

## Couples Psychotherapy

### Bios of Presenters, Workshop Descriptions, Objectives

#### An Integrated Model for Working with Couples

##### **Workshop Description**

Based on the presenter's 35 years of working with more than 200 couples, this daylong workshop will introduce the field of couples psychotherapy. The author will present an integrated model that begins with the goal of facilitating a safe dialogue between members of the couple. He will then elaborate on interventions that have proven necessary and helpful which go beyond this simple model of "couples talking to each other." He will also discuss some complications and limitations of this model including those relating to severe psychiatric illness, character pathology, and some current social pressures.

Participants will be able to discuss these concepts as they become relevant in couples treatment sessions shown in the HBO television series, *In Treatment*.

##### **Workshop objectives**

After completing this course segment, participants should be familiar with:

- ◆ A basic integrated model for working conjointly with couples.
- ◆ Some important modifications and enhancements that have proven effective and necessary.
- ◆ Some limitations and specific challenges of couple's therapy.

#### Arthur Nielsen, M.D.

Dr. Nielsen is a full-time, practicing psychiatrist, psychoanalyst and couples therapist. He is a Clinical Associate Professor of Psychiatry at Northwestern's Feinberg School of Medicine, a faculty member at Northwestern's Family Institute in Evanston, and on the faculty at the Chicago Institute for Psychoanalysis where he has taught courses on couple's therapy. He is currently writing a textbook for college undergraduates based on his ten years of experience teaching his course, Marriage 101, at Northwestern.

#### Legal and Ethical Concerns

##### **Workshop Description**

This presentation will provide participants with an overview of common clinical, ethical, and legal dilemmas faced by clinicians when providing psychotherapy to couples. Issues of confidentiality and privacy, boundaries, record keeping and billing, diagnosis, diversity, infidelity, divorce/custody/court issues, and personal values will be addressed. Relevant mental health codes and laws which govern our work in this area will be reviewed. Case study analysis and group discussion will be integrated into the presentation.

##### **Workshop Objectives**

1. Attendees will learn helpful hints to maintain legal and ethical boundaries when dealing with couples.
2. Attendees will learn how to deal with parents while treating minors.
3. Attendees will learn how to chart and maintain confidentiality in couple's treatment.
4. Attendees will identify and describe potential legal and ethical problems for therapists if the couple files for divorce, including issues of custody, visitation and testimony at court.
5. Attendees will learn to avoid ethical and legal problems with billing while treating couples

#### **Scott Hammer, Attorney**

Scott hammer received his undergraduate degree at Georgetown University and earned his J.D. at John Marshall Law School. For over 28 years he has concentrated his practice on representing mental health professionals. He has considerable experience in handling mental health malpractice cases, risk management issues, mental health confidentiality, contracts and negotiations and defense of licensure action. Scott is the current chair of the Chicago Bar Association mental Health law Committee.

### **Susan Zoline, Ph.D.**

Dr. Zoline is Associate Professor of Psychology in the Clinical Psychology Department at Argosy University, Chicago (formerly known as the Illinois School of Professional Psychology) where she has been teaching Professional Ethics courses since 1988. She also maintains a private consulting practice. Dr.Zoline is a longstanding member of the Illinois Psychological Association Ethics Committee which she currently co-chairs. Additionally, she has served as an expert witness for the IL Department of Financial and Professional Regulation regarding Clinical Psychologist licensure issues. She has worked clinically in a broad variety of settings with children, adults, couples, and families.

### **Workshop Objectives**

1. Participants will acquire an overview of common clinical, ethical and legal issues faced by psychologists engaging in couple's psychotherapy
2. Participants will review the codes and laws relevant to work with couples
3. Participants will learn practice guidelines for working with this population with particular attention to prudent risk management
4. Participants will acquire useful readings and resources in the above areas

### **Initial Interview and Homework**

#### **Workshop description**

**The Initial Interview** is crucial in determining the direction of marital therapy. A comprehensive outline for the initial encounter will be presented, including the rationale for each of it's questions.

**Homework** is an essential component of active, short-term couple therapy. It provides the therapy with velocity and continuity and gives clients a sense of responsibility for change. Considerations in designing and assigning homework will be discussed. Some generally applicable homework assignments will be described.

