

TREATING AFFAIRS AND TRAUMA COURSE OUTLINE

Treating Truma

Review of Research on PTSD Treatment for Individuals and Couples

- DSM 5 Criteria
- Assessment of PTSD
- Epidemiology of PTSD
- What theory explains PTSD
- Research on effectiveness of individual therapies for PTSD
- Why conjoint treatment for PTSD?
- Research on effectiveness of conjoint therapies for PTSD

Couples Therapy for PTSD – A Philosophical Stance

- How PTSD Affects a Relationship

Effects of Trauma and PTSD

- Effects of trauma on the PTSD partner
- Effects of trauma on the non-PTSD partner
- Effects of PTSD on Love Maps
- Effects of PTSD on Fondness and Admiration
- Effects of PTSD on Turning Toward
- Effects of PTSD on Conflict Management
- Effects of PTSD on Honoring Each Other's Dreams
- Effects of PTSD on Creating Shared Meaning

Gottman Method Couples Therapy for PTSD – An Overview

- The Therapist's Stance on Emotion
- The Therapist's Stance on Cognitions
- The therapist's Behavioral Stance
- The Therapist's Spiritual Stance

Assessment

- Review of sessions that include PTSD partner
- Film 01: 1 PTSD: "Paul and Shantel Assessment: Updated Oral History Interview"
- Feedback Session

Intervention for Couples with PTSD

- Surfacing the trauma –
- Film 02: 2 PTSD: "Mike and Marilyn – Surfacing (Military Trauma: Strengthening Love maps and Turning towards – Step 1)"
- Exploration
- Returning to the couple interaction in the moment
- Film 03: 3 PTSD: "Mike and Marilyn – Exploring (Military Trauma: Turning toward – Step 2)"

- Reviewing couple dynamics and how they have been affected by PTSD
- How to handle PTSD symptoms in the future
- Creating meaning

Friendship Building Interventions and PTSD

- SRH image (Brief overview)
- Love Maps
- Fondness and Admiration
- Turning Toward
- The Stress-Reducing Conversation
- Film 04: 4 PTSD: “Paul and Shantel: Turning Toward in Session”

Conflict Management Interventions and PTSD

- The Gottman-Rapoport Exercise
- The Dream Within Conflict Exercise
- The Compromise Exercise
- The Aftermath of a Fight Exercise
- Film 05: 5 PTSD: “Paul and Shantel – Aftermath of a Fight” (42 min.)
- Rituals of Connection

Q and A

Treating Affairs

Healing a Relationship from an Affair

- What is an affair?
- Notes on Monogamy
- Social monogamy
- Genetic monogamy
- Sexual monogamy
- Biology of sex-differences in non-monogamy
- The advantages of committed social and sexual monogamy
- Secular trends

Information About Affairs

- Very few affairs become relationships
- Affairs are not about sex – most are about loneliness

Treating Infidelity: Brief Review of Some Current Therapies: Brief Review

- Esther Perel
- Shirley Glass
- Doug Snyder and Donald Baucom

Three Phases of Love

Gottman Method Therapy for Affairs

- What leads to affairs?
- Trust, betrayal and fairness
- Gottman-Rusbult-Glass cascade towards betrayal

Gottman Method Therapy for Affairs (continued)

- Atonement Phase overview
- Attunement Phase overview: Goal Trust
- Attachment Phase Overview: Goal Commitment

Assessment

- Narrative
- Oral History Interview
- Film 06: Affairs 1- “Assessment: Mike and Marilyn’s Narrative” (4 min.) and “Assessment: Mike and Marilyn’s Oral History Interview” (26 min.)
- Conflict discussion
- Film 07: Affairs 3 – “Assessment: Conflict Discussion” (6 min.)

Q and A

Assessment (cont.)

- Individual session
- Film 08: Affairs 4 – “Assessment: Individual Focus (with partner present)” (16 min.)
- Feedback session
- Film 9: Affairs 5 - “Assessment: Feedback (Therapist Describes Co-Morbidities and Affairs Treatment)” (29 min.)
- Q and A

Atonement

- Role of physiology
- Goals
- Tools
- Atone Goal #1: Facilitate expression of remorse
- Atone Goal #2: Facilitate transparency
- Atone Goal #3: Create verification
- Atone Goal #4: Move towards acceptance and Phase 2 of treatment
- Doing a Dan Wile
- Film 10: Atonement (Marilyn Asks Questions and Expresses Feelings) (22 mins)

Q and A

Attunement – Build Trust

- Goals
- Tools
- How to be a great listener
- Attune Goal #1: Express needs & connect emotionally in a calm manner

- Attune Goal #2: Teach Constructive Conflict:
 - Mutual Understanding via The Gottman-Rapoport Conflict Exercise
 - Film 11: Affairs 7- “Attunement: The Gottman-Rapoport Exercise” (26 min.)
 - Attune: Teach Constructive Conflict: The Art of Compromise
 - Film 12: Affairs 8 - “Attunement: Compromise” (The Two Oval Method) (16 min.)

Q and A

Attunement (cont.)

- Attune Goal #2 Teach Constructive conflict, continued:
- Dream-Within-Conflict Exercise for Gridlocked Issues
- Film 13: Affairs 9 – “Attunement: Dream-Within-Conflict” (22 min.)
- Flooding
 - Flight/flight/freeze
 - Effective break ritual

Attunement (cont.)

- Attune Goal #3: Process Past Emotional Wounds and Regrettable Incidents, Exercise
- Film 14 : Affairs 10 – “Attunement: Aftermath of a Regrettable Incident” (36 min.)
- Attune Goal #4: Celebrate Positive Events, Exercise
- Attune Goal #5: Process failed bids

Attunement (cont.)

- Attune Goal #6: Ask Open-Ended Questions
- Film 15: Affairs 11 – Attunement: Open-Ended Questions (16 min.)

Attachment and Fading Out Therapy

- Overview – Goal – Create Commitment
- Tools for Attach Phase
- Attach Goal #1: Explore New Shared Meanings (exercise)
- Attach Goal #2: Establish New Rituals of Connections
- Attach Goal #3: Build Ritual of Stress-reducing Conversation
- Attach Goal #4: Ritualize Cherishing: Build Fondness, Admiration and Appreciation
- Film 16: Affairs 12 – Attachment: Fondness and Admiration (7 min.)
- Attach Goal #5: Create Personal Sex and Intimate Trust
- The Art & Science of Lovemaking Exercises
- Attach Goal #6: Cost for subsequent betrayal
- Attach Goal #7: Ritualize the “Sacred” One-Hour State of the Union meeting
- Completing Therapy
- Relapse prevention