Psychotherapy Networker Symposium 2017 Learning Objectives

Thursday March 23rd, 2017

101 - The Art of Self-Compassion
You’ll discover how the art of self-compassion can enhance your well-being and deepen your work by exploring:

- The core meditations and informal practices of the empirically-supported, 8-week Mindful Self-Compassion program
- The key principles of self-compassion training that will enable you to guide yourself and others on the path of self-compassion
- Uncovering personal obstacles to self-compassion, such as fear of becoming selfish or weak, and how to overcome them

102 - Brain Care as Self Care
You’ll discover:

- Doable micro-practices involving exercise, sleep, nutrition, learning, play, and social interactions that foster brain health and prevent/reduce cognitive decline
- Ways to access gratitude, kindness, and joy to counterbalance the brain’s negativity bias and build resources for resilient coping
- Techniques to turn regrettable moments into teachable moments that transform mistakes and losses into opportunities for enhancing learning and resilience

103 - Discover Your Inner Dancer
Note: No CE hours for this workshop

- Discover how to move beyond your inhibitions and expressive limitations
- Learn to reframe the moment of being in the limelight as one to savor and not to fear
- Explore how rehearsal skills can build your self-assurance in other settings
- Experience traditional African-infused Caribbean dances

104 - The Actor’s Secret
Note: No CE hours for this workshop

You’ll discover how to:

- Stand, sit, speak, and walk with more ease to unleash your creative potential
• Practice and explain diaphragmatic breathing according to the design of the respiratory system
• Awaken inherent potential by finding the support from the ground that can lead to full stature and expansion, while noting how trauma and overwhelm can interfere with this process

105 - The Heart of Mindfulness-Based Stress Reduction (MBSR)
You’ll explore how to:
• Maintain greater balance and control in dealing with everyday stress and develop skills to avoid emotional and physical depletion
• Embrace the moment with mindfulness meditation to restore a sense of well-being no matter what challenges you face
• Mobilize your deepest inner resources of mind, body, and spirit, and tap into your inner sources of personal renewal

106 - Mastering the Art of the Story
Note: No CE hours for this workshop
You’ll discover how to:
• Identify the deeper meaning in even the smallest experience
• Practice writing through the details to reach the larger picture
• Use techniques of fiction---such as show rather than tell---to create a richer nonfiction narrative
• Become more comfortable revealing your own story

107 - From Performance Trauma to Performance Success
In this session, through discussion and live demonstration, you’ll explore how:
• To uncover the trauma and dissociation that are the number-one inhibitors of successful performance
• To use Brainspotting to address performance problems by using eye-focus-based techniques to transform bodily-held emotional experiences
• To integrate Brainspotting into a range of personal and professional activities to improve a wide range of performance difficulties

108 - Beyond Words
Note: No CE hours for this workshop
You’ll explore how to:
Use the discipline of improvisational painting process in a personal and professional setting
Access imagery from the imagination and transform inner blocks into concrete visual images
Use paint and brushes to create an unplanned painting that focuses on making things up
Work and play with others to make art using improvisational techniques

109 - Awaken Your Heart
Note: No CE hours for this workshop
You’ll discover how to:
• Release tension in your body through somatic movement exercises
• Cultivate heart energy through loving-kindness meditation
• Experience connection and attunement to others through dance
• Explore how music and movement can enhance your capacity for intuition, empathy, and a calm mind

110 - Powerful Public Speaking
Note: No CE hours for this workshop
You’ll discover how to:
• Confront and overcome your fears of speaking in public
• Unlock the inner resources that will enable you to become more comfortable with your own spontaneity
• Uncover the freedom and sheer joy of fearlessly and publically expressing your true self

111 - A Day of Qigong
Note: No CE hours for this workshop
In this workshop, you’ll discover:
• The simple movements, visualizations, and breathing exercises of Qigong and how to develop your own daily practice
• How to use Qigong as an antidote to emotional fatigue, burnout, anxiety, depression, and a range of physical ailments
• How to enhance your capacity for connecting with clients by balancing your own energy, especially when your clients’ energy is out of balance
112 - Applying IFS to Yoga Practice

Note: No CE hours for this workshop

Discover how to:

- Incorporate simple yoga skills like adapted breathing and meditations in clinical settings
- Apply simple self-inquiry exercises based on the IFS model that enhance client insight and self-awareness
- Develop a personal practice of accessible movement, breathing, and meditation for self-care
- Use compassion-enhancing strategies from both the IFS and LifeForce Yoga models to deepen your sense of calm, purpose, and joyful reception

113 - The Gift of Storytelling

Note: No CE hours for this workshop

Through a variety of interactive exercises, including movement, voice and visual arts, you’ll:

- Practice how to tell a simple traditional tale and uncover personal meaning in timeless archetypes and structures
- Discover the universal element in your personal story
- Acquire skills to guide clients in a nonthreatening creative process of exploring a traditional story that leads to insight, resilience, and transformation

114 - Breathing for Your Life

Note: No CE hours for this workshop

You'll discover:

- Specific integrative and circular breathing practices to help free you from emotional blockages, so you can understand and transform anxiety, grief, anger, confusion, and self-hatred
- How to practice belly-oriented breathing, which tones the parasympathetic nervous system, and heart-centered breathing, which can heal emotional wounds
- The uses of full-bodied breathing to cultivate expanded states of consciousness and support somatic and cognitive well-being

115 - Discovering Your Embodied Voice

Note: No CE hours for this workshop

In this workshop, you’ll:
• Explore the use of objects as prompts for free association in writing to harvest stream of conscious thoughts
• Practice vocal exercises that awaken your physical awareness of sound and its impact on your emotions and body
• Use meditation, theater exercises, rhythmic play, and movement to uncover new depths of inner experience

116 - The Mindful Woman
Note: No CE hours for this workshop
You’ll develop a practical strategy for increased well-being using the 4 Ps:
• Presence -- how to get off autopilot, spend more time in the present, and finally feel that you’ve “caught up”
• Prioritizing -- how to figure out what matters most for not only today but longer term while leaving space for the unexpected
• Pacing -- how to move beyond the ever elusive “balance” and “doing it all, all at once” and remember that life is a marathon
• Pivoting -- how to recognize when change is needed and keep in mind during our decision-making that change is always an option

