium sessions are available for purchase at special onsite Symposium pricing. Consult the Washington, DC, area map for directions, parking instructions, and information about taking the train or subway. Please check the symposium website for an up-to-date schedule of recordings available.

Hotel Accommodations
The Omni Shoreham Hotel, located at 2500 Calvert Street, NW, Washington, DC 20008, is offering a special Symposium rate: $259 plus tax per night for single- or double-occupancy rooms. $259 for triplets $279 for quads. Although this rate is guaranteed for those registering by February 28, we urge you to make hotel reservations as early as possible. To receive the special rate, access the Omni Shoreham website at psychotherapynetworker.org by clicking on Hotel Reservation, or call the Omni Shoreham directly at (888) 444-6664 and indicate your affiliation with the Psychotherapy Networker Symposium. When rooms are no longer available at the Omni Shoreham, please see the website psychotherapynetworker.org for the names of nearby hotels offering a discount to Symposium attendees.

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Recordings of nearly all Symposium sessions are available for purchase at special onsite Symposium pricing. Consult the Washington, DC, area map for directions, parking instructions, and information about taking the train or subway. Please check the symposium website for an up-to-date schedule of recordings available.

Lunches
The volume of Symposium attendees will likely put a strain on nearby eating facilities and make it difficult to have a quick meal. There will be seated lunches with speakers on Friday and Saturday. Speaker luncheon reservations must be made in advance when you register online. You may not order these lunches onsite during the Symposium. Box lunches during the conference will be available for purchase in the hotel lobby, snack shop, and exhibit hall.

Room and/or Ride Sharing
If you wish to share a hotel room and don’t already have a roommate, check the space provided when you register online. Beginning the middle of January, each participant in the room-sharing service will receive a list of others interested in sharing a room. If you’re driving to the Symposium, either locally or from a distance, and are willing to provide a ride to other attendees, or if you need a ride, check the Ride Sharing box when you register online. Contact symposium@psychnetworker.org to receive a Room Sharing or a Ride Sharing List.

Tax Deduction
Registration fees, transportation, lodging, and meals are tax deductible as educational expenses when attending continuing education seminars. It’s recommended that you consult your tax advisor with any questions.

What to Wear for the Symposium
We can guarantee that the temperature in the hotel conference rooms will fluctuate dramatically from hot to cold. We strongly suggest that you dress in layers, so that you can adjust your apparel to the temperature of the particular conference room you’re in.

Work-Exchange Volunteers
Please don’t call or e-mail the Networker office or our Registration Office about work-exchange volunteer positions. If you’re interested in being a volunteer at the 2020 Symposium, just go to our website psychot erapynetworker.org and register by clicking “Symposium” and “Volunteers.” If you have any questions, please email us at: symposium@psychnetworker.org.

Cancellations and Refunds
Requests for refunds must be made in writing and must be postmarked or emailed by February 28 for a full refund, less a $50 administrative service charge.

Getting to the Symposium
Your destination is the Omni Shoreham Hotel, 2500 Calvert Street, NW, in Washington, DC 20008. For driving directions, parking instructions, and information about taking the train or subway, please visit psychotherapynetworker.org or call the hotel at (202) 234-0700.

Additional Information
Answers to many of your questions as well as the latest information on workshop and hotel room availability will be posted on psychotherapynetworker.org. If you have further questions, please contact the Symposium Registration Office at symposium@psychnetworker.org or (888) 655-8949. Note that attendance at this event constitutes permission to use images or recordings in which you may appear for promotional or training materials.

Receive Continuing Education Credit for Your Attendance
The 43rd Annual Networker Symposium is proud to offer continuing education hours. The following national professional organizations and state boards are available for a maximum total of 20.5 continuing education hours: Thursday, up to 3.5 CE hours; CE hours for ethics workshop 116; Friday up to 5.0 CE hours; Saturday up to 6.0 CE hours; and Sunday up to 4.0 CE hours. Target Audience: Psychologists, Physicians, Addiction Counselors, Counselors, Social Workers, Marriage & Family Therapists, Nurses, and other Behavioral Health Professionals. Education boards are continuously updating policies. For the most up-to-date and complete CE information including outlines and objectives please visit psychotherapynetworker.org/2020/CE.

