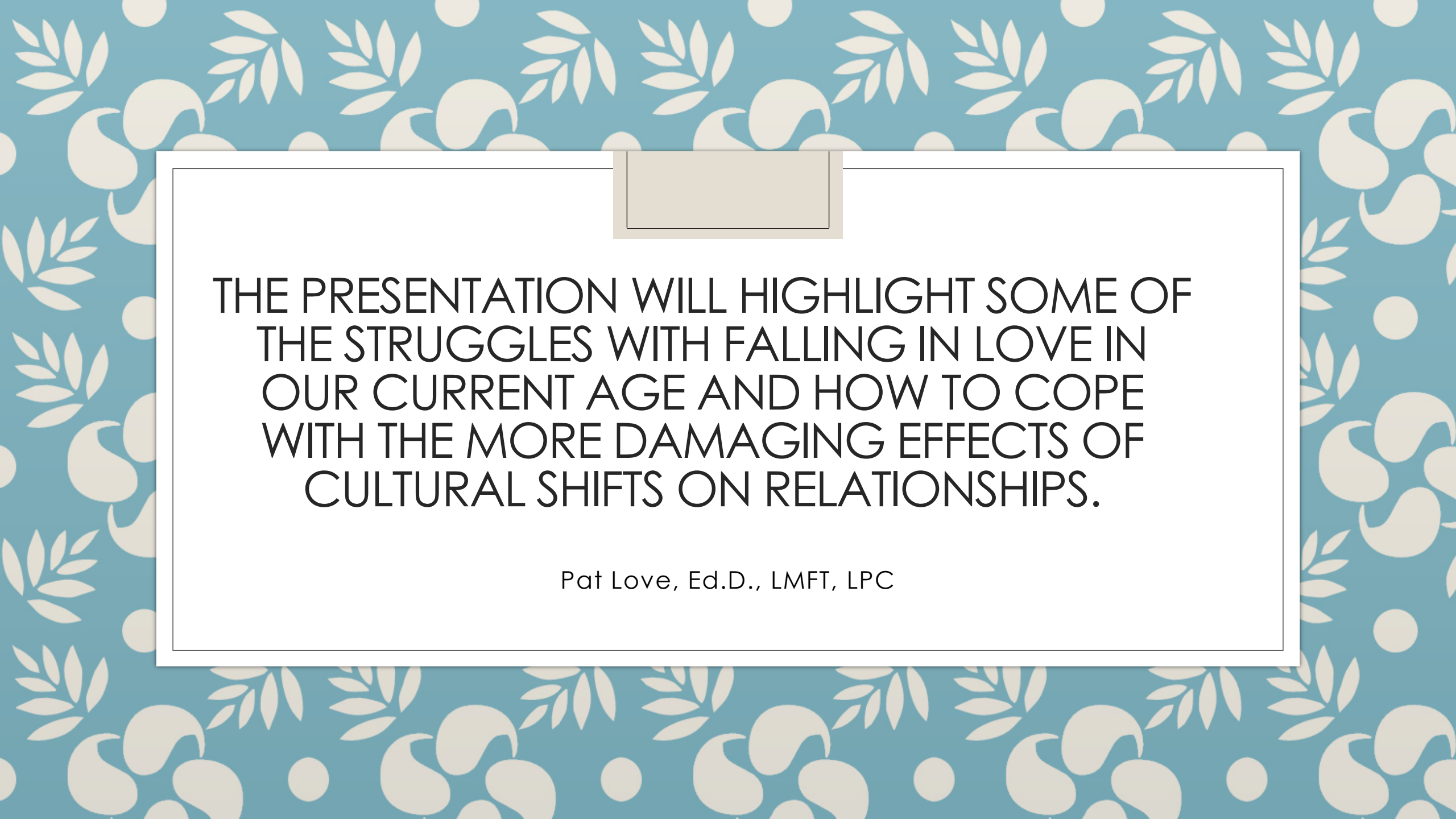




RELATIONSHIPS 2.0:

NAVIGATING LOVE, LUST, COMMITMENT,
INFIDELITY IN THE NEW MILLENNIUM

Pat Love, Ed.D., LMFT, LPC



THE PRESENTATION WILL HIGHLIGHT SOME OF
THE STRUGGLES WITH FALLING IN LOVE IN
OUR CURRENT AGE AND HOW TO COPE
WITH THE MORE DAMAGING EFFECTS OF
CULTURAL SHIFTS ON RELATIONSHIPS.

Pat Love, Ed.D., LMFT, LPC



Pat Love, Ed.D.

Author of *Hot Monogamy*, *The Truth About Love*, and *How to Improve Your Marriage Without Talking About It*



www.patlove.com



Lisa Firestone, Ph.D.

