



2020 Mindfulness-Centered Couples Therapy

Learning Objectives for Weekend #1

At the end of this weekend, you will be able to:

1. Apply a psychodynamic/systemic assessment model
2. Create a treatment plan based on the psychodynamic/systemic assessment model
3. Analyze the presence of circular interaction in couples
4. List individual historical emotional wounds and explain how they influence present-day relational behavior
5. Use mindfulness to microtrack moment-by-moment experience
6. Explain how to connect with each member of a couple based on microtracking information that reveals core beliefs and patterns
7. Design interventions based on unconscious beliefs, including mental models of the world and relationships
8. Utilize pursuer/distance dynamics in formulating a treatment plan
9. Describe three prerequisites for establishing safety with couples
10. Demonstrate statements of understanding that tell each client you are with them
11. Assess for the presence of both attachment and differentiation imperatives