

Confidential Hope Project Couples Report

Couple: **Male** and **Female**
 Assessment by: **Therapist 1 & Therapist 2**
 Date: **Month, Day, Year**

Personal History

Male and Female are a (**married, cohabiting, dating, engaged**), (**racial identity, or other important identity**) couple in their (**age range**), who have been together for **##** years. They sought **counseling or relationship check up** to improve their relationship....

Relationship History

Male and Female met when... Female was attracted to ... (**qualities about Male**). Male appreciated... about Female. Male and Female have **##** children... (**family data if applicable**).

Primary Relationship Concerns

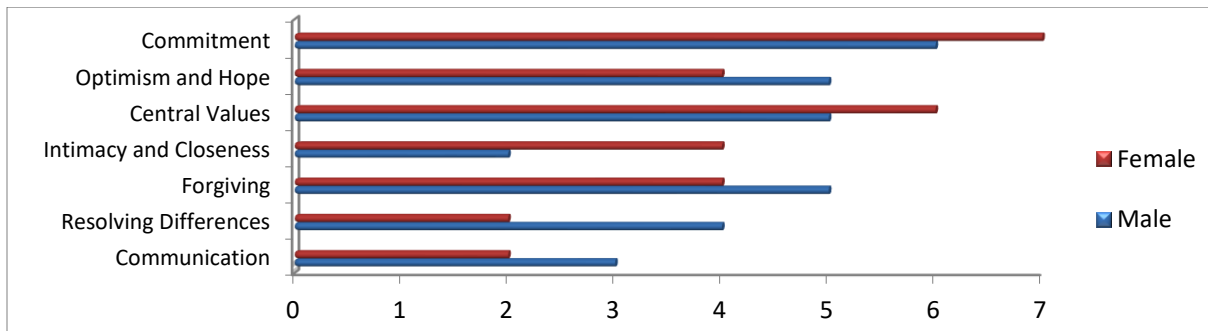
Male and Female desire to... (**more effectively communicate, manage personal reactions, and resolve differences...fill in couple’s goals**). Female hopes ... (**can use miracle question to fill in here**). Male also hopes for.... Specifically, Male and Female are seeking to navigate... (**situational or season-of-life stressors if applicable**).

Your Relationship Assessment

One measure of how you are doing overall in your relationship is the Couples Satisfaction Index, which you took prior to beginning treatment. This gives us a picture of your overall relationship satisfaction.

Couple Satisfaction Index:
 Male: **A Little Unhappy**
 Female: **Fairly Unhappy**

The hope-focused couples approach focuses on 7 major areas of relationships to identify where the main concerns are in your relationship. This is what your tests indicated overall:



(To edit the chart above, double click on one of the data bars. Right click and select "Edit data." A table will appear in which you can enter your couple's data. Remember, for forgiveness, use just the one forgiveness item, "Ability to forgive your partner after a hurt.")

Overall, your relationship is fairly similar to other couples who come for **couple therapy or a relationship check up**. (Briefly describe their relationship, including a positive component.) Your main concerns appear to be in the areas of... (If they have different concerns: Female, you also desire... to be a focus of treatment. Male, you are concerned about ... These challenges may be impacted by the outside stressors ...

It seems you would benefit from gaining improved relationship bond around ...(aspect of relationship). **Therapy or Relationship enrichment** can help you address these concerns by learning to (understand each other's perspective and finding ways to express your thoughts in a way that helps both of you feel heard and valued).

Communication Patterns

In your paperwork and during the intake session, you described a communication pattern that we call... (fill in appropriate paragraph below from Communication Patterns Questionnaire. The main results come from your best assessment and integration of the first 4 items of the questionnaire. But be sure to review the rest of the questionnaire for items indicating other notable patterns.)

Mutual Avoidance, or "Withdraw-Withdraw." This means that when a problem arises in your relationship, both of you tend to avoid discussing it. While this might sometimes help you avoid conflict, in the end, it keeps you from communicating with each other and from reaching a good conclusion. It will be helpful to work on identifying and sharing what you are thinking and feeling so that you can better understand and listen to each other.

