



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

With Ellyn Bader and The Developmental Model

OCTOBER 2, 4, AND 6



TRAINING 3:

Helping Trauma Survivors Build an Integrated Sense of Self



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 2:

When Clients are Stuck in Regression Relationship Development Stalls

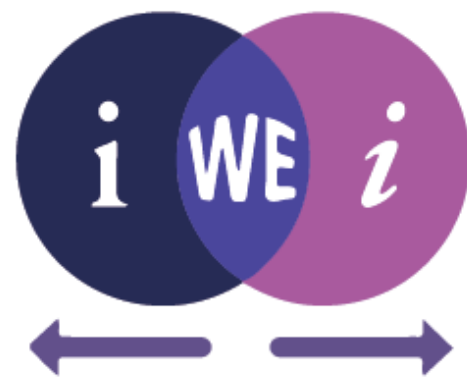
The Developmental Model Stages

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

TRAINING 3:

Helping Trauma Survivors Build an Integrated Sense of Self

Helping Trauma Survivors Build an Integrated Sense of Self



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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5 Different Types of Trauma that Appear Most Frequently in Couples Therapy



Early Developmental Trauma: Abuse/neglect/poverty/addiction, abandonment/family violence



Interpersonal: Old, unresolved traumatic disillusionment within the couple



Interpersonal: Current Crisis of Betrayal/Deception/Infidelity



Intergenerational Transmission of Trauma as in children of war survivors



Cultural/Systemic: Racial, gender or sexual orientation, immigration, refugee, or religious trauma

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Trauma Takes Many Forms – Chronic or Acute

Your client may have experienced substantial developmental trauma, intergenerational trauma, acute trauma as a child or they may have experienced trauma in their relationship with this partner or a previous partner.

The hallmarks of trauma are helplessness, terror, passivity and disruptions in reality.

Write in the chat examples of trauma you have seen influencing a partner in their couples relationship.

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TRAINING 3:

Helping Trauma Survivors Build an Integrated Sense of Self

Trauma....How Trauma stalls Couples Relationships

- Interpersonal re-enactments
- Partners keep triggering one another
- Lack of Developmental capacities prevent relationship growth
- Trouble with emotional regulation
- Chronic anger or depression about unresolved issues with their partner
- Addiction, compulsive sexual behavior
- Secret keeping, loss of voice, collapse of self

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Trauma.....How it shows up in Couples Relationships

Partners tend to communicate the nature of their traumatic past by repeating it in the form of

-  Interpersonal re-enactments
-  Fantasy
-  Triggers
-  Developmental capacities they lack
-  Untold history /Secret keeping

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"Maybe you're not healing because **you're trying to be the person you were before the trauma.**

That person **doesn't exist anymore** because there's a new you trying to be born.

Breathe life into that person."
-Unknown

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TRAINING 3:

Helping Trauma Survivors Build an Integrated Sense of Self

The lack of adult regulation leads a child to feel **overwhelming** helplessness and results in a lack of self-regulation which will be easily **triggered in their couples relationship** due to the many complex interdependencies and the **desire to be loved**



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Attuning to others becomes such *an ingrained survival strategy* that important adult relationships get organized the same way.



The trauma survivor adapts to their partner and prioritizes the marriage over self development. An unspoken but persistent way of being is, "*I feel uneasy or uncomfortable. I'll give up me to be like you.*" or "*I'll give up me to be with you.*"

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Significant Early Trauma Results In Pervasive Shame and Challenges With Self-Definition

- ✓ A lack of internal self awareness or a continuous sense of self
- ✓ Problems with intimacy (not safe to be vulnerable)
- ✓ Poorly modulated affect and impulse control including aggression against self and others
- ✓ Trouble trusting others
- ✓ Worry about the reliability and predictability of others which is expressed as distrust & suspiciousness
- ✓ Often unaware of the relationship between past and present leading to unconscious acting out of trauma

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TRAINING 3:

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Self Differentiation

- ✓ A sense of self first develops and thrives in context of empathic responsiveness from caregivers. (Lichtenberg)
- ✓ Self development increases with an expanding sense of agency
- ✓ Inward focus increases the focus on full blown tracking of thoughts, feelings and desires
- ✓ Eventually the adult can experience themselves across a past(**what I thought, felt and intended**) present (**what I think, feel and intend now**) and future(**do I choose to change or stay the same**)
- ✓ Increased differentiation leads to a stable self-identity and an end to externalization

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- ▶ Name 5 types of trauma that may show up in clients coming for couples therapy.
- ▶ What are some positive ways to start your sessions with couples where one or both partners have significant early developmental trauma?
- ▶ List some subtle yet significant interactions to watch for and support in your own clients.



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NOTES



The Developmental Model Training

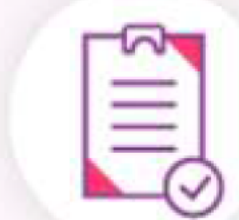
DR. ELLYN BADER

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