

What's couple's therapy got to do with it?

Using Couple's work to increase effectiveness working with addiction, mental health disorders and domestic violence.

For decade's couples therapy was the black hole of therapeutic endeavor. Our success rates were around 50% - roughly the same as couples trying to work out issues themselves (and the divorce rate). A review of the research indicated that sometimes we made couples worse. Yet the last 30 years has seen the emergence of a series of research and practice based improvements that allow us to assess couple's risk of divorce with over 90% accuracy and engage with over 80% success in helping couples reduce their distress. We now know that conjoint couple's therapy leads to faster and more enduring success in helping clients recover from addiction, mental health disorders especially anxiety and depression and significantly reduces domestic violence.

In this introductory training we will be looking at using PORT – Presence Oriented Relationship Therapy to help you engage the power of the couple support system to facilitate other therapeutic outcomes. PORT is a promising practice created from the evidenced-based practices of the Gottman Theory, Emotion Focused Therapy, and others.

Topics covered include:

- Neuroplasticity of Attraction
- Relational Mindfulness
- Relational Motivational Interviewing
- The Rapid De-escalation and Connection Strategy - STOP

Objectives

- Learn effective rapid ways to de-escalate couples in conflict
- Assess relationship strengths – and engagement opportunities
- Learn how to engage partners in supporting their partner's work

Steven Dromgool is the Director of Relate – New Zealand's largest specialist relationship and marriage counseling service. He is cross-trained in 5 of the major approaches to working with couples and has developed the Presence Oriented Relationship Therapy (PORT) which is taught around New Zealand and Internationally. Steven is passionate about equipping therapists to work effectively with couples and relational dynamics as he believes this is the single best predictor of a good life.