



**AAMFT Approved
Post Graduate Certificate Program
in Marriage and Family Therapy**

and

**AASECT Approved
Sex Therapy Certification
Training Program**

**Course Catalogue
2021-2022**

We customize a training plan that meets your needs!!

Apply for Certification in Marriage and Family Therapy and/or Sex Therapy

Take courses for professional development, licensure and CE credits
in MFT, Social Work, Professional Counseling and Psychology

Sign up for Supervision and accrue hours for state licensure
in MFT, Social Work, Professional Counseling and Psychology

Council for Relationships
4025 Chestnut Street 1st Floor
Philadelphia, Pa. 19104
215-382-6680
www.councilforrelationships.org

PLEASE NOTE THAT ALL COURSE DATES & ACTIVITIES ARE SUBJECT TO CHANGE

Training Program Administrative Contacts

Post Graduate Certificate Program in Marriage and Family Therapy

Director: Michele Southworth
215-382-6680 Ext. 3115 (office)
msouthworth@councilforrelationships.org

Post Graduate Certificate Program in Marriage and Family Therapy-Clergy Track

Director: Rev. Dr. Dolores Littleton
610-446-6398 (office) 610-213-9725 (cell)
drdee3@gmail.com

Post Graduate Certificate Program in Sex Therapy Training Program

Director: Dr. James Wadley
267-249-9452 (cell)
jwadley@lincoln.edu

Academic Administrator

Tiffani Smoot
215-382-6680 Ex. 3236 (office)
tsmoot@councilforrelationships.org

Director of Administration

Becky Wall
215-382-6680 Ext. 3302 (office)
bwall@councilforrelationships.org

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Eligibility

Classes are open to all qualified students during the academic year. Requirements for all courses include at least a Master's degree in a related mental health field and prior counseling experience. All courses are conducted at Council for Relationships' main branch, 4025 Chestnut Street, Philadelphia, PA 19104.

Certification requirements for MFT

Completion of all courses, 100 hours of supervision, 500 clinical contact hours. A minimum of 200 hours must be systemic therapy hours and 300 hours can be individual therapy hours. A minimum of 250 hours must be seen through CFR internships and 250 hours can be seen off-site.

Continuing Education Credits

Our courses and intensives are available for Continuing Education credits in the fields of MFT, Psychology, Social Work, and Sex Therapy in Pennsylvania and all courses and intensives are available for Continuing Education credits in the fields of MFT and Psychology in New Jersey. Please indicate your interest in CE credits before starting the course. The credentialing bodies require 100% attendance for 100% of the course in order to receive CE credits.

UNIT I: MONDAY SCHEDULE

1st Quarter

Intensive: Ethics

Instructor: Alexis Bove

Date: Monday September 13, 2021

Time: 9:00 AM-3:00 PM

Often, good clinical sense can guide us through many ethical issues. Then, once in a while, we are faced with a true dilemma. Typically, it is easy to know when we are running into an ethical dilemma. It is the pit in our stomach or the sleepless night that alerts us. We call them 'dilemmas' because there are no easy answers. This daylong overview will provide an introduction to the AAMFT Code of Ethics, cover some basic tenets of ethical practice with couples and families as well as give an opportunity to become more comfortable with how to approach common clinical and ethical dilemmas with systemic cases.

1st Quarter

Course: Systems Theory and Couples Therapy

Instructor: Rabbi Julie Greenberg

Dates: Mondays September 20, 2021– November 22, 2021

Time: 9:00 AM-12:00 PM

The goal of this course is to provide a basic understanding of the major theoretical constructs underlying the major systemic models of couples and family therapy. Discussion will focus on the definition and application of the major concepts of each theory to systemic practice. In addition, the course will provide basic information about intervention strategies specific to couples therapy. The course will focus on three areas of systems therapy. First, the student will learn how to view the couple or family as a system without losing sight of the fact that individuals compose systems. Secondly, ways of engaging clients and performing the clinical interview will be discussed. Thirdly, several approaches to changing systems will be reviewed. This review will examine both general approaches to therapy and specific treatment of some of the more common relationship problems. The course will also have an experiential exponent. This component will examine each participant's style and approach to marital and family therapy, particularly around joining, engaging and establishing the therapeutic alliance. It will concentrate on the use of self to accomplish this goal.

2nd Quarter

Course: Foundations in Systemic Therapy

Instructor: Bea Hollander-Goldfein

Dates: Mondays November 29, 2021 – February 14, 2022

Time: 9:00 AM- 12:00 PM

While models of Marital and Family Therapy are established on the foundation of theoretical concepts that support the practice of varied clinical approaches, there are clinical practices and theoretical formulations that are common to all systemic therapies. This course will highlight and define the common practices that are foundational to systemic practice. Didactic material, tapes of therapy and in class exercises will help explicate both the overt meaning and the experiential impact of these common clinical approaches to systemic therapy. In addition, this course will explore how different approaches with the same clients yield positive outcomes and how systemic therapists benefit from an integrative perspective that focuses on pathways of change that are suited specifically to the clients' frame of reference and not bound by models.

