

Learn how to work together rather than against each other

- Identify your repeated patterns of self-defeating behavior—arguments, roadblocks, and recurrent problems that create unnecessary friction.
- Learn how to listen effectively and make your partner feel understood and cared for.
- Learn how to talk to your partner without lecturing, condemning, and attacking.
- Learn how to solve problems together—without imposing your will or caving in.
- Learn how to cope with intense emotion so that you don't feel overwhelmed.
- Learn how to be yourself while working together with your partner.
- Learn how to use your differences as an opportunity to learn from each other.



American Institute for Cognitive Therapy

Staff

Robert L. Leahy (B.A., M.S., Ph.D., Yale University) **Director of the American Institute for Cognitive Therapy (NYC)** is the Past-President of the Association for Behavioral and Cognitive Therapies, Past-President of the International Association of Cognitive Psychotherapy, Past-President of the Academy of Cognitive Therapy, and Clinical Professor of Psychology in Psychiatry at Weill-Cornell University Medical School. Dr. Leahy is the Honorary Life-time President, New York City Cognitive Behavioral Therapy Association. He has received the Aaron T. Beck award for outstanding contributions in cognitive therapy. He has been featured in *The New York Times Sunday Magazine*, *Forbes*, *Fortune*, *Newsweek*, *Psychology Today*, *The Wall Street Journal*, *Washington Post*, *Redbook*, *Self Magazine* and has appeared on national and local radio and on television (*20/20*, *Good Morning America*, and *The Early Show*). He is author and editor of 18 books, including *The Worry Cure* which received critical praise from the *New York Times* and has been selected by *Self Magazine* as one of the top eight self-help books of all time. His recent books include *Anxiety-Free: Unravel Your Fears before They Unravel You*, and *Beat the Blues Before They Beat You: How to Overcome Depression*.

Laura Oliff, Ph.D., Associate Director of Institute (Ph.D., New School for Social Research) has over twenty-five years of clinical experience with individuals, couples and families and has been training therapists at AICT for the past 18 years. Dr. Oliff has worked extensively with couples and their children to help create better understanding and more effective parenting.

Dennis D. Tirsch PhD, Associate Director of Institute, Director of Clinical Services and Director of the OCD Treatment Program, (PhD, Fairleigh Dickinson University), Clinical Assistant Professor at Weill-Cornell Medical College, has specialized in the treatment of depression, mood disorders, anxiety, trauma, addictions, stress management, and relationship problems.

Simon A. Rego, Psy.D., ABPP, ACT, Director of Clinical Training, is an Assistant Clinical Professor in the Department of Psychiatry and Behavioral Sciences at Albert Einstein College of Medicine. He has been featured as an expert in many national media outlets including CNN's *American Morning*, ABC's *Good Morning America*, and CBS's *Eye on New York*.



Couples Therapy

making it better together

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Making it Better Together

Our relationships are often a source of reward and meaning but also of stress and depression. We find ourselves struggling over and over, making the same mistakes, and feeling angry, unfulfilled and unappreciated. Our experienced staff of cognitive behavioral therapists can help you find the tools to use to make it better together.

What would it be like if you could do the following in your relationship:

- We could be more rewarding toward each other
- We could show appreciation more
- We could focus more on the positives than the negatives
- We could stop bringing up the past and focus on what we can do better today
- We could accept our differences
- We could be more patient
- We could be more affectionate
- We could feel that our emotions are cared for
- We could get validation and understanding from our partner
- We could be better at solving problems together.

Ask yourself if you or your partner would agree with any of the following:

- My partner is always criticizing me.
- My partner looks down at me.
- My partner doesn't give me any credit.
- My partner doesn't appreciate what I do.
- My partner always wants his or her way.
- We don't seem to be able to work on problems together.
- I try to win.
- If I'm upset, I just withdraw.
- My partner is the problem.



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To learn more about making things better read *Beat the Blues Before they Beat You* by Dr. Robert Leahy.

Your therapist can help you and your partner learn how to change these self-defeating patterns. You can learn how to empower your relationship by doing some of the following:

- What are you doing to make each other miserable?
- Stop justifying yourself –stop being right.
- Connect with your partner's feelings
- Help your partner feel cared for
- Increase rewards
- Examine your resistance
- Catch your partner being good
- Don't undermine your success by zapping your partner
- Be more effective in working together
- Avoid the twelve self-defeating mistakes we all make
- Learn to accept and use differences