

### HARVARD MEDICAL SCHOOL

DEPARTMENT OF CONTINUING EDUCATION

# TREATING COUPLES

**NOVEMBER 15-16, 2013** 

### FAIRMONT COPLEY PLAZA HOTEL - BOSTON

offered by

## THE DEPARTMENT OF PSYCHIATRY CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of

Jill Elka Harkaway

**Judy Reiner Platt** 

**David Treadway** 

The objective of this course is to identify advances in treatment and research in couple therapy by explaining the neurobiological and psychological basis of relationships. Through lectures, panel discussions, case studies, videotapes, and question and answer sessions, a variety of treatment interventions will be highlighted to illustrate what works best for what type of challenge. **Learning Objectives:** As a result of attending this course you will be able to: determine when and how to use different treatment interventions including mindfulness, intrapsychic, systemic, and attachment theory; develop strategies for working with couples who are "stuck", lacking intimacy, sexually challenged, healing from trauma, depressed, or are in a newly formed family as a result of childbirth; define the brain chemistry associated with relationships, the common mistakes made in couple therapy, and other challenges that confront therapists. The course is intended for mental health and medical clinicians, including psychiatrists, social workers, psychologists, marriage and family therapists, internists, family practitioners, nurses, and others who are interested in couples and their relationships. **For Further Information Contact:** Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-503-8445; Fax: 617-503-8460; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY - NOVEMBER 15, 2013

7:45 -	8:30	REGISTRATION AT THE FAIRMONT COPLEY PLAZA HOTEI		
8:30 -	12:45	45 MORNING PROGRAM - Moderator: Barbara F. Okun		
		The Neuroscience of Relationships:		
		How Brain Systems Can Help and Hurt		
	Clinical Interventions to Help Make Marriages Work			
		Circulit in a the Complexities of Transparin Country	RIC	chard Schwartz
	Simplifying the Complexities of Trauma in Couples: Interventions that Heal		Ma	arv Jo Barrett
12:45 -				,
		AFTERNOON PROGRAM - Moderator: David Treadway		
	Customizing Couples Therapy: Matching the Model to the Couple		ple Su	zanne McCarthy
	A Conversation about Couples Treatment			,
	Opening the Conversation			zabeth G. Brenner
	Same Couple, Different Focus:			
		The Psyche, the System, and the Present Moment		•
				Elka Harkaway,
SATUR	DAY -	NOVEMBER 16, 2013	HO	Ily Friedman Housman
8:30 - 12:45 MORNING PROGRAM - Moderator: Jill Elka Harkaway				
0.00	Helping "Stuck" Couples: An Attachment Perspective on Negative Cycles		tive Cycles Ele	anor F. Counselman
	Therapeutic Choice Points in Couple Therapy: How and When to Intervene		•	
	Fifty Shades of Monogamy:			a
	Rethinking Controversial Conversations in Couples Therapy		Jea	an Malpas
12:45 -	12:45 - 2:00 BREAK			
2:00 -	2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Lyn E. Styczynski			
Protecting Couples during the Transition to Parenthood:				
	Research, Interventions, and Clinical Practice			
	Treating Depression in Couples Therapy			
		Learning from Mistakes		vid Treadway
Program changes/substitutions may be made without notice				
		TREATING COUPLES		
November 15-16, 2013 Course #331326		-16, 2013 Course #331326	Physici	ians' Fee: \$380 (USD)
			Α	II Others: \$280 (USD)
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Email A	ddress	3		
Your email address is used for important information about the course including: registration confirmation, course evaluation, and certificate. Please be sure to				
include an email address you check frequently. If you do not have an email address, complete this registration form and send it with check to the address below.				
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Telephone, fax or mailed registrations by credit card are not accepted.

Payment by Credit Card (Visa or MasterCard) is ONLY accepted at www.cme.hms.harvard.edu/courses/couples

#### **GENERAL INFORMATION**

REGISTRATION: Physicians - \$380 (USD) All Others - \$280 (USD)

All foreign payments must be made by a draft on a United States bank or by Visa or MasterCard. If paying by credit card, please register online at <a href="https://www.cme.hms.harvard.edu/courses/couples">www.cme.hms.harvard.edu/courses/couples</a> Upon receipt of your registration form, an email confirmation from the HMS-DCE office will be sent to you. Therefore, be sure to include an email address that is checked frequently. If paying by check, make it payable to <a href="https://www.cme.hms.harvard.edu/courses/couples">harvard.edu/courses/couples</a> Upon receipt of your registration form, an email confirmation from the HMS-DCE office will be sent to you. Therefore, be sure to include an email address that is checked frequently. If paying by check, make it payable to <a href="https://www.make.mar.edu/couples-to-mar.

