

# VaMFT

## Virginia Association for Marriage and Family Therapy

### PRESENTS

## Emotional Intelligence in Couples Therapy: Advances from Neurobiology and the Science of Relationships

*with*

**Dr. Brent J. Atkinson**

**September 19, 2008  
Fredericksburg Expo Center  
9:00 am**

### PLEASE CHECK ONE:

- \$149 for VAMFT Members  
 \$169 for Non-VAMFT Members  
 FREE AAMFT Student Members – must show ID  
 \$79 Other Full-time Students – must show

\$149 Group Rate X  number of participants.

Groups of 5 or more from the same agency are entitled to the discounted rate of \$149. Groups must pay with ONE form of payment. Please include all the names of the attendees.

\$10 CE CERTIFICATES - If you are purchasing CE credits, please add \$10.

Please check:  MFT  Psychologist/ Psychiatrist  Social Worker  LPC  Other

Certificates of Attendance are provided to each registered attendee.

TOTAL DUE

### PAYMENT INFORMATION

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**About the Presenter . . .** Brent Atkinson, Ph.D., is principle architect of Pragmatic/Experiential Therapy, an approach which translates new knowledge about how the brain processes emotion into practical methods for improving relationships and increasing personal success. Brent is a widely-known teacher, researcher, and therapist.

## **WORKSHOP OVERVIEW**

Pragmatic/Experimental Therapy for Couples (PET-C) integrates new knowledge about the human brain's executive functioning with knowledge about the interpersonal skills required to maintain a long-term, intimate relationship. This integration will enable workshop participants to develop techniques that short-circuits clients' internal states that sabotage the ability to think and act in ways that have proven necessary for long-term relationship success. Beginning with a review of the research literature highlighting those necessary relationship skills, Dr. Atkinson will use lecture, skill-building exercises and videotaped examples of one couple's therapy to help participants develop the means for enhancing the internal brain states of couples that naturally lead to intimacy and connection. Participants will develop the skills needed to a) increase those specific interpersonal skills that lead to relationship success and b) influence the brain states that foster these skills and inhibit those states that are barriers.

### **WORKSHOP GOALS**

**Participants, of this workshop will learn to:**

1. Activate states of hopefulness in each partner.
2. Short circuit internal brain states that are barriers to behaviors necessary for interpersonal success.
3. Stimulate internal brain states that foster behaviors necessary for interpersonal success.
4. Aid each partner in developing the abilities for shifting internal brain states on their own.

### **CONFERENCE SCHEDULE**

<b>9:00 – 9:30</b>	<b>Registration</b>
<b>9:30 – 10:45</b>	<b>Introduction &amp; Overview of Research</b>
<b>11:00-12:15</b>	<b>Pragmatic/Experiential Therapy for Couples – Part I</b>
<b>12:15 – 1:45</b>	<b>Lunch (On Your Own)</b>
<b>1:45 – 3:00</b>	<b>Pragmatic/Experiential Therapy for Couples – Part II</b>
<b>3:15 – 4:30</b>	<b>Pragmatic/Experiential Therapy for Couples – Part III Conclusions</b>

### **WORKSHOP LOCATION**

**Fredericksburg Expo Center**  
**2371 Carl D. Silver Parkway**  
**Fredericksburg, Virginia 22401**

#### **Accommodations**

A block of rooms have been reserved at the Homewood Suites which is to the right of the Expo Center. The special rate is \$109 per night plus taxes. You must register by 8/28/08 for this rate. Mention VAMFT when you make your reservation. The phone number for Homewood Suites is 540-786-9700.

#### **Continuing Education Credits**

**Professional Training Associates, Ltd.** is approved by the National Board for Certified Counselors to offer continuing education activities for National Certified Counselors. NBCC CE's are accepted for LPC's, Substance Abuse Counselors, and MFT's in the state of Virginia. We adhere to NBCC continuing education guidelines. (Provider #5916) This workshop is also approved for CME's for Nurses, and Physicians. Professional Training Associates is an approved provider of CE's for Social Workers through ASWB. 6.0 hours approved. CE's for Psychologists are approved by Amedco/R Cassidy Seminars. — Amedco/R Cassidy Seminars is an approved provider of CE's for psychologists by the American Psychological Association. Amedco/R Cassidy Seminars maintains responsibility for this program. 6.0 contact hours approved.

**CE CERTIFICATES ARE AN ADITIONAL \$10.00**