



**AAMFT Approved
Post Graduate Certificate Program
in Marriage and Family Therapy**

**and
Sex Therapy Training Program**

**Course Catalogue
2011-2012**

We customize a training plan that meets your needs!!

Apply for Certification in Marriage and Family Therapy or Sex Therapy

Take courses for professional development, licensure and CE credits
in MFT, Social Work and Psychology

Sign up for Supervision and accrue hours for state licensure
in MFT, Social Work and Psychology

Council for Relationships
4025 Chestnut Street 1st Floor
Philadelphia, Pa. 19104
215-382-6680

Training Program Administrative Contacts

Post Graduate Training Program in Marriage and Family Therapy

Director: Bea Hollander-Goldfein
215-382-6680 Ext. 3110
bhg6@verizon.net

Assistant Director: Linda Abrams
215-628-4620 Ext. 1
LinJAbrams@aol.com

Clergy Track of the Post Graduate Certificate Program in MFT

Director: Flo Guynn Stiffler
215-628-4620 Ext. 2
fgstiffler@comcast.net

Sex Therapy Training Program

Director: Nancy Gambescia
610-525-1978
ngambescia@aol.com

Academic Administrator

Shirley Jacoby
215-382-6680 Ext. 3121
sjacoby@councilforrelationships.org

Financial Administrator

Becky Wall
215-382-6680 Ext. 3302
bwall@councilforrelationships.org

Eligibility

Classes are open to all qualified students during the academic year. Requirements for all courses include at least a Master's degree in a related mental health field and prior counseling experience. All courses are conducted at the Council for Relationships

Certification requirements for MFT

Completion of all courses: 100 hours of supervision. 500 clinical contact hours a minimum of 250 hours must be systemic therapy hours and 250 hours can be individual therapy hours; a minimum of 250 hours must be seen at CFR and 250 hours can be seen off-site.

Continuing Education Credits

All courses and intensives are available for Continuing Education credits in the fields of MFT, Psychology and Social Work in Pennsylvania and all courses and intensives are available for Continuing Education credits in the fields of MFT and Psychology in New Jersey. Please indicate your interest in CE credits before starting the course. The credentialing bodies require 100% attendance in order to receive CE credits.

UNIT I: MONDAY SCHEDULE

1st Trimester

Intensive: Diversity

Instructors: Michelle Jackson and Ray Fisher

Date: Monday September 12, 2011

Time: 9:00 AM - 3:00 PM

This day long workshop will be an experiential and educational training in diversity issues and multiculturalism. The workshop will address the characteristics, skills, and functions that a family therapist needs in order to be effective when working with clients from a variety of backgrounds and cultures. The goal of the workshop is to help therapists become more aware of their own beliefs, attitudes and biases, so that they can be sensitive and aware of how these affect their work with clients. In addition, the course will help to develop appreciation for diverse cultures and an attitude of comfort and understanding of differences. A goal is to help therapists face the challenges and obstacles that present themselves when one is faced with a myriad of differences working with both couples and families. In addition, the workshop will address how to match therapeutic and communication approaches with the needs and backgrounds of diverse clients and how to develop understanding of and an assessment of the institutional barriers and discrimination that affects clients' daily experiences.

Course: Systems Theory and Couples Therapy

Instructor: Steve Treat

Dates: Mondays September 19, 2011 – November 21, 2011

Time: 9:00 AM-12:00 PM

The goal of this course is to provide a basic understanding of the major theoretical constructs underlying the major systemic models of couples and family therapy. Discussion will focus on the definition and application of the major concepts of each theory to systemic practice. In addition, the course will provide basic information about intervention strategies specific to couples therapy. The course will focus on three areas of systems therapy. First, the student will learn how to view the couple or family as a system without losing sight of the fact that individuals compose systems. Secondly, ways of engaging clients and performing the clinical interview will be discussed. Thirdly, several approaches to changing systems will be reviewed. This review will examine both general approaches to therapy and specific treatment of some of the more common relationship problems. The course will also have an experiential exponent. This component will examine each participant's style and approach to marital and family therapy, particularly around joining, engaging and establishing the therapeutic alliance. It will concentrate on the use of self to accomplish this goal.

Intensive: Relationship Education and Couple Communication

Instructor: Rita DeMaria

Date: Monday November 28, 2011

Time: 9:00AM-3:00PM

This workshop will be both didactic and experiential. An overview of relationship education best-practices and the core skills that are included in most programs. The art of listening and assertiveness will be described and the goal is promoting empathy and compassion between couples. Managing and transforming anger through the use of specific tools that can help couples resolve problems and minimize conflict. Participants will have the opportunity to practice a set of skills that can be used in the clinical setting. The benefits of classes in addition to individualized sessions and the role of coaching in developing skills will also be presented.

2nd Trimester

Course: Foundations in Systemic Therapy

Instructor: Bea Hollander-Goldfein

Dates: Mondays December 5, 2011 – February 27, 2012

Time: 9:00 AM- 12:00 PM

While models of Marital and Family Therapy are established on the foundation of theoretical concepts that support the practice of varied clinical approaches, there are clinical practices and theoretical formulations that are common to all systemic therapies. This course will highlight and define the common practices that are foundational to systemic practice. Didactic material, tapes of therapy and in class exercises will help explicate both the overt meaning and experiential impact of these common clinical approaches to systemic therapy. Included in the class instruction will be an intensive review of how to do Genograms in MFT. Distinctions between process and outcome will be reviewed with an emphasis on learning process based interventions..

Intensive: Affairs

Instructor: April Westfall

Date: Monday March 5, 2012

Time: 9:00 AM – 3:00 PM

Couples entering therapy following the discovery of an affair present with intensely painful and sometimes explosive affect. In the wake of the devastation, couples look to the therapist to instill hope for possible reconciliation and for an eventual return to normalcy.

This training intensive will present therapeutic strategies for creating safety during the extramarital crisis, permitting balance between the expression and containment of strong emotion. A three-stage relational trauma model is used to understand the emotional experience of the betrayed spouse and to help the couple recover. Emotion-focused approaches for unraveling the often fused feelings of anger and sadness, for distinguishing between primary and secondary defensive emotions, and for clarifying the difference between constructive and maladaptive emotional states will be taught. Empowering interventions that move the betrayed partner from the one-down position of victimization, yet encourage emotional accountability for the damaging effects of the betrayal, are highlighted. The presenter will offer a model of forgiveness and healing that relies on the unique power of the continuing emotional connection between partners to restore healthy attachment.

3rd Trimester

Course: Theory and Practice of Family Therapy

Instructor: Frani Pollack

Dates: Mondays March 12, 2012 –May 21, 2012

Time: 9:00 AM-12:00 PM

This course reviews theories of Family Therapy within a historical perspective. Approaches reviewed include narrative, psychoeducation, structural, intergenerational, feminist, interactional, communication, and psychodynamic models. The use of case studies, critical discussions, and role plays will be used to deepen students' understanding of different models. The course will also include an understanding of family developmental stages, economic strains, cultural differences, and larger systemic influences. Throughout the course we will be viewing and discussing videos of well known family therapists in addition to segments of contemporary films depicting family interactions.

Intensive: Medical Family Therapy

Instructors: Kenneth Covelman and Matt Purinton

Date: Monday June 4, 2012

Time: 9:00AM-3:00PM

This intensive will introduce participants to the field of Medical Family Therapy. Underlying assumptions of the biomedical and biopsychosocial models of illness will be explored and their implications for the treatment of chronic illness, disability and psychosomatic disorders will be discussed. Distinctions between illness, disease and disability will be drawn and the importance of understanding these differences for patients, their families and healthcare providers will be highlighted. A model for understanding the psychosocial challenges associated with living with various diseases will be

presented. Issues related to management of pain, loss, trauma and uncertainty will be examined within a framework of meaning. The concept of somatic fixation and its relevance to the treatment of chronic illness and disability will be discussed. Application of a systemic model of family based treatment will be demonstrated, with a focus on important treatment considerations. Participants will also have the unique opportunity to experience disability from the patient and caregiver perspective.

