

2019 PSYCHOTHERAPY NETWORKER SYMPOSIUM  
OMNI SHOREHAM HOTEL | WASHINGTON, DC

March 21-24, 2019

# Therapy IN A Challenging World

*Enhancing Our Tools for Engagement*

## With Featured Speakers



Malcolm Gladwell



Bessel van der Kolk



Susan Johnson



Gabor Maté



Daniel Siegel



Mary Pipher

Register  
**Today** BEFORE IT  
SELLS OUT  
SEE PAGE 80 FOR DETAILS



# THE NETWORKER SYMPOSIUM

## An experience designed to enhance your practice:

- **Practical tools and insights** for your toughest cases from 100 of the field's most acclaimed teachers
- **Hands-on opportunities** to develop new skills in 150 workshops and deepen your therapeutic craft
- **New models and approaches** to revitalize your work and keep your practice thriving in today's competitive marketplace
- **Personal renewal** in a creative atmosphere of collegiality, support, and adventure

## From beginning to end, find what you're looking for:

- **Zero in** on the workshops that match your specific needs and interests with our **Clinical Specialty Guide** (page 3)
- **Rekindle** your imagination and supercharge your sense of possibility at **Creativity Day** (page 16)
- **Discover** inspiration and unique perspectives with our celebrated **Featured Speakers** (page 6)
- **Register today** (page 80)



## Facing The Challenges Together

We live in a world where the amygdala is having a field day. Over the course of our careers, few of us have had to contend with the level of outrage, turmoil, and sheer overstimulation that's currently rocking our society. The therapy hour is no longer a haven from the messiness of the outside world. Beliefs about race, immigration, the environment, sexual harassment, and women's rights have led to a furious polarization, which often seeps into our consulting rooms, whether we acknowledge it or not. Many clients are coping with an unprecedented degree of anger, vulnerability, and sense of helplessness, their personal issues shaped and intensified by the supercharged emotional field our society has become. They don't know what to do with their feelings. They want our help.

And of course, we want to give it—but how? How can we best respond to the new challenges we face without just becoming an extension of the political turmoil that seem to roil everywhere? How might we make a different kind of contribution amidst the chaos and uncertainty of our times? This year's Symposium—**Therapy in a Challenging World: Enhancing Our Tools for Engagement**—will bring together the field's most innovative contributors to explore the range of ways that therapists might bring a measure of sanity and kindness into a world where compassion and vision often seems in short supply. If we ever needed an opportunity to come together to experience community, inspiration, and fresh possibilities, this is it.

As always, we've designed the Symposium to be as emotionally compelling—and as much fun!—as it is intellectually stimulating. With more than 150 workshops that span the spectrum of clinical methods and viewpoints, we hope your time with us will deepen your grasp of therapeutic craft and open your eyes to new dimensions of clinical engagement. But we also expect that you'll enjoy strolling through Rock Creek Park, schmoozing and communing with friends in the art deco elegance of the Omni Shoreham hotel, and feeling the beat at the Friday night dance party.

In short, the Symposium is both a chance to reflect on the most important issues facing our field today as well as engaging and expressing your whole self—both top-down and bottom-up. We look forward to sharing the glory of springtime in Washington, DC with you.

  
RICH SIMON  
Editor, *Psychotherapy Networker*

REGISTER ONLINE AT [psychotherapynetworker.org](https://psychotherapynetworker.org)

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## 16 THURSDAY Workshops and Events

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

## 30 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.

## 48 SATURDAY Workshops and Events

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

## 68 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.

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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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# CLINICAL SPECIALTY Guide

## Find What You’re Looking For

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.



## Anxiety, Depression, and Trauma

### ANXIETY & DEPRESSION

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# Meet Our Featured Speakers

## Friday



### MORNING KEYNOTE

*Gabor Maté*

#### **The Myth of Normal in an Insane Culture**

Bestselling author Gabor Maté will discuss how in our hyperstressed, materialistic society, physical and mental illness are not random individual misfortunes, but natural outcomes of a way of life inimical to genuine human needs. (page 32)



### LUNCHEON ADDRESS

*Bessel van der Kolk*

#### **The Future of Trauma Treatment**

The world's leading trauma researcher and advocate for clinical innovation, Bessel van der Kolk will explore the therapeutic importance of borrowing tools from the creative arts and somatic approaches to enable people to embrace their lives in new ways. (page 41)



### FRIDAY DINNER EVENT

*Mary Pipher*

#### **Flourishing as We Age: The Networker Lifetime Achievement Award**

Mary Pipher, bestselling author of *Reviving Ophelia* and *Women Rowing North*, will share what she's discovered about meeting the challenges of aging. "If we have planned carefully and packed properly, if we have good maps and guides, this journey can be transcendent," she contends. Join us as we honor her with the Networker Lifetime Achievement Award. (page 47)

## Sunday



### MORNING KEYNOTE

*Malcolm Gladwell*

#### **The Sylvia Plath Problem**

Drawing on research for his upcoming book, *New York Times* bestselling author Malcolm Gladwell will explore the interplay between personal and societal issues, using the suicide of noted poet Sylvia Plath as a launching point. He'll be available for an informal Q&A after his address. (page 70)

## Saturday

### MORNING KEYNOTE

*Daniel Siegel*

#### **Consciousness and Connection in Psychotherapy**

Noted pioneer in interpersonal neurobiology, Daniel Siegel will show how advances across a range of disciplines—including brain science, psychiatry, attachment theory, quantum physics, and spirituality—have expanded our conception of consciousness. (page 50)



### LUNCHEON ADDRESS

*Susan Johnson*

#### **Brave New Future for Love and Couplehood**

Susan Johnson, award-winning developer of Emotionally Focused Therapy, will discuss our power to shape intimate relationships in ways that lead to true, secure connection, even when messages from the culture make the path to get there more confusing than ever. (page 61)



### SATURDAY DINNER EVENT

*Tammy Nelson, Ryan Howes,  
Sabrina N'Diaye, Joe Kort & Frank Anderson*

#### **My Most Challenging Session: An Evening of Storytelling**

Join five Master Therapists for an evening of deep listening and authentic experience. As in the acclaimed first-person storytelling program *The Moth*, each therapist will recount a deeply felt, real-life experience that will inspire, provoke, and enchant. (page 67)



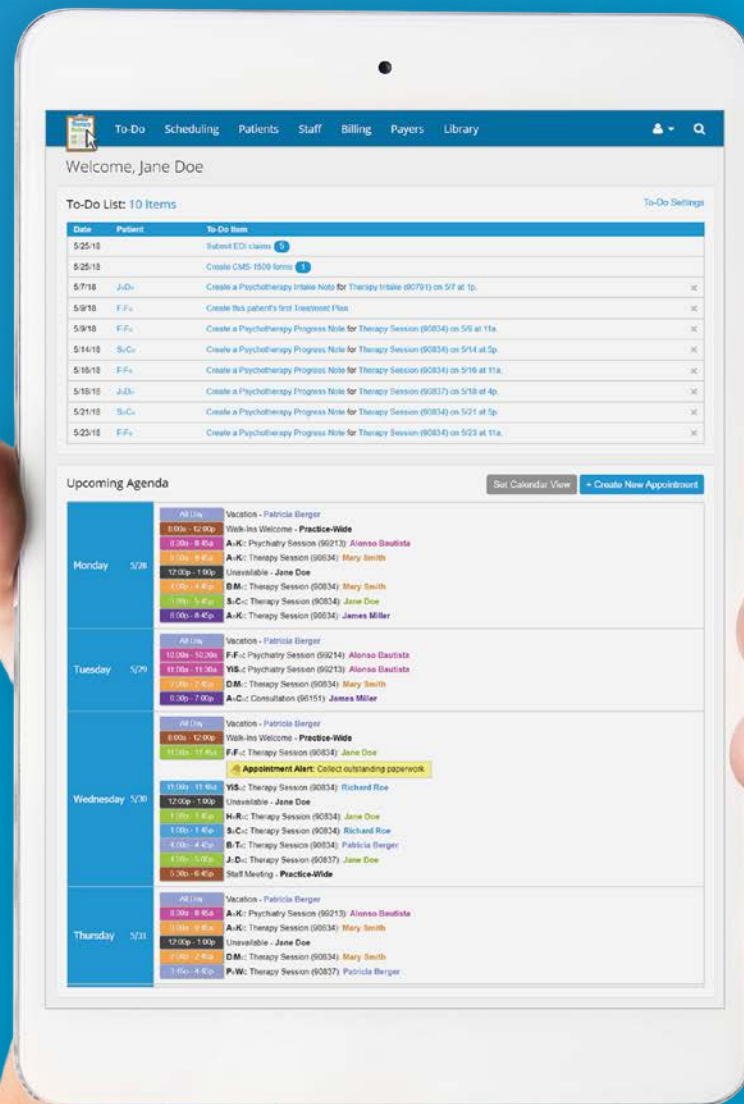
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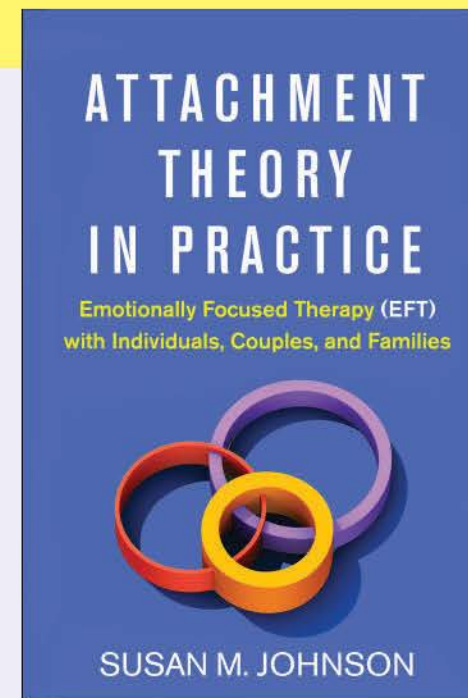


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by Dr. Sue Johnson

Drawing on cutting-edge research on adult attachment — and providing an innovative roadmap for clinical practice — Dr. Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection.

This book shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

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## What the experts are saying...

*“Johnson’s impeccable scholarship and extraordinary clinical acumen are evident throughout this marvelously written book. Filled with compelling and instructive case studies, this surely will become the go-to book about the practice of attachment-informed psychotherapy. This book should be read by every clinician and every student of psychotherapy.”*

—Jay L. Lebow, PhD, ABPP, LMFT, Senior Scholar and Clinical Professor, The Family Institute at Northwestern University

*“A lucid treatise on psychotherapy... Johnson has written an outstanding work that will have an impact on our field for a great many years.”*

—Irvin Yalom, MD, Professor Emeritus of Psychiatry, Stanford University

*“This book is a magnum opus that finally gives therapists a practical and very readable guide to using EFT principles across psychotherapy modalities. A ‘must read.’”*

—John M. Gottman, PhD, The Gottman Institute, Seattle, Washington

*“This wise and fascinating book is true to the scientific literature, beautifully written, and rich with engaging, moving case examples.”*

—Phillip R. Shaver, PhD, Distinguished Professor Emeritus of Psychology, University of California, Davis

*“With wit, insight, and intellectual brawn, Johnson unpacks the key elements of attachment theory, and reveals the healing power of EFT in different therapeutic contexts. There are nuggets of brilliance and wisdom in every chapter.”*

—Jeffrey A. Simpson, PhD, Distinguished University Teaching Professor and Chair, Department of Psychology, University of Minnesota

For more information, visit [www.guilford.com/p/johnson10](http://www.guilford.com/p/johnson10)



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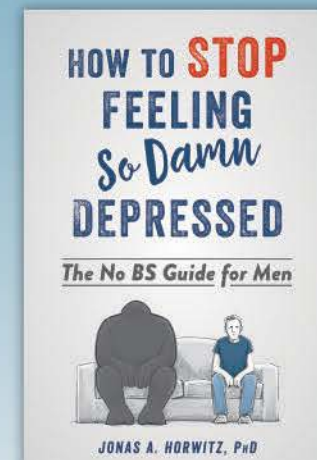
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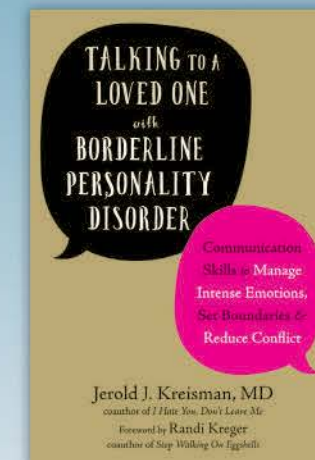
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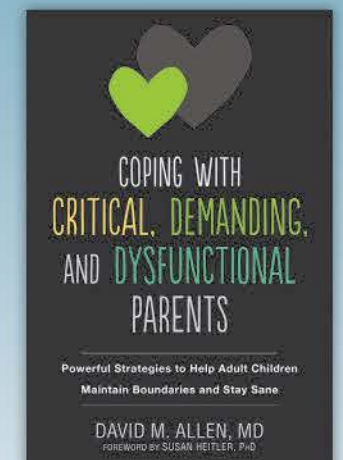
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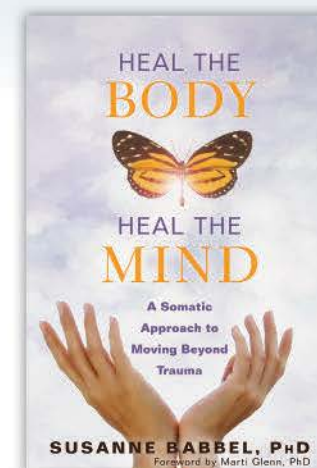
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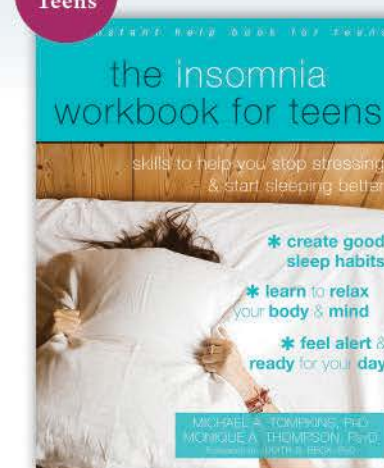


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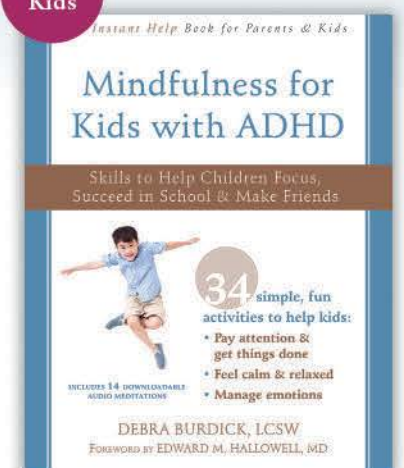
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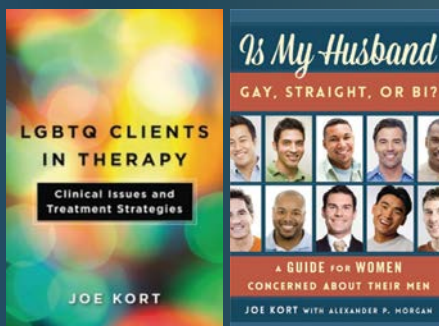
Join Dr. Kort at the Psychotherapy Networker Symposium

## The Trauma Survivor and Sexual Health: How Therapists Can Help

Clients with sexual abuse histories often come to therapy with questions about their sexuality and the obstacles they encounter in intimate relationships. This workshop will provide attending clinicians with the courage and the strategies that help trauma survivors live sexually healthy lives.

As a therapist do you know the differences between sexual orientation, sexual identity, gender identity, erotic orientation, and sexual fluidity?

Dr. Kort's books will help you be informed:



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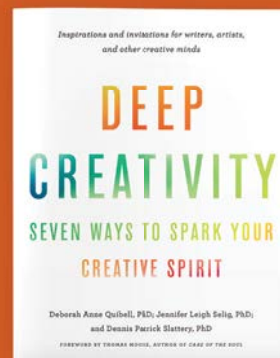
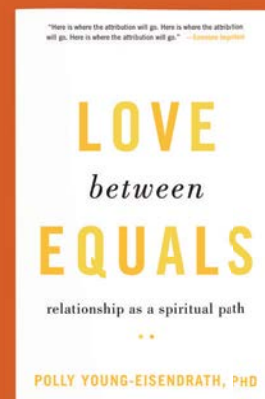
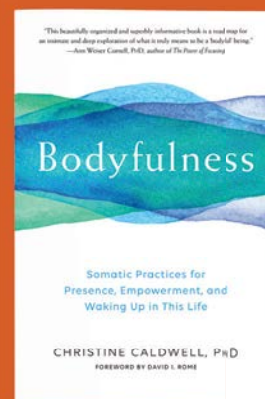
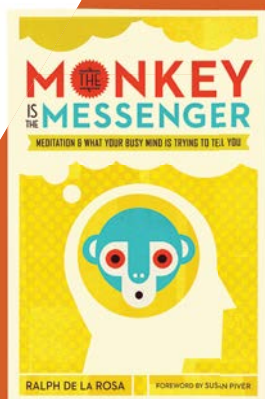
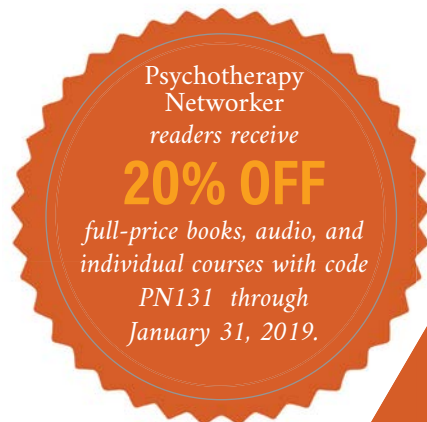


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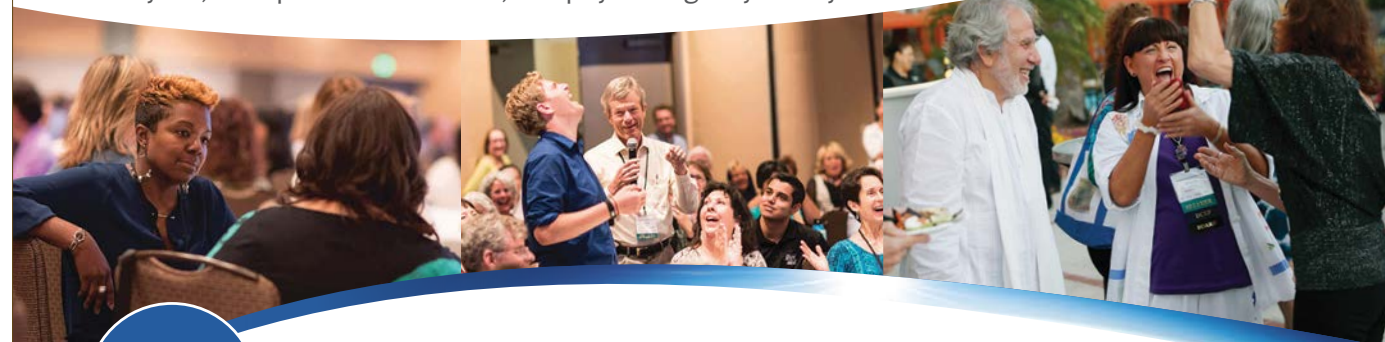
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# NEUROFEEDBACK

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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*



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



Jody Wager



Daniel Leven

## Highlights

- 8:00 a.m.** Continental Breakfast
- 9:00 a.m.** Introduction and Warm-Up  
Jody Wager
- 9:30 a.m.** Creativity Day Workshops  
#101–117
- 9:30 a.m.** Preconference Clinical Workshops  
#118–124
- 12:00 p.m.** Lunch Break
- 1:00 p.m.** Workshops Continue
- 3:00 p.m.** Exhibit Hall Opening
- 8:00 p.m.** Welcoming Event  
*“The Doorway to Engagement:  
Freeing the Body and  
Awakening the Mind”*  
Daniel Leven

## All-Day Workshops

- 101** **Therapy as a Performing Art** MARK O'CONNELL
- 102** **Caring for the Brain** LINDA GRAHAM
- 103** **A Day for New Therapists** LYNN GRODZKI
- 104** **The Dance of Connection** JODY WAGER
- 105** **The Mindful Woman** CAROLINE WELCH
- 106** **Getting Your Book into Print**  
CHRISTOPHER WILLARD & MITCH ABBLETT
- 107** **Community Sing!** DANA LACROIX
- 108** **The Embodied Therapist** BETSY POLATIN
- 109** **How to Launch (or Grow) Your Business as an Expert**  
SUSIE ARNETT
- 110** **Embodiment, Rhythm, Awareness, Play** LICIA SKY
- 111** **Yoga Practices for Self-Attunement** AMY WEINTRAUB
- 112** **'Retha & Relationships**  
PETER FRAENKEL & HILARY PALMER
- 113** **Expressive Arts as Healing Engagement**  
CATHY MALCHIODI

- 114** **The Journey to Oneness** RUDOLPH BAUER

- 115** **Using Ancient Practices for Today's Ailments**  
SABRINA N'DIAYE

- 116** **A Day of Qigong** PATRICK DOUGHERTY

- 117** **From Therapist to Writer** MARTHA MANNING

## Preconference Clinical Workshops

- 118** **Ethics in a Different Key** TOVA RUBIN

- 119** **The Challenge of Treating Complex PTSD**  
MARY JO BARRETT & LINDA STONE FISH

- 120** **Getting Comfortable with Edgy Sex** TAMMY NELSON

- 121** **Nutrition Essentials for Mental Health** LESLIE KORN

- 122** **Getting Creative with Parts** LISA FERENTZ

- 123** **The Power of the Felt Sense** JOAN KLAGSBRUN

- 124** **Unleashing the Power of Family Therapy** GEORGE FALLER

## CONTINUING EDUCATION INFORMATION

CE credit from boards may vary for some presentations and workshops. For more information, go to [psychotherapynetworker.org/symposium/CE](http://psychotherapynetworker.org/symposium/CE) for the most up-to-date details.

**Note for Thursday:** CE credit available for all preconference clinical workshops as well as many other Thursday workshops unless otherwise indicated.







Tova Rubin

# All-Day Workshops

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



Mark O'Connell



Linda Graham



Lynn Grodzki



Mary Jo Barrett



Linda Stone Fish

## Preconference Clinical Workshop

118

### Ethics in a Different Key *Snow White in the Therapy Room*

TOVA RUBIN

Using *The Musical of Snow White* as a framework, this workshop 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 a modern therapy setting. Small- and large-group discussions allow for sharing best practices and as many perspectives as are in the room. This process models how to approach ethical issues in the office: consult, consult, consult. We'll discuss:

- Relevant ethical issues, such as cellphone use in the office, attraction from or to clients, sleepiness 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 fulfills many state board requirements for ethics and risk management.

