



# CHANGE OVER TIME:

ONE COUPLE'S JOURNEY FROM  
PAIN AND AVOIDANCE TO FINDING  
LOVE AND HOPE AGAIN



# WELCOME TO COUPLES INSTITUTE

We offer world-class training for therapists who want to deepen their knowledge and transform their practices.

## THE CI DIFFERENCE



Learn from the pioneers of couples therapy and founders of the Developmental Model.



Learn the model that has defined couples therapy since 1988, along with the latest innovations that make it more robust than ever.



Enjoy a non-competitive, uniquely supportive professional community.



Join therapists from 66 countries who are committed to their own growth as well as their couples'.



Transform your practice – and your own relationship.



Personalize the Developmental Model for your own style, since it is compatible with other approaches.



# ***CHANGE OVER TIME***

## **A 4-PART SERIES THAT EXPLORES ONE COUPLE'S JOURNEY FROM PAIN AND AVOIDANCE TO FINDING LOVE AND HOPE AGAIN.**

**I'm glad you're joining us for this innovative learning opportunity. At the Couples Institute, we are unwaveringly devoted to couples therapists like you and the couples you serve. This series is living proof, as we offer an unprecedented look at intimacy avoidance over an 8-month span of couples therapy.**

**Almost constantly I hear therapists' complaints and frustration about clients who are afraid of intimacy. But hardly anyone talks about how to work with this fear! So I am especially pleased to offer this special training.**

**This playbook includes your schedule of events for the series, along with printable handouts you can use to get the most out of each episode.**

**I know the series delivers a lot of valuable information. I hope it also gives you a glimpse of our exceptional training – and leaves you wanting more!**

**With respect and enthusiasm,**

  
**– Dr. Ellyn Bader**



## WEEK 1

### ONE COUPLE'S JOURNEY FROM PAIN AND AVOIDANCE TO FINDING LOVE AND HOPE AGAIN

SEPTEMBER 30, FRI 12 – 1:30 PM PACIFIC	OCTOBER 1, SAT	OCTOBER 2, SUN	OCTOBER 3, MON 12 – 1:30 PM PACIFIC
<b>EPISODE 1: STUCK IN VAGUENESS AND PASSIVITY</b>  <i>HOW VAGUENESS AND PASSIVITY UNDERMINE INTIMATE CONNECTION</i>	X	X	<b>EPISODE 2: OVERCOMING BOREDOM AND EXHAUSTION</b>  <i>WHAT TO DO WHEN PARTNERS ARE FLAT AND DISENGAGED</i>
OCTOBER 4, TUE	OCTOBER 5, WED	OCTOBER 6, THU 12 – 1:30 PM PACIFIC	OCTOBER 7, FRI 12 – 1:30 PM PACIFIC
X	X	<b>EPISODE 3: CHALLENGING DESTRUCTIVE DEFENSES</b>  <i>HOW TO HELP PARTNERS CHIP AWAY AT EACH OTHER'S DEFENSES</i>	<b>EPISODE 4: RETURNING TO LOVE AND HOPE</b>  <i>HOW TO SUPPORT EMERGING CONNECTION AND INTIMACY</i>

\*HANDOUTS ARE AVAILABLE IN THIS PLAYBOOK AND ALSO ON THE  
REPLAY PAGE WITH THE PRESENTATION SLIDES HERE\*


#### HELPFUL SUGGESTIONS:

- ✓ [Print your Playbook](#)
- ✓ [Add all webinars to calendar here](#)





