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Confidential Hope Project Couples Report

Couple: Male and Female (Couple #)

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).

Couple Satisfaction Index:

Male: A Little Unhappy

Female: Fairly Unhappy

**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.

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.)

**Pathway to Change: A Three-Stage Model**

The good news is that your relationship can change. There are 3 stages to recovery that we will work on through various exercises and skills: Impact, Meaning and Moving On.

Relationships can recover from affairs with new experiences, skills, and insights. We will be working on developing and maintaining healthy patterns, so that your relationship can be restored and you can continue to grow in your love for each other.

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 recover, improve communication, and restore happiness throughout your lifetimes.

**The Work:** Female and Male, we ask that you focus a little more than *one work week* (about 40 hours) on your relationship while participating in this program in the next 8-10 weeks. That will be about 12 hours of counseling (90 minute sessions) and another 25-30 hours of spending positive “homework” time together focused on growing and improving your relationship over the next couple months.

**Your Goals:** You have identified some goals for resolving your marriage difficulties as well as desired areas for growth. This program will focus on helping you find direction for your marriage and ways to invest deeper in your relationship. All of the experiences and skills shared in counseling can strengthen your relationship and take it to the next level of closeness and intimacy.

We encourage you to purchase the book” Getting Past the Affair” by Snyder, Baucom & Gordon. We will be using the book as homework for you as we work through the stages of recovering. Not everything in the book may apply to your situation, but we believe many things will help you understand what has happened and make progress towards a healthier and better relationship than you have had in the past.

**Summary**

Female and Male, it appears that you are both committed to each other and to improving your relationship. You have several strengths, including your commitment to each other and your family. Although the affair disrupted your relationship, it can be restored and improved upon if you are willing to work hard on your relationship. We believe you both ultimately want a happier relationship and see that you are equally willing to make that happen.

**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.

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|  |  |  |
| --- | --- | --- |
| **11/11/2021** | **Intake** | **Intake and Assessment** |
| **11/16/2021** | **Feedback Session** | **Feedback and Simple Listen and Repeat**  **Decide together if all are ready to engage in a repair process (refer to individual care if anyone is not yet ready)** |
| **11/23/2021** | **Session 1** | **Time Out, Effective Communication** |
| **11/30/2021** | **Session 2** | **Decision Making & Problem Solving Skills** |
| **12/07/2021** | **Session 3** | **Identifying & Addressing Distressing Memories** |
| **12/14/2021** | **Session 4** | **Guidelines for Sharing Thoughts & Feelings** |
| **01/11/2021** | **Session 5** | **Assessing Ability to Complete Stage 2 & Model for Organizing Risk Factors** |
| **01/18/2021** | **Session 6** | **Examining Relationship Factors** |
| **01/25/2021** | **Session 7** | **Examining Outside Factors** |
| **02/01/2021** | **Session 8** | **Examining Individual Partner Factors** |
| **02/08/2021** | **Session 9** | **Creating a Formulation** |
| **02/15/2021** | **Session 10** | **Forgiveness** |
| **02/22/2021** | **Session 11** | **Moving Forward: Making a Decision** |
| **03/01/2021** | **Termination** | **Moving Forward: How to Proceed** |

**Hope Therapists Date**

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

The Supervision Communication Sheet for Hope Intakes- **DO NOT GIVE THIS TO THE COUPLE but print and put in file.**

**Couples Score sheet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| Screening | Female score/meaning | Male score/meaning | Notable? |
| CSI-16 (51.5 cut off) |  |  |  |
| Dyadic Trust |  |  |  |
| CARE- Communication |  |  |  |
| CARE- differences |  |  |  |
| CARE- 3 forgiveness items mean |  |  |  |
| CARE- intimacy |  |  |  |
| CARE- values + hope mean |  |  |  |
| CARE- commitment |  |  |  |
| Inclusion of Self in others |  |  |  |
| Constructive Communication |  |  |  |
| Self demand- partner withdraw |  |  |  |
| Partner demand- self withdraw |  |  |  |
| Physical aggression items |  |  |  |
| Forgiveness yes/no |  |  |  |
| Qualitative evaluation of offense against partner items (forgiveness, emotional, blame, avoidance, self-forgiveness) |  |  |  |
| Qualitative evaluation of offense by partner items |  |  |  |
| Partner PeRCIP Scale highest few items |  |  |  |
| Self PeRCIP Scale highest few items |  |  |  |
| PeRCIP visual mode |  |  |  |
| Race |  |  |  |
| Religion + frequency |  |  |  |
| Education |  |  |  |
| Times married |  |  |  |
| Length of Marriage/ living together |  |  |  |
| Infidelity (yes/no), type and how long ago |  |  |  |
| Children |  |  |  |
| Military |  |  |  |

Other notes:

Comment on any high risk information like OQ-45 scores and elevated items, anything you followed up on from screener or new information you discovered during intake.

DO NOT write a long description of what happened- only red flags, high concerns, things that might change. If something was a red flag on the one-page assessment sheet and needs description at all- please describe here qualitatively for supervisors.

**When is this due? 48 hours from intake (not including weekends/holidays)**

**Who is responsible for this if co-therapy?** Fall- advanced students, Spring/Summer- PSC students. Or paper-rock-scissors for it if that doesn’t apply.

**Who do you send this to?** Dr Jen, your group supervisors, any CASs who are planning to stick with this case. Dr Jen will respond – text her if you are 24 hours prior to your feedback session and still haven’t heard from her (757-309-2064).