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**GENDER DIFFERENCES IN THE EXPRESSION OF FEELINGS
IN COUPLES THERAPY SESSIONS**

By

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ABSTRACT

GENDER DIFFERENCES IN THE EXPRESSION OF FEELINGS IN COUPLES THERAPY SESSIONS

By

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Social science research suggests that there are gender differences in the approach to discussion of feelings. One area of difference points to most males as less skillful and less inclined to discuss feelings than most females. If male therapists share these characteristics, this finding has implications for those who structure training programs for therapists. Transcription from 10 couples therapy sessions demonstrated several important findings. The overall time devoted to discussion of feelings was very low, averaging 1 feeling word/feeling expression (FW/FE) in 13 turns speaking. Female therapists in the study used more FW/FE and took longer turns as measured by number of words used than their male counterparts. Male therapists took more turns speaking, but used less of their turns to discuss feelings. Male clients as a group both spoke less altogether and spoke less about feelings than both female clients and therapists of both genders. One of the most intriguing and consistent findings points to an inclination of both therapists and clients to speak more to the opposite gender than to the same gender. Expanding the study of gender differences in discussion of feelings is important to helping practicing therapists to reflect on their approach to discussion of feelings in couples therapy sessions and for those designing training programs for therapists.

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CHAPTER I

PROLOGUE

Scope of the problem

Research on male/female socialization, points to definitive differences in the socialization of males and females in our society. Among these gender differences are those involving communication behaviors. Philpot (1991) concludes that emotional expression is acceptable for women, but not for men in our capitalistic society. Other researchers have indicated that success for men in our society is linked to learning suppression of emotionality and to hiding fears, insecurities, and tender emotions, resulting in failure to self-disclose and to emotional isolation for males (Chodorow, 1978, Doyle, 1989, Farrell, 1986, Goldberg, 1976, Miller, 1984, Parson & Bales, 1955). Deborah Tannen, a well known scholar of gender communications, writes that years of study have led her to the conclusion that each gender has a communicative style that is akin to a cultural background. As a consequence, misunderstanding can easily arise in communication because speakers from different cultures (in this case genders) have different meanings or interpretations, different linguistic strategies, and different modes of expression (Tannen, 1994). Using a similar premise, John Gray's conceptualization that men and women are from different planets — Mars

and Venus — (Gray, 1992) has become very popular with the lay audience, spawning additional books, seminars, study groups, and television shows.

The differences in male and female communication behaviors are relevant to the mental health field of couples therapy. Newberry, Alexander, and Turner (1991) point out that social rules for appropriate behavior are quite clear and may influence the behavior of therapists. Expert practitioners in the mental health professions have speculated about the potentially inhibiting or strengthening effects of different socialization of the genders on therapy (Nutt & Gottlieb, 1993, Hare-Mustin & Maraceck, 1992, Warbuton, Newberry, and Alexander, 1989), but little research has been done to verify these intriguing speculations.

When contemplating gender communication differences, some questions arise. Are male therapists typical in terms of socialization, finding emotional expression unacceptable or difficult? If so, does that difficulty have an impact on therapy sessions conducted by males? Are therapy sessions conducted by females different from those conducted by males? Do the therapy sessions conducted by female therapists contain more communication about feelings? Are the males who become therapists different in their communication behaviors from the typical male as described by the research?

Purpose Statement

The purpose of the present exploratory study was to investigate whether there are differences in male and female therapists in the level of discussion of feelings with their clients in couples therapy sessions. Specifically, It explored the level usage of feeling words and feeling expressions (FW/FE) in couples therapy sessions by male and female student therapists. It also sought to determine if there were differences in the level of usage of FW/FE by male and female clients in couples therapy sessions. It also considered whether the use of a feeling word or feeling expression by a therapist elicited a client response that contained a feeling word or expression thus raising the level of usage of feeling words or feeling expressions on the part of the clients. And finally, it considered whether time affects discussion of feelings in a couples therapy session by noting whether discussion of feelings increased as the session progressed.

CHAPTER II

REVIEW OF THE LITERATURE

The relevant literature forming the basis for this study comes from empirical research conducted in four areas: Male-female socialization, gender communications, gender communications in therapy, and efficacious therapy. While no studies similar to this proposed study were found, there seemed to be ample indication from these four bodies of research that this kind of study would be both relevant and informative.

Male/Female Socialization

Much of the literature on male-female socialization finds definitive differences in socialization of the genders that has a marked impact on behaviors and specifically on communication behaviors. Although researchers use varying terminology or models to describe the differences, similarities can be found. Chodorow (1974) writes that males and females in our society are socialized toward different aims. She indicates males develop relational personalities and develop toward denial of relationships. It is theorized that males must deny attachment, particularly dependence on another, and must repress and devalue femininity (Chodorow, 1974). Males need to define themselves sexually as separate and different from the primary caretaker. The male child has to draw

boundaries and separate. In an industrial society like ours where the father is often absent, the definition of what is male is not derived from an intimate daily life relationship with father, but more from being not like mother. In other words, maleness is *not female*. Intimacy for male children implies a sense of loss of self to another. Female children define themselves as similar to and like mother, so that there is a sense of connectedness and intimacy implying continuity of self (Chodorow, 1978).

This view is echoed in psychoanalytic theory. It is posited that there are profound developmental differences in males and females. Female identifications with mother develop into images of self in relation to others. Males, on the other hand, must establish a sense of differences from mother and give up early identifications and wishes to be like her (Lukton, 1992).

There are other models or terminology conceived to illustrate the male-female differences. One view is that males are socialized to behave instrumentally or assertively, and to be in positions of power and trust. In contrast, females are more likely to be socialized to behave expressively, acting as caregivers, valuing intimacy in relationships, and emphasizing interpersonal skills (Chodorow, 1974; Gilligan, 1982; Hare-Mustin & Manacek, 1986; Westkott, 1986). In her seminal work, Gilligan (1982) theorizes that males make moral decisions based on abstract principles and see that process as the highest possible level of functioning. Females put the relationship above the principle, placing higher

value on what is good for maintenance and nurturance of the sense of connectedness. Ortner (1974) gives another frame in which to envision gender differences. She is of the opinion that men are equated with culture and women are equated with nature. Culture is seen as distinct from and superior to nature in that culture can transform (socialize or culturalize) nature. Sattel (1983) expresses the opinion that our society expects boys and then men to devalue expressiveness because they are expected to grow up and hold positions of power and prestige. Further, it is an effective exercise of power to give the appearance that one's entire behavior is the result of unemotional rationality. Being impersonal and inexpressive lends "rightness" to decisions and position.

In summary, it seems reasonable to conclude that males and females are socialized differently in our society, resulting in differences in communication behaviors.

Gender Communications

An examination of the research in gender communication finds support for the existence of differences between male and female communication behaviors. A consistent finding is that women are perceived to be or report being more expressive communicators (Pruett, 1989). In a meta-analysis of eight studies using both self and other reports which included communicator style and

biological sex, Pruett found men to be more dominant, dramatic, and contentious, and women to be more animated, attentive, open, and friendly.

Also relevant to this study is Tannen's assertion that women give each other a lot of direct verbal and physical feedback in conversation, and that men don't provide each other with ongoing verbal and non-verbal feedback (Tannen, 1990). This may prove explanatory if this study finds differences in male and female therapists.

Additional studies verify the existence of differences in communication behaviors. Aries (1976) found that males develop more ways for expressing competition and leadership than do females. Females develop more ways to express affection and interpersonal concern. Another finding of the study was that males in all-male groups talk very little about themselves or their relationships, while females in all-female groups share a great deal of information about their feelings and their relationships. Further, gender of the partner determined interaction patterns (Carli, 1989). When instructed to influence a partner, it was found that males exhibited a higher percentage of disagreements with other males than with females. Disagreements were found to be negatively associated with influence. Fishman (1983), seeking to determine the role of power in daily interactions, found that women engaged in strategies to produce and maintain conversational interaction. Female subjects used more questions and attention beginnings (phrases such as "this is interesting") and supported male conversation. Men

subjects, on the other hand, relied on statements and expected responses to them. Men more frequently discouraged interactions than women did. Similarly, Simkins-Bullock and Wildman (1991) pointed to powerful and powerless language features, used by powerful (male) and powerless (female) speakers.

Studies aimed at assessing marital communication behaviors also find some gender differences in communication behaviors. Honeycutt (1989) found that both married and divorced females believe they have the greater responsibility for the expression of feelings in their relationships. Both married and divorced males agreed, attributing the expression of feelings to their partners. White (1989) determined that marital satisfaction could be differentiated on the basis of degree of coercive vs. affiliative communication and inferred the data could be interpreted as attempts of two different sexes to solve problems drawing on their socialization: males taking control to distance and analyze the situation, and females maintaining connection long enough to figure out what to do.

Thus the empirical research on male/female socialization and on gender communication seems to dovetail, both indicating gender differences in socialization and communication behaviors and some indication of relatedness between the two.

Gender Communications in Therapy

Review of the literature specific to gender communications in therapy yields both additional germane findings and the need for additional studies like the one being proposed in this area. Several studies were found exploring aspects of gender in relation to family therapy:

- Mas, Alexander, and Barton (1995) determined that there were differences in both the frequency and kind of communications used by mothers, fathers, and adolescents in family therapy depending on the gender of the therapist.**
- In a study to determine differences in male and female therapist use of executive and joining skills, Shields and McDaniel (1992) found that male therapists talked more than female therapists, that male therapists were more instrumental and directive than female therapists, and that both the male therapists and the families they worked with engaged in more battles related to power and control. That is, families argued about logistics or structure of treatment, tried to control the direction of treatment, and/or disagreed with the therapist more frequently when the therapist was male.**
- In a survey of clinician members of the American Association for Marriage and Family Therapy and the American Association of Sex Educators, Counselors, it was determined that therapist gender did not have an effect on**

male and female therapists' prognostic decisions, but that gender did influence which client characteristics were used to formulate prognostic decisions. Female therapists used "seriousness of the presenting problem" and "spouse's satisfaction with sexual intercourse." Male therapists used "wife's desired frequency of sexual intercourse: and "husband's sexual satisfaction" (Zygmond & Denton, 1988).

- Snell, Hampton, and McManus (1992) sought to determine factors associated with client willingness to disclose personal information. They found that women are more willing to disclose personal information and that both men and women are more willing to disclose such information to a female counselor. Further, the study found that relational consciousness (defined as awareness of the dynamic internal features of one's relationship) predicted women's willingness to disclose. The same was not found to be true for men.
- In an earlier study contradictory to the above, Stokes, Childs, and Fuehrer (1981) found males reporting numerically greater willingness to self-disclose. Disclosure in this study was not determined in a therapeutic context, which may account for the differing results.
- In a review of the literature on gender communication in marital therapy, O'Donohue and Crouch (1996) point out that we must understand both the

client and therapist gender expectations in order to accurately interpret the role of gender in interactions among them.

A number of expert practitioners have offered their insight on the role of gender in therapy. In a discussion of personal authority and competence for trainee female therapists, Reid, McDaniel, Donaldson, and Tollers (1987) caution that dependent behavior and attitudes are interactional problems that must be overcome in the process of training. They also offer their observation that women frequently seem to have difficulty differentiating maintenance and support from caretaking and over-functioning. Philpot (1991) offers an opinion on gender-sensitive therapists. He indicates that ideally they are knowledgeable about and consider:

“...the differing perception of reality for men and women growing out of biological differences, male/female developmental theory, socialization in a capitalist/patriarchal society, value systems, levels of moral development, role-definitions and real power differentials in the political, economic and legal arenas” (p. 19).

In an article they describe as both personal and political, Reimers and Dimmock (1990) discuss gender issues for male therapists from their perspective as male therapists. They speculate that males are not trained in personal problem solving as children, which leaves them poor problem solvers as adults in

relationships. Calling for additional research, they pose the following questions as indicative of challenges men, and in particular male therapists, may have should they want to be effective:

- Do we want to help the men we meet in therapy to address the issues of balancing work and family life? Do we want to learn from other men's experiences and share what they mean, good and bad?
- Do we really want to know about the experience of women in the world? Are we prepared to listen when they tell us?
- Can we be caring and affectionate toward girls in therapy without resorting to seduction? Can we help fathers struggle with expressing their affection for their daughters? Can we help them empower their daughters?

Addressing the isomorphism that exists in therapy and supervision of therapy, Rigazio-Digillio, Anderson, and Kunkler (1995) recommend that supervisors need to engage in the types of collaborative dialogues that promote multiple ways to conceptualize and approach gender. Similarly, Roberts (1991) addressing gender issues in family therapy training, indicates that in order to be effective, therapists have to work to understand gender at three levels: 1) personal experiences with gender; 2) gendered interactions in our professional lives, and 3) gender work with clients.

Studies to determine preferences for therapist gender may also be relevant to the proposed study. Pikus and Heavey (1996) found that clients who have a gender preference believe that therapists of the same gender will understand their problems better, and that it is easier to talk with a particular gender. Stamler, Christiansen, Staley, and Macagno-Shang, (1991) found that females were more likely to express a gender preference and that female clients who saw a female intake counselor were twice as likely to express a preference, with the opposite being true for males in the study.

In summary, the literature on gender in therapy supports the importance of considering gender as a variable, but leaves much as yet unstudied.

Efficacious Therapy

Finally, it seems necessary to review the literature on therapy to determine whether understanding and communicating about feelings in therapy is considered important to an effective result. Many types of therapy exist, some of which aim to access previously unacknowledged feelings. Often, therapists assist clients to reprocess experiences in the present in order to construct previously disavowed emotions (Dandeneau & Johnson, 1994). One type of therapy, Emotionally Focused Therapy (EFT) is based precisely on the premise that identifying and disclosing underlying feelings to a responsive partner is both

helpful and effective. EFT outcome research is available and robust in comparison to some other types of therapy (Greenberg, Elliott, & Letaer, 1994).

The goal of EFT is to access, express, and reprocess emotional responses underlying each partner's interaction patterns to increase accessibility and responsiveness (Johnson & Greenberg, 1987). The disclosure of underlying feelings to a responsive partner has been shown to increase intimacy both at the time of the occurrence and over time following the occurrence (Dandeneau & Johnson, 1994). Research relating process to outcome in marital therapy suggests that therapists should focus on facilitating self-disclosure and exploration (Johnson & Greenberg, 1988). Therapy to facilitate the expression of emotion was found to be effective as measured by four outcome measures and self-sustaining as found on two of the measures (Johnson & Greenberg, 1985).

Further, some therapies which discourage the expression of emotion have been found to be less or ineffective. Cognitive marital therapy (CMT) discourages the expression of affect in treatment of marital discord and was found to be less effective for couples (Denton, 1991). Integrative systemic therapy has been found helpful at the time, but less self-sustaining (Goldman & Greenberg, 1992).

This study is undertaken with the assumption that exploration of feelings in couples therapy sessions is important to a satisfactory outcome from therapy.

CHAPTER III

RESEARCH METHODOLOGY

Research Objectives

The objective of this study was to determine if therapist gender differences exist in using feeling words and feeling expressions (FW/FE) during marital therapy sessions. In addition, the study took note of:

- The impact of using FW/FE on the interactions in therapy sessions.
- Whether the usage of FW/FE increases as the therapy session progresses.

This determination, if replicated in various settings, would inform the content of therapy training programs.

Research Design

This was an exploratory descriptive study of therapist gender differences in the use of FW/FE. The sample studied was small (see Sampling Process below).

Therefore, research questions rather than hypotheses were more appropriate to guide the researcher.

Research Questions

Two major research questions guided this study:

1. How does gender affect the use of FW/FE during a couples therapy session?
2. Does the use of FW/FE increase through the segments of the session.

More specifically, the study addressed the following questions:

1. Did male therapists use FW/FE less than female therapists in the sample?
2. Did male clients use FW/FE less than female clients?
3. Did male therapists use more FW/FE in interactions with female clients than in interactions with male clients?
4. Did female therapists use more FW/FE in interactions with female clients than in interactions with male clients?

5. When either a male or a female therapist used a feeling word or feeling expression, did the female clients respond with a feeling word or feeling expression?
6. When either a male or a female therapist used a feeling word or feeling expression, did the male clients respond with a feeling word or feeling expression?
7. Did the frequency of use of feeling words/feeling expressions by male therapists and clients increase as the therapy session progressed?
8. Did the frequency of use of feeling words/feeling expressions by female therapists and clients increase as the therapy session progressed?

Conceptual and Operational Definitions

The terms “emotion” or “feeling” are used often and broadly in psychology and psychotherapy. The terms tend to be used interchangeably. To illustrate, Webster’s New World Dictionary defines psychology as the science dealing with the mind and with mental and emotional processes (p.1086). Pierce (1983) indicates that feelings are central to all humans and every psychotherapy treats feelings, aptly summarizing the ubiquitousness of these terms. Because this

study used FW/FE as its unit of analysis, it was necessary to narrow the definitions.

Emotionally Focused Therapy (EFT) provides the organizing concepts for this study. As stated earlier, the goal of EFT is to access, express, and reprocess emotional responses underlying a couple's interaction patterns to increase the accessibility and responsiveness the partners have to each other (Johnson & Greenberg, 1987). EFT also assists in defining the concepts of emotion and feeling. In EFT there is a distinction made between "emotion" and "feeling" (Johnson & Greenberg, 1990). Emotions are labeled as primary and are thought to be anger, sadness, fear, joy, disgust, and surprise. Feelings are more subtle terms that are useful for finer distinctions of blends of emotions. More specifically, Johnson and Greenberg say:

" . . .we use the word feeling to refer to all the finer differentiations of human affective experience. Feelings are dependent on learning and are idiosyncratic. Emotions are innate and universal (page 138)."

They further elaborate that both feelings and emotions are conscious experiences. The basic emotions represent innate, universal aspects of the human experience available to consciousness. The feeling terms represent individually learned, cultural/social cognitive/emotional syntheses. The more

subtle feeling terms (of which there are hundreds) are “useful for finer distinctions of emotion blends and emotion/cognition integrations” (p. 138).

An important premise in EFT is that primary emotions are rarely in awareness when a client begins therapy. The goal of therapy is then to bring them into awareness by accessing, expressing, and reprocessing the emotional responses underlying each partner’s actions and thereby facilitate a shift in these the actions toward being accessible and responsive to each other.

Since this study measured aspects of the interaction between client and therapist that is aimed at accessing and expressing emotions and feelings, it was necessary to further delineate the criteria that caused a therapist or client utterance to be included or counted as a feeling word or a feeling expression. The following describes the criteria for inclusion that was utilized for the study:

- Therapists’ utterances **were** counted when they are designed to elicit or access a feeling or emotion from a client. Said another way, if the therapist says something designed to get a client to express something about an emotional state, the utterance will be counted. Example – the therapist says, “I wonder what you were feeling when that happened.”
- Therapists’ utterances **were** counted when they are self-disclosures describing a feeling or emotion the therapist has or has had. Example –

the therapist says, "I sometimes feel very angry when it seems my wife isn't listening to me."

- Clients' utterances **were** counted when they are relating a feeling or emotion. Example – the client says, "I feel lost and sad when I think about that."
- When clients are described feelings but used "we" instead of "I" and the utterances provide insight to their own feelings, the utterances **were** counted. Example – the client says, "We were both feeling very sad."
- Therapists' and Clients' utterances **were not** counted when they begin an utterance with the words "I feel" but then go on to describe a situation, or state an idea or an interpretation of something. Determining if the word "think" can be substituted for the word "feel" helps to identify this kind of utterance. Such utterances **were not** counted because they do not give insight into feelings or emotions. Example – the client says, "I feel that I need to take action."
- When clients described their partner's feelings or emotions, rather than their own, the utterances **were not** counted. Example – the client says, "I felt Joe was angry."

In an effort to determine if the above criteria were sufficient to define the unit of measurement, FW/FE, the researcher performed a pre-test. The pre-test is described in the Data Collection section below as Stage 1.

The independent variable in this study is the therapists' use of FW/FE. The dependent variable is the clients' use of FW/FE. The control variables are the therapist's gender and the client's gender.

The following are additional operational definitions needed for this study:

Gender: For the purposes of this study, gender is the observed gender as opposed to individually determined gender.

Clients: Couples who have utilized at least four therapy sessions at a mid-western university family and child clinic.

Couples: Two people, one of whom appears to be male and one of whom appears to be female, involved in some kind of intimate or committed relationship including, but not limited to marriage.

Family and Child Clinic: A training facility for the Marriage and Family Therapy degree program at an AAMFT-accredited mid-western university.

Master's-level Therapist: Master's degree student with between one and five hundred direct client contact hours.

Ph.D.-level Therapist: Ph.D. student with between five hundred and one thousand direct client contact hours.

Session Segment #1: The first fifteen minutes of a therapy session.

Session Segment #2: The second fifteen minutes of a therapy session.

Session Segment #3: The third fifteen minutes of a therapy session.

Session Segment #4: The final segment of a therapy session.

Therapist: A graduate student learning marital and family therapy as part of a master's practicum or a Ph.D. internship.

Therapy Session: A session including a couple and a therapist. All sessions used in this study are the fourth session or the fourth occasion a couple came to the mid-western university family and child clinic for therapy.

Videotaping: It is the policy of this mid-western university family and child clinic to videotape all client sessions (with written client permission) for the purposes of learning and supervision. Videotapes of the intake, first, fourth or tenth, or final sessions are retained for the purpose of research.

Unit of Transcription and Analysis: Five minutes of each of session segments 1, 2, 3, and 4 were transcribed for analysis in this study.

Sampling Process

It is the policy of this mid-western university's family and child clinic that student therapists videotape therapy sessions with clients. The videotapes are then reviewed and used by the supervisors of student therapists to guide learning. Videotapes of the intake, first, fourth or tenth, and final sessions with clients are retained in a videotape library to be used for research purposes. The sample for this study comes from that videotape library.¹

Videotapes of fourth sessions were used for this study. The researcher chose to use the fourth session videotapes for three reasons:

¹The data used in the study was taken from a database developed by Dr. Dolores Borland-Hunt with computer assistance from Julie Brownell, Graduate Assistant.

- The intake and first sessions with clients at the mid-western university family and child clinic follow a largely scripted format that limits the therapists' individual technique;
- By the fourth session it is assumed that rapport has developed between the therapists and the clients;
- Clients do not always continue therapy for ten sessions. Use of the tenth session tapes further limited the number of tapes available for the study.

An inventory of the videotape library revealed videotapes of fourth sessions existed for five different male therapists. All male therapists for whom there were videotaped fourth sessions were included in the sample. The five male therapists included two at the Masters level and three at the Ph.D. level. In a COAMFT-accredited degree program such as the one at this mid-western university, Masters level therapists have between one and five hundred direct client contact hours, and Ph.D. level therapists have between five hundred and one thousand direct client contact hours.

All videotaped therapy sessions conducted by or supervised by the researcher were eliminated from the videotapes of female therapists. To ensure similar levels of clinical experience as a therapist, the female therapists were matched to

the five male therapists by degree level (Masters or Ph.D.). Two Masters level females therapists were randomly selected from all the female Masters level therapists for whom tapes were available. Three Ph.D. level therapists were randomly selected from the female therapists available.

Because this study concerns differences in gender communication, only therapy sessions with couples were used. When there was more than one fourth session tape for a therapist, the tapes were sequenced randomly. A few minutes of each videotape was then reviewed to determine that the session was with a couple and that the tape quality seemed sufficient for transcription. If a videotape was not a therapy session with a couple or could not be heard well, the tape was eliminated and the next tape in the randomly determined sequence was reviewed. This process continued until a session with a couple with sufficient audio quality was identified.

The videotapes in the sample were copied onto audiotapes before they were transcribed. Videotapes were copied onto audiotapes for two reasons:

- 1) Audiotaping allows the subsequent use of dictation equipment, the features of which facilitate transcription;**

- 2) Using an audiotape ensured that no damage occurred to the original videotape as a result of constant stopping and starting during transcription.

Data Collection Procedures

Data collection for this study occurred in four stages. In Stage 1, a pre-test was conducted to ensure that the criteria for determining inclusion of session utterances as FW/FE were tested for sufficiency. In Stage 2, the sample was described. In Stage 3, the actual session tapes were analyzed. In Stage 4, an analysis of the effect of gender and time was conducted. The following are more detailed descriptions of the four stages of data collection.

Stage 1 – Pre-test

To ensure the sufficiency of the researcher's criteria for including a therapist or client utterance as a feeling word or a feeling expression (described in the definitions section above, the researcher used the following steps:

- Four videotapes of couple therapy sessions (two from male therapists and two from female therapists) were selected. The four tapes selected were not part of the data used in actual study.

- Each videotape was fast-forwarded to approximately the middle of the tape
- Five minutes of the videotape was copied onto an audiotape
- The four audiotapes were transcribed and three copies of the transcription were made
- Using one copy of the transcription, the researcher marked utterances to be included applying the criteria defined for the study
- Having had the experience of trying to apply the criteria for inclusion, the researcher amended the criteria to increase its effectiveness
- The other two unmarked copies of the transcription were given to two experienced therapists who had agreed to test the inclusion criteria by marking FW/FE in a copy of the transcript. The two experienced therapists were also given copies of the inclusion criteria, and the researcher answered their questions about the pre-test.
- The marked transcripts completed by the two experienced therapists were compared with that of the researcher. Inter-rater reliability was 79%
- The researcher again amended the criteria for inclusion based on comments from the therapists who participated in the pre-test.

Pretest transcription is included in the Appendix A.

Stage 2 – Identification and Transcription of Time Segments for Analysis

Therapy sessions at the mid-western university family and child clinic are intended to be fifty minutes long. In actuality, student therapists are learning to control session time so that there is variation in total session times. With that in mind, the following steps were followed for each case:

1. Videotaped therapy sessions were audiotaped onto audiotape #1.
Footage and time for each tape was noted, beginning when the clients and therapist entered the therapy room and ending when the clients and therapist left the room.
2. Using total footage the therapy session tape was divided into four equal segments.
3. The midpoint (in footage) of each segment was determined.
4. Five minutes from the midpoint of each of the four segments was transferred to audio tape #2.
5. The twenty minutes (the four five minute segments) of audiotape #2 was transcribed.

Stage 3 – Identification and Counting Units of Analysis

Images in this dissertation are presented in color. FW/FE were highlighted in the transcribed segments by the use of colored fonts. Red was used to indicate FW/FE that were counted as such. Blue indicates discussion that was situational in nature and did not fit the criteria for inclusion as a FW/FE. The interaction was identified as coming from the therapist or each member of the couple, and tallied. The complete transcription from the 10 cases is found in Appendix C.

Stage 4 – Qualitative Interpretation of the Data

Following the analysis described above, the researcher watched the videotapes of the entire sessions several times and recorded her qualitative impressions on the form found in Appendix D. This qualitative analysis found in Chapter V.

CHAPTER IV

RESULTS AND DISCUSSION

Description of the Sample

All of the clients in the sample used for this study appeared to be Caucasian with the exception of the male partner in Case #M3. That gentleman's name and appearance suggested he is an eastern Indian. The therapists were all Caucasians. The average age of the clients in the sample was 37 years for males and 35 years for females. The average length of the relationships in the sample was 7 years. Further information describing the sample is found in Table 1 and Table 2. (The male therapist cases are labeled M1 through M5, and the female therapist cases are labeled F1 through F5.)

Table 1. Description of Sample: Male Therapists' Cases

Case	Therapists	Clients						
	Clinical	Age		Ethnicity		Education		Length of
	Experience	FC	MC	FC	MC	FC	MC	Relationship
M1	Ph.D.	30	36	White	White	High School	High School	Unknown
		Presenting Problem: Wife had affair; husband retaliated by having an affair						
M2	Ph.D.	28	31	White	White	Some college	Unknown	4.5 years
		Presenting Problem: Reduce anger/conflict in the marriage						
M3	Master's	29	40	White	Indian	B.A., plus	B.S., plus	2 years
		Presenting Problem: Marital conflict. Considering ending marriage						

Table 1, continued

	Therapists	Clients						
Case	Clinical Experience	Age		Ethnicity		Education		Length of
		FC	MC	FC	MC	FC	MC	Relationship
M4	Master's	40	28	White	White	High School	High School	1.5 years
		Presenting Problem: Court-ordered therapy resulting from domestic assault						
M5	Master's	33	36	White	White	B.S.	Some college	15 years
		Presenting Problem: Difficulty communicating. Differences in parenting						
Avg.		32	34					5.8 years

Table 2. Description of Sample: Female Therapists' Cases

	Therapist	Clients						
Case	Clinical Experience	Age		Ethnicity		Education		Length of
		FC	MC	FC	MC	FC	MC	Relationship
F1	Ph.D.	31	38	White	White	Some college	High School	7 years
		Presenting problem: Improve communicating and parenting						
F2	Ph.D.	40	45	White	White	Some college	High School	3 years
		Presenting problem: Parenting problems between bio-mom and step-mom						
F3	Master's	40	35	White	White	B.S.	Some college	8 years
		Presenting problem: Communication, handling stress, not enough time						
F4	Master's	Associate's						
		35	41	White	White	B.A. plus	Degree	9 years
		Presenting problem: Mistrust – wife had an affair						
F5	Master's	Associate's						
		42	41	White	White	B.A.	Degree	17 years
		Presenting problem: Husband gets angry						
Avg.		38	40					8.8 years

Research Question 1

Do male therapists use feeling words and feeling expressions (FW/FE) more than female therapists?

Male therapists in this study used fewer FW/FE than the female therapists (see Table 3). Female therapists used FW/FE 3 times or 12% more than male therapists.

Table 3. Therapist Use of Feeling Words/Feeling Expressions

Male Therapists	# FW/FE Used	Female Therapists	#FW/FE Used
Case M1	4	Case F1	2
Case M2	3	Case F2	1
Case M3	6	Case F3	14
Case M4	10	Case F4	0
Case M5	2	Case F5	11
Total Used	25	Total Used	28
% Total	47.2%	% Total	52.8%

The variation in rates of usage should be noted. One therapist (a female) used no FW/FE during the 20 minutes transcribed from the session, the lowest usage in the study. Another female therapist used feeling words and feeling expressions 14 times in the 20 minutes transcribed, the highest usage in the

study. Although female therapists as a group had the higher total use of FW/FE, five male therapists used more FW/FE than three of the female therapists (see Table 4).

Table 4. Ranked Use of Feeling Words/Feeling Expressions

Therapist Usage	# FW/FE	Therapist + Client Usage	# FW/FE
Female – Case F3	14	Female – Case F5	23
Female – Case F5	11	Female – Case F3	22
Male – Case M4	10	Male – Case M4	19
Male – Case M3	6	Male – Case M1	15
Male – Case M1	4	Male – Case M3	11
Male – Case M2	3	Male – Case M5	9
Male – Case M5	2	Male – Case M2	8
Female – Case F1	2	Female – Case F1	4
Female – Case F2	1	Female – Case F4	2
Female – Case F4	0	Female – Case F2	1

There was less variation in the male therapists' usage of FW/FE. The standard deviation for the FW/FE usage of the male therapists is 3.16. The standard deviation for the FW/FE usage of the female therapists is 6.43 reflecting the greater variation in the female therapists' use of FW/FE (see Table 5).

Table 5. Standard Deviations for Therapist Use and Combined Therapist/Client Use of Feeling Words/Feeling Expressions

	Therapist Use		Combined Therapist/Client Use	
	Female	Male Therapist	Female	Male Therapist
	Therapist Cases	Cases	Therapist Cases	Cases
Mean	5.60	5.00	10.40	12.40
Std. Deviation	6.43	3.16	11.10	4.56

When FW/FE usage of the therapists and clients is combined, use of FW/FE was higher in four male therapist sessions than in three female therapist sessions (see Table 4). Again the usage of FW/FE shows less variation in the male therapist sessions as shown in standard deviations of 4.56 for the male therapists with clients and 11.1 for the female therapists with clients (see Table 5).

