

Please Post

## A Clinical and Supervisory Workshop

# Being Alone and Together: Helping couples create a balanced relationship

**Sunday, September 25, 2011  
8:30 A.M. to 5 P.M.**

### Training Institute for Mental Health

Chartered by the Regents of the University of the State of New York  
115 West 27<sup>th</sup> Street, 4<sup>th</sup> Floor  
New York, NY 10001-6217  
212-627-8181 ■ www.timh.org

# DYNAMIC COUPLES THERAPY

## Workshop Faculty

Shoshana Ben-Noam, PsyD, CGP  
Madaleine Berley, LCSW, CGP  
Charles Bonerbo, LCSW  
Alex Broden, MD  
Albert J. Brok, PhD, CGP  
Karen D'Amore, LCSW, CGP  
Tripp Evans, PhD  
Barbara Feld, LCSW, CGP  
Ellen Gussaroff, PhD  
Lois Kennedy, PsyD  
Brian Leggiere, PhD  
Martin Livingston, PhD, CGP  
George Lynn, PsyD, CGP  
Renee Merow, LMSW  
Ita O'Sullivan, RN, NP  
Hilary Ryglewicz, LCSW  
Chris Scott, LCSW  
Judy Segal, LCSW  
Emanuel Shapiro, PhD, CGP  
Robin Stern, PhD  
Claire Steinberger, EdD  
Michael Zentman, PhD, CGP

The Couples Therapy Program offers one and two year certificates in Couples Treatment to mental health professionals who are interested in improving their clinical skills. Training consists of a sequence of seminars focused on the psychodynamic aspects of interpersonal and subjective interactions along with recognition of individual diagnostic issues. The relevance of cognitive techniques is also stressed. Basic training includes: Issues in Couples Therapy, Supervision of Couples Therapy, Short and Long Term Couples Therapy, and Readings in Theory and Practice of Couples Therapy. Advanced training beyond the one and two year certificates is also available. This workshop may be taken as credit toward the one or two year certificates.

The Training Institute for Mental Health offers training and services without regard to sex, age, race, religion, sexual orientation, country of origin, or ethnic background.

For application and information about Couples Training Program, call 212-627-8181 or call Dr. Brok at 212-580-3086. email [ABRriver@aol.com](mailto:ABRriver@aol.com)

### Being Alone & Together Workshop September 25, 2011, 8: 30 A.M. to 5 P.M.

**Fees:** • \$80 includes non-refundable \$15 registration fee.  
• \$35 For full-time candidates in analytic institutes and graduate students. Fee includes non-refundable \$15 registration fee.

**Registration:** Enter Information Below & Send To:

**Registrar**  
Training Institute for Mental Health  
115 West 27th St 4th Floor  
New York, NY 10001-6217

Being Alone & Together Workshop  
September 25, 2011

**Fee Submitted** \_\_\_\_\_

**Pay By:** Check Made Out To: Training Institute for Mental Health

**OR:** Fill In The Following Credit Card Information: Card # \_\_\_\_\_

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Graduate Degree \_\_\_\_\_ From where? \_\_\_\_\_ Profession \_\_\_\_\_

**If Student check here:** \_\_\_\_\_ and print name of school you are currently attending \_\_\_\_\_  
Present Position \_\_\_\_\_ Place of Employment or Internship \_\_\_\_\_

**Please Indicate:** Do you wish a Certificate of Attendance with 8 CE hours verification upon completion of workshop?: Yes \_\_\_\_\_ No \_\_\_\_\_  
**Please circle level of experience in couples work:** 0-1 Years 2-3 Years 4-6 Years 7+ Years

