

# **handouts list: couples 5<sup>th</sup> february '16**

*All handouts listed below are also freely downloadable from James's website, where there are also many other relevant leaflets & questionnaires.*

## ***general couple assessment***

Currently I use five questionnaires at the start of therapy: the PPS, CSI-16, demographic, couple & problem areas questionnaires. Additionally the PPS & weekly questionnaires are used before each session, the SRS is used towards the end of each session, and the CSI-16 again at the end of therapy. Communication pattern & perceived partner criticism scales are of occasional use.

1-2.) *overview of 5 questionnaires* used by Andrew Christensen (IBCT expert) with scoring details: CSI-16, demographic, couple, problem areas & weekly questionnaires (see 2, 3, 4 & 7 below).

3.) *CSI-16: the couple satisfaction index* comes in various lengths; here's the 16 item version which Andrew Christensen uses as a pre/post therapy measure.

4.) *demographic questionnaire*: developed by Andrew Christensen, this measure describes basic demographic information about the couple (e.g., age, years together, and children) and will be used in the first session to get to know the couple.

5-6.) *couple questionnaire*: used at the start of therapy to assess three areas a.) CSI-4 which is also included in the weekly questionnaire (see below). b.) intimate partner violence. c.) commitment to the relationship.

7.) *problem areas questionnaire*: again an assessment phase instrument to help in clarifying a couple's main areas of difficulty.

8-9.) *communication patterns questionnaire – short form*: can be useful in assessing conflict tactics.

10-11.) *perceived partner criticism scale*: again can be a helpful measure with many couples.

12.) *weekly questionnaire*: given to each partner at the end of every therapy session to be completed and brought in for the next session. The questionnaire tracks couple satisfaction with the CSI-4 and also asks about emerging issues that help to structure the next therapy session.

13-14.) *PPS: personal primary problems scale* assesses key issues highlighted by couples themselves.

15.) *SRS: the session rating scale* (here in NRS rather than VAS format) used towards the end of each appointment to track & (if any scores are less than 8) discuss the therapeutic alliance.

## ***psychosexual assessment***

16.) *assessment sexual function, asex men*

17.) *assessment sexual function, asex women*

18.) *assessment sexual function, scoring*

19-20.) *assessment, sexual interaction, frequency & enjoyment*

**[cont.]**

## **further handouts**

- 21-22.) *relationships & mortality*
- 23-24.) *sexual behaviour, attraction & identity survey results*
- 25-26.) *attachment, ecr-rs background*
- 27-28.) *attachment, ecr-rs questions & chart*
- 29-32.) *conflict, a startlingly effective way*
- 33.) *ibct, 6 key areas*
- 34.) *ibct, 3 categories of intervention*
- 35.) *5 principles of couples' work*
- 36.) *reflection sheet*

## **some useful books**

- 📖 Christensen, A., Doss, B. & Jacobson, N. (2014) "*Reconcilable Differences (2<sup>nd</sup> ed)*"
  - 📖 Christensen, A., & Jacobson, N. (1999) "*Acceptance and change in couple therapy: a therapist's guide to transforming relationships*".
  - 📖 Epstein, N. & Baucom, B. (2002) "*Enhanced cognitive-behavioral therapy for couples: a contextual approach*".
  - 📖 Hahlweg, K., Grawe-Gerber, M. & Baucom, D. (eds) (2010) "*Enhancing couples: the shape of couples therapy to come*".
  - 📖 Johnson, S. (2011) "*Hold me tight: your guide to the most successful approach to building loving relationships*".
  - 📖 Greenberg, L. & Johnson, S. (1993/2010) "*Emotionally focused therapy for couples*".
  - 📖 Johnson, S. (2004) "*The practice of emotionally focused couple therapy: creating connection*".
  - 📖 Levine, A. & Heller, R. (2010) "*Attached: the new science of adult attachment and how it can help you find – and keep – love*".
  - 📖 Joannides, P. & Gross, D. (2015) "*Guide to getting it on*".
  - 📖 Ford, V. (2010) "*Overcoming sexual problems: a self-help guide using CBT techniques*".
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