Research Question 2

Do male clients use feeling words and feeling expressions more than female clients?

Taken as a total group, male clients used FW/FE 22 times or 77% less than female clients (also combined) who used FW/FE 39 times (see Table 6).

However when the male clients are separated by therapist gender, male clients

in sessions with female therapists used 40% more FW/FE than female clients in the same sessions (see Table 7).

Table 6. Client Use of Feeling Words/Feeling Expressions

		Male Clients	Female Clients
Male Therapist Cases	Case M1	1	10
	Case M2	0	5
	Case M3	2	3
	Case M4	3	6
	Case M5	2	5
Female Therapist Cases	Case F1	0	2
	Case F2	0	0
	Case F3	7	1
	Case F4	0	2
	Case F5	7	5
Total		22	39
% Total		36%	64%

Table 7. Client Use of Feeling Words/Feeling Expressions (FW/FE) by Therapist Gender

Female			Male			Total
Therapists	FW/FE	% Total	Therapists	FW/FE	% Total	Total
Male Clients	14	(58.3%)	Male Clients	8	(21.6%)	22
Female Clients	10	(41.7%)	Female Clients	29	(78.4%)	39
Total	24			37		61

Research Question 3

Do male therapists use feeling words and feeling expressions in interactions with female clients more than in interactions with male clients?

Male therapists in this study were egalitarian with respect to using FW/FE with male clients and with female clients, using 10 FW/FE (40%) with each gender (see Table 8). Male therapists used FW/FE when speaking with the couple (not specifically addressing either the male or the female client) 20% of the time.

Table 8. Male Therapist Use of Feeling Words/Feeling Expressions by Client Gender

Male Therapists	Clients		
	To Female	To Male	To Couple
Case M1	2	2	0
Case M2	2	1	0
Case M3	1	2	3
Case M4	3	5	2
Case M5	2	0	0
Total	10	10	5
% Total	40%	40%	20%

Research Question 4

Do female therapists use feeling words and feeling expressions in interactions with female clients more than in interactions with male clients?

Female therapists in this study used more FW/FE when speaking to the couple than when speaking with either the male or female client (see Table 9). It should be noted that one female therapist used 10 FW/FE when speaking with the couple, skewing this result and negating its value in generalizing. By contrast, three other female therapists used no FW/FE when speaking with the couples and a fourth used only 2 FW/FE with speaking with the couple. Also of note is

that when FW/FE were used when speaking with one of the clients by female therapists, it was 67% more likely the interaction would be directed to the male client than to the female client.

Table 9. Female Therapist Use of Feeling Words/Feeling Expressions by Client Gender

Female Therapists	Clients		
	To Female	To Male	To Couple
Case F1	2	0	0
Case F2	1	0	0
Case F3	2	2	10
Case F4	0	0	0
Case F5	1	8	2
Total	6	10	12
% Total	21%	36%	43%

Research Question 5

When a male therapist uses a feeling word or feeling expression, do the clients respond with a feeling word or feeling expression and does that vary by gender of client?

The use of a FW/FE by the male therapists did not result in the client responding with a FW/FE the majority of the time. When male therapists used FW/FE, clients responded with a FW/FE 7 of 25 times or 28.0% of the time (see Table 10). It was over three times more likely that the clients would not respond with a FW/FE.

Table 10. Client Response to Male Therapist Use of Feeling Words/Feeling Expressions

		Total FW/FE		Response
		Directed To	Response	Without
	Direction	Clients	With FW/FE	FW/FE
Case M1	MT→MC	2	1	1
	MT→FC	2	1	1
	MT→C	0	0	0
Case M2	MT→MC	1	0	1
	MT→FC	2	1	1
	MT→C	0	0	0
Case M3	MT→MC	2	0	2
	MT→FC	1	1	0
	MT→C	3	0	3

Table 10, continued

		Total FW/FE		Response
		Directed To	Response	Without
	Direction	Clients	With FW/FE	FW/FE
Case M4	MT→MC	5	1	4
	MT→FC	3	0	3
	MT→C	2	0	2
Case M5	MT→MC	0	0	0
	MT→FC	2	2	0
	MT→C	0	0	0
Totals	MT→MC	10	2	8
	MT→FC	10	5	5
	MT→C	5	0	5
Totals – All Cases		25	7	18
% Total			28%	72%

In the male therapists' cases, the female clients were 1.5 times more likely to respond with a FW/FE than the male clients. Female clients responded with feeling words or feeling expressions 5 of 10 times. No FW/FE directed to the couple were responded to with a FW/FE.

Research Question 6

When a female therapist uses a feeling word or feeling expression, do the clients respond with a feeling word or feeling expression and does that vary by gender of client?

As with male therapists, the use of a FW/FE by the female therapist did not result in the client responding with a FW/FE the majority of the time. When female therapists used FW/FE, clients were over 3 times more likely not to respond with a FW/FE. Clients responded with FW/FE 6 of 28 times or 21.4% of the time (see Table 11).

Table 11. Client Response to Female Therapist Use of Feeling Words/Feeling Expressions

		Total FW/FE		Response
		Directed To	Response	Without
	Direction	Clients	With FW/FE	FW/FE
Case F1	FT→FC	2	1	1
	FT→MC	0	0	0
	FT→C	0	0	0

Table 11, continued

		Total FW/FE		Response
		Directed To	Response	Without
	Direction	Clients	With FW/FE	FW/FE
Case F2	FT→FC	1	0	1
	FT→MC	0	0	0
	FT→C	0	0	0
Case F3	FT→FC	2	1	1
	FT→MC	2	2	0
	FT→C	10	0	10
Case F4	FT→FC	0	0	0
	FT→MC	0	0	0
	FT→C	0	0	0
Case F5	FT→FC	1	0	1
	FT→MC	8	2	6
	FT→C	2	0	2
Totals	FT→FC	6	2	4
	FT→MC	10	4	6
	FT→C	12	0	12
Totals – All Cases		28	6	22
% Total			21%	79%

The male clients in the female therapist cases were 50% more likely to respond to a FW/FE than were the female clients. As with male therapist cases, when a FW/FE was directed to the couple, there were no responses containing FW/FE.

Research Question 7

Did the frequency of use of feeling words/feeling expressions by male therapists and clients increase as the therapy session progressed?

Time did not have an impact on the use of FW/FE in the male therapists' sessions. None of the male therapists had consistently increasing usage of FW/FE as the session progressed in time (see Table 12). While two of the male therapists showed an increase in use of FW/FE when comparing the last time segment to the first time segment of the session, there was not a consistent pattern of increasing usage from each time segment to the next time segment.

Table 12. Male Therapist Use of Feeling Words/Feeling Expressions by Session Time Segments

	Time 1/ Time 4							
	Time 1	Time 2	Change	Time 3	Change	Time 4	Change	Change
Case M1	2	0	(2)	0	NC	2	+2	NC
Case M2	0	0	NC	2	+2	1	(1)	+1
Case M3	2	4	+2	0	(4)	0	NC	(2)
Case M4	2	1	(1)	4	+3	3	(1)	+1
Case M5	0	2	+2	0	(2)	0	NC	NC
Total Male	6	7	+1	6	(1)	6	NC	NC

Similarly, client usage of FW/FE did not increase consistently as the male therapists' sessions progressed in time (see Table 13). Although there was 1 case in which there was an increase in the use of FW/FE comparing the last time segment to the first time segment, no cases had a consistent pattern of client FW/FE use from each time segment to the next time segment.

Table 13. Client Use of Feeling Words/Feeling Expressions by Session Time Segments in Male Therapist Sessions

	Time 1/		Time 2/		Time 3/		Time 4/	
	Time 1	Time 2	Change	Time 3	Change	Time 4	Change	Change
Case M1	3	4	+1	0	(4)	4	+4	+1
Case M2	1	3	+2	1	(2)	0	(1)	(1)
Case M3	2	2	NC	1	(1)	0	(1)	(2)
Case M4	3	2	(1)	1	(1)	3	+2	NC
Case M5	4	3	(1)	0	(3)	0	NC	(4)
Total								
Client	13	14	+1	3	(11)	7	+4	(6)

Research Question 8

Did the frequency of use of feeling words/feeling expressions by female therapists and clients increase as the therapy session progressed?

As with the male therapists, there was not a consistent increase in the therapist use of FW/FE as the female therapists' sessions progressed in time (see Table 14 and Table 15). Four female therapists' usage of FW/FE increased when comparing the first time segment to the last time segment of their sessions, but again, this does not represent a revealing pattern. Three therapists used less

FW/FE in one of the time segments than they had in the previous time segment, one had two time segments in which there was no change in the level of usage of FW/FE, and one used no FW/FE. None of these results represent a consistent pattern.

Table 14. Female Therapist Use of Feeling Words/Feeling Expressions by Session Time Segments

	Time 1/ Time 4							
	Time 1	Time 2	Change	Time 3	Change	Time 4	Change	Change
Case F1	0	0	NC	1	+1	1	NC	+1
Case F2	0	1	+1	0	(1)	0	NC	NC
Case F3	3	3	NC	0	(3)	8	+8	+5
Case F4	0	0	NC	0	NC	0	NC	NC
Case F5	1	0	(1)	2	+2	8	+6	+7
Total	4	4	NC	3	(1)	17	+14	+13

Similarly, the clients in the female therapists' sessions did not increase the level of their use of FW/FE as the sessions progressed (see Table 15). The usage of FW/FE appears sporadic, not showing a consistent pattern in relation to time of the session.

Table 15. Client Use of Feeling Words/Feeling Expressions by Session Time Segments in Female Therapist Sessions

	Time 1/							
	Time 1	Time 2	Change	Time 3	Change	Time 4	Change	Time 4 Change
Case F1	0	0	NC	2	+2	0	(2)	NC
Case F2	0	0	NC	0	NC	0	NC	NC
Case F3	2	4	+2	2	(2)	0	(2)	(2)
Case F4	2	0	(2)	0	NC	0	NC	(2)
Case F5	2	0	(2)	6	+6	4	(2)	+2
Total	6	4	(2)	10	+6	4	(6)	(2)

Analysis of Gender Effects

The data were further analyzed to determine if gender of the therapist predicted the use of FW/FE. Using a t-test, therapist gender **was not** found to be significant in this exploratory study (see Table 16).

Table 16. t-Test for Significance of Therapist Gender

Total				Mean	Std. Error	95% Confidence Interval	
Therapist	t	df	Sig	Difference	Difference	Lower	Upper
FW/FE	-.187	5.83	.858	-.60	3.20	-8.49	-7.29

The same test, a t-test, was used to determine if client gender predicted the use of FW/FE. Client gender **was** significant in predicting the use of feeling words/feeling expressions (see Table 17).

Table 17. t-Test for Significance of Client Gender

				Mean	95% Confidence Interval	
	t	df	Sig	Difference	Upper	Lower
Female Client	4.219	9	.002	3.90	1.81	5.99
Male Client	2.538	9	.032	2.20	.24	4.16

Analysis of Time Effects

As mentioned earlier, no consistent patterns were found the data were further analyzed to determine if time predicted the use of FW/FE by the therapists or by the clients. Time did not effect the use of FW/FE by the therapists or by the clients (see Table 19).

Table 19. Use of FW/FE by Group by Time Segment

	Time 1	Time 2	Change	Time 3	Change	Time 4	Change
MT	6	7	+1	6	(1)	6	NC
FT	4	4	NC	3	(1)	17	+14
MC	9	5	(4)	5	NC	3	(2)
FC	10	13	+3	8	(5)	8	NC
Total	29	29	NC	22	(7)	34	+12

DISCUSSION

Prior research results in socialization and gender communication points to differences in males and females with respect to communicating about feelings. Considering those results in relation to additional research results in the areas of gender communication in therapy and the importance of understanding and communicating about feelings in couples therapy, the question of whether male therapists might be less inclined to discuss feelings in couples therapy sessions arises. This exploratory study looked at the use of FW/FE in ten couples therapy sessions by therapist and client gender, interactions resulting from the use of FW/FE, and considered use of FW/FE in relation to the time of the session.

Findings in this exploratory study revealed that although gender of the therapist was not significant in predicting the use of FW/FE, the gender of the client did

predict the client use of FW/FE. Similar to the research in gender communications indicating that females are generally more likely to discuss feelings than males, the females clients in this study discussed feelings more than the males clients in couples therapy sessions. To establish the generalizability of this result, a larger sample and further testing are necessary. If replicated, the results have important ramifications for the design of training programs for mental health professionals. For example, therapists may require explicit training to assist male clients with discussion of feelings.

Although therapist gender difference was not statistically significant, female therapists used more FW/FE than male therapists in this study. The variation among female therapists in this study was striking and necessitates caution about conclusions. Future studies with larger sample sizes could determine whether, as in this study, there is consistently more variability among female therapists than among male therapists. Again if replicated, these findings would inform therapist training programs and would necessitate that those supervising training therapists be alert for this kind of variability among trainees.

The results of this study showed that when the therapists used a FW/FE, clients responded with a FW/FE less than one-quarter (24.5%) of the time. The clients of male therapists responded to a FW/FE with a FW/FE 28% of the time; the clients of female therapists responded with a FW/FE 21% of the time. In other words, in this exploratory study, there is a negative relationship between

therapist and client usage of FW/FE; the more FW/FE used by the therapists, the less response of FW/FE from the clients.

Further, when the therapists directed FW/FE to the couple, rather than to one of the clients in particular, there were no FW/FE responses from clients. These findings indicate the need for further study. If replicated with other therapists in other settings, the low number of these paired interactions about feelings may indicate that therapists are too easily deflected from the discussion of feelings and may need further training to recognize the deflection and bring the client(s) back to discussion of feelings.

And finally, no consistent relationship between the time of the session and the usage of FW/FE was found in this study in either therapist usage or client usage. The premise for exploring this area was that therapists and clients would need time to re-establish a level of comfort with each other at the beginning of a session before exploring sensitive areas such as feelings. If the findings that time does not have an impact on discussion of feelings were replicated in further studies, therapists could be trained that feelings may be discussed throughout the session. If time of the session were found significant in other studies, it would indicate the need for therapists to learn techniques to put clients at ease before exploring areas of feeling.

Limitations

The small sample used for this exploratory study limits generalization of the findings. Results of this study do provide interesting ideas for additional research.

The transcription of the couples therapy sessions yielded an additional limitation from the sample selected for study. In four of the ten sessions in the study sample, the therapists spent part of the session attending to a task that had the effect of structuring the interaction between the therapist and client couple. The tasks were as follows:

- Two of the female therapists spent part of the therapy sessions reviewing the scores/results from a battery of tests that had been given to the couples previous to the session. The tests are given to all couples treated at this mid-western university family and child clinic and are designed to assist the therapists in assessing the couples' relationship difficulties. The therapists in these two sessions gave the couples a lot of information and explanation about the meaning/interpretation of their responses on the tests. Explaining the test results meant that the therapist was talking for a lot of the session time.**

- One female therapist spent almost the entire session using a technique designed to assist couples with communication problems to communicate more effectively. The technique, called “Speaker/Listener” requires the clients to communicate in a structured way (Gottman, 1976). The technique is designed to assist couples to describe what they are feeling and to take ownership of their own feelings, but couples often find the structure awkward as they are learning it. The couple in this session had a great deal of difficulty with the technique. This meant that the therapist frequently had to intervene to remind them to follow the structure of the technique.
- One male therapist spent part of the session constructing a genogram with the couple. A genogram is a tool used by marital and family therapists to determine patterns occurring across generations in a family. Constructing the genogram meant that the therapist asked a lot of specific, closed-ended questions about aspects of the clients’ families and the clients responded with short answers containing factual information.

Although undertaking these tasks during the sessions did not preclude discussion of feelings, the structure imposed by the tasks took precedence and may have resulted in lower usage of FEW/FE. Eliminating sessions with structured tasks from the samples used in future studies could provide data that are more consistent with a typical couples therapy session.

It should be noted that the researcher considered and reviewed the data remaining after removing the above cases with structured tasks from the sample. Because that meant comparison of only 2 female therapist cases with 4 male therapist cases, the findings seemed meaningless.

One additional limitation is the nature of the training program at this mid-western university family and child clinic. Training therapists are encouraged to try out various theoretical methods of therapy. It is possible that some of the therapists were trying to use a method of therapy in which the discussion of feelings is not felt to be important. The researcher is familiar with such approaches and did not find them evident in any of the sessions in the sample, but structuring a sample to eliminate that possibility in future studies could provide data that are more typical.

CHAPTER V

ANALYSIS OF THE STUDY FROM A QUALITATIVE PERSPECTIVE

The data that are the basis for this exploratory study lends itself to additional and different analyses. Matocha (1992) indicates that when a qualitative research approach is used, the researcher has the freedom to alter methodology to be responsive to the emerging patterns of data. Each finding can raise more questions. Using grounded theory methodology, the researcher found herself constantly resorting and/or re-categorizing the data to see if a finding represented an emerging pattern or category of meaning (Rafals and Moon, 1996). The study as originally conceived does not make sufficient use of the data. More can be understood about therapist/client discussion of feelings from the data using a qualitative approach.

Additional Findings

The most striking finding in this exploratory study is that **very few** feeling words/feeling expressions (FW/FE) were used in the couples therapy sessions regardless of gender of the therapist or client. The data can be used to put this finding into a larger context.

The data demonstrated that although the therapists took 513 turns speaking during the transcribed portions of the couples therapy sessions, they used FW/FE only 53 times or an average of once in every ten turns speaking (see Table 20). The clients used 61 FW/FE in 973 turns or an average of once in 16 turns. Further, when therapist and client usage of FW/FE is combined, 1486 turns speaking were taken, and FW/FE were used only 114 times. This result is an average of one time in every thirteen times someone took a turn speaking.

Table 20. Therapist and Client Turns and Feeling Word/Feeling Expression Use

	Turns	FW/FE Use	FW/FE Per Turn
Male Therapists	277	25	.09
Female Therapists	236	28	.12
Female Clients	530	39	.07
Male Clients	443	22	.05
Total	1486	114	

To elaborate further, the longest discussion of feelings was three turns. In other words, person #1 spoke about a feeling, person #2 spoke about a feeling, and person #1 spoke about a feeling again. That occurred only four times in three of the cases in the study. Those incidences are shown below:

Case M1

-
- Female Client: Having to explain everything over and over and, you know. It's like you feel like a broken record. It's like I just want one person, you know. Like you. I feel comfortable with you. You know, but then again... Whew!
- Male Therapist: How are you feeling now? I mean in terms of the suicidal thoughts, ideas.
- Female Client: Oh. It terrifies me to think that I was like that. It was just so terrifying to think that, you know. I was just really ready to, you know...
-

Case M2

-
- Male Therapist: What's emotional about it? What's, what's the emotion that you need to have met?
- Female Client: Well, I guess it would probably depend on the circumstances. Probably either hurt or anger or something. I don't know.
- Male Therapist: What's the need that you have that causes you to get upset? That's not being met?
-

Case F5 – Instance #1

Female Therapist: How would you respond to that?

Male Client: That usually the anger... I think it doesn't come until we've tried to... We've had this confrontation and I'm trying to do some explaining or some reasoning. And I feel like it just... It's not the point it comes to. It comes to the point of well who's in power here. And I feel like I'm not being listened to, and ahhh...

Female Therapist: So it's affects you more on an emotional level?

Case F5 – Instance #2

Female Therapist: Whereas FC can deal more with issues and get her anger out there and leave it and it doesn't continue to...

Male Client: She... I feel like I'm just... When we have a disagreement, I feel like she's just ignoring me. Saying well, not only am I going to ignore you, but I'm going to say that I won't listen to you because you're not reasonable. Where I feel like I am being reasonable. And she's just setting up this alibi for...

Female Therapist: So it evokes some of the...

Further examination of the transcription reveals that clients "offered" therapists opportunities to discuss feelings that were not taken by the therapists. The

following are examples in which the therapist does not respond to or “pick up on” feelings that are being voiced or offered by the client. These examples represent instances when the therapist could have encouraged more discussion of feelings and did not:

Example 1 – Male Therapist Case

Speaker	Discussion	Comment
Female Client:	<p>And so then I left and I’m like I’m just gonna bag it. I’m tired of it. I’m gonna smash my car against a tree. So I go back down to the house and get the rest of my bottle and tell (male son’s name), “See you, (male son’s name). You go call your dad and have your dad come get you.” You know, I mean I’m angry.</p>	<p>Client offers feelings of being tired or discouraged and hopeless.</p>
Male Therapist:	<p>What day was this?</p>	<p>Therapist ignores feelings and asks for more information about the situation.</p>

Example 2- Male Therapist Case

Speaker	Discussion	Comment
Male Client	Yes. I'm terribly frustrated. Many little things just sets me off. Mostly everything gets sad or depressing or negative. Nothing to the future, nothing's gonna change that. Nothing to look, wait and see things. Everything's bleak.	Client offers that he is feeling frustrated, hopeless, and discouraged.
Male Therapist:	For you?	Therapist does not seem to understand what the client means and tries to clarify.
Male Client:	No. Her response. Her response comes in the form of all those and I'm just... I'm very tired of it.	Client offers that he is feeling tired of the situation.
Male Therapist:	Okay, that's FC's responses.	Therapist does not comment on either of feelings client has offered.
Male Client:	Right.	

Example 2- Male Therapist Case, continued

Speaker	Discussion	Comment
Male Therapist:	Okay. How do you feel? You don't feel things are bleak? Or do you feel the same way?	Therapist seems to ignore the feelings the client mentioned — frustration and tiredness — and asks him if he feels the same way as the female client feels (bleak, the same way).

Example 3 – Female Therapist Case

Speaker	Discussion	Comment
Male Client:	And it's hard to have them clean it up. I mean, you know, so... But that's a little stressful for me because I haven't been able to get in there and really do what I want to do. I want to tear out the doors and the trim. The window trim. Paint, you know. And it's just real hard	Client offers feelings of stress and frustration.

Example 3 – Female Therapist Case, continued

Speaker	Discussion	Comment
Male Client, continued:	to stand up do it all. So I get frustrated and that because I can't do that. I know if I was better and that I could start doing that and once I get it done. And then (male child #1's name) could move in and then... Things... You know the domino effect. Things start taking care of themselves and that. So for me that, you know, is a source of frustration sometimes. But I guess it's going to take time.	
Female Therapist:	So you had an instance where... You talked a little bit a couple weeks ago about how if you had dishes and you rushed them to the table at night. Left something undone.	Therapist ignores the male client's feelings and begins to address the female client on something else this therapist apparently wants to get covered.

Example 4 – Male Therapist Case

Speaker	Discussion	Comment
Female Client:	<p>It didn't make sense for me to get up with her when he was still up. See what I mean? And then he did say well, FC, you're probably going to have to take care of her because I have to go to bed. Well, I was just kind of expecting that he would say... you know... bring her to bed and then he can get in bed and I would have taken over. But then that comment really made me mad because it was saying... You know I wake up anywhere from her 3-5 times a night with her every night for the last 5 months ever since she's been born. Ever since she's been with</p>	<p>Client says twice that she was "really ticked."</p>

Speaker	Discussion	Comment
Female Client, continued:	us. And I didn't feel like that was balanced... That wasn't fair of MC. So I was really ticked. And he said that I breached... That I made a breach in our relationship. I called him an asshole. I've never called him that before, but I was... I was really ticked. I mean I don't want to say that you made me call you that, but...	
Male Therapist	She just wanted... You thought since he was up he might as well be taking care of her and you thought since you were supposed to be working tomorrow she should take care of her.	Therapist does not comment on anger, he comments on the situation at the time.

Example 5 – Female Therapist Case

Speaker	Discussion	Comment
Male Client	I feel like I'm going to get the blame for it though, whereas I feel the same feelings.	Client offers his feeling.
Female Therapist:	And that's... That's your, your perception that is to react defensively to that because then it seems like, "Oh, I'm doing something wrong and she's just not going to approve of."	Therapist interprets the client's feeling as defensive rather than empathizing with what he is feeling
Male Client:	Um hmm. Or I should be more in charge of my thoughts.	Client agrees with Therapist's repudiation of his feeling.

In contrast, only 2 examples of therapists persisting in moving the talk of the session toward discussion of feeling could be found in the data:

Example 1 – Male Therapist Case

Speaker	Discussion	Comment
Male Therapist	Okay. So you went down to Ingham Medical. Let me ask you again. As you saw what was going on, tell me how you felt.	Therapist asks male client about a feeling.
Male Client	I hoped I could try and talk her into going and get help.	Client evades talking about how he felt.
Male Therapist	Okay, but how did that make you feel?	Therapist persists in asking for the feeling.
Male Client	It made me feel like shit. I couldn't live with her. I had to leave. I couldn't stay with her. She beat me.	Client discloses painful feeling.

Example 2 – Male Therapist Case

Speaker	Discussion	Comment
Male Therapist	What's going on for you, MC, right now?	Therapist notices client is "drifting away" and probes for the reason.
Male Client	Just wondering what time it is.	Client confirms he is not focused on the talk going on in the session.
Male Therapist	Oh.	
Female Client	Doesn't look like any of us have watches.	
Male Therapist	That's right. Well we'll just be here till it's five o'clock. When she's saying those things to you right now, what's that like for you? Record the emotion. What's the word for it?	Therapist dismisses the time factor and directs the client to name the feelings he's having and tells him how to do it.

If we assume that clinical faculty subscribe to the importance of guiding clients to explore feelings in therapy sessions, the results of this study are cause for concern. If these results were replicated in other settings, it would become important for therapists to increase the session time devoted to exploration of

feelings. Student therapists, regardless of gender, may need specific coursework during their degree program that ensures understanding of the importance of discussing feelings, emphasizes the dynamics inherent in the discussion of feelings, and teaches techniques to increase client discussion of feelings. In addition, supervisors of student therapists would need to emphasize the exploration of feelings when reviewing therapy sessions with their supervisees. Additional studies in different clinical situations should be done to determine if results beyond this study persist in indicating such a need.

Cross-gender talk

A second noteworthy finding in this study concerns Interactions with the opposite gender. The data reveal that therapists and client interact more with the opposite gender than with the same gender. More specifically, both therapists and clients used more FW/FE with the opposite gender, took more turns addressing the opposite gender, and used more total words in talking to the opposite gender than they did to the same gender (see Table 21 and Table 22). Talking to the opposite gender is labeled “cross-gender talk” in this study.

Table 21. Therapist Cross-gender Talk

	# FW/FE	% Total	# Turns	% Total	# Words	% Total
Therapists → Opposite-gender Clients	20	55.6%	222	52.5%	3861	57.5%
Therapists → Same-gender Clients	16	44.4%	201	47.5%	2859	42.5%
TOTALS	36		423		6720	
% Higher with opposite Gender		25.0%		10.4%		35.0%

Table 22. Client Cross-gender Talk

	# FW/FE	% Total	# Turns	% Total	# Words	% Total
Clients → Opposite-gender Therapists	30	75.0%	320	54.1%	8747	61.9%
Clients → Same-gender Therapists	10	25.0%	271	45.8%	5387	38.1%
TOTALS	40	—	591	—	14134	—
% Higher with opposite Gender		300.0%		18.1%		62.4%

The cross-gender findings in this study may be the most relevant and informative pattern found and should be further explored in future studies. Minimally, a replication of this finding in further studies would have an impact on both training for and conducting couples therapy. Making use of the tendency to talk more with the opposite gender could become part of therapy technique. For example, the therapist might point out the tendency and have opposite-gender client notice/comment on how it seems different to talk with the partner from talking with the therapist.

More about the therapists

As mentioned in Chapter 4, results in this exploratory study demonstrated that female therapists used more FW/FE than male therapists. Looking at that finding in a larger context, the data revealed that although male therapists used less FW/FE than female therapists, male therapists took 17% more turns speaking than the female therapists (see Table 23). In this exploratory study, then, male therapists spoke more often than female therapists, but were less inclined to speak about feelings.

Table 23. Comparison of Therapist Turns Speaking With Use of Feeling Words/Feeling Expressions (FW/FE)

	Turns	% Total	FW/FE Use	% Total
Male Therapists	277	54.0%	25	47.2%
Female Therapists	236	46.0%	28	52.8%
Total	513		53	

The finding that the male therapists took more turns speaking than the female therapists can be further clarified. The data were used to determine whether taking more turns speaking equates to actually talking more, as turns speaking might be short or long. The data demonstrated that female therapists used 14% more total words and had a longer average turn speaking (see Table 24). Thus

although male therapists took more turns speaking than did female therapists, their turns were shorter as measured by less words.

Table 24. Total Turns Speaking, Total Words and Words Per Turn by Therapist Gender

	Turns	Words	Words/Turn
Female Therapists	236	6508	27.6
Male Therapists	277	5731	20.7
TOTAL	1486	32564	

The clients of these male therapists took more turns and spoke more words than clients of female therapists (see Table 25). This raises at least two questions for clarification in further research studies: 1) Do clients of male therapists take more turns and use more words because male therapists are better at listening than female therapists? And 2) when therapists speak less, does that mean that clients speak more?

Table 25. Comparison of Client Words and Turns by Therapist Gender

	Turns	% Total	Words	% Total
Clients With Female Therapists	453	47%	9085	45%
Clients with Male Therapists	520	53%	11047	55%

A clearer picture of the male therapists in the study emerges by looking at other aspects of the data. Male therapists used less feeling words and feeling expressions than female therapists. Male therapists took more turns speaking than female therapists, but their turns were shorter as they used less total words per turn. A conclusion of this study is that male therapists took more turns speaking but used fewer of those turns to discuss feelings than did female therapists.

With a more complete picture of the context in which the therapists used FW/FE, there is additional support for the finding that therapists, and particularly male therapists, need additional training on speaking about and encouraging clients to discuss their feelings. If these findings were replicated in other settings and with other groups of health care professionals, the supervisors responsible for training therapists would need to emphasize the discussion of feelings in therapy sessions, helping supervisees to recognize and take advantage of opportunities to assist the client in discussing their feelings.

More about male clients

Results in this study showed that male clients as a total group used 77% fewer FW/FE than did female clients. Calculating the number of turns speaking and the number of total words give that finding a larger context. In addition to using

fewer FW/FE, male clients in this study had 20% fewer turns speaking and spoke 59% fewer total words compared with female clients (see Table 26). Male clients also had fewer words per turn than did female clients (see Table 27).

Table 26. Comparison of Client Total Turns Speaking and Total Words by Gender

	Turns	% Total Turns	Words	% Total Words
Male Clients with Female Therapists	219	22.5%	4024	20.0%
Male Clients with Male Therapists	225	23.0%	3752	18.6%
Sub-total Male Clients	443	45.5%	7776	38.6%
Female Clients with Female Therapists	234	24.0%	5061	25.1%
Female Clients with Male Therapists	295	30.4%	7295	36.2%
Sub-total Female Client	530	54.4%	12356	61.4%
Total Clients	973		20132	

Table 27. Client Words Per Turn

	Words/Turn
Male Clients With Female Therapists	18
Male Clients With Male Therapists	17
Female Clients With Female Therapists	22
Female Clients With Male Therapists	25

The data also demonstrate that male clients talked less than therapists of either gender. Male clients had the fewest turns speaking and spoke fewer total words compared with both male and female therapists (see Table 28). Male clients also used the fewest words/turn or took shorter turns than the therapists (see table 29).

