

**JOSEPH SHANNON**

**BRENT ATKINSON**

**MICHAEL OTTO**

**VIRGINIA FRY**

**KEVIN POLK**

*The Master Therapists  
2009-2010*

**PAUL FOXMAN**

**BILL O'HANLON**

**W. ROBERT NAY**

**CELINE SAULNIER**

**BESSEL VAN DER KOLK**



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School of Medicine Office of Continuing  
Education and the Department of Psychiatry

# The Master Therapists

## 2009-2010

All Workshops are held in Keller Auditorium at the University of Connecticut Health Center in Farmington.

<b>September 25, 2009</b> Friday, 9 a.m. - 4 p.m.	<b>JOSEPH SHANNON, PH.D.</b> <i>Through the Looking Glass: Understanding and Treating Personality Disorders</i>
<b>October 23, 2009</b> Friday, 9 a.m. - 4 p.m.	<b>VIRGINIA FRY, M.A.</b> <i>Confronting Grief &amp; Loss Over the Lifespan with Creativity</i>
<b>November 13, 2009</b> Friday, 9 a.m. - 4 p.m.	<b>CELINE SAULNIER, PH.D.</b> <i>Clinical Issues in Autism Spectrum Disorders: From Assessment to Treatment</i>
<b>December 4, 2009</b> Friday, 9 a.m. - 4 p.m.	<b>MICHAEL OTTO, PH.D.</b> <i>Stopping Anxiety Disorders in their Tracks: Treatments That Work</i>
<b>January 22, 2010</b> Friday, 9 a.m. - 4 p.m.	<b>KEVIN POLK, PH.D.</b> <i>Acceptance and Commitment Therapy with Difficult Cases</i>
<b>February 26, 2010</b> Friday, 9 a.m. - 4 p.m.	<b>BESSEL VAN DER KOLK, M.D.</b> <i>How Mind and Brain Deal with Trauma Across the Lifespan: Implications for Treatment</i>
<b>March 19, 2010</b> Friday, 9 a.m. - 4 p.m.	<b>W. ROBERT NAY, PH.D.</b> <i>Anger and High Conflict Relationships: Cognitive-Behavioral and Short-Term Interventions for Adolescents and Adults</i>
<b>April 16, 2010</b> Friday, 9 a.m. - 4 p.m.	<b>BRENT J. ATKINSON, PH.D.</b> <i>Emotional Intelligence in Couples Therapy: Advanced Strategies for Helping Your Clients Rewire Outmoded Emotional Habits</i>
<b>May 7, 2010</b> Friday, 9 a.m. - 4 p.m.	<b>BILL O'HANLON, M.S., L.M.F.T.</b> <i>The Science of Happiness: Applying Positive Psychology to Clinical Work</i>
<b>June 4, 2010</b> Friday, 9 a.m. - 4 p.m.	<b>PAUL FOXMAN, PH.D.</b> <i>Anxiety Disorders in Children and Adolescents: A Mind-Body Therapy Approach</i>

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EDUCATION CREDITS can be found on pages 12 & 13.

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All faculty participating in Continuing Medical Education activities sponsored by the University of Connecticut School of Medicine are required to disclose to the program audience any real or apparent conflict of interest related to the content of their presentations. Eight of the 10 speakers listed have no financial interest/arrangement or affiliation with any organization that could be perceived as a real or apparent conflict of interest in the context of the subject of his/her presentation. Dr. Atkinson has a financial interest/arrangement with The Couples Research Institute which publishes resources that he will present that could be perceived as a real or apparent conflict of interest in the context of the subject of his presentation. Dr. Otto has a financial interest/arrangement with *Schering-Plough – Grant Support, Organon (Schering-Plough) – Consultation and Lilly – Use of measure* that could be perceived as a real or apparent conflict of interest in the context of the subject of his presentation. The following safeguard has been put in place to avoid the insertion of commercial bias into the content: Review of the content to ensure there is no bias.

Dr. Otto will be discussing an off-labeled use of d-cycloserine and yohimbine.

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# JOSEPH SHANNON, PH.D.

## Through the Looking Glass Understanding and Treating Personality Disorders

Friday, September 25, 2009

Personality-disordered individuals comprise 15 to 20% of the general population and are seeking or being referred for professional counseling services at an increasing rate each year. These individuals have profound difficulty with adapting to change, learning from their repeated mistakes, developing and sustaining healthy relationships, and solving interpersonal problems without creating undue distress for themselves and others. In the professional setting, personality-disordered patients are among the most non-compliant and pose special challenges for even the most seasoned of professional caregivers.

In this highly practical program, behavioral health clinicians will learn how to quickly recognize the signs and symptoms of personality pathology and how to treat personality-disordered clients in an effective and ethical manner. Categories of personality disorders will be discussed in detail. Dr. Shannon will present the prominent theories regarding the cause/evolution of personality pathology. This will lead to a lengthy discussion of strategic treatment approaches. The sources of non-compliance commonly seen with personality-disordered clients will be presented, followed by specific guidelines and techniques for addressing and strategically managing these non-compliance issues. Managing the many forms of resistance in treating clients with personality disorders is a key to making progress with these individuals. Participants will learn both a short-term and a long-term treatment model that will give clinicians strategic treatment approaches to treat clients with personality disorders in an efficient, effective and ethical fashion. These treatment approaches will be discussed throughout the day as they relate to case examples.

