

# PACE

Professional Advancement & Continuing Education



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## 1995 Fall Catalog



PACE is a division of



Phillips Graduate Institute

and



California Family Study Center

5433 Laurel Canyon Blvd. • North Hollywood, CA 91607 • (818) 509-5959 ext. 214

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# PACE Fall 1995 Catalog

## Table of Contents

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Message from the Director .....	2
Chemical Dependency Studies Department.....	3
Collaborative Therapy Department .....	9
Child Therapy Department .....	14
Supervision of Supervision .....	18
Saturday Morning Samplers .....	19
Programs of Contemporary Interest .....	24
Special Events .....	27
Registration Form .....	32



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*PACE - Professional Advancement and Continuing Education Division*

## Message from the Director

The Professional Advancement and Continuing Education Division (PACE) at Phillips Graduate Institute (formerly California Family Study Center) includes previous certificate and extension programs, and introduces new departments and programs. This growing division is designed to be responsive to the changing needs, schedules and expanding awareness of our community and **conforms to the upcoming requirements for mandatory continuing education (MCE)**. Each new catalog will provide a comprehensive schedule of programs designed to introduce and update ideas and practices to keep PACE with our changing field. Since 1971, Phillips has offered a WASC-accredited master's degree program in Marriage, Family and Child Therapy, that meets all BBSE academic requirements for state licensure.

We are building a foundation of departments, certificated programs, courses, workshops and special events that will serve the community of Phillips graduates, as well as other therapists, educators, counselors, nurses and students interested in expanding their knowledge base and clinical competence.

PACE operates as an autonomous entity within Phillips, under my direction. **All classes are conducted at the graduate level** and will be graded pass/fail unless the student requests a grade from the instructor on the first day of class. Transcripts for completed courses will be available through PACE by written request at a nominal fee. Classes are credited in either **semester units or contact hours** to accommodate persons seeking CEUs and others wanting to transfer credits. To receive semester credits, arrangements for a "work product" must be made with the instructor, in advance.

We are **approved by the Board of Registered Nursing** to grant continuing education credit for PACE courses (Provider #CEP10867), and our Chemical Dependency department is **approved for continuing education by the California Association of Alcohol and Drug Abuse Counselors** (CADCEP provider #2N-860550596).

We look forward to bringing you courses that represent both basic and innovative learning in the field of Marriage and Family Therapy. We hope to bring diversity of orientation offered by well qualified faculty.

We hope that you take the time to look through this catalog and get acquainted with the current programs. Perhaps you can imagine what a difference some of these courses might make to your own practice or for an increased sense of professionalism. Don't miss the "Coming Attractions" section where we describe programs planned for the next year. Our Spring catalog will be available January 1, 1996, and should you want to give us feedback about other classes or instructors that would interest you, don't hesitate to call PACE (818/509-5959, ext. 214) and let us know. We look forward to our fourth year of continued innovative programming at Phillips, and to your participation.

Phillips Graduate Institute does not discriminate on the basis of sex, race, creed, age, national origin, or handicapped condition in the educational programs or activities which it operates. If you have special needs please notify our department for assistance.

**Tuition is based on your professional status, and you will find throughout the catalog that the "A" rate applies to pre-licensed and licensed professionals who are not Phillips alumni; the "B" rate applies to Phillips alumni and non-Phillips students and interns; the "C" rate applies only to current Phillips students and interns.** (There are a few exceptions, and these are indicated where appropriate.) **Late registration fees are indicated.**

*Jennifer Andrews-Clark, Ph.D.*



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# Chemical Dependency Studies Department

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## Current Faculty

**Lucy Alarid, M.S.W., L.C.S.W.**  
Employee Assistance Program  
National Broadcasting Company (NBC) Studios  
Burbank, California

**Lucinda Alibrandi, Ph.D.**  
Director of Human Services, Cypress College  
Cypress, California  
Consultant in Orange County

**David J. Clark, Ph.D., M.F.C.C.,  
N.C.A.C. II**  
AAMFT Approved Supervisor  
Director Phillips Graduate Institute/CFSC Chemical  
Dependency  
Studies Department and visiting faculty;  
Family Therapist in Westwood, California

**Stephanie Covington, Ph.D, L.C.S.W.**  
Co-Director of the Institute for Relational  
Development, LaJolla, California

**Irwin Jacobs, M.A., M.F.C.C., C.A.D.C.**  
Private Practice, Santa Clarita, California

**Theresa D. Jacobs, M.A., M.F.C.C.**  
Director, Drug Treatment Program  
Rancho San Antonio Boys Home

**Michael J. McCann, M.A.**  
Administrative Director Matrix Center  
on Addictions  
Woodland Hills, California

**Mark Mitchell, M.A., M.F.C.C.**  
Family Therapist & Consultant  
Westchester, California

**Jeanne Obert, M.A., M.F.C.C.**  
AAMFT Approved Supervisor  
Adjunct Faculty, Phillips Graduate Institute/CFSC  
Director, Matrix Center on Addictions  
Beverly Hills, California

**Steven Shoptaw, Ph.D.**  
Clinical Psychologist, Director of Research,  
Matrix Center on Addictions  
Beverly Hills, California

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### Phillips Graduate Institute/CFSC Conference on Alcohol and the Family - Past Presenters

Claudio Bepko, M.A.	- 1987	Peter Steinglass, M.D.	- 1989
Claudia Black, Ph.D.	- 1985/1987	David C. Treadway, Ph.D.	- 1992
Stephanie Brown, Ph.D.	- 1985/1987	Marc F. Kern, Ph.D.	- 1993
Lorie Dwinell, M.S.W.	- 1985-1987	Stephanie Covington, Ph.D.	- 1994
JoAnn Krestan, M.A.	- 1987	Jeanne Obert, M.A., M.F.C.C.	- 1995
Marilyn Mason, Ph.D.	- 1989		



# About the Chemical Dependency Studies Program

## About the Chemical Dependency Studies Program

The Phillips Graduate Institute has developed an academic Chemical Dependency Studies Program to provide education and training based on compassion and concern for all those affected by chemical dependency. Courses will focus on the issue of alcoholism and drug abuse with a family systems approach to treatment. The program offers graduate level education and training for therapists, counselors, nurses, and students who are working with families or individuals where alcohol and/or drug abuse is an issue.

The curriculum is designed to meet educational goals for those seeking employment as alcoholism counselors, employee assistance workers, and for mental health professionals interested in expanding their knowledge and clinical skills. All courses lead to a certificate in Chemical Dependency. You may enroll in individual courses without being a certificate candidate. This program is approved for continuing education by the California Association of Alcohol and Drug Abuse Counselors (CAADAC). Continuing education credit is also available for R.N.'s as approved by the Board of Registered Nursing Provider #CEP10867 and CADCEP provider #2N-86-05500596.

**Students who do not have an M.A. degree** A certificate is not issued for non-M.A. students; however students concurrently enrolled or planning to enroll in a graduate program may take up to six units of graduate level chemical dependency courses before enrollment. These units will only apply to certification upon completion of all M.A. requirements.

## For a Phillips Graduate Institute Certificate in Chemical Dependency Studies:

First-time students must submit a completed application with the required fee, as stated on the application form (application fee is not required for Phillips current students and graduates).

Phillips courses are offered at the graduate level. Certificate applicants must provide transcripts with the M.A. posted. Students with a Bachelor's degree from an accredited institution may enroll in up to six units of extension coursework.

All extension classes meet for a minimum of ten classroom/lecture hours. All courses are available for either academic credit or contact hours. For academic credit the student must request the additional contact hour assignment.

## Requirements for Phillips Graduates and Current Students

Completion of graduate work in the following areas:

- Human Psychological and Social Development
- Theories of Marriage, Family, and Child Therapy
- Human Sexuality
- Group Therapy
- Practicum

All classes are on a pass/fail basis, unless a grade request, in writing, is given to the instructor at the first class meeting.

## Required courses for Phillips' Chemical Dependency Certificate

- #700 A Chemical Dependency Overview: Assessment, Intervention, Treatment and Recovery Issues (3 units, 30 hours.)
- #701 Family Dynamics and Systemic Clinical Practices (1 Unit, 10 hours.)
- #702 Chemical Dependency: Pharmacology, Assessment, Treatment and Recent Research (2 units, 20 hours.)
- #703 Addictions, Alcoholism, Systems Theory and AA (1 Unit, 10 hours.)
- #704 Chemical Dependency and Sexuality (1 Unit, 10 hours.)
- #705 Theory and Practice of Group Treatment with Different CD Client Classifications (1 Unit, 10 hours.)

You must take **three units of elective courses** to meet the certificate requirements. These courses will be offered on a rotating basis with a minimum of three being offered each year.

### CERTIFICATION CREDENTIALS

Those with an appropriate advanced degree interested in: (1) the professional standards for obtaining the credential as Master Addictions Counselor (MAC) established by the National board for Certified Counselors (NBCC) and/or (2) fulfilling the "Core Knowledge and Skills" content areas and other requirements of the California Certification Board of Alcohol and Drug Counselors (CAADAC Intern, CAC, CDC, CADC) please contact the PACE office for specific details or to arrange for a meeting with the Director of the CD Studies Department to discuss the special requirements for these credentials.



**#803 The 9th Phillips Graduate Institute/CFSC  
Alcohol and the Family Conference  
*Alcoholism: Dynamics and Treatment***

with  
**Stephanie S. Covington, Ph.D., L.C.S.W.**



at the  
**Airtel Plaza Hotel  
(Sherman Way at Van Nuys Airport)  
Van Nuys, California**

**Friday, February 2, 1996  
9:00 a.m. - 5:00 p.m.  
Fee: \$75**

Alcoholism is the leading health problem in the United States. It is estimated that 12 million people suffer from this disease and 48-60 million significant others are also affected. Given the magnitude of the problem, the relative lack of attention it receives in health care education is disturbing.

Historically, alcoholism has been viewed as a moral weakness by the public, and considered untreatable by the medical and mental health professions. Although current research indicates a physiological predisposition to this disease, there are innumerable psychological and social consequences. Due to denial and lack of knowledge, many professionals misdiagnose and treat the symptoms of alcoholism without treating the disease. Their success rate is therefore abysmal, and an aura of hopelessness clouds the therapeutic process.

Traditional psychoanalytic methods are contraindicated in alcoholism treatment. Depth psychotherapy encourages drinking among alcoholics because its intention is to increase the stress level as an antecedent for change. Therefore, it is important for clinicians to receive training in the diagnosis and treatment of alcoholism.

This workshop is designed for EAP providers and other practicing clinicians, and will provide information on the diagnosis, treatment, and referral of alcoholics and their families. It will also delineate the gender differences in the disease and its treatment. Experiential exercises will be used to assist participants in identifying and interacting with the client in the therapeutic process.

**Topics to be presented include:**

Process of Addiction  
Disease Concept of Alcoholism  
Family Dynamics  
Diagnosis  
Intervention  
Treatment Issues and Modalities

**Stephanie S. Covington, Ph.D., L.C.S.W.**, is a clinician, author, organizational consultant, and lecturer. She is recognized for her pioneering work on women's issues and specializes in programs on addiction, sexuality, families and relationships.

Dr. Covington has been the Chair of the Women's Committee of the International Council on Alcoholism and Addiction and is listed in Who's Who in California and Who's Who of American Women. She is a board-certified Diplomat of the American Board of Medical Psychotherapists, the American Board of Sexology and the National Association of Social Workers. In 1983, she was cited for her significant contribution to alcoholic women by the California Women's Commission on Alcoholism. As consultant for Women's Treatment at the Betty Ford Center, her work involved progressive and innovative program design as well as institutional development. In criminal justice settings, she designs programs for women as well as providing staff development.

Dr. Covington has published numerous articles and co-authored the book *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy*. She has also written *Awakening Your Sexuality: A Recovery Guide for Woman and Their Partners*, and her newest publication is *A Woman's Way Through the 12-Steps*. She has appeared on "Donahue," "Sally Jesse Raphael," "Geraldo," "Good Morning America," the "Home Show," and numerous radio and television programs. Her office is in La Jolla, California, where she is the Co-Director of the Institute for Relational Development.



# Schedule of Classes

All classes except #700 and #725 are offered Friday evening from 7:00 p.m. to 10:00 p.m. and Saturday from 9:00 a.m. to 5:00 p.m.

## Required Courses - C.D. Program

### #700 A Chemical Dependency Overview: Assessment, Intervention, Treatment and Recovery Issues

3 Units (30 contact hrs.)

#### Faculty:

David J. Clark, Ph.D., M.F.C.C.,  
N.C.A.C. II  
Stephanie S. Covington, Ph.D.,  
L.C.S.W.  
Theresa D. Jacobs, M.A.,  
M.F.C.C.  
Irwin Jacobs, M.A., M.F.C.C.,  
C.A.D.C.

From an historical overview of substance abuse in the United States, this course examines individual and cultural issues which highlight the social and cultural differences which affect the development of chemical dependency. The course includes the basic assessment, intervention and related approaches for alcoholics and their families. The course will deal with what has been and how they have changed the course of dependency services to our society as a whole as well as families and individuals caught up in the addictive cycle. A model for conceptualizing the recovery process will be presented as well as specific ways "stages of recovery" may affect clients and their families.

Additionally, awareness will be raised regarding cultural (ethnic/class) and gender differences in the disease and treatment processes and exploring HIV and other substance abuse issues. An ecological approach that guides inter-

ventions for persons who misuse or abuse alcohol and other drugs will be considered with a corresponding emphasis upon individualized treatment and recovery programs.

