



UNIFIED MINDFULNESS PRESENTS:

Polly Young-Eisendrath, Ph.D.

Dialogue Therapy for Couples: A Model Based on Psychoanalysis and Mindfulness

www.UnifiedMindfulness.com/DTT

**Saturday and Sunday,
December 9th & 10th, 2017**

9:00 a.m. to 5:00 p.m.

University of Vermont Medical Center
Davis Auditorium
Burlington, Vermont

We have re-invented marriage and intimate love in the 21st century and this re-invention has affected us in some profound and challenging ways. A long-term relationship that is equal and mutual – non-hierarchical – is a new thing. It opens the door to an array of new kinds of conflicts and power struggles that we take very personally. Marriage is no longer a matter of raising children and conserving resources. Instead of “Till death do us part,” the vow is “I’ll stay as long as it suits me.”

After the romance is over, all couples enter into disillusionment in which they will play out painful emotional dynamics that are unconsciously generated from their original family relationships. The confusion can feel especially hostile in light of seeing an intimate partner as a best friend.

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Dialogue Therapy (DT) is a time-limited couples therapy that may be done by co-therapists (two therapists with the couple) or a single therapist. It was designed to help couples who find themselves stuck in repetitive, sometimes troubling or aggressive, difficulties in negotiating conflicts and keeping intimacy alive. It has been updated to meet the special concerns of couples in the 21st century.

Couples therapy is notorious for failing because the members of the couple depend too much on the therapist. They deal with their conflicts only in the presence of the therapist. Dialogue Therapy, even from the first session, requires a couple to speak with each other and develop skills that do not depend on a therapist.

THE PRESENTER: POLLY YOUNG-EISENDRATH, PH.D.



Originally developed by Polly Young-Eisendrath and Ed Epstein in 1982, DT has been practiced, taught, and supervised by Polly since the mid-1980’s and she has published two books about it: *Hags and Heroes* (1984) and *You’re Not What I Expected* (1993). Her updated book about relationship as psycho-spiritual development is titled *True Love Ways* (to be published by Shambhala in 2018). In just seven (co-therapist model) or thirteen (single therapist)

meetings, Dialogue Therapy offers both deep insight into the roots of suffering – opening the possibility of new acceptance of partner and self – and skills of dialogue and mindfulness.

THE WORKSHOP

In two six-hour days of training, you will be introduced into the issues and problems of contemporary couples therapy as it deals with the pitfalls of “personal love” that relies on personal feelings and assessment in place of vows and family traditions. Then Polly will move into introducing you to Dialogue Therapy, as a particular model of Short-Term Anxiety-Provoking Psychoanalytic Psychotherapy (STAPP) that can be offered in a co-therapist series of seven meetings or a solo therapist series of thirteen meetings. You will see video from three actual sessions of Dialogue Therapy with a couple: Evaluation, Working with a Conflict, and Empathy Interview (Role Reversal). These sessions are with Polly Young-Eisendrath, Ph.D. and Jean Pieniadz, Ph.D. as the Dialogue Therapists.

If you are a practicing therapist or a graduate student with an interest or a practice in couples therapy, this workshop will add to your skills. If you are interested in learning Dialogue Therapy, this is a required first step. Dr. Young-Eisendrath and Dr. Pieniadz will be offering more advanced training in Dialogue Therapy in the future. This introduction will be required.

**CONTINUING EDUCATION CREDITS:
12 CEU credits have been granted to Vermont
Psychologists. 12 CEU credits pending for Licensed
Clinical Mental Health Counselors.**

OBJECTIVES

1. Describe the basic intent and distinctive features of Dialogue Therapy.
2. Explain the structure of Dialogue Therapy in the co-therapist and solo therapy models.
3. Summarize the concept of projective identification and its application to the idealizing and disillusionment phases of intimate relationships.
4. Assess unconscious entanglements in couples' communication based on projective identification.
5. Employ psychodynamic theory to interpret unconscious affective communication in the couple.
6. Apply techniques drawn from psychodrama, such as doubling and role reversal, to effectively facilitate the development of communication skills and empathy in couples.
7. Integrate mindfulness practices into couple therapy that enhance concentration, clarity, and equanimity to reduce emotional reactivity and negative repetitions.
8. Establish a shared understanding of negative repetitive patterns within the couple through appropriate evaluation methods.
9. Recognize contraindications for Dialogue Therapy.
10. Explain and encourage four skills of dialogue.
11. Recognize active and passive expressions of aggression in couples' communication as an instinctual response to threat that erodes trust.
12. Teach couples to apply skills of dialogue to effectively communicate anger without attack or withdrawal.
13. Articulate psychoanalytic research on relational concepts such as projective identification, idealization, separation anxiety and love in its application to couples therapy.

CONFERENCE REGISTRATION

Conference registration, payment (including a pay-by-check option), afternoon discussion group selection and parking information are available online at:

www.UnifiedMindfulness.com/DTT

Fee schedule for the full two day program:

Registration (by Dec.1): \$300 (online discount), \$325 (check)

Registration (after Dec. 1): \$350

Cancellation Policy: No refunds after December 1, 2017

CONFERENCE SCHEDULE

DAY 1

- 8:30** Registration
9:00 Welcome & Orientation to the Course
9:15 - 10:00 Introduction: Challenges of Psychotherapy with Couples
10:00 - 11:00 Demonstration and Teaching of the Evaluation Session for Dialogue Therapy
11:00 - 11:15 Break
11:15 - 12:30 Dialogue Therapy Evaluation Techniques I
12:30 - 1:30 Lunch
1:30 - 3:30 Dialogue Therapy Evaluation Techniques II
3:30 - 3:45 Break
3:45 - 5:00 Questions and Discussion

DAY 2

- 9:00 - 10:00** Demonstration and Teaching of the First Session of Dialogue Therapy: Working on a Conflict
10:00 - 11:00 Techniques of Working on a Conflict I
11:00 - 11:15 Break
11:15 - 12:30 Techniques of Working on a Conflict II
12:30 - 1:30 Lunch
1:30 - 2:45 Introduction to Mindfulness in Dialogue Therapy
2:45 - 3:00 Break
3:00 - 4:00 Demonstration and Teaching of Building Empathy through Role Reversal
4:00 - 5:00 Transformation of Personal Love into True Love: Challenges of Falling in Love and Taking It Personally

*Continental breakfast provided each morning. Meals otherwise not provided. Harvest Café is located nearby (McClure Bldg, Level 1).



ABOUT UNIFIED MINDFULNESS

Unified Mindfulness (UM/UM-HUB) is an educational organization created to offer professional support for the practice and delivery of mindfulness training. Partnering with professionals in mental health, education, human services, and business, Unified Mindfulness offers

programs and courses that teach and train those who ameliorate human suffering and adversity, by increasing their knowledge and skills to improve individual functioning, enhance relational skills, and increase psychological and physical well-being in the populations they serve. **For more information about our programs visit www.UnifiedMindfulness.com**

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