Film clips from major motion pictures which feature personality-disordered characters will be used to illuminate the unique aspects of each sub-type of personality disorder. If possible, this workshop will include a live consultation interview.

**Joseph Shannon, Ph.D.** has over 20 years of successful clinical experience as a psychologist, consultant and trainer. An expert in understanding and treating a broad range of adult psychopathology, Dr. Shannon has appeared on several television programs including the "CBS Morning Program" and "PBS Viewpoint." Dr. Shannon has developed and implemented training programs for medical and mental health professionals around the country. He is recognized for innovative teaching methods including the use of film excerpts to illuminate distinct adult disorders. Dr. Shannon has consistently received "excellent" ratings from health professionals and presents key insights and practical approaches with clarity, enthusiasm, and humor.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

**At the conclusion of this workshop, you will be able to:**

- Define and describe the parameters of personality pathology
- Discuss the prominent theories regarding the causes/evolution of personality pathology
- List and describe 12 distinct types of personality disorders
- Describe sources of non-compliance commonly seen with personality-disordered patients that create barriers to treatment
- Describe specific guidelines for addressing patient non-compliance strategically
- Describe a short and long-term treatment model for addressing personality pathology in an efficient, effective and ethical fashion

# VIRGINIA FRY, M.A.

## Confronting Grief & Loss Over the Lifespan with Creativity

Friday, October 23, 2009

Imagine five teenage girls sitting around a kitchen table, shyly but openly discussing the deaths of their fathers—from cancer, suicide, drug use and accidents. What did it mean to them as young children? How does the grief change for them as teens? What does it mean to their mothers and their brothers? How will it affect them in the future as they age? How can they cope NOW?

This is the subject of a new DVD documentary, “**A Video Essay on Teenage Grief,**” (produced by [www.mcmulti.com](http://www.mcmulti.com)) by Virginia Fry, and will serve as a touchstone for a day of exploration and creative experiences. Using developmental strategies for healing grief—from very young childhood through advanced adulthood, we will learn to identify, express and tolerate the difficult emotions related to grieving at each developmental stage in our lives.

People experience many losses in a lifetime, often without expressing the grief when the loss occurs. Instead, the pain is hidden, delayed or denied until a later loss revives the grief. Even those who go through a healthy mourning process are often surprised by the power of an old grief that returns with a subsequent loss. Grief often returns due to the cyclical nature of time and human development, and can mask as dysfunctional behavior that serves to numb the pain of loss.

Some losses are traumatic; others developmental. Some are not recognized by society as deserving of mourning, such as the death of an ex-spouse or a beloved pet. All can provoke a wide variety of grief reactions that often look like clinical depression, physical illness, and other conditions. It is imperative for clinicians to competently distinguish normal and naturally healing mourning from dysfunctional behavior and know how to best support and facilitate the grieving process.

Back by popular demand, Virginia Fry is offering this new workshop, including experiences from chemotherapy clinic where she is working with newly diagnosed patients, as well as with hospice families, and those trying to survive the sudden death of loved ones. This workshop will provide hands-on techniques for facilitating creative explorations with clients including drawing, hand-mapping, relaxation, poetry, crafts, rituals, movement and music.

**Virginia Fry, M.A.** is the Director of the Hospice & Palliative Care Council of Vermont, and Bereavement Coordinator for Central Vermont Home Health & Hospice where she continues her clinical practice of nearly 30 years. She teaches at four Vermont colleges, is a consultant to three New Hampshire hospitals, and consults with many schools and hospices in Vermont and Germany. She is an artist and the author of the award-winning book, *Part of Me Died Too*, (Penguin 1995, republished 2005), and contributing author to many collections on death, dying and grieving. She is an original and dynamic presenter with a wealth of practical knowledge and personal experiences.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

**At the conclusion of this workshop, you will be able to:**

- Describe common reactions to grief and loss for each developmental stage
- Identify tasks of grieving and how to provide necessary conditions for completion
- Discuss creative techniques and activities that assist in grief resolution
- Develop creative survival strategies to eliminate barriers to grieving

# CELINE A. SAULNIER, PH.D.

## Clinical Issues in Autism Spectrum Disorders From Assessment to Treatment

Friday, November 13, 2009

Autism Spectrum Disorders (ASD) currently affect 1 out of 150 individuals with striking variability in their level of functioning and developmental trajectories throughout life. Currently, the causes for autism remain unclear; thus treatment requires intensive and comprehensive therapeutic and educational services, possibly throughout the lifespan. This workshop will define the clinical features associated with ASD and how to differentiate among the different subtypes (e.g., Autism, Asperger Syndrome, and Pervasive Developmental Disorder, Not Otherwise Specified).