117 - Our Photography, Our Selves
Note: No CE hours for this workshop
In this workshop, you’ll:
• Discover how to use the art of photography as a gateway for personal discovery
• Use poetry and other descriptive writing to enrich your photography experience
• Apply what you learn in this workshop to help your clients learn new ways to explore and express their feelings

118 - Befriending Stress
You’ll focus on how to:
• Empathetically explore and reframe the stresses in clients’ lives to provide a pathway that allows important vulnerabilities to emerge
• Turn post-traumatic stress into post-traumatic growth by learning how to use stress to increase energy, focus, performance, meaning, and resilience
• Evoke the challenge response (instead of the fight-or-flight response) to help clients discover that regular experiences of stress are ways to empower themselves
• Integrate insights from cutting-edge science and spiritual traditions to transform clients’ responses to everyday stressors such as romantic relationships, parenting challenges, work problems, and financial difficulties
119 - The Challenge of Treating Complex PTSD

You’ll discover how to:

- Assess the client’s motivation, stage of change, and preferred mode of learning
- Effectively build a therapeutic collaboration around each client’s individual needs
- Understand the importance of therapist transparency and empower clients by making the therapy process as safe and explicit as possible
- Explore intrafamily violence and include additional family members in your sessions

120 - Putting Positive Psychology into Practice

In this workshop, you’ll discover how to:

- Apply the seven key principles for increasing well-being that clients can look to, including gratitude, compassion, optimism, mindfulness, self-compassion, connection, and forgiveness
- Recognize and assess common barriers to happiness
- Identify strategies for fighting clients’ negativity bias, including savoring positive experiences and cultivating strengths
- Practice specific exercises for encouraging forgiveness, gratitude, and compassion, with a particular focus on their applications with clinical populations

121 - Ethics Made Fun

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

- Aspirational ethics, insurance fraud, treatment mandates, advertising, and duty to treat
- Informed consent, confidentiality, court records, dual relationships, duty to warn, confidentiality, informed consent, and malpractice
- Child abuse, statutory rape, suicide, duty to warn, and scope of practice
- Client gift giving and celebratory events

122 - Using Energy Psychology to Treat Overwhelming Affect

You’ll explore:

- Specific EP tools for clients or yourself to rapidly become calm and process any negative event
- How to remove traumatic symptoms while also facilitating insight, mindfulness, and greater personal empowerment.
• How to use acupoint tapping or energy focused therapy to help clients suffering from PTSD and other difficult conditions
• Methods to increase your ability to stay fully present, grounded and intuitive when working with even very intense trauma or affect

123 - Expanding Your Sexual Comfort Zone
In this workshop, you’ll:
• Identify and work through your own sex-related stereotypes, resistance, guilt, and shame to create a safe, comfortable, and nonjudgmental environment for clients
• Explore such issues as alternative sexual practices, open relationships and non-monogamy, fetishes and paraphilias, BDSM and kink, cross-dressing, and a range of other behaviors
• Assess responses and any vicarious trauma that may be triggered by issues around pornography, unconventional sexual behavior, and other fringe erotic practices
• Expand your ability to communicate about sexual issues in the consulting room

124 - Post-Traumatic Growth
In this workshop, you’ll explore:
• The tangible markers of post-traumatic growth, such as new ways of relating to others, the rediscovery of personal strengths, and a newfound appreciation for life in general
• Specific strategies---including writing exercises, role-playing, art, and guided imagery---to help clients connect with the concept of post-traumatic growth
• How to use somatic resourcing and remembered resources to access clients’ inner wisdom
• How to cultivate the possibility that insight and healing can occur even in the midst of painfully devastating experiences

Friday March 24th, 2017
201, 301 - The Body Keeps the Score
You’ll explore:
• How traumatic imprints can be integrated using techniques drawn from yoga, theater, neurofeedback, and somatic therapies
• Breathing, posture, facial synchrony, and vocal exercises to energize your therapeutic presence and enhance your mirroring of the client’s words and expressions
• Techniques for bringing parts of the brain “online” that are knocked out by hyper- and hypoarousal, while tracking physiological arousal in body language and movements
• How to achieve self-leadership through activation of the areas of the brain involved in interoception and mindfulness

202, 302 - Personalizing Meditation Practice
You’ll focus on exploring:
• What kind of practices are most useful with various clinical issues, including stress-related disorders, addictions, trauma, anxiety, depression, and interpersonal struggles
• The distinctive clinical applications of concentration meditation, centering prayer, and mindfulness practices
• How to expand your personal understanding of meditation by directly experiencing a range of contemplative practices
• The different families of practice, including attentional approaches that strengthen self-regulation, constructive approaches that strengthen emotional wellbeing and healthy thinking, and deconstructive approaches that lead to insight

203, 303 - Neuroscience in the Consulting Room
You’ll discover how to:
• “Read” clients’ facial and body language as outward signs of their brain function and emotional processing
• Use this knowledge to select and time interventions more effectively
• Make your interventions more efficient by tapping into the processes of relational regulation
• Determine when clients can’t self-soothe or access higher brain functions and intervene accordingly

204, 304 - New Perspectives for the Gun-Shy Trauma Therapist
You’ll discover how to:
• Distinguish among a client’s “parts”—including protectors, managers, and exiles—and communicate and negotiate with each one
• Honor clients’ inner protectors and transform them to move quickly and effectively through the process of healing
• Shift the role of the therapist from primary attachment figure to a container who opens the way for the client’s core Self to emerge
• Use methods for honestly and transparently handling situations in which traumatized clients may trigger you
205, 305 - Evoking Positive Emotional States
You'll discover how to:

• Use imagery techniques to elicit desired emotions and engender positive feelings toward the self and the future
• Frame ideas, questions, and other interventions in ways that foster hope and boost motivation
• Craft music and movement interventions that lift depression, calm anxiety, and empower traumatized clients
• Use playful interventions that optimize learning and reinforce new behaviors

206, 306 - Race In and Outside the Therapy Room
You'll explore:

• The four critical developmental stages for effective racial conversation: preparation, encounter, engagement, and execution
• The distinctive Tasks of the Privileged as well as the Tasks of the Subjugated in resolving race-related issues within relationships, communities, and institutions
• The range of situations in which racism emerges as a therapeutic issue
• How to address race-related issues in the consulting room

