

The Anatomy of Intimacy: A Delicate Balance Between Attachment & Differentiation

November 2-4, 2001
UCI Campus: Crystal Cove Auditorium
Irvine, California



Presented by:

Foundation for the Contemporary Family
UCI Family Therapy Training Program
University of California, Irvine
Department of Psychiatry & Human Behavior
and
The Lifespan Learning Institute

Ellyn Bader, Ph.D., Harville Hendrix, Ph.D.,
Susan Johnson, Ed.D., David Scharff, M.D.,
Jill Savege Scharff, M.D., Sheila Sharpe, Ph.D.,
Conference Directors:

Judith Zucker Anderson, Ph.D., Marion F. Solomon, Ph.D.

The Anatomy of Intimacy:

The Delicate Balance Between Attachment and Differentiation

This conference brings together important contributors to the marital therapy field who will share their divergent perspectives on the issues of attachment and differentiation. Through individual presentations, panel discussions and open question and answer forums, participants will have the opportunity to gain a deeper understanding of these key concepts of intimacy and how they are dealt with in therapy in such a variety of interventions styles.

Recent approaches to couples therapy emphasize the development of differentiation as the fundamental foundation for intimacy (presented by Dr. Elynn Bader). Only when partners learn to define themselves, manage their reactivity and face the anxiety of their differences without collapsing will they find lasting intimacy. Other empirically-validated approaches, such as Emotionally Focused Therapy (presented by Dr. Susan Johnson), accentuate fostering a secure attachment and creating new bonding interactions through reprocessing emotional experiences with their partners. The Object Relations model (presented by Drs. Jill and David Scharff) sees therapy as providing a safe holding environment to contain the anxiety of the couple while their transferences and projective identifications are analyzed. The ultimate goal is for partners to create their own empathic holding environment to contain the anxiety of the couple while their transferences and projective identifications are analyzed. The ultimate goal is for partners to create their own empathic holding environment. The psychoanalytic developmental model (presented by Dr. Sheila Sharpe) focuses on the effect in adult relationships on different kinds of attachment. It underscores the importance of a couple developing both patterns of attachment and separateness. Dr. Harville Hendrix, utilizing the theoretical framework of Imago Therapy, shows how to use the process of intentional dialogue to heal the wounds of past attachment failures in current intimate relationships by helping couples move from emotional symbiosis through differentiation to secure intimate connection.

Objectives:

At this program therapists will learn to:

- Define the process of attachment and differentiation in intimate relationships.
- Understand the difference between other-validated intimacy and self-validated intimacy
- Distinguish between couples who need help to build a firmer attachment and those where the emphasis should be more on differentiation
- Understand the guiding principles of interdependence as a key to intimacy
- Assess distance regulation problems affecting partners who can't get close yet can't let go.
- Know when to appropriately use empathy-based interventions and when more anxiety producing differentiation-based interventions are necessary.
- Evaluate the current research on couples therapy and attachment in adult relationships.

Pre-Conference Workshop I

Creating Connections: Emotionally Focused Couples Therapy with Dr. Susan Johnson

Dr. Susan Johnson, Ed.D.

This one-day workshop will address attachment injuries and how they are played out and the effort to resolve early bonding failures in intimate relationships of adulthood. She utilizes Emotionally Focused Therapy and considers pivotal events in the construction of a secure bond that redefines a relationship as secure.

Pre-Conference Workshop II

Object Relations Couples Therapy with Drs. David and Jill Scharff

David & Jill Scharff, M.D.

This workshop begins by outlining new areas of theoretical development in the areas of neurophysiology of the affectively organized right brain, attachment theory, trauma and the geography of transference. These opening considerations are applied to the clinical situation through case presentation and video examples, focusing on transference and countertransference.