Included in the class instruction will be an introduction to the use of Genograms in MFT. Distinctions between process and outcome will be reviewed with an emphasis on learning process-based interventions. The class will compare and contrast the following treatment approaches: Cognitive Behavioral Marital Therapy, Narrative Therapy, Collaborative Couples Therapy, Emotionally Focused Therapy, Affective Reconstruction Therapy, Internal Family Systems, and Accelerated Experiential-Dynamic Psychotherapy.

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3rd Quarter

Course: Theory and Practice of Family Therapy

Instructor: T.B.D

Dates: Mondays February 21, 2022 -May 2, 2022

Time: 9:00 AM-12:00 PM

This course reviews theories of Family Therapy within a historical perspective. Approaches reviewed include narrative, psychoeducation, structural, intergenerational, feminist, interactional, communication, and psychodynamic models. The use of case studies, critical discussions, and role plays will be used to deepen students' understanding of different models. The course will also include an understanding of family developmental stages, economic strains, cultural differences, and larger systemic influences. Throughout the course we will be viewing and discussing videos of well-known family therapists in addition to segments of contemporary films depicting family interactions.

4th Quarter

Course: The Intersystem Model Approach to Relationship Therapy

Instructor: T.B.D.

Dates: Mondays May 9, 2022 -July 25, 2022

Time: 9:00 AM – 12:00 PM

This course will present the Intersystem Approach, an integrative model that provides a meta-theoretical framework for integrating clinical models and clinical practice. Intergenerational, interactional and individual dynamics will be explored from several practice models: (1) contextual family therapy, (2) attachment theory, (3) Emotion Focused Couples Therapy, (4) AEDP – Accelerated Experiential Dynamic therapy, (6) brain- based concepts and tools for individual and couples, (7) positive psychology and positive emotion, and (8) transformative narratives. Building on a foundation of systemic practice, students will begin to conceptualize individuals, couples and families use the Intersystem Model and develop intervention strategies and processes to flexibly meet the needs of the clients.

Follows the four Systemic Theory Classes, 10 weeks sessions in person or via zoom.

Course: Clergy Seminar

Instructor: Rev. Dolores Littleton

Dates: Mondays September 20, 2021 -July 25, 2022

Time: 1:00 PM – 3:00 PM weekly (2 hours)

The aim of the Seminar is to increase the capacity of clergy to meet the challenges of managing self as a leader in the congregation. The Seminar format provides a process of bringing theory, theology, and practice into sharper alignment which requires an ongoing commitment over time. The Seminar format offers clergy an opportunity to share experiences and reflect on their own functioning within the congregation's emotional system. Didactic materials will incorporate all the models presented in the two 10-week Monday morning Post Graduate classes, readings, and clergy will discuss the integration of those models into their pastoral and congregational ministry and the functioning of the clergy person as the leader.

*Clergy in the Post Graduate Certificate Program are required to take the Clergy Seminar in September for the first quarter. Clergy in the Post Graduate Program are welcome to continue with the Seminar by taking additional quarters. Also note that clergy graduates of both the Post Graduate Certificate Program and the Congregational Systems Academy are able to participate in the Monday monthly Seminar as long as they desire being a part of a colleague group that encourages the practice of Systems Thinking.

SUPERVISION

1st Semester September 1, 2021 –February 28, 2022

2nd Semester March 1, 2022 – August 31, 2022

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UNIT II: TUESDAY SCHEDULE

1st Quarter

Course: Adult Psychopathology with a Systems Perspective

Instructor: Carol Blum

Dates: Tuesdays September 14, 2021 – November 16, 2021

Time: 9:00 AM - 12:00 PM

This course explores relevant theory, research, and practices in the treatment of psychological disorders. Students are encouraged to critically evaluate the role of mental health disorders in helping individuals, couples, and families to achieve their goals. This course is designed to conceptualize and practice a comprehensive approach to understanding disorders in family systems. This course integrates the existing medical model currently set out in the DSM- 5 with the strength-based models that are the primary focus of the CFR training program. This course emphasizes the process of assessment and diagnosis as they relate to treatment planning, provision of psychoeducation models, and targeted interventions for clients.

We will cover the major groupings of psychiatric disorders in the DSM-5 and some of the available medical and psychosocial treatment interventions. This class will compare and contrast strengths and challenges of both the medical model and family systems models. This class will highlight the importance of evidence-based treatment and leading treatments in our field for the best outcomes for clients. Through a combination of didactic and experiential learning, and case illustrations, students will navigate ways to integrate models for case conceptualization and empirically guided treatment.

2nd Quarter

Intensive: Brain-Based Therapy

The Family Brain: The Neurobiology of Intimate Relationships

Instructor: Jonathan Baylin

Date: Tuesday, December 7, 2021

Time: 9:00 AM-3:00 PM

This workshop focuses on the integration of neuroscience and treatment, emphasizing the neurobiology of attachment and attachment-focused treatment. The morning session will cover the fast-growing science of experience-dependent brain development, centering on how early life exposure to highly stressful care channels brain development towards chronic mistrust and self defense. In the afternoon, Dr. Baylin will present a brain based model of treatment based on his new book with Daniel Hughes, *The Neurobiology of Attachment-focused Therapy* (Norton, 2016 in the Norton Series on Interpersonal Neurobiology).

Course: Child/Adolescent Development and Psychopathology

Instructor: T.B.D.

