

# NAMFT Spring Conference 2016

When **15 Apr 2016**

8:30 AM -  
4:30 PM

Location Arbor Hall,  
14040 Arbor  
Street,  
Omaha, NE,  
68144

## Registration

\$100.00 (USD)

- **Non-Member -**  
**\$125.00 (USD)**
- **PLMHP - NAMFT**  
**Member -**  
**\$50.00 (USD)**
- **PLMHP - Non-**  
**Member -**  
**\$75.00 (USD)**
- **Student -**  
**\$30.00 (USD)**
- **Student Volunteer -**  
**\$10.00 (USD)**

## Increasing the Capacity for Love

An overwhelming body of research now suggests that clinicians rely too much on insight and understanding—and too little on repetitive practice—in promoting lasting change. In other words, weekly therapy sessions are no match for deeply conditioned and internalized emotional patterns.

In this workshop, you'll learn how to help clients engage in daily practices that rewire their patterns of emotional response that includes:

✎\* Accessing audio recordings and interactive, web-based tools that provide "on-demand," personalized, step-by-step guidance at the moments when they need it.

✎\* Implementing practice protocols that deliberately re-stimulate and interrupt old emotional reactions through visualization, relaxation and mental rehearsal.

✎\* Engaging in "sustained inviting" practices that prime and strengthen the brain's intimacy circuits, boosting naturally-occurring feelings of empathy, playfulness and desire.

✎\* Using smartphone technology to create a system of reminders, protocols, and check-in procedures that enhance follow-through.



**Brent Atkinson, Ph.D.**, is the principle architect of *Pragmatic/Experiential Therapy for Couples*, an approach that translates new scientific findings about the brain into practical methods for improving relationships. Dr. Atkinson is known for his ability to present complex scientific ideas in compelling and easy-to-understand ways. His seminars are packed with cutting-edge information, practical interventions, and handouts that can be given to clients.

Registration & sign-in begins at 08:45, with the program starting at 9:00am. There will be an annual meeting for NAMFT members during the lunch break.

6.0 hours of CE for LIMHPs & LMHPs

Breakfast & Lunch is included in the registration fee.

Register