

Love & Intimacy:

# The Couples Conference

**ATTACHMENT, DIFFERENTIATION, AND  
NEUROSCIENCE IN COUPLES THERAPY**

**April 25-27, 2008** (Friday - Sunday)

**Marriott San Jose** San Jose, California

22 CE Hours Available



Elyn Bader



Louis Cozolino



Helen Fisher



Susan Johnson



Otto Kernberg



Bessel van der Kolk



Peter Pearson



Esther Perel

Sponsored by



The Milton H. Erickson Foundation

Organizational assistance by



The Couples Institute



Daniel Siegel



Stan Tatkin



## Law & Ethics



Pre-Conference  
Workshops  
Thursday, April 24  
presented by  
Steven Frankel,  
PhD, JD

4-6 CE hours available

## SAVE

Register Early  
for Discount Rates  
on Conference

San Jose McEnery Convention Center  
Adjacent to the Marriott San Jose

[www.CouplesConference.com](http://www.CouplesConference.com)

## The Couples Conference: Love & Intimacy



*Attachment, Differentiation, and Neuroscience in Couples Therapy*

April 25-27, 2008 (Friday - Sunday) • Marriott San Jose • San Jose, California

April 24 (Thursday Pre-Conference) • McEnery Convention Center • San Jose, CA

*The Couples Conferences are a vehicle for learning the latest research on facilitating treatment with couples. You will learn from leading edge expert trainers and practitioners, as they define and discuss differing approaches that promote closeness, and those that move toward managing difference and facilitating differentiation.*

### Topics will include:

- Assessing Couples
- Effects of Stress and Trauma on Relationships
- Attachment Theory
- Love and Aggression
- Attachment and Differentiation in Couples Therapy
- Technique of Analytic Couples Therapy
- Treatment of Personal and Relationship Trauma in EFT
- Unlocking Erotic Intelligence
- Biological and Behavioral Systems Between the Sex Drive, Romantic Love and Attachment
- Breakthroughs with High Conflict Couples
- How the Brain, Mind and Body Interact and React to Intimacy
- Key Concepts from Neuroscience

LAW & ETHICS Pre-Conference	COUPLES CONFERENCE	COUPLES CONFERENCE	COUPLES CONFERENCE
THURSDAY April 24	FRIDAY April 25	SATURDAY April 26	SUNDAY April 27
Earn 4-6 CE Hours for Law & Ethics	8:30-9:00 AM <b>CONVOCATION</b>	8:30-9:30 AM <b>KEYNOTE</b>	8:30-9:30 AM <b>KEYNOTE</b>
8:30 AM - 12:30 PM <b>WORKSHOP I</b>	9:00-11:00 AM <b>KEYNOTE</b>	9:45 AM - 12:15 PM <b>3 WORKSHOPS</b>	9:45 AM - 12:15 PM <b>3 WORKSHOPS</b>
	11:15 AM - 12:15 PM <b>DIALOGUE</b>		
LUNCH	LUNCH	LUNCH	LUNCH
	1:15-2:15 PM <b>KEYNOTE</b>	1:15-2:15 PM <b>KEYNOTE</b>	1:15-2:15 PM <b>DIALOGUE</b>
	2:30-5:30 PM <b>3 WORKSHOPS</b>	2:15-3:15 PM <b>DIALOGUE</b>	2:30-5:00 PM <b>3 WORKSHOPS</b>
2:00-4:00 PM <b>WORKSHOP 2</b>	5:45-6:45 PM <b>Authors Reception</b>	3:30-6:00 PM <b>3 WORKSHOPS</b>	5:00-5:15 PM <b>Closing Remarks</b>

REGISTER ONLINE AT  
[www.CouplesConference.com](http://www.CouplesConference.com)

# Couples Conference

## Hotel & Visitor Information



### Marriott San Jose

The Couples Conference will be held at  
San Jose Marriott · 301 South Market Street  
San Jose, California 95113

Toll-Free Phone: 800.228.9290 Phone: 408.280.1300  
Fax: 408.280.4444 [www.sanjosemarriott.com](http://www.sanjosemarriott.com)

Special discounted room rates have been negotiated especially for  
Couples Conference attendees: \$145 for single/double.  
Rates are good until March 27, 2008.

*Please remember to ask for the "Couples Conference Block" when making your reservations.*



San Jose's entertainment, dining and world-class arts can be found in the heart of downtown. The SoFA (South First Area) District is a concentrated five-block area incorporating nightclubs, restaurants, art galleries and theater. The San Pedro Square District offers a mix of outdoor dining and nightlife options.

