

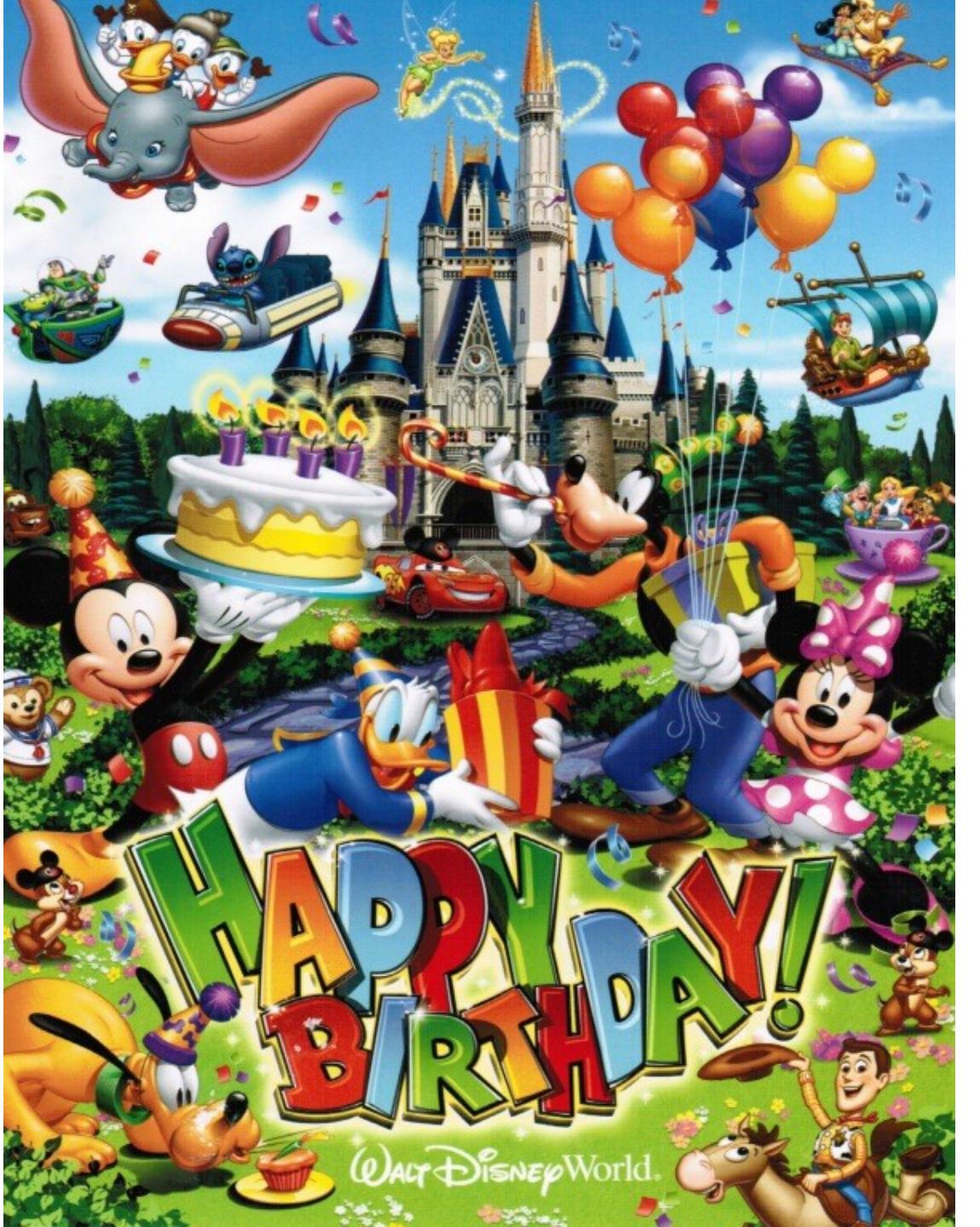
Experimental Approaches to Assess and Treat Nine Types of Couples

CHINESE PROVERB

**“What I hear, I forget.
What I see, I remember.
What I do, I understand.”**

A tropical beach scene. In the foreground, a large palm tree trunk and fronds are on the left. A small, traditional wooden boat with a red interior is beached on a sandy area. Two weathered wooden posts stand in the sand. The beach curves into the ocean, where small waves break. In the distance, a small island is covered in dense green palm trees. The sky is a clear, vibrant blue.

