
WHY COUPLE THERAPY IS GOLDMINE OF THERAPEUTIC PRODUCTIVITY

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Objective: To demonstrate through case examples that couple therapy guided by a quantifiable model of personality and mental health can achieve personality transformation in relatively short period (often within 6 months), eliminating major symptoms such as anxiety, anger, psychosomatic symptoms, depression, and symptoms of borderline personality disorder - without medications.

Method: Working with the patient and his/her partner, therapy is focused exclusively on bringing the couple far closer than ever before, provoking and overcoming waves of defense (symptoms) until it weakens by exhaustion and eventually disappears, liberating the couple from their existing personalities, allowing them to achieve far greater adjustment not only in their intimacy spheres, but also in self and achievement spheres.

Results: Based on 1,170 cases treated, participation of partner in therapy improved results 4 (all cases) to 10 (BPD) times.

Conclusion: Couple therapy format should be used in treating all cases whenever feasible to maximize therapeutic results.