**Dates:** Friday: February 2, 1996- (9:00 a.m. - 5:00 p.m.)  
at the Airtel Plaza Hotel, Van Nuys, CA (7:00 p.m. - 10:00 p.m.)  
at Phillips Graduate Institute/CFSC

Fridays (7:00 p.m. - 10:00 p.m.)  
& Saturdays (9:00 a.m. - 5:00 p.m.):  
February 9, 10, 23, and 24, 1996,  
at Phillips Graduate Institute/CFSC

**Tuition:** A: \$500; B: \$450; C: \$400

### #701 Family Dynamics and Systemic Clinical Practices

1 Unit (10 contact hrs.)

#### Faculty:

David Clark, Ph.D., M.F.C.C.,  
N.C.A.C. II

This course will examine systems theory and research in the study of families. Drug abuse and related issues will be presented with a focus on the clinical skill of working with individuals (e.g., ACAs), and a variety of treatment approaches. An update on current research will be explored, including co-dependency, enabling, relapse prevention and recovery.

**Dates:** Friday & Saturday:  
April 12 & 13, 1996

**Tuition:** A: \$175; B/C: \$150

### #702 Pharmacology: Assessment, Treatment and Recent Research

2 Units (20 contact hrs.)

#### Faculty:

Jeanne Obert, M.A., M.F.C.C.  
Michael McCann, M.A.  
Steven Shoptaw, Ph.D.

The classes of abused alcohol will be presented. Procedures for assessment, exhibiting and level of recent development dependency research addressed (with a focus on s concern with the HIV epidemic).

Diagnostic indications of drug/alcohol use and abuse will be reviewed and emphasis placed on interventions appropriate for early and later stage application included. Specific issues relevant to clients who are seeing clients in out-treatment will be highlighted. A model for working with couples focusing primarily on addiction issues and recovery will also be demonstrated. Evaluation tools for some experimental work will be provided as well as exploring available community resources for chemical dependency treatment. Experiential exercises will be augmented with a panel of individuals from different recovery oriented groups.

**Dates:** Fridays and Saturdays  
July 12 & 13, 1996  
July 19 & 20, 1996

**Tuition:** A \$350; B \$300; C \$275.



### #703 Addictions, Alcoholism, Systems Theory and AA

1 Unit (10 contact hrs.)

**Faculty:**

**Lucinda Alibrandi, Ph.D.**

Discussion and... around styles of... cance of... ing al...  
...ights... rnetically... m and theologi... to Alcoholics Anony... a framework for integrat... emic perspective with the... ational treatment views based... the disease model is provided. A... tion-focused approach with clients v... are addicted to alcohol and/or other drug... will be examined.

*50.00 per hour <= 12  
75.00 per hour > 12  
Alibrandi*

**Dates:** Friday & Saturday:  
January 12 & 13, 1996

**Tuition:** A: \$175; B/C: \$150

### #704 Chemical Dependency and Sexuality

1 Unit (10 contact hrs.)

**Faculty:**

**Lucy Alarid, M.S.W., L.C.S.W.**

This course will exam... relationship between chemi... v... sexuality, and co-d... ological and soc... the sexualit... dent per... dysf... ual... emales... and the gen... ill be outlined... ll be drawn to com... deficits in the chemi... ent client and their impact... ay sexual functioning. Sexual... on skills are identified in address... g these relationship deficits.

*Alarid  
50.00 per hour <= 12  
75.00 per hour > 12*

**Dates:** Friday & Saturday:  
December 1 & 2, 1995

**Tuition:** A: \$175; B/C: \$150.

### #705 Theory and Practice of Group Treatment with Different Client Classifications

1 Unit (10 contact hrs.)

**Faculty:**

**Mark J. Mitchell, M.A., M.F.C.C.**

This course presents unique... anthropological consideration... for viewing practices of... with individuals and... chemical dep... tems and... pres... ing... in group... structured to... elines for starting... cused recovery groups... am process oriented groups... entified ACAs, Co-Dependent... and/or substance abusing clients). Dif... ferent therapeutic styles will be explored and demonstrated through experiential exercises.

*Mitchell  
50.00 per hour <= 12  
75.00 per hour > 12*

**Dates:** Friday & Saturday:  
May 3 & 4, 1996

**Tuition:** A: \$175; B/C: \$150.

**Total "Required" units needed: 9**

### Elective Courses - C.D. Program

### #713 Women, Addiction, and Therapeutic Process

1 unit (10 contact hrs.)

**Faculty:**

**Stephanie Covington, Ph.D.**

Our culture's need to evade... the reality of addiction in... powerful that it has... holism field its... and treat... sign... can... want to un... ds and concerns... dependent woman, and... question: What is healing for

*1000 first 15  
over 15 - 1/3 rd  
1 site noted  
Covington*

**Dates:** Friday & Saturday:  
December 1 & 2, 1995

**Tuition:** A: \$175; B/C: \$150.

standing of the current knowledge related to chemical dependency. The major focus will be on women's recovery with an emphasis on the issues of self, relationship, sexuality, and spirituality and the therapeutic techniques for dealing with these issues.

The participants will receive training in a treatment model originally developed for the Women's Program at the World Center. The model is based on the integration of three theoretical orientations: Theory of Addiction, Theory of Women's Psychological Development, Theory of Trauma.

As the separated professional fields of chemical dependence and mental health struggle to understand each other, there is a need for both integration and a deeper appreciation of what each brings to the healing process. For example, both professional fields promote and facilitate increased self-awareness and create the potential for change. These shared goals will be explored in the workshop with an analysis of the differences in language and process. Spirituality and 12-Step program for women (limitations and contributions) will also be discussed.

**Topics to be presented include:**

- Historical overview
- Theoretical integration
- Gender differences
- Implications for treatment
- Discussion of treatment strategies:
- Sense of self-esteem
  - Building healthy relationship
  - Exploring sexual issues
  - Healing Trauma
  - Developing spiritual life

**Course Objectives:**

- To discuss history of women's treatment
- To integrate current theoretical practices
- To understand a developmental model of addiction for women
- To examine the multiple issues in women's recovery and learn treatment strategies.
- To discuss the integration of spirituality and psychotherapy.

**Dates:** Friday and Saturday:  
March 8 & 9, 1996

**Tuition:** A: \$175; B/C: \$150





### #714 Cross-Cultural Perspectives on the Alcoholic Family

1 unit (10 contact hrs.)

**Faculty:**

Mark Mitchell, M.A. and guest presenters.

This course seeks to sensitize clinicians to the cultural variation in Black, Latino, and Asian family systems and how to best intervene where alcohol and substance abuse exist. A current demographic overview of these populations and their patterns of use and related problems, as well as treatment strategies will be discussed. Community resources will be provided.

**Dates:** Friday and Saturday:  
November 10 & 11, 1995

**Tuition:** A: \$175; B/C: \$150.

### #715 Field Study (required for those intending to for CAADAC certification-Optional for all others) available by request

1 Unit

**Faculty:**

To be arranged

This course consists of 300 hours (255 hours field setting and 45 hours classroom setting) of specialized and supervised field work practice in a selected setting that affords students/interns the opportunity to develop and refine their knowledge and skills in chemical dependency (as per CADCEP regulations).

**Dates:** To be Arranged

**Tuition:** A/B/C: \$175.

### #723 Independent Study in Chemical Dependency

1 to 3 Units  
(10 to 30 contact hrs.)

**Faculty:**

To be arranged

**Dates:**

To be arranged

**Tuition:** \$175 - \$500.

### #726 Critical and Ethical Issues in Alcohol and Drug Abuse Treatment: Ethics, AIDS, Dual Diagnosis

1 Unit (10 contact hrs.)

**Faculty:**

David Clark, Ph.D.,  
and guest presenters

An overview of the "12 Core Knowledge and Skills" CCBADC (California Certification Board of Alcohol and Drug Counselors) related to case management activities (including, prevention, education, intervention and employee assistance programs) is provided with special focus on current legal and ethical issues. Different interviewing approaches are demonstrated, practiced and discussed. Particular emphasis is placed upon elements of resilience in providing effective services for AIDS/HIV, dual-diagnosed and other special dual-recovery clients.

**Dates:** Friday and Saturday:  
June 7 & 8, 1996

**Tuition:** A/B/C: \$175.

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**Total "Elective"  
units required** **3**

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### #725 The Essentials of Chemical Dependency Treatment: A certificated course fulfilling the BBSE (MFCT & LCSW) and Board of Psychology requirements

(1 semester unit of credit)

**Faculty:**

David J. Clark, Ph.D., M.F.C.C.,  
N.C.A.C. II  
Irwin Jacobs, M.A., M.F.C.C.,  
C.A.D.C.  
Theresa D. Jacobs, M.A.,  
M.F.C.C.

This course provides 1 semester unit of study in the following areas: definitions of alcoholism and chemical dependency (including differential and dual diagnoses), evaluation, physiological and medical aspects, current theories of etiology, the role of persons and systems that support or compound abuse, major treatment approaches, ethical and legal aspects of substance abuse, high risk and special populations, community resources, referral and prevention.

**Dates and Time:**

Two Friday evenings and Saturdays  
(7:00 p.m. to 10 p.m. Fridays)  
(9:00 a.m. to 5:00 p.m. Saturdays)  
February 9 and 10, 23 and 24, 1996  
(a total of 20 contact hours)

**Tuition:** A/B/C: \$250



# Collaborative Therapies (Short-Term) Training Department

## #750 Collaborative Therapies: A Year-Long Certificated Training Program in Short- Term Therapy



### Faculty:

Jennifer Andrews, Ph.D. and  
David Clark, Ph.D.,  
with

Mary Donovan, Ph.D. Candidate;  
David Marsten, L.C.S.W.;  
Mark Mitchell, M.A.

### Dates & Times:

#### In North Hollywood:

Monday evenings from 7 - 10 p.m. (90 Contact Hours) October 9, 1995 through June 10, 1996, (with holiday exceptions) at our North Hollywood campus.

#### In Irvine (Orange County):

A second section of this training is offered as a satellite course in Orange County on Tuesday mornings from 9 a.m. to Noon, starting October 10, 1995 through May 21, 1996. These meetings will be in collaboration with National University and held at their Irvine campus.

There is a trend appearing simultaneously in many places in the world. It reflects a new approach to therapy that has emerged from systemic, cybernetic, constructivist, social constructionist and narrative ideas and clinical practices. These collaborative approaches are not based on any theory of personality, family therapy theory, or related theories of psychopathology. They tend to be collaborative rather than hierarchical. Together, clients and therapists co-construct solvable problems and mutual understandings through conversation. Therapists are no longer solitary experts who diagnose, prescribe and carry out treatment on a client, patient, or family. Rather, the clients and therapists together engage, in dialogues and create alternative possibilities, solutions or ways of dissolving problems.

This training is uniquely designed to prepare clinicians to practice a non-pathology-seeking model of family therapy, based on an alternative paradigm which has demonstrated effectiveness with a wide range of clients and problems. As an empowering model, it synthesizes complementary elements of systemic (Milan), collaborative language systems (Houston-Galveston), the Solution-Focused Brief Therapy (Milwaukee) and the pragmatic yet very personal narrative work of Michael White and David Epston (of Australia and New Zealand). Tom Andersen's "Reflecting Process" (Norway) provides training opportunities for participants to make the paradigm shift to post-modern practices.

To meet the needs of the future these collaborative approaches have proven to be managed-health care friendly without sacrificing the quality of the therapeutic alliance and other important professional, legal and ethical concerns. Clinicians can learn to integrate these alternative practices together with the methods they may already be using. The training is especially useful to those experienced

therapists who are being asked to deliver "brief" therapy by insurance companies or managed health-care services.

### The Program

This intensive one-year program consists of weekly seminars geared to provide a solid foundation in collaborative therapy. The course meets for an academic year of thirty weeks. The group will explore assumptions related to each approach and observe and practice these new methods in a supportive, stimulating professional community.

Each seminar has a theoretical and an applied component; The theoretical component first introduces those models (Solution-Focused, Narrative and Collaborative Language Systems) whose basic concepts and assumptions are presented. The relationship between these concepts and techniques is explored. The faculty moderate these sessions and present aspects of each model. Each theoretical session is amply illustrated by videotaped selections from actual family therapy sessions so that the concepts come alive and participants hone their observational skills. Individual case consultation will also be available.

Next, in the applied component, clients may be seen through the one-way mirror. All participants have the opportunity to practice their developing skills, join reflecting teams and use other methods to make the therapy process more "transparent".

The year long format is designed to provide a working knowledge of this short-term model that can be integrated into a private practice.

### Eligibility/Requirements

The training is open to those who are or who will soon be practicing marital or family therapists. Successful applicants will find themselves in a homogeneous



group comprised of people from a mixture of disciplines, (MFCC's, psychiatrists, psychologists, social workers, and others) most but not all of whom are post degree, practicing clinicians.

**Tuition:**

A: \$1895; B: \$1745; C: \$1595.

**A deposit of \$500 will hold your place. Payment schedules are available.**

An **introductory tuition of \$1500** is being offered for the **Irvine** course. Call the PACE office for more information.

**The Faculty:**

**Jennifer Andrews-Clark** has a Ph.D. in Psychology with a specialization in marriage and family therapy. During the last dozen years she has taken a more focused interest in training, training materials, supervision and short-term therapies. A clinical member of AFTA, she also holds the Approved Supervisor designation of AAMFT. As a member of the Phillips Graduate Institute/CFSC faculty, she teaches post-modern ideas and has founded and directs the PACE division. She and her husband, David, are a team that train professionals and founded Master's Work Productions where they produce and distribute family therapy training videotapes.

**David J. Clark, Ph.D.**, has a specialization in marriage and family counseling. He is an AAMFT approved supervisor and clinical teaching member of AFTA with extensive training with many of the major theorist/practitioners in our still evolving field of family therapy. With over twenty years of clinical experience in traditional inpatient and outpatient based treatment programs, he has adopted innovative brief approaches in managed health care programs (HMO's and EAP). His article "Rewriting History: A Temper Taming Consultation" appears in *The Family Journal: Counseling and Therapy for Couples and Families*, Vol. 1(3), July 1993, and represents another integration of Narrative Therapy in his clinical practice.

