CPPNJ Spring 2019
Foundations in the Theory and Practice of Couples Therapy, Part Two C102
12 Mondays, starting January 28, 2019, 10:30am-12:30pm
1/28/19, 2/4/19, 2/11/19, 2/25/19, 3/4/19, 3/11/19, 3/18/19, 3/25/19, 4/1/19, 4/8/2,
4/15/29 and 4/22/19
Instructors: Susan Stein, LCSW, Nancy Hicks, PsyD and Daniel Goldberg, PhD
Metuchen, NJ

Instructor Bios

Susan Stein is a licensed clinical social worker with over 35 years experience treating individuals, couples, and families. She has taught and supervised at the graduate and post-graduate level. She is a trained family therapist and psychoanalyst. She is currently a faculty member at CPPNJ and The New Jersey Couples Therapy Training Program.

Nancy Hicks
Beginning as early as 1980 when I underwent my first training in Family Systems therapy, I have been involved with working with couples, enhancing this through numerous ongoing experiences in supervision and training. I have since designed and taught several courses on couples therapy, been a supervisor myself, and written and presented a number of papers on working with couples. I received my PsyD in Clinical Psychology in 1989 from The Graduate School of Applied and Professional Psychology at Rutgers. In 1998 I graduated from TRISP, the Training and Research Institute for Self Psychology, with a certificate in Psychoanalysis. Following that for a period of 10 years I taught various courses at TRISP, including Gender and Sexuality, Fantasy, and Clinical Case Studies. In 2010 I joined the faculty at CPPNJ, where I taught a course in Self Psychology and Intersubjectivity. At that time I became part of the faculty of the Couples Therapy Training Program at CPPNJ. There I taught numerous courses in treating couples and also served as a supervisor to students in the program. Most recently I co-lead a Workshop on "Impasses: The Expected and the Unexpected" with Dr. Daniel Goldberg in the spring of 2015. During all this time I have written and presented a number of articles on couples therapy, including, in May of 2016, "Using Forward and Trailing Edge Perspectives in Working with Couples", for the TRISP Workshop Series. My couples therapy interests include couples therapy from a relational perspective, integrating psychoanalysis and couples therapy, and approaching couples using intersubjective systems theory

Daniel Goldberg has been teaching couples therapy for over 25 years. He developed the New Jersey Couples Therapy Training Program, was Director for 6 years until 2015, and continues to teach as a faculty member. He has given presentations to numerous professional organizations on couples therapy and has received advanced training in psychodynamic, systems, EFT, Imago, and Gottman models of couples therapy.

Course Description

The Couples as a Dynamic System - Weeks 1-4
Through the use of clinical/theoretical readings and case presentations, this course will explore some of the history and current application of Psychodynamic-Systemic Couples Therapy.
Structural and Strategic family therapy theories will be studied and applied to working with couples. Current day integration of psychodynamic viewpoints with systemic thinking will be covered.

**Bonding, Intimacy and Attachment Theory - Weeks 5-8**

This portion of the foundational course builds upon Part 1, expanding the ways in which attachment theory can help students understand and treat bonding and intimacy in couples. The theory itself provides a basic guide for how attachment style affects partner satisfaction, and for understanding many of the extreme emotions that accompany distressed relationships. Current readings, role plays and class discussions are designed to demonstrate that 1.) attachment theory is a systemic theory in that it focuses on behavior that is shaped in a dyadic context, and that 2.) attachment theory is also an individual dynamic theory in that it focuses on internalized relational models and on each partner's patterned way of perceiving and interacting with others.

**Projecting, Accessing and Integrating Disowned Parts - Weeks 9-12**

This class is a continuation of material introduced in C101. Through the use of clinical-theoretical readings, lectures, discussion, role-plays and case presentations, this course will address the object relational foundation of Psychodynamic-Systemic Couples Therapy. Concepts covered include: the management of multiple transferences between partners and between partners and the therapist; multiple self-states and dissociated self-states; therapist use of self; enactments and re-enactments of the past; and de-escalation of high-conflict couples.

**Learning Objectives**

**The Couple as a Dynamic System – Weeks 1-4**

Students will be able to:

Assess a couple from a systemic perspective including family developmental stages, life context, subsystems, structure, and strengths as indicated in class participation and case presentations.

Apply structural treatment techniques such as joining, reframing, and restructuring as indicated in class participation and case discussions.

Identify basic concepts of strategic family therapy applied to couples and construct interventions to reorganize the power games within the hierarchy and the communication dynamics between the couple as indicated in class participation and case presentations.
Integrate a systemic understanding of the couple’s fit and explain the interpersonal analytic meaning of transference-countertransference, as indicated in class participation and case discussions.

**Bonding, Intimacy and Attachment Theory – Weeks 5-8**

Students will be able to:

Assess and determine how to facilitate partners’ ability to emotionally regulate self and other.

Explain the relationship among Relational Theory, Systems Theory and Attachment Theory, understanding how the integration of these can inform effective couples therapy.

Describe the insecure attachment styles—avoidant, anxious, disorganized—and their relevance as emotional-regulating strategies.

Describe the concept of internalized models of self and other by applying it to couple interactions.