*Tova Rubin, PhD, is in private practice. She's adjunct faculty at George Washington University.*

101

### Therapy as a Performing Art *Acting Insights and Techniques for Clinicians*

MARK O'CONNELL

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 meditations and role-play

*Mark O'Connell, LCSWR, is a NYC-based psychotherapist and professional actor. He's the author of the forthcoming book *The Performing Art of Therapy: Acting Insights and Techniques for Clinicians*, and writes for *Psychology Today* and *The Huffington Post*, among others.*

102

### Caring for the Brain *Exploring the Neuroscience of Well-Being*

LINDA GRAHAM

To best serve our clients we must be able to master and share practices that promote well-being outside the therapy room. Luckily, neither therapists nor 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 experiential workshop, you'll explore:

- Doable micro-practices involving exercise, sleep, nutrition, learning, play, and social interactions that foster brain health
- Ways 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*.*

103

### A Day for New Therapists *Learning the Principles of Successful Practice*

LYNN GRODZKI

New therapists are often overwhelmed by the sheer number of approaches to work from and the litany of do's and don'ts they've been taught. It's confusing: how can you feel confident as a clinician when you're filled with uncertainty? If you feel pressured to say the right thing, in the right way, at the right time, it's time to learn a simple process of self-supervision. In this workshop, you'll learn basic principles to help you transcend modalities and stay present, assess difficult therapy situations with common sense, and expand your clinical tool box without adding stress. You'll explore:

- How to organize the essential information about a case and formulate an initial framing of goals for the client
- Ways to use your self in therapy, and boost your confidence about what you have to offer as a therapist
- The importance of tracking client progress, methods for measuring it, and what to do when things bog down
- Practical tips about how to run an effective session

*Lynn Grodzki, LCSW, MCC, is a psychotherapist in private practice, a master certified coach, and the author of *Therapy with a Coaching Edge: Partnership, Action and Possibility in Every Session* and *Building Your Ideal Private Practice*.*



119

### The Challenge of Treating Complex PTSD *What to Do When Things Get Messy*

MARY JO BARRETT & LINDA STONE FISH

When working with trauma cases do you see clients go into flight, fight, or freeze? Do they yell at you, insult you, or leave the session? Are there times you find yourself getting angry? Do you recognize your own flight, fight, or freeze response? Welcome to the messy, often confusing world of trauma treatment. In this workshop, explore practical in-session techniques as well as a framework to help you recognize what's happening when things heat up and get intense. You'll discover how to:

- Assess the client's motivation, stage of change, and preferred mode of learning
- Effectively build a therapeutic collaboration around each client's individual needs
- Empower clients by making the therapy process as safe and explicit as possible
- Explore intrafamily violence and include additional family members in your sessions

*Mary Jo Barrett, MSW, is the founder and director of the Center for Contextual Change and coauthor of *Treating Complex Trauma* and *The Systemic Treatment of Incest*. Linda Stone Fish, MSW, PhD, is the author of *Nurturing Queer Youth*.*

THURSDAY All Day





Tammy Nelson



Jody Wager



Caroline Welch



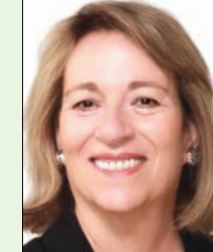
Christopher Willard



Mitch Abblett



Dana LaCroix



Leslie Korn

## Preconference Clinical Workshop

120

### Getting Comfortable with Edgy Sex

*How to Expand Your Comfort Zone*

TAMMY NELSON

Working with the erotic behavior many people engage in today can challenge a therapist's values and deeply held beliefs about sex and relationships. Plus, the landscape of sexual behavior continues to change, especially with the advent of sex robots, teledildonics, and virtual reality. Intensive and fun, this workshop includes videos, live demonstrations, and small-group discussion to help therapists face their own preconceived notions and countertransference issues around sex and intimacy. You'll explore:

- Your own sex-related stereotypes, resistance, and shame in order to create a safe and nonjudgmental environment for clients
- Alternative sexual practices that may come up in therapy, as well as new sex tech your clients may be using
- How to expand your ability to communicate about sexual issues, and help clients create new pathways for pleasure in their relationships
- Ways to process triggers and vicarious trauma that may be activated by issues around porn

**Tammy Nelson, PhD**, is a board-certified sexologist, certified Imago therapist, and the author of *Getting the Sex You Want* and *The New Monogamy*.

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

104

### 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 experiential 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 dance and expressive movement
- Strengthen your ability to improvise and move spontaneously and authentically
- Expand your personal movement repertoire and learn ways to use dance as self-care

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

**Jody Wager, MS, BC-DMT**, is a dance therapist with 40 years of experience. She's the director of the expressive therapy department at Dominion Hospital, and the immediate past president of the American Dance Therapy Association.

105

### The Mindful Woman

*Creating a Sustainable Plan for Daily Practice*

CAROLINE WELCH

The biggest challenge to creating a sustainable mindfulness practice plan is doing it daily, which inevitably means breaking habits that take us off track. For many women, the distractions and demands are nonstop, converging simultaneously from our work, families, friends, and even "virtual friends." How do we put limits on our devices, guard the limited resource of our attention, and get beyond the elusive "balance"? This isn't just another "feel good" workshop: you'll create a custom-tailored practice plan and discover how to:

- Get off and stay off autopilot, avoiding multitasking and inhabiting as many moments as possible
- Figure out what's most important, while also allowing space for the unexpected
- Avoid getting caught up in impossible expectations, such as "doing it all, all at once"
- Recognize proactively when it's time to pivot
- "Staple" your practice plan to your daily routine

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

**Caroline Welch, MA, JD**, is the co-founder with Dr. Dan Siegel of the Mindsight Institute in Los Angeles. Formerly Judge Judy's production attorney, she has an established meditation practice which began in Japan decades ago.

106

### Getting Your Book into Print

*Writing and Publishing for Psychotherapists*

CHRISTOPHER WILLARD &  
MITCH ABBLETT

There's an old adage that everyone has a good book in them. This is especially true for therapists, who often have compelling stories and innovative ideas that could help thousands of people beyond their office doors. Have you been wanting to share your personal journey or unique treatment style, whether it's in a professional book, self-help book, workbook, memoir, children's book, or game? This workshop will demystify the publishing process and empower you to get your ideas out there. Bring your best ideas and leave with a high-impact proposal that you'll have an opportunity to pitch to a real editor we've invited. You'll discover:

- The best ways to develop your ideas and bring them to life for readers
- How to navigate today's publishing gauntlet
- Powerful strategies for creating an effective, multimedia platform that will heighten your appeal to publishers

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

**Christopher Willard, PsyD**, is an international speaker and author of three trade titles, three workshops, and three kids' books and card sets, including *Growing Up Mindful*. **Mitch Abblett, PhD**, is a clinical psychologist and author of multiple books and card sets, including *The Five Hurdles to Happiness*.

107

### Community Sing!

*Exploring the Joy of Singing with Others*

DANA LACROIX

There are few things as good for the body, mind, and soul as singing your heart out in harmony with others. In a fast-changing world where many of us feel isolated, singing in a group helps foster a sense of belonging to something that's bigger than ourselves. Using traditional rounds, gospel music, choral exercises, and popular songs, participants will be led by a professional singer and choir director in singing separate parts and harmonies, or solos if they like, with simple choreography added to enhance the fun! No matter your singing ability—no previous experience required!—you'll get the chance to lift your voice with others and experience the feeling of connection and community that only music can provide. In this workshop, you'll:

- Experience the joy of communal creative expression
- Challenge your boundaries and explore your innate ability to communicate authentically through voice and song
- Develop more attuned listening skills

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

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

## Preconference Clinical Workshop

121

### Nutrition Essentials for Mental Health

*Strategies to Enhance Mood and Well-Being*

LESLIE KORN

If we are what we eat, then beyond the mind-body connection there's also a food-mind-body connection. This workshop will explore the latest nutritional research to inform psychotherapeutic practice and how diet can affect mood, as well as the links between depression, inflammation, and cognitive function. You'll explore how to:

- Provide your clients with a comprehensive overview of the basic principles of good nutrition, food preparation, and mindful eating
- Assess the research and differing recommendations about nutritional practices and alternatives to medicines that foster mental health
- Determine the benefits, risks, and deficits of a variety of popular diet types, depending on the needs of a given client
- Identify the application of supplements and herbs in supporting mental well-being

**Leslie Korn, PhD, MPH**, practices somatic psychotherapy and mental health nutrition. She's the author of *Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection*, *Rhythms of Recovery: Trauma, Nature and the Body*, and *The Good Mood Kitchen*.





Lisa Ferentz



Betsy Polatin



Susie Arnett



Licia Sky



Joan Klagsbrun

## Preconference Clinical Workshop

122

### Getting Creative with Parts

*How to Use Expressive Modalities  
to Enhance Inner Work*

LISA FERENTZ

It's important to honor all of your client's inner parts. But accessing them to fully engage in healing work isn't always easy. In this workshop, we'll consider key concepts from Internal Family Systems and inner-child work, and explore expressive modalities that vividly bring out parts holding onto influential thoughts, feelings, memories, and somatic experiences. You'll explore:

- Creative techniques for reducing inner criticism, fragmentation, and polarization
- Cognitive reframes and writing exercises to bring both life-enhancing and self-destructive parts into fuller awareness
- Somatic resourcing techniques to help deepen connections and communication with internal parts
- Creative strategies to soothe traumatized parts and heighten internal safety, including safe-place art, breath work, and containment

**Lisa Ferentz, LCSW-C, DAPA**, is the founder of The Ferentz Institute. Her books include *Treating Self-Destructive Behaviors in Trauma Survivors*, *Letting Go of Self-Destructive Behaviors*, and *Finding Your Ruby Slippers: Transformative Life Lessons from the Therapist's Couch*.

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

108

### 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 stay present and 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.

**Betsy Polatin, MFA, SEP, AmSAT**, an internationally recognized movement and breathing specialist, is a master lecturer at Boston University. Her book, *The Actor's Secret*, shares her 40 years of teaching experience.



109

### How to Launch (or Grow) Your Business as an Expert

*Reaching a Wider Audience*

SUSIE ARNETT

Now that you've developed your practice and clinical expertise, are you interested in sharing your knowledge outside the therapy room? Do you want to monetize your skills and reach larger audiences? Whether it's speaking, writing, or developing online-learning or digital products, this workshop will give you concrete, practical information you can use right away. You'll discover:

- A range of different speaking and revenue-generating opportunities for mental health professionals, and what's right for you
- Current marketing strategies that can be done on a budget, including how to use video, social media, content, and grass-roots marketing to find your unique audience and communicate your message
- A blueprint for how to reach out to venues as well as how to describe and title your products in ways that best express your distinctiveness and appeal to a variety of customers

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

**Susie Arnett** is the director of Luminary Programming at the Kripalu Center, and vets up to 600 workshops a year. She's passionate about helping experts get their teaching out to bigger audiences.

110

### 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 down their nervous system 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 nonverbal interaction can foster safety, curiosity, sense of play, and connection

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

**Licia Sky, BFA, LMT**, is an artist and bodyworker with over 30 years of 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.

## Preconference Clinical Workshop

123

### The Power of the Felt Sense

*Deepening Psychotherapy through Focusing*

JOAN KLAGSBRUN

Do you have clients who seem to live in their heads and have a hard time sensing inside themselves? Focusing is a process that helps clients 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 integrated into sessions or used 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**, is a psychologist who has taught Focusing for over three decades and across seven continents. She's an adjunct professor at Lesley University and has published articles, book chapters, and other Focusing resources.





George Faller



Amy Weintraub



Peter Fraenkel



Hilary Palmer



Cathy Malchiodi



Rudolph Bauer

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

## Preconference Clinical Workshop

124

### Unleashing the Power of Family Therapy

*An Introduction to EFT with Families*

GEORGE FALLER

By zeroing in on underlying attachment needs, Emotionally Focused Family Therapy (EFFT) offers a powerful process for transformational change. This workshop will show you how to keep your focus as a therapist and help family members work through distress and past injuries to create new relational patterns, bond with each other, and experience a fuller sense of security. Whether you work with individuals, couples, or families, you’ll discover how to:

- Use EFFT to understand a family’s emotional dynamics and access attachment issues
- Create new patterns of emotional healing that unblock a family’s natural ability to repair
- Identify protection patterns that keep individuals from opening to vulnerability
- Implement a three-stage process for achieving deeper family connections and model positive, new interaction patterns

**George Faller, LMFT**, is the founder of the New York Center for EFT. He teaches at the Ackerman Institute for the Family and is the director of training at the Center for Hope and Renewal. He’s coauthor of *Sacred Stress* and *Emotionally Focused Family Therapy*, among others.

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

111

### Yoga Practices for Self-Attunement

*Love Begins with You and Yoga*

AMY WEINTRAUB

Yoga practices can support you in embracing whatever joys and challenges you may be facing in life. In this workshop, we’ll engage in a loving practice of gentle movement, calming breath work, ancient meditative self-inquiry, and guided imagery, which can be adapted for your clinical work with most clients. You’ll learn warm-ups for joints and gentle stretches, along with mantras and mudras to promote relaxation and a state of deep stillness, and pranayama breathing for mood regulation. By day’s end, you’ll feel more spacious, expansive, and attuned to the joy of being in your body. You’ll explore:

- Anxiety-relieving breathing practices that are suitable for the therapy room
- How to deepen your sense of calm, purpose, and joyful receptivity with compassion-enhancing practices
- Meditations and guided imagery practices that can help regulate mood and provide depression relief
- How to develop a personal practice of accessible movement, breathing, and meditation for self-care

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

**Amy Weintraub, MFA, ERYT500, YACEP, C-IAYT**, the author of *Yoga Skills for Therapists and Yoga for Depression*, created *LifeForce Yoga*, a protocol used in health care settings worldwide.

112

### 'Retha & Relationships

*Bringing Music into Couple Therapy*

PETER FRAENKEL & HILARY PALMER

As useful as research and clinical publications are in informing our therapy with couples, nothing compares to the power of music to capture the joy, heartache, and challenges inherent in love. And no one wrote and performed more powerful songs about intimate relationships than the Queen of Soul, Aretha Franklin. In this experiential workshop, you’ll discover how to use music by Aretha and other artists to create transformative moments in couple therapy that rival and often surpass anything we can do based on our tried-and-true therapy techniques. You’ll also experience how to create therapeutic tunes as a model for doing the same with clients. Bring your dancing shoes as you explore how to:

- Introduce music into therapy to heighten the awareness and emotional experience of couples’ issues and identify potential solutions
- Use clients’ thoughts and feelings to compose music that captures and transforms their experiences in ways that solidify therapeutic insight
- Expand your therapeutic creativity by drawing upon music, poetry, visual arts, dance, and literature to locate new relational possibilities

**Peter Fraenkel, PhD**, is a couple therapist, associate professor of psychology at City College of NY, and professional drummer who studied with Aretha’s drummer. **Hilary Palmer, PhD**, is a family and music therapist, researcher, and jazz singer based in London.

113

### Expressive Arts as Healing Engagement

*Deepening the Therapeutic Experience*

CATHY MALCHIODI

Expressive arts not only cultivate the healing powers of imagination, they also mobilize the social engagement system through play, improvisation, musicality, movement, and creativity. When integrated into therapy, they can revitalize and energize clients, helping them to engage more fully in the present while deepening implicit and meaningful sensory-based communications. In this hands-on workshop, you’ll experience how to “get past talk” with creative, action-oriented methods that can be immediately applied to your practice. You’ll discover:

- Arts-based approaches to enhance and deepen empathy, compassion, and interpersonal connection in our clients and ourselves
- A brain-wise, bottom-up model for applying the expressive arts to facilitate the body’s natural resources for transformation and healing
- Improvisation, dramatic enactment, gesture, bilateral movement, art making, and play as foundational practices to facilitate social engagement

**Cathy Malchiodi, PhD**, is a psychologist, traumatologist, and expressive arts therapist. Her books include *Handbook of Art Therapy*, *Expressive Therapies*, and *Art Therapy Sourcebook*. She writes the *Arts and Health* column for *Psychology Today Online*.

114

### The Journey to Oneness

*The Four Levels of Consciousness*

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’re not our thoughts and feelings, then a sense of “awareness of awareness,” in which we come to experience the field of awareness as our own self. The fourth and rarest stage is that of pure radiant void—the highest mystical state of Tibetan Buddhism. In this workshop, you’ll experience a rich and profound journey to the edges of your current state of awareness. You’ll discover how to:

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

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

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

THURSDAY All Day







Sabrina N'Diaye



Patrick Dougherty



Martha Manning

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

115

### **Using Ancient Practices for Today's Ailments**

*Connecting the Body, Mind, and Spirit*

SABRINA N'DIAYE

The long-term impact of trauma and stress are more than just mental health issues: they're at the root of almost 80 percent of chronic illnesses in our modern culture. But ancient spiritual practices involving guided imagery, chanting, drawing, and movement allow us to reconnect with the innate healing power of our bodies, minds, and spirits. In this workshop, you'll experience processes that deepen access to the imagination and the inner wisdom that can guide personal journeys of growth, resilience, and recovery in a range of clinical contexts and settings. You'll explore:

- 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
- How to use music and movement in sessions to get around emotional blocks without spoken words

*Sabrina N'Diaye, PhD, LCSW-C, is an integrative psychotherapist, storyteller, and peacebuilder, based in Baltimore, MD. She recently completed her first book, The Laugh of Love.*

116

### **A Day of Qigong**

*Learning to Balance Your Life Energies*

PATRICK DOUGHERTY

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

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

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

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

117

### **From Therapist to Writer**

*The Path from Story Listening to Story Telling*

MARTHA MANNING

What's the difference between a therapist and a writer? Not much. Both pay rapt attention to the subtleties of human emotions and inhabit a world of words. Still, many therapists feel they have nothing creative to say outside the office. This workshop will challenge that belief and approach writing as a demanding, maddening, and overwhelmingly delightful enterprise. We'll address the fundamental issues of literary craft and look at the ways therapy can inform writing and writing can enhance therapy. We'll explore how to:

- Use sensory skills, especially noticing the seemingly "insignificant," and focus on the keys to expressing your observations in a succinct and colorful way
- Practice writing dialogue that sounds as realistic as the responses you hear in the consulting room
- Deepen creativity and emotional flow through fuller engagement with the written word
- Engage your sense of empathy and understanding of emotional states to bring more life, depth, and imagination to your writing
- Submit both your personal and professional writing for publication

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

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

THURSDAY

WELCOMING EVENT

# THE Doorway TO ENGAGEMENT

*Freeing the Body and Awakening the Mind*



*Daniel Leven*

8:00 P.M.

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, somatic movement therapist Daniel Leven will lead 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.



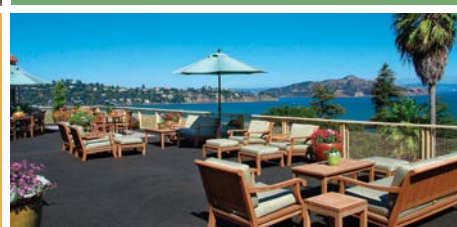


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## Neurology *really* matters in couples therapy

Couples therapists, do you currently work with challenging couples, and your typical treatment approach is not working with them? ... Maybe they are neurodiverse.\*

AANE offers comprehensive, one-of-a-kind, online training courses for therapists to learn to work effectively with neurodiverse couples in therapy.

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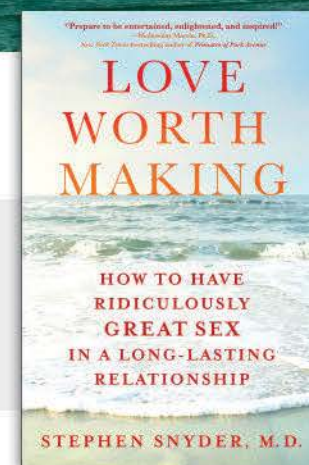
Register today, get 25% off!

promo code: NEUROLOGY25

\*A neurodiverse couple is one in which one or both partners have an Asperger profile.

## Can erotic love last?

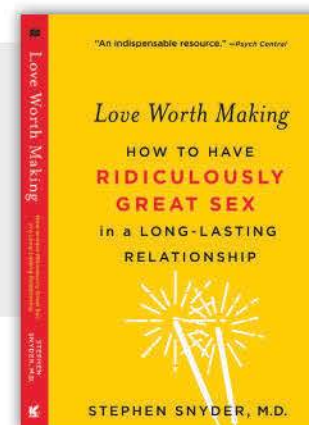
Yes, once you know how sexual emotions really work.  
A must-read for all therapists — and their clients.



“An indispensable resource.”  
—Psych Central

“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, M.D.

“A healing invitation to love.”  
—Alexandra H. Solomon, Ph.D., Northwestern University



In Hardcover & Paperback  
From St. Martin's Press

“A must-read for therapists who are not sex experts, this book is a guided tour of what happens when sex falls apart, and how to put it back together again.”  
—Susan C. Vaughan, M.D., Director Columbia University Center for Psychoanalytic Training and Research

Full of compelling stories from the author's work with over 1,500 individuals and couples, this paradigm-shifting guide turns sex therapy inside out to reveal the surprising secrets every couple can use to keep eros alive.



Meet Dr. Snyder  
at the  
2019 Psychotherapy  
Networker Symposium!