Intensive: Intimate Family Violence

Instructor: Rita DeMaria

Date: Monday June 11, 2012

Time: 9:00 AM- 3:00 PM

This intensive workshop will provide a broad-based perspective on intimate family violence. Contemporary issues in working with family violence will be addressed along with specific recommendations for clinical practice. Child abuse and neglect will be discussed along with current guidelines for therapeutic intervention. The presentation will include a historical perspective, an overview of research, and practical requirements for addressing intimate family violence. Video presentations will serve to heighten awareness and increase sensitivity to these issues. Participants will be provided a directory of resources for the greater Philadelphia area.

SUPERVISION

1st Semester September 19, 2011 - February 6, 2012

2nd Semester February 13, 2012 - July 13, 2012

Summer supervision begins week of July 23, 2012

The goals of supervision are to help each intern develop his/her own therapeutic style, while learning the skills and competencies of couple, family and sex therapy. In this process, therapist issues are given significant attention. Supervision is primarily provided through videotape and live supervision modalities. Interns have access to video equipment for taping their clinical sessions on and off-site. A one-way mirror office, with videotaping capability is available at the main office for live supervision and consultations.

LIVE SUPERVISION

Instructor: Linda Abrams

Dates: Mondays December 5, 2011 – March 26, 2012

Time: 3:00 PM to 5:00 PM

The Live Supervision course offers students the opportunity to learn systemic therapy skills in a live setting. Two training experiences are provided: the opportunity to observe senior staff behind the one-way mirror and the opportunity to conduct a session behind the one-way mirror with the benefit of guidance from the instructor and the reflecting team. As the student implements interventions recommended by the team, the immediacy of the experience promotes skill building and awareness of the therapeutic milieu. Students behind the mirror experience a similar impact from the process of focusing their feedback to address the issues of the clients before them. The opportunity to discuss therapeutic process with senior staff enables students to broaden their understanding of therapy and to learn that there are many therapeutic approaches that address treatment issues, all of which offer benefit to the clients.

ALL INTERNS ARE REQUIRED TO TAKE ONE OF THE TWO LIVE SUPERVISION COURSES – EITHER ON MONDAYS OR WEDNESDAYS

UNIT II: TUESDAY SCHEDULE

1st Trimester

Course: Adult Psychopathology with a Systems Perspective

Instructor: Brendan Greer

Dates: Tuesdays September 13, 2011 – November 15, 2011

Time: 9:30 AM to 12:30 PM

This is a course in juggling: think like the systems-oriented therapist you are becoming while thinking like a psychiatrist. Most of the emphasis will be on the process of diagnosis, but you will learn about treatment, too. At the end of the course, you should have a working familiarity with the current concepts of psychopathology and how to take a history and do a clinical examination of a patient that will enable you to begin to formulate a diagnosis and treatment approach. You will learn a bit about current concepts of the neuroanatomical correlates of different disorders, the unity of the mind and body/brain and the way the brain might reflect events and relationships in the development of disorders. We will cover the major groupings of psychiatric disorders in the DSM IV (the standard diagnostic lexicon), the course of these disorders in individuals and social systems, and some of the pharmacologic and therapeutic treatment options. Classes will consist of free-flowing lectures and discussions with you, with several video and case illustrations for your practice. Guest lecturers will present several special topics.

Intensive: Psychopharmacology

Instructor: Sarah DeMichele

Date: Tuesday November 22, 2011

Time: 9:00 AM to 3:00 PM

This workshop will review a variety of medications that are prescribed to people to treat psychiatric symptoms. A review of basic brain anatomy and chemistry as it applies to modern psychopharmacology will be provided. Five major categories of medication will be reviewed in detail: antidepressants, mood stabilizers, antipsychotics, stimulants and sedative/hypnotics. Issues pertaining to medication selection, tolerability and compliance will be discussed, with an emphasis on the role of the therapist as a vital part of the treatment “team”.

2nd Trimester

Course: Child/Adolescent Development and Psychopathology

Instructors: Priscilla Singleton

Dates: Tuesdays November 29, 2011 – February 7, 2012

Time: 9:00 AM – 12PM

This course provides the student with basic information pertaining to child and adolescent development and psychopathology within a systemic framework. The course is composed of two parts, in the first part we will discuss key aspects of child development (physical, psychosocial, and cognitive) and their effects on family life. In the second part we will focus on the etiology, classification and principles of treatment of the child and adolescent disorders that are most frequently encountered by professionals in mental health and educational settings. The course will also review the trends in child focused family therapy, how to assess and conduct initial interviews with families, and how to understand various family based treatment approaches. Students will have an opportunity to explore special topics such as divorce, sibling rivalry, grief, school refusal and peer influence.

3rd Trimester

Intensive: Spirituality

Instructors: Flo Stiffler and Leah Brecher-Cohn

Date: Tuesday February 14, 2012

Time: 9:00 AM to 3:00 PM

It is an interesting coincidence that the Sanskrit word nirvana and the English word “spirit” both come from a root that means “wind.” The word “spirit” means the wind sends our sails into the real life of a lived world. Our calling as therapists is a spiritual endeavor. We journey with our clients as they seek truth and beauty – we encourage our clients to access resources that enhance their physical, sexual and emotional well-being. Awareness of the spiritual components of our clients’ lives can be a rich therapeutic resource. As clinicians, our own spiritual beliefs can help or hinder our clients’ journeys. This workshop is designed to help clinicians explore and deepen their understanding of their own beliefs and worldviews and spark creative thinking about exploring spiritual themes and resources with clients.

Course: Adult Development from a Family Systems Perspective

Instructor: Michele Southworth

Dates: Tuesdays February 21, 2012-May 1, 2012

Time: 9:00AM-12PM

This course is designed to tie together a number of streams of information about normative adulthood, the individual and family life cycle, and how gender and ethnicity, sexual orientation, culture and class impact life cycle processes. We will consider the range of possible adaptations to the biology of adult development, including pair-bonding and sexuality, parenthood and aging, as well as the impact of personality, family of origin, society and culture on intimate relatedness, family, work and friendship in the course of adult life.

Students will consider their own lives and clinical cases from different theoretical perspectives to deepen their understanding of adult development, clinical interventions, and what they bring to treatment in the person of the therapist. In addition, you will prepare a presentation and write a series of papers to more fully explore issues of adult development in the context of your own life and family of origin.

Intensive: Families in Transition – Part I

Instructors: Priscilla Singleton and Michele Southworth

Date: May 8, 2012

Time: 9:00 AM to 3:00 PM

Families in Transition – Part II

Instructors: Priscilla Singleton and Michele Southworth

Date: May 15, 2012

Time: 9:00 AM to 3:00 PM

The phenomenon of divorce has a large presence in modern-day America. Most clinicians will encounter the following constellation of issues in their practices: 1) couples making decisions about whether to stay in their marriages; 2) families struggling at the brink or in the midst of the divorce transition; and 3) children and adult children of divorce, and post-divorce families dealing with single or shared parenting.

This intensive workshop will delineate the stages of the divorce process in its functional and dysfunctional aspects, as it unfolds for the adults and the children in the family, as well as for the family as a whole. It will also consider the special strengths and limitations of the different forms that the post-divorce family can take. We will discuss family dynamics and treatment approaches for adults in conflict and for children under stress. The class will also cover treatment modalities such as mediation, co-parent counseling and parent coordination so that attendees can be well-informed about the options available to help the divorcing families with whom they may work.

Course: Process and Theology: Independent Study for Clergy

2nd and 3rd Trimesters

Instructor: Flo Stiffler

Dates: Part 1– November 29, 2011-February 7, 2012

Part II – February 21, 2012-May 1, 2012

Second year clergy interns work in collaboration with the Director of the Clergy Track of the Post Graduate Training Program to design an individual paper/project with the goal of helping them to integrate their spiritual/religious/clergy experiences with their learning and clinical training at CFR.

