Instructor Bio

In addition to having over 20 years practicing family and couple’s therapy in the field and in private practice, I’ve completed several trainings on Family Systems therapy, Emotionally Focused Couple’s therapy, and Psychoanalytic Couple’s therapy. I’ve been in numerous supervision groups processing couple’s therapy work and have taken supervision from the Tavistock Group out of London. I have also taught this class three times before and have gotten positive evaluations from students.

Course Description

Through the use of clinical/theoretical readings and case presentations this course will outline the foundations of couples therapy clinical theory. Psychodynamic viewpoints will be integrated with other schools of thought, contemporary couples therapy models such as Imago Couples Therapy and Emotionally Focused Couples Therapy, which is backed by substantial empirical validation, will also be covered. The intention of this course is to provide trainees with a solid theoretical baseline for their study and practice of couples therapy.

Learning Objectives

Students will be able to:

Develop a basic familiarity with all the major theoretical foundations of Psychodynamic-Systems Couples Therapy covered in this course, as indicated in class participation, case presentations and role plays.

Discuss a couples therapy case using at least three of the theoretical foundations covered in the class.

Identify points of divergence and convergence between Systems approaches such as the Bowen Systems Approach with Object Relations, Self Psychology, and Interpersonalist Couples Therapy, as indicated in class participation, case presentations and role plays.

Apply the premises of either Imago Couples Therapy or Emotionally Focused Couples Therapy to a case as indicated.

Target Audience/Content Level
This workshop is appropriate for social workers at all levels.
Course Syllabus

WEEK 1 An introduction to Psychoanalytic Couples Therapy
Discussion will be focused on at least four theoretical constructs that facilitate an analytic approach to couples therapy. The use of these will show how psychodynamics are affecting the couple and the therapist. These constructs will be applied to case examples and presentations.


WEEK 2 An introduction to Imago Therapy
The principles of Imago Therapy will be presented. The psychodynamic and systemic features of Imago Therapy will be examined as an integrated approach to couples therapy. Case presentations will be used to demonstrate the use of this theory.


WEEK 3 Continuation of Imago Therapy
The theoretical underpinnings of Imago Therapy will be further described and applied to relationship dynamics to show how bringing consciousness to a partner’s dynamic position is a step towards creating change. The theory will be applied to case presentations.


WEEK 4 An Introduction to the Theoretical Constructs of Emotionally Focused Therapy
The main theoretical constructs of EFT will be presented, including ingredients to change. Three working models of attachment theory will be used to demonstrate the use of this theory.


WEEK 5 An Introduction to The Bowen Family Systems Theory
Basic systemic concepts founded within Bowen Family Systems Theory will be discussed. These concepts will be applied to the couples’ system as it relates to understanding dynamics and change within the couple relationship. The concepts will be demonstrated in examples and case presentations.

Titelman, P. (2014) Differentiation of Self; Bowen Family Systems Perspectives. Chpt 1; The Concept Of Differentiation of Self in Bowen Therapy (pg. 3-64); Chapter 3; Differentiation of Self as a Multigenerational Process (pg. 83-98).

Course Approval Statement and Expiration Date
This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program Provider #66 Course #1912 from 07/09/2018 to 07/09/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice: 10

Course Completion Requirements/How Certificate will be Awarded
Students are required to complete the course requirements in order to receive credit – attend class, sign in and sign out of each session, complete the required paper, participate in class and complete the course evaluation. CE credit will be allotted on the basis of actual number of classes attended. Certificates will be mailed after the last class is held.

SPECIAL ACCOMMODATIONS NEEDED
ADA accommodations available upon request. (Required at least 14 days prior to course start date.)

COURSE REFUND POLICY
Up to one month before a course starts there will be a full course refund less a $50 administrative fee. Less than one month before a course starts there will be a $50 administrative fee and the payment will be applied to a future course. Once a class starts, there will be no refunds. Extraordinary circumstances will be reviewed on an individual basis.

INSTRUCTIONS

1- Fees:
   • $250 course fee
   • Annual Candidates’ Organization fee is $40
2- Register online at www.cppnj.org