

Level I Clinical Training

Bridging the Couple Chasm

Learning Objectives

1. Summarize the research that allows us to predict future relationship stability.
2. Describe the seven levels of the Sound Relationship House theory.
3. Conduct a couple's therapy assessment using elements of the couple's narrative, the Oral History Interview, written questionnaires, observations of conflict and individual interviews.
4. Describe two interventions to help strengthen a couple's conflict management.
5. Describe two interventions to enhance a couple's friendship system.
6. Describe two interventions to explore a couple's system of shared meaning.
7. Explain why physiological self-soothing is essential for a healthy relationship.
8. Create a therapeutic contract with a couple, discuss and decide on goals and include a summary of the couple strengths and areas that need improvement.
9. Describe the Philosophy of Therapy including assumptions, overview of techniques, and goals of therapy.
10. Describe the Rapoport Intervention and when to use it.
11. Describe the process of therapy, including the structure of a session.