

China American Psychoanalytic Alliance 中美精神分析联盟

A Roadmap for Couple Therapy: 伴侣治疗路线图：

Some Essential & Practical Recommendations 要点与实操介绍

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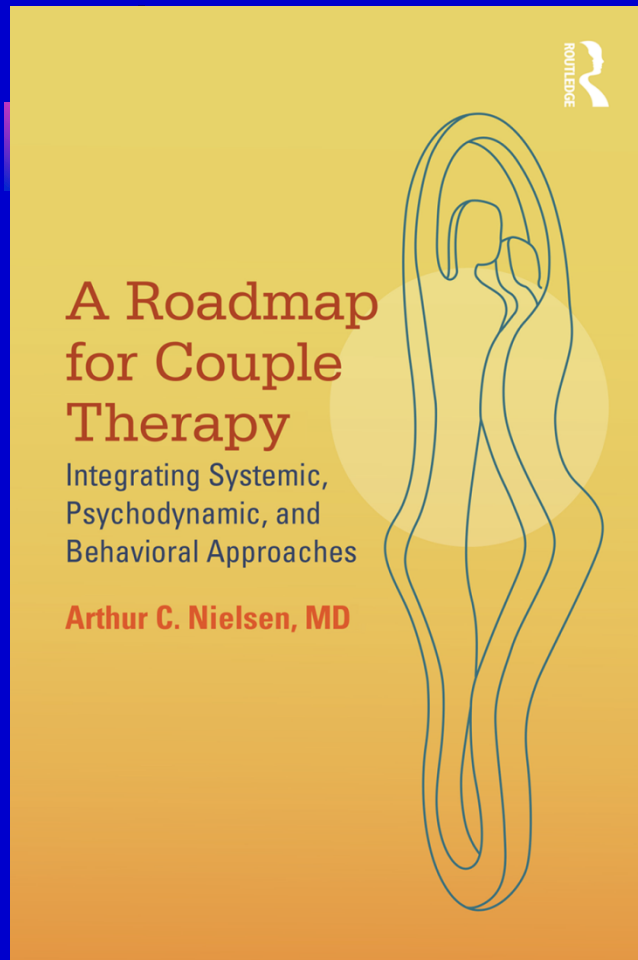
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Couple Therapy 伴侣治疗



- Difficult 困难的
- Important 重要的
- Uniquely powerful 出奇强大的
- Rewarding 有价值的

Essential & practical Recommendations 要点与实操介绍



- Most important ideas from book
书中的重要观点
- Beginners & experienced therapists
新手与有经验的治疗师
- Cross-culturally relevant (hopefully)
跨文化相关（希望）

Plan for Today 今天的计划

Importance of Couple Therapy

伴侣治疗的重要性

- Couple Therapy 1.0 伴侣治疗1.0

- Upgrades 升级

- Psychoanalytic 精神分析上
- Systemic 系统性上
- Educational 教育上

- Case example 案例展示

- Sequencing Map 序列图

- Q & A 问答环节

Some Statistics: USA

一些统计数据：美国

- 90% of Americans will marry.
90%的美国人会结婚
- 40-50% of first marriages end in divorce, 20% in first five years.
40-50% 的第一次婚姻会以离婚告终，20%的离婚发生在婚后的前五年
- 20% of married people substantially unhappy.
20%已婚人士持续感到不幸福

Some Statistics: PRC

一些统计数据：中国

- Divorce rate rising for past 13 years.
在过去的13年中，离婚率持续增长
- 3.8 million divorces in 2015.
2015年，有3百80万人离婚
- Higher rate than Europe, lower than US; 39% of marriages in Beijing, lower in rural areas.
比欧洲的离婚率高，比美国的低。北京的离婚率为39%，偏远地区离婚率较低。
- Higher for partners born since 1980.
- 1980年之后出生的伴侣离婚率高

Why more divorces now in PRC?

