Couple therapy is difficult. Therapists must engage with two clients, often at war with each other, with differing psychologies, histories, agendas, and levels of commitment to therapy. It involves a mix of emotions fundamental to the partners' wellbeing, emotions that run the gamut between rage and despair. With many schools of thought on how best to do couple therapy, there is relatively little guidance on how to usefully combine approaches for relational repair and growth.

In this workshop Dr. Art Nielsen will describe the highly practical roadmap he has developed for couple therapy. His model is based on nearly 40 years of experience and on extensive clinical and research literature, and is the subject of his new book, A Roadmap for Couple Therapy.

Starting with Couple Therapy 1.0, the fundamental conjoint couple format, the workshop will describe and illustrate how the three main approaches to conceptualizing couple distress and treatment—systemic, psychodynamic, and behavioral—can be integrated into a flexible model that draws on the best of each and fits varied case situations. From a systems perspective, we will discuss approaches to common couple dances. From a psychodynamic perspective, we will address hidden fears, desires, transference and projective identification. From a behavioral/educational perspective, we will discuss speaking and listening skills and encouraging positive experiences. Covering fundamentals and advanced techniques, this day is valuable for both beginning and experienced therapists.

Art Nielsen, M.D. is a board-certified psychiatrist, psychoanalyst, and couple therapist. He is Associate Professor of Clinical Psychiatry & Behavioral Sciences, Northwestern University's Feinberg School of Medicine; a faculty member of the Chicago Institute for Psychoanalysis, where he teaches couple therapy; and on the faculty of CCFH and The Family Institute at Northwestern University. For many years, he has coordinated a course he developed for Northwestern undergraduates, Marriage 101: Building Loving and Lasting Relationships. He is a Distinguished Fellow, the American Psychiatric Association. An author of over 30 papers in the fields of psychiatry, psychoanalysis, and couple therapy, his new book is: A Roadmap for Couple Therapy: Integrating Systemic, Psychodynamic and Behavioral Approaches.
A ROADMAP FOR COUPLE THERAPY
Integrating Systemic, Psychodynamic, & Behavioral Approaches

Art Nielsen, MD

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