

The Challenge of Intimacy: Control-Mastery Theory in Group Therapy and Couple Therapy

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SELECTED ANNOTATED COUPLE THERAPY BIBLIOGRAPHY

General Control-Mastery References:

Silberschatz, G. (Ed.) Transformative Relationships: The Control-Mastery Theory of Psychotherapy. New York: Routledge, 2005. *(An excellent multi-author contribution, including Weiss, Sampson, and other senior members of the San Francisco Psychotherapy Research Group, who present and update areas of theory, clinical application, research, and integration.)*

Weiss, J., Sampson, H., and the Mt. Zion Psychotherapy Research Group. The Psychoanalytic Process: Theory, Clinical Observations, and Empirical Research. New York: Guilford Press, 1986 *(This is the original Control-Mastery text, covering the first 30+ years of the development of this approach.)*

Weiss, J. How Psychotherapy Works. New York: Guilford Press, 1993. *(Weiss extends his theory and focuses on process and technique in the clinical setting.)*

Weiss, J. Empirical studies of the psychoanalytic process. Journ. Amer. Psychoanal. Assoc., 41(suppl.), 7-29, 1993 *(A detailed summary of the empirical basis of the theory up to that time.)*

(Note: A detailed bibliography of Control-Mastery publications, collected articles, audio and videotapes, and information about upcoming workshops and presentations can be obtained from the San Francisco Psychotherapy Research Group office: 415/561-6771, or online: <http://www.sfprg.org> and <http://controlmastery.org>)

Control-Mastery Couple Therapy References:

Foreman, S.A., The difficult couple. In H. Kessler (Ed.), Treating Couples, San Francisco: Jossey-Bass, 1996. *(The author stresses patients' issues of blame, omnipotent responsibility, worry, and guilt; and the therapist's countertransference.)*

Vogel, R., Short term couples therapy from a Control-Mastery perspective. In J. Donovan (Ed.) Short Term Couples Therapy, New York: Guilford, 1999. *(The author places particular emphasis on the role of separation/survivor guilt.)*

Zeitlin, D. J., Control-Mastery theory in couples therapy. Family Therapy, 1991, 18(3), 201-230 (narrative couple therapy "case" supplement available by request) *(An original, systematic application of Control-Mastery theory to the field of couple therapy. Available for free download: <http://controlmastery.org>)*

Selected Books on Couples and Couple Therapy:

Bader, E., and Pearson, P.T. In quest of the mythical mate. New York: Brunner/Mazel, 1988. *(A developmental approach to diagnosis and treatment in couples therapy, based upon the work of Margaret Mahler.)*

Bobes, T., and Bobes, N. The Couple Is Telling You What You Need to Know: Couple Directed Therapy in a Multicultural Context. New York: W.W. Norton, 2004. *(Drawing on real-life case examples, the authors expand the practice of traditional couple and family systems theory to fit the multicultural reality of today's clients.)*

Budman, S.H., Hoyt, M.F., and Friedman, S. The first session in brief therapy. New York: Guilford, 1992. *(Includes brief couples therapy contributions from Gurman (Integrative), Johnson and Greenberg (Emotionally Focused), and Baucom, Epstein, and Carels (Cognitive-Behavioral).)*

Donovan, J.M. (Ed). Short-term couple therapy. New York: Guilford, 1999. *(Psychodynamic methods, the systemic approach, collaborative models, and postmodern schools are represented in thirteen chapters.)*

Donovan, J.M. Short-term object relations couples therapy: the five step model. New York: Brunner-Routledge, 2003. *(Donovan describes an innovative and practical five-step model engaging the complex psychodynamic approach of object relations theory for use in brief couples therapy. He provides a summary of successful couples therapy techniques and includes case illustrations.)*

Fruzzetti, A. E., The high conflict couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation. Oakland, CA: New Harbinger Publications, Inc., 2006. *(This book is based jointly on the principles of dialectical behavior therapy developed by his mentor, Dr. Marsha Linehan, and principles of couple and family interaction illuminated by a predominantly behavioral approach. Written "directly" to the couple, it is nonetheless useful to clinicians.)*

Goldbart, S., and Wallin, D. Mapping the terrain of the heart. New York: Addison-Wesley, 1994. *(A ground-breaking and compassionate book. Coming from an object-relations psychoanalytic developmental perspective, the authors identify six capacities necessary for participation in a passionate, tender, and enduring couple relationship.)*

