
“Should I stay or should I go?”

How to confront passive and
ambivalent partners after infidelity

with Dr. Ellyn Bader

*The Couples Institute &
The Developmental Model of Couples Therapy*



Effective Confrontation



The purpose of a good effective confrontation is to help partners to see and acknowledge what they do when they are at their worst without arousing defensiveness or denial .

To be able to be in their face and point out what is counterproductive without letting them wiggle away. This was very necessary in today's infidelity case.

Dr. Ellyn Bader

Definition of Confrontation

“

Confrontation is a technique used in therapy to recognize shortcomings and their possible consequences .

Webster's Dictionary

”



Types Of Confrontation

A woman with blonde hair, wearing a red and white polka-dot shirt, is sitting and looking towards the camera with a soft expression. A white rectangular box with the word "SOFT" is overlaid on the image.

SOFT

A man and a woman are sitting on a couch, facing each other and engaged in a conversation. The woman is on the left, wearing a white shirt, and the man is on the right, wearing a light-colored sweater. A white rectangular box with the word "EMPATHIC" is overlaid on the image.

EMPATHIC

A man and a woman are sitting on a couch, facing each other. The woman is on the left, wearing a blue shirt, and the man is on the right, wearing a light blue shirt. They appear to be in a conversation. A white rectangular box with the text "GENTLE, BUT TOUGH" is overlaid on the image.

**GENTLE, BUT
TOUGH**

A man with dark hair, wearing a striped shirt, is sitting and looking down with a serious expression. A white rectangular box with the word "INDIRECT" is overlaid on the image.

INDIRECT

A woman with short grey hair, wearing a blue shirt, is sitting and looking towards the camera with a serious expression. A white rectangular box with the text "HARD/TOUGH" is overlaid on the image.

HARD/TOUGH

A man wearing a white hat and a woman with blonde hair are shown in profile, facing each other. The man is on the left, wearing a white shirt, and the woman is on the right, wearing a yellow top. A white rectangular box with the word "BOMBHELL" is overlaid on the image.

BOMBHELL

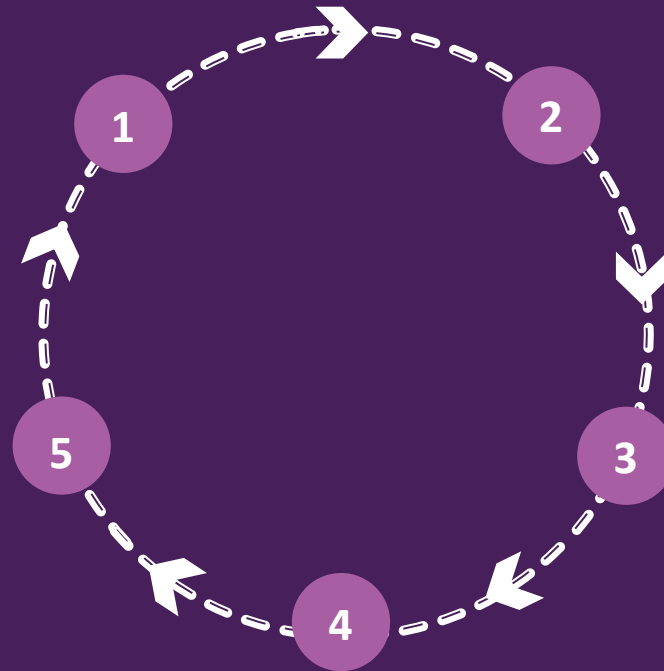
The Cycle Of Confrontation

Therapist Observes

Unfolding circumstances in couple's life and unfolding interaction in office

Act Test Regroup

Evaluate Based on Unfolding interaction Backup / Recalibrate Start again



Make a Decision

Decide on the type of confrontation
 soft- empathic – gentle but tough – indirect – hard –
 bombshell
 Decide whether therapist or partner will confront

Therapist Takes into Account

- Race/Culture
- Gender
- Couple's history
- New/ old information
- Therapist's mood
- Client's accessibility

Take Time To Analyze, Synthesize, Think

Can partner make confrontation or should therapist? How much time is left in session?