Dates: Tuesdays November 23, 2021- February 1, 2022

Time: 9:00 AM – 12PM

This course provides the student with basic information pertaining to child and adolescent development and psychopathology within a systemic framework. The course is composed of two parts, in the first part we will discuss key aspects of child development (physical, psychosocial, and cognitive) and their interaction with family life. In the second part we will focus on the etiology, classification and principles of treatment of the child and adolescent disorders that are most frequently encountered by professionals in mental health and educational settings. The course will also review the trends in child-focused family therapy, how to assess and conduct initial interviews with families, and how to understand various family-based treatment approaches. Students will have an opportunity to explore special topics such as divorce, sibling rivalry, grief, school refusal and peer influence.

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Intensive: Trauma I: Foundations of a Trauma-Informed Practice

Instructor: Bea Hollander-Goldfein

Date: Tuesday February 8, 2022

Time: 9:00AM – 3:00 PM

What does it mean that the focus on trauma is now ubiquitous in the mental health field? This workshop will provide an overview of the field of Trauma studies through the exploration of an evolving integrated model of coping and adaptation after extreme trauma, which has been developed over the past 20 years by the Transcending Trauma Project. Important concepts in the field of trauma will emerge through this model which will also serve as an introduction to the consideration of the intergenerational impact of trauma.

The workshop will review the definition of PTSD, the expanded understanding of PTSD that has been termed “complex PTSD,” treatment options based on brain science, body- centered approaches, systemic models and trauma informed therapy. The inclusion of the study of coping and the study of resilience has certainly addressed the skewed emphasis on pathology that characterized the field prior to the 90’s. Advances in understanding human development and human functioning, in addition to the major contributions of the new brain science, have added to our understanding of trauma’s impact. The interpersonal perspective applied to trauma studies is a logical extension of systemically-oriented concepts. Treatment approaches will be discussed briefly, reviewing the general principles of working with trauma individually and systemically.

3rd Quarter

Course: Adult Development from a Family Systems Perspective

Instructor: Michele Southworth

Dates: Tuesdays February 15, 2022- April 26, 2022

Time: 9:00AM-12:00 PM

This course is designed to tie together a number of streams of information about normative adulthood, the individual and family life cycle, and how gender and ethnicity, sexual orientation, culture and class impact life cycle processes. We will consider the range of possible adaptations to the biology of adult development, including pair-bonding, sexuality, parenthood and aging, as well as the impact of personality, family of origin, society and culture on intimate relatedness, family, work and friendship in the course of adult life.

Students will consider their own lives and clinical cases from different theoretical perspectives to deepen their understanding of adult development, clinical interventions, and what they bring to treatment in the person of the therapist. In addition, you will prepare a presentation and write a series of papers to more fully explore issues of adult development in the context of your own life and family of origin.

4th Quarter

Mini Course: Families in Transition

Instructors: Priscilla Singleton and Michele Southworth

Date: Tuesdays May 3, 2022- May 31, 2022

Time: 9:00 AM - 12:00 PM

The phenomenon of divorce has a large presence in modern-day America. Most clinicians will encounter the following constellation of issues in their practices: 1) couples making decisions about whether to stay in their marriages 2) families struggling at the brink or in the midst of the divorce transition; and 3) children and adult children of divorce, and post-divorce families dealing with single or shared parenting.

The course delineates the stages of the divorce process in its functional and dysfunctional aspects, as it unfolds for the adults and the children in the family, as well as for the family as a whole. It will also consider the strengths and limitations of the different forms that the post-divorce family can take. We will discuss family dynamics and treatment approaches for adults in conflict and for children under stress. The class will also cover treatment modalities such as mediation, co-parent counseling and parent coordination so that attendees can be well-informed about the options available to help the divorcing families with whom they may work.

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Mini Course: Understanding Military Culture and Behavioral Health Treatment for Veterans and Family Members

Instructors: Nancy Isserman and Will Barnes

Dates: Tuesdays, June 7, 2022- June 28, 2022

Time: 9:00 AM – 1:00 PM

Military service is, by its very nature, inherently stressful. During periods of active conflict, as during the wars in Afghanistan and Iraq, many Armed Service members and their families were exposed to significant physical and/or psychological trauma. These military experiences and their associated physical, psychological, social, and spiritual consequences often follow military members and their families into their post-service life as veterans and veteran-connected families. The personal and family challenges associated with reintegration into civilian life are important risk factors for a variety of mental health problems, and may lead to dysfunctional personal and family relationships. Moreover, for the military member, and for their family members, the stigma and shame often associated with mental health issues, especially in the military, may lead to profound suffering, sometimes persisting for a lifetime and frequently transmitted across generations.

This course will provide an introduction to military culture and the impact of military life on families, with a focus on the unique cultural factors associated with military service. Topics will include: stressors specifically related to military life, reintegration, women's issues while serving, PTSD, Traumatic Brain Injury, grief and bereavement, suicide, moral injury, Intimate Partner Violence, and intergenerational trauma. These will be examined through the lens of the impact of military culture and experiences and the research on evidence-based treatments.

