

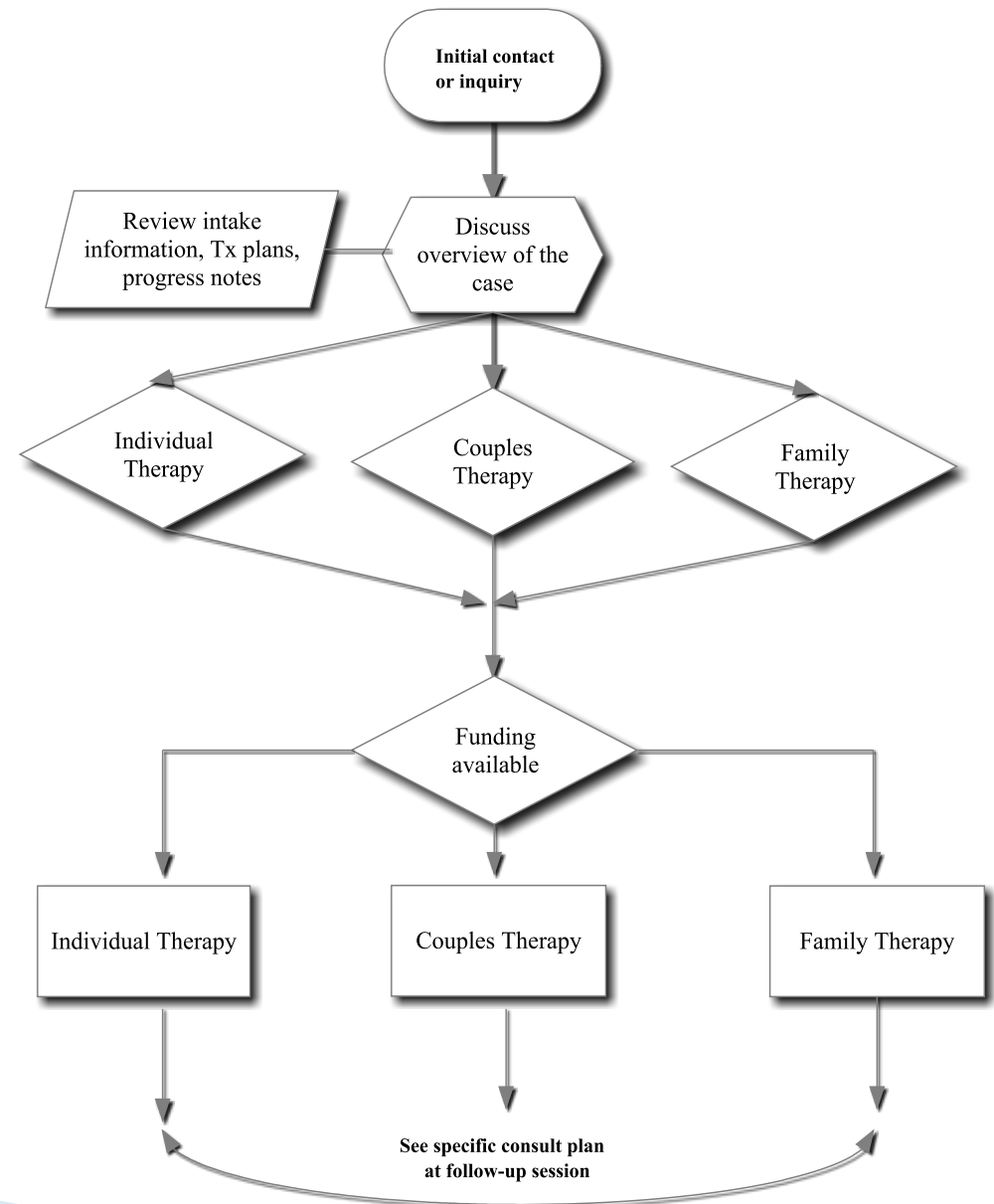
# Couples in Distress

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# Consultation Process Phase One

## Consultation Process



Discuss the case basics.