**Mary Donovan, Ph.D. Candidate**, is adjunct faculty at the Phillips Graduate Institute/CFSC and Antioch University,

teaching and supervising marriage and family therapy students and interns. Currently completing her Ph.D. dissertation (a dialogue with therapists about managed care and ethics), her doctorate focuses on the post-modern family therapies. Much of her private practice is focused on working with couples, particularly couples in dual-career marriages.

**David Marsten, L.C.S.W.**, is guest faculty Phillips Graduate Institute/CFSC, a supervisor in the Brief Therapy Project, and Director of training and supervision at Jewish Family Service of Santa Monica. With a background in family therapy work and training he has, in recent years devoted his attention to the study of Postmodern approaches to working with individuals and families.

**Mark Mitchell, M.F.C.C.**, an anthropologist and marriage and family therapist studied Solution-Focused therapy with Steve deShazer and Insoo Kim Berg at the Brief Family Therapy Center of Milwaukee. He specializes in Solution-Focused groups, particularly men's groups. He also has experience in a variety of spiritual traditions including Zen Buddhism, Roman and Byzantine Catholicism, and Celtic Shamanism.

**What Others Have Said:**

*"Jennifer and Dave have been friends since they welcomed me in Chicago, in 1987. Their workshops were very successful and they were well received at the Australia-New Zealand Family Therapy Conference."*

Michael White  
Director, Dulwich Centre  
Adelaide, South Australia

*"David is empathic, direct and purposeful in his work. He is an impressive clinician and impressive teacher."*

Claudia A. Black, Ph.D.  
Specialist, Children of Alcoholics

*"Jennifer and Dave are warm, trustworthy, hospitable people with whom I can have a nice conversation and a good laugh."*

Luigi Boscolo, M.D.  
Centro Milanese di Terapia Del Famiglia,  
Milan, Italy

*"Jennifer Andrews operates on the cutting edge of family therapy. Exposure to her methods adds an important component to every therapist's training."*

Christine R. Varnes, MA  
Vice President,  
Phillips Graduate Institute/CFSC

*"Jennifer Andrews' work .. will make a major contribution to the field .. I enjoyed and was enriched, reading her work."*

Harold A. Goolishian, Ph.D.  
Houston-Galveston Institute

*"I find the course to be stimulating. It has given me additional tools with which to generate new experiences and alternatives for my clients."*

*I find the modality an exciting way to work and view issues."*

Lynne Tracy, MFCT  
Vocational Counselor and Psychotherapist

*"If you want to know the newest, exciting development in family therapy, ask Jennifer Andrews and Dave Clark. No one keeps as closely abreast of emerging trends in practice and advances in the literature of the field. Their generosity and enthusiasm create a context where learning is an adventure!"*

Jill Freedman, L.C.S.W.,  
Gene Combs, M.D.,  
Evanston Family Therapy Center  
Evanston, Illinois

**Related Programs**

During the next year many of the pioneers of these innovative therapies will be presenting **axillary seminars at PACE**. Participants in the Collaborative Therapies Training will receive both priority to attend and a significant discount for these usually sold-out events.

- **David Epston** - Narrative Therapy, Auckland, New Zealand, November 4, 1995.
- **Sallyann Roth** - Narrative Therapy, Cambridge, Massachusetts, January 29, 1996
- **Johnella Bird** - Narrative Therapy, Auckland, New Zealand, February 28, 1996



- **John Walter** - Solution-Focused Therapy, Chicago, Illinois, March 22, 1996
- **Tom Andersen** - Collaborative Language Systems, Tromsø, Norway, April 27, 28, 29, 1996
- **Harlene Anderson** - Collaborative Language Systems, Houston, Texas, April 28, 29, 1996
- **Insoo Kim Berg** - Solution-Focused Therapy, Milwaukee, Wisconsin, May 31, June 1, 1996.
- **Michael White** - Narrative Therapy, Adelaide, Australia, October 8, 9, 1996

### #754 Ten-Week Intensive In Solution-Focused Brief Therapy

**Faculty:**

**Jennifer Andrews-Clark, Ph.D.**  
**David Clark, Ph.D.**  
**Mark Mitchell, M.A.**

**Dates & Time:** Monday evenings, 7:00 p.m. - 10:00 p.m.  
 October 9, 16, 23, 30;  
 November 6, 13, 20, 27;  
 December 4 and 11, 1995

This ten-week training program is an intensive study of a practical model of effective time-sensitive treatment. This innovative and theoretically elegant, Solution-Focused Therapy model was developed at the Brief Family Therapy Center in Milwaukee. Using a noncritical approach toward clients and displaying a deep respect for the human strength, the model is designed to use exceptions to the problem as a clue to finding solutions. Innovative features include:

- Attention to the patterns of Solution rather than the origin of problems.
- Attention to the details of what the clients are doing that is good for them rather than on the complaint.
- Orienting toward present, future and hypothetical experiences rather than on the past problem saturated experiences.
- Offering a way to treat families when all members are not available for therapy.

The training presents Solution-focused brief therapy as: (1) a way of thinking, (2) a way of interviewing, and (3) a way of intervening. Participants will contrast the more traditional therapy views with a constructivist paradigm. Intervention designing and interviewing skills will be highlighted throughout the program. During the experiential component, participants will receive live supervision, study videotapes, work as a team behind the one-way mirror as we view live cases, and practice and receive consultation on their own cases.

**Tuition:** A: \$650; B: \$600; C: \$550.

*Faculty biographies - See above*

### #751 The Narrative Therapy of Michael White and David Epston

**Faculty:**

**Jennifer Andrews-Clark, Ph.D.**  
**David J. Clark, Ph.D.**

**Dates & Time:** Ten Monday evenings from 7:00 p.m. - 10:00 p.m.  
 January 8, 15, 22, 29;  
 February 5, 12, 26;  
 March 4, 11 and 18, 1996

The narrative work of Michael White and David Epston has changed the landscape of the family therapy field. The "re-authoring" of lives and relationships involves externalizing and deconstructing the problem, a process which participants become involved with in a "hands-on" way. Through experiential exercises, working on reflecting-teams with live family interviews, video examples and readings, the class will learn how to empower clients and themselves through this short-term therapy.

**Tuition:** A: \$650; B: \$600; C: \$550.

*Faculty biographies - See above*

### #752 Collaborative Language Systems

**Faculty:**

**Jennifer Andrews-Clark, Ph.D.**  
**David J. Clark, Ph.D.**

**Dates & Time:** Monday evenings from 7:00 p.m. - 10:00 p.m.  
 March 25;  
 April 8, 15, 22, 29;  
 May 6, 13, 20;  
 June 3 and 10, 1996

The works of Harry Goolishian, Harlene Anderson and Tom Andersen and the social constructionist ideas of Ken Gergen are the focus of this ten meeting course.

The premise that reality is co-created in language is the basis for this method of working. Problems appear and disappear as therapeutic conversation is co-created by therapist and client. Videotaped clinical interviews and experiential exercises will exemplify this way of working.

**Tuition:** A: \$650; B: \$600; C: \$550.

*Faculty biographies - See above*

### #759a & b Three-Month Clinical Externships

**Faculty:**

**Jennifer Andrews-Clark, Ph.D.;**  
**David Clark, Ph.D.;**  
**Mary Donovan, Ph.D. Candidate**  
**David Marsten, M.S.W.;**  
**and Mark Mitchell, M.A.**

The faculty members listed above are all AAMFT approved supervisors or in the process of becoming approved. They have extensive experience and training in Solution-Focused, Narrative or Collaborative Language System therapies.

Many licensed clinicians have requested the opportunity to get hands-on training in short-term methods. We have arranged two group externships of twelve evenings. This forty-eight hour training will be certificated. Meetings will be held at the Phillips Graduate Institute/CFSC.



Supervision is available through the one-way mirror or you may bring video or audio tapes of cases. Each participant will receive some live supervision during the externship. Participants repeating the externship receive a discount.

**The externship will meet from  
6:00 p.m. to 10:00 p.m.**

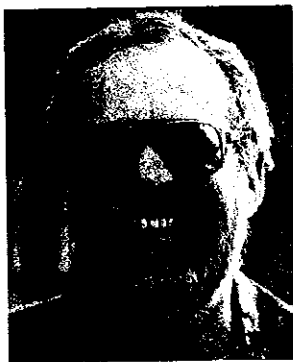
6:00 - 7:00 Didactic materials and presentation  
7:00-9:00 Individual supervision in groups  
9:00 - 10:00 Summary of cases and review of evening

**Clinical Externship I - Tuesday eve:**  
November 2, 7, 14, 21, 28;  
December 5, 12 1995;  
January 2, 9, 16, 23, 30, 1996;

**Clinical Externship II - Tuesday eve:**  
February 6, 13, 20, 27;  
March 5, 12, 19, 26;  
April 9, 16, 23, 30, 1996

**Tuition:** \$650 each session

**#800 Crafting the Therapeutic Letter - A One-Day Workshop with David Epston**



**Date and Time:**

Saturday, November 4, 1995  
9:00 a.m. to 4:00 p.m. at the Beverly Garland Holiday Inn, North Hollywood, California

This one-day workshop will be skill-oriented and focused on the participants become therapeutic letter-writers. The

day will consist of 1) observing a videotaped interview, reviewing the transcript of the interview and examining the summary 'letter' that was sent, and 2) a second taped interview will be observed and reviewed by way of transcripts and participants will become 'letter-writers'. There will be some time for review of the new letter-writing.

To prepare for the day, some suggested reading: The chapter on letter-writing in *Narrative Means to Therapeutic Ends*, (1990, W.W. Norton) and the Epston article, *Extending the Conversation in the Family Therapy Networker*, (Nov/Dec. 1994, pp. 31-7, 62-3).

**Tuition:** A/B/C: \$85

**#802 Dramatizing the Ideal Future and the Reformed Past: A Fresh Approach to Narrative Couple Therapy and Therapist Consultation. A Didactic and Experiential Workshop for Therapists with Sallyann Roth, L.I.C.S.W.**

**Date and Time:**

Monday, January 29, 1996  
9:00 a.m. to 4:00 p.m.

Sallyann Roth will first present an approach for interviewing couples that is designed for the initial session of consultation. Its core activity, enactments of future and past scenes, evoke in the couple new perspectives on their predicament. Throughout the session, the therapist prevents entrenchment in the clients' fixed beliefs about their present problems by concentrating on current strengths as well as past and future wishes.

In a similar model used for consulting to therapists, the current therapeutic dilemma is connected to painful patterns in the therapist's family of origin. The method utilizes powerful dramatizations of present, past, and future scenes to stimulates fresh clinical perspectives and approaches.

The workshop will include videotapes and experiential exercises for participants.

**Sallyann Roth, L.I.C.S.W.**, is a founding member of the Public Conversations Project. She was for fifteen years Co-Director of the Family Institute of Cambridge, and is presently the Co-Director of its Program in Narrative Therapies. She has taught in the Social Work Schools at Smith and Simmons Colleges and is a Lecturer on Psychology in the Department of Psychiatry at Harvard University and maintains a private practice in Watertown, Massachusetts. She has published widely on the work of the Project and on Couple's Therapy.

**Tuition:** A: \$95; B: \$85; C: \$75

**#804 Continuing the Narrative Conversation A One-Day Workshop with Johnella Bird of the Family Therapy Centre of Auckland, New Zealand**

**Date and Time:**

Monday, February 26, 1996  
9:00 a.m. to 5:00 p.m.

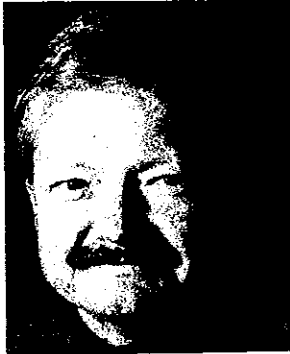
Creating externalizing conversations is a basic building block of narrative therapy. To do this with ease and grace is an art which Johnella has developed. A more detailed description of the content of this workshop will be in the next catalog. Save the date!

**Johnella Bird** is the co-director (with David Epston) of the Family Therapy Centre of Auckland. An experienced and talented therapist she has been involved with the narrative therapy movement from the beginning. She received a standing ovation as the keynote speaker of the Yaletown conference in 1995.

**Tuition:** A: \$95; B: \$85; C: \$75



**#806 Becoming Solution-Focused in Brief Therapy with John Walter, L.C.S.W.**



**Date and Time:**

Friday, March 22, 1996  
9:00 a.m. to 5:00 p.m.

The Solution-Focused Brief Therapy model is a positive and future oriented model built on the principle of visualization. The thrust of the approach is to facilitate client's constructing solutions by focusing on the positive, the future, and what they want to have happening. Often, a client who has repeatedly focused on the problem has never thought of or has overlooked what they want or will be doing in the future when the problem is solved and what they are doing now when they have some success, we can facilitate change in the shortest time possible, even with what seem like intractable situations. This practical model is process and goal oriented for use with individuals, couples or families and ideal for managed care.

**Program Schedule:**

**9:00 a.m. - 10:30 a.m.**  
**Personal Paradigms, Historical Paradigms, and Assumptions of a Solution-Focused Approach.**

We will examine the presuppositions within the most common questions that participants use in their therapy sessions in order to identify the personal paradigms that therapists are using. This will be followed by bringing out the presuppositions with the major therapy models in order to provide a background for the new ideas of the Solution-Focused approach.

**10:30 a.m. - 10:40 a.m.**  
**Break**

**10:40 a.m. - 12:00 p.m.**  
**How do we construct solutions? Imagine What you Want and Look for What Works.**

This session will consider and answer the question, "How do we construct solutions?" Answers will be provided in metaphorical form, in a videotape form, and in a more formal, step-by-step form. Participants will be asked to observe the positives reported by a client and performed by the therapist in a videotape in order to form their own conclusions to "How do we construct solutions?"