Gottman, J.M. What predicts divorce? the relationship between marital processes and marital outcomes. Hillsdale, N.J.: Lawrence Erlbaum, 1994. *(Gottman's magnum opus, summarizing his first 20 years of scientific observation of couples, including recommendations for therapy and marital stability, coming from a behavioral perspective.)*

Gottman, J.M., and Silver, N. The seven principles for making marriage work. New York: Crown, 1999. *(Essentially a self-help book for couples, with useful insights for therapists, Gottman integrates his behavioral approach with concepts from more process-oriented therapies.)*

Gottman, J., Murray, J., Swanson, C., Tyson, R., and Swanson, K. The Mathematics of Marriage : Dynamic Nonlinear Models. Cambridge: MIT Press, 2003 *(Over a 30 year career as a researcher and clinician, Gottman has written dozens of scholarly and popular books and many more articles, as he continues to develop an empirically validated theoretical understanding of the processes related to marital stability and dissolution. The Mathematics of Marriage provides his latest step in building a foundation for a scientific theory of marital relations. The book does not rely on metaphors, but develops and applies a mathematical model using difference equations, allowing new freedom to design and evaluate new marriage interventions. A non-mathematical, but excellent clinical overview of his recent work can be found in: Gottman, J., Building the sound marital house. In: Gurman, A.S., and Jacobson, N.S. (Eds.) Clinical Handbook of Couple Therapy. New York: Guilford, 2002.)*

Gurman, A.S., and Jacobson, N.S. (Eds.) Clinical handbook of couple therapy. New York: Guilford, 2002. *(This third edition of the definitive multi-author couple therapy textbook has been extensively revised and is the finest to date, although the earlier ones (with Jacobson as first author) remain valuable reference works. The coverage is*

uniquely comprehensive; the focus is consistently clinical and highly useful; and the chapter authors are tops in the field. The 2008 fourth edition, edited by Alan Gurman, has just been released, with 11 new chapters, and a wealth of clinical and research advances, aimed at bringing the field up to date.)

Hendrix, H. Getting the love you want. New York: Harper and Row, 1988. *(In this book aimed at the lay readership, Hendrix draws on depth psychology, the behavioral sciences, western spiritual tradition, elements of Transactional Analysis, Gestalt, Systems Theory, and Cognitive Therapy to develop his Imago Relationship Therapy for couples. 15 years later, he published Getting the love you want workbook (New York: Atria, 2003), containing a twelve-week course (The New Couples' Study Guide) designed to help work through the exercises published in Part III of Getting the love you want. Included are step-by-step instructions aimed at transforming relationships into a lasting source of love and companionship. And in 2008, a revised and updated 20th anniversary edition details the biggest departure from previous editions: the emphasis on defusing childhood anger through a process designed to eliminate all forms of negativity from couple interaction.)*

Jacobson, N.S., and Christensen, A. Acceptance and change in couple therapy. New York: W.W. Norton, 1996. *(Originally published under the title Integrative couple therapy, this expands the behavioral approach to include more process-oriented concepts such as emotional acceptance and tolerance work and strategic change.)*

Johnson, S. The practice of Emotionally Focused Couple Therapy: creating connection. New York: Brunner-Mazel, 1996. *(Susan Johnson has been the major developer of this approach over the past 20 years. An integration of experiential/gestalt, systemic, and more recently, attachment theory, the three main tasks of EFT are: to create a safe, collaborative alliance; to access and expand the emotional responses that guide the couple's interactions; and to restructure those interactions in the direction of accessibility and responsiveness. An excellent update and overview is available: Johnson, Susan, Emotionally Focused Couple Therapy. In Gurman, A.S. and Jacobson, N.S. (Eds.) Clinical Handbook of Couple Therapy, New York: Guilford, 2002.)*

Karpel, M.A. Evaluating couples. New York: W.W. Norton, 1994. *(A clinically savvy, basic, yet sophisticated guide to couple evaluation. Detailed pragmatic considerations are balanced by an examination of "organizing forces" in couple relationships, including attachment, attraction, expectation, disappointment, fairness, gender, sexuality, vitality, and the "unconscious matrix").*

Lewis, T., Amini, F., and Lannon, R. A general theory of love. New York: Random House, 2000. *(A challenging and passionate integration of insights from*

research in attachment theory, brain neuroscience, and memory, with serious implications for how relationships, culture, and psychotherapy function.)