207, 307 - When Unresolved Attachment Trauma Is the Problem
Through experiential exercises plus videos of client sessions, you'll see the profound effect of DARe (Dynamic Attachment Re-Patterning Experience) work in action and focus on how to:

• Identify three different styles of troubled attachment with special emphasis on the avoidant and disorganized styles
• Recognize why some clients begin to dissociate once they’ve formed a positive attachment with the therapist and why empathy can backfire
• Enhance your skills for creating a safe haven and secure attachment bond by becoming more sensitive to clients’ nonverbal, relational, and somatic cues
• Increase your capacity for intersubjectivity and incorporating well-timed humor and playfulness in your style

208, 308 - Beyond Transgender 101
You may hear about the challenges faced by transitioning people and their partners, or the difficult decisions faced by gender atypical youth and their families. In this workshop, you'll explore:
The principles of the new gender-affirmative therapy and research findings that ground it
How best practices have changed around gender nonconformity and transgender teenagers having access to medical care at a younger age
How to identify and diagnose gender dysphoria in children as opposed to adolescents and adults
Current areas of controversy in care for children and younger adolescents, such as sterility, age of first introduction of cross-gender hormones, and surgical complications for kids on puberty blockers

209, 309 - The Attachment Dance with Traumatized Clients
Through case examples, videos, and discussion, you'll discover how to:
Handle the impact of disorganized attachment and traumatic transference on the client–therapist relationship
Recognize how your own attachment experiences can evoke countertransferential responses that can influence therapy
Integrate strategies that can strengthen attunement
Apply approaches that address testing behaviors and increase secure attachment

210, 310 - When Therapy Is Going Nowhere
You'll practice an approach that includes:
Slowing the pace to allow time for thoughts and feelings to emerge
Seeking more detail and moving from broad strokes to specifics in understanding a client’s presenting complaints
Evoking the client’s emotionally compelling reason to change, rather than accepting the initial reasons given for coming to therapy
Discovering the technique of the “curious command” for eliciting specific information without seeming threatening

211, 311 - Confronting the Narcissistic Client
Develop a comprehensive conceptualization of narcissism and a detailed treatment approach informed by the evidence-based Schema Therapy model
Practice being direct with these clients, using customized scripts that will hold them accountable for their behavior
Discover how to say “no” with your face and body language as you develop your ability to not look, act, or feel like a doormat
Identify your own trigger points and vulnerabilities, and enhance your ability to empower yourself to express difficult but necessary truths to clients
212, 312 - Who’s Afraid of Children in Family Therapy?
You’ll explore:

• How to assess the child’s needs to feel safe, trust, connect, and experience joy through the Four Dimensions of Relationship
• How to become a more effective communicator with children using G.R.E.A.T. (gesture, rhythm, eye contact, affect, and tone of voice)
• Specific tips for optimizing a child’s involvement in therapy, including ways to highlight a child’s contribution without relying on words and implement calming activities when a child becomes overwhelmed or overstimulated
• Effective methods for using rhythmic movement and touch to create connection

213, 313 - Advances in Treating Sexual Issues
You’ll explore how to:

• Challenge common sexual myths, such as that male and female sexuality are more different than similar, orgasm is the best part of sex, and sex should be natural and spontaneous
• Help partners explore and identify good reasons they don’t desire each other—and resolve these issues so desire can return
• Guide clients in ways to increase their sexual satisfaction without changing their sexual functioning
• Help clients understand their sexual decisions, accept responsibility for them, and change them if they wish

214, 314 - Lessons from the Masters
You’ll discover how to:

• Integrate elements of both the expressive and healing arts into your work
• Use metaphors, visual images, and theatrical techniques to awaken clients from their unadaptive trances
• Elicit new beliefs, challenge preconceptions, and empower clients to move beyond their self-perceived limitations
• Incorporate hypnotic communication to expand the effective range of your work

215, 315 - Creating Secure Connection in Couples Therapy
In this workshop, you’ll discover how to:

• Differentiate each partner’s emotions in order to contain reactive emotion and evoke vulnerabilities
• Recognize and assess each partner’s role in destructive patterns of interaction
• Restructure couples’ negative patterns and stay in process when they become emotionally activated
• Use voice, reflection, and validation to help partners share their deepest vulnerabilities

216 - Rising Strong
In this workshop, you’ll explore the three foundations of this process:
• The Reckoning -- How to recognize emotion and get curious about the connection between our feelings and how we think and behave
• The Rumble -- How to get honest about our stories and then challenge our confabulations and self-delusions about the narratives we create for ourselves
• The Revolution -- How to write a new, braver story based on our key learnings from our rumble to change how we engage with the world

217 – Is VR a Gamer Changer?
In this workshop, you’ll:
• Explore existing VR tools and approaches used to treat a range of mental health problems, including phobias, PTSD, social anxiety, and substance abuse
• Examine what the current research says about the effectiveness of VR as a therapeutic tool
• Explore specific applications of VR to expand clients’ sense of empathy and alter their sense of self

218 - Anxious Kids, Anxious Parents
In this workshop, you’ll explore concrete counterintuitive strategies that normalize worry for families, including how to help children, teens, and their families:
• Expect worry to show up and talk to it
• Learn to be unsure and uncomfortable on purpose
• Stay focused on what they want, not what they want to avoid
• Remember their skills and strengths to keep moving forward

219 - What’s New in Psychopharmacology?
In this workshop, you’ll discover the answer to these questions and explore the latest information about:
• Our current understanding of how different kinds of medications impact the brain and nervous system
• Current best prescribing practices for treating depression, bipolar disorder, anxiety, PTSD, dissociation, psychotic disorders, insomnia, ADHD, and more
• An overview of new drugs on the market as well as the next generation of psychoactive meds

220 - Nutrition Essentials for Mental Health
You’ll explore how to:
• Provide your clients with a comprehensive overview of the basic principles of good nutrition, food preparation, and mindful eating
• Assess the conflicting research and differing recommendations about nutritional practices and alternatives to medicines that foster mental health
• Determine the benefits, risks, and deficits of a variety of popular diet types, from carnivore to vegan, depending on the needs of a given client

221 - Don’t Ask Me to Forgive You!
You’ll also explore how to:
• Differentiate between forgiveness as it’s traditionally defined and acceptance as a tool to free clients from bitterness or preoccupation with their wounds
• Coach hurt parties to reframe the personal meaning of a deeply wounding experience without the additional dimension of shame
• Design ways to create an apology that’s specific and heartfelt
• Empower both parties to acknowledge a fair share of responsibility for the wound as a way of fostering personal growth and perhaps reconnection and forgiveness