**12:00 p.m. - 1:10 p.m.**  
**Lunch**

**1:10 p.m. - 2:50 p.m.**  
**Pathways of Constructing Solution**

The five basic questions of the approach will be introduced along with the distinction between goals and complaints or wishes. These five basic questions are used to not only define goals but also to build and expand them through exploring a "miraculous" future when the problems are solved or exception times in the present when things are going better. After exercises to familiarize participants with the questions, the criteria for well-defined goals will be presented.

**3:00 p.m. - 4:15 p.m.**  
**Cheerleading Change and Solution-Focused Tasks**

This final portion outlines how to offer encouragement and solution-enhancing tasks. This will be followed by a video or role play demonstration. The conclusion will offer time for case discussion and final questions.

**4:15 p.m. - 4:30 p.m.**  
**Evaluation and Closing**

**John Walter, L.C.S.W.**, is the co-director of Consultations in Chicago, Illinois and with his wife Jane Peller, does therapy, consults and conducts trainings in Solution-Focused Therapy. He is adjunct faculty at the University of Illinois. He and Jane coauthored the popular book *How To Become Solution-Focused in Brief Therapy* (Brunner/Mazel, 1992)

and many articles and book chapters on Solution-Focused therapy.

**Tuition:** A: \$95; B: \$85; C: \$75



# Child Therapy Department

## #762 The Professional Toolbox for Therapists Working with Children

### Faculty:

Carolyn Cunningham, Ph.D.

**Dates & Time:** Friday Mornings from 9:00 a.m. - 11:30 a.m.  
October 27;  
November 3, 10, 17;  
December 1, 8, and 15, 1995

Working with children in therapy is enjoyable and rewarding. However, without the hands-on tools and techniques it can be extremely difficult. Children communicate through play, art, stories, and metaphors. Participants in this course will receive loads of hands-on tools and techniques to be utilized in any work setting. In addition, participants will make their own professional toolbox brimming with materials and resources that they receive from each workshop.

### Play Therapy Overview

#### Week 1 - Play Therapy Overview

Overview of Play Therapy: Examining Theories and Their Direct Application to Children's Issues

This class will present an overview of play therapy, and examine the following theories as they apply to working with children:

1. Psychodynamic
2. Cognitive/Behavioral
3. Gestalt
4. Ericksonian
5. Trauma Theory
6. Family Systems

#### Week 2 - Building a Professional Toolbox - Tools for Assessment and Intake

Participants in this course will learn how to utilize a toolbox and begin mak-

ing their own. During this class, participants will be presented with various materials for intake and assessment.

### Specialized Play Therapy Techniques

#### Week 3 - Bibliotherapy and the Use of Metaphor with Children

Using stories and metaphors is a wonderful tool to use with children. Participants will receive training and examples of various stories to use with young child clients.

#### Week 4 - Games and Puppets

Participants will be presented with ideas for therapeutic games and explore the many uses of puppets as well as examples of therapeutic puppets to obtain for their toolbox.

#### Week 5 - Utilizing Sand Tray with Children

The use of the sand tray as a vehicle for communication with children will be explored. Participants will be introduced to traditional theory regarding the sandtray, as well as sandtray use in corrective denouement play, as a vehicle for working with traumatized children.

#### Week 6 - Use of Art in Child Psychotherapy

Participants will receive hands-on tools and techniques when utilizing art in their work with children.

#### Week 7 - Specialized techniques when working with Angry, Aggressive Children

Participants will receive hands-on tools for working with angry, aggressive children.

**Upon completion of this course, hours can be counted towards becoming a Registered Play Therapist.**

**Carolyn Cunningham, Ph.D.** is the Clinical Director of Children's Protection Center at Long Beach Memorial Hospital. In addition, she is the coordinator of the children's therapy program at Phillips Graduate Institute/CFSC. She is a nationwide consultant in the areas of #764 Critical Issues in the Assessment, Diagnosis, and Treatment of Young Children

**Tuition:** A: \$350; B: \$325; C: \$300. Individual Sessions are \$65. each, if space is available. Pre-registration for an individual class is mandatory.

## #761 Making it Clear for the Kids - Experiential Sculpting Techniques



### Faculty:

Dr. Peter Alsop, Ed.D.

**Dates and Time:** Friday Mornings, 9:00 a.m. to 12:45 p.m.  
January 5, 12, 19, and 26, 1996

One out of every four kids is currently growing up in an alcoholic or otherwise drug dependent family. If we add all the other addictions, workaholism, gambling, sexual acting out, that adds up to a lot of kids.

Less than one out of ten are getting



any education or help about how to cope with the problems they face living in these families.

Experiential sculpting techniques are powerful. They access feelings instantly, and encourage creative thinking. They are often fun and always involving.

#### You will learn how to:

- Create an emotionally safe environment to help kids begin to talk and express their feelings
- Integrate experiential sculpting techniques with other modalities
- Take concrete, practical skills back to your sessions
- Empower kids to cope positively in stressful environments
- Understand why therapists who nurture themselves are better able to help clients
- Teach children effective problem-solving skills; so they can take better care of themselves
- Provide an opportunity for kids to be kids
- Build and teach kids a "feelings vocabulary" so they can express their feelings
- Have fun with music, humor and songs that teach
- Help clients understand how family roles affect their daily lives

#### Program Highlights

##### Friday, Jan. 5, 1995

- 9:00 - 9:30 Introduction: Toolbox Assessment - What Have We Got To Work With?
- 9:30 - 11:00 Feelings & Emotions: What We Bring To Sessions
- 11:00 - 11:15 Break
- 11:15 - 12:15 Basic Sculpting: Teaching Healthy Living Skills Experientially
- 12:15 - 12:45 Self-Care: For Caregivers

##### Friday, Jan. 12, 1995

- 9:00 - 9:30 Roadblocks to Health: Painful Family Styles
- 9:30 - 11:00 Taking The Plunge: Developing Practical Sculptures For Your Practice
- 11:00 - 11:15 Break

- 11:15 - 12:15 Making Safe Places
- 12:15 - 12:45 Affirmations: Celebrating The Child

##### Friday, Jan. 19, 1995

- 9:00 - 9:30 Mediators: Getting Unstuck
- 9:30 - 11:00 Therapeutic Spirituality: Alsop's Chaos Theory
- 11:00 - 11:15 Break
- 11:15 - 12:00 The Importance of Play: for Kids and Therapists
- 12:00 - 12:45 Support: Where To Find It

##### Friday, Jan. 26, 1995

- 9:00 - 9:30 Experiential Group Work: Pinnacles and Pitfalls
- 9:30 - 10:30 Using Music & Other Arts: To Access Feelings
- 10:30 - 10:45 Break
- 10:45 - 12:00 Sculpting and the Importance of Stories
- 12:00 - 12:45 Closing: Questions & Evaluations

**Peter Alsop, Ed.D.**, is a nationally-known singer-song writer, lecturer and humorist from Southern California who uses humor and music to promote healthy communications between children and adults. He studied at Trinity College in Connecticut and at Columbia University's Teachers' College in New York City. Besides having a doctorate in educational psychology, Alsop has worked as Director of The Harbor Schools Residential Treatment Center for emotionally disturbed adolescents in Maine and as an elementary school teacher in the South Bronx ghetto. His songs are used by thousands of parents, educators and human service professionals to help families discuss sensitive issues.

With this background in music and theater, Peter has produced and recorded twelve solo recordings. Each of his 5 family albums have won "Best Children's Album" awards from either *Parents Choice* or the National Association of Independent Record Distributors and Manufacturers. Peter's songs have also been included on numerous anthology records, videos, movies, and television programs.

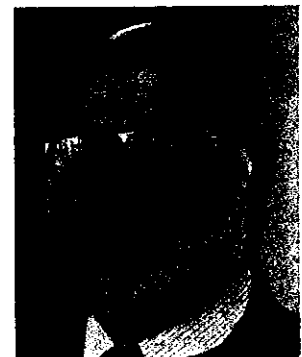
He has acted on stage, feature films, television, directed musical comedy, and has performed extensively at conferences, festivals, rallies and concerts through the United States, Canada, Southeast Asia, Australia, Central America and Europe with a wide range of well-known personalities, such as John Ritter, Randy Newman, Holly Near, Kenny Loggins, Pete Seeger, Steve Allen, and Victor Borge.

As a speaker at a variety of human service conferences, he has shared the podium with noted professionals such as Elisabeth Kubler-Ross, Sharon Wegscheider-Cruse, Norman Cousins, Carl Simonton, Buckminster Fuller, and John Bradshaw. Jerry Moe and Peter, who are experts in the field of co-dependency and addiction, are currently conducting semiannual workshops featuring "sculpting techniques" to be used by professionals working with children.

Born and raised in Connecticut, Peter Alsop now lives in Topanga, California with his family, actress/director Ellen Geer and their two daughters, Megan and Willow.

**Tuition:** A: \$350; B: \$325; C: \$300.

#### #764 Working with Children in Non-Traditional Families



**Faculty:** Thomas H. Seibt, M.A.

**Dates and Time:** Tuesday evenings from 7:00 p.m. to 9:30 p.m. January 9, 16 and 23, 1996





**Jan. 9: "The Single-Parent Family"**

The number of single-parent families has more than doubled between 1970 and 1990. This class will focus on their special concerns and needs. Educational and therapeutic interventions/guidelines will be addressed.

**Jan. 16: "Kids in the middle: the Divorced Family"**

Divorce doesn't end the family - it restructures it. Parents have such a difficult time separating their spousal from their parenting issues. The ones who get caught are the children. This class will focus on helping the children and their parents.

**Jan 23: "Remarriages and Stepfamilies: The Impact on Children & Teens"**

By the year 2000 there will be more stepfamilies than any other type of American family. These are unique and different families and they need special understanding and attention. This class will focus on who they are and how children can be helped the most to experience "healthy stepfamily living".

**Thomas H. Seibt, M.A.**, is a marriage and family therapist and an AAMFT Approved Supervisor. He is the director of Post-Degree Training and Supervision at the Phillips Graduate Institute/CFSC. As a Phillips Graduate Institute/CFSC faculty member, he lectures on intact, divorced, single-parents and stepfamilies. Since he has had the practical experience of raising three teenage stepchildren (and two biological teenagers), he has specialized in the area of stepfamilies for twenty years. He has been a regular presenter at annual AAMFT conferences. He has written articles on the subject of "Teenagers in Stepfamilies" and has appeared in various television talk shows. He has a private practice in Santa Clarita, Calif., and teaches "Marriage and Family Relations" and Cal. State University, Northridge.

**Tuition:** A: \$175; B: \$160; C: \$150.

**#765 Critical Issues in the Assessment, Diagnosis, and Treatment of Young Children****Faculty:**

**Pat Edmister, Ph.D.**

**Dates & Time:** <sup>Tues</sup> Friday evenings  
from 6:30 p.m. to 8:30 p.m.  
February 6, 13, 20 and 27, 1996

This four session course will provide in-depth information on childhood assessment instruments, psycho-educational evaluations, incorporation of that information into formulating DSM-IV diagnoses, and developing treatment plans and intervention strategies for working with young children. Childhood anxiety; depression, and ADHD will be emphasized, and pharmaceutical interventions will be discussed. Participants will have an opportunity to present cases to the group for consideration.

**Pat Edmister, Ph.D.**, is a developmental and clinical psychologist, specializing in working with children and their families. She is the director of developmental psychology and children's studies at the Phillips Graduate Institute/CFSC in North Hollywood, CA, where she teaches a variety of courses related to normal and abnormal child development, treating children therapeutically and working with children in divorcing families. She has worked for many years with developmentally delayed children and their families and has considerable background and experience in testing children and adolescents. She has published many articles and book chapters and is a regular columnist for *Twins* magazine.

**Tuition:** A: \$175; B: \$160; C: \$150.

**#766 Art Therapy with Families An Introductory Course to Assist Therapists in Understanding the Principles of Using Visual Expression in Therapy****Faculty:**

**Shirley Riley, M.A., A.T.R., M.F.C.T.**

**Dates and Time:** Tuesday evenings,  
7:00 p.m. to 10:00 p.m.  
March 5, 12, 19, 26;  
April 9, 1996

These five 3-hour classes will offer professionals in the mental health profession an opportunity to both experience and gain a basic understanding of the theories of visual expression, and their value, when incorporated in to therapeutic treatment. The class will offer an overview of the theories of art psychotherapy; the advantages of this form of communication used with children, adolescents, adults in outpatient, day treatment and residential settings. Caveats concerning the use of the modality will be emphasized, to protect, and limit, the professional untrained in the use of art therapy.

Each class will follow the same format; a period of didactic presentation; an experiential exercise by the class members; a slide presentation or role play by the instructor, concluded by a period of discussion.

The use of visual enhancement in conjunction with verbal therapy is not limited to certain theoretical constructs, therefore the class participants will be expected to be able to identify which theory they are currently engaged in using in their work. The exploration of how the theoretical base is both modified and expanded through the client's concrete expressions, will be a point of interest. If the members of the class choose to bring in their own case work or problems, it is acceptable if they have secured the proper release from the client/agency involved.

The instructor will generally follow the social constructionist and narrative approach to treatment, however she is well versed in strategic and other psychodynamic and systemic theories.

**No artist ability is necessary for the participant to benefit from this experience.**



**Week One** - A general introduction and overview. Art experiential by class. Discussion. Role-play followed by reflections from the class. Conclusion, setting the structure to fit the needs of the class.

**Week Two** - An emphasis on the use of art with children. Limitations and possibilities for the untrained professional. Experiential, slide-presentation, discussion

**Week 3** - A focus on adolescent treatment. Individual as well as group. Experiential will be created to simulate a group experience. Discussion.

**Week 4** - The adult in individual and family treatment. An emphasis on family by role-play followed by a slide presentation of a family in treatment. Discussion.

