

Couple Therapy

Fall 2007

Instructor: Elizabeth C. Carr, Psy.D.

Time: Monday & Friday, 10:00am - 11:30

Teaching Assistant: Robert Clark

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Course Overview:

The purpose of this course is to familiarize students with the two primary empirically validated theories in the field of couple's therapy. The course will be both didactic, as well as experiential in nature with a focus on practical skill building. Special populations and issues will also be covered including separation and divorce, infidelity, violence in intimate relationships, when one partner suffers from depression, alcohol addiction in marriage, same-sex couples, dual career couples, special issues in military marriages, the addition of baby, and sexuality in committed relationships.

Required Texts:

[Gurman, A. & Jacobson, N. \(2002\). Clinical Handbook of Couple Therapy \(3rd Ed.\) Guilford Press.](#)

[Johnson, S. \(2004\) The Practice of Emotionally Focused Couple Therapy: Creating Connection, 2nd Ed.](#)

Articles:

[Berns, S.B.; Jacobson, N.S.; Gottman, J.M. \(Oct 1999\) Demand-withdraw interaction in couples with a violent husband. Journal of Consulting and Clinical Psychology. 67\(5\), 666-674.](#)

[Carrere, S., Buehlman, K. T., Gottman, J. M., Coan, J. A., & Ruhkstuhl, L \(2000\). Predicting marital stability and divorce in newlywed couples. Journal of Family Psychology, 14\(1\), 42-58.](#)

[Connolly, C.M. \(2004\). Clinical Issues with Same-Sex Couples: A Review of the Literature. Journal of Couple & Relationship Therapy 3 \(2\), 3-12.](#)

[Doherty, W.J. \(2002\) Bad Couples Therapy: How to Avoid Doing It. Psychotherapy Networker, 26-33.](#)

[Doherty, W.J. \(2002\) How Therapists Harm Marriages and What We Can Do About It. Journal of Couple and Relationship Therapy \(1\), 1-17.](#)

[Gurman, Alan S, Ph.D, Peter Fraenkel Ph.D \(2002\). The History of Couple Therapy: A Millennial Review. Family Process 41 \(2\), 199-260.](#)

[Jacobson, N.S.; Addis, M.E. \(Feb 1993\) Research on couples and couple therapy: What do we know? Where are we going? Journal of Consulting and Clinical Psychology. 61\(1\), 85-93.](#)

[Johnson, S. M., Whiffen, V. E. \(1999\). Made to Measure: Adapting Emotionally Focused Couple Therapy to Partners' Attachment Styles. Clinical Psychology: Science and Practice 6 \(4\), 366–381.](#)

[Murphy, J.A., Rawlings, E. I., & Howe, S. R. \(2002\). A survey of clinical psychologists on treating lesbian, gay, and bisexual clients. Professional Psychology: Research and Practice, 33\(2\), 183-189.](#)

[Pinsof, W. M. \(2002\). The Death of "Till Death Us Do Part": The Transformation of Pair-Bonding in the 20th Century. Family Process, 41 \(2\), 135–157.](#)

[Raley, S., Mattingly, M. J., and Bianchi, S. M. \(2006\). How Dual Are Dual Income Couples? Documenting Change from 1970 to 2001. Journal of Marriage and the Family, 68, 11-28.](#)

[Sherman, M.D., Zanotti, D.K., and Jones, D.E. \(2005\) Key Elements of couples therapy with Veterans with combat. Professional Psychology: Research and Practice, 36 \(6\), 626-633.](#)

[Shernoff, M. \(2006\). Negotiated Nonmonogamy and Male Couples. Family Process, 45 \(4\), 407–418.](#)

[Smock, P. J., Noonan, S., and Porter, M. \(2005\). "Everything's there except the money": How money shapes decisions to marry among cohabitators. Journal of Marriage and the Family, 67, 680-696.](#)

[Waldrep, D.A., Cozza, S.J., Chun, R.S. \(2004\). The Impact of Deployment on the Military Family. Iraq War Clinician Guide, 83-86.](#)

[Whisman, M. A. \(1999\). Marital dissatisfaction and psychiatric disorders: Results from the national comorbidity study. Journal of Abnormal Psychology, 108\(4\), 701-706.](#)

Recommended Texts/Audios:

[Glass, S. \(2004\). Not “Just Friends.” Rebuilding Trust and Recovering Your Sanity after Infidelity.” Free Press](#)

[Gottman, J. & Gottman, J. \(2007\). And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives. Crown](#)

[Gottman, J. M.\(1999\). The Marriage Clinic: A scientifically-based marital therapy. \(Norton\).](#)

[Richo, David \(2002\). How to Be an Adult in Relationships; The five keys to mindful living. Shambhala.](#)

[Snyder, D. K., Baucom, D. H., & Coop Gordon, K. \(2007\). Getting Past the Affair: A Program to Help You Cope, Heal, and Move On – Together or Apart. Guilford Press.](#)

[Spring, J.A. \(2002\). After the Affair \(Audio Cassette\). Harper Audio \(great for lending to patients\)](#)

[Schnarch, D. \(2003\) Secrets of a Passionate Marriage: How to Increase Sexual Pleasure and Emotional Fulfillment in a Committed Relationship. Sounds True. \(Audio CD Professor will lend\)](#)

Course Requirements:

Midterm and Final Exam (30% & 30%)

The exams will be multiple choice, and may also include some short answer and essay. A portion of the final exam will be comprehensive.

