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Couples counseling in the pastoral care setting

Practical approaches and case studies

April 26-27, 2012

Lowell Center
610 Langdon St
Madison, Wisconsin

www.dcs.wisc.edu/pda



Continuing Studies
UNIVERSITY OF WISCONSIN-MADISON
21 N. PARK STREET, 7TH FLOOR
MADISON, WI 53715-1218

Couples counseling: Practical approaches & case studies—April 26–27, 2012

Couples counseling in the pastoral care setting

Practical approaches and case studies April 26-27, 2012

Day 1 Thursday, April 26, 2012 8:30 am–4:30 pm

Learn practical approaches to use in the counseling of couples. Explore a variety of techniques, modalities, and creative ways to work with couples. Learn about coping skills for repairing damaged relationships, and healing exercises for affected individuals, as well as how to strengthen the bonds within a relationship by teaching couples the skills needed for effective, satisfying relationships.

This seminar is designed at an intermediate level for clergy, pastoral counselors, deacons, and other mental health professionals who desire to help couples use their faith and spiritual beliefs to strengthen and heal their relationships.



Explore answers to questions such as:

- What is a model for a “Healthy Marriage”?
- How can a healthy marriage exist or last?
- What is couple counseling?
- How does it begin and when should it be discontinued?
- When emotional and behavioral problems complicate, or even contaminate, is there any possibility for a healthy relationship?
- Can a person with a personality disorder be in a healthy relationship? Is this by definition impossible?
- What determines when to counsel the individual versus when to counsel the couple?
- Can a resistant partner be involved in counseling? How do we engage this individual?
- When and how to refer couples to a professional therapist.
- How to work collaboratively with therapists treating a couple.

Workshop overview

- I. A healthy marriage in an unhealthy society!?
- II. Counseling modalities—how to be effectively eclectic
 - Rational-emotive
 - Solution-focused
 - Transactional analysis
 - Six emotional needs
- III. Creative techniques
- IV. Marriage Care Ministry
- V. Healing a couple when there’s been a known affair or other damaging event
- VI. Blending personal counseling with couple counseling

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Day 2 Friday, April 27, 2012 8:30 am–12:30 pm

Day two moves beyond the theoretical underpinnings of couples' counseling and explores how to apply methods to specific cases and situations.

A special message and invitation from your instructor...

I encourage you as clergy and counselors to participate and engage in discussions throughout the program. There is no role playing and no expected or forced participation.

This program offers you the opportunity to focus on application of strategies through the following: what to do and what not to do; discussing our frustrations; how to evaluate when and how to use a therapist; recognizing how and when to use homework.

I look forward to making this seminar very practical for you and working with you on those difficult counseling issues when working with couples.

—Doug Meske

Your instructor

Doug Meske, MSW, PhD, has treated hundreds of couples, families, and individuals since 1968. Dr. Meske's treatment emphasis has been in couples therapy, family therapy, and affective and personality disorders. Since the early 1980s, his practice has been composed of at least 60% couples. He has presented highly evaluated workshops throughout the United States on topics such as building relationships, taking care of emotional needs, and treatment issues. He has had longstanding memberships with the American Academy of Psychotherapists, the National Association of Social Workers, and the American Academy of Christian Counselors. Doug attended seminary for both high school and college, and when appropriate, builds on clients' faith and relationship with a higher power during their treatment.

Here's what participants say about Doug Meske's workshops:

"Doug does a nice job of blending images, stories, and "real life" interactions with clinical/therapeutic theory and practice."

"Terrific! Practical information that can be used immediately."

"Dr. Meske had wisdom that clearly was gained through his sensitive work with others."

"Doug used plain language and great illustrations to set up training techniques. He was never too busy with his own agenda to answer questions."

"Good material; tremendous experience, and skilled presentation."

General information

Location: Lowell Center, 610 Langdon St, Madison, WI, 608-256-2621

Times: Registration: 8-8:30 am
April 26: 8:30 am-4:30 pm (includes 1-hour lunch break on your own)
April 27: 8:30 am-12:30 pm.

Fees: \$250 includes instruction, materials, CEU, refreshments and \$20 non-refundable administrative fee. Lunch is on your own.

Registration deadline: To ensure your place in the programs and to help us accommodate you, please register as early as possible. If you do not receive our confirmation letter before the workshop, please call 800-725-9692.

Cancellation policy: If you are unable to attend or arrange for a substitute, you may obtain a refund minus the \$20 administrative fee by contacting our registration department at least 3 business days prior to the program. If you cancel 3 business days or less before the program, or do not attend, you are responsible for the entire fee. To cancel or arrange for a substitute, please call 800-725-9692.

Program cancellations: In the event of bad weather or other emergencies, visit www.dcs.wisc.edu or call 608-263-4432 to learn whether a Continuing Studies program or class has been cancelled.

Accommodations: Please make your own travel and lodging arrangements. Maps and information on lodging and parking are sent with your registration confirmation.

Approved hours: 1.2 CEU or 12 hours of professional continuing education sponsored by an accredited university, each workshop qualifies for—WI licensed psychologists, and marriage & family therapists, counselors through the National Board of Certified Counselors (NBCC provider #5990), Social Workers: WI, MI, MN and IA social workers through the Association of Social Work Boards (ACE provider #1042), IL Social Work Provider #159-000243.

For more information: contact **Ann Whitaker**, 21 N. Park Street, 7th Floor, Madison, WI 53715-1218; 800-442-4617 or awhitaker@dcs.wisc.edu

To register: 608-262-2451 or 800-725-9692.

Registration form

UW# W55

Please register me for

Couples counseling
April 26-27, 2012; \$250

#1033

Contact information

NAME

TITLE

ORGANIZATION

MAILING ADDRESS

CITY / STATE / ZIP

PHONE ()

EVENING/CELL PHONE

E-MAIL

Payment method

- Please bill my organization at the address above.
 Enclosed is my check payable to UW-Madison.
 Please charge to the following account:
 MasterCard VISA Am Ex Discover

CARD NO.

EXPIRES

CARDHOLDER'S NAME

Mail to: UW-Madison Cont. Studies Registrations
Pyle Center, 702 Langdon St.
Madison, WI 53706-1487

Call: 608-262-2451 or 800-725-9692
(Wisconsin Relay 711)

Fax: 608-265-3163 or 800-741-7416

Online: www.dcs.wisc.edu/pda/clergy

Phone, fax or online registrations must include payments by credit card or purchase order.

If you have a disability and desire accommodations, please advise us when you register. Requests are confidential. Programs offered by UW-Madison in cooperation with UW-Extension.

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