For thrills and excitement, visit some of the Bay Area's theme parks: Paramount's Great America, the largest theme park in Northern California; Paramount's Bonfante Gardens Family Theme Park, a one-of-a-kind experience combining unique gardens and amusement rides with the mid-20th century history and agricultural roots of Santa Clara Valley; or Raging Waters, the area's premier water theme park with more than 18 acres of slides and attractions.

San Jose's seven distinct museums offer visitors a look at our past and a glimpse into the future. Conveniently located in or within minutes of downtown, the museums include: Children's Discovery Museum of San Jose, History San José, Peralta Adobe & Fallon House, Rosicrucian Egyptian Museum, San Jose Museum of Art, San Jose Museum of Quilts & Textiles and the Tech Museum of Innovation.

**Earn up to 22 CE credit hours  
for the Couples Conference: April 25-27 (Friday-Sunday).  
Earn 4-6 CE credit hours for Law & Ethics: April 24 (Thursday)**

### Eligibility

The Conference is open to professionals with a master's degree and above in health-related fields from accredited institutions. Applications also will be accepted from full-time graduate students in accredited programs in health-related fields who supply a letter from their department certifying their full-time student status as of April 2008.

### Program Objectives

1. In working with couples, be able to directly address difficult issues.
2. To compare and contrast clinical/theoretical perspectives and translate these into specific interventions.

### Accreditation

For Milton H Erickson Foundation conference accreditation, please refer to page 10, or visit [www.couplesconference.com](http://www.couplesconference.com).

### Program Locations

#### Couples Conference (April 25-27, 2008)

Marriott San Jose, San Jose, California

San Jose Marriott · 301 South Market Street · San Jose, California 95113

Phone: 408.280.1300 · Fax: 408.280.4444 · [www.sanjosemarriott.com](http://www.sanjosemarriott.com)

#### Pre-Conference Law & Ethics Workshops (April 24, 2008)

San Jose McEnery Convention Center (adjacent to the Marriott San Jose), San Jose, California

150 West San Carlos Street · San Jose, California 95113

Phone: 408.277.3900

### Sponsorship

The Couples Conference is sponsored by the Milton H. Erickson Foundation, Inc., a non-profit corporation dedicated to promoting and advancing the contributions made to the health sciences by the late Milton H. Erickson, MD, through training mental health professionals and health professions world wide. For more information about the Milton H. Erickson Foundation, please visit [www.erickson-foundation.org](http://www.erickson-foundation.org).



Organizational assistance has been provided by the Couples Institute, Menlo Park, California. For more information about the Couples Institute, please visit [www.couplesinstitute.com](http://www.couplesinstitute.com).



**Full time graduate students and interns are needed to assist faculty and staff at the Conference. Volunteers provide assistance with registration, session monitoring, continuing education, and faculty needs.**

**\*Each volunteer works an average of four hours a day; volunteering requires just an \$85 deposit, \$50 of which is refunded after successful completion of volunteer duties.**

**Information and Application Forms  
at [www.couplesconference.com](http://www.couplesconference.com)**

*To receive an application by mail contact American Continuing Education, Inc:  
ACEI, PO Box 17980, St. Paul, MN 55117 Tel, 651-487-3001; Fax, 651-489-3387 Email, [miltonerickson@cmehelp.com](mailto:miltonerickson@cmehelp.com)*

**Apply Early!**

Volunteers are accepted on a first-come, first-served basis. Deadline for submitting volunteer applications is March 20, 2008.

REGISTER ONLINE AT  
[www.CouplesConference.com](http://www.CouplesConference.com)

## Special Pre-Conference Event Law & Ethics Workshops

presented by

STEVEN FRANKEL, PhD, JD

Law & Ethics Workshop Registration • 7:30 AM

### Law & Ethics Workshop 1

Workshop I • 8:30 AM-12:30 PM • 4 CE Credit Hours



The Law and Ethics Workshop covers emerging legal and ethical issues for mental health practitioners of all disciplines. The four-hour program addresses issues including confidentiality and privilege, note-taking, record-keeping, coping with subpoenas, the impact of professional society ethical codes on regulation of mental health practice, liability exposure with suicidal patients, and recent developments in "Tarasoff situations."



LUNCH • 12:15-1:15 PM



### Law & Ethics Workshop 2

Workshop I • 2:00-4:00 PM • 2 CE Credit Hours



This program focuses more closely on the needs of clinicians who fall into particularly high risk groups. Topics include confidentiality and privilege for children, coping with high-conflict divorce/custody families, the regressive impact of the regulatory environment on family therapy in particular, supervision/consultation issues that arise for professionals whose agency positions may include functions that conflict with ethical codes.

lies, the regressive impact of the regulatory environment on family therapy in particular, supervision/consultation issues that arise for professionals whose agency positions may include functions that conflict with ethical codes.

