

Couple Therapy (Psy 685)

Fall, 2016

Tuesday, 12:30PM – 3PM; Flipse 402

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Office Hours: Wednesday 9:00-10:30am
Thursday 12:30-2:00pm

Course Description & Objectives:

I've designed this course to allow you to hopefully accomplish two goals:

- a) Become fluent in the empirical literature on couple therapy, especially as it relates to the outcomes, mechanisms, and applications of specific approaches.
- b) Learn how to conduct couple therapy by understanding and practicing common techniques from the leading approaches to couple therapy.

To accomplish these two goals, we will discuss a mixture of empirical and theoretical readings (including a heavy emphasis on treatment manuals), watch videos of experts conducting couple therapy, and role-play those techniques. While role-plays may feel a bit awkward at first, they're essential to really sink your teeth into these concepts and improve your ability as a couple therapist. An important potential goal that I've decided to omit (to allow a more in-depth focus on the targeted goals) is teaching you how to do research on couples and couple therapy; if you'd like more information on this outside of class, please let me know!

Readings / resources for the course:

The Integrative Behavioral Couple Therapy manual ("*Acceptance and change in couple therapy: A therapist's guide to transforming relationships*") is required for this course. The Emotionally Focused Couple Therapy manual ("*The practice of Emotionally Focused Couple Therapy – Second Edition*") is an optional text. We will read most of the IBCT manual (and about half of the EFT manual) over the course of the semester. Additionally, there will be several additional readings that will be posted to Blackboard; these readings are detailed in the course schedule below.

Course Grading:

Your grade in the course will be assigned in the following manner:

20% class participation. This class is going to be most enjoyable and useful to you if you're talking more than I am. So please do the reading and come to class prepared to wrestle with the ideas. Additionally, your active engagement in role-plays is essential if you want to generalize the concepts you learn to your clinical work with couples.

50% reaction papers. For 10 out of the 12 weeks (excluding the first day of class) you will be asked to prepare a one-page, single spaced reaction paper to readings assigned for that week. The reaction paper will be due by noon on the Monday before class (e-mailed to me). The reaction paper should not be a summary of the readings. Instead, the paper should comprise a brief but critical response to clinical, theoretical, or methodological issues presented in the readings. Your reactions may include a

comparison of issues presented in readings for that week to material presented earlier in the course or thoughts on how you'd apply the content to an actual couple. You must discuss at least two of the readings in your response. 10 reaction papers will be required for the semester (5 points each), out of 12 sets of possible readings. So, you can skip 2 – either because you won't be around for class that week or because the readings seem sooooo boring

30% final presentation/project. The purpose of the final presentation/project is to get you thinking about how you can apply what you've learned about couple therapy to your own interests or research area. This could mean:

- a. Developing a protocol/manual for a specific individual/health problem OR that integrates concepts that haven't historically played a big role in couple interventions (i.e., a pure MI approach).
- b. Developing a detailed plan for dissemination of couple therapy / intervention
- c. Something else entirely (but please clear with me first)

The finished product will have two primary components:

1. Something tangible for us to walk away with and potentially use at a later date. If you've developed a manual, it could be a ~1-page overview and then a ~5-9 page description of what would be covered in each session.
2. A presentation of 10-12 minutes (plus ~5 for discussion) that will walk us through what you've come up with. Think of your presentation as a way to tell us what is in your materials (in #1) but ALSO why you included the things that you did. As such, much of the content of your materials will appear in your presentation; however, your presentation should take a step back and present those materials in the larger context of the literature.

Possible Points per Assignment

Participation	20
Reaction Papers	50
Final Presentation	30
Total	100

Letter	Percentage
A	93-100
A-	90-92
B+	87-89
B	83-86
B-	80-82
C	70-79
D or lower	69 or lower

Academic Honesty:

Students are expected to follow the Honor Code of the University of Miami. Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offenses. Such offenses include plagiarism, submitting false or fraudulent assignments or credentials, any academic work for which credit has previously been obtained or is being sought in another course in the university or elsewhere. In writing scholarly papers, you must avoid plagiarism. Plagiarism is the unacknowledged borrowing of another writer's words or ideas. The penalties for a student guilty of a scholastic offense may include any of the following: refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Americans with Disabilities Act (ADA):

The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. The Office of Disability Services helps students with disabilities receive appropriate accommodations from the university and their professors. Office of Disabilities is located in the Academic Resource Center in Whitten University Center N201. ODS staff can be reached at 284-2374 (Voice), 284-3401 (TDD) or 284-1999 (Fax). Office hours are 8:30 am to 5:00 pm, Monday through Friday. Individuals may email the office staff at disabilityservices@miami.edu.

Schedule of Course Topics:

On the following pages are **my best guesses** as to when we'll be covering topics in this class. However, we may shift topics a bit if we find we're moving too slowly or too quickly.

