



ANATOMY OF INTIMACY

Couples Therapy Training

ROBERT NAVARRA
OCTOBER 21, 2017

ALEXANDRA KATEHAKIS
DECEMBER 2, 2017

ANDREW CHRISTENSEN
MARCH 3, 2018

JANIS ABRAHMS SPRING
APRIL 7, 2018

Foundation for the Contemporary Family &
Department of Psychiatry & Human Behavior
University of California, Irvine

anatomyofintimacy.com

Coming in 2017–2018

Couples in Recovery; Love Addiction; Acceptance & Change; Infidelity, Cybersex & Forgiveness

The Anatomy of Intimacy series chooses topics based on your feedback and continues to invite the best and brightest of couples therapy from varied perspectives to offer you in-depth clinical training and interventions you can use with clients on Monday morning.

With that in mind, our lineup for 2017–2018 is:

Dr. Robert Navarra will present Couples & Addiction, which is an innovative relational approach to recovery for the addicted person and partner. **Dr. Alexandra Katehakis** will share her work with Love Addiction, using a psychobiological approach, strengthening your confidence in working affectively and somatically.

In the Spring, we have **Dr. Andrew Christensen** presenting his Integrative Behavioral Couples Therapy, which incorporates an emotional focus. And back by popular demand is **Dr. Janis Abrahms Spring** with refinements to her radical model of treating infidelity with innovative protocols for dealing with secrets, cybersex, and forgiveness.

And the Foundation for the Contemporary Family is still underwriting the programs to keep tuition low and cover the cost of the popular buffet lunch on the patio!

About the Sponsors

The **Foundation for the Contemporary Family (FFCF)**, founded and directed by **Judith Zucker Anderson**, is dedicated to supporting innovations in clinical training and research in couples and family therapy. FFCF underwrites part of the Anatomy of Intimacy programs in order to keep the fees low for this caliber of training and to provide an enriched learning experience with small groups, a comfortable, high-tech space, and good food.

The **UCI Department of Psychiatry and Human Behavior**, cosponsor of the Anatomy of Intimacy programs for many years, has been committed to supporting the FFCF's efforts to bring the leading clinicians and researchers from around the country to train our local mental health community. Sharing opportunities for top-notch clinical training with the broader professional community has been on ongoing value of the Department.

Scholarships

The Foundation for the Contemporary Family is committed to increasing access to advanced clinical training in couples and family therapy to a broader range of mental health professionals in Southern California. The Foundation offers a number of scholarships to every workshop for graduate students and professionals eager to receive this specialized training who would otherwise be unable to do so. Please apply for these excellent training experiences.

You can download an application at anatomyofintimacy.com or request one at zoanna@drjdudithanderson.com or 949-464-0131.

How to Register

Online: Go to anatomyofintimacy.com & select the Register button to go to online registration.

Phone, Mail, Fax: Mail or fax in the registration form available for download at anatomyofintimacy.com. Register by phone 949.464.0131

Place

Newkirk Alumni Center, UCI
450 Alumni Court
University of California, Irvine 92697

Lunch & Refreshments

Coffee & tea will be provided in the morning and afternoon. A delicious, complimentary lunch will be served on site, followed by an afternoon snack break.

Parking

Convenient parking, located in the lot adjacent to the Newkirk Center, is \$10. An attendant will be on site to issue your parking pass.

Special Needs

Our venue is ADA compliant, and the classroom has cutting-edge audio/visual equipment. If you have any special needs or concerns, please let us know, and we will do our best to make you comfortable.

Questions?

Please contact ZoAnna at zoanna@drjudithanderson.com or 949.464.0131.

Cancellation Policy

Refunds must be requested in writing (email, fax, or postmarked) at least 15 days prior to the course date. A withdrawal fee of \$25 per person for each one-day course applies. If you cancel less than 15 days before the course, you will receive only a full credit toward another course. Refunds and credits are issued within 10 business days after the workshop.

Continuing Education

Psychologists: The Foundation for the Contemporary Family is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Foundation for the Contemporary Family maintains responsibility for this program and its content.

MFT/LCSW: The BBS no longer directly approves continuing education providers. Instead, BBS has designated approval agencies from which licensees can receive continuing education. The Foundation for the Contemporary Family is approved by one of these designated approval agencies (APA).

