



Diversity in Clinical Practice
Whakahangai te tikanga mahi

NZCCP 27th National Conference
Saturday 9 - Sunday 10 April, 2016
Amora Hotel, Wakefield St, Wellington



Preconference workshop with John and Julie Gottman
Level 1 Clinical Training: Gottman Method
Couples Therapy: Bridging the Couple Chasm
Thursday 7 and Friday 8 April, 9am-5pm

Couples enter the therapy office with pain and despair and look to the clinician to referee chronic conflicts, fix their partners, and rebuild burned bridges. Dr John Gottman's 40 years of compelling research with over 3,000 couples offers a practical and highly effective approach to guiding couples across the chasm that divides them. In this workshop you will be provided with a research-based roadmap for helping couples (heterosexual and same sex) compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams.

Apply Gottman Method Couples Therapy to help couples strengthen:

- The Friendship System – the foundation for intimacy, passion, and good sex
- The Conflict System – the basis for helping couples identify and address solvable problems, and understand and manage irresolvable differences
- The Shared Meaning System – the existential foundation of the relationship that helps partners discover their shared purpose for building a life together

In this two day workshop clinicians learn:

- Research-based strategies and tools to help couples successfully manage conflict
- Skills to empower partners to dialogue about their worst gridlocked issues by uncovering their underlying dreams, history, and values
- Methods to help couples process fights and heal their hurts
- Techniques for partners to deepen their intimacy and minimize relapse
- New assessments and effective interventions to help understand couples' struggles

World renowned for his work on marital stability and divorce prediction, John Gottman has conducted 40 years of breakthrough research with thousands of couples. His work on marriage and parenting has earned him numerous major awards and he was one of the Top 10 Most Influential Therapists of the past quarter-century by the Psychotherapy Networker. He is the author of 190 published academic articles and author or co-author of 40 books, including the bestselling [The Seven Principles for Making Marriage Work](#); [What Makes Love Last](#); [The Relationship Cure](#); [Why Marriages Succeed or Fail](#); and [Raising An Emotionally Intelligent Child](#). Dr John Gottman and Dr Julie Gottman, husband and wife, are co-founders of the Gottman Institute, and John was also the Executive Director of the Relationship Research Institute. He is Professor Emeritus of Psychology at the University of Washington, where he founded "The Love Lab" at which much of his research on couples' interactions was conducted.

Julie Gottman is the President of The Gottman Institute, and Clinical Supervisor for the Couples Together Against Violence study. A highly respected clinical psychologist, she is sought internationally by media and organizations as an expert advisor on marriage, sexual harassment and rape, domestic violence, gay and lesbian adoption, same-sex marriage, and parenting issues. She is the co-creator of the immensely popular [Art and Science of Love weekend workshops for couples](#), and she also co-designed the national clinical training program in Gottman Couples Therapy. Julie is in private practice in the Seattle area, providing intensive marathon therapy sessions for couples. She specializes in working with distressed couples, abuse and trauma survivors, those with substance abuse problems and their partners, as well as cancer patients and their families.



Post conference workshop with Russell Kolts

True Strength: A Compassion-Focused Therapy Approach to Working with Anger

Monday 11 April, 9am-5pm

This workshop will focus on how Compassion-Focused Therapy can be applied to the treatment of problematic anger. Participants will be introduced to an attachment and shame-based model of the maintenance of problematic anger. A Compassion-Focused Therapy approach will be introduced to help clients break the cycle that supports ongoing anger problems, learn compassionate strategies for working with difficult situations and emotions, and cultivate an adaptive, compassionate version of the self. Participants will be introduced to the True Strength group program, a 12-week manualized group therapy program applying CFT to the treatment of anger.