Required Course: Mindfulness in the Therapeutic Encounter

Instructors: Ruthy Kaiser RN, MFT and Donald McCown, MAMS, MSS

Dates of Course -2012

May 29 (9 to 12), June 5 (9 to 12), June 12 (9 to 12), June 19 (9-3)

June 26 (9 to 12), July 3 (9 to 12), July 10 (9 to 3), July 17 (9-3)

Mindfulness, defined as paying attention, on purpose, in the present moment, without judgment, is being used in a growing range of psychotherapeutic interventions. This course offers a combination of experiential explorations of mindfulness practice and didactic content regarding the application of mindfulness in the therapeutic encounter. It balances two emphases: personal development as a mindfulness practitioner, and professional development through understanding the theory, empirical research base, and essential skill sets for application of mindfulness in the therapeutic setting. The first 15 instructional hours will support the cultivation of a personal mindfulness practice. Students will learn four formal practices — body scan, sitting meditation, moving meditation (yoga), and walking meditation — and will be guided in bringing mindfulness into everyday life through informal practice, as well. The second 15 instructional hours will shift the focus to applications of mindfulness in clinical contexts. Students will explore the historical and theoretical background of meditation in psychotherapy, get an overview of the evidence base supporting the mindfulness-based interventions, review the neurobiology of mindfulness practice in both intra-subjective and inter-subjective modes, and consider — explicitly — the applications of mindfulness in the therapeutic dyad and larger systems. Students will learn several mindfulness practices for immediate use with clients. Time will also be devoted to group supervision in the use of these practices.

Intensive: Mindful Therapy: Clinical and Ethical Challenges.

Instructor: Don McCown

Date: Tuesday July 17, 2012

Time: 9:00 AM to 3:00 PM

Mindfulness in clinical practice has two major dimensions, which are complementary and of equal importance. First is the therapist's capacity for authentic presence in the face of deep suffering, acquired through formal mindfulness practice and through personal psychological and spiritual development. Second is the therapist's skill in responding to the requirements of the moment in session, including caring for the therapeutic relationship, selecting and guiding appropriate practices, inquiring into the client's moment-to-moment experience, and articulating principles and intentions.

In this intensive, through formal practices and small and large group dialogue, participants will explore their inner worlds and the impact of mindfulness on their therapeutic stance. Also, through case presentations and discussions, they will gain an understanding of the many layers of information and decisions that shape a mindful therapist's practice moment-by-moment, as well as the ethical dilemmas that may arise. Finally, through lectures on theory and experiential exercises in dyads, participants will hone a range of skills that will help them to expand their explicit use of mindfulness in their clinical work.

SUPERVISION

1st Semester September 19, 2011 - February 6, 2012

2nd Semester February 13, 2012 - July 13, 2012

Summer supervision begins week of July 23, 2012

UNIT III: WEDNESDAY SCHEDULE

Intensive: Sexual Attitude Reassessment I (SAR)

Instructors: Sabitha Pillai-Friedman and Kimberly Ludwigen

Date: Wednesday September 14, 2011

Time: 9:00 AM to 3:00 PM

***REQUIRED**

The SAR is a process-oriented, structured group experience which promotes the therapist's awareness and comfort related to sexuality of the self and others. The SAR format includes lecture, explicit media, experiential activities, and small group discussions. Participation is essential since the therapist's values and attitudes affect the quality of treatment. This experience will enhance awareness of and comfort with the diversity of human sexual beliefs. Moreover, the SAR promotes non-judgmental and respectful attitudes toward others especially those who are different from the therapist in attitudes, values, feelings, beliefs and sexual behaviors.

1st Trimester

Sex Therapy I: Sexual Function and Dysfunction

Instructor: Nancy Gambescia

Dates: Wednesdays Sept. 21, 2011 – November 30, 2011

Time: 9:00AM – 12:00 PM

This course is the first of two basic learning modules which focus on sexual function, dysfunction, and various aspects of Sexology. The first module provides techniques used to assess sexual dysfunctions through an intersystemic approach which is comprehensive and intimacy-based. Assessment incorporates three areas: the bio-psycho-social issues of each partner, the couple's relationship, and influences from families of origin.

Techniques of sexual interviewing, current evidence-based literature and case presentations are provided. Sexual anatomy, physiology, normative age-related changes, and the impact of illness on sexual function are reviewed. In addition, the therapist will learn to recognize symptoms of sexual dysfunction, sexual abuse, infidelity and sexual compulsivity. Attention will be given to topics such as gender variance and alternate forms of sexual expression.

An awareness and sensitivity towards the sexual values and attitudes of the self and others is promoted. Thus, topics related to the self of the therapist (sexual value system, comfort, knowledge, rapport, non-judgmental attitude, language, confidentiality, etc.) are emphasized through discussions and a mandatory one day experiential workshop.

Intensive: Advanced Sexual Attitude Reassessment (SAR)

Instructors: Sabitha Pillai-Friedman and Kimberly Ludwigen

Date: Wednesday December 7, 2011

Time: 9:00 AM- 3:00 PM

***REQUIRED**

See description above

2nd Trimester

Sex Therapy II: Sexual Function and Dysfunction

Instructor: Nancy Gambescia

Dates: Wednesdays December 14, 2011 – February 29, 2012

Time: 9:00AM – 12:00 PM

This course is the second of two basic learning modules which concentrate on sexual function and dysfunction. The second module focuses on treatment using a comprehensive, systemic, and intimacy-based approach. The therapist will learn to determine when and how to treat relational, individual, and intergenerational factors which impact sexual functioning in one or both partners. Current evidence-based data is provided. The integration of medical and psycho-social treatment is emphasized.

Numerous treatment modalities are provided: psycho-education, cognitive and behavioral approaches, timing of treatment, normalizing, permission giving, mental priming, communication skills, and fantasy, etc. Systemic treatment is emphasized, such as teaching the couple to think systemically, dealing with pessimism and skepticism, working with noncompliance, and setting realistic expectations.

Intensive: Cancer and Sexuality
Instructor: Sabitha Pillai-Friedman
Date: Wednesday March 7, 2012
Time: 9:00AM-3:00 PM

Cancer and cancer treatments affect quality of life in multiple ways. Sexuality and sexual functioning is an important aspect of quality of life. Unfortunately, sexuality is associated with youth, health and reproduction. When individuals are faced with a diagnosis of cancer, any discussion about sexuality almost seems antithetical. Hence cancer patients and medical professionals who treat them generally avoid any discussions about sexuality and sexual functioning. Sexual problems may occur due to altered sexual self-schema which may be a psychological response to the diagnosis and treatment of cancer. The symptoms of cancer and the side effects of cancer treatment may affect various systems in the body which may impact sexual functioning. In this workshop, the presenter will address the altered sexual self-schema of cancer patients during and after treatment. The presenter will also identify the sexual difficulties that can arise due to the physical changes caused by the illness and short-term and long-term treatment side-effects. Additionally, the presenter will discuss individual and couple treatment implications for psychotherapists.

3rd Trimester

Course: The Intersystems Model: Approach to Relationship Therapy
Instructor: Rita DeMaria
Dates: Wednesdays March 14, 2012 – May 23, 2012
Time: 9:00 AM – 12:00 PM

This course will provide the Intersystem Model, an integrative model that provides a meta-theoretical framework for integrating clinical models and clinical practice. Intergenerational, interactional and individual dynamics will be explored from several practice models: (1) contextual family therapy, (2) attachment theory, (3) Emotion Focused Couples Therapy, (4) AEDP – Accelerated Experiential Dynamic therapy, (6) brain-based concepts and tools for individual and couples, (7) positive psychology and positive emotion, and (8) transformative narratives. Building on a foundation of systemic practice, students will begin to conceptualize individuals, couples and families use the Intersystem Model and develop intervention strategies and processes to flexibly meet the needs of the clients.

