



Couples Therapy: All it takes is love?? **An Integrative Model of Treatment**



Jo Hariton, PhD, LCSW

Assistant Professor of Social Work in Clinical Psychiatry at Weill Cornell Medicine

Professional Associate at New York Presbyterian Hospital

SPEAKER DISCLOSURE: Dr. Hariton has no relevant financial relationship(s) to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

DATE



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Live online Webinar:

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Abstract

There is a growing trend toward couples therapy utilization as a means of helping diverse clients with multi-determined needs. The stresses of modern society and ever-changing forms of partnering have created an expanding and challenging landscape for couple therapists. This talk will focus upon an integrative approach where flexibility is key. Process-oriented approaches and skills-based interventions will be highlighted to demonstrate this model. The integration of each, depending upon client need, requires the finesse of the therapist and a solid therapeutic alliance. Importantly, it is the corrective experiences with partners rather than with therapists alone that bring about change.

Biography

Jo Hariton, Ph.D., LCSW, is Assistant Professor of Social Work in Clinical Psychiatry at Weill Cornell Medical College, and Professional Associate at New York-Presbyterian Hospital. She teaches child psychiatry residents family therapy and play therapy in the combined Columbia-Cornell Child Psychiatry Training Program and supervises staff and trainees across disciplines. She has had many roles over her years within our department including Schwartz Rounds Facilitator at the Westchester Division, Director of the Skills Training Program for children and adolescents, and was one of the founders of the Children of Divorce Program. Her honors have included publication in Who's Who in Medicine and Health Care; Who's Who in America. She received Distinguished Service to the Profession, awarded by NASW NYS Chapter, Westchester; Teacher of the Year, awarded by Psychology Postdoctoral Candidates; and Teacher of the Year, awarded by child psychiatry residents. She believes that her extensive work with children and their families has helped her to develop skills as a couple therapist. She has taken advance training in EFT Couple Therapy, the Gottman Method, and many other couple therapy trainings as well. She currently sees couples, families, and individuals in her P.O. practice.

Learning Objectives

1. Identify six factors contributing to the increasing need for couple therapy.
2. Describe two areas of focus in an integrative approach.
3. Explain process based interventions and skills based interventions.
4. Discuss what key outcome studies have shown for couple therapy.

Suggested Reading

1. Johnson, S.M. (2019). Attachment Theory in Practice Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families. New York: The Guilford Press.
2. Gottman, J.S. & Gottman, J. (2024). Fight Right How Successful Couples Turn Conflict into Connection. New York: Harmony Books.
3. Nielsen, A.C. (2017) . From couple therapy 1.0 to a comprehensive model: A Roadmap to sequencing and integrating systemic, psychodynamic, and behavioral approaches in couple therapy. Family Process. Vol. 56, No. 3.