

LGBTQ+ Relationship Therapy

Getting a Strong Start Using
the Developmental Model



Tom Bruett, (he,him,his)

What goes into creating **A strong start in relationship therapy?**

1.

Thorough **Assessment**

2.

Strong **Leadership**

3.

View the Couple through a
Developmental Lens

Assessment Phase

for LGBTQ+ Relationships

*LGBTQ+ relationships are different.
Make space for:*



What is their *relationship structure*?



What is each partner's *coming out story*?



Are there any *significant developmental milestones*?

Case Example

Juan (Mexican-American, 30s)
and Adam (white, 40s)



Gay male couple



Open relationship



Lots of nasty fights (Hostile/Dependent)



Coming into treatment because there has been a betrayal in their open relationship agreement

What does **strong leadership** look like?



Knowing **where you want to go**



Assessing **where the couple is developmentally** (which you'll learn more about in the model)



Making interventions that **slowly push the couple into differentiation** (which you'll learn more about in the training)

How would you start with a couple like this using the DM?

- ✓ Strong **Assessment**
- ✓ Setting clear **autonomous goals**
- ✓ **Strong leadership** throughout the session