

Introduction to the Module System (Copyright by Eckhard Roediger)

On this website we present our module system for Couples therapy. We begin with an overview of all modules. In the bottom navigation of this page you find a description of each module in greater detail. Along the way, we provide detailed guidance and offer precise wording suggestions in italics that have proven effective over the years. We also repeatedly provide background information about our approach to ensure transparency.

First, here is the list of all currently formulated modules:

1. Explaining the model (see the tutorial on the Still-face experiment on this website too)
2. Linking the model with the couple's presented mode cycle
3. Interrupting the mode cycle (timeout)
4. Finding inner balance (vision of the future: Best Day Imagery)
5. Accessing the vulnerable side (BLUE leg)
6. Honeymoon Imagery
7. Accessing the self-assertive side (RED leg)
8. Dealing with Inner critic voices
9. Conjoint Imagery (Journey into Childhood)
10. Strengthening the Adult mode
11. Connection dialogues
12. Homework toolbox

Supplementary modules

13. Accompanying possible outcomes of couples therapy
14. Dealing with strong emotions
15. Sharing one's own story

Notes on the Use of Modules in the Therapy Process. Although the modules are numbered and presented in a certain order, please do not consider this a manual to be followed step by step, but rather a toolbox of instruments. Depending on the presented problem, you may select the tool (i.e., the corresponding module) that seems most promising for overcoming the current impasse. With many couples, you will not need certain modules at all.

We follow the principle of solution-focused therapy: "If it's not broken, don't fix it." You do not need to complete every exercise or cover every module, but rather to find the intervention that best supports progress for this couple in this specific moment. The didactic benefit of the compilation lies in providing a broad repertoire of intervention options, while leaving the responsibility for choice and adaptation to the therapist.

Our Couple: Tom and Betty: To make the use of the modules more tangible, we refer in our descriptions to our example couple, Betty and Tom:

Betty takes the dominant (externalizing) role, even though she often feels hurt inside and abandoned by Tom. Then to a large extent she relives her childhood experiences. Over the course of her life, however, she learned that she feels being better off when compensating her schemas and rely on her own strength.

Tom, on the other hand, grew up in a very controlling parental home and learned to avoid confrontations and “do his own thing.” In his relationship with Betty, he tends to take the avoidant (internalizing) role, as he does not feel up to Betty’s energy.