ONLINE INFORMATION: To ensure proper registration, please add the first *three* letters of the code found at the bottom of the registration form. To register or to view course information online, visit our home page: <a href="www.cme.hms.harvard.edu/courses/couples">www.cme.hms.harvard.edu/courses/couples</a> REFUND POLICY: A handling fee of \$60 (USD) is deducted for cancellation. Refund requests must be received by email (hms-cme@hms.harvard.edu) or fax (617) 384-8686 one week prior to the course. No refund will be made thereafter.

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at The Fairmont Copley Plaza Hotel. Rooms in Boston are limited; you are urged to make your reservations early. A block of rooms has been reserved at the Fairmont Copley Plaza, 138 St. James Avenue, Boston, MA 02116, (617) 267-5300 or (866) 540-4417 until October 24, 2013. Please specify that you are enrolled in this course to receive a conference rate.

**TRAVEL INFORMATION:** Reservations may be made by calling the HMS Travel Desk toll free (877) 4-HARVMD / (877) 442-7863 Monday-Friday 9 am. - 8 p.m. (EST). From outside the US, Canada, and Virgin Islands, please call (617) 559-3764.

#### **CONTINUING EDUCATION:**

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **ACGME Competencies**: This course is designed to meet: patient care, medical knowledge, interpersonal and communication skills, and professionalism. **Disclosure Policy:** The Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the course. These disclosures will be provided in the course materials along with disclosure of any commercial support received for the course. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

**PSYCHOLOGISTS:** The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

**SOCIAL WORKERS and FAMILY THERAPISTS:** Application has been made to The Collaborative of the Massachusetts Chapter of the National Association of Social Workers, and the CT, MA, and RI Chapters of The Association for Marriage and Family Therapy for 7 credits per day for a total of 14 continuing education credits.

**COUNSELORS and EDUCATORS:** The Cambridge Health Alliance, Psychiatry Continuing Education Division, is an Approved Continuing Education Provider and may offer NBCC approved clock hours for events that meet NBCC requirements. The Cambridge Health Alliance solely is responsible for all aspects of the program. This program is approved for 14 clock hours, Provider #5444, and is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 14 credits.

**NURSES:** The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

#### 2013-2014 CAMBRIDGE/HARVARD CALENDAR

November 1-2 Aging January 31-February 1 School Mental Health
November 15-16 Couples February 28-March 1 Addictions

December 13-14 Anxiety April 4-5 Child Psychotherapy

May 9-10 Practicing Positive Psychotherapy (tentative)

Special Conference – September 11-12, 2013 Meditation and Psychotherapy with Thich Nhat Hanh

#### **FACULTY**

MARY JO BARRETT, MSW, Executive Director and Co-Founder, Center for Contextual Change, Chicago, Skokie, and Elmhurst, Illinois; Co-Creator, CSM-The Collaborative Stage Model; Adjunct Faculty: Chicago Center for Family Health and University of Chicago School of Social Service Administration; Guest Lecturer, Northwestern University Family Institute; Author/Co-Author: Simplifying the Complexities of Trauma: The Collaborative Change Model, Systemic Treatment of Incest: A Therapeutic Handbook, Multiple Systems Model for Child Abuse

**ELIZABETH G. BRENNER, LICSW**, Director, Family Therapy Training Boston, Watertown; Supervisor, Couples and Family Training Program, Cambridge Health Alliance; Teaching Associate, Harvard Medical School; Contributing Author: *Psychiatric Home Care: Clinical and Fiscal Dimensions, Acute Care Psychiatry: Diagnosis and Treatment* 

**SHIRI COHEN, Ph.D.,** Supervisor and Teaching Associate, Couples and Family Therapy Program, Massachusetts General Hospital; Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Clinician, New England Center for Couples and Families, Arlington

**ELEANOR F. COUNSELMAN, Ed.D.**, **ABPP**, Assistant Clinical Professor of Psychology, Department of Psychiatry, Harvard Medical School at Massachusetts General Hospital; Private Practice, Belmont; Frequent contributor to the *International Journal of Group Psychotherapy* 

**CHRISTOPHER K. GERMER, Ph.D.,** Faculty, Institute for Meditation and Psychotherapy; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Private practice and supervision, Arlington; Author: *The Mindful Path to Self-Compassion;* Co-editor: *Mindfulness and Psychotherapy, Wisdom and Compassion in Psychotherapy* 

