LOVE & INTIMACY:
THE COUPLES CONFERENCE
MARCH 4-6, 2005
Omni Parker Hotel
Boston, Massachusetts

FEATURING:
Ellyn Bader
Frank Dattilio
Helen Fisher
Susan Johnson
Pat Love
Peggy Papp
Terry Real
Janis Spring
Jeffrey Zeig

This innovative and exciting meeting is sponsored by
THE MILTON H. ERICKSON FOUNDATION, INC.,
Phoenix, AZ with organizational assistance by
THE COUPLES INSTITUTE, Menlo Park, CA

AMERICAN CONTINUING EDUCATION, INC.
P.O. Box 17980, St. Paul, MN 55117
Tel 1-651-487-3001 * Fax 1-651-489-3387

miltonerickson@cmehelp.com  www.erickson-foundation.org/bostcpls.htm
<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>7:00-8:15 AM</td>
<td>Registration</td>
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<tr>
<td>8:15-8:30 AM</td>
<td>Opening Remarks</td>
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<tr>
<td>8:30-9:30 AM</td>
<td>Keynote Address - Janis Spring</td>
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<td></td>
<td>How Can I Forgive You? The Courage to Forgive; The Freedom Not To</td>
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<td>9:45-11:45 AM</td>
<td>Workshops</td>
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<td>WS 1 - After the Affair: Trauma and Reconnection - Janis Spring</td>
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<td>WS 2 - The Fundamentals of Relational Recovery Therapy - Terry Real</td>
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<td>WS 3 - Hypnotherapy with Couples: Experiential Methods - Jeffrey Zeig</td>
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<td>11:45 AM-1:15 PM</td>
<td>Lunch</td>
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<td>1:15-2:15 PM</td>
<td>Keynote Address - Terry Real</td>
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<td>Relational Empowerment: A New Model for Couples and Couples Therapy</td>
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<td>2:30-4:30 PM</td>
<td>Workshops</td>
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<td>WS 4 - Acceptance: A Radical Approach to Healing Intimate Wounds - Janis Spring</td>
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<td>WS 5 - Core Negative Images and Dead Stop Contracts: Powerful Tools of Relational Recovery Therapy - Terry Real</td>
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<td>WS 6 - Brain Smart Heart: Using the New Brain Science to Improve Relationships - Pat Love</td>
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<td>4:45-5:45 PM</td>
<td>Conversation Hours</td>
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<td>CH1 - Janis Spring</td>
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<td>CH2 - Pat Love</td>
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<td>CH3 - Terry Real</td>
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<td>6:00-7:00 PM</td>
<td>Reception &amp; Book Signing</td>
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<td>SATURDAY, MARCH 5, 2005</td>
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<td>8:30-9:30 AM</td>
<td>Keynote Address - Helen Fisher</td>
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<td>The Brain In Love: An fMRI Study of Romantic Love and the Effects of Anti-Depressants</td>
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<td>9:45-11:45 AM</td>
<td>Workshops</td>
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<td>WS 7 - The Brain in Love - Helen Fisher</td>
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<td>WS 8 - High Impact Couples Therapy: A Developmental Model to Start and Sustain Effective Treatment and Confrontation with Difficult Couples - Part I - Ellyn Bader</td>
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<td>WS 9 - Changing Belief Systems - Peggy Papp</td>
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<td>11:45 AM-1:15 PM</td>
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<td>WS 10 - Attachment Theory: A Map for Couples Therapy - Susan Johnson</td>
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<td>WS 11 - High Impact Couples Therapy: A Developmental Model to Start and Sustain Effective Treatment and Confrontation with Difficult Couples - Part II - Ellyn Bader</td>
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<td>WS 12 - Developing Creative Solutions - Peggy Papp</td>
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<td>3:30-4:30 PM</td>
<td>Panels</td>
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<td>Panel 1 - Anatomy and Physiology of Love - Helen Fisher and Pat Love</td>
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<td>Panel 2 - Attachment &amp; Differentiation in Couples Therapy - Ellyn Bader and Susan Johnson</td>
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<td>Panel 3 - Dealing with Gender Differences - Frank Dattilio and Peggy Papp</td>
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<td>SUNDAY, MARCH 6, 2005</td>
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<td>8:30-9:30 AM</td>
<td>Keynote Address - Susan Johnson</td>
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<td>The Revolution in Couples Therapy</td>
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<td>9:45-11:45 AM</td>
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<td>WS 13 - Cognitive-Behavioral Techniques with Couples - Frank Dattilio</td>
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<td>WS 14 - Competence and Challenges in Emotionally Focused Couples Therapy - Susan Johnson</td>
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<td>WS 15 - Sex Counseling &amp; Hypnosis - Jeffrey Zeig</td>
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<tr>
<td>11:45 AM-1:15 PM</td>
<td>Lunch</td>
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<td>Workshops</td>
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<td>WS 16 - Hot Monogamy: It's Not an Oxymoron - Pat Love</td>
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<td>WS 17 - Integrating Cognitive-Behavioral Techniques in Couple and Family Therapy - Frank Dattilio</td>
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<td></td>
<td>WS 18 - Hypnosis &amp; Sex Counseling - Jeffrey Zeig</td>
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<td>4:30-4:45 PM</td>
<td>Closing Remarks</td>
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LOVE & INTIMACY: THE COUPLES CONFERENCE

MEET THE FACULTY

ELLYN BADER, Ph.D., is a licensed psychologist in private practice and co-director of the Couples Institute, Menlo Park, Calif. Dr. Bader has been conducting professional training programs in family therapy, couples therapy and transactional analysis for the past 20 years. Dr. Bader is past president of the International Transactional Analysis Association and has served as a consultant to various family therapy agencies. CAMFT awarded her The Clark Vincent Award in 1993. Her latest book is Tell Me No Lies.

FRANK DATTILIO, Ph.D., is a board certified clinical psychologist. He maintains a dual faculty position in the Departments of Psychiatry at both Harvard Medical School and the University of Pennsylvania. Dr. Dattilio is internationally acclaimed for his work in the field of cognitive-behavioral therapy. He is author of 180 professional publications, including 11 books.

HELEN FISHER, Ph.D., is research professor, Department of Anthropology, Rutgers University. She is currently studying the neural correlates of romantic attraction, using fMRI brain imaging. Dr. Fisher has received The Distinguished Service Award of the American Anthropological Association for her work. She is author of The Natural History of Monogamy, Adultery and Divorce and The First Sex: The Natural Talents of Women and How They Are Changing the World.

PROGRAM OBJECTIVES
1. In working with couples, be able to directly address difficult issues.
2. To compare and contrast clinical/theoretical perspectives and translate these into specific interventions.

OFFERING OCEANS OF SOLUTIONS

◊ Antidepressants in Couples Therapy
◊ Hot Monogamy
◊ Affairs and Forgiveness
◊ Hypnosis in Sex Counseling
◊ Attachment Theory
◊ Relational Empowerment
◊ Relational Recovery
◊ Changing Belief Systems
◊ Acceptance - Healing Intimate Wounds
◊ Developing Creative Solutions
◊ Competence and Challenges
◊ Developing Creative Solutions

The Couples Conference have become a leading vehicle for learning the applications of the latest research on facilitating treatment with couples. At this Conference, you will learn from leading-edge expert trainers and practitioners as they define and discuss differing approaches that initially promote closeness and those that move toward managing difference and facilitating differentiation.
SUSAN JOHNSON, Ed.D., is founder and director of the Ottawa Couple and Family Institute; professor of psychology and psychiatry, Ottawa University and maintains a private practice in Ottawa, Ontario, Canada. She is an approved supervisor for AAMFT and is recipient of their 2000 Award for Outstanding Contribution to the Field of Marriage and Family Therapy. Dr. Johnson is Fellow of the APA (Family Division) in recognition of her contribution to this area. She is author of numerous books, articles and research studies. Her latest book is Emotionally Focused Couples Therapy.

PAT LOVE, Ed.D., is distinguished graduate faculty and founder of Austin Family Institute. Dr. Love has authored and/or co-authored professional publications and popular books, including Hot Monogamy, and The Truth About Love, and two video series, Living Love and Parenting with the Experts. Her humor and heart make her a popular national and international speaker and media guest.

PEGGY PAPP, ACSW, is senior training supervisor and director of the Depression Project at the Ackerman Institute for Family Therapy, New York City. She served on the board of Family Process and was a founder of the Women’s Project in Family Therapy. Ms. Papp is author of The Process of Change, and co-author of The Invisible Web: Gender Patterns in Family Relationships. She also has written numerous articles, and lectures internationally.

TERRENCE REAL, LICSW, is a licensed family therapist and senior faculty member, the Family Institute of Cambridge, Watertown, Mass. and director of the Gender Relations Program, The Meadows Institute, Wickenburg, Arizona. He is author of I Don’t Want to Talk About It: Overcoming the Secret Legacy of Male Depression and How Can I Get Through to You?: Reconnecting Men and Women. Mr. Real lectures nationally on men’s issues and couples therapy.

JANIS SPRING, Ph.D., ABPP, is a Diplomate in Clinical Psychology. She is a clinical supervisor in the Department of Psychology at Yale University. Dr. Spring is the award-winning author of After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful. Her latest book is, How Can I Forgive You?: The Courage To Forgive, The Freedom Not To.

JEFFREY K. ZEIG, Ph.D., is founder and director of the Milton H. Erickson Foundation, Inc. He has edited, co-edited, authored or his work is the subject of 18 professional books and five monographs. Dr. Zeig is the architect of the Brief Therapy and Evolution of Psychotherapy Conferences. He is the organizer of the nine International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. He is co-organizer of the Couples Conferences. Dr. Zeig conducts workshops internationally, primarily teaching Ericksonian approaches.
High Impact Couples Therapy: Using a Developmental Model to Start and Sustain Effective Treatment and Confrontation with Difficult Couples - Parts I and II

Ellyn Bader, Ph.D.

Difficult couples challenge therapists with their aggressive interactions, their demands for intimacy and their high levels of sensitivity to any confrontation. Dr. Bader will demonstrate how to start and sustain positive momentum with these high distress couples. Participants will discover how to create a context for change that uses four pillars to anchor all sessions. Participants will learn to make strong confrontations, take a firm leadership role and more smoothly interweave intra-psychic and systemic interventions. Video, role play and clinical transcripts will all be used to demonstrate these principles.

Cognitive-Behavioral Techniques with Couples
Frank Dattilio, Ph.D.

This workshop focuses on the specific use of cognitive-behavioral strategies as an adjunct to the many treatment modalities of couples therapy. It offers a basic overview of the theories of cognitive-behavioral therapy, particularly as it applies to couples. Participants will learn first-hand techniques and strategies for working with difficult couples and how to integrate these strategies with their respective modes of treatment. The presentation is followed by a videotape showing how to implement techniques.

Cognitive-Behavioral Techniques in Couple and Family Therapy
Frank Dattilio, Ph.D.

This workshop focuses on the specific use of cognitive-behavioral strategies as an adjunct to the many treatment modalities of couples therapy. It offers a basic overview of the theories of cognitive-behavioral therapy, particularly as it applies to couples. Participants will learn first-hand techniques and strategies for working with difficult couples and how to integrate these strategies with their respective modes of treatment. Didactic presentation is followed by a clear example of work with a couple, illustrated with a professionally filmed videotape that provides a clear, crisp example of how to implement the techniques.

The Brain in Love: An fMRI Study of Romantic Love and How Serotonin-Enhancing Antidepressants Can Jeopardize Courtship, Romance and Marriage

(Hkeynote and Workshop)
Helen Fisher, Ph.D.

Anthropologist Helen Fisher discusses the brain networks associated with romantic love to explain frustration attraction, abandonment rage, the despair response, love addiction, stalking, love suicide and other phenomena associated with romantic rejection. She concludes that long term use of serotonin-enhancing antidepressants can jeopardize romantic love and attachment to a mate.

The Revolution in Couples Therapy (Keynote)
Susan Johnson, Ed.D.

For the first time couple therapists can truly be scientific practitioners. We know more and more about the nature of the problem - marital distress and the nature of adult love. We also can specify which interventions work and how they work. We have maps, targets, directions and a way home.

Competence and Challenges in Emotionally Focused Couples Therapy
Susan Johnson, Ed.D.

This workshop will outline the EFT model of intervention while focusing on the key elements of competent practice and the challenges identified in EFT practice.
WORKSHOP & KEYNOTE DESCRIPTIONS

Attachment Theory: A Map for Couples Therapy
Susan Johnson, Ed.D.
This workshop will present the main tenets of attachment theory. We will give supporting research and illustrations of how this theory guides intervention in couple therapy.

Hot Monogamy: It’s Not an Oxymoron
Pat Love, Ed.D.
This workshop will address the three most common sexual issues in therapy - desire discrepancy, low sexual desire and lack of sexual attraction. Physiological as well as psychological dimensions will be explored using current research and clinical applications. Handouts, demonstration, lecture and video will be utilized.

Brain Smart Heart: Using the New Brain Science to Improve Relationships
Pat Love, Ed.D.
The new brain science explains many of the mysteries of love and offers new hope for troubled relationships. Neuro-scientific approaches are used to address the most common reason cited for divorce, i.e. growing apart. Three clinical techniques will be presented which are specifically designed to create an intimate bond between two people and pave the way to grow together instead of apart. Lecture, video, handouts and experiential exercises will be used.

Changing Belief Systems
Peggy Papp, M.S.W.
Therapists sometimes get stuck trying to change a couple’s interactional patterns without understanding the underlying belief systems that maintain the patterns. By zeroing in on the core beliefs and expectations of each partner, the therapist is able to address multiple levels of experience and help the couple change pivotal aspects of their relationship in a short period of time. Conflicting beliefs around money, sex, power, gender, responsibility and intimacy will be examined within this therapeutic framework. Videotaped excerpts will demonstrate different ways of changing constraining beliefs to those that enrich the relationship.

Developing Creative Solutions
Peggy Papp, M.S.W.
One of the most effective ways of finding creative solutions to complex problems is to broaden the couple’s frame of reference from the literal to the metaphorical. By using metaphors, symbols, fantasies, rituals and stories the therapist helps couples look “outside the box” for new perceptions and experiences. this process will be illustrated with videotaped excerpts.

Relational Empowerment: A New Model for Couples and Couples Therapy (Keynote)
Terrence Real, LICSW
For the first time in history, empowered women are asking for emotional intimacy in their relationships. Many men are coming up short leaving them unfulfilled, frustrated, bewildered and unloved. Traditional therapy sidesteps this basic asymmetry — Relational Empowerment therapy addresses it. In this address, participants will be introduced to the art of relational empowerment. This radical new approach to intimacy and couples therapy will look at the five losing agendas that waylay good people from fulfilling their goals. This address also will introduce participants to the fundamental techniques of Terry Real’s Relationship Turnaround, a method of producing quick, profound and permanent change in troubled couples.
WORKSHOP & KEYNOTE DESCRIPTIONS

The Fundamentals of Relational Recovery Therapy
Terrence Real, LICSW
This workshop introduces participants to the fundamentals of Relational Recovery Therapy, a new approach to couples therapy. The workshop follows the phases for treatment: empowering the woman; connecting the man; relational “diagnosis”; prerequisites for intimacy; describing a new vision of love; learning relational skills; amplifying progress; building a relational subculture. This workshop will look closely at the art of therapeutic truth telling.

Core negative Images (CNI) and Dead Stop Contracts: Two Powerful Tools of Relational Therapy
Terrence Real, LICSW
Couples notoriously have the same fight for 40 years. They’re not speaking to each other, but to each other’s core negative image. This workshop teaches participants to identify and share each partner’s CNI of the other, how these CNIs interact to produce vicious circles and how to break the pattern.

How Can I Forgive You?: The Courage to Forgive; The Freedom Not To (Keynote)
Janis Spring, Ph.D.
How do you forgive a partner who is unremorseful or dead? Is forgiveness the only healthy, moral response to violation? When is forgiveness cheap? This keynote will help hurt partners overcome their hate and hurt, and help offending partners earn forgiveness.

After the Affair: Trauma and Reconnection
Janis Spring, Ph.D.
Infidelity is not necessarily about sex, but about secrets and the violation of trust. In this workshop, Dr. Spring will map out the trauma of an affair (or other intimate wounds) and help partners think through whether or not and how to reconcile.

Acceptance: A Radical Approach to Healing Intimate Wounds
Janis Spring, Ph.D.
Forgiveness has been held up as the gold standard of recovery from intimate wounds, but often people find it too generous, particularly when the offender is unrepentant. Dr. Spring proposes a bold, new healing alternative that lets us make peace with the past - with or without forgiving.

Hypnotherapy with Couples: Experiential Methods
Jeffrey K. Zeig, Ph.D.
Hypnosis is an experiential method of “gift wrapping” ideas. With or without formal trance, hypnotic methods can be used in the assessment and intervention process of couples therapy.

Sex Counseling and Hypnosis
Jeffrey K. Zeig, Ph.D.
Covered in this workshop will be an overview of issues in sex counseling; demographic information; issues in assessment; a phenomenological model; Ericksonian assumptions; and couples exercises for enhancing intimacy.

Ericksonian Hypnosis and Sex Counseling
Jeffrey K. Zeig, Ph.D.
Continuing from the morning program, covered in this workshop are principles for using hypnosis; advantages of hypnosis in sex counseling; experiential methods; induction approaches for hypnosis and sex therapy; and Erickson cases.
SPONSORSHIP

The Couples Conference is sponsored by the Milton H. Erickson Foundation, Inc., a federal nonprofit corporation formed to promote and advance the contributions made to the health sciences by the late Milton H. Erickson, MD. Organizational assistance has been provided by The Couples Institute, Menlo Park, Calif., directed by Ellyn Bader, PhD and Peter Pearson, PhD.

The Board of Directors of the Milton H. Erickson Foundation are Jeffrey K. Zeig, PhD, Roxanna Erickson Klein, RN, PhD, Camillo Loriedo, MD, J. Charles Theisen, MA, MBA, JD and Bernhard Trenkle, Dipl. Psych.

The Erickson Foundation does not discriminate on the basis of race, sex, color, national or ethnic origin.

19 Continuing Education Credit Hours Available

AMA - The Milton H. Erickson Foundation, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Milton H. Erickson Foundation, Inc. designates this educational activity for a maximum of 19.0 Category 1 credits toward the AMA Physician’s Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity.

APA - The Milton H. Erickson Foundation, Inc. is approved by the American Psychological Association to offer continuing education for psychologists. The Erickson Foundation maintains responsibility for the program. Credit is provided on an hour-by-hour basis (19 hours maximum).

NBCC - The Milton H. Erickson Foundation, Inc., is recognized by the National Board for Certified Counselors (Provider #5056) to offer continuing education for national certified counselors. We adhere to the NBCC Continuing Education Guidelines. This program provides a maximum of 19 hours.

BBS - The Erickson Foundation is a board-approved provider (PCE #398). This course meets the qualification for 19.0 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

BRN - The Milton H. Erickson Foundation, Inc. is approved by the Board of Registered Nursing in California to offer continuing education for nurses (Provider No. CEP 9376). This program is eligible for a maximum of 19.0 hours.

State of Florida Dept. of Professional Regulation - The Milton H. Erickson Foundation, Inc. is approved by the Board of Clinical Social Work, Marriage and Family Counseling and Mental Health Counseling as a provider of continuing education (Provider #BAP 390 - Exp. 03/05).

State of Illinois Dept. of Professional Regulation-Registered Social Worker Continuing Education Sponsorship - The Milton H. Erickson Foundation, Inc. is approved by the State of Illinois Department of Professional Regulation to offer continuing education for social workers at the Couples Conference (License No. 159-000501).

CONTINUING EDUCATION VALIDATION

Look for your Continuing Education forms in your on-site registration packet. The packet provides full instructions for completion of forms and obtaining credit hours.

Full attendance at each session is required to receive CE credit.
MEETING SITE & ACCOMMODATIONS

The Couples Conference will be held at the OMNI PARKER HOTEL, 60 School Street, Boston, Massachusetts 02108; Phone: 617-227-8600; Fax 617-742-5729; www.omnihotels.com.

The Omni Parker Hotel is located in the heart of Downtown Boston on the Freedom Trail across from Boston Common at the foot of Beacon Hill. From this grand, historic hotel founded in 1855 you can walk to Quincy Market, the Financial district and Faneuil Hall.

The Omni Parker Hotel offers guests a modern fitness center, complete with the latest in exercise equipment.

Special Room Rates for this Conference
$119 single/double
Conference rates available from March 1-9, 2005
Deadline for special rates is Tuesday, Feb. 8, 2005
Hotel reservation information will be sent with your registration confirmation.

TRAVEL
Conventions in America is the official travel agency for this conference. Discounted travel arrangements have been negotiated for attendees.
Call toll-free 866-929-4242 and request discounts for event #582-2256. Outside the U.S. and Canada, call 858-451-8150. Reservations and other information are available online at www.conventions-in-america.com/mef2256.html.

Transportation from Logan Airport
The Omni Parker Hotel is 2.5 miles from Logan International Airport. It normally takes 12-25 minutes to get to the hotel depending on traffic.
Driving directions can be found on the Omni Parker website.
Overnight valet parking at the hotel is $35.00.

CLIMATE
Early March in Boston can be changeable. Come prepared for the weather with warm, layered clothing.
The average high temperature for March is 48º F. The average low temperature is 28º F.
CONFERENCE REGISTRATION FEES

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<th>U.S. Professionals</th>
<th>Graduate Students*/Interns*/Seniors*</th>
<th>Foreign Professional/Foreign Students</th>
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<td>Day Tickets - $160</td>
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*Graduate students/interns must provide a certifying letter from their school/department indicating proof of student/intern status as of March 2005. Letter must be sent with registration form.

*Seniors must provide proof of age (65 and older).

Above documentation MUST be sent PRIOR to Conference.

Refunds for discounted registration fees will not be given post-conference.

The charge on your credit card statement will be listed as “CE Education Class.”

CANCELLATION POLICY

Requests for refunds MUST BE IN WRITING and are subject to a $45 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by February 3, 2005. Requests postmarked from February 3 to March 3, 2005 will receive a 50% refund of their paid fees.

No refunds after March 3, 2005. Allow 4-6 weeks for processing.
**REGISTRATION FORM**

**LOVE & INTIMACY: THE COUPLES CONFERENCE**  
March 4-6, 2005  
Boston, Massachusetts

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<td>$349 fee valid until December 8, 2004</td>
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<td>$399 fee valid until February 24, 2005</td>
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<td>$450 onsite fee</td>
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Day Tickets - $160 per day  
μ Friday  μ Saturday  μ Sunday

*Graduate students/interns must send letter of verification from university/supervisor  
*Seniors must send proof of age (65 and older)

-μ Personal/Company Check # ____________________________
-μ VISA  μ MasterCard  μ Discover  μ Amex
Charge Account # ____________________________ Exp ____________
Name (as it appears on card) ____________________________
Signature of Cardholder ____________________________
-μ Purchase Order # ____________________________ (Attach copy of purchase order)
Name ____________________________
(As you want it on name badge - please print)
Address ____________________________
City ____________________________ State ________ U.S. Zip ____________________________
Country ____________________________ Country Postal Code ____________________________

Please also complete ALL blanks below

Daytime Phone ____________________________ Fax ____________________________
e-mail ____________________________

University attended ____________________________

Major ____________________________ Highest degree __________________ (only one)
Professional License # ______________
Physically Challenged?  μ YES  μ NO
If YES, what special accommodations do you require? ____________________________

Fill in the code# above your name & address on the mailing label ____________________________

Send completed form with FULL payment to: American Continuing Education, Inc.  
(Make checks* payable to American Continuing Education, Inc. or ACEI)  
PO Box 17980, St. Paul, MN 55117  Tel: 1-651-487-3001  
Fax: 1-651-489-3387 (credit card payments only)  email: miltonerickson@cmehelp.com  
REGISTER ONLINE! http://www.erickson-foundation.org/bostcpl.htm

*All non-sufficient funds checks will be charged a $20.00 service fee payable by issuer.