

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

Earn up to 21 CE hours



One-day workshops

October 5, 2019—Tammy Nelson
November 9, 2019—Margaret Nichols
February 29, 2020—Ellyn Bader & Peter Pearson

Important Continuing
Education Information
PLEASE POST

ANATOMY OF INTIMACY

Couples Therapy Training

TAMMY NELSON
OCTOBER 5, 2019

MARGARET NICHOLS
NOVEMBER 9, 2019

ELLYN BADER &
PETER PEARSON
FEBRUARY 29, 2020

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

anatomyofintimacy.com

Coming in 2019–2020

Low Sex and No Sex Couples; LGBTQ+ in the 21st Century; Conflict Avoidant & High Conflict Couples: Therapist Challenges

For almost 20 years now, the Anatomy of Intimacy series has offered innovative clinical trainings from the masters of the couples and family therapy field. We choose the topics based on your ongoing feedback and tracking of contemporary clinical issues. We continue to invite the best and brightest of the relationship science world 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 2019–2020:

Back by popular request, **Tammy Nelson**, a renowned sexologist, returns to present her innovative approach to reigniting desire in sex-starved relationships. She will teach a specific protocol of how to integrate sex and couples therapy to address low desire or no sex couples in reducing trauma triggers and pleasure avoidance in order to rekindle desire.

Margaret Nichols, an amazing psychologist and engaging speaker, will share what every therapist needs to know about working with LGBTQ+ couples in the 21st century. With the many cultural changes broadening how we think about gender and sexuality, this will be an important update from whatever you learned in graduate school.

Ellyn Bader and Peter Pearson, a powerful duo, are returning to teach incisive ways to create intensity with conflict avoidant couples and how to harness the hostility in high conflict couples. This special workshop offers a rare opportunity to witness the parallel process of following actual cases of both types, from assessment to resolution, with illustrative video examples of the clinical decision-making at each step.

The Foundation for the Contemporary Family is still helping to underwrite the programs to keep tuition low and provide the complimentary 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 an ongoing value of the Department.

How to Register

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

Mail or Phone: A Mail-In registration form is available for download at anatomyofintimacy.com. Or, 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.

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 any 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@drjudithanderson.com or 949-464-0131.

Cover Art: "Sweet Connect" by Hessam Abrishami

Low–Desire & No–Sex Couples: Rekindling the spark

Tammy Nelson, PhD

Saturday, October 5, 2019

9:00–5:00 \$165/\$140 through 9/20 7 CE hours

Many couples struggle with mismatched sexual desire—a formula for relational tension. When one partner is sexually dissatisfied and the other oblivious or dismissive, not only is sex a casualty but the quality of emotional connection also declines. This issue often emerges as part of couples therapy, yet most therapists are untrained in current approaches to sexuality.

This workshop will uncover where lack of desire originates in sexless and low-sex couples and how to treat desire discrepancy using contemporary treatment models. Through extensive clinical examples and videos, we'll focus on three areas that are often at the root of low- or no-sex marriages: 1) pleasure resistance, 2) pleasure avoidance, and 3) pleasure rejection. The emphasis will be on the most effective strategies to help couples achieve sexual empathy, increase pleasure, and decrease anxiety around sexual performance. Strategies for different types of sexual relationships, straight and LGBTQ+, will be presented.

Dr. Tammy Nelson returns to UCI to share her depth and breadth of knowledge about sexuality. Her teaching style is clear, stimulating and replete with practical tools to integrate into your practice.

Participants will learn how to:

- Use techniques for healing arousal dysfunction, renewing desire, and integrating a trauma model into your work
- Apply techniques which focus on pleasure disorders rather than performance problems
- Analyze current research on use of medications as part of therapy
- Expand your skills in discussing sexual issues and helping your couples create new pathways for pleasure.
- Compare attachment-based vs. individuation-based approaches when treating sexual dysfunction in couples
- Discuss why pleasure disorders often involve issues around betrayal, trust, identity, and self-esteem



Tammy Nelson, PhD is a Board Certified Sexologist and AASECT Certified Sex and Couples Therapist TEDx speaker. She is the author of several best-selling books for couples, including *Getting the Sex You Want*, *The New Monogamy*, *When You're the One Who Cheats*. She is the Director and Founder of the Integrative Sex Therapy Institute in Washington DC, and trains therapists throughout the globe. Dr.

Nelson a frequent speaker at national conferences and is a featured expert in the *NY Times*, *Men's Health*, and *Time* magazine. Plus, she writes for the *Huffington Post*.

21st Century LGBTQ+: Not your mother's gay community

Margaret Nichols, PhD, CSTS

Saturday, November 9, 2019

9:00–5:00 \$165/\$140 through 10/18 7 CE hours

If you see same sex couples in your practice, you may have noticed that things have changed, especially among younger people. Your same sex couple is likely to have one partner who is bisexual, pansexual, asexual, transgender, gender fluid, kinky, or polyamorous. Even therapists trained as recently as a decade ago are out of step with current changes in the LGBTQ+ community and the new models of sex and gender variance.