A multidisciplinary approach to assessing and diagnosing the disorder, incorporating the disciplines of psychology, speech pathology, psychiatry, occupational and physical therapy, and genetics will be presented. Specific topics that will be covered include early detection and diagnosis of infants and toddlers at risk for ASD and how diagnostic profiles can change over time, particularly in very young children; evaluation of school-aged children – when paradigm shifts occur in conceptualizing an individual's hierarchy of needs; and diagnostic differentials and comorbidities that arise across the age range (e.g., anxiety and depression in higher functioning individuals).

This workshop will also cover evidence-based practices in treating ASD. These include behavioral interventions, such as Applied Behavior Analysis, social and communication skills programs, and occupational therapy. In addition, effective strategies for enhancing social-emotional and psychological functioning, vocational, adaptive, and motor skills will be discussed, particularly in relation to school-age individuals as they prepare for independent living outside of the educational system. Finally, psychopharmacological therapies and alternative interventions that are commonly used in treating ASD will be addressed.

**Celine Saulnier, Ph.D.** is the Training Director for the Autism Program at the Yale Child Study Center. She obtained her doctorate in Clinical Psychology from the University of Connecticut. She then completed a two-year postdoctoral fellowship awarded by the National Alliance for Autism Research, training with Drs. Fred Volkmar and Ami Klin before joining the Yale faculty. Dr. Saulnier supervises and conducts diagnostic evaluations on infants, toddlers, and school-aged children, ranging from 6 months to 21 years of age. Her current research focuses on adaptive behavior deficits in comparison to cognitive ability, particularly in higher functioning individuals.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

### **At the conclusion of this workshop, you will be able to:**

- Define the clinical features associated with ASD and how to differentiate among them (e.g., Autism, Asperger Syndrome, and Pervasive Developmental Disorder, Not Otherwise Specified)
- Recite the evidence associated with early detection and intensive intervention in infants and toddlers with ASDs
- Recite the evidence associated with best practices in treating ASDs throughout the lifespan
- Identify barriers in treating ASDs, both in lower functioning and higher functioning individuals

# MICHAEL OTTO, PH.D.

## Stopping Anxiety Disorders in their Tracks: Treatments That Work

Friday, December 4, 2009

Anxiety disorders, with their associated distress, disability, and chronicity, are often a prominent part of a therapist's caseload. This workshop is designed to provide attendees with comprehensive information on the treatment of these disorders with the interventions that have received the most support in the empirical literature. Emphasis will be placed on cognitive-behavioral formulations of the nature of anxiety disorders, and the treatments that flow naturally from these formulations. In this presentation, a model of each disorder will be provided and followed by detailed treatment information. In addition, commonalities across disorders will be described, so that attendees can attend to the core principles of treatment that cut across anxiety disorders.

In discussing cognitive-behavior therapy for anxiety disorders, this workshop will emphasize the translation of principles of treatment to detailed interventions for the next patient in the office. Core interventions as well as the "art" of delivering these interventions will be exemplified. Emphasis will be placed on how to prepare patients for cognitive and exposure interventions, and the "signposts" of the useful application of these strategies. Emphasis will also be placed on relapse prevention interventions, including a focus on how to help patients attend to and remember the interventions that will serve them the most.

In addition, time will be devoted to discussing the role of pharmacotherapy, and how medications can add or detract from the efficacy of psychosocial treatment. Outcome evidence for standard combined (pharmacotherapy and CBT) and novel combination treatment strategies will be discussed. This will include information on the use of putative memory enhancers (e.g., d-cycloserine) to boost treatment responses from exposure-based treatments. Innovations in treatment will also be discussed, including the role of ultra-brief treatment protocols, exercise in psychosocial treatments, and the acceptance and emotional tolerance interventions. If possible, this workshop will include a live consultation interview.

**Michael W. Otto, Ph.D.** is Professor of Psychology, and Director of the Center for Anxiety and Related Disorders at Boston University. Dr. Otto specializes in the cognitive-behavioral treatment (CBT) of anxiety, mood, sleep, and substance use disorders. An enduring theme across these disorders is the role of exposure-based emotional tolerance/acceptance strategies in improving mental health. Current research includes investigations of potential moderators of CBT efficacy, including several translational-research agendas ranging from studies of de novo fear conditioning to the application of putative memory enhancers (e.g., d-cycloserine) to facilitate exposure-based treatments. Dr. Otto has published over 250 articles, chapters, and books spanning his research interests, and was recently identified as a "top producer" in the clinical empirical literature. Dr. Otto is past President of the Association for Behavioral and Cognitive Therapies (formerly AABT), a fellow of the American Psychological Association, and a member of the Scientific Advisory Board for the Anxiety Disorders Association of America.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

### **At the conclusion of this workshop, you will be able to:**

- Describe cognitive-behavioral models for the anxiety disorders
- Identify the elements of empirically-supported treatments for anxiety disorders
- Identify issues in combination (medication and psychosocial interventions) treatment strategies for anxiety disorders as well as novel approaches to combination treatment
- Describe elements of exposure interventions, with attention to the role of context in the learning of safety
- Identify barriers to treatment and how they can be managed

# KEVIN POLK, PH.D.

## Acceptance and Commitment Therapy with Difficult Cases

Friday, January 22, 2010

Acceptance and Commitment Therapy (ACT) is an empirically-based psychotherapy aimed at decreasing struggling with suffering and increasing valued activities. ACT is based on research showing that language can keep a person trapped in a relatively psychologically rigid cycle of trying to do things to avoid unwanted mental activities. To break this cycle the ACT practitioner uses present-moment noticing, sorting tasks, metaphors and experiential exercises to increase psychological flexibility. The therapist also works with clients to clarify values and set clear goals for moving toward values. A more flexible psychological stance allows clients to more easily choose to take valued actions.

