

IMECOT 2021. INTERNATIONAL MEETING OF COUPLE THERAPY

DECEMBER 1 – 6, 2021

Wednesday 1		Thursday 2	Friday 3	Saturday 4	Sunday 5	Monday 6
10 AM – 1 PM Luigi Cancrini <i>Lectio Magistralis</i>	10-12 AM	Sonia Gerosa Giuseppe Bertolini	Piergiuseppe Vinai	Michele Spaccarotella	Emiliano Lambiase	Mascellani
1.30 -4.30 PM Maurizio Andolfi <i>Lectio Magistralis</i>	12 AM-2 PM	Angela Abela	Giulio C. Zavattini	Mary Morgan	Gregorio Mazzonis	Paula Hall
5 – 8 PM Umberta Telfener <i>Lectio Magistralis</i>	2-4 PM	Romina Coin	Robert Taibbi	Patricia Papernow	Daniel Giunti	Nicola Carone
	4-6 PM	Ulrich Clement	Robert Emery	Arthur Nielsen	Angela Skurtu	Diane Gehart
	6-8 PM	Carmen Knudson Martin	Karen Skerrett	David Treadway	Anthony Chambers	Nancy Gambescia
	8-10 PM	Heather B Macintosh	Katherine Hertlein	Wade Luquet	Nathan Hardy con Adam Fisher	Andrew Christensen
	10-12 PM	Travis Heath	Avigail Lev	Douglas Snyder	Joan Lachkar	Kevin A Fall / Justin Levitov

Wednesday 1 December

Luigi Cancrini

Title: The trauma of separation

Abstract: Coming soon

Bio: He is a psychiatrist and psychotherapist of psychoanalytic and systemic orientation. In the 1970s he founded the Family and Relational Therapy Study Centre, one of the most important schools of psychotherapy in Italy, of which he is still President. He developed his activity in the context of cultural battles taking place against the marginalization of those considered “different” in schools (differential and special classes), in psychiatry (psychiatric hospitals), and in the field of addiction and antisocial behaviour (prison). He has continued to address these conditions by linking the manifestations of diversity to the discomfort of the individual, as an attempt to broaden the traditional boundaries of psychotherapeutic practice and as a continuous commitment to the recognition of its importance at the political and popular level. From 1989 to 1992, he was "Minister for the war on drugs" as part of the shadow government of the Italian Communist Party. In 2004 he received an award from the European Family Therapy Association (EFTA) in Berlin for his outstanding contribution to the field of family therapy. He was Scientific Director of

the Therapeutic Communities of Saman from 1995 until December 2014. He has been Scientific Director of the Centre for the Assistance to ill-treated Children and Families of the Municipality of Rome since 1998, and of the Communities for Minors Domus de Luna in Sardinia since 2009. He is the editor-in-chief of the Scientific magazine *Ecologia della Mente* published by "Pensiero Scientifico Editore", and of *Alpes Italia's (Bi)sogno di Psicoterapia* series.

Maurizio Andolfi

Title: The child as a resource in family and couples therapy

Abstract: When a child presents a psychosomatic, behavioural or learning disorder, it is common practice to make a diagnostic assessment and, if necessary, refer them for individual therapy and perhaps pharmacological treatment.

The main idea that has guided my clinical work over 50 years is very different and takes shape from the conviction that a childhood disorder is always a family problem and that therefore a child cannot be observed as an island, detached from his or her fundamental emotional ties.

Unfortunately, family therapy has largely built its theories and techniques on adult-centred thinking and has regarded the child-problem more as an object to be observed than as a competent subject. Thus it is often the case that during the session we talk mainly about the child and his problems and much less with him about his family.

In this presentation I would like to show how to give voice to the child in the session, being guided by his symptoms as relational indicators, in order to understand family dynamics on a multigenerational level. In this way, the child becomes a sort of relational bridge to explore severed family ties, intergenerational conflicts or couple contrasts.

The aim of this exploration is to encourage a transformation in the family and the couple and to allow the child to free himself from his disorders.

Bio: Maurizio Andolfi is a Child Psychiatrist and internationally renowned Master Family Therapist. He is currently the Director of the Accademia di Psicoterapia della Famiglia in Rome and Italian Journal "Terapia Familiare". He was awarded for his special contribution to family therapy by AAMFT in 1999 and got a Lifetime Achievement Award from AFTA in 2016. Recently relocated to Australia where he got the title of Distinguish Talent from the Australian Government and he continues teaching all over the world. He has published widely on the topic of family and couple therapy. Among his books, "Multigenerational family therapy" (2015) and "Intimità di coppia e trame familiari " co-authored with Anna Mascellani (2019).

Umberta Telfener

Title: Relational dance, how to promote change

Abstract: This in-depth meeting on couples therapy will start from the participants' questions in order to examine the strategies and techniques that season systemic practice, which is always organised from the point of view of complexity. It is systemic thinking that dictates the theme; techniques and strategies are like the condiments that allow a dish to be refined. When to do and not to do something, how to decide how to intervene, which themes to choose, when to repeat a question, who to ask, what to ask and why, are all legitimate questions that we will try to unravel.

Bio: Clinical psychologist with a degree in Philosophy and one in Psychology, is a adjunct professor at the PhD Course in Health Psychology of the University La Sapienza of Roma. She has worked in a Public Health Center for ten years, is in private practice since 1980 and supervises the work of professionals and groups

both in private and public settings. Teacher of the Milan Family Therapy School (Boscolo & Cecchin), has edited many books and articles among which *Sistemica, voci e percorsi nella complessità*, a systemic dictionary built as a dialogical hypertext that she edited with the supervision of Heinz von Foerster (Bollati Boringhieri, Torino 2003); *Apprendere i contesti* (Cortina Editore Milano 2011) and *Ricorsività in psicoterapia* (Recursion in psychotherapy, Bollati Boringhieri, Torino 2014). In the field of modern and hypermodern relationships she has published *Ho sposato un narciso* (I married a narcissus, 2006) e *Le forme dell'addio* (Shapes of goodbye, 2007), *La manutenzione dell'amore* (Maintenance of love, 2014) all three by Castelvecchi publisher, Roma. She published many scientific articles both in Italian and foreign journals among which *The spiritual dimension in psychotherapy* in *Terapia Familiare* N°107, 2015.

Thursday 2 December

Sonia Gerosa e Giuseppe Bertolini

Title: Couple crisis: how to reactivate the energies of Physis at the service of the individual and the bond?

Abstract: When we choose a partner, we are attracted both by the joints that make him possible co-protagonist of repetitive relational patterns, and by the intuition that he is a possible ally towards desired and still unexplored directions. Our way of reading the crisis situations of the couples we meet is based on this polarity, and it is in this sense that we conceive the intervention.

We present a model of work with couples according to the approach of Transactional Analysis in its psychoanalytic and phenomenological roots, integrated with the systemic-relational perspective.

We will introduce some theoretical tools based on thirty years of experience in working with couples at the Couples Service of the Centre for Psychology and Transactional Analysis in Milan, headed by Dr Evita Cassoni, in particular: structure and boundaries of the couple, evolutionary cycle in the life of the couple, blocking mechanisms within repetitive patterns and new potentials in the choice of a partner. We will show how we use these interpretations in a four-person setting, with two therapists, a man and a woman, to accompany the partners in the elaboration of expectations and images of themselves and the couple towards updated forms, and to reactivate evolutionary possibilities. The direction of the work can be drawn towards a more mature interdependence or also towards the need for a goodbye. The object of the care process is the couple as a relational system, a dynamic organism with its own identity and vitality, the centre of the family system and the cell of the social body. For us, helping to renew the motivation of the original commitment and to put the energy of the bond back into circulation also means promoting well-being in a broader system.