How we remember ...





**Was it words
that we
remembered?**





Remembering all too well ...

JAWS







PSYCHO



How do we learn?





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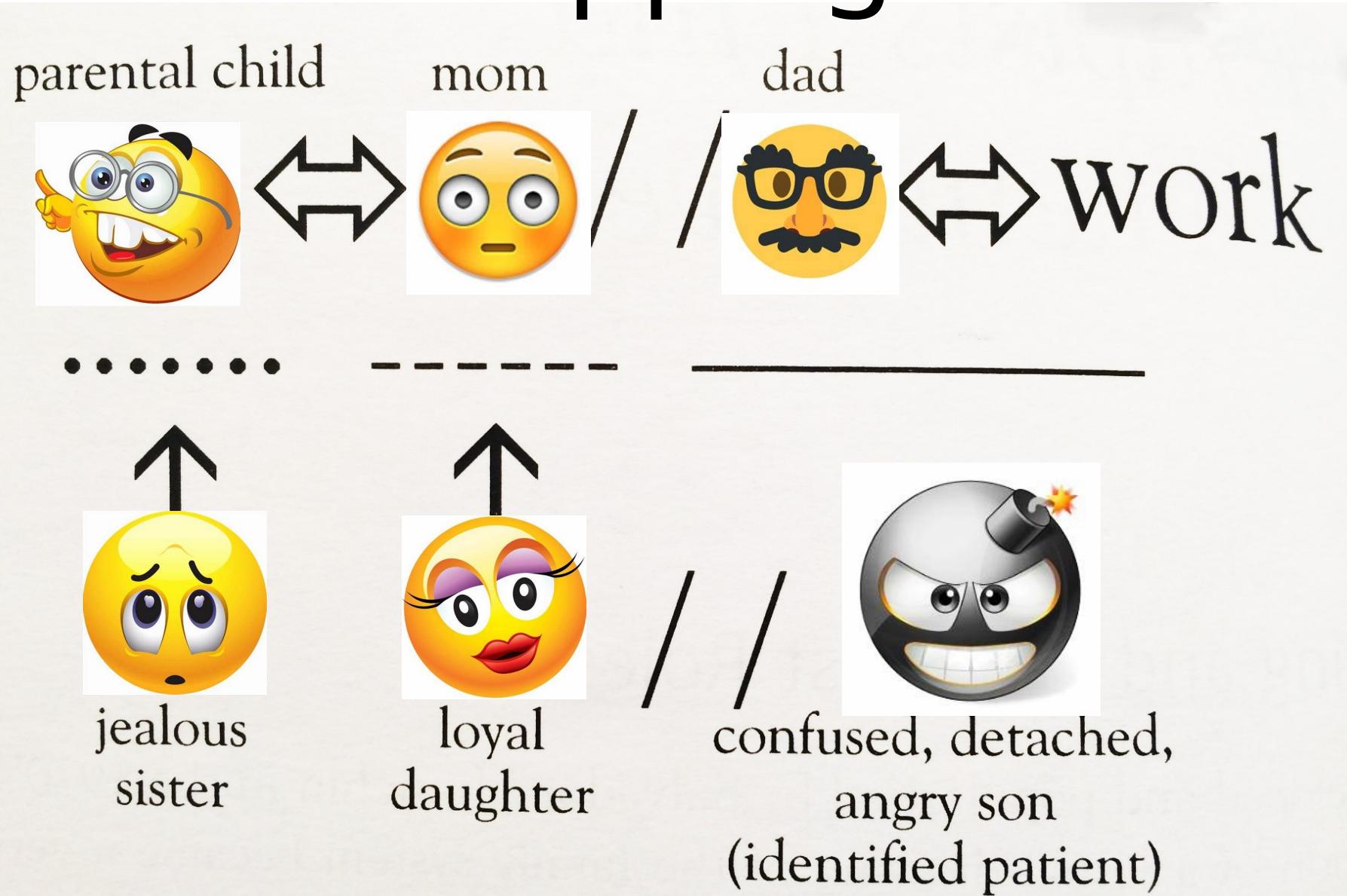
“I never said
that
you stole
“