3rd Trimester

***Course: Sex Therapy 111: Sex Therapy Specialization**
Instructor: Nancy Gambescia
Dates: 3/14/2012-5/23/2012
Time: 9:00AM-12:00PM Noon
***Sex Therapy Certification Program**

Intensive: Bonding and Couples Therapy
Instructor: Rita DeMaria
Date: Wednesday, May 30, 2012
Time: 9:00AM-3:00PM
Location: University City office

Intimacy and understanding in couples therapy is facilitated by 'bonding', an essential human need for physical contact and positive emotional connection. Bonding is a biological and physical need that is often disrupted when couples are distressed and experiencing negative emotions. Fostering understanding and connection through compassion often facilitates bonding behaviors between couples. This workshop will focus on how clinicians can foster bonding experiences in the clinical encounter and how to strengthen the clinician's comfort with emotional intensity and physical closeness in order to help couples transform their negative emotional interactions. Other models will be explored based on students' interests.

Intensive: Sex Addiction**Instructor: Jordan Leif****Date: June 6, 2012****Time: 9:00 AM – 3:00 PM**

In this one day intensive course, participants will learn about the etiology of sex and love addiction, and about the underlying causes for this behavioral pattern. Proper assessment and diagnosis will also be reviewed. In a section entitled "The Experience of the Addict", participants will get to know what the addiction looks and feels like. They will be introduced to the Addiction System and the Addiction Cycle. A good deal of time will be spent discussing treatment issues, and how a multi-faceted treatment approach usually yields the best results. Participants will learn about sexual sobriety and how its definition varies from patient and patient. Lastly, the issue of long term recovery will be reviewed. Time permitting, other potential topics include relapses vs. slips, working with spouses and partners, and couples therapy issues.

LIVE SUPERVISION**Instructor: Linda Abrams****Dates: Wednesdays December 12, 2011 – April 11, 2012****Time: 3:00 PM to 5:00 PM**

The Live Supervision course offers students the opportunity to learn systemic therapy skills in a live setting. Two training experiences are provided: the opportunity to observe senior staff behind the one-way mirror and the opportunity to conduct a session behind the one-way mirror with the benefit of guidance from the instructor and the reflecting team. As the student implements interventions recommended by the team, the immediacy of the experience promotes skill building and awareness of the therapeutic milieu. Students behind the mirror experience a similar impact from the process of focusing their feedback to address the issues of the clients before them. The opportunity to discuss therapeutic process with senior staff enables students to broaden their understanding of therapy and to learn that there are many therapeutic approaches that address treatment issues, all of which offer benefit to the clients.

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UNIT IV : FRIDAY SCHEDULE

1st Trimester

Course: Diversity, Social Justice and the Practice of Family Therapy

Instructors: George James and Wanda Sevey

Dates: Fridays September 16, 2011 – December 2, 2011

Time: 9:00AM – 12:00 PM

The goals of this course are (1) to enable participants to critically engage their life experiences by exploring the dynamics of oppression and social injustice that structure reality in general, and more specifically the process of therapy (2) to increase participants' knowledge and sensitivity to clients' experiences within various contexts including gender, race, socioeconomic status, sexual orientation, culture and physical ability (3) to help participants develop clinical skills and sensitivity to the larger societal context of clients' relational dynamics and the connection of these contexts to clients' presenting issues and (4) to apply increased knowledge and sensitivity of diversity and justice issues to clinical work and reflect on how this impacts the therapeutic relationship.

Intensive: Brain-Based Therapy

The Family Brain: The Neurobiology of Intimate Relationships

Instructor: Jonathan Baylin

Date: Friday December 9, 2011

Time: 9:00 AM-3:00 PM

This workshop is designed to help therapists integrate the exciting and rapidly growing knowledge about interpersonal neurobiology into their daily practice. The morning session will focus on a user-friendly presentation of core aspects of the "relational brain", including the brain dynamics underlying secure attachments and lasting emotional bonds. Participants will learn about how early parent-child relationships can promote healthy brain development and about the brain chemistry of intimate relationships, including the exciting body of research about such brain chemicals as oxytocin. Brain development will be discussed in the context of evolved mammalian systems that support family life, starring such unlikely creatures as the prairie vole and the titi monkey. The discussion will include the Parent Brain, presenting a new brain-based model of caregiving. In the afternoon, we will focus on clinical applications of brain-based knowledge with case examples of ways to bring the brain into the therapy room.

2nd Trimester

Course: Professional, Ethical and Legal Issues in Systems Therapy

Instructor: April Westfall

Dates: Fridays December 16, 2011– March 2, 2012

Time: 9:00AM-12:00PM

This course is designed to familiarize the student with professional and ethical issues common to systems-oriented therapy. It begins with a conceptual overview of professional ethics, grounded in the AAMFT Code of Ethics. We will review the steps toward clinical membership in AAMFT, as well as toward state licensure as a marriage and family therapist in PA, NJ, and DE. We will discuss the function of our state licensing boards and practical ways of keeping abreast of changes in law and state rules and regulations.

Issues critical to establishing a sound therapeutic relationship (e.g., informed consent and confidentiality) are covered. Issues relevant to the treatment of children are highlighted with a review of recent legislation in PA effecting the consent to treatment and access to records of minors, as well as the reporting requirements in situations of suspected child abuse. Laws that set limits on client confidentiality, including reporting suspected child abuse and protecting others from imminent danger, are reviewed. The essentials of good record-keeping practices are covered, along with a consideration of access to records through subpoenas and court orders. We review the basics of evaluating and managing the treatment of suicidal clients, including risk assessments. We then discuss the ethical and legal issues involved in the care of violent and dangerous clients. We will also speak to the issue of how to respect the diversity of our clients when working with sexual minorities. We will then move to a consideration of how the personal vulnerabilities of the therapist may impact the therapeutic relationship to produce boundary violations detrimental to the client. Finally, we will end with a discussion of divorce law, child custody, and mediation, and its pertinence to our clients in the process of separation and divorce.

Intensive: Substance Abuse
Instructors: Brendan Greer and Bill Coffey
Date: Friday June 1, 2012
Time: 9:00 AM – 3:00 PM

The disorders of substance abuse are common, costly, and challenging to understand or treat. Denial of disease and resistance to treatment are hallmarks of these conditions in the individuals who suffer from them and often in their family and social systems. Even when the disorders are acknowledged and treated wholeheartedly, treatment failure is frequent. Our true understanding of their complexity is surprisingly limited.

In this one day Intensive our approach will focus on how to: identify these disorders; understand the current knowledge regarding the neural, genetic, and systemic pathology of these disorders; and care for those with these disorders based on decades of empirical experience integrated with the current state of knowledge about therapeutic and biologic approaches.

3rd Trimester

In Memory of Mr. John Musewicz, LMFT, JD, Former Director of Operation Home & Healing Services of the Council for Relationships.

Intensive: Military Families in Resiliency, Deployment and Reintegration
Instructors: Chaplain (Colonel) Will G. Barnes, MFT
Date: Friday March 9, 2012
Time: 9:00 AM – 3:00 PM

Preview: Warriors and their families face extreme challenges in preparing for deployment and in returning from a war zone. Practitioners need to know what services are available and what treatment strategies can help at each stage of the deployment and reunification process. This workshop will define the stages of deployment and reintegration and explain the treatment strategies connected to each stage of the process for the warrior and their family. Recognizing external events that impact the process will be discussed in detail. Special focus will be placed on developing a plan to help children of warriors cope with war. Included will be discussion of signature injuries of the war as well as PTSD and treatment modalities. **This workshop is designed to help you:** 1) understand the deployment cycle process; 2) recognize and develop treatment strategies for warriors and their families; 3) understand external dynamics in deployment; 4) assisting children/youth in coping with deployment and war; and 5) understand combat stress reaction, PTSD, and mTBI dynamics. **Learning Methods:** Power point presentation, discussion, video segments, and interactive learning.

