Beyond trauma to transformation

INFIDELITY

THE SIXTH ANATOMY OF INTIMACY CONFERENCE

Saturday & Sunday
November 10 & 11, 2012
9 am to 5 pm
University of California, Irvine

4 CE hours

The first couples conference about infidelity

Infidelity: Beyond Trauma to Transformation

Janis Abrahms Spring
Ellyn Bader
John & Julie Gottman
Alex Katehakis
Marty Klein
Tammy Nelson
Esther Perel

Faculty

Janis Abrahms Spring, PhD is an acclaimed expert on infidelity and forgiveness. Her book, After the Affair, is Amazon’s #1 Best seller on infidelity. How can I Forgive You? was a #1 Bestseller for the New York Times. She is a Diplomate in Clinical Psychology, a former clinical supervisor at Yale’s Department of Psychology, and a popular media guest on NPR and Good Morning America.

Ellyn Bader, PhD is the cofounder and director of The Couples Institute in Palo Alto, California. Over the past 25 years, she has trained therapists worldwide. She is a recipient of the Clark Vincent Award for outstanding literary contribution to marital therapy from the California Association of MFTs. Dr. Bader frequently speaks on treating infidelity at conferences. She has co-authored in Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment of Couples Therapy, and Tell Me No Lies.

John Gottman, PhD is world renowned for his work on marital stability and divorce prediction. His latest book is on the science of trust. He was recently voted as one of the Top 10 Most Influential Therapists of the past quarter-century by Psychotherapy Networker. He has published 200 academic articles and is author or co-author of 41 books, including the bestselling, 7 Principles for Making Marriage Work. Dr. Gottman is the cofounder of The Gottman Institute where he currently teaches workshops for couples and training workshops for clinicians.

Julie Gottman, PhD is the cofounder and Clinical Director of The Gottman Institute. A highly respected psychologist, she is the coauthor of the popular Art and Science of Love Weekend Workshops for Couples and is a co-founder of the clinical training program in Gottman Couples Therapy. She is the author/co-author of Seven Lessons to Transform Your Marriage, And Baby Makes Three, and The Marriage Clinic Corebook. She provides intensive therapy sessions for couples and training for therapists.

Alexandra Katehakis, MFT is the founder and Clinical Director of the Center for Healthy Sex in Los Angeles. Her work synthesizes Patrick Carnes’s sexual addiction treatment model with attachment and differentiation theory. In 2010 she released Erotic Intelligence: Igniting Hot Healthy Sex While in Recovery From Sex Addiction. As part of Allen’s Schore’s study group in affective neuroscience, she has incorporated affect regulation theory into her treatment of sexual addiction. She also writes a monthly blog for Psychology Today.

Marty Klein, PhD has been a Certified Sex Therapist for 31 years and is a nationally known expert on pornography and cybersex. He trains therapists here and abroad. His book Ameritus’ War on Sex was awarded Book of the Year by AASECT and his Sexual Intelligencer is already highly acclaimed. Marty has written over 100 articles and is a former contributing editor to New Physicist and Mind/Body Mode. He is often cited by national publications, such as The New Yorker and Huffington Post. Marty has been featured on radio as well as 20/20 and Nightline.

Tammy Nelson, PhD is the founder for the Institute for Sexuality and Human Development, which provides workshops for couples and trains therapists worldwide on sex and relationships. She is the author of Getting the Sex You Want and The New Monogamy: Redefining Your Relationship After Infidelity. She has been a featured expert in Psychotherapy Networker and the Washington Post, and writes for the Huffington Post and YourTango.

Esther Perel, MA, LMF is the author of the bestseller Mating in Captivity: Unlocking Erotic Intelligence, winner of the 2009 book award from the Society for Sex Therapy and Research. Famed in nine languages, she brings a rich multicultural perspective to her work on couples therapy and cross-cultural relations. She serves on the faculties of the Department of Psychiatry, NYU, and the International Trauma Studies Program at Columbia.

