

Registration

First Name: _____ Middle Initial: _____
Last Name: _____
License Number: _____ Degree: _____
Street Address: _____
Street Address: _____ Apt./Ste. #: _____
City: _____
State: _____ Zip: _____
Phone: _____
E-mail: _____

Please note: whenever possible, communication with registrants will be via e-mail.

Registration and Fees

I would like to attend **both** workshops for a reduced rate of:

- Early Enrollment: \$200
(Registration must be postmarked no later than January 27, 2006)
- Regular Enrollment: \$250

I would like to attend **one** of the following:

Janis Spring: Infidelity and Forgiveness

- Early Enrollment: \$110
(Early Registration must be postmarked no later than January 27, 2006)
- Regular Enrollment: \$135

Dan Wile: After the Fight

- Early Enrollment: \$110
(Early Registration must be postmarked no later than February 24, 2006)
- Regular Enrollment: \$135

I would like to pay by:

Check

Please make checks payable to the Regents of the University of California.

Credit Card

MC VISA

Card number: _____

Expiration date: M _____ YR _____

Signature: _____

Today's Date: _____

Mail or Fax to:

The Foundation for the Contemporary Family
380 Glenneyre, Suite D
Laguna Beach, California 92651
fax: (949) 494-0865
phone: (949) 464-0131

Continuing Education

Psychologists: The Foundation for the Contemporary Family (FFCF) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. FFCF maintains sole responsibility for its programs. Courses provided by an APA-approved sponsor are accepted for continuing education credit by the Board of Psychology in California. Each of the workshops listed here meets the requirements for up to 6.5 hours of CE credit. Psychologists attending these courses will receive an MCEP Credit Reporting Form to submit to the MCEP Accrediting Agency.

MFT/LCSW: UCI Family Therapy Training Program (UCIFTTP) is approved by the California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs and LCSWs. These courses meet the qualifications for up to 6.5 hours of CE as required by the California Board of Behavioral Science (BBSE #PCE3322).

About the Sponsors

Founded in 1999, the **Foundation for the Contemporary Family** is dedicated to supporting innovations in clinical training, and research in couples and family therapy as well as inventive intervention programs.

For more than 15 years, under the direction of Dr. Judith Z. Anderson, the **UCI Family Therapy Training Program** in the Department of Psychiatry and Human Behavior at the UCI College of Medicine has offered clinical training programs in couples and family therapy for mental health professionals in Orange County and Southern California.

A limited number of scholarships are available. If you would like to request an application, please call (949) 464-0131 or e-mail zcarrol@cox.net.



Cancellation Policy

Refunds must be requested in writing 10 days prior to the program date. A \$25 processing fee is deducted from all refunds. Full credit will be given if applied toward a future workshop.

Cover art: "The Lovers" by Rufino Tamayo, San Francisco Museum of Modern Art.

Foundation for the Contemporary Family
15615 Alton Parkway, Suite 220
Irvine, California 92618-3307

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Earn up to 13 CE hours
Important Continuing
Education Information:
PLEASE POST



Training Director:
Judith Zucker Anderson, Ph.D.

Workshops Offered:
Infidelity and Forgiveness
with Janis Spring
After the Fight
with Daniel Wile

Infidelity and Forgiveness

Janis Spring

Friday, February 10, 2006



After the Fight

Daniel Wile

Friday, March 10, 2006

Presented by:

Foundation for the Contemporary Family

and

UCI Family Therapy Training Program

Department of Psychiatry & Human Behavior

University of California, Irvine

Training Director:

Judith Zucker Anderson, Ph.D.

Friday, February 10, 2006

INFIDELITY AND FORGIVENESS

A Radical Approach to Healing Intimate Wounds

With Janis Abrahms Spring, Ph.D., ABPP

Forgiveness has been held up as the gold standard of recovery from interpersonal injuries. We have been taught that forgiveness is good for us and that good people forgive. In real life, however, hurt parties often find that they can't or won't forgive, particularly when the offender is unrepentant or dead.

In this workshop, Genuine Forgiveness will be reframed as an intimate dance, a hard-won transaction, which asks as much of the offender as it does of the hurt party. You will learn to help unfaithful partners perform bold, humble, heartfelt acts of repair to earn forgiveness, such as bearing witness to the pain they caused, delivering a meaningful apology, and taking responsibility for their offense. You will also learn to help hurt partners create opportunities for the offender to make good. The ways in which hurt and unfaithful partners can learn to forgive themselves will be spelled out.

Dr. Spring will also propose a radical, new alternative to forgiveness — a profound, life-affirming, healing process called Acceptance. This can be accomplished by the hurt party alone, when the unfaithful partner can't or won't make meaningful repairs for the damage caused. Ten concrete steps for the ways in which hurt partners can rise above the trauma will be described, including de-shaming the affair, releasing their obsessive preoccupation with it, and accepting a fair share of the responsibility for what went wrong.