Paolino, T.J., and McCrady, B.S. (Eds.) Marriage and marital therapy. New York: Brunner/Mazel, 1978. *(An early collection of papers from 13 authors, presenting the conceptualization of couple dynamics and couple therapy from a psychoanalytic, systems, and behavioral perspective. Alan S. Gurman contributes an excellent final chapter of critique and comparative analysis.)*

Scharff, D.E., and Scharff, J.S. Object relations couple therapy. Northvale, N.J.: Jason Aronson, 1991. *(A crystallization of an approach developed over ten years of clinical work. Their main theoretical orientation stems from Fairbairn, but draws also upon Klein, Winnicott, Bion, Tavistock, Dicks, Zinner, Shapiro, and Ogden.)*

Schnarch, D.M. Constructing the sexual crucible. New York: W.W. Norton, 1991. *(The author offers a challenging exposition on the nature of intimacy, eroticism, and sexual function; and integrates sexual and marital therapy, drawing upon systems theory, object relations, and existentialism.)*

Schnarch, D.M. Passionate marriage. New York: Henry Holt, 1997. *(An exposition primarily for the lay reader, many of the concepts from his first book (above) are clarified and expanded, along with new material.)*

Sharpe, S.A., The ways we love: a developmental approach to treating couples. New York: Guilford, 2000. *(Sharpe, a psychoanalyst with thirty years experience working with couples, brings a developmental, non-pathologizing perspective to identify seven themes in couple relationships—nurturing, merging, idealizing, devaluing, controlling, competing for superiority, and competing in love triangles. She illuminates, without oversimplification, the developmental histories of these themes, their adaptive and pathological dimensions, and their consequences both for the relationship and for the partners as individuals. She includes her own emotional reactions in the vivid description of the therapy process.)*

Sholevar, G.P. (Ed.) The handbook of marriage and marital therapy. New York: SP Medical & Scientific Books, 1981. *(An early collection of papers from 31 contributors addressing psychodynamic theories; theory and technique; and special issues and techniques.)*

Snyder, D., and Whisman, M. (Eds.) Treating Difficult Couples : Helping Clients with Coexisting Mental and Relationship Disorders. New York: Guilford, 2003. *(Many reputable American researchers and clinicians of diverse backgrounds have*

contributed to a book with very practical, usable, and up-to-date reviews of all the major problems that are comorbid with marital distress. The special strengths of the volume include its integrative conceptualization of individual diagnoses and relational problems, its survey of relevant research, and useful case illustrations.)

Wallerstein, J.S., and Blakeslee, S. The good marriage. Boston: Houghton Mifflin, 1995. *(Based on a study of 50 self-described happy marriages, the authors offer a typology, natural stages, and psychological tasks of "good" marital relationships.)*

Wells, R.A., and Gianetti, V.J. Handbook of the brief psychotherapies. New York: Plenum, 1990. *(Contains, among others, expositions from Segraves on a time-limited integrative cognitive-behavioral approach, and from Whisman and Jacobson on brief behavioral marital therapy.)*

Wells, R.A., and Gianetti, V.J. Casebook of the brief psychotherapies. New York: Plenum, 1993. *(includes time-limited couples therapy contributions from the Relationship Enhancement, MRI model, Strategic-Eclectic, and Solution Focused perspectives.)*

Wile, D.B. After the fight. New York: Guilford, 1993. *(Building his "Collaborative Couple Therapy" approach on the ego-analysis of Bernard Apfelbaum, Dan Wile has been an innovator and major contributor to the field since his first lengthy exposition: Wile, D.B. Couples Therapy. New York: John Wiley, 1981. In After the fight, he presents one night in the life of a couple, detailing the half-thoughts and half-feelings that generally go unnoticed, in an effort to uncover everything possible about the relationship, and by extension, all relationships. Wile's model is compatible with a Control-Mastery approach in a number of respects, e.g., the emphasis on collaboration and empathy; avoidance of judgmental interventions; respect for adaptations; working with family-of-origin issues; seeing symptoms as fundamentally ungratifying; and recognizing the centrality of the patient's motivation for growth. An excellent update and distillation is available: Wile, Daniel B., Collaborative Couple Therapy, in Gurman, A.S. and Jacobson, N.S. (Eds.) Clinical Handbook of Couple Therapy, New York: Guilford, 2002.)*

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