**Thursday, October 30, 2014**

9-10:30 a.m.

**No Separate Self: Mindfulness as a Path to Compassion**

Mindfulness practices were originally designed to cultivate deep understanding of the origins of suffering and provide a path to its alleviation. This presentation will explore some of the more radical insights they can reveal. By seeing how our sense of self is constructed moment-to-moment, we’ll discover ways that we and our clients can develop compassion for ourselves and others, as well as to cultivate the capacity to bear affect and regulate emotion that is essential for successful therapy and other intimate relationships.

*Ronald D. Siegel, Psy.D.*


**Learning Objectives:**

- Describe how mindfulness practices change our view of self and others.
- Identify 3 objects of awareness to attend to in applying mindfulness in intimate relationships.
- Describe how mindfulness practices can be used to cultivate compassion and enhance therapy and other intimate relationships.

10:45-12:15

**Wisdom & Compassion in Psychotherapy: Two Wings of a Bird**

What do we look for in a psychotherapist? When we are in pain, the answer probably isn’t academic knowledge or training. Rather, we hope that our therapist will be wise—have a deep understanding of how to live life—and compassionate—able to supportively enter into our suffering with us. This presentation will explore how, using mindfulness practices, wisdom and compassion can be cultivated in both the therapist and the client, leading to richer, more fulfilling treatments.

*Ronald D. Siegel, Psy.D.*

**Learning Objectives:**

- Identify the various dimensions of wisdom and compassion and understand how they can be cultivated in therapeutic relationships.
• Describe ways to help clients cultivate wisdom and compassion in their personal and professional lives.
• Identify the role of cultivating wisdom and compassion in creating treatment goals.

1:30-3 p.m. Concurrent Presentations (2)
• **Skills that support Secure Attachment: Building “Preventative Resilience” and Creating Corrective Experiences**

There is a recent study on war veterans that suggests that people who had a securely attached childhood have an in-built capacity to be much more resistant to PTSD. This can be true for them even when exposed to intense, challenging life events; whereas people with problematic, insecure attachment as children are much more likely to be affected by traumatic events.

“Preventative resilience” insulates us from trauma – we never know what life will bring us, but we do know that if we have Secure Attachment then we can bounce back faster. Ideally, this should start right at the very beginning of where the relational template forms: if we can educate parents on how to create a safe haven within their partner-to-partner bond and child-parent bond, their children will be more likely to face challenges later in life without becoming traumatized, and they will have more fulfilling, attuned relationships as they grow into adults.

On the other hand, the marvelous thing about our brain is its unique quality of plasticity: the brain can LEARN. It can be re-wired. With Corrective Experiences, we can deconstruct a less-than-secure Attachment adaptation and restore the original blueprint of a healthy balance between love of self and attuned connection with others.

**Diane Poole Heller, Ph.D.**
International Lecturer, Somatic Experiencing trainer, DARe – Dynamic Attachment Re-Patterning Experience; expert in Trauma Resolution. Author of *Crash Course: A Self-Helaing Guide to Auto Accident Trauma and Recovery.*

**Learning Objectives:**
- o Describe the 5 defining qualities of Secure Attachment and the parenting style that fosters it,
- o Describe the characteristics of Ambivalent/Anxious Attachment Adaptation that are linked to survival—often creating disconnection from Self, perpetuating disappointment, and fueling clients’ chronic attitude of complaining,
- o Demonstrate one specific corrective experience that can be used clinically to help heal early attachment wounding toward regaining an experience of Secure Attachment,
Discuss why Secure Attachment is believed to create “Preventative Resilience” that allows for less severe symptoms and quicker recovery when clients later encounter high stress situations or PTSD.

- **Quieting the Hungry Ghost:**
  *Mindful & Compassionate Relapse Prevention*

This workshop explores some ways that mindfulness can help prevent relapse, and to also help in overcoming the “shame” of relapse when it occurs. Whatever your hungry ghost, mindfulness can help quiet it.

An important element of this workshop is to have therapists share how they are using mindfulness in their professional and personal lives. Time will be integrated into the schedule to allow for small group interaction.

**Richard Fields, Ph.D.**

**Learning Objectives:**
- Identify the key elements of lapses and relapses.
- Develop self-compassion and mindfulness skills to prevent relapse, and motivate healthy habits.
- Identify the role of compassion and mindfulness in reducing reactivity, shame, and disconnection implement positive psychology and learned optimism to maintain motivation, and hope.
- Develop skills in interpersonal relationships by focusing on quieting reactive emotions – anger, criticism (blame), and patience.

3:30-5 p.m. Concurrent Presentations (2)

- **Therapist, Heal Thyself – Journeying From Wound to Wellness with Your Client**

In therapy, the capacity to create presence is even more essential than the effectiveness of any clinical model you choose. In all my recent conversations with colleagues, the point we all agree on is that you need to have healed your own wounds so you can authentically meet your clients in their dark places – and at the same time have the ability to guide them with compassionate presence in their healing journey.