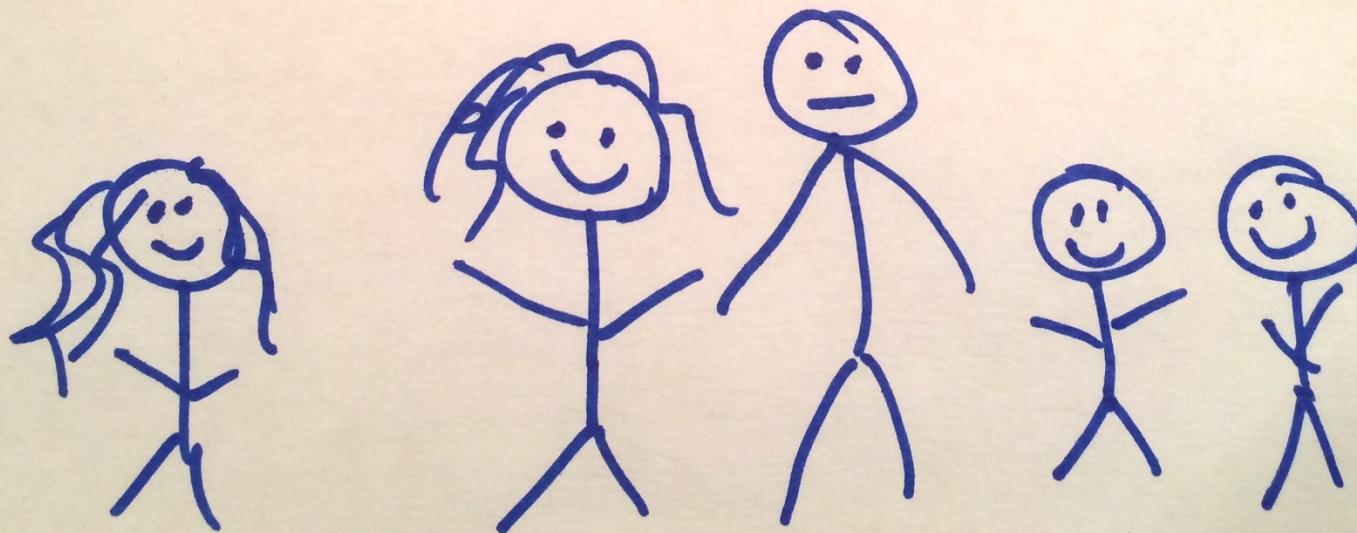


Emotional Space

Mapping



my
Family



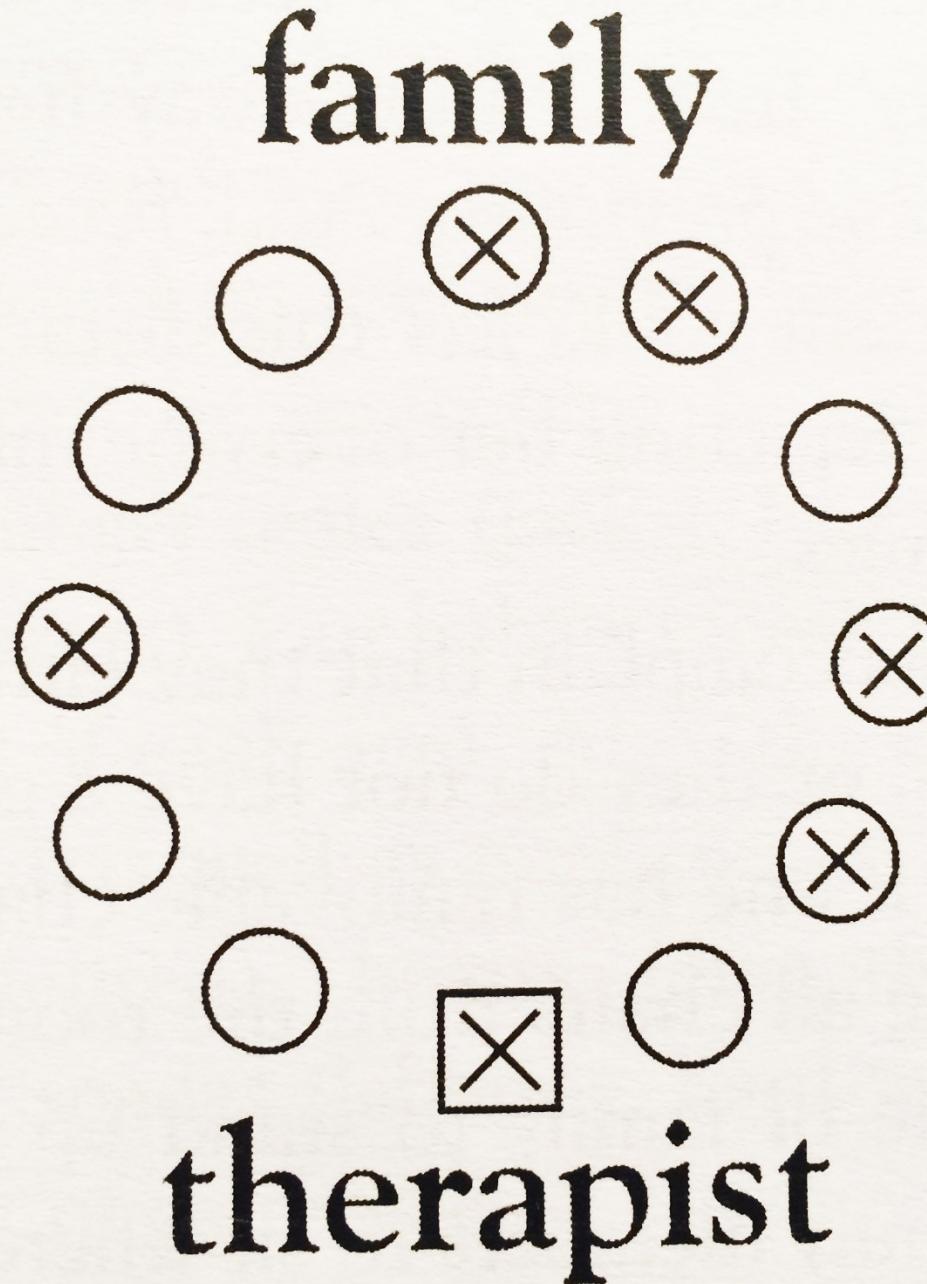


Kinetic Family Drawings



Using Dollhouse Figures

**Setting
Extra
Chairs**



**To See
Emotional
Distance**

Clinical Case Example:

“The Onset of
Schizophrenia
in a Teenager”



Clinical Case Example:

“Shrinking Away
into Anorexia

Let's stand up for a moment.

Let's stand up for a moment.
Now move to where you feel
most comfortable ...

Let's stand up for a moment.

Now move to where you feel
most comfortable ...

Who would you be closest to?

Let's stand up for a moment.
Now move to where you feel
most comfortable ...
Who would you be closest to?
Move to where you *want* to be.