为什么现在中国离婚率升高？

- Extramarital affairs—most blamed cause
婚外情-最常归咎的原因
- Easier to obtain, less stigma, references no longer needed
更容易获得，更少的污名，不再需要中间人
- Gender/financial equality 性别/财务平等
- Conflicts with parents 与父母的冲突
- One child families: selfishness? lack of sibling conflict?
独生子女家庭：自私？缺少兄弟姐妹冲突？

Some Statistics: Marital Happiness or Not

一些统计数据：婚姻的幸福与否

- Marital success augments general well-being, physical health & economic success.
- 婚姻的成功会增强整体幸福感，身体健康和经济上的成功。
- Marital conflict, unhappiness, and divorce cause declines in all these areas, and similar problems in the next generation.
- 婚姻上的冲突，不幸福，离婚会导致所有这些领域的衰退，以及下一代类似的问题

Some Statistics: Couple Therapy

一些统计数据：伴侣治疗



Couple therapy improves marital success and happiness in approximately two-thirds of unselected distressed couples with effectiveness rates that are “vastly superior to control groups not receiving treatment.”

对于未经选择的处于困扰中的伴侣，大概有三分之二，通过伴侣治疗有效提升了其婚姻的成功和幸福，这明显高于未接受治疗的控制组。

Final Key Statistic 最后的关键统计

Best Predictor of Success versus Unhappiness

预测婚姻成功与否最重要的指标



How Couples Manage Conflict
伴侣如何处理冲突

Development of My Model: Beginning, 1975

本人模型的发展：开始于1975



Yale & The
Connecticut
Mental Health
Center

耶鲁与康涅狄格
精神健康中心



Couple Therapy 1.0

伴侣治疗1.0

- Talk to Each Other (TTEO)彼此对话
- Obvious advantages明显的优势
 - Resembles lessons类似上课
- Emotional temperature情绪温度
- Neutrality中立
- Mediation调解
- Not very successful不是很成功

Psychoanalytic Upgrades

精神分析升级



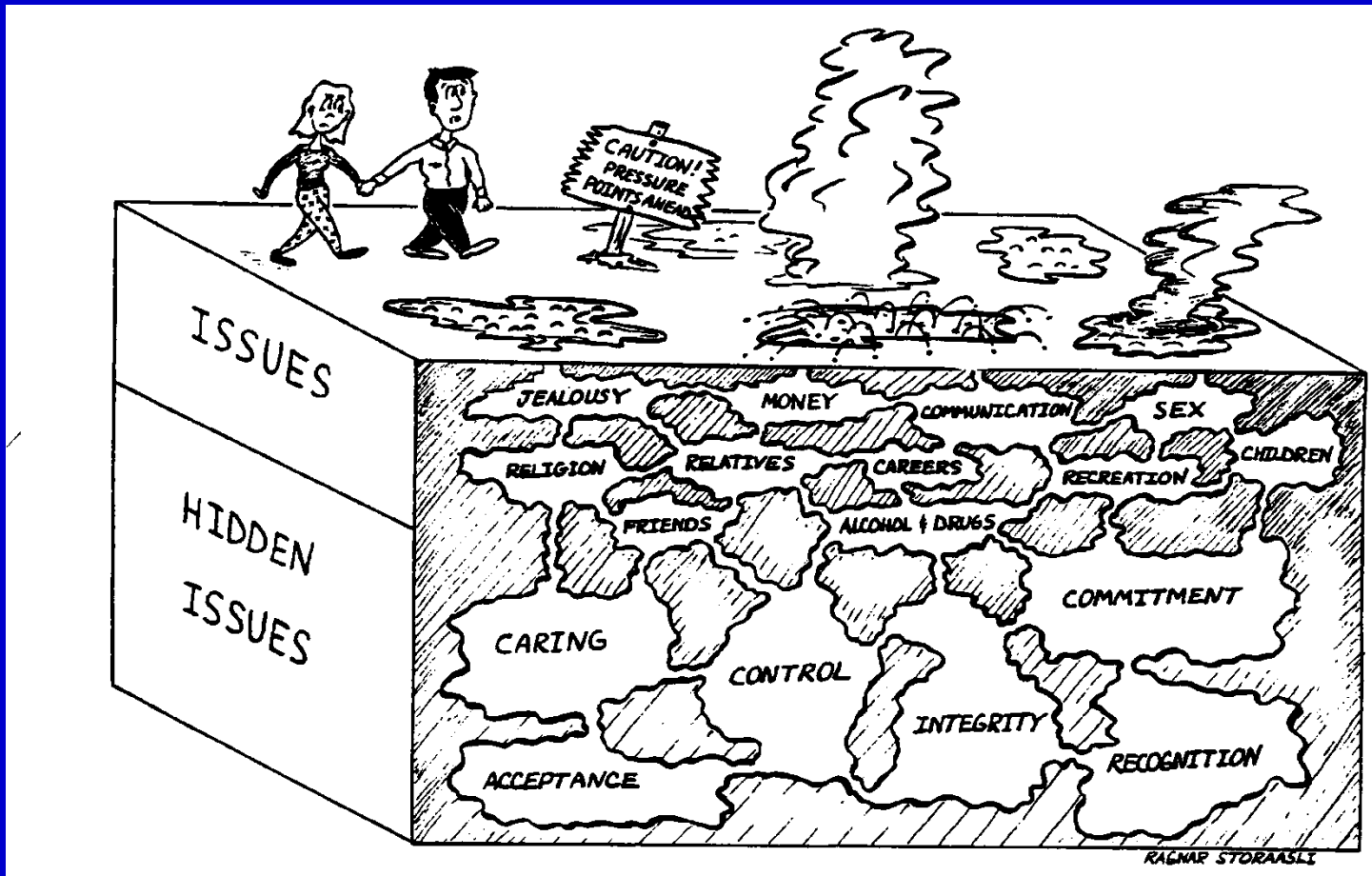
Sigmund & Martha Freud
Wedding 1886
西格蒙德&玛莎·弗洛伊德
婚礼 1886

