

Presentation: Dynamics of Marriage – “The Family of Origin” Approach
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List of Handouts – (to be printed by participants to bring to the conference)

- 1) Book cover
- 2) Sequence/ Progression of Dynamics of Marriage: “The Family of Origin” Approach & The Application of the Transtheoretical Model of Change
- 3) Integration of Psychotherapy Systems Within the Transtheoretical Framework (Handbook of Psychotherapy Integration)
- 4) Relationship Skills Worksheet
- 5) Couples Therapy Agreement
- 6) Genogram/ Family Tree
- 7) Genogram: Symbols and Meanings
- 8) Bases for the difficulty in embracing change
- 9) A Dimension in Marriage – Parenting Role
- 10) Assessment of the Dynamics of the Couple’s Relationship. (A Simple questionnaire to maintain focus and to diffuse potential derailment of the therapeutic process.
- 11) Sequence of presentation: Dynamic of Marriage – “The Family of Origin” Approach
- 12) **DYNAMICS OF MARRIAGE: “THE FAMILY OF ORIGIN” APPROACH** a unique way of advancing couple-therapy. It is an excellent tool in guiding therapists in their work with couples.

DYNAMICS OF MARRIAGE -

“The FAMILY OF ORIGIN”

APPROACH



Workbook

.....grounding for happier
and stronger marriage

Leticia S. Isidro-Clancy

Sequence/Progression of Dynamics of Marriage: "The Family of Origin" Approach

Chapter 1 to 4 – Allow the couple to re-evaluate and to regain the control of the direction of their marriage.

Chapter 5 to 6 – These sections help the individuals to rediscover oneself and understand past experiences and its impact in his/ her life and in the marriage.

Chapter 7 to 9 – These chapters lead the individual in self-understanding within the context of the marriage.

Chapter 10 - 11 – The couple renews their recommitment to their marriage through continuing the process of change.

Chapter 12 - Preventing relapse to old behaviors.

Chapter 13 – Re-evaluating the progress of the strength of their marriage.

Sequence/ Progression of Dynamics of Marriage: “The Family of Origin” Approach & The Application of the Transtheoretical Model of Change

PRECONTEMPLATION

Chapter 1 to 4 – Allow the couple to re-evaluate and to regain control of the direction of their marriage.

CONTEMPLATION -

Chapter 5 to 6 – These sections help the individual to rediscover oneself and understand his/her past and its impact on his/ her life and in the marriage.

PREPARATION

Chapter 7 to 9 – These chapters lead the individual to self-understanding in the context of the marriage.

ACTION

Chapter 10 - 11 – Couple renew their commitment to their marriage through continuing the process of change.

MAINTAINANCE

Chapter 12 - Preventing relapse.

Chapter 13 – Re-evaluating the progress of the strength of their marriage.

**Integration of Psychotherapy Systems Within
the Transtheoretical Framework**
(Handbook of Psychotherapy Integration)

Emphasis on being self aware to prevent relapse or self sabotaging by applying:

- **Contingency management** - one has to be aware of the possibility of situation that may sabotaged the effort to change. i.e jealousy-similar situation that were mishandled in the past.
- **Counterconditioning** – sarcasm, indirect, unclear messages
- **Stimulus control** – being aware of triggers

The following questionnaires will help you evaluate your skills that are important in understanding how you were influenced by your family of origin.

Pre-Screening: Name: _____ Spouse: _____ Date: _____

Relationship Skills

Rank yourself and your spouse from 1 = low – 10 = high (+) each area of the relationship skills demonstrated in your marriage. Spend 5 – 10 minutes discussing the differences/ similarities in your rating of each other. Then rate the skills of your father and your mother to gain an understanding of their influence in the development of your own skills.

