

**ALL COURSE DATES & ACTIVITIES ARE SUBJECT TO CHANGE &
TAUGHT ON EASTERN STANDARD TIME**



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

and

**AASECT Approved
Sex Therapy Certification
Training Program**

**Course Catalogue
2023-2024**

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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Training Program Administrative Contacts

Post Graduate Certificate Program in Marriage and Family Therapy

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

Director: Rev. Dr. Dolores Littleton
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Post Graduate Certificate Program in Sex Therapy Training Program

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Academic Administrator

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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 either virtually or in person 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.

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MFT courses are taught in quarters/4 quarters per academic year.

- **Course Length Description**
 - Course: 10 week duration
 - Mini-course: 5 week length duration
 - Intensive: 1 day/ 5 hour duration

Sex Therapy courses are taught in trimesters/3 trimesters per academic year.

- **Course Length Description**
 - Course: 10 week duration
 - SARS: 1 day/ 7 hour duration

Students have the choice to attend classes via Hybrid (virtual or in-person)

UNIT I: MONDAY SCHEDULE

1st Quarter

Intensive: Ethics (in-house clinical interns & masters students only)

Instructor: Alexis Bove

Date: Friday September 8, 2023

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 11, 2023– November 20, 2023

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.

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2nd Quarter

Course: Foundations in Systemic Therapy

Instructor: Michelle Jackson

Dates: Mondays November 27, 2023 – February 19, 2024

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.

3rd Quarter

Course: Theory and Practice of Family Therapy

Instructor: Frani Pollack and Andrew Fussner

Dates: Mondays February 26, 2024 -May 13, 2024

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: Towards an Integrative Practice: The Intersystems Approach, Attachment and the Self of the Therapist

Instructor: Rev. Dr. Dolores Littleton

Dates: Mondays May 20, 2024 -July 29, 2024

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.

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Course: Clergy Seminar* (Follows the four Monday Systemic Theory Classes)

Instructor: Rev. Dolores Littleton

Dates: Mondays September 11, 2023 – July 29, 2024

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, 2023 –February 29, 2024

2nd Semester March 1, 2024 – August 31, 2024

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Students have the choice to attend classes via Hybrid (virtual or in-person)

UNIT II: TUESDAY SCHEDULE

1st Quarter

Course: Adult Psychopathology with a Systems Perspective

Instructor: Carol Blum

Dates: Tuesdays September 12, 2023 – November 14, 2022

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, November 21, 2023

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: Laurel Roe

Dates: Tuesdays November 28, 2023- February 13, 2024

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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3rd Quarter

Course: Adult Development from a Family Systems Perspective

Instructor: Jamie Rose

Dates: Tuesdays February 20, 2024- May 14, 2024

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: Families in Transition

Instructors: Priscilla Singleton and Michele Southworth

Date: Tuesday, May 21, 2024

Time: 9:00 AM -3:00 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: Trauma Expertise in Clinical Practice: Towards an Integrated Systemic Model of Trauma Treatment

Instructors: Bea Hollander-Goldfein and Michele Southworth

Date: Tuesdays May 28, 2024- June 25, 2024

Time: 9:00AM – 12:00 PM

This course provides an overview of the field of Trauma Studies through the exploration of an evolving model of coping and adaptation after extreme trauma. The Transcending Trauma Research Project conducted under the auspices of the Council for Relationships has contributed to a more comprehensive understanding of trauma's impact on individuals and families and the intergenerational transmission of trauma and resilience.

The course will review definitions of Post-Traumatic Stress Disorder (PTSD), and the expanded understanding of what has been termed "complex PTSD". An overview of treatment modalities will highlight empirically supported approaches informed by neuroscience, cognitive, affective and experiential change processes, systemic theory and trauma-informed care. Post Traumatic Growth, risk and protective factors, and the emergence of resilience will also be reviewed.

In addition, this course will focus on an expanded consideration of ethno-racial differences in the experience of trauma in the US, including the impact of historical trauma on Black and indigenous communities, other minority groups, and refugees fleeing persecution and war. How does this knowledge contribute to our understanding of trauma, and how trauma treatment can (and needs to) evolve? We will engage in the emerging cultural conversations about past and ongoing collective trauma, including colonization and patriarchy, the pandemic, gun violence, racialized police brutality and climate change.

In the face of these various challenges, hardships, and the existing social structures that have evolved in response, how does trauma treatment achieve not only recovery and healing, but also promote meaning and purpose in people's lives?

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Mini Course: Understanding Military Culture and Mental Health for Veterans and Families

Instructors: Nancy Isserman and Courtney Ragin

Dates: Tuesdays, July 2, 2024- July 23, 2024

Time: 9:00 AM – 1:00 PM

This course will focus on the unique cultural factors associated with military service and veteran's status regarding establishing and sustaining effective relationships. The role of both acute and chronic stressors that accompany military life and reintegration into civilian life will be examined. The tension between empathy and vulnerability within the therapeutic relationship and a culture in which vulnerability and help-seeking are often perceived to be stigmatizing will be explored to identify the potential client and systemic barriers clinicians will face in providing mental health counseling to this population.