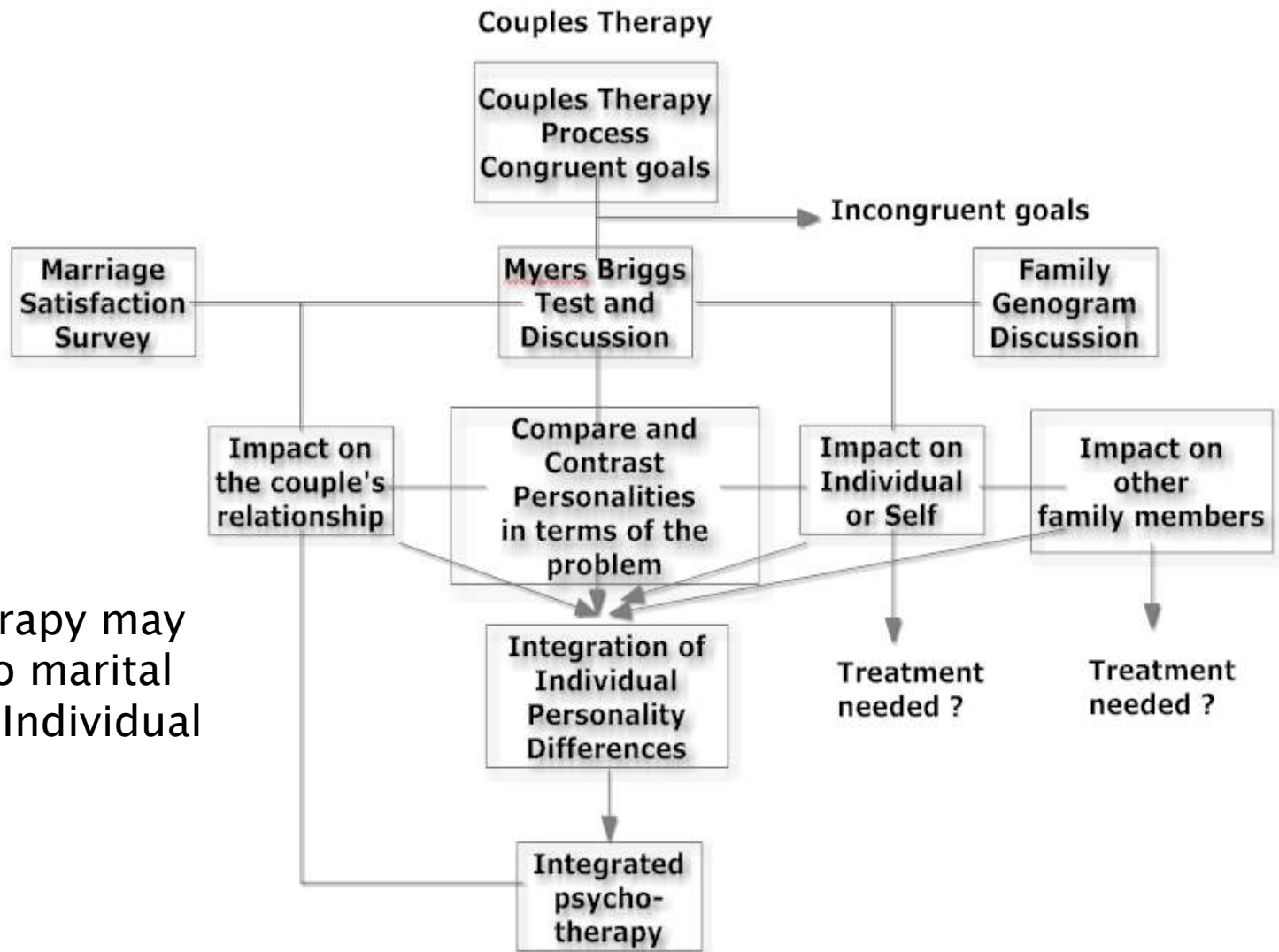
Review treatment goals and Progress.

Obstacles to treatment.

Development of contingency plans for treatment

# Phase Two Option 1

Couples Therapy



Couples therapy may  
Transition to marital  
Therapy, or Individual  
Therapy.

