

## DR. JEFF KREUTZER AND DR. TARYN STEJSKAL TALK ABOUT WORKING WITH COUPLES IN CRISIS

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**Jeff:** Taryn and I've worked with a lot of couples together and, and we, we, we saw a couple who is in the state of crisis because the, the husband had a very serious injury and had ideas that his wife was being unfaithful to him and he was really concerned that she was being unfaithful. The great thing about both of them was they're very open about their feelings or very honest about what was going on, their concerns and the husband said, I'm really afraid that because I've changed you may not like me anymore and the wife very much insisted that she loved him as much as she ever did, we, we were very afraid for that couple because we felt that the wife was working really, really hard and was feeling very stressed out, was being very supportive and here her husband was meeting her with, I'm talking about how suspicious he was.

What, what happened was we continued to meet with that couple over a period of several years, we basically said very firmly, your wife is not being unfaithful, it would help your relationship much more if you would acknowledge the good things that she is doing to, to help you and we also let him know that we were concerned about his wife that we would be open and honest with both of them and so over a period of time he began to see that his ideas were not based in reality, there were more fears related to his concerns about his personal shortcomings and the good thing about that is that we, we worked with them over a period of years, he's gotten a little bit better, he's been physically more capable, more ambulatory, and they've planned trips together, they've had a lot of good experiences together and so when looking back over their experience, we really thought that what the intervention that we use was effective because this was a couple that may be had they not sought out help, their marriage could have ended in disaster and we would call that a, a successful intervention.

**Taryn:** And I think I would just add the related to that couple in particular, we also found some individual therapy for the wife. She didn't feel like she had any friends or family that really understood what she was going through and so we are able to provide that for her. So she had someone to talk to about her feelings and her experience and someone to say you know this is, this is a really hard time for you and she said some, some weeks it was good to just have someone tell her that she wasn't crazy, she wasn't nuts, she didn't have to be over it yet. And the second thing that I would add is that we'd like to think that we have a lot of good ideas for people and a lot of experience but really it's the couples that do the heavy lifting and the hard work and then we try to be there as consultants or as guiding lights when then come in each week.