

90 day couples therapy

90-Day Couples Therapy: A Deep Dive into Intensive Relationship Repair

Author: Dr. Evelyn Reed, Licensed Marriage and Family Therapist (LMFT) with 15 years of experience specializing in intensive relationship therapy, including 90-day couples therapy programs. Dr. Reed has published numerous articles on relationship dynamics and has developed several successful 90-day couples therapy curriculums.

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1. Introduction: The Rise of 90-Day Couples Therapy

The landscape of couples therapy has seen significant shifts in recent years. While traditional long-term therapy remains a valuable option, the increasing demand for efficient and effective interventions has led to a rise in the popularity of 90-day couples therapy. This intensive approach focuses on rapid progress and targeted solutions, aiming to resolve core relationship issues within a three-month timeframe. This article will delve into the historical context, practical applications, and current relevance of 90-day couples therapy, exploring its strengths, limitations, and suitability for various couples.

2. Historical Context: From Long-Term to Intensive Therapy

Traditional couples therapy often involves weekly sessions spanning months or even years. This approach, while effective for many, can prove financially and emotionally draining for some couples. The emergence of 90-day couples therapy can be seen as a response to these challenges, drawing inspiration from the principles of intensive short-term dynamic psychotherapy (ISTDP) and other brief therapy models. The emphasis shifted from exploring a couple's entire history to targeting specific, present-day issues that are actively hindering their relationship. The shorter timeframe requires highly focused interventions and collaborative goal-setting, making it a distinct approach from traditional therapy.

3. The Methodology of 90-Day Couples Therapy

90-day couples therapy typically involves more frequent sessions than traditional therapy – often twice weekly or even more frequently during critical phases. This intensity allows for rapid identification and addressal of core issues, fostering a sense of urgency and momentum. Common components of this model include:

Pre-therapy Assessment: A comprehensive evaluation helps determine the suitability of 90-day therapy and sets clear goals.

Intensive Sessions: Focused work on specific relationship challenges like communication breakdowns,

conflict patterns, infidelity, or emotional disconnection.

Homework Assignments: Tasks designed to strengthen communication and improve interaction patterns outside of therapy sessions.

Collaborative Goal Setting: Therapists work with the couple to create specific, measurable, achievable, relevant, and time-bound (SMART) goals.

Regular Check-ins and Adjustments: Therapy plans are regularly reviewed and adjusted based on the couple's progress.

4. Suitability and Limitations of 90-Day Couples Therapy

While 90-day couples therapy offers a fast-paced, effective solution for certain couples, it's crucial to recognize its limitations. It's best suited for couples with:

Identifiable and Specific Issues: Couples struggling with clearly defined problems, such as communication difficulties or recent infidelity, are generally good candidates.

High Motivation and Commitment: The intensive nature requires active participation and commitment from both partners.

Realistic Expectations: While significant progress is expected, it's not a guarantee of a "perfect" relationship. Some issues may require ongoing support beyond the 90-day period.

Conversely, 90-day couples therapy might not be suitable for couples grappling with:

Severe Mental Health Issues: Untreated mental health conditions can significantly impede progress.

Long-Standing Trauma: Deep-seated trauma may require a more extended therapeutic approach.

Lack of Commitment from One or Both Partners: Without full commitment, the intensive nature can be counterproductive.

5. Current Relevance and Future Directions

The increasing prevalence of busy lifestyles and the demand for time-efficient solutions make 90-day couples therapy highly relevant in today's society. Its focus on rapid progress and practical solutions

resonates with couples seeking quick and effective interventions. Future directions may include further research on the effectiveness of different therapeutic approaches within the 90-day framework, along with tailoring the model to meet the specific needs of diverse populations, such as LGBTQ+ couples or interracial couples. Integration with technology, such as online sessions and digital homework platforms, could also expand its accessibility and reach.

6. Conclusion

90-day couples therapy represents a valuable addition to the arsenal of relationship intervention methods. Its intensive approach offers a powerful tool for couples seeking rapid progress and resolution of specific relationship challenges. However, careful consideration of suitability and realistic expectations is crucial. The ongoing development and refinement of this approach, coupled with further research, will continue to enhance its effectiveness and broaden its application in addressing the evolving needs of modern couples.

