

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

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### 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 contribuciones, sus técnicas y su progreso, se ofrecen 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 una revisión teórica de la bibliografía más importante de la TICP. **Resultados:** esta revisión ha mostrado que este modelo de intervención incluye estrategias de terapia de intervención (para el fomento de la aceptación y la solución) que se basan en los ya conocidos 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, alcoholismo y dependencia). **Conclusiones:** la TICP se presenta como una intervención innovadora, cuyo alcance está aún por definir. 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 en pareja.

The latest data published by the Statistical Office of the European Union (Eurostat, 2012; INE, 2012) show that marriages are decreasing in Spain, as in divorce states – 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

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# Ibct Treatment Manual

**RS Peters**



## **Ibct Treatment Manual:**

**Integrative Behavioral Couple Therapy: A Therapist's Guide to Creating Acceptance and Change, Second Edition** Andrew Christensen, Brian D. Doss, Neil S. Jacobson, 2020-09-15 The definitive therapist manual for Integrative Behavioral Couple Therapy IBCT one of the most empirically supported approaches to couple therapy Andrew Christensen codeveloper along with the late Neil Jacobson of Integrative Behavioral Couple Therapy and Brian Doss provide an essential manual for their evidence based practice The authors offer guidance on formulation assessment and feedback of couples distress from an IBCT perspective They also detail techniques to achieve acceptance and deliberate change In this updated edition of the work readers learn about innovations to the IBCT approach in the 20 years since the publication of the original edition including refinements of core therapeutic techniques Additionally this edition provides new guidance on working with diverse couples complex clinical issues and integrating technology into a course of treatment

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**Handbook of Clinical Psychology Competencies** Jay C Thomas, 2010 This three volume handbook describes the core competency areas in providing psychological services relevant to practitioners as well as clinical researchers It covers assessment and conceptualization of cases the application of evidence based methods supervision consultation cross cultural factors and ethics

*Handbook of Family Therapy* Thomas L. Sexton, Jay Lebow, 2015-12-07 Integrative research based multisystemic these words reflect not only the state of family therapy but the nature of this comprehensive handbook as well The contributors all well recognized names who have contributed extensively to the field accept and embrace the tensions that emerge when integrating theoretical perspectives and science in clinical settings to document the current evolution of couples and family therapy practice and research Each individual chapter contribution is organized around a central theme that the integration of theory clinical wisdom and practical and meaningful research produce the best understanding of couple and family relationships and the best treatment options The handbook contains five parts Part I describes the history of the field and its current core theoretical constructs Part II analyzes the theories that form the foundation of couple and family therapy chosen because they best represent the broad range of schools of practice in the field Part III provides the best examples of approaches that illustrate how clinical models can be theoretically integrative evidence based and clinically responsive Part IV summarizes evidence and provides useful findings relevant for research and practice Part V looks at the application of couple and family interventions that are based on emerging clinical needs such as divorce and working in medical settings *Handbook of Family Therapy* illuminates the threads that are common to family therapies and gives voice to the range of perspectives that are possible Practitioners researchers and students need to have this handbook on their shelves both to help look back on our past and to usher in the next evolution in family therapy

*Handbook of Clinical Psychology, Volume 1* Michel Hersen, Alan M. Gross, 2008-01-09 *Handbook of Clinical Psychology Volume 1 Adults* provides comprehensive coverage of the

