



Institute for Dialogue Therapy

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Proposal for Certificate Training in Dialogue Therapy

Polly Young-Eisendrath, Ph.D. and the Institute for Dialogue Therapy

Making Love Last: Foundational Course in Dialogue Therapy

Time-Limited Couple Therapy Based on Psychoanalysis and Mindfulness

Taught by Polly Young-Eisendrath, Ph.D. & Jean Pieniadz, Ph.D.

This foundational course will use the following books for the training: *Love Between Equals: Relationship as a Spiritual Path* (2019); *The Present Heart: A Memoir of Love, Loss and Discovery* (2014); and *The Self-Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance* (2009), all by Polly Young-Eisendrath, Ph.D.

Eventually, a training manual for Dialogue Therapy will be added to the curriculum: *Dialogue Therapy: A Time-Limited Psychotherapy for Couples Based on Psychoanalysis and Mindfulness*, by Jean Pieniadz, Ph.D. and Polly Young-Eisendrath, Ph.D.

Four 3.5 days trainings: #1 Introduction; #2 Co-therapist Model of Dialogue Therapy; #3 Solo therapist Model; #4 Review of Diagnostic and Clinical Principles

84 CE Hours

Training #1: Introduction

Polly Young-Eisendrath, Ph.D.

Day One (half-day, afternoon)

Didactic

- What is Dialogue Therapy?
- What is couple therapy?
- Reviewing the two models: co-therapist and solo
- Pitfalls and short-comings of contemporary couple therapy models
- Ideals of equality: Idealization/splitting: Love's # 1 enemy
- The nature of "personal love"

Experiential

- Mindfulness practice (see/hear/feel)
- Dyadic exercises: What is love? How do I want to be loved?

Day Two

Didactic

- Challenges of equality, reciprocity, mutuality
- Enemy-making factors in personal love
- From disillusionment to intimacy: Witnessing and Minding the Gap

- How personal love differs from pair-bonding, romance, idealization or desire
- True love as a spiritual path
- True love: Love on a two-way street
- Cherishing: Love on a one-way street
- Witnessing: Whole self to whole self
- Methods and theories: Psychoanalysis, psychodrama, mindfulness
- Psychodrama technique: Alter ego or doubling
- Psychodrama technique: Role reversal

Experiential

- Mindfulness practice (concentration, equanimity, clarity of perception)
- Doubling exercises

Day Three

Didactic

- Evaluation of couple: Co-therapist Model
- Video demonstration
- Six Questions
- Empathy Interview for Relational History
- How to do the Relational History
- Managing the time limits

Experiential

- Mindfulness practice (see/hear/feel)
- Learning to do the Empathy Interview with a partner
- Using the Six Questions

Day Four

Didactic

- Dialogue: Speaking for yourself, paraphrasing, responding, being curious, expanding the story
- Working on a conflict (Session One: Dialogue Therapy)
- Video demonstration
- Coaching and Alter Ego
- Projective identification in couples and in therapy
- Wrap-up

Experiential

- Mindfulness practice (concentration, equanimity, clarity of perception)
- Alter Ego practice (two dyads, working together)
- Feedback and processing of weekend

Training #2: Co-Therapist Model

Polly Young-Eisendrath, Ph. D., and Jean Pieniadz, Ph. D.

Day One (half-day, afternoon)

Didactic

- Review of co-therapist process in the 7 sessions (review of each session)
- Note-taking and use of notes for “Map of Projective Identification”
- Review of Coaching and Alter Ego
- Projective identification in equal and reciprocal relationship: review
- Separation anxiety, pornography, open relationships, identification in pair-bonding
- Active and passive aggression versus anger
- Co-therapists as role models for communication in doubling

Experiential

- Mindfulness practice (see/hear/feel)
- Co-therapist practice of doubling and empathy interview

Day Two

Didactic

- Finding and working with a co-therapist in Dialogue Therapy
- Contra-indications for Dialogue Therapy
- Best practices of Dialogue Therapy
- Why Dialogue Therapy works: differentiation as path to intimacy
- Working Through a Conflict: video
- Differences between therapists in Coaching and Alter Ego
- Reflecting team
- Empathy interview breakouts (when therapist switches chair with partner)
- Keeping no secrets
- Wrap-up

Experiential

- Mindfulness practice (concentration, equanimity, clarity of perception)
- Alter ego and reflecting team practice

Day Three

Didactic

- Psychodrama technique of Role Reversal
- Role Reversal: video
- Paraphrasing and stepping into someone else's shoes: developmental issues
- Empathy, sympathy, pity
- Self-conscious emotions

Experiential

- Mindfulness practice (see/hear/feel)
- Practicing Role Reversal and Wrap-Up

Day Four

Didactic

- Comparing Dialogue Therapy with EFT, Imago Therapy and Gottman Method
- Clinical discussions about the videotaped couple and decisions made by the co-therapists

Experiential

- Mindfulness practice (concentration, equanimity, clarity of perception)
- Practicing in co-therapist teams: Evaluation and Working through a Conflict
- Feedback and processing of weekend

Training #3: Solo-therapist Model

Polly Young-Eisendrath, Ph.D.

