

Psychotherapy Networker Symposium 2016 Learning Objectives

Thursday March 17, 2016

103 Transforming Your Habits

Identify habits that you wish to change and others that increase well-being that you want to develop

Apply mindfulness strategies before, during, and after habits arise to improve the probability of behavior change

Proactively develop attitudes of acceptance, kindness, and curiosity that are essential to changing any habit, whether it's eating, drinking, worrying, or procrastinating

104 Making It Up As We Go Along

Discover:

Concrete ways to apply the improvisation spirit of “yes, and” to your clinical work, resulting in greater empathy, joining, and surfacing of unexpected clinical material

Increased comfort with the stance of “not knowing”

Strategies to shift feeling states and access creativity that can easily be applied in your personal and professional life

105 Brain-Based Coaching for Creativity

Observe demonstrations using Brainspotting to coach an actor and singer to find the “character spot” to bring fuller life to their performance

Practice using Brainspotting to heighten your ability to bring new focus and more vivid sense memory to your chosen form of creative self-expression

Learn how to integrate Brainspotting into a range of personal and professional activities

106 Becoming an Online Entrepreneur

We'll explore:

The ins and outs of how you can earn money online while experiencing the professional satisfaction of expanding the audience you can help with your expertise

Practical online marketing tools, including how to build a targeted email list, catch the attention of a wider audience, and motivate them to pay for your products and services

Specific self-help topics that provide the best match between your skills and your audience's interests

108 Learning How to Love Yourself

Join us to discover:

How to transform the harsh habits of self-criticism through forging a friendlier relationship with the self

Self-compassion through mindful movement, guided meditation, and group sharing

How self-compassion practices can improve your relationships and deepen your work

110 A Day of Gentle Yoga

Use this day to prepare for the fullness of the Symposium ahead and discover:

Simple poses, breathing exercises, and methods of meditative self-inquiry

Mood-balancing relaxation techniques and uplifting guided imagery practices

How to achieve a deep sense of calm, purpose, and joyful receptivity

112 Brain Care as Self Care

Discover:

Doable micro-practices involving exercise, sleep, nutrition, learning, play, and social interactions that foster brain health

Ways to access positive emotions— gratitude, kindness, joy—to counter- balance the brain's negativity bias and build resources for resilient coping

How to turn regrettable moments into teachable moments that transform mistakes and losses into opportunities for enhancing learning and resilience

115 Healing Insomnia

We'll focus on:

How to define, evaluate, and treat the three primary types of insomnia— sleep onset insomnia, sleep maintenance insomnia, and non-restorative sleep—and their major causes

The role of circadian rhythms in healthy sleep, insomnia, and achieving mental well-being

How to expand your practice with a specialization in the new field of behavioral sleep medicine

116 An Invitation to Presence

Develop the open aware state of presence through finding resources in the world and relationships around you

Show your clients empowering language and methods for finding their own state of presence

Improve presence in your life whenever you really need it, including in client sessions

117 A Day of Qigong

In this workshop, you'll discover:

The simple movements, visualizations, and breathing exercises of Qigong and how to develop your own daily practice

How to use Qigong as an antidote to emotional fatigue, burnout, anxiety, depression, and a range of physical ailments

How to enhance your capacity for connecting with clients by balancing your own energy, especially when they're out of balance

121 Strategies for Preventing Burnout

Make sense of burnout, compassion fatigue, vicarious trauma, and moral distress

Discover evidence-based debriefing procedures for defusing trauma exposure

Explore the importance of an early- warning system for detecting compassion fatigue in yourself and others

Examine three key tools shown to effectively reduce counsellor impairment: timely and effective supervision, trauma-informed training to better respond to clients in distress, and grounding techniques to reduce secondary traumatization

Welcome Event: The Doorway To Engagement

122 From Good to Great

You'll discover:

The research-based principles for growth developed by Jim Collins in his bestselling classic *Good to Great*

The fundamental principles at the heart of professional competence and best practices for pursuing them

Your core goals, values, passions, and ways to maintain your focus in the face of obstacles and challenges

How to confront difficulties and disappointments and use them as a launching pad for achieving for increased confidence

123 Expanding Your Sexual Comfort Zone

In this workshop, you'll explore:

Working through your sex-related stereotypes, resistance, and shaming to create a comfortable and non-judgmental environment for clients

Analyzing alternative sexual practices, open monogamy, fetishes, BDSM, paraphilias, cross-dressing, and a range of other behaviors

Process responses and any vicarious trauma that may be triggered by issues around pornography, sexual exploitation, and other erotic practice

Expanding your ability to communicate about sexual issues in the consulting room

124 Transforming Shame and Self-Loathing

Explore specific techniques to help clients:

Become aware of shame as a powerful body response reinforced by shame-based thoughts

Understand shame as a "part" of them rather than the whole of their being

Use sensorimotor interventions for shifting shame states physiologically

125 The Attachment Dance with Traumatized Clients

Assess the impact of disorganized attachment and traumatic transference on the client– therapist relationship

Recognize how your own attachment experiences can evoke counter-transferential responses that can influence therapy

Integrate strategies that can strengthen attunement, address testing behaviors, and increase secure attachment

126 A Day for New Therapists

You'll sharpen your professional skills and expand your tool box as you explore:

How to organize the essential information about a case and formulate an initial framing of goals for the client

Ways to use your "self" in therapy

The importance of tracking progress with the client, methods for measuring that progress, and what to do when there is little or no progress

How to build and operate an effective practice

127 The Ethical Dilemmas No One Talks About

Explore:

How to set the ground rules that establish norms for transparency and client empowerment

The dos and don'ts of therapist self- disclosure and participating in client celebrations and ritual occasions

How to maintain our energy to ensure we make wise ethical decisions

Friday March 18, 2016

201 301 To Stay or Go?

