



On December 5, 2020, please join us for two on-line workshops with a common theme:

Couple Therapy at the Expanding Boundaries of Coupledness

Sign up for one or both!



Morning program

When One is Not Enough: Working With Couples Exploring Consensual Nonmonogamy

Magdalena Fosse, Psy.D., MA, MS,
AASECT Certified Sex Therapist

9:00 am EST – 12:00 pm EST, Saturday, December 5, 2020

Polyamory and, more broadly, consensual nonmonogamy are becoming a relational choice for an increasing number of couples. The dynamics of excitement and rejection are at the core of many of these relationships. In this on-line workshop, Dr. Magdalena Fosse will draw from her extensive experience working with consensually nonmonogamous individuals and couples, elaborating on selected theories and providing rich case material. The theories presented will include monogamy and polyamory as strategic identities, the self-expansion model, and the role of defenses in polyamorous dynamics. With these theoretical models in mind, Magdalena Fosse, Psy.D. will discuss the impact on monogamous relationships of opening up the relationship and will examine the experience of becoming polyamorous. She will describe pleasures and pressures associated with the exploration of polyamory.

Magdalena Fosse's approach combines relative neutrality and an open-minded embrace of nontraditional lifestyle choices. She will demonstrate how to create a flexible and safe therapeutic environment in which relational fluidity can be explored. As part of this program, Jenn Bortle, Ph.D., a specialist in working with LGBTQ and nonmonogamous couples, will present to Dr. Fosse her work with a couple exploring themes relevant to Dr. Fosse's presentation.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program the participants will be able to:

1. List four motives driving the desire to explore polyamory.
2. Define strategic identity and its relevance for an understanding polyamory as a lifestyle choice.
3. Identify common defense mechanisms associated with a polyamorous lifestyle.

REFERENCES:

Balzarini, R.N., Campbell, L. Kohut, T., Holmes, B.M., Lehmilller, J.L., Harmon, J.J., & Atkins, N. (2017). Perceptions of primary and secondary relationships in polyamory. *PLoS ONE*, 12(5): e0177841. <https://doi.org/10.1371/journal.pone.0177841>.

Girard, A., & Brownlee, A. (2015). Assessment guidelines and clinical implications for therapists working with couples in sexually open marriages. *Sexual and Relationship Therapy*, 30(4):462-474.

Mattingly, B.A. and Lewandowski, G.W. (2014). Broadening horizons: Self-expansion in relational and non-relational contexts. *Social and Personality Psychology Compass*, 8:30-40.

Robinson, M. A. (2013). Polyamory and monogamy as strategic identities. *Journal of Bisexuality* 13:1-18.

Magdalena J. Fosse, Psy.D. is a clinical psychologist and AASECT certified sex therapist in private practice in Cambridge, MA. She is on the board and the faculty at PCFINE, where she teaches about sexuality in couple therapy. She is also involved in a research project on Optimal Erotic Experiences at the University of Ottawa. Her expertise is in nonnormative relationships, from gender nonconformity to polyamory and, more broadly, consensual nonmonogamy. She has an upcoming book with Routledge, entitled *The Many Faces of Polyamory: Longing and Belonging in Concurrent Relationships* (Spring, 2021).

Jenn Bortle, Ph.D., is a psychologist in private practice in Cambridge and Newburyport. She specializes in working with LGBTQ and nonmonogamous adults. Jenn is past president of the Massachusetts Association for Psychoanalytic Psychology (MAPP) and a graduate of PCFINE's training program.

FEE:

For registration information, please scroll down to the registration section of the flyer.



Afternoon program

Can Couples Change Gender? Supporting Couples Exploring Gender Identity

Jean Malpas, LMHC, LMFT

1:00 pm EST – 4:30 pm EST, Saturday, December 5, 2020

This on-line, interactive workshop will be taught by Jean Malpas, LMHC, LMFT, a leader in the intersecting fields of gender, sexuality, couple and family therapy. It will examine the role of the couple therapist when working with couples exploring gender identity and transition and the shifting relational terrain this entails.