**WORKSHOP #614:**  
“The Accidental Sex Therapist:  
Sex Therapy Tools Anyone Can Use”  
Sunday March 24,  
10:00 am - 1:00 pm



# Friday *Clinical Workshops I* — Sharpen your skills and broaden your horizons



Gabor Maté



Bessel van der Kolk



Mary Pipher

## Highlights

- 7:00 a.m.** Yoga  
Amy Weintraub
- 7:45 a.m.** Continental Breakfast
- 9:00 a.m.** Welcome and Keynote  
*“The Myth of Normal in an Insane Culture”*  
Gabor Maté
- 11:00 a.m.** Morning Workshops  
#201–225
- 1:15 p.m.** Luncheon Address  
*“The Future of Trauma Treatment”*  
Bessel van der Kolk
- 3:00 p.m.** Afternoon Workshops  
#301–325
- 5:00 p.m.** Symposium Reception  
*Exhibit Hall*
- 7:00 p.m.** Dinner Event  
*Networker Lifetime Achievement Award*  
*“Flourishing as We Age”*  
Mary Pipher
- 9:00 p.m.** Symposium Dance Party

## 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.

- 201 301** **Compassionate Inquiry** GABOR MATÉ
- 202 302** **Evoking Positive Emotional States**  
COURTNEY ARMSTRONG
- 203 303** **The Body Keeps the Score** BESSEL VAN DER KOLK
- 204 304** **Getting Through to Kids and Teens** MARTHA STRAUS
- 205 305** **Tips and Tactics for Talking about Race**  
KENNETH HARDY
- 206 306** **The Ethically Attuned Therapist**  
MARY JO BARRETT & LINDA STONE FISH
- 207 307** **What Men Need** TERRY REAL
- 208 308** **MDMA in Psychotherapy** MICHAEL MITHOEFER
- 209 309** **Updating the Therapeutic Relationship** RON TAFFEL
- 210 310** **IFS in Action** RICHARD SCHWARTZ
- 211 311** **Calming the Anxious Brain** CATHERINE PITTMAN
- 212 312** **Transforming the Parent–Child Relationship**  
LAURA MARKHAM
- 213 313** **Polyvagal Theory in Action** DEB DANA

## Morning Workshops

- 214** **Helping Clients Who Can’t “Feel”** JANINA FISHER
- 215** **Please Don’t Ask Me to Forgive You!**  
JANIS ABRAHMS SPRING
- 216** **Treating the Reassurance Junkie**  
SALLY WINSTON & MARTIN SEIF
- 217** **Making Mindfulness Stick with Children and Teens**  
CHRIS WILLARD
- 218** **Working with the One Who Cheats** TAMMY NELSON
- 219** **Healing Trauma through Connection**  
KATHRYN RHEEM & T. LEANNE CAMPBELL
- 220** **A Collaborative Approach to Managing Suicidal Risk**  
RITA SCHULTE
- 221** **A Therapist’s Guide to the “Plus” in LGBT+**  
MARGARET NICHOLS
- 222** **The Modern Landscape of Love** ALEXANDRA SOLOMON
- 223** **The World of Autism** SANDRA VAN NEST
- 224** **How to Heal and Transform Beyond Your Practice**  
ESTHER BOYKIN
- 225** **Building Social Resilience** LAURIE LEITCH

## Afternoon Workshops

- 314** **Therapy, Personal Ethics, and Civic Life**  
WILLIAM DOHERTY
- 315** **Microtraumas and the African American Client**  
CANDICE RICHARDSON DICKENS
- 316** **Male Sexuality, Demystified** VALERIA CHUBA
- 317** **Translating Coaching into Therapy** LYNN GRODZKI
- 318** **Reclaiming Reflection and the Power of Pause**  
DONALD ALTMAN
- 319** **The Collective Trauma of War** PATRICK DOUGHERTY
- 320** **Healing Affairs and Repairing Attachment Injuries**  
T. LEANNE CAMPBELL & DAVID FAIRWEATHER
- 321** **The Good Enough Therapist** BRAD SACHS
- 322** **Working with Introverts and Ambiverts** MICHAEL ALCÉE
- 323** **Beyond the Borderline Label** ANITA MANDLEY
- 324** **A Harm-Reduction Approach to Addictions**  
ANDREW TATARSKY
- 325** **Transgender Affirmative Care** LAURA JACOBS

### CONTINUING EDUCATION INFORMATION

CE credit from boards may vary for some presentations and workshops. For more information, go to [psychotherapynetworker.org/symposium/CE](https://psychotherapynetworker.org/symposium/CE) for the most up-to-date details.



Gabor Maté

# All-Day Workshops

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



Gabor Maté



Courtney Armstrong



Bessel van der Kolk



Martha Straus



Kenneth Hardy

## Morning Keynote

### The Myth of Normal in an Insane Culture

GABOR MATÉ

A family physician for over three decades, Gabor Maté has become a leading voice for the destigmatization and compassionate treatment of mental health and addiction. He's the author of four bestselling books, published in 25 languages, including *When the Body Says No: Exploring the Stress-Disease Connection* and the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. Not one to stay confined within the parameters of conventional practice, Maté spent years treating the hardcore drug users of Vancouver's infamous Downtown Eastside and is a proponent of the therapeutic benefits of the Amazonian plant medicine ayahuasca. For his pioneering medical work and writings around trauma, mind-body health, and addiction medicine, he was awarded the Order of Canada in 2018.

In this address, he'll discuss how in our hyper-stressed, materialistic society, physical and mental illness are not aberrations but natural outcomes of a way of life inimical to genuine human needs. Treatment, therefore, must go beyond a focus on symptoms and diagnoses to address the causes of dysfunction from a bio-psycho-social perspective.

**Approved for 1 CE hour**

*Gabor Maté, MD, is the author of the upcoming books The Myth of Normal: Illness and Health in an Insane Culture and Hello Again: A Fresh Start for Adult Children and Their Parents.*

201 301

### Compassionate Inquiry Therapy with a Biopsychosocial Perspective on Mental and Physical Illness PARTS 1 & 2

GABOR MATÉ

By separating mind from body and the individual from the social environment, we limit our ability to address the roots of many of the emotional and physical problems along a broad range of conditions that our clients bring to therapy. The first part of the workshop will address mental health diagnoses, such as addiction, ADHD, and depression; the second, chronic physical illnesses from autoimmune disease to malignancy. These interactive sessions will demonstrate a developmental approach that recognizes the lifelong impact of early childhood stress, often exacerbated by socially induced cultural dislocation. It will illuminate the mind-body unity in health and illness by exploring how to:

- Keep clients engaged in present-moment experience
- Access emotional states through body awareness
- Uncover early traumatic events of childhood and unconscious feeling states
- Cultivate deeper therapeutic presence by bringing attention to what remains unexpressed in clients' everyday awareness

**Continued with workshop 301**

*Gabor Maté, MD, a family practitioner for over three decades, is the author of four bestselling books.*

202 302

### Evoking Positive Emotional States Uplifting Interventions to Heal the Heart PARTS 1 & 2

COURTNEY ARMSTRONG

Research from brain science and positive psychology shows that activating positive emotional states is the fastest route to instilling hope, stimulating creativity, spurring motivation, and empowering our clients. But how do you help clients access resourceful states when they're feeling hopeless and helpless? In this workshop, you'll discover how to gently lead discouraged clients into heartening experiences that enable them to reclaim inner states of peace, strength, joy, and vitality. Moreover, you'll have opportunities to evoke your own uplifting states through experiential activities. You'll discover how to:

- Use imagery to elicit desired emotions and engender positive feelings toward the self and the future
- Frame ideas, questions, and other interventions in ways that foster hope and boost motivation
- Craft music and movement interventions that lift depression, calm anxiety, and empower traumatized clients
- Use playful interventions that optimize learning and reinforce new behaviors

**Continued with workshop 302**

*Courtney Armstrong, LPC, is the author of The Therapeutic "Aha!": 10 Strategies for Getting Your Clients Unstuck and Transforming Traumatic Grief.*

203 303

### The Body Keeps the Score When Talk Isn't Enough PARTS 1 & 2

BESSEL VAN DER KOLK

Our field has made great advances in understanding the impact of trauma on developing brains and what works—and doesn't—to address it in therapy. In this workshop, you'll review the latest research and interventions on how bottom-up processes (involving touch, movement, and breathing) as well as top-down processes (using mindfulness and interoception) can help traumatized children and adults regulate their arousal and regain mastery over their lives. You'll explore:

- How traumatic imprints can be integrated using techniques drawn from yoga, theater, neurofeedback, and somatic therapies
- Breathing, posture, facial synchrony, and vocal exercises to energize your therapeutic presence
- Techniques for bringing parts of the brain "online" that are knocked out by hyper- and hypoarousal, while tracking physiological arousal in body language and movements
- How to help clients achieve self-leadership through activation of the areas of the brain involved in interoception and mindfulness

**Continued with workshop 303**

*Bessel van der Kolk, MD, is the founder and medical director of the Trauma Center and a professor of psychiatry at Boston University Medical School. He's the bestselling author of The Body Keeps the Score: Mind, Brain, and Body in the Healing of Trauma.*

204 304

### Getting Through to Kids and Teens Staying Cool, Calm, and Connected PARTS 1 & 2

MARTHA STRAUS

Working with distressed kids and families takes three important skills: the ability to stay calm and present, a way to gather both verbal and nonverbal session feedback to improve effectiveness and encourage collaboration, and a toolbox of techniques that model and develop coregulation in the therapy room. In this hands-on workshop, we'll discuss and practice techniques to:

- Help concerned adults (including therapists) become better regulated with activities such as Setting the Intention, Knowing Your Hooks, and Conversations with Your Younger Self
- Get useful child feedback about sessions, including asking the best questions to tap into therapeutic engagement and using evidence-based feedback measures like the Child Outcome Rating Scale
- Create a toolbox of developmentally appropriate techniques like Grounding Together, Squiggling, Co-Mindful Meditations, and The Do-Over

**Continued with workshop 304**

*Martha Straus, PhD, a professor in the department of clinical psychology at Antioch University New England, is the author of No-Talk Therapy for Children and Adolescents, Adolescent Girls in Crisis and Treating Traumatized Adolescents: Development, Attachment, and the Therapeutic Relationship.*

205 305

### Tips and Tactics for Talking about Race A Toolkit for Therapists PARTS 1 & 2

KENNETH HARDY

Race remains a potent and polarizing issue in all domains of our society and unfortunately the world of therapy is no exception. Despite the omnipresence of race in our lives, progressive and meaningful conversations about it remain somewhere between difficult and impossible, often characterized by avoidance, discomfort, and awkwardness. Clinicians and other human services workers are often relied upon to navigate these difficult conversations, but many lack the requisite tools to do so. In this workshop, you'll explore:

- Tips and tools for promoting sustainable conversations about race within and outside of therapy
- Relevant "Self of the Therapist" issues that may impede and/or facilitate meaningful conversations about race
- The four critical developmental stages for effective conversations involving race: preparation, encounter, engagement, and execution

**Continued with workshop 305**

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

*Kenneth Hardy, PhD, is director of the Eikenberg Institute for Relationships and professor of marriage and family therapy at Drexel University.*





Mary Jo Barrett



Linda Stone Fish



Terry Real



Michael Mithoefer



Ron Taffel



Richard Schwartz

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

206 306

### The Ethically Attuned Therapist

*Managing the Hazards of Compassion Fatigue*  
PARTS 1 & 2

MARY JO BARRETT & LINDA STONE FISH

Compassion fatigue and vicarious traumatization are more than occupational hazards for those in the helping professions. Feeling too much of our clients' emotions and fears can lead to ethical transgressions because of our decreased cognitive ability and impaired judgment. In this workshop, we'll explore how to remain more ethically attuned by recognizing the clinical impact of compassion fatigue. You'll discover:

- The often subtle ways compassion fatigue can negatively affect your work with clients
- How compassion fatigue can impact your ethical clinical decision-making and how to be sure you're making wise choices in sessions
- How to develop a personal wellness plan

**Continued with workshop 306**

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

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

*Linda Stone Fish, MSW, PhD, the David B. Falk Endowed Professor of Marriage and Family Therapy at Syracuse University, is the author of *Nurturing Queer Youth*.*

207 307

### What Men Need

*The Clinical Reconstruction of Masculinity*  
PARTS 1 & 2

TERRY REAL

Never before have men been so awash in confusing, contradictory messages: be strong, be sensitive, be vulnerable, be aggressive. When it comes to sex, be aggressive and responsive at the same time! Everywhere you look, it seems masculinity is at war with itself. In this workshop, you'll learn how to work with all types of men through RLT (Relational Life Therapy), which invites male clients to reconfigure who they are as men, thereby changing their relational patterns to encompass a new vision of emotional generosity. You'll discover how to:

- Challenge the zero-sum game of patriarchy and distinguish between gratification and relational joy
- Shift immature templates of masculinity—bully, irresponsible boy, passive withholder, selfish narcissist—to more mature templates
- Increase the capacity for healthy intimacy in men for both their own benefit and that of the world around them
- Help women therapists confront challenging men and address the issues they bring to the table

**Continued with workshop 307**

*Terry Real, PhD, LICSW, is the author of the bestselling *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression* and has been on numerous national programs. He's the founder of *The Relational Life Institute*.*

208 308

### MDMA in Psychotherapy

*New Horizons for Clinical Treatment*  
PARTS 1 & 2

MICHAEL MITHOEFER

For millennia, cultures around the world have embraced mind-altering substances to catalyze healing. Although our field has generally resisted the use of such substances, the FDA has recently granted "breakthrough therapy" designation to MDMA-assisted psychotherapy as it enters the final stage of clinical trials. There's increasing buzz about the potential of MDMA, also known as Ecstasy, to treat an array of issues, including trauma, anxiety, depression, relationship blocks, and even drug addiction. With continued FDA support, certified MDMA-assisted therapists could be practicing very soon. You'll explore:

- Cutting-edge research on MDMA-assisted psychotherapy for PTSD, and how this drug can help catalyze healing and clear away treatment obstacles
- The role therapists must play in the eight-hour MDMA sessions, and how to facilitate the important talk-therapy sessions that precede and follow them
- Current and future opportunities for practicing MDMA-assisted psychotherapy, and what it might take to integrate this work into your work

**Continued with workshop 308**

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

209 309

### Updating the Therapeutic Relationship

*How Young Adults and Teens Are Changing Psychotherapy*  
PARTS 1 & 2

RON TAFFEL

Facing incredible life-stressors, young adults and teens are forcing us to reexamine the therapy relationship, across all modalities. Raised in child-centered yet distracted families, and intimately engaged in disconnected online universes, they're challenging therapists to adjust their roles in often surprising ways. This workshop will demonstrate how you can help heal the impact of today's developmental paradoxes and match clients' changing needs. You'll learn to:

- Expand your use of effective praise, unvarnished opinion, nonhierarchical teamwork, and spontaneous fun—the role-flexibility now necessary to form a secure therapy relationship
- Strengthen your presence via careful self-disclosure, storytelling, and use of metaphor to create ongoing themes for clients when life's a blur
- Repair ruptures in the therapy dyad having to do with microaggressions, implicit biases, and mutual ageism
- Use digital pathways to discover clients' unspoken selves, including how to incorporate text messages in sessions to lessen dysregulation and repair relationships

**Continued with workshop 309**

*Ron Taffel, PhD, Chair of the Institute for Contemporary Psychotherapy in NYC, is the author of eight books and over 100 articles.*

210 310

### IFS in Action

*Leading Clients to Self-Leadership*  
PARTS 1 & 2

RICHARD SCHWARTZ

Healing is a word derived from the German *heiljan*, 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. You'll explore how to:

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

**Continued with workshop 310**

*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.*

*“A lovely  
balance of  
playfulness  
and  
professionalism.”*



FRIDAY All Day





Catherine Pittman



Laura Markham



Deb Dana

# Morning Workshops

11:00 a.m. – 1:00 p.m.



Janina Fisher



Janis Abrahms Spring

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

211 311

## Calming the Anxious Brain

Brain-based Strategies to Treat Anxiety

PARTS 1 & 2

CATHERINE PITTMAN

The past decade has brought new understanding about the neuroscience behind anxiety and fear. But how many of us can communicate this knowledge to clients in a clear, engaging way that actually enhances effective treatment? You don't need to be a brain scientist to tap into the power of neuroplasticity and revolutionize your approach to treating anxiety. This workshop will explore brain-based techniques to stop the symptoms of anxiety, including panic attacks, rumination, and nausea. You'll discover how to:

- Demystify the neurobiology of anxiety in a way that promotes mindfulness and engagement in treatment
- Help clients resist cognitions that ignite amygdala-based responding, using interventions such as cognitive defusion, and reconsolidation
- Use neurologically informed CBT techniques, helping clients understand how exposure and cognitive restructuring change their brains to manage anxiety-based disorders
- Work with clients to overcome avoidance and resistance with strategies designed to leverage the different ways the amygdala and cortex learn

Continued with workshop 311

*Catherine Pittman, PhD, HSPP, is a psychology professor at Saint Mary's College in Notre Dame, IN. A specialist in neuropsychological rehabilitation, she's the coauthor of Rewire Your Anxious Brain.*

212 312

## Transforming the Parent-Child Relationship

Cooperation without Punishment

PARTS 1 & 2

LAURA MARKHAM

Clients challenged by their children often resort to old-fashioned reward and threat strategies. But the most effective parenting tool is always the relationship *with*, not control *over*, the child. By emphasizing parental self-regulation, strengthening parent-child connection, and welcoming emotions while setting limits, the Peaceful Parenting approach offers hope for frustrated parents who don't want to punish but don't know what else to do. In this experiential workshop, you'll discover how to:

- Offer parents preventive maintenance rituals, like purposeful roughhousing, special time, and scheduled meltdowns, to help children work through emotions and connect with them
- Adapt mindfulness techniques to help parents become more aware of their emotions in the moment
- Empower clients to help their children want to cooperate by using emotion coaching to stay connected with their child even while setting limits
- Teach parents of challenging children more effective skills to connect and set limits

Continued with workshop 312

*Laura Markham, PhD, is author of Peaceful Parents, Happy Kids, Peaceful Parents, Happy Siblings, and The Peaceful Parent, Happy Kids Workbook.*

213 313

## Polyvagal Theory in Action

Harnessing the Healing Potential of the Autonomic Nervous System

PARTS 1 & 2

DEB DANA

At its most basic level, human communication is one nervous system responding to another, searching for signals that it's safe to connect and flooding us with distress responses when it's not. Polyvagal Theory has revolutionized our understanding of the complex, unconscious forces at play in our therapeutic interactions, offering a road map to help us navigate and engage this deeply embodied system. In this workshop, you'll learn how to use the five pathways of the Social Engagement System to enter into fuller autonomic attunement with your clients. You'll explore how to:

- Use your own autonomic nervous system to create an environment of safety for your clients
- Develop the expressive range of your eyes, voice, and body to enrich your nonverbal attunement skills
- Help clients listen to their internal state and let go of their problem stories
- Reliably guide your clients from state to state and enhance capacity for self-regulation

Continued with workshop 313

*Deb Dana, LCSW, is coordinator of the Traumatic Stress Research Consortium in the Kinsey Institute. She's the coeditor, with Stephen Porges, of Clinical Applications of the Polyvagal Theory and author of The Polyvagal Theory in Therapy.*

214

## Helping Clients Who Can't "Feel"

A Somatic Approach to Accessing Emotions

JANINA FISHER

Nothing defeats a therapist more than a client who's numb or disconnected. When you ask why they've come for help, they may say, "I'm depressed" or "I've lost all hope," but they can't describe how they feel. How can we help them deepen into the work of therapy? This workshop offers a body-centered approach to helping clients access emotion and connect to themselves in a way that can't be defeated by numbing. You'll learn to use simple movements and sensations as a therapeutic entry point to help

clients appreciate how their bodies prevent them from experiencing the emotions they're entitled to feel. You'll discover how to:

- Increase positive affect through techniques that invite playfulness
- Help clients understand the connection between their hopes for treatment and the need to experience emotion
- Approach phobia of emotion, or "avoidance," as a somatic adaptation to trauma or attachment failure in a way that decreases any shame around it
- Use body-centered interventions, such as tactile stimulation, movement, and gesture, that increase the ability to feel physical sensation

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

215

## Please Don't Ask Me to Forgive You!

Healing from Infidelity and Other Interpersonal Wounds

JANIS ABRAHMS SPRING

Most of us have been taught that forgiveness is good for us and that good people forgive, even in the face of deep, interpersonal wounds. But hurt parties—whether injured by an unfaithful partner, critical parent, manipulative friend, or ungrateful child—often find they can't or won't forgive, particularly when the offender is unwilling to take a fair share of responsibility for the harm caused and work to make repairs. In this workshop, you'll learn a radical, life-affirming alternative to forgiveness, which can be implemented by the hurt party alone. You'll discover how to:

- Differentiate between forgiveness as it's traditionally defined and acceptance as a tool to free clients from their bitterness and preoccupation with their wounds
- Coach hurt parties to reframe the personal meaning of a deeply wounding experience
- Explore ways to deliver an apology that's specific and heartfelt
- Empower both parties to acknowledge a fair share of responsibility for the injury, fostering personal growth and perhaps reconnection and genuine forgiveness

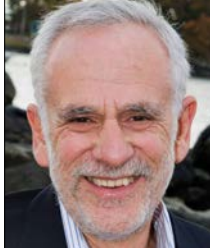
*Janis Abrahms Spring, PhD, ABPP, is a former clinical supervisor at Yale University and author of After the Affair, How Can I Forgive You? and Life with Pop.*







Sally Winston



Martin Seif



Christopher Willard



Tammy Nelson



Kathryn Rheem



T. Leanne Campbell



Rita Schulte

## Morning 11:00 a.m. – 1:00 p.m.

216

### Treating the Reassurance Junkie

*A Paradoxical Approach to OCD and GAD*

SALLY WINSTON & MARTIN SEIF

Some anxious clients have such an overpowering need to know they're not making a mistake, missing something important, or feeling something wrong, that they constantly seek reassurance from therapists, family, friends, doctors, and the internet. Most compulsive reassurance seeking attempts to answer unanswerable questions or solve unsolvable problems. In fact, reassurance often works backwards with clients who suffer from generalized anxiety disorder or OCD, actually increasing distress. Rather than helping them to achieve greater certainty, the best approach is to teach them how to tolerate uncertainty. You'll explore how to:

- Identify key factors that create reassurance junkies and keeps them hooked
- Maintain a strong therapeutic alliance while still avoiding "the reassurance trap"
- Refrain from offering empty reassurance disguised as comfort or problem solving, instead teaching tools to help break the cycle of their symptoms
- Help clients live in a world of "maybe" by changing their relationship with their thoughts and identifying subtle, self-defeating internal voices

*Sally Winston, PsyD, and Martin Seif, PhD, are coauthors of What Every Therapist Needs to Know About Anxiety Disorders and The Reassurance Trap.*

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### Making Mindfulness Stick with Children and Teens

*A Practical Approach*

CHRISTOPHER WILLARD

For too many children or teens, talk and even play therapy feels unhelpful at best, and stigmatizing at worst. But when we can effectively introduce mindfulness into our sessions, we empower kids to transform themselves, allowing them to identify and regulate their emotions and attention using fun, effective exercises. In this interactive workshop, you'll discover ways to share powerful mindfulness practices that can immediately engage kids who are struggling with depression, anxiety, trauma, and more. You'll explore how to:

- Present mindfulness in creative ways that break through resistance and maximize engagement both in and out of the clinical hour
- Use specific strategies to tailor mindfulness to a child's diagnosis and developmental stage
- Teach over a dozen proven practices that help children with depression, anxiety, PTSD, and other common presenting difficulties
- Discover the exciting neuroscience behind mindfulness and ways to share that information with kids and families

*Christopher Willard, PsyD, is a clinical psychologist and author of multiple books including Growing Up Mindful. He leads workshops internationally and serves on the faculty of Harvard Medical School.*

218

### Working with the One Who Cheats

*How to Get Beyond Our Preconceptions*

TAMMY NELSON

Many therapists dedicate a great deal of time to helping betrayed partners heal deep emotional wounds in the wake of an affair. But much less attention is typically paid to treating the partner who had the affair, one-night stand, online infidelity, or even just thoughts about cheating. Often this is because of our preconceived notions around infidelity and the cheating partner. This workshop will give you practical interventions for working with clients to understand what lies beneath the cheating, what it means about the relationship, and where to go from there. You'll explore how to:

- Assess whether a "trauma triangle" is at play in the infidelity, and how therapists can either treat or inadvertently reenact the affair
- Help clients end an affair and/or a marriage with integrity, and make those decisions based on their own needs
- Expand your ability to communicate about sexual issues, cheating, and infidelity in sessions
- Work with clients to create new monogamy agreements and discover a new vision for the future of their relationship

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

219

### Healing Trauma through Connection

*An Interpersonal Approach*

KATHRYN RHEEM & T. LEANNE CAMPBELL

Although trauma often has the greatest impact on our most intimate relationships, research shows that finding comfort in loved ones has the potential to undo much of the damage trauma creates in the first place. So why shouldn't we maximize this valuable resource? Taking an Emotionally Focused Therapy (EFT) approach, this workshop builds on neuroscience research and attachment theory to demonstrate how to access, organize, and actively engage emotion in couples therapy where one or both partners is contending with the echoes of trauma. Discover how to:

- Monitor and respond moment-to-moment to traumatized clients' deep sense of isolation
- Create effective enactments between partners that offer corrective emotional experiences specifically aimed at healing the effects of trauma
- Reprocess key trauma experiences to create a new template for healthy attachment
- Use voice, reflection, and validation to help partners share their deepest vulnerabilities

*Kathryn Rheem, EdD, LMFT, is an ICEEFT-certified trainer and therapist. She's the director of the Washington Baltimore Center for EFT. T. Leanne Campbell, PhD, is codirector of the Vancouver Island Centre for EFT and Campbell & Fairweather Psychology Group.*

220

### A Collaborative Approach to Managing Suicidal Risk

*Piercing the Darkness*

RITA SCHULTE

With 71 percent of therapists reporting at least one client who's attempted suicide, helping people teetering on the precarious edge of suicidal ideation is one of the most important and scariest aspects of our work. This workshop will give you a comprehensive road map for navigating assessment, treatment, and management for those at risk for suicide, as well as how to nurture a survivor's potential for healing and resilience. You'll explore:

- How to identify common struggles with relationships, emotional regulation, distress tolerance, and toxic thinking that often lead to suicidal

ideation, and address them using the CAMS model, which can be applied immediately in any practice

- A toolbox of DBT, CBT, and other interventions focused on helping clients with emotion regulation
- Specific strategies that foster adaptation and resiliency, including somatic resourcing, remembered resources, art, writing, and mindfulness
- How to "walk alongside" survivors to instill hope and help them move forward

*Rita Schulte, LPC, is the author of Shattered: Finding Hope and Healing through the Losses of Life and Think This Not That: How to Eliminate Toxic Thinking and Rewire Your Brain.*







Margaret Nichols



Alexandra Solomon



Sandra Van Nest



Esther Boykin



Laurie Leitch



Bessel van der Kolk

221

### A Therapist's Guide to the "Plus" in LGBT+ Today's Sex and Gender Diverse Clients

MARGARET NICHOLS

Most trainings on sex and gender diversity, even though they advertise as LGBTQ, are mainly about working with gay and lesbian clients. Yet the queer community includes not only B and T people, but those who identify as non-binary, asexual, kinky, polyamorous, and more. Today's LGBT+ community has exploded in size, and therapists working in progressive, urban communities will likely see clients whose approach to sex, gender, and relationships diverges from the mainstream. This workshop is your guide to clinical practice in the new world of sex and gender diversity. You'll explore:

- The unique therapeutic needs of clients who are kinky, asexual, pan-sexual, heteroflexible, and those who practice consensual nonmonogamy, so you can be open and knowledgeable about their lifestyles
- How to assess the LGBT+ clients you can help in your practice, who to refer, and how to access the best resources to keep current
- The latest research focused on the groups of people who comprise the "plus" in the LGBT+ community

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

*Margaret Nichols, PhD, is a psychologist and AASECT-certified sex therapist. She's the founder of New Jersey's Institute for Personal Growth.*

222

### The Modern Landscape of Love Helping Clients Date and Commit with Integrity

ALEXANDRA SOLOMON

In a world of dating apps that present seemingly limitless romantic possibilities, our clients often get stuck in "low accountability" intimate relationships that foster pessimism and anxiety. They often show up in our offices complaining there are "no good people left out there" or that it's "impossible to get a relationship off the ground." In this workshop, we'll take an integrative approach to understanding the causes and consequences of relational ambivalence, and discover clinical tools to help clients identify and manage their relational boundaries so they're better able to create happy, healthy intimate relationships. You'll explore:

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

*Alexandra Solomon, PhD, is a clinical assistant professor at Northwestern University and the author of Loving Bravely: 20 Lessons of Self-Discovery to Help You Get the Love You Want and Taking Sexy Back: How to Own Your Sexuality and Create the Relationships You Want.*

223

### The Wisdom of Autism Learning from Toddlers on the Spectrum

SANDRA VAN NEST

Good therapists working with young children on the autism spectrum can take on many roles at once: clinician, educator, interpreter, and advocate. They know how to break social and emotional skills into pragmatic pieces, contrive situations to facilitate connection and resilience, and become experts in the essentials of effective communication. But entering into a child with autism's world and connecting isn't always easy. In this workshop, we'll explore the skills and perspectives that can lead to breakthroughs with children on and off the spectrum. You'll discover:

- How social constructs are built, maintained, and individualized
- Common symptoms of autism spectrum disorder in early childhood, and how responses to social and emotional challenges impact long-term mental health
- How to identify and address dysregulation of the physiological systems and the impacts on perception and behavior
- How to appreciate the joy and wisdom of neuroatypical clients, and share that wisdom with neurotypical children and adults

*Sandra Van Nest, LCSW, is a psychotherapist for children and their families, with a background in training, supervision, and curriculum design for autism and mental health services. She owns Piece by Piece Therapeutics, a child, family, and group practice in New Jersey.*

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### How to Heal and Transform Beyond Your Practice Countering the Stigma of Therapy

ESTHER BOYKIN

We've all seen how marketing can help build profitable practices, but how can it affect society's view of our profession and what it offers? In this workshop, we'll explore ways to use branding and marketing strategies to educate the public and your clients about psychotherapy. Selling people on therapy might sound like the antithesis of why you entered this profession, but your sales pitch may be your most effective tool in breaking down stigma, increasing access, and furthering our collective goal to heal and transform those around us. You'll discover how to:

- Craft an effective and personal elevator pitch to help others understand and communicate why psychotherapy is valuable
- Use self-disclosure in social media, public discourse, and the therapy room as a way to alter attitudes toward mental health care
- Decrease stigma around therapy and improve engagement with clients through initiatives such as social media campaigns, podcasting, engaging with popular media outlets as an expert guest, and doing community-based live events.

*Esther Boykin, LMFT, is CEO of Group Therapy Associates, founder of Therapy Is Not a Dirty Word and an adjunct professor at Virginia Tech. She's been featured on a variety of media outlets, including the Wall Street Journal, Refinery 29, and Bravo TV.*

225

### Building Social Resilience How to Take Your Work Beyond the Consulting Room

LAURIE LEITCH

What does it take for therapists to expand their focus beyond the therapy room and become a more powerful force for social change? We typically have a positive impact on the people who come to see us, but what about those who can't afford therapy or, for whatever reason, are unable to seek our services? As healers of human suffering, we're uniquely equipped with skills to improve the resilience of individuals and communities in the wider world. In this workshop, you'll learn an exciting, generative approach to cultivating resilience. You'll explore:

- A new form of "health literacy" that offers practical information and skills to underserved populations
- Core concepts from current neuroscience research—including the potency of safety, attachment, attention, and implicit memory—and how to use them to guide intervention choice points
- Specific tools designed to promote self-care and peer-to-peer work in underserved communities
- How to reach underserved communities via partnerships with organizations, the criminal justice system, and healthcare settings to amplify resilience

*Laurie Leitch, PhD, has been a therapist, trainer, consultant, and researcher for over 25 years. She's the director of Threshold GlobalWorks, dedicated to cultivating resilience in individuals and communities.*

## Luncheon Address

### The Future of Trauma Treatment

BESSEL VAN DER KOLK

The world's leading trauma researcher and author of the *New York Times* bestseller *The Body Keeps the Score*, Bessel van der Kolk has transformed the way we understand and treat PTSD. A professor of psychiatry at Boston University Medical School who's worked with trauma survivors for more than 30 years, he's shown how we can tap into the body's here-and-now healing energy by going outside conventional therapy methods to incorporate the therapeutic benefits of sports, martial arts, yoga, and theater. Recently, he's helped bring awareness to the healing potential of psychedelic-assisted therapy, continuing his advocacy for therapeutic innovation in ways that bypass the emotional brain's notorious resistance to modification by reason or understanding.

In this address, van der Kolk will explore the therapeutic importance of revitalizing and energizing clients by borrowing tools from the creative arts and somatic approaches to bring people more fully into the present moment, allowing them to embrace their lives in new ways.

**Approved for 1 CE hour. To register for this event, see page 83.**

*Bessel van der Kolk, MD, is the founder and medical director of the Trauma Center. He's the author of The Body Keeps the Score: Mind, Brain, and Body in the Healing of Trauma.*



# Afternoon Workshops

3:00 p.m. – 5:00 p.m.



William Doherty



Candice Richardson Dickens



Valeria Chuba



Lynn Grodzki



Donald Altman

314

## Therapy, Personal Ethics, and Civic Life

*A New Ethical Frontier for Therapists*

WILLIAM DOHERTY

Clients bring all kinds of ethical dilemmas into therapy: to remain in an affair or end it, to cut off or stay connected to difficult family members, to tell the truth or lie to avoid hurting someone—the list is long. But because we’ve been taught to be “neutral” and avoid values-based conversations, we’re often silent rather than helpful in these scenarios. In addition to showing how to do “ethical consultations” on personal matters, this workshop will delve into a new frontier for therapists—how to create a space for conversations about the public and political stresses that are affecting so many of our clients. You’ll discover:

- The new psychology of how emotion affects ethical beliefs, and how it can benefit your clients
- Practical strategies for helping clients who present with ethical dilemmas, including constructively challenging actions that negatively affect others
- New ways to address political stress in today’s clients and to think about the role of clients—and therapists—as citizens of wider communities

**Note:** Fulfills many state board requirements for ethics and risk management.

*William Doherty, PhD, is director of the Minnesota Couples on the Brink Project at the University of Minnesota, coauthor of Helping Couples on the Brink of Divorce, and cofounder of Better Angels, an initiative to depolarize America.*

315

## Microtraumas and the African American Client

*Tools for Countering Racial Trauma*

CANDICE RICHARDSON DICKENS

African Americans regularly receive societal messages about their lack of value, powerlessness, and inability to ensure their personal safety. Perpetuated through media stories as well as common, everyday interactions, these microtraumas cause African Americans to experience a heightened sense of cortisol arousal, a pervasive feeling of doom, and a lack of trust in relation to their environment. The result is hypervigilance and intrusive exaggerated flight, fight, and freeze responses. In this workshop, you’ll discover how to:

- Identify triggers and symptoms of microtrauma, as well as how it’s processed in the brain
- Use mindfulness practices, faith-based rituals, deep breathing exercises, grounding techniques, and memory-processing activities to decrease frequency of reactivity
- Apply mood-regulation skills, self-talk safety scripts, and sensory techniques to enhance clients’ feelings of being in control and empowered in the presence of real or perceived danger
- Develop behavioral choices in dealing with anxiety over past traumas and current situations

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

*Candice Richardson Dickens, LCPC-S, LCADC-S, CCTP, is a hypnotherapist, Imago therapist, and owner of CRA Counseling and Consulting Agency.*

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## Male Sexuality, Demystified

*How Men Really Experience Sex and Intimacy*

VALERIA CHUBA

These days, male sexuality is a hot-button issue, surrounded by myths, misconceptions and controversy. Because many men already struggle with acknowledging and exploring their sexual challenges, desires, and experiences, doing authentic and productive therapeutic work with them around sex is becoming a real challenge for therapists, 70 percent of whom are women. In this workshop, you’ll discover:

- How the predominant cultural myths about male sexuality—such as it being inherently aggressive, out of control, selfish, and simplistic—impact men’s self-image, identity, and relationships
- The truth about the challenges men face with regards to sex and intimacy—including sexual shame, performance anxiety, body-image insecurities, loneliness, and disconnection—and why they’re often hidden from helping professionals
- How therapists can create authenticity and rapport with male clients when discussing sex, including tools to establish trust, overcome defensiveness, and communicate effectively
- Tips for female therapists working with male clients around sexuality

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

*Valeria Chuba, PhD, ACS, is a clinical sexologist, sex educator, and host of the Get Sex-Smart podcast.*

317

## Translating Coaching into Therapy

*The Benefits and Boundaries*

LYNN GRODZKI

There are good reasons why so many therapists are adopting a coaching style in sessions: it can create a strong sense of collaboration between therapist and client, and in doing so, grease the wheels of motivation for change. But while some coaching elements fit into therapy easily, others challenge therapeutic norms and boundaries. This workshop will help you apply the techniques and structure that allow clients to set clear goals and see the progress they make, even in a single session. You’ll learn coaching skills that have been modified specifically for therapy and see how to boost client satisfaction and retention. You’ll also explore:

- The best way to structure therapy sessions to identify goals and generate concrete results each time
- How to adopt a collaborative coaching stance that encourages action steps without overstepping therapeutic boundaries
- Specific coaching skills, including how to ask powerful questions and set the stage for readiness
- The steps to using a “coaching edge”—the compassionate confrontation that boosts motivation and keeps clients on track

*Lynn Grodzki, LCSW, MCC, is a psychotherapist in private practice, a master certified coach, and the author of Therapy with a Coaching Edge: Partnership, Action and Possibility in Every Session and Building Your Ideal Private Practice.*

318

## Reclaiming Reflection and the Power of Pause

*How to Help Clients Be More Present*

DONALD ALTMAN

Over 150 years ago, while walking in the woods, Henry David Thoreau wrote, “The thought of some work will run in my head and I am not where my body is. I am out of my senses.” Today, being present is much more challenging! Drawing upon research, you’ll discover how to strengthen the mindfulness skills that allow for everything from processing new information and integrating new behaviors to regulating emotions. In fact, helping clients reclaim reflection may be the single-most important building block you can offer for healing, well-being, calm, and compassion. In a world with little time to “stop and smell the roses,” help clients take greater control over their lives. You’ll learn how to:

- Maximize therapy during and between sessions through powerful practices that encourage reflection and pause
- Reframe reflection to engage clients and help interrupt craving, impulsivity, and negativity
- Integrate reflection with CBT techniques

*Donald Altman, MA, LPC, is a psychotherapist, former Buddhist monk, and award-winning author of over 15 books on mindfulness. His new book about the power of pause is Reflect on This: A Journal of Insights and Practices for Awakening to the Wisdom of Here and Now.*





Patrick Dougherty



T. Leanne Campbell



David Fairweather



Brad Sachs



Michael Alcée

## Afternoon 3:00 –5:00 p.m.

319

### The Collective Trauma of War

*An Unaddressed Dimension of Work with Vets*

PATRICK DOUGHERTY

Focusing on the symptoms of PTSD is not enough when working with veterans. We need to help them understand the larger society that wishes to forget the horrors of war and its shared responsibility for them, and how that reinforces their intense feelings of isolation and difficulty integrating back into the civilian world. This workshop will offer an innovative way for vets to gain agency and bring a clearer awareness to understanding the emotional burden they carry. You'll discover how to:

- Identify specific symptoms of the unprocessed collective trauma of war to help vets differentiate the symptoms of their combat experiences from their difficulties reentering a society that refuses to acknowledge and honor the reality of their service
- Help vets gain agency by cultivating skills of self-regulation, such as using attachment to others and breathing techniques to help manage their trauma
- Examine how you may personally carry the collective trauma of war and how this can shape your therapeutic relationship with clients

*Patrick Dougherty, MA, LP, is a psychologist with over 40 years of clinical experience. He served in the Marine Corps infantry in Vietnam and leads an international group working with the collective trauma of armed violence, genocide, and war and its impact on communities.*

320

### Healing Affairs and Repairing Attachment Injuries

*How to Help Couples Become Better Than Ever*

T. LEANNE CAMPBELL & DAVID FAIRWEATHER

Recent surveys suggest that almost half of all couples can expect to face challenges associated with extramarital affairs (sexual and emotional) at some point in their marriage. As all couples therapists know, these attachment injuries are difficult to overcome, especially when compounded by feelings of devastation, betrayal, and a profound sense of loss. But take heart! As part of Emotionally Focused Therapy (EFT), the Attachment Injury Resolution Model (AIRM) has been proven to be a powerful and accessible road map to guide repair, resolution, and a strengthening of relational bonds. In this workshop, you'll learn how to help couples recreate a safe haven and redefine a new narrative for their relationship. You'll discover:

- When and how to work with couples in resolving attachment injuries using the AIRM model
- How to track and attend to the role of shame as a potential barrier to forgiveness in terms of both self and other
- The most effective ways to anchor the process of grief resolution in the context of EFT

*T. Leanne Campbell, PhD, and David R. Fairweather, PhD, are psychologists, certified ICEEFT trainers, and codirectors of the Vancouver Island Centre for EFT and Campbell & Fairweather Psychology Group.*

321

### The Good Enough Therapist

*Futility, Failure, and Forgiveness in Treatment*

BRAD SACHS

When understood and managed well, even failures in therapeutic treatment can serve the needs of the client as well as the therapist. Our capacity to fully experience and explore, rather than fretfully sidestep, feelings of futility, helplessness, and despair in session is one of the great gifts that we can offer. This interactive workshop will help you accept the inevitability of disappointing clients, and of being disappointed by them, laying the groundwork for reciprocal healing and a mutually expanded capacity for self-recognition and self-realization. You'll discover how to:

- Explore your personal and clinical weaknesses and vulnerabilities with patience, compassion, and intelligence, better enabling you to do the same with your clients
- Grieve for the necessary loss of clinical omnipotence so that new pathways toward learning and growth reveal themselves
- Maintain your belief in effective treatment even when it inescapably stalls and founders at various junctures
- Forgive yourself and your clients for your respective limitations and co-create a healing relationship that, however imperfect, can be meaningful and restorative

*Brad Sachs, PhD, is a practicing family psychologist and the bestselling author of numerous books for both professional and general audiences.*

*“The Symposium made this profession feel like I always hoped it would when I first entered the field.”*

322

### Working with Introverts and Ambiverts

*Temperament as a Therapeutic Issue*

MICHAEL ALCÉE

Recent books, like Susan Cain's *Quiet*, have celebrated the unique qualities and contributions of introverts and challenged our culture's bias toward extroversion as a personal style. Through case examples, this session will focus on the importance of recognizing the role of temperament in clients' lives and examine how introverts and ambiverts—those with

a mix of extrovert and introvert tendencies—are often misdiagnosed by therapists who conflate their temperament with depression or an anxiety disorder. In this workshop, you'll discover:

- Creative ways to broach the topic of temperament with clients to spur hope, self-acceptance, and new possibilities
- Steps for disentangling the characteristics of introversion and ambiversion from mental health symptoms
- Methods for helping introverts and ambiverts find their strengths through the use of “energy conservation” strategies, reframing techniques, and powerful metaphors that clarify how they can thrive in an extroverted world

*Michael Alcée, PhD, is a therapist in private practice and a two-time Ted-X speaker. He teaches at William Patterson University and is the Mental Health Coordinator at the Manhattan School of Music.*





## Afternoon 3:00 –5:00 p.m.

323

### **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, inappropriate anger, 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 with them 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 a strong core sense of self
- 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*. She's the creator of *Integrative Trauma Recovery*, a group therapy process for adults with complex PTSD.

324

### **A Harm-Reduction Approach to Addictions**

*Addressing the Roadblocks to Change*

ANDREW TATARSKY

More than one-third of Americans struggle with problematic substance use and other risky or addictive behaviors, but they often have a great deal of ambivalence about changing them. Even with clients whose issues are mild on the severity spectrum, it's difficult getting to the heart of the complex reasons, unique to each person, for this roadblock to change. This workshop offers a psychobiosocial model for understanding and working with these behaviors through Integrative Harm Reduction Psychotherapy (IHRP), which can be immediately incorporated into your practice. You'll discover:

- How addictive behavior reflects the interplay of biology, meaning, habit, and social context, and how to address these elements in therapy
- Seven therapeutic tasks that combine relational, CBT, and mindfulness interventions to help people change addictive behaviors
- Effective strategies for treatment, including Urge Surfing, Microanalysis, Embracing Ambivalence, Decisional Balance, and the Ideal Use Plan
- How to implement the harm-reduction stance in treatment

**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 Optimal Living.

325

### **Transgender Affirmative Care**

*All You Need to Know*

LAURA JACOBS

Transgender and gender nonconforming people are more visible these days than ever before, yet still remain vulnerable. To engage constructively, providers need to understand current social issues and the latest trends within the community. This workshop offers the chance to develop your expertise around gender, identity, and marginalization while providing the opportunity to examine how our unexamined attitudes might impact our clients. You'll discover:

- The legacy of gatekeeping, the WPATH Standards of Care, the importance of informed-consent treatment philosophies, and how to apply evidence-based, affirmative best practices
- How to frame the exploration of gender as an exploration of identity, as well as how to adapt clinical skills for transgender and gender nonconforming people of all ages.
- How to address countertransference while fostering a nonjudgmental environment in which your clients can feel safe examining questions of gender, dysphoria, and identity

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

**Laura A. Jacobs, LCSW-R**, is a trans and genderqueer psychotherapist, activist, writer, and speaker, and chair of the board of the LGBTQ+ oriented Callen-Lorde Community Health Center in New York City.

FRIDAY

DINNER EVENT

## The Networker Lifetime Achievement Award

# Spend an Evening with Mary Pipher: Flourishing as We Age

7:00 P.M.

A clinical psychologist and passionate community activist, Mary Pipher shot to fame in 1994 with the publication of *Reviving Ophelia: Saving the Selves of Adolescent Girls*, which stayed on the *New York Times* bestseller list for nearly three years. An eloquent spokesperson on the role of cultural and social forces in shaping mental health, she's written nine subsequent books, including the brand-new *Women Rowing North: Navigating Life's Currents and Flourishing as We Age*. Join us as we honor her with the Psychotherapy Networker Lifetime Achievement Award.

In this special evening event, Pipher will share what she's discovered about cultivating resilient responses to the challenges of aging. "If we can keep our wits about us, think clearly, and

manage our emotions skillfully," she contends, "we will experience a joyous time of our lives. If we have planned carefully and packed properly, if we have good maps and guides, this journey can be transcendent."

**Mary Pipher, PhD**, is the author of 10 books, including her first, *Reviving Ophelia*, and her latest, *Women Rowing North: Navigating the Developmental Challenges of Aging*.

Approved for 1 CE credit. To register for this dinner event, see page 83.