You'll discover how to:

Identify mixed agenda couples and avoid common mistakes in treatment, such as siding with the distance or holding back hope because one spouse isn't "in"

Help both parties own their contributions to the marital problems and weigh the pros and cons of exiting the marriage or trying couples therapy

Develop a detailed protocol of joint and separate conversations with spouses to clarify each partner's goals

202 302 Engaging Men in Attachment-Focused Therapy

You'll discover how to:

Use gender-specific, attachment-based interventions to engage men more fully in the therapeutic process

Incorporate the practice of dyadic mindfulness to consolidate therapeutic gains, foster resilience, and deepen the experience of feeling seen, felt, and understood

Apply meta-therapeutic processing to help men explore their experience in the moment, especially when positive change occurs, in ways that can feel empowering

203 303 The Healing Power of Self-Compassion

Explore how the brain's compassion center, which neuroscientists call the Care circuit, can be targeted and fortified using specific techniques

Understand self-compassion practices that have been adopted specifically for different kinds of presenting problems, including trauma, depression, and anxiety

Recognize how you can use self-compassion practices to enhance your relationships with clients and make your work more enjoyable and deeply fulfilling

204 304 Getting Through to Inner City Youth

Explain how to maintain an effective, empathic therapeutic alliance with kids who are nonresponsive, hostile, and even physically threatening

Develop a genogram-like Loss Diagram detailing the deaths of loved ones, serial placements in foster homes, and dislocations due to economic or family circumstances

Summarize how to help clients discover and appreciate their positive traits and skills that helped them through tough times, which are the key resources they'll need to move toward a better future

205 305 Post-Traumatic Growth

Describe the tangible markers of post-traumatic growth, such as new ways of relating to others, the rediscovery of personal strengths, and a newfound appreciation for life in general

Examine specific strategies—including writing exercises, role-playing, art, and guided imagery—to help clients connect with the concept of post-traumatic growth and their own journey

Summarize how to use somatic resourcing and remembered resources to access clients' inner wisdom

207 307 Couples on the Brink

Through case histories and discussion, you'll explore how to think about ways to proceed in the face of challenges such as when:

One partner is ambivalent about the relationship and clearly disengaged from therapy

Your own personal deal breakers, such as physical or psychological abuse, are part of the couple's history

Addiction issues cloud the viability of the relationship's future

The couple's on the brink after betrayal or infidelity

208 308 Lessons of Loss

Identify factors that complicate the experience of grief, such as insecure attachments and invisible/divided loyalties

Use meaning-making strategies such as restorative retellings of the death and reviewing the life imprint of the deceased on the client's own life

Describe imagined dialogues with the loved one to reaffirm love and resolve residual grief

209 309 Creating a New Reality in Couples Therapy

Describe a step-by-step, experiential, multiday format that can provide a powerful boost to once-a-week therapy for guiding couples to explore a new style of connection and intimacy

Summarize how to expand mutual empathy by teaching partners how to "visit" each other's emotional neighborhoods and better understand even the most painful places in their psyches

Explore strategies for guiding each partner to meet in a “main square” that they can mutually inhabit in emotional alignment with each other

210 310 Working the Edge in Healing Trauma

Use resourcing and other methods to set up corrective experiences with clients learning how to handle increasing arousal and discomfort

Recognize your own tendency to be overprotective and rescue vulnerable clients

Describe strategies to invite and empower clients to face manageable challenges and find ways to test their own limits

211 311 Harnessing the Power of Emotion in Families

Describe how to use EFFT to understand a family’s emotional dynamics, access attachment issues, and create new patterns of emotional healing

Explore how protection patterns keep people from opening themselves to vulnerability and block families’ natural ability to repair

Discover the three-stage treatment process for achieving deeper connection, including how to create alliances with different family members and model positive new interaction patterns.

212 312 Mastering the Art of Empathic Confrontation

Discover how to:

Say “no” with your face and body language as you learn how not to look, act, or feel like a doormat

Use empathic confrontation to reengage with clients while also setting limits and holding them accountable

Identify and explore your own triggers to enhance your ability to differentiate between protecting clients and holding back from expressing truths that may be painful but necessary

213 313 The Challenge of Treating Complex PTSD

Describe how to assess the client's motivation, stage of change, and preferred mode of learning and how to build a therapeutic collaboration around it

Summarize the importance of therapist transparency and how to empower clients by making the therapy process as safe and explicit as possible

Explore intra-family violence or include additional family members in your sessions

214 314 From Dysfunction to Erotic Discovery

Conduct a detailed sexual history for partners to help them understand their current sexual narratives and create more liberating stories

Outline how to empower both partners to make "menus" for preferred sexual activities as a way of expanding their repertoire for more genuine erotic satisfaction

Show couples how to use sensate focus as a meditative tool to enhance their sexual development

215 Clinical Showcase

Summarize how to rise to the challenge of negotiating with different parts of the self that can be activated by trauma

Describe how to maintain an attuned connection with clients while facilitating their access to their inner experience

Uncover how to enhance your ability to respond effectively to clients' moment-to-moment experiences, especially during extreme states of distress that may trigger you

217 Mastering the Anxiety Game

Understand how to rapidly engage anxious clients in the therapeutic alliance and change their mindset toward their fears

Summarize why the first step to changing an overwhelming response to anxiety is accepting the perceived threat as something the client can approach and change