#### **Objectives**

1. Participants should be able to conduct a systematic initial assessment in couple therapy.
2. Participants will be able to design and assign appropriate homework to couples.

### **Sam R. Hamburg, PhD**

Dr. Hamburg is a clinical psychologist in Chicago specializing in couple therapy and pre-marital counseling, and is on the adjunct faculty of The Family Institute at Northwestern University. He has published papers on technique in couple therapy and is the author of *Will Our Love Last* (2000), which presents a compatibility-based model of conjugal love and takes readers through a systematic assessment of their compatibility with a romantic partner.

### **Attachment as a Frame for Understanding Conflict**

#### **Workshop Description**

When we sit with a couple we need a perspective to make sense of their interactions. The basic questions are: What is happening here? What is a healthy relationship? How can I intervene to create greater satisfaction? These questions will be answered differently depending on our focus. In the past we have looked at power, communication styles and family of origin

influences, to name a few. In this workshop we will look at attachment as a way of understanding the interaction, the pain, and the interventions that can heal. Through attachment we can have greater understanding of what is within and what is between when we see a couple in distress. With that understanding we can begin to speak a language that is universal. That language includes both the loneliness of disconnection and the longing to know that there is another who cares and on whom we can depend. The workshop is based on the work of Sue Johnson and EFT -- Emotionally Focused Therapy for Couples.

### **Workshop Objectives**

1. Attendees will understand the phenomenon of relationship distress in an attachment context
2. Attendees will understand typical patterns in a distressed relationship
3. Attendees will identify key events that foster greater trust, healing and secure bonds

### **Edye Berkun Kamensky, LCPC,**

Edye Kamensky is a staff therapist at The Family Institute at Northwestern University. She is also licensed as a clinical psychologist in the state of Pennsylvania. She holds master's degrees from Boston University in counseling and from the University of Santa Monica in applied psychology. In addition to degree work, Ms. Kamensky has completed additional trainings at Georgetown University, in family systems therapy; the Pennsylvania Gestalt Center, the New Jersey Institute for Short-Term Dynamic Psychotherapy, the Institute for Psychoanalysis, Chicago, in adult psychotherapy; and the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). Her work has included biofeedback, the Alexander Technique and an exploration of mind/body connections. She is a licensed minister with a master's in spiritual science from Peace Theological Seminary. At The Family Institute at Northwestern University, Ms. Kamensky is a member of the Mindfulness and Behavior Therapies Group and the Dialectical Behavior Therapy team. She is in the process of certification in Emotionally Focused Therapy for Couples.

### **Moving beyond Conflict**

#### **Workshop Description**

This presentation offers a view of working with couples that is in many ways unique and different from a typical, standard approach to couples therapy. I want to share a philosophy and theory about what goes on in relationships that lead to a very specific kind of tactical approach that in my experience offers a couple the possibilities of very deep connection and understanding which then strengthens and supports friendship. According to highly regarded researcher, John Gottman, friendship is the most important ingredient as a foundation to a relationship that thrives and endorses.

#### **Workshop Objectives**

1. Attendees will understand how injury in early caretaker relationships may affect the way couples unconsciously react to each other.
2. Attendees will learn some techniques to assist couple's heal from this early childhood injury and develop more loving relationships.

### **Leo Dhont, LCSW**

Leo Dhont is a Licensed Clinical Social Worker (LCSW) and has had over 50 years of experience doing therapy with individual adults and with couples. He is passionate and devoted to the process of teaching the skills of relationship. He believes we are formed in relationship with our

caretakers and that we continue to change and grow in all of our important adult relationships - especially the relationship we have with a committed partner/spouse.

Leo has had a professional career that spans many different kinds of experiences in the field. Before beginning his specialization in couples therapy over 20 years ago, his primary focus was on doing very intensive individual psychotherapy with adults.

He also worked for 14 years in the public school system where he was a school social worker. In that capacity he learned to work with teachers, principals, parents, and children of all ages from kindergarten through high school. Leo has had experience in consulting with family members in family businesses. He has also developed a method for working with families around interpersonal issues occurring between parents and their children.

For over 20 years Leo and his wife, Peggy, presented the Getting the Love You Want weekend workshops for couples. Leo was trained and certified as an Imago therapist and workshop presenter by Harville Hendrix who was the creator of that very effective approach to helping couples find connection and love in their relationships. Much of Leo's work with couples is based upon the model known as Imago Therapy.

