

# **RECOGNIZING AND REPAIRING RUPTURES IN THE THERPEUTIC ALLIANCE**

***Presenter: Catherine F. Eubanks, PhD***

**Friday, May 15, 2026 ♦ 9:00am – 12:00pm EDT  
Zoom Webinar**

**This webinar will present an integrative, transtheoretical approach to recognizing and addressing alliance ruptures in a way that strengthens the working alliance and facilitates corrective experiences. We will discuss withdrawal ruptures (movements away) and confrontation ruptures (movements against), and the interpersonal and intrapersonal markers therapists can use to help them recognize when a rupture is occurring. Additionally, strategies for repairing ruptures will be presented: immediate strategies for renegotiating tasks, and expressive strategies that employ metacommunication (communication about the communication process) to explore ruptures and the relational needs underlying them.**

*Level of Curriculum Content: Introductory / Intermediate*

## **Zoom at a Glance**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

## ABOUT THE PRESENTER

**Catherine F. Eubanks, Ph.D.** is a Professor at the Gordon F. Derner School of Psychology at Adelphi University and co-Director of the Center for Alliance-Focused Training. Her research focuses on how to help therapists identify and repair ruptures in the therapeutic alliance. Dr. Eubanks is a past president of the Society for the Exploration of Psychotherapy Integration (SEPI), a Fellow of the Society for the Advancement of Psychotherapy/APA Division 29, past Executive Officer of the North American chapter of the Society for Psychotherapy Research (SPR), and a previous recipient of early career awards from both Division 29 and SPR. She currently serves as Managing Editor of the journal *Psychotherapy Research* and previously served as an Associate Editor of the *Journal of Clinical and Consulting Psychology (JCCP)*. She has published extensively on alliance ruptures and repair, including the recently released book *Alliance-focused training: An evidence-based guide to negotiating ruptures in therapy*, co-authored with Chris Muran, Lisa Wallner Samstag, and James Macdonald. She also maintains a small private practice in New York.

## PROGRAM OBJECTIVES

Participants will be able to:

- Identify at least one marker of a withdrawal rupture and one marker of a confrontation rupture
- Identify at least two immediate strategies for addressing alliance ruptures
- Describe how metacommunication can be used to address an alliance

## PROGRAM AGENDA

|                   |   |
|-------------------|---|
| 9:00am – 10:00am  | Identification of withdrawal and confrontation ruptures in the therapeutic alliance |
| 10:00am – 11:00am | Immediate strategies for addressing alliance ruptures                               |
| 11:00am – 12:00pm | Use of metacommunication to address alliance ruptures                               |

**For additional information on continuing education policies, please visit our website at <https://psychology.nova.edu/ce>**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

**School psychologists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/27.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024.

**Professional counselors:** Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

**All mental health professionals will receive three (3) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service to its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA-accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA-accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology hold the designation of National Recognition by the National Association of School Psychologists (NASP).

For additional information regarding our Nondiscrimination Policy, please visit the following link:  
<https://psychology.nova.edu/ce/index.html#UniversityEqualOpportunityNondiscriminationStatement5>