Describe strategies to help clients transform their fear into a challenge to be met or a puzzle to be solved

218 Playing to the Edge

Discover how to expand your clients' expressive and behavioral range by:

Reframing a challenge into a compelling invitation using imagery and the powerful Align, Lift, and Lead communication strategy

Co-creating goals that are emotionally intriguing enough to motivate clients to push past their fears and explore new experiences

Playfully provoking your clients with fun experiments that make it enjoyable for them to try new skills

219 21st-Century LGBTQ

Describe the changes in the LGBTQ community and in our best practices, including why affirmation of gender diverse children, rather than their gender, is preferred and why attempts to cure paraphilias are discouraged

Summarize the difference between pansexual, gender queer, gender fluid, polyamorous, and transgender

Discover a broader understanding of sexuality and intimacy from research on same sex, kinky, and monogamous couples

220 Don't Ask Me to Forgive You!

Differentiate between forgiveness as it's traditionally defined and acceptance as a tool to free clients from bitterness or preoccupation with their wounds

Describe how to coach hurt parties to reframe the personal meaning of a deeply wounding experience without the additional dimension of shame

Design ways to create an apology that's specific and heartfelt

Outline how to empower both parties to acknowledge a fair share of responsibility for the wound as a way of fostering personal growth and perhaps reconnection and forgiveness

221 Men and Integrity

Describe how to help men internalize and organize behavior around the five attributes of integrity: honesty, vulnerability, guilt/ remorse, listening, and direct expression of feelings

Discover techniques to get men to embrace their vulnerability and acknowledge difficult to address issues, such as sexual intimidation, threatening behavior or passive withdrawal

Practice drawing up specific action plans for men that will lead to their making amends to their partner while also restoring their own sense of dignity and integrity

222 Empowering Anxious Children and their Parents

Discover the four steps for cultivating treatment readiness in different age groups: stabilization, communication, persuasion, and collaboration

Describe child-friendly applications of realistic thinking and gradual exposure techniques through case histories and role-playing exercises

Outline how to help parents contain their own anxiety and keep it from exacerbating their child's condition

223 The Immigrant's Odyssey

Identify with the experience of being a cultural outsider and use it as a way to better connect with immigrant clients

Describe how to help them mourn their losses and appreciate their resilience, endurance, and courage

Explore the conflicts between immigrants (who often concentrate solely on survival) and their children (whose struggles with identity and heightened expectations can provoke anxiety, depression, and self-doubt)

224 When the Therapist Gets Triggered

Understand the differences and similarities in what's likely to trigger therapists at different stages of their clinical development

Describe how distinguishing primary and secondary emotions can be clinically helpful in getting beyond triggers and regaining perspective and flexibility

Provide Specific questions that can be used as tools to help you clarify what's going on in moments of overwhelm and what you can do about it

225 The New World of Clinical Virtual Reality

Explain how to enhance exposure therapy with anxiety disorders and PTSD through immersing clients in simulated experiences

Describe how to add a new treatment dimension to cognitive and motor rehabilitation, as well as pain distraction

Use VR for highly interactive clinical training and as an online healthcare support

Identify how to advance the clinical research and practice by leveraging the immersive and interactive components of technology in such a fashion as to be considered "the ultimate Skinner box"

226 Real Men Aren't Gay

Explore how homophobia presents differently with gay and straight clients

Summarize destructive myths about homosexuality related to masculinity, sexual predation, and dominance/submission

Explain how homophobia manifests itself across various racial and ethnic groups

Outline how to reframe homophobic fears and redirect avoidant or aggressive behaviors toward other men

227 Nutritional Essentials for Mental Health

Provide your clients with the basic principles of good nutrition, food preparation, and mindful eating

Guide clients in making dietary choices that can stabilize and enhance mood, reduce anxiety, and improve sleep

Match the benefits and risks of a variety of popular diets, from carnivore to vegan, with specific client needs

228 Addressing Attachment Issues with Traumatized Teens

Identify specific adolescent attachment styles that interact with or trigger our own

Explore the React, Reflect, and Respond model to best help our clients

Use the Four M's—mirroring, mentalizing, mindfulness, and modulation—to increase connection and mood regulation

Focus on attunement—including strategies of validation, self-disclosure, and the compassionate sharing of adult feelings and opinions—to bring traumatized teens back into relationship with themselves and you

Friday Luncheon Address

Explore untold stories of the strength and resilience of the neglected inhabitants of poor communities and the role mental health professionals can play in enabling disadvantaged people to navigate a society where the odds seem stacked against them.

315 Clinical Showcase

Describe what you can learn from EFT's tapping procedure

Summarize how the methods of Brainspotting can be integrated into talk therapy

Explain what concrete clinical advances have been fueled by neuroscience

316 A CBT Approach to Depression

Discover how to structure sessions to maximize time and prioritize the issues most important to clients

Explore how to use experiential techniques in CBT, such as imagery, behavioral experiments, psychodrama, and role-playing

Describe how to create a toolkit clients can use to help themselves between sessions and after therapy ends

317 The Myth of Sex Addiction

Describe how to help clients develop a nonpathologizing understanding of their individual sexuality and erotic identity

Summarize a comprehensive assessment and alternative treatment that emphasizes the nonsexual meanings of sexual behaviors and fantasies

Explore your own countertransference with clients struggling with sexual behaviors

Differentiate normative male sexuality from out-of-control sexual behaviors around the use of porn, fetishes, and sex with partners