These couples present unique issues and challenges. In this workshop, you will hear current research about same sex couples relationship functioning and sexuality. Through didactic lecture, case examples and role play exercises, you will gain skills to work with same sex couples, regardless of the identities of the partners. In addition, you will learn what skills these couples can teach us which are transferable to straight relationships: the consent culture and communication skills of kinky people, the way polyamorous people handle jealousy, the ways same sex couples achieve egalitarianism.

Dr. Nichols is a powerful and dynamic speaker with an ability to use humor, emotion, and analogy to create a connection with her audience. By the end of this workshop, you will know far more about today's "queer" community and relationships than you ever learned in grad school!

Participants will learn how to:

- Explain how lesbians and gay men handle sexuality and intimacy differently than mixed sex couples
- Describe research conclusions from same sex couples that apply to mixed sex couples
- List the differences between late 20th and current 21st century mental health models of gender diversity
- Assess unique needs of clients who are transgender, nonbinary, gender fluid, pansexual, kinky
- Select appropriate approach for navigating consensual monogamy
- Create plan for working with family when one partner is not "out" and supporting parents of gender diverse kids



Margaret Nichols, PhD is a psychologist and sex therapist as well as the founder of the Institute for Personal Growth, a psychotherapy organization in New Jersey specializing in sex therapy and other clinical work with the sex and gender diverse community since 1983. She is an international speaker on LGBTQ issues and author of many peer reviewed articles and papers on LGBTQ sexuality and mental health issues. She is

currently finishing a book, *Gender Expansive Kids, Polyamorous Couples, and Mostly Heterosexual Men*, a guide for therapists on working with the LGBTQ+ community due out in 2020.

Conflict Avoidant & High Conflict Couples: Therapists, fear no more!

Ellyn Bader, PhD & Peter Pearson, PhD

Saturday, February 29, 2020

9:00–5:00 \$165/\$140 through 2/7 7 CE hours

Conflict avoidant couples make it seem like you are always pulling teeth to evoke underlying emotions while hostile angry couples try to pull you into being a referee. Couples therapy requires strong leadership, especially in early sessions. Learn to set the tone, solidify your credibility, assess what is wrong and why, and chart a clear direction, all while preventing regression, creating hope, and stimulating individual accountability. This is no easy task!

This special workshop with Drs. Bader and Pearson, master clinicians and trainers, is designed to demonstrate Couples Therapy in Action, from assessment to resolution. You will learn through real case examples how the same four powerful techniques can be applied and modified to work with two vastly different types of couples. Don't miss this program as we rarely get to see presenters show therapy over time at workshops!

You'll follow video segments from a conflict- and intimacy-avoiding couple having difficulty blending their two families and watch engaging role plays of a hostile-fighting couple, all designed to demonstrate the interplay between effective assessment and targeted intervention.

Drs. Bader and Pearson will show you how to get therapy off to a strong start and demonstrate how clear assessment lays the foundation for rapid and effective intervention. Knowing this approach will enable you to be an incisive therapist without the typical, unnecessary couples therapist traps we all experience.

Participants will learn how to:

- Select targets of positive change in the first session and get therapy off to a strong start
- Assess each partner's level of differentiation using six criteria
- Recognize and connect interpersonal conflicts to intrapsychic conflicts
- Apply the Initiator–Inquirer Process to interrupt conflict avoidance or escalated hostility
- Utilize 2-chair work to address intimacy avoidance
- Develop communication patterns that promote openness, intimacy, and empathy



Drs. Ellyn Bader & Peter Pearson are founders of The Couples Institute in Menlo Park. Gifted clinicians and teachers, they have trained couples therapists for 30 years in the US, Europe, Asia & Australia. Both served as Clinical faculty at Stanford University Medical School. Ellyn received CAMFT's Clark Vincent Award for an outstanding literary contribution to the field of marital therapy. Ellyn and Pete co-authored *In Quest of the Mythical Mate* and *Tell Me No Lies*. They are sought-after presenters at major couples and psychotherapy conferences, as well as having appeared on numerous radio and TV programs as expert commentators.



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/LPCC: 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).

AASECT

We are pleased to be able to offer AASECT credits for the Tammy Nelson & Margaret Nichols workshops:

This program meets the educational requirements for the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and is approved for 7 CE Credits. These CE Credits may be applied toward AASECT certification and renewal of certification. Completion of this program does not ensure or guarantee AASECT Certification.

For Tammy Nelson's workshop, CE Credits may also be applied toward the Certified Sex and Couples Therapist (CSCT) designation offered through Integrative Sex Therapy Institute (ISTI).