

Models of Couples Therapy in Alphabetical Order

What is it called?	Acronym	Who started it? Developer	Description	Web Address
Accelerated Resolution Therapy	ART		For couples dealing with reproductive health or other trauma.	
AEDP for Couples - Facilitating Transformance for Couples	AEDP	Diana Fosha, PhD David Mars, PhD	Uses AEDP methods, somatic work and Arnold Mindell's Process Work. (Accelerated Experiential Dynamic <i>Psychotherapy for Couples</i>).	https://aedpinstitute.org/transformance/aedp-for-couples/
Behavioral Couples Therapy	BCT and ABCT	Barbara McCraedy	Behavioral Couples Therapy is an evidence-based conjoint treatment for substance abuse that includes the partner in treatment. It is also used for depression	
Behavioral Marital Therapy and (Enhanced Behavioral Marital Therapy)	BMT and EBMT	Used in substance use treatment.	The BMT approach focuses on traditional components of behavior exchange and communication skills training. The EBMT approach adds cognitive and affective change strategies to BMT.	https://www.recoveryanswers.org/resource/behavioral-couples-therapy/
Christian Couples Counseling		Offered at many Christian Churches	Pre-marital and marital counseling based on Christian approach.	
Co-Counseling International	CCI		CCI was founded in the early 1970s by three people who were originally part of Re-Evaluation Counseling (RC). Ancestry with EST.	https://www.cci-usa.org/
Cognitive-Behavioral Psychotherapy for Couples	CBCT	Richard B Stuart	Known for its effectiveness for decreasing couple distress and dissatisfaction as well as for addressing communication or problem-solving difficulties	Book: Helping Couples Change: A Social Learning Approach, 1980.
Cognitive Behavioral Couples Therapy for PTSD	CBCT for PTSD	Candice Monson, PhD	Front line treatment for PTSD and relationship enhancement. 15 sessions, manualized, 1.25 sessions. Weekend retreats and self-guided online class. Experimenting with using MDMA and oxytocin.	https://www.coupletherapyforptsd.com/
Cognitive Existential Couples Therapy			For couples dealing with adjusting to serious life events such as cancer.	
Collaborative Couple Therapy	CCT	Dan Wile, PhD	Turn the fight into a conversation and use of "doubling".	https://danwile.com/
Congruence Couples Therapy	CCT	Bonnie Lee, PhD, RSW	For pathological gambling and other addictions with spouse. Integrative, humanistic model. Developed in Canada	
Conjoint Intimacy Enhancing Therapy			Focuses on couple communication regarding cancer experience.	
Cornerstone Approach		Howard University	Based on four cornerstones: Resiliency, Social Support, Adaptability, and Self-fulfillment.	

Couple Dialectical Behavioral Therapy		Dr. Alan Fruzzetti	Teach partners “specific skills that can be used reciprocally to help regulate emotion and lead to improved understanding, empathy and validation.”	Fruzzetti, Alan E. (2006), <i>The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy and Validation</i> . New Harbinger. https://www.centerfordbtandfamilies.com/upcoming-events
Couple Recovery Development Approach	CRDA	Dr. Robert Navarra	A theory for explaining how couples can successfully navigate the challenges found in the transition from active addiction to active recovery. Live online recovery work.	https://couplerecovery.org/
Crucible Therapy	CT	David Schnarch	Uses anxiety tolerance to help couples differentiate and solve problems.	https://crucibletherapy.com/
Developmental Couples Therapy for Complex Trauma		Heather MacIntosh	This evidence-based framework emphasizes the importance of containing conflict and helps clients to build emotional regulation and mentalizing skills.	https://www.drheathermacintosh.com/
Developmental Model of Couples Counseling		Dr. Ellyn Bader and Dr. Peter Pearson of the Couples Institute	Focuses on the developmental stage of the couple, integrating Attachment, Differentiation, and Neuroscience.	https://www.couplesinstitute.com/
Discernment Counseling	DC	William Doherty, PhD	For couples on the brink of divorce. Evidence based, short-term, combining individual and couple work in an extended session.	https://discernmentcounseling.com/
Emotionally Focused Therapy	EFT	Dr. Sue Johnson	Based on attachment theory. Distress in relationships caused by loss of secure emotional connection. Helps stop negative cycles.	https://iceeft.com/ https://drsuejohnson.com/professionals/
Encounter Centered Couple Therapy	EeCT	Hedy Schleifer, MA	Uses appreciative inquiry, imago relationship theory, Martin Buber’s relational philosophy, the Judaic concept of Tikkun, relational neurobiology and memory reconsolidation theory into a model called the Art of Connection.	https://www.hedyschleifer.com
Gottman Method of Couples Therapy	CGT – certified Gottman Therapist	Dr. John and Dr. Julie Gottman	Based upon decades of research in the Love Lab. Includes a thorough assessment of the couple’s relationship and integrates research-based interventions	https://www.gottman.com/professionals/training/
Hakomi Couples Therapy		Rob Fisher, wrote a book about this Devi Records-Benz studied with Hakomi founder Ron Kurtz	Views the couple as one system, one body. Awareness of limiting patterns, find alternative patterns, beliefs from the inner self rather than the logical self.	https://hakomiinstitute.com/Resources/rfisher.html