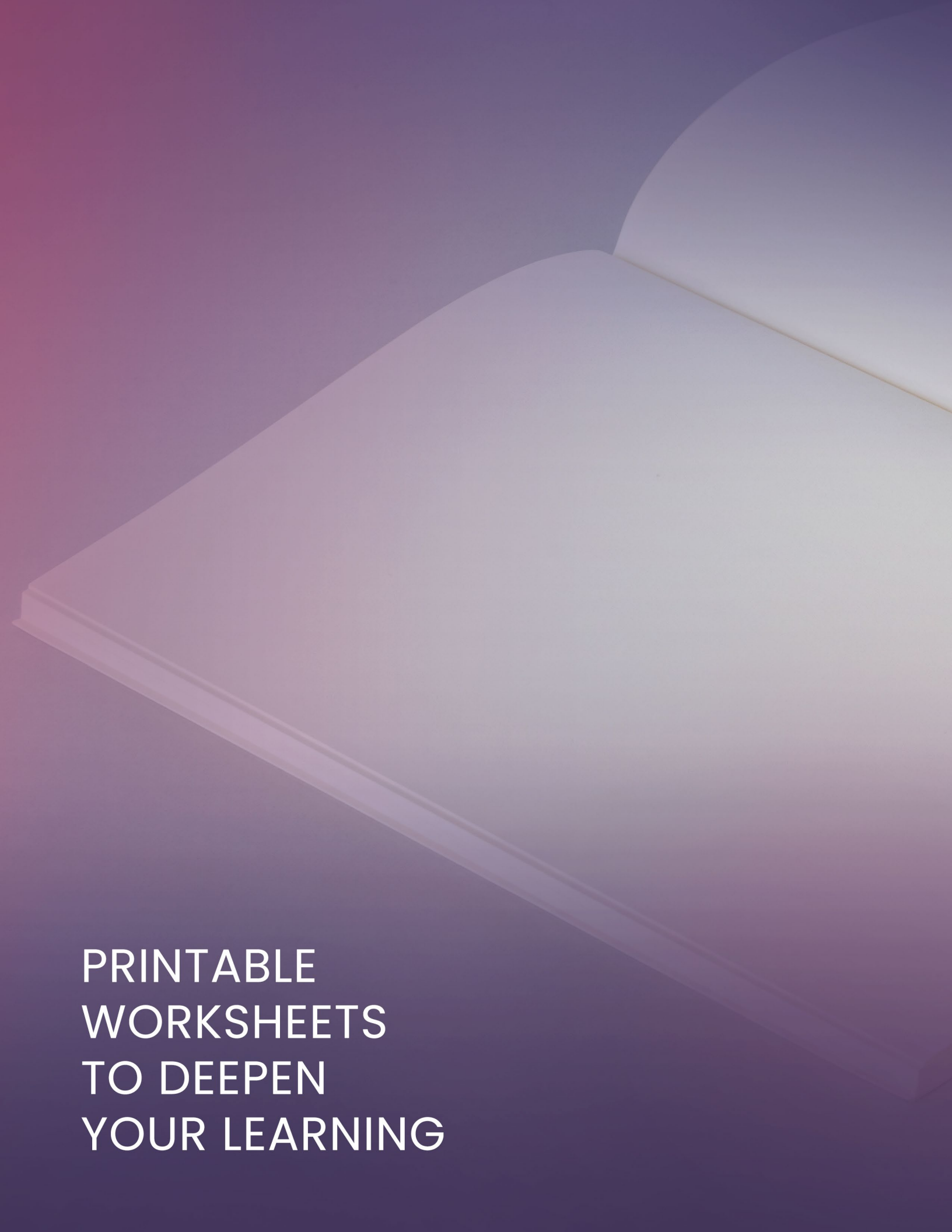
**WEEK 2**  
**THE THERAPIST'S JOURNEY:**  
**CREATING A SUCCESSFUL CAREER**  
**IN CHALLENGING TIMES**

OCTOBER 11, TUE 12 – 1:30 PM PACIFIC	OCTOBER 12, WED	OCTOBER 13, THU 12 – 1:30 PM PACIFIC	OCTOBER 14, FRI 12 – 1:30 PM PACIFIC
<b>YOUR CAREER: 4 PATHWAYS TO SUCCESS</b>		<b>YOUR CLINICAL FOUNDATION: DEMOS OF TOOLS YOU CAN USE WITH FIGHTING COUPLES</b>	<b>YOUR COMMUNITY: MENTORS, COLLEAGUES, AND REFERRALS</b>

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PRINTABLE  
WORKSHEETS  
TO DEEPEN  
YOUR LEARNING





## WORKSHEET FOR

# **EPISODE 1: VAGUENESS AND PASSIVITY**

How Vagueness and Passivity Undermine Intimate Connection

**1. Here is why it is so hard to maintain clear direction with avoidant couples:**

**2. These are some beginning interventions I will try using:**

**3. For me, when I feel bored and frustrated, here is why:**

**4. Here are some ideas I can take and use soon from Ellyn's roleplay:**

**5. Some ways partners avoid differentiation that I want to remember:**

You will be receiving Ellyn's PowerPoint while watching the webinar.



