



# FACT SHEET

## Traditional Therapy

- Therapist Speaks as an expert
- Therapist helps client come up from shame and is virtually silent about grandiosity
- Therapist does not directly confront the blatant's behaviors
- Therapist asks the client, "What do you think you should do?"
- Therapist often encourages insight
- Report card of therapy is self-report or divorce vs. stay together
- Therapist's stance is based on the Conspiracy of silence; they won't take-on the client out of fear that they will lose the client
- Therapist believes that when the client is in grandiosity he has to get to the wounded child and he will heal, (replicating the wife's role)
- Therapist has the notion that there is always a dance, and it is 50/50; Therapist believes that couples therapy must be fair
- Therapist believes that parents must portray a unified front and should not challenge one another in front of the kids
- Therapist believes that women have to be more reasonable and ask for less
- Therapist tries to make recovery more palatable and to seduce the blatant into therapy

## Relational Empowerment Therapy

- Therapist speaks from the authority of own recovery, "I'm not perfect and I'm in recovery."
- Therapist tackles grandiosity head-on by telling the blatant the truth without throwing him/her into shame
- Therapist directly confronts blatant issues and deals directly with the blatant individual
- Therapist teaches the client how to do it differently; 50% of this model is education. It assumes that if the client knew how to be relational, he/she would be doing it
- Therapist focuses on action not insight
- Report card is the degree to which the client is moving into healthy behaviors
- Therapist communicates to the client that he/she is going to take him on *and* help him
- Therapist believes you will have a long wait if you go through the wounded child. The way to get to the grandiose client is to amplify the negative consequences of the behavior
- Therapist addresses the blatant one first and then the latent; fairness is not important
- Therapist believes that safety trumps loyalty; if a mother chooses her husband over her child, it is child abuse
- Therapist believes that the only way to solve the divorce rate is to bring men forward and not to send women back
- Therapist focuses on making the blatant client uncomfortable if he/she persists in the dysfunctional behavior