Psychoanalytic Upgrades

精神分析升级

#1: Hidden (often unconscious) issues

隐藏的（通常是潜意识的）问题



Psychoanalytic Upgrades

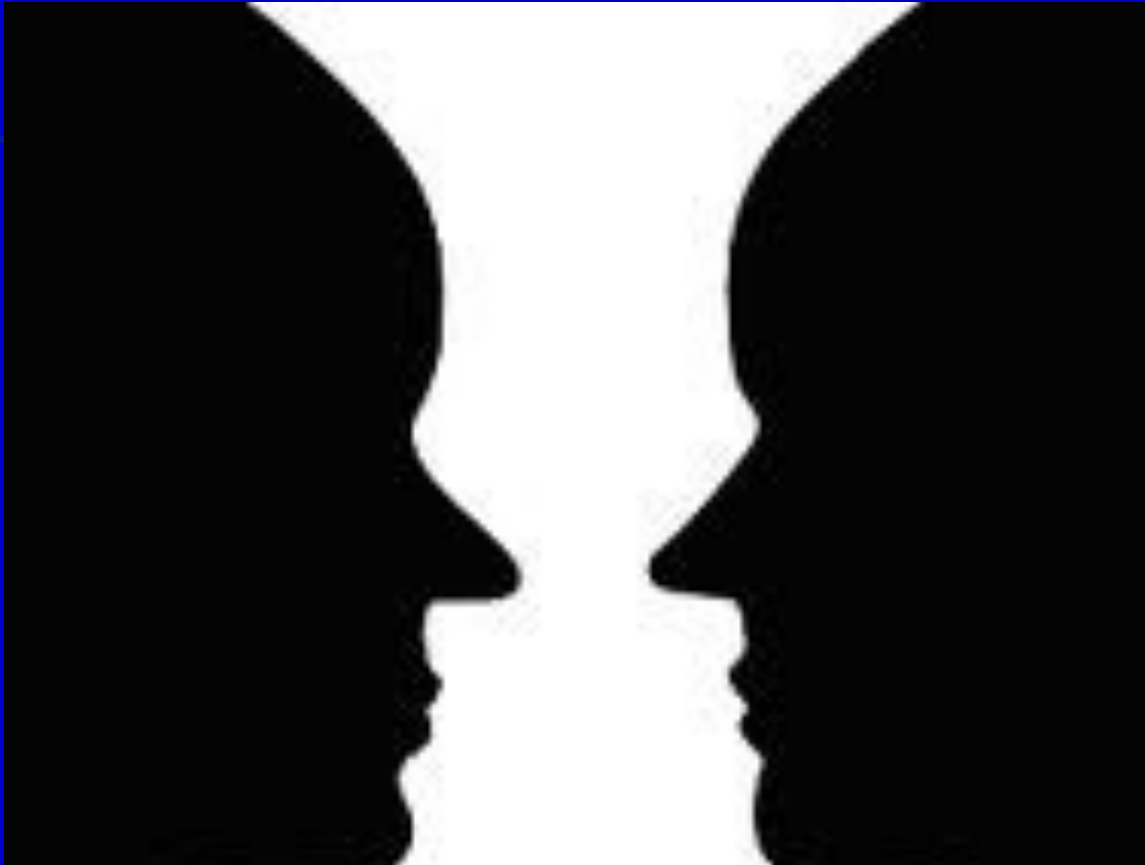
精神分析升级

#2: Divergent meanings of events

事件的不同意义



The Rubin Vase 鲁宾花瓶



What do you see?

你看到了什么？

The “You’re both right!” Intervention” “你们两个都对”干预



Art & Patty: My role models & first patients
Art & Patty: 我的角色模型以及第一对病人

Psychoanalytic Upgrades

精神分析升级

#3: Defensiveness 防御

#4: Indirectness 间接

“Asking for things”“询问事情”

#5: Empathy 共情

“Make a better case”“使其成为一个更好的个案”

“Reframing”“重新建构”

Psychoanalytic Upgrades

精神分析升级

#6: Transferences—fears and wishes

移情-恐惧和欲望

- Transference allergies (“hot buttons”)
移情过敏 (“热按钮”)
- Core Negative Images 核心消极意象
- Maps of the world/ “Default settings”
世界的地图/“默认设置”

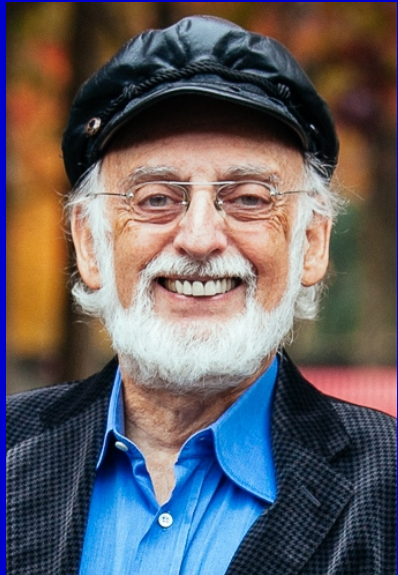
#7: Counter transference 反移情

- Useful/diagnostic 有用的/诊断性的