Course: Research in Couple and Family Therapy
Instructor: George James
Dates: Fridays March 16, 2012 – May 25, 2012
Time: 9:00 AM – 12:00PM

This course will present an overview of the psychotherapy research literature specific to the practice of Marital and Family Therapy. It will review what we have come to know about the Outcome, Process and Change-Processes of systems oriented therapies. The specificity question will be discussed in terms of the debate over common vs. uncommon factors that juxtaposes the impact of the helping alliance vs. the impact of skill and technique. The articulation of common change processes emerging from integrated approaches to MFT provides a framework for the examination of how the focus on behavioral vs. cognitive vs. affective dimensions of human experience both differentiates among the various systemic models but also links them in terms of overlapping change mechanisms. The relevance of Empirically Supported Treatments will be included in the broader discussion of treatment outcome. The study of marital relationships from an atheoretical perspective offers insight into the balance of theory vs. practice. The course will also review the major evaluation instruments used to study families and couples. By exposing clinicians to “research thinking” the course offers the opportunity to achieve a deeper understanding of your own clinical work.

Intensive: Trauma

Instructor: Bea Hollander-Goldfein

Date: Friday June 8, 2012

Time: 9:00AM – 3:00 PM

This workshop will provide an overview of the field of Trauma studies through the exploration of an evolving integrated model of coping and adaptation after extreme trauma developed over the past 15 years by the Transcending Trauma Project. Important concepts in the field of trauma will emerge through this model which will also serve as an introduction to the consideration of the intergenerational impact of trauma. The inclusion of phenomenology and positive psychology has certainly addressed the skewed emphasis on pathology that characterized the field prior to the 90's. Advances in understanding human development and human functioning, in addition to the major contributions of the new brain science, have added to our understanding of trauma's impact. The interpersonal perspective applied to trauma studies is a logical extension of systemically oriented concepts. The related literature on resilience will also be explored.

SUPERVISION

1st Semester September 19, 2011 - February 6, 2012

2nd Semester February 13, 2012 - July 13, 2012

Summer supervision begins week of July 23, 2012

SEX THERAPY TRAINING PROGRAM - SCHEDULE

Intensive: Sexual Attitude Reassessment I (SAR)

Instructors: Sabitha Pillai-Friedman and Kimberly Ludwigsen

Date: Wednesday September 14, 2011

Time: 9:00 AM to 3:00 PM

The SAR is a process-oriented, structured group experience which promotes the therapist's awareness and comfort related to sexuality of the self and others. The SAR format includes lecture, explicit media, experiential activities, and small group discussions. Participation is essential since the therapist's values and attitudes affect the quality of treatment. This experience will enhance awareness of and comfort with the diversity of human sexual beliefs. Moreover, the SAR promotes non-judgmental and respectful attitudes toward others especially those who are different from the therapist in attitudes, values, feelings, beliefs and sexual behaviors.

1st Trimester

Sex Therapy I: Sexual Function and Dysfunction

Instructor: Nancy Gambescia

Dates: Wednesdays September 21, 2011 – November 30, 2011

Time: 9:00 AM – 12:00PM

This course is the first of two basic learning modules which focus on sexual function and dysfunction. The first module provides techniques used to assess sexual dysfunctions through an intersystemic approach which is comprehensive and intimacy-based. Assessment incorporates three areas: the bio-psycho-social issues of each partner, the couple's relationship, and influences from families of origin.

Techniques of sexual interviewing, current evidence-based literature and case presentations are provided. Sexual anatomy, physiology, normative age-related changes, and the impact of illness on sexual function are reviewed. In addition, the therapist will learn to recognizing symptoms of sexual dysfunction, sexual abuse, infidelity and sexual compulsivity.

An awareness and sensitivity towards the sexual values and attitudes of the self and others is promoted. Thus, topics related to the self of the therapist (sexual value system, comfort, knowledge, rapport, non-judgmental attitude, language, confidentiality, etc.) are emphasized through discussions and a mandatory one day experiential workshop.

Intensive: Advanced Sexual Attitude Reassessment (SAR)

Instructors: Sabitha Pillai-Friedman and Kimberly Ludwigsen

Date: Wednesday December 7, 2011

Time: 9:00 AM - 3:00 PM

See description above.

2nd Trimester

Sex Therapy II: Sexual Function and Dysfunction

Instructor: Nancy Gambescia

Dates: Wednesdays December 14, 2011-February 29, 2012

Time: 9:00 AM – 12:00 Noon

This course is the second of two basic learning modules which concentrate on sexual function and dysfunction. The second module focuses on treatment using a comprehensive, systemic, and intimacy-based approach. The therapist will learn to determine when and how to treat relational, individual, and intergenerational factors which impact sexual functioning in one or both partners. Current evidence-based data is provided. The integration of medical and psycho-social treatment is emphasized.

Numerous treatment modalities are provided: psycho-education, cognitive and behavioral approaches, timing of treatment, normalizing, permission giving, mental priming, communication skills, and fantasy, etc. Systemic treatment is emphasized, such as teaching the couple to think systemically, dealing with pessimism and skepticism, working with noncompliance, and setting realistic expectations.

Intensive: Cancer and Sexuality
Instructor: Sabitha Pillai-Friedman
Date: Wednesday March 7, 2012
Time: 9:00AM-12:00 PM

Cancer and cancer treatments affect quality of life in multiple ways. Sexuality and sexual functioning is an important aspect of quality of life. Unfortunately, sexuality is associated with youth, health and reproduction. When individuals are faced with a diagnosis of cancer, any discussion about sexuality almost seems antithetical. Hence cancer patients and medical professionals who treat them generally avoid any discussions about sexuality and sexual functioning. Sexual problems may occur due to altered sexual self-schema which may be a psychological response to the diagnosis and treatment of cancer. The symptoms of cancer and the side effects of cancer treatment may affect various systems in the body which may impact sexual functioning. In this workshop, the presenter will address the altered sexual self-schema of cancer patients during and after treatment. The presenter will also identify the sexual difficulties that can arise due to the physical changes caused by the illness and short-term and long-term treatment side-effects. Additionally, the presenter will discuss individual and couple treatment implications for psychotherapists.

3rd Trimester

Sex Therapy III: Sex Therapy Specialization
Instructor: Nancy Gambescia
Dates: Wednesdays March 14, 2012 –May 23, 2012
Time: 9:00 AM – 12:00PM

Sex therapy specialization is designed for the experienced clinical practitioner interested in learning the practice of sex therapy or incorporating sex therapy techniques into clinical practice. Commonly encountered sexual dysfunctions are presented using the criteria contained in the diagnostic and statistical manual of the American Psychiatric Association. The approach of this course is comprehensive, intimacy-based, and systemic. Three major systems are considered: the couple's relationship, influences from the families of origin, and the bio-psycho-social issues of each partner.

The clinician will learn to assess and treat common sexual dysfunctions through presentation of the following: An overview of sexual anatomy, physiology, the sexual response, normative age related changes in sexual functioning, taking a sex history, current medical and psychological treatment modalities, recognizing and treating the sexual repercussions of incest, infidelity and sex addiction. Through a review of current literature and case presentations, the therapist learns to integrate various treatment modalities while addressing the issues that contribute to problems with sexual intimacy.

Intensive: Bonding and Couples Therapy
Instructor: Rita DeMaria
Date: Wednesday, May 30, 2012
Time: 9:00AM-3:00PM
Spring House office

Intimacy and understand in couples therapy is facilitated by 'bonding', an essential human need for physical contact and positive emotional connection. Bonding is a biological and physical need that is often disrupted when couples are distressed and experiencing negative emotions. Fostering understanding and connection through compassion often facilitates bonding behaviors between couples. This workshop will focus on how clinicians can foster bonding experiences in the clinical encounter and how to strengthen the clinician's comfort with emotional intensity and physical closeness in order to help couples transform their negative emotional interactions. Other models will be explored based on students' interests.

