Couples in Depression

Presented by Dr. Liu Ting

4th - 5th Mar 2017 (Sat, Sun)

Couples in Depression

It is difficult to separate the effects of depression on the individual or the relationship. For example, when a depressed person's sex drive is lacking, the sexual needs of the partner goes unmet; when a depressed person withdraws into isolation, the partner is shut out. It is clear that depression ripples beyond individuals to reverberate within couples.

Depression has been called a "we-disease" because when the dark clouds arrive, it's not just the depressed person who is affected, but all those close to them, especially those in intimate relationship.

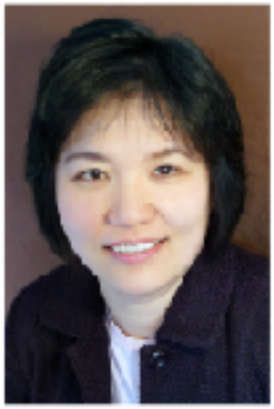
Emotionally Focused Couples Therapy

Emotionally Focused Couples Therapy (EFCT) is a structured approach to couple therapy formulated by Drs. Susan Johnson and Leslie Greenberg. It offers a comprehensive theory of adult love and attachment, as well as a process for healing distressed relationships. This experiential/systemic therapy focuses on helping partners restructure the emotional responses that maintain their negative interaction patterns.

Workshop Objectives

- Understand the co-morbidity between depression and relationship distress.
- Review research findings supporting the use of EFCT for depression.
- Understand the EFCT change process in couples dealing with depression.
- Understand how the EFCT interventions work in couples struggling with depression and relational distress.
- Discuss strategies to deal with the impasses in treatment with couples struggling with depression, particularly the emotionally injured partner who has been hurt by the infidelity of the other.

Workshop Presenter - Prof. Liu Ting



Liu Ting, Ph.D., completed her doctorate at Purdue University, USA, and she did Child Development and Family Studies with a specialisation in Marriage and Family Therapy. She is a Pennsylvania licensed Marriage and Family Therapist and an Approved Supervisor with the American Association of Marriage & Family Therapy. Dr. Liu specialises in multi-cultural applications of EFCT, infidelity issues, mood disorders, and Emotionally Focused Family Therapy with adolescents. She is also a certified EFT trainer and supervisor. She provides training and supervision in the EFT model of couples and family therapy internationally, in particular Asia.

When & Where?

- 4th - 5th Mar 2017 (Sat, Sun)
- 9.30 am to 4.30 pm
- Venue : To be announced.

Fees

- $700 Early Bird - **before 4th Jan** 2017
- $900 Normal Rate - **from 4th Jan** 2017
- Payment is needed to confirm your registration

Registration

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