

- **T = Testing**
- E = Empathy
- A = Assessment
- M = Methods

**Preparing for
Success**

15min Consultation

During the 15 min consultation (or you might be doing this as a transition from mood work with a current client).

Listen briefly (5-10 minutes)

Offer some empathy then do a modified paradoxical invitation.

Explain how you work on relationships and if you do individual work, couples work, or both.

Further Relationship Education HW - I ask clients to read the first 2 sections of the book “Feeling Good Together” before doing ANY relationship work for homework before our first session (or after intake).

15min Consultation

Example for one-on-one work: “Sounds like you are sad and frustrated by X doing Y (FE/TE). Also sounds like you want to improve your relationship which is great (SK). I can see you love X and really want to have a meaningful, loving relationship (SK). I enjoy helping clients get closer to those they love (IF/Dangle the Carrot). At the same time, I’m not sure I’d want to ask you to do this kind of work. You have every right to feel the way you do and it’s unfair but in the kind of work I do with clients, you’d have to be willing to look solely at your role in the relationship. You will have to commit to spending 20-30 min a day on homework such as reading, worksheets, and practicing communication skills we talk about in session (Gentle Ultimatum). ...

15min Consultation

...In relationships there is a weird paradox of cause and effect. It's never one person, yet one person can make the difference since relationships are 100% you and 100% me, not 50/50 like we've been led to believe. That means if you change your 100% the relationship must change, it's impossible for it not to. This may or may not change the other person. This kind of work is unfair since we don't ask the other person to do any work even if they are the biggest culprit in the conflict. (Psychoeducation). Is that something you are up for, totally makes sense if not. Or maybe we could look at helping you to feel better regardless of your current relationship, of course it won't improve the relationship, but you'll feel better. What are your thoughts on everything I've said so far? (IN/Sitting with Open Hands)"



15min Consultation - Couples

Example for couples' work: “Sounds like you are both feeling sad and frustrated about your relationship conflicts (TE/FE whatever emotions came up). I can see you love each other and really want to have a meaningful, loving relationship (SK). I enjoy helping clients get closer to those they love (IF/Dangle the Carrot). At the same time, I’m not sure I’d want to ask you to do this kind of work. You have every right to feel the way you do and it’s unfair but in the kind of work I do with clients, you’d each have to be willing to look solely at your role in the relationship. Each of you will have to commit to spending 20-30 min a day on homework such as reading, worksheets, and practicing communication skills we talk about in session. AND you are not allowed to track the other persons effort or time spent on homework (Gentle Ultimatum)...



15min Consultation – Couples

...In relationships there is a weird paradox of cause and effect. It's never one person, yet one person can make the difference since relationships are 100% you and 100% me, not 50/50 like we've been led to believe. That means if you focus on changing your part, the relationship must change. Paradoxically the more we focus on fairness and getting what we want, the harder it is to have intimacy and connection. This is a lot of hard work and sometime unfair since we don't try to figure out who the biggest culprit is in the conflict. That kind of focus leads to a competition of who is right and who is doing more work and does not lead to improving the relationship. (Psychoeducation). Is that something each of you are up for, totally makes sense if not. Maybe one of you came here just to appease the other person and you really aren't up for this kind of commitment. What are your thoughts on everything I've said so far? (IN/Sitting with Open Hands)"

Demo & Practice



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Testing

Relationship Work SIMPLE Outline

Flow Chart for Relationship Work using TEAM-CBT only. Can add other methods into “other methods”.

See handout for more detailed outline.

- Testing – Relationship Satisfaction Scale
- Empathy
- Paradoxical Invitation
- Psychoeducation
- Moment in Time (Relationship journal – Part 1 & 2)
- Rules vs Roles
- Miracle Cure Question
- Acid Test
- Assessment of Resistance (CBA of Blame)
- Paradoxical Inquiry
- Willingness Scale
- Process Resistance
- Willingness Scale
- Relationship Journal – Part 3 (Empathy Errors)
- Relationship Journal – Part 4 (Cost of Poor Empathy)
- Relationship Journal – Part 5 (Revise My Communication)
- Other Methods

Relationship Satisfaction Scales

Relationship Satisfaction *	Before Session						After Session							
	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied	0—Very Dissatisfied	1—Moderately Dissatisfied	2—Somewhat Dissatisfied	3—Neutral	4—Somewhat Satisfied	5—Moderately Satisfied	6—Very Satisfied
Put the name of an important relationship in your life: <input type="text"/>														
Use checks (✓) to indicate how you feel about this relationship. Please answer all 5 items.														
1. Communication and openness														
2. Resolving conflicts														
3. Degree of affection and caring														
4. Intimacy and closeness														
5. Overall satisfaction														
	Total →						<input type="text"/>	Total →						<input type="text"/>

Relationship Satisfaction Scale*

Instructions: Place a check (✓) in the box that best describes how satisfied you feel in your closest personal relationship on a scale from 0 (very dissatisfied) to 6 (very satisfied).

