

**Jeanne Plo, M.Ed., M.A.**

**Tel: (802) 233-6377**

Licensed Clinical Mental Health Counselor, VT #068-0000065

## **INFORMED CONSENT FOR DIALOGUE THERAPY**

Dialogue Therapy\* is a time-limited couples therapy designed to help couples negotiate conflicts and keep intimacy alive. It aims to offer deep insight into the roots of suffering, opening the possibility of new acceptance of the partner and self, while promoting dialogue and mindfulness. After the emotional landscape of harmful patterns is clarified, the couple is taught skills that enable them to recognize and avoid re-wounding, while encouraging renewed intimacy.

Dialogue Therapy combines psychoanalytic methods with aspects of psychodrama and mindfulness, and is a unique approach to healing relationship problems.

Dialogue Therapy aims to develop the skills of mindfulness so they may be used in emotionally activated cycles of conflict. It encourages the promotion of insight and skills in the partners themselves, so that they don't come to depend on the therapist to negotiate their difficulties. Couples therapy sometimes fails because partners depend too much on the therapist, and do not use new skills and insights on their own. Dialogue Therapy was designed especially for couples to become experts on their own relationships and take that expertise home with them.

The initial sessions of Dialogue Therapy consist of an evaluation of the couple to determine whether the technique is appropriate. The Evaluation process takes place on a weekly basis until it is complete, and then couples participate in sessions on a once weekly or biweekly basis, until the Dialogue Therapy process is completed.

The course of Dialogue Therapy consists of approximately 12-13 hour long sessions. There is a six month follow-up as part of the therapy.

### **General Outline of Sessions:**

**Evaluation of the Couple:** First 3 Meetings

**Working on a Conflict:** 4 Meetings

**Testing Your Empathy for Partner:** 2 Meetings

**Practicing and Refining Skills:** 2 Meetings

**Refining Dialogue Skills:** 2 Meetings

## Sample Dialogue Therapy Session Content:

(Sessions are typically 60 minutes)

1. **Evaluation and Introduction**
2. Evaluation: **Relational History of One Partner**
3. Evaluation: **Relational History of Other Partner**
4. First Session of Dialogue Therapy: **Working on a Conflict**
5. Second Session: **Working on a Conflict**
6. Third Session: **Practicing Skills**
7. Fourth Session: **Honing Skills**
8. Fifth Session: **First Role Reversal—Building Empathy**
9. Sixth Session: **Second Role Reversal—Building Empathy**
10. Seventh Session: **Using Empathy and Dialogue**
11. Eighth Session: **Using Empathy and Dialogue**
12. Final Session: **Refining Skills**
13. Follow-up: **Check-in** (six months later)

Please Note: I may occasionally find it helpful to consult with other health or mental health professionals to discuss our work. During a consultation, I make every effort to avoid revealing the identity of my client. The consultant is also legally bound to keep the information confidential. I will not tell you about these consultations unless I feel that it is important to our work together.

Your signature below indicates that you have read the **Informed Consent for Dialogue Therapy** and are in agreement with its terms and conditions.

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Client Signature and Date

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Client Signature and Date

\*Created originally by Polly Young-Eisendrath, Ph.D. and Ed Epstein in the mid-1980's, Dr. Young-Eisendrath has continued to develop the method and its meaning.