

EARN 14.0 Professional CE Hours!

THE RELATIONSHIP TRAINING INSTITUTE PRESENTS

Co-sponsored by Training and Research Institute for Emotionally Focused Therapy (TRI EFT)

In conjunction with: San Diego Psychological Association (SDPA), San Diego North County-CAMFT, and San Diego-CAMFT

STAYING AHEAD OF THE CURVE: 2014 UPDATES FOR INNOVATIVE RELATIONSHIP TREATMENT

October 17 & 18, 2014 (Friday/Saturday)

Faculty: Sue Johnson, Ph.D. &
Ronald Potter-Efron, LICSW, CADCI, Ph.D.

MEETS FULL REQUIREMENTS FOR ADVANCED TRAINING
FOR DOMESTIC VIOLENCE TREATMENT PROVIDERS!

FRIDAY – Oct. 17, 2014, 8:30am–4:30pm — Sue Johnson, Ph.D.
"WHEN LOVE HURTS: Emotional and Physical Injuries and How to Heal Them In Couples' Therapy"

This workshop will map the terrain of relationship distress and injuries that destroy trust and connection—and how attachment issues are the key to understanding both the incredible richness and the breakdown of intimate relationships. Learn about the healing of these injuries using the revolutionary interventions used in EFT (Emotionally Focused Therapy), a powerful and proven approach to reducing distress and creating secure emotional bonds. The creation of emotional safety, the process of de-escalation and the restructuring of a couples bond, and the healing of specific emotional injuries will all be addressed.

In this workshop, you will learn how to...

- Outline the process of disconnection and injury that destroys intimate bonds
- Describe the necessary and sufficient conditions for relationship repair and secure bonding
- Execute interventions that promote effective affect regulation and positive bonding

SATURDAY – Oct. 18, 2014, 8:30am–4:30pm
Ronald Potter-Efron, LICSW, CADCI, Ph.D.

"HEALING THE ANGRY BRAIN: Helping Chronically Angry, Aggressive and Domestically Violent Individuals Change their Brains and Behaviors"

What does it mean to say that someone has an "angry brain?" What are the differences between predatory aggression, defensive rage, and irritable anger? How much is domestic violence an anger problem? What is the relationship between anger and anxiety? Is it correct to say "fight or flight" or should we say "fight, flight or freeze?" Perhaps most importantly, *how can people with "angry brains" be helped to alter that behavior both at the conscious and unconscious levels?*

In this workshop, you will learn how to...

- Identify eleven things you should know about the angry brain
- Understand the emotional brain: the limbic system and the intrinsic value of emotions
- Understand the social brain: polyvagal theory and attachment theory; adult attachment and domestic violence
- Understand the angry brain: main brain pathways for defensive aggression and predatory aggression
- Change the angry brain: relevant principles of neuroplasticity

For more information:

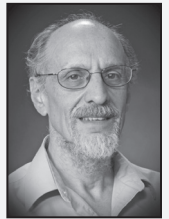
Visit our website at www.RTIprojects.org
Contact Suzanne Smyth-Cohen at 619.296.8103, ext. 10
E-mail: info@RTIprojects.org

ABOUT THE SPEAKERS:

Sue Johnson, Ph.D. is an internationally renowned clinical psychologist, researcher, professor, author, popular presenter and speaker—and one of the leading innovators in the field of couple therapy. She is one of the originators and the main proponent of Emotionally Focused Couple Therapy (EFT), and author of many books and articles, including *Hold Me Tight* and her newest book, *Love Sense*.



Ronald Potter-Efron, LICSW, CADCI, Ph.D. is the Director of the First Things First Anger Management and Domestic Violence Prevention Programs. He is the author of fifteen books on anger and related issues including *Healing the Angry Brain*, *Angry All the Time*, *Letting Go of Anger*, and *Letting Go of Shame* (the latter two with Pat Potter-Efron) Dr. Potter-Efron has facilitated hundreds of professional seminars and is a Diplomate and Trainer for the National Anger Management Institute.



DATE, TIME & LOCATION:

Oct. 17 & 18, 2014 (Friday/Saturday)
Registration: 8:00 AM
Workshops: 8:30 AM–4:30 PM
University of San Diego
Douglas F. Manchester Exec. Conf. Center
5998 Alcala Park, San Diego, CA 92110

FEES

\$150-\$195 (single day)
\$270-\$340 (both days)
Special discounts for early registration, SDPA/SDNC-CAMFT/SD-CAMFT members, Allied Agency staff, San Diego DV Agency staff, Full-time Students

CONTINUING EDUCATION

**For Licensed Psychologists/MFTs/
LCSWs/NBCC/NAADAC:**

Approved for 14.0 hours of credit
(7.0 hours for each single day)

Register Online:

<http://trief.org/events/johnson-efron>



RELATIONSHIP
TRAINING INSTITUTE