

The Pro Bono Counseling Network Education Series

Presents

Providing Evidence Based Couple Therapy: Lessons from Research



Despite the attention given to developing an evidence base for individual format psychotherapies, there is a strong and growing evidence base available to guide professional training and delivery of couple format psychotherapies. This presentation will provide a brief overview of the research on couple therapies, the research-clinical delivery gap, and methods that interested therapists can utilize to improve their practice of couple format psychotherapies.

The primary approaches that will be discussed are the following: Emotionally Focused Couple Therapy (EFT), Integrative Behavioral Couple Therapy (IBCT), and Traditional Behavioral Marital Therapy (TBCT & CBCT). In addition, our presenter will talk about other approaches having a scientific basis (John and Julie Gottman's Gottman Method Couple Therapy, David Mars's Accelerated Experiential Dynamic Psychotherapy for Couples, Stan Tatkin's Psychobiological Approach to Couples Therapy) and sound reasoning (Imago, Relational Life Therapy), but not yet undergoing clinical trial research. Finally, research from the Norway Couples Study, which showed how clinicians can improve couple therapy outcomes independent of the approach/model they use, will be shared.

Learning Objectives

Upon completion of this workshop, participants should be able to:

- Identify 3 models of empirically supported treatments for relationship distress in couples.
- Identify couple therapy factors associated with improved outcomes.
- Utilize feedback informed treatment practices in couple format psychotherapies.

Two contact hours will be available for this training. **Free** to all current Pro Bono Counseling Network Volunteer Therapists or other therapists who practice in Durham, Orange, Person or Chatham counties and would like to become a Pro Bono Counseling Network Therapist. **For more information on joining and becoming a volunteer therapist, contact Shelley Danser, the program coordinator: Shelley.D@fhrecovery.org. Click to register: <http://events.r20.constantcontact.com/register/event?oeidk=a07eej5tmyv114097cd&llr=ovyee8bab>**

Friday, October 13, 2017 from 9:00 AM to 11:00 AM EST;

Registration from 8:30am to 9:00am.

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102 New Stateside Drive

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