**WORKSHOP 1 + WORKSHOP 2 = 6 CE Credit Hours**

*Meets some license renewal requirements for law and ethics*

ABPP certified clinical and forensic psychologist, as well as attorney at law,



STEVEN FRANKEL

Steven Frankel has been on the faculty of the University of Southern California for over 35 years and is currently a Clinical

Professor of Psychology. He has served as an Adjunct Professor of Law at Loyola Law School (Los Angeles) and is now an Adjunct Professor at Golden Gate University School of Law.

Dr. Frankel has taught courses on healthcare policy, regulation of healthcare practice and mental disorder and the law. Author of over 50 articles and book chapters, he has won the USC Award for Teaching Excellence early in his academic career and is nationally recognized for his expertise, sense of humor and ability to bring his course material to life.

#### SAVE

Special discount prices  
on Law & Ethics  
pre-conference workshops  
for full conference registrants

Register early for  
big discounts on  
conference registration  
(please see pages 12-13)

8:30 AM - 2:15 PM

CONVOCATION • 8:30-9:00 AM



DANIEL SIEGEL, MD

Keynote Address 1 • 9:00-11:00 AM

**The Mindful Brain:**  
*Reflection and Attunement  
in the Cultivation of Well-Being*



SUSAN JOHNSON, EdD

STAN TATKIN, PsyD, MFT

Dialogue 1 • 11:15 AM-12:15 PM

**Key Concepts from  
Attachment Theory That  
Influence Your Work**



LUNCH • 12:15-1:15 PM



BESSEL VAN DER KOLK, MD

Keynote Address 2 • 1:15-2:15 PM

**Frontiers of Treating Trauma**



2:30 - 5:30 PM • Workshops 1-3

OTTO KERNBERG, MD

Workshop 1 • 2:30-5:30 PM

**Assessment of Couples**

This workshop will explore the assessment of the functioning of couples in their sexual life, their daily interactions, and their individual and jointly arrived at value systems. The techniques of this assessment, the combination of couples' and individual partners' interviews will be followed by an overview of alternative therapeutic strategies.



Associate clinical professor at the UCLA School of Medicine, where he is on the faculty of the Center for Culture, Brain and Development, Daniel Siegel, MD, is Director of the Mindsight Institute, an educational organization that focuses on how the development of insight and empathy within individuals, families and communities can be enhanced



DANIEL SIEGEL

by examining the interface of human relationships and basic biological processes. Dr. Siegel is the author of *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*, which introduces the idea of "interpersonal neurobiology" as a way of defining the mind and mental well-being. This approach is further explored in the *Norton Series on Interpersonal Neurobiology*, of which Dr. Siegel is Founding Editor. His book, *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*, explores the application of this newly emerging view of the mind, the brain and human relationships to families. His newest books, *Mindsight* and *The Mindful Brain in Psychotherapy* will expand these applications into the arenas of everyday life and psychotherapy.

Director of the Personality Disorders Institute at the New York Presbyterian Hospital, Westchester Division and Professor of Psychiatry at the Weill Medical College of Cornell University, Otto Kernberg, MD, is



OTTO KERNBERG

Training and Supervising Analyst of the Columbia University Center for Psychoanalytic Training and Research. He is author of 12 books and co-author of 11 others. His most recent books are *Aggressivity, Narcissism and Self-Destructiveness in the Psychotherapeutic Relationship: New Developments in the Psychopathology and Psychotherapy of Severe Personality Disorders*; *Contemporary Controversies in Psychoanalytic Theory, Techniques and Their Applications*; and *Psychotherapy for Borderline Personality: Focusing on Object Relations*.

FRIDAY • 2:30 - 5:30 PM

Workshops 1-3 (cont)

BESSEL VAN DER KOLK, MD

Workshop 2 • 2:30-5:30 PM

## The Effects of Stress and Trauma on Relationships:

### Principles

The majority of people who seek psychiatric care have histories of trauma, chaos or neglect. Advances in the neurosciences, attachment research and in information processing show how brain function is shaped by experience, and that life itself can continually transform perception and biology. Overwhelming experiences alter the capacity for self-regulation and memory processing due to changes in sub-cortical, i.e., "unconscious" levels of the brain. The memory imprints of the trauma(s) are held in bodily states and physical action patterns, which causes the entire human organism to automatically react to current experiences as a replay of the past. This workshop includes: Affective neuroscience for thoughtful clinicians; Introduction to the neurobiology of attachment, the nature of the threat response, attention, exploration and concentration, as well as lessons from neuro-managing and psychophysiology.