SUPERVISION

1st Semester September 1, 2021 –February 28, 2022

2nd Semester March 1, 2022 – August 31, 2022

UNIT III: WEDNESDAY SCHEDULE

1st Quarter

Systemic Sex Therapy I

Instructors: Marjorie Nightingale

Dates: Wednesdays September 15, 2021 -November 17, 2021

Time: 9:00 AM – 12:00PM

Systemic sex therapy 1 is the first of three 30-hour courses concentrating on various aspects of Sexology and Sex Therapy, including the assessment and treatment of sexual disorders designated in the DSM-5. We will use the Intersystem Approach, a comprehensive, intimacy-based model in which, sexual issues are viewed within the wider contexts of the family, the intimate relationship, and cultural, environmental, and other systems.

The topics covered in the course include, but are not limited to: sexual anatomy, physiology, sexual disorders, sexual development and normative age-related sexual changes, sexual response cycles, sexual interviewing techniques, current evidence-based literature, sexuality research, and history of sexology. Specific sexual disorders, such as hypoactive sexual desire disorder in men and female sexual interest/arousal disorder are thoroughly discussed. Consideration is also given to: alternate forms of sexual expression, creating a safe and ethical environment for treatment, emerging forms of intimate relationships, disability, and the self of the therapist.

Intensive: Sexual Attitude Reassessment (SAR I)

Instructors: Alishia Kalos and Thomas Wood

Date: Wednesday December 1, 2021

Time: 9:00 AM - 3:00 PM

***REQUIRED**

The SAR is a process-oriented, structured group experience which promotes the therapist's awareness and comfort related to sexuality of the self and others. The SAR format includes lecture, explicit media, experiential activities, and small group discussions. Because the therapist's values and attitudes affect the quality of treatment, active participation in the SAR is essential. This experience will enhance awareness of and comfort with the diversity of human sexual attitudes and behaviors. Moreover, the SAR promotes non-judgmental and respectful attitudes toward others especially those who differ from the therapist in attitudes, values, feelings, beliefs and sexual behaviors.

2nd Quarter

Systemic Sex Therapy II

Instructors: T.B.D.

Dates: Wednesdays December 8, 2021- February 16, 2022

Time: 9:00AM – 12:00 PM

Systemic sex therapy 2 is the second of three 30-hour courses concentrating on various aspects of Sexology and Sex Therapy, including the assessment and treatment of sexual disorders designated in the DSM-5. We will use the Intersystem Approach, a comprehensive, intimacy-based model in which sexual issues are viewed within the wider contexts of the family, the intimate relationship, and cultural, environmental, and other systems.

The topics covered in Sex Therapy 2 include, but are not limited to the following: The bio/psycho/social considerations relating to erectile disorder; the complex etiology of the often-misunderstood, delayed ejaculation; and the prevalence, etiology, assessment, and treatment of premature ejaculation. Additionally, the partner response to the male and female sexual disorders is considered through a systemic filter. Female sexual disorders are explored comprehensively, including female orgasmic disorder and genito-pelvic pain penetration disorders.

Because human sexual expression can be broad and varied, we will also discuss uncommon sexual presentations that are not listed in the DSM-5. The multifaceted topic of early trauma and its effects on the adult relationship are considered. We establish criteria for differentiating sex abuse survivors from those with sexual disorders in the absence of emotional or sexual trauma. Infidelity assessment and treatments are thoroughly explored. Finally, general principles of sex therapy are examined incorporating the wide range of traditional and

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alternative treatments ranging from cognitive behavior therapy and mindfulness-based therapy. Issues related to pharmacology, such as the impact of medications on sexual functioning and pro-sexual medications are studied.

Intensive: Advanced Sexual Attitude Reassessment (SAR II)

Instructors: Alishia Kalos and Thomas Wood

Date: Wednesday February 23, 2022

Time: 9:00 AM - 3:00 PM

***REQUIRED**

Building on the prior experiential workshop, SAR I, increased awareness and understanding of the sexual values and attitudes of the self and others is promoted through this workshop. Topics related to the self of the therapist (sexual value system, comfort, knowledge, rapport, non-judgmental attitude, language, confidentiality, etc.) are the focus of this continuation of SAR I.

3rd Quarter

Course: Sex Therapy 3

Instructor: Alishia Kalos

Dates: March 2, 2022- May 11, 2022

Time: 9:00 AM-12:00 PM

Systemic Sex Therapy 3 is the third of three 30-hour courses concentrating on various aspects of Sexology and Sex Therapy, including the assessment and treatment of DSM-5 sexual disorders. We will use the Intersystem Approach throughout the duration of the sex therapy courses. This is a comprehensive, intimacy-based approach in which, sexual issues are viewed within the wider contexts of the family, the intimate relationship, and cultural, environmental, and other systems.

In this course, advanced/current topics in sex therapy are presented. These include but are not limited to: physical issues which impact sex, multidimensional aspects of sex, sexual diversity, gender variance, transgender phenomena, paraphilias, alternate lifestyles, non-monogamy, sexual minorities, sexomnia, and preconceptions about normalcy, homophobia and heteronormative bias. Other subjects include: influences of technology on intimate relationships, sexual compulsivity, asexuality, controversies over the treatment of pedophilia, and the impact of culture, ethnicity, and spirituality on sexual identity. The professional development of the therapist continues to be a focus of the course, looking at the therapist's sexual value system, comfort, integrity, ethics, knowledge, non-judgmental attitude, language, confidentiality, etc.