**Week 5** - An overview of treatment with more disturbed or fragile clients. What *not* to do in this setting. Slides of day treatment art groups, followed by experiential. Opportunity to use collage. Final discussion and general wrap-up.

This class requires the participants to be prepared with (1) a 18 x 24 pad of drawing paper, (2) broad tipped felt pens, (3) box of oil pastels (inexpensive), (4) scissors, glue, and magazine pictures torn from publications, without accompanying words.

**Shirley Riley, M.A., A.T.R., M.F.C.T.**, is faculty for Loyola Marymount University's Marital and Family Art Therapy graduate program. She holds adjunct professorships at Pepperdine University and Pacific Oaks College. She frequently is invited to lecture at universities in the United States, the Netherlands, Canada, and Japan. She will present in New Zealand and Australia in 1995.

Ms. Riley received the Outstanding Clinician Award from the American Association of Art Therapy in 1990. Her book, *Integrated Approaches to Family Art Therapy*, with observations by Cathy Malchiodi, was published in 1994. She will soon have another book, *Supervision and Related Issues: for Art Therapists and Allied Professionals*; Malchiodi and Riley, to be published in 1995.

Ms. Riley travels and lectures in the United States extensively, and she is fre-

quently asked to be the keynote speaker at conventions and seminars. She served on many committees, and was a Board member of the American Art Therapy Association for six years.

She has been a Registered Art Therapist since 1979, and a licensed Marriage and Family Counselor since 1979. She is an Approved AAMFT Supervisor and conducts a private practice in West Los Angeles.

**Tuition:** A: \$350; B: \$325; C: \$300.

## #767 Introduction to Drama Therapy

### **Faculty:**

**Pam Barragar Dunne, Ph.D.**

**Dates and Time:** Tuesday evenings, 7:00 p.m. to 10:00 p.m.  
April 16, 23, 30;  
May 7, and 14, 1996

This very exciting basic course demonstrates techniques of drama therapy in working with children and adolescents. An exploration of projective and psychodramatic techniques is highlighted. Projective techniques will focus on puppets, masks, unique life-size dolls, art and photography along with the psychodramatic techniques of sculpting, interviewing, role reversal and soliloquy in combination with enactment in inviting possibilities for change.

**Dr. Pam Barragar Dunne** creatively expands her life through a diversity of interests and accomplishments which include teaching, writing, and counseling. Wearing her professor hat, Dr. Dunne teaches at California State University, Los Angeles. As a licensed clinical psychologist and registered drama therapist, at the Drama Therapy Institute of Los Angeles, Dr. Dunne changes to her therapist/trainer hat, working with families, children, and adolescents and trains interns in drama and creative arts therapies. Other important hats include writer and President for the National Association for Drama Therapy. She leads workshops and seminars throughout the world.

**Tuition:** A: \$350; B: \$325; C: \$300.



# Supervision of Supervision Department

## #780 Supervision Training Course - "Supervision of Supervision"

### Faculty Team:

Jennifer Andrews-Clark, Ph.D.

David Clark, Ph.D.

Tad Frantz, Ph.D.,

Tom Seibt, M.A.

Maggie Shelton, L.C.S.W.

Lynn Shook, Ph.D.

Kathy Wexler, M.A.

All faculty are AAMFT Approved Supervisors.

**Dates & Time:** 12 Friday mornings,  
9:00 - 10:45 a.m./Didactic;  
10:45 - 12:00 Noon./Interactive

**Session I:** October 20, 27;  
November 3, 10, 17;  
December 1, 8, and 15, 1995  
January 5, 12, 19 and 26, 1996

**Session II:** February 23;  
March 1, 8, 15, 22, 29;  
April 12, 19, 26;  
May 3, 10, and 17, 1996

For supervisors who are seeking the AAMFT Approved Supervisor designation, which defines your supervision as having a systemic orientation, this pre-approved course fulfills the AAMFT requirements.

In the state of California the educational and training requirements for licensing as a marriage and family therapist are quite extensive. These include almost 2,000 hours of clinical experience under the license of a qualified supervisor. The BBSE has become quite concerned with the qualifications for supervisor in California and it appears that changes will soon be occurring which will require specific training to become a supervisor. Supervisors who hold the

AAMFT Approved Supervisor designation will have already met the requirements to supervise. As an established training institution, Phillips Graduate Institute/CFSC has a large interest in the improvement of supervisor training and standards.

AAMFT already offers very specific guidelines for the education and training of supervisors. These qualifications must be met before a therapist can obtain an "AAMFT Approved Supervisor" designation. This course provides: a) 21 hours of didactic training, b) 15 hours of interactive experience, and c) 36 hours of "Supervision of Supervision" by an AAMFT Approved Supervisor. This is called the "standard track" and can be completed in nine months.

For more seasoned supervisors (those with 10 or more years of supervisory experience) there are less stringent requirements. The didactic training is waived and the "Supervision of Supervision" is reduced to 18 hours. This is called the "advanced track" and can be completed in four months.

The Phillips Graduate Institute/CFSC, recognizing the need for more specialized education and training in how to do effective supervision, will offer this specialty course of study twice a year. Based on the guidelines set forth by AAMFT's "commission on supervision," this pre-approved course will fulfill the requirements listed above under a) and b) for anyone who wishes to apply for the "AAMFT Approved Supervisor" designation.

**Early Tuition (by October 13, 1995 for Session I and February 16, 1996 for Session II):**

Didactic training (21 hours), \$300  
Interactive training (15 hours), \$150.  
The combined fee for both is \$400.

### Late Tuition:

Didactic training (21 hours), \$335.  
Interactive training (15 hours), \$175.  
The combined fee for both is \$435.

The cost of "Supervision of Supervision" hours is arranged with the faculty and depends on the size of the small group.



# Saturday Morning Samplers

All classes will be held from 9:00 a.m. to 12:00 noon on the Saturday indicated.  
**Early Tuition for All Samplers (On or before one week in Advance): \$35.00 each.**  
**Late Tuition for All Samplers: \$45.00 each.**

## #800 a, b, c, for M.A. Credit Only

An accumulated course consisting of 15, 30, or 45 hours of combined sampler classes will receive 1, 2, or 3 semester units. See PACE office for information about "work-product."

## #845 "We'd Have a Great Relationship if it Weren't for You"

*Faculty:* Bruce Derman, Ph.D.

*Date:* October 7, 1995

Two of the most common dilemmas and difficulties facing therapists who work with couples is getting seduced by one or both of the partners into believing the title of this workshop, or exhausting oneself in trying to diffuse the fire of this belief. In this workshop, a model for working with couples will be presented so that these pitfalls can be averted.

The two major premises of this approach are: All conflict is a result of couples using their differences to prove they are better or less than the other, and in any relationship, both partners have the same capacity for love and intimacy regardless of their postures.

Central to learning how to dissolve hierarchical thinking and develop a mutual attitude, the participants will be asked to accept the unacceptable and redefine passion as 100% of anything. They will also learn how to apply this focus to problems in the bedroom dealing with substance abuse, singles issues, divorce, containing chaos, and dealing with one partner.

**Bruce Derman, Ph.D.**, has been a licensed clinical psychologist for over twenty five years, and is the author of *We'd Have A Great Relationship If It Weren't For You* reflecting his many years of working with couples. He is staff psychologist at the Men's Center of Los Angeles, and teaches at Western

America University. A certified Gestalt Therapist, he integrates numerous cognitive and strategic approaches into his work with relational, sexual, and eating conflicts.

## #846 Working with and Identifying Gang Members

*Faculty:*  
 Scott Rosengard, M.A.

*Date:* October 14, 1995

This workshop is designed to assist psychotherapists in identifying gang behavior in preadolescent and adolescent clients. For example, would you know what the following represented: gang writings, markings, graffiti, dress-code, verbal and hand language? Tremendous satisfaction can be gained by working with this population, both personally and professionally - this may be challenging, but very rewarding. Having bonded, you have the opportunity to experience the gentle inner child emerge from within an otherwise impenetrable outer shell. Techniques for working with gang members and their families will be explored, such as gaining their trust, their respect, exploring ideas of hope, support systems, and the idea that there is life beyond gangs. Scott has shared these ideas and his extensive experiences at colleges, schools, treatment centers, and psychiatric institutions.

**Scott Rosengard, M.A.** Scott has extensive experience working with hard-core juvenile gang members, both male and female. For the last fourteen years, he has been involved with clients in correctional facilities such as juvenile hall, correctional camps, and at a halfway house residential treatment center. His style of

working has evolved with street experience, education and the mutual deep admiration, trust and respect he and the gang members have for one another. Scott is considered an expert in the field of gang behavior, street gangs and juvenile delinquency.

## #847 The Ethnographic Interview: Overcoming Cultural Boundaries

*Faculty:*  
 Paula Gelber Dromi, Ph.D., L.C.S.W.

*Date:* October 21, 1995

Cultural variation is an abiding characteristic of life in Southern California. These variations reflect fundamental differences in the way persons relate to each other and live their lives. Each and every individual carries cultural traits and behaviors which influence their response to the world around them.

Mental health professionals, traditionally committed to the values of client self-determination, participation, empowerment and enhancement of communication, have been particularly concerned with developing skills and techniques for working with culturally diverse individuals and groups. Therapeutic interventions, in order to be effective, must be provided in ways that are culturally acceptable and enhance each individual's sense of ethnic participation.

This three hour workshop presents a structured ethnographic interview model as a tool for learning about and appreciating cultural contrasts and differences. Based on anthropological concepts, it assumes that language is a cultural product and a window into another individual's reality. It fosters the idea that we can share common problems while using dif



ferent types of problem solving efforts to arrive at solutions. By enlisting the client's cooperation as a teacher and a cultural guide, it is possible to gain understanding of his or her culture. This understanding can then be used to develop interventions and helping strategies that are congruent with the world view of the client.

Ethnographic interviewing is different from the interviewing techniques usually associated with clinical practice. It offers a substantive approach to dealing with differences among people -- whether the differences are in age, gender, race, social status, ethnicity, culture, geography, or professional discipline.

Workshop participants will be given an overview of the ethnographic interviewing process. They will learn to ask "global" questions, understand "cover terms" and elicit "deceptors" of the terms. They will utilize the model to interview each other in dyads and then share their experiences in small groups. Didactic material and group discussion will be utilized to clarify the process and assist participants to explore use of the ethnographic interview in their practice settings.

**Dr. Paula Gelber Dromi** is a licensed clinical social worker specializing in therapeutic interventions with aging adults and their families. She has been the social work consultant for the Los Angeles City Department of Aging, worked with the Andrus Gerontology Center at the University of Southern California and writes and lectures on seniors' groups and individual therapy. She is a trainer and consultant in aging, working with various organizations throughout Los Angeles County. Since the Malibu fires and recent earthquakes, she is providing disaster counseling to older adults under the auspices of FEMA. A member of the American Society on Aging, she was a Senior Research Associate at the Gerontology Center from 1987 to 1989.

### #848 Basic Therapeutic Skills for Working with Groups

*Faculty:*

**Vicki Dauber, M.A., M.F.C.C.**

**Date: October 28, 1995**

In this multifaceted, experiential workshop participants will gain knowledge and skills through "hands on" learning about therapy methods in both process and focal groups.

We will do this through the use of case material, with some lecture and open discussion.

You will have the opportunity to learn some answers to such questions as:

1. What are the differences between process groups and focal groups?
2. How do I start a group?
3. How do I screen potential members?
4. What are my major tasks and responsibilities as a therapist?
5. What are the differences between inpatient and outpatient groups?
6. How do I unblock a new group?
7. How do I work with co-therapists?
8. How do I handle critical group situations?

There will be handouts for reading, study and discussion.

**Vicki Dauber** is a licensed MFCC specializing in group therapy. She currently provides both group and individual therapy. Ms. Dauber is a trainer in group therapy with the *PACE* program. She supervises interns in the developmental and leadership of groups for the Phillips Graduate Institute/CFSC.

She is currently the president of the Group Psychotherapy Association of Southern California.

### #849 Meeting Treatment Goals Within Managed Care Time Benefits - Using Rational Emotive Behavior Therapy (REBT).

*Faculty:*

**Leslie Reisner, Ph.D.**

**Date: November 11, 1995**

Achieving treatment goals quickly or in a relatively short period of time, has necessitated the use of effective, brief focused therapeutic techniques. The efficacy of Rational Emotive Behavior Therapy (REBT) as a brief treatment modality has long been established and used effectively, can aid clients in reaching treatment gains efficiently.

REBT is a practical, action-oriented approach to coping with problems and enhancing personal growth. Although people may be strongly influenced by events in their early lives, REBT doesn't spend years rehashing the past. REBT focuses on the present: on changing currently - held attitudes and maladaptive behaviors that can sabotage a fuller experience of life.

The workshop will focus on teaching the theory and application of REBT as a tool to help clients effectively manage their problems. By teaching clients the role their belief system plays in their behavior and emotions, change is quickly seen. Participants will experience structured activities in a variety of group situations.

**Leslie Reisner, Ph.D.**, is a clinical psychologist in private practice in Los Angeles. Dr. Reisner received her clinical training at the world famous Institute for Rational Emotive Behavior Therapy (REBT) in New York City and studied directly under Dr. Albert Ellis, the founder of REBT. Dr. Reisner is one of the West Coast's leading experts in REBT, a form of brief cognitive-behavioral psychotherapy that focuses on the present behaviors that can sabotage a fuller experience of life. Instead of focusing on what can't be changed (the past), Dr. Reisner teaches effective, present day strategies to problem solving, relating to others and personal self-enhancement. Dr. Reisner has lectured and lead numerous work-



shops on overcoming eating and other addictive disorders, assertiveness training, stress management, improving relationships, and many other topics at hospitals, universities and various professional groups.

