



# CHANGE OVER TIME:

## ONE COUPLE'S JOURNEY FROM PAIN AND AVOIDANCE TO FINDING LOVE AND HOPE AGAIN





# WELCOME TO COUPLES INSTITUTE

We offer world-class training for therapists who want to deepen their knowledge and transform their practices.

## THE CI DIFFERENCE



Learn from the pioneers of couples therapy and founders of the Developmental Model.



Learn the model that has defined couples therapy since 1988, along with the latest innovations that make it more robust than ever.



Enjoy a non-competitive, uniquely supportive professional community.



Join therapists from 74 countries who are committed to their own growth as well as their couples'.



Transform your practice – and your own relationship.



Personalize the Developmental Model for your own style, since it is compatible with other approaches.





# **CHANGE OVER TIME**

**A 7-PART SERIES THAT EXPLORES ONE COUPLE'S  
JOURNEY FROM PAIN AND AVOIDANCE TO FINDING  
LOVE AND HOPE AGAIN.**

I'm glad you're joining us for this innovative learning opportunity. At the Couples Institute, we are unwaveringly devoted to couples therapists like you and the couples you serve. This series is living proof, as we offer an unprecedented look at intimacy avoidance over an 18-month span of couples therapy.

Almost constantly I hear therapists' complaints and frustration about clients who are afraid of intimacy. But hardly anyone talks about how to work with this fear! So I am especially pleased to offer this special training.

This playbook includes your schedule of events for the series, along with printable handouts you can use to get the most out of each episode.

I know the series delivers a lot of valuable information. I hope it also gives you a glimpse of our exceptional training – and leaves you wanting more!

With respect and enthusiasm,

  
**–Dr. Ellyn Bader**





## ONE COUPLE'S JOURNEY FROM PAIN AND AVOIDANCE TO FINDING LOVE AND HOPE AGAIN

FRIDAY, APRIL 25TH

**EPISODE 1**

**STUCK IN VAGUENESS AND PASSIVITY**

How Vagueness and Passivity  
Undermine Intimate Connection  
16-Minute Video

MONDAY, APRIL 28TH

**EPISODE 2**

**STUCK IN VAGUENESS AND PASSIVITY**

Turning Intense Reactivity into Emotional Risk  
and Individual Accountability

**LIVE WEBINAR**

With Dr. Ellyn Bader  
9-10:30am Pacific



LIVE

TUESDAY, APRIL 29TH

WEDNESDAY, APRIL 30TH

THURSDAY, MAY 1ST

### OVERCOMING BOREDOM AND EXHAUSTION

**EPISODE 3**

Creating Connection When  
Partners Are Flat And Disengaged  
17-Minute Video

**EPISODE 4**

Opening A Squashed Identity That  
Isn't Expressed Or Received  
24-Minute Video

**EPISODE 5**

Using Anxiety For Growth And To  
Amplify Connection  
14-Minute Video

FRIDAY, MAY 2ND

**EPISODE 6**

**RETURNING TO LOVE AND HOPE**

Supporting Emerging  
Connection and Intimacy  
**LIVE WEBINAR**  
With Dr. Ellyn Bader  
11am-12:30pm Pacific



SUNDAY, MAY 4TH

**EPISODE 7**

**THE ANATOMY OF PROGRESS**

Multiple Breakthroughs for the client  
and therapist (+Q&A)  
**LIVE WEBINAR**  
With Dr. Ellyn Bader  
2-3pm Pacific



### HELPFUL SUGGESTIONS:

- ✓ [Print your Playbook](#)
- ✓ [Add all webinars to calendar here](#)