Table 28. Comparison of Total Turns speaking and Total Words by Group

Group	Turns	% Total	Words	% Total
Female Clients	530	35.7%	12356	38.2%
Therapists	513	34.5%	12239	37.8%
Male Clients	443	29.8%	7776	24.0%
Total	1486		32371	

Table 29. Ranked Comparison of Words Per Turn

Group	Words/Turn	Rank
Male Clients With Male Therapists	17	1
Male Clients With Female Therapists	18	2
Male Therapists	21	3
Female Clients With Female Therapists	22	4
Female Clients With Male Therapists	25	5
Female Therapists	28	6
Total Male Client	18	1
Total Female Client	23	2
Total Therapist	24	3

By looking at additional comparisons in the data, a more complete picture of the male clients as the least participative group in couples therapy sessions emerges. If these findings about male clients were replicated in other studies, the importance of the need for therapists to encourage and assist male clients to increase their level of discussion, particularly discussion of feelings, in couples therapy sessions would be clear. Therapist training could then be structured to meet this need.

More about female clients

In this study, the female clients as a group took 3% more turns and used 2% more words than therapists as a group did; female clients as a group also took 19% more turns and used 61% more words than did male clients as a group (see Table 30).

Table 30. Comparison of Turns and Words by Group

Group	Turns	% Total	Words	% Total
Female Clients	529	35.6%	12356	38.2%
Therapists	513	34.5%	12239	37.8%
Male Clients	444	29.9%	7776	24.0%
Total	1486		32371	

As shown in Table 31, female clients in male therapist sessions were the most talkative group in the study. They used more FW/FE than any other group. They also took more turns speaking and used more words than male or female therapists or male clients.

**Table 31. Ranked Comparison of Feeling Words/Feelings Expression Use,
Turns Speaking and Words Used by Group**

	FW/FE	Rank	Turns	Rank	Words	Rank
Male Clients with Male Therapists	8	1	225	2	3752	1
Female Clients with Female Therapists	10	2	234	3	5061	3
Male Clients with Female Therapists	14	3	219	1	4024	2
Male Therapists	25	4	277	5	5731	4
Female Therapists	28	5	236	4	6508	5
Female Clients with Male Therapists	29	6	295	6	7295	6
TOTAL	114		1486		32371	

A comparison of female clients in **male** therapist sessions with female clients in **female** therapist sessions reveals several intriguing findings. Female clients in the male therapist sessions took 26% more turns and used 39% more words than the female clients in female therapist sessions. And, as shown in Table 32, female clients in the male therapist sessions also used FW/FE more frequently (29) than the female clients in the sessions with female therapists (10). This difference is statistically significant as shown in Table 33.

Table 32. Comparison of Female Client Total Turns and Total Words

	FW/FE	% Female FW/FE	Turns	% Female Turns	Words	% Female Words
FC with MT	29	74.4%	295	55.8%	7295	59.0%
FC with FT	10	25.6%	234	44.2%	5061	41.0%
Total FC	39		529		12356	

Table 33. t-Test for Significance of Female Client Use of FW/FE in Sessions with Male Therapist vs. Sessions with Female Therapists

FC Total FW/FE Use	t	df	Sig	Mean Difference	Std. Error Difference	95% Confidence Interval	
						Lower	Upper
	2.66	8	.029	3.80	1.43	.51	7.09

As shown in Table 32 above, female clients in male therapist sessions used more FW/FE than their therapists. The data also demonstrate that female clients in the male therapist sessions directed FW/FE to the male therapists more than the male therapists directed FW/FE to them. Male therapists directed FW/FE to their female clients 10 times. Female clients directed the FW/FE to the male therapists 13 times or 30% more. Of the 29 times female clients used FW/FE, 7 were in response to a male therapist using a FW/FE. In the other 22 incidences, the female clients directed FW/FE to the therapists 13 times and to their partners 9 times.

With a more complete picture of the female clients as a group in this study, it is clear that the female clients were the most active group in the study. If these findings were replicated in other studies, they would be an indication that therapists, but especially male therapists, have to take steps to balance the amount of discussion that occurs with male and female clients in couples therapy sessions. Therapists may have to encourage and assist female clients to do more listening to their male partners while talking less. Replications of these findings would be important not only to those who structure training programs for mental health professionals, but might also guide practicing health care professionals.

More about the therapists and clients in relation to each other

Therapy session time is, of course, limited to about 50 minutes. The length of turns speaking varied from one word to over 400 words. Two therapists in the study (one male and one female) talked more than both their clients combined. The longest turn taken by a male therapist (Case M3) was 457 words and is shown below:

Okay, I really want to pursue... Have you finish for me the stuff that you first started when you came in and then I've got the ***Marital Satisfaction Inventory*** which is going to take you about maybe a

half hour to finish. And I really want you to do that... So I can start... Like I say, that's the one measure that will tell you exactly what areas you're having the most difficulty. And I can chart for you where you're both at on things like trust and where you are in different areas of the relationship. I can plot that for you. And then we can monitor our progress and see which areas you're both going in opposite directions. If we work on some things and you start coming down a little bit and maybe start going the same direction. Okay? So you can do that next time if you want. If you'll come in like maybe a half hour early next Tuesday. And then I want to get some information from you about your families so we can work on this... This is called a genogram, by the way. This is the beginning of a genogram. A genogram is kind of a family tree. You've probably each seen family trees before. A genogram's actually a biological... It's a model if you're tracing hereditary traits and things like that in a family. But we use it a little bit differently. I want to be able to plot out both of your families and look for areas where maybe the ways that you feel and the ways that you think actually didn't start with just you. It probably came up here somewhere or with your parents or your grandparents or somewhere in your family of origin. Okay? And because you, FC, just didn't decide one day that you were going to be a pretty organized person when it comes to moving. You just didn't decide

that. That probably came somewhere from your family and, like you said, you've got this ethic from your family that you work first and play later. So that's important to keep track of. And I'm sure MC has some things up here from his family we could talk about. So when we put these things on the table like work first and play later and if MC has something from his family that is totally the opposite, play first and work later, then we need to work around that thing. We need to start discussing that. How we put that idea of his family in with your idea of your family, and come to some agreement so you guys can get on with your lives with how you work and play. Okay?

It is interesting to note that twice during this long turn the therapist asks, rhetorically, if something is "okay?" (see yellow highlights above) but then does not pause for a response from the clients. Additional detail from the data reveals more about this male therapist:

- He had highest number of total words of the 10 therapists in the study.
- He averaged 4 words for every 1 word the clients (combined) spoke.
- The male client in this session had the lowest number of words and the lowest number of turns speaking of any male client in the study.

- The female client in this session had the lowest number of words of any female client in the study. The female client had the second-to-the-lowest number of turns speaking of any female in the study.

There is a similar finding among the female therapists. The therapist in Case F4 had the longest turn of the female therapists, and the second (to the above) longest turn in the study. The turn was 329 words and is shown below:

Yup. Absolutely. That's their job. This is the ***Family of Origin Scale***. We've talked about your families in here. And, the way this... These are your scores. And FC, yours are highlighted in the yellow and MC, yours are highlighted in the blue. And what I look at here is how they line up. Because the areas where there is greater space, those are the areas that your families of kind of further apart. But your families were fairly similar in "Clarity of Expression," and "Responsibility," and "Respect For Others." But there's a big discrepancy here in "Conflict Resolution." And that kind of shows up in the communication style that the two of you have. And that's probably an area that needs attention. But it's not like you're way up here on that. You're still in the moderate range which indicates that both your families were pretty functional. In fact, you're up above... In the high functioning area. Let's see. FC, you're in "Separation and Loss," and MC, "Mood and Tone,"

yours is above the high range. Generally people that score consistently high are people that really know how to work these tests. You know, they've been in therapy a long time and they kind of know what the test is asking. And so whenever we see scores that are way up in the 19-20 area, we always kind of wonder... 'Cause nobody's that healthy. You know, so, you know that they've had some therapeutic training or something. And typically people that are down in this range don't show up for therapy unless they are court-mandated to. They are generally pretty dysfunctional and mostly what we see in here are people who are in the average or moderate range. For the most part handle things pretty well. So what we look for in couples is your range discrepancy. And the two of you are fairly similar. Your families of origin are fairly similar in most areas.

This female therapist has a similar impact on the session:

- She spoke 2.1 words for every word the clients (combined) spoke.
- She had the second highest (second to the male therapist discussed above) total words for a therapist (more than all therapists except the above).
- The male client in this session ranked 8th of 10 in total words; the female client in this session ranked 9th of 10 in total words.

This finding appears unrelated to gender, but is germane because it has an impact on clients' ability to discuss feelings by limiting the time available to them. This finding also represents another area in which supervisors of training therapists must be vigilant.

Another finding in this study related to the use of time during the session is the amount of discussion that occurred between the clients (without the therapist) compared to the discussion occurring between the therapist and a client. There were five cases in the study (3 of the female therapist cases and 2 of the male therapist cases, highlighted in yellow below) in which the clients took as many or more turns talking with each other than they did talking with the therapist. In contrast, there were 2 cases (1 of the female therapist cases and 1 of the male therapist cases, highlighted in blue below) in which the clients used very few turns talking to each other (see Table 32).

Table 34. Comparison of Client-to-Client and Client-to-Therapist Turns Speaking

Male Therapist Cases	M1	M2	M3	M4	M5	Total
Total Client to Client	42	12	4	49	75	182
Total Client to Therapist	105	51	64	55	63	338
Female Therapist Cases	F1	F2	F3	F4	F5	Total
Total Client to Client	103	1	13	42	41	200
Total Client to Therapist	36	65	70	41	41	253

If the clients are talking more to each other, particularly if that discussion is the same as they would have outside of the session, the limited time in the therapy session is not being used productively. The following examples show couples interacting without the therapist:

Example 1 – Male Therapist Case

Female Client: Yeah but supposedly you said before that's why you're upset because I'm not listening to what you're wanting me to listen to in the past. And I'm not caring about your feelings that you express to me at some point.

Male Client: So why say it again and again and again and again?

Female Client: Well, why sit there and live unhappy because I'm not doing something you want me to do when I'm telling you I don't know what the hell it is. You've got to tell me again. You just like a ... It's gonna get you nowhere every time you didn't tell me. That would be more frustrating for me than where I'm at. At least I know I express to you all the time and you're just not willing to do it or something else is going on. But with you I have no idea and

Example 1 – Male Therapist Case, continued

Female Client, continued: that drives me crazy. You know I'm willing to try to make things better but you won't tell me what it is that you need. And I've asked you six million times. And you won't tell me.

Example 2 – Female Therapist Case

Male Client: I was just wondering if you were going to invite her over or not. You hadn't talked to her all week. Pretty nice week so far.

Female Client: That's not why. It's nice because we make it nice.

Male Client: Yeah but still... Yeah. That's probably true. I thought it was a pretty nice week.

Female Client: What?

Male Client: I thought it was a pretty nice week.

Female Client: Yeah. It was.

Male Client: Yeah, because we were together without any outside interference.

Female Client: So you still think that our relationship is going to be made or broken because of (cousin's name).

Male Client: No, I didn't say that.

Female Client: That's what you're saying. You're saying it's only good if we don't talk to her.

Example 2 – Female Therapist Case, continued

Male Client: You're over-reacting.

Female Client: No, because I feel so very strongly about them, you know.

Male Client: Well, you survived all week without having to see her.

Female Client: I talked to her.

Male Client: Yeah but it is still you didn't hang around with her as much as you did before.

Female Client: So that doesn't mean I didn't want to see her.

Male Client: Yeah. So. I was just saying I like the situation. You shouldn't be getting so up tight about everything. You know... I mean, that's my opinion. I thought it was nice. I didn't say anything else beyond that. It's you that brought up the theme of breaking us up.

Female Client: You're the one that said that.

Male Client: I didn't say that this time though, did I?

Female Client: No, but that is what you think.

Male Client: No. I didn't. You can't tell me what I think.

Female Client: What did you say last time?

Male Client: I said this time. What I'm talking about is what I said this time. I said it was nice.

Female Client: So your feelings have changed or what?

Male Client: No. I didn't say that either. You know. I just have to put it out of my mind. Is what I did. I just didn't have to think about it.

Example 3 – Female Therapist Case

Female Client: Well, do you understand that? You know what I'm saying. I feel like I...

Male Client: I feel like you don't really care that we're...

Female Client: No, no, no. Wait, wait, wait.

Male Client: That we're spending a third of our money just to pay interest on our debts.

Female Client: No, MC, that's a gross exaggeration, a gross exaggeration. First of all, I'm feeling frustrated right now because I feel like I have a legitimate... I feel it's okay for me to react to you like, "My god, you're going to be gone every Saturday. And not only Saturday, but Friday night you're going to be needing to go to bed early 'cause you have to be there at 6:00." This is an impact on us. And I feel like you can allow me a reaction. I had a 5-minute reaction to that. At the most. That's it. I was more like, "Ohhhh."

Example 4 – Female Therapist Case

Female Client: I guess I can prove that to you. When I say something to you that doesn't involve conflict or emotions or anything, a lot of times you just don't even answer me.

Male Client: For instance?

Example 4 – Female Therapist Case, continued

Female Client: At night when we're watching TV if I'll say something to you.
"Oh, I paid that bill today." Or I whatever. You just don't
answer me. The only times you really notice is when I get
mad, you know.

Male Client: I think. You know, I understood what you said. But I think that
... And again I'm adding and not answering you. It's really
hard to do. But I was thinking of something else even though I
heard what she said. I was thinking of something else.

Female Client: No, you're deliberately blowing me off.

Example 5 – Male Therapist Case

Female Client: I guess I don't remember it. Because it's hard for me to go to
bed when we're still like that. I don't remember that.

Male Client: Didn't you sleep on the couch or lay on the couch or...

Female Client: No. I don't remember that at all. Neither one of us has slept
on the couch in a long time.

Male Client: No. You came back in. You just went out on the couch... You
didn't...

Female Client: Oh. I don't remember.

Male Client: Well then I'm confused. (Husband back off of his assertion.)

It is easy to imagine that these interactions mirror the way the couples talk with each other outside the therapy session. As such, they do not represent productive use of session time and instead furnish opportunities for therapist intervention to break a pattern.

In contrast, the following are examples of therapists intervening in an argument that was occurring in the session and using an aspect of it to teach or model a new behavior to the clients.

Example 1 – Female Therapist Case

Speaker	Discussion	Comment
Female Client:	You're the one that said that.	
Male Client:	I didn't say that this time though, did I?	
Female Client:	No, but that is what you think.	
Male Client:	No. I didn't. You can't tell me what I think.	
Female Client:	What did you say last time?	
Male Client:	I said this time. What I'm talking about is what I said this time. I said it was nice.	
Female Client:	So your feelings have changed or what ?	

Example 1 – Female Therapist Case, continued

Speaker	Discussion	Comment
Male Client:	No. I didn't say that either. You know. I just have to put it out of my mind. Is what I did. I just didn't have to think about it.	
Female Therapist::	Yeah. What I think MC was saying was that he just didn't have to think about it over the week. That he wasn't reminded of anything. But I think what FC is getting at is that it's still kind of a sensitive area. Is that the week was nice. Not because of anything that her cousin did or didn't do but because of the two of you...	Therapist intervenes to break up a repetitive argument to rephrase what the male client has said so that the female client can hear it better.
Male Client:	Right. I thought it was nice too because we were together.	

Example 1 – Female Therapist Case, continued

Speaker	Discussion	Comment
Female Therapist:	Well, I think you're both making the same point. That the reason that it worked well was because the two of you were doing things together and doing things with the family and that was going well. Independently of whatever else was going on, that went well. I don't think it's going to be helpful to analyze that too much. Just kind of let it lay and appreciate it and enjoy it.	Therapist continues to draw attention to what the couple is doing that worked better

Example 2 – Female Therapist Case

Speaker	Discussion	Comment
Female Client:	Not only that, I... That you don't care, and that it's too bad for me. "Too bad for you, I am not going to deal with your issue and I'm going to have my own way. Forget it." You know. Give up. I don't care. Go to hell.	
Male Client:	Well.	
Female Client:	Do you understand how that feels?	
Male Client:	I don't know. No. Not really.	
Female Client:	It'd be like a child going...	
Male Client:	That's probably where our conversations go. Because we really are being focused on what the other one's saying.	

Example 2 – Female Therapist Case, continued

Speaker	Discussion	Comment
Female Therapist:	Wait a minute. You know that is... When I think of that and when I think of when I've been in situations like that, it's just very painful to keep going over and over and over again	Therapist uses self- disclosure to help the clients see the impact of their pattern of communicating
Male Client:	Shit yes when you only retain 2% of the part of the same conversation	
Female Client:	I almost think we've become accustomed of not really listening to each other.	

Example 3 – Female Therapist Case

Speaker	Discussion	Comment
Female Client:	No, you're deliberately blowing me off.	
Male Client:	I'm not...	

Example 3 – Female Therapist Case, continued

Speaker	Discussion	Comment
Female Therapist:	No, no. I think what he says is very important. Because what he is saying...	Therapist stops repetitive argument by helping female client to understand what male client is saying.
Female Client:	You're watching TV. You're not thinking of anything.	Female client does not listen.
Male Client:	It doesn't matter. I'm still doing what... I'm still doing something at the point. Okay, I'm still...	
Female Therapist:	He's taking responsibility for what he's doing that stopping him from listening to you. Did you hear him say that?	Therapist reiterates her point about hearing the meaning of what the male client is saying
Female Client:	He's taking responsibility for what he's doing?	Female client doesn't understand.

Example 3 – Female Therapist Case, continued

Speaker	Discussion	Comment
Female Therapist:	Yeah. He's already thinking of something. You know, I heard what she said but I'm thinking about this other thing. And boy, it's a real tug-of-war. What I'm hearing is that people collecting evidence. I have evidence. I'm going to prove it to you that this is the way it happens.	Therapist elaborates her point again and then begins to draw attention to the pattern in the couples' argument.

Example 4 – Male Therapist Case

Speaker	Discussion	Comment
Female Client:	Uhhh! I don't care what you had. It doesn't matter. You used to be a pig.	
Male Client:	So I've changed.	
Female Client:	Right. Now I don't consider myself a pig. I consider myself a victim of children.	
Male Client:	I just...	

Example 4 – Male Therapist Case, continued

Speaker	Discussion	Comment
Female Client:	You hate the way the car is.	
Male Client:	I look at the van as an investment, not a vehicle.	
Female Client:	Oh yeah, well you shouldn't look at it that way.	
Male Client:	Because we had a negative equity for years and years. We didn't know what it was like to... We didn't know what it was like to make money on a car. We only knew what it was like to lose money on a car. And when we bought the van, I said let's keep this van clean because if we pay it off within 3 years... I thought it was going to be but it was four. It was a grand illusion. We'll make a profit on this car. So if we keep it decent...	

Example 4 – Male Therapist Case, continued

Speaker	Discussion	Comment
Female Client:	I know. But I'm not letting them eat chocolate syrup and red pop. Cheerios ain't like that.	
Male Client:	I'm not saying it can't all be cleaned. I just... Anyway...	
Male Therapist:	Well I was just going to say it's interesting that a few minutes ago when I asked about who needed to be more tolerant. Then you both thought of the other one right away. I think you did, or that's what I saw. So... And that's the big challenge in doing the (inaudible) when you're stressed or angry it's very easy to get frustrated and so you want to blame it on somebody. It's very hard to say, "What's my role in this? What can I do to kind of change this whole	

Speaker	Discussion	Comment
Male Therapist, continued:	<p>pattern?" So that's the challenge. But one thing you guys are both doing well tonight and other times is that you are taking responsibility.</p> <p>You are speaking for yourself.</p> <p>You're saying, "I felt this way."</p> <p>And a whole lot of couples have the hardest time with that.</p> <p>You guys do it well.</p>	Therapist intervenes to comment on the process of the interaction he is seeing

Therapists in the study could have intervened in a manner similar to the above three examples more frequently during the sessions to assist the clients in improving their communicating or listening behaviors. This finding if replicated informs the need for additional training and supervision.

Further examination of the data related to the use of FW/FE revealed that FW/FE were directed by the clients to therapists 40 of the total 114 times or 35% of the instances in which FW/FE were used in the study (see table 35). 22 were directed by female clients to the therapists and 18 were directed by male clients to therapists.

Table 35. Client Direction of FW/FE

Cases	T→MC	T→FC	T→C	FC→T	MC→T	FC→MC	MC→FC	Total
FT	10	6	12	2	10	8	4	52
MT	10	10	5	20	8	9	0	62
Total	20	16	17	22	18	17	4	114
% Total	17%	14%	15%	19%	16%	15%	4%	

Table 35 also shows that:

- FW/FE were directed from one client to the other client (with no therapist involvement) 21 of 114 (18.4%) of the total times FW/FE were used.**
- 17 of the 21 FW/FE (81%) directed by one client to the other were female clients addressing male clients.**
- Examination of the 21 FW/FE revealed no responses containing a FW/FE.**
In other words, when one client directed a FW/FE to the other client in the session, that action did not evoke discussion of feeling from the other partner.

These findings reinforce previously mentioned findings that the therapists in this study did not emphasize discussion of feelings in the couples therapy sessions. The clients used FW/FE expressions to the therapist or to each other 61 times. The therapists used FW/FE to the clients individually or to the couple 53 times or 15% less. Assuming a therapeutic orientation to encouraging discussion of feelings, these findings represent opportunities when therapists could have

assisted couples to delve deeper into discussion of feelings and to attend to each other's discussion of feelings.

More about gender

When the data are sorted to look at gender regardless of position (client or therapist) they reveal that females used 43% more FW/FE, took 6% more turns speaking and used 40% more total words (see Table 36).

Table 36. Comparison of Female and Male Gender Totals

	FC	FT	Total Female	Female % of Total	MC	MT	Total Male	Male % of Total	Total All
FW/FE	39	28	67	58.8%	22	25	47	41.2%	114
Turns	529	236	765	51.5%	444	277	721	48.5%	1486
Words	12356	6508	18864	58.3%	7766	5731	13507	41.7%	32571

In addition, female clients and female therapists averaged almost the same number of words per turn (see Table 37). When female therapists and female clients are combined, their words per turn are 32% higher than male therapist and clients combined.

Table 37. Comparison of Words per Turn by Group

Group	Words/Turn
Total Male Client	17.6
Total Male Therapist	20.7
Total Female Client	23.3
Total Therapist	23.9
All Male	18.7
All Female	24.7

The preponderance of female communication in general and communication about feelings in particular found in this study echoes previous research reviewed for this study.

Additional Limitations of the Study Using a Qualitative Approach

Because of the dearth of research on this topic, it was necessary for the researcher to design criteria for feeling words and feeling expressions that would be included in the quantification. That criteria can be found in Chapter III under Conceptual and Operational Definitions.

Having closely studied the transcription of 20 minutes from 10 couples therapy sessions, it seems that the criteria may have been too narrowly defined. There

were frequent examples in the data when it was clear that a client or, less frequently, a therapist was trying to describe the way s/he felt, but either was not clear what the feeling was or did not readily have the vocabulary or words to describe it. An example for each case is shown below in which the word “feeling” or some form if it is used or a feeling is described from each case that was not counted because it did not fit the criteria:

Male Therapist Cases:

Case M1

Male Therapist:	Sober up and you’ll feel better.
Male Client:	You had guilt.
Female Client:	No, but I made it better because I figured this way I would stop everybody’s pain. I would stop hurting everybody.
Male Therapist:	FC, I think you can get on a medication that will make you feel as normal, I think as MC and I feel right now

Case M2

Female Client:	And I just, you know, I need to be able to tell you how I feel about what you’re doing with him when I see this or whatever.
Male Client:	You just said you feel very independent.

Case M3

Male Client: Because everything seems to make him mad.

Male Therapist: The barrier is made up of a lot of anger and all that stuff.

Case M4

Female Client: But that comment really made me mad because it was saying... You know I wake up anywhere from 3-5 times a night with her every night since she's been with us.

Male Client: But it doesn't... She don't feel like... It doesn't seem like she is... Since we've been married and stuff it doesn't seem like she's... Standing over me like that, you know.

Case M5

Female Client: Do you see why? What made me angry.

Male Client: And you're like mad...

Male Therapist: You're saying, "I felt this way." And a whole lot of couples have the hardest time with that.

Female Therapist Cases

Case F1

Female Client: **That's when he tells me** how he feels. I tell him that he's not feeling that way. **He just don't care.**

Female Client: **I wonder** how it would feel to you if, **you know...** The way I feel is by what happens. **But number one, immediately you just shut up**

Male Client: The way I feel you don't understand.

Female Client: Do you understand how that feels?

Case F2

Male Client: I express myself or my feelings **when I need to but I don't go on and on.**

Female Client: And I feel like it's on purpose. **I swear!**

Case F3

Female Client: It makes me feel **that he has a good time with me.**

Female Therapist: When you have the feeling that he's depressed, **what happens?**

Male Client: **And I don't know** if that's how every parent feels **with their kid at that age or not. But** we just feel like he's still tired **so...**

Case F4

Male Client: I feel, ummm, you know, just getting by without arguing is a good step.

Female Client: He's definitely got an attitude, you know. Sullen all the time and he's... I mean not all the time, but there's time when he, you know, you can feel he doesn't want to listen to me anymore.

Female Therapist: That neither of you feel that your families of origin were extremely dysfunctional anyway.

Case F5

Female Client: Just off the top of my head, I feel like MC doesn't assert himself a lot.

Male Client: No, no. But it feels like it's the sort of things that she would have done.

Female Therapist: Normal anger is being held down till it builds to a point of intensity.

Male Client: I feel like you push me over the edge...

Since part of a therapist's role is to teach clients how to talk about their feelings, and since clients often come to therapy with problems communicating, clients often make somewhat awkward attempts to identify their feelings. Some of these attempts to express a feeling may be appropriate to consider for inclusion. If

future studies of expression of feelings and emotion are undertaken, it may be wise to broaden the criteria.

CHAPTER VI

SUMMARY AND EPILOGUE

This was an exploratory descriptive study of therapist gender differences in the discussion of feelings in couples therapy sessions. The sample studied was small and may not be generalized. The quantitative and qualitative data derived in the study indicate the following:

- The amount of discussion of feelings in this sample was low, averaging 1 instance for every 13 times one of the clients or the therapist in the couples therapy session took a turn speaking. Although various methods of therapy vary in their emphasis on and value for discussion of feelings, these results seem extremely low. The low level of discussion of feelings must be kept in mind when considering the following results.**
- Given the previous research in several social science areas indicating that males are less inclined and perhaps less skilled at discussing feelings, this study sought to determine if male therapists might also be so characterized. As a group, female therapists in this study did discuss feelings more than the male therapists did. This finding, however, is complicated by relatively large variation among the female therapists. All 5 male therapists actually discussed feelings more than 3 female therapists, making a conclusion from this data even more precarious.**

- When clients and therapists are grouped together by gender, the females in this study were both more inclined to talk and to talk about feelings. In this sense, this study agrees with previous research.
- Male clients as a group were least likely both to talk and to talk about feelings. As measured by total words, the male clients in female therapist cases were more inclined to talk than those in sessions with male therapists. The male clients used 75% more FW/FE in sessions with female therapists than the male clients in sessions with male therapists.
- Female clients were more talkative than male clients. Not only did female clients as a group take 19% more turns speaking than male clients as a group, they used 61% more words and 77% more FW/FE, all of which means less time available male clients to speak.
- The female clients in the male therapists' cases were the most talkative group. Female clients in sessions with male therapists took 26% more turns speaking, used 39% more words, and used 190% more FW/FE than did female clients.

- Both the therapists and clients in this study devoted more of their interactions to the opposite gender. This finding is intriguing. If replicated, it has many implications for both practicing therapists and those who train therapists.

The findings in this exploratory study indicate the need for further research to determine if these findings are consistent in other settings with other therapists. If replicated, these findings have important implications for the design of training programs for therapists and would guide the supervisors of training therapists. The findings may also have implications for practicing therapists. The low level of discussion of feelings in this study, regardless of gender of therapist, is dismaying if you assume, as this researcher does, the need for successful therapy to include accessing and expressing feelings in order to understand and manage the impact of those feelings on relationships with others.

APPENDICES

APPENDIX A
Pre-Test Document

Pre-test - Researcher

Tape #1

FT: Last week , (MC), when we did this, one of the goals that I had for (FC) was that she felt you knew what it was like for her when this occurred. Whatever event it was we were talking about last week. So I am wondering, do you feel as if she knows what it's like for you when this happens now after talking with her?

MC: No.

FT: No? Why is... why is that?

MC: I don't think she could just totally black out what that is --- I guess a defense she probably learned when she was a young kid. But she can't do it now because it's something she never did before since then. She blacked out her whole childhood.

FT: So I'm wondering what you can say to her to help her understand what it is like to be you when this happens.

MC: I wish I knew what to say. I don't remember specific incidents. You know, If you could ask about certain incidents in the past, originally.

FT: With (FC)? With when you were little, or...

MC: Pretty much.

FT: Did you say in the past?

MC: In the past. In general...

FT: Ever?

MC: Ya. I remember a couple of 'em and that's where I totally lost control. I'm yelling. She'd see me angry probably twice and that's not usually at home that I'd get angry like that. I'd just stay calm. She'd think I'm ignoring everything in the world, but I'm just staying calm.

FT: Okay so you have this --- (FC) comes at you. You have this reaction that you make a decision, based on that reaction, to ignore or not to ignore. And that reaction that you have, those feelings that you have

47 are familiar. Because that's what happened in the past. Correct?
48 Okay. So when you said you can't remember the different
49 incidences like whether you were...
50
51 MC: What caused them.
52
53 FT: Right.
54
55 MC: Right.
56
57 FT: Right. What she was talking about or events surrounding them but
58 I'm wondering if you can tell me how the feelings with that reaction
59 are similar? What makes it the same as the others?
60
61 MC: The tone of voice, the general attitude, the person who's doing it,
62 wrath occasionally. The loud tone of voice, I think.
63
64 FT: Okay. What, how would you describe that tone of voice.
65
66 MC: Angry or upset.
67
68 FT: Okay, so this angry and upset tone of voice triggers a reaction in
69 you. And that reaction is a familiar feeling. Been there before. What
70 about that is familiar.
71
72 MC: That's whenever I usually shut down like that. That's all of it.
73
74 FT: I guess I'm seeing a missing piece. And I'm just, you know, wanting
75 you to clarify it for me... and maybe you can correct me if I am
76 wrong. What I'm seeing is here's this angry tone of voice that comes
77 at me. And something happens — I make a choice in my head. And
78 my reaction to what happens inside of me is shut down. What just
79 happened inside of me? Why did I choose that?
80

81 Tape #2

82

83

84 MT: Why was Sunday good?

85

86 FC: What was Sunday?

87

88 MC: We hosted my family. It was good, wasn't it?

89

90 FC: Yes, because I was doing what you want me to. They didn't like it.

91

92 MC: What didn't?

93

94 FC: They didn't want to be there. They didn't want to be at our house.

95

96 MC: That's not true. She thinks they didn't want to come over.

97

98 FC: They left so quickly.

99

100 MT: Well why did it work well between you guys?

101

102 MC: We didn't argue. We didn't fight. Everything was preplanned.

103

104 MT: You didn't argue and fight today. You just had a couple
105 disagreements until you got here to argue. So you did Sunday just
106 kind of...

107

108 MC: We knew about it in advance. They came for an hour and a half.

109

110 MT: Well what about you guys? Because you knew in advance, was that
111 helpful? Did you talk about what you would do?