Please answer all 7 items.

	Dissatisfied			Satisfied			
	0—Very	1—Moderately	2—Somewhat	3—Neutral	4—Somewhat	5—Moderately	6—Very
1. Communication and openness							
2. Resolving conflicts and arguments							
3. Degree of affection and caring							
4. Intimacy and closeness							
5. Satisfaction with your role in the relationship							
6. Satisfaction with the other person's role in the relationship							
7. Overall satisfaction							
Total Items 1 - 7 →							<input type="text"/>

Score	7-Item Relationship Satisfaction Test (RSAT)**
0 - 10	Extremely dissatisfied
11 - 20	Very dissatisfied
21 - 25	Moderately dissatisfied
26 - 30	Somewhat dissatisfied
31 - 35	Slightly satisfied
36 - 40	Moderately satisfied
41 - 42	Very to Extremely satisfied

** NOTE: Newer Relationship Scale is only 5 questions. Score key has changed.

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Empathy

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Empathy – 5 Secrets of Effective Communication

- Disarming Technique
- Thought & Feeling Empathy
- I Feel Statements
- Stroking
- Inquiry



Empathy with Couples

- If you are working with individuals, you can do empathy as you would in mood work. But with couples, there are a few nuances you may find helpful to keep in mind.
 - It's hard to do Disarming tactfully, IE: "He's being a jerk." when "he" is right there. Rather focus on TE/FE/SK/IN.
 - Do it in bite sizes, engaging each person for only short periods of time so the other does not feel ostracized.
 - You may find yourself focusing more about the two people learning to give each other A+ empathy than on your own therapeutic relationship with the couple.
 - Showing how to do a 5 Secrets response will be more valuable than just being empathic.

Build Rapport

- Use the 5 Secrets to build rapport & align with the client.
- What's My Grade or 20/20 on the ETS

Please fill this out AFTER the session. Thank you!

Evaluation of Therapy Session*

Instructions. Use checks (✓) to indicate how you felt about your most recent therapy session.

Please answer all the items.

0-Not at all true	1-Somewhat true	2-Moderately true	3-Very true	4-Completely true
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Therapeutic Empathy

1. My therapist seemed warm, supportive, and concerned.				
2. My therapist seemed trustworthy.				
3. My therapist treated me with respect.				
4. My therapist did a good job of listening.				
5. My therapist understood how I felt inside.				
Total →				

Helpfulness of the Session

6. I was able to express my feelings during the session.				
7. I talked about the problems that are bothering me.				
8. The techniques we used were helpful.				
9. The approach my therapist used made sense.				
10. I learned some new ways to deal with my problems.				
Total →				

Satisfaction with Today's Session

11. I believe the session was helpful to me.				
12. Overall, I was satisfied with today's session.				
Total →				

Your Commitment

13. I plan to do therapy homework before the next session.				
14. I intend to use what I learned in today's session.				
Total →				

Negative Feelings During the Session

15. At times, my therapist didn't seem to understand how I felt.				
16. At times, I felt uncomfortable during the session.				
17. I didn't always agree with my therapist.				
Total →				

Difficulties with the Questions

18. It was hard to answer some of these questions honestly.				
19. Sometimes my answers didn't show how I really felt inside.				
20. It would be too upsetting for me to criticize my therapist.				
Total →				

What did you like *the least* about the session?

What did you like *the best* about the session?

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TEAM Empathy

- 5 Secrets of Effective communication
- Avoids pitfalls such as:
 - Cheerleading
 - Advice giving
 - Validation Lectures
 - Directing the conversation vs Client leading

Letter Grade

- How am I doing in understanding you? B, C, D, F-
 - Not offering an A gives the client able room to let you know if they don't feel 100% heard.
 - If, not A, do some Empathy then ask “What am I missing?” or “Tell me more about _____”
- Alternative: “I'd like to check in with you both. I'm wondering how I am doing connecting with you. Do you feel 100% completely heard and understood or perhaps I'm still missing something?”

