**SOLUTIONS & STRATEGIES FOR COUPLES THERAPY**

*(LIVE-ONLINE)*

This workshop focuses on the radically simple yet powerful approach to working with clients and client systems: The Cape Cod Model©. It is designed for those both familiar with and new to this model.

A Gestalt approach to psychotherapy assumes humans innately strive for connection, growth and development. Therefore, a Gestalt practitioner is typically exploring what behaviors, beliefs or habits are interfering with the natural movement toward connection, development, and growth, rather than looking at dysfunction and pathology. The result is an optimistic, engaging, co-creative process of the therapist supporting a client's movement toward contact, engagement and vitality.

This same process applies when working with couples. While many couples therapists find themselves and their clients frustrated or defensive in an attempt to uncover which member of the couple is the “cause” of a couple's difficulties, a Gestalt couples' therapist is typically approaching the work in two distinct ways:

1. Viewing the couple as a system that is co-creating both satisfying connection and intimacy as well as co-creating the events or behaviors that interfere with connection and intimacy.
2. Viewing the behaviors that are creating problems as attempts to successfully create a well-functioning couple that have gone astray.

For over 40 years and for many hundreds of practitioners around the world, GISC’s Cape Cod Model has been a highly effective approach to working with individuals and couples.

**Benefits**

In this experiential training participants will:

- Learn the fundamentals of The Cape Cod Model
- Be introduced or re-introduced to some of the major principles informing the Cape Cod Model©, such as awareness, optimism and the paradoxical theory of change
- Begin to perceive a couple as a whole system
- Develop an ability to see and appreciate the competence of a client system as well as their “growing edge”
- Have opportunity to observe faculty demonstrations
- Practice this approach with couples in a supportive learning environment

**Participants**

This workshop is appropriate for clinicians and psychologists.

**Continuing Education**

*Mental Health Professionals*: Please see program webpage for CEU details.