

WEBINAR
MASTERS AND JOHNSON
INNOVATION



MARRIAGE THERAPY INSTITUTE

DR. MARK SCHWARTZ | LORI GALPERIN MSW

MONTEREY | CALIFORNIA | 831 747 1727

WWW.MARRIAGETHERAPYINSTITUTE.COM

WWW.HARMONYPLACEMONTEREY.COM

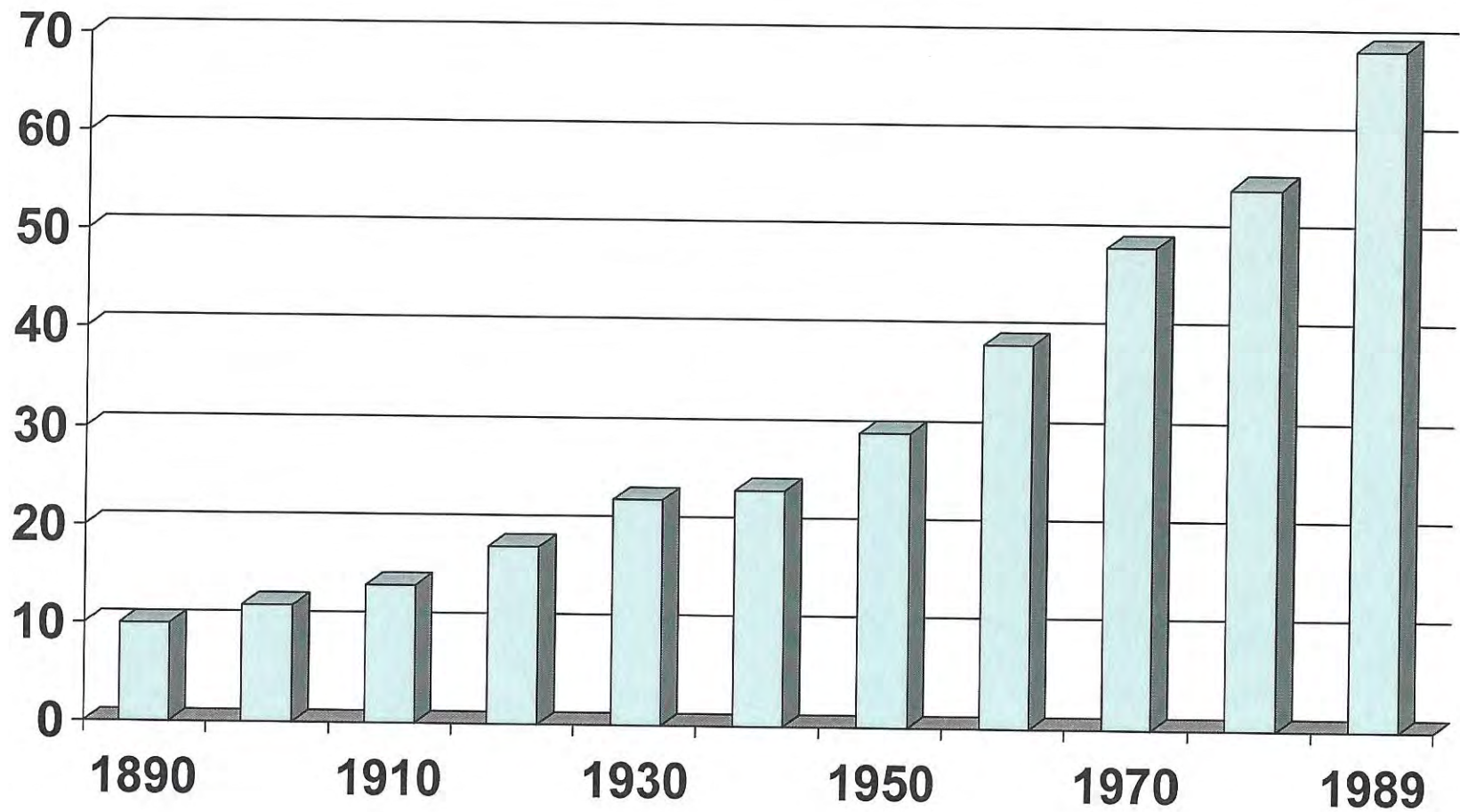
VIOLENCE—PART I

THE SOUL NEEDS LOVE AS VITALLY AND URGENTLY AS THE LUNGS NEED OXYGEN. IT MAY NOT BE SELF-EVIDENT TO HEALTHY PEOPLE JUST HOW LITERALLY TRUE THIS IS, FOR HEALTHY PEOPLE HAVE RESOURCES OF LOVE THAT ARE SUFFICIENT TO TIDE THEM OVER PERIODS OF SEVERE AND PAINFUL REJECTION OR LOSS. SIMILARLY, ONE DOES NOT REALIZE HOW DEPENDENT THE BODY IS ON OXYGEN UNTIL ONE HAS NEARLY SUFFOCATED, OR HAS HAD TO RESUSCITATE SOMEONE WHO IS GASPING FOR BREATH. BUT WHEN ONE HAS WORKED WITH DEEPLY AND SERIOUSLY ILL HUMAN BEINGS, THE EVIDENCE OF THE NEED FOR BOTH OXYGEN AND LOVE IS OVERWHELMING.