Intensive: Sex Addiction**Instructor: Jordan Leif****Date: June 6, 2012****Time: 9:00 AM – 3:00 PM**

In this one day intensive course, participants will learn about the etiology of sex and love addiction, and about the underlying causes for this behavioral pattern. Proper assessment and diagnosis will also be reviewed. In a section entitled "The Experience of the Addict", participants will get to know what the addiction looks and feels like. They will be introduced to the Addiction System and the Addiction Cycle.

A good deal of time will be spent discussing treatment issues, and how a multi-faceted treatment approach usually yields the best results. Participants will learn about sexual sobriety and how its definition varies from patient and patient. Lastly, the issue of long term recovery will be reviewed. Time permitting, other potential topics include relapses vs. slips, working with spouses and partners, and couples therapy issues.

SEX THERAPY SUPERVISION

1st Semester September 21, 2011 – February 8, 2012

2nd Semester February 15, 2012- July 15, 2012

See Monday supervision for description.

TEACHING FACULTY

Linda Abrams, Ph.D.

Linda Abrams is the director of the Springhouse Office of CFR and a senior staff therapist. She is the Assistant Director of the Post Graduate Certificate Program in Marriage and Family Therapy. Linda is a PhD Licensed Psychologist who received her doctorate from Temple University. She has over 25 years of experience working with children, adolescents and families as well as individual adults and couples. Her areas of expertise include: depression, anxiety, OCD, ADD, seniors and life transitions, family business, grief and loss as well as end of life issues with patients and their families. In addition to her clinical practice, Linda has supervised therapists over the past 25 years and she has presented seminars and workshops on the following topics: parenting issues, work-life balance, grief and loss and stress management.

Will Barnes D.Min, .MFT

Will G. Barnes is a member of the adjunct faculty for the Council for Relationships, Inc. graduate program and the Clinical training program. He also serves as an adjunct faculty member for Wilmington University in Delaware in Behavioral Sciences. He is the consultant Director of the Operation Home and Healing Program which provides a variety of services for veterans and their families. He served full-time as the Joint Force Headquarters Senior Chaplain for the Delaware National Guard.

Jonathan Baylin, Ph.D.

Jonathan Baylin is the Director of Training at the Delaware Guidance Services in Wilmington and he is in Private Practice with Broudy and Associates in Wilmington. He received his doctorate degree from Peabody College of Vanderbilt University and has been a practicing clinician for over 30 years, treating children, adults, and families. Over the past ten years, he has focused on integrating neuroscience and psychotherapy and has been teaching therapists about the brain in workshops in Delaware, Philadelphia, and New York. Most recently, Jonathan has been collaborating with Daniel Hughes, the originator of attachment-focused family therapy, on developing a brain-based model of parenting.

Leah Brecher-Cohn, LMFT, MA, MS

Leah Brecher-Cohn is a staff therapist working with individuals and couples in the Center City and Wynnewood offices. Leah's work is to enhance the overall quality of her clients' lives by practically applying the principles of Spiritual Psychology. Leah received her Master of Arts in Counseling Psychology from the University of Santa Monica in California and her Master of Science in Education from Bank Street College of Education in New York. She received post-graduate training in couples and family work at the Council for Relationships. Leah is a certified practitioner of EMDR and a clinical member of AAMFT. Leah also draws upon her 16 years of experience in the business world in supporting her clients in areas where professional and personal issues intersect. Leah is currently working toward her Doctorate in Spiritual Sciences.

William F. Coffey, MSS, LCSW

William Coffey graduated from Bryn Mawr College School of Social Work and completed training in Gestalt Therapy and Object Relations Family and Couple Therapy. He now teaches at Bryn Mawr College School of Social Work, Villanova University and Widener University. Bill's experience in couple and family therapy is augmented with a specialization in drug and alcohol addiction treatment. He worked on the Strecker Program for the treatment of addiction at the Institute of Pennsylvania Hospital for 12 years. Bill also specialized in Sex therapy, as well as Male Sexual Dysfunctions.

Kenneth Covelman, Ph.D., LMFT

Kenneth W. Covelman is the newly appointed Chair of the Department of Couple and Family Therapy of the CFR/Jefferson Masters Degree Program. Dr. Covelman was previously the Director of Training at CFR and prior to that served as Clinical Director of the New Jersey office of Council for Relationships, as well as, a faculty member and supervisor in the Post Graduate Training Program in Couple and Family Therapy. Dr. Covelman maintains a diverse practice in individual, couple and family therapy. He has special interest and training in working with stepfamilies, families and couples dealing with chronic illness, and families with child-focused problems.

Dr. Covelman is a licensed clinical psychologist and an Approved Supervisor of the American Association for Marriage and Family Therapy. He is a member of the American Psychological Association and a Fellow of the American Orthopsychiatric Association. He held a clinical appointment at the University of Pennsylvania School of Medicine, Department of Psychiatry for many years and is currently Clinical Assistant Professor of Psychiatry and Human Behavior at Jefferson Medical College and the College of Health Professions. He received his PhD from the

University of Toledo and was a Post-Doctoral Fellow in Clinical Psychology at the Devereux Foundation in Devon, PA.

George James, Jr., LMFT

George James, Jr., is a licensed couple and family therapist. George specializes in working with couples, improving communication in relationships, affairs, addictions, sex & intimacy, spirituality concerns as well as issues of race, class, gender and societal pressures.

He has been an expert guest on many TV programs on major networks and numerous radio stations. George is a nationally recognized speaker, workshop leader and lecturer on various topics. He has had over 250 speaking & media appearances in the past five years. His breadth of expertise includes a special focus on topics geared towards athletes, actors/entertainers, college students, men, couples and people of color.

George is devoted to working with people to help them improve their quality of life, to be involved in the healing of their wounds and enrichment of relationships.

Rita DeMaria, Ph.D., LMFT, LSW

Rita DeMaria is a member of the American Association of Marriage and Family Therapy and an approved supervisor. A graduate in Sociology from Bloomsburg University, she earned a Master of Science degree in Human Behavior and Development from Drexel University and a doctorate degree from Bryn Mawr College School of Social Work and Social Research. Rita joined Council for Relationships as a senior staff member in 2001 after 25 years of experience in the field of MFT. Among her responsibilities at CFR, she serves as Director of Relationship Education. She also offers PREPARE/ENRICH assessments, anger management, sex education and therapy sessions. She provides a variety of programs including Relationship Enhancement, PAIRS, PREP, and PREPARE/ENRICH. Rita has consulted with the American Bar Association Family Law Section in the development of the PARTNERS program for high school students. She is also on the Advisory Board for the Coalition for Marriage Couple and Family Education (CMCFE), is the Director of the Greater Philadelphia Healthy Marriage Coalition, which includes the Philadelphia Area Marriage Resource Center (PAMRC).

Rita is the author and co-author of several books discussing relationship issues, including *The 7 Stages of Marriage* (2006, Readers' Digest), *Focused Genograms: Intergenerational Assessment of Individuals, Couples and Families* (1999, Taylor/Routledge); *Building Intimate Relationships: The PAIRS Program - Integrating Treatment, Education and Enrichment* (2002, Brunner-Routledge) and *Marriage Enrichment: Preparation, Outreach and Mentoring* (1998). She has also contributed to *Preventive Approaches to Couples Therapy* (1999, Berger & Hannah), *Why Do Fools Fall In Love* (2000, Levine and Markman), and *The Handbook of Family Therapy* (2003, Sexton, Weeks and Robbins). In addition Rita has authored many professional articles.

Sarah DeMichele, M.D

Dr. Sarah DeMichele is the Director of Medical Services. Dr. DeMichele specializes in medication management of a wide spectrum of psychiatric and psychological conditions. She treats mood disorders, including depression and bipolar illness, anxiety disorders (generalized anxiety, PTSD, OCD, social anxiety), treatment resistant conditions and complex psychiatric/medical conditions. She offers consultations and ongoing medication management in CFR's University City and Center City offices. Dr. DeMichele came to CFR in 2008 from Penn's Department of Psychiatry, with 10 years of experience in psychopharmacologic management and 5 years of administrative responsibility for outpatient services.

