

Tentative Agenda: The PREP Approach in Couple Therapy

Overview

Challenges in Working with Today's Relationships

- Dealing with communication, conflict management, and loss of that loving feeling
- The sea change in partner matching and the development of commitment
- Working on relationships when we only see one partner (it's not always couple)

Who we are and what we have for you

- Frameworks and the context of advances in couple therapy
- Science informed practice
- Tools and strategies you can use for specific challenges with couples within a variety of existing therapy frameworks.

What Makes a Great Relationship? The Dynamics of Happy Relationships: Matching, differences and how differences are handled

- Emotional Safety, Physical safety, and Commitment Safety and Security
- Is how differences are handled more important than what those differences are?
- Applying PREP's three keys in therapy: Mindsets for sustained change
 - Do your part.
 - Make it safe to connect.
 - Decide, don't slide.

Destructive Conflict and how to handle it

- Hallmarks of distress: The four danger signs and how to contain them
- Negative interpretations
- Links to aggression
- Teaching couples Time Out strategies

Talking without Fighting

- PREP's model is focused on changing partner-to-partner interaction in contrast with many other models of couple therapy.
- Structure: A model for shaping communication and curtailing conflict
- Learning to work effectively with The Speaker Listener Technique

- Changing partner-to-partner interaction in session and out
- Working with high conflict couples

Rebuilding Positive Bonds

Order may change. Detailed time agenda closer to training dates.

They've lost that loving feeling; now what?
Specific strategies for boosting fun, friendship, and sensuality

The Structure of Conflicts: Triggers, Problems, and Hidden Issues

What do couples fight about (disagree about)? Why?
Why big fights start over small stuff
Building acceptance out of conflict and closeness out of distance

Breaking through to change: Strategies to solve or confine problems

Problem solving steps that work
Acceptance of unchanging problems while protecting the relationship

Sliding vs. Deciding: Finding and Repairing Structural Flaws of Commitment Development

Asymmetrical commitment and ambiguity
The interplay between commitment and attachment
Diagnosing commitment development; boosting intentions and decisions

Personal History, Differences and Forging a Life Together

Identifying, leaving behind, or keeping patterns from family background
Boosting acceptance through an appreciation of personality differences
Identifying and challenging expectations in relationships

I've got your back

Building emotional support between partners
Stress management and relaxation

Empirically-Informed Strategies Strengthening Commitment

Facing high constraint, low dedication dynamics head on
Reducing the odds of infidelity
Promoting and renewing a future orientation