Consistent with our intersubjective approach, we have chosen to co-host the webinar, to allow us to see the collaboration of the working couple at work, and we would like to involve the audience in the reflection by presenting some simple exercises and clinical situations, proposing to read them with the theoretical tools presented.

Bio: Giuseppe Bertolini, psychologist and psychotherapist, counsellor, transactional analyst teacher and supervisor in training, PTSTA-p, European Association of Transactional Analysis (EATA).

I collaborate with the Centre for Psychology and Transactional Analysis in Milan, where I work as a psychotherapist, both in individual and couple settings, and as a member of the Family Service of the Terrenuove Cooperative. I collaborate as a teacher with the Centre's School of Psychotherapy and with Terrenuove's School of Transactional Analysis and Counselling. I am a consultant in the organisational field, in various industrial sectors, where I deal in particular with the functioning and growth of work teams. I have written a number of contributions relating to the fields in which I work, published in the journals *Quaderni di psicologia*, *Analisi Transazionale e scienze umane* and *Prospettive Sociali e Sanitarie*.

Sonia Gerosa, internist, psychotherapist, teacher transactional analyst and supervisor in training, PTSTA-p, member of the European Association of Transactional Analysis (EATA). I have been working with the Centre for Psychology and Transactional Analysis for over ten years, providing individual psychotherapy for adults and counselling for couples in the Couples Service, for which I am the organisational coordinator. I also collaborate with the Family Service of the Terrenuove Cooperative. I am a lecturer and supervisor at the Centre's School of Psychotherapy, where I co-teach with Dr Giuseppe Bertolini the annual Seminar on working with couples, and I collaborate with Terrenuove's School of Transactional Analysis and Counselling. For some time now I have been training and supervising teams working in public and private social health services and in organisational consultancy. I am part of the editorial staff of the journal *Quaderni di psicologia, Analisi Transazionale e scienze umane*, for which I have written several contributions concerning the script protocol, work with the body, and work with couples, and edited an issue on impasse (2013).

Angela Abela

Title: The significance of the couple relationship in a global context: The meaning of love and intimacy across cultures

Abstract: This webinar examines the significance of the couple relationship in the 21st century. It highlights global trends and cultural variations that are shaping couple relationships with a special focus on the meaning of love and intimacy across cultures. The webinar will discuss the challenges that today's couples are facing and explores innovative ways of supporting them and their families in therapy and in the community.

Bio: Professor Angela Abela teaches clinical psychology and family therapy trainees within the Faculty for Social Wellbeing at the University of Malta. As a clinical psychologist, family therapist and systemic supervisor, she also works with couples, children and their families and supervises practitioners in this area. She published widely in this area and in 2014 co-edited *Contemporary Issues in Family Studies: Global Perspectives in Partnerships, Parenting and Support in a Changing World* with Wiley-Blackwell, co-authored *Intervening after violence, Therapy for couples and Families* with Springer (2017) and in 2020 co-edited *Couple Relationships in a Global Context: Understanding Love and Intimacy across Cultures* with Springer. She is an international advisory editor of *Contemporary Family Therapy*.

Romina Coin

Title: Couple analysis. A system for working on inter-subjectivity.

Abstract: Psychoanalytic interventions with couples is a research field of great interest for the development of a relational understanding of the human subject. What is the couple relationship? How best to read what happens between partners in both ordinary situations and moments of crisis? What is the relationship between the individuality of the partners and the relationship they establish with each other? Through a discussion of the epistemological and theoretical aspects underpinning the couple point of view, the dynamics governing the interaction between two human beings united in a couple's bond will be explored as they each deal with their own life process.

Bio: Romina Coin is a psychologist, psychotherapist, and psychoanalyst of the Società Italiana di Psicoanalisi della Relazione (SIPRe). She is director, lecturer in Psychoanalysis of Relationships and Ethics of Psychotherapy, training analyst and supervisor at the School of Psychotherapy of the SIPRe in Milan. She is co-manager of the Area Progetto Coppia and has been teaching couple intervention training for a decade. She carries out training, supervision and her private clinical practice in communities and local services. She deals with issues relating to ethics and epistemology in psychoanalysis. She has published several articles

on these subjects and co-authored the book *I dilemmi dello psicoterapeuta. Il soggetto tra norme e valori* (Cortina, Milan, 1999). He has also published several works on the specifics of couple intervention, including the book *Amarsi, Amando* (Borla, Rome, 2007).

Ulrich Clement

Titolo: Negotiating the difference - how to create a common goal with dissenting partners

Abstract: The webinar will present and discuss the logic and therapeutic processing of coming to a common goal when the partners disagree

Bio: Professor of Medical Psychology, U of Hamburg, Heidelberg, Freiburg, Basel; President of the International Academy of Sex Research 2000-2001; Director of the Institute of Sex Therapy Heidelberg.

Carmen Knudson Martin

Title: Relational justice in couple therapy

Abstract: Everyone wants to be loved, to feel valued, heard, and respected. This is at the heart of my work as a couple therapist. Whatever the presenting issues or symptoms, these deeply personal core concerns are directly related to larger socio-political contexts. Most therapists know sociocultural systems influence their clients' lives, but few know how to connect the dots between what happens in the wider society, interpersonal neurobiology, relational processes, and client well-being. As a result, they inadvertently reinforce societal-based power differences, with detrimental effects. Socio-Emotional Relationship Therapy (SERT) is a well-established socio-culturally attuned clinical model that transforms destructive power imbalances and creates relational possibilities based on equity and mutual support. It may be applied as a primary framework or integrated with other approaches. This workshop is an introduction to this innovative, socially responsible approach with video examples.

Bio: Carmen Knudson-Martin, PhD, LMFT, is professor of Marital, Couple, and Family Therapy Program at Lewis & Clark College, Portland OR, USA. She has published over 80 articles and book chapters on the influence of the larger sociocultural context in couple and family relationships and the political and ethical implications of therapist actions on marital equality, relational development, and couple therapy and the developer of Socio-Emotional Relationship Therapy. Carmen is editor/author of three books: *Socio-Emotional Relationship Therapy—Bridging Emotion, Societal Context, and Couple Interaction*; *Couples, Gender, and Power—Creating Change in Intimate Relationships*; and *Socio-culturally Attuned Family Therapy: Guidelines for Equitable Theory and Practice*. She was the 2017 recipient of the Distinguished Contribution to Family Therapy Theory and Practice award from the American Academy of Family Therapy.

Heather B Macintosh

Title: Developmental Couple Therapy for Complex Trauma

Abstract: This presentation will provide an introduction to the Developmental Couple Therapy for Complex Trauma (DCTCT) model. This model was developed to address the specific challenges faced by couples who have experienced trauma. The first stage of DCTCT focuses on psychoeducation, helping couples understand the impacts of traumatic and stressful events on areas of functioning with a specific focus on couple and family functioning. The second stage of the model focuses on the acquisition of skills with a significant focus on the development of emotion regulation capacities through exercises, activities and couple focused interventions. The third stage focuses on processing trauma, exploring the impact of the past on the present in complex cycles of couple distress known in DCTCT as Dyadic Traumatic

Reenactments, working on the sexual relationship and building attachment security in the couple. The fourth stage, consolidation, brings the couple back from living immersed in trauma in their lives and relationships and into life in the present, helping them continue to build intimacy, capacities for problem solving and conflict resolution, as well as learning how to live within the steady flow of life in the present without carrying the heavy weight of trauma around in their daily lives.