Date	Topics and readings
8/23	<p>Topics: All the background information you should know as a couple therapist (that will fit into 2.5 hours or less!): The larger role of relationships for individuals and children; Divorce – rates, impact, predicting; Role of behavior and cognitions in distress; Description of some earlier couple therapies.</p> <p>Readings: (Note: As this is the first day of class, I don't actually expect you to read these before class. However, if you want more information on the topics I present in class, these would be good places to go.)</p> <p>Gurman, A. (2008). <i>Clinical Handbook of Couple Therapy, Fourth Edition</i>: Chapters 1, 2, 6, & 9</p> <p>Cummings, M. E., & Davies, M. (2002). Effects of marital conflict on children: Recent advances and emerging themes in process-oriented research. <i>Journal of Child Psychology and Psychiatry, 43</i>, 31-63.</p> <p>Whisman, M. A. (2007). Marital distress and DSM-IV psychiatric disorders in a population-based national survey. <i>Journal of Abnormal Psychology, 116</i>, 638-643.</p> <p>Whisman, M. A., & Uebelacker, L. A. (2006). Impairment and distress associated with relationship discord in a national sample of married or cohabiting adults. <i>Journal of Family Psychology, 20</i>, 369-377.</p>
8/30	<p>Topics: Comparative outcomes of different types of couple therapy; the role of therapeutic alliance and non-specifics; ethical/legal considerations in couple therapy.</p> <p>Readings:</p> <p>Lebow, J. L., Chambers, A. L., Christensen, A., & Johnson, S. M. (2012). Research on the treatment of couple distress. <i>Journal of Marital and Family Therapy, 38</i>, 145-168.</p> <p>Benson, L. A., McGinn, M. M., & Christensen, A. (2012). Common principles of couple therapy. <i>Behavior Therapy, 43</i>, 25-35.</p> <p>YOU CAN SKIM THIS ONE - Gottlieb, M. C., Lasser, J., & Simpson, G. L. (2008). Legal and ethical issues in couple therapy. In A. S. Gurman (Ed.) <i>Clinical Handbook of Couple Therapy, Fourth</i></p>

	<p><i>Edition (pp 698-717). New York: Guilford Press.</i></p> <p>Video: Don Baucom doing Cognitive Behavioral Couple Therapy</p> <p><i>(Also, please note that next week's reading is long. If you're anticipating a busy week, starting on chapter 2 & 3 might not be a bad idea)</i></p>
9/6	NO CLASS – DR. DOSS AT GRANTEE MEETING IN D.C.
9/13	<p>Topics: IBCT - Polarization process and formulation</p> <p>Readings: IBCT manual chapters 1, 2,3, & 5 (not chapter 4)</p> <p>Video: Overview and Intake session training videos</p> <p>Role-play #1 – Intake sessions</p>
9/20	<p>Topics: UP Principle #1 - Altering views of the relationship; assessment in couple therapy</p> <p>Readings: IBCT manual chapter 4 Snyder, D. K., Heyman, R. E., & Haynes, S. N. (2005). Evidence based approaches to assessing couple distress. <i>Psychological Assessment, 17</i>, 288-307 Review the PSC assessment protocol</p> <p>Video: Feedback session training videos</p> <p>Role-play #2 – Feedback session</p>
9/27	<p>Topics: UP Principle #3: Eliciting avoided private behavior (empathic joining and associated principles); Acceptance (EJ / UD) and tolerance –</p> <p>Readings: IBCT therapist manual - Chapters 6 & 7</p> <p>Videos: Unified detachment training videos</p> <p>Role play #3 – Unified detachment</p>
10/4	<p>Topics: UP Principle #2: Modifying dysfunctional interactional behavior (i.e, the objectively bad stuff)</p> <p>Readings: Simpson, L. E., Atkins, D. C., Gattis, K. S., & Christensen, A. (2008). Low-level relationship aggression and couple therapy outcomes. <i>Journal of Family Psychology, 22</i>(1), 102-111. Rowe, L. E., Doss, B. D., Hsueh, A. C., Libet, J., & Mitchell, A. (2011). Coexisting</p>

	<p>difficulties in couple therapy: Psychopathology and intimate partner violence. <i>Journal of Family Psychology</i>, 25, 455-458.</p> <p>O’Leary, K. D. (2008). Couple therapy and physical aggression. In A. S. Gurman (Ed.) <i>Clinical Handbook of Couple Therapy, Fourth Edition (pp 478-498)</i>. New York: Guilford Press.</p> <p>Videos: Empathic joining training videos</p> <p>Role play #4 – Empathic Joining</p>
10/11	<p>Topics: Emotionally-focused couple therapy</p> <p>Readings: Johnson, S. M. (2004). <i>The practice of emotionally focused couple therapy: Creating connection</i> (2nd edition). New York: Brunner-Routledge. Chapters 2, 3, and 4</p> <p>Video: Sue Johnson doing Emotionally Focused Couple Therapy</p>
10/18	<p>Readings: Johnson, S. M. (2004). <i>The practice of emotionally focused couple therapy: Creating connection</i> (2nd edition). New York: Brunner-Routledge. Chapters 7 & 8</p> <p>Video: Reviewing event and planning for upcoming event (training videos)</p> <p>Role plays #5 (incident brought in for discussion) & Role play #6 (upcoming event)</p>
10/25	<p>Topics: UP Principle #4: Improving communication</p> <p>Readings: IBCT therapist manual - Chapter 9</p> <p>Video: #1: PREP Speaker-listener video #2: Problem-solving VA training video</p> <p>Role-play #7 - Speaker/Listener and Problem-solving communication</p>
11/1	<p>Topics: UP Principle #5: Promoting strengths</p> <p>Readings: IBCT therapist manual – Chapter 8 McCarthy, B. W., & Thestrup, M. (2008). Couple therapy and the treatment of sexual dysfunction. In A. S. Gurman (Ed.) <i>Clinical Handbook of Couple Therapy, Fourth Edition (pp 591-617)</i>. New York: Guilford Press. <u>(NOTE: I’m providing the whole chapter to you, but want to you focus on the first four pages, the three tables, and the case illustration).</u></p> <p>Video: Behavioral exchange VA training video</p>

