

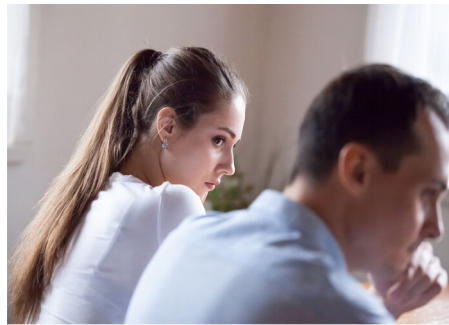
Are you there for me? Working with Disconnected Couples

An online workshop with
Kathleen Mates-Youngman LMFT

Zoom Webinar
08 February 2024, Thursday
Times:
6:00 pm – 9:00 pm, London UK
1:00 pm – 4:00 pm, New York, USA

CPD/CE credits: 3

Limited number of early bird tickets at £59 only
Regular price: £69



Location: Online streaming only
(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

Being the best, you can be is really only possible when you are deeply connected to another. Splendid isolation is for planets, not people. - Sue Johnson Ed.D

When couples begin therapy, they often complain of feeling disconnected, yet are unable to pinpoint what that means. They will share being *two ships passing in the night*, with little time for emotional or physical intimacy. They may both feel this way, or it may be one partner that expresses this concern while the other disagrees or offers excuses. Without connection, the challenges of everyday life become less manageable, often leading to more conflict, resentment and discouragement.

Research has shown there are four pillars of relationship connection, and even if one of these pillars is lacking in strength, the couple will feel the relationship as *unsteady*. At this therapeutically-oriented webinar, globally renowned couples therapist, Kathleen Mates-Youngman addresses this *lack of connection* through empirically-based models including:

- The Gottman Method – to get to the foundation of the relationship
- **Emotion-Focused Therapy** – to explore the impact of early childhood attachment on couple dynamics
- Relational Life Therapy – to understand the stance partners take when facing challenges
- **Schema Therapy** – to challenge underlying beliefs that may interfere with healthy connection and

- **Pragmatic-Experiential Therapy** - to learn core differences in couples

Using case vignettes, Kathleen first defines *connection*, highlighting the **key roles of Caring; Play (including shared fun, adventure, exploration and levity); Longing; Sexual and sensual connections**; before helping us evaluate the possible reasons for *disconnection* and how we can therapeutically assist the couple in each case. We will learn to work with:

- Relationship injuries – whether historical or current
- Emotional injuries – whether minor or major which may continue to interfere with trust and closeness, unless processed and repaired
- Transition stress – we will consider **how life milestones including courtship to marriage, couple to parents and empty nesting can stretch the limits of couple connections**
- Situational stresses created by career challenges, family boundaries, financial distresses and / or illnesses can exacerbate an already detached couple
- Conflicting relationship styles in couples that may manifest on account of:
 - Emotional or physical abuse
 - **Activation of insecure attachment styles during times of stress**
 - Widely different temperaments and
 - Disparate schema styles
- Mood disorder – where the root causes of disconnection may arise from depression or anxiety
- Personality disorder – where Axis II disorders may result in dysfunctional relational patterns that can create distance between partners

Learning Objectives:

- Discuss how to navigate early sessions in order to: learn why the couple has sought therapy at this time, **manage any immediate crises, assess for violence, mood disorders and relationship strengths and weaknesses**
- Define and operationalize healthy relationship connection; understand possible threats to connection
- Explain the impact of family and relationship history in order to achieve repair; **create disconnection prevention tools**

About the speaker

Kathleen Mates-Youngman, M.A., LMFT, is a Licensed Marriage and Family Therapist/Author/Speaker/Yoga Teacher, with a private practice in Southern California specializing in Couples Therapy. She is the author of best-selling *Couples Therapy Workbook: 30 Guided Conversations to Re-Connect Couples*, and *Family Therapy Workbook: 96 Guided Interventions to Help Families Connect, Cope and Heal*. She has conducted a number of seminars on wide-ranging topics including infidelity, repairing ruptured relationships and the Art and Science of Couples Therapy.

She is married with three children and combines real-life experience with clinical expertise to help clients navigate the complex challenges arising in marriage and family life.

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