Topics include: stressors specifically related to military life and duties, including the impact of the military deployment cycle, combat and other dangerous military duty exposures, family separation, and reintegration from military service to civilian life. There will be a specific focus on family issues, women in the service and post deployment, grief and loss, suicide, moral injury, military sexual trauma, PTSD, TBI, IPV, substance abuse, and intergenerational trauma. Multimedia material and case studies are incorporated into the course.

SUPERVISION

1st Semester September 1, 2023 –February 29, 2024

2nd Semester March 1, 2024 – August 31, 2024

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*Sex Therapy 1, 2 and 3 are taught online synchronously
The Mindfulness and Live Supervision classes are taught in person at CFR's
main training office at 4025 Chestnut Street, Philadelphia, PA*

UNIT III: WEDNESDAY SCHEDULE

1st Trimester

Course: Systemic Sex Therapy I

Instructor: Monica Johnson

Dates: Wednesdays September 13, 2023 -November 15, 2023

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: TBD

Date: Wednesday November 29, 2023

Time: 8:00 AM - 4:00 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 Trimester

Course: Systemic Sex Therapy II

Instructors: Patricia Gratson

Dates: Wednesdays December 6, 2023- February 14, 2024

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

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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: TBD

Date: Wednesday February 21, 2024

Time: 9:00 AM - 4:00 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 Trimester

Course: Sex Therapy 3

Instructor: TBD

Dates: February 28, 2024- May 8, 2024

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

Course: Mindfulness in the Therapeutic Encounter

Instructors: Margot Stein

Date: Wednesday May 15, 2024 – July 17, 2024

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

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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

Instructor: Sara Corse

Dates: April 3, 2024 – June 26, 2024

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 CLINICAL AND CLERGY TRACK INTERNS IN THE WEDNESDAY SERIES OF CLASSES ARE REQUIRED TO TAKE LIVE SUPERVISION.

SUPERVISION

1st Semester September 1, 2023 –February 29, 2024

2nd Semester March 1, 2024 – August 31, 2024

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UNIT IV: FRIDAY SCHEDULE

1st Quarter

**Course: Research in Couple and Family Therapy
& Capstone Project**

Instructor: Matthew McCrickard

Dates: Fridays September 15, 2023- November 17, 2023

Time: 9:00 AM – 12:00PM

This course explores what it means to be a research-informed clinician within the context of CFT approaches, and has the goal of supporting students in becoming discerning consumers of research. It promotes acquisition of skills needed to acquire, critically evaluate, and integrate research findings into clinical decision-making through collaborative exploration of research on common factors in psychotherapy and CFT in particular, outcome and process research related to various systemic models, 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 learn to value and integrate multiple sources of empirical evidence, from research as well as first-hand clinical observations and patient feedback, and develop a nuanced understanding of the advantages and risks of the growing trend toward “evidence-based practice” in CFT and psychotherapy more generally.

The Capstone is a project in three phases spanning the academic year. Each phase involves a written assignment/paper, and Phase III will conclude with students’ Capstone Presentations, in which students present their work to the faculty and their peers in a supportive learning environment. The Capstone is an integrative project that represents the culmination of the student’s scholarly requirements. The overall goal is for students to formulate an empirically grounded personal philosophy of change as a foundation for their clinical practice and continued learning as they progress in their careers.

2nd Quarter

Course: Diversity, Social Justice and the Practice of Family Therapy

Instructors: Rabbi Julie Greenberg

Dates: Fridays December 1, 2023 –February 16, 2024

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: Tony Lapp

Date: Friday February 23, 2024

Time: 9:00 AM- 12:00 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.

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3rd Quarter

Course: Professional, Ethical and Legal Issues in Systems Therapy

Instructor: Alexis Bove

Dates: Fridays March 1, 2024 -May 10, 2024

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: Michelle Jackson

Date: Fridays May 17, 2024- June 14, 2024

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, 2023 –February 29, 2024

2nd Semester March 1, 2024 – August 31, 2024

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The courses in the Sex Therapy Program are taught online synchronously

**SEX THERAPY TRAINING PROGRAM
WEDNESDAY SCHEDULE**

1st Trimester

Course: Systemic Sex Therapy I

Instructors: Monica Johnson

Dates: Wednesdays September 13, 2023 -November 15, 2023

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: TBD

Date: Wednesday November 29, 2023

Time: 9:00 AM - 4:00 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 Trimester

Course: Systemic Sex Therapy II

Instructors: Patricia Gratson

Dates: Wednesdays December 6, 2023- February 14, 2024

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

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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: TBD

Date: Wednesday February 21, 2024

Time: 9:00 AM - 4:00 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 Trimester

Course: Sex Therapy 3

Instructor: TBD

Dates: February 28, 2024- May 8, 2024

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, 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.