### **Premarital Counseling**

**WORKSHOP DESCRIPTION** This workshop will present the purpose and value of pre-marital counseling not only for engaged couples but also those in long-term committed relationships. In addition, the workshop will introduce possible models for pre-marital counseling including the use of validated instruments. The PREPARE model will be used primarily to illustrate the potential for quality pre-marital preparation.

### **WORKSHOP OBJECTIVES**

1. The participant will learn the goals of pre-marital counseling
2. The participant will become acquainted with research related to pre-marital counseling
3. The participant will be introduced to models for pre-marital counseling

**Mark Killmer, Psy. D.** is a core faculty member at the Adler School of Professional Psychology in the family therapy degree program. As a marriage and family therapist and ordained clergyman, Dr. Killmer has been involved in pre-marital counseling as a provider and trainer for 30 years.

### **Gender Issues in Couple's Relationships**

#### **Workshop Description**

Relationships between men and women have never been more difficult. Gender differences, whether you take a nature or nurture position, are widely acknowledged as causing communication difficulties. Changing gender roles has made it difficult for many couples to create satisfying intimacy in a long term relationship. The role models of our parents are no longer viable in today's world but there are few positive alternative models available. Using the most current research findings and theoretical models, this workshop will help couple's therapists navigate the gender minefield. A theoretical model will be presented that outlines the most common ways that gender difficulties present as impasses for couples. A treatment approach will be elucidated that will guide therapists in helping couples change their unhealthy communication patterns.

## **Workshop Objectives**

1. Participants will be able to identify and help couples understand how gender roles create common difficulties in communication and intimacy
2. Participants will learn a model and techniques that effectively address gender role issues in couple's treatment

### **Susan K. Mackey, Ph.D.**

Dr. Mackey is a licensed clinical psychologist and marriage/family therapist with 35 years of clinical experience. She earned her B.A. from St. Olaf College with honors in biology and psychology and her M.A. and Ph.D. in clinical, developmental psychology from the University of Illinois in Chicago. She has taught and supervised family and couples therapy at both the Institute for Juvenile Research's Family Systems Training Program and at The Family Institute at Northwestern University. Before opening her private practice she spent 10 years at The Family Institute where she served as both Director of Clinical Services and Director of Postgraduate Education and continues in an adjunct position.

### **Stuggles with Children**

#### **Workshop description**

This workshop will give a brief overview of how to respond to parents' questions about their child's mental health or behavioral concerns. It will help practitioners remain neutral in conflictual marriages while still providing useful advice.

#### **Workshop objectives**

1. Participants will learn the most common questions asked by parents.
2. Participants will learn how their role can serve as a model for "good"
3. Participants will learn how to formulate answers to parents' questions.

### **Terrence Koller, Ph.D.,ABPP**

Before becoming Executive Director of the Illinois Psychological Association, Dr. Koller worked as a psychologist in a Community Mental Health Center, directed a psychological services contract for the Chicago Head Start and Model Cities Day Care Programs and was Director of Training at the Michael Reese Health Plan. His research interests include parent-child interaction and infant temperament. He maintains a part-time practice specializing in the treatment of children and adolescents.

### **Sexual Dysfunction in Couple's Relationships**

#### **Workshop Description**

This workshop will focus on assessment and treatment of sexual function/dysfunction and other issues across the lifespan.

The workshop will look at low desire and holistic body based treatment, issues of attachment, as well as meaning of sex.

#### **Workshop Objectives**

1. Attendees will acquire a basic understanding of common sexual dysfunctions and sexual functioning across the lifespan.
2. Attendees will understand the importance of assessing clients sexual functioning.
3. Attendees will leave with a basic understanding how to implement sex therapy
4. Attendees will become familiar with current trends in sex therapy

### **Constance Sheehan, MSW, LCSW, ABD**

Connie has a Masters in Social Work, NYU; Doctoral Program (ABD) Loyola University; Sex

Therapy, Loyola University Medical Center; International Trauma Studies Program, NYU; Interdisciplinary Palliative Care Fellowship Program, Bronx VA; Ackerman Foundation in Family Therapy; Clinical Training in Mind/Body Medicine & Positive Psychology, Harvard Medical School; Interpersonal Neurobiology Certification at Mindsight Institute

She is a member of the teaching faculty at The Family Institute at Northwestern University, she teaches the Sex Therapy course and the Family of Origin and Intrapsychic course from a Systems Perspective as well as serving as a field liaison at Loyola School of Social Work. She is currently completing doctoral studies at Loyola University Chicago focusing on the synthesis of biobehavioral sciences intersected with psychotherapy.