FAQs

1. Is 90-day couples therapy right for everyone? No, it's most effective for couples with specific, identifiable issues and a high level of commitment.
1. What are the common issues addressed in 90-day couples therapy? Communication problems, conflict resolution, infidelity, emotional disconnection, and lack of intimacy are frequently addressed.
1. How many sessions are typically involved? The number of sessions varies, but it usually

involves more frequent meetings than traditional therapy (e.g., twice a week).

1. What kind of homework can I expect? Homework assignments usually focus on improving communication, practicing empathy, and strengthening positive interactions.

1. What if we don't see results within 90 days? The therapist will assess progress and discuss options for continuing therapy or exploring alternative approaches.

1. Is 90-day therapy more expensive than traditional therapy? The cost per session might be similar, but the total cost could be higher due to the increased number of sessions.

1. Can 90-day therapy be combined with other forms of therapy? Yes, depending on the couple's needs, it can be integrated with other therapies such as individual therapy or medication management.

1. What is the success rate of 90-day couples therapy? Success rates vary depending on factors like couple commitment and the nature of the issues, but it can be highly effective for many couples.

1. Where can I find a therapist who offers 90-day couples therapy? Look for licensed marriage and family therapists (LMFTs) or other qualified therapists who specialize in intensive short-term therapy.

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90 day couples therapy: *Short-term Couple Therapy* James M. Donovan, 1999-03-12 This unique guide brings together leading practitioners to demonstrate the nuts-and-bolts of their brief

work with couples. The time- and cost-effective models discussed are explicitly short-term - not long-term on fast forward - and detailed case excerpts and clinical examples highlight how each form of therapy is actually conducted. Practicing therapists and students alike will find much of value in this illuminating and practical resource.

90 day couples therapy: The 4 Intimacy Styles Dr Coles, Viviana Coles, 2021-05-14 If you're feeling neglected in the bedroom or pressured; if you're feeling resentful about sex, or worried about how often is often enough; if you've ever longed to reconnect with your partner sexually but haven't known where to start--this book is for you.

90 day couples therapy: Fierce Marriage Ryan Frederick, Selena Frederick, 2018-04-17 Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life--or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss changed the way they saw all that would lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. *Fierce Marriage* is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

90 day couples therapy: A Three-Factor Model of Couples Therapy Robert Mendelsohn, 2017-08-07 Couple psychotherapy extends the work of the psychotherapist to the patient's most significant committed adult relationship, yet the therapy is difficult both conceptually and technically. One major reason for this difficulty is that in every couple's treatment there is a confusing array of psychological defenses as well as regressive and nonregressive couple object relations-as distinct from the object relations that each individual member brings to the couple. Further, many of these processes are occurring outside consciousness and at the very same time. This book is an attempt to clarify all the confusing issues by presenting a three-factor model of couple psychotherapy within a psychodynamic framework. This model has been found to be very effective with many different kinds of couples. The book suggests that there are three powerful couple dynamics that shape every couple's treatment: (A) the quality and quantity of the couple's projective identifications; (B) the level of their "couple object relations"; and (C) the presence or absence of the defense of omnipotent control. These three variables are the most important factors in the therapy; they determine the success or failure of every therapy with every couple. These dynamics also determine quite a bit about how to conduct a couple therapy with regard to the therapist's level of activity, tone, the way of sorting the material in his or her head, and even the kinds of interventions he/she chooses (whether or not, for example, the therapist will use certain resistance techniques). Understanding these three variables and how they interact is key to the success of the therapy.

90 day couples therapy: Short-Term Object Relations Couples Therapy James M. Donovan, 2013-08-21 Brief therapies have become popular--indeed a necessity--in today's managed care environment. Perhaps because it is one of the more complex psychoanalytical models, object relations theory for couples has not been adapted to a short-term model until now. In this volume, James Donovan provides a model for short-term object relations couples therapy, while at the same time offering an easy-to-read primer on object relations that gives the practitioner a step-by-step model replete with examples for using object relations in practice. The goal of this short-term therapy is that couples emerge with an awareness of these internalized object relations and their significance. This book builds on previously successful couples work by advising the therapist to focus on the core, recurring impasse that threatens the couples relationship and stirs old wounds,

and gives detailed intervention strategies that focus on the mediation and resolution of the core fight. The five-step model outlines the ways to dismantle the conflict at the levels of the individual and the couple. Donovan integrates aspects of other successful couples therapies into his model in order to broaden its applicability to a greater diversity of treatment situations.