SUSAN JOHNSON, EdD

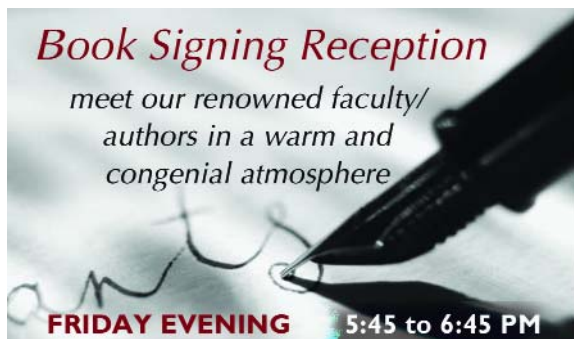
Workshop 3 • 2:30-5:30 PM

## Attachment as a Guide to Couples Therapy

This workshop will outline the use of attachment theory in the assessment of Relationship problems, setting of treatment goals, creation of change events and moment to moment interventions in emotionally focused couples therapy.



BOOK SIGNING RECEPTION



*Book Signing Reception*  
meet our renowned faculty/  
authors in a warm and  
congenial atmosphere

FRIDAY EVENING 5:45 to 6:45 PM

Professor of Psychiatry, Boston University Medical School and Harvard



VAN DER KOLK

University, and Medical Director of the Trauma Center at HRI Hospital, Brookline, Massachusetts, Bessel van der Kolk, MD, was co-

principal investigator of the DSM IV Field Trials for Post Traumatic Stress Disorder. Dr. van der Kolk is past-president of the International Society for Traumatic Stress Studies. His newest book, *Traumatic Stress*, describes the impact of trauma on the whole human being and analyzes factors affecting recovery.

A registered psychologist, Susan Johnson, EdD, is Professor of Clinical



SUSAN JOHNSON

Psychology at the University of Ottawa, Canada; Director of the Ottawa Couples and Family Institute and the Center for Emotionally Focused Therapy;

and Research Professor in the Marital and Family Therapy Program at Alliant University in San Diego. Her book, *The Practice of Emotionally Focused Couples Therapy: Creating Connection*, is the basic text on EFT for couples. Dr. Johnson is the recipient of several awards; among them are Fellow of the American Psychological Association, Research in Family Therapy Award from American Family Therapy Academy and Outstanding Contribution to the Field of Marriage and Family Award from the American Association of Marriage and Family Therapy.

Stan Tatkin, PsyD, MFT, maintains a private practice in Calabasas, California,



STAN TATKIN

specializing in couple's psychotherapy. He runs a bi-weekly clinical study group for medical and mental health professionals ([www.ahealthymind.org/csg](http://www.ahealthymind.org/csg)). Dr.

Tatkin is a contributing editor for *Allan Shore's Reader's Guide to Intersubjective Neurobiology*, and is co-author (with Marion Solomon) of *Love and War in Intimate Relationships*.

8:30 AM - 12:15 PM

OTTO KERNBERG, MD

Keynote Address 3 • 8:30-9:30 AM

## Love and Aggression



BESSEL VAN DER KOLK, MD

Workshop 4 • 9:45 AM-12:15 PM

## The Effects of Stress and Trauma on Relationships: *Treatment*

Effective treatment of post-traumatic problems needs to include addressing the imprint of trauma on the physical experience of the self as helpless and in danger. Recovery needs to incorporate dealing with defensive efforts that helped ensure survival, incorporate physical experiences that contradict feelings and sensations associated with helplessness and disconnection, as well as an effective way of integrating fragmented memories of trauma. Experiencing physical mastery (as in yoga and specific body based techniques) often is necessary to initiate new ways of perceiving reality and promote new behavior patterns. Helping the organism to bring the traumatic experience to an end is the goal of treatment.

Workshop includes: Assessment and treatment planning; Recognition and treatment of trauma-based action patterns and dissociative responses; Completing of incomplete trauma responses; Words, actions, and relationships in the treatment of learned helplessness and dissociation; Specific techniques that address affect regulation, the integration of dissociated aspects of experience, overcoming helplessness, and the re-integration of human conditions.



ELLYN BADER, PhD

Workshop 5 • 9:45 AM-12:15 PM

## A Developmental Approach to Couples Therapy:

### *An Introduction to Attachment and Differentiation in Couples Therapy*

Using a developmental lens is a powerful way to lead couples to make sustained change. Learn how developmental principles can help you assess what is wrong and then guide and shape your treatment decisions.



