

Module 1

- Get a deep grounding on the basic principles of Interpersonal Neurobiology, integration and the nature of the mind
- Learn about “Couples’ Mind” and how to move it towards harmony
- Identify the role that mindsight – insight, empathy, and integration – plays in well-being and rewarding relationships
- Learn about the reactive states, Fight, Flight, Freeze and Faint, and how to move couples towards receptive states
- Learn how to strengthen the mind using monitoring and modifying

Module 2

- Learn how to help couples go from individuals to an interconnected We using PART
- Experience the Wheel of Awareness practice and how it helps us cultivate more presence
- Learn about attunement, the felt subjective experience, and its importance in secure relationships
- Learn about trust, its relationship to our social engagement system, and the importance of repair
- Explore the brain and attachment dynamics of a clinical case of a couple’s experience that leads to loss of trust

Module 3

- Learn about the Adult Attachment Interview and its application in couples therapy
- Differentiate among secure, ambivalent, avoidant, and disorganized attachment categories
- Learn about the 4S’s of secure attachment
- Learn about the importance of memory systems, narratives, and making sense of our lives

Module 4

- Dive deep into development trauma, attachment, and its impact on the brain and neural integration
- Learn about the Window of Tolerance and how to widen it by strengthening the mind’s capacity for monitoring and modifying energy and information flow
- Learn how unresolved trauma and/or loss impacts couples’ relationships
- Understand shame and its role in attachment and trauma
- Explain the role of implicit and explicit memory in trauma resolution and health

Module 5

- Understand the 9 domains of Integration and how to help a couple explore each of these domains to enhance their well-being and cultivate secure relationships
- Learn about neuroplasticity and the four ways in which experience changes the brain

Module 6

- Explore a clinical case study on how to work with a couple struggling with ambivalent/pre-occupied and avoidant/dismissing dynamics
- Learn about interventions and approaches that bring about deep transformations to live a life of vitality and not just free of symptoms