4th Quarter

Mindfulness in the Therapeutic Encounter

Instructors: Carol Blum

Date: Wednesday May 18, 2022 – July 6, 2022

Mindfulness, defined as paying attention, on purpose, in the present moment, without judgment, is being used in a growing range of psychotherapeutic interventions. This course offers a combination of experiential explorations of mindfulness practice and didactic content regarding the application of mindfulness in the therapeutic encounter. It balances two emphases: personal development as a mindfulness practitioner, and professional development through understanding the theory, empirical research base, and essential skill sets for application of mindfulness in the therapeutic setting. The first 15 instructional hours will support the cultivation of a personal mindfulness practice. Students will learn four formal practices — body scan, sitting meditation, moving meditation (yoga), and walking meditation — and will be guided in bringing mindfulness into everyday life through informal practice, as well. The second 15 instructional hours will shift the focus to applications of mindfulness in clinical contexts. Students will explore the historical and theoretical background of meditation in psychotherapy, get an overview of the evidence base supporting the mindfulness-based interventions, review the neurobiology of mindfulness practice in both intra-subjective and inter-subjective modes, and consider — explicitly — the applications of mindfulness in the therapeutic dyad and larger systems. Students will learn several mindfulness practices for immediate use with clients. Time will also be devoted to group supervision in the use of these practices.

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LIVE SUPERVISION

Instructors: Matthew Purinton

Dates: T. B. D.

Times: 1:00PM-3:00PM

The Live Supervision course offers students the opportunity to learn systemic therapy skills in a live setting. Two training experiences are provided: the opportunity to observe senior staff behind the one-way mirror and the opportunity to conduct a session behind the one-way mirror with the benefit of guidance from the instructor and the reflecting team. As the student implements interventions recommended by the team, the immediacy of the experience promotes skill-building and awareness of the therapeutic milieu. Students behind the mirror experience a similar impact from the process of focusing their feedback to address the issues of the clients before them. The opportunity to discuss therapeutic process with senior staff enables students to broaden their understanding of therapy and to learn that there are many therapeutic approaches that address treatment issues, all of which offer benefit to the clients.

ALL INTERNS ARE REQUIRED TO TAKE LIVE SUPERVISION

SUPERVISION

1st Semester September 1, 2021 –February 28, 2022

2nd Semester March 1, 2022– August 31, 2022

SEX THERAPY TRAINING PROGRAM – SCHEDULE

1st Quarter

Systemic Sex Therapy I

Instructors: Marjorie Nightingale

Dates: Wednesdays September 15, 2021 -November 17, 2021

Time: 9:00 AM – 12:00PM

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Intensive: Sexual Attitude Reassessment (SAR I)

Instructors: Alishia Kalos and Thomas Wood

Date: Wednesday December 1, 2021

Time: 9:00 AM - 3:00 PM

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2nd Quarter

Systemic Sex Therapy II

Instructors: T.B.D.

Dates: Wednesdays December 8, 2021- February 16, 2022

Time: 9:00AM – 12:00 PM

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explored. Finally, general principles of sex therapy are examined incorporating the wide range of traditional and alternative treatments ranging from cognitive behavior therapy and mindfulness-based therapy. Issues related to pharmacology, such as the impact of medications on sexual functioning and pro-sexual medications are studied.

Intensive: Advanced Sexual Attitude Reassessment (SAR II)

Instructors: Alishia Kalos and Thomas Wood

Date: Wednesday February 23, 2022

Time: 9:00 AM - 3:00 PM

***REQUIRED**

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3rd Quarter

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Instructor: Alishia Kalos

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Time: 9:00 AM-12:00 PM

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GROUP SUPERVISION

September 2021 –May, 2022- Wednesdays- 1:00 PM- 3:00 PM Biweekly

TEACHING FACULTY

Dr. Will G. Barnes,

Will G. Barnes served 23 years in the U.S. Army as a Joint Force Chaplain. He is a Clinical Fellow and Approved Supervisor with AAMFT, and serves as the “Military Clinical Consultant” for the Council for Relationships. He is a former Associate Professor at Eastern University Palmer School of Theology (Eastern Seminary) and Hood Theological Seminary as well as being a former Adjunct Instructor at Wilmington University, a Guest Instructor at Caribbean Graduate School of Theology and Psychology, and at Universidad Peru Union. Most recently he served as Military Consultant for the Department of Defense with the Defense Suicide Prevention Office. Dr. Barnes is published in the area of “Spiritual Resiliency”. He has served as a Parish Pastor, MFT Therapist in direct clinical services, and as a Clinical Social Worker in Adolescent and Children Services. He is founding chairperson for the Family Care Center of Catawba Valley in Hickory, North Carolina. He presently serves on the Board of Directors for the SECU Family House in Winston Salem, N.C.

Jonathan Baylin, Ph.D.

Jonathan Baylin is in private practice with in Wilmington. He received his Ph.D. in Clinical Psychology from Peabody College of Vanderbilt University, and has been a practicing clinician for over 30 years, treating children, adults, and families. Over the past twenty years he has focused on integrating neuroscience and psychotherapy, and has been teaching therapists about the brain in national and international workshops. He is the co-author, with Daniel Hughes, of two books with Norton Press that are part of the Norton series on Interpersonal Neurobiology: *Brain-based Parenting* (2012) and *The Neurobiology of Attachment-focused Therapy* (2016).