Ellyn Bader, PhD, is a psychologist in private practice and an internationally recognized expert in couples therapy training. Dr. Bader is Co-Director of the

Couples Institute in Menlo Park, California. For the past 20 years she has conducted professional training programs in couples therapy in the US, Europe, South



ELLYN BADER

America and Australia. Dr. Bader

is past-president of the International Transactional Analysis Association and a recipient of the Clark Vincent Award for an outstanding literary contribution for the field of marital therapy from the California Association of Marriage and Family Therapists. She is co-author of *In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy*, and *Tell me No Lies: How to Face the Truth and Build an Honest Marriage*.

Esther Perel, MA, LMFT, is a system oriented family therapist in private practice in New York City.

Trained by Salvador Minuchin, she is on the faculty of the Department of Psychiatry, New York University Medical School, and the International



ESTHER PEREL

Trauma Studies Program, in affiliation with Columbia University. She is author of *Mating in Captivity: Reconciling the Erotic and the Domestic*. She is a member of the American Family Therapy Academy and the Society for Sex Therapy and Research.

Love & Intimacy:

### The Couples Conference

### *Attachment, Differentiation, and Neuroscience in Couples Therapy*

8:30 AM - 12:15 PM (Cont)

OTTO KERNBERG, MD • Workshop 6 • 9:45 AM-12:15 PM

## The Technique of Analytic Couples Therapy

This workshop will summarize the overall technical principles of interpretive intervention in sessions of couples therapy. Economics and dynamic criteria of intervention, analysis of transference and countertransference will be explored together with the setting up of basic frames for the interaction in the sessions. Clinical examples will illustrate these approaches.



LUNCH • 12:15-1:15 PM



1:15 - 6:00 PM

SUSAN JOHNSON, EdD • Keynote Address 4 • 1:15-2:15 PM

## The Science of Love: *Lessons for the Couple Therapist*



ELLYN BADER, PhD • ESTHER PEREL, MA • Dialogue 2 • 2:15-3:15 PM

## Key Concepts from Differentiation Theory That Influence Your Work



SUSAN JOHNSON, EdD • Workshop 7 • 3:30-6:00 PM

## The Treatment of Personal and Relationship Trauma in EFT

This workshop will offer a theoretical and clinical orientation to the treatment of trauma, personal and relational, in couples therapy. The regulation of emotion and the healing power of attachment events will be emphasized.



ELLYN BADER, PhD • Workshop 8 • 3:30-6:00 PM

## Differentiation: *The Route to Intimacy and Vitality*

Despite their expressed desire for change, many couples rerun repetitive negative cycles. Partners frequently demand intimacy, while refusing to be intimate themselves. Their defensive interactions will dominate the relationship and lead to rheumatic interactions, affairs, and other relationship ruptures. Learn how to use differentiation to breathe new life into combative and emotionally distant relationships.



ESTHER PEREL, MA, LMFT • Workshop 9 • 3:30-6:00 PM

## Mating in Captivity: *Unlocking Erotic Intelligence*

The story of sex in committed modern couples is one that often tells of a dwindling desire that includes a long list of sexual alibis, claiming to explain the inescapable death of Eros. The absence of fantasy, the proliferation of pornography and affairs, as well as a lack of understanding of the nature of erotic desire all contribute to the predicament. This workshop examines the cultural pressures that shape domesticated sex and the puzzling inverse correlation between greater emotional intimacy and the loss of sexual desire. Using case examples and video vignettes, Ms. Perel will demonstrate how to help couples draw pleasure from the hidden, the suggestive and the uncanny while also respecting their needs for safety and stability. We will explore how to grant the body its profound capacities for communicating in its own language, how couples can voice their erotic longings and move beyond their familiar comfort zone into an expansive, fully charged sexuality. This model applies to young, old, married and not, heterosexual and same sex couples.



8:30 AM - 12:15 PM

HELEN FISHER, PhD

Keynote 5 • 8:30-9:30 AM

**Who We Love**

Anthropologist Helen Fisher will examine the biological and behavioral interactions between three primary brain systems for mating and reproduction: the sex drive, romantic love and attachment. She will discuss her brain studies (fMRI) of romantic love and rejection in love to explain the biological underpinnings of love at first sight, abandonment rage, romantic addictions and some crimes of passion. She will discuss her newest research, using data on two million members of the Internet dating/relationship site Chemistry.com, to give a theory for why men and women fall in love with one person rather than another. She proposes that humans have evolved four basic biological variants of personality (referring to these behavioral syndromes as the Explorer, Builder, Negotiator and Director), associated with the neurochemicals dopamine, serotonin, estrogen and testosterone. She will discuss the genetic and physiological underpinnings and specific traits associated with each type. Dr. Fisher will conclude with a discussion of the assets and deficits of each type of biological match.



