

October 12, 2018

## Moving Beyond Words: An Evidence Based Practice for Skillful Relationships

Presenter: Katherine Calvert, LCSW

Lakewood Center for the Arts · 368 S. State Street · Lake Oswego, OR 97034

Registration & Breakfast Networking 8 am · Enjoy conversation and food before the workshop begins.

Workshops begin promptly at 9 am · No food or drink allowed in the theatre.

Lunch 12:30-1:30 pm is included in your registration fee.

Program times 9 am to 4:30 pm - 6 hours CE

Katherine Calvert, LCSW is pleased to introduce the concepts and strategies of Radically Open-DBT, an evidence-based treatment developed by Thomas Lynch, Ph.D. RO-DBT is a new treatment both similar and dissimilar to its predecessors, and supported by 20 years of clinical research. RO-DBT targets problems of excessive self-control (Over Control) and includes influences of dialectical philosophy, dialectical behavior therapy, mindfulness-based approaches, cognitive behavior therapy, Gestalt therapy, motivational interviewing, basic emotion theory, affective neuroscience, personality and developmental theories, evolutionary theory and Malamati Sufism.

Katherine Calvert has adapted the concepts, strategies and materials of RO-DBT to teach a skills-based approach to couples struggling in relationship. The skills target relationship ruptures such as going silent, withdrawing, stonewalling, or excessive criticism and blame, while they improve self-understanding, communication and interpersonal safety. Couples report less reactivity and deeper sense of connection.

The core tenets of RO-DBT include (but are not limited to):

- Psychological well-being involves the confluence of three factors: openness (receptivity), flexibility and social connectedness. The term radical openness represents the confluence of these three capacities.
- Social signaling matters. In disorders of over control, deficits in prosocial signaling are posited to be the core source of OC clients' loneliness.
- Radical openness assumes that we don't see things as they are but rather as we are.
- Radical openness and self-enquiry are experiential and cannot be grasped on an exclusively intellectual basis.

Therapists need to practice radical openness themselves in order to model it for their clients.

Workshop attendees will be able to:

- Describe the neuro-bio-social theory of over and under control (OC-UC)
- List the 5 Neural Substrates involved in the Brain-Behavioral Model of Emotion
- Assess a client coping styles of over control (OC) or under control (UC)
- Integrate the neuro-bio-social theory of over and under control (OC-UC) for work with couples
- Discuss how changing physiology can change couple's interaction when distressed
- Practice interactive exercises that can be used with clients
- Explain three ways to activate Social Safety.
- Teach Loving Kindness Meditation to trigger safety cues with couples
- Use targeted interventions for relational rupture and repair.



*Katherine Calvert, LCSW, is in private practice and specializes in couple's work, targeting each individual's habitual pattern of coping with distress that leads to eventual rupture in relationship.*

*Katherine helps couples define the impact of their defensive patterns on their relationship and offers skills to open the couple to growth and increased intimacy. Katherine received a Master of Social Work from Portland State University and is intensively trained in Dialectical Behavior Therapy, Radically Open DBT, EMDR, Sensorimotor Psychotherapy, Gottman Couples Therapy, and is a certified Imago Couples Therapist. Katherine has presented her unique approach to a regional meeting of Imago therapists in New York City as well as to an Imago International Conference in Vancouver, BC.*

This CE program is co-sponsored by AMHA-Oregon, and Mentor Research Institute.  
Mentor Research Institute is approved by the American Psychological Association to sponsor continuing education for psychologists.  
Mentor Research Institute maintains responsibility for the programs and their content.

Call 503-222-0332 for information about AMHA-Oregon or this workshop.

This continuing education program is appropriate for psychologists, social workers, counselors and marriage and family therapists who work with couples. The instruction level is Intermediate.  
See [www.MentorResearch.org](http://www.MentorResearch.org) for other MRI programs

## Registration Form

### 10/12/18 Moving Beyond Words: An Evidence Based Practice for Skillful Relationships

Co-sponsored by Mentor Research Institute & AMHA-Oregon · Phone: 503-222-0332  
Mail to: AMHA-Oregon · P.O. BOX 4075 · PORTLAND, OR 97208 · Or FAX: 888-826-3682

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**PHONE NUMBER AND E-MAIL ADDRESS ARE REQUIRED**

**EARLY REGISTRATION POSTMARK/RECEIVED BY 10/1/18 ( ) \$120 MEMBER ( ) \$150 NON-MEMBER**

**LATE REGISTRATION POSTMARKED AFTER 10/1/18 OR AT THE DOOR ( ) \$140 MEMBER ( ) \$170 NON-MEMBER**

I want to register for Moving Beyond Words on 10/12/18; Charge \$\_\_\_\_\_ to my credit card:

Visa \_\_ MasterCard\_\_

Credit Card# \_\_\_\_\_ expiration mo/yr \_\_\_\_\_

Office use only: D \_\_\_\_\_ A \_\_\_\_\_ R \_\_\_\_\_ D \_\_\_\_\_