Carol Blum, M.Ed., CAC, LPC

Carol Blum is a Staff Therapist in our University City office. Carol is an individual, couple, and family therapist who works with mindfulness techniques. These techniques include quieting the mind, calming the body through deep relaxation, and spirituality as a source of strength, if available. Carol is recognized for helping families build safety, trust and intimacy through secure attachments and resilience training. Carol has 20+ years experience working with clients who have experienced trauma, grief, health concerns, addiction, depression, anxiety, and serious mental illness. She employs research in brain-based psychotherapy to help clients reach their potential. Carol Blum is a Licensed Professional Counselor and Certified Addiction Specialist in Pennsylvania. She received her Master’s degree in Counseling Psychology from Temple University in 1991 and completed Post-Graduate training in Couple and Family Therapy at Council for Relationships. Carol worked at Jefferson Hospital in Philadelphia for 17 years before coming to CFR. Carol supervises therapists and teaches at CFR. She is married for 20+ years, has two children, and lives in Philadelphia.

Alexis W. V. Bové, MS, JD, MFT

Alexis Bové is a Staff Therapist in our Paoli office. Alexis attended Georgetown University for her undergraduate studies, received her M.S. in Clinical Psychology from Drexel University, and her law degree from Villanova University School of Law. She completed her Post Graduate Certificate in Marriage and Family Therapy from Council for Relationships in 2019. Alexis is a compassionate, empathic and engaging therapist whose approach is collaborative and supportive while challenging clients to meet their therapeutic goals. She believes in the importance of fostering a safe, secure environment in which clients feel comfortable sharing their vulnerabilities. Alexis takes a systemic approach to her work with individuals, couples and families, addressing the complexities that arise in families of origin and other intimate relationships, in order to nurture clients’ change and growth as individuals and within their relationships. In her clinical practice, Alexis uses an integrative approach, meeting clients where they are and employing tremendous creativity to address the different issues that each client presents.

Rita DeMaria, Ph.D., LMFT, LSW

Rita DeMaria has 35 years of experience in the field of marriage and family therapy. She specializes in treating couples, especially those who are at the brink of divorce. With special attention to restoring love and trust in relationships, her areas of expertise include: individual and couple therapy, divorce prevention and family mediation, sex therapy, remarriage/blended families, premarital counseling, anger management, money issues, depression/anxiety, family business issues, and marriage and family ministry.

Rita also has a commitment to empowering women in their lives and conducts women's groups as a regular part of her practice. Rita is the author and co-author of several books discussing relationship issues. In addition Rita

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has authored many professional articles. Rita received her Ph.D. in Social Work and Social Research from Bryn Mawr College. She is a member of the American Association for Marriage and Family Therapy, an Approved Supervisor and is licensed to practice in Pennsylvania.

Rabbi Julie Greenberg, LMFT

Rabbi Julie Greenberg, LMFT, is a 2003 graduate of the Council for Relationships post-grad program. Since then she has worked at the intersection of spirituality and psychotherapy, leading a local congregation, seeing people in private practice, consulting with organizations in transition and working with the multi-faith, multi-racial social justice organization POWER. Julie is mother to five children, author of [Just Parenting: Building the World One Family at a Time](#), in addition to numerous articles, chapters, sermons and on-line resources. Julie teaches two courses, Systems Theory and Diversity, in CFR's Post Graduate Certificate program and provides supervision to students in the program. Her website is www.rabbijuliegreenberg.com More information is at www.powerinterfaith.org and www.leyvhair.org.

Bea Hollander-Goldfein, Ph.D., LMFT

Bea Hollander-Goldfein is the Director Emeritus of the Council for Relationships' Post Graduate Certificate Program in Marriage and Family Therapy. She also serves as Co-Director of Research. Since 1991, Bea has been the Director of the Transcending Trauma Project which is a large-scale research program investigating coping and adaptation after extreme trauma. Bea is licensed as a Clinical Psychologist and as a Marriage and Family Therapist, and is an AAMFT-approved supervisor. She is also a member of the American Family Therapy Association. Bea received her doctorate in psychology from Teachers College, Columbia University and subsequently expanded her training to include certification in Marriage and Family Therapy. Systemic theory has guided her clinical practice and research activities for over 25 years. She has presented broadly on the topic of trauma and the importance of an integrated model of coping and adaptation. She has also published in the fields of Marriage and Family Therapy and Trauma studies.

Maisy Hughes, LMFT

Maisy Hughes, LMFT is a Staff Therapist at Council for Relationships' Center City office, where she works with individuals, couples and families to resolve a wide range of presenting challenges. She also works at the Joseph J. Peters Institute, where she provides trauma-focused therapy for individuals with a history of trauma who are also impacted by systemic racism and oppression. Maisy is a Doctoral Candidate at Bryn Mawr College's Graduate School of Social Work and Social Research, where she studies the impact of whiteness and white supremacist ideology on the therapeutic process in community mental health settings. Other research interests include questioning the efficacy and feasibility of current evidence-based treatments of PTSD when applied with

individuals with complex trauma, and with those who are dealing with the psychological and emotional sequelae of oppression. Maisy is trained in Eye Movement Desensitization and Reprocessing Therapy (EMDR) as well as Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). While her approach is eclectic, she draws largely from emotion-focused and Internal Family Systems (IFS) approaches.

Nancy Isserman, Ph.D.