Note that not all sessions will offer Continuing Education Credit for every board. Please see website for specific session credit. CE certificates will be available online after the Symposium after completing the Evaluation Form.

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• Texas State Board of Examiners of Professional Counselors

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SOCIAL WORKERS
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Through February 25, 2020, the Omni Shoreham Hotel is offering a special discount rate to Symposium Attendees. $239 plus tax per night for single- or double-occupancy rooms. $259 for triplets, and $279 for quads (if space is available). To receive the discounted rate, please make your reservation in one of the following ways:

• Access the Omni Shoreham website at psychotherapynetworker.org by clicking on Hotel Reservation. This is efficient, easy, and provides an instant confirmation number.
• Console the Omni Shoreham 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 as soon as possible. Please check the website for additional information.

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“Can sex survive monogamy?”

“A must-read for therapists who are not sex experts.”
—Susan C. Vaughan, MD

If you can only buy one book to help you understand sexuality in general, and sex in relationships in particular, this book is it.”
—Margie Nichols, PhD

“An indispensable resource.”
—PsychCentral

“Hands down, the most practical, fun, and empowering book I’ve ever read on how to have a fabulous sex life in a committed relationship.”
—Christiane Northrup, MD

Meet Dr Snyder
at the 2020 Psychotherapy Networker Symposium

Workshop #325
When Someone You Love is Male Understanding Male Sexual Psychology
Friday, March 20

Workshop #605
The Accidental Sex Therapist
Sex Therapy Tools Anyone Can Use
Sunday, March 22
minds of these adventurers are explained page by page.

matter what.

Buzz! explores the lifestyle, psychology, and wish, but seemingly a need for an adrenaline rush, no sensation-seekers and they crave intense experiences, enough? They jump out of planes, climb skyscrapers, and how it all began!

Yoga-psychotherapy, Chakra and energy clearing and Pamela’s unique combination of Somatic Experiencing, and meditation techniques allow the reader and the clinician to fully embody and tolerate their own personal traumas. The use of yogic philosophy, mindfulness, treatment and is a valuable self-help from a lifelong journey of research. It is an in-depth description of the EFT model for the resolution of attachment injuries and the application of EFT to working with individuals. All therapists, whether novice or seasoned, can... improve their practice through this engaging and relevant read,” (Gail Palmer, ICEF, EFT Trainer).

“Therapeutic gem!” (Dr. Marlene Best, ICEF, EFT Trainer). Foreword by Drs. Sue Johnson and Alison Lee.

Buzz! Inside the Minds of Thrill-Seekers, Daredevils, and Adrenaline Junkies

by Kenneth Carter

Most of us crave new experiences and sensations. Whether it’s our attraction to that new burger place or the latest gadget, newness tugs at us. But what about those who can’t seem to get enough? They jump out of planes, climb skyscrapers, and will eat anything (even poisonous pufferfish! … Prompting others to ask “what’s wrong” with them. These are high sensation-seekers and they crave intense experiences, despite physical, or social risk. They don’t have a death wish, but seemingly a need for an adrenaline rush, no matter what. Buzz! explores the lifestyle, psychology, and neuroscience behind adrenaline junkies and daredevils. The minds of these adventurers are explained page by page.

Love Worth Making: How to Have ridiculously Great Sex in a Long-Lasting Relationship

by Stephen Snyder

Can sex survive monogamy? Yes, once you know how sexual emotions really work. This award-winning guide turns sex therapy inside-out, to show how people of all ages and backgrounds can connect more deeply with their sexual feelings and enjoy them for life. Gentle, compassionate, and full of compelling stories from the author’s work with over 1,500 individuals and couples, this book will forever change how you think about sex. Winner, 2018 Nautilus Gold Book Award for Relationships and Communication. A must-read for clients with sexual concerns, and for their therapists!