### **Divorce: Planning, During, Recovery, Children**

#### **Workshop Description**

This workshop will discuss how a therapist will assist a couple as they decide if they are going to divorce and how to help the couple as they go through the divorce process. The workshop will also focus on how individuals recover their lives after a divorce and how to assist children with the divorce process.

#### **Workshop Objectives**

1. Attendees will understand how to assist a couple as they decide to stay together or divorce.
2. Attendees will understand how to assist a couple during the divorce process.
3. Attendees will understand how an individual recovery from divorce.
4. Attendees will learn how to assist parents as they help their children with the divorce.

### **Dr. Carroll Cradock, Ph.D.**

Dr. Carroll Cradock is a clinical psychologist and mediator with over 25 years of experience in helping adults, children and families adapt to separation, divorce, remarriage and re-partnering. She received her doctorate from DePaul University and has held the positions of Associate Professor of Psychology in Psychiatry and University of Illinois Chicago College of Medicine and President of the Chicago Campus of The Chicago School of Professional Psychology. She has provided leadership, clinical services and training in the public and private sectors of mental health care in Chicago for over two decades. She currently serves on the Council of the Illinois Psychological Association and maintains a private practice as a psychologist and mediator.

### **Infidelity- The Other Relationship**

#### **Workshop Description**

Infidelity is often the main issue bringing a couple into marital therapy. It challenges the therapist to facilitate a therapeutic relationship which can encompass the meaning of the infidelity to both partners. Infidelity will mean something different to the "unfaithful" partner and the "hurt" partner. It will also have a dynamic role in the psychological equilibrium of the marriage. Marital therapy can facilitate the disclosing and articulation of the meaning of the infidelity within the context of the marital relationship, and assist both spouses as they adjust to the new realities and decide what to do next.

#### **Objectives**

1. Participants will recognize the meaning of infidelity from the perspective of each marital partner, the "unfaithful" partner and the "hurt" partner.
2. Participants will recognize the role of the therapist in relating with each partner as individuals, as well as with both partners together as a couple.

### **Jay Einhorn, Ph.D.**

Dr. Jay Einhorn is a clinical psychologist in independent practice, including psychotherapy, diagnostic evaluation, career coaching, and professional and organizational consultation. He is Consulting Psychologist at Roycemore School, in Evanston. Jay is Chair of Peer Study Groups for the Chicago Assn. for Psychoanalytic Psychology, and initiator-facilitator or co-initiator-facilitator for independent peer study groups for IPA members and therapists who work extensively with clients with learning disorders. The central questions of his career have been, "How can psychology help to understand human nature?" and "How can that knowledge be applied to improve the quality of life?" His presentation at the 2010 IPA conference was "Incorporating Spirituality in Clinical Practice."

### **Challenging Bonds: Working with Blended Families**

#### **Workshop description**

Among the family therapist's greatest challenges is working effectively to balance the often-competing concerns and agendas of blended families. Divorce and remarriage herald an enormous restructuring of family ties, ushering in a powerful sequence of questioning, testing and establishing relationships. An attachment lens is instrumental in helping families process experiences of loss and forge new bonds.

#### **Learning Objectives**

1. Attendees will identify the unique challenges faced by blended families.
2. Attendees will understand the role of attachment dynamics in blended families.
3. Attendees will understand the process of working with sub-systems.

### **Jeff Hickey**

Jeff Hickey is in private practice in Chicago and Evanston, where he specializes in couples therapy. He is a graduate of the Loyola social work school and the Family Institute's post-graduate program in couple and family therapy. As director of the Chicago Center for EFT, Jeff provides supervision and training in Emotionally Focused couple therapy.

