



CRACKING THE CODE: Confronting Regression and Transforming Trauma in Couples Therapy

With Ellyn Bader and The Developmental Model

OCTOBER 2, 4, AND 6



TRAINING 1:

Cracking the Code: Creating Lasting Change in Couples Therapy



Dr. Ellyn Bader

Psychotherapist, Founder of The Couples Institute®
and Creator of The Developmental Model

Dr. Ellyn Bader is one of the early founders of “couples therapy,” as well as a recognized thought leader and trailblazer in relationship therapy worldwide. Acting on years of exploration and therapy sessions, she discovered that bringing the couple together in sessions was far more effective than working with each partner individually. When she took her idea to her peers, many laughed and said it wasn’t possible. Fast-forward to present day, and we can hardly imagine the world without couples therapy.

Through her informal research and thousands of sessions, Ellyn co-created “The Developmental Model,” a revolutionary approach that is highly adaptable to the complex needs of two people growing, changing, and staying connected in a relationship. The model has deeply influenced the therapeutic world and is currently used in 55 countries. It is taught by many graduate programs using her award-winning textbook *In Quest of the Mythical Mate*, which has been reprinted over 20 times.

Ellyn co-founded The Couples Institute® (1984) and co-authored *Tell Me No Lies* (2001) with her husband Dr. Peter Pearson, and the two have been a frequently trusted resource by TV, radio, podcast and print publications, appearing on *Nightline*, *NPR*, *CBS This Morning*, *Today Show*, *Good Morning America*, *O Magazine*, *Cosmopolitan* and over 70 others.

She continues to evolve the field of couples therapy through her tireless commitment. She offers world-class training to thousands of therapists on applying “The Developmental Model” and becoming masterful at the art of couples therapy.

Ellyn currently lives in California, and spends her time playing tennis, as well as working on new breakthrough techniques for speedy and long-lasting change for couples. She finds great meaning in traveling to Kenya to help build schools and establish counseling programs in refugee communities for traumatized children and families.

TRAINING 1:

Cracking the Code: Creating Lasting Change in Couples Therapy

Creating Lasting Change in Couples Therapy Using The Developmental Model



Dr. Ellyn Bader

Co-Founder of The Couples Institute &
The Developmental Model of Couples Therapy
Co-Author of *In Quest of the Mythical Mate*

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Why Learn the Developmental Model

You can enable Couples to Understand
What's Wrong and **Embrace Growth not
Pathology**

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3 Reasons Couples Come to Therapy

- ✓ **Change**
 - To Grow, Connect and Develop
- ✓ **Dissolve the Relationship**
 - Say goodbye
 - Get help with kids and parenting
 - Resolve resentment so they don't fester
- ✓ **Make a Decision**
 - Stay together or separate
 - Have a child or not
 - Move across country

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Couples Therapy Can Be Hard

- So much **dysregulation**
- Partners **don't believe they can change**
- High amount of **passivity**
- They've **tried everything**
- You think you've **done something wrong**

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You Did Not Become A Therapist to

- ✗ Sit with people fighting and **going nowhere**
- ✗ Be **gobbled up by negative**, escalating patterns that don't shift
- ✗ To reinforce **passivity**

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Stages of Couples Development

- ✓ Symbiosis/ Attachment/Exclusive Bonding
- ✓ Differentiation - Defining Self, Understanding Partner and Managing Differences
- ✓ Practicing - Individuation/ Self-Esteem and Time Apart
- ✓ Rapprochement - Reconnecting
- ✓ Mutual Interdependence - Synergy

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They are Arrested at First Stage of Relationship Development



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5 Principles of Lasting Change



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With strong leadership
Therapist communicates strongly through **words, behavior, and nonverbal cues (smiling)**



I am **in charge** here



I am a leader.
I know where I am going



I am going to hold you both. And we will **go there together**

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Self-Differentiation

One Strong Foundation for Enduring Partnership

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Too many couples get stuck at Stage One because they fear Differences and Differentiation

Stage One

They try to maintain connection but end up with hostile, controlling competitive dynamics or being very enmeshed and conflict avoidant

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When partners are **anxious about emotional risk**, they will shut down and give up parts of themselves

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What is **Differentiation**?



Differentiation is the active, ongoing process of **defining self, expressing and activating self, revealing self, clarifying boundaries.**



And from managing the anxiety that comes from risking either deeper intimacy and involvement or facing feared separation.



Essential to manage differences for relationships to grow and remain vital over years of being together. Keeps vitality, passion and intimacy alive.

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Why **Differentiation** Matters



Growth happens with progressive levels of openness
Leads to increasing levels of anxiety and growth and vitality.



Differentiation allows partners to recognize and own their contribution to relationship stress
They stop personalizing

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Insight alone does not create motivation or developmental growth.

Building emotional capacity is what is needed.

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When You First Meet a Couple Ask Yourself



Where is this **couple stuck**?



How far off course are they from **what you would expect based on their ages** and the time they have been together?



Where is their development **arrested**?



What are the **main sources of their pain**, disappointment and disillusionment?



How have they hurt one another? **What has gone unrepaired**?



What is their systemic context? culture, gender, race, religion, sexual orientation, relationship structure

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You will grow and
change as you
**LEAD YOUR
CLIENTS**
to what they can
BECOME

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**As you watch the video, think of
your own clients and ask yourself**

Where is my couple stuck?

Where is their development arrested?

What are the main sources of their pain
and disappointment?

How far off course are they from what you would expect
based on their ages and the time they have been
together?

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- ▶ What developmental “stuck points” did Ellyn highlight?
- ▶ How did Ellyn take charge of the therapy?
- ▶ What goal presented by this couple did Ellyn reject?
- ▶ Did you like how Ellyn made a distinction between individual issues that matter and the couple’s goals?
- ▶ Think of a couple from your practice. How will you apply something you learned today to one of your own cases?



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NOTES



The Developmental Model Training

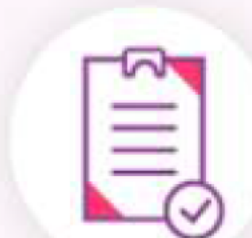
DR. ELLYN BADER

ENROLL NOW

This high-touch, world-class program offers you...



Live Clinical Sessions



Client Handouts



Exclusive Video Demonstrations



Members' Case Consultations



36 CE Hours



Guest Speaker Calls



Written Lessons



Ongoing Discussions



Members Directory



Supportive Community

Check Out What Other Therapists Are Saying...



"The model has enhanced my practice and given me the confidence and structure I needed to work with couples. I love the developmental model and the attachment frame. Because of this training, couples are who I like working with best – even the very challenging ones. I also specialize in co-parenting therapy with divorced couples, mediation, and other forensic work. This model is so valuable in working with this population also. Thank you for this incredible program!"

Shannon Seeley
LCSW, Soquel, CA



"I'm making progress with my toughest couple. We're now laughing together when I call them on their contributions. They leave with 'challenges' of things to change and with big smiles. I feel a bunch more confident. I never would have been able to get this couple on the right path before I started learning here. YIPPEE!"

Ann Veilleux
MSW, LCSW, Madison, WI



I feel I now have a compass. I know where I want to go and feel more prepared to face the obstacles that lay ahead whatever they may be. The Developmental Model is great, and Ellyn is a great mentor. Thanks for sharing all your knowledge and expertise."

Jules Comeault
MA, Gatineau, QC