



*Illuminating Relevant Clinical Issues  
& Networking with Colleagues*

## **The Couples Toolbox: A Review of Interventions that Decrease Negative Interactions & Improve Communication**

WHEN A THERAPIST IS ENCOUNTERED WITH A COUPLE THAT IS ARGUING AND FEELS ALL ELSE HAS FAILED, IT CAN BE HARD TO CREATE A SAFE SPACE AND IMPROVE THEIR RELATIONSHIP. THIS WORKSHOP INCLUDES INFORMATION ON WHY IT IS SO IMPORTANT TO REDUCE NEGATIVE ENCOUNTERS BETWEEN COUPLES, AND TOOLS TO HELP FACILITATE THE PROCESS (E.G., SPEAKER-LISTENER TECHNIQUE, STATING FILTERS, TIME-OUT, PARADOXICAL INTERVENTIONS).

**Thursday, November 4th, 2010**  
**2:00 pm-4:00 pm, 2nd Floor, Room 201**  
*Networking Begins at 3:30 pm*  
Pepperdine University - West Los Angeles Graduate Campus  
6100 Center Drive Los Angeles, CA 90045



**Dr. Nicole Meise, LMFT**

**Dr. Nicole Meise, LMFT** has a private practice in Beverly Hills where she specializes in couples therapy, dating and mate selection, and premarital counseling. Nicole holds a Doctorate in Psychology from Oxford University, a Masters from Pepperdine, and over the past eight years has collaborated on projects with the Kinsey Institute and National Institute of Health. No stranger to the media, she has worked with A&E, Big Brother UK, and made appearances on Fox News, ABC 7, KCAL 9, and 48 Hours Investigates. In addition to her private practice and media work, Dr. Meise conducts group therapy for interns in Santa Monica.

Please RSVP to Sheila Sayani at [Sheila.Sayani@pepperdine.edu](mailto:Sheila.Sayani@pepperdine.edu) or call (310) 568-5776

**This is a FREE event**

\*If you are unlicensed, you may be able to get hours towards licensure with your clinical supervisor's approval\*  
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