

Loving Like You Mean It: Emotional Mindfulness to Transform Relationships

February 14-17, 2020

Presenters: Ronald Frederick, Ph.D., and Timothy Beyer, Ph.D.

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

Program

No matter how hard we try, many of us struggle to make love work with our partners. The main issue getting in our way is that our adult brains are running on outdated software. Without us knowing it, our early relationship programming causes us to fear being more emotionally present and authentic with our partners—precisely what’s needed to build loving connections. But we don’t have to remain prisoners to our past.

Grounded in cutting-edge neuroscience and attachment theory, this highly experiential workshop shares a proven four-step approach to using the power of emotional mindfulness to help you teach your clients how to:

- Identify when your old programming gets activated
- Identify how to break free from unhelpful patterns of behavior
- Identify how to manage and make good use of your emotions
- Identify how to develop more effective ways of relating with your partner

The capacity for healthy, loving connections is inside all of us, just waiting to come out. Learn the tools that can help turn relationships around and get back on track.

Clinicians will be taught an approach to emotional mindfulness that can be integrated into their work with clients.

The target audience is for introductory to advanced level clinicians/mental health professionals as well as interested individuals.

AGENDA:

Friday, February 14, 2020

5:30pm–7:00pm – Dinner

7:30pm–9:00pm – Program Session (1.5 hours – no break)

- I. Introduction: Making Sense of How You’re Wired
 - A. Attachment Wiring
 1. Understanding how fear becomes a part of our relational experience.
 2. Recognizing the signs.
- II. Your Early Wiring
 - A. Understanding the role of early experience in shaping our relationship to our feelings and our brain.
 1. Emotional Environment Exercise and Discussion
 2. Unwritten Rules Exercise and Discussion

Learning Objective:

- *Explain findings from affective neuroscience and their relevance to adult relationship difficulties*

Saturday, February 15, 2020

7:00am-8:30am – Breakfast

9:30am–11:00am – Program Session (1.5 hours)

- III. Step One: Recognize and Name
 - A. Recognizing the Signs that You've been Triggered
 - 1. Emotion and Defense Awareness Exercise and Discussion

Learning Objective:

- *Summarize findings from attachment studies and their relationship to relationship difficulties.*
- *Describe, recognize, and assess client's attachment-based relationship schemas.*

11:00am-11:15am – Break

11:15am-12:30pm – Program Session (1.25 hours)

- IV. Step One: Recognize and Name (cont'd)
 - B. Recognizing the Signs that You've been Triggered (cont'd)
 - 2. Emotion and Defense Awareness Exercise and Discussion (cont'd)

Learning Objective:

- *Summarize findings from attachment studies and their relationship to relationship difficulties. (cont'd)*
- *Describe, recognize, and assess client's attachment-based relationship schemas. (cont'd)*

12:30pm-1:30pm – Lunch

2:45pm–4:45pm – Program Session (2 hours – no break)

- V. Step Two: Stop, Drop, and Stay
 - A. Experiential Exercises
 - B. Group Discussion

Learning Objectives:

- *Describe and identify common patterns of emotional avoidance particular to each of the insecure attachment styles.*
- *Identify how to break free from unhelpful patterns of behavior*
- *Identify when your old programming gets activated*
Identify and utilize techniques to grow clients' awareness of when old relationships programming is triggered.

5:30pm–7:00pm – Dinner

Sunday, February 16, 2020

7:00am–8:30am – Breakfast

9:30am–11:00am – Program Session (1.5 hours)

- VI. Step Three: Pause and Reflect
 - A. Experiential Exercises
 - B. Group Discussion

Learning Objectives:

- *Identify and demonstrate techniques to regulate reactivity and attachment related distress.*
- *Identify and utilize techniques to expand affect tolerance and the capacity to stay present to one's emotional experience.*
- *Identify and utilize strategies to enhance emotional processing of early attachment related trauma.*
- *Identify how to manage and make good use of your emotions*

11:00am–11:15am – Break

11:15am–12:30pm – Program Session (1.25 hours)

- VII.** Step Three: Pause and Reflect (cont'd)
 - C.** Experiential Exercises (cont'd)
 - D.** Group Discussion (cont'd)

Learning Objectives:

- *Identify and demonstrate techniques to regulate reactivity and attachment related distress. (cont'd)*
- *Identify and utilize techniques to expand affect tolerance and the capacity to stay present to one's emotional experience. (cont'd)*
- *Identify and utilize strategies to enhance emotional processing of early attachment related trauma. (cont'd)*

12:30pm–1:30pm – Lunch

2:45pm–4:45pm – Program Session (2 hours – no break)

- VIII.** Step Four: Mindfully Relate
 - A.** Understanding what your feelings are telling you
 - B.** Mindful Communication Skills
 - C.** Experiential Exercises
 - D.** Group Discussion

Learning Objectives:

- *Identify and demonstrate skills to develop reflective affective capacity and help clients discern their emotional truths.*
- *Practice with clients' through the process of understanding and articulating their autobiographical narrative.*
- *Identify and demonstrate strategies to increase empathic understanding and resonance in relationships.*
- *Identify how to develop more effective ways of relating with your partner*

5:30pm–7:00pm – Dinner

Monday, February 17, 2020

7:00am–8:30am – Breakfast

9:30am–11:30am – Program Session (2 hours – no break)

- I.** Putting it All Together: Feeling and Dealing
 - A.** Practicing Working the Four Steps.

B. Group Discussion

Learning Objectives:

- *Summarize and apply a proven four-step approach for increasing emotional mindfulness.*

12:00pm–1:30pm – Lunch

Presenter(s) Bio

Ronald J. Frederick, PhD, is a clinical psychologist whose career has focused on the transformative power of emotional and relational experience. Author of the best-selling books *Loving Like You Mean It* and *Living Like You Mean It*, he is a senior faculty and founding member of the AEDP Institute and cofounder of the Center for Courageous Living, based in Beverly Hills, California, which offers innovative therapy, coaching, and consulting. Ronald facilitates workshops internationally and is noted for his warmth, humor, and engaging presentation style and lectures.

Learn more about this presenter's work:

- cfcliving.com
- [Facebook](#)
- [YouTube](#)

Timothy J. Beyer, PhD, psychologist and cofounder of the Center for Courageous Living in Beverly Hills, California, has been providing counseling and consulting for 20 years. His passion lies in helping others clarify and achieve their personal and professional goals and realize their best life. He works collaboratively with clients to achieve lasting and profound results and brings specific expertise to the process of helping individuals discover their unique strengths and passions through the use of psychological assessment and testing. Tim is also a certified AEDP therapist and supervisor.

Learn more about this presenter's work:

- cfcliving.com

Program Costs and Registration

Please visit www.kripalu.org

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Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

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Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

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To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Certificate Issuance

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

Psychology - 13 CE Hours

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 13 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

Social Work – 13 CE Credits

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Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

For additional CE information, please visit <https://kripalu.org/content/continuing-education-credits>