ACT is a collaborative, client-centered, and low-burnout therapy. Participants will learn to see clients are stuck, and not broken, and therefore fully capable of living a valued life. Dr. Polk will demonstrate how the “you are not broken stance” quickly gives rise to a collaborative, empathetic and creative therapeutic environment. He will show participants how in this environment both client and therapist learn new ways of framing life circumstances and derive new behaviors that better suit current life circumstances.

Because ACT is built on a contextual philosophy of science that emphasizes the observation of workability rather than insight or cognitive restructuring, attendees will learn how this observational point of view, the key to ACT’s flexibility, makes it ideal for treating what many would call “difficult” clients. The more accustomed a therapist is to using the functional-contextual point of view, the less any client is seen as difficult. That is, some clients are simply more stuck struggling with suffering than others. Research has shown that viewing clients through this “lens” leads to less therapist burnout. Participants will see why many ACT practitioners and clients describe the therapy as fun and entertaining.

Dr. Polk will present how to quickly establish the core processes of ACT and at the same time establish a cooperative working alliance with what were before thought of as difficult clients. He will demonstrate how to establish this working relationship through the use of case examples and role play. Participants will learn that having a genuine curiosity about the client’s life experiences result in the client getting caught up in the curiosity. How the client and therapist then collaborative to find out more will be emphasized and attendees will see that from this stance, clients will begin to create homework assignments toward valued living. If possible, this workshop will include a live consultation interview.

**Kevin Polk, Ph.D.** is the Director of the Intensive Outpatient PTSD Program at the Togus, Maine VA. He also maintains an active private practice. He has worked with thousands of people troubled by trauma memories, including war trauma, sexual assault and child abuse. This work has lead him to work with hundreds of individuals who have been labeled as “difficult” or “substance abusing” and branded as difficult to work with. Dr. Polk enjoys working with almost all of them. A number of years ago he discovered ACT and incorporated it into his practice. He was “discovered” by the ACT community and invited to speak at ACT national conventions, ACT World Conferences and many other speaking engagements. He is well known for his lively and entertaining presentation style and is in the process of writing an ACT book.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

**At the conclusion of this workshop, you will be able to:**

- Describe the therapeutic context for doing Acceptance and Commitment Therapy
- Explain how to establish a collaborative working relationship with “difficult” clients
- Discuss ACT techniques to establish clearly defined goals toward valued life directions
- Describe the integration of present-moment awareness into each therapy session

# BESSEL VAN DER KOLK, M.D.

## How Mind and Brain Deal with Trauma Across the Lifespan Implications for Treatment

Friday, February 26, 2010

During the past decade an enormous amount has been learned about the impact of trauma on development, as well as the differences between memories of everyday experiences and those of overwhelming events. These memories are different, depending on the age at which the trauma occurs and the social support systems of the victims. Recent neuroimaging studies suggest where in the brain these memories are stored and what the mechanisms might be of the recovery of traumatic memories. While ordinary memory is an active and constructive process, traumatic memories are stored in ways that are different from the memories of everyday experience, namely as dissociated sensory and perceptual fragments of the experience.

Using both research studies and clinical examples, Dr. van der Kolk will present data on the nature of traumatic memories and will examine the implications of this knowledge for clinical practice. He will also review appropriate standards for approaching traumatic memories in clinical work. Dr. van der Kolk will explore the effects of trauma on cognitive, psychological and interpersonal functioning. He will review the research on the profound effects of trauma on cognition, affect regulation, and on the development of self and interactions with others. He will discuss how trauma and disruptions in attachment bonds affect the development of people's identity, and how this is expressed socially as difficulties in affect modulation, destructive behavior against self and others and in negotiating intimacy.

Dr. van der Kolk will review the effects of childhood trauma on development of self-esteem, the capacity to identify and negotiate personal needs, and the ability to relate effectively with others. The balance of the day will be spent on the exploration of treatment alternatives. In the wake of recent insights into the neurobiology of trauma, a range of new approaches to treatment have been developed. Research on the effect of trauma on affect regulation, perception and other brain functions inevitably leads to conclusions regarding treatment that can be considered fundamental shifts from earlier therapeutic paradigms. Preoccupation with the trauma and learned helplessness require a variety of interventions aimed at restoring active mastery and the capacity to attend to current experience. Dr. van der Kolk will discuss the role of body oriented therapies, EMDR, theater, yoga, and working with dissociation. If possible, this workshop will include a live consultation interview.

