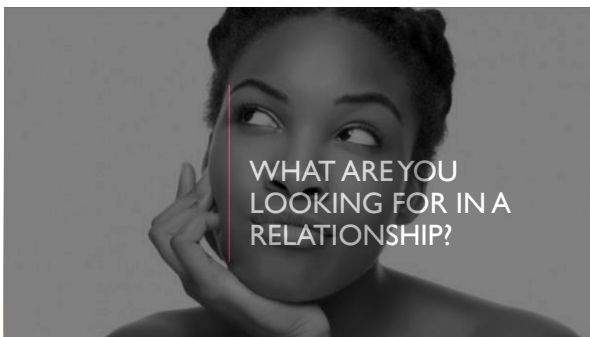




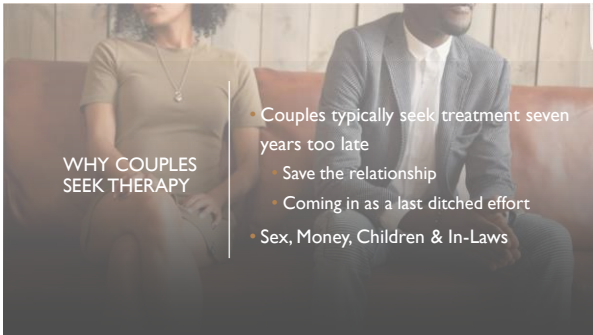
LEARNING OBJECTIVES

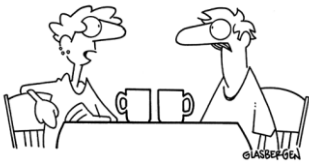


- Summarize the theories and practice of Current Couples Therapy
- Demonstrate the role of race, class, gender, culture, religion and sexual orientation play in one's overall mental health and ability to engage in intimacy.
- Identify how unresolved emotional attachments in a family of origin can stay with us as adults affecting our life, relationships and intimacy.
- Identify myths that play a role in Intimacy, Sexual Performance and Dysfunctions
- Apply strategies for changing relationships and level of differentiation by resolving the past in the present.
- Identify assessment Techniques and Diagnostic tools that are culturally appropriate and Sensitive to working with Black couples.









"Let's compromise. You do everything I say and I'll say everything you do."



EMOTIONALLY FOCUSED THERAPY



Access and reprocess the emotional responses underlying each partner's narrow and rigidly held interactional position



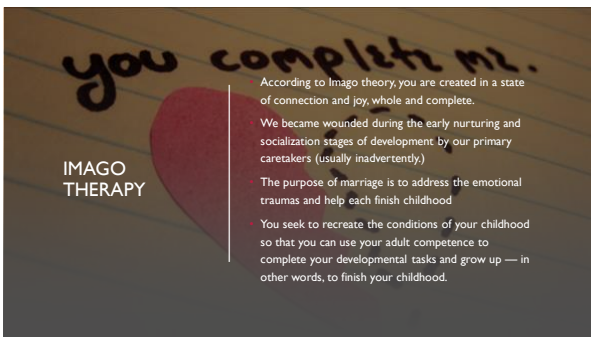
Facilitate a shift in accessibility and responsiveness



Building blocks of a secure bond



The focus here is always on attachment concerns (safety, trust & contact)



IMAGO THERAPY

According to Imago theory, you are created in a state of connection and joy, whole and complete.

- We became wounded during the early nurturing and socialization stages of development by our primary caretakers (usually inadvertently)
- The purpose of marriage is to address the emotional traumas and help each finish childhood
- You seek to recreate the conditions of your childhood so that you can use your adult competence to complete your developmental tasks and grow up — in other words, to finish your childhood.