▶ **Phase Two Option**

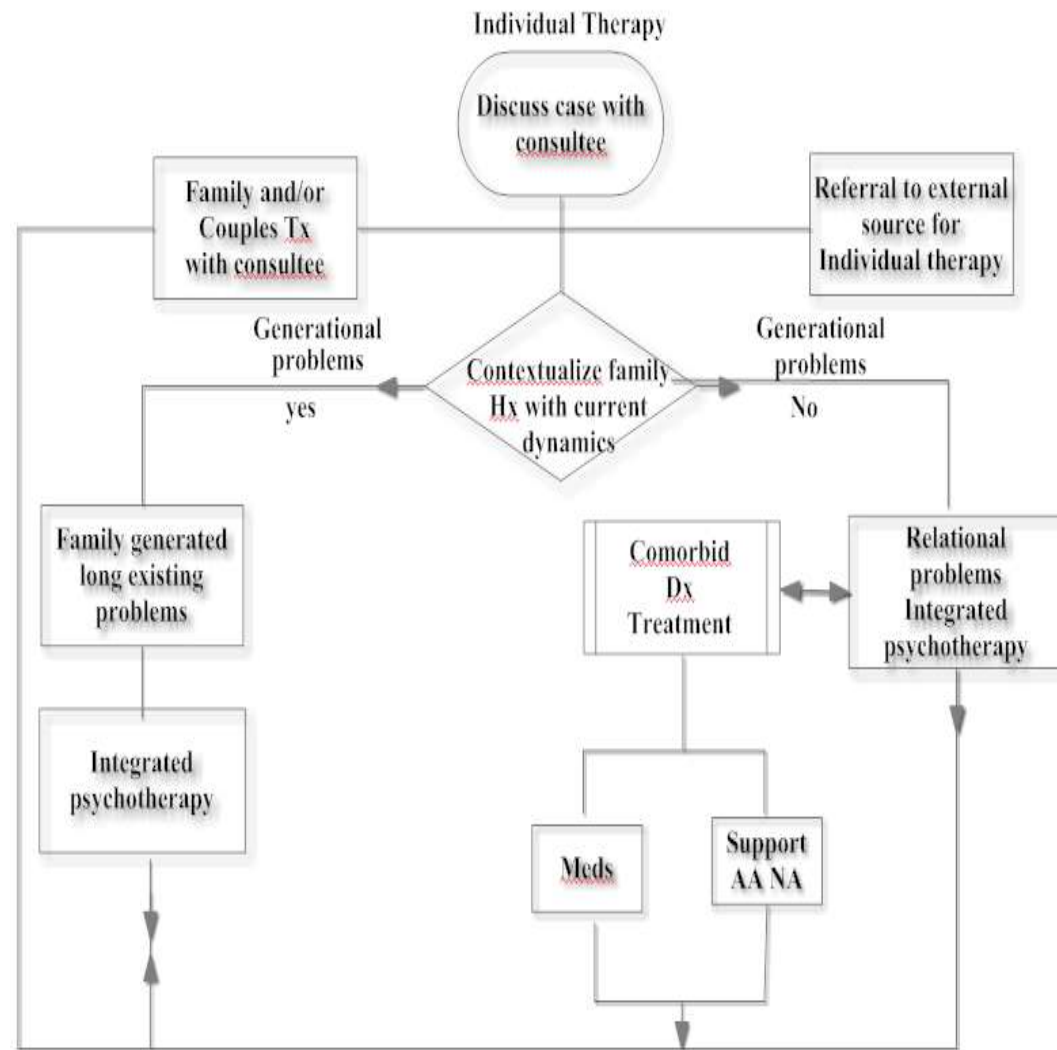
▶ **Two** Individual Therapy

# Identified Patient Individual Therapy

Sometimes one may need  
Additional mental health  
Counseling.

This can be referred to  
Another therapist.

This may be in addition to  
Couples therapy.