222 - Addressing Violence and Terrorism in Therapy
You’ll explore:
• Specific questions to ask clients to assess if they’re suffering from the symptoms of collective trauma—and how to address its symptoms of heightened anxiety and anger, or hopelessness and withdrawal
• A step-by-step approach to process your own response to the trauma in the world in a way that goes beyond personal care and allows you to better understand and be present with your clients
• Guidelines for how to keep conversations about the social and political aspects of collective trauma therapeutically relevant and focused on its impact on the client

223 - Millennials in Love
• Examine the culture of online dating and screen-to-screen interactions, including the different dating personae worn offline and online
• Decode the vocabulary of modern dating and explore strategies for helping clients use the myriad of online tools in a more mindful and wholehearted way
• Develop specific strategies for helping clients build their relational self-awareness, including family of origin exploration, emotion regulation, cultural critique, and relational empowerment through boundary setting and assertive communication

224 - Meeting the Challenges of Stepfamily Life

In this workshop, you'll examine:

• Psychoeducational interventions that offer proven information about what works and doesn’t work for surviving the stressors and building thriving relationships in stepfamilies
• Skill-building interventions that help clients learn how and when to say difficult things to each other
• Intrapsychic interventions that explore how old family of origin issues can be triggered by the stresses of stepfamily life

225 - Recovering from Digital Addiction

In this workshop, you'll explore:

• Different ways to assess digital dependence and educate clients about the impact of excessive screen time on the brain, physical health, and skills of relating to others
• Specific protocols of digital detoxes and electronic fasts that can reduce brain fog, mood swings, and withdrawal/isolation, while promoting better sleep, clearer focus, deeper relationality, and enhanced resilience in clients’ lives
• Skills to reawaken clients to “real life” relationships, such as tolerating “messy” emotions, becoming comfortable again with both solitude and intimacy, and using digital devices while also living a fully-embodied life

226 - The Gender Nonconforming Child

In this workshop, you’ll explore how to:

• Differentiate gender fluidity from persistent transgender identity with young children and adolescents
• Create a collaborative family plan that includes siblings, grandparents, and family friends to establish the safety of the TGEY young person
• Engage teachers and other important community members in the life of the client to ensure they’re not isolated and at risk for suicide or other social complications
227 - Addressing Cultural Trauma
You’ll explore:

- Ways to increase your awareness of how race, culture, identity, social context, and privilege shape the development of complex trauma and impact the therapeutic relationship
- A model of self-regulation that allows therapists to regulate their neurobiological activation and bias
- How to assess for the intersection of culture, race, and identity with developmental and complex trauma
- How to address the survival narrative that can be the key to working with clients’ cultural trauma

317 - How to Talk with Teenagers
You’ll discover how to:

- Convey respect, compassion, and warmth toward your teen clients without coming off as unnaturally empathic
- Call your teen clients out on their behavior without aggressively challenging or alienating them
- Teach parents how to hold their teens accountable for their behavior without losing their connection with them

318 - Enhancing Neuroplasticity
In this workshop, you’ll discover how to:

- Teach clients tools of self-directed neuroplasticity to reverse the impact of stress and trauma on brain functioning and their capacities to cope
- Cultivate positive emotions to shift brain functioning from contracted survival responses to larger perspectives and openness to change
- Use practices of mindfulness and self-compassion to recover the capacities of the prefrontal cortex for response flexibility and resilience
- Strengthen capacities of empathy and deepen skills of relational intelligence to foster healthy resonant relationships.

319 - Disordered Eating and Body Shaming
You’ll focus on:

- The facts vs. the myths about what constitutes healthy eating and the difference between reasonable body goals and the toxic pull of unrealistic cultural images
• Strategies to effectively address disordered thinking specific to food, body, and exercise, including reframing definitions of healthy eating, skills for tracking hunger awareness, and body appreciation exercises
• How to involve families in the treatment of clients with EDs by helping loved ones to discuss eating, weight, and body size more realistically, positively, and effectually

320 - When Victims Victimize Others
You’ll explore:
• Strategies to help perpetrators use their own painful experiences to begin to understand what it’s like for another person to go through a similar experience
• Attunement techniques to encourage and mirror empathic responses and build a therapeutic relationship
• How to assess the developmental deficits that separate clients who can be more easily treated with direct approaches from those who require a much slower, more remedial therapeutic approach

321 - The Art of Termination
In this workshop, you’ll:
• Discuss termination scenarios, pinpointing how to avoid various pitfalls, especially ones that leave the client feeling abandoned
• Identify specific elements to include in a termination plan, such as notification, personalized preparation, wishes, and referrals
• Explore what it means to write a professional will in the event that termination is sudden and outside of the therapist’s control, especially who is clinically responsible, location, securing, and transition of files

322 - Treating Trauma Clients at the Edge
You’ll discover:
• How to stay clear and calm while working with clients in extreme states
• When it’s necessary to “be the auxiliary brain” for your client
• When to slow things down and hand over control vs. when you need to be bigger than the extreme symptom
• When to work from the top-down and when to work from the bottom-up

323 - New Perspectives on Obsessive Compulsive Disorder
You’ll discover:
• What questions to ask to uncover OCD when it’s hidden from view out of shame
• How understanding the biological mechanisms of inhibitory learning and habituation shape effective treatment
• The basic principles of treatment planning, including exposure and response prevention
• How to help clients endure the momentary anxiety of not doing ritual repetitive behavior

324 - The Rules of the New Monogamy

In this workshop, you’ll explore:

• How to help clients develop a code of integrity that will define their monogamy and develop their own unique shared definition of honesty, even if it involves a departure from traditional sexual fidelity
• How to coach clients on negotiating flexible monogamy arrangements as well as how to renegotiate a new one after infidelity
• Why open marriages work for some and fail for others---how to identify the early problem signs and how to help couples recover when the arrangement isn’t working

325 - Sensory Processing and Autism

In this workshop, you’ll discover:

• How to identify and pinpoint sensory processing difficulties, such as tactile and auditory defensive behaviors
• The “Brain Library” model as a way to understand how to help autistic clients develop their cognitive and social intelligence
• Specific sensory strategies that the clinician can use with autistic clients, including techniques that increase attention, calm the nervous system, and reduce reactions in auditory input