112

113 MC: What did happen?

114

115 MT: Yeah. Did you disagree about this? Whose guests were they?

116

117 FC: They were MC's guests.

118

119 MT: And so did he take charge?

120

121 FC: Even as I was cooking... We had them for brunch so I prepared the
122 food and the table and everything.

123

124 MT: And then, you sort of survived things....

125

126 FC: No I guess whatever we had planned in advance... You know it's a
 127 meal I often make — french toast with a fruit salad or whatever. You
 128 know, and coffee and juice. And there was nothing like that I didn't
 129 offer that I should have I guess. Or it wasn't like he had a thought all
 130 of a sudden we have this let's offer them. He didn't offer them his
 131 mother's cookies.
 132
 133 MT: Did that spark some argument?
 134
 135 FC: What if I had offered them you mom's cookies.
 136
 137 MC: I wouldn't say a word, you know, definitely not when they're present.
 138 Maybe until we go out for a big fight
 139
 140 FC: You'd be very upset then.
 141
 142 MC: I'd be very upset because I'm not eating them myself. My mom
 143 made them for me. I'm not eating them for me — I'm not eating
 144 them, you know, for us. But only for her friends to try some.
 145
 146 FC: They're very....
 147
 148 MC: You know they're delicious. They are all delicious you must admit.
 149 Everyone who has them says they're heavenly.
 150
 151 MT: I'm sure that they are.
 152
 153 MC: He says that very cynically.
 154
 155 MT I'm not cynical... I'm just... I just can't stop thinking about this whole
 156 process that you guys go through because I know you do it well a lot
 157 of times and I'm trying to figure out...
 158
 159 FC: How we manage to do something without fighting?
 160
 161 MT: No, no I know you manage do that. I'm just trying to figure out what
 162 purpose you guys get out of fighting over small things.
 163

164 **Tape #3**

165

166

167 MC: I've gotten it out. So it's out. It's like I don't think about it anymore. I
168 don't worry about it. I don't know. I just got it out.

169

170 FT: Wow!

171

172 MC: I was pretty calm this weekend, wasn't I?

173

174 FC: Yes.

175

176 MC: I thought I felt calm.

177

178 FC: Ya.

179

180 MC: Um it's um like that always. I also, I feel like I don't have anything
181 else to say now. I got it out. So I'm totally relaxed. Especially since
182 I did.

183

184 FT: What has been occupying your thoughts, then?

185

186 MC: Well it's taken a long time but I'm understanding that you have to be
187 patient. And, just take this area — I can understand — it's hard to
188 grasp that amount. After going through the hell that we went
189 through, it just takes time to rebuild the relationship and get it back
190 on solid footing. To rebuild the trust and the faith, and you know, it's
191 just going to take time. I can see where... Go back and see more
192 clearly where we're progressing. It's like that.

193

194 FT: There's a more solid foundation that way?

195

196 MC: I feel more comfortable with it. I guess I can understand I'm really
197 boring.

198

199 FC: Ya.

200

201 MC: And I'm really boring. It took a long time to see. The value of it and
202 that it will take time to see the progressions. I now understand. It's
203 easier to understand the feelings.

204

205 FC: It's easier to understand my feelings?

206

207 MC: Ya. It's easier for me to understand...

208

209 FC: Ya

210
211 MC: That, um, just because something's not going my way or the way I
212 expect it, it doesn't mean it is going wrong or going bad.
213
214 FT: Ya.
215
216 MC: Okay it's another option there I'm starting to see.
217
218 FT: Wonderful.
219
220 MC: (Laughing)
221
222 FC: For real.
223
224 FT: You like that. May I ask what helped enlighten you? What do you
225 think it was that triggered the understanding?
226
227 MC: Part of it comes from, you know, about six months of talking to
228 people who were trying to hammer this into me.
229
230 FT: And we finally hit you hard enough that...
231
232 MC: And, um, FC's been, especially since, especially since last Thursday,
233 but also I could see it over the past several weeks where she's been
234 building up to this. Where, um, FC feels more comfortable with me.
235 And as FC said in the very beginning, as I hold back, she has the
236 tendency to follow. And um, so she feels... she's been more... um...
237 she's been a little more touching and caring and that's been real
238 comfortable, you know for me. Makes me feel real good. It's like I
239 can look, I can see, I can see how the little steps are helping to just
240 to build relationship. You know I couldn't see that before.
241 Understand what was going on at the time behind what I was maybe
242 seeing or hearing. The graphic that was going on behind it. I had
243 too many assumptions about her feelings that I was thinking things
244 about it. Several discoveries in my own mind.

245 **Tape #4**

246

247

248 MC: Ya, you should have told me and reminded me about it and I would
249 have said okay, let's plan Labor Day weekend. Let's ah get Chuck
250 and the kids and everything and get that group campsite again and
251 everything and we'll go. I mean I would like to go too. It's not
252 something I don't want to do. You know...

253

254 FC: (Mumbles something.)

255

256 MT: What was that?

257

258 FC: I said we can't do everything. We're moving one weekend. Then the
259 weekend after we move classes start. And the week after that is
260 Labor Day. Then the weekend after that he's taking a week off of
261 classes to go to Tennessee. So, you know, you can't do it all.

262

263 MT: Yeah. As you talk about it you give the impression... You said it in a
264 way that it's all about Eric and I'm wondering what it felt like to you.

265

266 FC: Well, all summer long he's been extremely busy. Your children have
267 been acting out. The program's done and instead of spending time
268 with his children — which they don't see him a lot and spending time
269 with me, he's going away with his friends. It's just getting back to the
270 old mentality that they used to have where everything focused on
271 MC. MC's career. MC's schooling. MC's time. Because he had
272 been being really good about family and chores and everything, but
273 the summer got screwed up with a project and that took awhile, and
274 he's off with friends.

275

276 MC: I don't understand why this one thing means I'm not trying.

277

278 FC: It's not that. It's just it's taking up the time that would have been
279 spent as our family trip and now our family trip is not going to
280 happen.

281

282 MT: I was wondering where do you feel like that leaves you?

283

284 FC: Well I just feel...

285

286 MC: She feels it leaves her at home with the kids with me away.

287

288 FC: Yah I just feel like as the summer culminated, then the break. In the
289 end it's for him because his summer was stressful.

290

291 MT: What's that like?
 292
 293 FC: It's just a little frustrating. Because I went okay well, yes, he has had
 294 a hard summer, but so did I have a hard summer. You know it just...
 295 it feels like him — his importance takes over again as opposed to
 296 mutual enjoyment.
 297
 298 MT: And his importance takes over — what does that mean?
 299
 300 FC: It just means that I'm just stuck with the kids.
 301
 302 MT: His importance takes over and as far as who you are in the
 303 relationship and who you are as a person...
 304
 305 FC: I'm number two. You know it's not we're here and the kids are here,
 306 it's MC, then FC, and then the kids.
 307
 308 MT: A one-down position.
 309
 310 FC: That's why when we found out about the trip I was very excited
 311 because it would just be us together. No children, no family, nothing.
 312 Just us together. And I was very excited about that and I was
 313 excited that it was a cruise because everything was right there. I
 314 didn't have to drive from a hotel to a restaurant to go out. Nothing.
 315 Because it was just all right there. And he was just like, "Yah,
 316 okay."... It was like no excitement. No anything. Just the fact that
 317 we were going to spend time together. Nothing.
 318
 319 MT: And when you don't see the excitement. When you don't see it or
 320 hear it in his voice, does that play into this feeling that I'm number
 321 two, no excitement?
 322
 323 FC: Well yeah, it seems like number 10 was his hiking trip and this was
 324 just like a 5. You know, like, "okay cool." Like, "Great. Glad you're
 325 going with me." You know.
 326
 327 MT: So it kind of where you're at on his scale of importance.
 328
 329 FT: Yah. Kind of ruins the excitement of going on vacation and the other
 330 person is just like whatever, not happy, not excited or anything.
 331
 332 MC: It's not that I'm not happy or excited. It's just... I mean you can kind
 333 of... that's the thing. You have to try to understand my position. Like
 334 I'm trying to explain to you. It's like you know that I'm really into the
 335 backpacking, stuff like that. Going on these hiking trips, right. That's
 336 something that I know. That's something that I can get excited about

337 very easily because I know it. I've done it. It's with people that I
338 don't ever even see. That I haven't even seen more than like 5 days
339 in the last 5 years.

340
341 FC: But that was their fault because they won't come up or anything.

342
343 MC: That's not what I'm talking about. That's why I'm saying this.
344 Because it's like that. But on cruises — that's not, you know,
345 something that I don't know anything about, or anything like that. It's
346 not that I mean that I'm not excited. It's just that I don't have that
347 same level of connection with that.

APPENDIX B

List of Feeling Words/Feeling Expressions Counted in Study

LIST OF FEELING WORDS/FEELING EXPRESSIONS COUNTED IN STUDY

Case F1

FC	I feel like you're saying, "Shut up. Too bad. It's your problem." That's how I feel
FT	I feel
FC	I feel like you might as well say the words out of your mouth. Shut up. I don't care. It's your problem. You're alone. That's how it feels when you shut down or you just don't even answer me
FT	Would that feel better for him to say that to you

Case F2

FT	I could tell, FC, that you were very upset
----	--

Case F3

FT	Mentioned you're feeling secure
FC	It makes me feel, ummm... It makes me feel secure
MC	Well then I'm confused
FT	Feel more comfortable
FT	I'm a little bit concerned
FT	It feels different to you
MC	Right. It's a feeling
FT	And how do you know he's depressed? What gives you that feeling that he's depressed
FT	How does that make you feel to know that she thinks you're a lot more fun to be with
MC	That makes me feel good
MC	Personally I've been very frustrated
MC	I've been feeling pretty good about us
MC	That's a little stressful for me
MC	I get frustrated
FT	Feeling blamed and they're feeling on the defensive
FT	Feeling like they have to protect themselves
FT	How I feel; This is how I feel; I feel angry
FT	And I feel hurt
FT	You feel insecure; May never feel
FT	You feel heard; You feel each other is hearing your needs and concerns
FT	It's a better feeling. You're feeling better
FT	However it feels good to you to do it

Case F4

FC	I feel so very strongly about them
FC	So your feelings have changed or what

Case F5

FT	May have felt that nobody was really terribly concerned about his position
MC	I never really felt close to people or attached to anybody, so...
MC	I have the feeling it's already too late. I've already missed out on too much, so I'm going to have to make up for it
MC	I kind of feel like if I have to work Saturdays that's not really my choice, for one thing
FT	But will it relieve you? It will be rewarding to yo for the sense that there's less stress on you of having these debts
FC	I feel like I...
FC	I'm feeling frustrated right now because I feel like I have a legitimate...
FT	So in other words, you would like for him to express some empathy for those feelings you're having
MC	I feel like I'm going to get the blame for it though whereas I feel the same feelings
FC	I have a little frustration with this
FC	I'm happy for you
FT	I sense from what you expressed in your feelings about your relationship is that you want some control back in your life. You feel as though maybe you've given too much of it over. And maybe you didn't see yourself as having a major part in giving that control over. But now you want more input into decision making
FT	How would you respond to that
MC	And I feel like it's just... It's not the point it comes to. It comes to the point of well, who's in power here. And I feel like I'm not being listened to
FT	So it affects you more on an emotional level
FT	Whereas FC can deal more with issues and get her anger out there and leave it and it doesn't continue to...
MC	I feel like I'm just... Where I feel I am being reasonable
FT	So it evokes some of the...
FT	Okay, so it brings up some of the sensitivities that you have to not feeling valued as a person. And that comes across in the conflict
MC	I get angry
FC	I feel that...
FT	I care
FT	That you do care, that you do value each other

Case M1

FC	I'm tired of it
FC	I'm angry
MT	Tell me how you felt
MT	Okay, but how did it make you feel
MC	It made me feel like shit
FC	That's the ways I was feeling
FC	A little guilt too; there was guilt; a lot of guilt built up

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Case M1, continued

FC	Nobody loves me; Nobody cares; They do love me; They do care
FC	I'm pissed at him
FC	I feel comfortable with you
MT	How are you feeling now
FC	It terrifies me to think that I was like that
FC	I'm being caused pain
MT	You feel like
FC	I feel comfortable with you. I do feel comfortable

Case M2

FC	I'll get angry; I'll usually get angry
FC	Do you feel like you have any independence from me
FC	I feel completely independent
FC	I feel independent
MT	What's, what's the emotion that need to have met
FC	Probably either hurt or anger or something
MT	What's the need that you have that causes you to get upset? That's not being met
MT	Are there times when you feel safe

Case M3

MC	I'm terribly frustrated
MC	I'm very tired of it
MT	How do you feel? You don't feel things are clear? Or do you feel the same way
MT	You feel safe; does that seem like it hits home for your view
FC	I'm upset
MT	You're feeling that there is just, between the two of you, there's so much anger that you're not to a point where solution is; Angry; Anger; He feels
MT	I'm wondering if I were to chart how you feel about your relationship; Your feelings are pretty low
MT	How about you
FC	I don't care
FC	Do you feel that

Case M4

MC	I got resentful
MT	So you had an attack of guilt. On of those guilt trips
FC	I was really ticked. I was really ticked
MT	So you're both pissed off at each other... Upset. You were throwing your left-hand curved ball and you're coming back with anger.
FC	I felt that that was a very unfair comment
FC	I was jealous

Case M4, continued

MT	You mean there's more comfort in the relationship
MC	Trust. More trust
MT	And it's difficult for you
MT	So when you're feeling happy and he's feeling down... I'm wondering what that would be like
MT	I'm wondering if her mood affects you
MT	You just want to be in a bad mood
MC	I'm down
FC	I'm kind of tired of hearing it
MT	What's going on for you, MC, right now
MT	What's that like for you? Record the emotion. What's the word for it
FC	I would feel real insignificant or feel like really nervous about my abilities or something
MT	He's feeling down. You're feeling down. Being down

Case M5

FC	I was mad
FC	I'm just like cooked
MC	I'm even more tired. I'm tired. I'm tired
MC	I'm feeling good
MT	You got mad because he was mad
FC	I didn't get mad
FC	I'm tired. Tired.
MT	So you feel kind of fried after having the kids all evening
FC	I feel very fried some nights

APPENDIX C
Transcription of Cases

CASE F1 TRANSCRIPTION

Key: FC - Female Client, FT - Female Therapist, MC - Male Client

FC: That's when he tells me how he feels, I tell him that he's not feeling that way. He just don't care.

FT: Ask him if that's... Did I get all of it?

FC: Did I get all of it?

MC: Yep. At some point, I don't want to communicate. And I already know where the conversation's going.

FC: That. I agree with that.

FT: What did you hear me say. Ask her what she heard.

FC: At some point you don't want to communicate...

MC: Do you understand?

FT: Yes. What did you hear me say?

MC: What did you hear me say?

FC: That at that point when I say you really don't feel that way and you just don't care. Then you're done talking. You don't want to talk anymore. You shut down.

FT: Did I get it all?

FC: Did I get it all?

MC: Yep.

FC: My point exactly. If I don't agree with you, then you don't want to talk about it because we don't agree. You always get your own way regardless.

MC: I understand you. I understand what you're saying.

FT: What did you hear her say?

MC: That at that point it's an argument between us because she has her opinion and I have mine. And there's no happy meeting point. And that's basically what she said. That...

FT: Did I get it all?

MC: Did I get it all?

FC: I guess, you know... I guess that's it. I... You know... When you say things back I guess it just sounds so different.

FT: What are you hearing. That's important.

MC: Yeah.

FT: That's important. What are you hearing him say. He may not be saying the same thing that you're saying.

FC: Yeah. It was in different words and I guess I don't think it has... I don't know if it has the same meaning or not. The meaning is immediately you know whether I agree or disagree with you. And if I disagree with you, then you shut right down because you don't want to talk about it. Because you know there's going to have to be some mediation there. And that's not gonna happen. And that's when I come back with, "You don't care."

MC: Now, what makes your decision? Or what is your argument over doing it the way that I talk to you about it? Did you get it all?

FC: What... Yeah.

FT: You want to know?

FC: You want to know what's my argument over having the arena on the other side?

MC: Yeah.

FT: You're asking her to be the speaker now.

MC: Yeah.

CASE F1 TRANSCRIPTION

FC: My argument is that if it ends on the north-hand side of the road... Number one it's not in the middle of the hay field. Which is that's pretty small anyway. So it takes off part of the hay field. Number two...

FT: Try and keep it short.

FC: The second reason is with it on the north side... The north side dips down and so people driving by would be looking down on it. So they could see very well the arena what's going on from both directions. If it was on the south side, they couldn't see it coming from the north because the house and all the trees are in the way, number one. And number two, on the north-hand side it would have to sit back far and it would be up high and a lot of people would miss it just for that reason. And number three, I think it's windier over there and you know and that's where I wanted it. Did you get that?

MC: Yeah.

FT: Okay then...

FC: Did you get that?

MC: Yep.

FT: What did you hear me say?

FC: What did you hear me say?

MC: That you wanted it to be on the north side it's down lower and people and see it better. And on the south side you said it's gonna be in the middle of the hay field which it's not gonna be, you know...

FT: That's editing.

MC: And that you think it's windier over there and people can't see it as well.

FT: Did I get it all?

MC: Did I get it all?

FC: Yeah. With people not seeing as well, they can... That way everybody going by would see it from both directions all the time. It's very visible right there.

MC: Okay. Hand it over here.

FT: Are you done with the speaker pillow?

FC: I guess so.

MC: Alright. Alright. If you had to compare... A pasture is where you put an animal into and it grazes, okay. And it needs x amount of room to run around. Do you agree that the north pasture is not very large. Do you understand?

FT: You're asking me...

FC: You're asking me if the north pasture is very large? Yeah. There's a lot of pasture out back.

MC: North pasture. Right beside the house.

FC: Ummmm...

FT: You're asking me...

FC: You're asking me if the north pasture is very large.

MC: You...

FC: No, it's not real large.

MC: Okay. I got it. You do not have a concept of size.

FT: I don't believe...

MC: I don't believe you have a concept of size per your telling me that you don't understand size.

FT: What did you hear me say?

FC: You don't think it's as good...

FT: What did you hear me say?

CASE F1 TRANSCRIPTION

MC: What did you hear me say?

FC: You don't think I have a good concept of size.

MC: Yes. If you were to put an arena in there, the size of it would diminish your pasture. So that wouldn't be of use. And if you're going to have other animals in that pasture, you don't take another animal into the same pasture and work it. Did you get what I said?

FC: Umhmm. If you going to have an animal in that pasture, you don't take another animals in there and work 'em.

MC: Because...

FC: Did I get it all?

MC: Yes. Alright. And the south pasture I'm not going to put it into the center of the field. I'm going to put it on the side of the field. Okay. Your exposure is just as much people coming from the north as it is people coming from the south. You have a sign out that says "horse boarding." You'll have a fence out there. Hopefully we'll have other horses around there. At that point you're going to get too much exposure. You're going to have more than you want. Alright. And you need a flat... She knows where I'm coming from.

FC: No, I've already lost part of it.

MC: Alright. Okay.

FC: You've explained a lot of things. I can't...

MC: That's...

FT: People can... I mean it's biological. It's not anything... Some people have better memories. And we have to practice in terms of memories. But in terms of listening, especially when it's emotional...

MC: There's certain things too. If it's numbers or reading, FC's much more... She understands it. Okay. If it's thinking out a situation like cutting a piece of timber or bailing hay — mechanical things — that's my expertise. Because that's what I do every day. And I think of those things.

FT: Okay. So you're saying...

MC: And marketing. I think of marketing stuff all the time.

FC: I guess I can prove that to you. When I say something to you that doesn't involve conflict or emotions or anything, a lot of times you just don't even answer me.

MC: For instance?

FC: At night when we're watching TV if I'll say something to you. "Oh, I paid that bill today." Or I whatever. You just don't answer me. The only times you really notice is when I get mad, you know.

MC: I think. You know, I understood what you said. But I think that ... And again I'm adding and not answering you. It's really hard to do. But I was thinking of something else even though I heard what she said. I was thinking of something else.

FC: No, you're deliberately blowing me off.

FT: What? What was the purpose...

MC: I'm not...

FT: No, no. I think what he says is very important. Because what he is saying...

MC: I'm telling the truth right now.

FC: You're watching TV. You're not thinking of anything.

MC: It doesn't matter. I'm still doing what... I'm still doing something at the point. Okay, I'm still...

FT: He's taking responsibility for what he's doing that stopping him from listening to you. Did you hear him say that?

FC: He's taking responsibility for what he's doing?

CASE F1 TRANSCRIPTION

- FT: Yeah. He's already thinking of something. You know, I heard what she said but I'm thinking about this other thing. And boy, it's a real tug-of-war. What I'm hearing is that people collecting evidence. I have evidence. I'm going to prove it to you that this is the way it happens.
- FC: That's not as important...
- FT: And communication's out the window. Think of it this way. If I say to you...
- FC: Well I wonder how it would feel to you if, you know... The way I feel is by what happens. By number one, immediately you just shut up. You refuse to communicate about it so... Okay so, even if you don't say it, I feel like you're saying, "Shut up. Too bad. It's your problem." That's how I feel.
- FT: What did you hear her say?
- FC: What did you hear me say?
- FT: That was a very good statement. Very good. In terms of owning it.
- MC: That how do you... How you... How you feel when you say something to me and I don't respond or act as if I don't quite hear what you're saying or I don't care. Is that about what you said.
- FC: Yeah. The part about what happens. But how do I... The way I feel you don't understand. When you shut down or you don't answer me...
- FT: I feel...
- FC: I feel like you might as well say the words out of your mouth. Shut up. I don't care. It's your problem. You're alone. That's how it feels when you shut down or you just don't even answer me.
- FT: What did you hear me say?
- FC: What did you hear me say?
- MC: That you feel that when I don't answer you, it makes you feel like... That I don't care when I'm shutting down, I guess. I don't respond.
- FC: Not only that, I... That you don't care, and that it's too bad for me. "Too bad for you, I am not going to deal with your issue and I'm going to have my own way. Forget it." You know. Give up. I don't care. Go to hell.
- MC: Well.
- FC: Do you understand how that feels?
- MC: I don't know. No. Not really.
- FC: It'd be like a child going...
- FT: Wait a minute. Wait a minute. Before you try and convince him, he says he doesn't understand how that feels and...
- FC: You know, maybe I should do that to you. Maybe then you'd understand.
- MC: I don't know. I'm really having a hard time right now listening now. I guess. I don't know. I'm just telling you.
- FC: Well I'm gonna feel that way. I... I understand some of it. It's really funny. You're sitting there saying something and I catch on just a little.
- MC: That's probably where our conversations go. Because we really are being focused on what the other one's saying.
- FT: Wait a minute. You know that is... When I think of that and when I think of when I've been in situations like that, it's just very painful to keep going over and over and over again
- MC: Shit yes when you only retain 2% of the part of the same conversation
- FC: I almost think we've become accustomed of not really listening to each other.
- MC: Yeah. I agree. 'Cause...

CASE F1 TRANSCRIPTION

FC: Because other people... Where there's no emotion. Where there's no nothing. They can talk to me for an hour and I can probably tell you pretty much everything they say.

FC: First of all we need to have some communication with the kids to find out what is going on with them.

FT: Okay.

FC: We need to find out what the problem is.

FT: Okay. What is she asking right there?

MC: To have some communication with the kids to find out what's going on.

FC: But he knows it hopeless, just like me. 'Cause they'll shut up and not say a word.

MC: No...

FC: That's why we never work out anything. He's...

MC: Okay. Hold it. Hold it. Hold it. Hold it. I disagree.

FT: Okay.

MC: So many times I've tried... Yeah I know, you've got to go...

FT: We've got just a few more minutes.

MC: I've tried practicing what FT and stuff has taught us and I've said, you know, let them talk, and stuff. You know and... And sometimes you disagree because you're upset too over that. Over the issue.

FC: I disagree with what?

MC: With trying to... Trying to... You want an answer... You want the kids to answer immediately what you're asking too. And sometimes you're talking right over top of what they're trying to say. And that's why (male child's name) won't communicate with you.

FT: And you're talking for (male child's name).

MC: This is a two-way copy. (Male child's name) and I both talking.

FC: That's because you and I both know what he's buffaloing...

FT: Wait a minute. There's a difference between you saying...

MC: This is what (Male child's name) told me.

FC: You're automatically agreeing with (male child's name) and that's what I do period. Not that, you know, by the way, (male child's name) has told me that he feels this way because...

FT: Would that feel better for him to say that to you?

FC: Yes. Because I would believe what (male child's name) says. Not how MC perceives what (male child's name)'s saying to MC.

MC: That's what (male child's name) was talking about.

FC: I should be able to make my own decisions by what he says to you.

MC: That's what (male child's name) said to me.

FC: By this time you've made the decision and you're putting the verdict on me.

FT: Do the two of you see how powerful words are?

MC: Definitely.

FT: There's quite a few examples.

FC: Well what's mentioned... You know. Just as we sat here and I say one thing and he hears another... Well you take somebody saying something to somebody else. Somebody making their decisions and then telling the other person what they think. Not exactly what the other person said.

FT: Oh yeah. Did you ever play that game where you...

FC: Yes. So you might not even really be right. And if you... And even if you are right or wrong, it still may not help (male child's name) because it still may not be the real... What (male child's name) is getting at.

CASE F1 TRANSCRIPTION

- MC: So how are you going to find it out?
- FC: Well I guess (male child's name) and I would have to talk to it. But see, I don't even realize it. Because you've already made your judgement to tell me what you think, not what (male child's name) said.
- MC: That's what (male child's name) said.
- FC: What did he say?
- MC: (Male child's name) says that you're too judgmental and you don't ever believe what he is trying to tell you.
- FT: So maybe the two, you and (male child's name) should talk about this. Or maybe you could go to (male child's name) and see how.... If this is really how...
- FC: The only problem with (male child's name) is that he lies through his teeth all the time.
- FT: But it's going to be real important that the two of you get these skills down...
- FC: But how would we... I mean it's like... I would have to spend probably 15 minutes thinking about every sentence first to try to...
- FT: And that's okay.
- FC: Change it around.
- MC: It's just short subjects. Like one... Like one little subject....
- FC: I guess... You know... What we need to focus on is how we feel. Not what you've done to me. How you make me feel when you do this.
- FT: Like we could... Like through the issue of (female child's name) and (male child's name)... We could talk about everything that (female child's name) does or doesn't do and how MC has responded to it.
- MC: Right.
- FC: That's not important.
- FT: And we could talk about (male child's name) and what he has done and how you have responded to him and how MC has responded to him and visa versa. All that's not the issue. The real issue is I feel like our kids are not being treated fairly.
- FC: Fairly. They're not.
- MC: Alright.
- FT: How can we make sure that we are each treating both (female child's name) and (male child's name) in a fair way. Because you know, one's a parent biologically. The other one is a step-parent. Pseudo-step-parent. So...
- FC: That's not even why I think he does it.
- FT: Well, for whatever reason.
- FC: I think he does it because (female child's name) is a girl and she could do... Commit murder and it would be fine. (Male child's name) is a boy and he needs to pay hell.
- FT: It could be a male/female thing. It could be values. It could be a lot of things.
- MC: A lot of things.
- FT: But what are we going to do to try and make it fair. Should we make it fair? Do you believe it should be fair between them? Do you feel like it should be fair between them? If you both agree that it should be fair then it should be pretty simple on coming up with something. Now if one person has a different belief. No I think it should be different because of this and this and this. Because they're male/female. Because one's older and one's younger. Because one is more responsible and the other one isn't. Whatever the reasons are. Then we start understanding...
- FC: I think it's very obvious that everybody in this world should be treated equal and fairly.
- FT: Different people... That is your belief, FC.
- MC: That isn't the way it is.

CASE F1 TRANSCRIPTION

FT: And that is very very relevant.

FC: You don't believe that, do you?

FT: But there are a lot of people who don't believe that.

MC: No.

FT: That you wouldn't give the same rights to one person...

MC: And I'm not talking just our kids either...

FC: No. No. I'm not talking... Rights! It depends on what you consider rights and what you consider privileges or responsibilities.

FT: And that's how...

FC: Obviously you shouldn't give a drunk the responsibility of running a corporation. Okay.

FT: And that's kind of what we're talking about...

MC: But that's what the statement you said, so you were...

FC: No. No. I'm talking about treating people fairly and equally.

FT: But then you need to go into in what areas are we going to treat them fairly and...

MC: Right. There's a lot, you know you...

FC: Well, how about judgement and punishment and discipline.

FT: And those are critical areas. And see how that keeps it very specific and very focused. Tonight we're just going to deal with responsibilities. Tonight we're just going to deal with leisure activities.

CASE F2 TRANSCRIPTION

Key: MC - Male Client, FC - Female Client, FT - Female Therapist

MC: No

FC: I would have like to have been but I don't think that would have assisted.

MC: The person there said that those two should never talk to each other.

FT: The person that was at this meeting?

MC: Yes. Right after, you know, what was discussed and so...

FT: What... I mean how did it start out? Has it always been difficult to talk with her. Because I wanted to... This was one of the things we discussed, you know. We were leading into something I wanted to get a better handle on. I sensed that there you know... I was sensing something uncomfortable but you started to avoid me and I couldn't get a handle on the interactions between the two of you. So can you give me a little bit... Help me understand, you know, how it evolved or...

MC: I was always that way, I guess. She always thought I should talk a lot more than I did. I'm just not that kind of person, I guess. I don't know. I express myself or my feelings when I need to but I don't go on and on, I guess. I don't chit-chat, I guess. That's what I'm trying to say.

FC: He does too chit-chat.

MC: I don't have the problem with FC. So I guess maybe it wasn't all my fault.

FT: When you separated with the children, you attempted to... I mean with the divorce, was it just really difficult to... It took the divorce decree to set up parameters or...

MC: Well it was just kind of went to the normal situation, I guess. When she moved out, I would see them on the weekend.

FT: So it wasn't spelled out officially that you would see them on weekends, she'd have them during the week and then...

MC: No. I would have them every other weekend.

FT: Right.

MC: I didn't see them all that much.

FT: Oh. So initially it was you that had them every other weekend.

MC: Yeah.

FT: Okay. So when that started to change?

MC: Well, she decided she was going to move out and I don't know what she expected me to do. So I filed for divorce.

FT: Sure. Uh huh.

MC: And reconciliation was out of the question. So I filed. And that surprised her. That I had done that. So it evolved and became a custody case and she has them a few more days than I do, but not a lot.

FT: So in the divorce case it says that you will have joint custody?

MC: Joint legal and joint physical.

FT: (Inaudible)

MC: Yes.

FT: And so now the outcome of this hearing... You said many things were talked about... Can you tell me a little bit about what was talked about?

MC: Well we talked about the medical problems that we discussed.

FT: What was the response on her part to that?

MC: Well she thought FC was overreacting and I was trying to get out of that by saying people aren't the same. She may be more sensitive than she is. That doesn't mean she's overreacting.

CASE F2 TRANSCRIPTION

- FC: I guess I need to say something too. I intervened and those children were taking medicine. They were ill with strep. And the last time she did come over and she was coughing and she was ill and she didn't have strep. That was the first instance she did not. And I think I had every right. Because she would send the child with medication without telling anyone. Then she would send her to school with medication which is not
- FT: She's infected, right?
- FC: Both of them. Both of them.
- FT: Both?
- FC: Both. I mean so she not only really put those children in jeopardy by putting them and thinking they're adults and can do it on their own, but other children who have access or could possibly have access to the lunch bucket and start... You know. You know how kids are. And not only that, but then her negligence of telling them that if they did have strep she would take them. Not just when I said they've got it, I'm sure, but she had taken them and they had had strep also. And not tell us and send them over and they had not been on antibiotics for even 24 hours. You know, I mean I had every right. I'm sorry. I was not overreacting. I was being practical.
- FT: And you have a medical orientation, you know, to handle that.
- FC: It's a common sense orientation I'm talking about.
- FT: It becomes very much the expectation that the two houses are different for the girls.
- MC: It is. Extremely. That is true. I think they've adjusted pretty well.
- FC: (Female child #1's name) hasn't though.
- MC: Well, I know she hasn't. She has these stories. These horror stories about this or that goings on or this or something happening to us or things that were said. But I think that's... You know you can hear or get feelings from children. And if it gets to be a habit. You know when she's prodding them for information whether it's correct or ask more questions. There's a lot to play with. And (female child name)'s old enough that she's learned that.
- FC: She plays us.
- MC: She plays us and it's not... She's a very bright girl. I think she... That's a way for her to get attention too. And when her mother...
- FC: She knows it.
- MC: She babies that girl way too much, you know, and...
- FT: So that's something...
- MC: Tantrums are okay. Go ahead and...
- FC: Oh man. I've never seen a 10 year old girl throw themselves because they couldn't go out. I mean it was storming. It was raining. She's wanted to go out. I mean... Wanted to down the street. Well, you know, personally I'm afraid of the storms. You can get struck by lightening or, you know, it's cold out and you can get a cold. She threw herself down and threw a tantrum like I've ever seen in my life.
- FT: This was just recently?
- FC: This was when we first... I first moved in.
- FT: Okay. So this was a period when there were tantrums.
- FC: She'll sulk. But she knows that that's not acceptable behavior. If you have something to say or you've got a good reason why you want to do what you want to do. But if it's just not acceptable and she has to stay home, then she'll sulk a lot.