# Saturday *Clinical Workshops II* – Learn from psychotherapy’s best teachers



Daniel Siegel



Susan Johnson



Storytelling

## Highlights

- 7:00 a.m.** Yoga  
Amy Weintraub
- 7:45 a.m.** Continental Breakfast
- 9:00 a.m.** Keynote Address  
*“Consciousness and Connection in Psychotherapy”*  
Daniel Siegel
- 11:00 a.m.** Morning Workshops  
#401–426
- 1:15 p.m.** Luncheon Address  
*“Brave New Future for Love and Couplehood”*  
Susan Johnson
- 3:00 p.m.** Afternoon Workshops  
#501–526
- 6:30 p.m.** Exhibit Hall Closes
- 7:00 p.m.** Dinner Event  
*“My Most Challenging Session: An Evening of Storytelling”*

## 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.

- 401 501** The Wheel of Awareness DANIEL SIEGEL
- 402 502** Relational EMDR as a Transformational Journey DEANY LALLOTIS
- 403 503** Issues for Therapists of Color KENNETH HARDY
- 404 504** Interrupting the Reign of Pain HOWARD SCHUBINER
- 405 505** The Breakthrough Experience TERRY REAL
- 406 506** Treating the Traumatized Child and Family SCOTT SELLS
- 407 507** Imago Relationship Therapy HARVILLE HENDRIX & HELEN LAKELLY HUNT
- 408 508** Enhancing Your Therapeutic Presence DAFNA LENDER
- 409 509** Putting Positive Psychology into Practice JONAH PAQUETTE
- 410 510** Engaging the Brain’s Process of Profound Change BRUCE ECKER
- 411 511** To Stay or Go WILLIAM DOHERTY
- 412 512** Priming Clients for Change CLIFTON MITCHELL
- 413 513** Addressing Narcissism in the Era of #MeToo WENDY BEHARY
- 414 514** The Missing Ingredient in Trauma Work MARY JO BARRETT & LINDA STONE FISH

### CONTINUING EDUCATION INFORMATION

CE credit from boards may vary for some presentations and workshops. For more information, go to [psychotherapynetworker.org/symposium/CE](http://psychotherapynetworker.org/symposium/CE) for the most up-to-date details.

## Morning Workshops

- 415** Psychedelics in Modern Healing GABOR MATÉ
- 416** Choice and Commitment in the Digital Age SIGNE SIMON & SIMONE HUMPHREY
- 417** Low-Sex and Sexless Couples TAMMY NELSON
- 418** From Body Shame to Body Positivity JUDITH MATZ
- 419** Supporting Transgender Youth and Their Families JEAN MALPAS
- 420** Parenting through IFS FRANK ANDERSON

## Afternoon Workshops

- 515** The World of Adolescent Girls Today MARY PIPHER & SARA GILLIAM
- 516** Advances in Working with Schizophrenia RICHARD SCHWARTZ
- 517** Attachment in Action SUSAN JOHNSON

- 421** Cultural and Historical Traumas ANITA MANDLEY
- 422** Inside the ADHD Child’s Experience SHARON SALINE
- 423** The iPorn Universe ZACHARY ALTI
- 424** Gender Issues in Group Psychotherapy DAVID KLOW
- 425** Enhancing Alliance and Compliance with Yoga AMY WEINTRAUB
- 426** Preventing Gray Divorce BARRY JACOBS & JULIA MAYER

- 518** Catalyzing Brain Change LINDA GRAHAM
- 519** Complex Trauma Clients at the Edge FRANK ANDERSON
- 520** Bolstering Spousal Caregivers BARRY JACOBS & JULIA MAYER
- 521** Therapy and the Lessons of War ELIZABETH HEANEY
- 522** Treating Couples Well DAVID TREADWAY
- 523** Welcoming the Body to Talk Therapy DANIEL LEVEN
- 524** Chronic Suicidality and Self-Destructive Behavior JANINA FISHER
- 525** Cracking the Code with Adolescents JULIE BARON & BRITT RATHBONE
- 526** Taking Sexy Back ALEXANDRA SOLOMON







Daniel Siegel

# All-Day Workshops

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



Daniel Siegel



Deany Laliotis



Kenneth Hardy



Howard Schubiner

## Morning Keynote

### Consciousness and Connection in Psychotherapy

DANIEL SIEGEL

A pioneer in the field of interpersonal neurobiology, Daniel Siegel has long devoted himself to examining how relationships—with others, oneself, and the larger world—continue to shape the brain throughout the life cycle. A clinical professor of psychiatry at the UCLA School of Medicine, he possesses a rare talent for translating the intricacies of the brain into accessible “kitchen table” language. His influential books include *Mindsight: The New Science of Personal Transformation* and *The Mindful Therapist: A Clinician’s Guide to Mindsight*, which explores how therapists can cultivate mindful presence to help clients heal and thrive.

In this address, Siegel will explore how advances across a range of disciplines—including brain science, psychiatry, attachment theory, quantum physics, and spirituality, to name just a few—have expanded our conception of consciousness, and what this means for the practice of psychotherapy.

Approved for 1 CE hour

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

401 501

### The Wheel of Awareness

*Consciousness and the Process of Change*  
PARTS 1 & 2

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 more 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 and fulfilling way

Continued with workshop 501

*Daniel Siegel, MD, is a clinical professor of psychiatry at the UCLA School of Medicine, founding codirector of the UCLA Mindful Awareness Research Center, and the executive director of the Mindsight Institute. His latest book is Mind: A Journey to the Heart of Being Human.*

402 502

### Relational EMDR as a Transformational Journey

*The Power of Attunement*  
PARTS 1 & 2

DEANY 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, 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. You’ll explore how to assess a client’s readiness for the emotional challenges of bringing the past into present-day awareness and how to cultivate the trust 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 502

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

403 503

### Issues for Therapists of Color

*Reclaiming Our Voices*  
PART 1 & 2

KENNETH HARDY

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

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

Continued with workshop 503

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

*Kenneth Hardy, PhD, is director of the Eikenberg Institute for Relationships and professor of marriage and family therapy at Drexel University.*

404 504

### Interrupting the Reign of Pain

*Therapy Tools to Eliminate Chronic Pain*  
PARTS 1 & 2

HOWARD SCHUBINER

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, which often has 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. In this workshop, learn tools to simultaneously address physical and emotional pain with clients. You’ll 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
- Effectively use Emotional Awareness and Expression Therapy in treatment
- Understand cutting-edge research on chronic back pain, and determine if your client has psycho-physiologic-induced pain

Continued with workshop 504

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



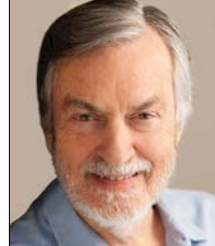




Terry Real



Scott Sells



Harville Hendrix



Helen Hunt



Dafna Lender



Jonah Paquette

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

405 505

### The Breakthrough Experience

*How to Produce Transformation in Couples Therapy*

PARTS 1 & 2

TERRY REAL

This workshop teaches participants how to quickly get to the heart of the matter in a couple's relationship and with each individual partner. We start by articulating the couple's choreography and the vicious circle they're stuck in, then share each partner's specific contribution to their dance—the relational stance. We unearth the family of origin issues and context for each relational stance, and offer explicit alternatives. In this workshop, you'll discover how to:

- Dislodge partners from their accustomed positions through loving confrontation, reframing, inner child/trauma work, and skills-based education
- Zero in on a point of change and use it in sessions
- Use issues of gender to move explicitly toward the post-patriarchal reconstruction of masculinity and femininity in a way that opens up new possibilities for connection

Continued with workshop 505

*Terry Real, PhD, LICSW, is the author of the bestselling 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.*

406 506

### Treating the Traumatized Child and Family

*A Family Systems and Community Collaboration Approach*

PARTS 1 & 2

SCOTT SELLS

Trauma affects not just children, but often entire families, who can remain stuck for years. While the literature on systemic trauma treatment is scarce, bringing family and community members into therapy has proven extremely useful when approached strategically. In this workshop, learn concrete tools and experience the most effective ways to apply them. You'll discover how to use:

- Systems approaches with cases involving cultural differences, complex grief, domestic violence, and sexual abuse
- Handouts and assessment tools to use in a wide range of settings, including foster care, to help quickly diagnose and treat trauma
- The “wound playbook” to help family members clarify their roles in dysfunctional patterns, develop a collaborative plan to address problems, and heighten their ability to connect in the moment
- Practical tools to work with families and communities who experience catastrophic events, such as mass shootings, hurricanes, floods, and fires

Continued with workshop 506

*Scott Sells, PhD, founder and CEO of Parenting with Love and Limits, is the author of Treating the Tough Adolescent and Parenting Your Out-of-Control Teenager.*



407 507

### Imago Relationship Therapy

*From the Clinic to the Culture*

PART 1 & 2

HARVILLE HENDRIX  
& HELEN LA KELLY HUNT

Since its inception, therapy has paid minimal attention to sociocultural context. But the ultimate mitigation of suffering for couples, families, and individuals requires transforming our cultural conception of conversation from sequential, hierarchically structured monologues to true dialogues that dissolve the boundaries between people and establish a relational space that fosters equality and healing connection. This workshop will offer new insights and techniques from the relationship sciences that enable therapists to extend their healing arc from the clinic to the culture. You'll explore:

- The difference between dialogue and monologue, with an emphasis on mirroring, validation, and empathy in the therapeutic process
- How to integrate into your practice specific Imago techniques that enhance curiosity, appreciation of other people, and sense of humor
- How to use the Imago process to address critical public issues, like climate change, poverty, education, and health

Continued with workshop 507

*Harville Hendrix, PhD, and Helen LaKelly Hunt, PhD, cocreated Imago Relationship Therapy. They authored 10 books. Harville has been featured on the Oprah Show, and Helen has been inducted into the Women's Hall of Fame for her work.*

408 508

### Enhancing Your Therapeutic Presence

*Playful Activities to Harness the Social Engagement System*

PARTS 1 & 2

DAFNA LENDER

While we all know that success in therapy depends on the therapist–client relationship, building that positive rapport hinges on behaviors many therapists aren't even aware of. Imagine bolstering your therapeutic presence by consciously amplifying behaviors that make clients feel safe, connected, and cared for. In this playful, experiential workshop, master the nonverbal qualities of the powerful, collaborative brain state delineated in Polyvagal Theory as the “social engagement system,” which underlies relational experiences. You'll discover:

- How to use voice, rhythm, facial expressions, and touch to elicit openness and a sense of calm in clients who are difficult to reach, increasing their engagement in therapy and offering them a new relational experience
- Activities to elicit responses that interrupt defensiveness, generate curiosity, and shift energy
- Playful exercises, such as “feather tennis” and “weather report,” to help angry clients feel more relaxed
- Skills and physical postures that create small but transformative moments in therapy

Continued with workshop 508

*Dafna Lender, LCSW, is the program director for the Theraplay Institute and a trainer in Dyadic Developmental Psychotherapy.*

409 509

### Putting Positive Psychology into Practice

*What Works and What Doesn't*

PARTS 1 & 2

JONAH PAQUETTE

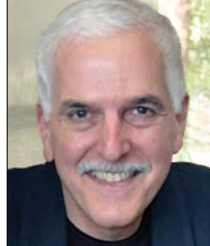
Although the field of mental health has traditionally aimed to “fix what's wrong,” the newer subfield of positive psychology instead helps us to “build what's strong.” In doing so, we buffer against a variety of mental health difficulties for clients, and may even enhance a broad range of physical health outcomes. This workshop draws from positive psychology, mindfulness-based approaches, and cutting-edge neuroscience. You'll discover how to:

- Help clients overcome common barriers to happiness with strategies to fight the brain's negativity bias
- Encourage positive neuroplasticity that may help strengthen key brain regions linked to well-being
- Use techniques that help clients savor positive experiences and harness strengths to improve health, relationships, creativity, and job performance
- Implement specific exercises for encouraging forgiveness, gratitude, and compassion to boost resilience in clients
- Integrate practices from positive psychology to make therapy more effective and enjoyable

Continued with workshop 509

*Jonah Paquette, PsyD, is the director of clinical training for a postdoctoral program at Kaiser Permanente. He's the author of Real Happiness and The Happiness Toolbox.*





Bruce Ecker



William Doherty



Clifton Mitchell



Wendy Behary



Mary Jo Barrett



Linda Stone Fish

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

410 510

### Engaging the Brain's Process of Profound Change

*A Primer on Memory Reconsolidation*  
PARTS 1 & 2

BRUCE ECKER

It may seem too good to be true, but brain science has given us an empirically proven path to transformational change through the process of memory reconsolidation. This is non-theoretical, immediately useful knowledge for reaching a new level of effectiveness, whatever your clinical approach. In this workshop, videos of deep, intense sessions will show the reconsolidation process nullifying the ingrained core beliefs and emotional schemas that underlie insecure attachment, complex trauma, anxiety, depression, compulsive behaviors, and many other conditions. You'll discover:

- The steps in the brain's process of true unlearning and how to guide them
- Trans-theoretical knowledge of the experiences that precipitate clinical breakthroughs
- How to shift unconscious, implicit emotional learnings into 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

Continued with workshop 510

*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.*

411 511

### To Stay or Go

*Working with the Mixed Agenda Couple*  
PARTS 1 & 2

WILLIAM DOHERTY

It's not easy when a couple enters treatment unsure about whether to dissolve a marriage or try to save it—especially when each partner leans in a different direction. These "mixed agenda" couples present challenges for even the most skilled couples therapist, particularly since successful therapy usually depends on both partners being at least nominally invested in working on the relationship. This workshop will demonstrate an approach called Discernment Counseling that helps partners develop clarity and confidence about whether to divorce or work on their relationship in therapy. You'll discover how to:

- Identify mixed agenda couples and avoid common mistakes, such as siding with the distancer or holding back hope because one spouse is not "in"
- Help both parties own their contributions to the marital problems and weigh the options of exiting the marriage or trying couples therapy
- Use a detailed protocol to clarify each partner's goals and focus on what they can learn from the crisis of divorce

Continued with workshop 511

*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: Discernment Counseling for Troubled Relationships, with Steven Harris.*

412 512

### Priming Clients for Change

*Harnessing the Power of the Subconscious for Healing*  
PARTS 1 & 2

BY CLIFTON MITCHELL

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 512

*Clifton Mitchell, PhD, is an international clinical trainer with over 25 years of experience. He's author of Priming: Programming the Mind for Habit Change and Success and Effective Techniques for Dealing with Highly Resistant Clients.*

413 513

### Addressing Narcissism in the Era of #MeToo

*Healing Hypersexuality and Betrayal Trauma*  
PARTS 1 & 2

WENDY BEHARY

The #MeToo movement has given countless survivors the validation they needed to seek treatment. But it's also brought attention to the challenges of treating narcissistic perpetrators, often not of their own accord, who exhibit belligerence, self-righteous entitlement, denial, and arrogance. In addition to acts of abuse and harassment, narcissists often engage in serial affairs and hypersexual behaviors. In this workshop, learn proven methods for staying sturdy and empathic when addressing their bullying behavior and defiant denial, and healing the shame and trauma that often underlies their behavior and affects their relationships. You'll discover how to:

- Help narcissistic clients resolve their early unmet needs, including 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
- Rebuild fractured relationships between narcissists and those they've hurt in couples therapy

Continued with workshop 513

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

414 514

### The Missing Ingredient in Trauma Work

*Making Family Members Partners in Healing*  
PARTS 1 & 2

MARY JO BARRETT & LINDA STONE FISH

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, discover concrete strategies for involving partners and other family members in treatment to make sure 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 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 reactive feedback loops

Continued with workshop 514

*Mary Jo Barrett, MSW, is the founder and director of the Center for Contextual Change and coauthor of Treating Complex Trauma and The Systemic Treatment of Incest. Linda Stone Fish, MSW, PhD, is the David B. Falk Endowed Professor of Marriage and Family Therapy at Syracuse University.*



SATURDAY All Day



# Morning Workshops

11:00 a.m. – 1:00 p.m.



Gabor Maté



Signe Simon



Simone Humphrey



Tammy Nelson



Judith Matz

415

## Psychedelics in Modern Healing

*The Future of Talk Therapy?*

GABOR MATÉ

Today there's growing interest in the use of psychedelic substances, once considered therapeutically off-limits, in the clinical treatment of PTSD, depression, addictions, and a range of other conditions. The principles on

which these healing pathways are based have been shown to be validated by psychoneuroimmunology and interpersonal neurobiology. This workshop will look at the distinctive experiences of both clients and therapists that psychedelics can facilitate. You'll examine what the current research indicates regarding:

- The differences among various psychedelic substances and their potential uses in a therapeutic setting

- The process of introducing and preparing for a psychedelic-based session with a client
- How to integrate what has been experienced and learned in a psychedelic journey after the session

**Gabor Maté, MD**, a family practitioner for over three decades, is the author of four bestselling books, including *When the Body Says No: Exploring the Stress-Disease Connection* and *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. His upcoming books include *The Myth of Normal: Illness and Health in an Insane Culture*.

416

## Choice and Commitment in the Digital Age

*The Quest for the Perfect Life*

SIGNE SIMON & SIMONE HUMPHREY

Bombarded by images of personal perfection, relational fulfillment, and seemingly endless life choices, many young people today feel paralyzed by fears of making the wrong decision. From committing to a partner to choosing a satisfying career, clients who've grown up in the digital age often struggle with a sense of being stuck while trying to create a "perfect" life. This state of lingering confusion and uncertainty can result in depression, shame, and a deep sense of inadequacy, further preventing clients from bringing forth their inner resources in making important life decisions. In this workshop, you'll discover:

- Assessment tools to identify the psychological impact of social media
- Insight-oriented and experiential interventions to help clients listen to their authentic selves and minimize the noise of social pressures
- A protocol for helping clients gain clarity and feel more confident in their decisions
- Ways to help clients compassionately accept their strengths, weaknesses, and limitations to guide their decision making

**Signe Simon, PhD**, is the cofounder of LOVELINK, an online resource and podcast on modern love, and a postdoctoral fellow at New York University. **Simone Humphrey, PsyD**, is the cofounder of LOVELINK and a postdoctoral fellow at Therapists of New York.

417

## Low-Sex and Sexless Couples

*The Rediscovery of Pleasure*

TAMMY NELSON

How much sex is too much, and how much is not enough? This workshop will uncover where lack of desire originates in sexless and low-sex couples and how to treat desire discrepancy using contemporary interventions and treatment models. Through real case studies, we'll focus on three areas that are often at the root of low- or no-sex marriages—pleasure resistance, pleasure avoidance, and pleasure rejection—and the most effective strategies to help couples achieve sexual empathy and long-term erotic recovery. You'll discover:

- Techniques to work with couples around desire vs. arousal and performance vs. pleasure
- The ins and outs of helping couples create monogamy agreements and other interventions for renewing low- and no-desire relationships
- How attachment-based vs. individuation-based approaches compare when treating sexual dysfunction in couples
- Clinical strategies for healing arousal dysfunction, renewing and rekindling desire, and integrating a trauma model into your work
- How to address the three areas of pleasure disorder, and why they often involve issues around betrayal, trust, identity, and self-esteem

**Tammy Nelson, PhD**, is a sexologist, Imago therapist, licensed professional counselor, and the author of *Getting the Sex You Want* and *The New Monogamy*.

418

## From Body Shame to Body Positivity

*A Compassionate Approach to Weight and Well-Being*

JUDITH MATZ

Every therapist—no matter where they practice or who they see—has heard clients express shame about their body size. Often, this shame gets brushed aside as just an unfortunate byproduct of our cultural norms, but when people are at war with their bodies it can impact their work, relationships, and self-worth, often leading to anxiety and depression. To counter weight stigma and its damaging effects, it's imperative that clinicians learn an alternative therapeutic framework in which to support physical and psychological well-being for people of all sizes. In this workshop, you'll explore:

- Diet culture messages that lead to internalized weight stigma and negatively impact clients' physical and mental health
- Strategies based on the Health At Every Size (HAES) paradigm to help clients become more attuned with their bodies when it comes to eating and physical activity
- How to avoid contributing to clients' body shame, even inadvertently
- How to empower clients to respect and feel at home in their bodies through body-positive strategies and resources

**Judith Matz, LCSW**, is the coauthor of *Beyond a Shadow of a Diet* and *The Diet Survivor's Handbook*. She's a speaker and trainer with a private practice.