# Schedule

## Sunday, September 25, 2011

**8:30–9:15 A.M.**

Registration, Coffee & Danish

**9:25–10:25 A.M.**

Welcome and Orientation  
Albert J. Brok, PhD, CGP

**“Benign and Malignant  
connectedness” in couples:  
Some pragmatic considerations  
in a developmental context.**

**10:30 A.M.–12:00 P.M.**

Small Group Supervision

**12:00 Noon –1:00 P.M.**

Lunch Available at Neighborhood Eateries

**1:00–2:30 P.M.**

Round Table Discussion

**Alone and Together,  
Alone/Together,  
Alone/Alone?**

**Our thoughts, clinical experiences  
and beliefs. Does one relationship  
style fit all?**

Chair: Madaleine Berley, LCSW, CGP

Discussants:

Tripp Evans, PhD  
Ellen Gussaroff, PhD  
Hilary Ryglewicz, LCSW  
Chris Scott, LCSW

**3:00–4:30 P.M.**

Small Group Supervision

**4:30 P.M.**

Summary and Conclusions

## Workshop and Conference Goals

Many couples struggle with the need to have time for themselves and time together as well as time for other responsibilities. The fundamental issue of being alone and together is an important developmental challenge for any meaningful relationship.

The role for the couple therapist in helping two individuals negotiate this balance will be a principal focus of our workshop. The negotiation of time alone and time together in the context of having children and other responsibilities will also be addressed. The task of emotionally commuting between separateness and togetherness is often accomplished poorly and in an imbalanced way; a *dis-equilibrium* that ultimately influences the kind of intimacy that is available to any particular couple.

In light of the above, this workshop aims to sharpen both understanding and skills in helping couples to build a stable, yet dynamic relationship which includes the capacity to be alone and together. We will also consider underlying processes needed as a foundation for couple building, and will highlight major factors that inhibit the growth and ongoing liveliness of relationships. The capacity for relationships is fundamental to human experience. We are inherently **social animals**. No society exists where individuals live independent without formed relationships of some kind. However to what degree of depth, flexibility and intimacy we function as **relationship animals** is open to question – and that question comes up for each individual, each couple, and each couple therapist.

Our full program consists of a special midday clinical **round table** on the topic, (with audience participation welcome) as well as small supervision groups with senior couple therapists. There will be ample oppor-

tunity to discuss various approaches. Included will be some typical theoretical as well as pragmatic clinical issues that have come to our attention over the years that our faculty have taught, done, and supervised couple therapy.

**Some Selected examples are:**

- ◆ The capacity to be alone; is it different from the capacity to be together?
- ◆ Can we be alone and together at the same time?
- ◆ Is there a dynamic link between attachment problems and schizoid dynamics?
- ◆ What is the difference between “optimal tension” and “disruptive tension” in couple relationships?
- ◆ How do we evaluate the quality of tension between relationship partners?
- ◆ What is the role of “witnessing” as opposed to “observing” one’s partner in the “alone-together” mix?
- ◆ How, as couple therapists can we use systems theory concepts such as “dynamic equilibrium” in our treatment paradigms?
- ◆ How do we help a couple develop self-reflective capacity?
- ◆ When do you make interventions addressed towards the couple and when to the individuals of the couple?
- ◆ How do you handle affairs when revealed in the treatment process?
- ◆ Would you consider seeing one or both members of the couple individually (alone) as part of the
- ◆ Do you work with one member of the couple if the other does not arrive for the session?
- ◆ Are there any general criteria for “successful” couple termination?

**Registration** This workshop is open to mental health professionals and qualified graduate students interested in learning, developing and refining their skills, in private practice, hospital, pastoral and agency settings.

### Conference and Workshop Coordinators

Albert J. Brok, PhD, CGP  
Director: Group and Couples Therapy Department

Madaleine Berley, LCSW, CGP  
Assistant Director: Group and Couples Therapy Department

### Workshop Fee

- \$80 This includes non-refundable \$15 registration fee.
- \$35 Full time candidates in analytic institutes and graduate students. This includes a non-refundable \$15 registration fee. Student I.D. required.

Cancellations accepted in writing up to September 19, 2011.

For information: Call Dr. Brok, Director of Group and Couples Therapy, 212-580-3086.  
email [ABRiver@aol.com](mailto:ABRiver@aol.com)