Centre for MindBody Health

DBT WITH REACTIVE OR HIGH CONFLICT COUPLES

Alan E. Fruzzetti, Ph.D.

December 9/10, 2022: 11a – 4p (ET)
Online via Zoom

PRESENTER

Alan E. Fruzzetti, Ph.D. is Director of Training in Family Services and Director of DBT Adherence for 3East DBT programs at McLean Hospital. He is also an Associate Professor of Psychology in the Department of Psychiatry at Harvard Medical School. He received his B.A. from Brown University and M.S. and Ph.D. from the University of Washington in Seattle. Alan has adapted and implemented Dialectical Behavior Therapy for various underserved populations and developed successful DBT programs for people with borderline personality disorder and other problems with emotion regulation.

LEARNING OBJECTIVES

1. Describe how emotion vulnerability and invalidation transact to create emotion dysregulation in couples, including problematic patterns

2. Build a treatment target hierarchy relevant to couples in distress

3. Conduct a "double chain" to understand how partner transactions evolve and contribute to problem behaviors, and identify points of intervention

4. Teach and coach relationship mindfulness, accurate expression, and validation

5. Teach and coach collaborative problem solving

6. Utilize the double chain to weave in these skills as solutions

7. Manage in-session conflict and dysregulation

ABOUT THE TRAINING

This training will focus on relationship distress including dysregulated emotion, particularly anger, hurt feelings, sadness, embarrassment and worry. It will examine ways of providing brief DBT family interventions, specifically: 1) how to think about couple transactions in a DBT way, with the role of emotion dysregulation as a central tenet alongside misunderstanding and invalidating responses; 2) DBT couple interventions that organize and manage reactive or dysregulated partners in the session, 3) how to help partners learn emotion management and relationship skills that reduce aversive conflict, increase collaboration and build closeness and connection. This approach has been shown to improve couple relationships in general, helping partners become less destructive, and more peaceful and loving.

COURSE FEE

Registration Type	Early Registration Fee (Before December 1)
Regular	$400 CAD + HST
Student	$325 CAD + HST
	Regular Fee (December 1 onward)
Regular	$425 CAD + HST
Student	$350 CAD + HST

A 5% discount is available for groups of 5+ registering at the same time.

ONTARIO PSYCHOLOGICAL ASSOCIATION

This Program is OPA Accredited

MDPAC ACPMD MEDICAL PSYCHOTHERAPY ASSOCIATION CANADA ASSOCIATION CANADIENNE DE PSYCHOTHÉRAPIE MÉDICALE

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REGISTRATION OPTIONS

1. Register online and pay with credit card: https://cmbh.space/event/online-training-dbt-with-reactive-or-high-conflict-couples/

2. Email completed registration form (below) and e-transfer to: cmbhworkshops@gmail.com

Registration Confirmation: Please allow 1-2 business days for our workshop team to confirm your registration. We will email you an official receipt upon confirmation, including further details on workshop format and preparation materials.

Cancellation and Refund Policy: An administrative fee of $75 will be charged for cancellations. For a refund, written notification must be received by November 25, 2022. Written notice of cancellation should be emailed to cmbhworkshops@gmail.com. Refunds will not be issued after November 25, 2022. CMBH reserves the right to cancel workshops due to unforeseen circumstances.

REGISTRATION FORM

NAME: _____

CITY: _____

PHONE: _____   EMAIL: _____

REGISTRATION TYPE:

☐ EARLY REGISTRATION FEE ($400.00 + HST) = **$452.00 CAD**
☐ REGULAR FEE ($425.00 + HST) = **$480.25 CAD**

☐ STUDENT EARLY REGISTRATION FEE ($325.00 + HST) = **$367.25 CAD**
☐ STUDENT REGULAR FEE ($350.00 + HST) = **$395.50 CAD**

SIGNATURE: _____   DATE: _____

Join Our Team: CMBH is looking to grow our team with an additional two clinicians. If our clinic's aims and approaches to psychotherapy resonate with you and you are a lifelong learner in DBT, EFT, Mindfulness and Self-Compassion, we would love to hear from you! Please view our brochure, and submit your resume and cover letter to cmbh@cmbh.space.