AAMFT Approved Post Graduate Certificate Program in Marriage and Family Therapy

and

AASECT Approved Sex Therapy Certification Training Program

Course Catalogue 2018-2019

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
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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: Wanda Sevey
Date: Monday September 17, 2018
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's easy to know when we're running into an ethical dilemma. It's the pit in our stomach or the sleepless night that alerts us. We call them 'dilemmas' because there are no easy answers. This day long overview will 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.

Course: Systems Theory and Couples Therapy
Instructor: Rabbi Julie Greenberg
Dates: Mondays September 24, 2018 – November 26, 2018
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 December 3, 2018 – February 25, 2019
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.
PLEASE NOTE THAT ALL COURSE DATES & ACTIVITIES ARE SUBJECT TO CHANGE

3rd Quarter
Course: Theory and Practice of Family Therapy
Instructor: Frani Pollack
Dates: Mondays March 4, 2019 - May 13, 2019
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: Rita DeMaria
Dates: Mondays May 20, 2019 - July 29, 2019
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.

SUPERVISION
1st Semester  September 1, 2018 – February 28, 2019
2nd Semester  March 1, 2019 – August 31, 2019
UNIT II: TUESDAY SCHEDULE

1st Quarter
Course: Adult Psychopathology with a Systems Perspective
Instructor: Carol Blum
Dates: Tuesdays September 11, 2018 – November 13, 2018
Time: 9:00 AM - 12:00 PM

This course is designed to teach a systemic approach to understanding individual, couple, and family psychopathology. The systemic view integrates the existing medical model currently set out in the DSM V, with the multi-contextual, strength-based models that are primary focus of the CFR training program.

The course emphasizes the process of diagnosis and how this process relates to treatment planning and targeted interventions for clients. We will cover the major groupings of psychiatric disorders in the DSM V and some of the available psychopharmacologic and treatment interventions. The class will compare and contrast strengths and challenges of both the medical model and of systems modals, and we will offer ways in which to integrate these models for purposes of 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, November 20, 2018
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: Priscilla Singleton
Dates: Tuesdays November 27, 2018- February 12, 2019
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.
3rd Quarter
Course: Adult Development from a Family Systems Perspective
Instructor: Michele Southworth
Dates: Tuesdays February 19, 2019 - April 30, 2019
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.

Intensive: Trauma Expertise in Clinical Practice: What We All Need To Know
Instructor: Bea Hollander-Goldfein
Date: Tuesday May 7, 2019
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.

4th Quarter
Mini Course: Families in Transition
Instructors: Priscilla Singleton and Michele Southworth
Date: Tuesdays May 14, 2019 - June 11, 2019
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.
Mini Course: Understanding Military Culture and Behavioral Health Treatment for Veterans and Family Members
Instructors: Nancy Isserman, PhD, MSW and Will Barnes, D.Min, MFT
Dates: Tuesdays, June 18, 2019 - July 9, 2019
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, 2018 – February 28, 2019
2nd Semester March 1, 2019 – August 31, 2019
UNIT III: WEDNESDAY SCHEDULE

1st Quarter
Systemic Sex Therapy I
**Instructors:** Nancy Gambescia and Kimberly Ludwigsen  
**Dates:** Wednesdays September 12, 2018 - November 28, 2018  
**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:** Thomas Wood and Alishia Kalos  
**Date:** Wednesday December 5, 2018  
**Time:** 9:00 AM - 3:00 PM  
**REQUARTER**

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:** Nancy Gambescia and Kimberly Ludwigsen  
**Dates:** Wednesdays December 12, 2018 - February 20, 2019  
**Time:** 9:00AM – 12:00PM

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 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: Thomas Wood and Alishia Kalos
Date: Wednesday February 27, 2019
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: Kimberly Ludwigsen
Dates: March 6, 2019- May 15, 2019
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, sexsomnia, 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 and Donald McCown
Date: Wednesday May 22, 2019 – July 10, 2019

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.
LIVE SUPERVISION
Instructors: Matt Purinton
Dates: Wednesdays January 2, 2019 – April 17, 2019
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 THE LIVE SUPERVISION COURSE

