

## Application for One-Year Program

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Degree \_\_\_\_\_ Profession \_\_\_\_\_

Telephone: Work \_\_\_\_\_ Home \_\_\_\_\_

Email \_\_\_\_\_

Years of Experience in Profession \_\_\_\_\_

Trainees must be independently licensed mental health professionals. Please submit certificate of malpractice insurance, copy of license, and a current curriculum vitae.

Call Alice Rapkin, PCFINE Administrator, with any questions at 781-433-0906, or send her an email at [pcfine1934@gmail.com](mailto:pcfine1934@gmail.com).

Return completed application form with supporting documents and the non-refundable deposit of \$100 to the address below. Once we have received your application, you will receive a welcoming phone call from one of our faculty to review the program and answer any questions.

PCFINE  
PO Box 920781  
Needham, MA 02492

**COUPLE THERAPY PROGRAM**  
2017 - 2018

**PCFINE**  
P.O. Box 920781  
Needham, MA 02492

PCFINE

Psychodynamic Couple & Family Institute of New England

## A Post-Graduate Program in Couple Therapy

The Psychodynamic Couple and Family Institute of New England offers a training program for experienced clinicians looking to expand their clinical skills in working with couples. As well, this program will enhance the clinician's capacity to recognize and address relational and contextual issues in the treatment of individual clients.

### Program Philosophy

PCFINE's faculty teaches from a clinical perspective that integrates psychodynamic and systems theories in order to understand and work with both the historic roots and the current dysfunctional interactional patterns that contribute to conflict and distance between partners. Our therapeutic approach is also informed by recent understandings in neuroscience, and the study of attachment, unconscious communication, and affect regulation. From our perspective, partners, in response to feeling threatened, may respond in ways that trigger recursive cycles of self-protective strategies in which past and present, self and other, perception and reality are all difficult to disentangle. De-constructing key interactions and their underlying meanings and uncovering historical roots help partners take responsibility for their parts in the destructive, regressive cycles of conflict and blame. Enduring change requires both insight and new interpersonal experiences that include different ways of feeling, thinking and interacting. The couple therapist learns to intervene actively in the couple's interactional process to both reveal and destabilize dysfunctional patterns and introduce healthier forms of interaction.

We teach couple therapists ways to calm and contain strong affect in order to engage the couple's reflective capacities. This is an important element of creating a safe, non-pathologizing environment and developing a strong alliance with each partner. The therapist then can challenge assumptions, confront and work through problematic interactional patterns, and introduce alternative meanings, behaviors and perspectives.

## Course Structure

PCFINE's couple therapy curriculum begins with a theoretical overview of our guiding principles. Each subsequent class focuses on specific techniques or focuses of clinical work, tying theory to clinical examples from both students and faculty. The first year of our training program covers topics that prepare clinicians with the fundamentals necessary for providing effective couple treatments (see below). There is also an optional second year program, pursued by a majority of our students, in which clinicians delve more deeply into specific, but common clinical issues facing couples therapy: e.g. infidelity; working with gay and lesbian clients; parenting issues; separation and divorce. In fact, after the second year, most clinicians choose to continue learning with their classmates and arrange for monthly group supervision over several years to follow. PCFINE welcomes our students to become involved in our professional organization which offers continuing education opportunities and professional support in sponsoring talks, case presentations and symposia.

The first year classes usually meet monthly on Sunday mornings, from 9:00 am-noon, September through June, and are held at the homes of class coordinators. Each half-year has two faculty coordinators present at all classes in addition to the faculty guest speaker there to teach that month's topic. This is to offer a window into the differences in approach that various senior clinicians take, and to allow for continuity of themes between classes. The classes are taught in the manner of a post-graduate seminar with active participation by the students both in exploring the theory presented and around discussion of clinical examples. A syllabus and readings are provided in advance for each meeting. There are a total of 10 sessions with the first and last classes involving longer sessions. As well there is an orientation brunch for students and faculty before the first class meets in September.

In addition to the monthly class meetings, students will be divided into small groups of 3 or 4 clinicians and assigned to a consultation group leader, a senior faculty member with whom they will meet monthly for two hours at a time mutually agreed upon by the members and the supervisor. This provides an opportunity for ongoing case discussion of the students' work as it is evolving over the course of the training program.

## Topics covered in the First Year include:

- Key Concepts in Working with Couples
- Evaluation and Formulation
- The Formation of the Therapeutic Alliance in Couple Therapy
- Therapeutic Action in Couple Therapy
- Transference and Countertransference in Couple Therapy
- Couple Development
- Predictable and Not-So-Predictable Challenges in Working with Couples
- Working with Affect
- Behind Closed Doors: Sex in Couple Therapy
- From the Intrapsychic to the Interpersonal: Defensive Processes in Couple Therapy

Learning objectives and class schedule available at [www.pcfine.org](http://www.pcfine.org).

## Tuition and Fees

The annual tuition is \$1,500. A non-refundable deposit of \$100 is due with the application, and a total of \$750 (including deposit) is due by August 1st in order to secure a place in the program. The second tuition installment of \$750 is due February 15th. Private supervision can be arranged at a reduced fee with any of the faculty.

## Continuing Education Credits

Application has been made to the American Psychological Association for Continuing Education Credits. Social Workers may call 781-433-0906 to get the authorization number.

## Faculty

Susan Abelson, Ph.D.  
Stephanie Alder, Ph.D.  
Sally Bowie, LICSW  
Linda Camlin, Ph.D.  
Roberta Caplan, Ph.D.  
Ruth Chad, Ed.D.  
Arnold Cohen, Ph.D.  
Eleanor Counselman, Ed.D.  
Diane Englund, LICSW  
Magdalena Fosse, Psy.D.  
Jerome Gans, M.D.  
David A. Goldfinger, Ph.D.  
Luanne Grossman, Psy.D.  
Keith Irving, Ph.D.  
Mary Kiely, Ph.D.  
Steven Krugman, Ph.D.  
Jody Leader, Ph.D.  
Judith Leavitt, Ph.D.  
Carolynn Maltas, Ph.D.  
Justin Newmark, Ph.D.  
Mark O'Connell, Ph.D.  
Jacqueline Olds, M.D.  
Kenneth Reich, Ed.D.  
Susan Rosbrow-Reich, Ph.D.  
Daniel Schacht, LICSW  
Richard Schwartz, M.D.  
Joseph Shay, Ph.D.  
Jennifer Stone, Ph.D.  
Risa Weinrit, Psy.D.  
Deborah Wolozin, Ph.D.

## Guest Faculty

David Griffiths, Ph.D.