**Bessel A. van der Kolk M.D.** is a clinician, researcher and teacher in the area of posttraumatic stress. Founder of the Trauma Center in Boston, which specializes in the treatment of traumatized children and adults, Professor of Psychiatry at Boston University Medical School, and Director of the National Child Traumatic Stress Network Community Program in Boston. Dr. van der Kolk has done a great deal of research, including the first neuroimaging study of PTSD and the recently completed the first NIMH funded study of EMDR for the treatment of PTSD. He was co-principal investigator of the DSM IV Field Trial for PTSD, and his interest in how trauma affects the entire human organism has led to his current work on the use of yoga and theater groups.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

### At the conclusion of this workshop, you will be able to:

- Recite the range of adaptations to trauma early in the life cycle
- Discuss how experiences, including mindful physical actions, can help overcome traumatic repetitions and continued flight/flight/freeze responses
- Describe how neurofeedback can alter attentional systems in the Central Nervous System
- Discuss one or more barriers to helping clients overcome traumatic repetitions

## W. ROBERT NAY, Ph.D.

### Anger and High Conflict Relationships: Cognitive-Behavioral and Short-Term Interventions for Adolescents and Adults

Friday, March 19, 2010

Therapists are often asked to work with individuals, couples and families where a level of anger/aggression and conflict exists that makes a structured, consistent approach to therapy difficult or impossible. Intense “faces” of anger like hostility, passive-aggression or cold anger compete with positive therapeutic goals that require listening, self-control and expressing emotions in a non-threatening manner.

In some cases verbal or physical abuse seems inevitable and must be derailed or if it has already begun, may lead to such trauma in the family system that the parties must separate and intense individual work is the only alternative. He will present how to artfully address such issues before they derail important therapeutic goals or the couple or family system is so disrupted and dysfunctional that structured behavioral change is impossible. In two recent books that encompass thirty years of clinical work and informed by the research literature, Dr. Nay has developed a six-step program based on Cognitive-Behavioral Therapy and family communication principles to address intense anger and conflict issues from the standpoint of the angry actor as well as the recipient/victim of anger expression. The goal is to keep these important relationships intact, if possible, so that underlying needs/issues can be addressed before the couple/family disintegrates.

Clinical case examples will illustrate these approaches in a practical way and also address thorny and challenging decisions/strategies and issues that arise in this work. If possible, Dr. Nay will illustrate this approach by interviewing a client or couple followed by discussion of the issues that arise.

**W. Robert Nay, Ph.D.** is a licensed clinical psychologist in private practice in McLean, Virginia and Annapolis, Maryland and is Clinical Associate Professor at Georgetown University School of Medicine. Having written two previous textbooks: *Behavioral Intervention: Contemporary Strategies and Multimethod Clinical Assessment*, he has also written numerous invited book chapters and articles in professional journals and has served as Associate Editor of the academic journal *Behavior Therapy*. Dr. Nay works with adolescents, adults and couples from a cognitive-behavioral perspective, including ODD, OCD, Tourette’s Syndrome, anxiety and anger/acting out problems. He has appeared multiple times on Entertainment Tonight, CNN-FN, Fox News with Geraldo Rivera, Associated Press Radio, WEB-MD, and Child Magazine’s Child.com and has been interviewed by ABC News, Cosmopolitan Magazine, Natural Health, The Washington Post, and USA Weekend Magazine. His book *Taking Charge of Anger: Resolving Conflict, Sustaining Relationships and Communicating Effectively Without Losing Control* has received very positive reviews and his new book *When Someone You Love is Angry* has recently been published.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

#### **At the conclusion of this workshop, you will be able to:**

- Differentiate between two types of aggression that predict prognosis and inform assessment and treatment planning
- Describe the five components of anger and develop a treatment plan that addresses each using cognitive-behavioral treatment (CBT) strategies
- Identify at least four assessment strategies as a prelude to developing aggression management training
- Identify irrational beliefs and cognitive distortions that must be addressed for successful individual or couples treatment

# BRENT J. ATKINSON, PH.D.

## Emotional Intelligence in Couples Therapy: Advanced Strategies for Helping Your Clients Rewire Outmoded Emotional Habits

Friday, April 16, 2010

Relationship researchers have recently identified precisely what intimate partners must do in order to have successful relationships. But even when they know what to do, partners often find that they are unable to do these things. Provocative new neurological research suggests that old habits may persist because they are woven into the fabric of internal states which are automatically activated in daily living, often without conscious awareness. New brain studies suggest that for changes acquired in therapy to last, they must be integrated into brain states that become active when upsetting situations occur. This workshop will introduce a step-by-step approach that helps clients learn to identify emotional states which perpetuate outmoded thoughts, attitudes, and interactions, “re-wire” these states for more flexibility, and activate alternate states which support new avenues for thought and action.