As we reclaim the disowned parts of ourselves, we can then “show up” for the work our clients need to do to reintegrate their own rejected or dissociated parts. While we make space for the wound to be able to heal it, we also support our core intactness, our blueprint for health, which is always there underneath the disturbances.

In the DARe / SATe model we use corrective experiences, body-based interventions, techniques that involve tracking the clients’ narrative, and work with the encapsulated child states> With this support, the client can experience a deep and inspiring transformation and ultimately embrace the core intactness.

**Diane Poole Heller, Ph.D.**
Learning Objectives:
- Discuss two tried-and-true techniques to work with “Encapsulated Child States” that lock clients in the past, usurping their access to the Present,
- Demonstrate one technique to move a client’s “historical self” through time by weaving between two or more time zones, to help clients reintegrate their fragmented or disowned memories into the Present,
- Demonstrate one experiential exercise that can develop the capacity to shift awareness, resource themselves and/or self-regulate to “keep their seat” when needing to stay present for a client’s disturbing dark place with unresolved trauma.
- Utilize one corrective experience designed to access their “Blueprint for Health”, Secure Attachment and attain authentic presence and connection.

*Emotions: Befriending the Messengers Within*

In this presentation/workshop, Pouria Montazeri, MA, LPC will explore the world and language of emotions from mindfulness/compassion-based perspectives. What are the nature of emotions and how can they help us find our way back to wholeness. They are merely fingers pointing to the moon. How can we go beyond the dichotomy of repression and reactivity towards acceptance and welcoming. Participants will leave with multiple mindfulness-based interventions that will support them and their clients in befriending and understanding emotions with wisdom and compassion.

Pouria Montazeri, M.A., LPC
Transpersonal psychotherapist and educator with a private practice in Boulder and Denver. He teaches at Naropa University at the Graduate School of Psychology.

Learning Objectives:
- Describe Mindfulness-based approaches to dealing with emotions,
- Demonstrate at least two mindfulness-based techniques,
- Explain how somatic and mindfulness-based approaches differ from cognitive approaches when applied to strong emotions,
- Demonstrate a technique for applying mindfulness to emotions.

Friday, October 31, 2014
9-10:30 a.m. *Intimacy Issues in Couples*

Most couples come to therapy wanting to exchange madness for magic. They long for the experiences of intimacy that drew them to one another initially. Come explore the unique challenges facing couples today; the most common issues they present; and research-based techniques for helping them achieve their goals.

Pat Love, Ph.D.
Licensed Marriage and Family Therapist, Distinguished Professor, and long-standing AAMFT Clinical Member and Approved Supervisor. Author, six books including the best-selling Hot Monogamy

Learning Objectives:
- List one defense against intimacy,
- List two prerequisites for attunement,
- Describe the role of dopamine in infatuation,
- List one prerequisite for positive outcome in therapy.

10:45-12:15 a.m.
**It’s all Parallel: Intimacy with Your Partner Requires Becoming Intimate with Exiled Parts of You**
If you hate the part of you that is rageful, needy, or nerdy, it will be hard for you to open your heart to people who contain those qualities. This workshop will help you explore that dilemma.

**Richard Schwartz, Ph.D.**
Director, Center for Self-Leadership
Originator/Developer, Internal Family Systems (IFS) model

Learning Objectives:
- Recognize the parts of clients that interfere with intimacy,
- Summarize the parallels between inner and outer relating,
- Observe demonstrations of working with one partner while the other “witnesses”.

1:30-3 p.m. **Love & Damage: Treating Trauma in Couples Therapy**
Most people who bring themselves and their partners into couples therapy want more than behavioral change. While communication skills, are great, what clients really want is true character change in their partners, and in the fundamental nature of the relationship. Relational Life Therapy (RLT) works deeply with each partner’s issues of character in the presence of the other. This workshop teaches how to move from the current dynamic to the Family of Origin resonances, early childhood wounding and adaptation – transforming both the relationship and the individuals inside it. Special attention will be paid to issues shame and grandiosity both intra-psychically and interpersonally. How to use early childhood material to shift a client’s stuckness in his or her current relationship is also demonstrated.

**Terry Real, LICSW**
An internationally recognized Family Therapist who founded the **Relational Life Institute (RLI)**, offering workshops for couples, individuals and parents around the country along with a professional training program for clinicians wanting to learn his **RLT (Relational Life Therapy)** methodology.
He is the best-selling author of several books, and most recently *The New Rules of Marriage: What You Need to Make Love Work* (Random House). He is a senior faculty member of the Family Institute of Cambridge in Massachusetts and a retired Clinical Fellow of the Meadows Institute in Arizona.

**Learning Objectives:**
- Explain how a client can seamlessly transition from current dynamics in the marriage to early childhood experience,
- Describe how to differentiate wounding that is primarily shame-based from wounds of grandiosity—and how to treat both,
- Demonstrate doing trauma work with one partner with the other as a supportive witness.

