



NEW PATHWAY

# Repairing Trust & Intimacy

# Repairing Intimacy

**M Planty**



## **Repairing Intimacy:**

**Repairing Intimacy** Judith Siegel, 1995-12-01 Couples therapy is greatly enhanced when both the intrapsychic and interpersonal realms can be utilized. Object relations theory allows linkages between the spouses' subjective realities and their relationship in a way that allows the two worlds to be mutually informing. In *Repairing Intimacy*, the theories of the American object relations theorists are applied to couple dynamics. The representational world is used to explain how primitive defense mechanisms and other intrapsychic phenomena contribute to marital conflict. The structure, function, and content of the representational world all contribute to spousal expectations and the couple's capacity for intimacy. Esteem, soothing, and the propensity of splitting strongly affect the ways in which spouses interact. Projective identifications similarly provide explanations of the couple's interaction, internalized conflicts, and relationships with earlier objects. This book explains how object relations concepts can be used in assessment and in planning treatment goals. Treatment can provide stability or help the couple relate to each other with deepened understanding. Object relations dynamics can help therapists assess which treatment objectives and goals are most applicable to the couples they treat. The beginning and middle phases of couples treatment are given special consideration and include issues such as assessing the couple's commitment to each other and the importance of empathic listening. Other treatment topics include analysis of projective identification and the use of countertransference. Planned and unplanned terminations are also explored. In each treatment section, case material is provided to explicate the therapist's role. The book also examines common therapy issues from an object relations perspective. These include the consequences and advantages of conjoint, concurrent, and collateral treatment approaches. Consideration is also given to the choice of focusing on the couple when the initial presenting problem is the family or an individual. Individual psychotherapy and family therapy can no longer be viewed as competing and disparate treatment approaches. This book creates an integrated approach so that couples can be understood in their totality. A Jason Aronson Book

**Becoming One Workbook** Joe Beam, 1999 Open the pages of this book and learn how to experience exciting intensity in your sexual relationship, deeper levels of closeness on an emotional level, and the most fulfilling intimacy of all: spiritual ONEness. With God's help, you can make your marriage all it should be and all you crave it to be, no matter what it's like now. page 24 Men want action. Women want feeling. From day one, they're set up to misunderstand each other. page 12 Sometimes you must tell your mate the things you've done wrong, and sometimes you are much better off not to tell. The secret of a strong and intimate marriage is knowing what to share and what to leave buried. page 108 If you're in conflict over sexual desires, one wants to do something, the other doesn't; there is a logical and spiritual way to satisfy you both. page 168 As you grow closer to God, you will grow closer to each other. page 225

**Five-Minute Relationship Repair** Susan Campbell, PhD, John Grey, PhD, 2015-01-20 The Tool Kit. No relationship should be without. Long-term happiness in love depends on a couple's ability to repair the inevitable rifts and differences, large and small, that occur in any relationship. Neuroscience suggests that

relationship upsets are best mended quickly or they accumulate in long term memory increase reactive communication and become harder to repair successfully And good repair takes five minutes or less This book offers practical tools and suggested scripts for resolving problems and having your needs met Following its guidance you can turn difficulties into opportunities to foster love trust and thriving intimacy     *Repairing Your Christian Marriage* Patrice Webb Bush,2020-09-08 Proven strategies and biblical wisdom to repair and restore your marriage Marriage in Christ holds strong when supported by the twin pillars of faith and action Grounded in both scripture and proven therapeutic principles *Repairing Your Christian Marriage* stands out among Christian marriage books with effective strategies and practical activities to bring you and your spouse together and restore your bond Begin rebuilding by examining your relationship dynamics and communication skills Explore how you and your partner handle fights intimacy everyday teamwork life challenges and other fundamentals This up to date choice in Christian marriage books offers concrete actionable steps you can take toward healing based in both the Bible and therapeutic modalities Discover a practical approach that s unique in Christian marriage books Communicate in love Learn the essentials of healthy communication including body language basics conflict styles and biblical communication principles Connect off the page Gain fresh insight on feelings faith history goals patterns and more with exercises you won t find in other Christian marriage books Create real change This book lays out practical strategies you can apply right away on your own or together with your spouse If you re seeking Christian marriage books to help reconstruct and refresh your relationship find support in *Repairing Your Christian Marriage*     ,     **Relationships in Recovery** Kelly E. Green,2021-08-06 Addiction can wreak havoc on relationships destroying trust and damaging bonds with family friends and colleagues Substance use both causes these interpersonal problems and becomes a method of trying to cope with them Psychologist and addictions expert Kelly Green has learned through working with hundreds of clients that maintaining healthy relationships is key to the recovery process In this compassionate judgment free guide Dr Green shares powerful tools for setting and maintaining boundaries communicating feelings and needs ending harmful relationships respectfully and reestablishing emotional intimacy With inspiring narratives downloadable self assessment worksheets and exercises this book lights the way to a life untethered from addiction and filled with positive connections     *Couples Therapy Workbook for Healing* Lori Cluff Schade,2025-06-17 Stop fighting and fall back in love starting today If you and your partner are struggling to communicate and connect you are not alone The *Couples Therapy Workbook for Healing* is a helpful toolkit containing expert advice and activities to help both of you cultivate stronger attachment bonds and greater relationship satisfaction through Emotionally Focused Therapy Emotionally Focused Therapy EFT is built on practical concise steps for recognizing and disrupting negative behavior patterns This couples therapy workbook uses those principles to help you develop the tools to approach your relationship with curiosity open mindedness and readiness to speak listen and heal The *Couples Therapy Workbook for Healing* includes A three part process Organized to follow the process of EFT this couples