THE KIND OF MAN I AM DESCRIBING PROTECTS HIMSELF FROM THE EMOTIONAL SUFFOCATION OF LIVING IN A LOVELESS ATMOSPHERE BY WITHDRAWING THE LOVE HE HAS BEGUN TO FEEL FROM EVERYONE AND EVERYTHING, IN AN ATTEMPT TO RESERVE FOR HIMSELF WHATEVER CAPACITY FOR LOVE HE MAY HAVE. BUT HIS SUPPLY OF SELF-LOVE IS ALSO DEFICIENT. AND IT CANNOT GROW TO THE DIMENSIONS THAT ARE NECESSARY FOR HEALTH WHEN IT IS NOT FED BY LOVE FROM OTHERS. IF IT WERE NOT DEFICIENT, HE COULD AFFORD TO LOVE OTHERS. BUT HIS WITHDRAWAL OF LOVE FROM EVERYONE AND EVERYTHING AROUND HIM NOT ONLY PROTECTS HIM FROM EMOTIONAL PAIN, IT ALSO CONDEMNS HIM TO THE ABSENCE OF EMOTIONAL PLEASURE OR JOY; FOR WE CANNOT ENJOY THE PEOPLE WHO MAKE UP OUR WORLD, CANNOT ENJOY BEING WITH THEM, EXCEPT TO THE DEGREE THAT WE LOVE THEM. SO THE PERSON WHO CANNOT LOVE CANNOT HAVE ANY FEELINGS—PAIN OR JOY.

BUT A JOYLESS LIFE IS A SYNONYM FOR HELL. A MAN WHO DOES NOT LOVE AND CANNOT LOVE, IS, IN EFFECT, CONDEMNED TO HELL. HIS ENTIRE ENVIRONMENT FROM WHICH ---WITHOUT LOVE—HE IS CUT OFF, IS WITHOUT ENJOYMENT FOR HIM, AND THUS THE WORLD HE 'LIVES' IN IS A SOURCE OF EMPTINESS AND EMOTIONAL SUFFOCATION FOR HIM. BOTH THE WORLD AND THE SELF ARE EXPERIENCED AND PERCEIVED EMOTIONALLY AS BEING DEAD, INANIMATE, WITHOUT A SOUL—WITHOUT FEELINGS.

From: Gilligan, J. (1996). *Violence: Our Deadly Epidemic and Its Causes*. New York: G.P. Putnam's Sons, pp. 51-52.



The best estimates of the probability that a marriage will end in divorce, plotted over time.

Various studies report that in approximately half of all divorce cases both spouses indicated that they had indeed “wanted” the divorce. It appears to be the women, however, who seem to be more inclined to actually act ~~of~~^{on} their instincts. It is the woman who initiates the actual legal divorce proceedings in approximately two-thirds of all divorce cases filed nationwide.

Taken from *Divorce with Decency* by Bradley A. Coates, p. 13.

DANGER SIGNS IN MARRIAGES

Indicate whether each statement is True or False:

Little arguments escalate into ugly fights, with accusations, criticisms, name calling or bringing up past hurts.

My partner criticizes or belittles my opinions, feelings or desires.

My partner seems to view my words or actions more negatively than I mean them to be.

When we have a problem to solve, it is like we are on opposite teams.

I hold back from telling my partner what I really think and feel.

I think seriously about what it would be like to date or marry someone else.

I feel lonely in this relationship.

When we argue, one of us withdraws – that is, doesn't want to talk about it anymore or leaves the scene.

Assumptions Regarding Relationships (Freeman, 1992)

Unfinished business - is a present emotional reaction shaped by a past experience. It is a reactive response guided by strong emotional feelings based on past experience of anxiety. Unfinished business does not allow for a thoughtful, creative response to a here and now situation; rather, it triggers an emotional reactive response. Who we bring into our life, our major life decisions, how we embrace important people and the amount of closeness and distance we need emotionally are all shaped by unfinished business carried into adult life. Relationship problems are more a reflection of unfinished business than expressions of lack of commitment, caring and love.