Helping the Invisible Become Visible

Strength of Relations

Strong Emotions

Distractions

Strong Influences

Conditions / Labels

Addictions

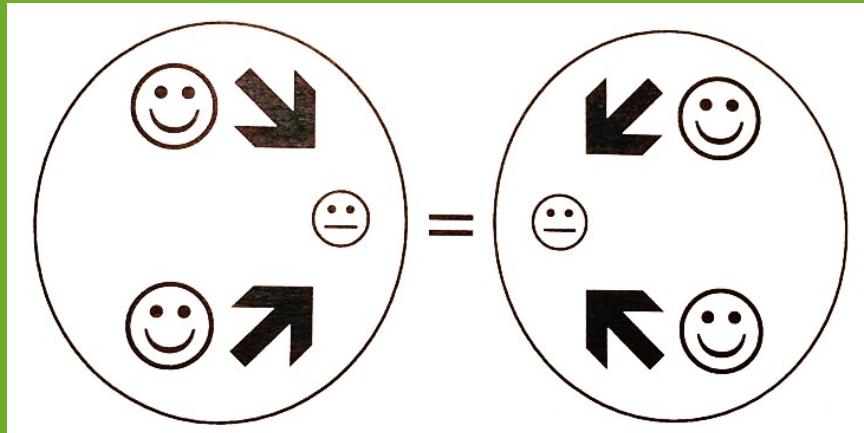
Impacting Events

Emotional Ages

COUPLE #1: “The Family Feud”



Couple #1



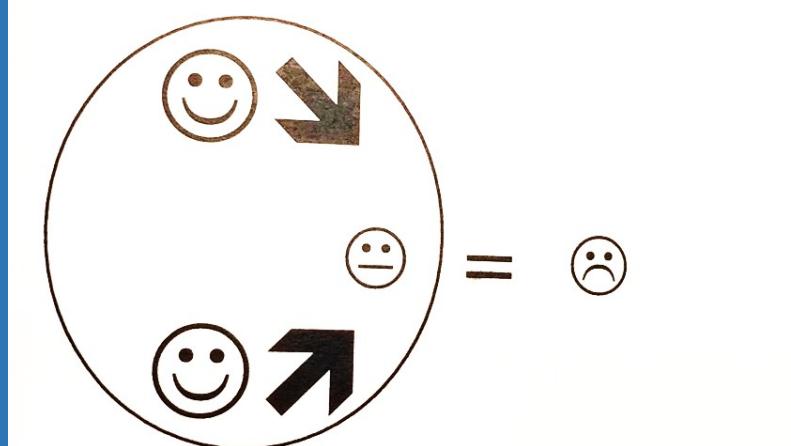
The Family Feud



Couple #2: “Odd Man Out” (Triangulation)



Couple #2



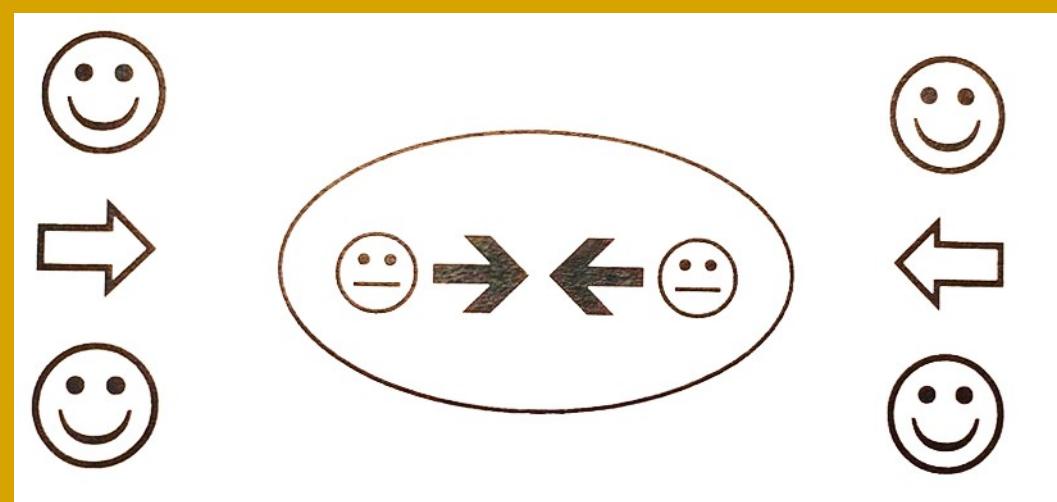
Odd Man Out



Couple #3: “I’m Right !” (Childhood Programming)



