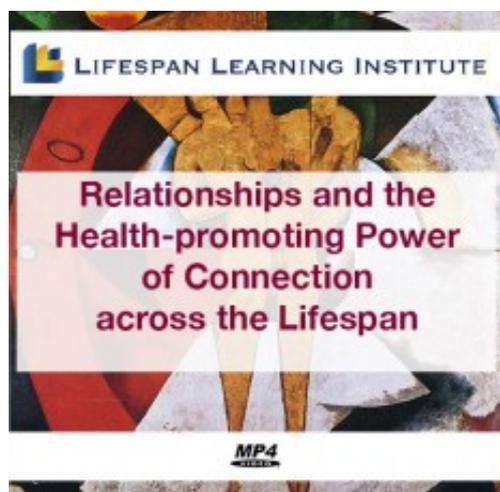


Relationships and the Health-promoting Power of Connection across the Lifespan (mp4 video)



Price: \$130.00

Short Description

An immersion into Relationships and the Health-promoting Power of Connection. Leading relationship specialists from Europe and the United States collaboratively explore relationships through the interdisciplinary framework of Interpersonal Neurobiology, drawing upon the spectrum of scientific disciplines such as developmental neuroscience and attachment research and the crucial role that attachment plays in shaping the neural and relational aspects of mind.

Description

Relationships and the Health-Promoting Power of Connection Across the Lifespan offers an immersion into relationships through the interdisciplinary framework of Interpersonal Neurobiology, drawing on the spectrum of scientific disciplines such as developmental neuroscience and attachment research to clarify the crucial role that attachment plays in shaping the neural and relational aspects of mind. Neuroscience research has demonstrated that all mammals connect through various aspects of the cortex, limbic system, and brain stem. Thoughts impact cells, and trauma and stress affect our bodies. Our focus is on various ways to repair stress and trauma-induced physical and psychological disorders through the power of strong relationships and deepened connections. This program discusses the research showing that one of the most health and life promoting activities of all mammals including humans is connection and a sense of togetherness. There is considerable evidence that intimate connections – whether marriage, deep friendships, psychotherapy, or groups working toward a

common goal – lead to healthier and longer lifespans. The speakers present a range of effective methods to achieve the betterment of relationships as well as ways to enter into healing partnerships with therapists, friends and intimate mates.

Weaving collaborative dialogue with didactic presentations, this program offers psychologists, psychiatrists, physicians, therapists, counselors, wellness coaches, and other health care professionals an opportunity to attain greater competence by integrating new research and information in the clinical arena. The goal is to increase skills in the treatment and guidance of individuals, families, & groups, assist in promoting well-being, and exploring new ways of talking and listening, all of which facilitate connection and the experience of joyful aliveness.

Objectives

Part 1 The Social Brain and The Embodied Relational Mind / Connection, Community & Compassion

- Discuss four elements in neuroscience research that show the role emotions play in social cognition and relationships.
- Explain how the mind-body-brain lens can foster transformational moments of insight and understanding within relationships.
- Distinguish mind, nervous system, and relationships, and discuss four empirical findings that reveal the power of relationships to promote well-being.
- Summarize five ways that understanding the science of personal transformation through “Mindsight” can change our minds, brains, and have a positive effect on relationships.
- Discuss five “Safe Conversations” techniques that are designed to empower people to speak without criticism, listen without judgement and connect through their differences.
- Identify four barriers to inclusive, compassionate communication and discuss four ways to engage in mindfulness-based practices to foster mutual understanding when working with cultural and/or racial differences.
- Discuss four ways to view love, in the aftermath of traumatic experiences such as post-Holocaust relationships.

Part 2 Relationships in Psychotherapy

- Describe two types of arrested couples development, and illustrate three ways

to address relationship challenges.

- Using the four features of the developmental model of couples therapy, outline six diagnostic criteria identifying what's wrong in relationship in order to identify the developmental arrest and use the impasse to build connection.
- Discuss barriers to healthy attachment and identify three components that strengthen attachment.
- Illustrate five ways Sensorimotor Psychotherapy uses non-verbal communication to identify body-based, implicit "somatic narrative" within relationships.
- Explore four body-based, implicit, nonverbal behaviors (movements, gestures, posture, etc.) that foster treatment of dyadic relationships.
- Identify four characteristics of successful multigenerational families that enhance communication so that past experiences don't become present relationship roadblocks.

Part 3 How Personal Relationships Impact The Whole of Our Lifespan

- Summarize the "Big Five" personality dimensions and outline how therapy and self-help strategies can change personality.
- Summarize five new scientific findings reflecting possibilities of shifting personality towards enhanced well-being.
- Examine four solutions to overcoming the challenges in family caregiver relationships.
- Explain the theory of the evolution of the social brain and summarize five social determinants that guide healthy aging.
- List five characteristics of a secure-functioning relationship and implement three interventions for reducing threat between partners.
- Summarize the long-term data on the health effects of behavioral interventions and discuss effective counseling strategies for improving healthy lifestyles.
- Identify five factors of mental illness impinging long-term commitment within relationships.

CE Credit

This program is eligible for up to 18 Hours of CE Credit. The following continuing education credit options are available for this program:

Marriage and Family Therapists, Licensed Professional Clinical Counselors, Licensed Educational Psychologists & Licensed Clinical Social Workers: Lifespan Learning Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, & LEPs. Lifespan Learning Institute maintains responsibility for this program/course and its content. (provider # 050085)

Psychologists: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this program and its contents. The Ethical Principles of Psychologists will be upheld.

IMPORTANT NOTICE: California Association of Marriage and Family Therapists, Board of Registered Nurses and IMQ/CMA are California accrediting organizations. It is the responsibility of participants licensed in other states to verify whether their Licensing Board will accept the CE Credit we offer.

Specification

Conference Recordings	
CE Hours (optional)	18 Hours
format	mp4 video
Presenter(s)	Diane Ackerman, PhD; Ellyn Bader, PhD; Antonio Damasio, MD; Linda Ercoli, PhD; John Foreyt, PhD; Diana Fosha, PhD; Bonnie Goldstein, PhD; Lee Hausner, PhD; Harville Hendrix, PhD; Helen LaKelly Hunt, PhD; Rhonda V. Magee, MA, JD; Pat Ogden, PhD; Peter Pear
Series	IPNB
Time	18
Year	2018