Nancy Isserman is the Director of Operation Home and Healing: Services for Veterans and Families (OHH); and Co-Director of Transcending Trauma Project (TTP) both part of Council for Relationships (CFR.) In her role as the Director of OHH, Dr. Isserman has developed and run trainings in military culture for clinicians, clergy, and others. She co-teaches a course on military culture and treatment for CFR's interns and clinicians with Dr. Will Barnes, CFR's military clinical consultant, and he is an adjunct lecturer at Gratz College, teaching a course on the Psychosocial Impact of the Holocaust on survivor families. Dr. Isserman is also currently serving as secretary of the executive committee of the Delaware Valley Veterans Consortium.

She is one of the authors of *Transcending Trauma: Survival, Resilience, and Clinical Implications in Survivor Families* (Routledge, 2012) and has published articles and book reviews, co-edited books, and lectured on topics relating to trauma and Holocaust survivors, military culture and the transmission of trauma in military families, marriage and family relationship education, and on resilience and tolerance in survivors. Dr. Isserman's

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PhD from the Graduate Center, City University of New York, "I Harbor No Hate: Tolerance and Intolerance in Holocaust Survivors" received the 2004-2005 Randolph Braham Dissertation Award.

Alishia Kalos, PsyD, CST

Dr. Alishia Kalos is based in the Center City Philadelphia office of the Council for Relationships. She additionally has a private practice in Philadelphia and conducts comprehensive psychosexual evaluations with the Joseph J. Peters Institute for individuals convicted of sexual offense and relational violence related offenses. Dr. Kalos is a Pennsylvania licensed clinical psychologist and sex therapist certified by the American Association of Sex Educators, Counselors, and Therapists (AASECT). She provides mental health services and conducts workshops/presentations in English and Spanish. Areas of clinical focus include sexual and relational concerns, sexual offense and domestic violence, perinatal and postpartum depression and anxiety as well as cancer and chronic illness related sexuality concerns. Dr. Kalos has in-depth training in Cognitive Behavioral Therapy, Schema Therapy, Mindfulness-based, Strengths Based and Intersystems approaches to therapy. She also has experience utilizing Psychodynamic Psychotherapy, Dialectical Behavioral Therapy, Problem-Solving Therapy, Acceptance and Commitment, Duluth, and the Good Lives models.

Marjorie Nightingale, JD, LMFT

Marjorie is a Licensed Marriage and Family Therapist in Washington, D.C., with a specialty practice in couples and sex therapy. She received her MA in Marriage and Family Therapy from LaSalle University. Currently, she is completing a doctorate in Couple and Family Therapy at Drexel University where her research focuses on developing racially sensitive interventions for African American couples. Marjorie has extensive training and experience with Emotionally Focused Therapy for Couples. She completed her post-graduate sex therapy training at Council for Relationships and is working towards AASECT-Certification in Sex Therapy. In addition, Ms. Nightingale spent several years as a family law and child welfare attorney in Baltimore where she worked with marginalized populations. As a scholar-practitioner, she has a special interest in addressing the intersection of sex and race in therapy for people of color. She teaches as an adjunct faculty in Virginia Tech's Marriage and Family Therapy program in Falls Church, Virginia.

Frani Pollack Ph.D., LCSW

Dr. Frani Pollack is a registered dietician, licensed social worker and licensed psychologist. She has worked in multiple inpatient and outpatient settings and presently is in private practice at Bala Child and Family Associates. Frani also teaches at the Bryn Mawr School of Social Work. Her areas of specialty include working with teens, women and families. Frani received her MSW from New York University and her Ph.D. in clinical psychology from the University of Toronto.

Matthew CP Purinton, MSW, LSW

Matthew Purinton, a staff therapist at Council for Relationships, is a licensed social worker and member of the National Association of Social Workers. His experience and areas of interest include: depression, anxiety, children who have lost a loved one, and palliative care as a model of medicine to improve quality of life. Matthew is especially passionate about working with adults and children who are dealing with pain and/or disability. He is trained in clinical hypnosis as well as guided imagery and relaxation techniques. Matthew employs an eclectic array of therapeutic interventions to work with clients dealing with a variety of challenging issues. He helps individuals, children & adolescents, couples, and families to build on their strengths and to develop effective coping strategies to deal with the adversities of life. Matthew received his Master's Degree in Social Work from the University of Pennsylvania School of Social Policy and Practice. He is a consultant at the Children's Hospital of Philadelphia where he advises multiple departments on the experience of being a patient. He helps CHOP develop ways that they can better target their procedures and environment to reduce stress on patients and improve healthcare outcomes. He gives lectures on a wide range of topics and consults with a variety of nonprofit and for-profit entities on issues involving the inclusion of people with disabilities, and increasing productivity.

Priscilla Singleton, LMFT, LCSW

Priscilla Singleton is the Director of Clinical Standards at CFR. She teaches courses in Psychopathology and in Child and Adolescent Development in our post-graduate training program, and is also teaching Foundations of Systemic Practice and Families in Transition in our joint Masters in Family Therapy program with Jefferson University. Priscilla is a licensed clinical social worker (LCSW), a licensed marriage and family therapist (LMFT), a

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clinical member of AAMFT, and an AAMFT- approved supervisor. She received her MSW from Temple University in 1982, and completed her post-graduate training in marriage and family therapy at Council for Relationships (formerly Marriage Council of Philadelphia) in 1989. Priscilla has completed additional training and certifications in EMDR, Sandtray therapy, and co-parent counseling/parent coordination. Priscilla has been in practice for over twenty-five years. Before coming to the Council in 1994, Priscilla worked with children, youth and families in the child welfare system, with women in a crime victim center, with families of children with developmental differences, and with individuals and families in her private practice. Her areas of special interests are separating and divorcing families, adoption, and promotion of child and adolescent connection in their families.