SEX THERAPY GROUP SUPERVISION

September 2022 –May, 2023- Wednesdays- 1:00 PM- 3:00 PM Weekly/Biweekly

TEACHING FACULTY

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, LMFT

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.

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.

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. 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

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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. She is the senior author of *Transcending Trauma: Survival, Resilience, and Clinical Implications in Survivor Families* (Routledge, 2012) and co-editor of *Narrative Reflections: How Witnessing Their Stories Changes Our Lives* (Hamilton Books, 2014).

Patricia Gratson, Psy.D.

Patricia Gratson is a licensed clinical psychologist. She earned a Master of Science in Clinical and Counseling Psychology with a specialization in Child and Adolescent Therapy, as well as a Doctor of Psychology in Clinical Psychology with a specialization in Couple and Family Therapy from Chestnut Hill College. Dr. Gratson provides therapy and evaluation services to children, adolescents, and adults. She works with individuals as well as couples and families. Dr. Gratson is trained as a play therapist through the Family and Play Therapy Center and provides family play therapy to children from the ages of 3 to 12 years old. She also provides sand tray therapy to children, adolescents, and adults. Additionally, she is completing the requirements to become a certified sex therapist and has been trained in sex therapy through the post-graduate program at Council for Relationships.

Dr. Gratson has been extensively trained in psychodynamic therapy, structural family therapy, contextual therapy, and dialectical behavior therapy, as well as having received training in trauma focused cognitive behavior therapy, cognitive processing therapy, emotion focused therapy, and acceptance and commitment therapy. She considers herself to be an integrative clinician who adapts her therapeutic approach to meet her clients' needs. Her clinical areas of interest include working with the LGBTQ+ populations and working with individuals who practice alternative spiritualities. Additionally, she has extensive experience working with children, adolescents, couples, and families.

Rabbi Julie Greenberg, LMFT

Julie Greenberg, 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.

Nancy Isserman, Ph.D., MSW

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. Dr. Isserman is an adjunct lecturer in the PhD program on Holocaust and Genocide Studies at Gratz College, teaching the Psychosocial Impact of the Holocaust on Survivor Families and the Psychology and Sociology of Altruism and Rescue. Dr. Isserman is also currently serving as vice chair 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.

The Rev. Dr. Dolores E. Littleton, LMFT

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 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.

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.

Laurel Roe, MS CHR, LMFT

Laurel Roe is a staff therapist at Council for Relationships and Office Director of the Wynnewood and Bryn Mawr offices. She received her undergraduate training in Special Education from Cabrini College and her MS in Counseling and Human Relations from Villanova University in 2001. She completed her Post Graduate Certificate

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in Marriage and Family Therapy from Council for Relationships in 2017 and Supervises both graduate students and post graduates working toward licensure. Before coming to Council, Laurel worked as a Special Education teacher

in both public and private schools, a Case Manager for the Montgomery County Intermediate Unit, and helped establish a family owned business that operates today very successfully without her. Whether working with individuals, couples, or families, she incorporates humor, mindfulness based practices, and experiential techniques to help clients better understand themselves. Ms. Roe's background in education informs her developmentally appropriate practices as she supports people of all ages to discover that while change in life may be inevitable, adaptation and growth are possible. Areas of special interest include supporting families with members who have special needs, parenting issues, childhood developmental concerns, and anxiety in children, teens, and adults. She works with couples in all stages of relationship and helps adults manage the impact of childhood experiences, including trauma.

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 is a licensed family therapist and is trained as an attorney. She is the Director of the Post Graduate Certificate Program in Marriage and Family Therapy, as well as teaching and supervising in the program.

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 (then Marriage Council) in 1989. She has been a member of the senior clinical staff at Council since that time, practicing in the dual fields of divorce mediation and marriage and family therapy since that time. 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 has also been 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.

Rabbi Margot Stein, MFT

Rabbi Margot Stein is a Staff Therapist in our Bryn Mawr office and was certified as a Marriage and Family Therapist after completion of CFR's post-graduate Clergy Track in 2020. Margot brings two decades of experience working with neurodiverse children, adolescents and adults, including those on the autism spectrum or who have ADHD, other special needs or processing challenges, complex medical issues, nontraditional family structures or who express gender diversity. Utilizing mindfulness and trauma-informed somatic awareness, as well

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as systemic approaches to healing, clients and their families experience an increased ability to care for and accept themselves as they identify and work toward desired areas of growth and change. Margot's warmth, humor and

resilient approach to meeting life's challenges create a highly supportive environment in which to explore new possibilities.

Thomas Wood, PhD, LCSW

Thomas is certified sex therapist and sex therapy supervisor 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.