



“ONE SIZE DOESN’T FIT ALL” **ASSESSMENT AND PRACTICE IN COUPLES THERAPY**

Any given couple can present a complexity of issues. One couple’s challenges may be completely different from another couple’s problems or needs. One particular or favored theory or therapeutic approach CANNOT fit all couples. Does the therapeutic approach fit the particular couple? This training focuses on multiple assessments that clarify complexities in couple’s presentation, which then leads to more effective treatments.

Trainer: Ronald Mah, M.A., Ph.D., L.M.F. T.

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***To properly do therapy, especially couples or family therapy,
a therapist **must** be able to make appropriate assessments.***

Multiple assessments clarify complexities in couple’s presentation, leading to more effective treatments. Anxiety? Depressed? Narcissistic? PTSD? Borderline? Addiction? Co-dependency? Abuse? Passive-Aggressive? Attachment Issues? Communication Styles? Cross-cultural Issues? Trauma? Temperament? Processing Issues? Family of Origin? And more! The presenter will discuss cases from pragmatic, therapeutic, and theoretical perspectives from experiences with a vast cross section of couples a variety of clinical presentations.

Questions Answered in the Workshop:

- ❖ How do you begin the Initial Assessments at the start of Therapy?
- ❖ What are the Goals of Couples Therapy? For the couple? As a Therapist?
- ❖ What condition is the Relationship in?
- ❖ What are the therapeutic goals of the First Session?
- ❖ What is the match and mismatch of Personalities?
- ❖ What is the Pre-couples’ History that contributes to the dynamics?
- ❖ How Volatile is the couple’s dynamic? How volatile is each partner?
- ❖ How do you manage Emotional Reactivity? How do you use it?

Content to include:

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| <ul style="list-style-type: none">• The First Session- The Beginning (...of the end? ...of healing? ...of change?)• Initial Assessment of the Couple’s Relationship• Basic Assessments• Developmental Principles (including stress, abuse, & trauma) in Couples• Temperament & Style (including cross and multi-cultural issues) in Couples• Family of Origin Issues, Scripts & Ghosts in Couples• Structural & Strategic Principles in Couples Work | <ul style="list-style-type: none">• Assessments of Major Complications• Abuse: Bully-Victim Dynamics & Pairs• Personality Disorders in Couples Therapy• Depression, Anxiety, & Other Mental Disorders in Couples• Learning Disorders, Autistic Issues, Schizoid Tendencies• Addictions, Compulsivity, Relapse and Relapse Prevention |
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Goals of the workshop:

- For clinicians better conceptualize and apply multiple theories to couples;
- For clinicians to better understand their own values, attitudes, and behaviors;
- For clinicians to better understand how they enter the couples therapy process;
- For clinicians to successfully deal with difficult couple situations;
- For clinicians to better do basic assessments as they begin and proceed in the couples process.

INSTRUCTOR: Ronald Mah, M.A., Ph.D., L.M.F.T., CEU provider #PCE3298 The workshop presenter has a successful private practice (including many adolescents and young children, families and couples). He is also a credentialed elementary and secondary teacher. He has taught, directed, and owned child development centers. He is on the Board of Directors of both the California Association of Marriage & Family Therapists (CAMFT) and the California Kindergarten Association (CKA). He has extensive clinical experience with children and teenagers, including clinically supervising therapists in an inner city high school teen clinic. He has trained about youth to various human services and counseling agencies over the years. He also has two very positive and powerful teenage/ young adult children who have successfully passed through adolescence with a minimum of unnecessary drama! Ronald has teacher and parent education presentations available on dvds at www.FixedEarthFilms.com; he is also the author of “Difficult Behavior in Early Childhood, Positive Discipline for Pre-K-3 Classrooms and Beyond,” Corwin Press, 2006, “The One-Minute Temper Tantrum Solution, Strategies for Responding to Children’s Challenging Behaviors,” Corwin Press, 2008, and "Getting Beyond Bullying and Exclusion, PreK-5, Empowering Children in Inclusive Classrooms," Corwin Press, 2009.

Course meets the qualifications for continuing education for MFT’s and LCSW’s as required by the California Board of Behavioral Sciences.