

Integrative Behavioral Couple Therapy (IBCT) as a third-wave therapy

Jorge Barraca Mairal
Universidad Carlos III de Getafe

Abstract

Background: This article presents a description of the Integrative Behavioral Couple Therapy (IBCT), and puts forward its contributions, its techniques and progress, the research data on its usefulness compared to traditional behavioral couple therapy, and explains briefly its articulation as third-wave behavior therapies using the concepts of functionality, rule-governed, technology-shaped behavior and acceptance. **Methods:** A theoretical review of the main IBCT bibliography was carried out. **Results:** The review shows that this intervention model includes integrative intervention strategies to promote acceptance and techniques that join the already well-known behavioral couple therapy techniques (behavior change, communication training and couple problem solving), substantially modifying the therapy. Furthermore, it incorporates useful orientations for especially difficult problems in couples (such as infidelity and substance use, abuse and dependence situations). **Conclusions:** After this analysis, IBCT is revealed as a new intervention, the scope of which is still expanding among professionals. The acceptance concept, one of the core elements of third-wave therapies, has been fruitfully included in behavioral couple therapy through the IBCT.

Keywords: Integrative Behavioral Couple Therapy (IBCT); couple therapy; acceptance effectiveness; Third-Wave Behavior Therapy; couple intervention techniques.

Resumen

La Terapia Integral Conductual de Pareja (TICP) como terapia de tercera generación. **Antecedentes:** este artículo presenta una descripción de la Terapia Integral Conductual de Pareja (TICP), se exponen sus aportaciones, sus técnicas y su progreso, se exponen datos de su utilidad respecto a su utilidad comparada con la terapia de pareja conductual tradicional y se explican brevemente su articulación con los conceptos de funcionalidad, comportamiento regido por reglas y comportamiento moldeado por la tecnología. **Métodos:** A través de la revisión bibliográfica de la principal bibliografía sobre TICP se ha llevado a cabo un análisis teórico de la importancia de la TICP. **Resultados:** Este análisis ha permitido que este modelo de intervención incluye estrategias de integración de intervenciones (para el fomento de la aceptación y la solución de problemas) que se basan en las ya conocidas de la terapia de pareja conductual (entrenamiento en habilidades, entrenamiento en comunicación y resolución de problemas), de forma que modifica sustancialmente la terapia; además, incorpora orientaciones útiles para problemas especialmente difíciles de las parejas (como infidelidad y situaciones de consumo de sustancias, alcohol y dependencia). **Conclusiones:** La TICP se presenta como una intervención innovadora moldeada por los datos. El concepto de aceptación, uno de los elementos nucleares de la tercera generación, se ha incorporado fructuosamente a la terapia de pareja a través de la TICP.

Palabras clave: Terapia Integral Conductual de Pareja (TICP); terapia de pareja; eficacia comparada; Terapia de Conducta de Tercera Generación; técnicas de intervención de pareja.

The latest data published by the Statistical Office of the European Union (Eurostat, 2012; INE, 2012) show that marriages are decreasing in Spain, while divorce rates – which increased from 2006 to 2008 – came to a standstill in 2009 and have remained stable since then. Despite this, the economic crisis explains this pattern. And this situation may well be considered an important source of tension in the couple, as it is unlikely that merely because they have to keep living together for economic reasons, they are going to learn strategies for improving their relationship, or at least to tolerate arguments.

Several scientific studies have linked tension in couples with emotional and physical suffering (cf. Snyder, Castellani, & Whitman, 2006). And the same is true of the relationship between distress in the couple, effects at work and depression in women in general (cf. Donohue & Ferguson, 2006). Likewise, it is a known fact that persons with problematic couple relations are much more likely to suffer from anxiety, depression and suicide, substance abuse and health-risk behaviors (Gruenewald, 2008), and in turn, other disorders, such as oppositional or obsessive-compulsive disorder, aggravate problems prior to the relationship of the couple. Undoubtedly, these psychological problems increase significantly when violent arguments, hostile attitudes and violence against women appear in relationships. In fact, distress in an intimate relationship may be considered the problem that emerges most frequently in individual psychotherapy (Johnson & Lebow, 2000).

Most couples today expect marriage to be their main source of support and intimacy, in addition to a facilitating a context

Received May 4, 2013 / Accepted November 13, 2013
Corresponding author: Jorge Barraca Mairal
Psicólogo de Ciencias de la Salud
Universidad Carlos III de Getafe
28902 Madrid/Spain
e-mail: jlbarraca@cg.ig.uca.es

Ibct Treatment Manual

Julia Schneider



Ibct Treatment Manual:

Ibct Treatment Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Ibct Treatment Manual**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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