3:30–5 p.m. Panel Discussion –

*Developing Compassion & Intimacy in Couples*  
*Question and Answers*

Pat Love Ph.D., Richard Schwartz, Ph.D. and Terry Real, LICSW

**Saturday, November 1, 2014**  
**9-10:30 a.m. Fierce Compassion: Telling “The Truth” with Love**

Whether it’s one partner to another, or a therapist to his or her clients, real intimacy is the conjunction of truth and love. With today’s emphasis on therapeutic nurturance – providing attunement, a secure holding environment – truth telling, guidance, and mentoring have all taken a back seat. This keynote introduces and demonstrates the technique of: *Joining Through The Truth,* helping client’s see their self-defeating, difficult, even grandiose behaviors in a way that leaves them feeling more than that you’re on their side but that you are truly “rooting” for them. Therapeutic intimacy is used to get at the “story beneath the story” – reframing beliefs, changing affect, and leading both partners toward greater levels of both honesty and connection.

*Terry Real, LICSW*

**Learning Objectives:**
- Describe how to move beyond “confrontation” to the art of “joining through the truth”,
- Explain how to quickly form a deep alliance with the best part of our clients,
- Describe how to create distance between the Functional Adult part of our client and less mature parts of their personality, and how to help them through compassionate containment.

10:45-12:15 p.m. Concurrent Presentations (2)
• **Self to Self Communication: A New Paradigm for Couples Therapy**

There is a place of calm, confident compassion in each of us that is called the Self in IFS but is called other names in other traditions like Buddha Nature or the Soul. When people are in conflict but, despite their differences, can speak to each other from this open-hearted place the conflicts abate and they remain connected. We will explore how to access and speak from this inner essence.

    Richard Schwartz, Ph.D.

**Learning Objectives:**
- Summarize the IFS model as it applies to couples therapy,
- Utilize the parts detector technique to help couples hold Self leadership,
- Observe demonstrations of couples speaking Self-to-Self.

• **Physical, Psychological & Spiritual Dimensions in Relationships**

Relationship can easily be one of the most difficult spiritual paths—especially if there are intimacy issues. In many ways the beginning stage of love provides a “bait and switch” experience as Nature makes physical, psychological and spiritual presence seem so effortless. Join us as we look at ways to maintain conscious connections and move forward on a spiritual path.

    Pat Love, Ph.D.

**Learning Objectives:**
- Describe the confusing nature of infatuation as it relates to ongoing relationships,
- List a working definition for the term “spiritual”,
- Describe the relationship between intimacy and early attachment,
- List two attachment styles.

1:30-3 p.m. **The Gifts of Suffering: Finding Insight, Compassion and Renewal**

When we have lived through a transformative experience of deep suffering in our lives – loss, upheaval, failure – what are the earmarks for valid psychological development as result of our change? This workshop will look at the topic of “resilience” from the perspective of increased optimism and compassion as a result of transforming hardship. The presenter – a psychologist, Jungian analyst and mindfulness teacher -- published a book called “The Gifts of Suffering” in 1998 and has worked with both military and therapeutic populations in the last fifteen years to apply and expand the insights the book uncovered. Her main interest has been in resilience as the capacity to thrive after adversity. This
workshop will introduce some basic frameworks for understanding and teaching resilience.

Polly Young-Eisendrath, Ph.D.
Internationally recognized Jungian analyst, psychologist and mindfulness teacher who maintains a clinical practice in central Vermont. She is the author of 15 books, including The Present Heart: A Memoir of Love, Loss, and Discovery (Rodale Books, October 2014), an insightful personal account of embracing the challenge of early onset Alzheimer’s in a beloved spouse and vowing to remain fascinated, in present-moment awareness, with all that unfolds. The Present Heart is about engaging with the impermanence of life while keeping your vitality and sense of humor.

Learning Objectives:
• Understand how and why resilience is different from survival,
• Define and apply the model of compassion and self-compassion in working therapeutically or educationally with the transformation of adversity,
• Apply the idea and practice of “insight” in both therapeutic and mindfulness settings.

3:15-4:45 p.m.
True Love Ways: The Importance of Maintaining a Mindful Gap in Intimate Relationship
These days almost every therapist uses some “mindfulness techniques” in working with couples. And still, we find that couples habitually return to the same stuck relational habits, even after participating in a full course of couples therapy. Why is that?
This workshop will introduce a key concept from psychoanalysis: projective identification. It will show specifically how and why well-meaning couples who “know how to communicate” still get caught up in harmful emotional patterns if they do not understand their inner lives, as individuals.
Drawing on object relations, Jungian theory, Dialogue Therapy for Couples (originated and practiced by the speaker), as well as mindfulness and Buddhist teachings, this workshop will give an overview of what has to happen in order for couples to change their emotional behavior and learn how “mind the space” between them with respect and compassion. If a mindful gap is not maintained, couples become fused and embattled.

Polly Young-Eisendrath, Ph.D.
Learning Objectives:
o Define and apply the concept of projective-identification in couples’ therapy,
o Describe and apply the concepts of “sankaras” (from Buddhism) as they refer to “psychological complexes (from Jungian theory),
Discuss the significance of a “mindful gap” between people in an intimate relationship and apply this concept to couples’ therapy.