GOTTMAN
THE SOUND RELATIONSHIP
HOUSE

- Couples must become better friends, learn to manage conflict, and create ways to support each other's hopes for the future.
- Masters vs. Disasters
- They accept influence from one another
- They maintain about a 5-to-1 ratio of positive-to-negative interactions



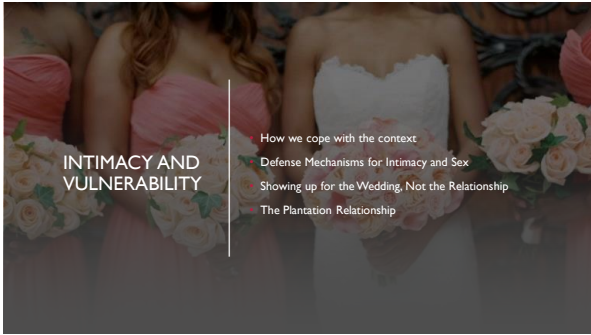
DIFFERENTIATION BASED COUPLES THERAPY

- Balance of the "We" and the "I"
- We usually accommodate out of fear of losing, but a highly differentiated person will accommodate... differently and for different reasons
- Most types of therapy encourage couples to accommodate... not "working through"
- Crucible encourages couples to "take their own shape" show up authentically as the wholeness.



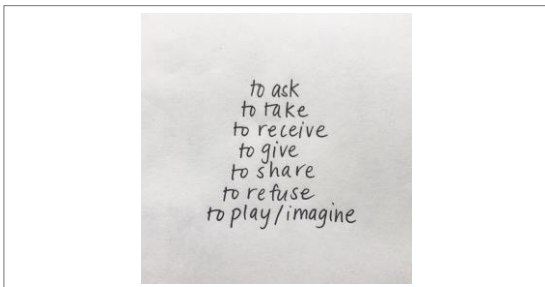
THE CULTURAL
CONTEXT

- The Historical Context
- Socialization
- Relationship Patterns in the Black Family of Origin
- Inter-Generational Trauma



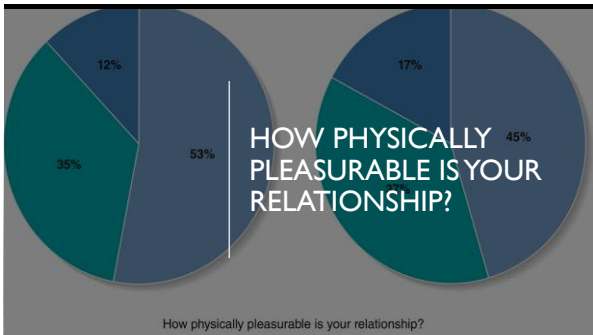
BLACK IDENTITY & SEXUALITY

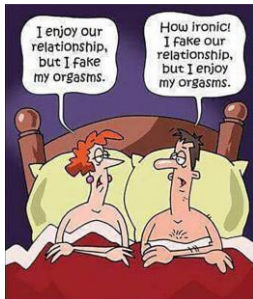
- How did you come to understand sex and sexuality?
- Physiologically uninformed
- Pleasure Gap



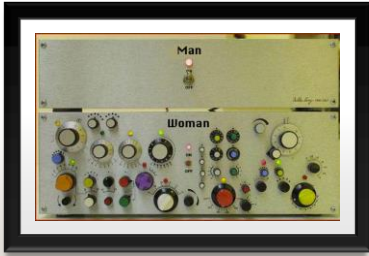
SEX IS A LANGUAGE

- Gives us an opportunity to express our non-verbal connection to one another
- What is your sex and intimacy communicating to your partner?
 - Let's get this over with
 - I really want you
- Gourmet Sex vs. Peanut Butter & Jelly Sex