PROGRAM SCHEDULE

Friday, November 2, 2001

7:30 - 9:30 pm **Dr. Harville Hendrix** "Getting Connected and Staying Connected"

Saturday, November 3, 2001

8:00 am Registration
9:00 am Introduction

9:15 am **Dr. Susan Johnson** "Pivotal Events In The Construction of a Secure Emotional Bond in Emotionally-Focused Therapy

10:45 am Q & A with Audience
10:55 am Break

11:10 pm **Drs. David and Jill Scharff** "Trauma, Sex and Intimacy"

12:40 am Q & A with Audience
12:50 pm Lunch

2:00 pm **Dr. Sheila Sharpe** "Betwixt and Between: Closeness and Separateness"

3:30 pm Q & A with Audience
3:40 pm BREAK

3:50 - 5:00 pm Panel Discussion

Sunday November 4, 2001

9:00 am **Dr. Elynn Bader** "Tell Me No Lies: Truth Telling In Intimate Relationships"

10:30 am Q & A with Audience
10:40 am Break

10:50 am **Dr. Harville Hendrix** "The New Archetype of Partnership"

12:00 - 1:00 pm Panel Discussion



Conference Directors

Judith Zucker Anderson, Ph.D., Co-Director, UCI Family Therapy Training Program, Assistant Clinical Professor, Department of Psychiatry and Human Behavior. Founder and Director of the Foundation for the Contemporary Family.

Marion F. Solomon, Ph.D., Director of Clinical Training, Lifespan Learning Institute. Dr. Solomon is the author of Narcissism and Intimacy: Love and Marriage in the Age of Confusion and Lean on Me: The Power of Positive Dependency in Intimate Relationships, and co-editor of The Borderline Patient: Emerging Concepts in Diagnosis, Etiology, Psychodynamics and Treatment and Countertransference in Couples³ Therapy. She is co-author of Short Term Therapy for Long Term Treatment due out this Fall. Dr. Solomon is the co-director of the Cutting Edge Conference Series for the University of California, San Diego.

Invited Faculty

Dr. Elynn Bader is founder and Co-Director, Couples Institute, Menlo Park and Clinical Faculty, Stanford University Department of Psychiatry, Palo Alto. Author of In Quest of the Mythical Mate and Tell Me No Lies, What is Psychotherapy: Contemporary Perspectives, Searching for the Mythical Mate: A Developmental Approach to Intimacy.

Dr. Susan Johnson is Professor of Psychology and Psychiatry at the University of Ottawa and Director of the Marital and Family Therapy Clinic at Ottawa Civic Hospital. Her latest book, The Practice of Emotionally Focused Marital Therapy: Creating Connection, is the basis for her critically acclaimed workshops. She is co-author with Leslie Greenberg of Emotion in Marital Therapy, 1994. Dr. Johnson is an Approved Supervisor for the American Association of Marriage and Family Therapy.

David Scharff, M.D. is co-director of the International Institute of Object Relations Therapy and Clinical Professor of Psychiatry at the Uniformed Services University of the Health Services and also at Georgetown University. He is a Teaching Analyst at the Washington Psychoanalytic Institute, ex-president of The American Association of Sex Educators, Counselors & Therapists and the former Director of the Washington School of Psychiatry.

Jill Scharff, M.D. is co-director of the International Institute of Object Relations Therapy, Clinical Professor of Psychiatry at Georgetown University and is on the faculty at the Washington Psychoanalytic Institute. Her practice concentrates on couple and family therapy and psychoanalysis of children and adults. David and Jill Scharff's most recent publications include Object Relations in Couples Therapy, The Primer of Object Relations Individual Therapy. Their forthcoming book is entitled Tuning the Therapeutic Instrument: The Affective Learning of Psychotherapy.

Harville Hendrix, Ph.D. is an author/clinician who lectures and leads workshops nationally and has a private practice in New York City. He is the author of three best-sellers: Getting the Love You Want: A Guide for Couples, Keeping the Love You Find, A Guide for Singles, and Giving the Love They Need: A Guide for Parents.

Sheila Sharpe, Ph.D. is the author of The Ways Love: A Developmental Approach to Treating Couples and has a Private Practice in San Diego concentrating on psychoanalysis. Dr. Sharpe is on the faculty of The Psychoanalytic Psychotherapy Program of The San Diego Psychoanalytic Society and Institute.