

Couple Therapy

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Marital or Couple Therapy

Format of intervention involving both members

- **to deal with intimate emotional and sexual aspects**
- **Acquire basic knowledge and skills applied to joint relationship**

Couple Therapy

- **Relationship distress**
- **Intimacy**
- **Social**
- **Financial**
- **Parenting needs**

Every Marriage

GOES THROUGH

Crisis

Reorganization

Problem in Marriage

- **Loss of faith**
- **Warmth**
- **Respect**
- **Bonding**

Couple Relationship

- **Unique**
- **Needs**
- **Expectations**
- **Tolerance**
- **Adjustment style (introverted)**

Causes of Marital Problem

- **Personality style**
- **Interference of in-laws**
- **Extra-marital relation**
- **Expectations**
- **Different levels of libido**
- **Emotional regulation/anger**
- **Inferiority and ego issues**
- **Orientation**

Assessment of Couple

- **What couple wants**
- **Problem in achieving**
- **How to fix**

Assessment Cond..

- **Current family problems**
- **Family background**
- **Goals and expectations**
- **Previous treatment**

Functioning

- **Communication**
- **Problem solving**
- **Roles and Coalitions**
- **Responsibility and involvement**
- **Behaviour control**

Communication

Primary cause of marital problem

- **Miscommunication**
- **Lack of communication**
- **Indirect communication**
- **Communication- Manner, Tone, Style**

Co-morbidity

- **Anxiety**
- **Depression**
- **Somatoform**
- **Sexual dysfunction**
- **Paranoid**
- **Alcohol dependence**

Compatibility

- **Intelligence**
- **Education level**
- **Personality**
- **Family background- occupation, financial**

Sexual Problem

- **Relationship history**
- **Previous history of abuse/truama**
- **Psychosexual history**
- **Current functioning**
- **Satisfaction**
- **Attraction For same sex (gender)**
- **Impotence**

Indications of Couple Therapy

- Where problem is due to-
 - Interaction & perspectives
 - Ego
 - Intimacy
 - Arousal
 - Alcoholism

Treatment Objectives

- **Motivation**
- **Recognition of mutual contribution to the problem**
- **Clarification of marital boundaries**
- **Specification of needs and desires**
- **Communication skills**
- **Sharing**
- **Decrease in blaming**

MANAGEMENT

Communication skills

Verbal and non-verbal words

- **Voice tones**
- **Facial expressions**
- **Gestures**
- **Body language**
- **Couple interaction**

Treatment of co-morbidity

- **Pharmacological (medication)**
- **Non-pharmacological (psychotherapy)**

Treatment of sexual dysfunction

- **Psychological Intervention**

Outcome

- **Resolution of problem**
- **Reduction of symptoms**
- **Increased intimacy**
- **Increased role flexibility**
- **Clear Communication**
- **Balance of power**
- **Resolution of conflict**
- **Better relationship with family of origin**

Effectiveness of Couple Therapy

- **Research**
 - **67% better than no treatment**
 - **5-10% negative results**
leads to divorce
- **Improve quality of life**

Practical tips

- **Ups and downs**
- **Patience**
- **Temper Tantrums**
- **Involvement of family members**

Thank You
For your attention