Explain how to improve partners’ ability to bond and be intimate, and in light of this knowledge, how to help partners mutually shape their interactions in a way that leads to greater relational security.

Formulate how to intervene in a couple’s negative cyclical patterns, and to replace them with specific behavioral practices that increase positive relating.

**Projecting, Accessing and Integrating Disowned Parts – Weeks 9-12**

Students will be able to:

Illustrate the operation of projective and introjective mechanisms in a couple as evidenced in class participation and case presentations.

State at least one method of de-escalating a high-conflict couple through the use of transferential and countertransferential data as evidenced in class participation and case presentations.

Explain concepts of multiple self-states and dissociated self-states in the dynamics of a case as evidenced in class participation and case presentations.
Articulate at least one method of understanding and managing an enactment in a couple session as evidenced in class participation and case presentation.

**Course Syllabus/References**

**The Couple as a Dynamic System**

**Course Content:**
**Week One** - Assessment of a couple from a systems perspective- looking at a couple through all the stages of the life cycle, and different tasks couples cope with at those stages. The importance of assessing a couple’s strengths will be emphasized, in addition to cultural issues.


**Week Two** - Structural Couple Therapy- an overview of the work of Salvador Minuchin. Structural techniques of joining, reframing, and restructuring will be looked at through a videotape of Minuchin’s work.


**Week Three** - Continuation of Structural Couples Therapy and Introduction to Strategic Couples Therapy. There will be further exploration of Structural Theory through the videotapes and discussion of students’ own work through role play. The theory of Brief Strategic Therapy will be explored, particularly in dealing with hierarchical issues.


**Week Four** - Integration of Psychodynamic and Systems Thinking. How to incorporate systems thinking with Psychoanalytic Theory, particularly around the issues of transference and Transference and Countertransference, will be explored and analyzed.

Bonding, Intimacy and Attachment Theory

March 4, 2019 – Attachment Theory and The Therapeutic Frame

Discussion will center on the role of the therapist in establishing a secure base within the context of the couples therapy. Focusing on the relationship as 'patient,' the instructor will help students formulate couple dynamics in light of the fit, or lack of fit, between partners’ differing attachment styles and internalized relational models. Consideration will also be given as to how the therapist's own attachment style might influence the treatment.


March 11, 2019 – Intersubjective Systemic Approaches to Mutual Regulation

Concentrating on the interpersonal process of couples, the class will explore how to help partners understand the concept of mutual regulation through helping them structure more positive mutually rewarding strategies within their relationship. Role plays will be employed to give students the opportunity to rehearse such strategies.


March 18, 2019 – Attachment and Sex

Using readings, case examples and role plays, this class will focus on the interplay between partners’ attachment styles and their sexual functioning.


March 25, 2019 – Attachment and Differentiation This class will center on the connection between individuals’ attachment strategies and their need for differentiation. The instructor will promote discussion and offer role play opportunities on how to encourage partners to pursue their individual strivings even as they foster a sense of connection within their relationships.


**Projecting, Accessing and Integrating Disowned Parts**

**Week 1 (4/1/19) - Individual and Joint Transference in Couples.** This class will focus on understanding the ways in which couples use projective and introjective identifications in their relationship. How therapists can work with multiple transferences that appear in couple’s therapy will be discussed.


Poulton, J.L., Negotiating Individual and Joint Transferences in Couple Therapy, In Scharff & Scharff (Eds.). Chapter 15 (pg. 170-179).

**Week 2 (4/8/19) - The Attunement Model; Dealing with Partners Multiple Self-States and Dissociated Self-States.** We will look at how the therapist’s attunement to each partner’s subjectivity engenders perspective and hope for growth. Discussion will cover the need for the therapist’s qualities of curiosity, non-defensiveness and willingness to be fallible.


**Week 3 (4/15/19) - Theoretical Consideration in Assessment/Key Areas of Developmental Concern and The Relational Turn.** This class will explore how each partner’s conceptualization of their problems derives from their developmental history. Understanding how partners reenact their pasts and how disassociated self-states emerge will be explored and discussed.


**Week 4 (4/22/19) - Engaging Disparate Self-Parts and the Multiplicity of Self-States; and Dealing with Conflict and Paradox.** The focus will be on how therapists can help each partner negotiate their internal conflicts and multiple aspects of self in relation to their partners. How couples therapy helps each partner’s ability to attune to and support their partner’s self-understanding and growth will be explored.

Other References

Christopher Clulow (Editor), (2009). *Sex, Attachment and Couple Therapy: Psychoanalytic Perspectives* (Library of Couple and Family Psychoanalysis), Karnac Books


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 #2181 from 12/04/2018-12/04/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice: 24

Course Completion Requirements/How Certificate will be Awarded

Students are required to complete the course requirements in order to receive credit – attend class, signing in and signing 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.
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:
   • $400 course fee
   • Annual Candidates' Organization fee is $40
2- Enclose check made payable to CPPNJ and mail to: CPPNJ, 235 Main Street, #184, Madison, NJ 07940
3- Or register online at www.cppnj.org

For more information or registration, please call 973-912-4432, visit us online at www.cppnj.org, contact us by email at cppnj@cppnj.org or CPPNJ 235 Main Street #184 Madison, NJ 07940.