	Role play #8 (Positive incident during the week).
11/8	<p>REMEMBER TO VOTE!!</p> <p>Topics: Dealing with affairs / infidelity</p> <p>Readings: Gordon, K. C., Baucom, D. H., Snyder, D. K., & Dixon, L. J. (2008) Couple therapy and the treatment of affairs. In A. S. Gurman (Ed.) <i>Clinical Handbook of Couple Therapy, Fourth Edition (pp 429-458)</i>. New York: Guilford Press. Snyder, D. K., & Doss, B. D. (2005). Treating infidelity: Clinical and ethical directions. <i>Journal of Clinical Psychology, 61</i>,1453-1465.</p>
11/15	<p>Topics: Couple treatments for mental & physical health</p> <p>Readings:</p> <p><i>REQUIRED OVERVIEW ARTICLE:</i> Baucom, D. H., Kirby, J. S., & Kelly, J. T. (2010). Couple-based interventions to assist partners with psychological and medical problems. In K Hahlweg, M. Grawe-Gerber, & D. H. Baucom (Eds.) <i>Enhancing couples: The shape of couple therapy to come</i> (p 79-92). Cambridge, MA; Hogrefe Publishing.</p> <p>READ AT LEAST TWO OF THE FOLLOWING (ONES OF MOST INTEREST TO YOU): Abramowitz, J. S., Baucom, D. H., Wheaton, M. G., Boeding, S., Fabricant, L. E., Paprocki, C., & Fisher, M. S. (2012). Enhancing exposure and response prevention for OCD: A couple-based approach. <i>Behavior Modification, 37</i>, 189-210. Baucom, D. H., Porter, L. S., Kirby, J. S., & Hudepohl, J. (2012). Couple-based interventions for medical problems. <i>Behavior Therapy, 43</i>, 61-76. Beach, S. R. H., Dreifuss, J. A., Franklin, K. J., Kamen, C., & Gabriel, B. (2008). Couple therapy and the treatment of depression. In A. S. Gurman (Ed.) <i>Clinical Handbook of Couple Therapy, Fourth Edition (pp 545-566)</i>. New York: Guilford Press. Birchler, G. R., Fals-Steward, W., & O'Farrell, T. J. (2008). Couple therapy for alcoholism and drug abuse. In A. S. Gurman (Ed.) <i>Clinical Handbook of Couple Therapy, Fourth Edition (pp 523-544)</i>. New York: Guilford Press. Kirby, J. S., Fischer, M. S., Raney, T. J., Baucom, D. H., & Bulik, C. M. (2016). Couple-based interventions in the treatment of adult anorexia nervosa: A brief case example of UCAN. <i>Psychotherapy, 53</i>, 241-250. Sher, T., Braun, L., Domas, A., Bellg, A., Baucom, D. H., & Houle, T. T. (2014). The partners for life program: A couples approach to cardiac risk reduction. <i>Family Process, 53</i>, 131-149.</p>
11/22	NO CLASS – THANKSGIVING
11/29	<p>Topic: Gender/culture/sexual orientation; primary and secondary interventions</p> <p>Readings:</p>

	<p>Chambers, A. (forthcoming) Couple therapy with African-American couples. (Full citation not available yet, but article will be provided for you).</p> <p>Doss, B. D., Carhart, K., Hsueh, A. C., & Rahbar, K. P. (2010). Serving rather than recruiting couples: Thoughts on the delivery of current and future couple interventions. In K Hahlweg, M. Grawe-Gerber, & D. H. Baucom (Eds.) <i>Enhancing couples: The shape of couple therapy to come</i> (p 201-215). Cambridge, MA; Hogrefe Publishing.</p> <p>Green, R. J., & Mitchell, V. (2015). Gay, lesbian, and bisexual issues in couple therapy. In A. S. Gurman, J. L. Lebow, & D. K. Snyder (Eds.) <i>Clinical handbook of couple therapy</i> (pp. 489-511). New York; Guilford Press (5th edition).</p>
12/6	Topic: Presentations of final projects