

# Contents

Preface .....	xiii
<b>Chapter 1 · Behavioral Family Therapy: An Overview</b> .....	<b>3</b>
Relationships Behaviorists Focus On .....	3
Basic Assumptions/Principles .....	3
Behavior Is the Focus of Therapy .....	3
Behavior Is Learned .....	4
Behavior Can Change .....	4
New Behavior Must Be Shaped .....	4
New Behavior Must Be Reinforced Immediately .....	4
Four Rules of Learning .....	5
Reward Rule .....	5
Negative Reinforcement Rule .....	5
Punishment Rule .....	6
Extinction Rule .....	6
The Nuts and Bolts of Behavioral Family Therapy .....	7
Baseline Data .....	7
Behavior Contracting .....	8
Time Out as a Negative Consequence .....	9
Verbal Praise and Parental Consistency Are Essential .....	9
The Process of Therapy .....	10
Building Rapport .....	10
Having Parents Complete the Family Inventory .....	10
Defining Behaviors to Increase or Decrease .....	10
Explaining to Parents How the Behavior to Be Changed Has Been Learned .....	11
Ranking Behaviors Parents Want Their Children to Change .....	11
Identifying Rewards and Punishers as Consequences for Behavior .....	11
Writing Up a Contract and Giving a Chart to Parents to Keep Records .....	11
Discussing/Role Playing Implementation of Contract with the Child .....	11
Resistances .....	12
“It Isn’t Working” .....	12
“It’s Bribery” .....	12
“My Kid Should Do as I Say” .....	13
<b>Chapter 2 · Assessment and Behavior Contracts</b> .....	<b>15</b>
Importance of Rapport during Assessment .....	15
Stages of Assessment .....	16
Initial Questions .....	16
History of Previous Interventions .....	16
ABC (Antecedents, Behaviors, and Consequences) Records .....	16
Parental Reaction to Record Keeping Request .....	17
Reviewing ABC Reports with Parents .....	17

Using Behavior Contracts . . . . .	18
Manage the Environment via Antecedents . . . . .	19
Follow-Up Record Keeping . . . . .	19
User Friendly Charts . . . . .	20
Praise for Parents . . . . .	20
When Parents Provide No Records . . . . .	21
Maintaining Behavior Change . . . . .	21
<b>Chapter 3 · Young Children: Problems and Solutions . . . . .</b>	<b>23</b>
Being Aware of Age-Stage Development . . . . .	23
Keeping the Child Safe . . . . .	23
Letting the Child Learn Natural Consequences . . . . .	24
Being Consistent with Consequences . . . . .	24
Changing Rules as the Child Gets Older . . . . .	25
Identifying Values and Setting Up House Rules . . . . .	25
Encouraging Parent-Child Collaboration on House Rules . . . . .	25
Alerting Parents to “Catch Their Children Being Good” . . . . .	26
Encouraging Parental Consistency . . . . .	27
Encouraging Parental Patience . . . . .	28
A Treatment Program for Disruptive School Behavior . . . . .	28
Data Provided by Mother . . . . .	28
A Treatment Program for Disrespectful Behavior . . . . .	31
Other Behavior Problems of Young Children . . . . .	32
Eating Vegetables . . . . .	32
Compliance . . . . .	33
<b>Chapter 4 · Case Histories: Young Children . . . . .</b>	<b>35</b>
Case 1: Smearing Feces . . . . .	35
Case 2: Sleeping in Parents’ Bed . . . . .	36
Case 3: Staying Up until 3:00 AM . . . . .	36
Case 4: Cursing Parents . . . . .	37
Case 5: Disrespecting Nonbiological Parent’s Requests . . . . .	39
Case 6: Getting Child to Help Sick Mother . . . . .	40
Case 7: Failing to Provide Records — Parental Noncompliance . . . . .	40
Case 8: Traveling to Grandma’s in the Family Van . . . . .	41
Case 9: Taking a Shower . . . . .	42
Case 10: Stealing . . . . .	42
Case 11: Hitting Sibling . . . . .	43
<b>Chapter 5 · Adolescents: Problems and Solutions . . . . .</b>	<b>45</b>
Why Adolescence Is a Difficult Period . . . . .	45
Struggle for Independence . . . . .	45
Expensive for the Family Budget . . . . .	45
Tragic Adolescent Decisions . . . . .	46
Creating the Right Context with Adolescents . . . . .	46
Keeping Communication Open (Stay in the Teen’s World) . . . . .	46
Discussing Sex and Drugs . . . . .	47
Having Fun Times with Adolescents (So Parents Aren’t Just the Police) . . . . .	47
Monitoring Teen Behavior (Parents Need to Know Where Their Children Are, etc.) . . . . .	48
Making Rules Clear . . . . .	48
Following Through with Consequences . . . . .	48