fundamentals of clinical psychological practice for adults from assessment through treatment including the innovations of the past decade in ethics cross cultural psychology psychoneuroimmunology cognitive behavioral treatment psychopharmacology and geropsychology     Infidelity Paul R. Peluso,2007-06-15 When one partner in a relationship is unfaithful to the other it takes a lot of work by both parties involved to salvage the relationship In today s therapy friendly climate marriage couples counseling is often a part of that rebuilding process Many couples seek out professional therapy after an affair is out in the open but often the act of infidelity is revealed while uncovering and discussing unrelated issues for which the couple is in counseling And yet amazingly as common as this complex and difficult topic arises in therapy there is relatively little professional literature devoted to understanding and treating infidelity In this volume Paul Peluso has assembled a truly impressive list of contributors from a range of disciplines and backgrounds including marital therapy family therapy evolutionary psychology marriage research and cyberstudies with the aim of filling this void     Clinical Casebook of Couple Therapy Alan S. Gurman,2012-11-26 An ideal supplemental text this instructive casebook presents in depth illustrations of treatment based on the most important couple therapy models An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns including conflicts surrounding intimacy sex power and communication parenting issues and mental illness Featuring couples of varying ages cultural backgrounds and sexual orientations the cases shed light on both what works and what doesn t work when treating intimate partners Each candid case presentation includes engaging comments and discussion questions from the editor See also Clinical Handbook of Couple Therapy Fourth Edition also edited by Alan S Gurman which provides an authoritative overview of theory and practice

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the maximum in service to their clients Designed to bring ready answers from scientific data to real life practice The guide is an accessible authoritative reference for today s clinician There are solid guidelines for what to rule out what works what doesn t work and what can be improved for a wide range of mental health problems It is organized alphabetically for quick reference and distills vast amounts of proven knowledge and strategies into a user friendly hands on reference *Manual Clínico dos Transtornos Psicológicos* Barlow, David H.,2022-12-13 Nesta edição revisada e ampliada David H Barlow reúne destacados especialistas para apresentar passo a passo e com exemplos de casos o tratamento psicológico de diferentes transtornos mentais Cada capítulo traz informações atuais sobre o transtorno abordado explica as bases conceituais e empíricas da intervenção e busca responder pergunta mais frequentemente feita por estudantes e profissionais Como fazer Além disso o livro inclui três capítulos novos um capítulo sobre a terapia baseada em processos uma nova abordagem de terceira onda para ansiedade social um capítulo sobre tratamento transdiagnóstico de pensamentos e comportamentos autolesivos e um capítulo sobre dor crônica *The Oxford Handbook of Relationship Science and Couple Interventions* Kieran T. Sullivan,Erika Lawrence,2016-07-15 Marriage and other long term committed relationships are an integral part of our lives and confer many benefits People in satisfying marriages report greater life happiness live longer and are less vulnerable to mental and physical illness Unfortunately many couples experience significant relationship distress and about half of marriages end in divorce Among those who stay married a notable number of couples remain in unstable severely distressed marriages for years or even decades Given the serious physical and psychological consequences of relationship distress and divorce for spouses and their children it is clear that relationship science the basic and applied study of relationship development maintenance and dysfunction is of critical importance The Oxford Handbook of Relationship Science and Couple Interventions showcases cutting edge research in relationship science including couple functioning relationship education and couple therapy The book presents the most current definitions of and classifications for relationship dysfunction and discusses the latest research on the biological psychological and interpersonal causes and correlates of couple dysfunction and subsequent treatment implications The latest findings regarding empirically supported prevention and treatment interventions for couple dysfunction are highlighted as well as diversity and cultural issues in the context of working with couples This Handbook will appeal to researchers who seek to understand the development of relationship distress and design interventions to prevent and treat couple distress and clinicians who are diagnosing assessing and treating couple dysfunction *Handbook of Psychotherapy Integration* John C. Norcross,Marvin R. Goldfried,2005-02-24 The 13 years between the publication of the original edition of the handbook and this second edition have been marked by memorable growth in psychotherapy integration The original classic was the first compilation of the early integrative approaches and was hailed by one reviewer as the bible of the integration movement In the interim psychotherapy integration has grown into a mature empirically supported and international movement This second edition provides a state of the art comprehensive

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**Multicultural Couple Therapy** Mudita Rastogi, Volker Thomas, 2008-12 This a practical guide to multicultural counselling from a variety of perspectives

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