Bio: Heather MacIntosh is Associate Professor and Director of the MScA Couple and Family Therapy Programme at McGill University where she is the recipient of the H. Noel Fieldhouse Award for Distinguished Teaching. Dr. MacIntosh is a clinical psychologist and author of the recently released book: *Developmental Couple Therapy for Complex Trauma a Manual for Therapists* by Routledge Press, a treatment manual outlining her evidence-based treatment model for working with couples dealing with the impacts of complex trauma. She leads an active research programme funded by SSHRC and FQRSC examining the impact of early life trauma on the process and outcome of couple therapy, and the development and maintenance of healthy adult relationships. She is currently principal investigator for a Government of Quebec funded programme providing Developmental Couple Therapy for Complex Trauma in a virtual group couple format for trauma survivors in the context of the Covid 19 pandemic.

Travis Heath

Title: In Search of Counter Stories: Embodied Other Interviews in Contemporary Narrative Couples Therapy

Abstract: Internalized Other Questions (IOQ) were developed in the 1980's by David Epston and Karl Tomm. The practice invites a person to answer questions as though they are a family member or loved one. This way of working has largely been abandoned in modern narrative ways of working. This workshop will demonstrate a modern revival of the practice of IOQ called Embodied Other Interviews (EOI) situated within a framework of Contemporary Narrative Therapy. The core tenets of counter-storying within Contemporary Narrative Therapy will be discussed, and a practice story will be used to show the practice of EOI in action.

Bio: Travis is a licensed psychologist and has served as a professor of psychology at Metropolitan State University of Denver for the last 12 years. In July, he will become an Associate Professor at the University of Denver and assume co-directorship of the International Disaster Psychology: Trauma and Global Mental Health graduate program as well as serve as Director of Diversity, Equity, and Inclusion for the Graduate School of Professional Psychology. He is currently co-authoring the first book on Contemporary Narrative Therapy with David Epston and Tom Carlson.

Friday 3 December

Piergiuseppe Vinai

Title: The Self Mirroring Therapy, a new strategy for old problems in couple therapy

Abstract: One of the greatest challenges in couple therapy is helping subjects to decentralise and observe the relationship dynamics from the partner's point of view. New technologies and video recording techniques now allow patients to "see themselves from the outside" and observe their behaviour from a new perspective. This is where the technique of Self Mirroring Therapy comes from, a method that, through video recording of the patient's emotions, allows him/her to observe his/her own emotions and discover the effect these have on the partner. Moreover, the vision of one's own emotional "face" activates

the patient's mirror neurons and allows him to recognise his own emotions. This neural network is usually used to recognise the emotions of others and is often more efficient than the limbic system, which is responsible for recognising one's own emotions from the inside. During this webinar the theoretical principles behind Self Mirroring Therapy will be explained and its practical use in couples therapy will be demonstrated.

Bio: Piergiuseppe Vinai graduated in Medicine and Surgery at the University of Turin and in Clinical Psychology at the University of Padua. He specialised in Cognitive Psychotherapy at the School of Psychotherapy in Turin directed by Fabio Veglia. He is an active member of the Italian Society of Cognitive Therapy (SITCC) and he has been teaching at the postgraduate school of cognitive psychotherapy "STUDI COGNITIVI" in Milan since 2006. He is mainly interested in the therapeutic relationship and in optimising the effectiveness of therapy with patients affected by couple difficulties and eating disorders. He has presented on these topics at national and international congresses and edited monographic texts and experimental studies in English and Italian. In 2019, together with Daniela Rebecchi, he published the book "Psicoterapia cognitiva della coppia" (Raffaello Cortina). In March 2020 he was appointed "Fellow of the Academy for Eating Disorders" for his studies on Night Eating Syndrome and Binge Eating Disorder. He is the co-creator of Self Mirroring Therapy.

Giulio Cesare Zavattini

Title: The intersubjective function of dreams in psychoanalytic couple psychotherapy

Abstract: Today's psychoanalysis has highlighted that dreams should not be seen so much as texts to be deciphered, but as a way to get in touch with one's own emotions and with the various states of the self; a means to expand one's knowledge of oneself and of the relationships in which we are involved in. "Telling a dream" in psychoanalytic couple psychotherapy should be seen as an intersubjective, experiential and co-constructed phenomenon between the participants in the session rather than as a "thing" brought from outside by the dreamer. Re-telling the dream gives an insight into the various states of the dreamer's self, and also into how the partner and his/her inner world fitted into the inner world of the other and what role was assigned to it. This can be called 'bonding dreams', or the dream as an expression of a 'fine-tuning' of the 'Sense of US'. Secondly, the telling of a dream exerts an emotional pressure on the partner who hears the dream, on the analyst, and on the atmosphere of the session, it is an emergent property of the session. The aim of the seminar is to address dream telling as an intersubjective event, and secondly to consider the clinical use of dreams in couple psychotherapy.

Bio: Giulio Cesare Zavattini is a psychologist and psychoanalyst who lives in Rome. He works with single patients and couples, and also conducts training courses on psychoanalytic psychotherapy of couples in various parts of Italy. He is a former professor of 'Psychopathology of couple and parental relationships' at the Faculty of Medicine and Psychology, Sapienza University of Rome, where he is currently Professor of 'Psychoanalytic psychotherapy of couples' in the school of Clinical Psychology, which he also directed from 2001 to 2005. He is a psychoanalyst of the Italian Society of Psychoanalysis (SPI) and of the International Psychoanalytical Association (IPA); International Member of the Tavistock Institute of Medical Psychology, Full Member of the International Association of Couple and Family Psychoanalysis (IACFP). He is a member of several Italian and foreign journals including the "Giornale Italiano di Psicologia", "Psicologia Clinica dello Sviluppo", "Rivista di Psicoanalisi", and the "Journal of Couple and Family Psychoanalysis". He is also a member of the Editorial Committee of the Psychology Section of Il Mulino publishing house. He has conducted research on adult attachment and developmental psychopathology in Italian and foreign journals and has published several essays on the themes of couple relationships, including: Norsa D., Zavattini (1997) Intimità e collusione. Teoria e tecnica della psicoterapia psicoanalitica di coppia, Raffaello Cortina Editore; Castellano R., Velotti P., Zavattini G.C. (2010). What makes us stay together ? Attachment

and the outcomes of couple relationships. Karnac Books; Zavattini G.C. et Al (2015). Talking with Couples. Psychoanalytic Psychotherapy of the Couple Relationship. Karnac Books. His last publication is De Campora G., Zavattini G.C. (2021). Mindfulness and Eating Disorders across Lifespan, Routledge, London.

Robert Taibbi

Title: Brief therapy with couples in crisis

Abstract: Statistics in the US indicate that most couples only attend a few sessions of therapy, and a majority of them at the time of contact feel that they are in a state of crisis. If you are to be effective with such couples, you need to hit the ground running. In this 2-hour course, we'll discuss how to do exactly that – how to quickly set goals and shape the first session, how to quickly build rapport and assess, how to develop treatment maps for common presenting problems, how to use homework to facilitate progress. Using an action-oriented, behavioural approach, we'll walk through the opening sessions, talk about what to do, but more importantly what not to do to maximize your effectiveness.

Bio: Robert Taibbi is a Licensed Clinical Social Worker with 47-years of experience primarily in community mental health working with children, couples, and families as a clinician, supervisor, and clinical director. He is the author of 12 books including Brief Therapy with Couples & Families in Crisis; Doing Couples Therapy; The Art of the First Session; and Process-Focused Therapy. He has published over 300 magazine and journal articles and has contributed chapters to several books, including The Encyclopedia of Couple & Family Therapy. In addition, Robert currently writes an online column entitled Fixing Families for Psychology Today which has received over 13 million hits, has served as an advice columnist for several magazines, and has received three national writing awards for Best Consumer Health Writing. Robert is well known for his action-oriented, cognitive-behavioral approach, and he provides trainings both nationally and internationally. He is currently in private practice in Charlottesville, Virginia.