Cover Art: “Sweet Connect” by Hessam Abrishami

Couples & Addiction: A Relational Approach to Recovery

Robert Navarra, PsyD

Saturday, October 21, 2017
9:00–5:00 \$160/\$137 until 10/2 7 CE hours

Current approaches in treating this “family disease” typically do not provide therapy approaches that effectively address the relationship between people with an addictive disorder and their partners. Outcome research informs us that couples therapy is more effective than individual therapy in identifying addiction and moving the addicted person and family into recovery. Unfortunately, most therapists are undertrained in assessing and treating clients with problematic compulsive behavioral or substance use disorders (SUD), and even fewer have training to help couples struggling with these issues.

This new workshop for therapists integrates more than 15 years of research by Dr. Navarra on the Couple Recovery Development Approach with the Gottman’s Sound Relationship House model and current findings from neuroscience and addiction. It creates a clear road map to help couples establish a relational approach to recovery. The training teaches specific assessment and intervention tools that include the person with the substance use disorder’s recovery, the partner’s recovery, and the relationship’s recovery.

Through extensive clinical videotape, Dr. Navarra will introduce unique interventions to:

- 1) Assist couples to navigate the challenging road from active addiction to recovery
- 2) Provide tools for couples to improve conflict management skills
- 3) Differentiate “codependency” from “interdependency” and set better boundaries
- 4) Aid couples’ healing from the trauma and aftermath of addiction

This workshop is designed to help you:

- Identify addiction and break through the couple’s denial
- Describe & apply techniques for couples to manage conflict
- Implement a relationship recovery plan while supporting each individual’s recovery
- Use “recovery card maps” to facilitate couple recovery



Robert Navarra is a Master Certified Gottman Therapist and trainer who has worked in addiction recovery for 25 years and has presented his couple recovery model internationally. He holds an Advanced Drug & Alcohol Certification and is also a Research Scientist at Gottman’s Relationship Research Institute and at the Mental Research Institute. Dr. Navarra has co-written several book chapters with Drs. John & Julie Gottman and continues to collaborate with them on research; he has also published in *Alcoholism Treatment Quarterly*. He is currently in private practice in San Carlos, California.

Love Addiction: A Psychobiological Approach

Alexandra Katehakis, PhD, LMFT

Saturday, December 2, 2017
9:00–5:00 \$160/\$137 until 11/10 7 CE hours

Love addiction is an intimacy disorder manifested in an adult as preoccupation with an idealized, fantasy relationship that, ultimately, acts as a barrier between the person and the object of his/her desire. It is deeply rooted in a constant need for attention, validation, nurturing, and connection. When challenged to surrender unhealthy attachments to sex and fantasy, love addicts struggle with tolerating the pain of the past that begins to emerge into conscious awareness. Love addicts typically choose love avoidants, who are often sex addicts.

When the sex and love addicted couple comes into treatment, therapy can feel daunting due to the morass of secrets and lies between the pair, and the complex, unconscious dynamics pervasive in the relationship. A psychobiological approach to treating “love addiction” utilizes the principles of Interpersonal Neurobiology and affect regulation in service of healing the client’s early attachment and regulatory wounds.

Through powerful clinical videotape, case presentation, and role-play, Dr. Katehakis will demonstrate how to apply regulation theory when working with love addicts, also using 12-Step programs and focus on the somatic. Case presentations will illustrate how love addiction, much like sex addiction, is a dissociative disorder and how the acuity of symptoms experienced by love addicts keeps them in relationships with people who are unavailable and they can’t bear to leave.

Dr. Katehakis shares her work with wisdom and courage. You’ll appreciate her depth of her knowledge and ability to synthesize complex concepts into a coherent model with practical application.

This workshop is designed to help you:

- Assess when couples therapy is indicated/useful and when it’s not
- Recognize the signs of Love Addiction & employ effective ways of treating the dissociation—whether hyper- or hypo-aroused in presentation
- Strengthen your confidence in working affectively & somatically
- Track somatic transference & countertransference in service of co-regulation & cultivating a two-person dyadic system.



Alexandra Katehakis is the Founder and Clinical Director of the Center for Healthy Sex in Los Angeles and author of *Sex Addiction as Affect Dysregulation* and the award-winning *Making Advances: A Guide for Treating Sex and Love Addicts*. She has lectured for the UCLA Annual Attachment Conference, Psychotherapy Networker Conference, Women’s Association of Addiction Treatment and many others. She is also a regular guest sex expert on *Dr. Drew Middy Live*, a regular guest blogger at *Psychology Today* & *Huffington Post*, and has published in the *Journal of Sexual Addiction & Compulsivity*.

