



2020 Mindfulness-Centered Couples Therapy

Learning Objectives for Weekend #3

At the end of this weekend, you will be able to:

1. Describe the difference between real and pseudo differentiation
2. Explain the importance in couples therapy of holding the urge to differentiate as important as the urge to connect
3. List three experiential exercises to help couples differentiate gently and consciously
4. Describe the sequential steps to working with attachment and differentiation injuries
5. List one developmental injury underlying each of the 6 character types
6. List one core belief held by each of the 6 character types
7. List three interventions that apply to working with each character type in couples therapy
8. Describe how each person's character strategies tend to evoke wounded parts in their partner
9. Explain why repair is important
10. Discuss why acknowledgement is important
11. Demonstrate two types of apology
12. Demonstrate helping a couple to make amends
13. Explain why self-compassion and compassion for others is important for repair
14. Explain how to implement "care days"