

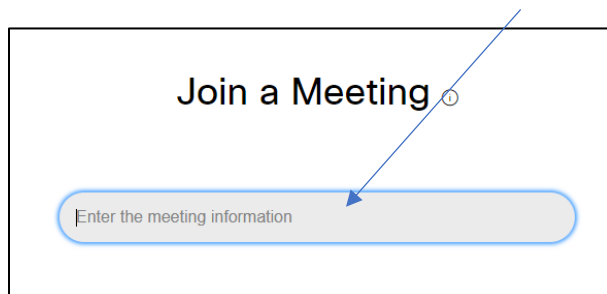
# DAPP Programs During COVID-19

Winter 2020

*This document will be continuously updated*

## How to Join (Cisco Webex)

1. [Click this link](#) when you're ready to join the meeting.
2. Enter the Meeting number (access code) for the specific session (listed below for each session).



3. When prompted, enter the Meeting password for the specific session.



**DAPP Event: Love & Conflict**

Scientific evidence strongly suggests that emotional and social connection are core psychological needs essential to feeling satisfied with your life. This can be more intensified in our most intimate relationships. Couples may face different challenges over the course of their relationship which can promote growth, deepen connection and transform the relationship. Alternatively, some conflicts can create fractures within the relationship that distance and disconnect us from one another. This session with HSD's Malahat Baig-Amin, psychological counselor, will explore different skills to negotiate couples relationships with techniques and strategies to diffuse and deescalate conflict. (Webinar – 60 minutes)

**Hosted by:** Malahat Baig-Amin

**WED: 02/10/2021:** 8:30 am Wash DC, 4:30 pm Nairobi, 7:00 pm Delhi, 8:30 pm Bangkok

Meeting number: 180 878 5849

Password: r8BsJGrZK22



### **DAPP Event: The Strain that the COVID-19 Pandemic has Placed on Couples**

Relationships require work and they need to be nurtured. At the end of the day, we all want to feel connected and loved. However, there are some situations, which are often triggered by negative feelings, where we become emotionally disconnected from each other. This COVID-19 pandemic has upended our lives, and many people now live under the same roof 24/7 with their partner. For many, this new version of coexistence with their partner has proved challenging. Couples have had to learn to interact with each other in a different way when handling work, children, and household chores. In this webinar, Roxanna and Sandra will address the challenges that many couples are facing due to pandemic stress, and they will also discuss coping strategies, including ways to improve communication with your partner. Specifically, they'll talk about how to break negative cycles of interaction and how to prevent escalation that could lead to increased stress and detachment. (Webinar – 60 minutes)

**Hosted by:** Roua Hijazi

**Presenters:** Roxanna Losada-Radley MA, LCPC and Sandra Cohen MS, LCPC

**WED: 02/24/2021:** 12:00 pm (Noon) Wash DC, [8:00 pm Nairobi](#)

Meeting number: 180 076 6904

Password: sTp23FCzVU3

#### **Bios:**

**Roxanna** is a Clinical Psychotherapist with over 30 years of experience, working with individuals, couples and families. She is licensed as a Clinical Professional Counselor in the State of Maryland and in Washington, DC. She has studied and trained at the University of Belgrano, Buenos Aires; Massachusetts Mental Health Center, affiliated with Harvard Medical School, Boston; Massachusetts Institute of Spain, Madrid; The Ackerman Institute for the Family, New York; and the Washington School of Psychiatry, Washington, DC; and the Washington Baltimore Center for Emotionally Focused Therapy. Drawing from her training, Roxanna employs an Attachment Theory approach to couple's therapy. Her goal is to help couples reconnect with the feelings that brought them together, creating new strong connections, and changing negative patterns that create distress and detachment. For 11 years, Roxanna worked in the Counseling Unit at the World Bank Group and IMF. These opportunities have helped her gain a deeper understanding of the challenges and richness of living in a different culture.

**Sandra** is a Licensed Clinical Professional Counselor in the State of Maryland and Washington, DC. She has practiced psychotherapy since 1990, and has experience working with adults, adolescents, couples, and families in a wide range of settings. She received her Master's degree in Marriage, Family, and Child Counseling from San Francisco State University. She trained at the Mental Research Institute in Palo Alto and the Family Therapy Institute of Washington, DC. Most recently, she trained at the Washington Baltimore Center for Emotional Focused Therapy. Sandra has worked in a variety of settings including The Family Therapy Institute, Montgomery County Social Services, in public schools, and in private practice. She has been in the Washington, DC area for the last 28 years where she established her practice and continues to learn. Sandra was born in Argentina and came to the United States in 1986. As an immigrant, she appreciates the complex process of adaptation many people go through when they come to this country.

**DAPP Event: Talking Money: Helping Couples Manage Financial Conflict**  
 Financial issues are one of the most common sources of disagreement between couples. This workshop will offer practical strategies to handle money related conversations to increase marital satisfaction and long lasting relationships. (Webinar – 60 minutes)

**Hosted by:** Diana Mayer  
**Presenter:** Dr. Mariana Falconier

**FRI: 02/19/2021:** 12:00 pm (Noon) Wash DC, [8:00 pm Nairobi](#)  
 Meeting number: 180 096 6745  
 Password: 94m7X67wvZm

**Bio:**  
**Dr. Mariana Falconier** is an Associate Professor in the Department of Family Science at the University of Maryland, College Park and an affiliate faculty at Virginia Polytechnic Institute and State University. She completed her master's degree in Marriage and Family Therapy and her doctoral degree in Family Studies at the Department of Family Science at the University of Maryland, College Park. Her research focuses on how couples cope with stress, primarily economic and immigration stress in Latino couples. She has developed and pilot-tested TOGETHER: A Couple's Model to Enhance Relationship and Economic Stability. She is the Program Director and Principal Investigator of TOGETHER, an interdisciplinary program designed to help couples improve their communication, coping, and financial management skills.





### **DAPP Event: Unmasking Abusive Behavior: What's Behind It?**

"How do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?" – bell hooks

This webinar will discuss common misconceptions, traits, behaviors and characteristics of individuals who use abuse in their intimate partner relationships. Participants will learn about the root causes of intimate partner violence and how it differs from common or situational couple violence, as well as, promising strategies for motivating behavior change. Discussion will also focus on the latest trends in transformative justice strategies and progressive accountability framework approaches. Find out what works, what doesn't and what is on the horizon. (Webinar – 60 minutes)

**Hosted by:** Stephanie Asare Nti

**Presenter:** Lisa Nitsch, House of Ruth Maryland

**FRI: 03/26/2021:** 1:00 pm Wash DC, [8:00 pm Nairobi](#)

Meeting number: 180 896 4147

Password: ipYmAmFT665

#### **Bio:**

**Lisa Nitsch**, Director of Training & Education, House of Ruth Maryland. Lisa is responsible for House of Ruth Maryland's intervention services for abusive partners and the Training Institute, which coordinates professional development for staff, external community education, and professional technical assistance. She has been with House of Ruth Maryland since 1998 and has advanced through a variety of positions, including overseeing the agency's Clinical Services for survivors and their children, the Teen Initiative, and the Developmental Childcare Center. Her depth of knowledge and her humor make her a dynamic and highly sought-out trainer and facilitator with a strong grasp of the history of the violence against women movement and nonprofit leadership. Lisa is an appointed member of the Maryland Governor's Family Violence Council and is on the Board of the National Resource Center on Domestic Violence. She served as Vice President of the national organization, Women in Fatherhood, and as Co-Chair of Maryland's Abuse Intervention Collaborative. She has been training faculty for notable organizations such as Futures Without Violence, Battered Women's Justice Project, Women of Color Network, Institute on Domestic Violence in the African American Community,

and the National District Attorneys Association. She has served as an advisor to the Obama Administration's White House, the National Institutes of Health, the US Department of Justice's Office on Violence Against Women, and the US Department of Health & Human Services' Administration for Children & Families. Her current, but ever-changing, interests include developing programs for abusive partners within disinvested communities that address the dual experience of holding privilege and perpetrating oppression, engaging intended service audiences in program design & development, and exploring community-based accountability models for abusive partners beyond the criminal legal system.