Day One (half-day, afternoon)

Didactic

- Solo-therapist Model: 13 sessions, how it works
- Therapeutic set-up and note-taking
- Advantages and disadvantages of the two models
- Demonstration of evaluation with solo therapist, using couple in group (either role play or real couple)
- Discussion of evaluation with couple in solo model
- Length of evaluation (should be limited to 3 hours, but often takes longer, depending on age of partners)

Experiential

- Mindfulness practice (see/hear/feel)
- Evaluation session with "couple"

Day Two

Didactic

- Clinical issues in solo evaluation of couple (debriefing with live demo couple)
- Clinical issues of projective identification in solo Working through a Conflict
- Demonstration of Working through a Conflict using demo couple

Experiential

- Mindfulness practice (concentration, equanimity, clarity of perception)
- Working through a Conflict, using a couple in the group
- Having participants step into the roles of Alter Ego and Coach with couple

Day Three

Didactic

- Differences between Dialogue Therapy (solo therapist) and other methods of couple therapy
- Projective identification in solo therapist model: use of breakout empathy interviews
- Second Session of Dialogue Therapy: Working Through a Conflict II (demonstration)
- Clinical issues in second session of Dialogue Therapy
- Clinical issues in third session of Dialogue Therapy

Experiential

- Mindfulness practice (see/hear/feel)
- Practicing alter ego, coaching and wrap-up

Day Four

Didactic

- Role Reversal in solo model
- Role Reversal session with demo couple
- Debriefing role reversal
- Different kinds of couples and empathy issues: hetero, same-sexed, trans, other differences

Experiential

- Mindfulness practice (concentration, equanimity, clarity of perception)
- Practicing role reversal and wrap-up
- Feedback and processing of weekend

Training #4: Review of Clinical and Diagnostic Principles

Polly Young-Eisendrath, Ph.D. & Jean Pieniadz, Ph.D.

Day One (half-day, afternoon)

Didactic

- What is psychological development?
- What is spiritual development?
- How do individuals develop within a couple?
- Jung's psychological complex
- Klein's projective identification
- Affective unconscious communication in couples (the problem of contempt)
- Dialogue Therapy as individuation for partners
- How does meditation help partners develop in couple relationship?
- What are the limits of meditation for helping partners in couple relationship?
- How does meditation harm couple relationship?
- When do we refer for individual psychotherapy?
- Should you tell a couple "You should separate"? Different approaches
- How do you learn and develop as a Dialogue Therapist – in your own relationships, in your co-therapy relationship?

Experiential

- Mindfulness practice (concentration, equanimity, clarity of perception)
- Dyadic exercises

Day Two

Didactic

- How do we use the evaluation of partners diagnostically to know whether or not a couple will benefit from Dialogue Therapy?
- How do you look for the patterns of projective identification in your evaluation process?
- Participants' videos of Dialogue Therapy evaluation
- Discussion of videos

Experiential

- Mindfulness practice (see/hear/feel)
- Evaluation practice in dyads – Empathy Interview, Relational History

Day Three

Didactic

- Participants' videos of First Session: Working Through a Conflict
- Discussion of videos
- Questions and concerns about Doubling and Coaching
- Questions and concerns about Dialogue
- Defenses: adaptive and maladaptive
- Empathy
- Participants' videos of Role Reversal
- Discussion of videos

Experiential

- Mindfulness practice (see/hear/feel)
- Doubling, Coaching and Dialogue practices

Day Four

Didactic

- The follow-up of Dialogue Therapy Sessions (after the 6 months interval)
- Diagnostics in the Follow-up: How do you evaluate the couple?
- Questions about Dialogue Therapy
- Questions about advanced training
- Additional participants' videos

Experiential

- Mindfulness practice: (concentration, equanimity, clarity of perception)
- Feedback and processing of training
- Talking Circle