Learning Objectives:

- Understand the complexities of marriage, sex and monogamy from a multicultural, nonjudgmental perspective
- Explain how to reduce the couples’ vulnerability to future affairs
- Define several trust-building exercises that foster connection between partners
- Recognize how an affair may help to positively transform a marriage
- Assess the role of cybersex, pornography use, and sex addiction in infidelity
- Describe the Atone-Attune-Attach model in the treatment of infidelity

Even the most experienced therapist can feel overwhelmed by couples struggling with infidelity. Conventional wisdom maintains that infidelity is always traumatic and a symptom of a troubled relationship, while recent thinking suggests there is no one-size-fits-all. This conference brings together a stellar group of experts on infidelity, offering two intense days of stimulating, thought-provoking presentations along with practical clinical skills. The goal of this conference is to present a wide range of clinical thinking about what exactly constitutes infidelity and the various approaches to treatment. The conference will offer the latest research on the science of trust and betrayal, illustrating clear examples of how to treat couples struggling with this crisis. The faculty will consider the complexities of marriage, sex, intimacy, and monogamy in couples. To conclude each day, provocative faculty panels will explore areas of divergence and convergence in their approaches.

Among the issues to be considered are the complexities of monogamy and the motivations behind infidelity. There will be focus on the impact of technology on infidelity, managing secrets, how much detail about the affair to disclose, and the erotic recovery for a couple after an affair. Those attending this conference will learn the most current methods for guiding a couple to best determine whether the legacy of an affair will be a break-up, simply surviving, or a transformative experience. Issues of countertransference and the therapist’s life experience will be considered, with a focus on the values of the therapist that can affect clinical decisions.

Sponsored by the Foundation for the Contemporary Family

UCI Department of Psychiatry & Human Behavior
in collaboration with the Lifespan Learning Institute

Conference Directors: Judith Zucker Anderson & Marion F. Salomon

anatomyofintimacy.com
周六, 11月 10日

治疗关系中的创伤与原谅
约翰·戈特曼博士, 博士后

基于他的新研究, 约翰·戈特曼博士将分享他的发现, 以及他如何帮助那些经历了婚外情和治愈关系的夫妻。他的研究揭示了在恋爱关系中的关系, 无论是建立还是摧毁, 这个情感“疗愈”将被描述为一种新的策略, 用于防止欺骗和治疗。约翰·戈特曼博士将阐述阿特恩-阿特恩模型的应用, 用于治愈从一场暴露的恋爱关系中产生的欺骗和处理欺骗中的诚实和道德问题。

Infidelity; Lies to the Partner, Lies to Self
Elyln Bader, PhD

几项临床研究显示, 一些复杂的伙伴关系会以欺骗的形式出现。例如, 当伴侣在你面前保持沉默时, 他们以受害者或受害者的形象出现。治疗师必须认识到, 这些伴侣可能会欺骗自己和他人。我们将讨论如何在我们的工作中使用这些知识来帮助伴侣关系中的爆发。

色情与网络性关系：性虐待的起因
亚历山德拉·卡特哈克, MFT

性虐待往往被视为性成瘾。它可以包括多种形式, 并且可能被视为一种形式的成瘾。它可能由各种原因引起, 例如, 在性虐待的背景下, 女性可能由于各种原因而感到焦虑和孤独。电报娱乐后，可能需要加强治疗来处理骗子的交易, 并确保治疗的顺利进行。

Panel Dialogue

The Foundation for the Contemporary Family grants a limited number of scholarships for professionals eager to receive this indulgent and high-quality conference experience who otherwise would be unable to do so. To download an application, please visit: anatomyofintimacy.com. You can also call 949-464-0131 or e-mail zoanna@drjudithanderson.com

周日, 11月 11日

治疗关系中的创伤与原谅
约翰·戈特曼博士, 博士后

基于他的新研究, 约翰·戈特曼博士将分享他的发现, 以及他如何帮助那些经历了婚外情和治愈关系的夫妻。他的研究揭示了在恋爱关系中的关系, 无论是建立还是摧毁, 这个情感“疗愈”将被描述为一种新的策略, 用于防止欺骗和治疗。约翰·戈特曼博士将阐述阿特恩-阿特恩模型的应用, 用于治愈从一场暴露的恋爱关系中产生的欺骗和处理欺骗中的诚实和道德问题。

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色情与网络性关系：性虐待的起因
亚历山德拉·卡特哈克, MFT

性虐待往往被视为性成瘾。它可以包括多种形式, 并且可能被视为一种形式的成瘾。它可能由各种原因引起,例如, 在性虐待的背景下, 女性可能由于各种原因而感到焦虑和孤独。电报娱乐后，可能需要加强治疗来处理骗子的交易, 并确保治疗的顺利进行。

Panel Dialogue

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