therapy workbook begins by identifying the distress in your relationship then navigating the emotions that are causing it and moving toward positive long term change Explore your relationship This couples therapy workbook offers insightful questions revealing exercises self assessments and even case studies from other couples who have had success with these techniques Beyond EFT You ll also learn about the different ways people form attachments the power of intimacy and vulnerability and ways to savor your best moments If you re looking to reconnect emotionally and overcome relationship obstacles The Couples Therapy Workbook for Healing can help

#### The Role of Body Language in Communication: Reading Microexpressions

Ikechukwu Kelvin Maduemezia ,2025-08-27 Words only tell part of the story The rest is revealed in subtle gestures posture tone and the fleeting facial expressions that slip out before we can hide them These microexpressions lasting just a fraction of a second can expose true emotions even when words say otherwise Learning to read them gives you an extraordinary edge in communication relationships and influence The Role of Body Language in Communication Reading Microexpressions is your guide to decoding the hidden signals people reveal every day Grounded in psychology and backed by research this book helps you understand what others really feel even when they don t say it out loud Inside you ll discover how to Recognize and interpret the seven universal microexpressions Read body language to detect confidence stress or deception Use your own nonverbal cues to project authority and trustworthiness Apply body language skills in business negotiation and personal relationships Avoid common mistakes that lead to misreading signals Whether you re a leader negotiator professional or simply curious about human behavior this book equips you with the tools to see beyond words and connect on a deeper level Communication isn t just what you say it s what you show Master the art of reading microexpressions and unlock a new dimension of understanding

#### Sexual Deviance

Leam A. Craig,Ross M. Bartels,2021-04-30 SEXUAL DEVIANCE The essential text for understanding and managing deviant sexual interest and paraphilic disorders Sexual Deviance is an authoritative text that provides an understanding to the assessment management and treatment of sexual deviance and paraphilic disorders The international panel of contributors noted experts on the topic illuminate the emerging theories that help to explain the developmental influences and pathways of sexual deviance and its connection to offending behaviour The text considers various developmental influences such as neurobiological pathways as well as the effects of pornography The contributors highlight the assessment and diagnosis of sexual deviance and explore the links to offending behavior such as rape fantasy algolagnic paraphilia online viewing of indecent images of children and sexual sadism The book examines the effectiveness of a variety of current treatments including behavioral pharmacological cognitive behavioral therapy and systemic treatment This important text Offers contributions from an international panel of experts Examines the causes of deviant sexual interests Presents techniques for managing deviant sexual interests Includes information on co morbid disorders and sexual offending Written for students and professionals in psychology criminology psychiatry forensic nursing and social work Sexual Deviance explores deviant sexual interests in sexual offenders and reviews the techniques designed to

