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Topics Covered During the 5-Day Intensive Training in the Pragmatic/Experiential Method for Improving Relationships

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An Introduction to the Science of Relationship Success

- The habits of people who are good at getting others to treat them well, and how they differ from what everybody else does.
- Watershed moments: How people react when they feel offended or mistreated.

Dealing with Differences in Nervous System Wiring

- How to recognize differences in nervous system wiring that most often lead to interpersonal strife.
- Five core differences in nervous system wiring
- Teaching clients how to handle these differences

Tuning Up the Emotional Brain

- Why people continue with dysfunctional relationship habits even though they don't work?
- What you need to know about how our brains' take over when we get upset.
- Exercises that strengthen brain areas responsible for mood-regulation, self-soothing, response-flexibility, empathy and attentiveness.
- Why great relationships begin with internal regulation.

A Step-by-Step Blueprint for Helping Your Client(s) Get More Respect, Cooperation and Understanding

- How people who get others to treat them well go about doing it: A 12-step sequence
- Launching a complaint effectively – Crucial first steps

Helping Your Clients Stand Up for Themselves without Putting Others Down

- It's essential for your clients to know when and when not to stand up for themselves.
- A powerful formula for standing up
- Common pitfalls in sticking up for yourself

Under Hostile Fire

- Practical methods for helping your client maintain his/her cool.
- Common Ineffective Reactions to Criticism
- How and when your client should distance him/herself.
- Refusing to continue business as usual
- Why “getting on the high horse” weakens your client’s influence
- The missing factor in successfully standing for oneself.

Frequently Asked Questions about the Standing Up Process

- “What about when the other person has done something that is clearly wrong or harmful?”
- “Aren’t ultimatums counter-productive for relationships?”
- “Shouldn’t I take the high road...be the bigger person?”
- “What if I use all of these methods to stand up effectively for myself and my partner *still* continues to treat me badly?”

Motivating Clients to Develop New Emotional Habits

- A roadmap for getting clients to take ownership of their relationship problems
- How to convince clients that the key to getting more respect and cooperation lies in their own hands.
- Three strategies for cutting through a client’s tendency to project blame.

Welcoming and Neutralizing Resistance

- Five reasons why your clients will resist developing new relationship habits.
- How to give your clients critical feedback without them feeling criticized.
- Five methods for cultivating receptivity in your clients.
- How to avoid getting into an argument.

Resolving resentment – The Single Greatest Obstacle to Motivating Your Clients to Change

- Why your client’s belief that other person is more to blame is self-defeating (and why it also isn’t true!)
- How to undermine the belief structure that fuels resentment.
- A lesson in the advantages of humility.
- Three widely applicable alternatives to “the other person is the villain.”
- A time-tested method for helping your client release the other person from the role of villain.

Helping Your Clients Learn from Failed Experiences

- Developing 20/20 hindsight through retrospective review
- Pinpointing automatic reactions for your client's focus
- How to get precise about the target for change.

Creating Internal Shifts during Conjoint Couple Sessions

- Advantages of conjoint sessions
- Putting mirror neurons to work: Coaster Method.
- Why you must prevent partners from getting into each other's business
- Why session breaks are needed and how to select the optimal times.
- How to intervene firmly without criticizing or shaming.

Reconditioning Automatic Internal Reactions

- Hebb's Law and how to use it effectively
- The problem: One part of the brain doesn't know what another part is doing!
- The necessity of practicing "during game conditions"
- Why you need to know your way around a digital sound recorder
- Digital Audio 101 (for the digitally challenged therapist)

Creating Personalized Tutorials for Your Client(s) in the Skills of Emotional Intelligence.

- How recordings of the partner's critical and dismissive attitude can be used as a powerful teaching tool.
- Step-by-step procedures for coaching your client to ask his/her partner to make recordings.
- Three reasons why your client's partner will want to cooperate.
- Practical mindfulness methods for helping your client.
- Three potent methods to rewire your client's internal reactions.

Enhancing Love Relationships

- Helping clients use what they've already got.
- Ten simple exercises for the relentless introduction of positivity
- Going through the motions: Why caring "acts" aren't enough
- The attachment paradigm: What partners feel is more important than what they say or do.
- The brain's 4-cylinder engine for intimacy

Making and Responding to Bids for Connection

- Making a successful bid: Common Pitfalls
- A four-part formula for making a successful bid
- A formula for responding to a bid.
- Responding to a bid: Common Pitfalls
- Using the questionnaire, “What Makes You Feel Loved”

Strengthening the Capacity for Closeness

- When being smart isn't enough
- Why the brain's intimacy states sometimes go dormant.
- Releasing playfulness and awakening emotional longing.
- The crucial role of needing to be needed
- Rekindling sexual desire
- Focusing: A powerful step-by-step method for awakening the intimacy states

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