Massive Wipeout



“There’s no reason for me to pay attention to your concerns”

What happens next

- Partner receiving it withdraws or attacks
- Partner delivering it is oblivious to denied impact of their behavior

“You should help me heal”

Therapist response

- Confront Directly-You don’t appreciate your power to decimate your partner
- Confront Indirectly-Go through the partner....
- What is more important now? Is it your point or your partner’s accountability?

Why Confrontation Is Necessary

The couple is a system

Tools like reframing interpretation, teaching skills, metaphor, empathy are not sufficient to create sustained impact or change

Delineates the developmental edge

It is rare to meet two highly motivated partners where each is enthusiastic about making the same changes at same time

Nothing changes unless the individuals change

Why we are the preferred choice for therapists



**in only
5 to 6 hours
per month**



Work with couples more effectively with satisfying sessions that flow



Your nonverbal language communicates you have appropriate confidence to help them



You can hold steady because your interventions are deliberate and nuanced



Clients become motivated and accountable



This model takes you beyond problem solving & grateful clients return because they want more

What the Program Includes



Full Program!



24 Written Lessons



8 Video Demos



100+ Audios Archived



Live Sessions with
Guest Experts!



Peer Groups



Ellyn's Live Training Sessions
+ Submit your cases!



Get your Questions Answered



Special Training: Trauma,
Narcissism, Passive-Aggressive
Partners and More

Why other therapists love our training...



Study in your PJs



Listen live or later
from almost anywhere



Training is sequential &
builds on itself



Build your therapy skills
over a full year



Personalized attention and
answers to your questions



Collaborate with colleagues of other
races/cultures worldwide and get help

1 Fast-Acting Bonus: A Private Support Group with Dr. Ellyn Bader



When You Order by **Monday, Oct 5**
at **11:59pm Pacific Time** You'll Receive:



This is an exclusive chance to talk with Ellyn, hear her perspective on how the Developmental Model can apply to *your* individual and couples' cases, and get ongoing personal support as you risk and work experientially with more couples online.

2 Fast-Acting Bonus: Get 3 Months Free



When You Order by **Monday, Oct 5**
at **11:59pm Pacific Time** You'll Receive:



**15 months for the
price of 12!
That's 3 months
absolutely free.**

Special Offer When You Pay For The Year

An extra \$265 off!

You won't get world class training at this price *anywhere*.



Our Iron Clad Guarantee

Experience it all with no risk!



You have a **full 30-day trial** to study, listen, watch, participate, and learn!

- ✓ Explore everything for a full 30 days!
- ✓ Learn from the videos, training sessions, and experts!
- ✓ If in 30 days you don't believe this program will deliver the skills plus confidence and you believe it's not right for you, we will refund your money. No questions asked.

Your Investment

How much will this training cost in terms of time, energy, and money?

You need only...



**about 5 to 6 hours
per month**

Your investment...



as low as \$3.30/day

Buy Now

You Can Start Immediately

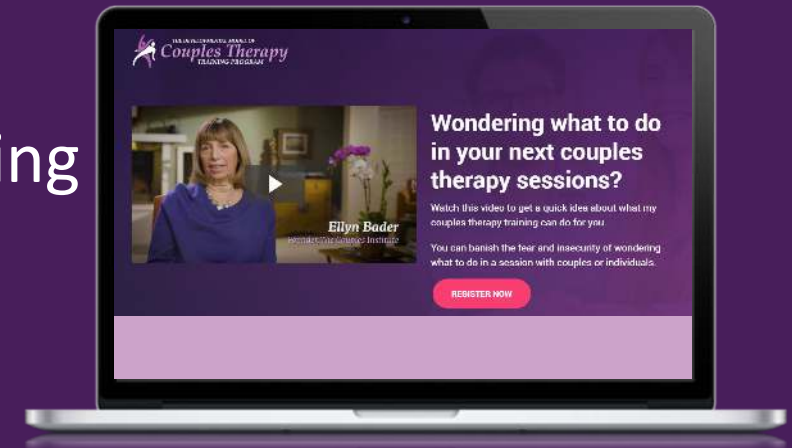


- Get the First Lesson
- Get Acquainted with the Community
- Introduce Yourself
- Submit a Case for Review
- Use some of the Handouts with Clients This Week
- Your Private Support Group w/Ellyn Starts in late October