### **The Impact of Divorce on Adult Romantic Relationships**

#### **Workshop description**

This presentation will be a psychodynamic exploration of how the fears, conflicts, expectations, and ideals of adults who grew up in divorced homes contribute to their own difficulties with romantic love (e. g. they are twice as likely to get divorced themselves, 3x as likely if both partners come from divorced homes). Especially anxious about romantic love, adult children of divorce are less trusting of their partners and more pessimistic about the durability of romantic relationships than adults who grew up in intact families. In addition, they are often hypersensitive to the problems their parents had, and likely to over-react to similar issues in their own romantic relationships. In both individual and couples therapy, the therapeutic goals for adult children of divorce should include, among other factors, identification and resolution of intimacy conflicts and the alteration of those selective perceptions, attributions, and expectancies that lead to couple dysfunction.

#### **Workshop Objectives**

1. Attendees will learn how to help clients develop "an integrated perspective" on parental divorce, which includes mourning the losses that accompanied the divorce,

2. Attendees will learn how to help clients identify and resolve the fears and conflicts related to emotional intimacy with romantic partners, and

3. Attendees will learn how to facilitate the alteration of those selective perceptions and negative attributions that lead to couple dysfunction.

### **Dr. Geraldine K. Piorkowski**

Dr. Piorkowski is Clinical Associate Professor of Psychology at the University of Illinois at Chicago, where she has also served as Acting Dean of Students and Director of the Counseling Center. Prior to her arrival at the University of Illinois at Chicago, she was Chair of the Psychology Dept. at Roosevelt University, Chicago. She is the author of two books on romantic love: "Adult Children of Divorce: Confused Love Seekers," an exploration of the psychological and cultural factors that impact adult children of divorce, and "Too Close for Comfort: Exploring the Risks of Intimacy," a general examination of the dangers of romantic love.

## **Coexisting Problems**

### **Eating Disorders**

#### **Workshop description**

This presentation will provide an overview of the function and impact of eating disorders on couples and their interactions. In particular, it will examine how eating disorders differentially influence the relationship based on onset- prior to or during the development of the relationship. The self-regulatory model developed by the speaker will be reviewed and ways to integrate it into the treatment arena itself will be discussed. Participants will be encouraged to present clinical issues and situation of relevance to them

#### **Workshop objectives**

1. Participants will be able to identify 3 ways eating disorders impact the couple
2. Participants will be able to list the components of the Self-Regulatory Model.

### **John L. Levitt, Ph.D.**

Dr. Levitt has been involved in health care field for over thirty years. He has been instrumental in developing and directing programs for the education and treatment of those with eating disorders, self-harm, and trauma-related disorders illnesses. Dr. Levitt has delivered hundreds of papers and workshop presentations both locally and nationally and has authored over fifty publications including being the editor/author of four books.

### **K. R. Juzwin, Psy.D.**

Dr. Kuzwin has been practicing for over twenty years. She currently is the Director of the Self-Injury Recovery Services programs at Alexian Brothers Behavioral Health Hospital in Hoffman Estates and is an Associate Professor at Argosy University Schaumburg, where she teaches classes on self-injury, eating disorders, trauma, suicide and police psychology. She has spoken on topics related to self-injury, eating disorders, trauma, and forensic issues; and several times with Dr. Levitt on complex patient symptomology and other topics. She has authored chapters and books related to self-injury and complex patient issues. Her training includes internship at Alexian Brothers, with an emphasis on complex patients and family therapy with these patients.

## **Attention Deficit Disorders**



## **Workshop description**

### **Sculpting Fog: Working with Couples When One Partner Has Attention Deficit Disorder**

Due to its hidden nature, adults with Attention Deficit Disorder (ADD) often struggle to compensate for the disorder and to understand and accept its impact upon their lives. Their partners have difficulty making sense of related symptoms, and are left with negative feelings about their impact upon the couple and the family. As partners struggle to understand one another in this ambiguous context, they feel like they are “sculpting fog.” This can lead to a plethora of misunderstandings, tensions, and perpetual problems. Ironically, such couples often have the resources and skills to work together to address areas of concern, but lack the ability to communicate. In this workshop, the presenter will discuss how to work effectively with couples in this situation in both the diagnostic and treatment processes.

### **Workshop Objectives**

1. Participants will understand common ways in which one person's struggle with ADD can negatively affect a relationship life.
1. Participants will understand the common perpetual problems that arise in such relationships.