The workshop will begin with summary of the ground-breaking, longitudinal studies that have identified specific interpersonal abilities that each of us must have if we want to succeed in long-term, intimate relationships. Each of these interpersonal abilities are state-specific -- that is, they can only happen when we are in a particular mood or state of mind. The problem is that attitudes or moods are often felt to be beyond our conscious control. In the past two decades, brain researchers have been in hot pursuit of the mechanisms by which the brain makes automatic choices for us. Evidence suggests that moods or attitudes are often produced by the automatic activation of one or more of the brain’s seven executive operating systems -- pre-programmed brain states that powerfully influence our thoughts, feelings and actions in specific, predictable ways. Executive operating systems can be triggered during the course of daily life without conscious awareness. New discoveries have been made regarding how these powerful internal states are activated and suppressed, and how they can be re-wired so that new attitudes, beliefs, thoughts and actions are possible at moments when they are needed.

Using videos, Dr. Atkinson will demonstrate practical methods for helping clients short-circuit internal states that sabotage the ability to think and act in ways that are necessary for relationship success, and stimulate internal states that naturally lead to intimacy and connection.

**Brent Atkinson, Ph.D.**, is the principle architect of *Pragmatic/Experiential Therapy for Couples*, an approach that translates advances in neurobiology and the science of intimate relationships into practical methods for improving relationships. Dr. Atkinson is author of *Developing Habits for Relationship Success*, and *Emotional Intelligence in Couples Therapy*. His pioneering work has been the subject of dozens of professional journal articles, and has recently been featured in magazines and newspapers such as the *Oprah Magazine*, the *Washington Post*, *Cosmopolitan Magazine*, the *Psychotherapy Networker*, and others. A personable and engaging speaker, Dr. Atkinson is known for his ability to present complex scientific ideas in compelling and easy-to-understand ways. His seminars are packed with cutting-edge information, practical interventions, and handouts that can be given to clients.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

### At the conclusion of this workshop, you will be able to:

- Describe recent advances in neurobiology and relationship science that suggest new avenues for improving relationships
- Describe the emotional habits necessary for relationship success, and help clients assess the degree to which they have been implementing these habits
- Explain how to help clients rewire their brains for more flexibility, enabling them to more fully implement that habits that are necessary for relationship success
- Identify barriers to treatment, such as the tendency to project blame on partners, and the challenge of motivating clients to change their own habits

# BILL O'HANLON, M.S., L.M.F.T.

## The Science of Happiness Applying Positive Psychology to Clinical Work

Friday, May 7, 2010

Positive Psychology is the study of human happiness and life satisfaction – what works in life as demonstrated through research. But it isn't always obvious how to translate this research into clinical work. This workshop will offer a solid research base and methods of doing therapy and changework that derive from and fit with this research. Participants will get a chance to try out this approach in the workshop and learn how to apply it with clients. Bill will present an overview of Positive Psychology, which will include the following:

- The gap between Positive Psychology research and clinical practice
- What some psychotically optimistic dogs can teach us about effective clinical work
- The optimistic therapist
- Research on the benefits and drawbacks of optimism and being positive
- Possibilities vs. positive thinking
- Future pull: The restoration of hope in clinical work
- Resilience research: What helps people bounce back from troubles and traumas
- Post-traumatic stress into post-traumatic success
- What the research shows makes people happy and what doesn't
- Applications of happiness research to clinical work

He will then focus on social intelligence, the importance of connections and relationships for the good life, and what we learn from happy couples. Emphasis will be placed on the New Brain Science and Positive Psychology and the practical applications of brain plasticity research in changework.

His presentation on the meaning and purpose in the Good Life will include:

- Elements of the meaningful life: Translating into clinical work
- The four life energies: Finding direction and purposeful work
- It's not about you: Mitzvah Therapy
- The components of Positive Psychology: A summary (The S.O.A.P. model)

**Bill O'Hanlon, M.S., L.M.F.T.** has authored or co-authored 29 books, the latest being *A Guide to Trance Land* (W.W. Norton, 2009). His books have been translated into French, Spanish, Portuguese, Swedish, Finnish, German, Chinese, Bulgarian, Turkish, Korean, Indonesian, Italian, Croatian, Arabic and Japanese. Since 1977, Bill has taught over 1,500 seminars around the world. He has been a top-rated presenter at many national conferences and was awarded the "Outstanding Mental Health Educator of the Year" in 2001 by the New England Educational Institute. Bill is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist. He is also a clinical member of AAMFT and winner of the 2003 New Mexico AMFT Distinguished Service Award, certified by the National Board of Certified Clinical Hypnotherapists, and a Fellow and Board Member of the American Psychotherapy Association.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

### At the conclusion of this workshop, you will be able to:

- Discuss at least 3 Positive Psychology research findings in clinical work
- Describe the four life energies that can help clients find their life and work directions
- List at least 3 factors that increase happiness
- Describe the barriers to clients having a meaningful life and how to overcome these in therapy

# PAUL FOXMAN, PH.D.

## Anxiety Disorders in Children and Adolescents A Mind-Body Therapy Approach

Friday, June 4, 2010

Anxiety is now recognized as the most common emotional problem in 10 out of 17 countries surveyed by the World Health Organization, including the United States. The soaring trend towards anxiety has been accelerated by high-profile threats, such as terrorism and natural disasters. The increasing rate of traumas to children, which also include divorce, family breakdown, violence in society and the media, and a failing school system, has produced a “shell shocked” generation suffering from many symptoms including anxiety. Our challenge is to recognize anxiety in children and adolescents, and to provide effective help in clinical and school settings.