326 - An Introduction to Coaching

• Explore the similarities and differences between coaching and psychotherapy
• Examine the legal, business, and licensing issues necessary to develop a sustainable business model as a coach
• Determine how to effectively brand your practice in order to successfully introduce yourself into the mental health marketplace

327 - The Essentials of Effective Trauma Treatment

You’ll focus on:
• Recognizing the client's natural change cycle and how to organize therapy around it
• Procedures for creating a secure, safe attachment, including a transparent and overt collaborative contract
• How to emphasize clients' resources rather than becoming preoccupied with pathology
• How to assess the clinician's and the client's resources to create an effective treatment plan

Saturday March 25th, 2017

401, 501 - Therapists and the Committed Self
You'll discover how to:
• Identify clients' core life commitments, the people and passions they're invested in or want to be more invested in
• Work sensitively with the inevitable ambivalence and tradeoffs between self-interest and commitment to others
• Access the ethical intuitions of clients as they navigate competing commitments
• Explore how clients see themselves as citizens of larger communities, and thus break down the cleavage in therapy between the personal and the public dimensions of human life

402, 502 - Millennials Rising
You'll discuss:
• What therapists should know about acceptable use of cell phones and texts to build rapport, enhance sessions, and maintain connection within and between meetings
• Guidelines for how best to offer advice and direction about almost all aspects of life with millennial clients
• Strategies for how to argue with millennial clients as well as show caring in the interest of strengthening the therapeutic connection
• Informed by clients' attachment history, how to match the pace of banter, multi-focusing, and style of therapist self-disclosure that characterizes what millennial clients need in treatment

403, 503 - An Introduction to Brainspotting
Through demonstrations and participation, you'll explore how to:
• Identify specific eye movements, including wobbles and microsaccades, as well as other facial cues and reflexes that reveal specific “spots” in the brain associated with the activation of trauma
• Guide traumatized clients to attend to their inner experience as they move through dissociative blocks and maximize a process of self-healing
• Develop skills that allow you to pay attention to your interactions with clients while also staying attuned to the internal brain changes reflected in their eye movements
• Use Brainspotting to address a number of issues including anxiety and panic

404, 504 - The Therapist's Most Important Tool
In this session, you'll have the opportunity to explore:
• Why being a nice, empathic listener isn’t enough to produce meaningful change
• How to engage in a silent dialogue with yourself while in session to maintain a systemic awareness of your clinical impact
• How therapists can learn to use themselves differently as they age and move through the course of their life cycle
• How to apply key principles of structural family therapy work to enhance you practice

405, 505 - Self-Compassion in Clinical Practice
You’ll explore how to:
• Use the therapy relationship to help your clients learn self-compassion
• Integrate self-compassion into your work to make it more enjoyable and deeply fulfilling
• Design self-compassion practices that clients can apply at home to alleviate different kinds of presenting problems such as anxiety, depression, trauma and relationship conflict
• Apply self-compassion as an antidote to shame and a way to alleviate caregiver fatigue

406, 506 - Couples on the Brink
Through case histories and discussion, you'll focus on:
• How to quickly get to the heart of the matter and articulate the couple’s stuckness, then reawaken warmth and closeness, helping them remember love and back off the ledge if possible
• What to do when one partner is ambivalent about the relationship and clearly disengaged from therapy
• How your own personal deal breakers, such as physical or psychological abuse, are part of the couple’s history
• How to proceed when addiction issues cloud the viability of the relationship’s future or when there’s been betrayal or infidelity
407, 507 - The Essentials of Dialectical Behavior Therapy (DBT)

In this workshop, we’ll explore:

- DBT’s evolution and its research foundation
- How to use behavioral analysis to develop a treatment plan for determining which issues and symptoms to address first in any given case
- How to integrate and customize specific strategies—such as mindfulness, stress management, and emotional regulation—within the DBT model
- Tools to help clients heighten their motivation, enhance their capacity for positive experiences, and increase self-care skills

408, 508 - What the Brain Needs for Transformational Change

You’ll discover:

- The series of steps in the brain’s core process of profound unlearning
- The process that swiftly reveals the emotional schemas generating symptoms
- How to combine resource states and negative learnings into the juxtaposition experience that triggers reconsolidation and transformational change
- Shift unconscious emotional learnings into richly felt, conscious targets of change

409, 509 - A Day for Therapists of Color

We’ll focus on:

- How to deal with issues of race both within the therapy room and our work and training settings
- The distinctive challenges therapists of color feel at different career stages
- Strategies for finding our voice as therapists and as full participants in the wider professional community
- How to approach issues of social justice that go beyond the purview of the traditional therapeutic worldview

410, 510 - The Ethical Dilemmas No One Talks About

In this workshop, you’ll explore ethical dilemmas, including:

- How to set the ground rules that establish norms for transparency and client empowerment
- The do’s and don'ts of therapist self-disclosure and participating in client celebrations and ritual occasions
- How to maintain our energy to ensure we make wise ethical decisions
- How to handle ever-shifting online and social media boundaries with clients
**411, 511 - Forward-Facing Trauma Therapy**

In this workshop, you’ll explore:

- The principles and process of traumagenesis—how painful past learning turns into unbearable symptoms in the present
- How to implement the skills of interoception and self-regulation as primary tools for professional resilience
- How to then teach these skills to your clients as primary treatment for all stress symptoms
- How to apply FFTT as a tool for restarting and enhancing adult development in a way that’s useful with all clients

**412, 512 - The Challenge of the Angry Client**

In this workshop, you’ll focus on practical strategies for dealing with angry clients, including:

- Assessing the different modes of anger (bully, resentful adult, or childlike victim)
- Evaluating how to respond most effectively to each of these modes of anger
- Identifying and defusing your own emotional triggers in the face of a client’s anger
- Applying the technique of empathic confrontation and limit-setting to help clients replace self-defeating angry reactions with more healthy and adaptive responses

**413, 513 - The Craft of Treating Trauma**

You’ll explore how to:

- Effectively manage a client’s moment-to-moment experience, especially when they’re feeling overwhelmed or dissociated
- Relate to and negotiate with the client’s “parts” at the core of their extreme
- Motivate clients to more fully pursue their therapeutic goals
- Identify key nodal experiences that are shaping, not only client’s current symptoms, but their lives and identity