### **Michael A. McNulty, PhD, LCSW**

Michael A. McNulty is a psychotherapist with twenty five years experience. He maintains a private practice in Evanston and Highland Park, Illinois, and is a Certified Gottman Relationship Therapist, trainer, and consultant for The Gottman Relationship Institute's Professional Development Program. Besides couple therapy, his subspecialties include working with the emotional aspects of learning disabilities and attention deficit disorder. He has published research on dyslexia from a life course perspective. Dr. McNulty is an Adjunct Faculty member of The Chicago School of Professional Psychology and an instructor in the University of Chicago's School of Social Service Administration's Professional Development Program. In 2010-2011, he received a Fulbright Specialist's grant for to support his work training lay counselors in basic counseling skills in Sri Lanka where has traveled 12 times to assist since the tsunami.

### **Substance Abuse**

#### **Workshop Description**

This presentation will focus on how alcohol and/or substance abuse impacts couples. It will examine the progression of use and abuse along with how it complicates the relationship. Interventions and treatment models will be reviewed.

#### **Workshop objectives**

1. Participants will be able to understand alcohol and substance use/abuse/dependence affects couples relationships.
2. Participants will be able to assess, intervene, treat the couple experiencing problems related to alcohol/substance use.

### **Joseph E. Troiani, Ph.D., CADC**

Joseph E. Troiani, Ph.D., CADC is the Director of Behavioral Health Programs for the Will County Health Department. At Will County he oversees adult, child & adolescent, forensic, correctional mental health programs along with the adult and adolescent substance abuse treatment programs. He is also core faculty and the Coordinator of the Substance Abuse Program at the Adler School of Professional Psychology. Over the past 39 years he has directed both substance abuse and mental health treatment programs in in-patient and out-patient settings. He has a Ph.D., and M.A. in Clinical Psychology and a second masters in Health Services Administration,

and is a graduate of a two year clinical training program in substance abuse. Offices held include past Secretary, and currently Treasurer of the Illinois Psychological Association and Officer with the Illinois Association of Threat Assessment Professionals. Dr. Troiani had been a therapist in a VA substance abuse treatment program. He is currently a Commander in the U.S. Navy (Reserves)

### **Major Health Problems**

#### **Workshop description**

This workshop will discuss the impact medical problems may have on couple's relationships.

#### **Objectives of Workshop**

1. Attendees will understand the impact medical problems have on couple's intimacy.
2. Attendees will understand the monetary, physical, social stress of illness upon a couple
3. Attendees will understand caregiver stress of the healthy partner.

### **Dr. Lynda Behrendt, Psy.D., R.N.**

Dr. Behrendt has a private practice with adults in the Chicago suburbs. She has been in practice for over 25 years. With experience as a registered nurse for ten years, she specializes in working with patients who have coexisting medical problems. She regularly works with couples. She has a special focus working with people with spiritual concerns and who are making a cross-cultural adjustment.

### **Psychological and Personality Disorders.**

#### **Workshop description**

##### **Working with Couples with Personality Disorders**

When couples come for treatment they generally come as a result of severe and significant distress and conflict. When the distress is related to either of both partners having a personality disorder (PD), the couples work is exponentially more complex and difficult. This presentation will take a cognitive behavioral perspective to couples work that will emphasize working with and around the PDs. Issues of assessment, conceptualization, and treatment will be addressed.

#### **Workshop Objectives**

At the conclusion of this presentation, participants will be able to:

1. Describe an assessment strategy for couples work that involves both individual and couple information gathering.
2. Identify 10 factors that point to the probability of a personality disorder.
3. Describe the use of cognitive/emotive interventions and behavioral/systemic interventions.
4. Describe how homework can be used in couple's work.

### **Dr. Art Freeman**

Arthur (Art) Freeman is Professor and Director of the Clinical Psychology program at Midwestern University's Department of Behavioral Medicine. He is a Distinguished Founding Fellow of the Academy of Cognitive Therapy. He was, for thirteen years, the Founding Chair of the Department of Psychology at the Philadelphia College of Osteopathic Medicine. In his tenure at PCOM he developed Psy.D. programs in clinical psychology and in school psychology; masters programs in clinical psychology, school psychology, counseling and clinical health, and organizational behavior; and certificate programs in school psychology (Ed.S.) and graduate studies (CAGS).

