Overview
In this workshop you will learn new tools to use in couples therapy. Based on systems theory, cognitive-behavioral therapy, imago concepts, and developmental stages, you’ll learn new techniques, and how to guide the process from the initial contact through termination. This course is interactive, with role plays, demonstrations, case studies, and videos.

6 Hours

Objectives
Participants will be able to describe:
- How to assess based on process, developmental stage, client expectations
- How to instruct couples to de-escalate destructive arguments
- How to use and apply experiential techniques
- How to recognize the process of the core dynamic and use it to repair old wounds

Multi-level Assessment Plan
- Rollercoaster of Relationships
- Relationship Triangle—Martyrs, Victims, and Persecutors

Creating a Treatment Plan
- Emotional Wounds—Keys to Healing
- The Perfect First Session

Treatment Techniques for Self & Couple Awareness
- Five ways of changing the emotional climate
- Effective homework assignments

Special Concerns
- Big 3: Sex, Money, Kids
- Handling Affairs

Robert Taibbi, LCSW

Robert Taibbi is a Licensed Clinical Social Worker with 43 years of experience primarily in community mental health working with children, couples and families as a clinician, supervisor and clinical director. A graduate of Rutgers University and the University of South Carolina, Bob has served as adjunct professor at several universities.

Bob is the author of 11 books, including Doing Couples Therapy: Craft and Creativity in Work with Intimate Partners; Doing Family Therapy: Craft and Creativity in Clinical Practice; Clinical Social Work Supervision; Therapy Boot Camp: Action-Oriented Brief Approaches to Anxiety, Anger, & Depression; The Art of the First Session, Brief Therapy with Couples & Families in Crisis; and the forthcoming The Process of Therapy. He has published over 300 magazine and journal articles, and has contributed chapters to several books, including the Encyclopedia of Couple & Family Therapy and Favorite Counseling Techniques: 55 Masters Share Their Secrets, which cited him among the top 100 therapists in the country.

Bob currently writes an online column entitled Fixing Families for Psychology Today, is an expert contributor to Marriage.com and World Continuing Education Alliance, has served as an advice columnist for several magazines, and has received three national writing awards for Best Consumer Health Writing.

Bob provides trainings both nationally and internationally in couples therapy, family therapy, brief therapy, and clinical supervision. He is currently in private practice in Charlottesville, VA.