



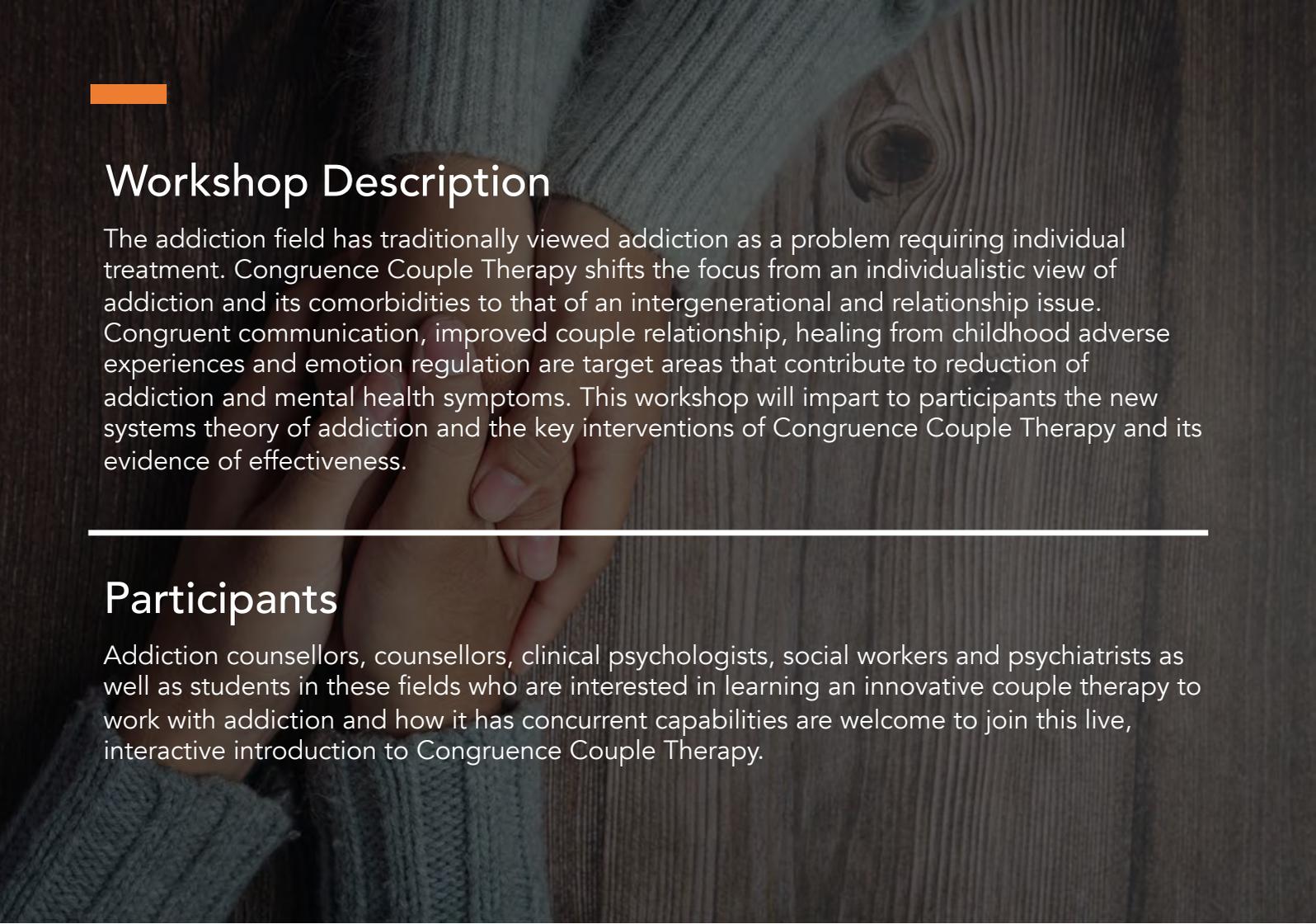
Congruence Couple Therapy Training

Working with Couples with
Addictive & Concurrent
Disorders

Date: **16-20 Aug 2021** (Mon-Fri)