He completed his undergraduate and early graduate work at New York University and his

doctoral work at Teachers College-Columbia University. He studied at the Alfred Adler Institute in New York under Drs. Kurt and Alexandra Adler, the Institute for Rational Living under Dr. Albert Ellis, and completed a Postdoctoral Fellowship at the Center for Cognitive Therapy at the University of Pennsylvania under Dr. Aaron T. Beck. In 2005 he received the postdoctoral degree of Sc.D. (Doctor of Science) from Babes-Bolyai University in Cluj, Romania.

In addition to 100+ book chapters, reviews and journal articles, he has published over seventy five professional books. His work has been translated into Bulgarian, Chinese, Croatian, Dutch, Farsi, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, and Swedish. Dr. Freeman serves on the editorial boards of several U.S. and international journals.

He is board certified in Clinical Psychology, Family Psychology, and in Behavioral Psychology by the American Board of Professional Psychology. Dr. Freeman is a Fellow of the American Psychological Association (divisions of Clinical Psychology, Psychotherapy, and Family Psychology), of the American Psychological Society, of the Academy of Clinical Psychology, and of the Pennsylvania Psychological Association. Dr. Freeman is a past president of both the Association for Advancement of Behavior Therapy (now the Association for Behavioral and Cognitive Therapies) and the International Association for Cognitive Psychotherapy.

In 2000, the Pennsylvania Psychological Association named him recipient of its award for "Outstanding Contribution to the Science and Practice of Psychology." Art has lectured at conferences and universities in forty five countries over the past 30 years.

## **Older Adults – Losses and Long Term Relationships**

### **Workshop description**

Intimate relationships in mid- and later life necessarily reflect changes in individuals' minds and bodies over time, as well as the couple's ability to navigate such changes within the context of sociocultural roles and expectations both past *and* present. This workshop will explore what it means to do couples therapy with older adults—helping you better understand the varying effects of aging on marriage and other relationships, negotiate resistance related to time-worn patterns and hopelessness about change, use practice-tested clinical approaches and techniques, and manage your own emotions and assumptions about working with aging couples. We also will address the qualities that tend to support and nurture successful long-term relationships.

### **Workshop objectives**

1. Attendees will be able to identify ways in which the aging process affects the health and well-being of couple's relationships.
2. Attendees will improve their understanding of the unique features and most useful approaches of the psychotherapy process with older couples.
3. Attendees will be able to identify qualities known to nurture successful long-term relationships.

### **Lisa Campbell, Psy.D.**

Dr. Campbell is the co-director of the Willow Wellness Center in Park Ridge, she specializes in psychological care for people 50 and older. She works regularly with couples and families facing the changes and challenges of aging, and offers a perspective informed by both practical experience and extensive consultation of literature. She has presented on aging issues through the IPA as well as for the American Society on Aging and local business and church groups.

## **Cultural and Racial Differences**

### **Workshop Description**

This workshop will focus on cultural issues as they relates to marriage and family communication and conflict. There will be a focus on stress that may occur in the relationship when the couple is

living in a culture different than their own and also when there is a cultural/racial difference within the couple.

### **Workshop Objectives**

1. Attendees will understand how living within a different culture can put stress upon a couple.
2. Attendees will understand how a racial or cultural difference between partners can affect their communication, value and conflict resolution.

**Dr. Elina Manghi, Psyd , LMFT** is a professor at the Adler School of Professional Psychology and Assistant Professor at the Department of Disability and Human Development at UIC. She has presented numerous workshops nationally and internationally on acculturation and immigration issues. She has also presented on Marriage and Family Therapy Techniques and Autism spectrum disorders.

### **LGBT Issues**

#### **Workshop description**

This workshop will describe couples issues regarding special populations such as culturally diverse and same sex couples. The Focus will be on identifying treatment issues and exploring treatment options with these various populations. It also will include special considerations when working with diverse couples and same sex couples.

#### **Objectives:**

1. Participants will identify at least three special considerations when working with couples of diversity.
2. Participants will identify Treatment issues when working with Diverse couples and same sex couples.
3. Participants will devise a treatment place for a specific case.