INTER-PSYCHIC INTIMACY

BETWEEN THE COUPLE

INTRA-PSYCHIC INTIMACY

WITHIN THE INDIVIDUAL

COMPONENTS OF SEX THERAPY

“NO SUCH THING AS AN UNINVOLVED PARTNER”

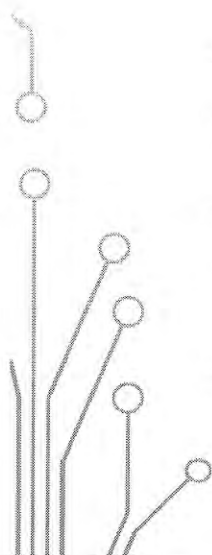
“NO MAN WILL EVERY FULLY UNDERSTAND A WOMAN’S SEXUAL FUNCTION OR DYSFUNCTION”

“FEAR OF INADEQUACY IS THE GREATEST KNOWN DETERRENT TO EFFECTIVE SEXUAL FUNCTION”

“TWO WEEK PHASE OF RAPID EDUCATION AND SYMPTOM REVERSAL AND ISOLATION FROM DEMANDS”

“WHEN PATIENTS DO NOT MAKE MISTAKES, THE CO-THERAPISTS ARRANGE FOR THEM TO DO SO”

“FIVE YEAR FOLLOW-UP”



SHORT-TERM INTENSIVE PSYCHOTHERAPY

Mark Schwartz & William Masters

Therapist's Focus

1. Directs therapy – clearly defines course and goals.
2. Makes suggestions for behavior changes.
3. Confronts inconsistent behavior: roadblocks, resistances, sabotage.
4. Directs goal attainment.
5. Provides insight, self-reflection, understanding.
6. Focuses intervention on him, her and them.
7. Hold up mirror to the transaction
8. Point out each to each sex what they do or say that leads down the blind alley.
9. Arbitrate differences between the individuals.
10. Teach skills to do it differently.
11. Help each feel powerful enough (potential threat of losing other).
12. Help each feel secure enough (make peace with past scars and issues).

CRISIS INTIMACY standing together in the major and minor tragedies which persist in life; closeness in coping with problems and pain.

SEXUAL INTIMACY sensual-emotional satisfaction; the experience of sharing and self abandon in the physical merging of two persons; sensual-sexual fantasies and desires.

EMOTIONAL INTIMACY depth awareness and sharing of significant meanings and feelings; touching of the innermost selves of two human beings.

CREATIVE INTIMACY helping each other to grow, to be co-creators (not “reformers”) of each other

CONFLICT INTIMACY stand up with/to each other, “fighting” in non-destructive ways; facing and struggling with differences together.

SPIRITUAL INTIMACY the “we-ness” of sharing ultimate concerns, the meaning of life, philosophies, religious experience.

RECREATION INTIMACY sharing experience of fun, sports, hobbies, recreation, having ways of refilling the wells of energy, leisure.

AESTHETIC INTIMACY sharing experiences of beauty - music, nature, art, theater, dance, movies, drinking from the common cup of beauty.

INTELLECTUAL INTIMACY sharing the world of ideas; a genuine touching of persons based on mutual respect for each others intellectual capacities (reading, discussing, studying, respectful debating, etc).

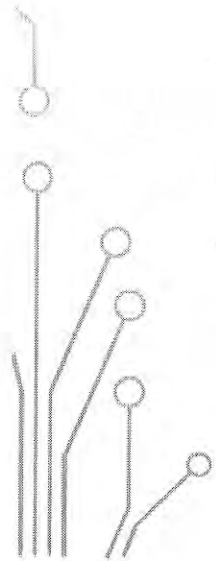
COMMITMENT INTIMACY togetherness derived from dedication to a common cause, value or effort (i.e.. working for a political cause).

WORK INTIMACY sharing common tasks, supporting each other in bearing responsibilities (raising a family, house, and yard chores, cooking together, etc.)

COMMUNICATION INTIMACY being honest, trusting, truthful, loving, giving constructive feedback; positive confrontation.

CRITERIA FOR INTIMACY

1. NON-DEFENSIVE, UNGUARDED COMMUNICATION.
2. AVAILABILITY OF EMPATHETIC RESPONSES (PUTTING SELF IN OTHER'S "SHOES")
3. NEGOTIATION OF CONFLICTS BY MUTUAL ACCOMMODATION AND COMPROMISE.
4. MUTUAL CONFIRMATION OF LOVABILITY.
5. ENJOY PHYSICAL CONTACT FROM AFFECTION TO SEX.
6. A UNIQUE "WE" IDENTITY THAT IS EXPERIENCED AS THE COUPLES' OWN DEVELOPMENTAL HISTORY OF SHARED EXPERIENCES.
7. MUTUAL SPONSORSHIP OF EACH OTHER'S INDIVIDUATION AS MANIFESTED BY ACCEPTANCE OF DIFFERENT INTERESTS, FRIENDSHIPS, CAREERS, HOBBIES, TASTES.
8. MUTUAL ASSURANCE OF AVAILABILITY DURING CRISES.
9. ROLE EXPECTATIONS OF SELF AND OTHER CONFIRMED BY THE BEHAVIOR OF THE SELF AND OTHER (MUTUALLY SUPPORTIVE PURPOSE AND GOALS).
10. OPEN AND UNABASHED PLAYFULNESS EXPRESSED.



