

The Neurobiology of Healing Relationships

Trauma Work Meets Couples Therapy

TERRY REAL & JULIANE TAYLOR SHORE

Our ability to navigate hard conversations and find the courage to risk deep intimacy depends on our ability to access the brain states that foster emotional connection. But when a brain has experienced serious trauma, it can easily be triggered into dysregulation, limiting our capacity for intimate relationship. Fortunately, when we heal our trauma, we also get better at relationship; and when we get better at relationship, we heal our trauma—the two processes are inextricably intertwined. This workshop will explore the neurobiology of how Relational Life Therapy works to help couples heal both their minds and hearts. You'll discover how to:

- Identify which brain states will stop your clients from engaging in relational health and using the tools you are trying to give them
- Create a working relationship with your client's brain to promote trauma recovery and healthy relationships simultaneously
- See how applying memory reconsolidation in couples therapy can undo emotional schemas that make relationships feel scary and painful

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Learning Objectives:

1. Assess the states of your client's brain that's won't use great couples counseling
2. Create a working relationship with your client's brain on multiple levels to promote trauma recovery and healthy relationships simultaneously
3. Apply memory reconsolidation principles to couples therapy

Outline:

1. Identify the states of your client's brain that's won't use great couples counseling
 - Define the locations and functions of the subcortical and cortical systems.
 - Identify integrated and disintegrated states in the brain.
 - Define the relationships between these systems and why working with a subcortically lead brain state (disintegrated) is so difficult.
 - Assess disintegration vs integration.
 - Use tools that work with the brain to end this state and come back to regulation and connection.
 - 2nd Consciousness
 - time outs
 - relational jujitsu
2. Create a working relationship with your client's brain on multiple levels to promote trauma recovery and healthy relationships simultaneously
 - Your client's ability to choose an integrated brain state is essential to them utilizing skills that will help them to heal.
 - using inner child work in couples' sessions
 - use the witnessing of personal work to shift relational dynamics
 - Define the steps in relational life therapy that give your clients the path the choose integration more frequently and easily.
 - 2nd consciousness
 - commitment to ending contempt
 - using knowledge of the grid to move to center
3. Apply memory reconsolidation principles to couples therapy
 - Define and explain memory reconsolidation
 - Identify emotional schemas that are problematic
 - Learn couples interventions that bring the ability to rewire these emotional schemas home with your couples.
 - Core negative Image
 - Dead Stop contracts

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