Jean Malpas



Frank Anderson



Anita Mandley



Sharon Saline

## Morning 11:00 a.m. – 1:00 p.m.

419

### Supporting Transgender Youth and Their Families

*Affirming Gender Self-Determination*

JEAN MALPAS

Can we truly know the gender of children before they themselves tell us who they are? If so, how should parents be raising children in an era of gender self-determination? For the first time, transgender youth are challenging us to reexamine notions of gender and parenting, and calling on therapists to help facilitate their transitions. In this workshop, explore affirming and family-inclusive clinical approaches that are key to helping clients avoid the self-harm, homelessness, and mental health issues that too often plague unsupported transgender youth. You'll discover how to:

- Master gender-affirming language and implement the latest best practices, such as pronoun use and identity definition
- Use empathy-based and interpersonal interventions to help families go from a place of rejection to acceptance
- Differentiate gender fluidity from persistent transgender identity with young children and adolescents
- Engage teachers and other important community members to ensure clients aren't isolated and at risk for suicide or other social complications

*Jean Malpas, LMHC, LMFT, is director of international training at the Ackerman Institute and founder of the Gender & Family Project. His TEDx Talk is "The Gift of Gender Authenticity."*

420

### 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 will inevitably evoke in them, allowing them to better set healthy limits, while also creating a more nurturing family environment. You'll discover how to help parents:

- Talk to children about difficult subjects by using "part of me language," which cultivates honesty, clarity, and calm
- Explore their 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 psychotherapist. He's the vice chair of the Foundation for Self Leadership and a supervisor at the Trauma Center at Justice Resource Institute.*

421

### Cultural and Historical Traumas

*Invisible Barriers to Healing and Change*

ANITA MANDLEY

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

- Assess the impact of cultural and historical traumas on clients and yourself to improve clinical outcomes
- Move clients from reflexive reactivity to a conscious state of presence that allows for connection, fluidity, and coherence in the here and now
- Uncover the survival narrative, validate the trauma, and facilitate a strengths-based process of change with clients

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

*Anita Mandley, MS, LCPC, practices at The Center for Contextual Change, where she focuses on clients who've experienced trauma. She's the creator of Integrative Trauma Recovery, a group therapy process for adults with complex PTSD.*

422

### Inside the ADHD Child's Experience

*What to Do When Worry Takes Over*

SHARON SALINE

In an increasingly unpredictable world, kids are more anxious than ever. But for those with ADHD, worry and fear can increase their agitation, distractedness, and impulsivity. Fortunately, there are effective techniques that can help them change their relationship with worry and avoid the pitfalls of negative thinking. In this

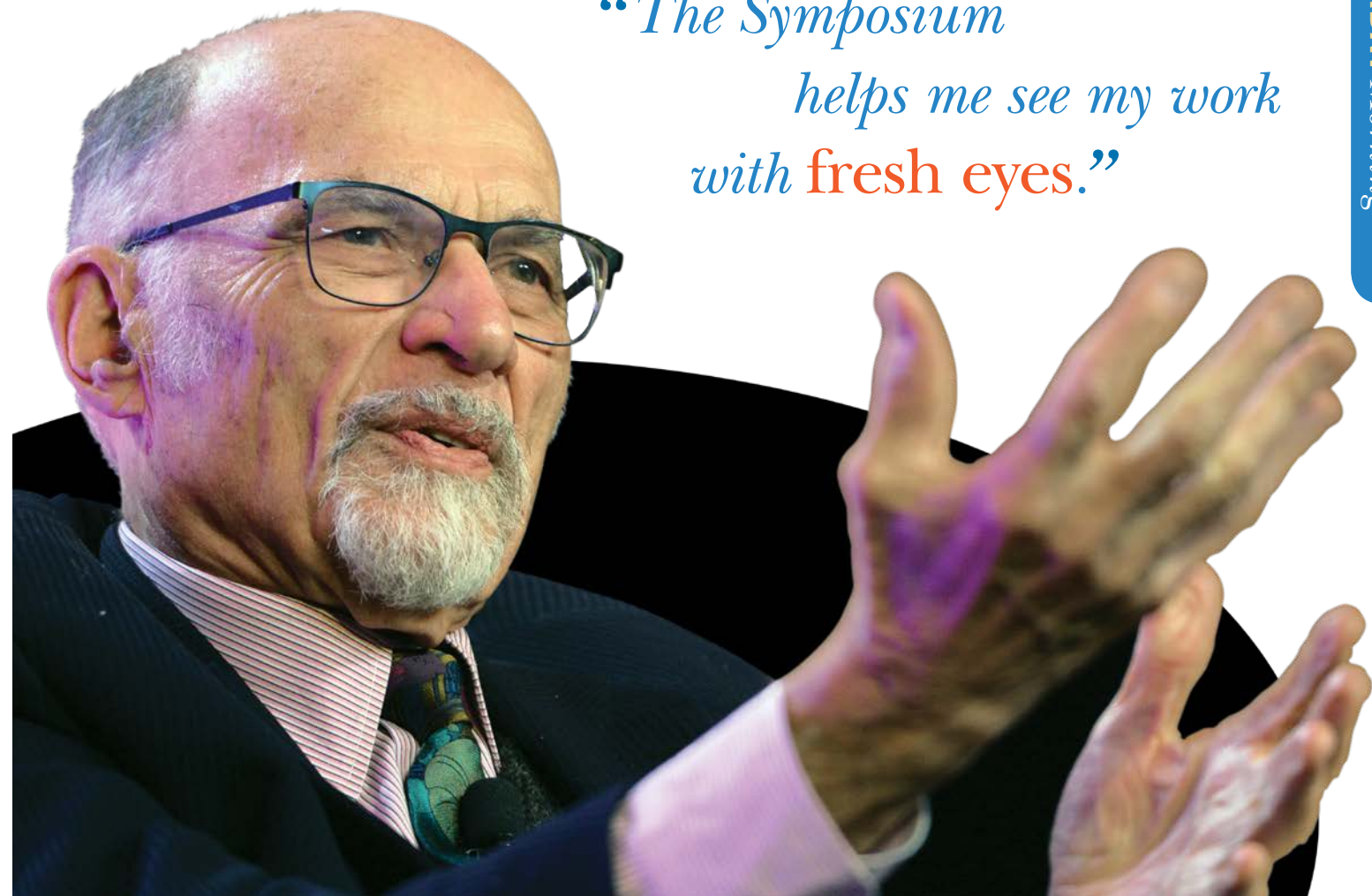
workshop, you'll get insights into how kids honestly think and feel about having ADHD, which informs the practical tools you—and their parents—can use to better help them improve executive function skills and reduce stress. You'll discover how to:

- Practice the 5 Cs of parenting to help families improve self-Control, Compassion, Collaboration, Consistency, and Celebration
- Help kids separate themselves from their anxiety and create effective responses to "what ifs"

- Reduce symptoms, such as insomnia, social anxiety, and avoidance, and teach skills to tolerate uncertainty and calm down
- Integrate cognitive behavioral therapy, mindfulness, and positive psychology techniques into your approach

*Sharon Saline, PsyD, is a psychologist specializing in ADHD and learning disabilities. She's the author of What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life.*

*"The Symposium helps me see my work with fresh eyes."*



SATURDAY Morning





Zachary Alti



David Klow



Amy Weintraub



Barry Jacobs



Julia Mayer



Susan Johnson

## Morning 11:00 a.m. – 1:00 p.m.

423

### The iPorn Universe

*Addiction in the Digital Age*

ZACHARY ALTI

Pornography these days is so plentiful, easy to access, and often free that it's affecting the therapy field's sex and porn addiction paradigm. Like others with process addictions to things like social media, gambling, and shopping, clients suffering from porn addiction often didn't know they were at risk until they got caught in an addictive cycle: one, that in this era of high-speed internet and smart phone technology, can be intensely difficult to break. In this workshop, you'll discover how to:

- Open a dialogue with clients about the differences between run-of-the-

mill porn use and the signs and symptoms of addiction

- Identify and address the trends of modern porn addiction that can negatively affect clients, such as interpersonal conflict, inability to become aroused by real sex, dysphoria, an increase in thrill-seeking behaviors, and isolation
- Discover the neurobiological mechanisms of behavioral/process addictions, and integrate salient treatment approaches into your practice, including CBT-Internet Addiction, holistic lifestyle attunements, and elements of Mindfulness-based Stress Reduction

*Zachary Alti, LCSW, is a psychotherapist in New York City and a clinical social work professor at Fordham and Rutgers universities.*



424

### Gender Issues in Group Psychotherapy

*Updating Your Approach*

DAVID KLOW

As the #MeToo era has heightened awareness of how unchallenged gender inequities can lead to hostile, abusive, and bullying behavior, it's critical for therapists to truly understand the myriad ways that gender dynamics shape client groups, whether within families, couples, business teams, large organizations, or small therapy groups. In this workshop, learn the most effective approaches for helping group members handle the intersection of gender, power, privilege, shame, communication, and attraction. You'll discover how to:

- Deepen your current understanding of gender issues and dynamics, and how they impact group functioning
- Implement new ways to address gender issues in individual, family, couples, and group therapy
- Use effective individual, dyadic, and group-as-a-whole strategies to empower clients in addressing gender dynamics in the workplace
- Better understand how your own gender attitudes and experiences of privilege can affect your work as a clinician

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

*David Klow, LMFT, is the founder of Skylight Counseling Center in Chicago, and author of You Are Not Crazy: Letters from Your Therapist.*

425

### Enhance Alliance and Compliance with Yoga

*Helping Clients Focus and Open*

AMY WEINTRAUB

The work of therapy can't begin in earnest if the client's mind is racing with anxiety, fogged by depression, or so tense that the entire body is locked in place. Teaching yoga skills to clients who have trouble self-regulating and managing their energy and moods, can quiet mental chatter, reduce bodily tension, and heighten mental awareness. It can also heighten a client's readiness to dive deeper into the work of therapy. In this workshop, you'll learn clinically appropriate, evidence-based yoga practices that can be done in a chair, right in your office, and work quickly to focus the mind. You'll discover how to use:

- Yoga breathing techniques and a simple tone-based meditation to elevate mood and help clients suffering from depression
- Mantras, mudras, and other yoga techniques (practiced seated or supine) to calm anxiety and mitigate a panic attack
- Guided imagery to support clients' positive affirmations, increase self-compassion, and help with self-regulation

*Amy Weintraub, MFA, ERYT500, YACEP, C-IAYT, the author of Yoga Skills for Therapists and Yoga for Depression, created LifeForce Yoga, a protocol used in health care settings worldwide.*

426

### Preventing Gray Divorce

*Addressing the Stresses of Late-Life Marriage*

BARRY JACOBS & JULIA MAYER

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

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

*Barry Jacobs, PsyD, is the director of behavioral sciences for the Crozer-Keystone Family Medicine Residency Program. He's author of The Emotional Survival Guide for Caregivers, and coauthor with Julia Mayer, PsyD, of AARP Meditations for Caregivers.*

## Luncheon Address

### Brave New Future for Love and Couplehood

SUSAN JOHNSON

Clinical psychologist and groundbreaking researcher, Susan Johnson is the developer of Emotionally Focused Therapy (EFT), which focuses on uncovering and deepening attachment bonds to heal troubled relationships. In 2016, she was named Psychologist of the Year by the American Psychological Association, and received an award for outstanding research by the American Family Therapy Academy. She's author of *The Love Secret, Hold Me Tight, The Practice of Emotionally Focused Therapy*, and numerous other books. Throughout her distinguished career, for which she received the Order of Canada, Johnson has established that it's not an oxymoron to speak of the "science of love."

In this address, she'll discuss how in today's world—where close, exclusive relationships are often framed as incidentals rather than essentials in people's lives, and a commitment like marriage as a quaint, unnecessary custom—we have the power to shape our intimate relationships in ways that lead to true, secure connection, even when the pathway there is dark and hidden.

**Approved for 1 CE hour. To register for this event, see page 83.**

*Susan Johnson, EdD, developer of Emotionally Focused Therapy, is the director of The International Center for Excellence in EFT. Her latest books are Love Sense: The Revolutionary New Science of Romantic Relationships and Attachment Theory in Practice: EFT with Individuals, Couples and Families.*



# Afternoon Workshops

3:00 p.m. – 5:00 p.m.



Mary Pipher



Sara Gilliam



Richard Schwartz



Susan Johnson



Linda Graham

515

## The World of Adolescent Girls Today

*Reviving Ophelia, 25 Years Later*

MARY PIPHER & SARA GILLIAM

Twenty-five years after the publication of Mary Pipher's groundbreaking book *Reviving Ophelia*, the evidence suggests that many adolescent girls continue to struggle not just because of dysfunctional families, but because of a misogynistic, girl-poisoning culture. Since the launch of the iPhone in 2007 and the enormous growth of social media, their depression and suicide rates have soared. In this session, a mother-daughter team of copresenters will explore the impact of the digital age and the links between the decline in face-to-face interactions and the increase in adolescent girls' levels of loneliness and despair. They'll also focus on how therapists can address these broad cultural shifts by exploring:

- The vulnerability girls feel to social media messages on platforms like Instagram and Snapchat
- Girls' reluctance to enter the world of dating and their postponement of sexual intimacy even as they're exposed to hookup culture and online pornography
- How to reconnect girls to the nonvirtual world and help them regain their vibrancy, sense of self, and authenticity

**Mary Pipher, PhD**, is the author of 10 books, including her latest, *Women Rowing North*. **Sara Gilliam, MFA, MEd**, is Editor-in-Chief of *Exchange*, the leading magazine for early childhood professionals.

516

## Advances in Working with Schizophrenia

*An Alternative to the Pathology Model*

RICHARD SCHWARTZ

The dominant paradigm for schizophrenia is that it's a chronic brain disease with genetic origins, the signs of which are hearing voices and having hallucinations or delusional thought processes. Based on this paradigm, the primary treatment is antipsychotic medication with the goal of helping clients learn to ignore or eliminate their voices, delusions, or hallucinations. This workshop will offer an alternative view based on the belief that all people contain many different voices within, including psychotic ones, and that all those voices should be accepted rather than intervened against. You'll explore:

- The clinical implications of changing a clients' problematic relationship with their voices, rather than viewing the voices as problems themselves
- How to recognize voices as protective parts that become extreme after trauma or during stressful times
- How to get clients to separate from their voices and get into Self by discovering and honoring their voices' protective intent
- The role of patience, perspective, presence, persistence, and playfulness in the Internal Family Systems (IFS) approach

**Richard Schwartz, PhD**, director of the Center for Self Leadership and originator of the IFS therapy model, is on the faculty of Harvard Medical School.



517

## Attachment in Action

*EFT with Individuals, Couples, and Families*

SUSAN JOHNSON

With all the hundreds of models and interventions practitioners use and the vast range of disorders they treat, attachment science offers a coherent framework for understanding clients' problems and leading them home to balance, agency, and connection with others. Emotionally Focused Therapy (EFT) epitomizes attachment-based intervention and can be used in all modalities—not just in couples therapy. This paradigm offers specific and on-target principles of intervention for clients struggling with depression, anxiety, and distressed relationships. Using video clips of sessions and short exercises, we'll explore how these principles can be applied in individual, couple, and family sessions to ultimately transform both self and system. You'll discover how to:

- Use attachment theory and science as a as a road map for work in any modality
- Encourage vulnerability by incorporating the "Soft, Slow, Simple" approach into your therapeutic style, and learn how to assemble and use emotion to shape change
- Use focused empathic reflection to rebuild clients' sense of self and bonds with others
- Deepen emotion to build "Hold Me Tight" change conversations

**Susan Johnson, EdD**, developer of *Emotionally Focused Therapy*, is the director of *The International Center for Excellence in EFT*. She's the author of *Love Sense* and *Attachment Theory in Practice*.

518

## Catalyzing Brain Change

*How to Transform Any Adversity into Learning and Growth*

LINDA GRAHAM

Helping clients develop strategies for coping with both everyday disappointments and extraordinary disaster is at the heart of the therapeutic process, regardless of your clinical approach. In this workshop, we'll focus on showing clients how to harness their capacity for resilience and change negative patterns that block growth. You'll learn empirically validated tools to cultivate the self-awareness clients need to heal from toxic shame, retire the inner critic, and recover inner well-being. You'll discover how to:

- Adapt mindfulness practices to help clients identify dysfunctional coping patterns and discern new choices of behavior
- Use body-based tools to help clients reverse the impact of stress and trauma on the nervous system
- Help clients manage disruptive emotions, and cultivate positive ones that can shift the brain functioning from contracted survival responses to openness, learning, and growth
- Teach clients skills that allow them to reach out for help, communicate without shame or blame, negotiate change, set boundaries, repair ruptures, and practice forgiveness

**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*.





Frank Anderson



Barry Jacobs



Julia Mayer



Elizabeth Heaney



David Treadway



Daniel Leven

## Afternoon 3:00 –5:00 p.m.

519

### **Complex Trauma Clients at the Edge**

*How Brain Science Can Inform Interventions*

FRANK ANDERSON

Therapists often get shaken and lose confidence in their approach when a client's trauma response edges into seemingly uncontrollable extremes of rage, panic, or suicidal desperation. This workshop provides an essential road map for treating relational trauma cases through a detailed exploration of the neurobiological processes of hyperarousal and parasympathetic withdrawal underlying extreme symptoms. You'll discover:

- How to stay clear and calm while working with clients in extreme states
- The difference between a compassionate and empathic response and how each can benefit or escalate your client
- When it's necessary to take over and "be the auxiliary brain" for your client and work from the top-down
- When it's best to slow things down, hand over control and work with the body (bottom-up)

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

520

### **Bolstering Spousal Caregivers**

*Supporting a Different Kind of Love*

BARRY JACOBS & JULIA MAYER

Clients whose spouses need constant care because of a life-changing chronic illness, such as multiple sclerosis, dementia, or Parkinson's disease, can feel that deciding to stay in or leave their marriage is like choosing between entrapment or abandonment. It's little wonder that spousal caregivers have higher rates of stress, depression, and anxiety than caregiving adult children. Yet some spousal caregivers manage to redefine their relationships, drawing on their personal and spiritual values to find caregiving's positive rewards

and a different kind of love. In this workshop, you'll explore:

- The challenges of being committed to a spouse changed by illness, such as losses of mutuality and physical intimacy
- Specific methods for honoring the caregiving mission, including prospective retrospection and celebrating enhanced purpose
- How to reduce imbalances between over-functioning well spouses and under-functioning ill spouses through collaborative renegotiation of roles

**Barry Jacobs, PsyD**, is the author of *The Emotional Survival Guide for Caregivers* and coauthor with Julia Mayer of *AARP Meditations for Caregivers*. **Julia Mayer, PsyD**, specializes in women's identity, caregivers, and relationship issues. She's the author of *A Fleeting State of Mind*.

*"I loved the energy and the variety of the topics offered."*

521

### **Therapy and the Lessons of War**

*How Stories from Combat Veterans Can Help All Clients*

ELIZABETH HEANEY

Many ancient cultures plumbed the stories of their warriors for wisdom in the face of pain and hardship. Today's combat veterans continue to traverse harrowing landscapes of the heart and psyche, involving trauma, loss, and grief as well as intense experiences of camaraderie, purpose, and sacrifice. When we use their experiences to instruct and inspire, we can help all our clients find tools for grappling with life's many challenges and discover their hero's journey. In this workshop, learn how to deepen emotional work by:

- Helping clients explore the essence of their experiences to find "the hero's journey," honoring their sense of loss, tragedy, and meaning in their own lives
- Developing techniques for translating powerful stories into tools that inspire conscientious action, emotional steadfastness, and insight in all clients
- Using strategies to remain grounded in the face of intense, morally complex experiences to harness the courage and hard-won wisdom within them

**Elizabeth Heaney, MA, LPC**, counsels combat veterans, cofacilitates veterans' writing groups, and works with Wounded Warrior Project combat recovery retreats. She's the author of *The Honor Was Mine: A Look Inside the Struggles of Military Veterans*.

522

### **Treating Couples Well**

*Creating Collaborative Couple Therapy in the First Interview*

DAVID TREADWAY

Couples often struggle in therapy with having too many issues to tackle in too little time. Luckily, you can help them design their own treatment plan—right from the first session. In this workshop, learn a collaborative process to help couples to 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. 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 of 40 years. His upcoming book is *Treating Couples Well: A Practical Guide to Collaborative Couple Therapy*. He's also the author of *Home Before Dark: A Family Portrait of Cancer and Healing* and three other books.

523

### **Welcoming the Body to Talk Therapy**

*How to Embrace Somatic Wisdom*

DANIEL LEVEN

Too often our focus as therapists is on our client's verbal narrative. What happened? Where? When? We tend to neglect another powerful storyteller: the client's body. In fact, the body records our emotional experience as adeptly as our mind. Our viscera, muscles, and nervous systems record trauma, which expresses itself in the form of chronic tension, physical imbalance, depression, anxiety, and disease processes. This workshop will focus on how to help clients express their somatic experience in ways that go beyond traditional talk therapy. You'll explore:

- How to incorporate body scans and body checks into your approach
- Right-brain exercises that access body feelings and emotions in your clients
- How to stay in your own body as you invite your clients to embrace the wisdom of their somatic experience more fully

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





Janina Fisher



Britt Rathbone



Julie Baron



Alexandra Solomon

## Afternoon 3:00 –5:00 p.m.

524

### **Chronic Suicidality and Self-Destructive Behavior**

*Creating Safety and Collaboration*

JANINA FISHER

Chronically suicidal clients present a special kind of stress for therapists: there's not only the emotional stress of working with their pain, but the additional burden of risk, responsibility, and anxiety. When should we hospitalize a suicidal client? How can we best assess when the level of suicidality is an immediate threat to life and safety? What role should suicide contracts play in our work? This workshop offers practical strategies for developing collaborative approaches with suicidal clients, despite their resistance to help, and transforming their relationships to self-destructive thoughts and impulses. You'll discover how to:

- Teach body-centered interventions, such as breath, movement, and self-touch, that increase the client's sense of control over unbearable emotions
- Frame suicidal ideation and impulses as inherently adaptive strategies to past traumatic experiences
- Cultivate an internal sense of safety and positive internal states by activating the body's innate social engagement system
- Use the three steps of the Fisher Risk Assessment Tool, differentiating ideation and impulse, problems vs. solutions, and relief vs. risk

*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.*

525

### **Cracking the Code with Adolescents**

*Core Skills for Effective Interactions*

BRITT RATHBONE & JULIE BARON

Ever enter the consulting room with a teen who doesn't want to be there? If you work with teens, you know how tricky it can be to establish good communication and a positive connection, not to mention get the treatment results you're both hoping for. There are many approaches to treating teens, but very little information on how to engage them in an ongoing and productive relationship. In this workshop, using role-play and other experiential tools, we'll focus on the core skills that underlie the successful implementation of any intervention. You'll discover:

- How to create an atmosphere of mutual respect by finding value in what matters to the adolescent
- The key to successfully using humor to make a deeper connection
- How to convey authenticity, predictability, kindness, and acceptance with teens
- Five skills for working effectively with challenging adolescents, including mindfulness and getting feedback effectively

*Britt Rathbone, LCSW-C, treats adolescents and trains service providers as director of Rathbone & Associates. He's the coauthor of Dialectical Behavior Therapy for At-Risk Adolescents, What Works with Teens, and Parenting a Teen Who Has Intense Emotions. Julie Baron, LCSW-C, treats adolescents and families, and trains school professionals. She's the coauthor of What Works with Teens.*

526

### **Taking Sexy Back**

*Female Sexual Self-Awareness in the Age of #MeToo*

ALEXANDRA SOLOMON

In today's fraught romantic and sexual landscape, women are taught to view sexiness as a status to be earned, an indicator that society has deemed them conventionally attractive enough and that they've successfully walked the razor's edge between being labeled a "prude" and a "slut." But therapists can help clients develop a more evolved kind of sexual self-awareness. This workshop explores how women can move from an "outside-in" to an "inside-out" construction of sexuality, not dependent on how they measure up in the gaze of others, and how men can be enlisted as allies in this process. You'll discover:

- Why conversations about bodily 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 alternate 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 and the author of Loving Bravely: 20 Lessons of Self-Discovery to Help You Get the Love You Want and the upcoming book, Taking Sexy Back: How to Own Your Sexuality and Create the Relationships You Want.*

SATURDAY

DINNER EVENT

BACK BY POPULAR DEMAND

# My Most Challenging Session: *An Evening of Storytelling*

*With Tammy Nelson, Ryan Howes, Sabrina N'Diaye, Joe Kort & Frank Anderson*

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 fourth 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.

*Tammy Nelson, PhD, is the author of The New Monogamy. Ryan Howes, PhD, ABPP, is a writer and clinical professor at Fuller Graduate School of Psychology. Sabrina N'Diaye, PhD, LCSW-C, is an integrative psychotherapist and peacebuilder. Joe Kort, PhD, is a sex therapist whose books include Is My Husband Gay, Straight, or Bi? Frank Anderson, MD, is vice chair of the Foundation for Self Leadership and a supervisor at the Trauma Center.*

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

*To register for this dinner event, see page 83.*



# Sunday — Bring home new possibilities for your practice



Malcolm Gladwell

## Highlights

**7:30 a.m.** Continental Breakfast

**7:30 a.m.** Sunday Bookstore

**8:30 a.m.** Keynote Address  
*"The Sylvia Plath Problem"*  
Malcolm Gladwell

**10:00 a.m.** Sunday Workshops  
#601–620

**1:00 p.m.** Workshops End

### CONTINUING EDUCATION INFORMATION

CE credit from boards may vary for some presentations and workshops. For more information, go to [psychotherapynetworker.org/symposium/CE](http://psychotherapynetworker.org/symposium/CE) for the most up-to-date details.