PART 2

INTIMACY DISORDER





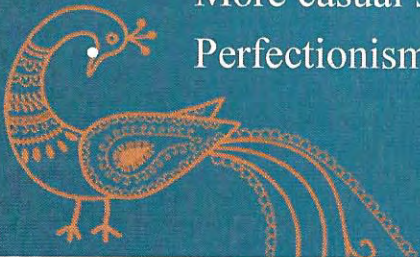
Romantic Attachment

AVOIDANT

- Less interested in relationship
- Low satisfaction
- High break up rate
- Low intimacy
- Less falling in love
- More game playing
- Less intimate sex
- More uncomfortable feelings during sex
- Adolescents having sex “to lose virginity” and peer pressure
- More drugs & alcohol with sex
- Tend not to enjoy sex
- More casual sex
- Perfectionism

ANXIOUS

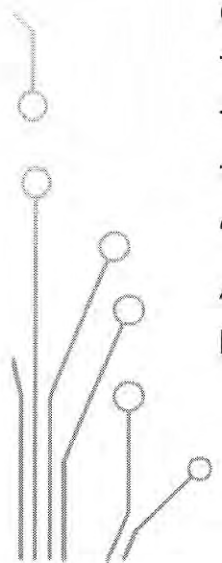
- Obsessed with partner
- Low relation satisfaction
- More passionate
- Obsessive style of love
- Like hugging & kissing more
- More concerned with rejection and abandonment





RELATIONSHIPS & SEXUALITY

THE THERAPEUTIC APPROACH OF MASTERS & JOHNSON INSTITUTE IS TO UTILIZE “THE RELATIONSHIP” AS A VEHICLE FOR CHANGE IN THE INDIVIDUAL. ONCE THE COUPLE FEELS THAT THEY ARE ON THE SAME TEAM RATHER THAN OPPONENTS, ACCEPTED RATHER THAN JUDGED, CONNECTED AND CARED FOR, ENORMOUS INDIVIDUAL CHANGE IS POSSIBLE. THE PARTNERS LEARN TO DO SMALL THINGS FOR EACH OTHER TO SHOW THEY CARE AND CREATE A HISTORY OF POSITIVE EXCHANGE. A GIVE-TO-GET ATTITUDE IS FOSTERED, REVERSING THE NEGATIVE SPIRALS. INDIVIDUALS WHO HAVE BEEN EXTREMELY CONTROLLING BECAUSE OF THEIR FEAR OF REJECTION OR ABANDONMENT LOOK INTO THE THERAPIST’S DIRECTIVE MIRROR, RE-EXAMINE THE TRAUMA-BASED CORE BELIEFS AND ACKNOWLEDGE THEIR RESULTANT DESTRUCTIVE BEHAVIOR AND ITS UNDESIRABLE CONSEQUENCES. RESPONDING TO THE PARTNER AS IF HE OR SHE WAS SOMEONE WHO HURT THEM IN THE PAST IS LABELED A “FLASHBACK,” I.E., A VARIETY OF VIRTUAL TYPICALLY UNCONSCIOUS RELIVING TRIGGERED AUTOMATICALLY BY PRESENT CIRCUMSTANCES WHICH RECAPITULATE TRAUMATIC DYNAMICS OF EARLY INTIMATE BONDS.