Ray Fisher, LCSW

Ray Fisher is a Licensed Clinical Social Worker who works mainly with adolescents and their families, providing individual and family therapy dealing with a range of issues from anger, loss and grief, trauma, school issues, and behavioral problems. Ray particularly specializes in working with adolescent males in helping them to broaden their understanding of their emotions while learning constructive ways to express those emotions to those around them. He uses the therapeutic relationship to help teach his clients ways to function in those relationships that will bring greater acceptance, joy, love, success and peace. Ray's diverse background includes working on an inpatient psychiatric unit, an alcohol and drug rehabilitation center, outpatient office, and most recently in a school setting for adolescents with educational and behavioral problems. He has a Master's degree from Smith College School for Social Work, and is a member of the National Association of Social Workers and Pennsylvania Society for Clinical Social Workers.

Nancy Gambescia, Ph.D.

Nancy Gambescia is the Director of the Sex Therapy Certificate Program and maintains an active private practice specializing in relationship and sex therapy. In addition, she teaches and supervises psychotherapists in the assessment and treatment of sexual dysfunctions and couples therapy. She has over 30 years of clinical and teaching experience in working with couples.

Nancy is an approved supervisor and clinical member of the American Association of Marriage and Family Therapy, Society for Sex Therapy and Research, and a certified sexologist and diplomate of the American Board of Sexology. She has coauthored four books: *Erectile Dysfunction*, *Hypoactive Sexual Desire*, *Treating Infidelity*, and *Systemic Sex Therapy* and several chapters in textbooks which focus on relationship and sexual issues. She completed her clinical training at the Council for Relationships (formerly Marriage Council of Philadelphia.) and her doctorate at the University of Pennsylvania (1983).

Nancy Gambescia is a clinical member of AASECT and soon to be an approved sex therapy supervisor through AASECT.

Brendan M. Greer, MD, MBA

Brendan Greer is the CEO and Director of Council for Relationships and a staff psychiatrist, formerly the Director of Medical Services. He has been at CFR since 1997 as a general adult psychiatrist, and he specializes in the treatment of disorders of mood and anxiety (including bipolar disorders) in adults using both psychotherapy and psychopharmacology as appropriate. He works with many clients who are being seen by other therapists at CFR (and elsewhere) for individual or couples counseling, as well, and he enjoys this collaborative work. Brendan attended medical school at the Cornell University Medical College and did his training in Psychiatry at the Hospital of the University of Pennsylvania. He is Board Certified in Adult Psychiatry and is a Clinical Associate at the University of Pennsylvania's Department of Psychiatry where he supervises senior residents in psychotherapy. He has been teaching the Adult Psychopathology Course at CFR since 2002.

Bea Hollander-Goldfein, Ph.D., LMFT

Bea Hollander-Goldfein is the Director of the Post Graduate Certificate Program in Marriage and Family Therapy. She also serves as the Director of Supervision and the Co-Director of Research. Since 1991, Bea has been the Director of the Transcending Trauma Project which is a large scale research program investigating coping and adaptation after extreme trauma. She holds the position of Clinical Assistant Professor in the Division of Couple and Family Studies, Department of Psychiatry and Human Behavior, Jefferson Medical College in Philadelphia, PA. Bea is licensed as a Clinical Psychologist and as a Marriage and Family Therapist. She is an AAMFT approved supervisor and directs the Supervision Training Program at CFR. She is also a member of the American Family Therapy Association. Bea received her doctorate in psychology from Teachers College, Columbia University and subsequently expanded her training to include certification in Marriage and Family Therapy. Systemic theory has guided her clinical practice and research activities for over 25 years. She has presented broadly on the topic of trauma and the importance of an integrated model of coping and adaptation. She has also published in the fields of Marriage and Family Therapy and Trauma studies.

Michelle Jackson, MSS, LSW

Michelle Jackson is a staff therapist at Council for Relationships and serves as Assistant Director of the Project HOME office. Ms. Jackson received her Masters degree in clinical social work from Bryn Mawr College Graduate School of Social Work and Social Research. After internships at the Hahnemann Inpatient Psychiatric Medical Care Unit and Council for Relationships, Ms. Jackson joined CFR's clinical staff in 2007. She is licensed as a social worker in the state of Pennsylvania and is a member of the Pennsylvania Society of Clinical Social Workers. Before training as a therapist, Ms. Jackson worked with non-profit organizations in human relations and fiscal administration, and maintained a successful practice as a personal fitness trainer and professional organizer.

Ruthy Kaiser RN, MFT

Ruthy Kaiser is a Marriage and Family Therapist and an associate member of AAMFT. Drawing on her background as a registered nurse, Ruthy brings an added dimension to her work with clients dealing with illness. She works from a framework that acknowledges the inevitable connection between mind and body in terms of physical and mental health. She has also been a practitioner of Yoga and Meditation for over 16 years. She integrates mindfulness into her therapy sessions as a tool in stress management, anxiety reduction and self awareness. Ruthy earned her RN in Toronto, Canada and her Masters in MFT from Hahnemann University.

Jordan Lief, Psy.D.

Jordan Lief, is a Licensed Psychologist in the state of Pennsylvania. He earned his doctorate in clinical psychology from Widener University. Jordan has extensive experience in the treatment of people struggling with sex addiction, love addiction, and compulsive sexual behavior. He spent four years working at a residential treatment facility in the Philadelphia area that exclusively treats these issues. Jordan does individual therapy for addicts and their partners, as well as couples therapy for this population. He also facilitates therapy groups for sex addicts and separate groups exclusively for their partners and family members. He is currently a staff psychologist at Council for Relationships, and maintains a small private practice.

Kimberly Ludwigsen, MSW

Kim Ludwigsen is a licensed clinical social worker with more than 16 years experience counseling families and children. As a mother of three, her special interests include parenting issues and post-partum depression. Her other areas of clinical focus include extramarital affairs and sexual dysfunction. After graduating with academic honors and distinction from Goucher College, Kim earned a master's degree in social work from the University of Pennsylvania. She is a recent graduate from the post graduate training program at Council for Relationships. She is currently working on her Ph.D. in Human Sexuality at Widener University. Kim is a member of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and the National Association of Social Workers (NASW). She holds a permit to practice marriage and family therapy in New Jersey.

Don McCown, MAMS, MSS, LSW

Don is a licensed social worker with a Master of Social Services degree from Bryn Mawr College and a Master of Applied Meditation Studies degree from the Won Institute of Graduate Studies. He is trained in mindfulness-based stress reduction (MBSR) — including professional training under the direction of Jon Kabat-Zinn, and completion of the most advanced levels of training offered through the Center for Mindfulness at the University of Massachusetts Medical School. He has further completed both a two-semester practicum and one-year internship with Thomas Jefferson University Hospital's MBSR program. Don teaches MBSR to patients and professionals at Jefferson, and is a Lecturer in the University's College of Health Professions. He has also been a member of the full time faculty of the Won Institute of Graduate Studies. Don publishes and presents on mindfulness and its applications in health care and education. His publications include, *Teaching Mindfulness: A practical guide for clinicians and educators* (Springer); a chapter on "Mindfulness and Mindfulness-Based Stress Reduction" in the *Integrative Psychiatry* volume of Andrew Weil's *Library of Integrative Medicine* (Oxford), and a chapter on "Mind-Body Thought and Practice in Early and Late America" in the *Fourth Edition of Fundamentals of Complementary and Integrative Medicine*(Saunders-Elsevier).

