Michele Scheinkman, L.C.S.W.

Program I
Deconstructing Impasses: A Road Map for Couple Therapy
Friday, March 4, 2016
2:00 p.m. to 5:30 p.m.
Macht Auditorium, The Cambridge Hospital, Cambridge, MA

Michele Scheinkman will present an overview of her road map for couple therapy, integrating intra-psychic and systemic approaches. She will introduce the concept of the “vulnerability cycle” as a basic tool to help the therapist delineate, track and transform impasses in couple relationships. She will focus first on creating a “holding environment” to contain anxiety and emotional escalation. Using a case presentation and video clips, she will demonstrate how the therapist moves sequentially, considering interactional, structural, intra-psychic, and intergenerational dimensions of the couple’s dynamics and presenting problems. Special attention will be given to tracking and containing the couple’s reactive escalation, elucidating individual vulnerabilities and needs, and facilitating the negotiation of deeper relatedness. Finally, Ms. Scheinkman will demonstrate how to work with each partner’s “unfinished business” on the road to creating a greater sense of closeness and connection.

LEARNING OBJECTIVES:
At the conclusion of this program the participants will be able to:
1. Describe the concept of the “vulnerability cycle,” and the ways it can be used to guide couples from reactive patterns to increased self-reflection.
2. Describe ways to create a “holding environment” in working with couples, and the function of doing so.
3. Outline a sequential road map for working in couple therapy which moves through interactional, structural, intrapsychic and intergenerational dimensions underlying the presenting problems.

Program II
Rekindling Intimacy in Couple Therapy:
An Integrative Multicultural Framework
Saturday, March 5, 2016
9:30 a.m. to 4:30 p.m.
Macht Auditorium, The Cambridge Hospital, Cambridge, MA

Typically, when couples arrive in our offices, their yearnings for intimacy and connection are buried beneath disappointments, resentments, and power struggles. In this workshop, Michele Scheinkman will offer an integrated conceptual and clinical framework that orients the couple therapist on how to reach beyond the partners’ mutual defensiveness and move them from disengagement to connection. Taking into account that intimacy is socially constructed, informed by recent social changes, gender, life cycle stage, cultural and personal meanings, she will address the pitfalls of imposing idealized standards, and suggest strategies to avoid them. Ms. Scheinkman will describe the conditions and relational processes needed for all couples to sustain intimacy over time, tolerating its ebb and flow. Applying her concept of the “vulnerability cycle”, she will focus on strategies to move beyond defensiveness, and translate resentments into narratives of yearning and hope. She will address clinical situations involving inhibited sexual intimacy, as well as the challenge of repairing intimacy in cases of infidelity. Clinical case examples, videotapes and ongoing dialogue between Ms. Scheinkman and the audience will be central to the day.

LEARNING OBJECTIVES:
At the conclusion of this program the participants will be able to:
1. Articulate their own concepts of intimacy.
2. Describe strategies that support a multi-cultural stance in helping couples create or restore intimacy.
3. Describe the relational processes that need to be in place in order to sustain intimacy over time.
4. Explain how to use the concept of the “vulnerability cycle” to move couples from anger and frustration to expressions of vulnerability and yearning.
5. Explain how to use the “vulnerability cycle” to help couples explore emotional barriers to intimacy, such as shame, fear, or traumatic experiences.
6. Describe applications of Ms. Scheinkman’s framework to the challenges of diminished sexual desire and infidelity.
The two programs provide an integrated model for couple therapy. Although each program stands on its own, we strongly encourage participants to attend both.

Michele Scheinkman, L.C.S.W. is a faculty member at The Ackerman Institute for the Family, specializing in couple therapy training, and has a private practice in New York City. Former Director of Training at the Chicago Center for Family Health and Lecturer at The University of Chicago, she also consulted at the multicultural Roberto Clemente Center in New York City for many years. She has been consulting and presenting workshops throughout Europe, Latin America and Asia and her papers have been translated into several languages.

PARTICIPANTS:
These programs are open to all PCFINE members and interested mental health professionals. They are intended for those with a beginning to advanced level of knowledge and experience.

REFERENCES:

CANCELLATION POLICY:
Full refund if notice of cancellation received by February 26, 2016.

CONTINUING EDUCATION:
PCFINE is approved by the American Psychological Association to sponsor continuing education for psychologists. PCFINE maintains responsibility for the program and its contents. This program fulfills the requirement for 3 hours of CE credit for Program I and 5.5 hours of CE credit for Program II. Social Workers and Licensed Mental Health Counselors may telephone (781) 433-0906 or email pcfine1934@gmail.com for CE information. Application for professional continuing education (CE) credits from the Massachusetts and Rhode Island Associations for Licensed Marriage & Family Therapy, Inc. (MAMFT) has been submitted.

PCFINE is committed to accessibility and 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 if you have concerns about accessibility for people with disabilities, or 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, presenter, workshop content, research, grants, or other funding that could reasonably be construed as a conflict of interest.

DIRECTIONS AND PARKING:
Directions to Macht Auditorium, Cambridge Hospital available at www.challiance.org. Parking is available in the underground garage for a fee which can be found on their website.

For information about the Psychodynamic Couple and Family Institute of New England or to download the registration form, please visit our website at www.pcfine.org.

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PRE-REGISTRATION RECOMMENDED

Name: _______________________________________________________________________________
Address: _____________________________________________________________________________
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Fee enclosed (circle one):

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