



VERMONT CENTER FOR  
INTEGRATIVE THERAPY AND  
THE INSTITUTE FOR  
DIALOGUE THERAPY PRESENT:

## Foundational Training in Dialogue Therapy in Four Sessions with Polly Young-Eisendrath, Ph.D. and Jean Pieniadz, Ph.D.

New training designed for mental health professionals, students, mediators, and other professionals who want to learn the skills of Dialogue Therapy.

**SESSION 1: Sept. 27 - 30, 2018**  
**SESSION 2: Nov. 29 - Dec. 2, 2018**  
**SESSION 3: Feb. 7 - 10, 2019**  
**SESSION 4: April 11 - 14, 2019**

Vermont Center for Integrative Therapy  
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[www.InstituteForDialogueTherapy.com](http://www.InstituteForDialogueTherapy.com)

Intimate relationships in the 21st century are uniquely stressed by ideals of equality and reciprocity. The skills involved in negotiation with an equal partner — such as dealing with conflict respectfully, transcending power struggles, and authentically witnessing one another — are key elements of Dialogue Therapy. This is the first full training in Dialogue Therapy to be offered in the new model, which integrates mindfulness with psychoanalysis and psychodrama approaches. This model was revised to be consistent with *Love Between Equals: Relationship as a Spiritual Path*, by Polly Young-Eisendrath, to be published in January, 2019.

These four sessions of training, **offering 17 continuing education credits per session** (pending), introduce participants to the history, theory and methodology of Dialogue Therapy. The first session is an overview taught by Polly Young-Eisendrath, Ph.D., that sets the framework for entering into both learning and skill development. The second session will be taught by Dr. Young-Eisendrath and Jean Pieniadz, Ph.D. who is the co-therapist and psychologist/psychoanalyst who has worked with Polly for more than a decade in offering and writing about Dialogue Therapy. Together, they will give an overview of the original co-therapist model of Dialogue Therapy and go into the details of using that model.

The third session, taught by Polly, will be an opportunity for participants to begin to practice with a live couple and to work with each other in developing their knowledge and skills. It will also introduce the solo model and its methods. The fourth and final session will be taught by Polly and Jean and will be a further opportunity to apply the methods and skills in working with a live couple and to practice the techniques of doubling, coaching, and role reversal interviews.

**Completion of the four-session Foundational Training fulfills the requirements for full certification in Dialogue Therapy.**

### ABOUT POLLY YOUNG-EISENDRATH, PH.D.

Polly Young-Eisendrath, Ph.D. is a Jungian Analyst, Psychologist, teacher and author. She is Clinical Associate Professor of Psychiatry at the University of Vermont and in private practice in central Vermont.



Polly is the originator of Dialogue Therapy, which is designed to help couples and others (for example, parents and grown children) to transform chronic conflict into greater closeness and development. Two books by Polly on Dialogue Therapy were published in 1984 and 1993, respectively, presenting its theory and methods for clinicians and the general public. Dialogue Therapy has been expanded, in recent years, to include methods of Mindfulness, alongside its unique combination of Object Relations and Psychodrama. In January 2019, Shambhala/Random House will publish *Love Between Equals: Relationship as a Spiritual Path*, which offers her vision of personal love as a spiritual path and draws on her experience of 30 years as a Dialogue Therapist and Jungian psychoanalyst.

### ABOUT JEAN PIENIADZ, PH.D.

Jean Pieniadz, Ph.D. is a clinical psychologist and psychoanalyst in private practice at Mansfield Psychotherapy Associates in Burlington, VT. She is a Clinical Associate Professor of Psychiatry and Psychiatry resident supervisor at the University of Vermont. She is Past President of the Vermont Association for Psychoanalytic Studies, past Representative on the APA Council of Representatives, and is a founding and current faculty member on the board of the Vermont Institute for Psychoanalytic Studies. She has been trained in Dialogue Therapy with couples, and currently conducts couples DT alternately with her partner, Joel Shapiro, and with Dr. Polly Young-Eisendrath. Her research and publications have been in the areas of developmental psychology, neuropsychology, feminist pedagogy, and ethics.

## SESSION 1: INTRODUCTION & OVERVIEW

Sept. 27 - 30, 2018 | Polly Young-Eisendrath, Ph. D.

This session will introduce the theory and practice of Dialogue Therapy, a time-limited, structured model of couple therapy that is rooted in aspects of psychoanalysis, mindfulness, and psychodrama. The didactic sessions will involve lecture, power point, video demonstration, and Q&A. Experiential sessions will involve dyadic exercises and mindfulness practice.

**View the entire schedule and all details about Session 1 at <http://bit.ly/VTCIT>**

## SESSION 2: CO-THERAPIST MODEL

Nov. 29 - Dec. 2, 2018 | Polly Young-Eisendrath, Ph. D. and Jean Pieniadz, Ph.D.

This session features extensive video of a couple in Dialogue Therapy. The video will be used in interaction with teaching. The main objective of the session is to clarify and explain the co-therapist model of Dialogue Therapy, the original model that was created by Dr. Young-Eisendrath and Ed Epstein, introduced to a clinical audience in 1984 and then developed over the next two decades. The co-therapist teachers will review the model and its strengths and weaknesses. The session will be relevant to anyone who wants to practice Dialogue Therapy, whether or not you want to use the co-therapist approach. **View the entire schedule and all details about Session 2 at <http://bit.ly/VTCIT>**

## SESSION 3: SOLO THERAPIST MODEL

Feb. 7 - 10, 2019 | Polly Young-Eisendrath, Ph. D.

Focusing on the details of the solo therapist method of Dialogue Therapy, this session examines the advantages and disadvantages of each model and provides an overview of the differences between Dialogue Therapy and other forms of couple therapy. Through working with an actual couple, we will provide intensive feedback to trainees on alter ego, coaching, and components of the practice. **View the entire schedule and all details about Session 3 at <http://bit.ly/VTCIT>**

## SESSION 4: REVIEW OF CLINICAL & DIAGNOSTIC PRINCIPLES

April 11 - 14, 2019 | Polly Young-Eisendrath, Ph. D. and Jean Pieniadz, Ph.D.

An overview of the psychological, developmental and spiritual principles of Dialogue Therapy as a method of individual and relational development, this session will examine the theories and methods that undergird Dialogue Therapy. We will also investigate the process of development through Dialogue Therapy in comparison to individual psychodynamic psychotherapy and review and discuss participants' videos of their own work. **View the entire schedule and all details about Session 4 at <http://bit.ly/VTCIT>**

### HOW TO REGISTER:

**Conference registration is available online at: <http://www.vtcit.com>**

**Early-Bird Registration (by 8/27):**  
\$360 per session

**Registration (after 8/27):**  
\$380 per session

**Cancellation Policy:** *No refunds within 30 days of session start date.*

**Vermont Center for Integrative Therapy** is a safe and comfortable space in which people seeking health and wellness can come to know themselves more fully. VTCIT is located at 75 Remo Drive in South Burlington, Vermont and is a short distance from downtown Burlington. There are many hotels in the area if lodging is needed and Burlington International Airport is only three miles from VTCIT. **Please contact Bree Greenberg-Benjamin at [bree@vtcyt.com](mailto:bree@vtcyt.com) with questions or to learn more about VTCIT.**

### CONTINUING EDUCATION CREDITS:

**17 CEU credits per session will be granted to Vermont Psychologists and Licensed Clinical Mental Health Counselors (pending).**