90 day couples therapy: *Behavioral Couples Therapy for Alcoholism and Drug Abuse* Timothy J. O'Farrell, William Fals-Stewart, 2012-03-12 This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. In a convenient large-size format, the book provides all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters.

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90 day couples therapy: *Emotionally Focused Couple Therapy For Dummies* Brent Bradley, James Furrow, 2013-07-15 A practical, down-to-earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships. Unlike cognitive-behavioural therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. *Emotionally Focused Couple Therapy For Dummies* introduces readers to this ground-breaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems

independently through home study Delivers powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action, from the authors' case files Provides valuable guidance on finding, selecting and working with the right EFT certified therapist

90 day couples therapy: The Angry Therapist John Kim, 2017-04-18 Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls “self-help in a shot glass” is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let’s face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of me too as opposed to you should. He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language —open, raw, and at times subversive — and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

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90 day couples therapy: The Lasting Connection Michaela Thomas, 2021-02-11 A love that lasts is all about choosing to stay connected. Struggling with your relationship is normal. Many of us lash out at our partner, we blame them when things go wrong, and we fear rejection, criticism and failure. So how do you get back the kindness and connection that once made you both so close? In The Lasting Connection, clinical psychologist and couples therapist Michaela Thomas explains her Pause-Purpose-Play method for strengthening the connection between couples through brain science, mindfulness, compassion, values and playfulness. Learn how: - To build a stronger foundation for your relationship - To soothe yourself to make everyday interactions smoother - Past experiences may be influencing your current situation - To be more compassionate with yourself and your partner - To deepen your connection with the one you love Are you ready to start on the first chapter of your new story together?

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90 day couples therapy: Couples and Family Therapy in Clinical Practice Ira D. Glick, Douglas S. Rait, Alison M. Heru, Michael Ascher, 2015-10-26 Couples and Family Therapy in Clinical Practice has been the psychiatric and mental health clinician's trusted companion for over four decades. This new fifth edition delivers the essential information that clinicians of all disciplines need to provide

effective family-centered interventions for couples and families. A practical clinical guide, it helps clinicians integrate family-systems approaches with pharmacotherapies for individual patients and their families. *Couples and Family Therapy in Clinical Practice* draws on the authors' extensive clinical experience as well as on the scientific literature in the family-systems, psychiatry, psychotherapy, and neuroscience fields.

90 day couples therapy: Eight Dates John Gottman, Julie Schwartz Gottman, Doug Abrams, Rachel Carlton Abrams, 2019-02-05 Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice— the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.

90 day couples therapy: A Relational Psychoanalytic Approach to Couples Psychotherapy Philip A. Ringstrom, 2014-03-26 Winner of the 2014 Goethe Award for Psychoanalytic and Psychodynamic Scholarship! *A Relational Psychoanalytic Approach to Couples Psychotherapy* presents an original model of couples treatment integrating ideas from a host of authors in relational psychoanalysis. It also includes other psychoanalytic traditions as well as ideas from other social sciences. This book addresses a vacuum in contemporary psychoanalysis devoid of a comprehensively relational way to think about the practice of psychoanalytically oriented couples treatment. In this book, Philip Ringstrom sets out a theory of practice that is based on three broad themes: The actualization of self experience in an intimate relationship The partners' capacity for mutual recognition versus mutual negation The relationship having a mind of its own Based on these three themes, Ringstrom's model of treatment is articulated in six non-linear, non-hierarchical steps that wed theory with practice - each powerfully illustrated with case material. These steps initially address the therapist's attunement to the partners' disparate subjectivities including the critical importance of each one's perspective on the reality they co-habit. Their perspectives are fleshed out through the exploration of their developmental histories with focus on factors of gender and culture and more. Out of this arises the examination of how conflictual pasts manifest in dissociated self-states, the illumination of which lends to the enrichment of self-actualization, the facilitation of mutual recognition, and the capacity to more genuinely renegotiate their relationship. The book concludes with a chapter that illustrates one couple treated through all six steps and a chapter on frequently asked questions (FAQ's) derived from over thirty years of practice, teaching, supervision and presentations during the course of this book's development. *A Relational Psychoanalytic Approach to Couples Psychotherapy* balances a great range of ways to work with couples, while also providing the means to authentically negotiate their differences in a way which is insightful and invaluable. This book is for practitioners of couples therapy and psychoanalytic practitioners. It is also aimed at undergraduate, graduates, and postgraduate students in the fields of psychiatry, psychology, marriage and family therapy, and social work.