HELEN FISHER, PhD

Workshop 10 • 9:45 AM-12:15 PM

**Who You Love**

In this workshop, participants will take Fisher's 56-item questionnaire and discuss the specific biological traits (positive and negative) associated with her four bio-behavioral types, the Explorer, Builder, Negotiator and Director. She will then explore in depth the assets and deficits of each type of biological match. The workshop concludes with a discussion of the assets and deficits of each type of biological match.



PETER PEARSON, PhD

Workshop 11 • 9:45 AM-12:15 PM

**Breakthroughs with High Conflict Couples**

High conflict and chronically distresses add to each others' trauma while triggering historical trauma. Reducing, calming or eliminating the emotional triggers is an essential part of changing their negative ingrained patterns. See a live demonstration and/or experience a process to bring about immediate relief of painful memories (and sometimes) not even having to talk about them.



Research Professor in the Department of Anthropology at Rutgers University, Helen Fisher, PhD, has written many academic articles and four books: *Why We Love: The Nature and Chemistry of Romantic Love*; *The First Sex: The Natural Talents of Women and How They Are Changing the World*; *Anatomy of Love: The Natural History of Mating, Marriage and Why We Stray*; and *The Sex Contract: The Evolution of Human Behavior*.



HELEN FISHER

Peter Pearson, PhD, is Co-Founder of the Couples Institute, Menlo Park, California, and co-author of *The Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy* and *Tell Me No Lies*, about being honest with compassion in your marriage. Dr. Pearson is former Associate Professor, Stanford University, and couples therapist for the last 20 years.



PETER PEARSON

Louis Cozolino, PhD, is a psychotherapist, Professor of Psychology at Pepperdine University, and Adjunct Professor at University of California, Los Angeles. He is the author of *The Neuroscience of Psychotherapy: The Making of a Therapist*; and *The Neuroscience of Human Relationships*. He is also author and co-author of many articles and book chapters, including *Sensation, Perception and Cognition* (with Daniel Siegel) in *The Comprehensive Textbook of Psychiatry*.



LOUIS COZOLINO

Love &amp; Intimacy:

**The Couples Conference****Attachment, Differentiation, and Neuroscience in Couples Therapy**

8:30 AM - 12:15 PM (cont)

STAN TATKIN, PsyD, MFT • Workshop 12 • 9:45 AM-12:15 PM

## The Loving/Warring Brain:

### *How the Brain, Mind and Body Interacts and Reacts to Intimacy*

Is our brain built for love or war, connection or self-preservation? The attachment drive for a secure base involves neurological and neuro-endocrine systems and subsystems that determine such things as proximity seeking and contact maintenance. Couples most commonly enter therapy due to repeated, anticipated, and intense periods of mutual dysregulation whereby attachment injuries and adaptations become reanimated. In order to make the most of attachment theory, the psychotherapist must incorporate a working knowledge of the neurobiological processes that underlie all primary attachment relationships.



LUNCH • 12:15-1:15 PM



1:15 - 5:15 PM

LOUIS COZOLINO, PhD • PETER PEARSON, PhD • STAN TATKIN, PsyD, MFT

Dialogue 3 • 1:15-2:15 PM

## Key Concepts from Neuroscience That Influence Your Couples Work



ESTHER PEREL, MA, LMFT • Workshop 13 • 2:30-5:00 PM

## Couples from a Tourist Lens:

### *A Multicultural Approach on Sexuality*

Couples' expectations about the role of sexuality in intimate relationships have changed dramatically over the past 40 years. We will explore the main ideas of the romantic ideal: how we want our partner to fulfill our needs for connection, belonging and continuity, as well as give the sense of transcendence, mystery and passion. Examining the cultural values of love and respect, freedom and responsibility, and interdependence vs. autonomy, we will map a culturally relevant approach to work with the dilemmas of desire in couples. We also will probe the difference between clearly assigned gender role repartition and the post-feminist egalitarian model.



STAN TATKIN, PsyD, MFT • Workshop 14 • 2:30-5:00 PM

## Addiction to "Alone Time":

### *Avoidant Attachment, Narcissism, and a One-Person Psychology within a Two-Person Psychological System*

Comparisons have been made between severe avoidant attachment and disorders of the self such as antisocial personality, schizoid personality, and narcissistic personality. Each of these disorders, including avoidant attachment, can be grouped together as one-person psychological organizations in that they operate outside of a truly interactive dyadic system, and primarily rely upon themselves for stimulation and calming via auto-regulation. The chronic need for "alone time" can take many surprising forms throughout the lifespan, directly impacting romantic relationships.



## The Evolutionary Necessity of Couples Therapy

In the course of human evolution, our brains have been shaped by countless adaptational challenges resulting in an organ functioning simultaneously in the conscious present and our primitive and hidden past. This presentation will explore aspects of the human brain which make sustained intimate relationships both possible and problematic.