SUPERVISION
1st Semester  September 1, 2018 –February 28, 2019
2nd Semester March 1, 2019 – August 31, 2019
UNIT IV:   FRIDAY SCHEDULE

1st Quarter
Course: Research in Couple and Family Therapy & Capstone Project
Instructor: Anneliese Sorrentino
Dates: Fridays September 21, 2018 - November 30, 2018 (Capstone Project 9/14/18-6/27/19)
Time: 9:00 AM – 12:00PM

This course explores what it means to be a research–informed clinician within the context of MFT approaches, and has the goal of supporting students in following informed consumers of research. It promotes researching skills and the critical evaluation of research findings by exploring efficacy and effectiveness research related to various therapeutic models, common factors, and patient-focused research that monitors treatment progress. The course encourages students to use empirically supported treatments and assessment tools as a foundation for the evolution of their clinical skills. Students will collaborate on gathering, analyzing, and evaluating research literature related to couple and family therapy. The course culminates in the students Capstone Project.

2nd Quarter
Course: Diversity, Social Justice and the Practice of Family Therapy
Instructors: Rabbi Julie Greenberg
Dates: Fridays December 7, 2018 –February 15, 2019
Time: 9:00 AM – 12:00 PM

The goals of this course are (1) to deepen understanding of the social dynamics of power, privilege and oppression in personal, interpersonal and political contexts; (2) to examine ways in which these dynamics affect human experience, and more specifically the therapeutic relationship; (3) to develop awareness and sensitivity to clients’ religion, family structure, gender identity, race, socioeconomic status, sexual orientation, culture and physical ability; and (4) to develop clinical skills relating to systemic issues such as poverty and racism that affect clients.

Intensive: Intimate Family Violence
Instructor: TBA
Date: Friday March 1, 2019
Time: 9:00 AM- 3:00 PM

This intensive workshop will provide a broad-based perspective on intimate family violence. Contemporary issues in working with family violence will be addressed along with specific recommendations for clinical practice. Child abuse and neglect will be discussed along with current guidelines for therapeutic intervention. The presentation will include a historical perspective, an overview of research, and practical requirements for addressing intimate family violence. Video presentations will serve to heighten awareness and increase sensitivity to these issues. Participants will be provided with a directory of resources for the greater Philadelphia area.
3rd Quarter
Course: Professional, Ethical and Legal Issues in Systems Therapy
Instructor: Wanda Sevey
Dates: Fridays March 8, 2018-May 24, 2019
Time: 9:00 AM-12:00 PM

This course is designed to familiarize the student with professional and ethical issues common to systems-oriented therapy. It begins with a conceptual overview of professional ethics, grounded in the AAMFT Code of Ethics. We will review the steps toward clinical membership in AAMFT, as well as toward state licensure as a marriage and family therapist in PA, NJ, and DE. We will discuss the function of our state licensing boards and practical ways of keeping abreast of changes in law and state rules and regulations.

Issues critical to establishing a sound therapeutic relationship (e.g., informed consent and confidentiality) are covered. Issues relevant to the treatment of children are highlighted with a review of legislation in PA affecting the consent to treatment and access to records of minors, as well as the reporting requirements in situations of suspected child abuse. Laws that set limits on client confidentiality, including reporting suspected child abuse and protecting others from imminent danger, are reviewed. The essentials of good record-keeping practices are covered, along with a consideration of access to records through subpoenas and court orders. We review the basics of evaluating and managing the treatment of suicidal clients, including risk assessments. We then discuss the ethical and legal issues involved in the care of violent and dangerous clients. We will also speak to the issue of how to respect the diversity of our clients when working with sexual minorities. We will then move to a consideration of how the personal vulnerabilities of the therapist may impact the therapeutic relationship to produce boundary violations detrimental to the client.

4th Quarter
Mini Course: Social Responsibility and the CMFT Community
Instructor: Shadeen Francis
Date: Fridays May 31, 2019- June 28, 2019
Time: 9:00 AM-12:00 PM

MFT’s work in varied settings with individual, couples, families and groups, but whatever the setting or the therapeutic modality, they bring with them a systemic orientation that involves the consideration of each client within both the smaller systems of their familial and romantic relationships, and the larger systems they are a part of, including race, ethnicity, sex, gender, socioeconomic status, religion, sexual orientation, etc. MFT’s working with multidisciplinary teams may be the only ones carrying a systemic orientation, and as such must be rooted in their understanding of the value added by this point of view.