### **#850 Enlivening Your Therapy Group: Energizers and Impasse Breakers**

*Faculty:*

**Paula Gelber Dromi, Ph.D., L.C.S.W.**

**Date: November 18, 1995**

Your group doesn't seem to move. Members lack energy. Nothing seems to work. What do you do with a group in the doldrums? This half-day workshop will provide you with a variety of energizers and impasse breakers, structured activities that warm-up, motivate, challenge basic assumptions, and energize. Verbal and nonverbal activities can be used to foster interaction, resolve conflict and stimulate creative thinking at various stages of group development. Specific consideration is given to revitalize a group that seems "flat" or break the tension by shifting the emotional atmosphere.

Workshop methodology includes didactic material, group discussion and participation in activities. This will allow participants to integrate and practice the skills necessary to effectively use structured activities in a variety of group situations.

**Dr. Paula Gelber Dromi** is a licensed clinical social worker specializing in therapeutic interventions with aging adults and their families. She has been the social work consultant for the Los Angeles City Department of Aging, worked with the Andrus Gerontology Center at the University of Southern California and writes and lectures on senior concerns. Dr. Dromi currently provides group and individual therapy, and is a trainer and consultant in aging, working with various organizations throughout Los Angeles County. Since the Malibu fires and recent earthquakes, she is providing disaster counseling to older adults under the auspices of FEMA. A member of the American Society on Aging, she

was a Senior Research Associate at the Gerontology Center from 1987 to 1989.

### **#851 Home for the Holidays**

*Faculty:*

**Dr. Peter Alsop**

**Date: December 2, 1995**

The "HOLIDAYS" can be an emotionally loaded time for many of us. Just getting through them can be overwhelming. Unfinished family business, seasonal depression and medicating behaviors become more intense, and our disappointments, losses, and sad memories make it difficult to celebrate the passage of our lives.

Using music, humor, playfulness and "sculpting" as integral elements in this morning of shared revelations, Peter Alsop will guide us through an investigation of this confusing time of year. We are invited to make this session a safe place for laughter or tears, with the hope that each of us will discover a gift of "clarity" about ourselves and our families.

9:00 - 9:45 am - Sharing Family Holiday Stories

9:45 - 10:30 - Sculpt: Seeing Family Distortions Clearly

10:30 - 10:45 -Break

10:44 - 11:30 -New Tools:

Practice Setting Boundaries

11:30 - 12:00 noon - Self-care Strategies: & Closing Affirmations

**Peter Alsop** is a nationally-known singer-song writer, lecturer and humorist from Southern California who uses humor and music to promote healthy communications between children and adults. He studied at Trinity College in Connecticut and at Columbia University's Teachers' College in New York City. Besides having a doctorate in educational psychology, Alsop has worked as Director of The Harbor Schools Residential Treatment Center for emotionally disturbed adolescents in Maine and as an elementary school teacher in the South Bronx ghetto. His songs are used by thousands of parents, educators and human service professionals to help families discuss sensitive issues.

With this background in music and theater, Peter has produced and recorded twelve solo recordings. Each of his 5 family albums have won "Best Children's Album" awards from either *Parents Choice* or the National Association of Independent Record Distributors and Manufacturers. Peter's songs have also been included on numerous anthology records, videos, movies, and television programs.

He has acted on stage, feature films, television, directed musical comedy, and has performed extensively at conferences, festivals, rallies and concerts through the United States, Canada, Southeast Asia, Australia, Central America and Europe with a wide range of well-known personalities, such as John Ritter, Randy Newman, Holly Near, Kenny Loggins, Pete Seeger, Steve Allen, and Victor Borge.

As a speaker at a variety of human service conferences, he has shared the podium with noted professionals such as Elisabeth Kubler-Ross, Sharon Wegscheider-Cruse, Norman Cousins, Carl Simonton, Buckminster Fuller, and John Bradshaw. Jerry Moe and Peter, who are experts in the field of co-dependency and addiction, are currently conducting semiannual workshops featuring "sculpting techniques" to be used by professionals working with children.

Born and raised in Connecticut, Peter Alsop now lives in Topanga, California with his family, actress/director Ellen Geer and their two daughters, Megan and Willow.

### **#852 Sexuality and the Therapist**

*Faculty:*

**Harriet P. Scheir, M.A., M.F.C.C.**

**Date: December 9, 1995**

How comfortable are you talking about sexuality with your clients? Given a choice, would you prefer to avoid this subject in your sessions? Sex is a legitimate issue for discussion, and it is important to be able to address it with your clients comfortably. Often, people want to talk about sex but are inhibited by fear or embarrassment. As professionals, it is



our responsibility to work with this subject and assist our clients in honest and open exploration of their feelings.

This workshop is designed for therapists who want to develop a greater level of ease in discussing sexuality with clients as well as those who wish to participate in the process of increasing their awareness of, and comfort with, their own sexuality.

The workshop will include information related to attitudes about sex, body image, sexual communication, and greater acceptance of oneself as a sexual being.

**Harriet P. Scheir, M.A., M.F.C.C.**, is a psychotherapist in private practice specializing in relationship and sexual issues. She has been teaching sexual enhancements groups since 1982. As the Director and Facilitator of Seminars on Sexuality, she leads groups for women and couples. Harriet is the instructor of Human Sexuality at Phillips Graduate Institute/CFSC and received advanced training in Human Sexuality through UCLA extension School of Medicine Human Sexuality Program.

### **#853 Controlling Stress Before It Controls You**

*Faculty:*

**Leslie Reisner, Ph.D.**

**Date: December 16, 1995**

Most of us are keenly aware of the basic causes of stress and the toll it can take on the quality of our lives. Very few of us, however, understand how to effectively manage or cope with stress. As a result, we spend countless, unnecessary hours feeling uncomfortable, unmotivated, and unproductive when we could feel comfortable, revitalized and energized.

Stress can be caused by, or simply manifest itself in, the workplace, home, or in your interpersonal relationships. Stress can appear even when generally "life seems good." Regardless of the cause, or the form of the symptom, this presentation will help you manage stress by giving you tools you need to identify

and confront it directly. You will learn proven cognitive and behavioral strategies at the forefront of modern psychology including rational reevaluation, coping self-statements, relaxation and visual imagery. All of these strategies are highly effective at putting you back in control of your life.

**Leslie Reisner, Ph.D.**, is a clinical psychologist in private practice in Los Angeles. Dr. Reisner received her clinical training at the world famous Institute for Rational Emotive Behavior Therapy (REBT) in New York City and studied directly under Dr. Albert Ellis, the founder of REBT. Dr. Reisner is one of the West Coast's leading experts in REBT, a form of brief cognitive-behavioral psychotherapy that focuses on the present behaviors that can sabotage a fuller experience of life. Instead of focusing on what can't be changed (the past), Dr. Reisner teaches effective, present day strategies to problem solving, relating to others and personal self-enhancement. Dr. Reisner has lectured and lead numerous workshops on overcoming eating and other addictive disorders, assertiveness training, stress management, improving relationships, and many other topics at hospitals, universities and various professional groups.

### **#854 What To Do When Medication Is Indicated**

*Faculty:*

**Dr. Paul Remis**

**Date: January 6, 1996**

This workshop addresses the complex and controversial issues surrounding the questions, "When to offer medication to the client, how to work with the consulting psychiatrist, and assessing the effects of the medication in conjunction with the ongoing psychotherapy.

As more difficult patients become the responsibility of the non-physician therapist a broader understanding of the uses of medication becomes necessary. Medication is another treatment modality that can be woven into the overall

program of treatment which is managed by the primary therapist.

This seminar will be delivered in a collegial and open manner, placing an emphasis on developing the therapist-client-psychiatrist team. Questions will be encouraged. Case studies will be requested and evaluated. Every effort will be made to de-mystify and explore the current spectrum of potent psychiatric medications. The main emphasis will be placed on providing the therapist with guidelines for examining the clinical assessment and necessity for the patient who needs, or is taking medication. Some instruction and review of the biochemical aspects of psychiatric medications will be given.

**Paul Michael Remis, M.D., B.Sc.(Med)**, is a psychiatrist with a special concern for mental health professionals who are currently being asked to handle increasingly difficult clients. Drawing from his diverse medical and world-wide experiences, Dr. Remis will present the therapist with a solid working foundation for integrating medication in the treatment regime. For the past 25 years he has offered supervision and instruction, while developing a unique out-patient program for the treatment of complex patients. Dr. Remis is a skilled individual, group, and family therapist. He maintains an active practice in the San Fernando Valley.

### **#855 Child Custody: Avoiding the Pitfalls, Advocating Solutions**

*Faculty:*

**Fred Silberberg, J.D.**

**Date: January 13, 1996**

With the constantly changing definition of the American Family, child custody disputes are becoming increasingly more complicated. Little progress has been made in terms of how our legal system resolves these disputes outside of the adversarial arena. As a result, mental health professionals are frequently find-



ing themselves involved in custody disputes, both in the capacity of therapists for parent, child, the family, or as a court appointed expert. These emotionally charged disputes put the therapist in a position of conflict as the goals of the parents are not always consistent with the interest of the children. This sampler will provide an overview of how our legal system deals with such disputes, and the areas of concern for the therapist, particularly in terms of legal obligations to the parties and the court. By having a more thorough understanding of our custody system, the therapist will be better able to handle custody disputes. The class will focus on the methods of resolution of custody disputes in our existing system through child custody evaluations and the like. The class will also briefly review various issues such as "Parental Alienation Syndrome" and other topics of current interest in the area of child custody litigation. If there is sufficient interest, a more detailed four week course will be scheduled after the sampler.

**Fred Silberberg, J.D.**, is certified by the State Bar of California as a specialist in the area of family law, and as a sole practitioner in Century City. Fred is a frequent author and lecturer in the area of child custody, and has handled numerous such cases. He has conducted custody seminars for therapists in the past. Fred is a member of the Los Angeles Superior Court Mediation Panel, and in addition to handling family law litigation conducts mediation of family cases both privately and through the court system. He is also the founder of the Center for Custodial Dispute Resolution, a Beverly Hills based organization dedicated to assisting families in resolving their custodial problems outside of the court arena."

### **#856 "Commitment Phobic" Men and the Women who Hound Them -- A Short Course**

**Faculty:**  
**Robert W. Resnick, Ph.D.**

**Date: January 20, 1996**

Men and women, although seemingly sharing the same culture, actually come from different tribes, and typically have very different "meaning screens" for the concepts of relationship, commitment and marriage.

For many men commitment means loss of freedom, loss of autonomy and surrender to an unending choiceless life. They view commitment like the signs governing the wrong entrance to a parking lot: CAUTION: DO NOT BACK UP. SEVERE TIRE DAMAGE!! For such men, "I do" (bite the bullet) means "I'm done" (my freedom is over) so "I don't" (no way).

For many women, commitment means love, confirmation and security. They view commitment, exclusivity and marriage as symbols of love while anything other than that is framed as not being loved.

On the surface men are afraid of being locked in within the "bonds of wedlock", and women are afraid of being rejected, isolated and lonely.

As long as men hold the perspective that commitment ends all options of modulation leaving them essentially with relatively primitive veto power to accept or deny the package demands of the other, they are left with the two very unattractive alternatives; being captured or being alone. Neither of these is nourishing for men and women.

This short course, designed primarily for men, will explore the ways in which society pathologizes men's reluctance to commit while at the same time not holding them accountable for their contribution to the dance, cultural and social stencils primarily maintained by women, and the losses involved in avoiding a committed relationship. What is currently meant by commitment, and other possible models of commitment, dynamic versus static ideas of relationships and marriage will also be explored.

In short, there are other ways to skin this cat and we will look at many of them. Designed for men committed or not committed (even if your girlfriend or wife "sends" you) and open to interested women. Suitable for both therapists and regular people.

**Robert W. Resnick, Ph.D.**, Clinical Psychologist is the senior trainer at the Gestalt Therapy Institute of Los Angeles where he has been on the faculty for almost thirty years. He has been training psychotherapists and couple's therapists worldwide since 1969. In private practice in Santa Monica with his wife Rita F. Resnick, Ph.D., the Resnicks offer training in couples therapy together. Yes, the Resnicks are frequently happily married.

### **#857 Post-Modern Treatment of Chronic Illness**

**Faculty:**  
**Richard Howard Wax, M.A.**

**Date: January 27, 1996**

Chronic illness, including Chronic Fatigue Syndrome, impacts family systems dramatically. This workshop will present to clinicians a synthesis of post-modern paradigms synthesized with cutting edge theory of illness behavior and disease beliefs.

Using narrative and solution based approaches, participants will develop tools to engage chronic, serious or terminal conditions into opportunities for respectful and dignified treatment.

Remove yourself from the role of the expert and use a consulting model to avoid burn out.

**Howard Richard Wax** holds a Master's Degree in Counseling from Antioch University and a Masters Degree in Marriage, Family and Child Therapy from The Phillips Graduate Institute/CFSC. He formerly was a case manager for managed mental health, clinical director of Marin Treatment Center and currently is a staff therapist at Verdugo Hills Hospital. He completed an intensive training in Brief Therapy at Phillips Graduate Institute/CFSC, and has presented workshops at Esalen Institute and the Phillips Graduate Institute/CFSC on chronic illness.





# Programs of Contemporary Interest

## Advanced Clinical Training

### #743 The Cognitive-Behavioral Interventions: Brief, Effective Treatment Models

*Faculty:*

**Leslie C. Reisner, Ph.D.**

*Dates and Times:* Wednesday Evenings,  
7:00 p.m. to 10:00 p.m.  
October 11, 18, and 25, 1995

Achieving treatment goals within a relatively brief period of time is of great concern today as we move into the managed care era. As a result of this move, effective treatment strategies that can help individuals achieve change quickly need to be critically identified and examined. The efficacy of the cognitive-behavioral models has long been established as they have been able to produce long lasting change in a short period of time. This three week course will be an introduction to the basics of the cognitive-behavioral models. The work of popular cognitive-behavioral theorists including; Ellis, Beck, Meichenbaum and others will be covered. Focus will also be placed on matching various disorders with the most effective treatment models.