Integrative Behavioral Couples Therapy: Acceptance & Change

Andrew Christensen, PhD

Saturday, March 3, 2018
9:00–5:00 \$160/\$137 until 2/9 7 CE hours

UCI is delighted that Dr. Christensen, a founder of the IBCT model, will be offering us a special workshop on Integrative Behavioral Couple Therapy. IBCT is an empirically validated approach that has successfully expanded traditional behavioral couples therapy, retaining its systematic clarity yet adding the integrative concepts of 1) focusing on the emotional underpinnings of a couple’s problems, and 2) promoting emotional acceptance as a vital part of change. Using a variety of strategies that are fundamentally different in many ways from traditional behavioral couples therapy, IBCT’s key features include:

- 1) A thorough case formulation called a DEEP analysis (differences, emotional sensitivities, external stressors, & patterns of communication)
- 2) A detailed feedback session to set a blueprint for therapy
- 3) Emotional acceptance as a basis for concrete change
- 4) Emphasis on evocative rather than prescriptive interventions.

The efficacy of IBCT has been supported in major clinical trials and is currently being used system-wide by the Veterans Administration. The reach of IBCT has also been extended through an online program, OurRelationship.com, to offer relationship services to those couples who don’t need in-person therapy or who cannot afford it. Currently there is a nationwide, federally funded clinical trial to assess the program’s impact on low-income couples.

Dr. Christensen is a stimulating presenter and will show extensive videotapes of couples in therapy to demonstrate his approach as well experiential exercises to concretize the method. Join us to expand your knowledge and skills in this effective couples therapy model.

This workshop is designed to help you:

- Define the differences & similarities among evidence-based couples therapies (IBCT, EFT, CBT, and BCT)
- Implement a DEEP analysis of relationship problems with your couples
- Use the assessment methods and feedback strategies in IBCT
- Implement the affective, cognitive, and behavioral treatment strategies of IBCT that foster both emotional acceptance & change



Andrew Christensen is a distinguished professor in the Department of Psychology at UCLA. His studies of couples have resulted in more than 150 professional articles. For therapists, he co-wrote *Acceptance and Change in Couple Therapy: A Therapist’s Guide for Transforming Relationships* with Neil S. Jacobson. He also wrote a book for couples *Reconcilable Differences*. Dr. Christensen’s therapy approach and research have been praised by the APA, adopted by the Veterans Administration, and are frequently cited in the *Washington Post*, *New York Times*, *Newsweek*, *Time*, and *US News & World Report*.

Infidelity: Secrets, Cybersex, Affairs—and Forgiveness or Not?

Janis Abrahms Spring, PhD, ABPP

Saturday, April 7, 2018
9:00–5:00 \$160/\$137 until 3/16 7 CE hours

Don’t miss this unique opportunity to spend a day of intense clinical training with Dr. Janis Abrahms Spring, one of the nation’s foremost experts on infidelity and forgiveness. She will focus on in-depth interventions of her radical treatment model for helping couples navigate the crisis of infidelity, including how to best use her “open secrets policy.” Specific techniques will be demonstrated to help each partner own their contribution to the marital damage, distinguish between cheap and earned forgiveness, and to treat each other in ways that foster growth and reconnection.

Poignant case examples will bring to life answers to such important clinical questions as:

- 1) What constitutes an affair? Why is cybersex so seductive/addictive?
- 2) Is there room for secrets in couples therapy and, if so, how can therapists create a safe place for rigorous self-scrutiny and honesty?
- 3) How can partners decipher the meaning of an affair in ways that shed light on their vulnerabilities, longings, and unresolved traumatic injuries?
- 4) Is it possible for partners to heal without forgiving?
- 5) What common assumptions about forgiveness stand in the way of allowing couples to reconcile and heal?

Dr. Spring will teach the steps each partner must take to foster genuine forgiveness and exercises to help couples rekindle trust after an affair, including ways to help partners recommit, even when they don’t yet feel very loved or loving.

This workshop is designed to help you:

- Describe an open secrets policy that helps couples and therapists manage secrets in couples therapy
- Specify what makes cybersex so appealing and potentially addictive
- Explain how an understanding of contributing factors reduces a couple’s vulnerability to future affairs
- Define trust-building exercises that foster connection between partners after an affair



Janis Abrahms Spring is an internationally acclaimed expert on infidelity and forgiveness. Her award-winning books, *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful* and *How Can I Forgive You? The Courage to Forgive, The Freedom Not To*, have sold more than 600,00 copies. She is a Diplomate in Clinical Psychology, a former clinical supervisor at Yale University’s Department of Psychology, and a popular media guest on radio and television. Best of all, she is an engaging speaker who will keep you riveted for an entire day.