318 Healing from Infidelity

Understand whether and how to discuss the details of the betrayal

Describe whether to give an ultimatum to end the affair

Explain how to help partners begin to rebuild trust and address questions about ongoing dishonesty

Outline how to coach couples through a structured yet flexible healing process

319 The Gender Nonconforming Child

Differentiate gender fluidity from persistent transgender identity with young children and adolescents

Create a collaborative family plan to establish the safety of the LGBT young person

Describe how to engage teachers and other important community members to ensure the client isn't isolated and at risk for suicide or other social complications

320 Promoting Positive Caregiving

This workshop will explore how therapists can enable caregivers to experience the growth potential in their caregiving mission by:

Clarifying clients' sense of purpose in deciding to provide hands-on care

Normalizing ambivalence and frustration as they struggle to accept caregiving's inherent self-sacrifices

Teaching intentional practices— including mindful awareness, present engagement, daily reflection, and prospective retrospection—to help them savor the meaning of their undertaking

321 Yoga and Mindfulness

Describe how to share yoga and mindfulness practices in a developmentally appropriate manner to maximize embodiment and sense of agency

Use a well-tested methodology based on five elements—Connect, Breathe, Move, Focus, Relax—to support self-awareness and self-regulation

Practice and teach 10 powerful and versatile activities, even if you have no prior yoga or mindfulness experience

322 Race Matters in Therapy

Describe specific strategies for helping whites and blacks understand each other's mindsets, including unearthing unrecognized biases stemming from differing economic, cultural, and ethnic backgrounds

Outline ways to gauge the impact of the Black Shadow—a mostly unconscious, deep-seated, and dysfunctional belief in black inferiority that shapes how African Americans think about themselves and perceive one another

Summarize how raising the issue of race in therapy can expand the perspective of African American clients and help them reframe their personal narrative

323 Treating the Out-of-Control Parent

Explore how to help parents move from narratives of shame, blame, and failure to greater compassion toward themselves and their kids

Use incident debriefing to redefine and move beyond distressing experiences involving vicious fights, near death acting-out, running away, and more

Describe how to teach parents sensory exercises to help them self-soothe, think more calmly, and communicate more effectively before escalations

Summarize how to put parents in touch with dissociated self-parts (usually internalized versions of their own parents) that impulsively and destructively pop out when conflicts with their children escalate

324 Treating Domestic Violence Offenders

Describe how to guide men to regularly practice incompatible response strategies as an alternative to abusing those around them

Summarize how to help men ally with the person they want to be and learn to feel compassion for themselves

Explain how to help men use their own deepest values as a motivation for change

325 Customizing Couples Therapy

Describe how to offer couples a variety of techniques to work on communication, behavior changes, problem-solving, or sexual intimacy they can apply to here-and-now issues at home

Explain how to provide an amends and forgiveness protocol for resolving past wounds like infidelity, substance abuse, betrayal, and more

Discover how to offer couples a family of origin perspective on how their dynamics were shaped by their childhood experiences

326 What Therapists Need to Know about the Digital World

Understand sexuality and the web: an overview of the world of dating sites, hook-up sites, cybersex, and cyber porn

Discuss cyberbullying: a comprehensive survey of how the Internet can be used to humiliate and intimidate

Outline how to differentiate social media outlets: understanding their distinctive cultures and users

Summarize how to distinguish normal from pathological immersion in the world of the web

327 The Sexually Well-Informed Clinician

Connect with clients around “hard to talk about” sex issues and build a therapeutic alliance that will encourage them to open up

Assess for a range of presenting issues, including low desire, mismatched libido, premature ejaculation, erectile disorder, delayed ejaculation, among others

Develop a treatment plan that integrates insight-based psychotherapy, CBT, experiential exercises, and homework assignments

Understand the latest research on issues like spontaneous vs. responsive desire, arousal noncordance, dual control model, and sexual fluidity

328 Right Brain to Right Brain

Describe going beyond talk to access the wisdom of the right brain

Explore how to help clients make connections between their emotions and physical sensations as a way of regulating stress

Understand a simple expressive arts process that includes mirroring your client’s key movements to deepen the therapeutic bond

329 From Tweens to Teens

Discover alternatives to traditional talk approaches that don’t work

Explain how to integrate rituals to deepen the clinical experience for the 21st-century tween girl

Describe specific methods for facilitating parent/tween workshops that address the problems of girls and their families during these years

Friday Dinner Event My Most Unforgettable Session

Recognize the therapeutic importance of the unexpected and unscripted ingredients for change

Saturday, March 19, 2016

Morning Keynote Attachment and the Dance of Sex: Integrating Couples and Sex Therapy

Show how attachment science offers a new understanding of sexuality

Explain how the emotional sanctuary of committed relationships can help partners discover their distinctive sexual signature

Explore optimal lovemaking

401 501 Defining Moments in Couples Therapy

You'll explore:

Reading clients' body language as signs of their brain function and emotional processing – and select time interventions accordingly

Making your interventions more efficient by tapping into the processes of relational regulation

Determining the best way to intervene when clients can't self-soothe or access higher brain functions

402 502 Unremitting Anxiety

Together, we'll explore:

Why refusing reassurance is the wrong move for worried clients with Asperger's but the right move for OCD clients to eliminate excessive worry

The role of sensory sensitivity in unremitting anxiety as it shows up in bipolar II, undiagnosed autism spectrum, and ADHD clients

How to use journaling to identify and eliminate anxiety triggers and to determine when it's easier to be anxious than angry

How to separate the client's authentic voice from the OCD voice to treat extreme worry