- Interfering 干预

Systems Upgrades 基于系统性的升级

Process: John Gottman's findings

过程: John Gottman的发现



- Newlywed study & The Love Lab
Newlywed 研究和爱情实验室
- "Process" not "content" "过程"而非"内容"
- "The Four Horsemen of the Apocalypse":
启示录中的四马夫
 - Criticism 批评
 - Defensiveness 防御
 - Contempt 蔑视
 - Stonewalling 拒绝沟通



Systems Upgrades 基于系统性的升级

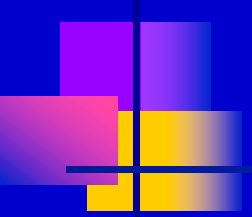
More on Couple Maladaptive Process

更多关注伴侣的不适应过程

Hard startups 硬启动

- Defensive responses: fight or flight 防御性反应：战斗或者逃跑
 - Contempt 蔑视
 - Stonewalling 拒绝沟通
 - Invalidation 无效
 - Cross-complaining 交叉埋怨
- Escalation, polarization and vicious circles 加剧，极化以及恶性循环
 - Deeper psychological sensitivities, fears engaged 更深的心理敏感性，害怕卷入
 - Fears of each seem confirmed (transferences) 对彼此的恐惧似乎得到确认（移情）
 - “Negative interpretation” “负面诠释”
 - Relationship itself becomes topic 关系本身成为议题

