

# COUPLE THERAPY PROGRAM 2018 – 2019

PCFINE

Psychodynamic Couple & Family Institute of New England

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## Guest Faculty

Stephen Knowlton, Ph.D.  
Stephanie Ross, LICSW

## Application for One-Year Program

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Degree \_\_\_\_\_ Profession \_\_\_\_\_

Telephone: Work \_\_\_\_\_ Home \_\_\_\_\_

Email \_\_\_\_\_

Years of Experience in Profession \_\_\_\_\_

Trainees must be independently licensed mental health professionals. Please submit certificate of malpractice insurance, copy of license, and a current curriculum vitae.

Call Alice Rapkin, PCFINE Administrator, with any questions at 781-433-0906, or send her an email at [pine@analysis.com](mailto:pine@analysis.com).

Return completed application form with supporting documents and the non-refundable deposit of \$100 to:

PCFINE  
PO Box 920781  
Needham, MA 02492

## A Post-Graduate Program in Couple Therapy

The Psychodynamic Couple and Family Institute of New England offers a training program for experienced clinicians looking to expand their clinical skills in working with couples. As well, this program will enhance the clinician's capacity to recognize and address relational and contextual issues in the treatment of individual clients.

## Program Philosophy

PCFINE's faculty teaches from a clinical perspective that integrates psychodynamic and systems theories in order to understand and work with both the historic roots and the current dysfunctional interactional patterns that contribute to conflict and distance between partners. Our therapeutic approach is also informed by recent understandings in neuroscience, and the study of attachment, unconscious communication, and affect regulation. From our perspective, partners, in response to feeling threatened, may respond in ways that trigger recursive cycles of self-protective strategies in which past and present, self and other, perception and reality are all difficult to disentangle. De-constructing key interactions and their underlying meanings and uncovering historical roots help partners take responsibility for their parts in the destructive, regressive cycles of conflict and blame. Enduring change requires both insight and new interpersonal experiences that include different ways of feeling, thinking and interacting. The couple therapist learns to intervene actively in the couple's interactional process to both reveal and destabilize dysfunctional patterns and introduce healthier forms of interaction.

We teach couple therapists ways to calm and contain strong affect in order to engage the couple's reflective capacities. This is an important element of creating a safe, non-pathologizing environment and developing a strong alliance with each partner. The therapist then can challenge assumptions, confront and work through problematic interactional patterns, and introduce alternative meanings, behaviors and perspectives.

## Course Structure

PCFINE's couple therapy curriculum begins with a theoretical overview of our guiding principles. Each subsequent class focuses on specific techniques or focuses of clinical work, tying theory to clinical examples from both students and faculty. The first year of our training program covers topics that prepare clinicians with the fundamentals necessary for providing effective couple treatments (see below). There is also an optional second year program, pursued by a majority of our students, in which clinicians delve more deeply into specific, but common clinical issues facing couples therapy: e.g. infidelity; working with gay and lesbian clients; parenting issues; separation and divorce. In fact, after the second year, some clinicians choose to continue learning with their classmates and arrange for monthly group supervision over several years to follow. PCFINE welcomes our students to become involved in our professional organization which offers continuing education opportunities and professional support in sponsoring talks, case presentations and symposia.

The first year classes usually meet monthly on Sunday mornings, from 9:00 am-noon, September through June, and are held at the homes of class coordinators. Each half-year has two faculty coordinators present at all classes in addition to the faculty guest speaker there to teach that month's topic. This is to offer a window into the differences in approach that various senior clinicians take, and to allow for continuity of themes between classes. The classes are taught in the manner of a post-graduate seminar with active participation by the students both in exploring the theory presented and around discussion of clinical

examples. A syllabus and readings are provided in advance for each meeting. There are a total of 10 sessions with the first and last classes involving longer sessions. As well there is an orientation brunch for students and faculty before the first class meets in September.

In addition to the monthly class meetings, students will be divided into small groups of 3 or 4 clinicians and assigned to a consultation group leader, a senior faculty member with whom they will meet monthly for two hours at a time mutually agreed upon by the members and the supervisor. This provides an opportunity for ongoing case discussion of the students' work as it is evolving over the course of the training program.

## Topics covered in the first year class include:

- Psychoanalytic and systemic frameworks for couple therapy
- Attachment theory as it applies to couple therapy
- Evaluation and formulation of couple cases
- Transference and countertransference in couple therapy
- Affect regulation in couples and in couple therapy
- Therapeutic action of couple therapy; exploring clinical options; therapeutic choice points
- Defensive processes in couple therapy
- Taking a sexual history and working with sexual issues within couple therapy

Learning objectives and class schedule available at [www.pcfine.org](http://www.pcfine.org).

## Tuition and Fees

A non-refundable deposit of \$100 is due with the application. The annual fee is \$1500. Private supervision can be arranged at a reduced fee with any of the faculty.

## Continuing Education Credits

The Psychodynamic Couple & Family Institute of New England (PCFINE) has been approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PCFINE maintains responsibility for this program and its content. Social Workers may telephone 781-433-0906 or email [pcfine1934@gmail.com](mailto:pcfine1934@gmail.com) to get CE information.

## Faculty

Susan Abelson, Ph.D.

Stephanie Adler, Ph.D.

Sally Bowie, LICSW

Linda Camlin, Ph.D.

Roberta Caplan, Ph.D.

Ruth Chad, Ed.D.

Arnold Cohen, Ph.D.

Eleanor Counselman, Ed.D.

Paul Efthim, Ph.D.

Diane Englund, LICSW

Magdalena Fosse, Psy.D.

Belinda Friedrich, LICSW

Jerome Gans, M.D.

David A. Goldfinger, Ph.D.

Luanne Grossman, Psy.D.

Keith Irving, Ph.D.

Mary Kiely, Ph.D.

Marina Kovarsky, LICSW

Steven Krugman, Ph.D.