

The Relationship Institute

www.therelationshipinstitute.org

LTLR Developmental Therapy Overview

1. The LTLR Developmental Model has four stages:
 - a. Sweet Symbiosis: “the honeymoon”; foundational to the relationship.
 - b. Soured Symbiosis: re-emergence of two separate selves which introduces tension and disappointments to the relationship.
 - c. Differentiation: acknowledgement and respect that the couple is composed of two separate and different people.
 - d. Synergy: each individual being more because of the relationship with the other and the growth that their differences create.
2. The growth process is governed by the level of symbiotic vs. differentiated functioning in the couple.
3. Developmental progress in the couple is enabled by growth in the Three Intimacies which increase differentiation.
 - a. Self Intimacy: the on-going, moment-to-movement awareness of one’s thoughts, feelings and desires and the expression of these to the person they involve.
 - b. Conflict Intimacy: two people sharing and respecting their inevitable differences and the tension it creates between them. “Good fighting leads to good loving”.
 - c. Affection Intimacy: verbal, actions, physical, non sexual and sexual expressions of one’s caring, love and admiration for the other person.
4. LTLR Developmental therapists focus their work with the couple on engendering growth first in Self Intimacy and Conflict Intimacy and then in Affection Intimacy.
5. Growth in Self Intimacy is primarily fostered through the therapist’s use of the Emotional Self Awareness Exercise with each partner.
6. Growth in Conflict Intimacy is primarily fostered through the therapist’s use of the Initiator-to-Inquirer Exercise with the couple.

7. In LTLR Developmental Therapy self-awareness of and constructive expression of emotion is centered.

Goals of the LTLR Developmental Therapist

- To push the couple to accept as normal and non-threatening the differences and tension that exists in any, and particularly, their relationship.
- To assist each partner in the face of tension to hold onto one's self calmly while simultaneously hearing, remaining curious about what a partner is saying, and respecting the partner's viewpoint.
- To encourage and teach both partners how to continue the conversation as they define their differences and invest in the process of the conversation to arrive at a mutually satisfying, hybrid solution. (Increase Conflict Intimacy)
- To teach the couple how to continue to think while expressing and experiencing strong feelings as well as expand each's awareness of their range of feelings and perceptions. (Increase Self Intimacy)
- To help individuals understand each has a wide range of feelings that are often contradictory and temporary while recognizing that feelings- especially negative ones- are not necessarily threatening to the relationship.
- To increase the tension within the individual and between the couple rather than decreasing it.
- To demonstrate to couples that tension and differences are indications of growing pains in the relationship rather than threats to it.