

## Registration

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Last Name: \_\_\_\_\_

License Number: \_\_\_\_\_ Degree: \_\_\_\_\_

Street Address: \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt./Ste. #: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

*Please note: whenever possible, communication with registrants will be via e-mail.*

## Registration and Fees

*I would like to attend the following:*

### Jeffrey Young: Schema Therapy for Couples

(breakfast & lunch included on Friday)

Early Enrollment : **\$295**  
(Must be postmarked no later than **March 1, 2007**)

Regular Enrollment : **\$315**

### Susan Johnson: Afternoon of EFT

Early Enrollment : **\$95**  
(Must be postmarked no later than **March 1, 2007**)

Regular Enrollment : **\$110**

*I would like to pay by:*

Check

*Please make checks payable to the Regents of the University of California.*

### Credit Card

MC  VISA

Card number: \_\_\_\_\_

Expiration date: M \_\_\_\_\_ YR \_\_\_\_\_

Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### Mail or Fax to:

The Foundation for the Contemporary Family  
380 Glenneyre, Suite D  
Laguna Beach, California 92651  
fax: (949) 494 – 0865  
phone: (949) 464 – 0131

## Continuing Education

**Psychologists:** The Foundation for the Contemporary Family (FFCF) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. FFCF maintains sole responsibility for its programs. Courses provided by an APA-approved sponsor are accepted for continuing education credit by the Board of Psychology in California. Each of the workshops listed here meets the requirements for up to 6.5 hours of CE credit. Psychologists attending these courses will receive an MCEP Credit Reporting Form to submit to the MCEP Accrediting Agency.

**MFT/LCSW:** UCI Family Therapy Training Program (UCIFTTP) is approved by the California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs and LCSWs. These courses meet the qualifications for up to 6.5 hours of CE as required by the California Board of Behavioral Science (BBSE #PCE3322).

## About the Sponsors

Founded in 1999, the **Foundation for the Contemporary Family** is dedicated to supporting innovations in clinical training and research in couples and family therapy as well as inventive intervention programs.

For more than 15 years, under the direction of Dr. Judith Z. Anderson, the **UCI Family Therapy Training Program** in the Department of Psychiatry and Human Behavior at the UCI College of Medicine has offered clinical training programs in couples and family therapy for mental health professionals in Orange County and Southern California.

## Special Needs

The facilities are wheelchair accessible. If you have any special needs, please let us know when you register, or call the Foundation for the Contemporary Family at (949) 464-0131.

## Cancellation Policy

Refunds must be requested in writing 10 days prior to the program date. A \$25 processing fee is deducted from all refunds. Full credit will be given if applied toward a future workshop.

Cover art: "Tender Shoulder" by Hessam Abrishami (studiofinearts.com).

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**Earn up to 17 CE hours  
Important Continuing  
Education Information:  
PLEASE POST**

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



**Director of Training :**  
Judith Zucker Anderson, Ph.D.

**Workshops Offered:**  
Transform Tough Couples  
with Jeffrey Young

Powerful Change Events in EFT  
with Susan Johnson

# Innovations in Couples Therapy

## Powerful Change Events in EFT

Dr. Susan Johnson

Wednesday, March 14, 2007



## Transform Tough Couples

Dr. Jeffrey Young

## Intensive 2-Day Workshop

Friday & Saturday, March 30 & 31, 2007

Presented by

**Foundation for the Contemporary Family**

and

**UCI Family Therapy Training Program**

Department of Psychiatry & Human Behavior  
University of California, Irvine

Training Director **Judith Zucker Anderson, Ph.D.**

Friday & Saturday, March 30 & 31, 2007  
9:00 to 4:30 13 CE hours

### Schema Therapy for Couples

#### Transform Tough Couples Through Schema Therapy with Jeffrey Young, Ph.D.

We are excited to offer this rare West-Coast opportunity to train with Dr. Young. Schema Therapy (ST) is a new, integrative couples therapy blending cognitive-behavioral therapy with psychodynamic attachment and emotion-focused treatments. This intensive workshop will teach participants to apply the innovative strategies of Schema Therapy to difficult couples cases. Unlike most models of couples work that emphasize generic skills training, ST concentrates on the active identification and resolution of core clashes, unique to each couple, that operate at a deeper, schema level.

The schema therapist assumes that most "difficult" couples are in trouble because of basic clashes in the *schemas* and *coping modes* of the partners. These clashes are partly the result of *schema chemistry*, which originally draws the partners together, but later turns them against each other. Patients learn strategies for healing their partner's schemas, as well as their own, through a combination of couples work and individual therapy sessions. Eventually, the schema clashes become infrequent and short-lived, so the partners can concentrate on building a reservoir of positive, healing experiences together.

#### Participants will learn:

- the schema therapy conceptual model
- how to identify the core clashes in a couple; to link these clashes with each partner's unique schemas and coping modes
- to teach partners strategies for recognizing, accepting, and de-activating both their own and their partner's schemas
- strategies to help resistant couples resolve core "schema clashes"
- how to use special questionnaires and assessment methods for complex, difficult cases
- to help couples move from dysfunctional angry and detached modes to more healthy, vulnerable modes

The format of the workshop will include lectures, videotaped segments of actual couples that demonstrate specific strategies, and question-and-answer periods. Participants will receive an extensive packet of handouts, including forms and worksheets that are essential to the treatment.