Mutual Discussion. This means that when a problem arises, both you and your partner try to discuss it. This can be a very positive style because it means you are both communicating about your concerns. (Review couple's other items to see if the following applies.) However, sometimes this turns into "Attack-Attack," where you may (blame, threaten, criticize) each other. It will be helpful work on communicating your point of view in a way that helps your partner listen and understand you without hurting them.

Discussion/Avoidance. This means that when a problem arises, Female/Male, you try to start a discussion, while Male/Female, you try to avoid a discussion. This is a common couple pattern—one person desires to solve the problem right away, but the other person needs time to think it over or space to be alone after a conflict. This can turn into a "Distancer/Pursuer" pattern because when one partner tends to "pursue," while the other tends to "distance." This causes the pursuer to pursue harder, which causes the distancer to feel the need distance even more. It will be helpful discuss communication tools that meets both your needs and work toward the goals you share.

Relationship Strengths

Male and Female, your relationship has many strengths including (what couple reported at intake as their strengths). On the surveys you took before beginning therapy, you each identified virtues

that you see in yourself and in your partner. (PeRCIP qualities go in these sentences): Female, you believe that Male is frequently or always (- do not just give them a long list- pick ones you think most important- wise, courageous, persevering, honest and sincere, warm and genuine, kind and compassionate, a team player, fair, forgiving, humble, careful and thoughtful, able to stay cool under pressure, grateful, hopeful, funny and playful) and that he (knows what to say or do in our relationship, is aware of my emotions, makes me feel safe, makes me feel I'm never alone, makes sexual experiences positive for me, never waivers in commitment, is comfortable being close to me, is comfort when we need to be apart, helps me handle my stress, holds good spiritual beliefs, has an overall very positive set of character traits in our relationship.)

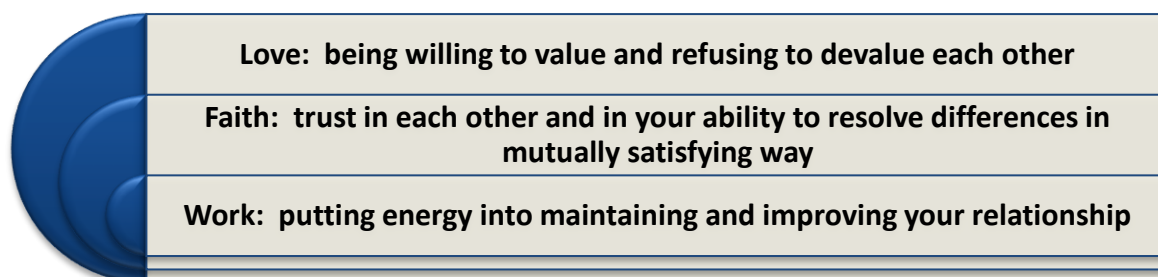
Male, you believe that Female is frequently or always (wise, courageous, persevering, honest and sincere, warm and genuine, kind and compassionate, a team player, fair, forgiving, humble, careful and thoughtful, able to stay cool under pressure, grateful, hopeful, funny and playful) and that she (knows what to say or do in our relationship, is aware of my emotions, makes me feel safe, makes me feel I'm never alone, makes sexual experiences positive for me, never waivers in commitment, is comfortable being close to me, is comfort when we need to be apart, helps me handle my stress, holds good spiritual beliefs, has an overall very positive set of character traits in our relationship.)

Despite life's challenges, there is **deep care and commitment** between you. You should be proud of this! You both recognize that it is important to work on improving communication and have hope for your continued growth as a couple. Your willingness to engage in improving your relationship with us is a very positive sign that you are ready to work on your relationship.

Therapy is a place where you are free and safe to verbalize and explain your thoughts, feelings, and behaviors in order to see your relationship grow. If you show humility and insight into your own behavior as well as into your interactions, you will be on your way to developing a full "toolbox" of ways to handle conflicts, improve communication, and maintain happiness throughout your lifetimes.

Pathways to Change: Faith, Work and Love

The good news is that your relationship can always change. There are 3 pathways to change your relationship that we will work on through various exercises and skills.



