

Phase One: Atonement

The first phase of Gottman's Trust Revival Method is to atone. To atone means to make amends for something that someone has done. In terms of trust revival, the person who betrayed their partner must take full responsibility for what they've done.

This means the person takes the blame; they cannot make excuses about why they did what they did. They also have to be prepared for how their partner will react. Most betrayed partners feel angry and will mention their pain often.

The partner at fault has to refrain from rising to the other person's anger. Even if you hurt them every day for a week, you have to listen to it and accept the blame, anger, and sadness.

The hurt partner will understandably have more trust issues at this point of healing. They will ask you to tell the truth, to be honest, not to lie, repeatedly. It is important to let your partner get this out of their system.

Part of accepting blame means you take everything that comes with it. You might have to reassure your partner constantly that you are honest, and you might get tired of it.

You will feel a rush of guilt every time your partner brings up your lies or asks for truth, and it's hard to accept. But lashing out in return will only exacerbate the problems so that your partner has more anger at you.

With Gottman's Trust Revival Method, you'll have an approach to take all of your partner's lashing out. You won't feel the need to defend yourself because you have completely accepted the blame. Every time your partner lashes out, remind them of that. Apologize and take full responsibility.

This response to their anger shows them that you are still invested in the relationship. Even though you messed up, you aren't hiding it or deflecting. You accept it, apologize, and are ready to move forward.



In time, this response will soothe your partner, so they won't be attacking you as often. They will start to match your calm demeanor so you can begin talking about the betrayal and working through it.

Your partner might ask specific questions, and you might worry that the answers will hurt them. It's important to be honest and transparent at this stage. Give your partner the freedom to ask all of the questions on their mind. Tell them the truth, even though it may be hard to hear.

If you've already taken steps to get therapy, these conversations are best held in front of your therapist. It's always best to have a neutral, experienced third party as a witness to help prevent the discussions from derailing and becoming fights.

Having a therapist present will also help both people work through the betrayal in a way that helps their relationship grow as a result. Each partner needs to understand how the betrayal happened in ways that do not make them the villain or the victim.

Taking the blame for the betrayal is only part of this first phase; the other partner also has to be open to forgiveness. If they don't think they will ever forgive you, then the relationship is dead in the water. Both partners have to accept responsibility for their roles in the marriage to move forward.

Phase Two: Attune

The second phase of Gottman's Trust Revival Method is to attune. That means both partners need to be receptive to working on their relationship, and they need to be aware of all the work that will require.

After atoning, both partners should be looking towards forgiveness. The betrayed partner needs to be understood, so it's time to move on and focus on rebuilding what you had before.

During atonement, both partners will have realized what led to the betrayal. Now, the other partner needs to be understood by the other. They might have been feeling problems in the relationship but suffering in silence rather than addressing the issue.

Attunement is the time to address all of these problems with a therapist so you can voice a problem in a safe space. Once a problem is addressed by the other, you can move on. You need to talk about them so your partner feels understood and appreciated. Working on them means you'll be able to prevent something similar from happening in the future.



Gottman defines attunement as the attempt to understand your partner's inner world. When you share your thoughts, insecurities, and vulnerabilities with your partner, you'll feel closer to them. As a result, they'll understand you on a deeper level and be able to act more accordingly.

When you're able to share your innermost feelings with your partner, you'll feel less isolated and lonely. You'll be allowing your partner to see things about you that no one else knows, so your intimacy will increase.

Many of Gottman's other methods come into play in this phase, especially regarding communication. As you're rebuilding your marriage, you need to communicate often and effectively.



In the beginning, you might have to earmark certain times of day to check in with each other and have a conversation. If you're not sure what to say, you can use phrases from the Repair Checklist.

A certified Gottman therapist would clarify that, for the most effective communication and attunement, you should avoid "you" statements. Instead, refer back to what you discussed in the atonement phase.

As much as this phase is about rebuilding trust, you don't need to jump to problem-solving. Listening to your partner is more important than finding a solution.