403 503 What the Brain Needs for Transformational Change

Whatever your therapeutic approach, you'll observe:

The series of steps that carry out the core press of profound unlearning

How to swiftly find key emotional schemas generating symptoms

What a "juxtaposition experience" is essential for transformational change

404 504 When Medication Isn't Enough

You'll explore:

Strategies used in Internal Family Systems to contact the core Self and integrate the often conflicting parts that live within us

The importance of shifting the role of the therapist from the primary attachment figure to a container who opens the way for the client's Self to emerge

Methods for honestly and transparently handling situations in which you get emotionally triggered by your client

405 505 Healing Early Relational Injuries

Identify nonverbal constriction, freeze responses, shut down, anxiety, and boundary issues to help clients become more aware of them

Use elements of Se to enhance resonance, slow down and deepen the therapy process, and enhance the ability of the nervous system to shift from disorganization to organization

Identify and work with trauma-based "coupling dynamics," non-adaptive unconscious patterns that can negatively impact clients' ability to connect with others.

406 506 Rewiring for Love

In this workshop, you'll learn to help clients implement a reconditioning program that explores:

Audio recordings and interactive, web-based tools that provide personalized guidance at moments when they need it

Practice protocols that re-stimulate and interrupt old emotional reactions through visualization, relaxation, and mental rehearsal

“Sustained inviting” practices that prime and strengthen the brain’s intimacy circuits, boosting naturally occurring feelings of empathy, playfulness, and desire

Smartphone technology to create a system that enhances follow-through

407 507 The Power of the Therapeutic Contract

We’ll explore:

Clearly defining client goals in positive, specific, measurable terms

Helping clients distinguish between “problem” and “problem-solving” states of mind

Using regular feedback to keep treatment on track and moving forward

Thinking of the contract as your compass, leading to the treatment’s goals

408 508 Ethics Made Fun

Along the way, you’ll explore some of the most perplexing legal and ethical quandaries, discovering:

Aspirational ethics, insurance fraud, treatment mandates, advertising, and duty to treat

Informed consent, confidentiality, court records, dual relationship, duty to warn, confidentiality, informed consent and malpractice

Child abuse, statutory rape, suicide, duty to warn, and scope of practice

409 509 Energy Psychology Enters the Mainstream

You’ll explore:

A basic tapping routine you can use with clients and apply in your own life

How to use EFT with PTSD, anxiety issues, relationship conflict, and other difficult conditions

How to integrate ERFT with your current methods to regulate emotional over-arousal and escalating patterns of reactivity while creating greater personal empowerment

410 510 Working with the “Difficult” Male Client

Recognize the defenses and perception of shame that keep men from confronting their emotions

Develop enhanced skills in building a therapeutic relationship with men based on straightforward guidance and “guy talk,” rather than ambiguous therapy-speak

Use specific techniques to counter-act male relational dread and coach men to communicate in a related way

Support a man’s partner and explore how to bring out his best qualities, without becoming codependent

411 511 A New Model for Private Practice

Explain to members’ self-awareness and self-care through guided meditation, drawing, journaling, movement, and other mind-body skills

Transform from the usual therapist role to one of group leader, educator, guide, and coach

Develop a business model for both expanding your practice and reaching large numbers of people you might not otherwise serve

412 512 Mistakes of the Heart

Recognize the bodily signs of our countertransference responses, decreasing the possibility of “foot in mouth” comments, shutting down, or empathic failure

Identify the clients and issues most likely to trigger our fear and frustration and experiment with how to regulate our internal experience

Establish how to counteract triggers and repair ruptures in therapeutic connection

Practice using somatic communication to convey regret, re-attunement, and comfort rather than relying on words

413 513 An Introduction to Brainspotting

Identify specific eye movements, including wobbles and microsaccades, as well as other facial cues and reflexes that reveal specific “spots” in the brain associated with the activation of trauma

Facilitate traumatized clients to attend to their inner experience as they move through dissociative blocks and maximize a process of self-healing

Develop skills that allow you to pay attention to your interactions with clients while also staying attuned to the internal brain changes reflected in their eye movements

414 514 The Challenge of Saying No to Psychiatric Meds

The limitations, side effects, and weaning protocols for commonly used psychiatric meds

A range of nutraceutical and botanicals that are alternatives for treating anxiety, depression, and insomnia, along with their indication, contraindications, and dosages

The role of lifestyle interventions including exercise, body-mind medicine, and secular spiritual practices for managing mood disorders and sleep concerns

415 Secrets and Responsibilities In Working With Infidelity

Manage secrets and issues of confidentiality without feeling trapped or drawn into power struggles

Examine the challenge of helping couples rebuild trust as well as the therapist's role in the couple's decision whether or not to stay together

Use direct and indirect methods of confrontation at key junctures to encourage clients' accountability and o=move the therapy process forward

416 The Way We Really Work

You'll examine:

How to bring more drama and energy into your work, including how to argue with clients and tap into their deepest passions

When to genuinely self-disclose and how to confront without triggering defensiveness and disengagement

Do's and don'ts for giving advice as well as how to banter, play ignorant and find acceptable ways to express tenderness

417 How to Uplift Your Clients

Reframe ideas, questions, and other interventions to boost motivation and foster hope

Use music and movement to lift depression, calm anxiety, and empower traumatized clients

Use imagery techniques to elicit desired emotions and spark “Aha!” moments

418 Transgender 101

This workshop will help you differentiate:

The terms *trans*, *gender queer*, *agender*, and *gender fluid* as well as the new paradigm that portrays gender diversity as normal and varying along a continuum