Relationships strengthen by "faith working through love" (Galatians 5:6, NKJV).

(Communication, conflict resolution, and intimacy—fill in couple’s main concerns/goals) issues can improve with new experiences, skills, and insights. These things can be learned and used in your relationship when difficult situations arise.

The Work: Male and Female, we ask that you focus *one work week* (**about 40 hours**) of effort on your relationship while participating in this program in the next 8-10 weeks. That will be about 12-15 hours of counseling (90-minute sessions) and another 25 hours of spending positive “homework” time together working to improve your relationship.

The Work: Male and Female, we ask that you focus *10 hours* of effort on your relationship while engaging in some pro-relationship experiences in the next 8-10 weeks. That will be about an hour a week of spending positive “homework” time together working to improve your relationship.

Your Goals: You identified goals for (improved communication, conflict resolution, and patience with one another.) All of the experiences can strengthen your relationship. You also desire God to be a key player in your treatment and would like prayer and Scriptural encouragement to be incorporated into sessions (adjust to couple if spirituality and desire for integration are applicable).

Special note here if needed (if mild violence, substance use, or other potential issues that could cause us to highly recommend individual care or we are moving forward with caution about whether couples is appropriate for their needs at this time- Dr Jen can help you with this if needed, call or text her).

Summary: Male and Female, it seems you are both committed to improving your relationship. Your primary strengths are reflected in The areas for growth in your relationship can be improved upon if you are willing to work hard on your relationship. We believe you both ultimately want a happier relationship and sense that you are equally willing to make that happen. We look forward to working with you!

Hope Therapists: **Date**

Jennifer S. Ripley, Ph.D., Director of the Hope Project **Date**

Tentative Treatment Plan for Male and Female --Example

This is a tentative plan for couples counseling. It may change due to your needs as a couple, or if obstacles are faced which require more time.

10/9/18	Intake On Your Own	Intake and Assessment Date Night & Love Bank
10/16/18	Extended Intake On Your Own	Individual Intake Times and Assessment Date Night
10/23/18	No Session	Clinic Closed for Fall Break
10/30/18	Session 1 On Your Own	Time-Out & Communication Rules Try Time-Out & Communication Rules at home Gratitude or prayer journal
11/6/18	Session 2 On Your Own	Psychological Needs Sort & Psychoeducation on Transitions Prayer for a Hope and a Future Gratitude or prayer journal
11/13/18	Session 3 On Your Own	Love Bank and Love Busters Love Bank, Gratitude or prayer journal
11/20/18	Session 4 On Your Own	Insight into Distancer-Pursuer Pattern & Healthy Ways to Get Needs Met Reflective Processing Worksheet
11/27/18	Session 5 On Your Own	Grace Gratitude Journal
12/4/18	Session 6 On Your Own	Seven Tips for a Good Apology, Processing how to use personal strengths and humility to engage in healthy apology Write Letters of Apology (if able)
12/11/18	Session 7 On Your Own	REACH Forgiveness- addressing the recent pain & offenses Write Letters of Empathy (if able)
12/18/18	Session 8 On Your Own	REACH Forgiveness- addressing Hand-washing ceremony at home together
1/15/19	Session 9 On Your Own	REACH Forgiveness Write Letters of Forgiveness (if able) or Joshua Memorial
1/22/19	Session 10	Review and Termination

Hope Therapists **Date**

Jennifer S. Ripley, Ph.D., Supervisor **Date**

Tentative Relationship Enrichment Plan for Male and Female --Example

DATE & time	Review report together	Meet for online relationship review and check up	https://doxy.me/hopecouples
DATE	On your own or consultation	Personal Relationship Vision Statement	Link on ehope.yolasite.com or workbook download at http://hopecouples.com/cpl-res.php
	On your own or consultation	Communication TANGO	
	On your own or consultation	Love Bank	
	On your own or consultation	Gratitude	
	On your own or consultation	Forgiveness	
	On your own or consultation	Misunderstandings and Attributions	
	On your own or consultation	Love Busters	
	On your own or consultation	Vow Making	

Therapist 1 & Therapist 2, Hope Therapists **Date**

Supervisor **Date**