

Group as a Source of Resilience and Change
New York City February 28 - March 5, 2011



Join Couples Therapy Expert, Judith Cochè for the upcoming AGPA Telecourse Series.

Judith M. Cochè, Ph.D., CGP, LFAGPA is Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania Medical School in Philadelphia, Pennsylvania and Clinical Supervisor of Marriage and Family Therapy for the American Association of Marriage and Family Therapy. Judith has appeared on *Oprah*, *Good Morning America*, and *The Today Show*. She was featured in the *New York Times* article, "Can this Marriage be Saved?" by Laurie Abraham.

AGPA Couples Three-Part Telecourse Series:

"Sex, Money and Communication: Skills for the Group Expert as Couples Clinician"

(This telecourse series consists of three distinct sessions. Participants may register for one, two or all three.)

Session 1-Sunday, June 6, "Helping Couples Help Themselves;"

Session 2-Sunday, October 10, "Helping Couples Handle Money: Making Dollars into Sense;"

Session 3-Sunday, January 24, "Skillful Loving: Helping Couples with Intimacy and Sexuality."

Time: 8:00-9:00 pm (Eastern); 7:00-8:00 pm (Central); 6:00-7:00 pm (Mountain);
5:00-6:00 pm (Pacific)

These teleconferences will last for 60 minutes and offer one (1.0) Continuing Education credits. Continuing Education credits are available to psychiatrists, psychologists, social workers, counselors, and alcohol & drug abuse counselors. CE credits for AGPA Members are available at \$15/hour; CE credits for Nonmembers are available at \$30/hour. Payment includes the 60-minute teleconference, access to the online test and upon successful completion a CE certificate.

In order to participate, you must register at the [AGPA Online CE Center](#). You will be emailed all of the necessary information to join in on the call as well as the presentation materials. Depending upon your personal phone service, long-distance charges might apply. *It is recommended that you register by the Friday prior to the session in the event of any difficulties so that AGPA Support Staff will be available to assist you.*

- Session 1, Sunday, June 6 - "Helping Couples Help Themselves"

The real goal of working with couples is to help them help themselves. Join us as we learn about and discuss together how to strengthen couples motivation to do very hard work. We will touch on what drives couples to seek help and consider together the value of incorporating educational skills into couples treatment planning to increase efficiency of helping couples help themselves. Join this growing body of couples clinicians who are group experts as well.

Learning Objectives for Session 1

The attendee will be able to:

1. Consider strengthening motivational aspects of helping couples do hard work
2. Consider what drives couples to seek help
3. Assess clinical relevance of integrating educational exercises and workbook activity into couples treatment planning

- **Session 2, Sunday, October 10—“Helping Couples Handle Money: Making Dollars into Sense”**
Money has replaced sex as the greatest challenge for most couples to deal with throughout their marriage. Join us as we consider how we can promote financial synergy in couples, and explore the concept of financial personalities as it impacts our work with couples. Brainstorm with us as we consider the powerful metaphor of money as a symbol of security and struggle in couples lives. We will share experiences and expertise in this growing body of couples clinicians who are group experts as well.

Learning Objectives for Session 2

The attendee will be able to:

1. Help couples work with money by working with financial synergy;
2. Explore the concept of financial personality as it impacts couples;
3. Brainstorm the clinical significance of money as a metaphor for security and struggle in couples lives.

- **Session 3, Sunday, January 24 - “Skillful Loving: Helping Couples with Intimacy and Sexuality”**
Many couples who say they need help with sex actually need to understand and appreciate the complexity of human intimacy. Join us as we discuss the sexual intimacy loop and how learning this can be of benefit for couples who want to enjoy one another. Discuss with us how we work sexually and how the DAVOS model can benefit our clients’ understanding of their sexuality in a wholesome way. Discuss the concept of the sexual script and the impact of anxiety on sexual and intimate pleasure. Join us as we share experience and expertise in this growing body of couples clinicians who are group experts as well.

Learning Objectives for Session 3

The attendee will be able to:

1. Help couples work with sexuality and intimacy by training them to understand the sexuality intimacy loop
2. Explore the concept of intimacy as it relates to sexuality for couples
3. Brainstorm the clinical significance of sexuality as a metaphor for intimacy and love in couples lives

Course References:

1. Cochè, J. (2010). *Couples Group Psychotherapy*, second edition. Routledge.
2. Cochè, J. *Couples Communication Workbook*, fifth edition. Self published. Available for purchase at www.cochecenter.com
3. Kivlighan, D.M., Jauquet, C.A., Hardie, A.W., et al. Training Group members to set session agendas. *Journal of Counseling Psychology*, 40, 182-187.
4. Cochè, J. (2009). *Making Dollars into Sense: A Workbook for Couples*, Self published. Available for purchase at www.cochecenter.com
5. Mellan, O. (1994). *Your Money Style*. Nine (9) attitudes towards money and how they affect happiness, love, work, family. New York: MJF Books.
6. Cochè, J. (2009). *Skillful Loving: The Intimacy and Sexuality Workbook for Couples*. Self published. Available for purchase at www.cochecenter.com
7. Prager, K. (1995). *The Psychology of Intimacy*. New York: Guilford.

8. Waite, L and Gallagher, M. (2000). *The Case for Marriage: Why Married People are happier, healthier, and better off financially*. New York: Doubleday.

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INTERESTED IN SUBMITTING A DISTANCE LEARNING PROPOSAL?

Visit the AGPA website (www.agpa.org) and use the AGPA online program proposal form under the "Meetings and Events" section or enter this URL into your browser: (<http://www.agpa.org/mtgs/onlineproposals/>) and select "Distance Based Learning Proposal."

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