Participants will learn:

- to challenge popular assumptions about what it means to forgive a traumatic betrayal, such as an affair;
- to provide hurt parties with a radical, new alternative which allows them to become physically and spiritually healthy — without forgiving an unapologetic offender;
- to compare and contrast four different approaches to forgiveness and to identify which elements make two of them dysfunctional and two of them healthy;
- to follow specific, concrete guidelines for helping offenders earn forgiveness and for helping hurt parties foster forgiveness.

Friday, March 10, 2006

AFTER THE FIGHT

Turning Conflicts into Intimate Conversations

With Daniel Wile, Ph.D., ABPP

What do couples do after a fight? Maybe they apologize or they wake up the next day and pretend that nothing happened. Or they restart a blame game which quickly deteriorates again. Rarely do they use the conflict as a chance to repair and deepen the relationship. From John Gottman's research, we know that effective repair is a key to a successful marriage. The question for therapists is How can you best teach couples how to repair?

In this workshop, Dr. Wile demonstrates how to take the fight that is occurring and transform it into a moment of intimacy by giving voice to each partner's concealed internal experience. He helps couples become conversant with their self-talk during a fight and paves the way for creating a more collaborative set and into a cycle of connection.

A defining feature of this approach is how, as therapists, we grapple with the same issues the partners do. The inner conversation of the therapist will be delineated in order to recognize how our own disengagement and disapproval of each partner offer clues to the relationship impasse. The use of this therapist self-talk to shift couples out of the cycle of alienation will be clarified.

Couples therapy becomes effective only when the therapist keeps a couple's fighting from destroying the therapy. Dr. Wile will offer clear guidelines for transforming typical, character-defect and other pathological accusations into opportunities for intimate connections.

Participants will learn:

- to help couples use fights as entry points into recovery conversations
- to turn a couple's conflict of the moment into a moment of intimacy
- to bring out each partner's core struggle in a way that makes sense and evokes empathy
- to help couples become conversant with their self-talk during fights
- to access the therapist's inner dialogue to turn your own negative judgments about partners into useful empathic clues
- to substitute loss of voice for resistance as a key psychopathological concept.

Infidelity and Forgiveness

with Janis Spring

Friday, February 10, 2006

After the Fight

with Daniel Wile

Friday, March 10, 2006

Time

Each workshop begins at 9:00 a.m. and ends at 4:30 p.m. Please arrive early to allow yourself time to register and pick up your workshop materials. Registration begins at 8:30 and the workshop promptly at 9:00. You must sign in, sign out, and have 100 percent all-day attendance to receive the full 6.5 hours of continuing education credit for each workshop.

Place

The workshops will be held at the University Club, University of California, Irvine. For general information about the University Club, maps, and directions, please visit www.uclub.uci.edu.

UCI University Club
University of California, Irvine
801 East Peltason Drive
Irvine, California 92697

Parking

There is free parking located at the University Club.

Refreshments

Morning coffee, tea, muffins, and snacks will be provided. There will be a one-hour lunch break. Lunch is on your own. Attendees may take advantage of the on-site restaurant (the menu is available at the University Club website) or bring their own.

Special Needs

The University Club is wheelchair accessible. If you have any special needs, please let us know when you register, or call the Foundation for the Contemporary Family at (949) 464-0131.

Questions?

If you have any questions, please contact ZoAnna Carroll at (949) 464-0131 or zcarrol@cox.net; or Judith Anderson (949) 727-4337 or drjzanderson@cox.net.

ABOUT THE PRESENTERS

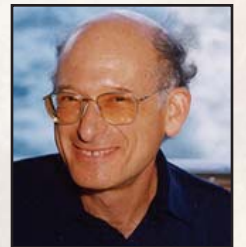
Janis Abrahms Spring, Ph.D., ABPP is



a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. Her first book, *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful*, has sold more than a quarter of a mil-

lion copies and is published in thirteen countries. Her recently released second book, *How Can I Forgive You? The Courage to Forgive, The Freedom Not To*, was a Books for a Better Life Award finalist. She is a Diplomate in Clinical Psychology, a recipient of the Connecticut Psychological Association's Award for Distinguished Contribution to the Practice of Psychology, and has served as a clinical supervisor in the Department of Psychology at Yale University. She has now been in private practice for almost three decades. The originality and clinical richness of her work make her a popular media guest and presenter. Please visit her website: www.janisabrahmsspring.com.

Daniel B. Wile, Ph.D., ABPP, is an interna-



tionally renowned couples therapist and clinical psychologist. Best known for his expertise in transforming conflict into intimacy, Dr. Wile has written three significant books on couples therapy: *After the Honey-moon: How Conflict Can Improve Your Relationship*;

After the Fight: Using Your Disagreements to Build a Stronger Relationship; and *Couples Therapy: A Nontraditional Approach*. His most recent publication, *Collaborative Couples Therapy*, was chosen as an important model of therapy to be included in the *Clinical Handbook of Couples Therapy*. He is a stimulating presenter who will challenge your traditional thinking

"I love Wile's writing and thinking. They are entirely consistent with my research findings. I think Wile is a genius and the greatest living marital therapist!"

—John Gottman, Ph.D.

and provide practical, useful techniques for immediate use in your practice. You can learn more about Dr. Wile's work at www.danwile.com.