Couple #3



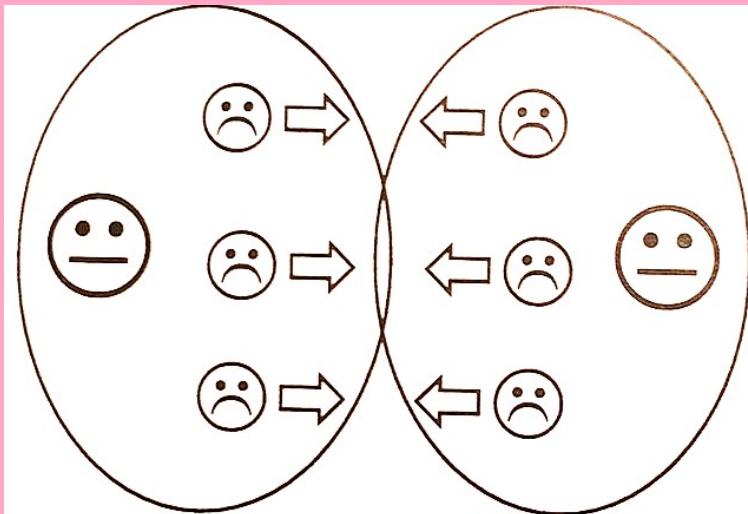
I'm Right



Couple #4: “We’re Right !” (Blended Families)



Couple #4



We're Right

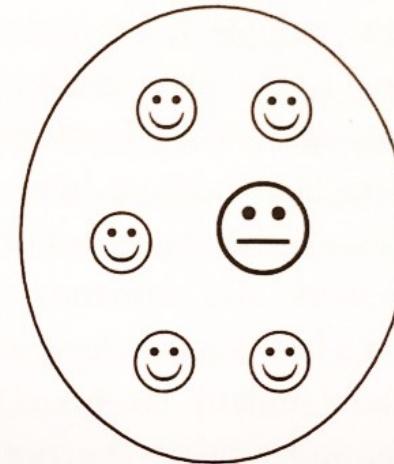
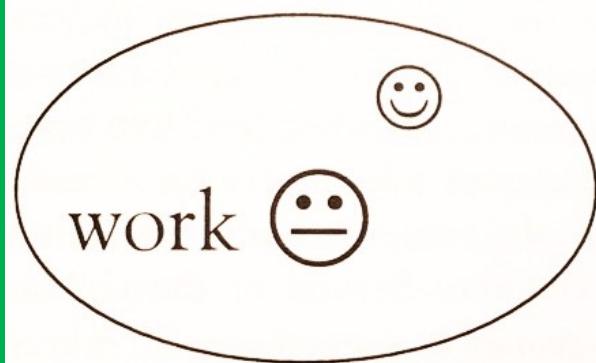


Couple #5: “No Glue” (Distance & Empty Nest)



PHOTO ILLUSTRATION/THINKSTOCK

Couple #5



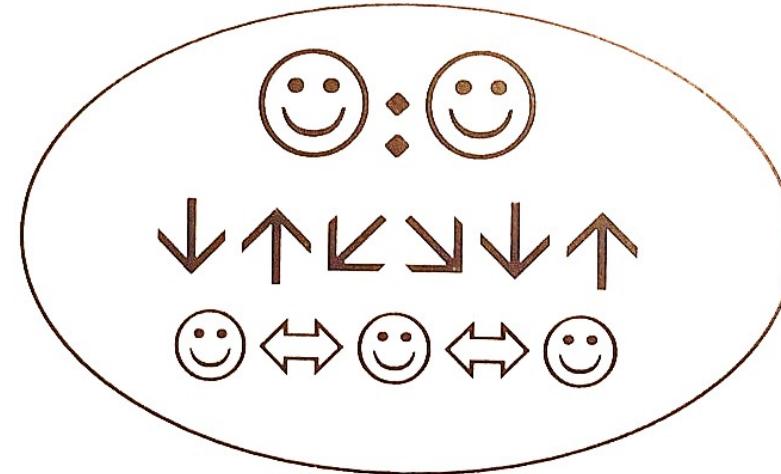
No Glue



Couple #6: “The Ideal Couple” (Incredible Balance)