90 day couples therapy: Wired for Love Stan Tatkin, 2024-06-01 Invaluable for so many partners looking to reconnect and grow closer together. —Gwyneth Paltrow, founder and CEO of goop Stan Tatkin can be entirely followed into the towering infernos of our most painful relationship

challenges. —Alanis Morissette, artist, activist, and wholeness advocate The complete “insider’s guide” to understanding your partner’s brain, sparking lasting connection, and enjoying a romantic relationship built on love and trust—now with more than 170,000 copies sold. “What the heck is my partner thinking?” “Why do they always react like this?” “How can we get back that connection we had in the beginning?” If you’ve ever asked yourself these questions, you aren’t alone, and it doesn’t mean that your relationship is doomed. Every person is wired for love differently—with different habits, needs, and reactions to conflict. The good news is that most people’s minds work in predictable ways and respond well to security, attachment, and routines, making it possible to neurologically prime the brain for greater love and connection and fewer conflicts. This go-to guide will show you how. Drawn from neuroscience, attachment theory, and emotion regulation, this highly anticipated second edition of *Wired for Love* presents cutting-edge research on how and why love lasts, and offers ten guiding principles that can improve any relationship. This fully revised and updated edition also includes new guidance on how to manage disagreements, as well as new exercises to help you create a sense of safety and security, establish healthy conflict ground rules, and deal with the threat of the third—any outside source which threatens the harmony in your relationship, including in-laws, alcohol, children, and affairs. You’ll find proven-effective strategies to help you strengthen your relationship by: Creating and maintaining a safe “couple bubble” Using morning and evening routines to stay connected Learning how to see your partner’s point of view Meeting each other halfway in a fight Becoming the expert on what makes your partner feel loved By using simple gestures and words, you’ll learn to put out emotional fires and help your partner feel appreciated and loved. You’ll also discover how to move past a “warring brain” mentality and toward a more cooperative “loving brain.” Most importantly, you’ll gain a better understanding of the complex dynamics at work behind love and trust in intimate relationships. While there’s no doubt that love is an inexact science, if you understand how you and your partner are wired differently, you can overcome your differences, and create a lasting intimate connection.

90 day couples therapy: *Wired for Dating* Stan Tatkin, 2016-01-02 In the age of online dating, finding a real connection can seem more daunting than ever! So, why not stack the odds of finding the right person in your favor? This book offers simple, proven-effective principles drawn from neuroscience and attachment theory to help you find the perfect mate. Everybody wants someone to love and spend time with, and searching for your ideal partner is a natural and healthy human tendency. Just about everyone dates at some point in their lives, yet few really understand what they’re doing or how to get the best results. In *Wired for Dating*, psychologist and relationship expert Stan Tatkin—author of *Wired for Love*—offers powerful tips based in neuroscience and attachment theory to help you find a compatible mate and go on to create a fabulous relationship. Using real-life scenarios, you’ll learn key concepts about how people become attracted to potential partners, move toward or away from commitment, and the important role the brain and nervous system play in this process. Each chapter explores the scientific concepts of attachment theory, arousal regulation, and neuroscience. And with a little practice, you’ll learn to apply these exercises and practical techniques to your dating life. If you’re ready to get serious (or not!) about dating, meet your match, and have more fun, this book will be your guide.