False Self

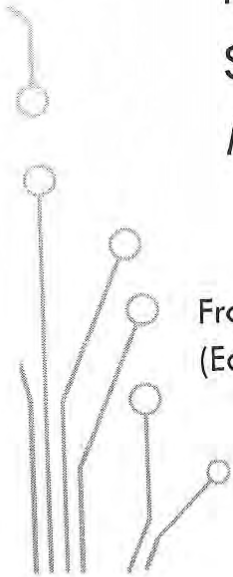
From Winnicott

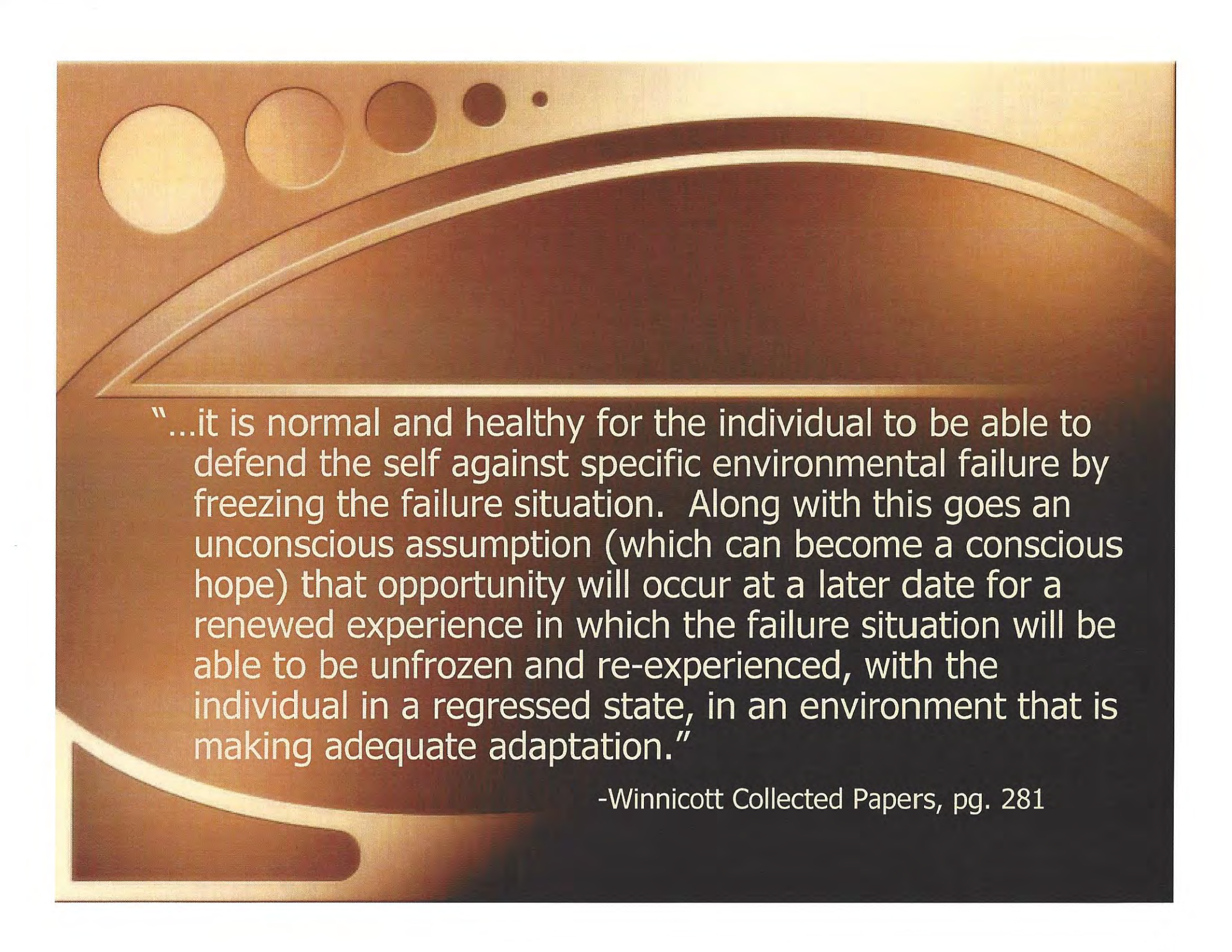
Parents who are intensively over-involved with their infant cause the child to develop a false self based upon compliance. Caregiver doesn't validate the child's developing self, thus leading to alienation from the core self. Parenting practices that constitute lack of attunement to the child's needs, empathetic failure, lack of validation, threats of harm or coercion and enforced compliance, all cause the true self to go underground.



EXTENSION OF INTRAPSYCHIC CONFLICT ONTO THE STAGE OF THE OUTER WORLD OFTEN MANIFESTS ITSELF IN INTERACTIONS WITH OTHERS THAT CANNOT STRICTLY BE CALLED INTERPERSONAL, BECAUSE THEY ARE ESSENTIALLY EXTENSIONS OF THE INDIVIDUAL'S PROBLEMS FROM THE PAST. THESE PROBLEMS ARE PLAYED OUT USING ANOTHER, NOT FOR HIS OR HER REAL SELF, BUT AS AN INVOLUNTARY ACTOR CAST IN A ROLE FROM A SCENARIO THE PATIENT REPEATS IN THE PRESENT, IN ORDER TO AVOID PAST MEMORIES AND FEELINGS.

From Masterson, J. & Orcutt, C. (1989). Marital co-therapy of a narcissistic couple. In J. Masterson & R. Klein (Eds.), *Psychotherapy of the Disorders of the Self*. New York: Brunner/Mazel.





"...it is normal and healthy for the individual to be able to defend the self against specific environmental failure by freezing the failure situation. Along with this goes an unconscious assumption (which can become a conscious hope) that opportunity will occur at a later date for a renewed experience in which the failure situation will be able to be unfrozen and re-experienced, with the individual in a regressed state, in an environment that is making adequate adaptation."