CASE F2 TRANSCRIPTION

- FT: It sounds like, you know, that there was a period of time when parenting was a group of people. It was really just laissez faire. I mean they just let the kids do their own thing and they will rear themselves, you know. And it's sounds like that's how your ex-wife is rearing her kids. You know, they can potty train themselves when they get ready to and they can throw temper tantrums if they would like to. You know, I mean it's just sort of whatever they do is behavior that is tolerated.
- FC: Well, that's kind of... That came out from (female child #2's name) saying that, you know, "My mom said that's okay." And the rationale behind it and it's like... I told her, "I don't think so. Not here."
- FT: I wonder how you responded to that.
- FC: I just... Just what I said. I don't think so. Not here. You know. No. That's not acceptable here.
- FT: Ummm
- MC: (Female child #2's name). I think that's a real problem with... (Female child #1 name) keeps telling me that...
- FC: I think she's... Well, I want to... I brought it. I'd say that except she... I get the impression she slighted at home and that...
- MC: Well, that's the thing...
- FC: And that (female child #1's name) is way up here and (female child #2's name) is way down here.
- FT: Well, this incident, you know. I could tell, FC, that you were very upset.
- FC: Oh. She made me cry. She made me cry when I heard her. The girl made me cry.
- FT: Because she was upset.
- FC: She was upset.
- FT: Did this come up, you know, in the meeting? You know, the needs of the children to have the parents attending school functions?
- MC: No. It didn't... That didn't come up.
- FT: Okay. I guess she was so totally engrossed in her school that she didn't have any time for the children. Is that what happened?
- FC: (Female child #1's name) is always on time. I don't think... I'd say within the past year. I kind of get the impression that (female child #2's name) doesn't want to go. There are times (female child #2's name)... Sometimes she just... She really doesn't want to go. Sometimes she'll get excited. Sometimes she doesn't. MC tries to... He was always (inaudible). And sometimes I think he tries to manipulate their thoughts. I don't really care. I don't want to hear it. I'll say, "Did you have fun?" I won't say, "What did you do? What do you think?"
- FT: So you ask more global questions?
- FC: And that's it.
- FT: And they've learned not to volunteer a whole bunch?
- MC: They do on their own sometimes, you know. They'll say things.
- FC: (Ex-husband's name) just tries to be... You know, he does little things. I think he does. To try to know what's going on. It's in his personality. And umm he did have an episode where he had him convinced that he was going to get a \$900 go-cart. And guess who's going to pay for it. It wasn't going to be him and it was going to be us. You know, and I had to sit down and talk to him. An explain about working for things and working toward things. And I had to (inaudible).
- FT: (Inaudible)

CASE F2 TRANSCRIPTION

- FC: But then he tries to use that manipulative thing like without saying, "Ask your mother." Somehow he has a way of convincing him that he is gonna do that. So then when he comes home and it's like they're gonna do this for me. And it's like, ahhhh, I don't think so.
- FT: That's a nice thing to want to believe.
- FC: Yeah. That's kind of how I had to put it to him. And try to get him to see the realistic part, you know. If I gave you half, you know, would you work for half of it? If you would work for half of it I might help you or more than that. I might help you help at some point.
- FT: Give them problem solving solutions to reach a goal.
- MC: That was about the time we started to re-side the house. And he was upset. He was in tears. And I went up to talk to him I told him if I had the money, I wouldn't just give it to him. But I had a way for him to make something towards that if wanted to. Their part was as I took the siding off the house to take the backing off so we could recycle it. And he could have what we got from that.
- FT: (Inaudible).
- MC: And that sort of got his focus back to where it should be. And he did that. And now he's looking for other ways to make money.
- FT: What a nice summer thing.
- FC: But it was difficult for us to work that out after he came back with all of that propaganda, you know.
- FT: So it sounds like both these Ex's are leaving some dilemmas for you to have to work out.
- FC: And I just feel like it's on purpose. I swear!
- FT: That would be... I can understand how you would feel that. Well, we've got just a little time and I wanted to take some time with the children. But I just wanted to take and show you the results of...
- FC: I wanted you to have this too because that was something that I had...
- FT: Thank you. Okay. Is that something that you'd rather do now or maybe we can do this next time? Do you want to go over these when I have the children's results next time? Is this something you want to do now?
- FC: I don't have to.
- FT: I'll keep that and I'll bring it next time for you to tell me about. This, the couples, the relationship...
- FC: Oh no. Terrible aren't we? You're going to tell us how bad?
- FT: You're delightful. I mean I'm reading these and going, "Oh, how nice. This is such a nice couple to work with." You both score very high on "Cohesion." Being together on things. That was one or two standard deviations above the norm which is like only 2 or 3% of people go higher than that.
- FC: Oh so...
- FT: So it says that you support each other in the couple relationship. "Satisfaction." You both rated very high on satisfaction with the relationship. And you both identified some areas of dissatisfaction. It's amazing. You both are answering so similar I thought did they do this together?
- FC: We did not.
- FT: I know you didn't. You think very much alike in a lot of areas.
- MC: I think it might help. Maybe you could shed some light on... As far as (female child #1's name and female child #2's name)'s situation. Bear in mind that I never prodded them for information on their lives with their mother, analyzed their mother. I'm concerned about intruding on that. I don't want to do that.

CASE F2 TRANSCRIPTION

FT: No, no. That's very wise. You need to keep doing that. I think it's really important for them right now that they have a totally separate person that they can relate to. If I would... I would use... With the children it would be play therapy. And basically children talk through toys and play much louder than they talk with words. I think it would be beneficial to see them. I'm going to know more exactly where the situation is when we get the teacher's reports and I compare their reports with your reports. I do want to go over that with you next week. I think... I do think I definitely want to see (female child #1's name) tonight. You know just from what I've seen at this point and just thinking about your concern that you've expressed. The other two also. I'm just not quite sure how to go about... I don't want to single one out or single another one out. I don't know how to exactly go about this. Unless we did it a half an hour with two and two. You almost need at least a half an hour. Which child... Which ones do you want to come in, the two of you?

MC: Well (female child #1's name) obviously has the most problems because it becomes attitude when she first comes back. She's unbearable now. She's arrogant. It's a drastic change for her to have to accept coming to our house. Whether she's resentful or whatever. She has the worst problems.

FT: That's... Just let me reassure you. They have done multiple studies on step families. And often 24 hours before the child has to go to the other family...

FC: It happens.

FT: And 24 hours after they get back...

FC: Her frustration comes out.

FT: Yes.

FC: And we have to cope with it.

FT: And this is why when there's switching it's hard to stabilize it. I think there's a couple other things I want to go into with you. So maybe next week I will just... If next week the two of you will just come again and then we'll solidify and see... I'll have those teacher's reports. And then after that we'll break it up into the children. We will talk about parenting and that way you can support me in the therapy role and I can support you in the parenting role.

FC: Oh.

MC: Oh okay.

FT: I am going to bring them up to let them see that video. I got it set up here. I promised them.

FC: Do we get to watch them or do we have to leave?

FT: You can watch if you like.

FC: They got to watch us.

FT: Remember how they were acting?

FC: Terrible.

FT: They were just making funny faces in front. If you'd like to go downstairs and just tell them to come up here, I'll... Thank you.

CASE F3 TRANSCRIPTION

Key: FT - Female Therapist, FC - Female Client, MC - Male Client

FT: What's that doing to your sense of security? You've said in here... **Mentioned you're feeling secure?**

FC: **It makes me feel, ummm... It makes me feel secure.** It makes me feel that he has a good time with me. That he enjoys being with me. Because he's not so down all the time — in a bad mood. You know, I can be... You know, if you like who you're with and you...

FT: Um hmm.

FC: You have more fun. You enjoy yourself. You're yourself.

FT: What do you think is happening different now? Or what do you see has changed that is causing him, his mood to be better?

FC: I don't know. Everything is still the same in our lives. I just think that MC's really really trying.

FT: Okay. Remember the last time you were here and you felt like things were going better? And I tried to get you to predict a relapse. To predict what happens if. The "what if" kind of thing. And you were thinking about making a contract with each other as to what you would do if you felt a fight coming on or things escalated. Did you try doing that or did you think about that?

MC: Ummmm, yeah. We thought about it a little bit. Actually, we did have a little fall-out there. That night you went to bed mad.

FC: I don't remember.

MC: Ummmm. We more or less decided that, you know. That we would try and work it out within, you know, an hour's time frame or something like that. And if it gets too late into the night or it gets to where it's not productive, then maybe we'd just would be better off sleeping on it. Sleeping together. Just, you know, understanding that, and, you know, in the morning feeling more refreshed and better able to talk and understand and you know... Other than late at night which sometimes it gets and you get a little tired too, you know. So that's kind of what I got out of it. I think... I think that's what she got out of it too. A little bit.

FC: I guess I don't remember it. Because it's hard for me to go to bed when we're still like that. I don't remember that.

MC: Didn't you sleep on the couch or lay on the couch or...

FC: No. I don't remember that at all. Neither one of us has slept on the couch in a long time.

MC: No. You came back in. You just went out on the couch... You didn't...

FC: Oh. I don't remember.

MC: **Well then I'm confused.**

FT: Well, it's just that kind of thing that I wanted you to think about together and talk about predicting that. So that you **feel more comfortable** about it if that happens, what are we going to do about it? Instead of like now everything's going along real great and that's really good. But I'm kind of... **I'm a little bit concerned** just because it's difficult for you to explain to me what's better or different or what's changed. And because of that, I know you're trying harder right now. Ummmm. In a year from now and you're not coming here anymore and things seem to be resolved and you're not coming here and you have one of these flare-ups. Do you see what I'm trying to get at?

FC: Um hmm.

CASE F3 TRANSCRIPTION

- FT: That's what I'd like you to think about. When are... One of the questions I wanted to ask you is that... You talk a lot about being close and feeling close. And when you're not feeling close, that's when you seem be a little bit more on edge and fights occur for you more often. That's what I've heard you say. How do you know when that feeling happens? What's going on when you're not feeling as close? And what are you going to do to prevent that?
- MC: Ummm. I guess maybe not being close a lot of times is just doing our own thing through the day and not having a chance to spend with each other. And then you go a period of two or three days where you've really been tired. She's doing the dinner. I'm watching the kids. We eat for a few minutes. You know, we read the stories. The kids are to bed. We're tired. We watch TV. We don't talk. We go to sleep. Some routine like that for a few days. And, you know, no touching, no... I mean not no touching.
- FT: Yeah.
- MC: Limited touching. Limited intimacy. Leads to, you know, I guess maybe not feeling as close to that person. And then if something is said. Something is taken wrong. Somebody gets mad. Since you're not as close, you know, you feel a little more distant. You don't ummm... You know, you feel more defensive.
- FT: Um hmm.
- MC: I guess that's kind of some of it.
- FT: It feels different for you.
- MC: Right. It's a feeling.
- FC: Differences I've seen... Like he's been more ummm... He's been more fun to be around. You know, laughing, smiling, not seeming as depressed.
- FT: When you have the feeling that he's depressed, what happens?
- FC: Inside of me?
- FT: Inside of you. And how do you know he's depressed? What gives you that feeling that he's depressed?
- FC: He just kind of mopes around. He just doesn't talk at all. And ahh, you know, he snaps back. He snaps a lot. If I say something he snaps and gets very defensive. You know I'll say something. He'll go, "Well, I didn't do that." And I'll go, "I didn't say you did do that." You know, that's not what I said. Like, you know, he gets real defensive ummm like ummm go away if you're going to be so grouchy. Go play golf with your friends. Go away. You know. But, like he's been a lot more fun to be around.
- FT: Have you told him that?
- FC: Ummm. I don't know. I don't think I have.
- MC: I don't think so. I don't really remember per se her saying that to me.
- FT: How does that make you feel to know that she thinks you're a lot more fun to be with?
- MC: That makes me feel good.
- FC: He was, ummm, cracking a lot of jokes the other night. And I told him, you know... I told him that he was being fun and it was fun and everthing. And then he got up to go to the bathroom and when he came back, you know, he was tired and he wanted to go to sleep.
- FT: Umhmm.
- FC: You know it was like you're not fun anymore.
- MC: Yeah, yeah.

CASE F3 TRANSCRIPTION

FC: I'm done with the bathroom, it's time to go to sleep. So...

FT: It's kind of neat when you notice little things like that about each other, to let each other know that. Because a lot of times we give feedback when each other is doing things that we don't like. But a lot of times we forget to give feedback when they're doing things that we like. So if she's been more relaxed and happier and that makes you feel good, it's good to let her know that and visa versa. If he's been more fun and funnier, it's good to let people know that. 'Cause that's the thing that keeps those feelings going. You're talking about the closeness and feeling close. Maybe you haven't been able to be close. But just a small compliment like that saying, "Gosh I've really noticed this past week we've had a really busy week, but you've been in a really good mood and that really keeps me up and makes me feel really close to you." Just giving that little verbal feedback. Sometimes the way to keep that closeness there without needing to feel it physically... Or, like you mentioned. Sometimes you don't have the time to be close and intimate and touching. Then that's kind of a way to do that closeness.

MC: Yeah. Just taking things a little on the lighter side.

FT: Umhmm.

MC: 'Cause really it's been kind of hard lately. Because of my leg hasn't enabled me to do a lot of things or help around the house. And FC's been doing a lot of things around the house. And I know it's hard on her. But, you know, and that could be a situation where we're both tired and one thing is said. And we're tired and we're just, you know... And all of a sudden somebody snaps and then you get defensive and a few words are passed. It's not a big fight, but you have bad feelings. And that right there is hard to patch up. Nobody wants to give in. On that. So umm, it like it's been kind of hard lately in that aspect. And I know that personally I've been very very frustrated. It's been hard to walk around like this for a month. To go to Florida on vacation and be like that. And not be able to run and do all the things that I like to do and that. So that's been really frustrating. So it...

FT: Um hmm.

MC: I've been feeling pretty good about us, you know. Because we've been getting along and it's, you know, been kind of hard taking care of our nephew for a week there when his mother and dad were having...

FC: Yeah. That (nephew's name) thing has been going on for a couple weeks...

MC: A couple weeks.

FC: And then we... So MC was bringing them home every night 'cause he's been going to the babysitter with his Grandma. So MC was bringing them home every day so they could, you know, stay over there and help her and not pick him up till late.

FT: Um hmm. An extra kid makes a big difference.

MC: One extra kid.

FT: Oh yeah.

CASE F3 TRANSCRIPTION

- MC: Yeah, he's you know... He's a little over a year younger than (male child #1's name). And you know (male child #1's name) is, you know, five now. So he's a little more... You know, you don't have to watch him as much. You can watch him go over to the next door neighbor's and go in the yard and then come back in and, you know, sit down for ten or fifteen minutes before we go out and see. With him you can't do that so it takes a little more time.
- FT: How do you think you could get him to dress himself?
- FC: Well, we got to get him to bed earlier at night.
- MC: Well, see, you... I mean that's hard too. It's just... We work and we eat and he plays a little, and you know... And he's had a hard time at school.
- FC: That would create more stress for us if (male child #1's name) had to be in bed and be done by 8:30. Like we have...
- FT: That's pretty early though too.
- FC: He needs... He could sleep for twelve hours. He gets... He runs all the time. Really hyper. He runs. (Male child #1's name), we try, like on a weekend...
- MC: Yeah, like we try to have him in by 9:00.
- FC: 9:00 with everything done.
- MC: 'Cause we just feel that too that that's, you know, that's about a good time.
- FT: Sure.
- MC: Especially since he gets... When we get up in the morning and he's just zonked out and we wake him up, you know...
- FT: Umhmm.
- MC: And I don't know if that's how every parent feels with their kid at that age or not. But we just feel like he's still tired so...
- FC: We get him up at a quarter to seven.
- MC: So it's ahh...
- FC: But he's just kind of a... He's kind of spoiled. If we ask him to do something, a lot of times he'll say, "I don't want to." "(Male child #1's name), go do it." And he'll ignore you.
- MC: There's... The thing is if that's our fault.
- FC: Yeah.
- MC: He's spoiled. So...
- FC: Whereas (male child #2's name), I don't know. (Male child #2's name) is always going in the bedroom and straightening up. He's always... He says to me, "You want to come in the bedroom and help me clean?" No. Not that he really does anything constructive, but he thinks he is cleaning up.
- FT: Sure.
- FC: He puts things all in a big pile in a corner, you know. Puts three or four things in a tackle box under his bed. He does it like that. But he... He likes to do chores.
- FT: Um hmm.
- FC: He can get out the vacuum and plug it in and...
- MC: I suppose we could give him chores. I mean give him actual chores to do.
- FC: That's something we could start. 'Cause (male child #1's name) been talking about wanting an allowance.
- FT: So when he does his chores, he's rewarded for his work.
- MC: We just... We feel too that it will be a little easier when I get bathrooms and (male child #1's name) room done and get him in it. We have a bedroom now that's just junk. You know with...

CASE F3 TRANSCRIPTION

FT: Then they'll each have their own room?

MC: They'll each have their own room. Yeah. We have bunkbeds in there. It's a mess because they just... Boys... You know kids that age get things out...

FC: It's a small room and they've got all their junk in there.

MC: And it's hard to have them clean it up. I mean, you know, so... But that's a little stressful for me because I haven't been able to get in there and really do what I want to do. I want to tear out the doors and the trim. The window trim. Paint, you know. And it's just real hard to stand up do it all. So I get frustrated and that because I can't do that. I know if I was better and that I could start doing that and once I get it done. And then (male child #1's name) could move in and then... Things... You know the domino effect. Things start taking care of themselves and that. So for me that, you know, is a source of frustration sometimes. But I guess it's going to take time.

FT: So you had an instance where... You talked a little bit a couple weeks ago about how if you had dishes and you rushed them to the table at night. Left something undone.

FC: Ummm.

MC: The other night we kind of left it. Now how do you mean? Just something that we figured was something that we normally do but...

FT: We're talking about if we left the dishes. FC doesn't like to leave the dishes that night. And then the next morning. We're kind of talking Saturday. Friday night, Saturday morning thing where you're all in bed. In that she wouldn't feel like getting up to do it. And you would say, "I will help you." Or, you know, "Relax." Or... And the kids get you up early anyway. And we talked about having the kids go get their own cereal and letting you relax a little bit.

MC: Right. Right.

FT: Has any...

FC: That... I don't think that...

MC: Mother's day.

FC: Yeah, Mother's... Well it's because of Mother's day. Mother's day only comes once a year.

MC: Well, I know it but it's something.

FT: I'm meant her doing it voluntarily. Not as a gift, but her just feeling okay about not doing something.

MC: Oh. Okay.

FC: I guess... I guess... I guess that it hasn't really come up.

FT: Okay.

FC: I guess because that cause the kitchen hasn't been as big a mess because I've been bringing food home.

CASE F3 TRANSCRIPTION

FT: Well, it sounds like you agree to disagree on that issue. But even if it is brought up once a year, it might be something that if you feel more like you have a resolution for it, it won't be an issue. It won't be that sensitive issue that you will bring up and... That's what I was talking about as far as having a plan so that when you have your next fight, the more things that you are able to resolve when you are not fighting, be able to talk them over, the less things you'll have to bring up when you fight. And if you remember to try to remember to fight fair... When I talk about fighting fair I mean you don't bring up the past. You don't bring up the past issues. You fight about the issue at hand. And you don't blame. And you use "I" statements. That's fighting fairly. I think I mentioned that to you before.

FC: You don't use we or you? It's just all I's?

FT: It's "I" statements and you can use "we." But when you say, "You make me do this. You make me feel. You don't have the right to." And if it's you, you, you, the person is **feeling blamed and they're feeling on the defensive**. And they're **feeling like they have to protect themselves**. And many times it's more difficult to listen when you're being attacked all the time. And I'm not saying that you're not going to have times when, you know, you really piss me off or something like that. I mean that's just the way life is.

MC: Right.

FT: But if you consciously think about well what is it that I'm mad about. Well, he did this and this is **how I feel** because of it. So instead of blaming him, it's **this is how I feel** because whatever. You'd do whatever. I **feel angry** and I **feel hurt**. Lots of times **you feel insecure**, I'm not liking how this is going. I'm not liking how I am feeling. I'm not liking how the house looks. I'm not liking... And that way you can say we kinds of things. We need to talk about it. We need to decide what we're going to do about this. We need to have some conflict resolution. We need to problem solve. The we comes in in what can we do about it. That makes fighting a little bit more fair when we don't bring up past issues. But if that's a thing that keeps coming up and it's an unresolved thing that might be helpful and it may never be resolved completely. You **may never feel** like either of you have completely made your point. And, like I'm right...

MC: Right.

FT: But as long as **you feel heard**, as long as **you feel each other is hearing your needs and concerns**, you can empathize with each other a little bit more. Putting yourself in each other's shoes. Being able to kind of step outside yourself and observe. Observe yourself as a couple. And what's going on and what those unresolved issues are about. That makes it much more helpful. **It's a better feeling**. **You're feeling better** about the situation.

MC: I see what you mean. I think that would probably be good.

FT: Okay. Well, we can do that next time. But we don't have to do that next time. If you guys would like to work on something different next time, we'll do that.

FC: We can... We can go ahead and make our list.

FT: Okay.

FC: I'd like to make our list separately.

FT: Okay.

FC: 'Cause I don't want to give him any ideas.

FT: Okay. Why don't you decide what you'd like to do. You can make a separate list and you can make a together list. You could do both.

CASE F3 TRANSCRIPTION

FC: Okay.

FT: However it feels good to you to do it.

FC: Okay

FT: Okeydoke. See you next week.

FC: Well, FT, we can't come next week.

FT: That's alright. Two weeks is alright?

FC: Yeah. (Male child #2's name) has a spring concert on Wednesday night.

FT: Oh, will he sing?

FC: Yeah. Kindergarten through fifth graders sing. And then the seventh and eighth graders put on a little play.

FT: Awww. Okay.

FC: And then (male child #1) has like a baseball game on Thursday night. So...

FT: Busy family.

FC: Yeah this is baseball season.

FT: Springtime is always very busy.

CASE F4 TRANSCRIPTION

Key: FC - Female Client, MC - Male Client, FT - Female Therapist

MC: Well we talked and we drank some wine that one night.

FT: Last Monday?

MC: Was it last Monday? I don't know when it was.

FC: We go to lunch?

MC: No. You wanted to go with (relative's name).

FT: You really wanted to work out.

MC: Yeah. We went to work out.

FT: So you have had some time together?

MC: Yeah. A little. Because she knows where I'm going to go do the stair stepper.

FT: Uh huh.

MC: Yeah. We spent time together. We went out Saturday night. I went to the football game earlier.

FT: The MSU football game?

MC: Yeah.

FT: I saw it on TV.

MC: Um hmm. Sad loss.

FC: They were leading almost the whole game.

MC: Uh huh.

FT: It was pretty intense.

FC: They were awful. They couldn't do anything. They just let them score.

MC: We do some talking at night when we are laying in bed too. We talk about (inaudible).

FT: Do things go any better? In terms of talking?

FC: Uh huh.

MC: Yeah, I guess. I mean, we didn't have any major arguments or anything.

FT: Have you tried the reflective listening at all?

MC: I guess we're... I feel, ummm, you know, just getting by without arguing is a good step.

FT: How has it been for you, FC?

FC: Good. He's still wanting time to ourselves. Talking to my cousin. He says, "You're not going to invite her over are you?" That's the only thing. I wasn't even talking to him, you know. I was talking to her on the phone. He turns on the TV and is trying to hear us.

MC: I was just wondering if you were going to invite her over or not. You hadn't talked to her all week. Pretty nice week so far.

FC: That's not why. It's nice because we make it nice.

MC: Yeah but still... Yeah. That's probably true. I thought it was a pretty nice week.

FC: What?

MC: I thought it was a pretty nice week.

FC: Yeah. It was.

MC: Yeah, because we were together without any outside interference.

FC: So you still think that our relationship is going to be made or broken because of (cousin's name).

MC: No, I didn't say that.

FC: That's what you're saying. You're saying it's only good if we don't talk to her.

MC: You're over-reacting.

FC: No, because I feel so very strongly about them, you know.

MC: Well, you survived all week without having to see her.

FC: I talked to her.

CASE F4 TRANSCRIPTION

Key: FC - Female Client, MC - Male Client, FT - Female Therapist

MC: Yeah but it is still you didn't hang around with her as much as you did before.

FC: So that doesn't mean I didn't want to see her.

MC: Yeah. So. I was just saying I like the situation. You shouldn't be getting so up tight about everything. You know... I mean, that's my opinion. I thought it was nice. I didn't say anything else beyond that. It's you that brought up the theme of breaking us up.

FC: You're the one that said that.

MC: I didn't say that this time though, did I?

FC: No, but that is what you think.

MC: No. I didn't. You can't tell me what I think.

FC: What did you say last time?

MC: I said this time. What I'm talking about is what I said this time. I said it was nice.

FC: So your feelings have changed or what ?

MC: No. I didn't say that either. You know. I just have to put it out of my mind. Is what I did. I just didn't have to think about it.

FT: Yeah. What I think MC was saying was that he just didn't have to think about it over the week. That he wasn't reminded of anything. But I think what FC is getting at is that it's still kind of a sensitive area. Is that the week was nice. Not because of anything that her cousin did or didn't do but because of the two of you...

MC: Right. I thought it was nice too because we were together.

FT: Well, I think you're both making the same point. That the reason that it worked well was because the two of you were doing things together and doing things with the family and that was going well. Independently of whatever else was going on, that went well. I don't think it's going to be helpful to analyze that too much. Just kind of let it lay and appreciate it and enjoy it.

MC: Yeah. That's what I was doing. I just thought it was a nice week.

FC: It was.

FT: Well, I've been going through all of those testing materials.

MC: We flunked, right?

FT: Well, I think people have the idea that this is a pass/fail kind of thing. What it is is just information about how you were feeling the day that you were... That you did this. And it can change anytime. This is not ... This is a lot of information, but it's sort of up to you to kind of fill me in on why you chose the answers that you did and we can see how accurate the test scores reflect the way that you understand your relationship and your functioning.

FT: You both have the same ideas that your families for the most part had. And, what you've said in here and what we've talked about is the problem really centers around the two of you and one part of your relationship. But overall, the family is in pretty good shape it looks like ummmm in terms of the way things are now. And your kids are at the point where they're still manageable. They haven't really hit adolescence.

MC: We had them to start with so...

FT: Your oldest is...

MC: Thirteen. He's definitely starting to get that attitude, you know. Sullen all the time and he's... I mean not all the time, but there's times when he, you know, you can tell that he doesn't want to listen to me anymore. We don't know how he is. We don't know... There's no possible way to know what he's thinking, you know. You can see that right in his eyes. You can see it and I can just remember from what I did.

CASE F4 TRANSCRIPTION

Key: FC - Female Client, MC - Male Client, FT - Female Therapist

FT: Yeah. That indicates... This piece of the assessment, we would, if your son were to come in, we would give him the adolescent version. So that we would punch his score in on here someplace. But often what happens when you have a parent who is very centripetal, who's very focused on the family... When you have an adolescent, it causes a lot of difficulty because the adolescent is ready to go out and explore the world and they want to kind of get a little more freedom from the family. A little more autonomy. And they often end up kind of at odds with parents. Particularly if one parent is very focused on family. Where you are. And I think FC has the advantage of being a little more centrifugal or a little more flexible in terms of looking outside the family. That she may be able to relate to your son in a way that you might not be able to because your expectations are more to stick with the family.

MC: Ummm.

FT: So that might be something that we would explore later on in terms of looking at the overall family function, because I know that we have kind of touched on that. That that is a somewhat of an issue in terms of FC's relationship with your son. And down the line we might be able to talk about how to promote establishing a relationship with him that's a little different. He's getting older now and he doesn't, probably doesn't want the parenting but he still needs the adult supervision in his life.

MC: No doubt.

FT: Yeah. They need that for a long time. Although they don't want it.

MC: Um hmm. You give 'em a little bit afraid of freedom and they take a mile.

FT: Yup. Absolutely. That's their job. This is the *Family of Origin Scale*. We've talked about your families in here. And, the way this . . . These are your scores. And FC, yours are highlighted in the yellow and MC, yours are highlighted in the blue. And what I look at here is how they line up. Because the areas where there is greater space, those are the areas that your families are kind of further apart. But your families were fairly similar in "Clarity of Expression," and "Responsibility," and "Respect For Others." But there's a big discrepancy here in "Conflict Resolution." And that kind of shows up in the communication style that the two of you have. And that's probably an area that needs attention. But it's not like you're way up here on that. You're still in the moderate range which indicates that both your families were pretty functional. In fact, you're up above... In the high functioning area. Let's see. FC, you're in "Separation and Loss," and MC, "Mood and Tone," yours is above the high range. Generally, people that score consistently high are people that really know how to work these tests. You know, they've been in therapy a long time and they kind of know what the test is asking. And so whenever we see scores that are way up in the 19-20 area, we always kind of wonder... 'Cause nobody's that healthy. You know, so, you know that they've had some therapeutic training or something. And typically people that are down in this range don't show up for therapy unless they are court-mandated to. They are generally pretty dysfunctional and mostly what we see in here are people who are in the average or moderate range. For the most part handle things pretty well. So what we look for in couples is your range discrepancy. And the two of you are fairly similar. Your families of origin are fairly similar in most areas.

MC: Well, maybe so, but it gets pretty bad when we're not too...

FC: When?

MC: Recent times.

FC: I don't think so.

CASE F4 TRANSCRIPTION

Key: FC - Female Client, MC - Male Client, FT - Female Therapist

MC: I do. You may not... You may think it's... I think we were just as bad. You know, we're arguing and you'll go back and shut the door, or I'll walk out and we stop talking. We never resolve anything. But we're stopping it.

FT: As long as we are on this topic, I want to get this... This is the *MSI*. This is the one you did last week. And this one kind of is more specific about communication problems and conflict and if there's conflict over child rearing. And it just kind of covers the whole thing. And problem solving communication... I want to get this right, so let me get my "cheat sheet" out here. You guys scored above the 65. Here's the 65. This is pretty high. And high elevations on problem solving communication indicates marital tension. Surprise, surprise. There is likely to exist a long accumulation of unresolved differences so that any minor incident may precipitate a major crisis. Distress is likely to have generalized across a broad range of areas including finances and marital/parental roles. And as you were...

MC: Finances... Oh my god...

FT: Yeah. You know that really reflects more specifically some of the problem solving. So I went to look at the scores here, this gray area is mixed. All the gray areas are mixed scoring and the white is you and FC's score. And so the two of you are very aligned in terms of the way you perceive this. Your score's 29 and the MC's score is 31 so that you are not that far apart in the way that you perceive it. And again, that's one of those areas where at least you agree that you're in the same relationship. You both kind of perceive that your problem solving abilities or skills are pretty much in agreement.

MC: That doesn't mean that we solve problems very well.