Robert Emery

Title: What Couple Therapists Need to Know about Divorce

Abstract: This presentation will provide an overview of the key issues that couple therapists need to be aware of and potentially address when therapy ends in divorce. Divorce is sometimes the best outcome for struggling couples, and a therapist's ability to help does not end when a marriage breaks down.

Bio: Robert Emery, Ph.D. is Professor of Psychology and Director of the Center for Children, Families, and the Law at the University of Virginia. He has authored over 175 scientific publications, and several books on divorce, including most recently, Two Homes, One Childhood: A Parenting Plan to Last a Lifetime, a guide for parents and professionals on individualizing joint custody schedules to meet children's and families' changing developmental needs. His 2004 book for parents, The Truth about Children and Divorce (La verità sui figli e il divorzio) is still in print and offers emotional and practical guidance to parents in the middle of divorce. Renegotiating Family Relationships (2011, 2nd Ed; Il divorzio. Rinegoziare le relazioni familiari) is written for professionals as a guide to the divorce process, as well as an introduction to mediation. Dr. Emery maintains a practice as a clinical psychologist, divorce mediator, and parenting coordinator. He is the father of five children.

Karen Skerrett

Title: A Positive Approach to Couple Therapy: Using 'We' Stories to Foster Connection, Resilience and Growth

Abstract: This webinar presents a unique method for uncovering positive potential within committed relationships. Utilizing a strengths-based approach and drawing upon both clinical and research findings of the ongoing project "Couple Stories", I will describe how We-Stories-created, recovered and made anew-provide essential elements of connection. I will detail ways to help partners cultivate a "We" (team) consciousness which has been found to confer numerous health and coping benefits.. Illustrated with numerous case examples that reflect a range of contemporary couple experiences, I will detail step by step strategies, and the integration of exercises, questionnaires and interview techniques that catalyse hope, mobilize stuck spots and cultivate a mutuality that will thrive over a lifetime of partnership.

Bio: Karen Skerrett is a licensed clinical psychologist, Advanced Practice Registered Nurse, author and consultant. Over the past 35 years, she has worked in a variety of settings from academic to business and clinical. She specializes in systemic, strength based approaches to couples and families, particularly those challenged by illness and disability. Her research focuses on processes of relational resilience and growth and the development of healing narratives across the lifespan. Dr. Skerrett received an M.S in Psychiatric Nursing from St. Xavier University and an M.A & PhD. in Human Development and Psychology from the University of Chicago. She has been on the faculties of the University of Illinois at Chicago, Adler Institute and the Chicago Center for Family Health. From 2007- 2013, she was an Associate Professor at the University of San Diego where she developed the first doctoral program in Advanced Practice Mental Health Nursing in southern California. Most recently she was an Associate Clinical Professor at the Family Institute/Center for Applied Psychological Studies at Northwestern University. She is the author of numerous journal articles, book chapters and is the co-author of two books on couples, a memoir and the forthcoming book: Growing Married: Stories for a Lifetime of Love.

Katherine Hertlein

Title: Mixed agenda couples: assessment and treatment

Abstract: Couples therapy is difficult in the best of circumstances when members of the couple are committed to staying together. All too often, however, couples vacillate in their commitment to the relationship as well as in their commitment to the therapeutic process. The purpose of this workshop is to introduce the participants to discernment counseling developed by Bill Doherty. Participants will learn how the key differences between discernment counseling and traditional couples therapy. They will also learn how to recognize mixed agenda couples (one partner committed to the relationship; the other partner unsure) and when to enact discernment counseling over traditional couples therapy.

Bio: Katherine M. Hertlein, Ph.D., is a Professor in the Couple and Family Therapy Program in the Department of Psychiatry and Behavioral Health at the University of Nevada, Las Vegas School of Medicine. Across her academic career, she has published over 100 articles and book chapters and 10 books, including Systemic Sex Therapy and A Clinician's Guide to Systemic Sex Therapy. Dr. Hertlein has also produced the first multitheoretical model detailing the role of technology in couple and family life published in her latest book, The Couple and Family Technology Framework. In addition to the numerous awards for research, teaching, mentorship, and supervision across her career, Dr. Hertlein was awarded a Fulbright Core Scholar Award (2018-2019) and served as a Guest Lecturer and Guest Researcher at the University of Salzburg in Salzburg, Austria. Dr. Hertlein is also the Editor-in-Chief of the Journal of Couple and Relationship Therapy. She lectures nationally and internationally on technology, couples, and sex.

Avigail Lev

Title: Behavioral Couples Therapy: Treating Partners with Narcissistic Traits

Abstract: This webinar will present an innovative approach that integrates Acceptance and Commitment Therapy (ACT) and Schema Therapy to work with couples where one or both partners have narcissistic traits. The webinar will describe how to use the Schema Questionnaire as a diagnostic tool to identify possible traits of Narcissistic Personality Disorder (NPD) and how to apply behavioral interventions to work with these couples. The webinar will help you recognize signs of narcissistic abuse in relationships including how trauma bonding, Stockholm Syndrome, and cognitive dissonance keep partners stuck in abusive dynamics and how to break these cycles of abusive by working with couples towards changing these dynamics or ending the relationship. You will learn how to recognize the behavioral coping mechanisms that individuals with NPD present with including gaslighting, reverse victim offender, love bombing, blame shifting, triangulating, and more; as well as how to work with partners to assess empathy levels, willingness, and capacity to change. Finally, you will learn specific behavioral techniques including Nonviolent Communication, values clarification, Reverse DARVO, empathy assessment, behavioral experiments, assertiveness training, self-care consequences, mindfulness, and detached empathy to help partners break the cycle of abuse. The webinar will provide a conceptual framework, experiential exercises, and role-plays to help participants apply a behavioral model to work with couples who are stuck in narcissistic relational dynamics. Learning Objectives 1. Utilize the Schema Questionnaire to identify traits of Narcissistic Disorder 2. Understand the formulation of how partners get stuck in abusive relational dynamics 3. Apply behavioral interventions to work with couples with narcissistic traits.

Bio: Dr. Avigail (Abby) Lev is a psychotherapist, mediator, author, and executive coach in San Francisco, Bay Area. Dr. Lev is the director of the Bay Area CBT Center, a clinic that specializes in Cognitive Behavioral Therapy (CBT) to help individuals and couples break unhelpful patterns, develop healthier habits, and improve all areas of life. She has coauthored three books on relationships: 1. "Acceptance and Commitment Therapy for Couples" 2. "Acceptance and Commitment Therapy for Interpersonal Problems" and 3. "The Interpersonal Problems Workbook." She has presented her research at regional and international conferences. Dr. Lev is also the founder of CBTonline, an online platform that connects people with online therapists who specialize in CBT and offers online CBT resources such as webinars, e-courses, videos, mindfulness audio, and much more. Dr. Lev utilizes evidence-based practices, including CBT, ACT (Acceptance and Commitment Therapy), and Schema Therapy to help people who are struggling with a variety of issues live happier and more fulfilling lives. Learn more about Dr. Avigail Lev and her services at www.BayAreaCBTCenter.com and CBTonline.com

Saturday 4 December

Michele Spaccarotella

Title: "digital" couples

Abstract: The advent of the digital age has profoundly changed the way relationships are started, dealt with, and managed. This webinar aims to describe how online couples are born, continue and end. The convenience and speed generated by new technological devices can provide many relational opportunities, but also generate relational imbalances with the reality that surrounds us. The presentation will cover online courtship, dating apps and sexting coupled with statistical data and clinical vignettes. The webinar's objective is to provide a space for reflection and aid in understanding how psychologists and therapists can best orient themselves in today's hyper-connected world.