This five-week course aims to facilitate the development of an MFT identity, in the context of competency in working with diverse clients affected by privilege and oppression, and amongst colleagues in non-traditional clinical settings. Students will learn about practice with marginalized and underserved communities, and minority groups. Emphasis will also be placed on building skills in multidisciplinary collaboration and practice within defined contexts.

SUPERVISION
1st Semester September 1, 2018 –February 28, 2019
2nd Semester March 1, 2019 – August 31, 2019
SEX THERAPY TRAINING PROGRAM – SCHEDULE

1st Quarter
Systemic Sex Therapy I
Instructors: Nancy Gambescia and Kimberly Ludwigsen
Dates: Wednesdays September 12, 2018- November 28, 2018
Time: 9:00 AM – 12:00PM

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Intensive: Sexual Attitude Reassessment (SAR I)
Instructors: Thomas Wood and Alishia Kalos
Date: Wednesday December 5, 2018
Time: 9:00 AM - 3:00 PM
*REQUIRED

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2nd Quarter
Systemic Sex Therapy II
Instructors: Nancy Gambescia and Kimberly Ludwigsen
Dates: Wednesdays December 12, 2018 - February 20, 2019
Time: 9:00AM – 12:00PM

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.

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Intensive: Advanced Sexual Attitude Reassessment (SAR II)
Instructors: Thomas Wood and Alishia Kalos
Date: Wednesday February 27, 2019
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: Kimberly Ludwigsen
Dates: March 6, 2019 - May 15, 2019
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, paraphilia’s, 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.
**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.

**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 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.
Shadeen Francis, MFT

Shadeen Francis is a marriage and family therapist, specializing in sex therapy. She has over 6 years of experience working with children, adolescents and adults in non-profit organizations, recreation centers, and university counselling centers. Ms. Francis’ passion is to create support networks and bring about positive change in the lives of her clients. She has helped individuals, couples, and families of all backgrounds to accomplish their therapy goals, improve their relationships, and develop the coping skills necessary to resolve past hurts. Her areas of expertise include overcoming anxiety, strengthening couples’ communication, healing after infidelity, parent-child bonding, self-esteem coaching, LGBTIQ relationships, (re)building sexual intimacy, and managing life transitions.

Nancy Gambescia, Ph.D.

Nancy Gambescia is the Director of the post-graduate program in Sex Therapy at Council for Relationships, Philadelphia, PA and a clinical associate and faculty member of the Center for Couples and Adult Families, Perelman School of Medicine, Department of Psychiatry, University of Pennsylvania. Dr. Gambescia has over 35 years of experience in working with individuals and couples, specializing in this vital and often overlooked aspect of the human experience, as well as teaching, writing and providing clerical supervision in this specialized field. Dr. Gambescia is a Clinical Fellow and Approved Supervisor of the American Association of Marriage and Family Therapy (AAMFT), a certified sex therapist and supervisor of the American Association of Sexuality Educators Counselors & Therapists (AASECT) and a clinical member of the Society for Sex Therapy and Research (SSTAR).

Dr. Gambescia has co-authored six books, and numerous journal articles and textbook chapters, focusing on relationship and sexual issues, and has presented on the Intersystem Approach to couple and sex therapy, both nationally and internationally. In 2017, Dr. Gambescia and her co-authors Gerald Weeks and Roberta Hertlein were given awards for the “Book of the Year” and “Integrative Approaches to Sex Therapy” from AASECT. The book award was for the second edition of A Clinician’s Guide to Systemic Sex Therapy. These awards recognized the contributions of the authors to the field of psychotherapy through the application of a systemic, integrative and comprehensive model to sex therapy.

Dr. Gambescia maintains a private practice in Rosemont, PA. specializing in individual, family, relationship and sex therapy.

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.levyhair.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.