## Sunday Workshops

**601** The Myth of the Unitary Self

GABOR MATÉ & RICHARD SCHWARTZ

**602** Rethinking Personality Disorders

COURTNEY ARMSTRONG

**603** #MeToo and Men

DAVID WEXLER

**604** Hope for Treatment-Resistant Depression

JANINA FISHER

**605** The Craft of Treating Trauma

DEANY LALLOTIS

**606** Sexual Health and the Trauma Survivor

JOE KORT

**607** From Dysfunction to Erotic Discovery

SUZANNE IASENZA

**608** New Perspectives on OCD

SALLY WINSTON & MARTIN SEIF

**609** Red vs. Blue in Therapy

PETER FRAENKEL

**610** Psychopharmacology for Today's Therapy

FRANK ANDERSON

**611** The Magic of Virginia Satir

SUSAN BREGMAN

**612** Secrets of Seasoned Clinicians

JAY EFRAN

**613** Helping Couples Resolve Power Struggles

STEVEN STOSNY

**614** The Accidental Sex Therapist

STEPHEN SNYDER

**615** Becoming Solution Focused in Therapy

ELLIOTT CONNIE

**616** Working with Traumatized Teens

MARTHA STRAUS

**617** The Communologue Experience

ORLI WAHRMAN

**618** The New Field of Contemplative Psychotherapy

JOE LOIZZO

**619** Transform Trauma with AEDT

SUEANNE PILIERO

**620** A Couples Retreat for Therapists and Their Partners

DAVID TREADWAY

*"In 15 years of  
attending the Symposium,  
I've never been  
disappointed."*







Malcolm Gladwell

## Sunday Keynote

### The Sylvia Plath Problem

MALCOLM GLADWELL

Author of the five bestselling books *Outliers*, *Blink*, *The Tipping Point*, *David and Goliath*, and *What the Dog Saw*, Malcolm Gladwell's popular style of mixing storytelling with research has ushered the adjective *Gladwellian* into common parlance. A podcaster and a long-time staff writer for *The New Yorker*, Gladwell is the son of a social worker mother and mathematician father. His illuminating publications and podcasts often have at their core behavioral science or social psychology research that upends accepted societal givens about the concepts and actions that drive our lives, including success and failure, conscious decision making, and the contagion of self-destructive behaviors.

In this address, drawing on research for his upcoming book, *Talking to Strangers*, Gladwell will explore the interplay between personal and societal issues, using the suicide of noted poet Sylvia Plath as a launching point.

■ He'll be available for an hour-long Q&A after this address. If you're interested in this option, please register for **workshop 600**.

**Note:** No CE credit for this keynote or the Q&A session afterward.

*Malcolm Gladwell is an award-winning journalist, the author of five bestselling books, and creator of the Revisionist History podcast.*

# Sunday Workshops

10:00 a.m. – 1:00 p.m.



Gabor Maté



Richard Schwartz



Courtney Armstrong



David Wexler



Janina Fisher



Deany Lalotis

601

### The Myth of the Unitary Self

*A Dialogue on the Multiplicity of Mind*

GABOR MATÉ & RICHARD SCHWARTZ

There's a growing convergence of opinion from a range of disciplines challenging the traditional idea of the unitary personality in favor of the view that each of us actually contains a multiplicity of selves. In this session, two noted clinical practitioners will focus on how what's often identified as pathology reflects childhood defensive adaptations of some of these selves. Together, they'll demonstrate how the perspective of inner multiplicity can be used to elicit therapeutic healing, self-awareness, and growth. You'll explore how to:

- Help clients not overidentify with a single part of themselves, and empower them to move beyond diagnostic labels
- Use the enhanced ability to perceive the workings of one's mind to achieve greater personal integration
- Examine the distinction between the Self and one's parts and how it can help clients develop a capacity for Self-leadership and self-regulation
- Recognize the practical similarities and differences between two widely influential models of therapy, Internal Family Systems and Compassionate Inquiry

*Gabor Maté, MD, is the author of four bestselling books, including *In the Realm of Hungry Ghosts* and *When the Body Says No*. **Richard Schwartz, PhD**, director of the Center for Self Leadership and originator of the IFS therapy model, is on the faculty of Harvard Medical School.*

602

### Rethinking Personality Disorders

*The Search for Secure Attachment*

COURTNEY ARMSTRONG

What's going on when your best efforts to establish a secure therapeutic alliance with a personality-disordered client aren't working? Before you proclaim a "bad fit" and refer them out, consider changing your approach. In this workshop, you'll learn why personality disorders may not be disorders at all, but creative ways of coping with painful attachment trauma. Understanding this often-ignored factor can help you more easily develop rapport with troubled clients, avoid frustration, and increase positive outcomes. You'll discover how to:

- Navigate the emotional defenses of clients with different attachment styles—avoidant, anxious, disorganized—when they suddenly retreat, become enraged, or even seem frightened of you
- Match personality disorder traits with the way trauma shapes the brain to develop effective strategies for treatment
- Recover from therapeutic missteps when your defenses get triggered
- Balance your availability and responsiveness with relational boundaries in ways that won't jeopardize the therapeutic alliance

*Courtney Armstrong, LPC, is the author of *The Therapeutic "Aha!": 10 Strategies for Getting Your Clients Unstuck* and *Transforming Traumatic Grief*.*

603

### #MeToo and Men

*What Does It Mean to Cross the Line?*

DAVID WEXLER

The #MeToo movement has shone a light on the pervasive damage done by sexual harassment and assault. But the scope of behaviors that fall within this category is wide and full of gray areas for many clients. Through short award-winning video vignettes, this workshop will explore the range of motivations that lead to sexual harassment and will help us distinguish between the truly violent, the subtly bullying, and the gross, stupid, and juvenile. Any therapist who works with men needs to be equipped to discuss these issues intelligently and respectfully, to help men challenge their expectations and be a positive influence on others. In this workshop, you'll learn to:

- Develop clear strategies for confronting male narcissism in a way that actually gets through to men
- Recognize the subtle ways that male harassers target, groom, and impose themselves on victims
- Help men examine ways in which they may have unknowingly "crossed the line" with women in their lives
- Intensify your empathy for the confusion and paralysis that many survivors of sexual harassment experience

*David Wexler, PhD, is a clinical psychologist and executive director of the Relationship Training Institute. He's the author of six books, including *When Good Men Behave Badly* and *Men in Therapy*.*

604

### 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.*

605

### The Craft of Treating Trauma

*Three Core Skills*

DEANY LALOTIS

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 Lalotis, LICSW, is a trainer, clinical consultant, and practitioner of EMDR. She's the director of training for EMDR Institute, Inc., and is the codirector of EMDR of Greater Washington.*





Joe Kort



Suzanne Iasenza



Sally Winston



Martin Seif



Peter Fraenkel



Frank Anderson

**Sunday** 10:00 a.m. – 1:00 p.m.

606

## Sexual Health and the Trauma Survivor

*How the Therapist Can Help*

JOE KORT

Clients with sexual abuse histories often come to therapy with questions about their sexual expression and the obstacles they encounter in intimate relationships. They may find themselves engaging in trauma reenactment rather than safe, consensual sex and need a nonjudgmental space to explore what sexual recovery means for them. Even well-trained trauma therapists often lack the language, comfort, and skillset necessary to assist their clients through this process. This workshop will provide concrete strategies to help trauma survivors live more sexually fulfilling lives. You'll explore:

- How different types of sexual abuse and trauma manifest in sexual behaviors, and how to help clients experience healthy sexual gratification
- How to help clients differentiate between unhealthy trauma reenactment and healthy play
- Five tools to help clients manage out-of-control sexual behaviors
- The countertransference issues that often arise for therapists around clients' erotic interests, sexual expression, and behaviors in order to avoid negative judgment and the inadvertent shaming of clients

**Joe Kort, PhD**, is a sex therapist and Imago therapist with a specialty in LGBTQ issues. His books include *10 Smart Things Gay Men Can Do to Find Real Love*, *LGBTQ Clients in Therapy*, and *Is My Husband Gay, Straight, or Bi?*

607

## From Dysfunction to Erotic Discovery

*Transforming the Sexual Narrative*

SUZANNE IASENZA

When couples come to therapy with problems involving desire, arousal, and orgasm, therapists often fall into the trap of thinking of them as somehow broken and in need of fixing. Instead, this workshop offers an approach that guides couples from a state of disconnection to 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. You'll 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 to expand their repertoire for more genuine erotic satisfaction
- Help couples use sensate focus as a meditative tool to enhance their sexual development
- Integrate psychodynamic, systems, and cognitive behavioral approaches into sex therapy

**Suzanne Iasenza, PhD**, teaches at the Institute for Contemporary Psychotherapy and Psychoanalysis, and at the Ackerman Institute for the Family. She's coeditor of *Lesbians and Psychoanalysis and Lesbians, Feminism, and Psychoanalysis: The Second Wave*.

*"I came away  
with so many  
useful ideas  
for my practice."*



608

## New Perspectives on OCD

*Busting the Common Myths*

SALLY WINSTON & MARTIN SEIF

Almost everything we learned about obsessive compulsive disorder prior to 2000 was just plain wrong: it's not rare, obvious, hard to treat, or a manifestation of deep underlying conflict. We now know it's common, often unrecognized, and that it's far more helpful to treat what maintains the symptoms rather than what lies "underneath." What brings relief for clients is not insight into the origins or meanings of issues, but rather a systematic change in their reactions to disturbing thoughts, feelings, and anxious arousal. This workshop will bring you up to date on contemporary thinking and treatment of OCD and OCD spectrum disorders. You'll discover:

- What questions to ask to uncover OCD when it's hidden because of shame
- The more subtle forms of OCD involving disgust, incompleteness, scrupulosity, and unwanted intrusive thoughts
- The basic principles of treatment planning, including exposure and response prevention, and metacognitive approaches
- How to help clients endure the momentary anxiety of not doing ritual repetitive behavior

**Sally Winston, PsyD**, and **Martin Seif, PhD**, are coauthors of *What Every Therapist Needs to Know About Anxiety Disorders*, *Overcoming Unwanted Intrusive Thoughts*, and *The Reassurance Trap*.

609

## Red vs. Blue in Therapy

*When Couples Clash about Politics*

PETER FRAENKEL

Increasingly, the enormous political and ethical conflicts in our society show up as volatility in the treatment room. This tremendous bifurcation in our political system mirrors what happens in high-conflict couples around the usual issues of money, childrearing, housework, sex, and in-laws. When partners hold different political values, the conflicts become even more combustible, as the negative energy of the larger society enters the relationship. This workshop will present practices to help couples understand and negotiate their political differences. You'll discover:

- An integrative approach to couple therapy that blends action and insight, changing here-and-now interaction patterns while exploring the roots of partners' political values
- How to engage couples in discussing their differing beliefs in a manner that's attentive and productive, rather than contemptuous and dismissive
- How to enhance a couple's capacity to become role models of civility, compassion, and compromise both in their relationship and communities

**Peter Fraenkel, PhD**, is an associate professor of psychology at the City College of New York. He received the 2012 American Family Therapy Award for Innovative Contribution to Family Therapy, and is the author of *Sync Your Relationship*, *Save Your Marriage* and the forthcoming, *Last Chance Couple Therapy: Bringing Couples Back from the Brink*.

610

## Psychopharmacology for Today's Therapy

*Separating Myths from Reality*

FRANK ANDERSON

With so many controversies and contradictory research about the effectiveness of psychopharmacological interventions, it's often hard to know how to best work with your clients around the issue of meds. How can you best evaluate the new promising medications on the market? Are antidepressants really any better than placebos? 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 affect the brain and nervous system
- Current best prescribing practices for treating depression, bipolar disorder, anxiety, PTSD, dissociation, psychotic disorders, insomnia, ADHD, and more
- New drugs on the market as well as 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 vice chair of the Foundation for Self Leadership and a supervisor at the Trauma Center at Justice Resource Institute.





Susan Bregman



Jay Efran



Steven Stosny



Stephen Snyder



Elliott Connie

**Sunday** 10:00 a.m. – 1:00 p.m.

611

### **The Magic Of Virginia Satir**

*Helping Clients Tap into Their Inner Resources*

SUSAN BREGMAN

Over the course of 50 years, family therapy pioneer Virginia Satir developed powerful therapeutic techniques to help people externalize unconscious inner processes and experience emotional and spiritual healing. In this workshop, you'll engage in experiential exercises drawn from the clinical tools Satir created and create visual metaphors that reveal the hidden dynamics of family and community life. Learn new ways to help clients tap into their core issues, gain a sense of confidence in their own ability to change, and resolve problems that have lingered for years. You'll discover how to:

- Use Satir models like the Self-Esteem Maintenance Kit, Rules for Life, and Family Sculpting to help with problem solving, reframing, mind-body awareness, and enriching internal resources
- Apply techniques that can facilitate self-understanding, enhance communication, and improve coping strategies, such as Stages of Changes, Psychological Closet, and Satir Meditations
- Quickly join with clients by helping them understand patterns that can promote emotional growth and enhance their capacity for freer, more authentic relationships

*Susan Bregman, PhD, is past president of AAMFT Mid-Atlantic Division. She's taught the Satir model for over 25 years and is the author of 101 Ways to Be Your Own Best Friend.*

612

### **Secrets of Seasoned Clinicians**

*Senior Therapists and the Process of Change*

JAY EFRAN

With experience, therapists tend to work in increasingly similar ways, despite differences in their initial backgrounds, training, and theoretical allegiances. Evidently, the time they spend with clients, as well as on the planet, reinforces certain practices and discourages others. In this workshop, we'll examine the commonalities in how senior clinicians practice and what they've learned over the years about their craft, paying special attention to the imperatives that guide the process of change through conversation, both inside and outside the consulting room. You'll explore how to:

- Make expert use of "respectful skepticism," the balancing act of support and challenge that gives therapy depth and maximum impact
- Deal productively with a client's emotional outbursts in new ways
- Avoid getting trapped in the myths of rational and irrational supremacy, given your experience as a seasoned clinician
- Harness the system-changing power of conversation

*Jay Efran, PhD, is professor emeritus of psychology at Temple University. He received the Pennsylvania Psychological Association's 2009 award for Distinguished Contributions to the Science and Profession of Psychology and is coauthor of Language, Structure and Change and The Tao of Sobriety.*

613

### **Helping Couples Resolve Power Struggles**

*The Road to Adult Love*

STEVEN STOSNY

Couples often come to therapy stuck in polarizing power struggles, feeling invalidated, and unable to resolve disagreements. The partners in these cases typically believe that they must sacrifice their personal integrity to save the fraught relationship, which only leads to feelings of being trapped and helpless. In this workshop, you'll learn a new road map to help partners hold onto self-value and value for one another, even in the midst of intense conflict. You'll discover how to help clients:

- Differentiate between "I love you" and "getting my needs met"
- Internalize self-value—which feeds compassion, appreciation, and loving behavior—rather than relying on validation from a spouse
- Change a partner's negative impressions even in the midst of an argument, reconciling differing perspectives without undermining them
- Avoid the pitfall of "when I feel better about myself, I'll treat my partner better" by making it clear that the only way to feel better is to treat our partners better

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

614

### **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. You'll 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 themselves 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 a sex and relationship therapist and the author of the new book Love Worth Making: How to Have Ridiculously Great Sex in a Long-Lasting Relationship.*

615

### **Becoming Solution Focused in Therapy**

*A Look Behind the Curtain*

ELLIOTT CONNIE

Mastering Solution-Focused Brief Therapy requires practitioners to learn the deceptively simple process of asking targeted questions in session that thwart the all too common temptation for both therapist and client to focus on the problem, rather than exploring solutions. In addition to making therapy briefer and more efficient, this approach will increase your effectiveness with any client, with any issue, including depression and anxiety. In this interactive workshop, featuring actual case videos and live demonstrations, you'll explore:

- A new perspective on using the Solution-Focused Approach that incorporates new developments in the field and can be applied with even the most challenging clients
- How to incorporate this approach to address any issue in a way that turns problems into movement toward a solution
- How to leverage the most positive aspects of a client's experience to more quickly and effectively achieve clinical goals

*Elliott Connie, MA, LPC, is a therapist, international trainer and 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.*



SUNDAY Workshops

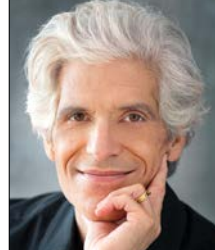




Martha Straus



Orli Wahrman



Joe Loizzo



SueAnne Piliero



David Treadway

## Sunday 10:00 a.m. – 1:00 p.m.

616

### Working with Traumatized Teens

*Weathering Your Own Triggers*

MARTHA STRAUS

Working with traumatized adolescents requires that the therapist be a master of self-discipline, acutely aware of their own triggers and able to respond to extreme reactions at a moment's notice. From angry arousal to frozen shut-downs and everything in between, there's plenty that can trigger our own sense of helplessness, failure, dissociation, and rejection. In this workshop, you'll find out how to "get unhooked" from these reactions by exploring:

- How specific adolescent attachment styles may interact with or trigger your own
- The React, Reflect, and Respond model to help you reregulate

- The Four M's—mirroring, mentalizing, mindfulness, and modulation—to increase connection and mood regulation

- How to use your empathic superpower, strategic enactments, selective self-disclosure, and adult validation to get unhooked and strengthen the therapeutic alliance

*Martha Straus, PhD, a professor in the Department of Clinical Psychology at Antioch University New England, is the author of No-Talk Therapy for Children and Adolescents, Adolescent Girls in Crisis, and Treating Traumatized Adolescents: Development, Attachment, and the Therapeutic Relationship.*



617

### The Communologue Experience

*Enhancing Dialogue in Groups*

ORLI WAHRMAN

Groups are an underutilized modality in today's therapy world. Communologue is an innovative group process for building an atmosphere of safety and inclusiveness that promotes deep connection and discussion, especially when resolving intense conflicts. It engenders a space where hope can emerge and highly emotional issues can be addressed through specially designed principles and guidelines. This workshop offers therapists the chance to experience this process and acquire the tools for applying it in their own practice and community. You'll discover how to:

- Use Communologue in various settings, such as with families, supervision groups, community settings, work environments, and contentious social and political groups
- Apply the principle of "pre-validation" to ensure every opinion is heard, without the need to agree with it
- Spot and neutralize "master talk," the belief there's a single, correct way of seeing reality, in any dialogical conversation
- Explore common challenges and pitfalls in the group process and learn creative ways to ride out them successfully

*Orli Wahrman, MSW, is a family and couples therapist, an Imago trainer, and Somatic Experiencing therapist. She's been teaching Communologue for 20 years, and is the cochair of the Israel Imago Association.*

618

### The New Field of Contemplative Psychotherapy

*How to Heal the Trauma of Narcissism*

JOE LOIZZO

In today's challenging environment—when racial and sexual violence, rising inequity, and reactivity are erupting everywhere—our society seems to be collectively facing traumas we therapists have long been treating privately. These traumas not only trigger our clients, but also reveal an insidious mental health crisis that challenges us as clinicians. This workshop traces that crisis to the pathological narcissism embedded in modern culture, and the instincts of self-enclosure wired into our brains. It will introduce you to the emerging field of contemplative psychotherapy, which integrates social neuroscience with timeless contemplative skills to enhance social engagement while accelerating healing and transformation. You'll discover:

- How each brain level has networks for self-enclosure versus social engagement
- How self-enclosed networks fuel mental illness, while socially engaged networks support health and development
- How mindfulness shifts neocortical absence to presence, compassion shifts limbic reactivity to resonance, and embodied methods shift brain-stem stress reflexes to social resilience

*Joe Loizzo, MD, PhD, is an assistant professor of psychiatry at Weill Cornell, founder of Nalanda Institute for Contemplative Science, and a practicing psychotherapist in Manhattan.*

619

### Transform Trauma with AEDP

*Use of the Therapist's Self*

SUEANNE PILIERO

Working with trauma and attachment wounds requires a strong therapeutic presence. When clients see and feel only darkness, it's up to us to lead boldly, attune closely, and fiercely champion their capacity to heal and be whole. Accelerated Experiential Dynamic Psychotherapy (AEDP) emphasizes the undoing of aloneness as a major healing mechanism, and the therapeutic relationship—affectively engaged, authentic, relationally courageous—is the sine qua non in transforming trauma and the Self. In this workshop, with the help of recordings of actual client sessions, you'll discover:

- How to use your Self as a healing mechanism through disclosure about your feelings, explicit sharing of your clients' impact on you, and providing a corrective emotional experience in the here and now
- How to work with clients' wounded child parts to build self-compassion and reduce shame
- Specific tools, such as cognitive restructuring and uncoupling techniques, to transform maladaptive beliefs about the self

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

620

SPECIAL SUNDAY OFFERING

### A Couples Retreat for Therapists and Their Partners

*Advanced Practice in Connection, Communication, and Caring*

DAVID TREADWAY

We all struggle to practice what we preach in our work with clients, and with couples in particular. Being in an intimate relationship is just as hard for us as everyone else. This fun group experience for couples will be a crash course in improving, stimulating, and accepting our relationships, despite our "expertise" in what constitutes a healthy relationship. An experiential adventure with many exercises and practices to try, not everyone will choose to share their experiences with the group, but everyone will need to bring their sense of humor! You'll explore:

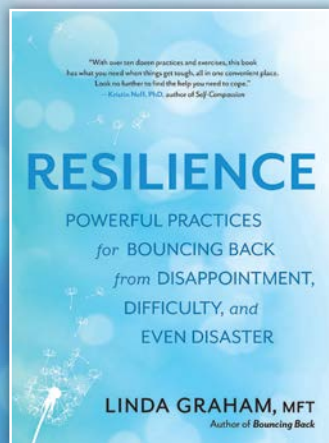
- How to share feelings, have conflict, and negotiate differences skillfully and successfully
- How to master the art of "taking turns," "effortful love," making amends, and finding forgiveness
- Finding the miracle in "good enough" sexuality and intimacy
- Separating the "business" of the relationship from the "romantic" part
- Bringing more humor and compassion to yourself and your partner

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

*David Treadway, PhD, is a therapist and trainer of 40 years. His upcoming book is Treating Couples Well: A Practical Guide to Collaborative Couple Therapy. He's the author of Home Before Dark: A Family Portrait of Cancer and Healing and three other books.*



## Develop New Ways to Respond to Pressures and Tragedies Quickly, Adaptively, and Effectively

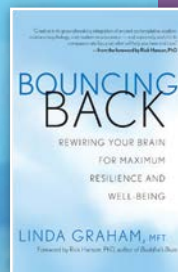


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— TARA BRACH, PHD, author of *Radical Acceptance and True Refuge*

"Linda Graham clearly understands the difference between a wobble and a wallop and has organized practices to sensitively address diverse needs. Highly recommended for anyone going through a tough time, and for those who care about them."