Wednesday, March 14, 2007  
12:00 to 4:00 4 CE hours

### Afternoon of EFT

#### Powerful Change Events in EFT An Afternoon with Susan Johnson, Ed.D.

Join us for a stimulating afternoon on Emotionally Focused Couples Therapy (EFT) with its originator, Dr. Sue Johnson. The focus will be on shifting stuck patterns and working through impasses to sustain relationship change in couples therapy. Dr. Judith Anderson will serve as the moderator to pose pertinent questions to Dr. Johnson in order to help illuminate the more difficult elements of EFT, paying particular attention to shifts requiring the engagement of a more withdrawn partner and the softening of a more blaming partner, often described as the most challenging aspect of the EFT model. The discussion will also highlight how to deal effectively with attachment injuries as they emerge in treatment. Videotape examples of cases will illustrate the therapy process. Enrollment will be limited so participants will have ample opportunity to dialogue with Dr. Johnson on all aspects of couples therapy. Knowledge of the basics of EFT is a useful prerequisite for this workshop.

#### Participants will learn:

- the key EFT interventions used to shift stuck destructive patterns
- the steps to facilitate a successful blamer softening event
- the main reasons for therapeutic impasses with couples and how to intervene
- and how to identify and work through attachment injuries

#### Scholarships

The Foundation for the Contemporary Family grants a limited number of scholarships for professionals eager to receive this specialized training, who would otherwise be unable to do so. To request an application, please call (949) 464 - 0131 or e-mail ZoAnna Carrol: zcarrol@cox.net.



### Why Limited Enrollment?

We've received many questions about why we can't squeeze in just one more person. It is our mission to provide the highest quality clinical training in an intimate setting, which is conducive to optimal interactive learning. To us, big workshops just don't offer the most stimulating learning experience. We hope you agree!

#### Time

Dr. Young's workshops begin at 9 am and end at 4:30 pm. This course is designed as a two-day seminar; you must attend both days to receive credit. Dr. Johnson's workshop begins at 12 pm and ends at 4 pm. Please arrive early to allow yourself time to register and pick up your workshop materials. Registration begins 30 minutes before workshop start times.

#### Place

Dr. Young's workshops will be held at the University of California, Irvine. Friday's workshop will meet at the Beckman Center ([www7.nationalacademies.org/beckman/](http://www7.nationalacademies.org/beckman/)) and the Saturday workshop will be at the University Club. Dr. Johnson's afternoon workshop will also be at the UClub. For general information about the UClub, maps, and directions, please visit [www.uclub.uci.edu](http://www.uclub.uci.edu).

#### Parking

There is free parking located at both the Beckman Center and University Club.

#### Food

A delicious full breakfast and luncheon buffet at the Beckman Center on Friday is included in the registration fee for Dr. Young's workshop. Come early on Friday and enjoy breakfast and meet Dr. Young. Saturday lunch will be on your own. Coffee, tea, and snacks will be provided at breaks for both workshops.

#### Questions?

If you have any questions, please contact ZoAnna Carrol at the Foundation for the Contemporary Family (949) 464 - 0131 or [zcarrol@cox.net](mailto:zcarrol@cox.net); or Judith Anderson (949) 727 - 4337 or [drjzanderson@cox.net](mailto:drjzanderson@cox.net). Information also available on Dr. Anderson's website at [www.drjudithanderson.com](http://www.drjudithanderson.com).

### About the Faculty

**Susan Johnson, Ed.D.**, is an internationally acclaimed clinician and researcher in couples therapy. She is Professor of Psychology and Psychiatry at Ottawa University and Director of the Ottawa Couple and Family Institute. She is one of the originators and the main proponent of Emotionally Focused Couples Therapy (EFT), now one of the best empirically validated couples treatments in North America. She has written many journal articles and books about EFT. *The Practice of Emotionally Focused Couple Therapy*, *Attachment Processes in Couples and Family Therapy* and, recently, *Emotionally Focused Couple Therapy with Trauma Survivors* have made excellent contributions to the field.



**Jeffrey Young, Ph.D.**, serves on the faculty of the Department of Psychiatry at Columbia University. He is also Director of both the Cognitive Therapy Center of New York and the Schema Therapy Institute. Dr. Young founded Schema Therapy and is Founding Fellow of the Academy of Cognitive Therapy.



Dr. Young has presented workshops for the past 24 years and consistently receives outstanding evaluations internationally for his teaching skills. He has published extensively, including his latest book *Schema Therapy: A Practitioner's Guide* for mental health professionals and *Reinventing Your Life*, a best-selling self-help book. For his exceptional teaching skills, Dr. Young was awarded the prestigious NEEI Mental Health Educator of the Year award in 2003.

**Judith Zucker Anderson, Ph.D.**, is the director of the UCI Family Therapy Training Program and Assistant Clinical Professor, Department of Psychiatry and Human Behavior, UCI College of Medicine.