

Day 1 March 19th, 2010

Emotion Regulation in Couples Therapy: An Integrative Approach

This workshop will present an integrative approach for working with challenging couples characterized by difficulties in regulating emotions. An overview of alternative theoretical approaches to couple therapy will be provided, along with specific intervention techniques within each approach. Indicators and contra indicators of various techniques will be discussed, and an integrative hierarchical model will be presented for organizing interventions in a strategic manner. Special attention will be given to addressing individual emotional and behavioral concerns within conjoint couple therapy.

March 19th Workshop Will Help Participants to:

1. Develop a conceptual model for understanding and addressing emotion dysregulation in couple's therapy.
2. Develop skills for identifying core relationship themes relating to emotion regulation.
3. Develop skills for selecting, sequencing, and pacing interventions to address different sources of emotion dysregulation.

Day 2 March 20th 2010

Rebuilding Intimacy after an Affair

This workshop will present an integrative approach to treating affair couples. The workshop is designed for couple therapists already skilled in the fundamental techniques of couple therapy, but who wish conceptual as well as specific clinical skills in working with this difficult population. The treatment approach to be presented in this workshop draws on the theoretical and empirical literature regarding traumatic response as well as interpersonal forgiveness. The treatment integrates cognitive-behavioral with insight-oriented or developmental techniques within an ecosystemic perspective. This affair-specific intervention is the only couple-based intervention designed specifically to address both individual and relationship consequences of infidelity to have been empirically examined and supported in clinical research.

March 20th Content Includes:

1. Overview of the affair literature
2. Theoretical rationale for viewing recovery from affairs from a trauma perspective.
3. Intervention Strategies
4. Videotapes and multiple case vignettes demonstration
4. Case Discussion

Dr. Snyder is the Professor & Director of Clinical Psychology Training at Texas A&M University. He has been recognized nationally for his research on couple assessment and therapy. He has two books with Guilford Press that address working with couples recovering from an affair, including *Getting Past the Affair: A Program to Help You Cope, Heal, and Move On* and *Helping Couples Get Past the Affair: A Clinician's Guide*. He is also coeditor of a text on *Treating Difficult Couples* published by Guilford Press, and is coeditor of a text on *Emotion Regulation in Couples and Families* published by the American Psychological Association. Dr. Snyder received the 2005 Award from the American Psychological Association for Distinguished Contributions to Family Psychology. He is a Fellow of the American Psychological Association and served as Editor of the *Clinician's Research Digest*, as Associate Editor for the *Journal of Consulting and Clinical Psychology*, and as Associate Editor for the *Journal of Family Psychology*. He also maintains a clinical practice specializing in couple therapy. For further information about Dr. Snyder go to: <http://people.tamu.edu/~d-snyder/>

Date: March 19th & 20th, 2010

Time: 9 AM to 4:30 PM

**Location: VanDusen Botanical Garden
5251 Oak Street (at West 37th Ave)
Vancouver, BC**

8:15 AM registration with coffee & refreshments. Lunch is included.

Workshop starts at 9AM.

Registration Information Please Read Carefully:

Registration is a two step process:
1. Register with one of the following 2 options:

- a. Send an **Email** to:
Workshop@WishingWellsCounselling.com
- b. **Leave a voicemail** at **(604) 568-6556** if you don't have access to email.

2. Mail your cheque (payable to: ACTS) to: **Wishing Wells Counselling Service Suite 120 -809 West 41st Ave, Vancouver, BC V5Z 2N6** in order to secure your place in the workshop. Upon receiving your payment you will receive an email or voicemail confirmation (one time only) within 3 working days after your payment is received. .

3. If the workshop is full, your payment will be refunded in full , or we can place you on a waiting list and refund later if the workshop is still full.

4. Your place in the workshop may be given away to other participants if we do not receive your payment prior to the workshop, even if you have registered via email or phone.

5. Cancellations & Refund can be requested by February 10, 2010 & will be charged \$55.00 for administration fee. There will be no refund after Feb 10, 2010 but you may transfer your registration to a colleague.

* Please Mail this Portion

Last Name: _____

First Name: _____

Phone #: _____

Mailing Address:

Email Address:

Agency/School:

I am attending (Please Check):

Option 1: **1 Day Workshop:**

March 19 - Emotion Regulation in
Couples Therapy: An Integrative
Approach, or

March 20
- Rebuilding Intimacy After an Affair

Option 2:

Both March 19 and March 20
Workshops

Payment Enclosed \$ _____

WORKSHOP FEES:

*(5% GST, Light Breakfast, Lunch &
Afternoon Refreshments are Included)*

Any 1 Day Workshop

**Early Bird - Payment must be
received by Jan 15, 2010**

Students,	\$109
ACTS Alumni & Faculty	\$159
Professionals:	\$185

Regular Rate

Students,	\$119
ACTS Alumni & Faculty	\$169
Professionals:	\$199

2-Day Workshop Discount:

**Early Bird Payment must be
received by Jan 15, 2010**

Students,	\$160
TWU / ACTS Alumni & Faculty	\$275
Professionals:	\$359

Regular Rate

Students,	\$189
TWU / ACTS Alumni & Faculty	\$289
Professionals:	\$389

***CANCELLATIONS WILL BE CHARGED
\$55.00 BEFORE February 10, 2010.
No Refunds after Feb 10, 2010***

Contact:

www.WishingWellsCounselling.com

Email: Workshop@WishingWellsCounselling.com
(604) 568 -6556



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Day 1 March 19th, 2010

**Emotion Regulation in Couples
Therapy: An Integrative Approach**

Day 2 March 20th, 2010

Treating Couples with Infidelity

Location:

**VanDusen Botanical Garden
5251 Oak Street, Vancouver**