Hope and Forgiveness Therapy		Everett L. Worthington Jr.	Short term therapy to strengthen relationships and prevent divorce, reduce resentment and anger. Solution based.	http://www.evworthington-forgiveness.com/help-couples
Imago Relationship Therapy	IRT	Dr. Harville Hendrix and Dr. Helen LaKelly Hunt	Uses a type of mirroring to understand each other's feelings and childhood wounds empathically. Helping people talk to each other with the "Imago Dialogue" process.	https://imagorelationships.org/
Insight oriented couple therapy	IOCT	Dr. Douglas K. Snyder researcher developed Marital Satisfaction Inventory. Looked at IOCT	Integrates psychodynamic theory with CBT and BCT. Interpersonal problems stem from childhood and are repressed. Coming out as projections onto partner.	
Institute for Relational Intimacy		Martha Kauppi, LMFT, CST-S	Founded to help people navigate relationships and sexuality. Working with a full array of sex issues in therapy, including sexual health concerns, alternative sexualities, problematic sexual behavior, and LGBTQAI+ related concerns. Offers some free training for therapists.	https://www.instituteforrelationalintimacy.com/
Integrative Relationship Therapy	IRT	Tammy Nelson, PhD	Combines Imago Relationship Counseling with sexuality counseling. Newly minted model with therapist training that offers a certificate.	https://drtammynelson.com/isti/
Integrative Couples Therapy	IBCT	Dr. Neil S. Jacobson	Evidence based interventions based on traditional behavioral couple therapy but expands both the conceptualization of couple distress and of intervention.	https://www.ourrelationship.com/therapists/
Integrative Systemic Therapy	IST	Jay Lebow	Combines individual, couple and family therapy. Critical tools are "essence" and "blueprint". Meta theoretical perspective	
Internal Family Systems for Couples	IFS	Richard C. Schwartz, PhD	Looks at the interactions between the parts of the two people and how a part in one person can activate extreme parts in the other.	https://ifs-institute.com/resources/articles/couples-marriage-counseling-internal-family-systems-therapy
Love Made Simple Method		Gal Szekely and Liron Cohen	Combines EFT, PACT and other models, provides couple therapy, day long intensives and couple retreats	https://www.thecouplescenter.org/
Mentalization-based treatment for couples	MBT-CT	Bateman and Fonagy	Originally developed for borderline personality disorder treatment.	
Modern Couples Therapist		Jourdan Virginia Blue	Teaches a 12 week curriculum for couples therapists called "Secret Love Hacks" She calls it coaching sessions.	https://moderncouplestherapist.com/apply
Narrative Therapy for Couples		Michael White and David Epston	Works on externalizing the problem, rewriting the intertwined story, sees the client is the expert, focuses on the solution	Book: Narrative Therapy with couples...and a whole lot more! a collection of papers, essays, and exercises Paperback – January 1, 2002 by Jill Freedman and Gene Combs