— CHRIS GERMER, PHD, author of *The Mindful Path to Self-Compassion*

"*Resilience* shows us that rich resources of resilience are inside us and that we can easily learn to tap them using these exercises. Beautifully combining mindfulness and neuroscience, Linda Graham has crafted what we always wanted: a toolkit for sane serene living."

— DAVID RICH O PHD, author of *How to be an Adult in Relationships*

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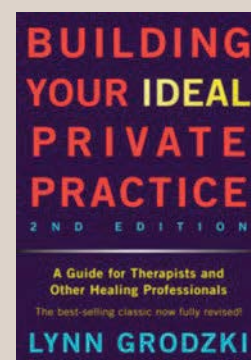
## Lynn Grodzki LCSW, MCC Psychotherapist and Master Certified Coach



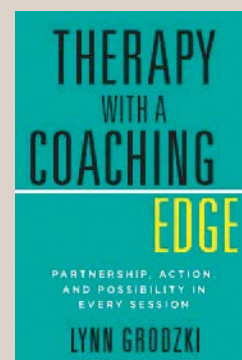
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Lunchtime
Networking Groups

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

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If you'd rather register via snail mail,

- Forms must be postmarked by February 19 to qualify for the final Advanced Discount.
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Mail your Form & Payment to:

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Check the appropriate box and circle the corresponding fee, depending on when your form is postmarked.
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Table with 4 columns: Registration Type, Advanced I (Ends Midnight January 31), Advanced II (Ends Midnight February 19), and After February 19. Rows include Full Pass (3 days), Full Pass Plus (4 days), and Day Rate.

Registration Fee Subtotal \$

- Groups must register online for a discounted price.
Student scholarships are also available online.

LUNCH/DINNER CHOICES

- FRIDAY LUNCHEON: "The Future of Trauma Treatment" with Bessel van der Kolk
FRIDAY DINNER: "Flourishing as We Age" with Mary Pipher
SATURDAY LUNCHEON: "Brave New Future for Love and Couplehood" with Susan Johnson
SATURDAY DINNER: "My Most Challenging Session: An Evening of Storytelling"

Meal Subtotal \$

TOTAL AMOUNT ENCLOSED \$

CONTACT INFORMATION

Form fields for EMAIL, PHONE, FIRST NAME, LAST NAME, PROFESSION, and MAILING ADDRESS.

WORKSHOP CHOICES

NOTE: Please provide your top 3 choices. If you're submitting this form after January 25, please provide a 4th choice.

Workshop selection table with columns for 1st Choice, 2nd Choice, 3rd Choice, and 4th Choice. Includes Thursday, March 21 Workshop (#101-124).

Friday, March 22 Workshop selection table including Morning Workshop (#201-225) and Afternoon Workshop (#301-325).

Saturday, March 23 Workshop selection table including Morning Workshop (#401-426) and Afternoon Workshop (#501-526).

Sunday, March 24 Workshop selection table including Workshop (#600-620).

SPECIAL REQUESTS

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Recordings of nearly all Symposium sessions are available for purchase at special onsite Symposium pricing at the Playback Now booth. Orders can also be placed online at [PlaybackNetworker.com](http://PlaybackNetworker.com), by phone at (770) 447-0616, or through the mail at **Playback Now, 3139 Campus Drive, Suite 700, Norcross GA 30071.**

Changing Workshops

For attendees who want to change workshops during the Symposium, there will be four to six open workshops, held in large ballrooms, during each time block. To avoid disruptions and overcrowded rooms, all other workshops will be closed to anyone who hasn't been assigned to them in advance. The list of open workshops will be printed in the **Symposium Onsite Guide**, and posted on the Symposium app.

Child Care

If you need child care during the Symposium, call the Omni Shoreham concierge at (202) 234-0700 at least two to three weeks before your arrival.

Exhibit Hall

The Symposium Exhibit Hall will be filled with opportunities for attendees to learn more about the latest products and services to help them in their therapy practice. It's a fun atmosphere with prizes, entertainment, book signings, and receptions. Open Thursday 3:00–6:30 p.m., Friday 7:30 a.m.–7:00 p.m. and Saturday 7:30 a.m.–6:30 p.m.

Hotel Accommodations

The Omni Shoreham Hotel, located at 2500 Calvert Street, NW, Washington, DC 20008, is offering a special Symposium rate: **\$239** plus tax per night for single- or double-

occupancy rooms, **\$259** for triples **\$279** for quads. Although this rate is guaranteed for those registering by **February 26**, we urge you to make hotel reservations as early as possible. To receive the special rate, access the Omni Shoreham website at [psychotherapynetworker.org](http://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](http://psychotherapynetworker.org) for the names of nearby hotels offering a discount to Symposium attendees.

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 luncheons 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@promesaweb.com](mailto:symposium@promesaweb.com) 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 **2019 Symposium**, just go to our website [psychotherapynetworker.org](http://psychotherapynetworker.org) and register by clicking "Symposium" and "Volunteers." If you have any questions, please email us at: [symposium@promesaweb.com](mailto:symposium@promesaweb.com).

Cancellations and Refunds

Requests for refunds must be made in writing and must be postmarked 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](http://psychotherapynetworker.org), or call the hotel at (202) 234-0700.

Additional Information

If you have any further questions regarding the Symposium, please contact the Symposium Registration Office by emailing us at [symposium@promesaweb.com](mailto:symposium@promesaweb.com) or by calling (800) 379-1733. Answers to many of your questions, and the latest information on workshop and hotel room availability, will be posted on [psychotherapynetworker.org](http://psychotherapynetworker.org).



Receiving Continuing Education Credit for Your Attendance

The 42nd 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 21.5 continuing education hours: (Thursday, up to 5.5 CE hours; Friday up to 7.0 CE hours; Saturday up to 6.0 CE hours; and Sunday up to 3.0 CE hours). Workshop 402/502 does not offer EMDRIA credit. 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/symposium](http://psychotherapynetworker.org/symposium).

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.

Continuing education credit is administered by PESI, Inc. Psychotherapy Networker is a division of PESI, Inc.

Continuing Education Approvals

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- Florida Board of Psychology
- Canadian Psychological Association
- Pennsylvania State Board of Psychology

PROFESSIONAL COUNSELORS

- Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling
- Ohio Counselor, Social Worker and Marriage & Family Therapists Board
- New York State Education Department's (NYSED) State Board for Mental Health Practitioners
- South Carolina Board of Examiners for Professional Counselors & Marriage and Family Therapy
- Texas State Board of Examiners of Professional Counselors

CHEMICAL DEPENDENCY COUNSELORS

- California Association of Alcoholism and Drug Abuse Counselors (CAADAC)
- National Association of Alcoholism and Drug Abuse Counselors (NAADAC)
- Connecticut Certification Board

SOCIAL WORKERS

- Association of Social Work Boards
- Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling
- Illinois Department of Professional Regulation

- Kansas Behavioral Sciences Regulatory Board
- New York State Education Department's (NYSED) State Board for Social Work
- Ohio Counselor, Social Worker and Marriage & Family Therapists Board

MARRIAGE AND FAMILY THERAPISTS

- Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling
- Illinois Department of Professional Regulation
- Ohio Counselor, Social Worker and Marriage & Family Therapists Board
- New York State Education Department's (NYSED) State Board for Mental Health Practitioners
- South Carolina Board of Examiners for Professional Counselors & Marriage and Family Therapy
- Texas Board of Examiners of Marriage & Family Therapists

PHYSICIANS

- Accreditation Council for Continuing Medical Education

BEHAVIORAL HEALTH NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS

- California Board of Registered Nursing
- Florida Board of Nursing

If do not see your board listed here or for more details, see [psychotherapynetworker.org/symposium](http://psychotherapynetworker.org/symposium).

Hotel Reservations for the Symposium

Through February 26, 2019, 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 triples, 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](http://psychotherapynetworker.org) by clicking on Hotel Reservation. This is efficient, easy, and provides an instant confirmation number.

Telephone 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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Exhibit Show Manager

**(888) 396-1257**

[mmckenna@psychnetworker.org](mailto:mmckenna@psychnetworker.org)

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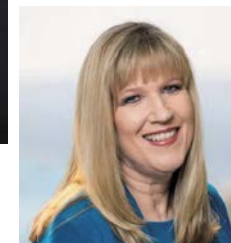
# The Couples Conference 2019

APRIL 12-14, 2019

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Carrie Cole, MEd



Donald Cole, DMin  
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Terry Real, LCSW



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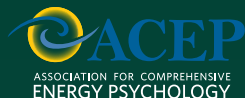
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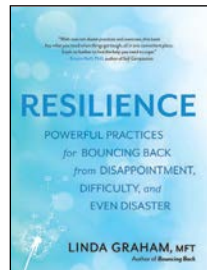




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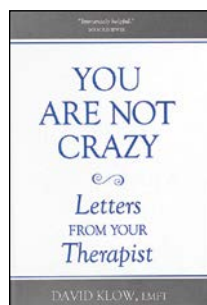
**psychotherapynetworker.org/bookshelf**



**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.

**[lindagraham-mft.net/resilience](http://lindagraham-mft.net/resilience)**



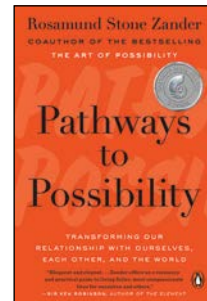
**You Are Not Crazy: Letters From Your Therapist**  
by David Klow, LMFT

People today live in psychological bubbles. They think they're the only ones experiencing what they do, yet don't realize that others are having quite similar experiences. *You Are Not Crazy: Letters From Your Therapist*, from Wyatt-MacKenzie Publishing, ends this psychological isolation. It helps people realize that they are not the only ones who have strange thoughts or behave inconsistently. Psychotherapist David Klow brings deep insight, wisdom, and warmth to this process as he helps readers find new understanding about themselves. Through a series of heartfelt letters to his patients, he relates timeless and impactful information that normalizes life's struggles.

**[davidklow.com](http://davidklow.com)**

**Pathways to Possibility**  
by Rosamund Stone Zander

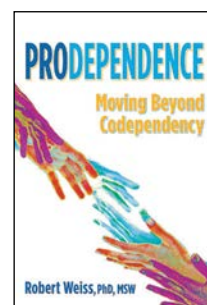
*Pathways to Possibility* is both more personal and far-reaching than Rosamund Zander's best-selling book, *The Art of Possibility*. Life is about growth, she asserts, and demonstrates that we develop ourselves by dismantling and "rewriting" into an adult form, the inherited or child-based stories that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



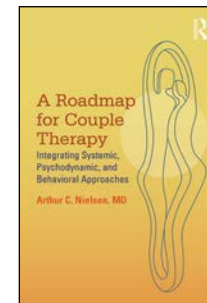
**[rosamundzander.com](http://rosamundzander.com)**

**Prodependence**  
by Robert Weiss, PhD, MSW

The time has come to stop pathologizing the desire to love, help, and care for an addicted loved one. Codependence: a trauma-based psychological condition in which a person has an unhealthy attachment to an addict and places the needs of the addict ahead of his or her own. Prodependence: an attachment-based theory in which loved ones of addicts are viewed not as inevitable victims of a traumatic past that is repeating itself in their adult lives, mostly in their relationship with the addict, but as valiant individuals struggling to love another person – even in the face of addiction.



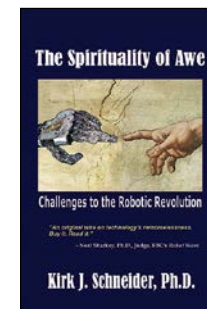
**[www.hcibooks.com](http://www.hcibooks.com)**



**A Roadmap for Couple Therapy**  
by Arthur Nielsen, MD

*A Roadmap for Couple Therapy* offers a comprehensive, flexible, and user-friendly template for conducting couple therapy. Grounded in an in-depth review of the clinical and research literature, and drawing on the author's 40-plus years of experience, it describes the three main approaches to conceptualizing couple distress and treatment—systemic, psychodynamic, and behavioral—and shows how they can be integrated into a model that draws on the best of each. Covering fundamentals and advanced techniques, *A Roadmap for Couple Therapy* should be valuable to both beginning therapists and experienced clinicians.

**[arthurnielsenmd.com/a-roadmap-for-couple-therapy](http://arthurnielsenmd.com/a-roadmap-for-couple-therapy)**



**The Spirituality of Awe**  
by Kirk Schneider, PhD

This book attempts to get beneath the usual media concerns about the mechanization of humanity (e.g., robot wars, the takeover of AI) and look at how we are internalizing our devices in everyday living. Namely, the book depicts how technology impacts our capacity to be more fully present to our own and others' lives, to choose social and political leaders who are concerned with the enhancement of our inner lives and not just the "quick fix/instant results" of profit-making, and how our own native resources of awe, wonder, and imagination can salvage us from a deadening new era.

**[kirkjschneider.com](http://kirkjschneider.com)**



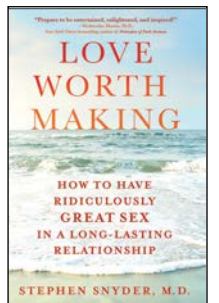
**True Connection: Using the NAME IT Model to Heal Relationships**  
by George Faller, MS, LMFT and Heather P. Wright

From their years of counseling individuals, couples, and families, George Faller and Heather Wright show how to repair conflict, move from disconnection to reconnection, and discover God's movement in our life and relationships. They call their model NAME IT (Notice, Acknowledge, Merge, Embrace, Integrate, and Thank). To heal a relationship, first we connect with our own hearts and stories, then understand the other person's position, and finally merge those two truths (or versions of what is happening), giving birth to a new connection.

**[georgefaller.com](http://georgefaller.com)**

**Love Worth Making**  
by Stephen Snyder, MD

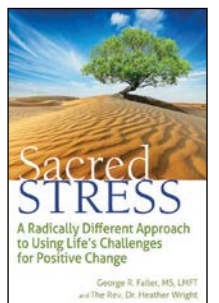
Can sex survive monogamy? Yes, once you know how sexual emotions really work. This acclaimed, paradigm-shifting guide turns sex therapy inside-out to show how people of all ages and backgrounds can connect more deeply with their sexual feelings and enjoy them for life. Gentle, compassionate, and full 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. A must-read for all therapists, their clients, and anyone else hoping to understand what erotic love is all about.



**[loveworthmaking.com](http://loveworthmaking.com)**

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

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



**[georgefaller.com](http://georgefaller.com)**



## A Roadmap for Couple Therapy

"This is one of the best books ever written about couple therapy. Presenting the most comprehensive and thorough compendium of couple therapy interventions ever assembled."

—Jay Lebow, PhD, Editor, *Family Process*

"Delightful to read... the finest presentation of a modern psychoanalytic perspective on couples' issues."

—John Gottman, PhD,  
University of Washington

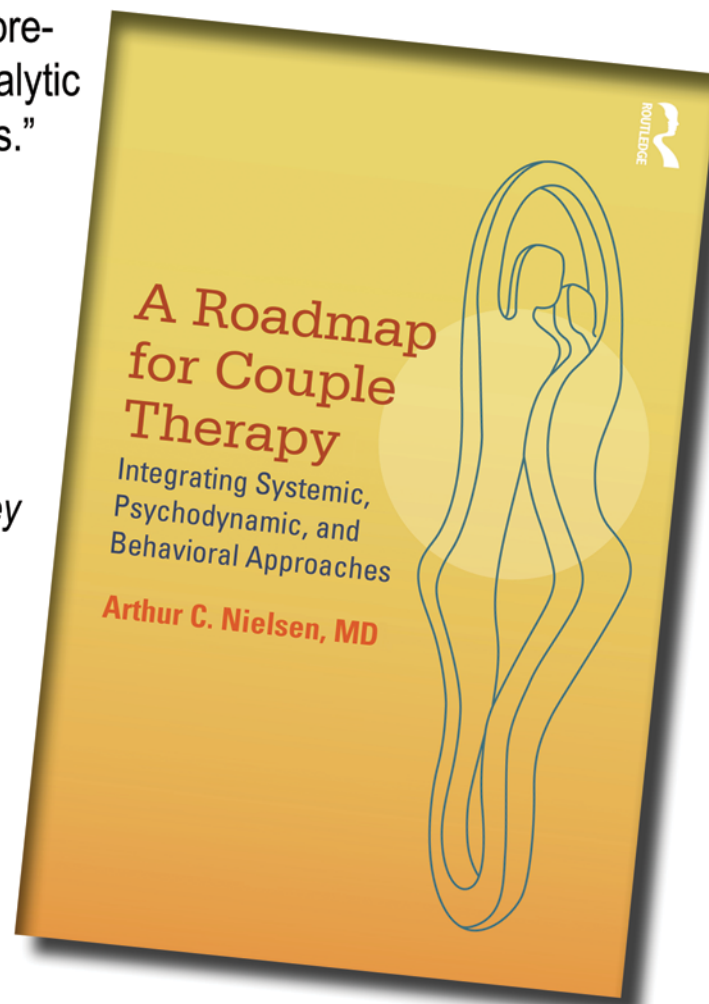
"Richly researched, and ingeniously thought out."

—Dan Wile, PhD,  
University of California, Berkeley

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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.



## Treatment & Recovery PROGRAMS

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



**psychotherapynetworker.org/TreatmentRecovery/Programs**

### Pasadena Villa® Psychiatric Residential Treatment Network of Services

One of America's premier residential psychiatric treatment providers for adults with complex psychiatric disorders. As recognized visionaries in mental health treatment and transitional living services, we offer compassionate, comprehensive, individualized psychiatric and psychotherapeutic care. We immerse our residents in community activities, assisting them in achieving the highest levels of independent functioning. At Smoky Mountain Lodge (TN), we employ a full time certified animal assisted therapist enhancing our client's experience. Pasadena Villa Outpatient Center – Raleigh offers Partial Hospitalization and Intensive Outpatient programs in a supportive environment. Our treatment centers also have additional partnerships in area with certified clinical leaders to include equine therapy, ERPT and TMS. Joint Commission (JCAHO) Accredited. (877) 708-1347

**pasadenavilla.com**



### The Center for Eating Disorders AT SHEPPARD PRATT

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

**eatingdisorder.org**

### Lifeskills SOUTH FLORIDA

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

**lifeskillssouthflorida.com**



### The Trauma Disorders PROGRAM

PART OF THE SHEPPARD PRATT HEALTH SYSTEM

Sheppard Pratt Health System's Trauma Disorders Program is an internationally recognized program for the treatment of individuals with trauma-related conditions, including dissociative disorders and other complex post-traumatic conditions. Our specialized, recovery-oriented care includes both inpatient and outpatient clinical services. The inpatient program utilizes an intensive, multidisciplinary treatment approach through individual therapy, milieu therapy, and process-oriented, experiential, and psychoeducational group therapies. We provide a structured and supportive environment, with a focus on safety and stabilization. (410) 938-3584.

**traumaatp.org**





Selah House provides a full continuum of Christ-centered and clinically excellent care for individuals struggling with anorexia, bulimia, and related disorders. Located in central Indiana, Selah House offers eating disorder treatment for women and teen girls. Our treatment team utilizes time-tested, evidence-based approaches that focus on the medical, psychological, nutritional, relational, and spiritual aspects of recovery. We believe the combination of a unique step-down approach and multidisciplinary therapies in a homelike setting is the best path for treatment. The common thread that runs through our eating disorder treatment programs is our love for our clients and their families and our complete dedication to their healing. (205) 938-4762

[selahhouse.com](http://selahhouse.com)



The Retreat  
AT SHEPPARD PRATT

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

[retreat.sheppardpratt.org](http://retreat.sheppardpratt.org)



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

[magnolia-creek.com](http://magnolia-creek.com)



Sheppard Pratt Health System is the largest private, nonprofit provider of mental health, substance use, special education, developmental disability, and social services in the country. A nationwide resource, Sheppard Pratt provides services across a comprehensive continuum of care, spanning both hospital- and community-based resources. 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 & World Report* for nearly 30 years.

[sheppardpratt.org](http://sheppardpratt.org)

## Treatment & Recovery PROGRAMS

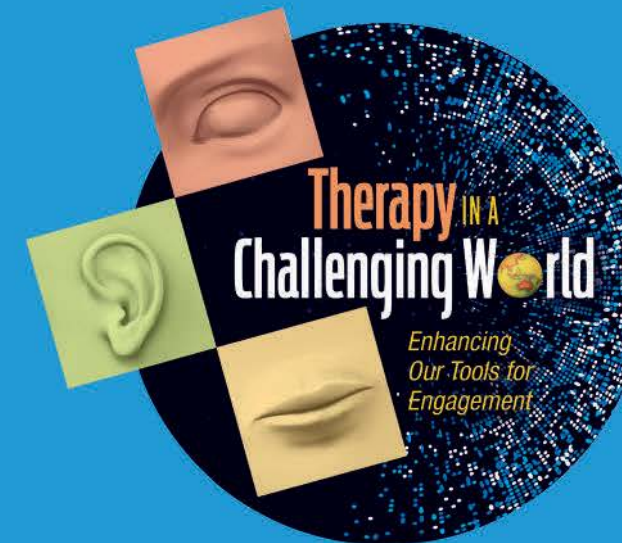
is also available online with direct links to company websites at:

[psychotherapynetworker.org/TreatmentRecovery/Programs](http://psychotherapynetworker.org/TreatmentRecovery/Programs)

To advertise in future editions of Treatment & Recovery Programs, please contact Mike McKenna at (888) 396-1257 or email him at [mmckenna@psychnetworker.org](mailto:mmckenna@psychnetworker.org)

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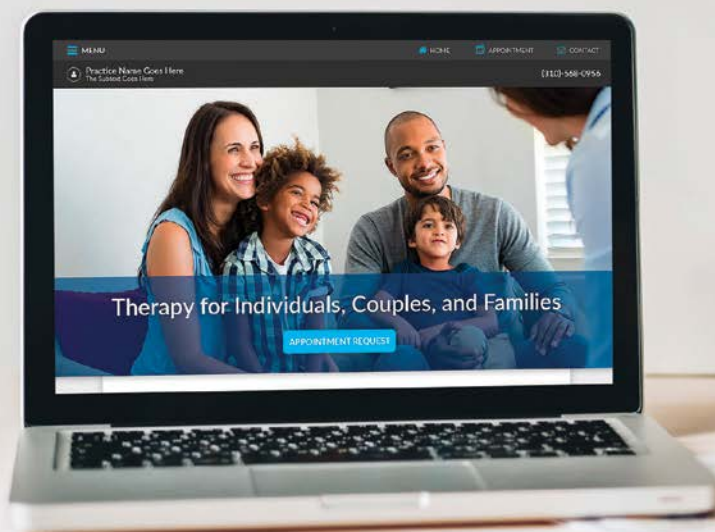
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