Problems Parents Have with Their Adolescents .....	49
Arguing .....	49
Leaving Living Room Messy .....	51
Looking at Internet Porn .....	52
Smoking Marijuana .....	53
Smoking Cigarettes .....	53
Drinking Alcohol .....	54
Lying to Parents .....	54
Dating Someone Parents Disapprove Of .....	54
Sex .....	55
<b>Chapter 6 · Case Histories: Adolescents .....</b>	<b>57</b>
Case 1: Speeding .....	57
Case 2: Failing to Return Borrowed Items .....	57
Case 3: Breaking Curfew .....	57
Case 4: Piercings and Tattoos .....	58
Case 5: Failing Grades .....	59
Case 6: Having Friends Parents Do Not Like .....	59
Case 7: Refusing to Do Chores .....	60
Case 8: Feeling Lonely .....	61
Case 9: Being Disrespectful — A Therapeutic Failure .....	62
Case 10: Sending Sexually Explicit Text Messages .....	62
Case 11: Managing Anxiety Attacks .....	63
Case 12: Using Marbles as Tokens .....	63
Case 13: Helping One's Child and an Entire Class .....	64
Case 14: ADHD — Using Medication or Not .....	65
Case 15: Father Developing Relationship with Daughters .....	67
<b>Chapter 7 · Behavioral Marriage Therapy .....</b>	<b>69</b>
Assumptions of Behavioral Marriage Therapy .....	69
Attitudes and Feelings Are Based on Behavior .....	69
Behavior Is Learned .....	69
Behavior Can Change .....	70
Goals of Behavioral Marriage Therapy .....	70
Identify Behavior Each Spouse Wants the Other to Engage In .....	70
Emphasize Positive Behaviors to Increase (Not Negative Behaviors to Decrease) .....	70
Focus on Future Behaviors .....	71
Target New Behaviors of BOTH Spouses .....	71
Behavior Contracts for Couples .....	71
Criticisms of Behavioral Marriage Therapy .....	72
Professional Criticisms .....	72
Lay Person Criticisms .....	73
Ten Tricks of the Trade for Marriage Therapists .....	74
See the Husband and Wife Together .....	74
Stay Neutral .....	74
Keep Rapport High .....	74
Focus on Least Motivated Spouse .....	75
Have Couples Complete the Marriage Inventory .....	75
Avoid Working on Sex and Money First .....	75
Work on High Frequency Behaviors First .....	76

Cognitions Are Crucial .....	76
Some Problems May Be Individual Rather Than Marital .....	76
Be Attentive to Client Compliance .....	77
Communication Basics for Spouses .....	77
Compliment Frequently .....	77
Compliment the Spouse in Front of Others .....	78
Make Words and Body Language Congruent .....	78
Gripe Productively .....	78
Focus on Future .....	78
Keep the Process of Communication Going .....	79
Ask “Honest Questions” .....	79
Use Reflective Statements .....	79
Use “I” Statements .....	80
Consider Measured Honesty .....	80
<b>Chapter 8 · Case Histories: Spouses .....</b>	<b>81</b>
Case 1: Pornography Addiction .....	81
Couple .....	81
Feelings Presented .....	81
Behavioral Referents .....	81
Frequency of Behaviors .....	81
Behavioral Goal .....	82
Behavior Contracts .....	82
Results .....	82
Case 2: Office Affair .....	82
Spouse .....	82
Feelings Presented .....	82
Behavioral Referents .....	82
Frequency of Behaviors .....	83
Behavioral Goal .....	83
Behavior Contracts .....	83
Results .....	83
Case 3: Dual Affairs .....	83
Couple .....	83
Feelings Presented .....	83
Behavioral Referents .....	83
Frequency of Behaviors .....	83
Behavioral Goal .....	84
Behavior Contracts .....	84
Results .....	84
Case 4: Discrepancy over Frequency of Sex .....	84
Couple .....	84
Feelings Presented .....	84
Behavioral Referents .....	85
Frequency of Behaviors .....	85
Behavioral Goal .....	85
Behavior Contracts .....	85
Results .....	85
Case 5: Medical Marriage .....	85
Couple .....	85
Feelings Presented .....	85