The principles of the new gender-affirmative therapy and the research findings that ground it

How best practices have changed, including gender nonconformity not being seen as harmful and transgender teenagers having access to medical care at a younger age

419 From Patients to Consumers

You'll explore:

Identifying techniques that engage potential clients from the first phone call, using jargon-free language to describe the benefits of therapy and what you can offer them

Practicing strategies for comfortably responding to up-front questions about the duration of treatment, fees, and insurance

Demystifying therapy and show tangible benefits by giving the client a take-home message at the conclusion of each session

Retaining clients longer by using metaphors about treatment the average person can understand

420 Treating Obsessive Compulsive Disorder

You'll identify:

What questions to ask that uncover OCD when it's hidden out of shame

How understanding the biological mechanisms of inhibitory learning and habituation shape effective treatment

The principles of treatment planning, including exposure and response prevention

How to help clients endure the momentary anxiety of not doing ritual repetitive behavior

421 The rules of the New Monogamy

Explore how the concepts of individuation and flexibility are driving many non-traditional arrangements

Support clients develop a code of honor that will define their monogamy as one of integrity and honesty, even if it involves a departure from traditional sexual fidelity

Inform clients on how to negotiate prenuptial and postnuptial monogamy arrangements and how to renegotiate a new one after infidelity

Recognize why open marriages often can fail – and how couples can recover

422 How to Talk with Teenagers

In this workshop, you'll discover:

Conveying respect, compassion, and warmth toward your teen clients without coming off as unnaturally empathic

Calling your teen clients out on their behavior without aggressively challenging or alienating them

Instructing the parents how to hold their teens accountable for their behavior without losing their connection with them

423 Helping Clients Get Centered

You'll discover:

Assessing anxious clients who may benefit from calming yoga breath practices

Introducing depressed clients to meditations and imaging practices that enhance focus

Integrating a range of other techniques – including healing hand gestures, mantras and guided imagery – to increase self-compassion and affirm the therapeutic bond

424 Sex Made Simple

You'll explore:

Challenging sexual positions such as the beliefs that all sex should be intimate and mutual and that using erotic fantasy during sex is a betrayal

Helping couples overcome myth-laden expectations of perfect erotic performance and embrace a Good Enough Sex approach encompassing multiple roles, meanings, and outcomes

Exploring with couples the different types, strengths, and drawbacks of a range of common sexual styles

425 Improving School Performance

Discovering treatment planning system approaches with common school problem such as noncompliance, attention difficulties, peer relationship struggles, emotional dysregulation, avoidance, and defiance

Observing processes and protocols to improve collaboration with schools and teachers, including drafts of MOUs, contract templates, student support team designs, and case coordination guidelines

Specifying techniques teachers can use in the school setting to reinforce treatment goals, including strategies to work with resistance, provide choices, be a relationship coach, and create calm in the learning environment

426 Overcoming Culture Blindness

Maximizing awareness of how race, culture, identity, social context, and privilege shape the development of complex trauma and impact the therapeutic relationship

Finding a model of self-regulation that allows therapists to regulate their neurobiological activation and bias

Using cultural assessment to understand the intersection of culture, race, and identity with developmental and complex trauma

Identifying and addressing the survival narrative that can be the key to working with clients' cultural trauma

427 Inside Hook-Up Culture

Explore the workings of online dating and texting, including the different dating personae worn online – and off

Uncover the vocabulary of online dating, including “swiping right” to express interest in someone on a dating app; “ghosting,” for suddenly disappearing from an online conversation; and “FBO,” when a couple’s relationship status appears on Facebook

Develop specific strategies to help clients build their relational self-awareness and understanding of the many dimensions relationships can have beyond hookups

Luncheon Address The Science of Therapeutic Attunement: Intersubjective Regulation from the Inside Out

Explore what polyvagal theory tells us about the common element in good therapy, good teaching, and good social relations

Show how neurobiology and psychophysiological cues can enhance therapists' capacity to best create these conditions in the consulting room

Discover turning off defensiveness and establishing a sense of safety

516 The Power of Self-Talk in Anxiety Treatment

Guide clients in therapeutic self-talk based on their individual personality traits

Show clients how to approach, personify, exaggerate, and talk directly to their anxiety, even pursue and ridicule it

Use paradoxical instructions to help clients overcome their automatic instincts to avoid feared situations

517 Race in and Outside the Therapy Room

Review the four critical developmental stages for effective racial conversation: preparation, encounter, engagement, and execution

Explore the distinctive Tasks of Privileged as well as the Tasks of the Subjugated in resolving race-related issues within relationships, communities, and institutions

Examine the range of situations in which racism emerges as a therapeutic issue and how to address it in the consulting room – and if so, the specific ways in which to do so

518 The Sex-Starved Marriage

Identify obstacles for each person to overcome or let go of, rather than blaming the low-interest sex partner alone

Discover how to end the vicious cycle of refusing or always asking for sex which leads to more anger, more refusal, and less desire

Explore and challenge the notion that sex is only about physical release and help clients understand how it's also about connection

Identify and learn how to express "the 5 love languages": physical touch, physical presence, words of affirmation, active service, and material gifts

515 Engaging the Client with a Disorganized Attachment Style

Assess the dangers of re-traumatization and determining the appropriate intensity level a client can tolerate

Separate the threat response needed to defend against a scary parent from the healthy orientation toward connection of secure attachment

Discover how the polyvagal theory can illuminate both the nature of disorganized attachment and the process of therapeutic healing

519 Grounding the Overwhelmed Client

Use language and techniques that support clients in being with extreme emotion instead of being flooded by them

