

Foundational Training in Dialogue Therapy and Real Dialogue

In-person classes with founder Polly Young-Eisendrath, Ph.D.

Session #1: October 20 - 23, 2022

Session #2: December 8 - 11, 2022

Session #3: March 9 - 12, 2023

These three sessions of foundational training, taken together, are designed to offer 78 CEs for mental health professionals – or 26 CEs per session. Applicants are encouraged to enroll for the entire training; CE certificates will be presented at the conclusion of the third session. Vermont Continuing Education Credits are transferable in most states in the US.

The Problem of Eroding Trust

Intimate and other relationships in the 21st century present unique demands in regard to equality, authenticity, reciprocity, and accurate witnessing. All adults who are in equal relationships – spouses, partners, siblings, grown children and parents, friends, co-workers – are stressed by the demands of equity and equality. Leaders, teachers, and managers are also stressed. People in all walks of life want to be seen and heard accurately, instead of being misperceived, due to bias, indifference or stereotypes.

Many people avoid conflicts in these circumstances because they can become so painful and unrewarding as to be emotionally threatening and dangerous. Without effective and respectful conflict, however, decisions and negotiations cannot take place. In intimate relationships, destructive conflict or avoidance of conflict also undermines trust. Transformative and respectful conflict between equals restores trust, and between intimate partners or grown children and their parents, it allows for the deepening of love.

The Solution of *Dialogue Therapy* and *Real Dialogue*

The skills and knowledge needed to sustain trust, in an atmosphere of attunement and equality, go beyond the parameters of “better communication” or secure attachment bonds, often the focus of couple counseling. They require an ability to be mindful, insightful, and self-reflective, even in the midst of emotional activation (triggering). Negotiating differences of desires, styles, opinions, beliefs, and preferences, while remaining emotionally open to transformation, requires methods beyond what most popular psychologies offer.

Dialogue Therapy is a time-limited short-term structured couple therapy that addresses these 21st century demands. Drawing on psychoanalysis, mindfulness, and techniques of psychodrama,

Dialogue Therapy is designed to transform emotional entanglement (projective identification), active and passive aggression, and hostile by-products of unconscious desires and needs. The goal of Dialogue Therapy is increased trust and intimacy. The method emphasizes emotional differentiation of the two people in order to stop de-humanization. Dialogue Therapy also teaches partners the skills of *Real Dialogue* (Speaking for Yourself, Listening Mindfully, and Remaining Curious) for accurate witnessing.

Intensive, Time-Limited Program

Foundational Training in Dialogue Therapy and Real Dialogue is offered in three, four day training sessions:

Session 1: Distinctive features of Dialogue Therapy™ and Real Dialogue™; Problems in contemporary couples therapy; Differentiation as the means to intimacy

Session 2: Live demonstrations of solo models, techniques, clinical skills and dyadic practices for increasing skills of co-therapist and co-facilitator models

Session 3: Practicing and demonstrating skills, refining mindfulness and witnessing while articulating clinical judgment (Dialogue Therapy™) or strategy (Real Dialogue™)

Prerequisite

Dialogue Therapy Training

To become a Certified Dialogue Therapist you must be a licensed mental health practitioner. As a prerequisite to the training you are expected to read *Dialogue Therapy for Couples and Real Dialogue for Opposing Sides* (2022) by Jean Pieniadz and Polly Young-Eisendrath. It is your responsibility to check with your individual state board to verify approval in your state of the Continuing Education Credits (approved by the Vermont Office of Professional Regulation).

There will be requirements for supervision/consultation to finish the certification process.

Real Dialogue Specialist Training

There are no professional requirements to become a Real Dialogue Specialist because it is not a mental health speciality. As a prerequisite to enter the training to become a Real Dialogue Specialist, you must complete the online course "Real Dialogue" at realdialogue.com.

If you are attending *Foundational Training in Dialogue Therapy and Real Dialogue* to become a **Dialogue Therapist** or to receive a **certificate of completion as a Real Dialogue Specialist**, you are required to complete all of the training, along with four hours of supervision/consultation from a *Certified Dialogue Therapist*.

Who Should Attend

Training in *Dialogue Therapy* is restricted to licensed mental health professionals: Social

Workers, Psychologists, Marriage and Family Therapists, and Mental Health Counselors or the equivalent (e.g. Art Therapist).

Training in *Real Dialogue* is open to life coaches, mediators, educators and organizational leaders who want to learn the method for facilitating "difficult conversations" or anyone who wants to learn the methods and skills of *Real Dialogue* for their own improvement and development.

Don't Miss this Opportunity to Make a Breakthrough

Dialogue Therapy is a structured, time-limited method that draws on psychoanalysis, mindfulness, and psychodrama. It can be applied to couples in conflict and to other dyadic relationships in conflict. This innovative model also can be used to defuse and resolve social or cultural conflicts between equals, in which the ideals of mutuality and reciprocity offer special challenges.

No matter how much or little experience you have with couple therapy, applying *Dialogue Therapy* or *Real Dialogue* to your practice (and life) will enhance your skills in helping duos maintain the emotional space to see/hear/feel each other with greater intimacy and accuracy, enhancing problem solving and resolving breaks in trust.

Real Dialogue is a special co-facilitated method for "difficult conversations" in any life situation in which emotionally activated parties must move through conflict and negotiation in order to make decisions together. Real Dialogue is used in organizational teams and pairs to increase emotional space, engage in transformative conflict, and increase skills for best practices in on-going teams. Real Dialogue is a method of co-facilitation that limits and transforms de-humanizing tendencies during conflicts -- used by mediators, life coaches, leaders, educators, pastors, and those who specialize in Restorative Practices.

Trainings in Dialogue Therapy and Real Dialogue will be separate for parts of the sessions, allowing for different skills and knowledge to be developed. In both groups, live demonstrations, as well as videotaped sessions, are used in training.