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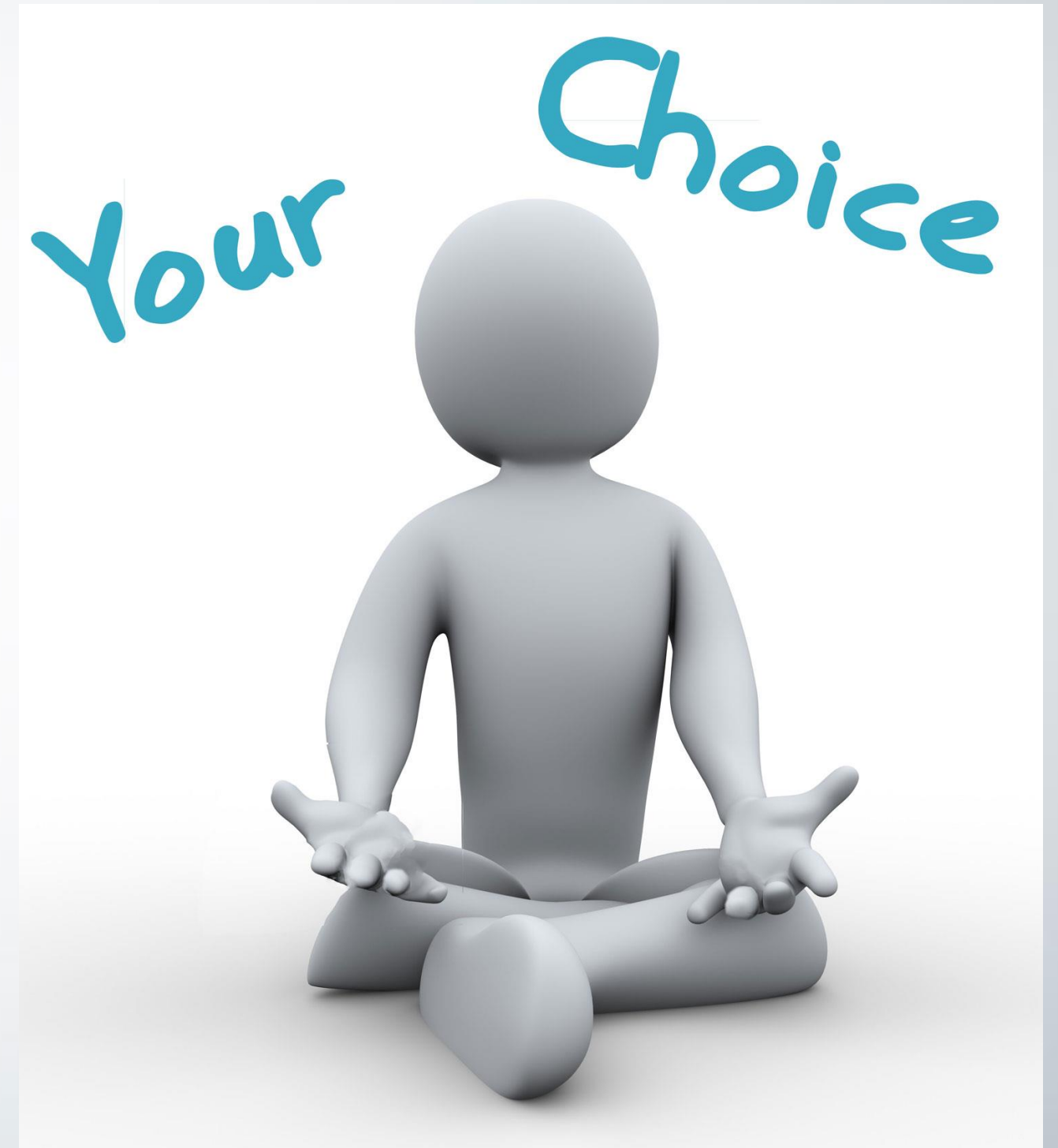
Tools you can use During Empathy

Tools You Can Use During Empathy

- 5 Secrets – of course!
- Psychoeducation
- Interpersonal Downward Arrow
- Rules vs Roles

Sitting With Open Hands

- Safety first (screen for abuse, create plan)
- Client in charge (stay, leave, improve), no judgement
- Resistance makes sense!