Provide "homework" to your clients in the form of emotional regulation practices to use in between sessions

Reinforce your own calm presence with your clients even when you're tired or feeling emotionally triggered

520 Sticky Minds and Subtle OCD

In this workshop, you'll learn how to identify and treat OCD masquerading as other issues by exploring:

How therapy-as-usual, such as teaching coping skills or rational self-talk, can reinforce the subtle OCD symptoms

How to shift the focus from how OCD symptoms originated or what they mean to the cognitive compulsions that maintain them

How to implement effective therapy, in which the goal is to change the client's relationship with their thoughts, not the thoughts themselves

521 New Perspectives on Porn

Assess for when porn is a problem and when it's not, and avoid therapeutic potholes in the process

Analyze your clients' self-diagnosis of "porn addict" and work with them to explore the context and assumptions surrounding their self-assessment

Apply a CBT-based program to help clients regulate their relationship to porn when it's problematic

522 The International Divorce

You'll learn specific strategies to guide both partners through the three distinct phases of the Intentional Divorce:

Crisis Phase – help both partners determine if they're ready for divorce and consider the legal, financial, and emotional consequences of adversarial litigation vs intentional negotiation

Insight Phase – Allow each spouse to separate psychologically while mourning the loss of the marriage and prepare for their new roles with each other

Vision Phase – Foster hope for the future by creating a divorce ritual to help them honor the marriage and let it go

523 The Conduct-Disordered Client

We'll explore ways of addressing the fears of social rejection and isolation that can sabotage clients' everyday interactions with peers, family members, and employers by:

Promoting prosocial thoughts, feelings, and behaviors that can help clients engage with others

Coaching clients to create an internal foundation for believing they *are* worthy of friendship, love, and connection

Teaching social skills for working collaboratively with others, using effective praise and gaining positive attention from others

524 Working with Aging Men

We'll explore:

Empathically confront male clients who have fallen into the trap of becoming “grumpy old men”

Help aging men who have lost confidence in achieving erections recognize that sexuality involves sensual play and erotic touch, not only intercourse

Coach aging partners in how to turn to each other as intimate and erotic allies, as their vascular, neurological, and hormonal systems become more vulnerable

525 Enhancing Resilience in the Trauma-Exposed Workplace

Explore how to introduce reflective supervision, trauma-informed training, and grounding techniques to reduce counsellor impairment

Discuss how to create communities of practice among staff to enhance the group’s ability to handle stress

Discover how to identify key risk factors and how to implement trauma-informed management techniques to nest support staff

526 Uncoupling and Recoupling at Midlife and Beyond

Explain how adult children – especially adult daughters – struggle with parental breakups and recouplings

Convert the mindsets of step couples from focusing on how to blend to concentrating on supporting both parent–child relationships and their own developing partnership

Identify common mistakes many therapists make, including giving precedence to the couple’s relationship above all else

527 Sex, Tech, and Addiction

Assess for the impact of intimacy disorders and sexual addiction on clients’ behavior and intimate relationships

Describe how spouses and partners can be affected by online compulsions and addictions

Plan a treatment strategy for managing non-offending, compulsive behavioral disorders

Find client and clinician resources for treating online addictions

528 A New Approach to Self-Care

In this workshop, you'll explore six specific restorative exercises and evaluate:

How to punctuate the day with moments to clear your head and make space for yourself

Physical movements designed to relieve stress and loosen up the body and mind

Strategies to boost your energy during your work day

How to reduce hyperarousal during a session with a client

Ways to ground yourself at the end of the day before transitioning to home

529 Enhance Your Online Presence

You'll discover how to:

Drive traffic to your web site and make it more findable over many search phrases

Position yourself as an expert in your field and an expert in your market

Market to a huge database of potential clients without breaking the bank

Ensure your online presence benchmarks favorably with local providers

Dinner Event The Wisdom of Mad Men – Lessons for Therapists

Discuss what the show's view of the 1960s psychotherapy scene tells us about then and now

Explore questions about the ways in which that decade's profound changes still reverberate today in our current views of gender, marriage, family roles, and professional success

Observe the window into the evolution of psychotherapy as both a reflection of culture and a force that shaped it

Sunday March 20, 2016

Sunday Keynote How Hard Times Can Open the Heart

State how our deepening understanding of neuroscience can enable us, even in times of great stress, to tap into five natural capacities of the brain

Recognize how to help clients have greater access to their inner resources

Develop a client's capacity for deep pleasure and savoring the moment

601 Hardwiring Happiness

This workshop will explore lessons from the neuropsychology of emotional learning for:

Overcoming the negativity bias

Promoting key positive experiences that meet our core needs for safety, satisfaction, and connection

Enriching and absorbing these experiences to install them in neural structure

602 The Many Faces of EMDR

We'll explore:

Identify nodal experiences that are shaping, not only client's current symptoms, but their lives and identity

Focus on the predominant themes in clients' lives that underlie their current difficulties

Integrate the adaptive information-processing model of EMDR with whatever model of therapy you're currently using

603 How Therapy Can Enhance Psychopharmacology

Decipher clients' attitudes and responses to medication, including fear of becoming dependent or uncovering wounds and vulnerabilities

Establish how your own feelings and beliefs around meds can get in the way of the therapeutic process

Distinguish between the biological and psychological components of psychiatric symptoms and learn how to work with both

Review the best prescribing practices for medications and dosage for a range of disorders

604 Dr. Jekyll Meets Mr. Hyde

In this workshop, we'll focus on how to make positive change stick in the long run by exploring:

