

THE INSTITUTE FOR BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE
COGNITIVE BEHAVIOR THERAPY FOR COUPLES
MARCH 3-4, 2021 * Live Webinar * 12 CE/CME

The purpose of this program is to train mental health professionals to deliver effective cognitive behavior therapy.

Overall Objectives:

At the end of the course, participants will better:

1. Explain how to create a relationship vision for a couple
2. Identify signs of love and caring in a couple's day to day interactions
3. Identify ways for the couple to strengthen their bond.
4. Describe the interplay of cognitions, emotions, and behaviors when couples punish each other.
5. Describe strategies to intervene when such an interplay occurs.
6. Identify the role of conversation in building connection.
7. Analyze how couples' misinterpretations fuel anger and resentment
8. Describe types of problems in communication and ways to work through them.

<i>Relationship Vision: Clarifying aspirations</i>	<i>Norman Cotterell, PhD</i>
<i>Rewards: What holds couples together</i>	<i>Norman Cotterell, PhD</i>
<i>Signs of Love and Caring</i>	<i>Norman Cotterell, PhD</i>
<i>Describe types of problems in communication</i>	<i>Norman Cotterell, PhD</i>
<i>Punishments: Distortions in thought and behavior</i>	<i>Norman Cotterell, PhD</i>
<i>Communication: The art of conversation</i>	<i>Norman Cotterell, PhD</i>
<i>Beliefs that lead to hurt and self-protection</i>	<i>Norman Cotterell, PhD</i>
<i>Conflict regulation: Finding common ground</i>	<i>Norman Cotterell, PhD</i>
<i>Practice and role plays</i>	<i>Norman Cotterell, PhD</i>

References:

- Baucom, D. H., & Epstein, N. (2014). *Cognitive-Behavioral Marital Therapy*. Routledge.
- Dattilio, F. M., & Beck, A. T. (2014). *Cognitive-Behavioral Therapy with Couples and Families: A Comprehensive Guide for Clinicians*. New York: Guilford Press.
- Epstein, N.B. (2018). *Cognitive-behavioral couple therapy*. In R.L. Leahy (Ed.), *Science and practice in cognitive therapy: Foundations, mechanisms, and applications* (pp. 194-213). New York, NY: Guilford Press.
- Gottman, J. S. N. N. J. A. (2011). *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert*. Tantor Media Inc.

CE/CME Information- 12 CE/CME Hours

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