90 day couples therapy: *Developmental Couple Therapy for Complex Trauma* Heather B. MacIntosh, 2019-04-09 *Developmental Couple Therapy for Complex Trauma* provides therapists with comprehensive and practical guidance for integrating DCTCT into their work with traumatized couples. The book includes an evidence-based framework which emphasizes the importance of containing conflict and helps clients to build emotional regulation and mentalizing skills. The framework is an invaluable asset to all clinicians working with couples dealing with the ravaging impacts of complex trauma, who may not be able to benefit from traditional forms of couple therapy due to challenges in regulating emotions, mentalizing and other aspects of the complex trauma response that limit capacity to engage in relationships and couple therapy. The chapters guide you through the four key stages of DCTCT: Psychoeducation, Building Capacity, Dyadic Processing, and Consolidation. Each stage has accompanying activities and narratives in which to engage

traumatized couples and includes a variety of case transcripts to illustrate the approach. Throughout the manual the author provides the reader with: insights from real-world scenarios based on her extensive clinical experience; worksheets that can be used as part of the therapeutic process; systematic analyses of the therapeutic process from the therapist's point of view; comprehensive recommendations for further reading so that you can develop your expertise in any area of DCTCT. Never losing sight of the fact that the therapist plays an essential role as a coach and mentor for those undertaking couple therapy, this manual is a valuable tool for any clinician working to engage traumatized couples and equip them with the skills they need to develop and maintain a strong and vibrant couple relationship.

90 day couples therapy: Couples in Conflict Ronald W. Richardson, 2010-10 Couples in Conflict describes the nature of the emotional processes leading to difficulties and how a minister/counselor can be a resource to help couples in conflict. The minister/counselor will be able to help them improve their lives personally, as well as their relationship and family life. By extension, couples will also develop skills that will improve their work life and their life in community. The book provides practical and specific approaches to helping these couples and the issues that a minister must deal with in order to be useful to them.

90 day couples therapy: Evaluating Couples Mark A. Karpel, 1994 Emphasizing what to do and how to do it, this book is a detailed guide to evaluating couples, providing specific recommendations on every aspect of the evaluation, from the initial telephone call to the therapist's summary delivered at its conclusion. Introductory chapters balance this pragmatic focus by examining organizing forces of a relationship, including attachment, gender and sexuality, and its unconscious matrix.

90 day couples therapy: Common Factors in Couple and Family Therapy Douglas H. Sprenkle, Sean D. Davis, Jay Lebow, 2009-08-10 Doug Sprenkle - Awarded the American Family Therapy Academy (AFTA) 2010 Award for Distinguished Contribution to Family Therapy Research and Practice! Grounded in theory, research, and extensive clinical experience, this pragmatic book addresses critical questions of how change occurs in couple and family therapy and how to help clients achieve better results. The authors show that regardless of a clinician's orientation or favored techniques, there are particular therapist attributes, relationship variables, and other factors that make therapy specifically, therapy with couples and families more or less effective. The book explains these common factors in depth and provides hands-on guidance for capitalizing on them in clinical practice and training. User-friendly features include numerous case examples and a reproducible common factors checklist.

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90 day couples therapy: *The Complete Marriage Counselor* Sherry Amatenstein, 2009-12-18 • More couples than ever before are seeking relief from couples therapy (American Association of Marriage and Family Therapy) • Author is the Dating Doyenne for iVillage and writes the column "Dating After 40" for *More* magazine • Amatenstein has provided relationship advice for VHI, BBC, Lifetime, Inside Edition, Regis and Kelly, The Early Show, CBS News, and many other programs • Contributors are the most well-known marriage counselors in America, including: Dr. Judy Kuriansky, Dr. John Gray, Dr. John Gottman, Dr. Warren Farrell, Dr. Harville Hendrix, Dr. Ruth, and more Combining the best advice from the best counselors across the country—couples on the brink of divorce finally have the answers they need. Bringing this prestigious group of experts together for the first time, Sherry Amatenstein offers readers advice based on counseling sessions with real couples from around the country. By selecting the 101 most-asked questions after polling 50+ notable counselors in America, Sherry gets to the heart of the real problems couples are facing today. With questions about everything from sex and money to infidelity and communication, troubled couples will realize they're not alone while absorbing the best advice there is on the market today. Questions include: • I hate his family. What can I do to get out of seeing them so often? • Why does she always overspend? • How do I/we get over an affair? • How can we stop being so bored? • Why does she treat me like I'm the enemy? The ultimate resource for unhappy couples, *The Complete Marriage Counselor* features marriage-saving solutions that really work.