**Dr. Leslie Reisner** is a clinical psychologist in private practice in Los Angeles. Dr. Reisner received her clinical training at the world famous Institute for Rational Emotive Behavior Therapy (REBT) in New York City and studied directly under Dr. Albert Ellis, the founder of REBT. Dr. Reisner is one of the West Coast's leading experts in REBT a form of brief cognitive-behavioral psychotherapy that focuses on the present behaviors that can sabotage a fuller experience of life. Instead of focusing on what can't be changed (the past). Dr. Reisner teaches effective, present day strategies to problem solving, relating to others and

personal self-enhancement. Dr. Reisner has lectured and lead numerous workshops on overcoming eating and other addictive disorders, assertiveness training, stress management, improving relationships, and many other topics at hospitals, universities and various professional groups.

*Tuition:* A: \$195; B: 185; C: \$175.

### #744 Everything You Ever Wanted To Know About Divorce Mediation - An All-Day Workshop

*Faculty:*

**Howard Levitt, M.A., M.F.C.C., & Yardenna Hurvitz, J.D.**

*Date and Time:* Friday,  
9:00 a.m. to 5:00 p.m.  
October 20, 1995

This all-day workshop gives participants an opportunity to learn about and participate in the new emerging field of divorce mediation. Because of the rapidly changing profession of mental health, many therapists are searching for new ways to utilize their training and skills. Divorce mediation lends itself to the blending of the expertise of the M.F.C.C. and the lawyer for it is a voluntary process in which a specially trained lawyer and/or therapist help couples reach an agreement that meets the needs of all family members. The goal of mediation is to resolve conflict through a process which promotes cooperation, reduces tensions and lessens the psychological distress that accompanies divorce.

Howard and Yardenna have developed, over many years, the team approach to mediation. They shall demonstrate, by example, how the two disciplines of law and therapy come together

to create the new profession of divorce mediator.

During the workshop, you shall be privy to an overview of the mediation for divorcing couples, including the use of non-adversarial and unbiased vocabulary, the concept of co-parenting and the neutralizing of emotions, which are always an issue when divorcing. Techniques of the mediation process will be demonstrated in a clear and concise, step-by-step approach which address the following primary issues in any divorce:

- Child Support
- Spousal Support
- How to Parent the Children (Custody)
- Division of Property

This workshop will include a short role-play of a mediation session with the co-mediation team the lawyer and the M.F.C.C., followed by a debriefing, which traditionally occurs after every mediation session.

**Howard Levitt, M.A., M.F.C.C.** is a co-founder of both Divorce Mediation Services and Counseling West. He has worked for 23 years as a psychotherapist, 20 years as a deputy probation officer and over ten years as a private mediator. He is a Practitioner Member of the Academy of Family Mediators and an elected member to the State Board of the California Association of Marriage and Family Therapists (C.A.M.F.T.).

**Yardenna Hurvitz, J.D.** has been an attorney for over 18 years and is a co-founder of Divorce Mediation Services. She has worked as a private mediator for over 15 years and is a Practitioner Member of the Academy of Family Mediators. She is and has been a mediation trainer at many learning institutions and has served as a Judge Pro Tem for the L.A. Municipal Court and as a hearing officer for the L.A. Police Commission.

*Tuition:* A: \$105; B: \$95; C: \$85.



## #745 Collaborative Therapy With Couples

### Faculty:

Mary Donovan, Ph.D. Candidate.

**Dates and Time:** Wednesday evenings:  
7:00 p.m. to 10:00 p.m.

November 1, 8, 15, 22 and 29, 1995

Couples come to therapy when their own abilities to solve their life problems have broken down. This course will help therapists learn to collaborate with couples to enhance their strengths and change destructive patterns. In collaborative couples counseling the role of the therapist is not that of referee or judge, but one of helping the couple to experience more productive dialogue. Using respectful and powerful perspectives drawn from Narrative Therapy and Collaborative Language Systems Therapy, participants will help couples draw on their own life experiences to reestablish intimacy and trust.

Important topics in collaborating with couples will be explored. Among them are handling couples' conflict, including domestic violence; recovering from affairs; fostering sexual intimacy and looking at gender roles. Participants will explore how to work with the couple to set goals in the first session, use homework and negotiate differences. The course will take a special look at how culture shapes ideas of 'how to be a couple', and examine if 'equal partnerships' are for every couple.

**Mary Donovan, Ph.D. Candidate**, is adjunct faculty at Phillips Graduate Institute/CFSC and Antioch University, teaching and supervising marriage and family therapy students and interns. Currently completing her Ph.D. dissertation (a dialogue with therapists about managed care and ethics), her doctorate focuses on the post-modern family therapies. Much of her private practice is focused on working with couples, particularly couples in dual career marriages.

**Tuition:** A: \$350; B: \$325; C: \$300.

## #746 Group Therapy...Step by Step: A Comprehensive and Experiential Training for Working with Groups

### Faculty:

Vicki Dauber, M.A., M.F.C.C.

**Dates and Time:** Tuesday evenings,  
7:00 p.m. to 9:30 p.m.

November 7, 14, 21, and 28, 1995

This four session class will be a formal training in facilitating therapy groups. This method of therapy can be an efficient and very powerful tool.

The program has been planned to give a strong introduction and overview, and a theoretical framework to the practice of group psychotherapy.

The participant will learn the basic work of the therapist...as well as a deepened understanding of patient behavior in a group setting. Case studies will be used throughout the program and participants will have the opportunity to play the role of the therapist.

### Session I:

**Why Group Therapy?** Exploring the variety of therapeutic advantages to the group experience. In this session we will investigate the definitions and parameters of the various types of groups.

**Basic Principles of Group Therapy** Looking at the history and evolution of group therapy. In this session we will cover the eleven "curative factors" in group therapy, as outlined by Dr. Irvin D. Yalom.

### Session 2:

**Roles and Responsibilities of the Therapist** Styles of leadership. In this session we will explore self disclosure; transference; and maintenance of the group.

**In the Beginning...** Developing and initiating a group. This session examines the parameters, goals, group rules; developing trust; choosing the participants.

### Session 3:

**Handling the Fragile Situations** Problem participants. This session will deal with the therapeutic techniques, behavioral patterns and patient styles and pathology.

### Session 4

**The Specialized Therapy Group** Time-limited groups vs. open-ended groups; support groups; working with groups in business organizations.

**Vicki Dauber** is a licensed MFCC specializing in group therapy. She currently provides both group and individual therapy. Ms. Dauber is a trainer in group therapy with the *PACE* program. She supervises interns in the developmental and leadership of groups for the Phillips Graduate Institute/CFSC.

She is currently the president of the Group Psychotherapy Association of Southern California.

**Tuition:** A: \$250; B: \$225; C: \$200.

## #734 Defining a Self in Relationships Seminar on Bowen Theory



### Faculty:

José Luis Flores, M.A., M.F.C.C.

**Dates and Time:** Wednesday Evenings,  
6:30 p.m. to 9:30 p.m.

January 3, 10, 17, 24, and 31, 1996

This five session seminar will guide participants in the application of Bowen Theory for personal and clinical use. Participants will be introduced to Flores' six-phase model that facilitates the process of redefining a self in emotional systems. This model, the **D-Self Model**, provides objectives, strategies, and step-by-step directions in the process of differentiation, detriangling and defining a self. The model is guided by the concepts of Bowen Theory and can be clinically applied to clients who are doing family of



origin work or who are in the process of defining their true selves in all of their relationships. The participants will have the opportunity of applying the model to their own emotional systems.

The seminar will include an overview of Bowen Theory; it is anticipated that participants will already have had an introduction to the theory. The seminar will offer an in depth understanding of the theory, and will address the misconceptions that exist about the theory. The seminar will include a workbook with materials and articles on Bowen Theory, information on family of origin work, and articles on the therapist's own process of differentiation.

**José Luis Flores, M.A., M.F.C.C.**, is core faculty at Phillips Graduate Institute/CFSC where he is an instructor on Bowen Theory and the clinical use of genograms. He is program coordinator and clinical supervisor of two training programs at Phillips Graduate Institute/CFSC: the Clinical Training Program and the Spanish-Speaking Training Program. He has run Bowen Seminars for the past eight years using his own application of the theory.

Jose Luis has been a clinical supervisor for eighteen years using a predominantly family systems approach. He worked for community mental health centers in East Los Angeles as director of child and adolescent services, and as training consultant to the Department of Children and Family Services. He is currently a clinical consultant to Foothill Family Services in Pasadena.

**Tuition:** A: \$350; B: \$300 C: \$250.

### #735 Human Sexuality Professional Training Program

**Faculty:**

**Harriet P. Scheir, M.A., M.F.C.C.**  
**Thomas Glover, Ph.D.**

**Dates and Time:**

15 Wednesday Evenings,  
7:00 p.m. to 10:00 p.m.  
February 7, 14, 21, 28;  
March 6, 13, 20, 27;  
April 10, 17, 24;  
May 1, 8, 15, and 22, 1996

### The Human Sexuality Professional Training Program is for Therapists:

- who wish to expand and enrich their knowledge in the field of sexuality
- who seek training to treat individuals and couples with sexual issues
- to fulfill 45 human sexuality education training hours toward AASECT certification requirements

Professionals with expertise in diverse areas of human sexuality will give weekly presentations in their areas of specialization. These topics will include:

- marital and sex therapy
- gay and lesbian sexuality
- male and female dysfunctions and treatments
- transexualism
- transvestism
- surgical approaches to sexual problems
- sexuality and menopause
- disorders of desire
- sociocultural factors in sex
- sexual problems of adults molested as children
- and more

Weekly case consultations will allow participants to adapt practical applications to what they learn in the program.

**Harriet P. Scheir, M.A., M.F.C.C.**, is a psychotherapist in private practice specializing in relationship and sexual issues. She has been teaching sexual enhancement groups since 1982. As the Director and Facilitator of Seminars on Sexuality, she leads groups for women and couples. Harriet is the instructor of Human Sexuality at the Phillips Graduate Institute/CFSC and received advanced training in Human Sexuality through UCLA extension School of Medicine Human Sexuality Program.

**Thomas Glover, Ph.D.**, a member of AASECT, is in private practice in Hollywood. Dr. Glover completed the UCLA Professional Human Sexuality Program and has had extensive training in the sexual Crucible with Dr. David Schnarch. Dr. Glover is an Instructor of Integrative Body Psychotherapy.

**Tuition:** A/B/C: \$950.

### #736 Domestic Violence A One-Day Workshop



**Faculty:**

**Michele Harway, Ph.D.**

**Dates and Time:** Friday,  
9:00 a.m. to 5:00 p.m.  
March 1, 1995

Statistics suggest that more than half of the couples presenting for marital counseling are dealing with violence. Psychotherapists are likely to be asked to treat violent men, their partners or their children, even if they do not specialize in spouse abuse. This workshop prepares mental health practitioners to work with domestic violence.

**Michele Harway, Ph.D.** is Director of Research and Core Faculty at Phillips Graduate Institute/CFSC. She is a nationally recognized expert in domestic violence and the author or editor of 6 professional books. Her most recent books include: *Treating the Changing Family: Handling Normative and Unusual Events*, *Battering and family therapy: A feminist perspective*, *Spouse Abuse: Assessing and Treating Battered Women, Batterers and Their Children*. She is in private practice as a Licensed Psychologist and Licensed Marriage, Family, and Child Counselor.

**Tuition:** A/B/C: \$120.



# Special Events

## #800 Crafting the Therapeutic Letter - A One-Day Workshop with David Epston

Saturday, November 4, 1995  
9:00 a.m. to 4:00 p.m.  
at the  
Beverly Garland Holiday Inn,  
North Hollywood, California

This one-day workshop will be skill-oriented and focused on the participants become therapeutic letter-writers. The day will consist of 1) observing a videotaped interview, reviewing the transcript of the interview and examining the summary 'letter' that was sent, and 2) a second taped interview will be observed and reviewed by way of transcripts and participants will become 'letter-writers'. There will be some time for review of the new letter-writing.

To prepare for the day, some suggested reading: The chapter on letter-writing in *Narrative Means to Therapeutic Ends*, (1990, W.W. Norton) and the Epston article, *Extending the Conversation in the Family Therapy Networker*, (Nov/Dec. 1994, pp. 31-7, 62-3).

**Tuition:** A/B/C: \$85.

## #801 Resiliency: How To Bounce Back Faster, Stronger, Smarter with Dr. Tessa Albert Warschaw



Saturday, November 11, 1995,  
9:00 to 5:00 p.m.  
at the Holy Spirit Retreat Center  
Encino, California

**Resiliency:** The word connotes grit, determination, control over one's life. Some of us possess it naturally, others must learn it.

However we come by it, resiliency is that essential quality which enables us to bounce back from life's challenges - from a bad day to a bad marriage, verbal insult to physical trauma, a boss who makes every minute difficult to a tragic accident that in a split second changes our future forever.

Surviving such destabilizations isn't enough, says nationally known psychotherapist, Tessa Albert Warschaw. We must recover. We must make up our minds to leap over obstacles and take control of our lives again.

- What is your resiliency quotient?
- How equipped are you to deal with the next challenge life may throw at you?

- Can you raise your resiliency quotient?
- Are you a survivor or a person with resiliency?

Learn about the components of Resiliency.

How to move through the 3 steps of Resiliency:

- Holding on
- Letting go
- Moving on

Develop the skills to:

- Move faster
- Be stronger
- Strategize smarter

Work through the bouncing back process.

Resiliency is packed with practical techniques and insight on solving problems in new ways. It also shows workshop participants how to become more resilient in their personal and professional lives and teaches the skills for bouncing back from every day stresses to surviving disastrous multiple losses.

Resiliency demonstrates that the unambivalent commitment to life, which is actually the core of resiliency, is a commitment everyone needs to make.