Bio: Michele Spaccarotella is a Psychologist and Psychodynamic Psychotherapist. He practises in Rome at the Italian Institute of Scientific Sexology (IISS), where he is head teacher and lecturer in the course in

Psychosexology. He is a member of the GDL "Psychology and Sexuality" of the Order of Psychologists of Lazio. He is an expert on the topic of "Paraphilias and Deviance" (Prof. Quattrini) at the University of L'Aquila. He is involved in clinical work and research in the field of sexual addiction and is co-author of the QDS (Questionnaire on Sexual Addiction). In 2012, together with other colleagues, he won the "Best Sex Based Research Poster" award at the 11th EFS Congress in Madrid. He provides psychological support to people with chronic conditions such as psoriasis and diabetes. He conducts popular seminars and is the author of several articles on psychology and sexology. He works with local and national radio stations and major newspapers.

Mary Morgan

Title: A Couple State of Mind: thinking about and working with couples from a psychoanalytic perspective

Abstract: In this webinar I will describe a psychoanalytic understanding of the couple relationship that has developed within Tavistock Relationships, London, over the last 70 plus years. I will discuss the complex unconscious interplay between the two people in a relationship, their internal object relations, unconscious phantasies, conflicts, anxieties and defences and how these interact with another psyche and create something new. I will suggest that the concept of a 'couple state of mind' guides the therapist and can enable development in the couple.

Bio: Mary Morgan is a Psychoanalyst and Couple Psychoanalytic Psychotherapist, Fellow of the British Psychoanalytical Society, Senior Fellow of Tavistock Relationships and Honorary Member of the Polish Society for Psychoanalytic Psychotherapy. She is European member of the IPA Committee in Couple and Family Psychoanalysis. Until recently she was the Reader in Couple Psychoanalysis and Head of the MA in Couple Psychoanalytic Psychotherapy at Tavistock Relationships, London. She has written extensively in field of couple psychoanalysis, teaches and supervises internationally and has a private analytic practice. Her book: 'A Couple State of Mind: Psychoanalysis of Couples – the Tavistock Relationships Model' was published recently by Routledge.

Patricia Papernow

Title: Helping Couples in Stepfamilies to Meet Their (Big!) Challenges

Abstract: Couples in stepfamilies (or "blended families" as Americans often call them) come together expecting to make a new loving family. All too often, however, these couples find themselves constantly divided over parenting issues, facing unhappy, "resistant" children, disagreeing about everything from basic values to the "appropriate" cost of a pair of sneakers, and caught in toxic tangles with ex-spouses. Dashed hopes are all too often accompanied by painful and discouraging cycles of shame and blame. Meanwhile children are often left feeling quite misunderstood and alone. The good news is that four decades of research and clinical experience tell us what works, and what does not work, to meet these challenges. However, many of the pathways to success are fundamentally different from a first-time family. Despite the fact that a very high percentage of couples come together with children, few clinicians receive even the most basic training in therapy with stepcouples. This workshop will describe some all too common "easy wrong turns" for both couples and clinicians. You will learn to recognize, and intervene effectively with, five major challenges stepcouples face. Dr. Papernow will share practical, immediately applicable tools on three different levels: Psychoeducational, interpersonal, and intrapsychic/family-of-origin.

Bio: Dr. Patricia Papernow has taught about stepfamilies all over the U.S. and the world. She has written dozens of articles and book chapters sharing best clinical practices for therapy with stepfamilies and has authored the leading books in the field: *Surviving and Thriving in Stepfamily Relationships: What Works* and

What Doesn't, and, with Karen Bonnell, *The Stepfamily Handbook: From Dating, to Getting Serious to Forming a "Blended Family."* She is the recipient of the 2017 award for Distinguished Contribution to Family Psychology from the American Psychological Association Society for Couple and Family Psychology.

Arthur Nielsen

Title: Common Sexual Problems in Couple Therapy

Abstract: Sexual problems are extremely common in couple therapy. Most couples seeking therapy have diminished or stopped their sexual intimacy. While some identify sexual problems as chief complaints, in most cases sexual concerns emerge in therapy, embedded in other issues. While some sexual problems resolve with overall relationship improvement, others require specific attention. Most clients have trouble talking about their sexual lives, and many therapists are anxious about how to engage such topics. This workshop will help therapists address the most common sexual issues in couple therapy:

- The importance of sex and the challenges of talking about it
- Useful questions for a sexual history
- Diminished or discrepant sexual desire
- A partner's past experience of sexual trauma
- Sexual script incompatibilities and paraphilias
- Porn and compulsive sexual behavior
- How to recharge satisfying sex once other things are better

The workshop is grounded in Dr. Nielsen's approach to couple therapy, emphasizing interpersonal process and integrating systemic, psychodynamic, and behavioral/educational principles. We will discuss case examples from his extensive practice experience.

Bio: Arthur Nielsen, M.D. is a full-time, practicing psychiatrist, psychoanalyst and couple therapist in Chicago, Illinois. He is a Clinical Associate Professor of Psychiatry at Northwestern's Feinberg School of Medicine, a faculty member at Northwestern's Family Institute in Evanston, and a faculty member of the Chicago Institute for Psychoanalysis. For many years and until recently, he was the coordinator of a popular for-credit course he developed for Northwestern undergraduates, "Marriage 101: Building Loving and Lasting Relationships." In recent years, he has lectured nationally and internationally, and has taught courses on couple therapy to students in Iran and China. He is the author of more than 40 published professional papers in the fields of psychiatry, psychoanalysis, and couple therapy, together with a textbook, *A Roadmap for Couple Therapy: Integrating Systemic, Psychodynamic, and Behavioral Approaches*.

David Treadway

Title: Treating Couples Well: A Practical Guide to Collaborative Couple Therapy

Abstract: Couples often struggle in therapy with having too many issues to tackle in too little time. Luckily, you can help couples design their own treatment plan—right from the first session. In this workshop, you will learn a collaborative process to help couples to decide together whether and when to work on making changes in the here and now, or focus on healing wounds from the past, or explore family-of-origin dynamics. This model gives couples ownership of "their" therapy, rather than requiring them to submit to a therapist's agenda. We will address how to help couples develop a collaborative plan for treatment in the first interview, offer couples a variety of techniques to work on communications, behavior changes, problem solving, and sexual intimacy, provide an amends-and-forgiveness protocol for resolving past wounds from issues like infidelity, substance abuse, and betrayal.

Bio: David Treadway, Ph.D. Dr Treadway is an internationally known therapist and author who has been giving workshops and trainings for the past forty years. His most recent book is *Treating Couples Well: A Practical Guide to Collaborative Couple Therapy*. He is the co-author with his wife and sons of *Home Before Dark: A Family Portrait of Cancer and Healing*, Treadway has also written three prior books over forty articles Treadway can be found online at drdavidtreadwayauthor.com

Wade Luquet

Title: Marriage as Therapy: The Imago Model in Action

Abstract: Couple relationships typically have their start is romantic bliss, and so many end in a painful struggle. What brings about this dramatic change? Can the power struggle be used to teach the couple how to change the struggle into passion, safety, and healing? This workshop is based on Imago Relationship Therapy and will offer some theoretical as well as practical means to help couples understand that the conflict in their relationship is “growth trying to happen”. Participants will:

1. Receive a basic overview of Imago theory
2. Be presented with at least one practical tool utilized by Imago therapists
3. Understand how to create emotional safety in the couple session and utilize safety to deepen couples emotional understanding of the other.