				www.narrativetherapychicago.com
Narrative Informed Relational Interviewing	NIRI	Stephen Madigan, PhD		https://www.vancouversechoolfornarrativetherapy.com/couple-therapy
Non-Violent Communication for couples	NVC	Marshall Rosenberg, PhD	Also known as Compassionate Communication. This is an interest-based model for resolving conflict that focuses on feelings and needs. Four components: observation, feelings, needs and requests. There are coaches available who work specifically with couples.	https://www.cnvc.org/about
Pragmatic/Experiential Therapy	PET	Brent Atkinson, PhD	Uses information on how the brain processes emotion and turns it into practical methods for improving relationships.	
Prepare/Enrich	P/E	David H. Olson, Ph.D and Karen Olson	Research based program for couples, therapists, coaches. Uses FACES (Family Adaptability and Cohesion Scale) and PREPARE assessment. Known for premarital counseling, has on-line scoring, conversation cards, workbooks, guidebooks for therapists, coaches, clergy. Established 1980. Has online training for therapists.	www.prepare-enrich.com
Prevention and Relationship Enhancement Program (PREP)	PREP	Howard Markman Ph.D., Scott Stanley Ph.D., and Galena Rhoades Ph.D.	Online Training – Uses CBT to teach couples skills in communication, affect management, conflict management, commitment	https://prepinc.com/
Psychedelic- Assisted Therapy for Modern Relationships		Sarah Tilley	Beautiful Space is an expert-led company specializing in psychedelic-assisted therapy for couples and individuals. Based in the Netherlands.	https://beautifulspace.org/
Psychoanalytic Couple Therapy	PCPG	Based on Tavistock Relationships in London with a Kleinian framework.	Founded in 1999. Hosts Annual Psychoanalytic Couples Lecture Event. Intensive Study Program. Non-profit organization.	https://www.pcpgbayarea.com/
Psychobiological Approach to Couple Therapy	PACT	Stan Tatkin, PsyD, MFT	Uses neuroscience, attachment theory and biology of human arousal to help couples co-regulate and develop security. Amalgam of theories, approaches and techniques.	https://www.thepactinstitute.com/
RCA 12 step program for couples (Recovering Couples Anonymous)	RCA	No leader – Free Not a recognized model	It is recommended that one member of couple be in a twelve-step program	https://recovering-couples.org/
Relational Life Therapy	RLT	Terry Real, LCSW	Integrates systems therapy, feminist therapy, neurobiology, and other evidence-based modalities. Includes loving confrontation, deep trauma work in presence of partner and skills building.	https://terryreal.com/

Relational Self-Awareness Approach	RSA	Alexandra Solomon PhD	Holistic, all-encompassing approach with emphasis on why couples do what they do. Offers certification: CCTIP – Certified Couple Therapy Informed Provider	25 hour training through PESI.com Offers certification.
Relationship Enrichment		Sheila Maitland, LCMHCS, CSAT		https://www.relationshipenrichmentcenter.com/
Religiously integrated cognitive behavioral therapy	RCBT			https://spiritualityandhealth.duke.edu/index.php/religious-cbt-study/therapy-manuals/
Restoration Therapy	RT	Terry Hargrave, Phd and Franz Pfitzer, MD	An integrative model based on attachment theory, emotional regulation and mindfulness. Understand identity and safety patterns and change them.	https://www.restorationtherapytraining.com/
Solution Building Couples Therapy	SBCT	Originally Solution Focused Therapy developed by Steve De Shazer and Insoo Kim Berg. Elliot Connie remodeled it for couples	Focus is on the outcome not the problem.	https://courses.thesfu.com/the-sfu-courses
Structural Couple Therapy	SCT		Based on circular causality. Viewed as a family subsystem. Sees each partner's differences as a resource rather than a threat.	
The Doherty Approach		William Doherty, PhD.	Helps couples see which of 20 interactional patterns they may be in and we help couples see which of 12 interactional patterns they might be involved in with couples during sessions. Bring multi-systemic skills to your work	TheDohertyApproach.com
Transformative Approach to Couples Therapy		Esther Perel, LMFT	Combines intrapersonal with interpersonal work in a couples session	https://sessions.estherperel.com/
Transformative Couples Therapy® (TCT)	TCT	David Mars, PhD	An experiential, body-based, trauma-informed therapy. Used to be AEDP for couples.	https://www.cftsite.com/
Twin Flame movement		There are coaches available. Not a recognized clinical method.	Your partner is your soul mate, there is a deep spiritual connection, two magnets with opposite polarity.	