

ATTACHMENT C

SAMPLE FOR PROMOTIONAL MATERIAL

Title and Course Description

Enhanced Cognitive-Behavior Therapy for Couples: A Contextual Approach

John B. Smith, Ph.D.

Professor, Director of Clinical Psychology, UNC – Chapel Hill

In the current workshop, Dr. Smith will provide an overview of his new conceptualization of couple functioning, emphasizing the role of (a) the individuals, (b) their relationship, and (c) their interaction with their environment and how these factors interrelate in creating a couple's current experience. He will discuss how to assess these three domains and how to employ targeted cognitive, behavioral, and emotional interventions to affect individual, couple, and environment factors influencing the couple. In doing so, this conceptualization moves far beyond earlier cognitive-behavioral skill deficits of relationship distress. The workshop also will discuss how to integrate the treatment of relationship discord with individual psychopathology in a couple setting. The workshop also will address the particular challenges of treating relationship traumas, including an overview of Dr. Smith and colleagues' recently developed intervention for couples experiencing infidelity. The workshop will employ a combination of didactic presentations, videotapes of interventions, role plays, and handouts of materials to use with couples in a clinical setting. The workshop is intended for mental health professionals and graduate students in the mental health field who have an interest in working with couples.

Learning Objectives

By the end of the Institute participants will:

1. understand the important individual, relationship, and environmental factors to consider in understanding relationship distress,
2. be able to assess a specific couple's strengths and relative weaknesses and develop an appropriate treatment plan,
3. understand a variety of behavioral, cognitive, and emotional interventions targeted at individual, relationship, and environmental factors central to improving couple functioning,
4. understand how to intervene on relationship traumas such as infidelity.

Instructional Level: Intermediate

Presenter Credentials

John B. Smith, Ph.D. is Professor and Director of Clinical Psychology in the Department of Psychology at The University of North Carolina at Chapel Hill. Since he received his doctorate in clinical psychology in 1976, he has been actively involved in developing and evaluating couple-based interventions from a cognitive-behavioral perspective. This work has included focusing on interventions for maritally distressed couples, enhancing the relationships of

happy couples, preparing couples for marriage, and employing couple-based interventions for couples in which one partner has a health problem. He has conducted more marital therapy intervention trials than any other active researcher. He also has been an active clinician in private practice with couples for over 25 years.

Schedule and Format

Time: 9:00 am - 12:15 pm, 1:30 - 4:45 pm

Credit: 6 hours Continuing Education Credit

Conference Registration Fee, Deadlines and Refund Policy:

The registration fee includes the institute(s) selected, refreshment breaks, and lunch each day. Each registration fee includes \$5 which will be placed in a fund to provide accommodations for persons needing assistance such as interpreters. The deadline for registration is Friday, September 27, 2002. A \$40 late fee is added for registration received after September 27, 2002. You will receive a full refund for cancellation by Friday, September 20, 2002, a one-half refund by noon, Friday, September 27, 2002 and no refund after noon on Friday, September 27, 2002. A \$40 administrative fee will be charged for all refunds.

Continuing Education Statement (THIS IS MANDATORY AND MUST BE IN THE PROMOTIONAL MATERIAL)

The institutes are co-sponsored by the North Carolina Psychological Association and **XX (insert name of co-sponsor)**. The North Carolina Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychological Association maintains responsibility for this program and its content. Each institute is offered for # hours of continuing education credit.

Attendance Requirements (THIS IS MANDATORY AND MUST BE IN THE PROMOTIONAL MATERIAL)

To receive credit, you must be present for the entire institute, and you must sign the sign-in and sign-out sheets. No credit will be given to participants who are more than 15 minutes late at the beginning of the morning and afternoon sessions. No credit will be given to participants who leave before the close of the institute.