Bio: Wade Luquet, MSW, PhD, is Professor and Program Director of the Bachelor of Social Work Program at Gwynedd Mercy University in Philadelphia, PA USA. He is the author of *Short-Term Couples Therapy: The Imago Model in Action* and editor of *Healing in the Relational Paradigm: The Imago Relationship Therapy Casebook* and *Imago Relationship Therapy: Perspectives on Theory*. He has also written numerous peer-reviewed articles on couples therapy and Imago.

Douglas Snyder

Title: helping couples to overcome betrayal

Abstract: This webinar will teach participants an integrative approach for helping couples to rebuild trust and intimacy after an affair. This intervention addresses the traumatic impact of infidelity and promotes interpersonal forgiveness. Webinar participants will learn how to contain the initial traumatic impact of infidelity by re-establishing individual and relational equilibrium, promoting self-care, and minimizing destructive exchanges between partners. The webinar will emphasize specific techniques for restoring trust and rebuilding intimacy by helping partners to gain a comprehensive understanding of factors within and outside their relationship contributing to the affair. Participants will also learn interventions for promoting forgiveness and specific steps toward securing individual and relational well-being.

Bio: Dr. Douglas Snyder is Professor of Psychological and Brain Sciences at Texas A&M University. He has been recognized internationally for his research on couple assessment and couple therapy. He is co-author of two books on helping couples get past an affair, and he has co-edited several books including the *Clinical Handbook of Couple Therapy*, *Treating Difficult Couples*, and *Emotion Regulation in Couples and Families*. Dr. Snyder received the 2005 Award from the American Psychological Association for Distinguished Contributions to Family Psychology, and the 2015 Distinguished Psychologist Award for Lifetime Contributions to Psychology and Psychotherapy. He is a Fellow of the American Psychological Association, the Association for Behavioral and Cognitive Therapies, and the Society for Personality Assessment.

Sunday 5 December

Emiliano Lambiase

Title: Couple counselling for sexual addiction

Abstract: This webinar will discuss the negative consequences and the main challenges posed to the couple by the discovery of sexual addiction

Bio: Psychologist and Psychotherapist. Coordinator of the Istituto di Terapia Cognitivo Interpersonale e della Comunità Terapeutica Sisifo for behavioural addictions, scientific supervisor of the Pioneer project, teacher at the School of Interpersonal Cognitive Psychotherapy. He was the first researcher to dedicate himself to sexual addiction in Italy by publishing his first book on the topic (2000), after which many other publications followed, such as *La Dipendenza Sessuale* (Carocci, 2019); *Mindfulness. Raggiungere la consapevolezza di sé* (San Paolo, 2017); and *Psicologia della compassione. Accogliere e affrontare le difficoltà della vita* (San Paolo, 2020).

Gregorio Mazzonis

Title: Marriage during the adoption tsunami: pitfalls and resilience

Abstract: Adoptive parenthood is certainly more complex than biological parenthood because of aspects intrinsically linked to adoptive ties. Consequently, the marital relationship is also more severely tested. Based on this consideration, and on the fact that a good marital relationship is an important protective factor for the children involved, it is understandable that a "sufficiently secure" marital relationship plays a central role for us therapists of adoptive families. Although requests for "pure" couples therapy in the field of adoption are rather rare, very often the parental issues of these families conceal couple problems that must be adequately considered and treated even if they are not part of the explicit request of the spouses. This webinar aims to illustrate the specific issues that an adoptive child brings to the parent relationship that, like a domino effect, can cause conjugal "detonations". In addition, suggestions will be made on how to deal with these issues within our model of taking care of adoptive families.

Bio: Gregorio Mazzonis is a systemic relational therapist, expert in family and couple therapy, and is particularly experienced in the field of disability and adoption. In recent years he has developed a solid clinical competence in the treatment of traumatised patients and adolescents. Since 1991, he has been involved in supporting the inclusion of people with civil disabilities in employment. Since 2000, he has worked as a psychotherapist in the private and social sector. He worked for 15 years at CIAI (Centro Italiano Aiuti all'Infanzia) where he set up and coordinated the clinical psychology service. He has collaborated as a consulting therapist and as a teacher with the CTA (Centre for Adolescent Therapy) and the IRIS school of psychotherapy. He collaborates with various associations of adoptive parents. He has been supervising and teaching at the Mara Selvini Palazzoli school of systemic psychotherapy in Milan for several years. He has been working in the private sector for more than 20 years in a team with Paola Comuzzi and Sara Ferraris, with whom he founded the Ado.T and C.P.R. studio in Milan. He is the author of several publications in the field of adoption and disability, and in 2017 the magazine *Ecologia della Mente* published the article *Protocollo della Presa in Carico della Famiglia Adottiva*.

Daniel Giunti

Title: Sexuality in the couple: significance, implications, framework and interventions

Abstract: This webinar will address what is meant by sexuality and what role this aspect plays in the life of individuals and couples. Physical intimacy is kept aside, taken for granted, analysed in a superficial and evasive way too often, even by mental health professionals. Together, we will see how sexuality should be investigated, what the main problems reported in our studies may be, and what they may lead to. Often vicious circles are created: they start from the sexual sphere and spill into "non-sexual" intimacy, resulting in a gradual estrangement between partners. Finally, the webinar will discuss the most suitable types of intervention.

Bio: Psychologist, psychotherapist and sexologist. In 2013 he founded the Centro Integrato di Sessuologia Il Ponte in Florence, a clinic where more than 20 sexual health professionals work in a multidisciplinary team. He is the creator of the instagram page @sessuologia, which now has almost half a million followers and is committed to promoting sexual education and wellbeing for adults and young people every day. In September 2019 he directed the 1st edition of the Festival of Sexology, which will see its 2nd edition take place in October 2021. He is the creator and scientific co-director of the Master in Clinical Sexology and of the Advanced Training Courses in "Psychology and Psychopathology of Typical and Atypical Sexual Behaviour" produced by Giunti Psychometrics, which each year trains hundreds of professionals on this subject.

Angela Skurtu

Title: Helping Couples Overcome Infidelity

Abstract: In this presentation, I explain milestones that couples need to cover in order to work through infidelity. Cases of infidelity are commonly reported to be the hardest problems to treat. The milestones I cover come from my book, "Helping Couples Overcome Infidelity: A Therapist's Manual." (Routledge, 2018). These milestones include: Reducing the crisis; Acknowledging the pain caused; Choosing to stay or leave the relationship; Answering difficult questions; Rebuilding trust; Redefining the relationship; Working through relationship problems; Healthy Sexuality in Long Term Relationships; Forgiveness. My favourite part of this training includes covering the hardest cases I have treated. While many clinicians like to share their triumphs, I like to help clinicians learn from my mistakes so we all can grow as clinicians. I cover worst case scenarios and offer suggestions for how I still helped couples create change.

Bio: Angela Skurtu is a keynote speaker, author, and president of St. Louis Marriage Therapy, LLC at www.therapistinstlouis.com. She is a Missouri Licensed Marriage Therapist and Nationally Certified Sex Therapist through AASECT in the United States. She has written 2 Books- "Pre-Marital Counseling: A Guide for Clinicians" (2016) and "Helping Couples Overcome Infidelity: A Therapist's Manual," (2018). She has contributed at conferences, schools, businesses, radio stations, her youtube channel <https://www.youtube.com/c/angelaskurtu>, articles and blogs. She also runs a podcast at www.aboutsexpodcast.com where she covers a variety of topics related to sexual and relationship health.