-Winnicott Collected Papers, pg. 281



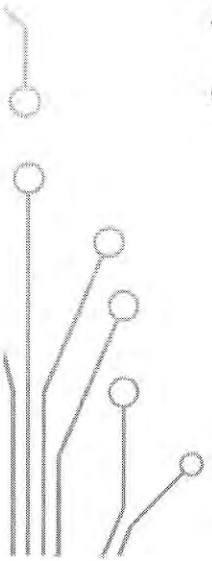
© 2011 American Dietetic Association. All rights reserved. 10/11

Disorder of the Self: Male Type

- Partial affective / intellectual split
- Anger prominence
 - Walling off vulnerable core self
 - Shame sensitive - shame phobic
 - Action blunting of empathetic recognition
 - Incapacity to translate feeling into action
 - Harsh, unconscious self, criticism projected onto others
 - Perfectionistic need to mask
 - Inability to grieve or mourn
 - Vulnerable to substance abuse

TARGET SYMPTOMS FOR 'EARNED SECURE ATTACHMENT'

1. TURNING TOWARDS OTHER PEOPLE FOR SELF-SOOTHING AND INTIMACY.
2. ESTABLISHING A COHERENT NARRATIVE REGARDING ONE'S LIFE.
3. ESTABLISHING METACOGNITIONAL THINKING IN RELATION TO FAMILY OF ORIGIN.
4. MINIMIZE IDEALIZATION AND FAMILY LOYALTIES.
5. ESTABLISHING CLARITY WITH REGARDS TO SELF AND SELF IN RELATION TO SIGNIFICANT OTHERS.
6. RESOLUTION OF SIGNIFICANT LOSSES IN ONE'S LIFE.



COGNITIONS OF INTIMACY

EACH EVENT IS A CATASTROPHE

RATIONAL PROBLEM SOLVER

THINGS MUST BE OK ALL THE TIME

THINGS DON'T ALWAYS GO WELL

SENSE OF URGENCY, MUST BE FIXED NOW

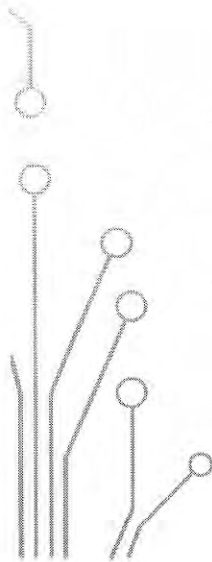
WHAT CAN I DO?

SHOULD BE ABLE TO GET WHAT I WANT WHEN I WANT IT

LIFE IS TOUGH WORK

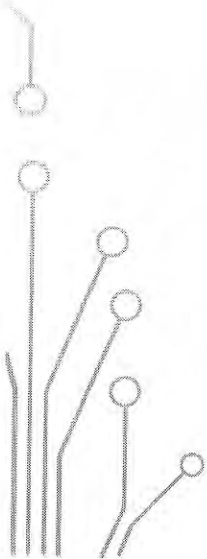
ANXIOUS AND DEPRESSED

ENERGIZED BY PROBLEM



DISTRESS-MAINTAINING COGNITIONS

DISTRESS MAINTAINING COGNITIONS ARE TWO TYPES, THE “INNOCENT VICTIM” AND THE “RIGHTEOUS INDIGNATION” SET OF THOUGHTS. BOTH OF THESE ARE LIKELY TO BE INVOLVED IN MAINTAINING PHYSIOLOGICAL AROUSAL. THERE IS EVIDENCE THAT SUGGESTS THAT MEN ARE MORE LIKELY TO MAINTAIN THESE THOUGHTS THAN WOMEN. SELF-SOOTHING MAY THEREFORE INVOLVE DEALING WITH THESE KINDS OF THOUGHTS AND SUBSTITUTING THOUGHTS THAT ARE CALMING.



Gottman Part 1

- Of the 35 couples making initial gains in marital therapy, 30-50% relapsed in two years. Of couples presenting for marital therapy, 44% divorced within 5 years.
- Asking people to be accepting, non-defensive, active listeners toward their spouses when they feel they are being attacked may go against the natural grain of interaction. Active listening decreases negative interaction but does not increase positive.
- Anger in marital interaction does not predict divorce, whereas contempt and defensiveness did so reliably.
- Unhappy couples underestimate the amount of positivity by 50%.
- Conflict avoiding and bickering passionate couples can have stable happy marriages. Still have romance after 35 years.
- Sharing power, accepting the wife's influence is critically important for stability.
- Even the best marriages, marital problems do not get solved at all, they become perpetual issues. 69% of the time couples are discussing the perpetual problem.
- In failing marriages, people communicate clearly, but what they communicate is negative.



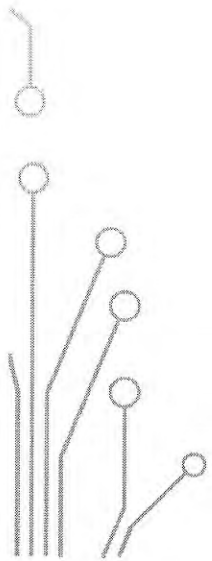
GOTTMAN: PART 2

- Healthy couples engage in meta-communication – statements about the process of communication. Meta communication is part of the repair process.
- People who have the highest expectations have the best marriage.
- Reciprocated negative affect-anger met by anger is natural and is not dysfunctional.
- Similarity is a weak prediction of marital success. 70% of couples experience a drop of satisfaction, the first year after having a baby.
- For relationships that work well, a large balance of positivity is negatively in perception and behavior is highly predictive.
- The most persistent correlate of marital dissatisfaction is the increased probability that as persons emotions will be negative (anger, belligerence, sadness, and contempt) right after the partner makes a negative statement.