It doesn't mean that you solve the problems, but it means that you are both aware. There's some instances where you might have... And normally it's the wife. The wife might be way up here and the husband may be right down here because he doesn't see any problem. It's like if your mother and father were to do this, your father might not see any problem at all. Because he makes a decision and that's it. No problem. And very often that's what we'll see in couples who are... Well, actually, what happens is the wife drags the husband to therapy. And the husband goes, "We don't have any problems." And she's at the end of her rope. And her score will be way up there. And his score will be down. And so when you see a discrepancy like that, it's a lot harder

FT: to get that one person to move. But in your instance because the two of you... I mean you are both aware that you have difficulty solving problems. So I think that that means that's an area we can work on and that you both would be motivated to work on. Whereas some people would just say, "Well, I don't have any problems." And wouldn't even address that. So, in a way, even though the score is high, it's good that the two of you have scored in alignment.

MC: Yeah.

CASE F4 TRANSCRIPTION

Key: FC - Female Client, MC - Male Client, FT - Female Therapist

FT: I like to use the *Family of Origin Scale* with the *MSI* because a lot of the things that come up in the family of origin sort of translate into problems later on with the family. This set you guys can take home with you. This has... I have to keep all the other stuff. But these are the questions and categories, and if you have a chance this week, you could go over this and see if there's anything you think you ought to talk about. All it is is it's a breakdown of the questions that you answered on the scale and what areas they are concerned with. And I've just... Your scores showing again mostly in the average range — average to high range — so it indicates that your perception of your families of origin is adequate. That you didn't... That neither one of you feel that your families of origin were extremely dysfunctional anyway. That there were some needs that were getting met in your family of origin. Does that make sense to you both?

FC: What does the high mean?

FT: I often go through the *BSI* with people. The two of you are so non-symptomatic that we don't need to spend much time with it. I mean you both had lots of zeros. didn't even bother to score it because FC, you might have had one or two and MC you had one. I mean it's so low that obviously whatever is going on is not causing you a lot of physical symptoms or a lot of... You don't have... You haven't developed any phobias of paranoia or anything like that. I mean that's what this is all about.

MC: What's it called? *BSI*?

Brief Symptom Inventory. And this is just a list of questions. "How much were you distressed by nervousness or shakiness inside? Faintness or dizziness? Thoughts of ending your life? Poor appetite? Suddenly scared or lonely" It's just a list of different things. And both of you were... I mean you had a few FC, that said "a little bit." But most of it was "not at all" for you and I don't think I'm concerned until I get people who are above the moderate range. Who are scoring lots of threes or fours which is typically what I get initially. But this was very low for both of you. Now this also, I think, changes. Because there may be... Sometimes you get somebody the right day and they're gonna mark a four where the next day it might be a one. So this is not something that is forever and always. This was on this particular day, the two of you did not display any real symptoms. So I'm not really concerned that either one of you is on the verge of a nervous breakdown or anything like that. That's sort of what this is. Screening for people being depressed or anxious or phobic in some way. So I'm just not concerned. Whatever is troubling the two of you in terms of your relationship, it's not manifesting in any physical symptoms. That's good news. I thought it was good news. I hope you think it's good news. Do you think it's accurate? Is that a surprise to you? Did you think...

MC: I'm not having physical problems.

FC: We're just kind of... Our stomachs were kind of upset. We had... We weren't eating that much. I think that was like the biggest thing and we were kind of like wow...

MC: I think your stomach was more upset and I wasn't having stomach problems.

FC: Okay, then you didn't sleep.

MC: No...

FC: You said you weren't eating. You were saying, "Oh, I think I got an ulcer." Don't you remember that?

MC: Yeah, maybe...

FC: Yeahhhh.

FT: Well...

FC: Forget it! Well, but I think that was the biggest thing. You know, that...

CASE F4 TRANSCRIPTION

Key: FC - Female Client, MC - Male Client, FT - Female Therapist

FT: Just the tension?

FC: Yeah. Well, hopefully... Well, I think...

MC: We ate good over Thanksgiving.

FC: Yeah. We ate a lot.

MC: Well we had shrimp

FC: Yeah. Ummm. That was good. We had the last of the shrimp.

MC: And that apple thing you made.

FC: Oh yeah. I made a Bavarian Apple Torte.

FT: Ohh. Wow.

FC: Really good. First time. The kids helped. They were peeling the apples. They did all the apples. Cause it's surprising how much apples you need. They said you only needed what... four cups. But that's, you know... A bowl like that.

FT: Um hmm.

FC: But that's a lot of apples. The kids did a good job, didn't they?

FT: Everybody enjoyed it, huh?

FC: Yeah. It came out good. But we're over that now.

MC: You have to work it off. Have to work out. Didn't work out as hard as I could. I usually work out. During my lunch hour I work out. Ordinarily. But after being so relaxed on the weekend and trying to get motivated to get a good workout.

FT: Um hmm.

MC: And try to do what I usually do.

FT: And you walk to the refrigerator. Powerwalk.

MC: No, you tell the kids to go get me something.

FT: They need the exercise.

CASE F5 TRANSCRIPTION

Key: MC - Male Client, FT - Female Therapist, FC - Female Client

MC: Or just impressed me when I did hear about it.

FT: Sure.

MC: And maybe there was some bitterness too.

FT: Um hmm. Okay, let's see. "Range of Feelings." You both scored up in this area so expressive families. Ummmm, "Conflict Resolution." In this area you rated your family in empathy very high. Whereas MC tended to drop down in the sense of empathy given to on another in the family. It's in the average range. Certainly, you know, I mean you don't see them as not being empathic to one another but certainly not way up here where it is obviously a strength would be.

FC: Um hmm. It's interesting too. I can't remember specifically this test, but, ummm, how can I say this? Do you find that there's much of a difference sometimes between childhood and adulthood? Like, I'm just wondering, like ummm, empathy for instance. I think of your folks as pretty able to give empathy. But as a child you might not have felt that way. Do you know what I am saying?

FT: Uh huh.

FC: I'm not trying to figure this out... I was just curious. I couldn't remember the actual test. Whether it was like as I was growing up this was how it happened or...

FT: Pretty much.

FC: Or my family is...

FT: Pretty much as you're growing up.

FC: Okay. Yeah, I was just curious. I couldn't remember.

FT: But you're seeing... You're answering those questions as an adult, but you're remembering the way you felt growing up. Your childhood.

FC: Ummm

FT: So... And it may be that, you know, MC is kind of the outsider in the family. May have felt that nobody was really terribly concerned about his position. I'm putting words in your mouth, but that's, you know, when you're... I'm kind of questioning it.

MC: The trust.

FT: Yeah, yeah.

MC: Might show that.

FT: Yeah.

FC: I had never really thought about it until I think our last session or the session before that. If you didn't ask for a lot or if you didn't demand a lot, if... And I'm not saying you should have, I don't mean it that way, but that I just never thought of it that way. That it could come out that way. That you know, if you weren't paid a lot of attention to, but then you weren't a real demanding kind of kid.

MC: Yeah and I think when I was a baby that I just never kind of learned to attach myself to one person. Or, ahhh, oh I don't know, maybe I... Maybe that happens before you're 6 weeks old, I don't know. I just know that I moved around a lot and ahhh, it probably has the same effect on a person as moving around all the time from house to house while you are growing up and going through school. It's probably similar. I never really felt close to people or attached to anybody, so...

FT: And you never really demanded that anybody pay attention to you.

MC: No.

CASE F5 TRANSCRIPTION

FT: Or your needs or your wants. So maybe at that time you didn't know what they were either. You know, it was just a matter of if I just keep silent things will kind of fall into place without you rocking the boat like your brothers were doing obviously. They were getting attention and maybe that was negative in some ways.

MC: Ummm

FT: You may have learned from their experiences that it's best just not to ask for a lot of attention. I don't know. I'm wondering how that's affected the relationship that you two have. Do you find that he has repeated some of those patterns of not asking for a lot. Of not asserting himself for his own needs throughout the relationship that you're had?

FC: Just off the top of my head, I feel like MC doesn't assert himself a lot. It's not like he's demanding. I guess there's a difference between assertive and demanding.

FT: Uh huh.

FC: He isn't demanding a lot, except that when he does want something, it's like I haven't asked for anything so I want this now! That's just off the top of my head.

MC: It's already too late.

FC: Too late?

MC: Well it's then I have the feeling it's already too late. I've already missed out on too much, so I'm going to have to make up for it.

FC: Well, see, I differ with you. I feel that you don't try. I think years ago when (male child's name) was little or (female child's name) was little, we used to really think out on Saturdays, for instance. We would make a list of what was reasonable today and what wasn't. And we would kind of prioritize it a little. And say well, how about if you do this this morning and I'll do that this afternoon. Whatever. I mean I that was a long time ago. It didn't always worked perfectly smoothly, but I feel like you do just kind of... That you just have given up on that. That you just don't take time to do that.

MC: That's true. That I don't plan...

FC: Yeah, and at the end of Saturday or Sunday you're really pissed at everybody around you because your weekend has been kind of crummy. And I'm saying I didn't do anything to make your weekend crummy. What did you want to do? I guess I'm asking you to take more initiative. Not necessarily. Sometimes you do that, sometimes you just say, "Well now I'm going somewhere." And that to me is like the flip side of it. It's either black or white. Not this gray area where we could figure out. And then I'm like, "Gee this doesn't work out for me right now that you just take off. I was going to go do grocery shopping or something like that for supper tonight." That's a rare time, but it's like how about that gray area where we plan it out a little bit more and figure out what works for both of us?

MC: Well, like it must be very common for everybody not to have time to do anything that they want to. I mean, let's be so... I don't know. What everyone else does this...

FC: Yeah. I don't either. I have to admit it. I don't know how other people work that.

FT: I know. And you've got a busy family. You've got four kids, so... But when you start finding that it's breaking down and your feelings about being in the relationship, that's a time to re-examine and say the costs here are greater than the sacrifice I'm making. And what do we have to do to change it. And it might be something as black and white as sitting down and communicating at the breakfast table or whatever. This is what I would like to do today. It's important enough to me to prioritize it. And, you know, each of you do that. And then, you know, look at what can you put off till another time.

FC: Uh huh.

FT: So it sounds like you guys did that quite effectively before.

CASE F5 TRANSCRIPTION

FC: Yeah, as long as my memory's right.

MC: We used to make lists, yeah. Then the last 5 years or so lists have been kind of a... You don't like lists anymore.

FC: The way you say that and I say... It just blows me away. You're doing it right now. I have never disliked lists. And I don't know what it is. You have said this to me before. And I said I don't know where you get this.

MC: Ummm.

FC: Did I stop you from making lists over the last 5 years?

MC: I think you've thrown them away or something.

FC: No. That ... That ... That is not true whatsoever. You couldn't find it and I was to blame.

MC: No. Well, I'll try to keep better track of them.

FT: So the list idea worked for awhile and then it kind of fell by the wayside. Which is pretty typical.

FC: Yeah. It worked for quite awhile, really. I mean... And it wasn't necessarily a list that was a joint list. You know, I mean sometimes you had your list and I had mine. And then we would figure out well, you do the morning and I'll do the afternoon or something.

FT: Well even if you just verbalize it, you know, and you don't put it down on paper unless you know, there's discrepancies between the way that you receive one another's communication about it and then later there's some unhappiness about well, you know, this isn't the way it was intended. But if you can communicate and you fully understand what the other person intends to do, you might be able to negotiate time.

FC: Uh huh.

FT: Around those things.

FC: Uh huh. It may be worth trying, or something like that you know.

FT: You know, going back to the last session where you guys were doing some communication skills. Practicing. We never really addressed the issue that you are talking about. And I wondered if the two of you came back together and talked about it when you met again.

FC: We didn't. About the issue with...

FT: The kids...

FC: The kids and like for instance if I say something that's a reprimand and you say something along with it.

MC: I kind of feel like if I have to work Saturdays that's not really my choice, for one thing. I mean not entirely my choice. Not my choice to have these... These debts, you understand me?

FC: Right. Well I know that.

FT: But it will relieve you? It will be rewarding to you from the sense that there's less stress on you of having these debts.

MC: Ummm. But it appears that there won't be as much reward for FC that I'm working on Saturdays.

FT: Yeah.

MC: But...

FC: Well, do you understand that? You know what I'm saying. I feel like I...

MC: I feel like you don't really care that we're...

FC: No, no, no. Wait, wait, wait.

MC: That we're spending a third of our money just to pay interest on our debts.

CASE F5 TRANSCRIPTION

FC: No, MC, that's a gross exaggeration, a gross exaggeration. First of all, I'm feeling frustrated right now because I feel like I have a legitimate... I feel it's okay for me to react to you like, "My god, you're going to be gone every Saturday. And not only Saturday, but Friday night you're going to be needing to go to bed early 'cause you have to be there at 6:00." This is an impact on us. And I feel like you can allow me a reaction. I had a 5-minute reaction to that. At the most. That's it. I was more like, "Ohhhh."

FT: So in other words, you would like for him to express some empathy for those feelings you're having.

FC: Yes and let me have them. I mean, we'll work it out. I'm not saying let's, you know...

FT: Yes.

FC: You know, quit the job or anything.

MC: I feel like I'm going to get the blame for though whereas I feel the same feelings.

FT: And that's... That's your, your perception that is to react defensively to that because then it seems like, "Oh, I'm doing something wrong she's not going to approve of."

MC: Um hmm. Or I should be more in charge of my thoughts.

FC: No. It's more of... It's more sometimes I have a little frustration with this because I'm, and I think I've told you this. I'm really glad that you're: a) working, b) that you kind of like this work. Like you said to me last week... Maybe we talked about this. He said to me one night. "For what it's worth, you know, I look forward to going to work." And I said, "That is worth a lot." I said, "I'm happy for you. That's fantastic." You know, and I said... And then I tried to say, "Like when you have a down day," I said, you know, that down days are really normal. It's okay to not have up days everyday. Everybody has 'em. You know, I try to be supportive of this. But one thing I guess I have to get off my chest here is you're expected to work from 7:00-4:30, okay, Monday through Friday. 6:00-2:00 on Saturday. And they have one week vacation.

FT: Uh huh.

FC: And so I have a little bit of a chip on my shoulder. Not at you. But when you told me when you interviewed for this job you said it might be Saturdays a half day. Half days to me means 4 hours. That's just a rough idea I get in my head. So when you said to me just now it's from 6-2:00. I did have a reaction to that. That's an entire day. And I feel like you are mad at me because I had this normal reaction like, "Shit, he's going to be gone 6 days of the week." You know? I mean...

FT: But I'm wondering too if you weren't already anticipating that kind of a reaction.

FC: Oh, I'm sure he was.

MC: Yeah. I didn't want to tell her.

FT: Yeah.

FC: But see... And I understand that. But FT, this was something that happens a lot. Not a lot, but it has come up occasionally. Is that I'm not allowed to have feelings about this kind of thing. That I'm supposed to support it. Because he already feels bad about it. And so, "I already feel bad, so don't react." And I'm saying, "Hey, I'm human." This does impact on all of us. And I feel like I should be able to react to something like this. And also trust me that we will work it out. That I will calm down. But give me...

MC: You really do come across to me as blaming though. Like, like I should have known ahead of time that it was 8 hours instead of a half a day. Or I should get my facts straight. Or that I shouldn't have taken a job without knowing for sure what I was going to be doing.

FC: Well I don't mean to... And I don't...

FT: Does she say this?

MC: No, no. But it feels like it's the sort of things that she would have done.

CASE F5 TRANSCRIPTION

- FT: So there's an anticipation of what she would do. I think that your job may be to try to surprise each other. You can no longer anticipate what the other's going to do. You know, and perhaps finding a different way to approach the subject.
- FT: I sense from what you expressed in your feelings about your relationship is that you want some control back in your life. You feel as though maybe you given too much of it over. And maybe you didn't see yourself as having a major part in giving that control over. But now you want more input into decision making.
- MC: Yes. Yeah. I just need to speak up more.
- FT: Yes. And that will come with communication as well. Okay. Well, let's leave it at that. And umm you might want be thinking too if there are any other goals that you want really to work on besides the area of communication.
- FC: You know, ahhh. The one area... And I hate to bring it up because it's a very sensitive area, but one thing that I really deal... Have a hard time with... And that's in the communication area, is ummm, to put it bluntly, MC's level of anger. Okay. His intensity of anger.
- FT: Uh huh.
- FC: I do have a real hard time with that and I'm not trying to point the finger, but it . . . I just have a hard time with it.
- FT: Is it something that seems to be periodic? In other words, that maybe some of it's being held down. Normal anger is being held down till it builds to a point of intensity. And then it kind of... Then it's very apparent?
- FC: I don't know.
- FT: Okay.
- FC: Ummm. Ummmm. You know, If we have a disagreement that gets... That we're just getting nowhere with... Ummmm. Ahhhh. I just... I... You get real angry.
- FT: Uh huh.
- FC: Ummm. And I just don't deal with it very well. I guess I was thinking he just has a really bad temper.
- FT: How would you respond to that?
- MC: That usually the anger... I think it doesn't come until we've tried to... We've had this confrontation and I'm trying to do some explaining or some reasoning. And I feel like it just... It's not the point it comes to. It comes to the point of well who's in power here. And I feel like I'm not being listened to, and ahhh...
- FT: So it's affects you more on an emotional level?
- MC: Uh huh.
- FT: Whereas FC can deal more with issues and get her anger out there and leave it and it doesn't continue to...
- MC: She... I feel like I'm just... When we have a disagreement, I feel like she's just ignoring me. Saying well, not only am I going to ignore you, but I'm going to say that I won't listen to you because you're not reasonable. Where I feel like I am being reasonable. And she's just setting up this alibi for...
- FT: So it evokes some of the...
- MC: Not having to listen to me.
- FT: Okay, so it brings up some of the sensitivities that you have to not feeling valued as a person. And that comes across in the conflict.
- MC: Ummm. You know, it's not even that... It turns from the issue that caused the problem... It turns from that to the discussion or it's not the discussion but the interaction we have from that.

CASE F5 TRANSCRIPTION

FC: Well, yeah. It gets distracted really quickly.

MC: I don't think...

FC: Sometimes.

MC: I don't get angry right away. I feel like you push me over the edge and then I get angry because I can't get anywhere with you. I can't even talk about it with you.

FC: Well, I don't really agree. I feel that...

MC: Because you have your mind made up and...

FC: No. I feel that the talking part... It doesn't stay the talking part for very long and treat each other kind of civilly. With some... And it gets kind of mean and all I...

MC: I don't think it's civil just to say, "Well, when it gets down to it I know it's right and you don't."

FC: No I don't do that.

MC: Well, you do that.

FC: I don't. I... How many times have I said to you we can disagree 1000% on this. It's okay if we disagree.

FT: Agree to disagree.

FC: Well, let's at least first figure out what... Let's at least get to that point. We never even get to that point.

FT: See if you have a balance going on where you can indicate to each at other times, you know, you truly are valuable to me. I care. It would be much easier to address conflict.

FC: That's true.

FT: Because if there's only conflict, that's only one message. I'm not valued and therefore this is just another piece of evidence of it. So if you can communicate to one another, you know, that you do care, that you do value each other, then you can get beyond the conflict. Get the conflict into a sphere where it's just that. A disagreement. And it doesn't reflect upon personally who I am in this relationship.

FC: Ummm, I think we have argued less lately and that could be, you know, one reason why. I think we are trying to get closer together and have more confidence and that helps.

CASE M1 TRANSCRIPTION

Key: MT - Male Therapist, FC - Female Client, MC - Male Client

MT: Have you-all ever had an argument that got physical?

FC: Not really.

MC: For a month.

FC: Yeah.

MC: But she never hit me before.

MT: Right.

MC: For a month now she comes out swinging. There's no more words. Argument of words. It's fists.

MT: Okay. Was that the first time she attacked you?

MC: Oh no, no.

FC: No, it's not the first time. I've been attacking him quite a bit in the last month.

MT: In the last month ...

FC: Yeah.

MT: Okay. Go ahead with your story.

FC: So (male son's name), like I said, (male son's name) started crying because he didn't want to go with us, you know, and my nephew's sitting there and he's telling (male son's name), you know, "There's nothing wrong with it." You know, and, "All they're gonna do is ask you some questions." And (male son's name)'s like, "No, no." And I says, "Well I'll call daddy. Daddy..." And (male son's name) is saying, "No, don't call daddy, he'll make me go." And I said, "Well you need... You talk..." 'Cause I knew then when he said that MC could get (male child's name), you know. So...

MT: Now where did you want to get (male son's name) to go?

FC: Well (male son's name) has to go see... (Male son's name) has to. He has to go see somebody and be tested for his reading.

MT: Okay.

MC: No, not now he don't.

FC: Not now he don't?

MC: I talked to his teacher.

FC: Well that's...

MC: They think all the problem is is....

FC: A lot has to do with me. What is happening to me is what is happening to (male son's name).

MT: Oh, I hope they're not putting too much of this on you. But go ahead.

FC: No, but umm, so I called MC up and his dad said he was sleeping. And that automatically set me off, to think that he's sleeping, you know. And then I says, "Well, I need to talk to him." So they go down and get him. And MC gets on the phone and I try to pass it to (male son's name) and (male son's name) won't talk to him. No way, no how would he talk to MC. You know, 'cause he's crying. So I get back on the phone and I says "He don't want to talk to you." And I don't know what MC said to me but he set me off and I said, "Forget it!" And I just hung up on him. So I'm setting there and I'm drinking a little bit more, you know, and then I wait about 15 minutes, and then I'm like this is shit. And I... And then I go down there. And then I start in on him. I didn't start hitting you, though? I never hit you that time.

MC: Yeah you did.

FC: Where'd I hit you?

MC: You hit me right here in the arm.

FC: Oh.

CASE M1 TRANSCRIPTION

MC: It was black and blue.

FC: I don't remember that.

MT: Were you drunk, FC?

FC: Oh yeah.

MT: Were you drunk? Were you drunk when you grabbed him in the groin?

FC: Oh yeah. Oh no, not that time. Yeah, we were. Yup, I was drunk. Yup.

MT: Okay.

FC: And so then I left and I'm like I'm just gonna bag it. I'm tired of it. I'm gonna smash my car against a tree. So I go back down to the house and get the rest of my bottle and tell (male son's name), "See you, (male son's name). You go call your dad and have your dad come get you." You know, I mean I'm angry.

MT: What day was this?

FC: This was Monday.

MT: Monday.

FC: Monday. So I get my bottle and I go by their house. And I'm like, shit I'm gonna come back and I'm gonna let him know, you know, that when he finds me again I'm gonna be out in that front yard in a tree.

MT: You stopped by where he is?

FC: Yeah, so I went back again and then I just started causing a major scene and stuff, you know. And then when I got ready to go and then they wouldn't let me go, you know. His mom was going to get in the car with me, you know. If I'm gonna take my life then I'm gonna take hers with me, you know.

MT: I thought you were close to his parents?

FC: I am. I am. That's why she wouldn't let me go without her.

MT: Good.

FC: You know, so she said if I'm gonna take my life, then I'm gonna take hers with her. You know, she wouldn't let me get in my car. So by that time then they had called my brother. And then they called the cops. Well and then my brother's telling me that I need to go to jail. You know, and I... And MC's... I guess MC had been talking to the cops and telling 'em take me somewhere, you know. Where I can get help. And my brother comes up to me and tells me that I need to go to jail and sit in a jail cell and, you know, and think about this shit.

MT: Sober up and you'll feel better?

FC: Yeah. Um humm. So the next thing I know I got the cops trying to put handcuffs on me and shit. They had me down on the ground and they finally got the handcuffs on me.

MT: You were resisting?

MC: Oh yeah.

FC: Well, of course I'm gonna resist. I don't need to go to jail. You know. It's like I wasn't doing anything wrong, you know. At that point I was just...

MT: Hold on a minute cause I really do need to hear this. What were you doing? What were you thinking as you were witnessing this what must look like insanity?

MC: When they came, they talked to me first. And they asked me... The cops asked me, says well, "If we take her somewhere, will you admit her for psychiatric help?" I go, "Yeah. Let's go. I'll ride with her. That's why you're here."

MT: Were you sober?

MC: Oh yeah. I was sober,

FC: Yeah he was.

CASE M1 TRANSCRIPTION

MC: And uh, next thing I know we go over and talk to her brother and she's in handcuffs going to jail. Okay. Okay. Did you know we took her... What was it, about a month ago now. We took her to Ingham Medical. I don't think we ever told you that.

MT: I don't think I read anything on your...

MC: Yeah, me and my ma and her girlfriend took her down to Ingham Medical a month ago 'cause she wanted to end her life. And we got her talked into going down there.

MT: Was this before or after the shotgun in the mouth thing?

MC: This was before the shotgun.

MT: Okay.

FC: This was why we come to you. Because I made the appointment at that place.

MC: Right. Yeah, they gave us your...

MT: Oh, okay.

FC: That was why I made the appointment.

MT: Okay. So you went down to Ingham Medical. Let me ask you again. As you saw what was going on, **tell me how you felt.**

MC: I hoped I could try and talk her into going and get help.

MT: **Okay, but how did it make you feel?**

MC: **It made me feel like shit.** I couldn't live with her. I had to leave. I couldn't stay with her. She beat me.

MC: It could be. It happened two years ago that I wasn't close to her all this and that. That's why we're here. We're trying to get close. But...

MT: I know.

MC: Why she's doing what she's doing I don't know.

MT: Okay. I don't either. And I don't think she does either right now. And, you know, we obviously will deal with that. I just wanted to get a better idea of... Perhaps how you understand what you're seeing. How deeply FC's affected by being married to you. Do you know what I am saying? Okay. If you heard blame in that, I apologize and I don't think that's true. I just think that it points to the significance of something that she needs. Something I think you need too. Okay?

MC: What's that?

MT: A marriage where you are not being chased around the house and being assaulted and abused.

MC: I know that I can't live like that.

MT: A marriage where she feels like she can come to you in a rational way and maybe you could share... I hate that word... Maybe you can be deeper with her, if you know what I mean.

MC: Be what?

MT: Deeper. Emotionally. More there. Connected with her.

FC: Oh, these last few days, MC has... I mean MC's been so good, I mean so supportive. I mean it's like...

MC: I've been supportive to you through the whole thing, I thought...

FC: Well, yeah you have. But, to me, at that point, you caused it all in my eyes. You're the one... Then... Not now. But I'm just talking, if you would have asked me Friday night, if you would have asked me Saturday, you would have caused it all. You were to blame for everything, you know. **That's the way I was feeling.**

MC: You know what I thought? At one time I thought maybe you were having guilt for what you did.

FC: No.

MC: That's why you understand. You had guilt.

CASE M1 TRANSCRIPTION

FC: It was. A little guilt too. It was that too. It was for the fact that I did go to somebody else and I didn't come to you first and say, "Hey, look, you're either going to start giving me what I need or I'm gonna leave you, you know. Yeah, there was guilt. There has been a lot of guilt built up to that. Definitely. I know what you are saying.

MT: I just want to be sure you're okay to go on.

FC: Oh yeah.

MT: Yeah?

FC: Yeah. They gave me an EEG today and the shit that's in my hair is driving me crazy

MT: I've never had one of those. What do they do?

FC: They just put 23 little wires hooked into your head, you know?

MT: 23?

FC: Yeah there's 23. And then they take brain waves... It's a... It takes the brain waves and makes a little pattern there, you know. And that stuff... And he come got me right after they had it done. So it's like so gross.

MT: Are your brain waves okay?

FC: Yeah, so far. I guess. And they're doing a CAT scan on me Friday.

MT: Okay.

FC: Just to make sure they got me on the right stuff. Because I had an accident in February of '92. A severe one. My head bent the steering wheel. So that's how hard I hit.

MT: Geez.

FC: So when I told them that today. So that's why they're doing... Just to make sure that they, you know, I ain't got no tumors or anything like that that could be throwing me off balance. There's this book that they gave me that has pictures.

MT: Well, I'm glad they gave you something that you can look at and identify with...

FC: Oh yeah. Definitely.

MT: What happened... What happened after the police had you in 'cuffs.

FC: Yeah, so I was setting in jail for what... Five or six hours. And the whole time I'm thinking, "See, nobody loves me. Nobody cares." You know, this is what I kept, you know, convincing myself. One minute I'd say, "No, they do love me. They do care." You know, and the next minute it's like... I mean my mind would jump back and forth towards it. And then all week, you know, basically I would be alright for a moment, you know, and then, especially when he wasn't there during the day. If he wasn't around me, and of course he's at work, you know. So I'm fighting with myself. One minute I'm pissed at him and the next minute I'm not, you know. And I go back and forth with it with myself. And by the time he gets home, I'm basically pretty, you know...

MC: By the time I get home I don't know where you're at.

FC: You know. You know. And then...

MT: Now. Because... Sorry, I want to make sure that I'm on the same page as you guys in terms of the timeframe. Are we just talking basically the last month?

FC: You wouldn't have known, though. You wouldn't have known. I was in the garage. You wouldn't have known. By the time you would have... By the time I would have stopped talking to you, you wouldn't have known.

MC: Yeah but I'd already called your mother and told her it was in her ballpark now.

FC: So. Well, they would have got there too late too.

MT: What do you mean by that? You'd call her mother to say, "It was in your ballpark?"

MC: Yeah.

FC: Because he couldn't do any more. He had... You know, I'd already...

MC: I can't handle her. Every other day she wants to kill herself, you know.

MT: Okay.

CASE M1 TRANSCRIPTION

FC: So this time I was able to do it. There was more crying about it. How I was going to do it.

MT: You had... You were pretty serious.

FC: Yeah. I was there and then all of a sudden um, I'd gotten sick. I was like, whoa all these fumes and the car and everything, you know. And I'm sitting there, and I'm like... And I'm trying to get back to the door because this time by then, you know, everything had really gotten into my system. So I'm sitting there at the door and I'm like, do I want to do this or not, you know. The next thing I know here comes (sister's name) and all of 'em. (Female friend's name) looking in the door at me. And break my door, my garage door down and they pulled me out. And then from that point on....

MT: Are these the two that came by that night when you had the shotgun. Were these the same two?

FC: No that was my sisters that came by that night. But (Female friend's name) has been there through everything.

MT: Yeah. Okay.

FC: (Sister's name) is real... 'Cause (female friend's name) had called me when I was in the garage. That's why... Oh okay. 'Cause (Female Friend's Name) had called me when I was in the garage and asked me for a ride to work. And I said, "No, I can't give you a ride to work." And I hung up on her. And she knew something in my voice right then and there. So she called (sister's name) up and that's why they come over to the house. I didn't tell them to come over to the house, but they just heard something in my voice.

MT: You're still in the garage?

FC: Yeah. I'm in the garage. 'Cause I got a cordless phone.

MT: Okay.

FC: So that's why when I was going to talk to MC on the telephone... While I was in there, I just wanted to, you know, let him know that this was it. You know?

MT: So they dragged you out of the garage.

MC: And you left notes in your car too. Did you know that?

FC: Uh huh.

MT: What did you want people to know? What did you want to convey in that suicide note?

FC: I don't... I don't remember what was in 'em. I mean I don't. Do you know?

MC: I've got it.

FC: Do you got it?

MT: What do you think she was trying to say in her suicide note?

FC: The hospital has 'em.

MC: I made a copy for them.

FC: Oh.

MC: I think the cops has got 'em. I think (name of a township) got one of 'em.

FC: Oh. Oh boy.

MC: Well that's who... I had to get it from them. (Name of a township). They had it and I had to go get it from them that night.

MT: I don't want to put too much emphasis on that. But is there any way I can get a copy. You might be able to bring copies in next time. Just for the files. So I could get a sense of where you were at that time. I could get a better idea if I can read...

MC: You know you left one in your car too?

FC: No. I didn't know there was one in my car.