Adverse consequences相反的结果

- 
- Alienation, dissatisfaction, resentment, hopelessness 疏远，不满，憎恨，无望
 - Initial complaint not resolved and instead things feel worse. 最初的抱怨没有解决，事情变得更糟
 - Doubts about the relationship 对关系的怀疑
 - Loss of positive forms of intimacy 失去积极的亲密形式
Talking, joking, touching, hugging, sex, etc. 谈话，幽默，抚摸，拥抱，性爱等
 - Negative expectancies increased 消极期望增加
 - Even good things interpreted negatively (“He was nice today, but just wait...”) 即使好的事情也被理解为消极的（他今天很不错，但是，等等....）
 - Conflict avoidance 避免冲突
 - Nagging 喋喋不休

Result: Process Focus Upgrade

结果：过程取向的升级

- Most important upgrade to Couple Therapy 1.0

对伴侣治疗1.0最重要的升级

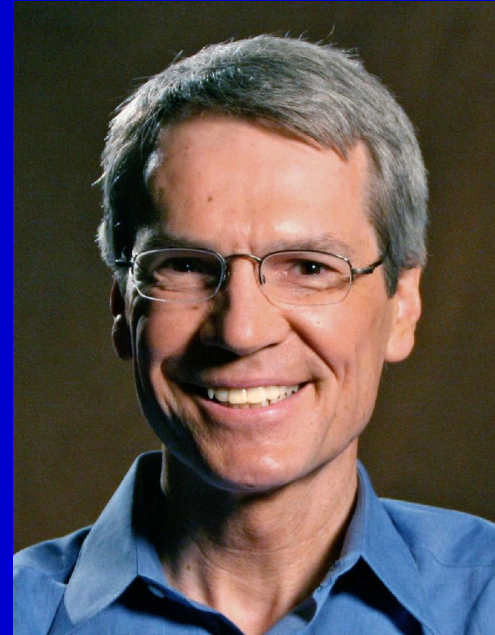
- All contemporary couple therapists 所有当代的伴侣治疗师
- Goal: Collaborating Couple, "Work Group"
目标：合作的伴侣，“工作同盟”
- Stops blame game, blames the process 停止责备游戏，责备过程
 - Stops "marital judge" 停止“婚姻评判”
 - Experience near (Chemical reaction) 体验亲近（化学反应）
- Stops escalation due to mutual deafness 停止因相互无视导致的问题扩大
 - Only the neighbors! 只有邻居！
- Hold your problem solving! 保留你的解决问题！
 - Not herding cats! 不是牧猫（不再重口难调）！

Behavioral/Educational Upgrades

行为/教育上的升级



Howard Markman



Scott Stanley

Markman, H., Stanley, S., & Blumberg, S. (2001). *Fighting for your marriage* (2nd ed.). San Francisco: Jossey-Bass.

Northwestern: Marriage 101

西北大学：婚姻101



Bill Pinsof



Nielsen, A. C., Pinsof, W., Rampage, C., Solomon, A., & Goldstein, S. (2004). Marriage 101: An integrated academic and experiential undergraduate marriage education course. *Family Relations*, 53, 485-494.

Behavioral/Educational Upgrades

行为/教育上的升级

Most important things to teach couples

教给伴侣的最重要的事情

#1: A moment of choice! 一个选择的时刻

- Remind yourself you have power to make this better or worse.
提醒自己，你有使其更好或更坏的力量
- Choose to “fight fair.”
选择“公平地战斗”
- Remind yourself that safety and healthy process are crucial.
提醒自己安全和健康的过程是最关键的

Behavioral/Educational Upgrades

行为/教育上的升级

Most important things to teach couples

教给伴侣的最重要的事情

#2: Follow the 3Cs 遵循3C原则

- Calm 平静下来
- Curious: About self and partner
对自己和伴侣好奇
- Caring (helpful) 在乎（乐于帮助的）