PART I

SEXUAL MEDICINE

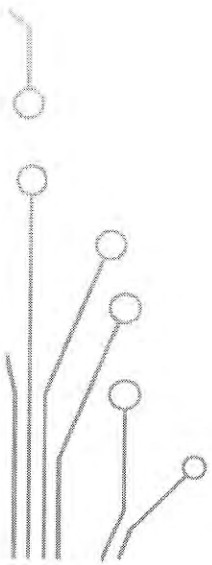
HOW THINGS HAVE CHANGED



COMPULSIVE INTERNET USE

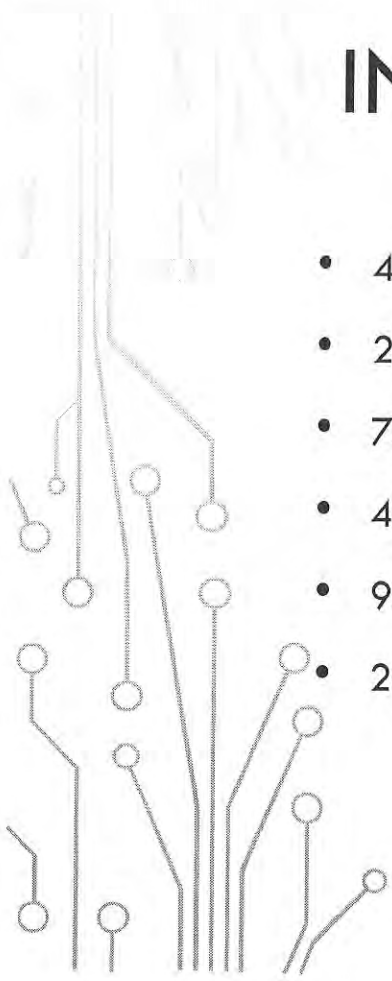
Played a significant role in divorces in 2002, 50% of cases involves pornography

Academy of Matrimonial Lawyers



INTERNET PORN-US

- 40 MILLION VISIT PORN SITES AT LEAST ONCE A MONTH
- 25% OF INTERNET SEARCH ENGINE REQUESTS ARE PORN
- 75-80% ARE MALE
- 400 MILLION PAGES OF PORN ARE ON THE INTERNET
- 97 BILLION INDUSTRY (INCREASE 70% FROM 2003-2007)
- 20-25% IS CHILD PORNOGRAPHY



MOST PEOPLE BEGIN PORN AT AGE 11

-ENCOURAGES YOU TO “SHUT OFF” FEELINGS THAT HELP YOU GET CLOSE TO SOMEONE

INHIBITING FACTORS

UNREALISTIC EXPECTATIONS

OVER DEPENDING ON VISUAL RATHER THAN TOUCH

DEHUMANIZATION

ACCELERATING FACTORS

SEXUAL TABOO

MEDICATING PROBLEMS
DEPRESSION, LONELINESS

INTIMACY DIFFICULTIES
OTHER ADDICTIONS



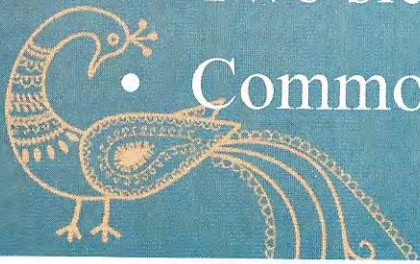



INTERNET PORN-US

- 40 MILLION VISIT PORN SITES AT LEAST ONCE A MONTH
- 25% OF INTERNET SEARCH ENGINE REQUESTS ARE PORN
- 75-80% ARE MALE
- 400 MILLION PAGES OF PORN ARE ON THE INTERNET
- 97 BILLION INDUSTRY (INCREASE 70% FROM 2003-2007)
- 20-25% IS CHILD PORNOGRAPHY