Time: **9.00am to 1.00pm**

Venue: **Online via Zoom**

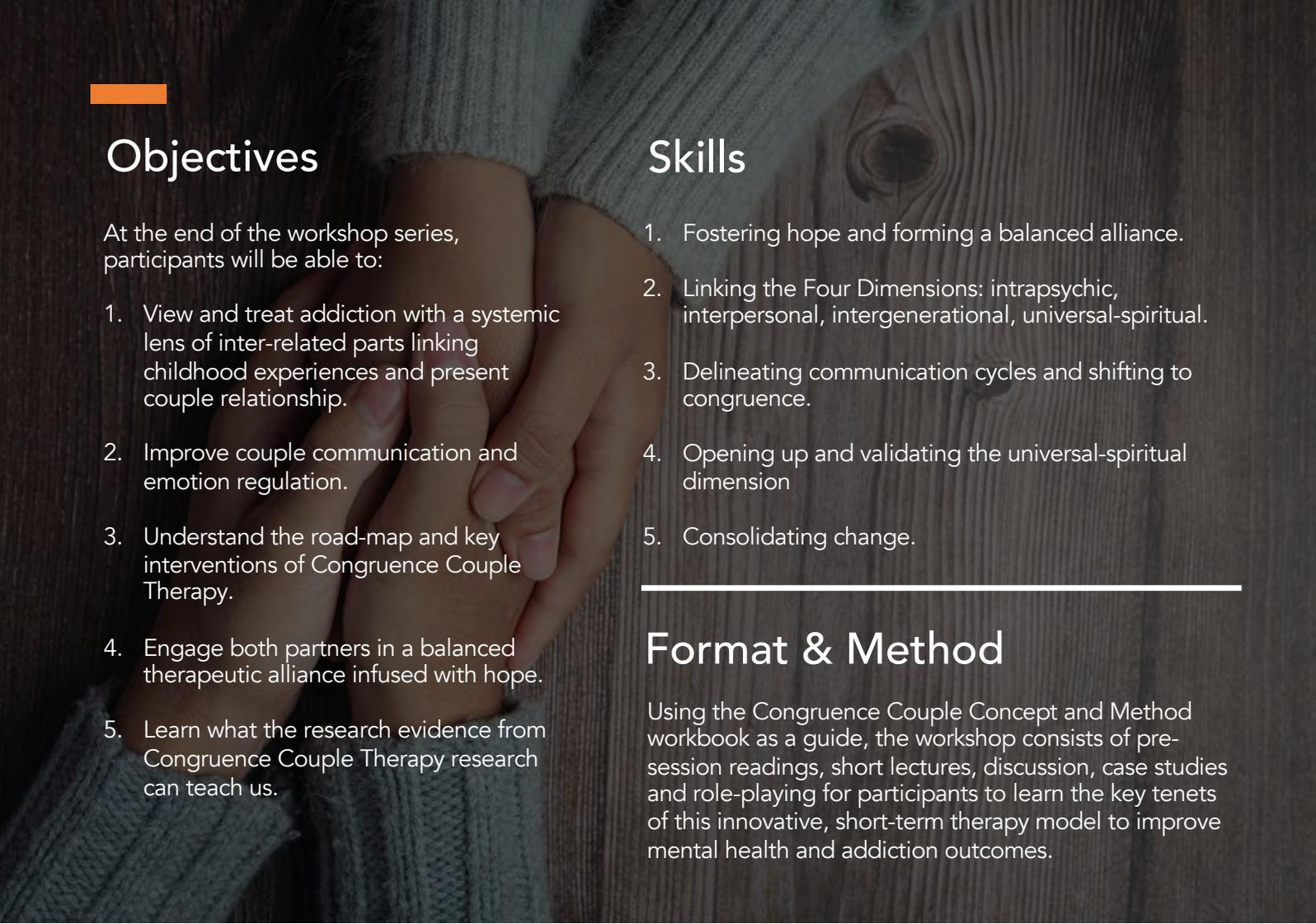
A photograph of a person's hands clasped together, resting on a wooden surface. The hands are positioned in the center-left of the frame, with fingers interlaced. The wood grain is visible, and the lighting is soft, creating a warm and intimate atmosphere. An orange horizontal bar is located in the top left corner of the image.

Workshop Description

The addiction field has traditionally viewed addiction as a problem requiring individual treatment. Congruence Couple Therapy shifts the focus from an individualistic view of addiction and its comorbidities to that of an intergenerational and relationship issue. Congruent communication, improved couple relationship, healing from childhood adverse experiences and emotion regulation are target areas that contribute to reduction of addiction and mental health symptoms. This workshop will impart to participants the new systems theory of addiction and the key interventions of Congruence Couple Therapy and its evidence of effectiveness.

Participants

Addiction counsellors, counsellors, clinical psychologists, social workers and psychiatrists as well as students in these fields who are interested in learning an innovative couple therapy to work with addiction and how it has concurrent capabilities are welcome to join this live, interactive introduction to Congruence Couple Therapy.