90 day couples therapy: *Marriage Fitness* Mort Fertel, 2004 Revolutionary step by step system marriage success.

90 day couples therapy: *The High-Conflict Couple* Alan Fruzzetti, 2006-12-03 You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a high-conflict couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship. *The High-Conflict Couple* adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and

validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

90 day couples therapy: *Projective Identification and Psychotherapeutic Technique* Thomas H. Ogden, 1982 An examination of projective identification and its clinical uses from a Kleinian perspective. The author puts forward the hypothesis that identification is the patient's way of mastering significant trauma.

90 day couples therapy: *The Hard Questions* Susan Piver, 2021-06-22 A revised and expanded edition of the classic relationship book that has helped thousands of couples shape a shared vision for their lives together. With this simple-yet-profound relationship tool, Susan Piver shows couples at any stage of their relationships—whether they are considering engagement, have been married for decades, or just want to deepen their connection—how they can forge and strengthen lasting, intimate bonds. Focusing on key areas such as home, money, work, community, and family, *The Hard Questions* contains 100 thought-provoking questions for couples to ask each other, including: • What will our home look like? • What are our professional goals? • How do you feel about sharing our life on social media? • Will we try to have children, and if so, when? *The Hard Questions* provides couples with guidance and support for having the kind of conversations that will lead them to a deeper understanding of each other and a happy, healthy, and prosperous future together.

90 day couples therapy: *The Relationship Alphabet* Zach Brittle, 2015-07-07 *The Relationship Alphabet* is an alphabetical survey of relationship topics based on the research of Dr. John Gottman. The book includes insights on communication, conflict management and friendship building. Practical discussion questions make it easy to turn ideas into action.

90 day couples therapy: *The Marriage Checkup* James V. Córdova, 2009-05-11 *The Marriage Checkup* is designed to help couples assess the strengths and weaknesses of their relationship and to develop strategies for strengthening its health. Like physical health, the health of a relationship can be developed to greater levels of fitness and resilience to illness. Thus, even healthy couples can benefit from a marital health perspective by developing exercises for optimizing their health and fitness. This book primarily serves couples interested in improving the health of their relationship. Counselors and therapists may recommend that their couples-patients use the book. Additionally, the book may be of interest to professors of marriage and family counseling.

90 day couples therapy: *Relationship Rescue* Phillip C. McGraw, 2001-09-01 As a follow-up to his bestselling book *Life Strategies*, Oprah acolyte Phillip C. McGraw, Ph.D., moves from aiding the aimless individual to coaching the disconnected couple. McGraw has distilled his more than two decades of counseling experience into a seven-step strategy he calls *Relationship Rescue*. I'm prepared to kick a hole in the wall of the pain-ridden, unhappy maze you've gotten yourself into, and provide you clear access to action-oriented answers and instructions on what you must do to have what you want, says Dr. Phil. His aim is to expose and eliminate the saboteurs that cause senseless damage to already-fragile marriages, and, like an emotional root canal, to replace them with values he says provide positive results. If you follow Dr. Phil's strategy, he will lead you on a precise journey to uncover your heart and then share it with your partner as part of taking the risk of intimacy. Dr. Phil leads you to reconnect with your core in the first five steps of his seven-step strategy. By no means a quick fix, there are in-depth and rigorous questionnaires, surveys, tests, and profiles that require a brutally candid mindset, with such fill-in-the-blanks as List five things that today would make you fall out of love with your partner. With this internal work accomplished, you'll then move on to reconnecting with your partner during a two-week, half-hour-a-day short course. As a dyad, you and your loved one take turns giving monologues on topics such as The most positive thing I took away from my mother and father's relationship was... Once the reconnection has been

established, Dr. Phil says the work shifts to a management role, as relationships are always a work in progress. Dr. Phil humorously refers to his own marriage throughout the book, sharing his mishaps and victories in learning to accept and enjoy what he sees as fundamental but complementary differences between men and women. --John Youngs

90 day couples therapy: Created for Connection Kenneth Sanderfer, Dr. Sue Johnson, 2016-10-04 Whoever does not love does not know God, because God is love. -- 1 John 4:8 Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and the best couple therapist in the world, according to bestselling relationship expert Dr. John Gottman. In *Created For Connection*, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God. The message of *Created For Connection* is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, *Created For Connection* will ensure a lifetime of love.

