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INFORMED CONSENT FOR DIALOGUE THERAPY

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

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

The initial sessions of Dialogue Therapy consist of an evaluation of the couple to determine whether the technique is appropriate. The Evaluation process takes place on a weekly basis until it is complete, and then couples participate in sessions on a once weekly or biweekly basis, until the Dialogue Therapy process is completed. The course of Dialogue Therapy consists of approximately 15-16 hour-long (60 minute) sessions. There is a sixth month follow-up as part of the therapy.

The general outline of sessions includes:

Evaluation of the Couple:	First 4 -5 Meetings
Working on a Conflict:	5 Meetings
Testing Your Empathy for Partner:	2 Meetings
Practicing and Refining Skills:	2 Meetings
Refining Dialogue Skills:	2 Meetings

*Created originally by Polly Young-Eisendrath, Ph.D. and Ed Epstein in the mid-1980's, Dr. Young-Eisendrath has continued to develop the method and its meaning. She has published three books about Dialogue Therapy: *Hags and Heroes (1984)*, *You're Not What I Expected (1993)*, and now *Love Between Equals (2019)* to help couples and therapists use *Dialogue Therapy* and benefit from its discoveries.

Sample Dialogue Therapy Session Structure (60 minute sessions)

- Session 1: Evaluation, Introduction and Wrap-Up
- Session 2: Evaluation 1 - Relational History (Partner #1) and Wrap-Up
- Session 3: Evaluation 2 - Relational History (con't) and Wrap-Up
- Session 4: Evaluation 3 - Relational History (Partner #2) and Wrap-Up
- Session 5: Evaluation 4 - Relational History (con't) and Wrap-Up
- Session 6: Working on a Conflict 1 - Practicing Skills and Wrap-Up
- Session 7: Working on a Conflict 2- Practicing Skills and Wrap-Up
- Session 8: Working on a Conflict 3 - Practicing Skills and Wrap-Up
- Session 9: Working on a Conflict 4 - Practicing Skills and Wrap-Up
- Session 10: Working on a Conflict 5 - Practicing Skills and Wrap-Up
- Session 11: Role Reversal/Building Empathy (Partner #1) and Wrap-Up
- Session 12: Role Reversal/Building Empathy (Partner #2) and Wrap-Up
- Session 13: Refining Skills and Empathy, and Wrap-Up
- Session 14: Refining Skills and Empathy, and Wrap-Up
- Session 15: (Optional Continuation of Dialogue Therapy, and Wrap-Up)
- Session 16: Six-month Follow-up, and Summary Wrap-Up
- Session 17: (Optional Second Follow-up session, and Wrap-Up)

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

Client Signature

Date

Client Signature

Date

*This is the statement that is in the Client Services Agreement, if you wish to include it:
“I may occasionally find it helpful to consult with other health or mental health professionals to discuss our work. During a consultation, I make every effort to avoid revealing the identity of my client. The consultant is also legally bound to keep the information confidential. I will not tell you about these consultations unless I feel that it is important to our work together.”