This workshop begins with a blueprint for how, why and when anxiety develops in children and adolescents. This template addresses biological, family, school and cultural sources of anxiety. Using a mind-body framework, workshop participants will then learn practical treatment strategies that can be applied in their various settings. Emphasis will be on stress management and anxiety regulation skills for children and adolescents in the context of psychotherapy. He will discuss recommendations for parents and schools to help reduce anxiety in children and adolescents.

We will apply the mind-body perspective to seven key anxiety disorders with case examples: separation anxiety disorder, panic disorder, overanxious disorder, obsessive-compulsive disorder, social anxiety disorder, phobias, and post-traumatic stress disorder. Some co-occurring disorders (e.g. behavior problems, medical conditions, depression, ADHD, learning disabilities, substance abuse, selective mutism) will be discussed.

The multimedia workshop format will consist of lecture, demonstrations, PowerPoint slides, videotaped segments, music, audience interaction, and if possible a live consultation interview.

**Paul Foxman, Ph.D.** is a clinical psychologist as well as Founder and Director of the Center for Anxiety Disorders in Vermont. In 1985 he co-founded the Lake Champlain Waldorf School, now flourishing from kindergarten through high school. His books include *Dancing with Fear* (2007) and *The Worried Child* (2004), as well as a co-authored casebook (*Conquering Panic and Anxiety Disorders*). Dr. Foxman has over 30 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools, and private practice. He has taught hundreds of top rated workshops internationally and in 46 U.S. states, and he has appeared on television and radio as an expert on the topic of anxiety. He is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style.

Workshop fee: \$124 Please refer to pages 12 & 13 for Registration and Discount Information

### **At the conclusion of this workshop, you will be able to:**

- Discuss a mind-body therapy approach to children and adolescents with anxiety disorders
- Describe the role of family, schools, media, and global events in contributing to anxiety in children
- Identify seven key anxiety disorders in children
- Identify the barriers and resistances to using a mind-body approach with children and adolescents
- Discuss recommendations to parents and schools for reducing anxiety in children and adolescents

## REGISTRATION INFORMATION

Please be sure to read the following information BEFORE completing the Registration Form.

### POLICIES AND PROCEDURES

**ALL WORKSHOPS** will be held in Keller Auditorium at the University of Connecticut Health Center in Farmington, CT. Registration is from 8:30 to 9:00 A.M. The programs begin promptly at 9:00 A.M. and end at 4:00 P.M. Coffee is available during registration, and coffee and light refreshments are provided during the morning break. Lunch may be purchased in the Health Center cafeteria.

**PAYMENT** is by check or money order only. Your cancelled check will be your receipt.

**LATE FEE:** There will be an additional **\$10** fee if your registration/payment is not **postmarked** at least **14 days** before the workshop.


**REFUNDS** of the registration fee minus a **\$15** administrative charge, or a full credit good for this series, will be made provided the cancellation is received in writing **14 days** prior to the program. **NO REFUNDS** or **CREDITS** will be issued after this time.

**AN EMAIL CONFIRMATION** will be sent to you approximately two weeks prior to each workshop for which you have registered. It will include a map and parking directions. **Please provide your email address on the registration form.**

**A LETTER OF ATTENDANCE** will be provided to all non-M.D. participants **at the end** of the workshop day.

**ANNUAL FEE FOR AMA CATEGORY I CME CREDIT:** For **PHYSICIANS** who desire AMA Category I credit and **NURSES** who require a **certified** Certificate of Attendance, there will be a \$10 fee for the series.

### CONTINUING EDUCATION CREDIT

- **The Collaborative of NASW and Boston College and Simmons College Schools of Social Work** has approved each workshop for 5.5 Category 1 CE hours for relicensure, in accordance with 258 CMR. This is applicable for Social Workers in CT, MA, RI, All of New England, New York and most other states.
- Each activity has been certified for 6.6 Contact Hours by the **Connecticut Association for Marriage and Family Therapy, Inc. (CTAMFT)** for professional continuing education. Certification #: CT-2345
- Each activity has been certified for 6.6 Contact Hours by the **Massachusetts and/or Rhode Island Association for Marriage & Family Therapy, Inc.** for professional continuing education.
- The Psychiatry Department of the University of Connecticut Medical School is recognized by the **National Board for Certified Counselors (NBCC)** to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. Each workshop is approved for 5.5 credit hours.
-  This series is approved by the Department of Psychiatry, The University of Connecticut Health Center, which is an approved provider of **Connecticut State Department of Education CEUs** (provider no. 486). Each workshop has been approved for .5 CEUs.
- The Psychiatry Department of the University of Connecticut Medical School is approved by the **American Psychological Association** to sponsor continuing education for psychologists. The Psychiatry Department of the University of Connecticut Medical School maintains responsibility for this program and its content. Each workshop is offered for 5.5 credit hours.
- The **Connecticut Certification Board, Inc. (CCB)**, which certifies Connecticut Substance Abuse Counselors, has approved each Master Therapist Workshop for 5.5 contact hours.
- The University of Connecticut School of Medicine is accredited by the **Accreditation Council for Continuing Medical Education (ACCME)** to sponsor continuing medical education for physicians. The University of Connecticut School of Medicine takes responsibility for the content, quality, and scientific integrity of this CME activity.  
The University of Connecticut School of Medicine designates each "Master Therapist" activity for a maximum of **5.5 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**QUESTIONS? PLEASE CALL STACEY FOSTERVOLD OR ELIZABETH TAYLOR-HUEY (860) 679-3789**