Phase Three: Attach

The third phase of Gottman's Trust Revival Method is to attach. This means to physically be intimate with your partner, which can be difficult after a betrayal, especially if it was based on infidelity.

In the case of infidelity, the hurt partner might feel that being physically intimate with their partner is too difficult since they were intimate with someone else. The act of sex might feel tainted.

Taking the step to overcome these problems pays off greatly in the long term, though it can be hard to handle at the moment. Gottman suggests starting slowly to rebuild intimacy in other ways before getting physical.

Even if you previously had a stellar sex life, working to overcome betrayal changes everything. You have to start from scratch and discuss what each of you likes and how you can both enjoy the experience.

Having these open and honest discussions not only makes you both equally vulnerable to each other, but it also helps to ease the infidelity from your partner's mind. The goal is to have them thinking about you when you have sex, not thinking of what it might have been like when you cheated.

By talking about what you like, you can ensure sex is customized for your partner so they'll enjoy it and not even have a chance to think about your betrayal. It will take time, but it's an ideal way to bridge the gap back from infidelity to a committed, physical relationship.

Some couples find that this process actually makes their sex life better than it used to be. The "attach" phase is ideal for them, as they discover they are more physically compatible than they previously thought.

It's important that both partners be on the same page for this phase of trust revival. Both partners must feel comfortable being intimate, and ideally, both partners will feel pleasure while they do so.



Treatment Manual Gottman

Anne K. Fishel



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The Adolescent and Young Adult Self-harming Treatment Manual Matthew D. Selekman, 2009 A detailed treatment protocol for working with self harming adolescents and young adults

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Handbook of Interdisciplinary Treatments for Autism Spectrum Disorder Robert D. Rieske, 2019-04-29 This handbook examines the medical and therapeutic needs of individuals with autism spectrum disorder ASD and the effectiveness of treatments that are delivered through interdisciplinary teams It analyzes the impact of interdisciplinary teams on assessment diagnosis treatment planning and implementation and explores how evidence based treatments can be developed and implemented Chapters describe the wide ranging effects of ASD and the challenges individuals and their family members face when seeking treatment In addition chapters provide an overview of the comorbidities and related disorders that often accompany ASD including neurodevelopmental disorders medical and behavioral problems and psychopathology The handbook also discusses the critical importance of caregivers in the treatment team as experts in their child s strengths problem areas and functioning Topics featured in this handbook include Legal considerations in interdisciplinary treatments Ethical considerations in the development and implementation of interdisciplinary teams Evidence based interdisciplinary treatment and evaluation considerations The role of primary care physicians and subspecialty pediatricians within interdisciplinary teams The impact of school psychologists related to assessment and intervention development Vocational interventions that promote independence in individuals with ASD The Handbook of Interdisciplinary Treatments for Autism Spectrum Disorder is a must have resource for researchers clinicians and professionals and graduate students across such interrelated disciplines as clinical child school and developmental psychology child and adolescent psychiatry social work rehabilitation medicine therapy pediatrics and special education

International Handbook of Behavior Modification and Therapy Alan S. Bellack, Michel Hersen, Alan E.

Kazdin,2012-12-06 The rapid growth of behavior therapy over the past 20 years has been well documented Yet the geometric expansion of the field has been so great that it deserves to be recounted We all received our graduate training in the mid to late 1960s Courses in behavior therapy were then a rarity Behavioral training was based more on informal tutorials than on systematic programs of study The behavioral literature was so circumscribed that it could be easily mastered in a few months of study A mere half dozen books by Wolpe Lazarus Eysenck Ullmann and Krasner more or less comprised the behavioral library in the mid 1960s Seminal works by Ayllon and Azrin Bandura Franks and Kanfer in 1968 and 1969 made it only slightly more difficult to survey the field Keeping abreast of new developments was not very difficult as Behaviour Research and Therapy and the Journal of Applied Behavior Analysis were the only regular outlets for behavioral articles until the end of the decade when Behavior Therapy and Behavior Therapy and Experimental Psychiatry first appeared We are too young to be maudlin but Oh for the good old days One of us did a quick survey of his bookshelves and stopped counting books with behavior or behavioral in the titles when he reached 100 There were at least half again as many behavioral books without those words in the title

