

File

Therapeutic Assessment with couples

Évaluation thérapeutique de couples

S.E. Finn

Center for Therapeutic Assessment, 78756 Austin, TX, USA

Received 11 September 2015; accepted 18 September 2015

Abstract

Therapeutic Assessment can be helpful to many types of couples, including (1) those who are considering marriage and wish to know each other more deeply, (2) long-term couples who are in distress and considering separating, and (3) couples who have decided to separate but wish to better understand why they were unable to stay together. This article comprises the first complete case study of Therapeutic Assessment (TA) with couples. I describe how those steps common to all forms of TA (initial sessions, extended inquiries, assessment intervention sessions, and summary/discussion sessions) differ when applied to couples. I also discuss the use of the Consensus Rorschach as an assessment intervention with long-term distressed couples engaged in problematic projective identification. The case example involves a young heterosexual couple married for 12 years who were at an impasse in couples therapy. The assessment helped the partners explore mutual conflicts around the expression of anger and dependency needs, and to resolve a power imbalance within the couple. Long-term follow-up showed that the Therapeutic Assessment helped the couple have more compassion for each other and move beyond the destructive role-lock they had fallen into. Also, the referring therapist reported that the TA helped resolve the impasse in the couples' therapy.

© 2015 Société française de psychologie. Published by Elsevier Masson SAS. All rights reserved.

Keywords: Therapeutic Assessment; Collaborative assessment; Psychological assessment; Couples therapy; MMPI-2; Rorschach

Résumé

L'évaluation thérapeutique peut d'avérer utile à de nombreux couples et notamment (1) à ceux qui envisagent de se marier et souhaitent se connaître de manière plus approfondie et personnelle ; (2) à ceux qui, ensemble depuis longtemps, sont en souffrance et envisagent la séparation ; (3) à ceux qui ont déjà pris la décision de se séparer mais aimeraient mieux comprendre les raisons pour lesquelles ils ne peuvent plus

E-mail address: sefinn@mail.utexas.edu

<http://dx.doi.org/10.1016/j.prps.2015.09.008>

1269-1763/© 2015 Société française de psychologie. Published by Elsevier Masson SAS. All rights reserved.

continuer conjointement. Cet article présente la première étude de cas entièrement dédiée à l'évaluation thérapeutique avec des couples. Je décrirai comment les étapes communes à tout type d'évaluation thérapeutique (les séances initiales, l'enquête élargie, les interventions évaluatives, les résumés écrits et les séances de discussion) diffèrent lorsque ce modèle est appliqué aux couples. Je discuterai également l'utilisation du Rorschach Consensuel comme intervention évaluative avec des couples en souffrance depuis un important laps de temps et fonctionnant, de manière problématique, dans l'identification projective. L'exemple présenté décrit le cas d'un jeune couple hétérosexuel, marié depuis 12 ans, dans l'impasse dans leur thérapie de couple actuelle. L'évaluation a aidé les deux partenaires à explorer leurs conflits mutuels en lien avec les manifestations de colère et les besoins de dépendance et de résoudre ainsi un problème de déséquilibre dans leur couple. Le suivi à long terme a montré comment l'évaluation thérapeutique a été bénéfique à ce couple qui a réussi à exprimer une compassion réciproque et à dépasser l'enfermement dans un rôle, éminemment destructeur, qui était le leur par le passé. Par ailleurs, le psychothérapeute ayant adressé ce couple a confirmé l'intérêt de l'évaluation thérapeutique qui a aussi contribué à lever les obstacles présents dans le cours de cette thérapie. © 2015 Société française de psychologie. Publié par Elsevier Masson SAS. Tous droits réservés.

Mots clés : Évaluation thérapeutique ; Évaluation collaborative ; Évaluation psychologique ; Thérapie de couple ; MMPI-2 ; Rorschach

Over the past 22 years, my colleagues and I have practiced Therapeutic Assessment (TA) with hundreds of couples, and almost all of them have been helped by and expressed appreciation for our work. However, with a few exceptions (Finn, 2004, 2012) I have written very little about this application of TA; I think this is mainly because it is difficult to convey the complexity and power of these couples' assessments without overwhelming a reader. My goal in this paper is to present a concise case example that illustrates the main features of couples' Therapeutic Assessment and gives a "feel" for the intricate nature and power of the work.

First, here are some general comments about applying collaborative psychological assessment to exploring intimate relationships.

1. Types of couples' assessments

1.1. Long-term couples in distress

The most frequent type of couple we see in TA have been together for many years and either: (1) have never achieved the intimacy and satisfaction in their relationship that they desired, or (2) previously were closer in their relationship but then confronted a crisis that the partners were unable to resolve. Many couples of this second type are referred by couples' therapists or pastoral counselors who feel "stuck" or unsuccessful in their efforts to help the couples relate better. Other couples hear about our assessments from neighbors or friends who have undergone a couples' assessment. Many, but not all of these distressed couples are seriously considering separation or divorce, and the assessment is a "last-ditch" effort to do all they can do before taking such a step. I will write much more about working with distressed couples in my case illustration.

1.2. Pre-marital assessments

About 20 years ago, several ministers in Austin who were impressed by our work with distressed couples approached me about helping to prepare couples for marriage by conducting pre-marital

Download English Version:

<https://daneshyari.com/en/article/893595>

Download Persian Version:

<https://daneshyari.com/article/893595>

[Daneshyari.com](https://daneshyari.com)