



# Alexian Brothers Center for Professional Education

**Course:** *Couples & Marital Therapy*

**Description:** While many therapists claim to provide couples therapy, few have any structured training in this area. Therapists often describe couples therapy as overwhelming and confusing as most successful approaches must be learned and based in research rather than common experience. As a result, clients are often desperately seeking assistance from untrained therapists to save their relationships and therapists may unwittingly be doing more harm than good. It is imperative that therapists have a clear understanding of the research around relational therapy and a clear, cohesive model of working with couples.

This year-long course will focus on teaching a clear, research-based model of working with couples called Differentiated Couples Therapy while addressing several vital content areas. Basic precepts in Family Systems Theory will be taught as a base, and participants will then be introduced to various areas of research including Gottman's relationship research, traumatic stress, family stress and coping, forgiveness, and affairs.

**Duration:** 63 Hours Training and Supervision  
One Saturday per month, September 2011 through May 2012  
7 Hours classroom

**Class Size:** 20-25 participants

**Faculty:** Sara Brandt, Ph.D., MS, LMFT  
*Founder of Brandt Therapy Clinics, Inc.*

**Venue:** Alexian Brothers Behavioral Health Hospital

**Program Cost:** \$200 per session/1800 year  
→ 10% discount for all 9 sessions paid up front - \$1620  
→ 15% discount for ABBHH employees - \$1530

**Participant Benefits:** 63 Total CEU's Available  
9-month training in Couples and Marital Therapy  
Case Consultations available  
Limited class size



**ALEXIAN**  
BROTHERS

**Behavioral Health Hospital**

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## Training Modules:

### **I. Differentiated Couples Therapy (DCT) – Part I – Date TBD**

- a. Gottman's Research
- b. Assumptions: What does and does not work
- c. Initial Assessment/Premises
- d. Research Base
- e. Traumatic Stress
- f. Theory

### **II. Differentiated Couples Therapy (DCT) – Part II – Date TBD**

- a. Flow chart and steps
- b. Strategies
- c. Roles
- d. Renegotiation
- e. Interventions and timing

### **III. Ethics and Legal Considerations – Date TBD**

- a. Professionalism
- b. Violence and Abuse
- c. Boundaries and Self Care
- d. Legal considerations and protection

#### **Structure and Balance – Date TBD**

- e. Collaboration vs. Expert
- f. Reactions of the therapist, self-of therapist work
- g. Progress Checks
- h. Interactional nature of couples treatment

### **IV. Common Issues in Couples Treatment – Date TBD**

- a. Affairs
- b. Forgiveness
- c. Addictions
- d. Lying
- e. Applications for Model

### **V. Model of Forgiveness – Date TBD**

- a. Prerequisites, roadblocks and red flags
- b. Criteria for Forgiveness
- c. Process
- d. Offender values, understanding
- e. Self-protection

### **VI. Ongoing Assessment Strategies – Date TBD**

- a. Stages of Responsibility (Therapist, shared, client)
- b. Level of Trauma
- c. How to structure ongoing treatment
- d. Client/therapist accountability
- e. Troubleshooting and interventions

**VII. Stress in Couples – Date TBD**

- a. Time, Energy, Money
- b. Death and Dying
- c. Gender
- d. Culture and Religion
- e. Values

**VIII. Sexuality and Intimacy – Date TBD**

- a. Gender Differences
- b. Emotional vs. Physical Intimacy
- c. Role of sex in a marriage
- d. Messages and Baggage

**Remarriage and Step-Families – Date TBD**

- e. Issues with children and grandchildren
- f. Appropriate boundaries
- g. Treatment considerations
- h. Roles

**IX. Substance Abuse, ACOA, Anger Management – Date TBD**

- i. Decision making
- j. Self-regulation
- k. Impact of ACOA on couples treatment

**ACCESS & REFERRALS: We are committed to prompt attention. Please call us at 800-432-5005.**



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