**414, 514 - Shame and the Disowned Self**

You’ll explore how to:

- Help clients develop curiosity toward their child selves rather than identifying with parts that hate vulnerability
- Access the client part’s inherent empathy and compassion for others
- Become an “attachment broker” using visualization and somatic techniques to bring a mindful adult and wounded child together
• Help clients understand the role of early attachment wounds in their presenting issues

415, 515 - The Power of Hakomi
You’ll discover how to:
• Use dyadic mindfulness to foster exploration of the core beliefs shaping the client’s difficulties and secure attachment in the therapy relationship
• Provide needed experiences to promote reconsolidation
• Combine mindfulness and somatic methods to rewire neural connections and heal early wounding
• Help clients discover the difference between observing rather than reflecting on moment-to-moment experience

416 - The State of Our Art
In this discussion, you’ll explore answers the following questions:
• What have been the biggest breakthroughs in treating the most common presenting issues, including trauma, anxiety, depression, couples work and family dysfunction?
• How have advances in understanding the brain led to actual improvements in mental health treatment?
• What are the biggest challenges facing our profession and what are the most promising new developments on the horizon?
• What role will technology play in enhancing therapeutic effectiveness in the years ahead?

417 - Focusing and the Felt Sense
You’ll discover how to:
• Apply Focusing to your current therapeutic approach to expand clients’ access to their somatic self and nonverbal awareness.
• Use Focusing to enhance clients’ capacity for insight and work with emotional issues in a gentle yet powerful manner
• Implement Focusing with specific types of cases, including clients dealing with serious illness, anxiety, or depression.

418 - Healing from Infidelity
You’ll explore an array of post-affair issues, including:
• When to discuss the details of the betrayal and whether to give an ultimatum to end the affair
• How to help clients manage rumination and self-sabotaging thoughts, and offer apologies that matter
• How to help partners begin to rebuild trust through “x-treme” accountability
• How to deal with inevitable setbacks and begin to forgive

419 - Healing with Hypnosis
You’ll discover how to:
• Use at least three inductions that safely guide clients into hypnotic states
• Craft direct and indirect suggestions for relieving anxiety, reducing pain, and breaking habitual patterns
• Resolve traumatic memories safely and painlessly using a simple five-step protocol

420 - When Mindful Eating Isn’t Enough
You’ll explore how to:
• Help clients identify parts of themselves that hold extreme beliefs and emotions around food and body image, and guide them through an inner dialogue with these parts and their protective intentions
• Apply the steps to develop a sustainable practice regarding food and exercise by identifying parts with extreme or unattainable goals and addressing grief and other feelings about shifting to a more reasonable approach to food
• Work with the conflicting agendas that come up in clients’ moment-to-moment decisions about food and exercise

421 - Working with Traumatized Adolescents
In this workshop, you’ll discover how to get unhooked from this nonfunctional cycle by exploring:
• Specific adolescent attachment styles that interact with or trigger our own
• How to apply the React, Reflect, and Respond model to best help your clients
• The Four M’s—mirroring, mentalizing, mindfulness, and modulation—to increase connection and mood regulation
• How to use attunement—including strategies of validation, self-disclosure, and the compassionate sharing of adult feelings and opinions—to bring traumatized teens back into relationships with themselves and you

422 - Serving Your Community
You’ll explore:

• How giving your time and skills to communities in need can help you rediscover the passion and excitement you first felt when entering the field
• How to identify and fill critical gaps in available community services
• Essential steps to getting outside your comfort zone to enhance your personal and professional satisfaction and expand your network of colleagues

423 - Choice Points in Couples Therapy

In this workshop, you’ll explore how to:

• Identify a “therapeutic choice point” and how to choose the most effective interventions from there
• Develop questions that open up the therapeutic process with difficult couples
• Reflect on your work both during and after a session to best meet treatment goals

424 - Promoting Positive Caregiving

You’ll focus on:

• Clarifying clients’ sense of purpose in deciding to provide hands-on care
• Normalizing ambivalence and frustration as they struggle to accept caregiving’s inherent self-sacrifices
• Teaching intentional practices---including mindful awareness, present engagement, daily reflection, and prospective retrospection---to help them savor the meaning of their undertaking
• Identify and nurture positive beliefs that will sustain caregiving, as opposed to negative thoughts that sap hope and sabotage the will to care

425 - When Mind--Body Practices Go Wrong

Note: No CE hours for this workshop

You’ll discover how to:

• Apply appropriate breathing and meditation practices based on your client’s presenting mood and diagnosis
• Help clients learn breathing, toning, and hand-gesture practices to self-regulate between sessions.
• Incorporate simple yoga skills like adapted breathing and meditations in clinical settings, even when clients express cultural, religious, or personal resistance to practicing yoga.
426 - Mindfulness for Children and Teens
Explore how to:

- Present mindfulness in creative ways that break through resistance to maximize engagement in and out of the clinical hour
- Use specific strategies to tailor mindfulness to a child’s diagnosis and developmental stage
- Teach over a dozen proven practices that help children with depression, anxiety, PTSD, and other common presenting difficulties

516 - Healing Self
You’ll explore:

- Strategies used in Internal Family Systems to contact the core Self and integrate the often conflicting parts that live within us
- The importance of shifting the role of the therapist from the primary attachment figure to a container who opens the way for the client’s Self to emerge
- Methods for honestly and transparently handling situations in which you get emotionally triggered by your client

517 - OCD and Children
You’ll explore how to:

- Recognize the patterns of OCD in order to decrease the chance of misdiagnosis and ineffective treatment
- Create interventions that focus on interrupting the process of OCD in families rather than becoming lost in the content of the OCD
- Engage families in treatment by overcoming denial, exploring the rules of OCD, and using concrete explanations and homework assignments

518 - The Sex-Starved Marriage
You’ll discover how to:

- Motivate the lower-desire partner to feel more empathy for their higher-desire spouse
- End the vicious cycle of rejection that leads to anger, more refusal, and more anger
- Persuade each partner to take personal responsibility for breaking patterns that lead to emotional and physical disconnection
- Teach specific educational information that changes attitudes, increases empathy, and triggers lasting behavioral change
519 - The Challenges of Working with Transgender Youth

In this workshop, through case presentation and group discussion, you'll explore how to:

- Identify the signs of complicated cases at an early stage, especially when parents are anxiously driving the referral
- Differentiate gender dysphoria cases that may be temporary from those that have deeper roots, and understand when it's appropriate to recommend medical intervention and when it's more prudent to wait
- Recognize warning signs, such as the presence of self-harming behaviors or impulse control problems, that indicate other issues when a child is struggling with gender identity

520 - Clear Thinking about Pornography

In this workshop, you'll explore:

- How to assess when porn is a problem (and when it's not) and how to avoid therapeutic traps, such as getting too involved in the content of the porn, overlooking people's feelings about masturbation, or assuming that porn preferences reflect actual desires
- Why “porn addiction” is not a helpful diagnosis and how to apply a model that’s more clinically effective
- The relationship deficits and conflicts—such as desire discrepancies, unresolved infidelity, and emotional isolation—that couples avoid by making porn the issue

521 - Welcoming the Body to Talk Therapy

You'll explore:

- How to incorporate body scans that connect the physical body with the emotional “body” into your approach
- Imagery that brings healing to emotional pain stored in the body
- Right brain exercises that access body feelings and emotions
- Pivotal questions to ask your client’s “emotional” body that brings forth core information

522 - From Clinician to CEO

In this workshop, you'll explore how to:

- Effectively manage the five roles of the therapy business CEO: visionary, marketer, CFO, operations manager, and clinician
- Document the “client journey” into your practice: how a client finds you, what you say on the intake call, how you set fees and schedule appointments, and your cancellation/rescheduling agreements
• Develop a vision of where you want your practice to be in 10 years and how to get there

523 - How Homework Can Transform Couples Therapy
You’ll explore:
• How homework can be even more of a catalyst for sustainable change than sessions themselves
• A wide variety of homework exercises for couples on topics like nurturing (Tender Loving Care), negotiating (Business of Business is Business), conflict management (Time Out/Last Word), communication (2 of you paying attention to 1 of you), and sexual expression (Loving Fingers and Hurt and Angry Feelings)
• How to deal more effectively with resistance and noncompliance, using a variety of effective carrot-and-stick approaches like betting, incentivizing, and penalizing

524 - Addiction Treatment and Couples Therapy
In this workshop, you'll discover how to:
• Use micro-tracking to identify and make explicit the rigid negative attachment-based patterns that perpetuate relational distress in addictive relationships
• Systematically engage emotion to create bonding moments that support the addict in reaching out to their partner rather than their substance/behavior of choice
• Apply powerful attachment-based interventions as an effective alternative to the familiar modes of confronting denial that often fail and trigger relapse

525 - Children who Bully
You’ll explore:
• Strategies for building social-emotional competence in kids, including building empathy and compassion as “antidotes” to relational bullying
• Information and advice for cultivating digital citizenship and dealing with cyberbullying
• Specific wording to use for stopping bullying whenever it’s observed directly

526 - Making Friends with Evidence-Based Methods
You'll explore:
• Empirically informed techniques to modify and adapt evidence-based practice in the treatment of classic and complex PTSD and dissociation
• Strategies for strengthening the therapeutic relationship with trauma survivors, such as allowing the client to be the expert in him or herself and client-guided conceptualization of difficulties
• Approaches to dealing with plateaus in treatment progress, including identifying "stuck points" in cognitive thinking that may be impairing treatment gains and implementing skills for coping with day-to-day challenges

Sunday March 26th, 2017
601 - The Art and Science of Presence
You’ll explore:
• Why integration---the process of creating differentiated linkages among different brain system and aspects of personality functioning---is essential to the process of psychological healing
• Clinical tools to enhance the integration of consciousness, including The Wheel of Awareness, a reflective exercise that opens up pathways to expanding personal identity and moving beyond the limiting sense of a skin-defined self
• How to increase your own sense of moment-to-moment immediacy and presence in creating healing connections with your clients

602 - Working with Challenging Men
You’ll focus on how to identify and develop different approaches for working with men---ranging from mentoring to coaxing to using leverage---that include:
• The Boys — the sensitive “good boys” and the fiery “bad boys” who won’t (or don’t know how to) grow into a mutual relationship or take on family responsibilities
• The Bullies — the grandiose men who control their codependent partners and retaliate when they can’t maintain power or control
• The Avoiders — the damaged souls whose attachment injuries have left them unable to stay the course of a relationship, especially when the going gets tough

603 - Demystifying Acceptance and Commitment Therapy
In this workshop, you’ll focus on specific ACT strategies and tools to integrate into your practice, including how to:
• Use ACT to increase psychological flexibility to cope with a wide variety of clinical problems---including depression, anxiety, stress, and substance abuse---by helping clients to not believe their thoughts
• Apply the Mindful Action Plan (MAP) to help clients keep solid, values-based commitments
• Respect cultural diversity while teaching contemplative practices
• Seamlessly weave the ACT model into your current therapeutic practices

604 - The Many Faces of EMDR
You’ll explore how to:
• Identify nodal experiences that are shaping, not only client’s current symptoms, but their lives and identity
• Focus on the predominant themes in clients’ lives that underlie their current difficulties
• Integrate the adaptive information-processing model of EMDR with whatever model of therapy you’re currently using

605 - From Dysfunction to Erotic Discovery
You’ll explore how to:
• Conduct a detailed sexual history for partners to help them understand their current sexual narratives and how to create more liberating stories
• Empower both partners to make explicit their “menus” for preferred sexual activities as a way of expanding their repertoire for more genuine erotic satisfaction
• Help couples use sensate focus as a meditative tool to enhance their sexual development

606 - The Keys to Reframing Ruptured Relationships
You’ll explore how to:
• Amplify and use vulnerable emotions to identify underlining relationship disappointments and injustices that often drive these relational hostilities
• Use an adolescent development framework to help parent’s re-envision their roles and help adolescents take more responsibility for mature behavior
• Create a therapeutic narrative that focuses the conversation on love and trust to soften the emotional tone and get agreement from all family members to work on improving the relationship

607 - Mastering the Five Core Skills of Mindfulness
You’ll discover:
• The Five Core Skills of mindfulness---setting intentions, cultivating awareness, stabilizing attention, self-regulation, nurturing loving kindness---that form the foundation of transformative mindfulness practices
• Key neuroscience insights such as the effective drivers of neuroplasticity and implicit memory that are critical to changing the brain
• How to identify and transform clients’ unhealthy core negative beliefs and patterns by teaching an accessible brain-changing mindfulness practice