Behavioral/Educational Upgrades

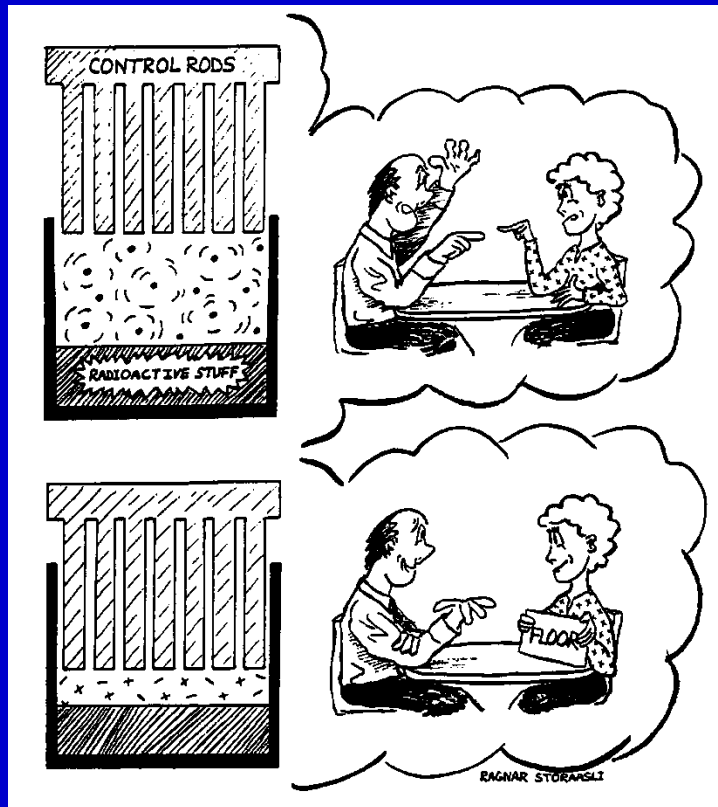
行为/教育上的升级

Most important things to teach couples

教给伴侣的最重要的事情

#3: *Use the Speaker/Listener Technique*

使用诉说者/聆听者技术



Speaker-Listener Technique increases safety, reduces emotional temperature, allows communication.

诉说者/聆听者技术提升安全感，降低情绪温度，使沟通得以进行



Speaker-Listener Rules

诉说者-聆听者规则

Rules for both 两人都要遵守的规则

- The speaker has “the floor” and the other takes the role of “listener.”

诉说者拥有“话语权”，另一个人处于聆听者的角色

- Share the floor. 分享地板
- Can use concrete prop for “the floor”, e.g., a pillow or book.

可以使用实体的道具作为“话语权”，比如说，一个枕头或一本书

- No problem solving 不是解决问题

Speaker-Listener Rules

诉说者-聆听者规则

Rules for the listener 聆听者规则

- Paraphrase what you hear
转述你听到的
- Focus on what the speaker is saying.
专心听诉说者所说的
- Don't rebut.
不要辩驳

Speaker-Listener Rules

诉说者-聆听者规则

Rules for the speaker 诉说者的规则

- Speak for yourself. Don't be a mind reader.
为自己而说，不要试图猜测对方心理。
- Don't go on and on.
不要一直说个不停
- Stop and let the listener paraphrase.
停下来让聆听者转述