## WORKSHEET FOR

### EPISODE 2: VAGUENESS AND PASSIVITY

*Turning Intense Reactivity into Emotional Risk and Individual Accountability.*

**1. Here is why it is so hard to maintain clear direction with avoidant couples:**

**2. These are some beginning interventions I will try using:**

**3. For me, when I feel bored and frustrated, here is why:**

**4. Here are some ideas I can take and use soon from Ellyn's roleplay:**

**5. Some ways partners avoid differentiation that I want to remember:**



## WORKSHEET FOR

# EPISODE 3-5: OVERCOMING BOREDOM AND EXHAUSTION

*Creating Connection when Partners are Flat and Disengaged*

### **1. Here is what I can expect with Intensity Avoidant Couples:**

*Opening a Squashed Identity that isn't Expressed or Received*

### **2. Here is how Liza has coped with feeling hurt:**

### **3. Here is what I will take away from Ellyn's roleplay with Liza:**

### **4. Here is what I will remember about emotional risk:**

*Using Anxiety for Growth and to Amplify Connection*

### **5. Here are my takeaways from Ellyn's roleplay with Jess:**





## WORKSHEET FOR EPISODE 6: RETURNING TO LOVE AND HOPE

*Supporting Emerging Connection and Intimacy*

**1. Here is specifically what Ellyn noticed and focused on:**

**2. Here is why that matters:**

**3. Here is how each partner responds when the other takes risks:**

**4. Here are my takeaways from Ellyn's roleplay:**

**5. Here is the job Ellyn gave to each partner:**



# EPISODE 7: THE ANATOMY OF PROGRESS

*Multiple Breakthroughs for the client and therapist (+Q&A)*



**LIVE WEBINAR**  
With Dr. Ellyn Bader

**Sunday, May 4**  
 **2-3pm Pacific**

**Click Here to Join Us Live on Zoom**

*(clicking above will send you directly into the live training at the time listed above)*



## WHAT ARE SOME OF YOUR TAKEAWAYS ABOUT INTIMACY AND VULNERABILITY? JOT THEM DOWN.

Important Takeaways About Intimacy:



1.

The moments of  
vulnerability matter.



2.

Vulnerability is where the  
work really begins.



3.

Everyone has some  
ambivalence about  
intimacy.



4.

When partners really  
understand the meaning of  
each other's defenses, they  
begin to be more resilient.





# The Developmental Model Training

DR. ELLYN BADER

## Improve Your Work With Conflict-Avoidant Couples + More...

Many courses give you theories and behavioral changes, expecting you to have the courage to integrate them into your sessions. But when you're under pressure with real clients, theory often falls short. Unlike other programs that leave you to figure things out on your own, we give you weekly opportunities for practice. You'll watch Ellyn and experienced trainers demonstrate techniques, and then you'll step into roleplays to practice them yourself, with real-time feedback.

*You're not just learning—you're doing.*

*You're not just watching—you're participating.*

*And you're not just hoping for results—you're seeing them, session after session.*

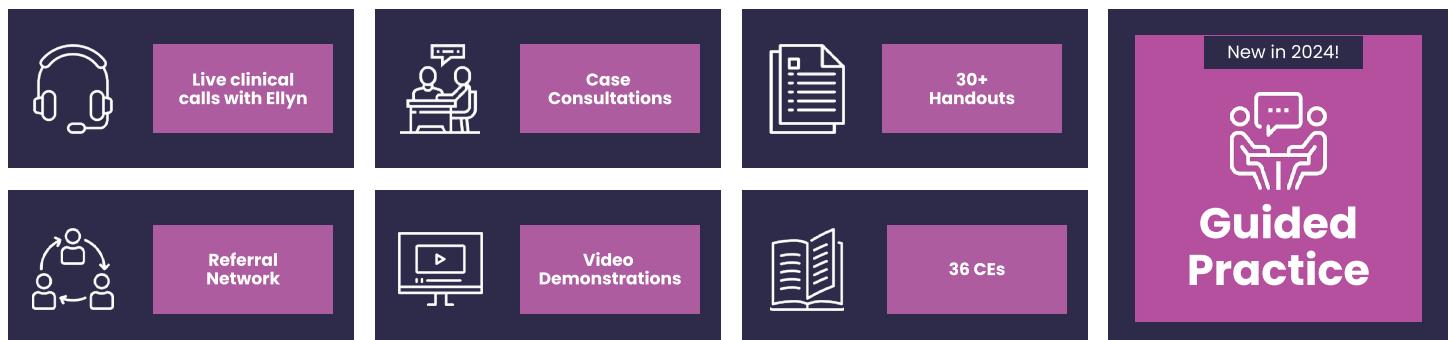
## Video, Audio, Written, Introvert or Extrovert — We've Got Your Learning Style Covered!

From social extroverts to introverted wallflowers, auditory processors to avid readers, you get abundant resources in the format that works for you.

Want to jump into a lively community, present a case, ask questions, or practice new skills? Come on in, the water's fine!

Would you rather curl up with something to read and never talk to a single person? We've got you covered.

## The Developmental Model of Couples Therapy program includes...



**You don't need to be the world's 'best'  
therapist when you're the best prepared**

**Try risk-free until May 16, 2025**

10