**Dr. Tessa Albert Warschaw**, a psychotherapist and specialist in personal and corporate negotiation strategies, wrote the groundbreaking *Winning by Negotiation*, which sold more than 300,000 copies. She's also the author of *Rich Is Better* and coauthor of *Winning with Kids*.

She maintains private therapy practices in New York and Los Angeles, and is president of Warschaw Associates, a private group of business consultants.

A compelling motivational speaker, she has appeared on the Today Show and Oprah.

**Tuition:** A: \$105; B: \$95; C: \$85



**#802 Dramatizing the Ideal Future and the Reformed Past: A Fresh Approach to Narrative Couple Therapy and Therapist Consultation. A Didactic and Experiential Workshop for Therapists with Sallyann Roth, L.I.C.S.W.**

**Monday, January 29, 1996  
9:00 a.m. to 4:00 p.m.**

Sallyann Roth will first present an approach for interviewing couples that is designed for the initial session of consultation. Its core activity, enactments of future and past scenes, evoke in the couple new perspectives on their predicament. Throughout the session, the therapist prevents entrenchment in the clients' fixed beliefs about their present problems by concentrating on current strengths as well as past and future wishes.

In a similar model used for consulting to therapists, the current therapeutic dilemma is connected to painful patterns in the therapist's family of origin. The method utilizes powerful dramatizations of present, past, and future scenes to stimulate fresh clinical perspectives and approaches.

The workshop will include videotapes and experiential exercises for participants.

**Sallyann Roth, L.I.C.S.W.**, is a founding member of the Public Conversations Project. She was for fifteen years Co-Director of the Family Institute of Cambridge, and is presently the Co-Director of its Program in Narrative Therapies. She has taught in the Social Work Schools at Smith and Simmons Colleges and is a Lecturer on Psychology in the Department of Psychiatry at Harvard University and maintains a private practice in Watertown, Massachusetts. She has published widely on the work of the Project and on Couple's Therapy.

**Tuition:** A: \$95; B: \$85; C: \$75.

**#803 The 9th Phillips Graduate Institute/CFSC Alcohol and the Family Conference  
*Alcoholism: Dynamics and Treatment*  
with Stephanie S. Covington, Ph.D., L.C.S.W.**

***Date and Time:***

Friday, February 2, 1996,  
9:00 a.m. to 5:00 p.m.

at the **Airtel Plaza Hotel** (Sherman Way at Van Nuys Airport), Van Nuys, California

Alcoholism is the leading health problem in the United States. It is estimated that 12 million people suffer from this disease and 48-60 million significant others are also affected. Given the magnitude of the problem, the relative lack of attention it receives in health care education is disturbing.

Historically, alcoholism has been viewed as a moral weakness by the public, and considered untreatable by the medical and mental health professions. Although current research indicates a physiological predisposition to this disease, there are innumerable psychological and social consequences. Due to denial and lack of knowledge, many professionals misdiagnose and treat the symptoms of alcoholism without treating the disease. Their success rate is therefore abysmal, and an aura of hopelessness clouds the therapeutic process.

Traditional psychoanalytic methods are contraindicated in alcoholism treatment. Depth psychotherapy encourages drinking among alcoholics because its intention is to increase the stress level as an antecedent for change. Therefore, it is important for clinicians to receive training in the diagnosis and treatment of alcoholism.

This workshop is designed for EAP providers and other practicing clinicians, and will provide information on the diagnosis, treatment, and referral of alcoholics and their families. It will also delineate the gender differences in the disease and its treatment. Experiential exercises will be used to assist participants in identifying and interacting with the client in the therapeutic process.

**Topics to be presented include:**  
Process of Addiction  
Disease Concept of Alcoholism  
Family Dynamics  
Diagnosis  
Intervention  
Treatment Issues and Modalities

**Stephanie S. Covington, Ph.D., L.C.S.W.**, is a clinician, author, organizational consultant, and lecturer. She is recognized for her pioneering work on women's issues and specializes in programs on addiction, sexuality, families and relationships.

Dr. Covington has been the Chair of the Women's Committee of the International Council on Alcoholism and Addiction and is listed in Who's Who in California and Who's Who of American Women. She is a board-certified Diplomat of the American Board of Medical Psychotherapists, the American Board of Sexology and the National Association of Social Workers. In 1983, she was cited for her significant contribution to alcoholic women by the California Women's Commission on Alcoholism. As consultant for Women's Treatment at the Betty Ford Center, her work involved progressive and innovative program design as well as institutional development. In criminal justice settings, she designs programs for women as well as providing staff development.

Dr. Covington has published numerous articles and coauthored the book *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy*. She has also written *Awakening Your Sexuality: A Recovery Guide for Woman and Their Partners*, and her newest publication is *A Woman's Way Through the 12-Steps*. She has appeared on "Donahue," "Sally Jesse Raphael," "Geraldo," "Good Morning America," the "Home Show," and numerous radio and television programs. Her office is in La Jolla, California, where she is the Co-Director of the Institute for Relational Development.

**Tuition:** A/B/C: \$75.



## #804 Continuing the Narrative Conversation

### A One-Day Workshop with Johnella Bird of the Family Therapy Centre of Auckland, New Zealand

#### *Date and Time:*

Monday, February 26, 1996

9:00 a.m. to 5:00 p.m.

Creating externalizing conversations is a basic building block of narrative therapy. To do this with ease and grace is an art which Johnella has developed. A more detailed description of the content of this workshop will be in the next catalog. Save the date!

**Johnella Bird** is the co-director (with David Epston) of the Family Therapy Centre of Auckland. An experienced and talented therapist she has been involved with the narrative therapy movement from the beginning. She received a standing ovation as the keynote speaker of the Yaletown conference in 1995.

*Tuition:* A: \$95; B: \$85; C: \$75.

## #805 Rich is Better A One-Day Workshop In the Psychology of Women

Saturday, March 16, 1995

9:00 a.m. to 5:00 p.m.

at the Holy Spirit Retreat,  
Encino, California

**Dr. Tessa Albert Warschaw**, psychotherapist and author, offers a full day workshop designed for Therapists to explore their own attitudes, beliefs and behaviors about fulfillment, richness, abundance and cash, and will assist them in reflecting upon the ways in which many women clients are unable to close the gap between wanting and having more. Dr. Warschaw has researched the area of women and \$\$ for the past 25 years and continues to hear the theme of deprivation or bankruptcy in some aspects of their lives - thus creating a Poverty Mentality: The conscious or unconscious decision to live an unfulfilled life finan-

cially, emotionally, professionally, creatively or physically. For as earnestly as many of us subscribe to the ethic of fulfillment as vital as we are in most ways, in some pocket of our lives we could be wanting. We may feel financially strapped, emotionally undernourished, frustrated in our careers or powerless to choose and change in one or all three of these areas. This workshop, which is both experiential and pragmatic, is designed to break these barriers to richness.

#### Topics to be explored:

- Those early \$\$ messages
- Recognizing and Understanding the Poverty Mentality in Yourself and Others
- Diffusing the Four Components of the Poverty Mentality Ambivalence; Undeservingness; Vacant Hope; Guilt
- Lust is Not a Dirty Word
- New Poverty Games Couples Play

**This workshop is limited in size. Please reserve early.** This agenda is subject to change according to the needs of the group.

*Tuition:* A: \$105; B: \$95; C: \$85.  
(Includes Lunch)

## #806 Becoming Solution-Focused in Brief Therapy with John Walter, L.C.S.W.

#### *Date and Time:*

Friday, March 22, 1996

9:00 a.m. to 5:00 p.m.

The Solution-Focused Brief Therapy model is a positive and future oriented model built on the principle of visualization. The thrust of the approach is to facilitate client's constructing solutions by focusing on the positive, the future, and what they want to have happening. Often, a client who has repeatedly focused on the problem has never thought of or has overlooked what they want or will be doing in the future when the problem is solved and what they are doing now when they have some success, we can facilitate change in the shortest time possible, even with what seem like

intractable situations. This practical model is process and goal oriented for use with individuals, couples or families and ideal for managed care.

#### Program Schedule:

9:00 a.m. - 10:30 a.m. -

#### Personal Paradigms, Historical Paradigms, and Assumptions of a Solution-Focused Approach.

We will examine the presuppositions within the most common questions that participants use in their therapy sessions in order to identify the personal paradigms that therapists are using. This will be followed by bringing out the presuppositions with the major therapy models in order to provide a background for the new ideas of the Solution-Focused approach.

10:30 a.m. - 10:40 a.m. - Break

10:40 a.m. - 12:00 p.m. -

#### How do we construct solutions? Imagine What you Want and Look for What Works.

This session will consider and answer the question, "How do we construct solutions?" Answers will be provided in metaphorical form, in a videotape form, and in a more formal, step-by-step form. Participants will be asked to observe the positives reported by a client and performed by the therapist in a videotape in order to form their own conclusions to "How do we construct solutions?"

12:00 p.m. - 1:10 p.m. - Lunch

1:10 p.m. - 2:50 p.m. - Pathways of Constructing Solution.

The five basic questions of the approach will be introduced along with the distinction between goals and complaints or wishes. These five basic questions are used to not only define goals but also to build and expand them through exploring a "miraculous" future when the problems are solved or exception times in the present when things are going better. After exercises to familiarize participants with the questions, the criteria for well-defined goals will be presented.



**3:00 p.m. - 4:15 p.m. -  
Cheerleading Change and Solution-  
Focused Tasks**

This final portion outlines how to offer encouragement and solution-enhancing tasks. This will be followed by a video or roleplay demonstration. The conclusion will offer time for case discussion and final questions.

**4:15 p.m. - 4:30 p.m. -  
Evaluation and Closing**

**John Walter, L.C.S.W.**, is the co-director of Consultations in Chicago, Illinois and with his wife Jane Peller, does therapy, consults and conducts trainings in Solution-Focused Therapy. He is adjunct faculty at the University of Illinois. He and Jane co-authored the popular book *How To Become Solution-Focused in Brief Therapy* (Brunner/Mazel, 1992) and many articles and book chapters on Solution-Focused therapy.

**Tuition:** A: \$95; B: \$85; C: \$75.

**#807 Dialogues and Dialogues  
About Dialogues: *Continuing  
the Conversation with  
Tom Andersen, M.D.***



**A Small One-Day Workshop on  
Thursday, April 18, 1996  
at Holy Spirit Retreat, Encino.**

What happens when the therapist gives up the hierarchical role of an expert? Conversation and questions that occur between therapist and clients can lead to new stories about the clients' past

and future lives. The introduction of a REFLECTING TEAM (or Reflecting Process as he prefers to call it) as developed by Tom Andersen and his colleagues, can assist clients to develop these new descriptions and explanations.

Tom Andersen, the innovator of the Reflecting Process will continue this conversation with a small group for one-day at Holy Spirit Retreat Center. We will discuss the advances in the reflecting process and demonstrate his work.

**Tom Andersen, M.D.**, from the University of Norway is a Social Psychiatrist and author of the book *The Reflecting Team: Dialogues and Dialogues about Dialogues*, published W.W. Norton and Co. in 1991. He is also the author of "The Reflecting Team: Dialogue and Meta-Dialogue in Clinical Work," an article which appeared in Family Process and numerous other articles about the reflecting process.

**Tuition:** A: \$105; B: 95; C: \$85.  
(Includes Lunch)

**#808 Reflecting Processes and  
Collaborative Language  
Systems:**

**A Two-Day Workshop  
With Tom Andersen, M.D. and  
Harlene Anderson, Ph.D.**

**Friday and Saturday,  
April 19 and 20, 1996  
at Holy Spirit Retreat, Encino**

In our postmodern therapy world, voices continue to be heard that speak of having non-deficit views and being non-expert with our clients. Based on the social-constructionist belief that reality is shaped by our language and that the problems that people report to us can be dissolved through the conversations that we have in therapy, this two-day workshop will meet with Harlene Anderson of the Houston-Galveston Institute and Tom Andersen of Tromsø, Norway. Each of them brings a unique perspective to this work and will discuss their different views and the use of the reflecting processes during the workshop.

**Tom Andersen, M.D.**, from the University of Norway is a Social Psychiatrist and author of the book *The Reflecting Team: Dialogues and Dialogues about Dialogues*, published W.W. Norton and Co. in 1991. He is also the author of "The Reflecting Team: Dialogue and Meta-Dialogue in Clinical Work," an article which appeared in Family Process and numerous other articles about the reflecting process.

**Harlene Anderson, Ph.D.**, is the Director of the Houston-Galveston Institute and a popular international presenter in the area of Social-Constructionism.

The author of too many articles to list, she was the major collaborator of these ideas with the late Harry Goolishian, and she continues their work in Texas, Norway and globally.

**Tuition:** A: \$195; B: \$185; C: \$175.  
(Includes Lunch)

**#809 Re-Visioning Child  
Abuse and Neglect:  
*A Bottom-Up Approach  
A Two-Day Workshop  
with  
Insoo Kim Berg  
of the Brief Family Therapy  
Center of Milwaukee***



**Friday and Saturday,  
May 31 and June 1, 1996  
9:00 a.m. to 5:00 p.m.**



The Child Protective Services of the State of Michigan have contracted with Insoo Kim Berg to revise their services for families with children. This project is where Insoo's energies and interests are at this time. This workshop will be a demonstration of the changes which she has been working towards in Michigan. Greater details will be forthcoming in the Spring 1996 catalog.

**Insoo Kim Berg, M.S.S.W.**, is one of the early pioneers of the Solution-focused brief therapy model, training and research. She continues this work as the Director of the Brief Family Therapy Center (BFTC) in Milwaukee, Wisconsin. As an AAMFT Master Therapist, her work has become well-known and she is a popular presenter at national and international conferences. She has numerous professional publications, including *Working with the Problem Drinker* and *Family Based Services: A Solution Focused Approach*.

**Tuition:** A/B/C: \$225