Resilience: Proven Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster

by Linda Graham

Clients can learn to cope with any level of adversity, from small annoyances to the struggles that break their hearts to the utter disasters that change their lives forever. Resilience offers more than 130 evidence-based tools to strengthen clients’ innate capacities to cope with anything, anything at all. Readers progress through a step-by-step process, informed by psychotherapeutic, scientific and spiritual traditions, to develop new ways to respond to pressures and tragedies quickly, adaptively, and effectively. They become competent in the skills of somatic, emotional, relational, and reflectance intelligence that allow them to cope effectively with the challenges and crises.

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The Intrinsic Self: How defining yourself and your worth by your achievements and usefulness is undermining your happiness and serenity

by Dennis Portnoy

Portnoy shows how disconnection from our Intrinsic worth, defining ourselves by what we do rather than who we are, and by how others view us, often lies at the heart of our clinical distress and emotional struggles. An invaluable book for clinicians and their clients. The Intrinsic Self goes beyond simply increasing self-esteem, teaching the powerful method of “piercing the threat” that makes it possible to break free from a self-concept based primarily on performance and usefulness to others.

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A Roadmap for Couple Therapy

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Arthur Nielsen is an Associate Clinical Professor of Psychiatry at Northwestern’s Feinberg School of Medicine and on the faculty of The Chicago Institute for Psychoanalysis and The Family Institute at Northwestern University.

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Magnolia Creek Treatment Center for Eating Disorders treats women (18 years or older) who struggle with feeding or eating disorders, such as: anorexia nervosa, bulimia nervosa, binge eating disorder, other specified eating disorder, rumination disorder, pica, avoidant/restrictive food intake disorder, and/or unspecified eating disorder, and other disorders such as: mood disorders, substance use disorders, obsessive compulsive disorder, post-traumatic stress disorder, attachment disorder, dissociative disorders, and/or personality disorders. (205) 938-4762

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selahhouse.com

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Since 1991, Lifeskills South Florida has offered clients and families affordable treatment options in sunny Deerfield Beach, Florida. We provide customized Residential and Outpatient treatment services for adults suffering from mental health and substance use disorders. Lifeskills is dually licensed by the Florida Department of Children & Families (DCF) and Florida Agency for Health Care Administration (ACHA) to provide both substance use treatment and mental health treatment. Lifeskills South Florida is CARF accredited. (954) 266-8566

Sheppard Pratt Health System is the nation’s largest private, nonprofit provider of mental health, substance use, special education, developmental disability, and social services. A nationwide resource, Sheppard Pratt provides services across a comprehensive continuum of care, spanning both hospital- and community-based resources with deep expertise in treating individuals with serious mental illness. Since its founding in 1853, Sheppard Pratt has been innovating the field through research, best practice implementation, and a focus on improving the quality of mental health care on a global level. Sheppard Pratt has been consistently ranked as a top national psychiatric hospital by U.S. News and World Report for nearly thirty years.

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Our new mental health facility, opening in 2022, will expand on the critical mental health programs CHKD currently provides our community, and the entire state of Virginia. This 14-story tower will include 60 inpatient psychiatric beds, served by pediatricians and specialists who will medically integrate mental health care while ensuring a dignity-based patient and family experience.

Programming will support children with autism and/or chronic medical illnesses and feature innovative indoor and outdoor recreation areas, including music and art therapy. The facility will also include an outpatient mental health crisis clinic; partial hospitalization programs for children and adolescents; and an expansion of our outpatient services.

Visit our active career postings at CHKD.org/Careers.

Construction on our pediatric mental health hospital has begun. Join our growing team now.

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Come Inside the EFT Café to start learning Sue Johnson’s Emotionally Focused Therapy to expand your practice and grow your capacities!

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The EFT Café will be live on Creativity Day at the Symposium! Look for our description on page 22 and make sure to register (workshop # 120).

For a free demo video of Inside the EFT Café Member Program, go to theeftcafe.com.

FREE DEMO!
For psychotherapists interested in learning how to do neurofeedback, the courses taught by Hamlin offer scope, depth, and hands-on training. Highly recommended."

Sebern Fisher, author of Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain