

Stay on until the end.
We are GIVING AWAY
Five Copies
What Do You Say
When Books



Why am I doing this webinar?



Infidelity Cases Stress Therapists

- X They usually have an intense crisis phase
- X The commitment of each partner is tested
- X Values and morals called into question





*“The truth is rarely pure
and never simple.”*

Oscar Wilde

The Challenge for You

Can you...



- Stay calm and manage a lot of tension
- Be a strong leader
- Know where you are going and why
- Develop excellent confrontation skills
- Increase tension when needed

Nancy's Case Description

Caucasian couple in their 60's

Conflict avoidant couple

5 year infidelity

Married 40 years

Living in Scotland and Ireland due to job-Not been together since COVID lockdown started in February



Amy is appreciative that Nancy has no agenda for them to stay together

Kurt is crusty and friendly, and pushes back when Nancy gets it wrong

What Stood Out to Me from Nancy's Case

- Good progress is being made
- Strong therapeutic alliance
- Husband has not addressed what enables him to be deceptive yet
- A recent deception has emerged
- Good timing to confront his capacity to hide and deceive
- Nancy's confrontation skills will be tested



Kurt's Secrets and Lies

- ✓ Kurt pretended to have a degree from college that he did not have.
- ✓ When they were newly married, Kurt would go to pub. Amy could tell he'd been drinking but he would sometimes deny this. Amy describes this as gaslighting and Kurt hates when she uses this term.
- ✓ Kurt's infertility was hidden from children until they they found out with a 23andMe test.
- ✓ When Kurt had a heart attack, he did not tell Amy. She found out by reading one of his medical bills.
- ✓ Kurt's 5-year affair
- ✓ Affair partner contacting him on and off for last 7 months.

Different types of lies require different types of Confrontation



Session Today

- ✓ Nancy and I agreed it was time to explore his pattern of lying and keeping secrets
- ✓ How much self-awareness does he have? How does he view the lies? How much openness does he have to working on this?

Nancy to Kurt -Today we have an opportunity for you to share with Amy why you think you have been keeping secrets from her?

Here's what I have in mind. I want you to talk to Amy about what it is in you that keeps important things back from her and where this comes from in you.

Kurt, start off with what it is in you that holds back from talking to Amy about things that are difficult. Amy, you will be working on listening to Kurt, being open and curious about what he's saying, and staying with him as you learn more about Kurt and he learns more about himself.

6 Types of Confrontation



Soft Confrontation

Gently bring up the issue

Emphatic Confrontation

You *verbalize* unexpressed emotional states

Gentle, But Tough Confrontation

Makes *explicit* and *exposes* dysfunctional thoughts or rationalizations and excuses

Indirect Confrontation

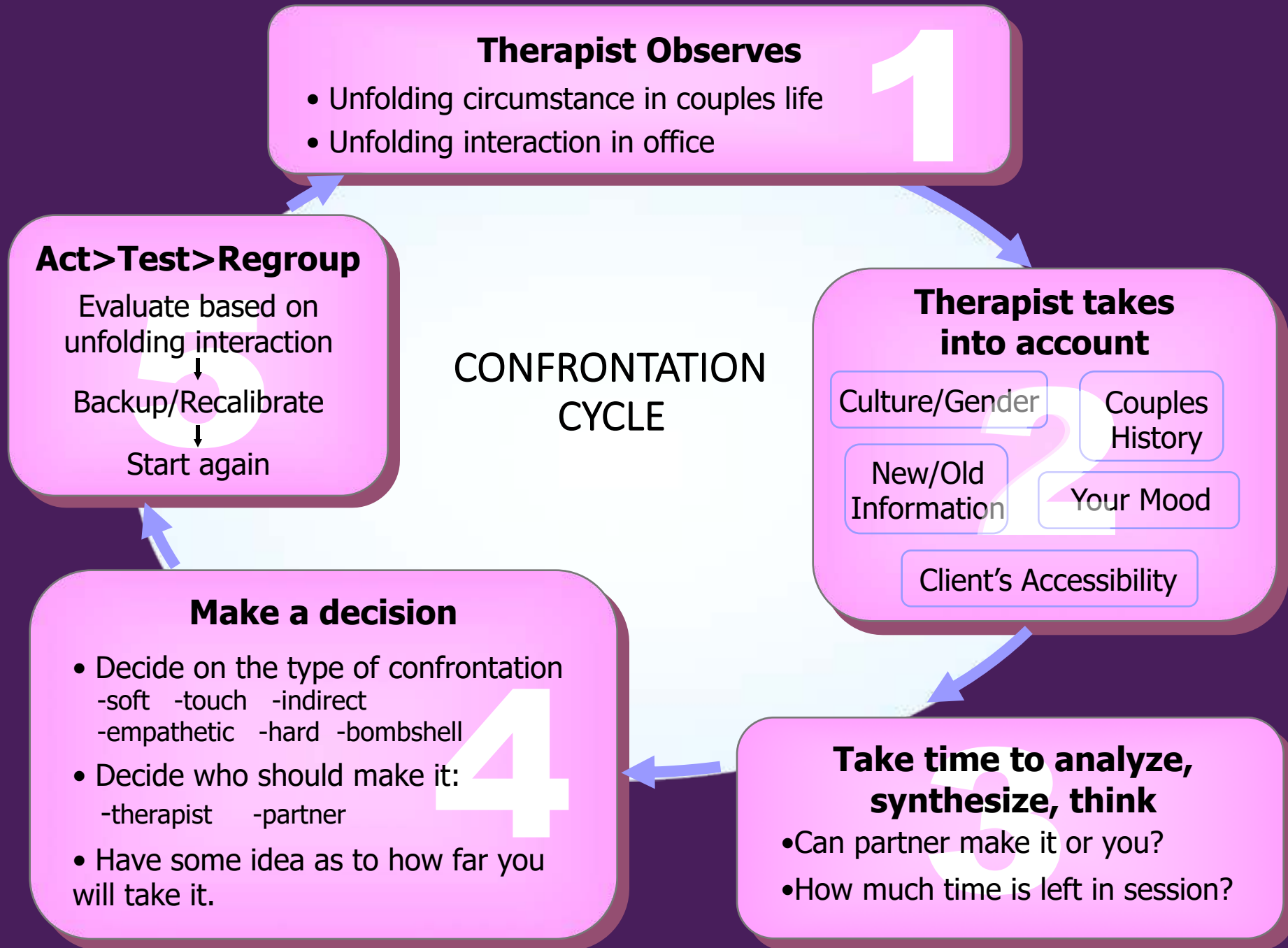
Talking to one partner when confrontation is directed at the other partner

Hard/Tough Confrontation

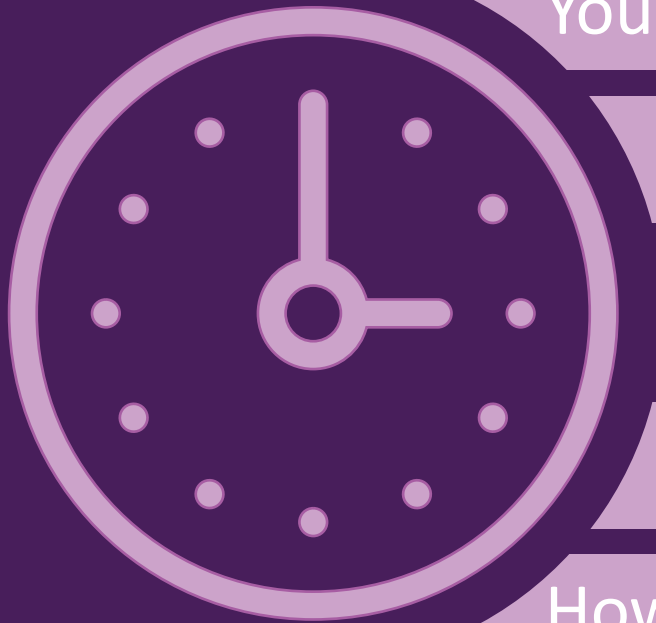
Designed to create *anxiety* or *discomfort*

Bombshell Confrontation

Is either so forceful in what is said or how it is said that it is *impossible* to *ignore*



Tammy's Case-Here Is What We Will Cover Today



Young Couple in High Distress-Clock Ticking

Setting Up an Incisive Diagnostic Exercise

Paper Exercise Demonstration and Discussion

Description of 6 Diagnostic Criteria

How to Use your Assessment to Build on Strengths

Young Couple with Unplanned Pregnancy/Challenges

- ✓ Got married quickly in Las Vegas
- ✓ She wants the baby/ He did not
- ✓ He was planning to leave her
- ✓ They have unresolved disillusionments between them
- ✓ She has early trauma with a divorce and hostile step-parent
- ✓ Both have little differentiation from their own families
- ✓ He wanted career and financial stability before having kids
- ✓ They look like a disaster headed for enormous pain for them and the child

Young Couple with Unplanned Pregnancy/Strengths

- ✓ They came in early and quickly to get help
- ✓ They have not done a lot of damage yet to their bond
- ✓ Palpable loving energy that therapist can feel
- ✓ Positive alliance with therapist-They have been willing to take direction
- ✓ Female is more open after 3 sessions. Surprisingly, she has taken confrontation from Tammy



The Paper Exercise is a projective exercise designed to elicit information quickly about six major areas of a couple's interaction.

The exercise itself lasts only five minutes.

You will use the remainder of the session to process the exercise and give feedback.

The Paper Exercise can be used either...



Diagnostically

OR
AS



Intervention

Directions Given To The Couple

1

“This piece of paper represents something important **to you.**”
(looking in the eyes of one member of the couple).



2

“And this piece of paper represents something important **to you**” *(looking directly in the eyes of the other member of the couple).*

3

“Take a minute and think about what it represents to you. Then I would like you to hold this paper between you, and you will have up to five minutes to decide who gets the paper without ripping or tearing it. You can do it verbally or nonverbally. You can do it any way you like, and you will have up to five minutes to decide who gets the paper without ripping or tearing it.”
(and it’s not your kids or your relationship)

Directions for the Paper Exercise

(Adapted from Susan Campbell, The Couples Journey)

Categories For Assessment



Do the partners self define?



How do they manage boundaries? Are their boundaries rigid or overly permeable?



Do they show awareness that the other is separate from themselves?



How do they manage conflict? Is it avoided, escalated or acknowledged and handled?



Do they have the capacity to move the conflict forward (negotiate)?



Is each partner able to give and/or receive?





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Bonus
#1



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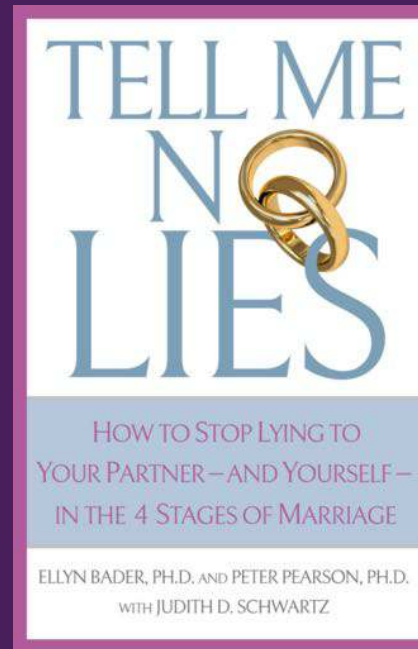
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price of 12! That's
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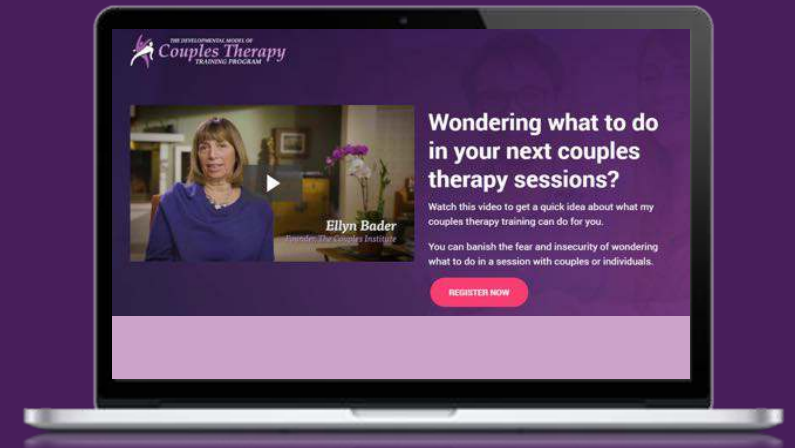