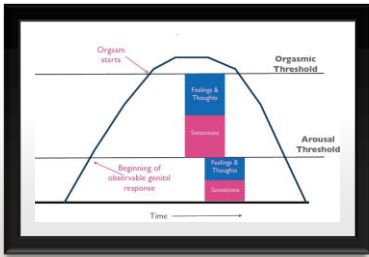


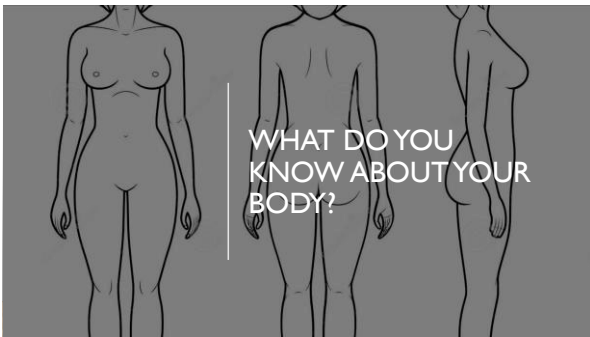


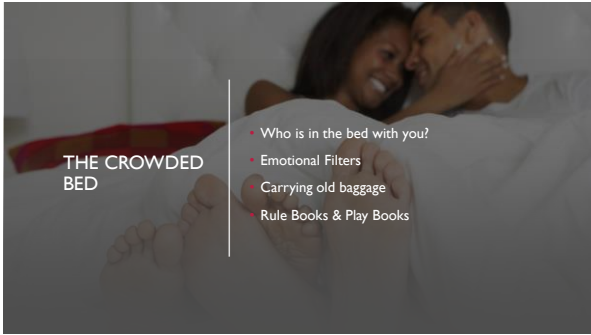
HOW TO
TURN YOUR
PARTNER ON



THE
QUANTUM
MODEL



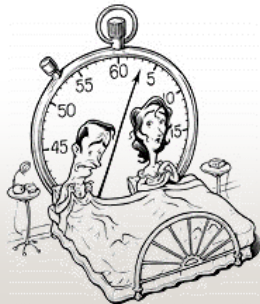






SEXUAL DIFFICULTIES THAT DRIVE EMOTIONAL DISCONNECT IN THE RELATIONSHIP

- Negative Attitudes towards sex
- Negative attitude towards partner
- Inaccurate information about sex
- Co-morbidity- General medical conditions associated with Sexual Dysfunctions
- Smoking & Excessive Alcohol use
- Use of SSRI's (anti-depressants)





CLINICAL IMPLICATIONS AND TREATMENT OPTIONS

- Work from a strength based lens in rebuilding the Black Relationship.
- Exploring Differentiation with a Cultural Lens
- Assist the couple to communicate with self and others about what their needs are in the relationships with self and others.
- Make Harmony, Balance, Interconnectedness and Authenticity the goal of the couple in treatment
- Help them to "Hold on to self" vs. the identity they may have internalized from society and plays out in the relationship.
- The highest value lies in the interpersonal relationship with others.



*you
are
healing.*

REFERENCES

- American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders (5th ed.)*. Arlington, VA: American Psychiatric Publishing.
- Dawson, S. J., Chivers, M.L. (2014). Gender Differences and Similarities in Sexual Desire. *Current Sexual Health Reports*; (6) 211-219.
- DeGruy, J., (2017). *Post-Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing*. Newly Revised and Updated edition. Joy Degruy Publications.
- Gottman, J. (2015). *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert*. New York, NY: Penguin Random House Publishing.
- Guyll, M., Cutrona, C., Burzette, R., & Russell, D. (2010). Hostility, relationship quality, and health among African American couples. *Journal of Consulting and Clinical Psychology*, 78(5), 646-654.

REFERENCES

- Harville, H., (2007). *Getting the Love you Want: A Guide for Couples*. New York, NY: Henry Holt Publishing.
- Johnson, S., (2008). *Hold Me Tight: Seven Conversations for a Lifetime of Love*. New York, NY: Little, Brown and Company Publishing.
- Kaplan, H. S., (1979) *Disorders of Sexual Desire and other New Concepts and Techniques in Sex Therapy*. New York, NY: Brunner Hazel Publications.
- Lawner, Justin A., Barton, Allen W., Bryant, Chalandra M., Beach, Steven R. H. (2018) Racial discrimination and relationship functioning among African American couples. *Journal of Family Psychology*, Vol 32(5), 686-691.
- Masters, W. H., Johnson, V. E., (1966). *Human Sexual Response*. Boston, MA: Little, Brown.
- McCarthy, B. and McCarthy, E. (2009). *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction*. NY: Routledge

REFERENCES

- McCarthy, B.W. and McCarthy E.J. (2003) *Rekindling Desire: A Step-by-Step Program to Help Low-Sex and No-Sex Marriages* (Paperback) 978-0415935517
- Perel, E. (2017). *The State of Affairs: Rethinking Infidelity*. New York, NY: HarperCollins Publishing.
- Schnarch, D. (2009). *Intimacy & Desire: Awaken the Passion in Your Relationship*. USA: Beaufort Books.
- Schnarch, D. (1998). *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships*.
- Six, C., (2016). *Erotic Integrity: How to be True to Yourself Sexually*. Berkeley, CA: She Writes Press.