LOUIS COZOLINO, PhD • Workshop 15 • 2:30-5:00 PM



CLOSING REMARKS • 5:00-5:15 PM



**Love & Intimacy: The Couples Conference**  
*Attachment, Differentiation, and Neuroscience in Couples Therapy*



## Accreditation

**A.M.A.** The Milton H. Erickson Foundation, Inc., is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Milton H. Erickson Foundation, Inc., designates this educational activity for a maximum of 22.0 Category I credits toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

**A.P.A.** The Milton H. Erickson Foundation, Inc., is approved by the American Psychological Association to sponsor continuing education for psychologists. The Milton H. Erickson Foundation, Inc. maintains responsibility for this program and its content. Credit is provided on an hour-per-hour basis (22.0 hours maximum).

**N.B.C.C.** The Milton H. Erickson Foundation, Inc., is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors (Provider No. 5056). We adhere to N.B.C.C. Continuing Education Guidelines. This program provides a maximum of 22.0 contact hours.

**B.R.N.** The Milton H. Erickson Foundation, Inc. Provider approved by the California Board of Registered Nursing, Provider Number CEP 9376 for 22.0 contact hours.

**State of Illinois Department of Professional Regulation-Registered Social Worker** Continuing Education Sponsorship. The Milton H. Erickson Foundation, Inc., is approved by the State of Illinois Department of Professional Regulation to offer continuing education for social workers at The Couples Conference (License No. 159-000501).

**B.B.S.** The Milton H. Erickson Foundation, Inc., is a board-approved provider (PCE No. 398). This course meets the qualifications for 22.0 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

**State of Florida Department of Professional Regulation** – The Milton H. Erickson Foundation, Inc. is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling as a provider of continuing education (CE Provider #: 50-2008).

Please note that it is your responsibility to contact your licensing/certification board directly to determine eligibility to meet your continuing education requirements.

*CE Approval/Accreditation Updates will be posted at [www.couplesconference.com](http://www.couplesconference.com).*

### **Good news!**

#### **We've made getting your certificate of attendance much, much easier!**

Get your certificate in minutes online. Just complete your evaluation form and print it out. No more standing in line or waiting for the mail! You can now get your certificate in the hotel, at the airport, at home, at the office, or anywhere you have access to the internet and a printer.

REGISTER ONLINE AT  
[www.CouplesConference.com](http://www.CouplesConference.com)

Coming soon...



# brief therapy

December 11-14, 2008 - San Diego

*Presenters will include:*

STEVE ANDREAS	CLAUDIO NARANJO
JUDITH BECK	JOHN NORCROSS
JON CARLSON	CHRISTINE PADESKY
ROBERT DILTS	ERVING POLSTER
STEPHEN GILLIGAN	JAMES PROCHASKA
MARY GOULDING	ERNEST ROSSI
KENNETH HARDY	MATTHEW SELEKMAN
STEPHEN HAYES	JANIS ABRAHMS SPRING
STEPHEN KARPMAN	MICHELE WEINER-DAVIS
FLORENCE KASLOW	R. REID WILSON
JEFFREY KOTTLER	MICHAEL YAPKO
STEPHEN LANKTON	JEFFREY ZEIG
SCOTT MILLER	<i>and more...</i>

*Keynotes:*

JOAN BORYSENKO · DAVID BURNS · JEAN HOUSTON  
*and more...*

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The Milton H. Erickson Foundation has more than thirty years experience providing internationally renowned training programs for mental health-care providers.

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## CONFERENCE FEES

### Full Conference

Friday - Sunday • April 25-27, 2008

Registration Deadlines	US Professionals	Foreign Professionals Foreign Students Graduate Students • Interns Senior Citizens
December 15, 2007	\$349	\$249
February 16, 2008	\$399	\$299
March 30, 2008	\$449	\$349
Onsite	\$499	\$499

### Full Conference with Law & Ethics Pre-Conference Workshop

Thursday - Sunday • April 24-27, 2008

Registration Deadlines	US Professionals	Foreign Professionals Foreign Students Graduate Students • Interns Senior Citizens
December 15, 2007	\$459	\$359
February 16, 2008	\$509	\$409
March 30, 2008	\$559	\$459
Onsite	\$638 (with 4-hr Law & Ethics) \$678 (with 6-hr Law & Ethics)	\$638 (with 4-hr Law & Ethics) \$678 (with 6-hr Law & Ethics)

### Day Ticket Purchases

Thursday - Sunday • April 24-27, 2008

The Couples Conference Friday • Saturday • Sunday	Law & Ethics Workshop I 4-Hour Session Thursday	Law & Ethics Workshop I & II 6-Hour Session Thursday
\$ 179 per day	\$139	\$179

### Group Rate Savings\*

5 Attendees	10% off each full conference registration
6-10 Attendees	15% off each full conference registration
11+ Attendees	20% off each full conference registration

\* PLEASE NOTE: Group registrations MUST be sent by mail; they cannot be done online or by fax. All group registrations must be sent in the same envelope. One form per person. Payment must be included. Important: No additions may be made to receive a lower rate once your Group Rate Application has been mailed.