A Life-Cycle Approach to Treating Couples Anne K. Fishel,2018-05-16 A Life Cycle Approach to Treating Couples draws on 30 years of clinical work and a rich body of research about lifecycle theory to offer couple therapists a guide to helping couples traverse six developmental stages dating and commitment transition to parenthood midlife couples launching and retiring couples late life couples and relationship endings For each stage the author offers clinical vignettes as well as questions and strategies for the clinician to pursue In this clear and authoritative book Fishel provides examples and research about clients who are diverse in their marital status sexual orientation race ethnicity SES and health

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A Scientifically-based Marital Therapy John Mordechai Gottman,1999

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Clinical Handbook of Couple Therapy Jay L. Lebow, Douglas K. Snyder, 2022-09-13 Now in a significantly revised sixth edition with 70% new material this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today Prominent experts present effective ways to reduce couple distress improve overall relationship satisfaction and address specific relational or individual problems Chapters on major approaches follow a consistent format to help readers easily grasp each model s history theoretical underpinnings evidence base and clinical techniques Chapters on applications provide practical guidance for working with particular populations such as stepfamily couples and LGBT couples and clinical problems such as intimate partner violence infidelity and various psychological disorders Instructive case examples are woven throughout New to This Edition Chapters on additional clinical approaches acceptance and commitment therapy mentalization based therapy intergenerational therapy socioculturally attuned therapy and the therapeutic palette approach Chapters on sexuality older adult couples and parents of youth with disruptive behavior problems Chapters on assessment and common factors in couple therapy Chapters on cutting edge special topics relationship enhancement telehealth interventions and ethical issues in couple therapy See also Snyder and Lebow s What Happens in Couple Therapy which presents in depth illustrations of treatment

Handbook Of Family Therapy Alan S. Gurman, David P. Kniskern, 2014-07-22 First published in 1981 This volume is unique as to date no previous book and no collection of papers one could assemble from the literature addresses or achieves for the field of family therapy what is accomplished in this handbook It responds to a pressing need for a comprehensive source that will enable students practitioners and researchers to compare and assess critically for themselves an array of major current clinical concepts in family therapy

Handbook of Behavioural Family Therapy Ian R.H. Falloon, 2015-07-30 First published in 1988 behavioural family therapists worked in an area that had greatly changed since its inception over 20 years before Growing out of the pioneering work of Gerald Patterson Robert Paul Liberman and Richard Stuart whose backgrounds vary from psychology to psychiatry to social work behavioural family therapy BFT had evolved to encompass systems theory considerations of the therapeutic alliance as well

as approaches to accounting for and restructuring family members subjective experiences through cognitive strategies As BFT had not been the brain child of any one charismatic innovator but rather of a wide array of clinicians and researchers developing and rigorously testing hypotheses it is fitting that this much needed summation of the field was a collaborative product of an array of well established practitioners of the time They discuss in Part 1 of the book the theoretical parameters of BFT focusing on modular behavioural strategies the indications for therapy assessment of family problems pertinent issues arising in clinical practice and approaches to the problem of resistance to change Contributors to Part 2 then apply theory to such clinical situations as parent training and helping families cope with patients suffering from developmental disabilities alcoholism schizophrenia senile dementia as well as anxiety obsessive compulsive and depressive disorders Specific attention is also given to acute inpatient and primary health care settings While BFT had already proved quite effective in treating a great number of family problems it was only in its infancy at the time of writing As Falloon says in his overview all exponents of the method are constantly involved with the process of refinement each clinician is a researcher each family member is a research subject and each researcher is contributing to clinical advancement This openness in combination with a willingness to modify sacred tenets of behaviourism while adapting proven techniques from other family therapies made this title a landmark in its field As such it was not only of interest to all clinicians and researchers with a behavioural slant but also to all family therapists who wished to challenge themselves to develop an integrative approach

