

## *Using Socio- Emotional Relationship Theory and Vulnerability as a Foundation for Couples Counseling*

With Dr. Julie Riley

### Event

#### When:

January 22, 2020

Snow Date: 1/29/20

Weather line: (845) 428-3322

9:00 am—4:00 pm

Lunch on your own

(Check in starting 8:30 AM)

#### Where:

#### Emergency Services

22 Wells Farm Road

Goshen, NY 10924

#### Registration is required:

[www.bookeo.com/  
octraumainstitute](http://www.bookeo.com/octraumainstitute)

#### Continuing Education Credit:

This educational offering is acceptable for **6** continuing education contact hours for social workers, mental health counselors, psychoanalysts, creative arts therapist, and marriage & family therapists. Full attendance is required to receive credit; variable credit for partial attendance may not be awarded based on State Board guidelines.

**Cost: \$50**

#### About the Program:

The application of socio- emotional relationship therapy in couples counseling will be discussed based on the idea that vulnerability is a strength-based tool used in clinical work. Research on vulnerability and how it positively affects relationships will be illustrated through case study examples. In addition, clinicians will take away steps for treating couples using socio-emotional relationship theory and the positivity of vulnerability.

This presentation provides practical training in using a clinical approach that includes culture, gender, personal identity and relationship patterns. The topic will help participants to understand and appreciate all people. The four components of Socio-Emotional Relationship Therapy including gender, culture, personal identities and relationship patterns will be discussed in detail. In addition, the idea of using vulnerability to create emotional intimacy will be illustrated. Recent research on shame and vulnerability (Brown, 2012) will be explored and participants will be encouraged to brainstorm, share stories and create interventions for future clinical use. In this interactive session, case studies from recent practice will be shared and modeled for clinicians to further explore the use of vulnerability as a strength in positive relationship building through trust and self-exploration.

#### About the Presenter:

Dr. Riley has over 20 years of teaching and university administrator experience specializing in the Human Services field of study. Prior to working in higher education, she was a tenured teacher in the Newburgh Enlarged City School District in New York State.

Dr. Riley has extensive knowledge and training in developmental theory as well as experience in providing therapy, counseling, supervision to clinicians, and consultation to academic and educational institutions.

Dr. Riley has presented locally and at national professional conferences. She provides in service training to educators and counselors including: Avoiding Burnout through an Understanding of Wellness, Mindfulness Training for Educators, What is ADHD?, Tips and Tricks for Teachers, Mental Health Awareness and Advocacy in Schools, How to use Mindfulness Productively in Classroom Settings, and more.



Steven M. Neuhaus  
County Executive