Paper (30%)

Paper will be on a topic TBD

Class Participation (10%)

Each student is expected to participate actively in class discussions. Level of participation will be gauged in terms of quality as well as quantity.

Course Outline:

Overview

- 1 Week (M) [Overview of the Issues](#)
8/20 **Articles:** The History of Couple Therapy: A Millennial Review (reference); The Death of "Till Death Us Do Part": The Transformation of Pair-Bonding in the 20th Century; Bad Couples Therapy: How to Avoid Doing It; How Therapists Harm Marriages and What We Can Do About It.

Diagnostic Paradigm

- 1 Week (F) [Building the Sound Marital House: An Empirically Derived Couple Therapy](#)
8/24 **Reading:** Clinical Handbook of Couple Therapy, Gottman, Driver, and Tabares (ch. 13)
- 2 Week (M) Building the Sound Marital House: An Empirically Derived Couple Therapy cont.
8/27 **Reading:** The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert (Paperback)

Treatment Model

- 2 Week (F) [Emotionally Focused Couple Therapy: Creating Secure Connections](#)
8/31 **Reading:** Clinical Handbook of Couple Therapy, S. M. Johnson and Denton (ch.8)
- 3 Week (M) Labor Day - **No Class**
9/3
- 3 Week (F) Emotionally Focused Couple Therapy: Creating Secure Connections, Cont.
9/7 **Article:** Made to Measure: Adapting Emotionally Focused Couple Therapy to Partners' Attachment Styles

- 4 Week (M) **Mid-Term; [Collaborative Couple Therapy](#)**
9/10 **Reading:** Clinical Handbook of Couple Therapy, D.B. Wile (ch. 10)

Special Populations and Issues

- 4 Week (F) **[Couple Therapy after the Trauma of Infidelity](#)**
9/14 **Reading:** Not Just Friends, Shirley Glass
Reading: Clinical Handbook of Couple Therapy, Glass (ch. 18)
- 5 Week (M) Couple Therapy after the Trauma of Infidelity, **[Cont.](#)**
9/17 **Listening:** After the Affair, Janis Spring (professor could lend)
Article: Infidelity: An Overview
Article: Broken Bonds an Emotionally Focused Approach to Infidelity
- 5 Week (F) And Baby Makes Three: Preserving Intimacy After Baby Arrives (Dr. Joan Hoffman)
9/21 **Suggested Reading:** And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives, John and Julie Gottman
- 6 Week (M) Sexuality, Sexual Dysfunction, and Couple Therapy
9/24 **Reading:** Clinical Handbook of Couple Therapy, McCarthy (ch. 24)
- 6 Week (F) Sexuality, Sexual Dysfunction, and Couple Therapy
9/28 **Listening:** Secrets of a Passionate Marriage: How to Increase Sexual Pleasure and Emotional Fulfillment in a Committed Relationship. David Schnarch (Audio CD will lend)
- 7 Week (M) **[Gay and Lesbian Couples in Therapy](#)**: Homophobia, Relational Ambiguity, and Social Support (implications for same-sex couples when partner is on active duty)
10/1 **Reading:** Clinical Handbook of Couple Therapy, Green and Mitchell (ch. 21)
- 7 Week (F) **[Gay and Lesbian Couples in Therapy](#)**: Homophobia, Relational Ambiguity, and Social
10/5 **Articles:** Clinical Issues with Same-Sex Couples: A Review of the Literature; Negotiated Monogamy and Male Couples; A survey of clinical psychologists on treating lesbian, gay, and bisexual clients
- 8 Week (M) Columbus Day - **No Class**
10/8
- 8 Week (F) **[Dual Professional Couples](#)**
10/12 **Article:** Clinical Issues in Working with Dual-Career Couples: Implications for Counselors; How Dual Are Dual Income Couples?; "Everything's there except the money": How money shapes decisions to marry among cohabitators.
- 9 Week (M) **[Issues in Military Marriages, Impact of Deployment and Reintegration](#)**
10/15 **Article:** The Impact of Deployment on the Military Family
Article: **[EFT with PTSD](#)**
(Paper Due)

- 9 Week (F) Intimate Partner Violence: An Introduction for Couple Therapists
10/19 **Reading:** Clinical Handbook of Couple Therapy, Holtzworth-Munroe, Meehan, Rehman, and Marshall
Article: Demand-Withdraw Interaction in Couples with a Violent Husband
- 10 Week (M) Couple Therapy in the Treatment of Major Depression
10/22 **Reading:** Clinical Handbook of Couple Therapy, Gollan, Friedman, and Miller (ch. 25)
Chapter: EFT and Depression
Article: Marital dissatisfaction and psychiatric disorders: Results from the national comorbidity study.
- 10 Week (F) [Couple Therapy in the Treatment of Alcohol Problems](#)
10/26 **Reading:** Clinical Handbook of Couple Therapy, E. E. Epstein and McCrady (ch. 23)
Article: [Marital Quality and Congruent Drinking](#)
- 11 Week (M) Addressing Separation and Divorce during and after Couple Therapy
10/29 **Reading:** Clinical Handbook of Couple Therapy, Emery and Sbarra (ch. 19)
- 11 Week (F) Integration and Role-plays, Take home *Final Exam*
11/2
- 12 Week (M) Integrated Role-plays
11/5
- 12 Week (F) Integrated Role-plays
11/9