Departing from the historically cis-normative practices of couple and family therapy, Mr. Malpas will identify gender-affirming stances and practices that couple therapists, specifically cisgender-identified ones, can adopt to facilitate the exploration of these issues with humility, warmth and skill. He will use clinical case presentations to demonstrate the use of systemic, social justice and multigenerational frameworks when working with racially and gender-diverse couples.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program the participants will be able to:

1. Describe how gender diversity is distinct from sexual orientation.
2. Identify and implement gender-affirming stances and practices when working with couples.
3. Describe how to integrate social justice, systemic and multi-generational frameworks in work with couples exploring gender identity and transition.

REFERENCES:

Giammattei, S.V. (2015). Beyond the binary: Trans negotiations in couple and family therapy. *Family Process*, 54(3):418-434.

Haines, B. A., Ajayi, A. A., & Boyd, H. (2014). Making trans parents visible: Intersectionality of trans and parenting identities. *Feminism & Psychology*, 24(2):238-247.

Malpas, J. (2012). *Can Couples Change Gender? Couple Therapy with Transgender People and their Partners*. *Family Therapy*. New York: Routledge, pp. 69-85.

Malpas, J. (2006). From 'Otherness' to Alliance: Transgender Couples in Therapy. *J of GLBT Family Studies*, 2(3-4):183-206.

Jean Malpas, LMHC, LMFT, is a psychotherapist in private practice in New York City and the Founding Director of the Gender & Family Project at the Ackerman Institute for the Family. He has presented nationally and internationally on topics related to gender, sexuality, couple therapy and family therapy. His work with lesbian, gay, bisexual and transgender individuals, couples and families has been published in numerous books and journals. Media appearances include the TEDx Talk, "The Gift of Gender Authenticity," National Geographic's "Gender Revolution: A Journey with Katie Couric," PBS's Frontline: "Growing Up Trans," *The Atlantic*, *The New York Times* and more. Jean's groundbreaking work with gender diverse couples and families has been recognized by the Stonewall Community Foundation's 2016 Visionary Award and the American Therapy Academy Social Justice 2018 Award.

FEE:

For registration information, please scroll down to the registration section of the flyer.

PARTICIPANTS:

This program is open to all PCFINE members, other interested mental health professionals and students. It is intended for those with an intermediate or advanced level of knowledge and experience.

CANCELLATION POLICY:

Full refund if notice of cancellation is received by November 30, 2020.

CONTINUING EDUCATION:

Psychologists – The Psychodynamic Couple and Family Institute of New England (PCFINE) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PCFINE maintains responsibility for this program and its content. Each workshop can be attended separately; the morning workshop fulfills the requirements of 2.5 hours of CE credit; the afternoon workshop fulfills the requirements for 3 hours of CE credit; attending both workshops will fulfill 5.5 hours of CE credit. Please note: Per APA requirements, psychologists must attend 100% of a course in order to be eligible for continuing education credit.

Social Workers, Licensed Mental Health Counselors, and Licensed Marriage and Family Therapists may call 781-433-0906 or email pcfine1934@gmail.com for CE information. Please note: Per NASW requirements, social workers must attend 80% of a course in order to be eligible for continuing education credit.

AASECT Sex Therapists – An application for Continuing Education Credits has been submitted to AASECT.

PCFINE is committed to non-discrimination and will conduct all activities in strict conformity with the American Psychological Association's Ethical Principles for Psychologists. If you believe that a violation of ethics has occurred during this program, or have any other complaints or questions, please contact Justin Newmark, Ph.D.

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenters, workshop content, research, grants, or other funding that could reasonably be construed as a conflict of interest.

REGISTRATION & FEES:

The deadline for registration is November 30, 2020.

Each workshop can be attended separately, with the morning workshop granting 2.5 CE's; the afternoon, 3 CE's; attending both programs grants 5.5 CE's.

A limited number of scholarships are available for these workshops. If interested, please contact Alice Rapkin at pcfine1934@gmail.com

| | PCFINE Members | Non-Members | Students |
|---|-----------------------|--------------------|-----------------|
| When One is Not Enough 12/5/20, 9:00 am – 12:00 pm | \$75 | \$90 | \$30 |
| Can Couples Change Gender? 12/5/20, 1:00 pm – 4:30 pm | \$75 | \$90 | \$30 |
| BOTH Programs (Save \$10) | \$140 | \$170 | \$50 |

[Click Here to Register at PCFINE Website](#)