



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

With Ellyn Bader and The Developmental Model

OCTOBER 2, 4, AND 6



TRAINING 2:

When Clients are Stuck in Regression Relationship Development Stalls



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.

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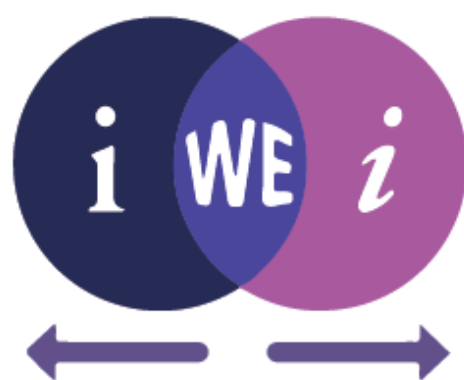
The Developmental Model Stages

with Dr. Ellyn Bader



1
Symbiosis:
Exclusive Bonding

- Two "i"s become "WE"
- Blissful merging
- Strong bond provides foundation of nurturance and trust



2
Differentiation:
Managing Anxiety
Over Differences

- Each individual "i" re-emerges
- Differences appear between partners
- Couples often long for comfort and togetherness of symbiotic stage



3
Exploration:
Moving From
"We" Back to "i"

- The "We" loses dominance
- Balance shifts toward focus on "i"
- Partners refocus on themselves and building self-esteem



4
Re-Connection:
Back and Forth
Patterns of Intimacy

- The "We" includes respect for the of two separate "i"s
- Both people have strengthened their identity and learned to express their desires without hostility
- This stage is often accompanied by an enlivened sexual relationship



5
Synergy:
Independence &
Interdependence

- Easy flow between the "i" and the "We"
- Partners manage emotional reactions well
- Deepened intimacy, vulnerability, and connection
- Partners desire to co-create and give back to the world

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When Clients are Stuck in Regression Relationship Development Stalls

When Clients are Stuck in Regression Relationship Development Stalls



with 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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Communication Problems Inevitably Exist When Couples Are Stuck in Symbiosis



They bring treatment
resistant aggression to you



They tie what they do
to what the other one
does reactively

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Communication Problems Inevitably Exist When Couples Are Stuck in Symbiosis



There are multiple repeated
examples of *not giving*
themselves a voice over
years of marriage



Minimal awareness
of who their partner
is

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TRAINING 2:

When Clients are Stuck in Regression Relationship Development Stalls

Vagueness and Passivity Prevent Connection

Evasiveness hinders therapy.
Evasiveness and deflection are
entrenched self-protections.

*This couple is afraid to spend time
together for good reasons!*

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You Prevent Enmeshment and Create Change When Partners Get Back In Their Own Skin

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TRAINING 2:

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Effective Confrontation of Their Regression Matters

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

To be able to **get their attention and show them what is counterproductive** without letting them wiggle away and showing a way forward... a vision of what is possible.

To delineate the developmental edge where your work will have the most impact possible.

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A repeating sequence will be:
Asking for and eliciting moments of self-definition.

Emphasizing those moments and *Solidifying their self-expression.*

They need lots of practice and repetition with a therapist who is not afraid of conflict.

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Provide lots of structure and hold them inside themselves.

Watch Ellyn do this in the role play segments with Tim.

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TRAINING 2:

When Clients are Stuck in Regression Relationship Development Stalls

- ▶ What are some things you saw Ellyn do to interrupt or prevent regressive behavior from dominating the session?
- ▶ Identify one skill you'd like to practice with your own clients in the next few weeks.
- ▶ What helpful Developmental Model principles did you learn to support your work?



TRAINING 2:

When Clients are Stuck in Regression Relationship Development Stalls

NOTES



The Developmental Model Training

DR. ELLYN BADER

ENROLL NOW

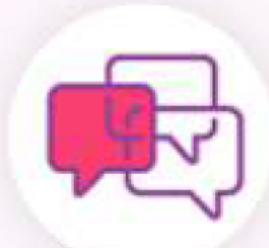
This high-touch, world-class program offers you...



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