

Example of a Personalized Treatment Plan for “Intimate Relationship Conflict”

Primary Problem: Intimate Relationship Conflict

Behavioral Definition

- Frequent or continual arguing with the partner.
- Lack of communication with the partner.
- A pattern of angry projection of responsibility for the conflicts onto the partner.
- A pattern of superficial or no communication, infrequent or no sexual contact, excessive involvement in activities (work or recreation) that allows for avoidance of closeness to the partner.

Long-term Goals

- Develop the necessary skills for effective, open communication, mutually satisfying sexual intimacy, and enjoyable time for companionship within the relationship.
- Increase awareness of own role in the relationship conflicts.

Short-Term Objectives/Therapeutic Interventions

- Identify the positive aspects of the relationship.
 - Assess the couple's positive behaviors that facilitate relationship building.
- Identify problems in the relationship including one's own role in the problems.
 - Assess current, ongoing problem behaviors in the relationship, including possible abuse/neglect, substance use, and those involving communication, conflict-resolution, problem-solving difficulties (if domestic violence is present, plan for safety and avoid early use of conjoint sessions).
 - Assign the couple a between sessions task recording in journals the positive and negative things about the significant other and the; ask the couple not to show their journal material to each other until the next session, when the material will be processed.
- Make a commitment to change specific behaviors that have been identified by self or the partner.
 - Process the list of positive and problematic features of each partner and the relationship; ask couple to agree to work on changes he/she needs to make to improve the relationship, generating a list of targeted changes
 - Increase the frequency of the direct expression of honest, respectful, and positive feelings and thoughts within the relationship.
 - Assist the couple in identifying conflicts that can be addressed using communication, conflict-resolution, and/or problem-solving skills
 - Use behavioral techniques (education, modeling, role-playing, corrective feedback, and positive reinforcement) to teach communication skills including assertive communication, offering positive feedback, active listening, making positive requests of others for behavior change, and giving negative feedback in an honest and respectful manner.
- Learn and implement problem-solving and conflict resolution skills.
 - Assist the couple in identifying conflicts that can be addressed using communication, conflict-resolution, and/or problem-solving skills
 - Use behavioral techniques (education, modeling, role-playing, corrective feedback, and positive reinforcement) to teach the couple problem-solving and conflict resolution skills including defining the problem constructively and specifically, brainstorming options, evaluating options, compromise, choosing options and implementing a plan, evaluating the results.

- Identify any patterns of destructive and/or abusive behavior in the relationship.
 - Assess current patterns of destructive and/or abusive behavior for each partner, including those that existed in each family of origin.
 - Ask each partner to make a list of escalating behaviors that occur prior to abusive behavior.
- Implement a "time out" signal that either partner may give to stop interaction that may escalate into abuse.
 - Assist the partners in identifying a clear verbal or behavioral signal to be used by either partner to terminate interaction immediately if either fears impending abuse.
 - Solicit a firm agreement from both partners that the "time out" signal will be responded to favorably without debate.
 - Assign implementation and recording the use of the "time out" signal and other conflict resolution skills in daily.
- Identify and replace unrealistic expectations for the relationship.
 - Identify irrational beliefs and unrealistic expectations regarding relationships and then assist the couple in adopting more realistic beliefs and expectations of each other and of the relationship.
- Increase flexibility of expectations, willingness to compromise, and acceptance of irreconcilable differences.
 - Teach both partners the key concepts of flexibility, compromise, sacrifice of wants, and acceptance of differences toward increased understanding, empathy, intimacy, and compassion for each other.
- Increase time spent in enjoyable contact with the partner.
 - Assist the client in identifying and planning rewarding social/recreational activities that can be shared with the partner.
- Initiate verbal and physical affection behaviors toward the partner.
 - Encourage increased use of verbal and physical affection, and address resistance surrounding initiating affectionate or sexual interactions with the partner.

Source:

Treatment plan created using Therascribe (www.wiley.com)

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