Psychoeducation

Like mood work, there are some fundamentals that clients need to understand and accept to move forward. IE: that thinking does elicit emotion. Here are the keys we look at in TEAM-CBT (we can cover these briefly or more in depth):

- 3 Options for ANY relationship
- Circular Causality - Relationships are 100% you and I
- I can only work on me
- I will have to change my thinking about myself and the other person

PS: I make ALL clients read the entire book *Feeling Good Together* before we meet for ANY relationship work. Thus I can keep education to a min.

Repetition is Boring and Annoying!

- You WILL find yourself repeating some of these concepts a few times. That repetition is important.
- First, clients may not “get it” the first time they hear it. They are in a triggered state and emotionally charged.
- Also, these concepts are not what most people are expecting in relationship work.
- They’ve been taught a 50/50 model where both people MUST accept responsibility and do work to improve the relationship. In TEAM and EFT the relationship, in a weird way, almost becomes the client, or at the very least is the focus, once the client buys in.

3 Options for ANY relationship:

1. Status Quo

- Stay the same
- Good for casual relationships
- Most common choice for many

2. Leave

- Walk away entirely or distance yourself
- Safety plan for abusive relationships

3. Improve it



Circular Causality

- Relationships are NOT 50/50
- Any issues are caused 100% by me and 100% by the other person.
- If one of us changes it changes the entire relationship.
- We often push the other person to do the thing we hate most. EFT – pursuer withdrawer cycle. Example: My “Approval Addition” and ex-boyfriend.

Personal Responsibility

- I can only work on me.
- I can't fix or force anyone else. IE: We don't try to set boundaries for others, but rather for ourselves.
- Responsibility is NOT Blame (David uses the word "blame" in a cheeky humorous way). IE: Car accident analogy.



Communication Tools vs Real Change!

- For healthy communication to be genuine, I will have to change my thinking about myself and the other person.
 - Mood work
 - Learning the 5 Secrets is more than “talking”
 - Understanding the “rules” I create and making changes I can live with.
 - Addressing Self-defeating Beliefs that affect relationships such as Approval Addiction, Conflict Phobia, Emotional Perfectionism, Relationship Perfectionism, Submissiveness, Entitlement, and so on.

Other Information

- Add anything else important for the client to know in working with you.
- If you use another modality you can explain how it works or anything they should know about it in this phase of therapy as well.
 - EFT worksheets
 - Gottman Expectations
 - Faith Parameters

Interpersonal Decision Making

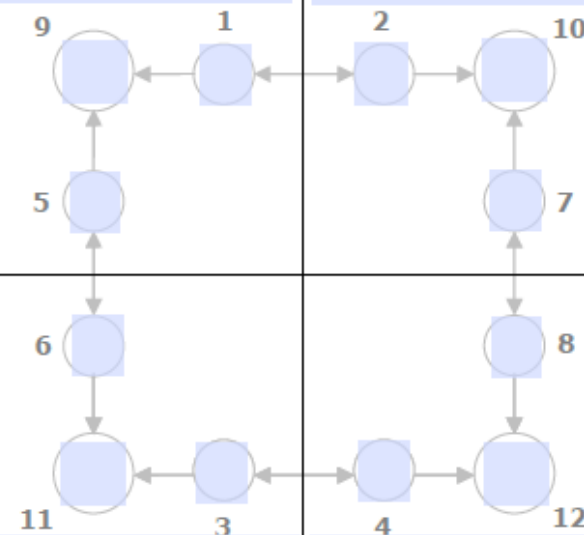
- Like with Habits, it can be helpful to explore whether or not a client really wants to get closer to someone.
- It may seem obvious but going through the steps can help client motivation when it gets to the hard work
- It also gives you time to do more empathy before jumping into the more difficult work.

Decision-Making Form

Option	Describe	Total Points
A		
B		

Advantages of Option A ↓

Disadvantages of Option A ↓



Advantages of Option B ↑

Disadvantages of Option B ↑

Worksheet Options

Options:

- Decision Making Form – PDF
- Self calculating Google Sheet

Ask client which they'd like to explore:

- Status Quo vs Improve
- Status Quo vs Leave
- Leave vs Improve

(Can do more than one!)

- What do they think about the numbers?
- Assign them to read it over, adding anything they think of, for the next week.

Demo & Practice

