**2021 Winter Online Workshop Series**

**Integrating *Relationship & Spirituality*into
Addiction & Mental Health**  **An Introduction to Congruence Couple Therapy**

**January 23 – March 13, 2021**

**Dates: Jan. 23, 30; Feb. 13, 20, 27; Mar. 13
Saturdays, 6 sessions, 1-3 p.m. (Mountain Time)**

*From workshop participants:*

*“The [online] CCT workshop expands my therapeutic skills in a way that’s interesting and enjoyable.”*

*“I can affirm that CCT’s approach is very relevant and I use its principles in any counselling that I do.”*

*“We as counsellors found this to be such meaningful work; I know that my overall job satisfaction has increased being able to incorporate couple’s counselling into my practice.”*

*“There has never been a model that put all these different components together with an evidence base.”*

*“Bonnie is a great facilitator, so engaging, and fun to learn from!”*

**Description**
Counsellor training is often under-focused on skills and concepts for working with relationships, spirituality and family-of-origin issues. Such an integrative focus is especially important in the time of COVID-19 when domestic violence, substance use and relational distress are on the rise due to too much or too little social contact. Spirituality is an under-utilized resource.

This online interactive course invites participants to develop *systems thinking* based on interconnections of psychological, relational, intergenerational and spiritual components via Congruence Couple Therapy (CCT).

Key concepts, movements and interventions of CCT, an integrative humanistic model with an empirical base, will be presented and discussed. CCT is a model that has been shown to produce significant improvement in clinical outcomes in addiction, depression symptoms, overall mental health, emotion regulation, individual functioning and couple relationship. It integrates the treatment of adverse childhood experiences and addiction using the couple relationship. While initially developed for couples, CCT’s systemic framework provides a roadmap that can also be applied to holistic work with*individuals*. Client/couple progress was accomplished within a short-term time-frame of approximately 12 sessions.
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For more information and to view the AHS Knowledge Translation PowerPoint on CCT, visit: [**https://hdl.handle.net/10133/5736**](https://hdl.handle.net/10133/5736)

**Participants**
Counsellors practising in the field are welcome to join this interactive introduction to CCT.

**Format & Method**
Using an electronic*Congruence Couple Concept and Method* workbook as a guide, we will use pre-session readings, short lectures, discussion, case studies and role-playing for participants to learn the key tenets of this innovative, short-term couple therapy to improve mental health and addiction outcomes.

**Dates & Times**
Sessions are held through **Zoom**on the following dates between **1-3pm Mountain Time**.
Dates: **Dates: Jan. 23, 30; Feb. 13, 20, 27; Mar. 13.** A Zoom invitation will be sent for the meetings.

**Objectives**
At the end of the series, participants will be able to:

1. Understand the systemic framework underpinning Congruence Couple Therapy
2. Engage both partners in a balanced therapeutic alliance infused with hope
3. Know what areas to assess when working with couples/individuals in addiction and mental health
4. Attempt to link the four dimensions of CCT in the counselling process
5. Consolidate change to maintain gains

**Topics**

1. Fostering hope and forming a balanced alliance
2. The Four Dimensions: intrapsychic, interpersonal, intergenerational, universal-spiritual
3. Delineating communication cycles and shifting to congruence
4. Linking the 4 dimensions
5. Opening up and validating the universal-spiritual dimension
6. Consolidating change

**Fee & Payment**
Early Bird registration **by January 10, 2021, $300 USD**

**Regular registration: $335** **USD** includes the *Congruence Couple Concept and Method*e-workbook and taxes.
Method of international e-transfer will be sent once we receive your Registration Form.

**Presenter & Facilitator**
Bonnie Lee, PhD, RSW, AAMFT Clinical Fellow, CAMFT registered, is an Associate Professor in Health Sciences (Addictions Counselling) at the University of Lethbridge. A highly-rated speaker, international trainer and a Clinical Fellow of the American and Canadian Association for Marriage and Family Therapy, Dr. Lee is the Principal Investigator in two decades of research that developed the theory and efficacy of Congruence Couple Therapy for addiction and concurrent disorders. In recognition of her national and international leadership in bringing an innovative couple therapy approach into the treatment of addiction, she was awarded the university Board of Governors Research Chair Tier II (2016-19). Her articles and research on couple treatment outcomes, training evaluation, trauma and addiction, and a relational framework for addiction and mental health are published in peer reviewed international journals.

**Certificate of Completion** will be awarded at the end of the series.

**Fall 2021 Online Workshop Series - Workshop Registration**

**Please fill out the registration information below:**
To accompany your registration information below and send it to **openheartcouples@gmail.com****.**  Instructions for payment will be sent to you once we receive your Registration Form.

Registration is complete only with e-transfer payment within 3 hrs., otherwise your registration will expire. An email will be sent to you to acknowledge that your e-transfer has been received and your registration is complete.

**Cancellation Policy**
Full refund minus 10% administration fee before January 10, 2021. No refund thereafter.

\**Registration Form -- send completed form to** **openheartcouples@gmail.com**

**Contact Information:**

Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**About You:**

Professional Designation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Highest Degree/ Level of Education:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Previous Training in Couple & Family Therapy:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Organization or Affiliation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job Title:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about the Workshop Series? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Bottom of Form