Hypo Sexuality and Hyper Sexuality

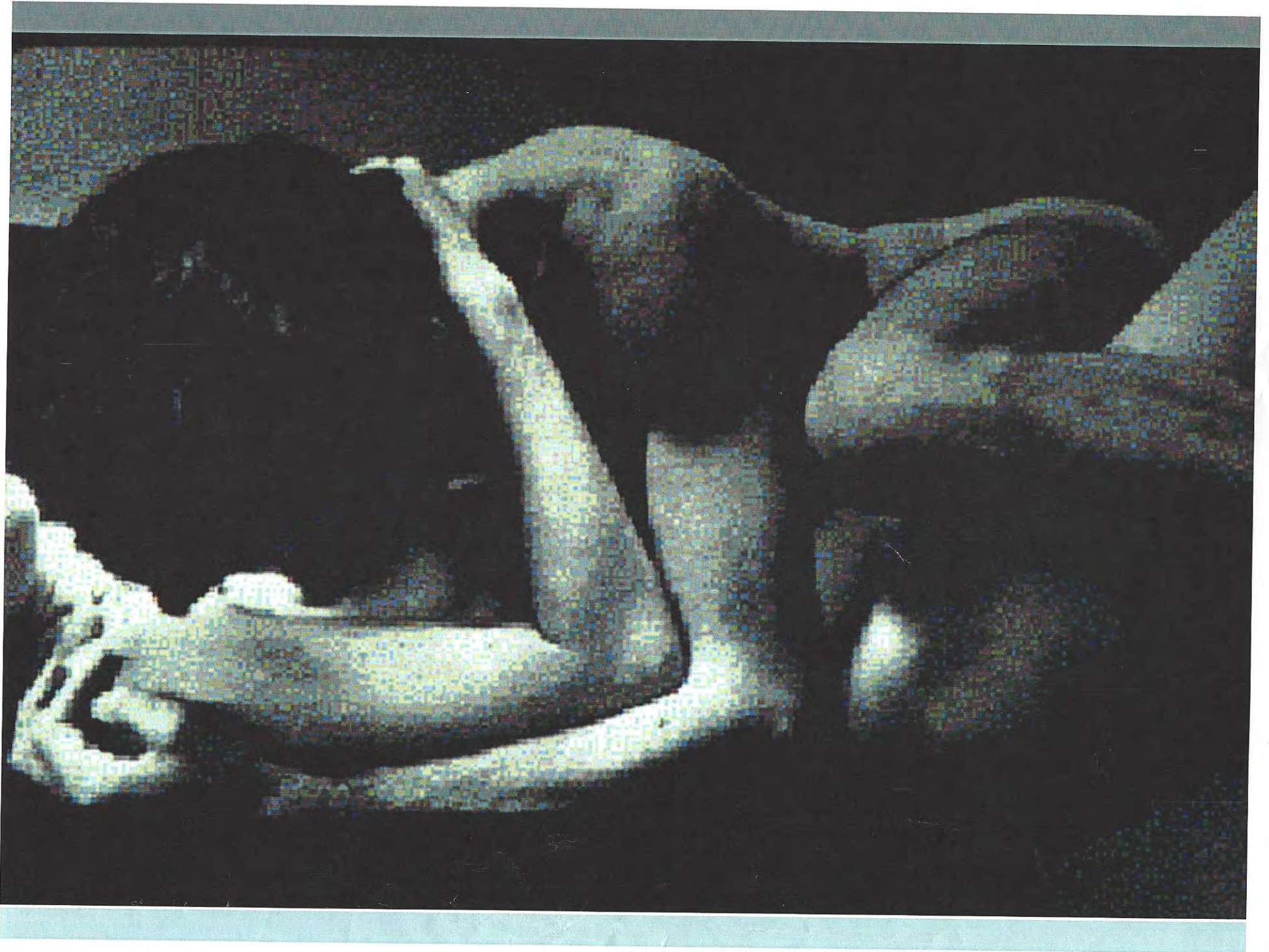
- Hyposexuality – sexual response inconsistent; inhibited with a partner resulting in low initiatory behavior.
- Hypersexuality – low threshold for sexual responsiveness; often with obsessive and/or compulsive rituals that displace the connection or caring for partner.
- Often duality, overcontrol, out-of-control
- Two sides to same coin
- Common underlying feature fear – fears of intimacy





Masters and Johnson have been accused of saying sex is just a physical, mechanical act. What they are saying is that that's what it is on the reflex level. The reflex idea, with its emphasis on sexual performance, cleared out a lot of cobwebs and made things more specific. For, example, calling a woman frigid is a total condemnation. Saying she can't have an orgasm is not at all condemnatory and much more specific.

Masters and Johnson's innovation was, of course, a total reversal of emphasis. Rather than concentrating on techniques of erotic arousal, they focused on solving sexual performance problems on the principle that sexual arousal is most likely to appear when it is ignored.



Sensate Focus

Catalyzes the stuck points interfering with natural manifestations of sexuality.

Psychotherapy focused on dealing with “stuck points.”



Relationships and Sexuality

In sex therapy, entitlement refers to the therapist giving the client permission to not be sexual. For example, a therapist might say: “It is understandable that, given what happened to you and what you’ve done to yourself as a result of what was done to you, and the destructive influences on your choice of partner and the relationships you’ve each created, you do not feel sexual. It would be a miracle or even dysfunctional if anyone could feel sexual under these circumstances.”



WEBINAR
THANK YOU
FOR JOINING US



MARRIAGE THERAPY INSTITUTE

DR. MARK SCHWARTZ | LORI GALPERIN MSW

MONTEREY | CALIFORNIA | 831 747 1727

WWW.MARRIAGETHERAPYINSTITUTE.COM

WWW.HARMONYPLACEMONTEREY.COM