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- Submit a Case for Review
- Use some of the Handouts with Clients This Week
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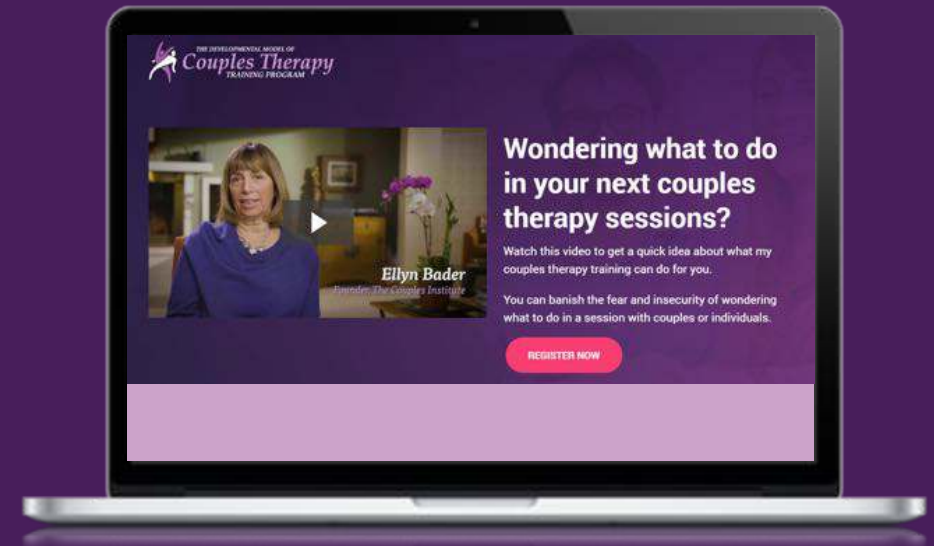
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#1



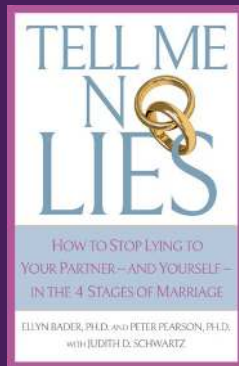
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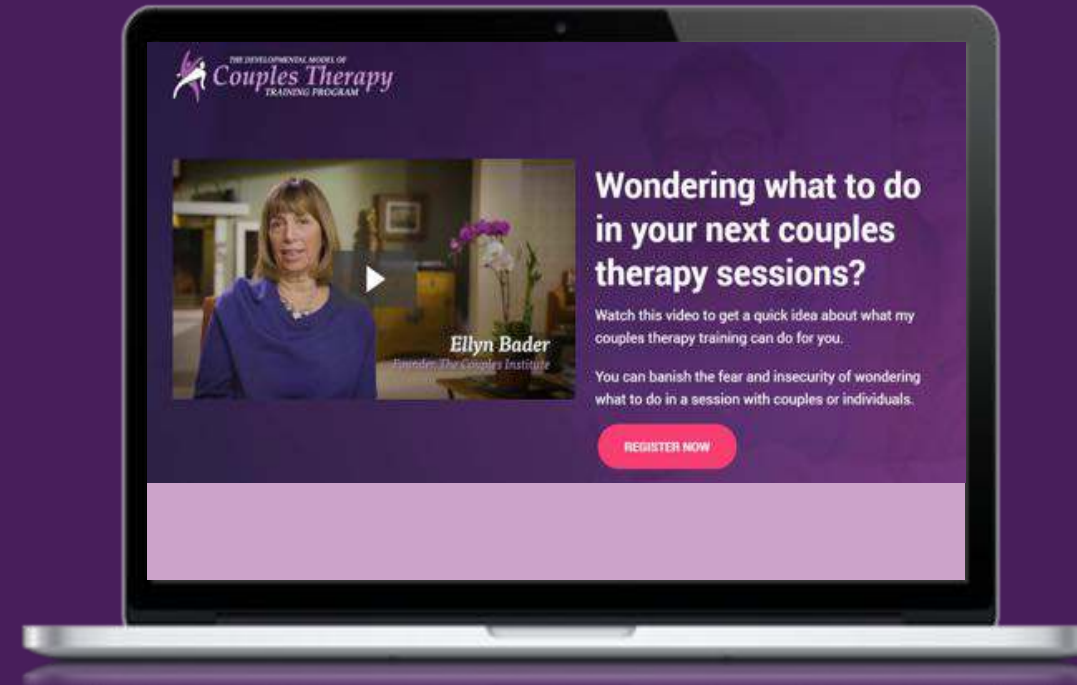
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Questions? Sign Up for Time with Ruth

