

ST-C Module 12: Homework assignments (by Eckhard Roediger)

It is essentially important to guide the couple into an active role from the very beginning of therapy. Couples need to understand, that progress does not come during the session but with the behavioural changes between the sessions in every day life. So start giving the couple homework assignments as soon as possible.

Possible homework assignments are:

- Stopping mode clashes (from the first session on after you introduced the model).
- Using the Mode Cycle Clashcard (MCC) to reflect on a current mode cycle and get in touch with both needs (after you introduced the MCC).
- Giving each other some kind of positive feedback at least once a day (from the beginning). This is what we call “making a deposit into the relationship account”.
- Develop rituals like hugging and looking into each other’s eyes when leaving and coming back home.
- Spending one evening and half a day on the weekend with different conjoint activity every week (without children). This is probably not going to work at the beginning, so you might have to wait until the couple managed to stop mode clashes.
- Find joyful conjoint hobbies on a regular basis (workout, a dance class...)
- Practicing connect talk sessions twice a week for about 30 minutes each (after they managed to talk in a balanced way to each other).

There are many more, of course.....!