Couple #6



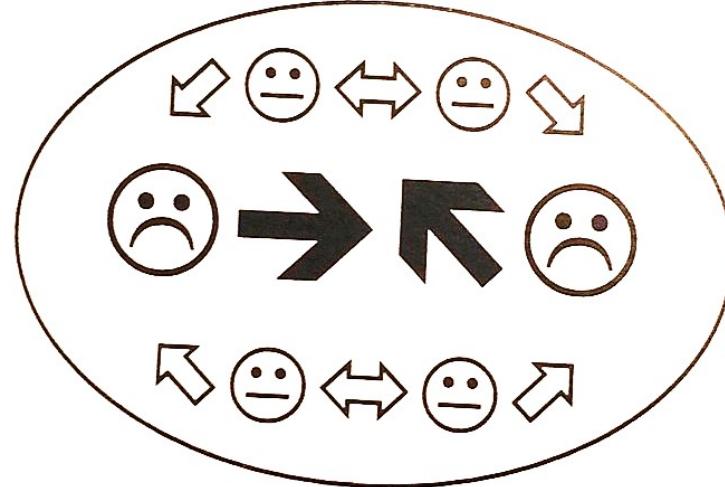
Ideal



Couple #7: “Me First !” (Enmeshed, Immature)



Couple #7



Me First



Couple #8: “Bad Glue” (Dysfunctional Balance)





Couple #8

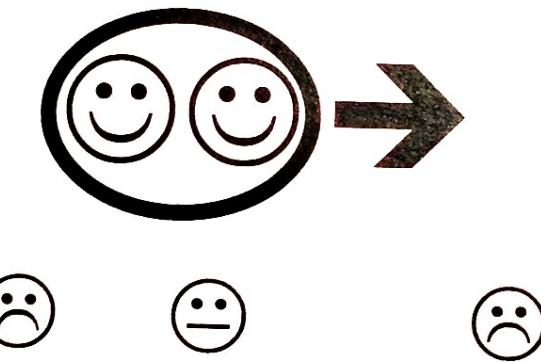


Bad
Glue

Couple #9: “Us First” (Symbiotic)



Couple #9



Us First



Emotional Age Exercise

Father	(age 42)	7, 11, 6, 8, 5	avg = 7
Mother	(age 36)	10, 12, 13, 15, 14	avg = 13
Richard	(age 16)	24, 21, 19, 22, 28	avg = 23
Susan	(age 13)	16, 15, 16, 18, 17	avg = 16
Billy	(age 8)	10, 9, 10, 8, 9	avg = 9

“The Family Zoo” Exercise

Father	Grizzly Bear, Lion, Gorilla, Tiger, German Shepherd
Mother	Lamb, Pony, Sheep, Kitten, Love Bird
Richard	Hawk, Rat, Doberman, Weasel, Cobra
Susan	Raccoon, Owl, Squirrel, Cat, Poodle
Billy	Bunny, Puppy, Kitty, Guinea Pig, Hamster

Metaphoric Imagery & Sculpting

1. Imagine for a moment that your partner / other person takes the form of either an animal, object, place, food item, or famous person. What image feels right to you?
2. Now imagine what image you would become in relation to the other person's image that you just imagined. What animal, object, place, food item, or famous person feels right for yourself?

Metaphoric Imagery & Sculpting

How do these images **relate**?

Friendly? Oppositional?

Intimate? Disconnected?

What kind of **action** is taking place?

Act these images out and see how they feel for each person.

How about trying some role reversals?

What image would you each become when **angry**?

During **intimacy**?

While **parenting** the kids?

When dealing with **money** and bills?

When visiting the **in-laws**? Going with friends to the **bar**?

What image would you each become when ...

- on the **job** around co-workers?
- on **vacation** with the family?
- during **church**?

What image did each of your parents typically become when dealing with each other?

See any similarities or repeating patterns?

**** Try this exercise with the whole family ...**