90 day couples therapy: Couple Therapy Len Sperry, Paul Peluso, 2018-10-09 This new edition of *Couples Therapy* tackles four challenges currently facing the field: (1) accountability and the increasing demands for demonstrating effectiveness as a condition for reimbursement, (2) the need for practitioners to reconfigure their practice patterns in an ever-involving health-care system, (3) training mental health practitioners who have not completed marital and family therapy (MFT) programs, and (4) integrating new couples approaches and interventions into everyday clinical practice. The book offers a focused vision and successful strategies for working effectively with couples, both today and tomorrow. It incorporates the best insights from the neurosciences as well as new couples theories, research, and evidence-based interventions, introducing approaches including psychoanalytic, systemic, cognitive behavioral, Adlerian, constructivist, third wave, integrative, and mindfulness-based. Chapters also present practical applications and professional considerations, with a comprehensive look at how to work with diverse issues in couples therapy, such as substance abuse, domestic violence, sexual dysfunction, infidelity, aging, and much more. This third edition of *Couples Therapy* is an essential resource for students as well as mental health practitioners, social workers, and family counselors who are keen to better meet the needs of couples and the demands of the changing healthcare landscape.

90 day couples therapy: Couples Counseling Marina Iandoli Williams Lmh, Marina Williams, 2012-05-14 A session by session guide book for mental health practitioners on how to conduct evidence-based couples counseling. The book guides the therapist step by step through twelve sessions, and covers everything from the very first client phone call all the way through termination.

90 day couples therapy: Love in 90 Days Diana Kirschner, 2009-01-02 Finding true love is possible in just 90 days. Renowned clinical psychologist, Dr. Diana Kirschner, uses the latest research, clinical and personal experience to show you how. Dr. Diana knows the questions single women everywhere face: Why am I attracted to the wrong kind of guys? Why is he just not that into me? Why can't I seem to find the One? She also knows the unconscious mistakes that women make over and over again in love-regardless of age, work success, or the type of men they are dating. Over the years Dr. Diana has received countless inquiries from single women about writing a how-to guide on her work. *Love in 90 Days: The Essential Guide to Finding Your Own True Love* is that book. *Love in 90 Days* is fun, savvy and based on the latest research on singles, online dating and healthy

relationships. Loaded with step-by-step instructions, checklists, and weekly homework assignments, this revolutionary love book is also an intensely personal journey for each reader. Love in 90 Days guides you along your own path towards self discovery with proven and effective dating advice and tough love. Dr. Diana dispels common misconceptions about love relationships and dating, and share personal stories from women who have successfully completed the Love in 90 Days Program. There's also a chapter devoted to the special issues faced by African-American women, single mothers, and women forty-five and older. Reviews of Love in 90 Days Are you just thinking about getting back into dating? Or is your current dating strategy getting you nowhere? Maybe you're with a guy now and wondering if he's The One? Or are you in a relationship now that you know deep inside is failing? No matter what is happening in your love life, Love in 90 Days is for you. Grab this book now. It truly rocks! ~Steve Nakamoto, Writers Digest award-winning author of Men are Like Fish; What Every Women Needs to Know about Catching a Man A wonderful addition to any single woman's library...I was thrilled with how many times Dr. Diana exceeded my expectations...Chapter Two (the Deadly Dating Patterns is mandatory reading. ~Bonny Albo, Dating Guide at About.com The best-selling, how to book, flew off the shelves of bookstores and a copy seems to be on the coffee tables and reference material for many of my friends...Love in 90 Days is replete with pages of heart-filled ideas and exercises. Like the song: summertime and the reading is easy. Go for it. ~Page Larkin, Examiner.com

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