Developmental Training Program

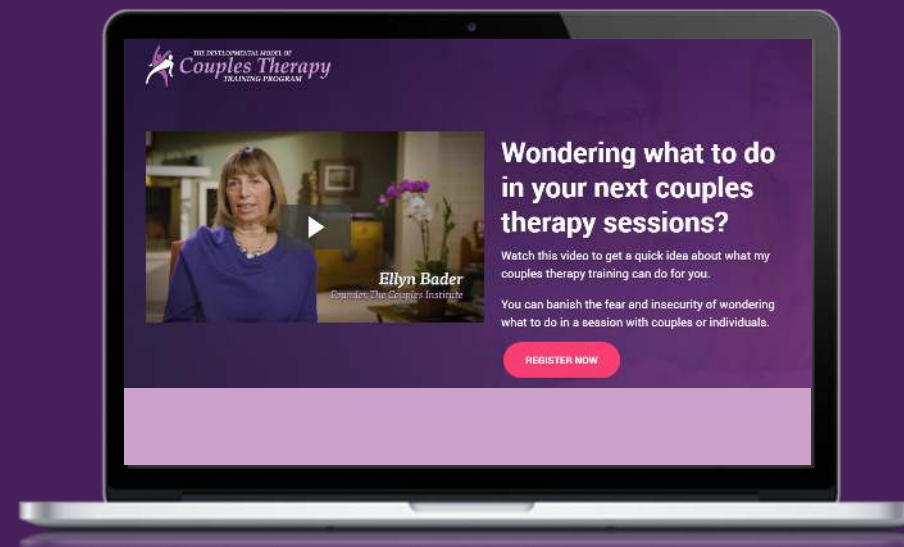
Our CORE Program:

- 15 Months of world-class mentoring and training
- Live Monthly Training Sessions
- 24 Written Lessons
- Submit Individual Cases for Review
- 8 Live Bonus Training Calls with other Couples Experts
- 30 Client Handouts
- Supportive Therapist Community
- Special Live Training Sessions on Working with Trauma, Narcissism and Infidelity



Plus, check out these added features:

- A research library at your disposal 24/7
- Client Session Videos
- 100 Archived Training Calls
- 82 Archived Bonus Calls with Guest Experts
- Deep Dive Special Training Calls on empathy, addiction, first sessions and more!



Incredible Value

<i>What you receive in The Developmental Model Training Program</i>	<i>Value</i>	<i>Total Value</i>
15 Live 90 Minute Training Sessions with Dr. Ellyn Bader	\$500	\$7500
8 Live Bonus Training Calls with Guest Experts	\$350	\$2800
8 Videos of Real Client Sessions by Dr. Ellyn Bader and Dr. Pete Pearson	\$75	\$525
100 Plus Archived Training Sessions with Dr. Ellyn Bader	\$70	\$7000
82 Archived Bonus Calls with Guest Experts like Dan Siegel, Esther Perel and others!	\$60	\$4920
30 Client Handouts to Support Your In-Session Work	\$30	\$900
Being part of a Supportive Therapist Community	Priceless	
Investing in your Professional and Personal Growth	Even More Priceless	
TOTAL VALUE		Over \$23,000

When you Pay in Full today,
You'll receive a total savings of \$265 and over
\$23,000 in total value!

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That's significantly less than you'll receive from one
client per month.

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One-time Pay in Full Payment

Invest for the full year and get **an additional savings
of \$265**. You won't find world-class training at that
price ANYWHERE.

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Remember that this training is a tax deductible expense in many countries.

Sign Up Now!



couplesinstitute.com/developmentalmodel



Why Confrontation Is Necessary

- ⚡ You can see the repetitive, negative loops But they can't see what they are doing
- ⚡ Huge disconnection exists between how partner's act and the kind of relationship they say they want to be in
- ⚡ How partner's aspire to be doesn't stay conscious or they quit at slightest provocation from other either in office or at home. Therapist must hold them to their own standards.
- ⚡ To increase motivation
- ⚡ To delineate or circumscribe a developmental issue...No we are talking about how your avoidance of facing issues is hurting both of you



Creative Confrontation Takes Knowing ..