#### **Gregory Sarlo, Psy.D.**

Dr. Sarlo, a Licensed Clinical Psychologist, is the Founder, Clinical Director, and Director of Training, of Psychological Consultations. A graduate of The Adler School of Professional Psychology, Dr. Sarlo has worked with Lesbian, Gay, Bisexual, Transgendered, and Questioning (LGBTQ) communities for more than 20 years. He is the current President of Illinois Psychological Association (IPA) for a second Term, and was Core Faculty at The Adler School of Professional Psychology (ASPP) for 8 years. He is also a longtime member of The American Psychological Association (APA). Formerly Dr. Sarlo served as program Director of Adler's Masters in Counseling and Masters in Organizational Counseling programs, as well as the Program former Coordinator of Clinical Qualifying Examinations at the ASPP. Dr. Sarlo provides clinical supervision and training for graduate students and is working actively to help find ways to place Psychology Graduate Interns within Illinois. In the past Dr. Sarlo served for 5 years as a steering committee member and chair of the Midwest Association of Gay and Lesbian Psychologists. He also works with the HIV impacted community conducting studies and neuropsychological testing. In addition Dr. Sarlo is one of the founding members of The Association of Chicagoland Externship and Practicum Training Sites (ACEPT), and founding past President. He continues to focus on the area of diversity in the professional psychological community. In 2009 Dr. Sarlo was the recipient of the Adler Faculty Award for Outstanding Service to the Community. Dr. Sarlo was also the recipient of the Jennifer Manfre, Psy.D. Award for Outstanding Service to Graduate Students in Illinois, and the Distinguished Psychologist Award, both awarded during the 2009 Annual IPA Convention. In 2010 Dr. Sarlo was presented with a Certificate of Appreciation from the Adler Alumni Association and recently received the HOPE award from Sierra Tucson to the community.

**Daniel Brewer, Psy.D.** - Dr. Brewer has been a member of the Psychological Consultations therapist and as the Associate Director of Business Operations for the practice. He is currently completing the required hours for Licensure as a Post Doctoral Associate at Psychological Consultations. Dr. Brewer has generalist training in psychotherapy, with experience working with adolescents and adults, in individual, couples, and group formats. Dr. Brewer has a Bachelor of Science in Psychology from the Pennsylvania State University, and a Masters and Doctorate in Clinical Psychology from The Illinois School of Professional Psychology, part of Argosy University. Dr. Brewer also serves as Adjunct faculty at The Adler School of Professional Psychology, teaching a number of courses in their Counseling Program. Specializing in work with gay men, Dr. Brewer has experience working with identity and coming out issues, as well as substance abuse, depression, and anxiety. He is a member of both IPA and APA. Dr. Brewer currently served as Co-Chair of the IPA 2010 Convention Committee.

**Research and Practice**

**Workshop description**

The workshop will look at the state of findings from couple therapy research and how this can inform clinical practice from my recent review of this literature for JMFT. Examples include the role of the therapeutic alliance in treatment, efficacy of various treatment models, and application of couple therapy in the treatment of individual disorders. The workshop is about the state of the research on couple and family therapy and the findings that can be applied to practice.

**Workshop Objectives**

1. Participants will understand the research on couple therapy
2. Participants will make informed decisions based on the evidence about couple therapy
3. Participants will understand the place of evidence based treatments.

**Jay Le Bow, Ph.D.**

Dr. Jay Lebow is Editor-Elect of *Family Process*. He is Clinical Professor of Psychology at the Family Institute at Northwestern and Northwestern University. He has engaged in clinical practice, supervision, and research on couple and family therapy for over thirty years, and is board certified in family psychology and an approved supervisor and clinical member of AAMFT. He is the author of 100 book chapters and articles, most of which focus on research and practice in couple and family therapy, the interface of research and practice more broadly in psychotherapy, integrative practice, and intervention strategies with divorcing families. He has published six books including *Research for the Psychotherapist*, *the Clinical Handbook of Family Therapy*, and most recently with Doug Sprenkle and Sean *Davis Common Factors in Couple and Family Therapy*. He is a past president of the Society for Family Psychology of the American Psychological Association, served for many years on the Board of Directors of the American Family Therapy Academy, and was named Family Psychologist of the year in 2007.

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