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Dr. Elena Mayville received her Ph.D. in Clinical Psychology at Yale University and completed both her predoctoral internship and postdoctoral fellowship at the Weill Cornell Medical College, where she is currently a Clinical Assistant Professor of Psychology. Dr. Mayville has a private teletherapy practice in which she works with couples and individuals with relationship health concerns. She has a subspecialty in helping couples navigate the transition to parenthood and is a trained leader of the Gottman Institute's Bringing Baby Home workshops. She is one of six therapists licensed in New York who are certified in Integrative Behavioral Couple Therapy, an empirically supported third-wave CBT incorporating empathy and acceptance into the behavioral couple therapy model.

WHAT'S GOING ON?: USING UNIFIED DETACHMENT TO HELP SHIFT PERSPECTIVE IN COUPLE THERAPY

ABSTRACT

When people are locked in conflict with their partners, they often feel as if the other person's behavior is happening to them out of nowhere and that their reactions are simply the inevitable response of their partner's bad behavior. When both people in a couple do this at the same time, stalemate ensues, with each person waiting for the other to change before they will put down their own defenses. In this presentation, Dr. Mayville will describe how using strategies from Integrative Behavioral Couple Therapy and other modalities can help clients shift from gridlock to curiosity so that they have more flexibility in how they react to relational stressors.

LEARNING OBJECTIVES

1. Describe the problem of gridlock in couples in distress.
2. List three Unified Detachment strategies.
3. Demonstrate the ability to construct a vulnerability cycle in couples.

REFERENCES

1. Barraca, J., Nieto, E., & Polanski, T. (2021). An Integrative Behavioral Couple Therapy (IBCT)-Based Conflict Prevention Program: A Pre-Pilot Study with Non-Clinical Couples. *International Journal of Environmental Research and Public Health*, 18(19), 9981. <https://doi.org/10.3390/ijerph18199981>
2. Eldridge, K., Mason, J., & Christensen, A. (2022). Client Perceptions of the Most and Least Helpful Aspects of Couple Therapy. *Journal of Couple & Relationship Therapy*, 21(3), 277-303. <https://doi-org.ezproxy.med.cornell.edu/10.1080/15332691.2021.1925611>
3. Fishbane, M. D. (2023). Couple relational ethics: From theory to lived practice. *Family Process*, 62(2), 446-468. <https://doi.org/10.1111/famp.12861>

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