



# Roadmap for Couple Therapy

Three Continuing Education Credits

Presented by  
Arthur C. Nielsen, M.D.

Friday, April 28, 2017  
1:00 PM to 4:15 PM

Illinois Psychological Association  
Building Conference Room  
67 East Madison Street 18<sup>th</sup> Floor  
Chicago, Illinois 60603  
312-372-7610 x201

Sponsored by:  
Illinois Psychological  
Association

## About the Workshop

This workshop begins with an overview of the presenter's recent book, *A Roadmap for Couple Therapy: An Integration of Systemic, Psychodynamic, and Behavioral Approaches*, describing the main approaches to couple therapy and showing how to combine them. The presenter then uses case material to examine psychodynamic approaches to couple therapy in greater detail.

## Learning Objectives

1. Participants will be able to list at least 3 categories of couple therapy interventions—based on systems theory, psychodynamics and relationship education—that have been shown effective individually in past research and clinical work.
2. Participants will list 3 ways to sequence these categories of interventions.
3. Participants will be able to identify at least 3 key psychodynamic targets for couple therapy.

## THE PRESENTER

### ***Arthur Nielson, M.D.***

Arthur Nielsen, M.D. is a full-time, practicing psychiatrist, psychoanalyst and couple therapist. He is a Clinical Associate Professor of Psychiatry at Northwestern's Feinberg School of Medicine, a faculty member at Northwestern's Family Institute in Evanston, and a faculty member of the Chicago Institute for Psychoanalysis where he has taught courses in severe personality disorders, psychoanalytic research and, relevant to this talk, couple therapy. For many years and until recently, he was the coordinator of a for credit course he developed for Northwestern undergraduates, "Marriage 101: Building Loving and Lasting Relationships." He is the author of thirty-some published professional papers in the fields of psychiatry, psychoanalysis, and couple therapy. His recent textbook, *A Roadmap for Couple Therapy: Integrating Systemic, Psychodynamic, and Behavioral Approaches*, forms the backbone for this talk.

## Workshop Schedule

1 - 2:30 PM:	Workshop
2:30 - 2:45 PM:	Break
2:45 – 4:15 PM:	Workshop

## CONTINUING EDUCATION CREDITS

*A Roadmap for Couple Therapy* is sponsored by the Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

Three continuing education credits for psychologists will be awarded.

## CANCELLATION POLICY

No refunds will be offered for this workshop. Grievances about the workshop may be addressed to the Illinois Psychological Association in writing.

**Illinois Psychological Association  
67 East Madison Street Suite 1817  
Chicago, Illinois 60603**

## REFERENCES

1. Nielsen, A. C. (2016). *A roadmap for couple therapy: Integrating systemic, psychodynamic, and behavioral approaches*. New York: Routledge.
2. Scheinkman, M., & Fishbane, M. (2004). The vulnerability cycle: Working with impasses in couple therapy. *Family Process*, 43, 279-299.
3. Leone, C. (2008). Couple therapy from the perspective of self psychology and intersubjectivity theory. *Psychoanalytic Psychology*, 25, 79–98.
4. Catherall, D. (1992). Working with projective identification in couples. *Family Process*. 31, 355-367.
5. Wachtel, E. F. (2017). *The heart of couple therapy: Knowing what to do and how to do it*. New York: Guilford Press.

## LOCATION

### Illinois Psychological Association

*A Roadmap for Couple Therapy* will be held on Friday, April 28, 2017 from 1 PM to 4:15 PM at the Illinois Psychological Association Building conference room located on the 18<sup>th</sup> floor of 67 East Madison Street, Chicago, Illinois 60603. Although valet parking is available, attendees can also park in the Millennium Grant Park Garage. Public transportation is highly recommended.

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, she/he should contact Marsha Karey by March 31, 2017 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Ms. Karey (312-372-7610 x201 or [mkarey@illinoispsychology.org](mailto:mkarey@illinoispsychology.org)).

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

*See Registration Form on Next Page*

# REGISTRATION FORM

***A Roadmap for Couple Therapy***  
**April 28, 2017**  
**Register Early - Attendance is limited**

Name/Degree: \_\_\_\_\_

Profession ( Psychology, Social Work, etc.) \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

email: \_\_\_\_\_

## **Fees**

IPA Members	\$70
Non-Members	\$85
IPA Student Members	\$50

### After March 17, 2017 and On-site Registration Fees

IPA Members	\$90
Non-Members	\$105
IPA Student Members	\$70

## **Payment**

Enclosed check for \$ \_\_\_\_\_ or

Charge \$ \_\_\_\_\_ to:  Visa  Mastercard

Card #: \_\_\_\_\_

Expiration Date \_\_\_\_\_

Authorized Signature \_\_\_\_\_

### **Make checks payable to:**

Illinois Psychological Association

### **Mail to:** IPA Couple Therapy Workshop

67 East Madison Street, Suite 1817

Chicago, Illinois 60603

**Fax to:** (312) 372-6787

**Voice:** (312) 372-7610 ext.201

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