WORKSHEET FOR  
**EPIISODE 2: BOREDOM AND EXHAUSTION**

What to Do When Partners are Flat and Disengaged

**1. Here is what I can expect with Intensity Avoidant Couples:**

**2. Here is how Liza has coped with feeling hurt:**

**3. Here is what I will take away from Ellyn's roleplay with Liza:**

**4. Here is what I will remember about emotional risk:**

**5. Here are my takeaways from Ellyn's roleplay with Jess:**

You will be receiving Ellyn's PowerPoint  
while watching the webinar.





## WORKSHEET FOR **EPISODE 3: DESTRUCTIVE DEFENSES**

How to Help Partners Chip Away at Each Other's Defenses

We will be posting a short transcript from an actual session on the replay page. We hope you will use it two ways: 1) *to follow along while watching the video* and 2) *to look for examples of all of the points listed here.*

In Episode 3, you will see how the therapist is demonstrating to the couple:

1. **I am in charge here.**
2. **I am a leader.**
3. **I am going to hold you both and we are going to go forward together.**

The therapist has made significant progress.

- She has demonstrated the power of slowing down.
- She is creating more experiential moments in sessions.
- She is taking more risks.
- She is allowing herself more mental space to think and not be so reactive to the clients.
- She is making clearer choices about when to do intrapsychic work and when to do interpersonal work.

Please take a minute and think about how you facilitate partners successfully responding to each other's defenses.

**Describe 2 interventions you plan to try with your clients this week:**



WORKSHEET FOR  
**EPIISODE 4: RETURNING TO LOVE AND HOPE**

How to Support Emerging Connection and Intimacy

**1. Here is specifically what Ellyn noticed and focused on:**

**2. Here is why that matters:**

**3. Here is how each partner responds when the other takes risks:**

**4. Here are my takeaways from Ellyn's roleplay:**

**5. Here is the job Ellyn gave to each partner:**

You will be receiving Ellyn's PowerPoint  
while watching the webinar.

## WHAT ARE SOME OF YOUR TAKEAWAYS ABOUT INTIMACY AND VULNERABILITY? JOT THEM DOWN.

Important Takeaways About Intimacy:



1.  
The moments  
of vulnerability  
matter.



2.  
Vulnerability  
is where the work  
really begins.



3.  
Everyone has  
some ambivalence  
about intimacy.



4.  
When partners really  
understand the meaning of  
each other's defenses, they  
begin to be more resilient.



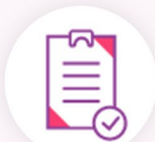
# The Developmental Model Training

DR. ELLYN BADER

**This high-touch, world-class program offers you...**



**Live Clinical Sessions**



**Client Handouts**



**Exclusive Video Demonstrations**



**Members' Case Consultations**



**36 CE Hours**



**Guest Speaker Calls**



**Written Lessons**



**Ongoing Discussions**



**Members Directory**



**Supportive Community**

**Check Out What Other Therapists Are Saying...**



"The model has enhanced my practice and given me the confidence and structure I needed to work with couples. I love the developmental model and the attachment frame. Because of this training, couples are who I like working with best - even the very challenging ones. I also specialize in co-parenting therapy with divorced couples, mediation, and other forensic work. This model is so valuable in working with this population also. Thank you for this incredible program!"

**Shannon Seeley**  
LCSW, Soquel, CA



"I'm making progress with my toughest couple. We're now laughing together when I call them on their contributions. They leave with 'challenges' of things to change and with big smiles. I feel a bunch more confident. I never would have been able to get this couple on the right path before I started learning here. YIPPEE!"

**Ann Veilleux**  
MSW, LCSW, Madison, WI



I feel I now have a compass. I know where I want to go and feel more prepared to face the obstacles that lay ahead whatever they may be. The Developmental Model is great, and Ellyn is a great mentor. Thanks for sharing all your knowledge and expertise."

**Jules Comeault**  
MA, Gatineau, QC

**ENROLL NOW**