**SPECIAL DISCOUNTS IF YOU REGISTER NOW FOR MORE THAN ONE WORKSHOP:**

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| <b>1 Workshop = \$124</b>            | <b>7 Workshops = \$104 EACH</b> |
| <b>2 Workshops = \$119 EACH</b>      | <b>8 Workshops = \$99 EACH</b>  |
| <b>3 or 4 Workshops = \$114 EACH</b> | <b>9 Workshops = \$94 EACH</b>  |
| <b>5 or 6 Workshops = \$109 EACH</b> | <b>10 Workshops = \$89 EACH</b> |

*Workshop discounts must be pre-paid and are for individuals only.*

*Please call 860-679-3789 for group and agency discounts.*

**FULL TIME STUDENTS: WORKSHOP FEE - \$60**

*Written proof from your University stating your FULL TIME status is required with registration.*

**PLEASE READ REGISTRATION INFORMATION BEFORE FILLING THIS OUT!**

Last Name			First Name			Degree		
E-Mail (FOR CONFIRMATION)					Employer			
Home Address					Work Address			
City		State	Zip	City		State	Zip	
Phone (H)				Phone (W)				

CHECK <input checked="" type="checkbox"/>	WORKSHOP	HOURS	DATE	FEE
<input type="checkbox"/>	Shannon	9-4	Friday, September 25	\$ 124
<input type="checkbox"/>	Fry	9-4	Friday, October 23	\$ 124
<input type="checkbox"/>	Saulnier	9-4	Friday, November 13	\$ 124
<input type="checkbox"/>	Otto	9-4	Friday, December 4	\$ 124
<input type="checkbox"/>	Polk	9-4	Friday, January 22	\$ 124
<input type="checkbox"/>	van der Kolk	9-4	Friday, February 26	\$ 124
<input type="checkbox"/>	Nay	9-4	Friday, March 19	\$ 124
<input type="checkbox"/>	Atkinson	9-4	Friday, April 16	\$ 124
<input type="checkbox"/>	O'Hanlon	9-4	Friday, May 7	\$ 124
<input type="checkbox"/>	Foxman	9-4	Friday, June 4	\$ 124
# _____ Workshops at \$ _____ each for a TOTAL:				\$ _____
PLUS M.D./NURSES ANNUAL AMA \$10 CME FEE:				\$ _____
(See Annual Fee page 12)				
PLUS \$10 LATE FEE:				\$ _____
(See Late Fee page 12)				
<b>TOTAL FEE ENCLOSED:</b>				<b>\$ _____</b>
<input type="checkbox"/> This is the FIRST time I am attending a Master Therapists Workshop				
<p><b>Make Checks Payable to: UCONN Psychiatry – CME</b>  <b>Please Mail to: Master Therapists Program</b>  <b>Department of Psychiatry • UCONN HEALTH CENTER</b>  <b>263 Farmington Ave • Farmington, CT 06030-1935</b></p>				



The Master Therapists Program  
 Department of Psychiatry - CME  
 University of Connecticut Health Center  
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 Farmington, Connecticut 06030-1935

*The Master Therapists*  
 (860) 679-3789

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**WHAT YOUR COLLEAGUES ARE SAYING . . .**

“Just the best conference I’ve been to in years! His background, his openness, candor, humor, presentation superb.”

Harville Hendrix, Ph.D. Workshop, November 14, 2008

“The entire workshop was excellent, but the first part was exceptional - probably the most interesting professional workshop I’ve ever heard.”

Shawn Shea, M.D. Workshop, March 6, 2009

“Very informative workshop. Scott clearly knows the joys, concerns, issues and environment of the clinical setting.”

Scott Miller, Ph.D. Workshop, May 1, 2009

“Dr. Hayes was truly a phenomenal presenter, and has a great ability to grip and captivate the audience.”

Steven Hayes, Ph.D. Workshop, June 5, 2009

**WHO SHOULD ATTEND:**

Family Therapists	Psychologists	Counselors
Marital Therapists	Psychiatrists	Family Practitioners
Social Workers	Internists	Guidance Counselors
Psychiatric Nurses	Pediatricians	Pastoral Counselors
Psychotherapists	Sex Therapists	Alcohol & Drug Counselors