



TENTATIVE AGENDA:
The PREP Approach in Couple Therapy Two-Day Training

Overview

- Challenges in Working with Today's Relationships
- Expanding Your Toolbox
 - Science-informed practice
 - Tools and strategies you can use within a variety of therapy frameworks

Foundations of Happy Relationships

- Emotional Safety, Physical safety, and Commitment Safety and Security
- Applying PREP's Three Keys in therapy: Mindsets for sustained change
 - Do your part.
 - Make it safe to connect.
 - Decide, don't slide.

Destructive Conflict

- Four Communication Danger Signs
- Conflict and types of aggression
- Teaching couples to use Time Out

The Structure of Conflicts: Issues, Events, and Hidden Issues

- Why big fights start over small stuff

Talking *Without* Fighting

- PREP's model for changing partner-to-partner interaction
- Structure: An approach to shaping communication and curtailing conflict
- Effectively teaching The Speaker Listener Technique
- Working with high conflict couples

Problem-Solving Steps that Work

Rebuilding Positive Bonds

- Specific strategies for boosting fun, friendship, and sensuality
- How to restore love

Infidelity: Strategies to Help Couples Move Forward

Fostering Acceptance Through Sharing Personality Differences

Sliding vs. Deciding: Finding and Repairing Structural Flaws in Commitment

- Asymmetrical commitment and ambiguity
- The interplay between commitment and attachment
- Diagnosing how commitment developed
- Boosting intention and decisions

Empirically-Informed Strategies for Strengthening Commitment

- Dealing with high constraint, low dedication dynamics
- Reducing the odds of infidelity
- Promoting and renewing a future orientation