**JILL ELKA HARKAWAY, Ed.D.,** Director of Training, Couples and Family Therapy, Cambridge Health Alliance; Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Co-Director, Couples Therapy Project; Private Practice, Cambridge; Editor, *Eating Disorders* 

**CHRISTINE I. HOOKER, Ph.D.,** Director, Social Neuroscience and Psychopathology Laboratory and Associate Professor, Department of Psychology, Harvard University; Grant recipient from the National Institute of Health, the MIND Institute, and The National Association for Research in Schizophrenia and Depression; Author of numerous scientific publications

**HOLLY FRIEDMAN HOUSMAN, LICSW,** Supervisor, Couples and Family Training Program, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School; Member, Boston Psychoanalytic Society and Institute; Private Practice, Cambridge

**EVAN IMBER-BLACK**, **Ph.D.**, Professor and Program Director, Marriage and Family Therapy Program, Mercy College; Director, Center for Families and Health and Senior Faculty, Ackerman Institute for the Family, New York, New York; Professor, Department of Psychiatry, Albert Einstein College of Medicine, Bronx, New York; Recipient of Awards from the American Family Therapy Academy and the American Association for Marriage and Family Therapy; Author of numerous publications including: *The Secret Life of Families, Secrets in Families and Family Therapy Rituals for Our Times, Rituals in Families and Family Therapy, Families and Larger Systems* 

**JEAN MALPAS, LMHC, LMFT,** Director, Gender and Family Project, Faculty, Ackerman Institute for the Family, and Private Practice, New York, New York; Board Member, American Family Therapy Academy; Editorial Board, *Journal of LGBT Family Studies*; Recipient, Early Career Award, American Family Therapy Academy; Contributor to: *Psychotherapy Networker, Handbook of Couple and Family Therapy with LGBT People, Family Process*, and others

SUZANNE McCARTHY, Psy.D., Founding Partner, New England Center for Couples and Families, Arlington; Staff Member, Boston Behavioral Health; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance BARBARA F. OKUN, Ph.D., Professor and Director of Clinical Training, Department of Counseling and Applied Educational Psychology, Northeastern University; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Consultant and Private Practice, Newton; Author: Saying Goodbye: How Families Can Find Renewal through Loss, Intervention and Conceptualization Skills for Effective Helping, Effective Helping: Interviewing and Counseling Techniques, Understanding Diversity: A Learning-as-Practice Primer

**JACQUELINE OLDS, M.D.,** Consultant in Psychiatry, Massachusetts General and McLean Hospitals; Associate Clinical Professor of Psychiatry, Harvard Medical School; Faculty: Boston Psychoanalytic Society and Institute and Psychoanalytic Family and Couples Institute of New England; Editorial Board, *Harvard Review of Psychiatry*; Co-Author: Overcoming Loneliness in Everyday Life, Marriage in Motion: The Natural Ebb and Flow of Lasting Relationships, The Lonely American: Drifting Apart in the Twenty-First Century

JUDY REINER PLATT, Ed.D., Director, Division of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

RICHARD SCHWARTZ, M.D., Senior Consultant in Residency Training, Massachusetts General and McLean Hospitals Adult Psychiatry Program; Associate Clinical Professor of Psychiatry, Harvard Medical School; Faculty: Boston Psychoanalytic Society and Institute and Psychoanalytic Family and Couples Institute of New England; Editorial Board, Harvard Review of Psychiatry; Co-Author: Overcoming Loneliness in Everyday Life, Marriage in Motion: The Natural Ebb and Flow of Lasting Relationships, The Lonely American: Drifting Apart in the Twenty-First Century

**ROBERT B. STRAUS, DMH, JD,** Founder: Meeting Place-Supervised Child Access Service, The Guidance Center, Cambridge and The New Child Project-Education for Parents in the Transition to Parenthood; Private Practice, Cambridge; Contributor to Family Court Review

LYN E. STYCZYNSKI, Ph.D., Senior Supervisor, The Family Center, Somerville; Faculty, Couples and Family Training Program, Cambridge Health Alliance; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private Practice, Watertown

**DAVID TREADWAY, Ph.D.,** Director, Treadway Training Institute; Private Practice, Weston; National Workshop Leader and Trainer; Author: Home Before Dark: A Family Portrait of Cancer and Healing, Intimacy, Change, and Other Therapeutic Mysteries, Stories of Clinicians and Clients, Before It's Too Late: Working with Substance Abuse in the Family, Dead Reckoning: A Therapist Confronts His Own Grief