Anneliese Sorrentino, MSS, MFT

Anneliese Sorrentino is a therapist and social scientist with a background in social work, qualitative and mixed-methods research, and clinical work with individuals, couples, and families. She holds a Master of Social Service from the Bryn Mawr College Graduate School of Social Work & Social Research, pursued post-graduate training in clinical work with children and adolescents at the Yale Child Study Center and, most recently, completed the Postgraduate Certificate Program in Couple and Family Therapy at Council for Relationships.

Anneliese is a warm, curious, engaging, and caring therapist with a deep commitment to fostering growth and helping her clients form more secure and satisfying relationships – to themselves and to each other. Her approach is integrative and collaborative. She enjoys working with individuals and couples of all stripes, and her particular clinical interests include: development of self and identity, life transitions, depression and anxiety, grief and loss, trauma, intimate partner violence, and couples communication and intimacy. In addition to her work at Council, Anneliese is a project manager at the VA Center for Health Equity Research and Promotion (CHERP) in Philadelphia, where she contributes to ongoing research on social determinants of health among women Veterans.

Michele Southworth, JD, LMFT

Michele Southworth family therapist and an attorney. She attended the University of Pennsylvania College for Women for her undergraduate work, and began her professional education at the University of Pennsylvania Law School, after which she practiced family law in Philadelphia for 8 years. Working with families in the legal system led to an interest in the then-emerging field of divorce mediation, and then to the study of marriage and family therapy at Council for Relationships.

She was certified as a marriage, family and sex therapist by Council for Relationships in 1989. She has practiced in the dual fields of divorce mediation and marriage and family therapy since that time. Michele has been a member of the senior clinical staff at Council for Relationships since 1989. Her clinical practice includes working with issues of personal growth, development of self, identity and resilience, gender-role and power conflicts, and life transitions including bereavement, loss, grief and divorce-related issues, including divorce mediation. She is also involved in several interdisciplinary settings with legal and/or financial professionals who are pioneering new, cooperative approaches to the dilemmas of divorce. This work involves the development of innovative models to support the successful adaptation of all family members as they move through the divorce transition, and has contributed to such new modalities as Collaborative Family Law, and Parent Coordination for high conflict parents.

Thomas Wood, LCSW, PhD, CST

Thomas is certified sex therapist through the American Association of Sex Educators, Counselors and Therapists (AASECT) and has a Doctorate in Human Sexuality from Widener University. He is the co-founder and co-director of the Relationship and Sex Therapy Collective in Philadelphia, PA. Dr. Wood has presented on relationship and sexual topics on both a state and national level and has been recognized for his contributions to the field of sexuality. He adjuncts and guest lectures through Widener University, Jefferson University, Temple University, and the University of Pennsylvania. He is passionate about social justice and respecting the dignity of every individual.

The Rev. Dr. Dolores E. Littleton

Dee is a Clinical Fellow and Approved Supervisor with the American Association for Marriage and Family Therapy and is a licensed Marriage and Family Therapist in Pennsylvania. She graduated from Eastern University with a BSW. Dee received her M.Div. from The Lutheran Theological Seminary (United) in Philadelphia and was ordained in 1983 as a Lutheran Pastor and has served two congregations in the Philadelphia area. She received her Doctor of Ministry in Marriage and Family Ministry from Eastern Baptist Theological Seminary (Palmer). She completed the Council for Relationships post-graduate clinical training in Marriage, Family, and Sex Therapy. In addition, Dee is a graduate of the

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ELCA Systems Academy which is a four-year structured engagement with family systems theory, theology, and clinical work. She has served four synodical bishops as an Advisor for Fitness for Ministry, addressing matters of health and wellness in the life of the Church and its pastoral leadership.

Dee has had a small private practice for almost 30 years, providing therapy for individuals, families and couples. Her areas of expertise include pre-marital, marriage education, relationship enrichment, spiritual and faith issues, mid-life transition, abuse, attachment, parenting, remarriage and stepfamilies.

Dr. Littleton is a consultant and coach for churches and clergy who are experiencing conflict and are seeking to focus on mission and ministry. She also has experience working with churches that have faced a forced resignation of their pastor.

The Rev. Dr. Dolores E. Littleton is an experienced retreat leader, workshop speaker and trainer for Prepare/Enrich, Healthy Boundary Workshops for Clergy, Congregational and Pastoral Attachment, Congregational Process, and various Relationship Education Programs.

Andrew Fussner M.S.W., L.C.S.W.

Andy is a family therapist. He has been working in Philadelphia for 40 years; Philadelphia Child Guidance Clinic, 20 years; School District of Philadelphia/Head Start, 10 years; School of Social Policy and Practice, University of Pennsylvania, 10 years. Currently teaching and consulting in several agencies, he is practicing retirement.