Anthony Chambers

Title: Trans-Theoretical Approach for Assessing Couple Distress: A Four Session Model

Abstract: The current trend in professional psychology education calls for trainees to be evaluated on the basis of core functional and foundational competencies (Fouad et al., 2009). Despite calls for competency-based training in couple and family psychology (CFP; e.g., Kaslow, Celano & Stanton, 2009) and couple and family therapy (Celano, Smith & Kaslow, 2010), only recently has there been attention to the knowledge-, skill-, and attitude-base that a psychologist must possess in order to achieve specialty status as a CFP (Stanton & Welsh, 2011). As the field of CFP matures and more Psychologists move towards specialization

in professional psychology, training models are needed that can facilitate competencies at the specialty level. Towards that end, one of the most challenging skills for any couple therapist is being able to move from an individual to a systemic case conceptualization. Consistent with Stanton & Welsch's (2011) couple and family psychology competencies, a thorough case conceptualization involves problem formulation, case formulation, and treatment formulation. However, this can be overwhelming for many trainees and established therapists conducting couple therapy. Thus, this presentation will present a systematic and systemic model that actualizes the case conceptualization competency. The framework presented is a four-session evaluation that includes an initial conjoint session in order to understand the couple's relationship problems followed by separate sessions in order to understand each person's individual and family of origin histories (Chambers, 2012; 2018). The evaluation concludes with the therapist providing feedback to the couple that is used to establish a working alliance. Although the notion of routinely meeting with each member of the couple separately as part of an evaluation is not new (Karpel, 1994), the purpose of this presentation is to describe this procedure in enough detail that audience members will be able to teach this model to their trainees and/or be able to replicate this model for use in their own practice with couples. Specifically, the presentation will describe the rationale and goals for the model, the tasks and pertinent issues to assess in each session, as well as how to present the model to couples during the initial phone call and initial visit. Finally, the presentation will discuss how to provide a dyadic/systemic conceptualization of their relationship problems, and how to make appropriate recommendations for treatment. Ethical and complicated issues such as confidentiality, how to handle secrets, and how to know when couple therapy is contraindicated will also be presented.

Bio: Anthony Chambers, PhD, ABPP, is the Chief Academic Officer and a Licensed Clinical Psychologist on staff at The Family Institute at Northwestern University. Dr. Chambers is also the Director of Northwestern University's Center for Applied Psychological and Family Studies and is a Clinical Professor in the Department of Psychology. He is also the former Director of the Couple Therapy program at The Family Institute. Dr. Chambers is one of the few Psychologists in the United States Board Certified in treating couples (ABPP). Dr. Chambers is also a former President of the. He currently serves as President for the American Academy of Couple and Family Psychology and serves on the Board of Directors for the American Board of Couple and Family Psychology, which are the two organizations responsible in board certification for Psychologists in Couple and Family Psychology. Dr. Chambers' professional accomplishments have resulted in becoming a Fellow of the American Psychological Association and several other organizations. He also serves on the editorial board for the journal Family Process and is the past Associate Editor for the flagship journal Couple and Family Psychology: Research and Practice. Finally, Dr. Chambers was recently elected to the Board of Directors for the American Psychological Association. Dr. Chambers completed his internship and post-doctoral clinical residency at Harvard Medical School & Massachusetts General Hospital (HMS/MGH), specializing in the treatment of couples. He currently maintains a thriving clinical practice comprised of 90% couples. Dr. Chambers also engages in scholarly writing, teaching and public speaking aimed at disseminating the latest knowledge about how to have a healthy relationship.

Nathan Hardy and Adam Fisher

Title: Attachment vs. Differentiation: Integrative Dilemmas and Possibilities

Abstract: The field of couple therapy is currently divided around the merits of attachment (co-regulation) and differentiation (self-regulation). Misconceptions and mischaracterizations of these concepts abound—hindering therapists from understanding their true meanings and clinical usefulness. The competing tenets of Sue Johnson's emotionally focused therapy and David Schnarch's crucible therapy are two "pure-form" models which clearly represent the polarizing clinical debate. In spite of key differences that—on the surface—present theoretical and clinical dilemmas, deeper searching into the theoretical underpinnings

and research evidence of attachment and differentiation offers new possibilities for integration previously overlooked by past model developers.

Bio: (Nathan Hardy) I am a Licensed Marriage and Family Therapist (LMFT) and Assistant Professor (PhD) at Oklahoma State University. I conduct research and teach courses on intimate relationships and couple therapy. I have published numerous papers and presented at national and international conferences. I currently serve as the secretary for the Couples and Intimate Relationships Interest Network at AAMFT, as the Chair-Elect for the Family Therapy Section at NCFR, and will soon be serving as an Associate Editor for the journal Family Process. I am currently co-writing books on Integrative Systemic Supervision and Integrative Systemic Therapy for Couples. (Adam Fisher) I am a board certified couple and family psychologist (ABPP), certified sex therapist (AASECT), and assistant clinical professor at Brigham Young University, and an adjunct instructor at The Family Institute at Northwestern University. I am the secretary for the Society for Couple and Family Psychology of the American Psychological Association, member at large on the board of the American Academy of Couple and Family Psychology, and past managing editor for the Encyclopedia of Couple and Family Therapy.

Joan Lachkar

Title: The Narcissistic Borderline Couple: A Psychoanalytic Perspective

Abstract: This presentation is based on Dr. Lachkar's ground-breaking book, The Narcissistic/Borderline Couple. Drawing from many theoretical perspectives including classical psychoanalysis, self-psychology, ego psychology, objective relations, attachment theory, and contemporary theorists, it offers specific treatment approaches, procedures and techniques to explain the psychodynamics of the couple. It also explains how and why couples stay in painful, conflictual, destructive, never ending, relationships, traumatic bonding or what Lachkar refers to as "the dance." It also has applicability to all kinds of couples including cross-cultural couples. It includes a six-step treatment procedure, three phases of treatment, many clinical examples, and plenty of opportunity for role play and discussion as well as concise definitions. Although its primary focus is based on treating narcissistic/borderline couples, it proceeds to illustrate how the grandiose self can invade and infect into other types of relational love bonds. Her new concept of the "V-Spot" is introduced as the epicenter of the most vulnerable area of emotional sensitivity, a product of early trauma each partner holds onto and unwittingly arouse in each other. As soon as things get shaken everything shifts, affecting memory, perception, judgment, and reality. Two special languages are presented designed for communication, "The Language of Empathology" to meet the self-object needs of the narcissist and the "Language of Dialectics" to meet the splitting mechanism of the borderline. Aside from narcissistic/borderline relations it has applicability to all kinds of couples including cross-cultural couples.

Bio: Joan Jutta Lachkar, Ph.D is a licensed Marriage and Family therapist in private practice in Sherman Oaks, California, an affiliate member for the New Center for Psychoanalysis, and is the author of The Narcissistic/Borderline Couple, How to Talk to a Narcissist, How to Talk to a Borderline, How to talk to an Obsessive, The V-Spot, The Disappearing Male, Common Complaints that bring Couples, as well as many other books and publication. Dr. Lachkar is also a psychohistorian, has published numerous publications on marital and political conflict.

Monday 6 December

Anna Mascellani

Title: When the couple is inseparable: blocked divorce therapy

Abstract: When the end of marriage comes, it leaves a sense of great personal defeat. Although marital separation and divorce are now very common experiences, they always shake the very meaning of life for the people involved, because they produce an emotional storm that can scar the family even after many years. The number of blocked divorce situations is increasing: the persistence of a high level of conflict in the couple over time (often many years after the physical separation) prevents the natural transformation of the relationship and, consequently, the development of all the family ties involved. As in marriage, the couple is required to fulfil certain fundamental developmental tasks in divorce. The first is to safeguard parenthood when conjugality ends. But when the boundaries of the bond are ambiguous and oscillate between confused attachment and exasperated conflict, this is practically impossible: in blocked divorces, marital separation is equivalent to the end of everything. To put it simply, in blocked divorces there is no separation. This seminar will show how divorce-related suffering can be accepted and processed in a joint psychic process that helps ex-partners make sense of the end of the relationship in accordance with their own developmental processes. This is done by resuming the path of real emotional separation. In a context that recognises their feelings, competence, and their attentive gaze on their children, the therapist can help ex-partners view the other as an ally they can count on rather than an enemy that needs to be destroyed.