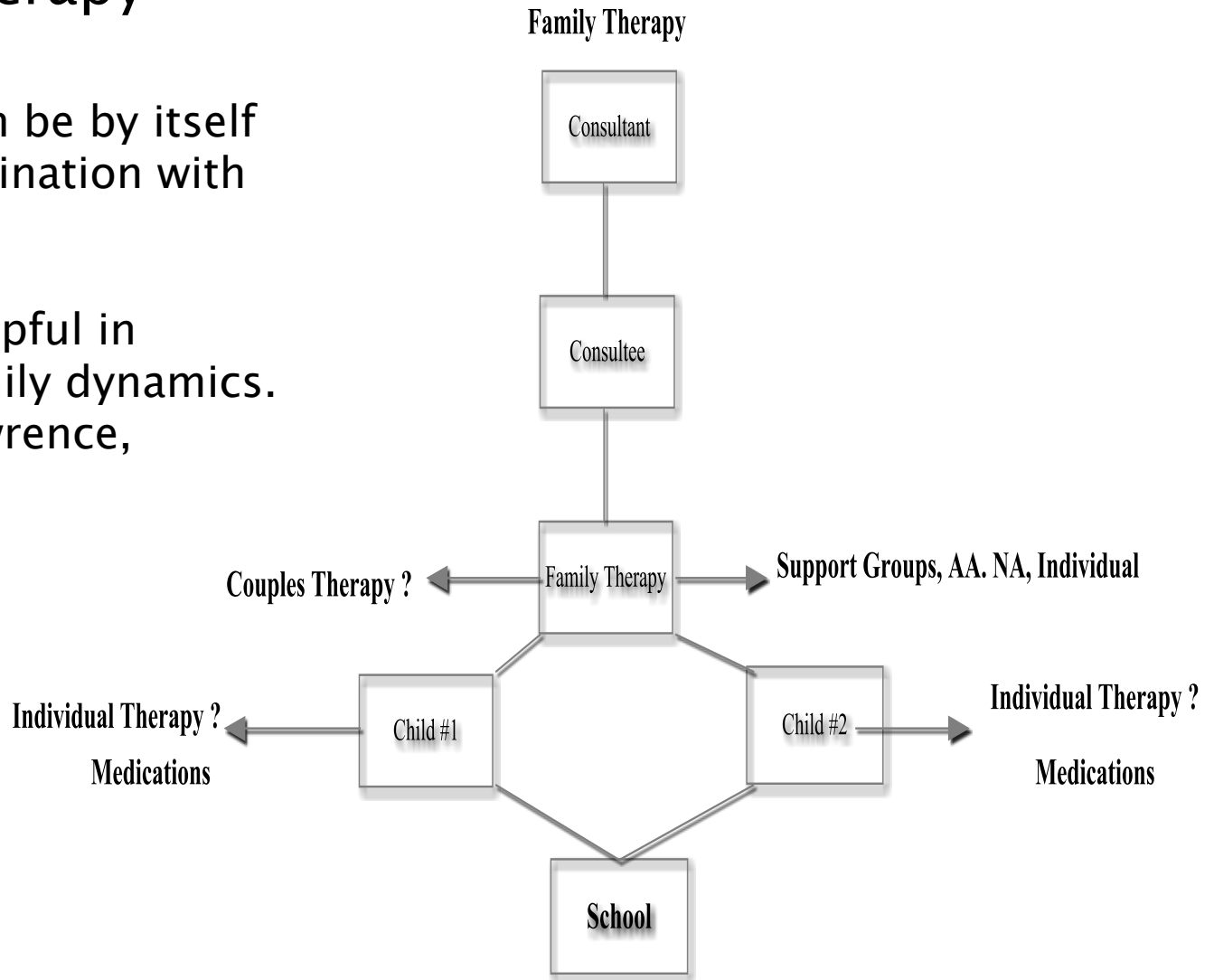


- ▶ **Phase Two Option**
- ▶ **Three** Family Therapy

# Family Therapy


Family Therapy can be by itself or in various combination with Other therapies.

Genograms are helpful in understanding family dynamics. (Story, Karney, Lawrence, & Bradbury, 2004).







# Historical view of marriage and divorce

- ▶ Marriage problems previously viewed as a linear cause and effect relationship. It has undergone considerable changes (Flaskas, 2010).
  - ▶ Marriages partners used to be selected by the parents. The idea of romantic love and companionship for reasons to marry started in Middle ages (Coontz, 2006).
  - ▶ Patriarchal view of marriage – divorce was a male prerogative (Coon, 2006).
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# Historical view cont'd

- ▶ American Shoeshone Indians – If a woman wanted a divorce she simply had to put her husband's belongings outside of the dwelling (Coonz, 2006).
  - ▶ During the 1950's 1 / 3 of American marriages ended in divorce (Coonz).
  - ▶ Current divorce rat nearly 50% Krieder & Fields (as cited in Snyder et al, 2005).
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# Reasons for Divorce

- ▶ There are too many to list: Money, distrust, sex, dysfunctional intergenerational behaviors, issues of fidelity, aggression, substance abuse, disabled children, mental illness, incarceration, domestic violence, personality problems, physical health, physical, emotional and sexual abuse.....
  - ▶ Changing personal and societal values
- 


# Complexity of Treatment

- ▶ Most third-party payers want therapist to use evidence-based procedures.
  - ▶ Evidence-based treatment and research are based on medical or psychiatric diagnoses (Sears, Rudisill, & Mason-Sears, 2006).
  - ▶ Many people in couples therapy do not have a diagnosis and third =party will not reimburse therapist (Sears, et al. 2006).
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# Other causes of treatment problems

- ▶ Several studies suggest that families with disabled children have higher rates of divorce.
  - ▶ The prevalence of divorce shown to be higher in families which have a child with an Autism Spectrum Disorder (Hartley, et al. 2010).
  - ▶ Evidence suggests that families with children with ADHD are more likely to divorce (Wymbs et al. 2008).
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Paradigm shift – the  
effect of  
postmodern thinking  
on couples therapy



# Postmodern Thought

- ▶ Greater range of choices
  - ▶ One size does not fit all
  - ▶ Individual freedom and choice
  - ▶ Cultural, moral, and ethical relativism
  - ▶ Individual thought and behavior upheld as the ideal
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## References

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- ▶ Sears, R., Rudisill, J. (Mason–Sears, C. (2006). *Consultation skills for mental health professionals*, Hoboken, N.J: John Wiley.
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- ▶ of youth with adhd. *Journal of Consulting and Clinical Psychology*,
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