	Self	Spouse	Father	Mother
Self-management: the ability to deal with stressful situations using the skills below:				
Self-talk (things you think or say to yourself)			"	"
Self-understanding		"		"
Self-care			"	"
Self-esteem		"	"	"

Self-management: the ability to deal with stressful situations using the skills below:

Self-talk (things you think or say to yourself)			"	"
Self-understanding		"		"
Self-care			"	"
Self-esteem		"	"	"

Relationships: A) The level of comfort and connection made in these different contexts:

Intra-personal (how you feel/ treat yourself)		"		"
Inter-personal (how you feel/ treat others)			"	"

Family				
Friends				

Relationships: B) Connection of the couple is operationally expressed in the following areas:

Intimacy				
Openness				
Expression of feelings				
Emotional engagement (expressed outwardly)				

Feelings: The ability to identify emotions, its source and how it is expressed in action.

Understanding				
Expressive				
Connecting feeling with behavior				

Communication: Being aware of the effect on others the way one communicates.

Distancing				
Connecting				
Style:				
Assertive				
Aggressive				
Passive				
Passive/aggressive				

Listening: Being attentive in communication, and in being open in receiving feedback and giving feedback.

Active	"	"	"	"
Feedback	"	"	"	"
Giving	"	"	"	"
Receiving	"	"	"	"

COUPLE’S THERAPY AGREEMENT WITH AN UNDERSTANDING AND ACCEPTANCE OF THE FOLLOWING PREMISES:

- I am participating in this couple therapy accepting that my marriage is a partnership, and I have an equal role in the relationship. What I have to say is as important as what my partner has to say.
- I am willing to work on my personal growth unselfishly, understanding that my growth will contribute to the growth of the relationship.
- I will show respect and trust by maintaining confidentiality.
- I will be open to the best of my ability:
 - By sharing about myself
 - By responding to feedback without hostility either verbal or physical
- I will refrain from making any decision about my marriage until I have completed this program.
- I will respect the ground rules established for this couple therapy, and I am willing to contribute by making positive suggestion about the existing rules.

Signature of one spouse

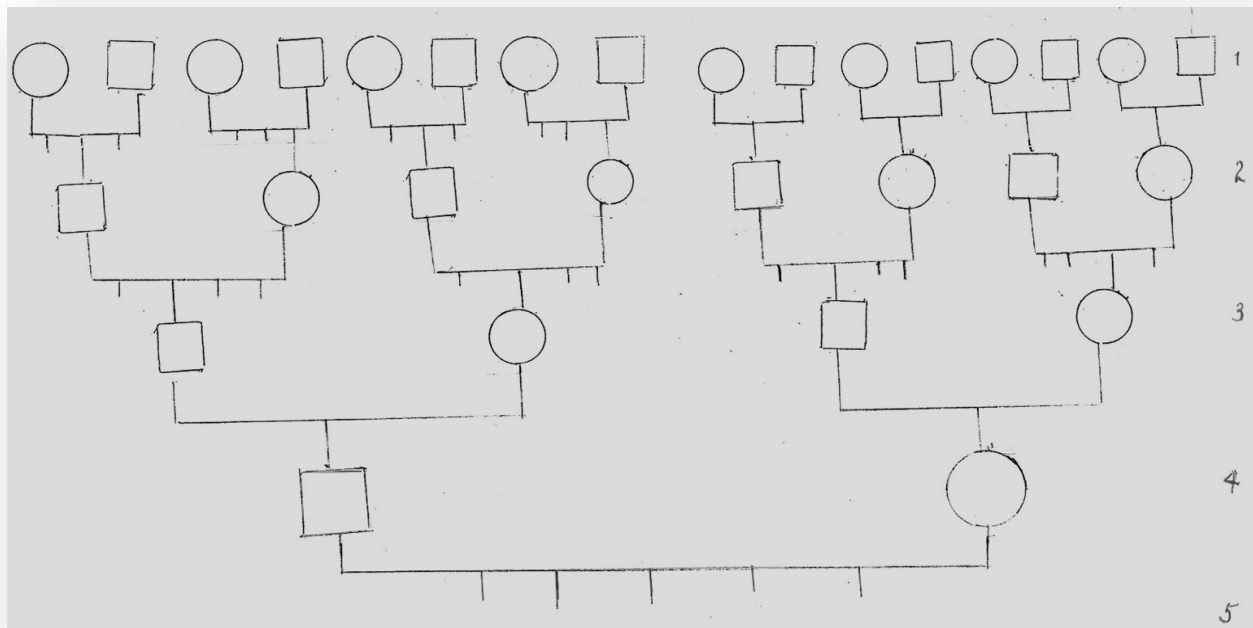
Witness (Other spouse)

Genogram

You can kiss your family and friends good-bye and
put miles between you, but at the same time
you carry them with you in your heart,
your mind, your stomach, because
you do not just live in a world
But a world lives in you.