manage behavior      **Intimate Couple** Jon Carlson, Len Sperry, 2013-06-17 As important as intimacy is in our personal and professional lives intimacy as a theoretical and clinical factor still remains a phenomenon Contributors to this work examine the many definitions of intimacy putting forth a provocative discussion of the multi faceted topic and offering the best possible clinical methods of creating intimacy and addressing its challenges      *Mapping the Edges and the In-between* Nancy Nyquist Potter, 2009-06-25 Borderline Personality Disorder BPD is a diagnosis given to ten percent of all those seen in outpatient mental health facilities and twenty percent of those seen in inpatient psychiatric units This is a significant number of people in the Western world Yet many of the core concepts and symptoms that underlie this diagnosis are questionable Many of the attitudes and actions of carers are based on assumptions about those with BPD that cry out for analysis with both cultural and gender norms interacting with clinical diagnosis and treatment to the detriment of both carers and patients This book considers how we diagnose BPD looking at the key constructs identity disturbance inappropriate or excessive anger unstable relationships impulsivity self injurious behaviour and manipulativity It starts by looking at the cultural and gender assumptions and norms behind BPD drawing upon philosophical clinical anthropological and sociological literature Combining philosophical analysis with clinical experience and patients writings it clarifies the constructs so that the reader can understand the messiness and complexity that frames this diagnosis and treatment After examining the current state of these constructs and their effects on carer patient interactions Part II sees an application of virtue theory to therapeutic treatment with BPD patients It looks at three virtues that are particularly important for clinicians and other carers to cultivate when working with BPD patients trustworthiness the virtue of giving uptake and empathy It argues that in their absence not only are clinicians attitudes harmful to patients but that the status of the diagnosis is actually compromised Mapping the Edges and the In Between presents a compelling argument that Borderline Personality Disorder needs to be approached in a new light one that will benefit patients      **Body and Soul** Harold Bronheim, Harold E. Bronheim, 1998 Previously under represented in the literature of therapy the topics of religious belief faith and the state of grace are becoming matters of great interest to therapists at a time when our culture is moving in the opposite direction toward a biological short term and mechanistic view of the human condition So it s a delight to find this gem of a book Body and Soul Harold Bronheim puts together an analytic view of body image and of the development of mind connects it with shame develops an object relational approach to healing body and soul and presents therapy as a caring confrontation with reality that calls for a leap of faith Cogent clinical examples vividly illustrate the scholarly aspects of the text It s a well organized set of original essays that hang together in a logical progression and add up to a mature reflection on the life of the flesh and the spirit Comprehensive deeply philosophical and complex Body and Soul nevertheless manages to be short and easy to read Bronheim redresses the split between mind and body and the avoidance of religion in psychoanalytic writing Body and Soul does not present a philosophy it challenges the seasoned therapist to ask questions get beyond the confines of previous

orientations and develop a broader perspective on the whole person That s refreshing Jill Savege Scharff     **Forced Endings in Psychotherapy and Psychoanalysis** Anne Power,2015-09-25 **Forced Endings in Psychotherapy and Psychoanalysis** Attachment and Loss in Retirement explores the ambivalence the therapist may feel about letting go of a professional role which has sustained them Anne Power explores the process of closing a private practice from the first ethical decision making through to the last day when the door of the therapy room shuts She draws on the personal accounts of retired therapists and others who had to impose an ending on clients due to illness in order to move house to take maternity leave or a sabbatical A forced ending is an intrusion of the clinician s own needs into the therapeutic space Anne Power shows how this might compromise the work but may also be an opportunity for deeper engagement Drawing on attachment theory to understand how the therapeutic couple cope with an imposed separation Power includes interviews with therapists who took a temporary break to demonstrate the commonality of challenges faced by those who need to impose an ending on clients **Forced Endings in Psychotherapy and Psychoanalysis** opens up an area which has been considered taboo in the profession so that future cohorts can benefit from the reflections and insights of this earlier generation It will support clinicians making this transition and aims to support ethical practice so that clients are not exposed to unnecessary risks of the sudden termination of a long treatment This book will be essential reading for practicing psychotherapists and psychoanalysts and to undergraduate and post graduate students in clinical psychology psychiatry and social work     **Techniques for the Couple Therapist** Gerald R. Weeks,Stephen T. Fife,Colleen M. Peterson,2016-03-22 **Techniques for the Couple Therapist** features many of the most prominent psychotherapists today presenting their most effective couple therapy interventions This book provides clinicians with a user friendly quick reference with an array of techniques that can be quickly read and immediately used in session The book includes over 50 chapters by experts in the field on the fundamental principles and techniques for effective couple therapy Many of the techniques focus on common couple therapy processes such as enactments communication and reframing Others focus on specific presenting problems such as trauma sexual issues infidelity intimate partner violence and high conflict Students beginning therapists and seasoned clinicians will find this pragmatic resource invaluable in their work with couples     **Ferenczi's Influence on Contemporary Psychoanalytic Traditions** Aleksandar Dimitrijević,Gabriele Cassullo,Jay Frankel,2018-06-27 This collection covers all the topics relevant for understanding the importance of S ndor Ferenczi and his influence on contemporary psychoanalysis Pre eminent Ferenczi scholars were solicited to contribute succinct reviews of their fields of expertise The book is divided in five sections The historico biographical describes Ferenczi s childhood and student days his marriage brief analyses with Freud his correspondences and contributions to daily press in Budapest list of his patients true identities and a paper about his untimely death The development of Ferenczi s ideas reviews his ideas before his first encounter with psychoanalysis his relationship with peers friendship with Groddeck emancipation from Freud and review of the importance of his Clinical Diary The third section

