

Integrative Behavioral Couple Therapy (IBCT) as a third-wave therapy

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Abstract

Background: This article presents a description of the Integrative Behavioral Couple Therapy (IBCT), and puts forward its contributions, its techniques and progress, the research data on its usefulness compared to traditional behavioral couple therapy, and explains briefly its articulation as third-wave behavior therapies using the concepts of functionality, rule-governed, technology-shaped behavior and acceptance. **Methods:** A theoretical review of the main IBCT bibliography was carried out. **Results:** The review shows that this intervention model includes integrative intervention strategies to promote acceptance and techniques that join the already well-known behavioral couple therapy techniques (behavior change, communication training and couple problem solving), substantially modifying the therapy. Furthermore, it incorporates useful orientations for especially difficult problems in couples (such as infidelity and substance use, abuse and dependence situations). **Conclusions:** After this analysis, IBCT is revealed as a new intervention, the scope of which is still expanding among professionals. The acceptance concept, one of the core elements of third-wave therapies, has been fruitfully included in behavioral couple therapy through the IBCT.

Keywords: Integrative Behavioral Couple Therapy (IBCT); couple therapy; cooperative effectiveness; Third-Wave Behavior Therapy; couple intervention techniques.

Resumen

La Terapia Integral Conductual de Pareja (TICP) como terapia de tercera generación. **Antecedentes:** este artículo presenta una descripción de la Terapia Integral Conductual de Pareja (TICP), se exponen sus contribuciones, sus técnicas y su progreso, se ofrecen datos de su integración respecto a su utilidad comparada con la terapia de pareja conductual tradicional y se explican brevemente su articulación con los conceptos de funcionalidad, comportamiento regido por reglas y comportamiento moldeado por la tecnología. **Métodos:** A través de la revisión bibliográfica de la principal bibliografía sobre TICP se ha llevado a cabo un análisis teórico de la integración de las estrategias de intervención de la TICP. **Resultados:** Este análisis ha permitido mostrar que este modelo de intervención incluye estrategias de integración de intervenciones (para el fomento de la aceptación y la solución de problemas) que se basan en las ya conocidas de la terapia de pareja conductual (entrenamiento en habilidades, entrenamiento en comunicación y solución de problemas), de forma que modifica sustancialmente la terapia; además, incorpora orientaciones útiles para problemas especialmente difíciles de las parejas (como infidelidad y situaciones de consumo de sustancias, alcoholismo y dependencia). **Conclusiones:** La TICP se presenta como una intervención innovadora, cuyo alcance está aún por definir. El concepto de aceptación, uno de los elementos nucleares de la tercera generación, se ha incorporado fructuosamente a la terapia de pareja a través de la TICP.

Palabras clave: Terapia Integral Conductual de Pareja (TICP); terapia de pareja; eficacia cooperativa; Terapia de Conducta de Tercera Generación; técnicas de intervención de pareja.

The latest data published by the Statistical Office of the European Union (Eurostat, 2012; INE, 2012) show that marriages are decreasing in Spain, while divorce rates – which increased from 2006 to 2008 – came to a standstill in 2009 and have remained stable since then. Despite this, the economic crisis explains this pattern. And this situation may well be considered an important source of tension in the couple, as it is unlikely that merely because they have to keep living together for economic reasons, they are going to learn strategies for improving their relationship, or at least to tolerate arguments.

Several scientific studies have linked tension in couples with emotional and physical suffering (cf. Snyder, Castellani, & Whitman, 2006). And the same is true of the relationship between distress in the couple, effects at work and depression in women in general (cf. Donohue & Ferguson, 2006). Likewise, it is a known fact that persons with problematic couple relations are much more likely to suffer from anxiety, depression and suicide, substance abuse and health-risk behaviors (Gruenewald, 2008), and in turn, other disorders, such as oppositional or obsessive-compulsive disorder, aggravate problems prior to the relationship of the couple. Undoubtedly, these psychological problems increase significantly when violent arguments, hostile attitudes and violence against women appear in relationships. In fact, distress in an intimate relationship may be considered the problem that emerges most frequently in individual psychotherapy (Johnson & Lebow, 2000).

Most couples today expect marriage to be their main source of support and intimacy, in addition to a facilitating a context

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