Bio: Anna Mascellani is a psychologist and psychotherapist, deputy director and teacher at the Academy of Family Psychotherapy in Rome. Among her various publications are *Storie di Adolescenza* (2010) and *Intimità di coppia e trame familiari* (2019) both written with Maurizio Andolfi and published by Raffaello Cortina.

Paula Hall

Title: Working with Couples and Sex/Porn Addiction

Abstract: This workshop will discuss the common pitfalls of working with couples who present with problems associated with sex or porn addiction. A three stage framework will be provided to help clients move from crisis to containment.

Bio: Dr Paula Hall is author of three Routledge books on sex and porn addiction including *Sex Addiction: A Guide for Couples*. She is a UKCP registered and COSRT accredited Sexual & Relationship Psychotherapist and is Clinical Director of the Laurel Centre that provides therapy for individuals, couples and groups as well as training for professionals.

Nicola Carone

Titolo: The transition to parenting for homosexual couples that conceive with medically assisted procreation

Abstract: The seminar illustrates aspects relevant to clinical work during the transition to parenthood of female couples conceiving through sperm donation and male couples through surrogacy.

The development of parental fantasies and representations accompanying some crucial moments in the conception process, including the choice of gamete donors, the experience of contact with the pregnant woman and the choice of the (non-)biological parent, are examined from a psychodynamic perspective. Using clinical material, the identity transformations that lesbian women and gay men go through during the transition to parenthood are also analysed, in the articulation between procreative consciousness, internalised homophobia and desire for parenthood.

Bio: Nicola Carone (psychologist, psychotherapist and candidate of the Italian Psychoanalytic Society, is a developmental psychology researcher at the Department of Nervous System and Behavioural Sciences,

University of Pavia. He is also Vice-President and Treasurer of the Society for Emotion and Attachment Studies and Secretary of the Society for Reproductive and Infant Psychology. His research interests include: LGBTQ+ parenting; family relationships and psychological wellbeing in families who resorted to medically assisted procreation; the quality of attachment bonds in the life cycle; parenting in contexts of risk and evidence-based interventions to support positive parenting. He collaborates with national and international research groups. He has been a member of the National Longitudinal Lesbian Family Study (NLLFS, directed by Nanette Gartrell) since 2020. His book “Le Famiglie Omogenitoriali” (Raffaello Cortina) was published in September 2021.

Diane Gehart

Title: Mindfulness and Acceptance in couple therapy

Abstract: In this workshop, participants will learn how to use mindfulness and the related concept of acceptance when working with couples. Specifically, the participants will be introduced to the philosophical and theoretical foundations as well as the evidence base related to mindfulness-informed work with couples. The presenter will also cover practical applications and interventions with couples, including mindfulness-based practices as well as using mindfulness to inform traditional couples work.

Bio: Diane Gehart, Ph.D. is Professor in the Marriage and Family Therapy and Counseling Programs at California State University, Northridge and the director of the Institute for Therapy that Works. She has authored several professional books including *Mindfulness for Chocolate Lovers: A Lighthearted Way to Stress Less and Savor More Each Day*, *Mindfulness and Acceptance in Couple and Family Therapy* and *Mastering Competencies in Family Therapy, Theory and Treatment Planning in Counseling and Psychotherapy*. You can learn more about her at dianegehart.com; therapythatworksinstitute.com; mindfulschool.net; and [youtube.com/c/DianeRGehartPhD](https://www.youtube.com/c/DianeRGehartPhD).

Nancy Gambescia

Title: treating infidelity: the intersystem approach

Abstract: Infidelity is one of the most common and difficult problems to treat in couple therapy. In this workshop an approach is presented which is both comprehensive and integrative. As such, it combines theory and techniques from both individual and systemic psychotherapy and addresses the individual, relational, contextual and intergenerational factors associated with infidelity. Infidelity is viewed as a systemic, intimacy-based problem. In addition to helping the couple, therapist vulnerabilities such as judgements, countertransference and anxiety are addressed. Finally, elements are promoted in the couple that facilitate healing, integration, and ultimately reduce their vulnerability to future betrayals.

Bio: Nancy Gambescia, Ph.D., CST is the former Director of the Postgraduate Program in Sex Therapy at Council for Relationships, Philadelphia, PA. She is a clinical associate in Psychiatry at the Perelman School of Medicine at the University of Pennsylvania. Dr. Gambescia has over 40 years of experience in teaching, supervising and working with individuals and couples. Dr. Gambescia is a Clinical Fellow and Approved Supervisor in the American Association of Marriage and Family Therapy (AAMFT) and a Clinical Member, Certified Sex Therapist, and Approved Supervisor of Sex Therapy in the American Association of Sex Educators Counselors and Therapist (AASECT). Also, she is a member of the Society for Sex Therapy and Research (SSTAR). Dr. Gambescia is a proponent of the Intersystem Approach, which is the organizing theoretical model for her writing, teaching and clinical work. Dr Gambescia has coauthored 8 books and numerous journal articles and textbook chapters, which focus on relationship and sexual issues, winning the 2016 book award and integration award from AASECT with her co-authors. She has presented a number

invited lectures and workshops in the United States and Europe on couple and sex therapy.

Andrew Christensen

Title: Strategies for Promoting Emotional Acceptance and Behavior Change in Integrative Behavioral Couple Therapy

Abstract: Couples often struggle to create change in each other and in their relationship. Those efforts often backfire, leading to a persist/resist pattern as one pushes for specific changes and the other resists or pushes back. In this webinar, Dr. Andrew Christensen will discuss some of the challenges for creating both emotional acceptance and durable behavior change in couples and the strategies that Integrative Behavioral Couple Therapy, an evidence-based treatment for couples, uses to create those changes.

Bio: Dr. Andrew Christensen is Distinguished Research Professor of Psychology at the University of California, Los Angeles. He is the co-developer of Integrative Behavioral Couple Therapy (IBCT), an evidence based treatment for couples. For the last 20 years, he has been training therapists throughout the world in IBCT, especially therapists in the United States Department of Veterans Affairs (the largest health care system in the United States), which adopted IBCT as one of its evidence-based treatments.

Kevin A Fall and Justin Levitov

Title: Strategies for Promoting Emotional Acceptance and Behavior Change in Integrative Behavioral Couple Therapy

Abstract: This workshop offers attendees an alternative approach to counseling high conflict couples that is unique and useful because it overcomes an assortment of problems inherent in the way couples are traditionally treated. While clinicians quickly recognize the limitations of traditional couples counseling and the severe sometimes dangerous problems that develop when these methods are used with so called "high conflict" couples, there are few if any serviceable alternatives. The need for an alternative inspired us to create and refine a protocol that we refer to as Tandem Couples Counseling (TCC). The presentation will not only cover the implementation of the core of TCC, but also provides detailed information on each step of the process, including the most vital and overlooked aspect: How to build, maintain, and use the co-therapy relationship as an agent of change.

Bio: Kevin A. Fall, Ph.D is president and professor at Texas State University. He has written numerous books on the topic of domestic violence, on group counselling and on the theory and interventions of counselling. He runs his small private practice where he works with couples and families. Justin E. Levitov, Ph.D. is professor emeritus at Loyola University in New Orleans. He has written many books on advanced counselling interventions. He is registered in many States and applies tandem couple counselling.