Objectives

At the end of the workshop series, participants will be able to:

1. View and treat addiction with a systemic lens of inter-related parts linking childhood experiences and present couple relationship.
2. Improve couple communication and emotion regulation.
3. Understand the road-map and key interventions of Congruence Couple Therapy.
4. Engage both partners in a balanced therapeutic alliance infused with hope.
5. Learn what the research evidence from Congruence Couple Therapy research can teach us.

Skills

1. Fostering hope and forming a balanced alliance.
2. Linking the Four Dimensions: intrapsychic, interpersonal, intergenerational, universal-spiritual.
3. Delineating communication cycles and shifting to congruence.
4. Opening up and validating the universal-spiritual dimension
5. Consolidating change.

Format & Method

Using the Congruence Couple Concept and Method workbook as a guide, the workshop consists of pre-session readings, short lectures, discussion, case studies and role-playing for participants to learn the key tenets of this innovative, short-term therapy model to improve mental health and addiction outcomes.

Presenter & Facilitator



Bonnie Lee, PhD, RSW, AAMFT Clinical Fellow, CAMFT registered, is an Associate Professor in Health Sciences teaching Addictions Counselling at the University of Lethbridge. A highly-rated speaker, international trainer and a Clinical Fellow of the Canadian and American Association for Marriage and Family Therapy, Dr. Lee is the Principal Investigator in two decades of research that developed the theory and efficacy of Congruence Couple Therapy for addiction and concurrent disorders. In recognition of her national and international leadership in bringing an innovative couple therapy approach into the treatment of addiction, she was awarded the University Board of Governors Research Chair Tier II (2016-19). Her articles and research on couple treatment outcomes, training evaluation, trauma and addiction, and a relational framework for addiction and mental health are published in peer reviewed international journals.

Endorsements

"Bonnie Lee Ph.D. is a rare teacher. She walks in the world of research and she is able to support her concepts with good methodology. She then takes these methods to the world of therapy and explores application of her ideas with critical eyes. Her multi-cultural lens provides an opportunity to see human universals and patterns with the ability to translate those observations in this work. She is articulating a process that needs articulation."

"We as counsellors found this to be such meaningful work; I know that my overall job satisfaction has increased being able to incorporate couple's counselling into my practice."

"There has never been a model that put all these different components together with an evidence base."

"Bonnie is a great facilitator, so engaging, and fun to learn from!"



Schedule

Day 1: Introduction to a Systemic Understanding of Addiction (4 hrs)

- Introduction of Trainer and Participants
- Addiction, Trauma and Couple Relationship
 - The three-headed dragon
- A systemic view of Addiction

Day 2: Congruence Couple Therapy: Its Five Pillars and Four Dimensions (4 hrs)

- Congruence Couple Therapy: Its philosophical pillars
- The Four Dimensions
 - Intrapsychic and universal - spiritual Dimensions
 - Communication postures and the interpersonal dimension

Day 3: Opening Phase (4 hrs)

- Assessment
- Balancing the therapeutic alliance
- Miracle question
- Engendering hope
- Defining goals
- Addiction Timeline
- Relationship Timeline
- Life transitions and life stressors
- Contraindications
- Changing Communication Postures
- Linking Intrapsychic and Interpersonal dimensions

Day 4: Middle Phase (4 hrs)

- Intergenerational Dimension: Genogram
- Mapping Patterns
- Picking up Unfinished Conversations
- Affirming the Universal-Spiritual Dimension
- Accessing Compassion and Loving Kindness
- Linking Past and Present: Interpersonal, Intrapsychic and Intergenerational Dimensions

Day 5: Ending & Consolidation Phase (4 hrs)

- Consolidating Changes
- Circular Questioning
- Use of Metaphors
- Relapse Prevention

Continuing Education

All participants completing this course will receive 20 continuing education units from APSAC. A certificate of attendance will be presented upon completion of the course.

Course Details

Date: 16-20 Aug 2021 (Mon–Fri)

Time: 9.00am to 1.00pm

Venue: Online via Zoom

Cost: (includes a comprehensive workbook)
Without VCF subsidy \$1,100 for APSAC members \$1,280 for non-APSAC members

With 45% VCF subsidy \$605 for APSAC members \$704 for non-APSAC members

Important Note: Advanced Payment Required for all registrations

Closing Date: Fri, 30 July 2021

To register, please go to
<https://form.jotform.com/apsacorgsg/cctt-aug2021>

For more information, please contact
Ms Caroline Ong [email: carolineong7@gmail.com]