#### Conference Attendance Eligibility

The Couples Conference is open to professionals in health-related fields, including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (i.e., AMA, APA, ADA), and to professionals with mental health-related graduate degrees (i.e., MSW, MA, MS, MSN) from accredited institutions.

Applications also will be accepted from full-time graduate students in accredited programs in the above fields who supply a letter from their department certifying their full-time student or intern status as of April, 2008.

#### Cancellation Policy

Requests for refunds MUST BE IN WRITING and are subject to a \$45 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by March 16, 2008. Requests postmarked from March 17 to March 30, 2008, will receive a 50% refund of paid fees. **No refunds after March 30, 2008.** No exceptions to this policy will be made. Please allow 8-10 weeks for processing. Cancellations received after March 30, 2008, will be processed in May 2008.

# The Couples Conference **REGISTRATION FORM**

1

Name (As you want it on name badge—please print) \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State/Province \_\_\_\_\_  
Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_  
Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_  
E-mail Address \_\_\_\_\_ University attended \_\_\_\_\_  
University Major \_\_\_\_\_ **Highest degree only** \_\_\_\_\_  
Professional License # \_\_\_\_\_ Physically Challenged <sup>1</sup>Yes No  
Mail code (the code above your mailing address on brochure) CC08 - \_\_\_\_\_

2

I verify that I meet the minimum eligibility requirements to attend The Couples Conference and that I am a (please check one of the boxes below):

- US Professional  Foreign Professional/Foreign Student  
 Senior Citizen providing proof of age (65 years and older)  
 Graduate Student/Intern providing a certifying letter from school department indicating proof of student/intern status as of April, 2008.

3

I am registering for the following:

- Full Conference Registration (Friday-Sunday, April 25-27, 2008)  
 Full Conference Registration WITH Law & Ethics Workshop (Thursday-Sunday, April 24-27, 2008)  
(please indicate your choice of Law & Ethics Workshop):  Workshop I (4 hrs) or  Workshops I & II (6 hrs)

Individual Day Tickets (for those NOT attending the full 4-day Conference):

- Law & Ethics Workshop I (4 hrs) - Thursday, April 24  
 Law & Ethics Workshops I & II (6 hrs) - Thursday, April 24  
 Friday - April 25  Saturday - April 26  Sunday - April 27

4

I am enclosing the following amount \$ \_\_\_\_\_ (rate schedule is on the opposite page)

- Personal/Company<sup>2</sup> Check # \_\_\_\_\_ Make checks payable to American Continuing Education, Inc or ACEI  
 Credit Card<sup>3</sup> — please check one of the following:  Visa  MasterCard  Discover  American Express  
Credit Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_  
Billing Address Zip/Postal Code \_\_\_\_\_ Billing Address Phone Number (\_\_\_\_) \_\_\_\_\_  
Name \_\_\_\_\_ Cardholder Signature \_\_\_\_\_  
(As it appears on card)

5

Send this completed form with **FULL** payment and accompanying paperwork to:  
**American Continuing Education, Inc.**  
c/o Couples Conference ▪ PO Box 17009 ▪ St Paul, MN 55117  
Tel: 1-651-487-3001 Fax: 1-651-489-3387 (**credit card payments ONLY**)  
Email: miltonerickson@cmehelp.com

**REGISTER ONLINE! at [www.couplesconference.com](http://www.couplesconference.com)**

<sup>1</sup> San Jose Marriott is ADA compliant. Please inform the hotel about any special needs. Any special concerns must be brought to the attention of the Milton H Erickson Foundation prior to February 15, 2008, by emailing [office@erickson-foundation.org](mailto:office@erickson-foundation.org) or telephoning 602-956-6196.

<sup>2</sup> \*All non-sufficient funds checks will be charged a \$20.00 service fee payable by issuer.

<sup>3</sup> The charge on your credit card statement for the Conference will be listed as "CE Education Class."

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The Milton H. Erickson Foundation  
3606 North 24th Street  
Phoenix, AZ 85016-6500



# *The Couples Conference*

Marriott San Jose  
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(Friday - Sunday)

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