Sabitha Pillai-Friedman, Ph.D., LCSW

Dr. Sabitha Pillai-Friedman is an Assistant Professor at the Human Sexuality Program at Widener University and has worked at CFR for 9 years as an instructor, supervisor and Director of the Institute of Sex Therapy. She is a psychotherapist and certified sex therapist who works with individuals and couples in her private practices in Center City, Philadelphia and Bala Cynwyd, PA. She has over 20 years of experience in providing individual, couple and sex therapy. Dr. Pillai-Friedman presents nationally and internationally on various topics related to relationships and sexuality and has done interviews on CN 8, NBC and the National Public Radio. Her website is www.drpillai-friedman.com.

Frani Pollack Ph.D., LCSW

Dr. Frani Pollack is a registered dietician, licensed social worker and licensed psychologist. She has worked in multiple inpatient and outpatient settings and presently is in private practice at Bala Child and Family Associates. Frani also teaches at the Bryn Mawr School of Social Work. Her areas of specialty include working with teens, women and families. Frani received her MSW from New York University and her Ph.D. in clinical psychology from the University of Toronto. She has worked in the therapy field for 18 years.

Matthew CP Purinton, MSW, LSW

Matthew Purinton is a licensed social worker and member of the National Association of Social Workers. His experience and areas of interest include: depression, anxiety, children who have lost a loved one, and palliative care as a model of medicine to improve quality of life. Matthew is especially passionate about working with adults and children who are dealing with pain and/or disability. He is trained in clinical hypnosis as well as guided imagery and relaxation techniques. Matthew employs an eclectic array of therapeutic interventions to work with clients dealing with a variety of challenging issues. He helps individuals, children & adolescents, couples, and families to build on their strengths and help them in developing effective coping strategies to deal with the adversities of life.

Matthew received his Master's Degree in Social Work from the University of Pennsylvania School of Social Policy and Practice. He is a consultant at the Children's Hospital of Philadelphia where he advises multiple departments on the experience of being a patient. He helps CHOP develop ways that they can better target their procedures and environment to reduce stress on patients and increase healthcare outcomes. He gives lectures on a wide range of topics and consults with a variety of nonprofit and for-profit entities on issues involving the inclusion of people with disabilities, and increasing productivity.

Wanda Sevey, M.Div., LMFT

Wanda Sevey, is a licensed marriage and family therapist and is the Director of the New Jersey Offices of CFR. She graduated from Whitworth College in Spokane, Washington and from Princeton Theological Seminary. She received post-graduate clinical training in Marriage, Family, and Sex Therapy at CFR. In addition, Wanda is a PAIRS leader and a coach for the PREP program. She is a clinical member and Approved Supervisor in the American Association for Marriage and Family Therapy. Wanda's practice includes couples, families and individuals. Her areas of specialization include, helping couples and families increase closeness and bonding in their relationships through empathy and skilled communication, anger management, trauma recovery and EMDR, spirituality, sexual minority issues and sex therapy.

Priscilla Singleton, LMFT, LCSW

Priscilla Singleton is the Director of our Lionville and Paoli Offices and Director of the Center for Families in Transition. She has taught courses in Psychopathology and in Child and Adolescent Development in our post-graduate training program for ten years, and currently teaches Foundations of Systemic Practice and Families in Transition in our joint Masters in Family Therapy program with Jefferson University. Priscilla is a licensed clinical social worker (LCSW), a licensed marriage and family therapist (LMFT), a clinical member of AAMFT, and an AAMFT approved supervisor. She received her MSW from Temple University in 1982, and completed her post-graduate training in marriage and family therapy at Council for Relationships (formerly Marriage Council of Philadelphia) in 1989. Priscilla has completed additional training and certifications in EMDR, Sandtray therapy, and co-parent counseling/parent coordination.

Priscilla has been in practice for over twenty-five years. Before coming to the Council in 1994, Priscilla worked with children, youth and families in the child welfare system, with women in a crime victim center, with families of children with developmental differences, and with individuals and families in her private practice. Her areas of special interests are separating and divorcing families, adoption, and promotion of child and adolescent connection in their families.

Michele Southworth, JD, LMFT

Michele Southworth is a licensed marital and family therapist and a licensed attorney. She attended the University of Pennsylvania College for Women for her undergraduate work, and began her professional education at the University of Pennsylvania Law School, following which she practiced family law in Philadelphia for 8 years. Working with families in the legal system led to an interest in the then-emerging field of divorce mediation, and then to the study of marriage and family therapy at Council for Relationships (then known as the Marriage Council of Philadelphia). She was certified as a marriage, family and sex therapist by CFR in 1989. She has practiced in the dual fields of divorce mediation and marriage and family therapy since that time.

Michele has been a member of the senior clinical staff at CFR since 1989, and also has a part-time private practice in Swarthmore. Her clinical practice includes working with issues of personal growth, gender-role conflicts, bereavement, depression/anxiety, and with divorcing families in a variety of divorce-related modalities, including divorce mediation.

She is also involved in several interdisciplinary settings with legal and/or financial professionals who are pioneering new, cooperative approaches to the dilemmas of divorce. This work involves the development of innovative models to support the successful adaptation of all family members as they move through the divorce transition, and has contributed to such new modalities as Collaborative Family Law, and Parent Coordination for high conflict parents,

Flo Guynn Stiffler, M.Div., LMFT

Flo Guynn Stiffler received her B.A. from the University of Richmond and her M.Div. from Princeton Theological Seminary. She earned her post-graduate certificate in couple and family therapy from CFR and she is a clinical member and an approved supervisor of the American Association of Marriage and Family Therapy. She is an ordained United Presbyterian clergyperson and a licensed marriage and family therapist. Flo served as Associate Pastor at Abington Presbyterian Church in Abington, Pa for 8 years and served as Pastor of Central Presbyterian Church for 5 years. Currently, Flo serves in a supervisory capacity to doctoral students in Marriage and Family Therapy at Palmer Theological Seminary. Her areas of clinical specialty are women's issues and spirituality concerns.

Stephen R. Treat, DMin, LMFT

Stephen Treat is the former CEO and Director of the Council for Relationships. He received his doctorate in Pastoral Counseling from the Andover Newton Theological Seminary in 1976 and is an ordained minister. He completed post-doctoral work in the Human Sexuality Department of the Graduate School of Education at the University of Pennsylvania and the Marriage and Family Therapy Training Program at Council for Relationships in 1981. He is licensed to practice marriage and family therapy in the state of Pennsylvania. In addition to being an Adjunct Assistant Professor in the Department of Couple and Family Therapy, in the College of Professions at Jefferson University, he is a Clinical Member and Approved Supervisor in the American Association for Marriage and Family Therapy, a member of the American Association of Pastoral Counseling, a member of the American Family Therapy Association, and Associate of the Institute for Family Enterprising at the Arthur M. Blank Center for Entrepreneurship at Babson College, MA.

Steve has co-authored two books, *Pastoral Marital Therapy and Couples in Treatment: Techniques and Approaches for Effective Practice*. In addition, he has published book chapters and articles on process and content of marital and family therapy. As a public speaker, Steve has been the keynote at many conferences on topics including fathers and sons, marital therapy, and spirituality.

April Westfall, Ph.D.

April Westfall is a Clinical Member and Approved Supervisor of the AAMFT. Her doctoral training is in clinical psychology and she is a licensed psychologist. She holds the position of Director of Clinical Services at the Council for Relationships where she is a senior therapist in the University City and Wynnewood Offices, teacher, and supervisor.

Dr. Westfall's areas of special clinical expertise include working with the problems of anxiety and depression, including Bipolar Disorder, and she is especially adept at helping couples to cope with the impact of these problematic mood states and to better manage them. She is also a trained EMDR practitioner, who uses this specialized approach to help resolve traumas that impede clients in their day-to-day lives and relationships. Dr. Westfall has acquired a national reputation for her work in helping couples deal with the challenging problem of relational infidelity, and has written numerous professional articles and chapters on this topic.

Dr. Westfall has taught CFR's AAMFT-approved course: Professional, Ethical, and Legal Issues in Systems Therapy for many years. In addition, she is frequently asked to consult on professional ethics and has been a regular contributor to PAMFT newsletter, Perspectives, on this topic.