



Essentials of Couple Therapy - Part 1: Basic Concepts & Clinical Applications

Course Schedule

Friday January 22, 2010

1:30-2:00pm	Registration
2:00-3:30pm	Understanding adult attachment development processes
3:30-3:45pm	Afternoon break (refreshments provided)
3:45-5:00pm	Interpersonal processes, communication, and interaction cycle
5:00-6:00pm	Dinner break
6:00-7:30pm	Common issues of distress in couple relationships
7:30-7:45pm	Evening break (refreshment provided)
7:45-9:00pm	Current theories and research in couple therapy and implications to clinical practice

Saturday January 23, 2010

9:00-10:30am	Building therapeutic alliance in couple therapy Treatment planning and therapeutic contract
10:30-10:45am	Morning break (refreshments provided)
10:45-noon	Core strategies: Facilitating shared understanding and closeness
Noon-1:00pm	Lunch break
1:00-3:00pm	Core strategies: Use of enactment and problem solving
3:00-3:15pm	Afternoon break (refreshments provided)
3:15-4:45pm	Core strategies: Dealing with emotional escalation and impasse
4:45-5:00pm	Wrap-up and course evaluations

About the Instructor:

Dr. Kenneth Kwan, Ph.D., RMFT, C.Psych.

Dr. Kenneth Kwan is the Founder and Executive Director of Oshawa Psychological & Counselling Services serving Oshawa and surrounding communities in Durham Region, and of Woodbine Psychological & Counselling Services serving Markham and surrounding communities in York Region. He recently spearheaded the successful launch of the Oshawa Psychotherapy Training Institute (OPTI), a unique training division of Oshawa Psychological & Counselling Services that focuses on providing mental health clinicians with both professional and personal quality learning as well as peer and clinical support.

Dr. Kwan is a registered psychologist in clinical and counselling psychology with children, adolescents, adults, couples and families as his primary client groups. During more than 20 years of clinical counselling experience, Dr. Kwan has held various clinical positions and leadership roles including Clinical Director of Family Services York Region. Through his private practice, Dr. Kwan provides clinical consultation to practicing mental health clinicians and psychologists. Currently, he provides clinical consultation to social workers on the community health team of Access Alliance Multicultural Health and Community Services, Toronto.

Dr. Kwan was first registered as a chartered psychologist with the College of Alberta Psychologists in 1988 and with the College of Psychologists of Ontario in 2003. He is also a registered marriage and family therapist, clinical member and approved supervisor with the American Association for Marriage and Family Therapy (AAMFT), and a registered sex therapist with the Board of Examiners in Sex Therapy & Counselling in Ontario (BESTCO). Dr. Kwan received his Ph.D. in Community Psychology from the University of Toronto in 2002. He also completed additional post-doctoral training for his registration in Clinical and Counseling Psychology with the College of Psychologists of Ontario. Prior to that, Dr. Kwan completed his M.Ed. in Educational Psychology in Special Education with a minor in Counselling Psychology and his M.ED. in Educational Foundations in Inter-Cultural Education, at the University of Alberta (1986 and 1981, respectively).

Dr. Kwan has worked with clients on issues that include anxiety, depression, trauma, PTSD, ADHD, conduct and school problems, family relationship conflicts, couple relationship difficulties, coping with chronic illness and injuries, domestic violence and child abuse and sexual dysfunctions. He uses a variety of therapeutic modalities including emotionally-focused therapy, cognitive behavioural therapy, structural family therapy and narrative therapy.

In addition, Dr. Kwan has provided extensive clinical training within the academic arena both as a lecturer and clinical supervisor. Dr. Kwan has been a sessional lecturer, an associate graduate faculty member and clinical supervisor with both the Counselling Psychology, and School and Clinical Child Psychology programs at OISE, University of Toronto, and as an adjunct professor with the Faculty of Social Work, University of Toronto. Finally, for two terms he was a part-time faculty member with the School of Kinesiology & Health Science, York University.

Dr. Kwan also has been active in community service. He is the volunteer clinical consultant for the peer consultation group, Southeast York Regional Chinese Mental Health Initiative Planning Committee. Dr. Kwan is fluent in English and Chinese (Cantonese), and can offer services in either language.