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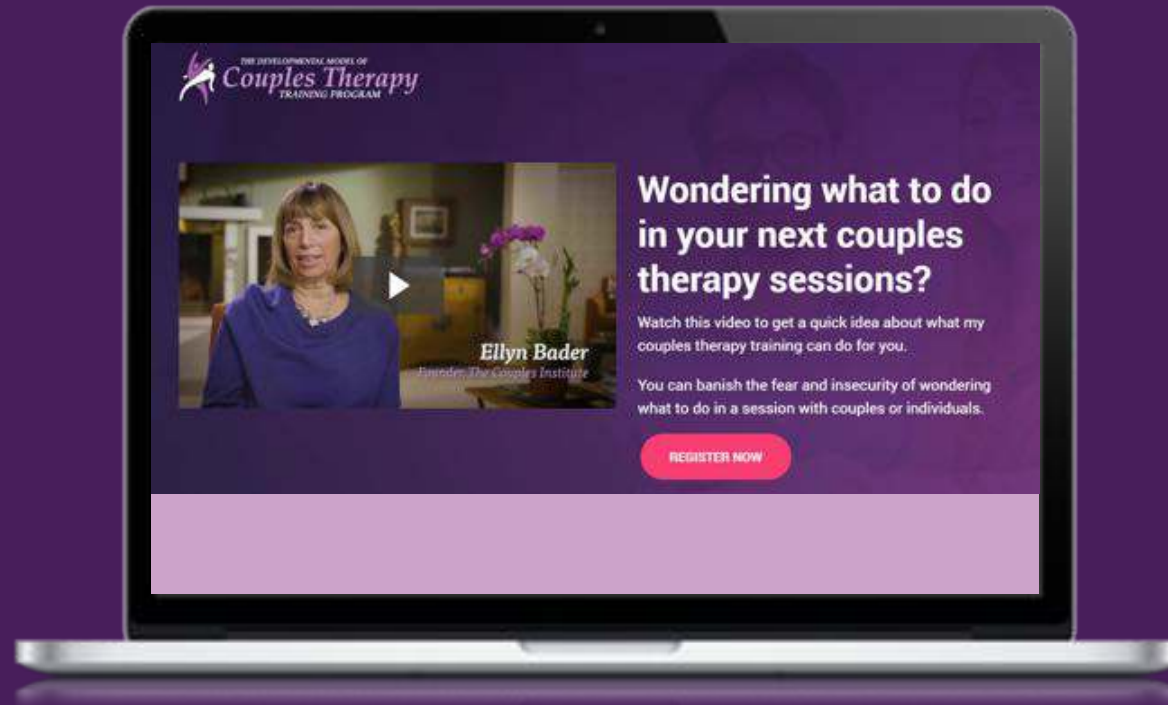
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Frequently Asked Questions



The Developmental Model Program
with Dr. Ellyn Bader

- How tech savvy do I need to be?
- Can I do it with a colleague?
- Will we talk about working with couples online?
- Is it tax deductible?
- Do I get CEs?
- What are your questions?