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.
Kimberly Ludwigsen, Ph.D., MSW, MED, CST, LCSW

Dr. Kimberly Ludwigsen is a licensed clinical social worker with more than 17 years’ experience treating individuals, couples, families, and children. After graduating from Goucher College, Dr. Ludwigsen earned a Master’s Degree in Social Work from the University of Pennsylvania, and earned certificates in couples and family therapy and sex therapy at the Council for Relationships in Philadelphia. She is a Certified Sex Therapist and recently earned a Doctoral Degree in Human Sexuality from Widener University. Dr. Ludwigsen has been teaching Sexual Attitude Reassessment seminars since 2011. She is a member of the American Association of Sexuality Educators, Counselors and Therapists (AASECT), and the National Association of Social Workers (NASW). She is currently on the faculty of the Post-Graduate Sex Therapy Certificate Program of Council for Relationships.

Dr. Ludwigsen has a private clinical practice in Voorhees, NJ. She works with individuals and couples and her specialties include Sex Therapy, Extramarital Affairs, Sexual Satisfaction, LGBTQA Issues, and Anxiety and Stress Management. Her therapeutic style draws from a variety of treatment approaches, including but not limited to Couple and Family Systems Therapy, Psycho-dynamic Therapy, Sex Positive Sex Therapy, Pleasure-Oriented Model for Sexual Satisfaction, Conflict Resolution, Narrative Therapy, Cognitive Behavioral Therapy and Mindfulness Practice. Her therapeutic approach honors and respects the emotional, mental, and sexual self of every person.

Don McCown, PhD, MSS, MAMS

Don, a staff therapist at Council for Relationships’ Paoli office, is Assistant Professor of Integrative Health and Director of the Center for Contemplative Studies at West Chester University of Pennsylvania. He holds a PhD in Social Science from Tilburg University, a Master of Social Service from Bryn Mawr College, and a Master of Applied Meditation Studies from the Won Institute of Graduate Studies. He has completed the advanced Mindfulness-Based Stress Reduction (MBSR) trainings through the Center for Mindfulness at the University of Massachusetts Medical School. He is the primary author of Teaching Mindfulness: A Practical Guide for Clinicians and Educators (2010) and New World Mindfulness (2012), and author of The Ethical Space of Mindfulness in Clinical Practice (2013).

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.
Kristine Seitz, M.Ed., MSW, LSW
Kristine Seitz is a sexuality educator and Licensed Social Worker who specializes in providing therapy to adolescents, adults, and young adults experiencing anxiety, communication and intimacy issues, depression, grief and loss, infidelity, relationship issues, sexual abuse, and trauma. Ms. Seitz is an empathic, collaborative, and strength-based therapist who, through a systemic approach, utilizes various modalities to both support and challenge her clients. An LGBTQ ally, she aims to create a safe space for all. Ms. Seitz is currently pursuing a Ph.D. at Widener University in Human Sexuality Studies where her research and experience involves all aspects of technology and relationships; communication, online dating, positive impacts, revenge pornography, sexting, and use in affairs.

Wanda Sevey, M.Div., LMFT
Wanda Sevey is a licensed marriage and family therapist and is the Director of the Council for Relationships’ Voorhees and Lawrenceville offices. She graduated from Whitworth College in Spokane, Washington and from Princeton Theological Seminary. She received post-graduate clinical training in Marriage, Family, and Sex Therapy at Council for Relationships. In addition, Wanda is a PAIRS leader and a coach for the PREP program. She is a clinical member and Approved Supervisor in the American Association for Marriage and Family Therapy. Wanda’s practice includes couples, families and individuals. Her areas of specialization include helping couples and families increase closeness and bonding in their relationships through empathy and skilled communication, anger management, trauma recovery and EMDR, spirituality, sexual minority issues and sex therapy.

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 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.

Michele Southworth, JD, LMFT
Michele Southworth, the Director of the Post-Graduate Certificate Program in Marriage and Family Therapy at CFR, and also serves as the Director of Supervision and as a member of the senior staff. She is a licensed marital and 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, gender-role conflicts, bereavement, depression/anxiety, and with divorcing families in a variety of divorce-related modalities, 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.