Using Workbooks in Mental Health Luciano L'Abate, 2014-01-14 The use of workbooks in therapy might represent one of the biggest breakthroughs that has occurred in decades Using Workbooks in Mental Health Resources in Prevention Psychotherapy and Rehabilitation for Clinicians and Researchers examines the effectiveness of mental health workbooks designed to address problems ranging from dementia and depression to addiction spousal abuse eating disorders and more Compiled by Dr Luciano L Abate a leading authority on mental health workbooks this resource will help clinicians and researchers become aware of the supportive evidence for the use of workbooks Using Workbooks in Mental Health examines workbooks designed to specifically help clients affected by dementia or depression abused women gambling addicts women who have substance abuse addictions incarcerated felons couples preparing for marriage children with school refusal disorder and more An essential reference for mental health professionals graduate students administrators and researchers Using Workbooks in Mental Health also explores the role of workbooks in psychological intervention over the past decade Although workbooks are not yet part of the mainstream of psychological intervention they are growing in popularity as their many advantages are recognized They are easy to use by almost any client they are cost effective to both therapist and client in terms of money and time they provide therapists with written assignments to use as homework for individuals couples and families and they can be used in any setting especially in computer assisted offline or online interventions In addition this book shows how workbooks can be used to administer therapy to previously unreachable clients such as people who are reluctant to talk to an

authoritative figure or a stranger people who cannot afford face to face treatments incarcerated offenders who have not been helped by talk therapies Internet users who are searching for help via computer rather than in person Engaging Men in Couples Therapy David Shepard,Michele Harway,2012-03-15 This book will help practitioners overcome one of the leading challenges in couples therapy working effectively with the male partner Men have unique needs and psychological issues that many clinicians may not recognize or know how to address This volume presents chapters by the leading practitioners associated with current therapeutic models including Emotionally Focused Couple Therapy Imago Relationship Therapy Integrated Behavioral Couple Therapy and more Using in depth case examples they demonstrate how their approaches can be adapted to be male sensitive and respond to the ambivalence so many men experience about couples work Special topics are also addressed including infidelity cultural diversity working with veterans and fathering issues This book will enrich therapists work with couples making treatment a welcoming experience for both partners and the treatment process more gratifying for the therapist **Clinical Manual for Marital Therapy** John Mordechai Gottman,2000 **Clinician's Handbook of Adult Behavioral Assessment** Michel Hersen,2011-04-28 Given the vast amount of research related to behavioral assessment it is difficult for clinicians to keep abreast of new developments In recent years there have been advances in assessment case conceptualization treatment planning treatment strategies for specific disorders and considerations of new ethical and legal issues Keeping track of advances requires monitoring diverse resources limited to specific disorders many of which are theoretical rather than practical or that offer clinical advice without providing the evidence base for treatment recommendations This handbook was created to fill this gap summarizing critical information for adult behavioral assessment The Clinician's Handbook of Adult Behavioral Assessment provides a single source for understanding new developments in this field cutting across strategies techniques and disorders Assessment strategies are presented in context with the research behind those strategies along with discussions of clinical utility and how assessment and conceptualization fit in with treatment planning The volume is organized in three sections beginning with general issues followed by evaluations of specific disorders and problems and closing with special issues To ensure cross chapter consistency in the coverage of disorders these chapters are formatted to contain an introduction assessment strategies research basis clinical utility conceptualization and treatment planning a case study and summary Special issue coverage includes computerized assessment evaluating older adults behavioral neuropsychology ethical legal issues work related issues and value change in adults with acquired disabilities Suitable for beginning and established clinicians in practice this handbook will provide a ready reference toward effective adult behavioral assessment Clinical Handbook of Couple Therapy, Fifth Edition Alan S. Gurman,Jay L. Lebow,Douglas K. Snyder,2015-05-28 Regarded as the authoritative reference and text this handbook presents the most effective widely studied approaches to couple therapy The distinguished coeditors bring together other leading experts most of whom developed the approaches they describe Adhering closely to a uniform

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