Frederick Buechner, Telling the Truth

GENOGRAM/ FAMILY TREE



GENOGRAM: SYMBOLS AND MEANINGS

 Male

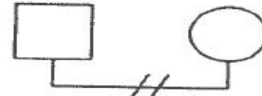
 Female




Marriage



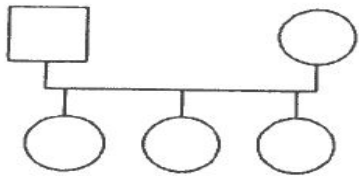
Living Together Relationship



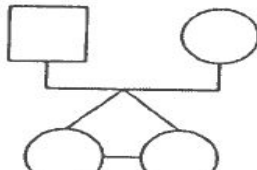
Divorce

 Birth date – Death date
1938-1979

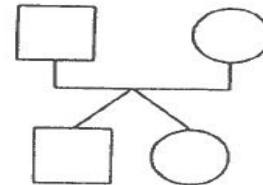
 Deceased



Children in birth order,
oldest → Youngest



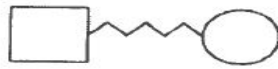
Identical twins



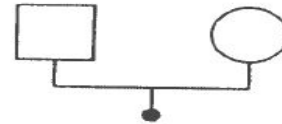
Fraternal Twins



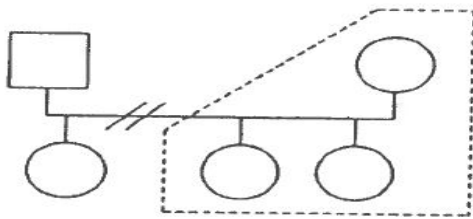
Very close relationship



Conflictual relationship



Miscarriage



 Pregnancy

 Adopted

BY EMILY MERLIN

Several reasons why an individual might not be able to change, or might be resistant to change.

In marriage the process of change is initiated through communication. What might prevent an individual in being able to communicate openly and effectively with each other.

- Avoidance of feeling vulnerable
- Lack of communication skills
- Unaware of what to share
- Lack of insight about oneself
- Inability to trust
- Inability to change poor habits in communicating
- Fear of change
- Fear of not being accepted
- Suppression of emotion

A dimension in marriage - Partnership in parental role

Three Principles of Parenting (predicated with consistency)

- 1) Generational boundary - the ability to create structure as a parent so that the children understand limits and respect for authority that will ensure their feeling of safety.
- 2) Intentional parenting – As a parent I am clear in guiding my children with what I want them to become and what they can accomplish in their life as adults.
- 3) Parental coalition – I value the importance of discussing family rules, concerns and activities with my spouse.

Name: _____

Date: _____

Assessment of the Dynamics of the Couple's Relationship
(the couple will work on this separately.)

What are the strengths of Your relationship/marriage?	What is not working?	What would like to see different?

DYNAMICS OF MARRIAGE: “THE FAMILY OF ORIGIN” APPROACH
a unique way of advancing couple-therapy. It is an excellent tool in
guiding therapists in their work with couples.

∫ Walk them through their own individual personal histories,
including their own relationship.

∫ Exploring in unison with participating couples the “how” and the
“when” of having been shaped by their Families of Origin, and the
impact of that shaping on their marriage.

This vital workbook will help you as a therapist with step-by-step
guide building your assurance and the couple’s self-assurance that
they are on the right track. Your expertise as a therapist will come
into play in discerning the interventions you need to make.

∫ Accountability is the heart of the union of any couple

∫ As the therapist you will track every step of the progress of the
couple’s work together

Start an effective change in your work with couples using
**DYNAMICS OF MARRIAGE: “THE FAMILY OF ORIGIN” APPROACH
WORKBOOK.**