MC: Yeah. You were going nuts and (sister's name) found it. She found it in your car. I don't know what it said. It was only maybe four sentences. Five sentences. But you didn't even have your name on it or nothing. You didn't sign it.

MT: Okay. So...

CASE M1 TRANSCRIPTION

FC: But, from that point there... From that time on and then they were like... They took me to... I guess they took me to the police station. From the police station they took me to Sparrow. From Sparrow to like Ingham Medical Emergency, or I mean their one place that I had went to to get your number here. And then from there I went to St. Lawrence. And I been in St. Lawrence ever since.

MT: They took you to the police first?

FC: Yeah, because they couldn't revive me. (Mother's Name) and (Step Father's Name) did. They took me 'cause they couldn't revive me.

MT: You were unconscious.

FC: Yeah.

MT: So you don't remember this?

FC: No, no.

MC: It wasn't (Mother's name) and (Stepfather's name) who took you.

FC: Who was it?

MC: It was (female friend's name) and (sister's name).

FC: Oh. (female friend's name) and (sister's name) took me?

MC: Yeah.

FC: Oh, I can't.... I'm sure I don't know. My goodness, maybe you should tell this part.

MT: You went to the hospital?

FC: I remember waking up in the ambulance. I remember waking up in the ambulance. They tied my hands down.

MC: (Sister's name) and (female friend's name) was throwing you in the car taking you when your mother and all them showed up. So they went and followed you over there evidently. And (Mother's name) rode in the ambulance from there.

MT: So you went from your place in an ambulance to the hospital?

FC: No. I went from my place to the police station...

MC: Right around the corner.

(Township name) Township is right around the corner from us. And then, 'cause I remember waking up in the ambulance and then he told me something, so I'm trying, you know. I remember (Sister's Name) saying, "She's strong. She's strong." So the next thing I know they're tying me up. From that point on, everybody kept tying me up. Everyone wants to tie me up. When they tied me at Sparrow they were, you know, they... I told 'em I'd be good. You know, I said, "Just don't tie me up no more. I'll be good." You know, and then one minute I'd turn on MC and the next minute I was sweet to him. And MC's like, shit, you know. He didn't know if he was coming or going. And so, and then they were going to tie me up because I wasn't, you know... They weren't going to let him stay in there with me, you know. Or he couldn't stay with me because I was being such a bitch. You know, and so... And then I told the nurse, the one nurse that I'd always been real honest with her, you know, times we were there. I says, "Please. I promise. I already

FC: told you I'll be good." She said, "Okay." You know, so... And then this other male nurse, they're like, okay. So the next thing I know here comes this bitch of a doctor and she says, "I said tie her up." And I'm like... And I'm getting ready... And I started ripping my IV out... And I'm ready for a fight. 'Cause you're not tying me up. You know, and MC's like, "It's gonna take more than just what you've got in here." And so the doctor's like, "Alright, fine then." You know. So they didn't tie me up. And I was fine, you know?

MT: Um hmm.

CASE M1 TRANSCRIPTION

- FC: How can you sleep in a hospital? Especially when you've got all these weirdos. And you've got this woman next to you who one minute is getting up and down and crying and screaming and laughing and, you know. In the middle of the night and stuff. And you want me to sleep? You know. Excuse me, how can you sleep?
- MT: Ah, you're, ah, you're getting therapy at the hospital during the daytime?
- FC: Yeah. I've got, what, four doctors. That you know. And so I'm supposed to be getting out Friday. I was supposed to get out today, but then they when I told them about the hit on the head I had they wanted to do the CAT scan, EEG on me. So they can't get the CAT scan till Friday, so I can't get out until Friday.
- MT: Have you talked to the counselor?
- FC: Yeah.
- MT: Okay.
- FC: (Counselor's Name), she's the counselor there. Or the Social worker. And she's got me an appointment over at Ingham Medical with ahhh a psychologist, I guess. Somebody that's going to have to be able to prescribe me my medications.
- MT: A Psychiatrist?
- FC: Yeah.
- MT: Okay.
- FC: So. I guess I get to talk to him tomorrow. I'm just so tired of talking to all these people.
- MT: Oh, I'll bet.
- FC: Having to explain everything over and over and, you know. It's like you feel like a broken record. It's like I just want one person, you know. Like you. I feel comfortable with you. You know, but then again... Whew!
- MT: How are you feeling now? I mean in terms of the suicidal thoughts, ideas.
- FC: Oh. It terrifies me to think that I was like that. It was just so terrifying to think that, you know. I was just really ready to, you know...
- MT: Yeah.
- FC: Toss it all away.
- MT: And, MC, you make a good point too. You know, when people that, I don't think they stop long enough or often enough to think about how that's going to destroy the lives of a lot of other people.
- FC: Yeah. But I just... I ummm made it better...
- MC: You were just thinking of yourself....
- FC: No, but I made it better by me because I figured this way I would stop everybody's pain, I would stop hurting everybody. You know. I can't think of the word I want to use, but it was like I was justifying...
- MT: Right. You were rationalizing.
- FC: Yeah, I was. You know, but... What am I doing now? You know. All's I'm doing now is hurting everybody and I'm being caused pain. So this way I'm not going to cause any more pain and I'm not going to have any more pain. You know. And it made sense to me. You know. It did. At that time it made sense to me.
- MT: Yeah.
- FC: Now it don't, you know. But...(audible sigh)
- MT: What are you most concerned about right now?
- FC: Right now? My kids.
- MT: Okay. What do you mean?
- FC: Because they, I mean, they're on an emotional roller coaster ride right now. You know. Being able to get them back on track and just let them know that mom's not going to flip out again. You know.

CASE M1 TRANSCRIPTION

MT: Yeah. Boy, that's a big one.

FC: Mom's been flipping out so much here lately, it's like, you know. So that's the... 'Cause I know MC... MC knows... I mean he can... I mean he's been so strong and he know that I'm trying, you know, but with the kids... They're too young yet to really, you know, be able to handle this all. So they're my biggest worry right now. You know, how they're going to come out of this emotionally. 'Cause I done it a lot. Definitely.

MT: Well. Gee whiz. Sounds like you've got some choices. You know. We can continue meeting like this on Monday evenings at 7:00. You know, I'm available to you. And I think that we can get some good things accomplished.

FC: Um hmm.

MT: But, you know you said a few minutes ago, and I can really appreciate that too, that you feel like you're having to tell the story to everybody in the world — psychologists and psychiatrists...

FC: Yeah.

MT: It kind of hurts your brain after awhile.

FC: Yeah.

MT: And I think it is important that you find one or possibly two people that can kind of like take a flashlight in the dark and say I think you need to be on this path over here.

FC: Yeah.

MT: So I'll let you to decide that. If you want to continue doing this. MC, I think it would be terrific if you could be in here too for most of this. Because I think right now the emphasis...

MC: Oh, I'll be here all the time.

MT: Okay.

MC: That's if we decide to come at all.

MT: Okay. Okay.

MC: Really what we need to do is get someone to talk to her kids right now.

FC: Would you be, I mean...

MT: Sure. Yeah. I talk with kids all the time.

MC: We promised to have a... You know, they want to know why we're coming here...

MT: Okay. You want to bring your kids and you — the four of you — your whole family?

FC: Or just them. Whatever you think would be... Just the two kids by themselves, or just, whatever...

MT: Yeah.

FC: However you think that it might be...

MC: That's what they told us up at the hospital too. It'd be nice to...

FC: To let the kids be involved in this.

MT: I just don't want the kids involved too soon. But if, you know, if your kids are starting to do bad in school, or you're starting to notice behaviors that are really concerning you.

FC: Oh, (Son's name) is, yes. Especially now.

MT: Okay. Let's get the kids. If you guys decide to come back next time... Because if...

FC: Will you then... Like if I don't have to... I mean like do I have to go see everybody else? I mean, can you...

MT: FC, I think if you can get on a medication that will make you feel as normal, I think as MC and I feel right now...

FC: Um hmm.

MT: So that you're more rational.

FC: Because I do. I feel comfortable with you. I do feel comfortable. And I... Just like I said. I'm just so tired of telling my whole story over and over.

CASE M1 TRANSCRIPTION

MT: I understand.

MC: And he knows more about it than anyone else.

FC: Yeah. But you don't know everything

CASE M2 TRANSCRIPTION

Key: MC - Male Client, MT - Male Therapist, FC - Female Client

MC: I'm not sure. I think more of a necessity. I think um... It's getting to the point where he's having problems with school and so forth so it's becoming a necessity where before it wasn't... The necessity wasn't there so we stuck more probably to what your ideas were.

MT: Okay.

FC: Or I think more before I was doing most of the decision-making and he was kind of background more.

MT: Okay. So with some of the challenges he's presented at school, it's kind of brought you together in dealing with some of those things then.

MC: Well it's brought us together in the fact we to know something needs to be done.

MT: Okay.

MC: We're not that necessarily totally together on where to go with him yet.

MT: All right. Sure. Yeah.

FC: Especially now because MC's with him more than I am with my new job.

MT: Okay.

FC: MC's really having to get a handle on some stuff like that. So we really need it.

MT: How's that working? For you to spend more time with him than you have been?

MC: It works fine when we're doing it. Like a year or so ago she took a second job for awhile and like she was working nights and (male child's name) and I were together all the time and that was fine for the most part.

MT: When you're with (male child's name) and you're dealing with (male child's name) you get along okay. You guys do fine?

MC: When it becomes regular. Yeah.

MT: Okay. When you get a chance to get reacquainted and adjusted and you get things set things up like you want it to be.

MC: Yeah.

MT: Now, how does that differ when you're alone with (male child's name), you're one-on-one with him in equal sense as opposed to when FC's around and you're dealing with him?

MC: Well, hmmm, basically it probably just has to do with, you know, if she hasn't been around for awhile and we get into a routine then she almost messes up the routine. Not that that's a problem, but when she comes in and then and she doesn't seem to ever want to follow through with what we've already got going.

MT: Okay.

MC: It would be like a problem.

MT: Okay.

MC: Ummm. More so than probably than anything else. And I get irritated so I kind of quit.

MT: You kind of back out of it?

MC: You do it.

MT: You back out and you kind of throw it back over to FC then.

MC: Yeah.

MT: When that happens, how do you respond to that?

CASE M2 TRANSCRIPTION

- FC: Ummm. Well, usually I'll get angry and I'll say, "No, that's not what needs to happen here." You know I just need to... It's either situation where I catch the tail end of something and it's something I don't agree with or, or um I'm just having a conversation with (male child's name) and I don't know that they've already discussed something and I'm telling him something else. And then if he does react like that I say, "Well fine, screw it. I'm not doing this anymore." Or whatever and then I'll usually get angry and say, "That's ridiculous. You know there's no reason for you to react like that. I just didn't know what was going on." And I just, you know, I need to be able to tell you how I feel about what you're doing with him when I see this or whatever.
- MT: He's going along and you kind of come in and acting somewhat in ignorance, not knowing what's been going on, what you guys have dealt with. Lack of knowledge. Not meaning you're stupid, FC, it's just lack of knowledge, your lack of understanding what they've agreed with and then MC's perception is that its being changed.
- MC: Well, it's my perspective, but I think (gives name of male child #1) responds a lot better when you're consistent with him and so forth and then I, you know like you know it's just that there might be some places where it's okay to act a certain way and other places where it's not. But he doesn't understand the difference. So he's pretty much trying to get what he wants both places even if it's not totally necessary, you know, all the time. But that's when she gets mad at me when she thinks I'm being too hard on him or something like that. Gets irritated and she goes, "Fine!" Well, you know....
- MT: Let me make a comment that's kind of reflective of this conversation, this part of the conversation. The fact that you summarized about 15 years of some major research that was done on couples at the University of Denver. And they spent big bucks, lots of time, and a whole bunch of effort. And they kind of pulled all together. And what they've come up with in a nutshell is the fact that the differences are okay. But how you handle the differences is the issue. And, umm, that is the issue. How you handle differences in the relationship. It is okay to be different. Is it okay for you guys to be different?
- MT: That's quite a compliment she gave you. Did you realize that?
- MC: Ummm. Not really. Well, I guess she has said that before, but not quite in those words.
- MT: What is the level of dependency you guys have on one another? How do you depend on each other?
- MC: Ahhhh...
- FC: Well, I depend on him to help me out with (male child's name) in my work situation. I don't know so much about being dependent although I um ... I am very aware ummm that he's extremely important as a... As my life partner or whatever. You know, I would really miss having him there. Or just with the day-to-day things.
- MT: What... Maybe dependency might like one of those sometimes negative connotations to where... Or, or connotations to it. Maybe another word like equality. How do you guys cooperate?
- MC: I think maybe we should kind of cooperate a little more.
- MT: Alright. That may be true. But how do you cooperate? In what ways do you cooperate?
- MC: Well we cooperate on where we're headed financially and other bigger issues we pretty much cooperate on, I think.
- MT: Okay.
- FC: We cooperate with our household responsibilities. We probably have to be reminded about the relationship.
- MT: Okay.

CASE M2 TRANSCRIPTION

- FC: Seems like it. We split the stuff up and we each do our part in separate areas. I do the bills and all the financial and he does all the remodeling and all the household stuff with me.
- MT: On the opposite side of that, how do you experience, how would you describe your level of independence? Your time. Your freedom from one another?
- MC: I don't know. I don't think...
- FC: Do *you feel like you have any independence from me?*
- MC: Not a lot. I don't think we're all that independent. I mean we're independent... I don't know....
- FC: What do you think independent is? See, *I feel completely independent.* Now, are you defining independent as, you know, how often you go out with the guys?
- MC: No.
- FC: How are you defining it?
- MC: Our life ... I... I... our life is very dependent on each other, don't you think?
- FC: Yeah.
- MC: You just said you feel very independent.
- FC: No, I mean as a person, I *feel independent.* I mean I have my own job and my own friends. Just like you do. You know, things that you do outside the marriage
- MT: That reflects, you know, a sense of you each have your own... Your own lives and you have some social relationships that are separate from each other. Umm. But yet you still are connected.
- FC: By the marriage and the relationship. But I don't feel we kind of, like I have in the past. I mean I don't... sometimes like when he's in Iowa and I'm sure stuff's coming up in the backyard, or I don't know what I'm doing with the lawn mower and I'm trying to ride the tractor around that's when I feel like I need a husband. But for the most part I feel like I could probably do pretty much anything if I had to and I have never felt like that.
- MT: When MC came in your life he did give you a lot of freedom. He didn't start doing things for you. You know, that may or may not have been a conscious choice on his part. But, was there a conscious choice on your part somewhere along the way that said I'm going to be independent? I'm not going to be so dependent as I was.
- MT: What's surprising about it?
- MC: Well, I ahhhh... 'Cause I don't think we are. Ummm. Seems to me like a lot of times when she starts getting like to arguing. I mean, or something. She starts getting her exaggerating a lot and it gets to the point where ... Well... What she's discussing with me doesn't make any sense any more. It's like we're no longer dealing with... The issue's been so far blown out of proportion or something that I don't know how to deal with it anymore.
- MT: Does FC bring in other issues?
- MC: Actually she.... not too much.... She's pretty good at not, you know she complains about me doing that quite a lot. But um not too much.
- MT: Okay. You've nailed what for you guys is an important issue. To focus on the issue at hand without bringing other things into it. That gets you sidetracked.
- MC: I think both. A lot of times I have problems even discussing it because I think she's carries it so far that we no longer have a picture of what the problem is.
- FC: I think it's trying so hard. That it's just the fact that it's something I feel strongly about and then I'm going to, you know, go overboard with it because it's emotional to me.
- MT: What's emotional about it? *What's, what's the emotion that you need to have met?*

CASE M2 TRANSCRIPTION

- FC: Well, I guess it would probably depend on the circumstances. Probably either hurt or anger or something. I don't know.
- MT: What's the need that you have that causes you to get upset? That's not being met?
- FC: A lot of times it's just that he acts like he doesn't care what I said.
- MT: So for you the core thing is not being heard. If you were heard, and knew you were heard, that would take a lot of the heat out of this whole thing. How can MC let you know? I'm not asking you whether it is rational or reasonable or not. But how could he let you know that you've been heard?
- FC: Probably just tell me.
- MT: Give you the cue that he heard you.
- FC: Yeah. He should probably... One thing that I don't like is, probably 'cause of the way I was raised, is I think it's really disrespectful if you're not looking at somebody when they are talking to you. And if he umm... He's, you know, acting like he could care less about what I'm talking about that implies to me that I'm not being heard. Even if he's, you know, he's just sitting there like, "Oh alright, I'm listening to you.." I guess I would appreciate if he could, you know, act like he's caring about what I'm talking to him about, even if it's something he's heard six million times. You know, it's something I need to get off my chest or express to him. It's important to me. If he could, you know, look at me and acknowledge the fact, and then say "Okay, I hear what you're saying and I understand what you mean. It's important to you"
- MT: So his body language that says "I'm listening" or "I'm not listening."
- FC: Uh huh.
- MT: Like just the fact that he looks or not looks.
- FC: Uh huh.
- MT: He's sitting facing you at this point in time.
- FC: Uh huh.
- MT: That's important, isn't it?
- FC: Uh huh.
- MT: What happened in the past when you are being looked at when someone is talking to you or you were talking to someone. What is that all about?
- FC: Ohhhh. We were usually punished when we were not looking at my step-dad when we talked to him.
- MT: I'm not sure I understand.
- FC: Well if my dad was having conversation with us as far as a reprimand or whatever the situation may be, it would be repeated over and over again.
- MT: Is it you can't tell her, or you don't want to tell her, or you're hesitant to tell her because of what reaction it might create?
- MC: Yes.
- MT: Yes to all of the above?
- MC: Yes. No it's not. It's... I.... It's not that I can't tell her. I don't think that's the main issue. As much as it is I'm hesitant of what's going to happen when I tell her.
- MT: So there's a question of your safety.
- MC: Yes.
- MT: Do I risk saying this?
- MC: Because... Yeah.
- FC: Yeah but supposedly you said before that's why you're upset because I'm not listening to what you're wanting me to listen to in the past. And I'm not caring about your feelings that you express to me at some point.

CASE M2 TRANSCRIPTION

MC: So why say it again and again and again and again?

FC: Well, why sit there and live unhappy because I'm not doing something you want me to do when I'm telling you I don't know what the hell it is. You've got to tell me again. You just like a ... It's gonna get you nowhere every time you didn't tell me. That would be more frustrating for me than where I'm at. At least I know I express to you all the time and you're just not willing to do it or something else is going on. But with you I have no idea and that drives me crazy. You know I'm willing to try to make things better but you won't tell me what it is that you need. And I've asked you six million times. And you won't tell me.

MT: How can you each make it safe for each other? Are there times when you feel safe raising questions? Raising issues?

FC: Ummm. I don't know. I don't know if it's safe so much or just a lot of things I just don't bring up any more just because he gets so upset that it's easier just not to discuss them. I hope it's not. I don't think I ever felt a time when I could talk to MC about... Except it's not really safe except for I know if I bring it up he's going to ignore me or say nothing so I don't bring it up.

MF: Again I think you guys have a similarity here. You guys are experiencing the same thing but you're handling it differently. What I hear is that you're both needing and wanting from the other one. Acknowledgement of what you're saying. That it's important for me to hear it. I'm not getting that. You're not getting it from FC when she keeps saying things over and over and over. And you're saying I've already said that. And you're not getting it when he shuts down. So you're both asking each other for the very same thing. Is that true? You're saying, "Hear what I'm saying. Listen to me." And you're saying, "I need for you to hear me. Listen." It's the same thing.

FC: Um hmm.

MT: So how can you give each other what you need? Can you give that to MC. If you were to give him your ears without talking, just listening.

MC: But it's more than just listening. You know, it's actually acting on something. You know I could sit here and listen to her all day. I'd like to see something resolved come out of that talk. Rather than just have the talk again two days later. I'd rather see something resolved during that talk and see something acted on it.

MT: Right. You're right. There needs to be follow-through. But the first step is being able to listen. Being able to hear. Right?

FC: Um hmm.

MT: Then the next step is acting. FC, I'm going to make a very stereotypical statement. She probably doesn't want you to do anything, per se. She probably just wants you to listen, even if it's listening to the same thing. Right?

FC: Um hmm.

MT: You are a doer. A problem solver. Right? You're a kind of ... You're a get-it-done guy. If there's something here to fix, I'll fix it.

MC: Or at least make an effort.

MT: Sure. And you wouldn't be doing what you're doing if you didn't if you didn't have that kind of respect in terms of your career. Your own profession. And that gets in your... In our way of being able to relate to a female who really wants us to listen. Is that what it is?

FC: Um hmm. I think so.

CASE M2 TRANSCRIPTION

MT: But on the other hand, there are times too that MC wants some things to be done too. That he's asking for. That he needs some things to be acted on. So when MC listens, and again it's one of those... What do you need to be acted on right now? What do you need from me right now? Is that a question you could ask each other from time to time?

FC: Um hmm.

MT: If you could do it, do it. If you can't, then you know I really want do that but right now I just can't do that. I'm not able to meet that need, but I understand what you are saying. What you're asking for. That way he can know that you care. Okay? I wish I could give you a magic one, two, three.

CASE M3 TRANSCRIPTION

Key: MC - Male Client, MT - Male Therapist, FC - Female Client

MC: Well, like I said, we didn't select any time and put a tag and title to it. This is like you know some special hour or something. It just... Things were just going along, or moving along...

MT: Okay.

MC: Without any, you know, interruptions or any disagreement or disapproval or anything. And Sunday evening we spent most of the time trying to pump the water out of the pool cover and that's how most the time was spent.

MT: Okay. Ummmm, what's the last time the two of you did something together that you really enjoyed?

MC: I can't think of one.

MT: FC, how about you?

FC: When we went to Washington?

MT: How long ago was that?

FC: Three years.

MT: Three years ago. That's the last time you can remember doing something?

FC: He doesn't like to do anything.

MT: Okay, well from your perspective?

FC: So we don't do anything. So there's nothing to remember.

MT: So you haven't like gone out to dinner and had a good time, or...

MC: We do that. It's just... I just... I don't think it's all that wonderful or memorable or has a lasting impression on her. We just can't do that that often.

MT: Um hmm.

MC: (Inaudible)

MT: Okay.

MC: Like last time, you know. You remember. We went out for dessert at some fancy restaurant in Okemos.

FC: That was nice.

MT: How'd that go?

MC: All right.

FC: All right.

MT: Does your relationship serve any purpose besides just um the utility of being married. What I mean is that, do you feel that in your relationship you really get to enjoy each other as individuals, as social people. Ummm who like to do things together. Or do you just kind of come home, do what needs to be done at home because you have to live there. Go to work. Come home. Go to work. Come home. But very little interaction between. And what interaction you do have is related to work or related to something with the house, or... What kind of relationship do you basically have?

MC: Basically that.

FC: Lately that's what I like to have.

MT: Okay. So why do you like to have that kind of relationship?

FC: Because anything else seems to make him mad. He yells at me if we do anything else. Try to do anything else.

MT: Do you do a lot of yelling?

MC: No. Disagree, but no. The yelling part comes after some conversation.

MT: And does it like escalate or...

CASE M3 TRANSCRIPTION

MC: Yes. I'm **terribly frustrated**. Many little things just sets me off. Mostly everything gets sad or depressing or negative. Nothing to the future, nothing's gonna change that. Nothing to look, wait and see things. Everything's bleak.

MT: For you?

MC: No. Her response. Her response comes in the form of all those and I'm just... I'm **very tired of it**.

MT: Okay, that's FC's responses.

MC: Right.

MT: Okay. **How do you feel?** You don't **feel things are bleak?** Or **do you feel the same way?**

MC: No. I think I have a very rough time keeping my head straight. And not to have that mode of thinking.

MT: Okay.

MC: I'm having a much difficult time coping with her or any dealings with it.

MT: Okay. Sometimes when people are depressed or when people are stressed... And you may find that you do this to some degree... Some people do it more than others... But when you're stressed or under a lot of pressure or when you're depressed you tend to not want to do things that require a lot of thinking. Or things that require a lot of planning and preparation. Or things that, you know, making decisions that have any long-term consequences. And the reason is, is because that when... Kind of a way to protect yourself from getting into trouble and making a decision that may be to costly when you don't feel you've got all your faculties together for thinking. That you just kind of go around to another level where there are simple things to deal with. You know, simple tasks. You know you can clean the house because you know how to vacuum the floor and dust and you know all the routines and it doesn't really require anything. You can just do that. And that's all there is to it. And you avoid, you know, tackling problems that might lead to conflict. Because, you want to avoid conflict. So you just stick to what **you feel is safe**. So sometimes when people are depressed, they just can move into that way of thinking. They want simple things. They want, you know, just a very narrow focus. They don't want to do long-term planning. They don't want to tackle any heavy issues. **Does that seem like it hits home for your view?**

MC: Yeah.

FC: I know what you mean about that. I do. And I'm aware enough of that. That's would not be the reason why I'm **upset**. I mean it's a little bit upsetting and everything, but he literally sat there and watched me pack and watched me move and promised me that he would help me unpack. And then he's watching me do that again. And I think no matter what my frame of mind was, that would really really bug me.

MT: Right. But how do you cope with that? How do you get over that? Either you confront somebody about that and then come to a solution, arrive at some kind of solution. Or do you...

FC: I can't arrive at a solution by myself.

CASE M3 TRANSCRIPTION

MT: That's what I'm saying. You're feeling that there is just, between the two of you, there's so much anger that you're not to a point where solution is... Where you're finding a solution and putting a band-aid on. This over here is not going to save something from happening over here. You're still going to have to put band-aids all over the place. And then that's not even going to be a very solid structure. Ummm so... And I can understand, and I've heard you say many times how very angry you are about the move and everything related to the move. And I've heard MC say that he has some anger about the move and how he feels it was handled and like I said before, last week when we made the... I, you know, showed you the different levels of communicating and the meaning that things have. That probably had a lot beneath it besides just the move itself and how it was handled. There's probably a lot more there... Trust in each other, thinking about your future plans together, things like that have not even been touched on. And I'm wondering if I were to chart how you feel about your relationship today, I would imagine your feelings are pretty low compared to what they were Friday. Is that accurate?

FC: Yeah.

MC: (Inaudible)

MT: That's not necessarily to be considered bad. Or contrary to what we're trying to do. I assume there will be setbacks. But it probably seems like every time you go up a little bit, you go further down or you're always down and you still haven't gotten to a point yet where you're feeling very comfortable with your relationship. And, when's the last time you have had a break from each other? When you've been separated from each other?

FC: A couple weeks?

MC: Just for one week?

MT: But other than that you haven't had any space from each other and the move certainly made you feel very close to somebody because you're practically on top of each other trying to find things and, you know, all that. Before that time, when was the last time you've been separated from each other?

MC: Probably two weeks prior to that. Two weeks prior to that.

MT: So other than that you've only spent like a few days or a week apart from each other, other than let's say a weekend or a business trip or something.

FC: I know he had to go away in September for a couple of nights and then... And then just... You haven't gone anywhere, have you?

MC: Just that.

MT: Hmm. Your situation is kind of such that you don't have very much opportunity to get space from each other when you need it. Since you don't have a lot of family up here and I don't know how old your... How close you are to your friends... If you're able to go visit them or maybe stay with them. But would it be possible that you might get some space from each other like spending a weekend away or a couple days away from each other?

FC: Um humm.

MT: What do you think, MC? Is that a good idea? Do you think it would be possible?

FC: Yeah.

MC: I don't know whether that would be helpful or not, but I'd welcome that.

MT: Pardon?

MC: I don't know whether that would be helpful or not but I'd welcome that.

MT: Okay. You'd welcome a break. How about you?

FC: I don't care.

MC: That's the routine. She goes to sleep in five minutes.

CASE M3 TRANSCRIPTION

MT: Okay. Well find something that you both like and be willing to compromise. Just simple music selection. Okay? If you can do that, then you can just put a little checkmark in that box and say that's one we accomplished. Okay?

FC: That's the point where we're at.

MT: Why do you say that?

FC: It's pretty pathetic we have to be proud of agreeing on a cassette.

MT: Well, given what you said already that you've been disagreeing about quite a few things...

FC: Yeah, you're right.

MT: You have to start counting little things.

FC: I just never thought of that one. You're right, though.

MT: And no. It's not entirely pathetic because it's just is a way of whittling down at that barrier between the two of you. That barrier is made up of a lot of anger and all that stuff in the past however long this has been going on. Okay. So if we have to whittle it a tiny pieces at a time, we'll do that. We can do that. And if you can't agree on the music, one person pick the music going there and one person pick the music going back. And even if one falls asleep, you still listen to it because that's a compromise. Okay? If you're willing to do that for her and she's willing to do... If you're willing to listen to her music on one way, she'll be willing to listen to yours on the other. Okay? If you can do that.... Then it's something you can do. Okay? And if you can orchestrate getting some time away from each other this weekend, and try to have a good time. If that's possible, then do it. Maybe that will bring us to a better point when you come next week and we can sit down and roll up our shirtsleeves a little bit further than we did tonight. Okay? So we're not... Not... Not using the skills that you learn here. So you can start taking this stuff home. And working on it. Is that possible?

FC: Which part?

MT: All of it.

FC: Do you feel that?

MC: Yeah, it's possible.

MT: And you, FC?

FC: I don't know. We never see each other.

MT: Yeah but you don't have to have to see each other. You're not at the point of between now and the next time. It has nothing to do with seeing each other.

FC: But you said about taking things home and working on them over the...

MT: But that's after next week.

FC: Okay, so all I have to do is get away?

MT: All you have to do is get away from each other.

FC: I can do that.

MT: If you can do some constructive not seeing each other as opposed to not seeing each other or avoiding each other, let's do it constructively if you're going to do it. Make sense?

FC: I think.

CASE M3 TRANSCRIPTION

MT: Okay, I really want to pursue... Have you finish for me the stuff that you first started when you came in and then I've got the *Marital Satisfaction Inventory* which is going to take you about maybe a half hour to finish. And I really want you to do that... So I can start... Like I say, that's the one measure that will tell you exactly what areas you're having the most difficulty. And I can chart for you where you're both at on things like trust and where you are in different areas of the relationship. I can plot that for you. And then we can monitor our progress and see which areas you're both going in opposite directions. If we work on some things and you start coming down a little bit and maybe start going the same direction. Okay? So you can do that next time if you want. If you'll come in like maybe a half hour early next Tuesday. And then I want to get some information from you about your families so we can work on this... This is called a genogram, by the way. This is the beginning of a genogram. A genogram's kind of like a family

MT: a family tree. You've probably each seen family trees before. A genogram's actually a biological... It's a model if you're tracing hereditary traits and things like that in a family. But we use it a little bit differently. I want to be able to plot out both of your families and look for areas where maybe the ways that you feel and the ways that you think actually didn't start with just you. It probably came up here somewhere or with your parents or your grandparents or somewhere in your family of origin. Okay? And because you, FC, just didn't decide one day that you were going to be a pretty organized person when it comes to moving. You just didn't decide that. That probably came somewhere from your family and, like you said, you've got this ethic from your family that you work first and play later. So that's important to keep track of. And I'm sure MC has some things up here from his family we could talk about. So when we put these things on the table like work first and play later and if MC has something from his family that is totally the opposite, play first and work later, then we need to work around that thing. We need to start discussing that. How we put that idea of his family in with your idea of your family, and come to some agreement so you guys can get on with your lives with how you work and play. Okay?

MT: So that's where when you say you are going to Columbus, you...

FC: Ohio. I used to live in Ohio.

MT: Okay. What year... Any major-like health problems or anything like this of your family members?

FC: No.

MT: And I see you got on here what ones are married.

FC: Right.

MT: And I see you've got on here married... You've got...

FC: My mom's remarried.

MT: All your brothers and sisters are single.

FC: Right.

MT: Especially the 10 and the 4-year-olds.