The principles of relapse prevention and how to help clients retrain their brains to default to new, positive habits that will override older negative habits

How take-home strategies – like sending clients monthly checklists – can help them stay on track with their therapeutic goals

How to help clients become sensitive to their personal triggers and warning signals to stop regression in its tracks

605 Therapy and the Dying Client

Review the impact of assisted suicide death laws on the therapist's role

Guide dying clients through embracing the regrets of the past and face an uncertain future

Reframe death from a time of victimhood to meaningful intentionality

606 Creating Secure Attachment in Couples Therapy

Reconstruct key trauma experiences to create a new template for healthy attachment

Repeat couples' negative patterns and stay in process when they become emotionally activated

Use voice, reflections heightening, and validation to help partners share their deepest vulnerabilities

607 An Introduction to Dialectical Behavior Therapy

Develop the capacity to self-soothe, self-regulate, tolerate connection with others, accept help, and support and maintain a stable sense of self

Express themselves through the use of mindfulness, breath awareness, and self-observation techniques to achieve more emotional control

Develop tools to enhance their capacity for positive experiences and self-care

608 Treating the Traumatized Adolescent

Discover how to:

Create a safe therapeutic climate by establishing clear ground rules for treatment and how to best communicate those rules to clients

Follow the sequential steps in the metallization process and separate the effects of our own unresolved traumas from the emotional storm states of our clients

Identify the transference triggers of the client's past traumatic relationships and how to repair the ruptures when they're enacted in therapy

609 The Challenges of Becoming a Stepfamily

Discover psychoeducational interventions that offer proven information about what works and doesn't work for surviving stress and building thriving relationships

Develop skill-building interventions that help clients learn how and when to say difficult things to each other

Review intrapsychic interventions that explore how old family of origin issues can be triggered by the stresses of stepfamily life

610 A Food-Peace Tool Kit

Assess current medical and cultural messages about health, nutrition, and body size and how that affects the psychotherapy experience

Describe health promoting nutrition and exercise paradigms that prevent disordered eating, weight cycling, and body dissatisfaction

Explore strategies for clients affected by Binge Eating Disorder to navigate their own recovery

611 Addictive Behavior as the Problem

Focus on the interactive relationship between the underlying trauma symptoms and the impulse to "use" to regulate unbearable feelings and sensations

Provide a meaning-making component that lessens shame and offers inspiration to live a "life beyond trauma"

Integrate Sensorimotor Psychotherapy techniques that teach clients how to regulate their nervous systems, decrease anxiety, tolerate sadness and loneliness, and ground themselves both physically and emotionally

Explore the right brain through drawing, diagramming, movement and gesture, as well as utilizing traditional cognitive interventions

612 Internet Marketing Bootcamp for the Overwhelmed Clinician

Establish your website in a way that generates consistent local referrals

Design the content of your website to maximize the probability of converting visitors to clients

Create an effective paid advertising campaign for your practice on Google or Facebook

Differentiate between the hype and reality of Social Media marketing

613 Engaging Teens on the Autism Spectrum

Improve your autistic clients' "tunnel vision" and develop a lively therapeutic connection with them

Reduce anxiety related to developmental conflicts using role-playing and somatic resourcing

Use drama games to build relational skills like social reciprocity, perspective-taking, empathy, and a sense of humor

614 An Integrative Approach to Complex Trauma

Formulate cases based on Shapiro's EMDR themes of responsibility, safety, and control

Use Siegel's Window of Tolerance and Porges's Polyvagal Theory in deciding when and how to intervene with dysregulated arousal

Apply Schwartz's IFS model and Fosha's AEDP model in addressing how to sequence interventions when dealing with defenses and core emotions such as grief, longing, anger, and shame

615 Grief Intelligence

Understand difficult relationships through writing imagined letters from as well as to the deceased

Match electrode placement and the frequency of the target reward with the client's individual profile and presenting difficulty

Assess clients' basic patterns of dysregulation, including brain stability, state regulation, and behavioral disinhibition, as well as their specific deficits

616 Integrating Neurofeedback into Psychotherapy

In addition to observing a live demonstration of a neurofeedback assessment, you'll discover:

The different kinds of neurofeedback, including and how they change the brain's regulatory functioning

How to match electrode placement and the frequency of the target reward with the client's individual profile and presenting difficulty

How to assess clients' basic patterns of dysregulation, including brain stability, state regulation, and behavioral disinhibition

617 Hakomi *Observing Implicit Memory at Work*

You'll explore learn how to:

Use dyadic mindfulness to foster exploration of the core beliefs shaping the client's difficulties and secure attachment in the therapy relationship

Combine mindfulness and somatic methods to rewire neural connections and heal early wounding

Help clients discover the difference between observing rather than reflecting on moment-to-moment experience

618 An Introduction to Coaching

Explore the similarities and differences between coaching and psychotherapy

Examine the legal, business, and licensing issues necessary to develop a sustainable business model as a coach

Determine how to effectively brand your practice in order to successfully introduce yourself into the mental health marketplace

619 When Eating and Loving Don't Mesh

Explore the differences between male and female attitudes regarding eating and weight

Identify patterns of eating and weight issues that can contribute to relationship conflict

Develop practical strategies to help clients separate concern about food and weight control from relationship issues

620 Keeping the Inspiration Alive

Explore how to:

Use cognitive strategies and mind–body approaches to highlight your most meaningful Symposium learnings

Heighten your own motivation as you learn new strategies for achieving personal growth

Commit to a concrete vision of how to embrace new personal and professional possibilities in your life once you return home