Russell Kolts is a clinical psychologist and Professor of Psychology at Eastern Washington University near Spokane, Washington, USA. An internationally recognized trainer in Compassion-Focused Therapy (CFT), Dr Kolts has pioneered the use of CFT in the treatment of problematic anger. He is the author of several books: *CFT Made Simple*, *The Compassionate Mind Guide to Managing Your Anger*, *Living with an Open Heart: Cultivating Compassion in Everyday Life* (with Thubten Chodron), and *Buddhist Psychology and CBT: A Practitioner's Guide* (with Dennis Tirsch and Laura Silberstein). An active scholar, Dr Kolts has authored or co-authored dozens of peer-reviewed journal articles, book chapters, and conference presentations.

Conference Keynote Speakers

John Gottman: The Science of Trust & Betrayal

We are living through a global catastrophe of trust. We are experiencing this on every front today, including decreased trust in our economic system, in government, in banks, in Wall Street, in employers, and so on. Most tragic of all is a decreased trust people are experiencing in their closest relationships, particularly in marriage and love relationships in general. This presentation reviews "The Science of Trust" in the context of couple relationships, including the physiology and the mathematics of trust and betrayal. Recent research from John Gottman's laboratory will be reviewed leading to a precise definition of trust. Dr Gottman will also talk about a new empirically-based theory of trust, how to create trust in love relationships, and how it is sometimes possible to heal from betrayal. This is based upon Dr Gottman's latest book, [The Science of Trust](#).

Russell Kolts: Compassion and Diversity: Applying Compassion-Focused Therapy in Understanding and Working with Privilege and Oppression

In this address Dr Kolts will present a Compassion-Focused Therapy model of oppression and privilege that is anchored in affective neuroscience and an understanding of how different emotions and motives organize the mind. We will explore how to apply CFT principles in understanding and working with issues of client diversity that can be applied not only to dimensions of diversity such as race, gender, and sexuality, but also to age, disability, and the stigma associated with mental illness, and other ways in which people differ. Compassion and CFT gives us a non-shaming, non-blaming way of understanding the challenges faced by diverse populations in ways that pave the way for helping them (and all) clients apply compassionate strategies for working with life challenges and difficult emotions.

Conference Keynote Speakers

Jane Freeman-Brown: Getting away with murder: Legal and Ethical implications when a client confessed an undetected murder to you

Dr Jane Freeman-Brown is a registered clinical psychologist with ten years' experience in mental health and forensic settings. As well as a clinical focus Dr Freeman-Brown has a specialty in the interface between ethics and the law, and has previously worked as a senior advisor to the Department of Corrections with a focus on psychological practice and psycho-legal issues. She is nearing the completion of a Masters in Bioethics and Health Law through the University of Otago and has been accepted into the University of Victoria's Law School to complete her law degree from 2016. Dr Freeman-Brown sits on the Ethics Committee of the New Zealand College of Clinical Psychologists. She has lectured on the interface of ethics and health information law to clinical psychology students, interns and registered psychologists. Dr Freeman-Brown is a private consultant working out of Central Wellington.

Ranka Margetic-Sosa: The cultural diversity of refugee people in Aotearoa New Zealand

Ranka Margetic-Sosa was born in Sarajevo, Bosnia and Herzegovina, and came to live in New Zealand 20 years ago. Ranka is one of the foundation staff at Refugee Trauma Recovery in Wellington and currently holds the position of Clinical Manager. Ranka has BAs in Psychology and Education, and a Postgraduate Diploma in Gestalt Theory and Practice. Ranka is a registered psychotherapist with The Psychotherapists Board of Aotearoa New Zealand and a member of the NZ Association of Psychotherapists. Ranka attended International Specialist Training in Treatment of the Victims of the War, Torture and Trauma Survivors, and is an EMDR Institute facilitator and supervisor. Ranka's work has always been a combination of clinical and educational work and she is renowned for applied training and teaching of clinicians working with refugees. She has presented at Australian and NZ counselling and psychotherapy conferences on working with refugees and the cross cultural context.

For more information and the call for papers please go to

<http://www.nzccp.co.nz/events/conferences/nzccp-2016/>