---

Behavioral Referents . . . . .	86
Frequency of Behaviors . . . . .	86
Behavioral Goal . . . . .	86
Results . . . . .	86
Case 6: Alcoholism . . . . .	87
Couple . . . . .	87
Case 7: Husband as Cross Dresser . . . . .	87
Couple . . . . .	87
Feelings Presented . . . . .	87
Behavioral Referents . . . . .	87
Frequency of Behaviors . . . . .	87
Behavioral Goal . . . . .	87
Behavior Contracts . . . . .	88
Results . . . . .	88
Case 8: Dual Career . . . . .	88
Couple . . . . .	88
Feelings Presented . . . . .	88
Behavioral Referents . . . . .	88
Frequency of Behaviors . . . . .	88
Behavioral Goal . . . . .	88
Behavior Contracts . . . . .	88
Results . . . . .	89
Case 9: Major Value Differences . . . . .	89
Couple . . . . .	89
Feelings Presented . . . . .	89
Behavioral Referents . . . . .	89
Frequency of Behaviors . . . . .	89
Behavioral Goal . . . . .	89
Behavior Contracts . . . . .	89
Results . . . . .	89
Case 10: Loss of Love for Husband/Change of Sexual Orientation . . . . .	90
Couple . . . . .	90
Feelings Presented . . . . .	90
Behavioral Referents . . . . .	90
Frequency of Behaviors . . . . .	90
Behavioral Goal . . . . .	90
Behavior Contracts . . . . .	90
Results . . . . .	90
Case 11: Only One Spouse Interested in Therapy . . . . .	91
Spouse . . . . .	91
Feelings Presented . . . . .	91
Behavioral Referents . . . . .	91
Frequency of Behaviors . . . . .	91
Behavioral Goal . . . . .	91
Behavior Contracts . . . . .	91
Results . . . . .	92
Case 12: Spouse Depressed in Wake of Divorce . . . . .	92
Spouse . . . . .	92
Feelings Presented . . . . .	92

Behavioral Referents .....	92
Frequency of Behaviors .....	92
Behavioral Goal .....	92
Behavior Contracts .....	93
Results .....	93
Case 13: One Spouse Neglecting Another .....	93
Behavioral Goal .....	93
Strategy .....	93
Outcome .....	94
Case 14: Spouse’s Depression Affects the Family .....	94
Behavioral Goal .....	94
Intervention .....	94
Outcome .....	94
Comment .....	95
Case 15: Spouse’s Difficult Adjustment to Birth of Baby .....	95
Couple .....	95
Intervention .....	96
<b>Chapter 9 · Family Therapy Forms .....</b>	<b>97</b>
Family Inventory .....	97
Purpose of Family Inventory .....	97
Example of Completed Behavior Contract for Child .....	100
Blank Behavior Contract for Child .....	100
Example of Completed Frequency Chart for Child .....	101
Blank Child Frequency Chart .....	101
Example of Completed Agreement with Parents .....	102
Blank Agreement with Parents .....	102
Example of Completed Time Frequency Chart .....	103
Example of Blank Time Frequency Chart .....	104
Example of Completed ABC Form .....	105
Example of Blank ABC Form .....	106
<b>Chapter 10 · Marriage Therapy Forms .....</b>	<b>107</b>
Marriage Inventory .....	107
Purpose of Marriage Inventory .....	107
Example of Completed Behavior Contract for Husband .....	111
Blank Behavior Contract for Husband .....	112
Example of Completed Behavior Contract for Wife .....	112
Blank Behavior Contract for Wife .....	113
<b>Epilogue .....</b>	<b>115</b>
Why Family Behavioral Therapy Does Not Work .....	115
<b>Index .....</b>	<b>117</b>

# Preface

Accountability has become the focus of therapy. Parents and spouses in therapy want positive change for their money. This book delivers the goods. Rather than clients guessing about whether therapy is working, the increased frequency of positive behavior and the decreased frequency of negative behavior (along with the desired emotions/feelings) provide the answer.

*Behavioral Family Therapy* not only reviews the theoretical background for change but provides detailed, hands-on directives, scripts, and forms/charts for immediate use. It is the ultimate behavioral handbook for the therapist who treats families and marriages. Three chapters of case histories reveal both successes and failures, and leave no doubt about how to help parents and spouses achieve their family and marital goals.