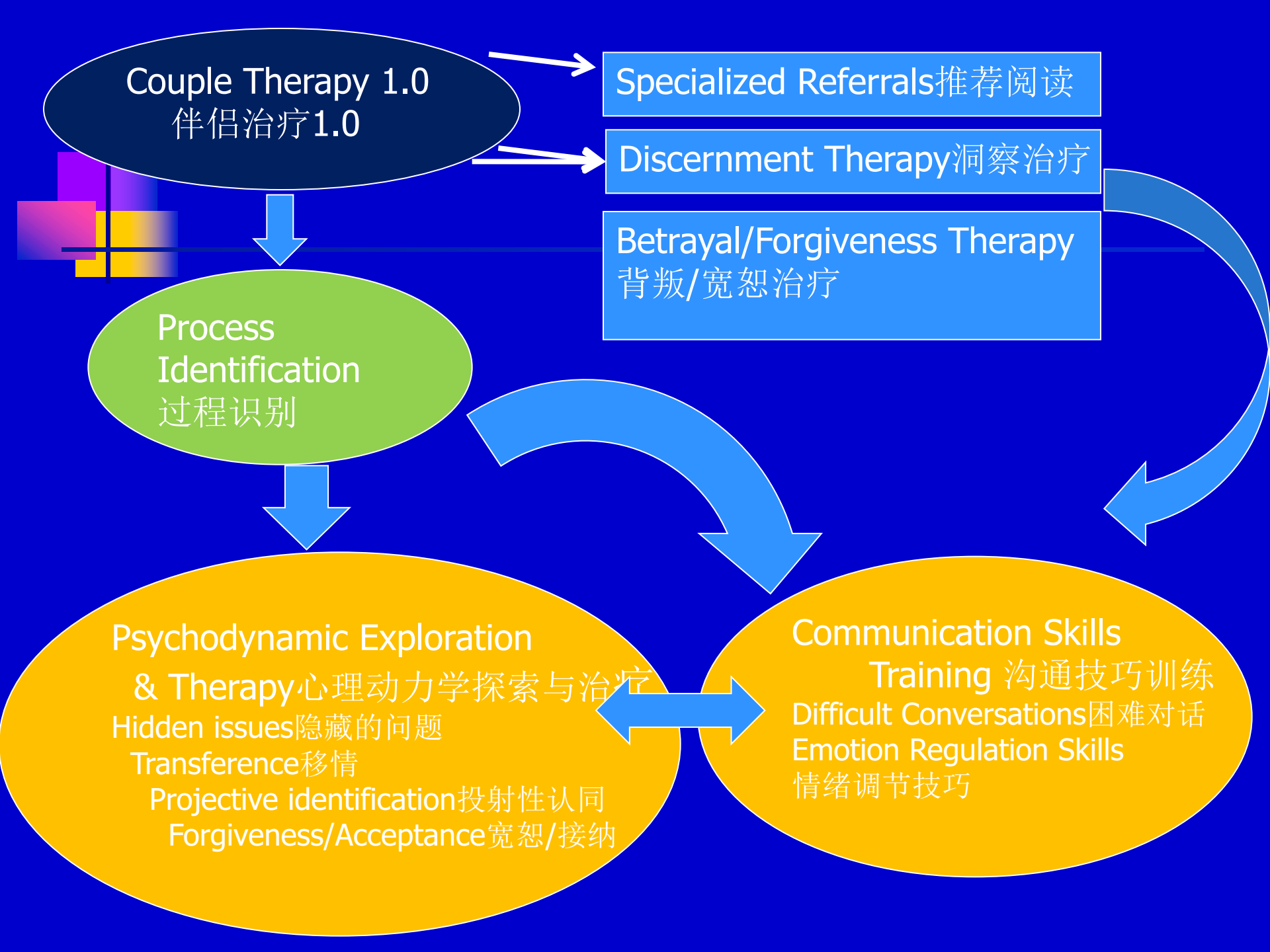


Case Example: 案例

THE INTIMIDATOR & THE NOVELIST 恐吓者与小说家

Key Interventions 关键干预

- Focused on process after Couple 1.0 proved limited.
在伴侣1.0被证明有局限性之后，聚焦于过程
- Kept emotional room temp workable by moving in and out.
来来回回地运用一些技巧保持情绪空间的温度以便于工作
- Remained neutral: "You're both right."
保持中立；“你们两个都是对的”
- Did some "witnessed individual therapy"
做一些“被看见的个人治疗”
- Fostered corrective experiences.
促进矫正性体验
- Taught some speaking/listening rules.
教授一些说话/聆听 规则



Psychodynamic
Exploration &
Therapy

心理动力学探索与治疗

Communication
Skills Training
沟通技能训练



Specific Problem
Discussions 特殊问题
讨论

Problem Solving
Negotiation
Training 问题解决协商
训练

Encourage Positive
Experiences 鼓励积极
体验

Encourage
Better/Restored Sex
鼓励更好的性/恢复性
爱

Take Home Points 要点总结

- Couple Therapy 1.0: Let them try by themselves.
■ 伴侣治疗1.0: 让他们自己尝试
- Focus next on the process. 接下来关注过程
- (For most) Next to psychodynamics. (大部分情况下) 接下来是心理动力学
- (For most) Interweave skills training. (大部分情况下) 沟通技能训练
- When process allows, discuss specific problems 如果过程允许, 讨论具体的问题
- Concurrently, encourage positive experiences. 同时, 鼓励积极体验
- When possible, work towards sexual connection. 如果可能的话, 对性的连结进行工作



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A Roadmap for Couple Therapy

Integrating Systemic,
Psychodynamic, and
Behavioral Approaches

Arthur C. Nielsen, MD



Time Remaining:

Q & A

剩余的时间：问答
环节

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