



Research-Based Skills Training for Healing Wounded Couples

A one-day skills training workshop for practical application based on Gottman's research.

This practical one-day training workshop begins with a brief review of historical approaches to couples therapy and how research has revealed the ineffectiveness in those approaches. Ari will then present some of Gottman's (leading couples therapy researcher) findings about destructive patterns in couple relationships and their predictive validity as well as those aspects that enhance satisfying and enduring relationships.

The emphasis of this training; however, is on healing wounded/dysfunctional relationships using research-based techniques. This includes changing the "Big Four" (criticism, contempt, defensiveness, and stonewalling) that lead to relationship demise to positive interactions that enhance relationship satisfaction. This will include teaching couples how and when to take a break and rather than just learning to apply conflict management skills, participants will also learn to maximise its effectiveness.

Ari will include methods for healing past wounds with healthy alternatives to fighting. He will also teach methods for strengthening intimacy and connection which contributes to good sex. This will include stressing the use of open-ended questions

and helping couples to create rituals - ways of being together that are comforting and reassuring. Participants will learn by lecture, demonstration, exercises and role plays.

Learning objectives:

1. Becoming familiar with significant approaches to couple therapy and how recent research has revealed their limitations.
2. Learn techniques that improve couples' communication and satisfaction by:
 - (a) learning to replace 'The Big Four' with positive interactions
 - (b) Applying techniques that truly heal: past wounds, fights, misunderstandings etc.
 - (c) helping couples to understand each other's feelings and perceptions around harmful events and developing a plan to prevent similar incidents from occurring
 - (d) becoming familiar with gentle conflict management skills that the therapist can instruct a couple to utilise
 - (e) acquiring skills to support couples in strengthening intimacy, connection and sexual satisfaction.



Ari Badaines, Ph.D. is a clinical psychologist who trained in the United States. In 1980 he obtained a post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he studied Group Therapy, Family and Couple Therapy. Later, he undertook further training at the Institute for Family Therapy in London. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia. He was twice a keynote speaker for the annual conference of Marriage Guidance Counsellors (now Relationships) in the UK. In 2015, Ari led a two-day workshop for the Psychological Society of Ireland on 'Action Techniques with Individuals and Couples' which was so positively received that he has been invited back each year since to present on couples and family therapy. He is renowned as an engaging and popular presenter for PDP and for several European organisations. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

MELBOURNE: 28th November 2019
MANTRA ON RUSSELL

SYDNEY: 17th October 2018
UTS SHORT COURSE ROOMS

BRISBANE: 11th October 2019
PARK REGIS NORTH QUAY



ACA: Members can accrue 14 CPD points.

AASW: Members can accrue 7 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 7 active hours.



ACWA: Members can accrue 7 CPD hours.

PACFA: Members can accrue 7 CPD hours.

Morning Session

Includes a short morning tea break.

Introduction to the days training.

Strongly believed ideas about couples therapy undermined by research.
Research based interventions.
The four big predictors of relationship demise: Gottman's 'Four Horsemen of the Apocalypse' – Criticism, Contempt, Defensiveness, and Stonewalling.
The impact of positive interactions; the "Yes, Dear" phenomenon etc.

Afternoon Session

Includes a short afternoon tea break.

Past wounds infect the present; applying techniques that truly heal.
Dealing with fights and woundings:

- using a structured dialogue.
- understanding each other's feelings and perceptions about the event.
- Developing a plan for preventing similar incidents occurring in the future.

Replacing Gottman's Big Four ('The Four Horseman of the Apocalypse' - criticism, contempt, defensiveness, and stonewalling) with positive interactions.

Gentle conflict management skills:

- Teaching couples how to take a break when in high emotional states.
- Engagement versus stonewalling.
- Learning healthy alternatives to criticism and contempt.
- Antidote to defensiveness is taking responsibility.

Strengthening intimacy and connection:

- Establishing rituals of connection.
- Using open ended questions to maintain emotional closeness.
- Maintaining deep companionship is the key to good sex.

Evaluation and closing.

"Couples work is tough and can leave you feeling frustrated, inadequate and depleted. Attend this workshop for some of the most recent, research based techniques and approaches."

Dr Ari Badaines

How will you benefit from attending this training?

- Become familiar with research about *what is* and *what is not* effective in couples work.
- Take away new skills to enhance your work with couples.
- Address your anxieties, develop confidence, and feel excited about working with couples.

Registration details:

Standard registration: **\$288**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

Register at www.PDPseminars.com.au or call us on 1300 887 622

This seminar has been designed to extend the clinical knowledge and applied skill of professionals who wish to work with couples or wish to further develop foundational skills for working with couples.

Here is what people said about Ari's recent training for PDP:

"Thank you for one of the most valuable learning opportunities I have ever had! Your passion for what you do is inspiring and I'm grateful for the opportunity to have been part of this training."

"Best, most informative workshop so far and just what I needed... Can't wait to put these skills into practice!"

"Ari, I loved it - the work, the group, your management and generosity and humour. Thank you!"

"Absolutely brilliant (What can I say?!) Thank you so much for the privilege Ari."

"I loved the experiential training - please organise more with Ari. I feel he was very much himself and it allows spontaneity and good learning."

"This workshop was such a powerful, engaging experience and the skills that I will take from this will be so helpful in my therapy practice. Wonderful, thank you!"

"A fascinating workshop. Interactive and experiential, Ari had the ability to keep us engaged and interested and explained in a clear way making sure we 'got it' before moving on. I would recommend Ari's training and will do more with him again."