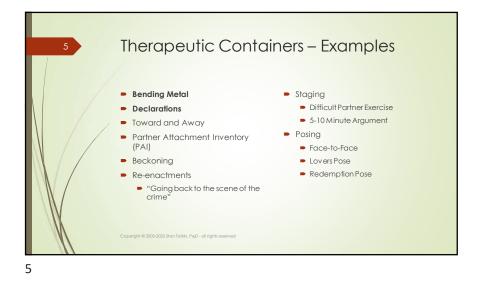


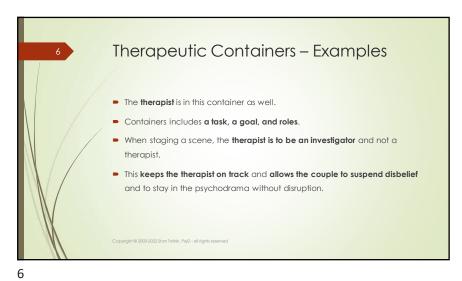




Therapeutic Containers

These containers (be they tasks, games, or exercises) help the therapist assess, elucidate, expose, or establish – through real-time partner interaction – issues concerning social-emotional function, attachment organization (or disorganization), arousal regulation, developmental delay, deceptive behavior or language, and so on.





Therapeutic Containers – Examples

• Keeps everybody on task and more likely to achieve the goal which is clarity, insight, and awareness of the multitude of errors that are occurring at every moment.

• These errors are in communication, perception, memory, and appraisal.

• In the staging container, each partner is expected – after the detailed examination of a replayed event – to produce several course-corrections that would alter event trajectory and outcome.

Strategic
Conceptualization

The first session must include a lot of coverage, scanning as much of the couple's daily life as possible.

A full history of the couple is very important (three generation genogram).

Dates, ages, relationships, first names of relatives and exes, work, work satisfaction, medical history, medications, mental health history, etc.

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Strategic Conceptualization

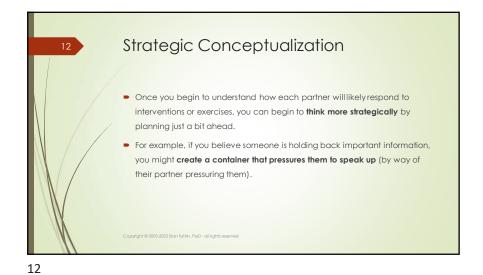
Interventions are tested as a means of finding more information about each partner.

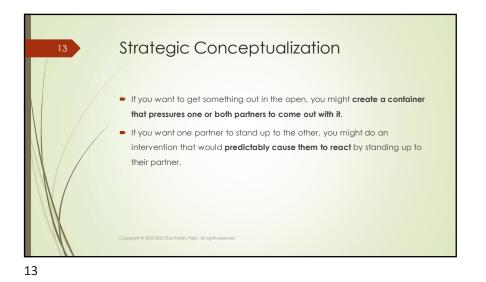
For example, partners who require supportive confrontation versus mirroring interpretations of narcissistic vulnerability.

Or partners who display a predictable pattern of defensive behavior.

Learn to collect "tells" from each partner as a means of predicting what they might do or how they may be reacting to your intervention.

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Declarations of Commitment chobiological broach to uple Therapy apple Therapy and the state of t

Declarations of Commitment

Declarations are vital part of adulthood — they support identity and purpose

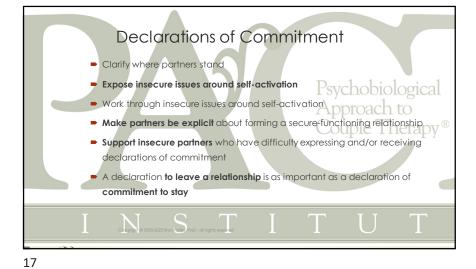
Declarations are ego-consolidating; avoidance of declarations is ego diffusing

Declarations force partners into a differentiated psychology

Marital vows are a type of declaration of commitment

Many couples don't remember vows, let alone follow them

Declarations of commitment can be found throughout history and in all corners of the world



Bending Metal

A strategic way of dealing with resistance
Follows the tradition of Peggy Papp (1980)
and other strategic family systems thinkers
(Imber-Black, 2007)
Similar to paradoxical therapy strategies, such as prescribing the symptom

Therapy®

Therapy®

Bending Metal Purpose

Breaks through chronic ambivalence or strong resistance to biological moving toward or away from the relationship

Clarifies where each partner stands when faced with the le Therapy & decision to fully commit or fully separate

Intended to put an end to threats against the existence of the relationship

Bending Metal

Use only when partners express chronic ambivalence about being in the relationship

Forces partners to take a stand in one direction or the other proach to

Helps determine partners' commitment to the relationship (and e Therapy ® capacity for decision making).

Moving with full conviction is more important than which direction is chosen

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Declarations + Bending Metal Psychobiological Provide a declaration to bend metal or to expose and amplify an insecure partners defense against self activation Make declaration short with an emotional punch Make a declaration while looking into partner's eyes ■ Observe somatic reactions, blockages, resistance, and other issues in the sender and receiver





















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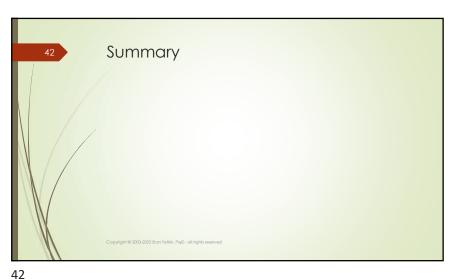












A container is a frame that places the therapist and couple in a time-limited, task-oriented exercise that provides valuable and reliable information about partners to both partners and therapist.

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Therapeutic Containers

Examples

The therapist is in this container as well.

When staging a scene, the therapist is to be an investigator and not a therapist.

This keeps the therapist on track and allows the couple to suspend disbellef and to stay in the psychodrama without disruption.

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