Relationship Science Online

Therapeutic Approaches: Cycling Back to Module 1…

Therapeutic Approaches

- **If we cut across the therapeutic approaches outlined in Module 1 (with specific emphasis on negative reciprocity and demand-withdrawal) we identify the following:**
  - Get partners to become aware of the pattern
    - *Specific behaviours (the dyadic dynamic)*
    - *From Module 1 – how would you conceptualise the pattern?*
      - *(active/direct-constructive/co-operative; active/direct-destructive/oppositional; passive/indirect-constructive/co-operative; passive/indirect-destructive/oppositional)*
  - Unpack why it occurs
    - *Understand the core issues [how are these issues tied to chronic and pervasive attachment insecurities/injuries] – controlling problem*
  - Each person acknowledges his or her role in the interaction
  - Each person takes responsibility for actions
  - Obtain the partners' commitment to change this pattern

Therapeutic Approaches

- **If we cut across the therapeutic approaches outlined in Module 1 (with specific emphasis on negative reciprocity and demand-withdrawal) we identify the following (cont..):**
  - Guidelines for couple interaction.
  - Solutions to break the pattern.
  - Deal with cognitions and emotions (working with emotions):
    - *From an attachment theory perspective, conceptualise these in terms of attachment styles and associated functioning of the attachment behavioural system*
    - *Attachment internal working models*
      - Recall working models have a high degree of affective content.
  - When working with emotions its about emotional awareness and expression:
    - *This work is going to look different as a function of a person's attachment style and their enactment of hyperactivating and deactivating behavioural strategies*

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