reviews Ferenczi's clinical concepts and work trauma unwelcome child wise baby identification with aggressor mutual analysis and many others In *Echoes* we follow traces of Ferenczi's influence on virtually all traditions in contemporary psychoanalysis interpersonal independent Kleinian Lacanian relational etc

**Interviewing for the Helping Professions** Fred R. McKenzie, 2013-09 Conducting a successful professional interview is more than an exercise of technical skills The specific approach an interviewer takes with any client should be informed by the interviewer's understanding of the client's needs and preferences exhibited within the developing relationship Interviewing for the Helping Professions promotes a theory driven relational approach to professional interviewing across disciplines The author's aim is to organically illustrate the theories and techniques of interviewing within the context of building and utilizing the therapeutic relationship The author uses example interviews to illustrate the variety of settings clients and issues interviewers encounter Each interview is fully annotated with the theory and practice skills being exhibited The emphasis on theory allows the reader to fully understand the underlying principles of interviewing encouraging them to be present and in the moment with their clients This comprehensive book is an indispensable resource for practice courses in counseling human services psychology and social work programs

*Fostering Healing and Growth* Joyce Edward, Jean Sanville, 1996-06 These people have tended to be seen as beyond the pale for psychoanalytically oriented treatment The contributors to this volume would disabuse us of such a prejudiced opinion

**Battered Women and Their Families** Albert R. Roberts DSW, PhD, BCETS, DACFE, 2007-01-18 With a foreword by Barbara W White PhD University of Texas at Austin The definitive work on battered women is now in a timely third edition Considered the complete in depth guide to effective interventions for this pervasive social disease Battered Women and Their Families has been updated to include new case studies cultural perspectives and assessment protocols In an area of counseling that cannot receive enough attention Dr Robert's work stands out as an essential treatment tool for all clinical social workers nurses physicians and graduate students who work with battered women on a daily basis New chapters on same sex violence working with children in shelters immigrant women affected by domestic violence and elder mistreatment round out this unbiased multicultural look at treatment programs for battered women

*Love and Hate in the Analytic Setting* Glen O. Gabbard, 2000-04-01 Passionate feelings of love and hate are stirred in psychotherapy Paradoxically these passions may either undermine the therapist catastrophically or serve as the crucible in which profound understanding is forged Transferences and countertransferences of love and hate occur on a spectrum that includes unobjectionable negative and positive feelings relatively benign forms of love and hate and more malignant intractable versions of love and hate that present formidable challenges to the therapist Each of these variations is explored in different chapters of this book Gender configurations gender fluidity adolescent transferences the link between love and lust and passive forms of hating are among the topics discussed Most of all the author noted psychoanalyst Glen Gabbard depicts what it is like to be in the eye of the hurricane when passions are aroused He provides a practical yet theoretically



sophisticated guide to the management of love and hate as they are experienced by both patient and therapist

*Interviewing for the Helping Professions* Fred McKenzie, Nicole Nicotera, 2018-04-17 A successful professional interview depends on the development of a generally positive human interaction Without a positive base the interview can be fraught with difficulties and roadblocks This is true regardless of the discipline be it social work psychology human services nursing criminal justice medicine psychiatry or any other field Beginning interviewers may have learned solid technique but often are initially focused more on thinking about what they will say next than on understanding or even listening to the client As a result that critical initial interview whose success affects the future of most professional encounters is often disrupted by a failure to truly listen and understand which is the foundation for earning clients trust This second edition goes beyond most other clinical interviewing books in its emphasis on the emotional foundation of interviewing and its focus on the importance of social justice and attention to the problem of microaggressions that can prohibit building and maintaining therapeutic rapport with clients Interviewing for the Helping Professions can help both the beginning professional and the veteran interviewer understand the nature and purpose technique meaning emotions and outcomes of the interviewing process The book also provides a comprehensive overview of the theory and technique so crucial to meaningful interviewing More important it emphasizes the emotional significance of the interaction and grounds the interviewing process in contemporary theories of practice and social justice

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## Repairing Intimacy Introduction

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