FC: Yeah.

MT: Ummm. And everyone in your family is married except (sibling name)?

MC: Yeah.

MT: Okay. Let's see. So you met each other in June of... What year again?

MC: 1992

MT: 1992? Where did you meet?

FC: Columbus.

MT: How did you get down to Columbus?

CASE M3 TRANSCRIPTION

FC: I got a job there.

MT: Okay. And then how did you end up in Columbus?

MC: I got an assignment there.

MT: And, umm, you got married....

FC: June 3rd.

MT: 6/3/92. In Lansing?

FC: Um hmm.

MT: Okay. See what I'm doing up here is I'm making time line. I'm putting when you guys first met and got married to today. And I'm going to ask you do me a favor. That is to do the same kind of thing on your own with your own lives. Now you're... You're going to start for your individual lives with your birth. And then come up to now. But then at some point after you take a break and we see each other, I'll have you sit down and doing a time line when you guys first met to now. Okay?

FC: What kinds of things do you want on them?

MT: Anything you want to put on it. If you want to put on your... Ummm events or you graduated from high school and went to college, came to the United States, got a job in Columbus, or an assignment in Columbus, whatever. Any moves that you made, any major events, you can talk about your parent's lives or your family's lives. Whatever you want to put in there that is important to you. Okay? I'm going to copy this and then have you take this with you so you both spend a little bit of time filling out. You don't have to spend more than say 15 or 20 minutes on it. Make sure you bring it.

MC: You start it when?

MT: When you were born. To that present time when you are filling it out. Okay? Can you do that? Maybe in the car. And, you know, just by chance if the two of you get bored or something, and you don't go to sleep you want and try and tackle what's happened to you since the time you met to now, you're certainly welcome to try to that, but I don't expect you to. Okay? So the plan is to get some space from each other this weekend. After you of course have traveled a great distance in the car together. To get some space. And then I have not had any calls back on people I have tried to get ahold of for you for psychiatrists, but I was told that because of the holiday it's really difficult to get anybody to do anything because mostly they are out of town. So I will keep trying. When you go down to Columbus, is there is any chance that you might be able to try and hook up with the doctor you saw there?

FC: I didn't see anybody there.

MT: That's right. It was in New Jersey, right?

FC: Um hmm. But he's moved to California now. So there's not much chance of seeing him.

MT: Okay. So next week, same time?

FC: You want us earlier to take tests.

MT: Yes. Come in... If you want to come quarter after, 7:30, anywhere in there. That should give you plenty of time to fill that out.

CASE M4 TRANSCRIPTION

Key: MC - Male Client, FC - Female Client, MT - Male Therapist

MC: You just say whatever. You just kind of get going. And then it's the beginning of the week. And then you slip back into your routine. But there was no routine. A routine never developed last week. And that was just....

FC: For you.

MC: For me. No.

FC: See I don't need routines that much. As you can tell. I like more spontaneous. Spontaneous lifestyle.

MC: Anyways what happened is she had been staying out and I was... I was getting up with her at night. But I didn't really want to. And that um... then Saturday, was it Saturday? Friday, right? It started then 'cause I was working Saturday. I was going to work Saturday morning.

MT: Doing what?

MC: Um... I was framing houses.

MT: Framing houses? Oh.

MC: I went and framed and did a little bit of work. And so I just naturally assumed that well since I was working the next day, FC would take care of her. You know, if she was having trouble that night. But it didn't work out that way. And I got kind of....

MT: And that was what the fight was about?

MC: Yeah. I got resentful and made left-handed, snippy remarks and instead of just coming out and saying... You know ... Whatever.

MT: What you meant.

MC: Or even instead of just saying why don't you just take care of the baby 'cause I've got to work tomorrow. And she just had this ... Made some remark. One of them was like you know what you said you want me to get up or something like that. And I said well I didn't want to drag your ass out of bed.

FC: No, you said if you can drag yourself out of bed...

MC: I said something.

MT: So you had an attack of guilt. One of those guilt trips.

FC: Well, see, my perception of it was that...

MC: Anyway, she yelled at me. But...

FC: My perception of it was that he was up anyway because we went to bed like right as soon as we had gotten home. It was about eleven and I went right to bed and (baby name), she woke up about an hour later. So I'd already been in bed sleeping and he was still up. So it didn't make sense...

MC: Well, not only that...

FC: It didn't make sense for me to get up with her when he was still up. See what I mean? And then he did say well, FC, you're probably going to have to take care of her because I have to go to bed. Well, I was just kind of expecting that he would say... you know... bring her to bed and then he can get in bed and I would have taken over. But then that comment really made me mad because it was saying... You know I wake up anywhere from 3-5 times a night with her every night for the last 5 months ever since she's been born. Ever since she's been with us. And I didn't feel like that was balanced... That wasn't fair of MC. So I was really ticked. And he said that I breached... That I made a breach in our relationship.. I called him an asshole. I've never called him that before, but I was... I was really ticked. I mean I don't want to say that you made me call you that, but...

CASE M4 TRANSCRIPTION

- MT: She just wanted... You thought since he was up he might as well be taking care of her and you thought since you were supposed to be working tomorrow she should take care of her.
- MC: Yeah.
- MT: So you're both pissed off at each other... Upset. You were throwing your left-hand curved ball and you're coming back with anger.
- MC: Yeah.
- FC: Well, yeah after that happened. Before that... I mean I would have gotten up. It's just that I'd already been sleeping and you know I was exhausted after working a week and it's hard to... I figured you were up. And I didn't know that you were getting ready for bed.
- MT: So how'd you... How did this get resolved?
- MC: I went to work.
- FC: And then when he came home I just said that I felt that that was a very unfair comment for you to make because... You know because I get up with her every night many times a night and didn't think that's fair.
- MT: Um humm.
- FC: Basically he apologized. And then I apologized. And that's it.
- MT: You think so?
- MC: Yes. I think so. It's easier to see.
- MT: But when you first started dating....
- MC: I said, "Man, I can't stand that woman. I've got to have her."
- MT: Yeah. No matter what they do. Seems like no matter what they do, you see the good things.
- FC: Oh well. See he's honest.
- MT: And seems like as the relationship keeps going and going you see the bad things instead of the good things.
- FC: See I think our relationship is better than when we were dating. We didn't have a very easy courtship. I was jealous about all his friends.
- MT: Tell us about how it's better.
- MC: Well, I guess it's not.
- FC: Well of course we know we're each other's friends. We know more about each other and everything and the background and where we're coming from. So like we don't have that trying to drag things out of him that you have to drag out four years ago.
- MC: Uh huh.
- MT: You mean there's more comfort in the relationship?
- FC: Yeah.
- MC: Trust. More trust.
- MT: What else do you think?
- MC: What else is better?
- MT: What else is better?
- FC: I don't know. For awhile though there... Things got really bad and we're still... Before we started coming here. So it was real good for awhile and then it got really really bad and then it's getting better.
- MT: Hmmm.
- MC: We can think of two things that turned better.
- FC: Well, what's better for you?
- MC: Hmm. You're not as um....
- MT: Psst. You are more...

CASE M4 TRANSCRIPTION

- MC: Huh?
- MT: You are more....
- MC: Oh, you're not as... You're more... Okay....
- MT: You are more....
- FC: Say it again.
- MC: I have a certain amount of phrasing problems too. Or else forget it. You're... I have to rephrase the whole thing. Aw it's just you're more trusting and seeming less fearful of whatever. You'd get upset. You'd just... You didn't seem like you trusted me.
- FC: I was always testing you?
- MC: Yeah.
- FC: I don't know what to say about that.
- MT: So what were some signs that she was trusting you more?
- MC: Ah there's more, what do you call 'em... Subliminal... I don't know. It's not as overt. Not overt. Not glaring signs. Just little things, you know.
- MT: Do you know some of them?
- MC: No. She probably... But I haven't said that.
- FC: No?
- MC: Doesn't seem like she... When we first were dating it seemed like I always had to watch out to not look at other... Look at women. Other women. 'Cause she was always... You could tell... She was always kind of on the lookout for it.
- FC: 'Cause you did. You did.
- MC: Ah that's right.
- FC: That's how I told you off a few times.
- MC: Well, I never said I didn't.
- FC: No, it's true.
- MC: But it doesn't... She don't feel like... It doesn't seem like she is... Since we've been married and stuff it doesn't seem like she's... Standing over me like that, you know.
- FC: Well, you remember how that went about. I didn't want to dig up the past but basically I told you how I felt about that.
- MC: Uh huh.
- FC: I thought it was very distracting.
- FC: But ah, at some point you just get tired of just trying to ignore... That's like before my ignoring comes in. You know where I just pretend like he's not even there.
- MT: Ummm. So it's the way you're trying to say, "He's down. I still want to stay up."
- FC: Yeah.
- MT: And it's difficult for you.
- FC: Yeah, it is.
- MT: So when you're feeling happy and he's feeling down, when you just go on with your day and it's a great day for you, you're saying, you know whatever you're doing, it's a great day. I'm wondering what that would be like?
- FC: Well first of all I can't be there. I can't be at home much of the week.
- MT: Uh huh.
- FC: That's all there is to it.
- MT: What do you imagine would happen though if you stayed there?
- FC: It takes a lot of energy just to ignore him, you know.
- MC: He's not asking you that.
- FC: Well, I'm sorry what did you say?
- MT: I'm just wondering what you see as happening.

CASE M4 TRANSCRIPTION

- FC: If I stayed there? I don't think it's very effective. I mean it's hard for me to... Like I say, it takes a lot of energy to do that so it's not as effective if I stay there.
- MT: So FC's saying your mood affects hers.
- MC: Uh huh.
- MT: I'm wondering if her mood affects you?
- MC: I'm trying to think of whether there's been an incidence. I think there has. Yeah, I think that they bounce off each other. And ah... React. 'Cause I'll be in a fairly decent mood and she'll come home cranking about this or that. And complaining about, seemingly to me, insignificant things we don't have a lot of control over.
- MT: So you both bring each other down. Can you bring each other up?
- MC: Have we ever tried?
- FC: I tried tremendously. It's very hard to try to affect your mood and bring you up. Many many many many many times.
- MC: It doesn't work very well.
- FC: So I gave up.
- MT: Sometimes you're just persistent. You just want to be in a bad mood.
- MC: Um hmm. I'm down. Stubborn that way. To a fault. I can't... I don't think that I ever played the reverse role. No. I don't think I've ever, you know (inaudible). It's a lot easier to make me feel stupid probably.
- FC: I do remember one instance not too long ago when I told you that I was having a bad day. And you... You seemed like you had a nice, you know, supportive way about you that was very rare and nice. And I don't know if you just kept giving me a hug or something... Or maybe said just a couple words or whatever, I don't remember exactly what they were. But I remember it was really nice and it was probably one of the first times that you'd ever done that.
- MC: Just recently?
- FC: Yeah.
- MC: Hmmm.
- FC: And, it's always was nice to feel that you have somebody who you... Who's your emotional reserve, you know what I mean. Or can kind of help you. In times when you're not having such a good time.
- MT: Yup.
- FC: That isn't something I felt I had often in this relationship.
- MC: Me too.
- FC: You just gave me a hug or something.
- MC: I remember...
- FC: What?
- MC: I remember what day you were talking about.
- FC: Well tell me what it was then. 'Cause I don't remember the details.
- MC: Oh, I don't know. You had a hard day at work or something. And I just asked you in a supportive manner. And I can't tell you what I said or what I did, but outside of that I remember what you're talking about though, okay. I don't remember what day of the week it was but...
- FC: I said maybe I'm kind of hard on you when it comes to that because I'm kind of tired of hearing it. You know, and I might say well you know if you think you're a loser, you're gonna believe you're a... You know if you keep saying it, you're gonna believe it.
- MT: What's going on for you, MC, right now?
- MC: Just wondering what time it was.

CASE M4 TRANSCRIPTION

MT: Oh.

FC: Doesn't look like any of us have watches.

MT: That's right. Well we'll just be here till it's five o'clock. When she's saying those things to you right now, *what's that like for you? Record the emotion. What's the word for it?*

MC: I don't know if there's any emotion involved. I mean I've heard it before. And it's all very valid, but it's just doesn't seem... It's never been that easy just to start saying well I'll just change what you think. I just won't do that anymore. I just don't do that.

MT: You mean, "Just say no."

MC: Right. That's...

FC: You don't think it's possible?

MC: I don't think it's that simple. If it was that simple, I'd would have done it.

FC: Well...

MC: That's like saying, "Well just go change your socks."

FC: Well, I'm kind of speaking in a sense of I've been through that myself, you know. Because I've not always had good self-esteem.

MC: That's true. You've told me that.

FC: And it's a method of thinking that is different than the "well I can't probably do that because..."

MT: It's proactive.

I don't even know what it's called. I mean like I say I've read about it. I've, you know, learned some of it in my service training. Ummm. You know where you say to yourself... Like say for instance I would sometimes have trouble with authority and I *would feel real insignificant or feel like really nervous about my abilities or something*. And ummm one of the ways that I would get through is just tell myself, you know, you're experienced in your job, you, you know, have parents that love you, you have a husband that loves you. You know, just things like that. And then I would immediately benefit from that. And it would carry me through. And as a result of that I have been able to achieve greater sense of self-esteem and self-confidence and a better feeling about myself just because I continuously thought things through. That, okay, no you're not, you know, incapable. You've done this. You've done that. You've done that. You know what I mean? So there's something to that. There's something worthwhile in that. But this continual feeling

FC: you know, well nobody wants me because I can't find a job and, you know, I'm a loser and, and, you know doing things that you know make you feel bad and then feeling worse about them because you did it. Like staying in bed or whatever. But if that makes you feel worse. Get out of bed. You know what I mean? Now I've been depressed before, so I know what it feels like to be depressed. I mean it's not that easy. Ummm...

MT: Can I stop you?

FC: Yeah.

MT: Is this helpful for you?

MC: Somewhat.

MT: 'Cause I want to get back to what's gonna be helpful for him. Because it seems like you want him to be able to come to you. Or is that not it?

FC: Well, he doesn't need that. He doesn't need to come to me necessarily. He can go to anybody. I mean I would like to know how he's feeling and, you know, for him to ask me for support or some advice or something.

MC: Or at least confide in you?

FC: Yeah. I'd like you to confide in me. But I can't handle this all the time — this I'm a loser bit. It makes me very nervous.

CASE M4 TRANSCRIPTION

MT: So we've really got a dilemma here. Okay? You're sick of hearing his complaining about whatever and can't find a job forever and he's feeling down. And when you're feeling down, that's, I mean, some of the things that you go through. And it's hard to talk about things. I mean I'm not sure, but that how your strategy of doing it. Of being down and maybe even getting out of it is to talk about it in that way. But she's over here saying I'm not really... I don't really want to hear it.

MC: Uh huh.

CASE M5 TRANSCRIPTION

Key: MC - Male Client, FC - Female Client, MT - Male Therapist

MC: I told you once.

FC: You told me twice.

MC: I told you once. You asked once. You were outside or on your way out the door.

FC: And I told you I was mad. Why couldn't you have done that to help me out? So why couldn't you have done that to help me out?

MC: Ahhh... I have no... I have no excuse.

FC: Do you see why... What made me angry?

MT: Yes.

FC: Kind of like if you were getting ready to go to work and you had to take the kid along who just pooped in her pants. And I set on the couch eating my cereal while you're watching the time go. So...

MC: That was just today, or...

FC: That doesn't justify it. Yeah, that was this morning. And the last few days have been rough because, like I said, the kids have been sick... I haven't slept more than four and a half or five hours a night. One's crying... And, you know, it's just the way it's been.

MT: Yeah.

FC: You know. Every night I'm like okay I'm going to get six hours of sleep uninterrupted. Being, you know, being a mom. That's just how you live your life. When you get straight sleep, it sure is nice. After about 4 or 5 days of that interrupted stuff I start being really crabby.

MT: I betcha. Sleep deficiency does serious things to the body.

FC: Yeah. It's been hot. The stupid van is not working again. I took the car which has air conditioning which is a plus.

MT: Ahhh.

FC: You know. And then we made an agreement because to try and make his life easier I let him drop (female child #1's name) off in the morning to the Y. Then I pick her up in the afternoon on my way home. Which she doesn't want to get picked up till 4:15 anyway because they're having a snack and swim till 3:30 or 3:45. So anyway, ummm, but I've been picking her up which is... From the time I leave work, it takes me an hour to get home. Because I go get the little ones at daycare. Which is not fun. You know how it is. And this and that. And they're, "Mommie, mommie." and it's just kind of a maul session and drag 'em out the door. You know, and all that. Then we go the Y and we're there another 20-25 minutes. We have to look at the pool and go upstairs and do all this crap. And then by the time I get home, I'm just like cooked! The whole day is didn't bother me till I got the kids and an hour worth of getting them home, you know. And I get home and it's time to cook dinner immediately because like he's gonna be leaving for work. And he ain't been sleeping much and so he's dragging around like a zombie when I get home. Bitching about stuff he didn't get to get done because he slept too long. And, you know. That's kind of what it's like all the time.

MC: Why is... Why has it been different the last couple weeks though?

FC: I don't know.

MT: What's the problem?

MC: Was it two weeks ago I went to 10 hours?

FC: Yeah. He was working 10 hours and that was just.... Incredible.

CASE M5 TRANSCRIPTION

- MC: That was ummm... I'd have to leave the house about quarter to seven or seven-fifteen and ummm it was a long week. I drag in around 8:00. I have to get some sleep. So the kids have to play outside.
- FC: Don't feel guilty. They play. It's in the morning that gets ungodly. When it's this hot, they don't even want to be outside.
- MC: I've been real busy the last couple weeks. A lot of commitments and this and that we had. I've been very tired the last like two weeks as far as I get 5 or 6 hours of sleep and when I wake up like I'm even more tired after I've been up for an hour. Usually an hour after I'm up I'm feeling good and lately it seems like I get worse. Then the kids come home and it's like well we gotta play now and stuff. And I'm like, you know, I want to sleep. So I'll sit on the couch and sit on the chair. I'm not doing anything. And, ummm, FC's tone of voice the last... Which is understandable, but there's like a thing in my ear and it just hones in on it. Like you finger on a chalkboard or something. So... I just kind of sit back and wait for her to, you know, jump on me about something I'm not doing or something I should be doing because I'm tired. And she's gonna let me have it, you know. I'm like I'm gonna say I'm tired. And she's gonna say well that's no darn excuse, you know? And it's like I... I avoid situations because in my mind I have a justified reason for it. But I know ahead of time that she's not going to accept that reason. You know what I'm saying?
- MT: Is it like that because you're not getting enough sleep?
- FC: It's just been all the....
- MC: You can't blame it on sleep though.
- FC: No. 'Cause we've done with a lot less.
- MC: I'll avoid situations because I've been in situations before, you know? Arguments or conversations or I've tried to be as truthful as I can. Or try to get my point across the best way I know how and it's not that she doesn't believe me, but it's just not good enough or something.
- MC: That's not why I went outside. Why I went outside is because I want to have a cigarette. So I could come in the house and have a shower and get ready for bed.
- FC: You seemed mad. You were mumbling on your way out the door.
- MT: Are you saying you thought that he overreacted to that situation?
- FC: Well... Yeah, in a way. I mean he did and he didn't.
- MC: In my mind I probably did.
- FC: Yeah. He got mad. I could tell. I can... See, just like he knows when I'm mad. I know when you're mad. It's like the way you get up and... You know, you don't even have to say anything. How you walk or, I mean...
- MC: I stood up. I got up to go outside. I had to get ready, but...
- FC: Well...
- MC: Or...
- FC: Yeah, but you were pissed.
- MC: I didn't yell at the kids.
- FC: No.
- MC: I didn't grouch around. I didn't yell at you. I just kind of tried to make my way through the house and go outside and have a cigarette. And you're like mad...
- MT: You got mad because he was mad.
- FC: No, no. I didn't get mad at him. I just... I noticed that he was...
- MT: Okay.
- MC: How should I handle the situation?

CASE M5 TRANSCRIPTION

FC: I think he... Well, see this...

MC: I overreact and have a short fuse.

FC: What you tend to do... What I see is that I feel you have been... Well, you know, me too. I had my moments this week. But, you don't seem to tolerate the kids very well. Like when we get home and you're in the garage or something. Like yesterday or the day before, or whatever. It's hot and you're dirty and you've been working out there. And the kids come home and it's, "Daddy, Daddy, Daddy." And all this stuff's going on and when I'm home 5 minutes and you're yelling because you're whatever. You know.

MC: I'm yelling?

FC: Well, it's like, "Go do that. Get over here." You know, and stuff like that. And then I'm in the house for 3 minutes and it's, "FC." You know, like I've left him out there in the lion's den. "Come and rescue me."

MC: So you don't ordinarily when you get home you don't bring 'em in the house?

FC: Right.

MC: Get their dinners. Go out. Drag them in.

FC: Yeah.

MC: You want them in the house for dinner. So I bring 'em in.

FC: Yeah. When we get home it's almost time for dinner. So?

MC: And usually when (female child #2's name) gets home and the garage door's open, she's right in there.

FC: Yeah.

MC: You know, trying to kill herself on a bike or getting strollers out, you know, and so...

FC: Well, we admitted to being very impatient.

MC: I call the kids in the house and say "hi" or whatever.

FC: Impatient. We try to analyze ourselves.

MC: I got a new lawnmower

FC: I'm tired. Tired.

MC: I got a used lawnmower. I got do some switching around. I got a grill for father's day that I got the base partially assembled. You know, and it's like, I guess about a half an hour today, a half hour tomorrow, a half hour day after tomorrow. I told FC today. I said, "Well maybe by Sunday."

FC: That irritates him by no means.

MC: I said, "Maybe by Sunday."

FC: He's the kind of guy that wants to start a job and finish a job. I can just see the hair on his back standing up.

MC: I told her today. I says, "Maybe by Sunday I'll have the grill finished." And she says, "Well, I talked to the lady at the store and she said some dumb kid could do it in a hour." Oh, okay. I'm being compared to a kid just got out of high school and put a grill together. Go clean the back yard up. But that's...

FC: I didn't mean it like that. I was just saying that I asked the lady...

MC: Again, what would you think? You buy a grill and you work on it for half hour every other day for a week and then um, hope you have it done by Sunday, honey. And you wife tells you the kid at the place where I got it did it in an hour.

FC: Okay. I'll give you that one. Geesh.

MT: That was a jab.

MC: Yeah.

FC: Well, I didn't mean it that way. Like I asked you. I says, "Is this hard to put together?" "Well, no. You can put it together in a little over an hour."

CASE M5 TRANSCRIPTION

MC: Uh huh. So?

FC: She basically said no. I said, "Well, sure, he's experienced at doing these things." And she basically said, "No he's just a dumb kid." So...

MT: Can't just buy it. Have to fix it.

FC: It's not like he can't do it. He just hasn't had the time. And it's frustrating, frustrating, frustrating.

MT: So you feel kind of fried after having the kids all evening?

FC: Oh man. I feel very fried some nights.

MT: There's actually a term for picking up kids at daycare. It's called "the re-entry frenzy."

FC: Exactly. It is. It is a frenzy.

MT: All kids do it.

FC: It's just like that.

MT: Because they haven't seen their parents all day and they go crazy.

FC: They do. They go bananas. It's like I have to pick up one first because the other one's gonna get more bananas. And you can hear them screaming when they hear me coming. They can see me through the glass.

MT: Yup.

FC: But all the kids are like... Get all excited. Like whose mom is it now? And it's kind of like ouhhhhh. Look at those sharks?

MT: Yup.

FC: Which one's gonna bite me. They all start, you know.

MT: Is there anything you guys could do now to further that? I mean not that you'd have more time to spend. I don't know. The weekends or other good times. Is there anything else you could do?

MC: During the week?

MT: Quality time. Yeah.

MC: Not really.

FC: I don't see where we could fit anything in.

MT: Any of the anxieties that could be... Sounds like part of the issue comes with you guys like you said, a short fuse or whatever.

FC: I think we need to work together a little bit better. We just got this picking up/dropping off and off issue the other day. I made my point this morning about, you know, I had a poopy diaper while rushing to get out to work. You could help me out more in the morning. And I've been hopeful about saying, "Would you please get her shoes on or find what she did with her socks or, you know, help me out."

MC: Yeah but some mornings, when you're getting ready for work, what am I doing?

FC: Um hmm.

MC: I'm on the couch...

FC: Snoozing. And I'm like, "Go to bed." "Huh, huh?"

MT: What time do you usually get home?

MC: 6:30

FC: And I'm up at quarter to six. I try to be ready by 6:30. So that the kids can... Start getting them up by twenty to or quarter to. Most of the time you're still up. So when I leave at... I was leaving at 7:30 but I'll be leaving at quarter after.

MT: To take (female child #1's name).

FC: So, I have to go just a tad earlier.

CASE M5 TRANSCRIPTION

- MC: So you wake up in the morning an hour and a half before you've got to go to work and take a shower and grab a bite to eat and get off to work. You get out of work, and you've got from 4 or 5 in the afternoon till like 10 o'clock at night. Well, I get up... I start work at 8:30. The shift starts at 8:30. I'm up at 3:30. I'm up 5 hours before I have to start work. So when I get home I'm like reversed as far as I don't get home and go mow my lawn and drink a beer and go over to a (male name) house and see how his lawnmower's doing. And you know, I have to go home and go to bed.
- MT: What are you doing in the afternoons before you go?
- MC: Ummmm...
- FC: Usually sleep too long.
- MC: Like today I got up at 3:40. I crawl out of bed, brush my teeth, comb my hair, threw some clothes on. I (female child's name) by 4:00. And I got home and (female child's name) wanted to play video games and I sat in the chair and kind of babysat her a little bit. And umm, when she got home, ahhh, I was in the house for 15 minutes. Went outside and had a cigarette. Took a shower. Got dressed. And left and went out again.
- MT: Geesh.
- FC: I got home. Made a gourmet dinner of all orange food for the children. MC got there and he left. I say orange food.
- MC: Carrots, macaroni and cheese, and pizza.
- FC: Yeah. Like oh my god. It's all orange. That's what happens when you're doing something quick.
- MT: It's quick.
- FC: Orange is a food group when you're a kid. I don't care... So I spent 10 minutes with him.
- MC: I agree with that. Normally I have three, three and a half hours. But today I had two hours.
- MT: So when you're talking about making those things run more smoothly, FC. You're saying working together more. What sort of things do you want to see more of or less of within that little window you guys have as a family.
- FC: Well, let's see, he could cook dinner.... Ahhh, I think first of all getting (female child's name) cuts a half hour to 45 minutes out of my time. And ummm, I guess in the mornings not sitting in the chair and going, you know... You could get somebody's shoes on or change the diaper would help me out if I'm not ready. Usually I'm ready. But with the way, you know... Last night wasn't too bad. We got to bed about 10. But then (Female child #2 name) got up. For about an hour. I don't know what her problem was. She was happy as a clam but she was like awake from 2:00 to 3:00. And umm...
- MC: What could help in the mornings is to get (female child #1 name) up in bed at night.
- FC: Well, I don't know...
- MC: She's your... The major thorn in your side.
- FC: (Female child #1 name)'s the worst. I mean...
- MT: She doesn't get to bed?
- MC: She'll wake up in the morning...
- FC: Wait a minute. She was in bed by 9:30 last night.
- MC: She'll walk in the kitchen... Walk in the kitchen and open the cupboard where the cereal is and sit on the floor and sit there for just 10 minutes.
- FC: Well, excuse me! I got in the car (makes a growling noise).
- MC: That ain't me.
- FC: Okay.
- MC: It's just... I don't mind you driving my car but I just got things about my car because...
- FC: It's very antique.

CASE M5 TRANSCRIPTION

MC: My Chevy. I have a '74. I'll drive it next week.
FC: Oh good. I ain't driving it. We'll drive separately.
MC: It'll get towed away before (inaudible) is up.
FC: Anybody...
MC: It's a '74.
FC: Who's ever known us knows where we live if they see this car.
MC: It's rusted to hell. It looks like it doesn't even belong in a junkyard and it's always cleaner than her van.
FC: Yup. My van's a shit hole. It's a cheerio-packin', gum-chewing mess.
MT: Kids can do that to a car.
FC: And now I work in my car. You know, I am traveling so I have...
MT: Home visits?
FC: Yes. And I live in that car all day long. I do usually 50 to 120 miles a day and . . . You know, I get my junk out every day, but, you know, I got my work stuff in there now. And the kids had some cheerio catastrophe in the back. You know you could feed a third world country off all them damn cheerios.
MC: I wouldn't... I wouldn't allow that in my car. Just because...
FC: Well, see, we had this little thing going and they were both kind of crabby when I picked them up. So I'd have this little container. And I'd bring cheerios or you know, something. Dry cereal's was a big thing and (child name) would feed me, and that was her thing, you know. 'Cause like I brought her M&M's once and that was a mistake, 'cause then they wanted M&M's every day. And I was not going to give them M&M's every day. And the chocolate didn't help me 'cause it melts on your hands and face when you're a kid. So we did the cheerio thing. And then one day last week it went "boom" and so there's cheerios everywhere in the car. See I have more tolerance for the kids, I don't care if there's cheerios in the car.
MC: You're more tolerant of their eating.
MT: See, well, that's it. It's either that or spend half your life cleaning.
FC: You see we have gone full circle because when this man commuted, you couldn't sit in the front seat of his car for the garbage. It was all in there.
MC: Yeah but I had a power commute.
FC: Uhhh! I don't care what you had. It doesn't matter. You used to be a pig.
MC: So I've changed.
FC: Right. Now I don't consider myself a pig. I consider myself a victim of children.
MC: I just...
FC: You hate the way the car is.
MC: I look at the van as an investment, not a vehicle.
FC: Oh yeah, well you shouldn't look at it that way.
MC: Because we had a negative equity for years and years. We didn't know what it was like to... We didn't know what it was like to make money on a car. We only knew what it was like to lose money on a car. And when we bought the van, I said let's keep this van clean because if we pay it off within 3 years... I thought it was going to be but it was four. It was a grand illusion. We'll make a profit on this car. So if we keep it decent...
FC: I know. But I'm not letting them eat chocolate syrup and red pop. Cheerios ain't like that.
MC: I'm not saying it can't all be cleaned. I just... Anyway...

CASE M5 TRANSCRIPTION

MT: Well I was just going to say it's interesting that a few minutes ago when I asked about who needed to be more tolerant. Then you both thought of the other one right away. I think you did, or that's what I saw. So... And that's the big challenge in doing the (inaudible) when you're stressed or angry it's very easy to get frustrated and so you want to blame it on somebody. It's very hard to say, "What's my role in this? What can I do to kind of change this whole pattern?" So that's the challenge. But one thing you guys are both doing well tonight and other times is that you are taking responsibility. You are speaking for yourself. You're saying, "I felt this way." And a whole lot of couples have the hardest time with that. You guys do it well.

MC: You should see us at home.

FC: Yeah. Why'd you say that?

MT: So you're capable of that. Some people seriously don't seem to be able to do that even if they're prodded. So...

FC: Ahh we can. We just... We kind of say it's your fault.

MT: Of course it's easier to.

FC: No. We both are smart enough to know that's not so.

MT: So it's just a matter of backing up and looking at what was said and decide what's going on rather than reacting. It's hard to do. But you are doing some of these things, so that's good.

FC: I think we are doing a lot better than we used to. And when we do have problems, we're a little more critical of them. Sit back and go, you know.

APPENDIX D

Videotape Viewing Checklist

Videotape Viewing Checklist

Case # _____ Therapist Gender _____ Total Time _____

Impression of Level of Rapport:

Therapist – Couple 1 2 3 4 5 6 7 8 9 10

Male Client – Female Client 1 2 3 4 5 6 7 8 9 10

Issues/Themes

Salient/Striking/Illuminating

Impressions

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