



HEALING MARRIAGE IN ONE WEEKEND: MARATHON INTENSIVE COUPLES THERAPY

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MARATHON COUPLES THERAPY

- The Framework
 - Goals, risks, benefits, and contraindications
- The Process
 - Assessment, intervention, follow up
- Questions





THE FRAMEWORK

MAKING A MARATHON A SUCCESS



MARATHON COUPLES THERAPY

- The Goal
 - To assist couples in reestablishing connection, managing conflict, and developing a sense of shared meaning with depth, speed, and focus.
- The Risks
 - Couples may experience intense emotions such as anxiety, guilt, hopelessness, loneliness, and anger. The intervention may involve each partner recalling uncomfortable experiences.





MARATHON COUPLES THERAPY

- The Benefits
 - Depth, continuity, management of escalation, and a novel emotional understanding of one another





WHO IS THIS THERAPY FOR?

- Suitable

- Busy couples
- Couples dealing with a specific crisis
- Couples that live far away or out of state
- Couples that have experienced trauma
- Couples seeking DEPTH



- Unsuitable

- Past/current affair without willingness to divulge
- Active drug/alcohol addiction without concurrent recovery program
- Serious violence, threats of serious violence, or worries that serious violence might occur
- Current suicidal/homicidal thoughts or a history of inflicting significant harm to self or other
- Current untreated serious mental illness.



BUT, DOES IT WORK?

In a seminal study, Boegner & Zielenbach-Coenen (1984) compared three groups: 1) This group received 14 sessions of couple therapy on a weekly basis; 2) This group received the same amount of therapy hours (14) but these sessions were collapsed into a far shorter span of time; and 3) This group received no treatment at all. They discovered that the group who received the most *intensive* treatment in the *shortest* amount of time obtained the *best* treatment outcomes. They discovered that Group #2 got the biggest bang for their buck outperforming the other two groups. The couples in group #2 on average made greater progress on their treatment goals & experienced significantly less relapse than the other 2 groups when tested 8 months after treatment. In another randomized clinical trial, Babcock, Gottman, Ryan & Gottman (2013) discovered that a weekend relationship workshop that focuses both on friendship enhancement and conflict management maximizes positive outcomes for couples. — Jonathan Impellizzeri, PhD, LPC, LMFT, ACS, BC-TMH



THE PROCESS

"Friendship fuels the flames of romance because it offers the best protection against feeling adversarial toward your spouse." – John M. Gottman



ASSESSMENT

- The Gottman Relationship Checkup
 - HIPAA compliant platform consisting of 337 questions that cover each partner's friendship, intimacy, emotions, conflict, values and trust, as well as parenting, housework, finances, and individual areas of concern (substance abuse, mental health, domestic violence, suicidality, etc.).
- Oral History Interview Questions
 - Research verified interview created by John Gottman and colleagues to assess the health of a relationship
- Virtual individual interview with each partner
 - Allows therapist to assess and address elements highlights in the Relationship Checkup and the Oral History Interview



THE INTENSIVE

- 2 days, 8 hours each, one hour for lunch
- Feedback
 - Therapist provides psychoeducation to the couple about the Sound Relationship House, provides a personalized assessment about the relationship, and presents a customized treatment plan
- Therapy
 - Therapist uses scientifically validated tools, techniques, and activities to address personalized goals outlined in the couples' treatment plan
 - The New Relationship Plan- couple builds this throughout the intensive based on insights and recognition from the experience.
- Follow-up
 - 1 hour session 7-10 days after the completion of the marathon
 - Assess integration & relapse prevention



LET'S GO TO QUESTIONS!



REFERENCES

- Babcock, J. C., Gottman, J. M., Ryan, K. D., & Gottman, J. S. (2013). A component analysis of a brief psycho-educational couples' workshop: One-year follow-up results. *Journal of Family Therapy*, 35(3), 252–280.
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- Garanzini, S., Yee, A., Gottman, J., Gottman, J., Cole, C., Preciado, M., & Jasculca, C. (2017). Results of Gottman Method Couples Therapy with Gay and Lesbian Couples. *Journal of marital and family therapy*, 43(4), 674–684. <https://doi.org/10.1111/jmft.12276>
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SECTION DIVIDER SLIDE

FRIENDSHIP

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