608 - Addressing Transference in Trauma Treatment
You’ll explore:
• How to create the sense of secure attachment needed for effective treatment through mindful presence, accurate mirroring, and non-defensive receptivity
• How to use mutual mentalization to address the transferential triggers of the client's past traumatic relationships and repair the ruptures as they’re enacted in therapy
• How to help clients move from splitting, idealization, and merger in the transference to speaking with their own voice and experience real intimacy

609 - Internet Marketing Bootcamp for Clinicians
You’ll learn how to apply the latest approaches to e-marketing to:
• Design the content of your website to maximize the probability of converting visitors to clients
• Position your website in a way that generates consistent local referrals
• Create an effective paid advertising campaign for your practice on Google or Facebook
• Differentiate between the hype and reality of Social Media marketing

610 - From Self-Hatred to Self-Compassion
You’ll explore ways to:
• Identify different forms of self-attack and how to interrupt self-criticism, self-dismissal, and self-neglect in session
• Help clients understand how the ways they hurt themselves are parallel to how they’ve been hurt by others in the past
• Guide clients to process grief, guilt, and shame over the ways they’ve hurt themselves and help them see how they’ve created the symptoms and suffering from which they want relief

611 - Mindful Games
In this workshop, you’ll explore:
• Six social, emotional, and academic life skills that mindfulness can develop: quieting, focusing, seeing, reframing, caring, and connecting
• Five introspective methods—anchor practices, awareness practices, body scans, analytical practices, and visualization—that develop these crucial social, emotional and academic life skills
• Mindful games that help kids and caregivers alike develop greater mind–body awareness, cultivate caring, connected relationships, and reduce stress.

612 - Treating Personality Disorders
In this workshop, you’ll explore:
• How to develop a therapeutic alliance in the face of mistrust, control issues, and rock solid defenses while staying out of power struggles
• How to work with the pathological dissociation typically present in personality disordered clients
• Practical, effective interventions informed by neuroscience that help clients safely manage frightening symptoms, including violence and emotional meltdowns and develop healthier boundaries and a more differentiated sense of self

613 - The Dark Secret of Incest
You’ll discover:
• How to work with clients who are bystanders, victims, or perpetrators of incest
• Techniques for building safety and addressing deep attachment wounds
• Which family treatment approaches to use when the sexual abuse is current or when doing family of origin work with adult clients

614 - In Search of Clinical Wisdom
You’ll explore:
• How our conception of the therapist’s role has changed over the years and as well as how we treat our craft now vs as trainees
• Ways we’ve reacted to shifts in theory and the proliferation of new methods and the kinds of clients who still stump us and keep us up at night
• How as therapists we’re now more passive more or active, less or more self-disclosing

615 - Uncoupling and Recoupling Over 50
You’ll discuss:
How adult children, especially adult daughters, struggle with parental breakups and recouplings
How to shift the mindset of stepcouples from focusing on how to blend to supporting both parent-child relationships and their own developing partnership
Common mistakes many therapists make, including giving precedence to the couple’s relationship above all other issues in the new blended family

616 - Advances in Treating the Bipolar Client
You’ll explore:

- Client education resources that explain bipolarity as part of a mood spectrum rather than a yes/no diagnosis
- The common ingredients in five psychotherapy approaches for bipolar disorder that have been shown to be effective, including PsychoEducation, CBT, Social Rhythm Therapy, Family Focused Therapy, and Chronotherapy
- How Dark Therapy and Chronotherapy have been shown to help bipolar clients develop regular bed and rise times as a central intervention in treatment

617 - Treating Unwanted Intrusive Thoughts
You’ll focus on:

- The nine metacognitive myths that contribute to the formation and maintenance of UITs, such as the idea that repetitive thoughts reveal hidden wishes or that every thought is worth thinking about
- How three factors—stickiness, paradoxical effort, and entanglement—empower and escalate UITs
- Metacognitive techniques for helping clients to recover from UITs using ERP, metaphor, and play

618 - Brain-to-Brain
You’ll explore how to:

- Recognize certain core issues in the therapeutic alliance—such as idealization and devaluing, stuckness, struggles for control, and abandonment fears—as manifestations of traumatic attachment
- Become skilled at “right brain to right brain” communication, or being able to “talk” without words
- Engage in a “dyadic dance” with your clients, mirroring their rhythms, body language, tone of voice, facial expressions, and gestures

619 - The Fundamentals of Sports Psychology
In this workshop on the fundamentals of sport psychology, you’ll focus on:

- In-office strategies to help athletes (and parents) discover a mindset that’s more about enjoying the journey than worrying about the results
- How practitioners can incorporate their clinical training, including family therapy techniques, into their work with sport families
- How to help the athlete see when they’re playing distracting “side games” in addition to the game they chose to play, and how that impacts performance
- How to work with parents who are overly invested in their child’s performances on the field.

620 - Keeping the Inspiration Alive

You’ll explore:

- An integrative mind–body approach to embody learning from the Symposium
- Three Dance/Movement Therapy skills to help you be more present, grounded, and self-aware while working with clients
- The role of witnessing oneself and others through the Authentic Movement model of Dance/Movement therapy

Keynote Speakers

Friday Morning Keynote

Vulnerability and Courage in Psychotherapy

- You’ll discover how to create an atmosphere that encourages vulnerability in therapy.

Friday Luncheon Address

Cultivating Imagination in the Consulting Room

- You’ll discover how to enhance a purely talk therapy approach to trauma.

Saturday Morning Keynote

The Role of Commitment in Our Personal and Public Lives

- You’ll discover how to bring the discuss of clients’ life commitments into treatment

Saturday Luncheon Address
Psychotherapy of the Heart
- You'll discover how to bring a deeper sense of compassion into your work.

Sunday Morning Keynote
The Science of Consciousness and the Future of Psychotherapy
- You'll discover how to achieve a fuller sense of presence in the consulting room.

Evening Events
Friday Dinner Event
My Most Unforgettable Session: An Evening of Storytelling
- You'll explore the various dimensions of the therapy experience that make certain sessions standout for therapists.

Saturday Dinner Event
The First-Ever Networker Lifetime Achievement Award: Spend an Evening with Salvador Minuchin
- In this event, you'll discover how to enhance your use of self as a clinician.