



2020 Mindfulness-Centered Couples Therapy

Learning Objectives for Weekend #2

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

1. Use mindfulness to explore attachment issues
2. Design interventions that elucidate core injuries
3. Demonstrate how an understanding of core beliefs can be used in couples therapy
4. Describe the difference between the dysregulated self and the essential self
5. Explain three reasons couples get volatile
4. Utilize two behavioral interventions to interrupt the cycle of volatility
5. Apply "doubling" interventions to help regulate couples
6. Describe how compassion skills for self and other can change cycles of abuse
7. Explain why couples tend not to use "I" statements when dysregulated
8. Demonstrate how to use forgiveness processes in couples therapy
9. Create experiential interventions based on current organization and structure
10. Describe three interventions that are designed to modify existing behavior patterns
11. Apply advanced mindfulness techniques to the exploration and reorganization of couples dynamics