Director of Research and Education at The Glendon Association



www.psychalive.org www.glendon.org

Poll #1

How many of you are mental health professionals?

Positive Outcome in Therapy for Relationships 2.0

The rules are the same:

1. You understand me and my issues
2. You are smart
3. Your treatment plan makes sense



Poll #2

How many of you have tried
online dating?

1. Relationships 2.0

- The Millennial Meme
- 1980-2004



2. Millennials in Love

- Dating
- Mating



3. Relationships 2.0

- Cyberspace
- Versus
- Face-to-face



4. Stages of Love

- Infatuation
- Post-rapture
- Discovery
- Connection



5. The Changing Face of Commitment/Marriage

- Pragmatic
- Traditional
- Companionate
- Self-fulfillment



Poll #3

How many of you have had experience with infidelity?

- Working with clients who've experienced infidelity
 - Personally
 - Both

6. Relationship of Infidelity

- And commitment



Can 22 million people

- Be wrong?



Monogamy isn't normal

- Non-monogamy isn't normal
- Variety is normal



7. Infidelity defined

- How do the individuals define infidelity?



8. Is it an affair or is it addiction?

- Compulsivity
- Efforts to stop
- Loss of control
- Loss of time
- Preoccupation
- Failure to fulfill obligations and commitments
- Continuation despite consequences
- Escalation
- Personal losses
- Withdrawal



9. What is the meaning of the affair

- Hedonism
- Inflated view of one's ability to control the boundaries
- Delusion
- Filling a void
- Falling in love
- Redefining the self
- Need gratification
- More suitable mate
- Recreation and compartmentalization
- Rejuvenate marriage/commitment
- Accident

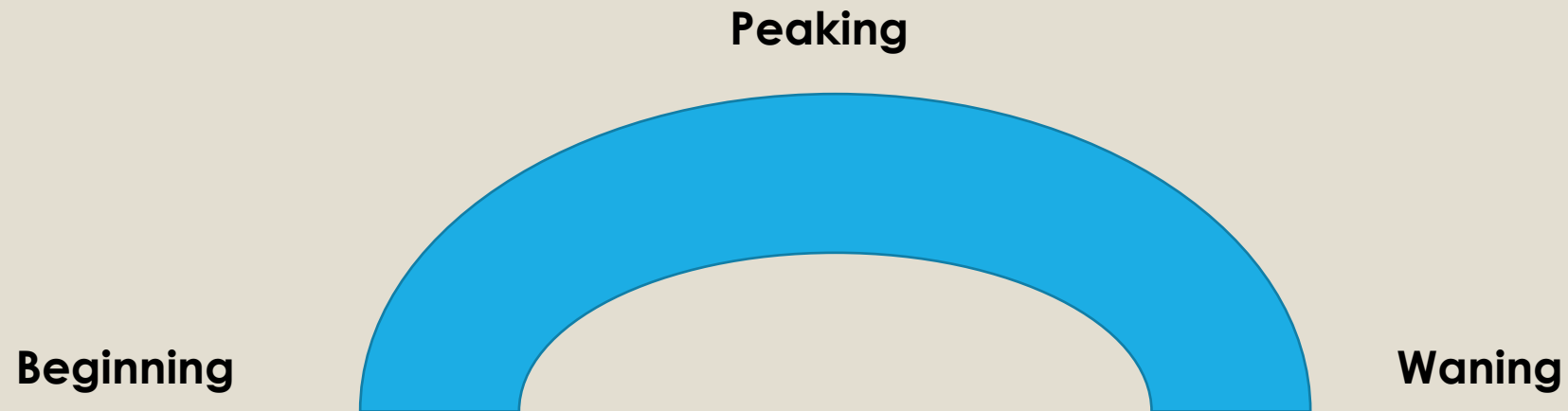


Infidelity is correlated

- With opportunity
- Proximity



The Arc of Infatuation



Explanation of PTS

Betrayal as trauma



Bases to Cover

- Cessation—zero contact
- Giving information
- Compassion and remorse
- Building trust
- Forgiveness, moving on
- Redefining the relationship
- Re-commitment



Cessation—Zero Contact

- FTF
- Texting
- Calling
- Emailing
- Chatting
- Clean up cyberspace
- Music lists
- Pictures



What about the workplace

- Leaving the job
- Redefine contact
- Negotiate boundaries



Giving information

- Relevant truth versus details
- Need facts for decision-making
- Need congruent information to build trust
- Rebuild the relationship on truth and trust



Compassion

- Remorse is correlated with future fidelity



Building trust

- Three steps
- 1. Say what you are going to do...
- 2. Do it...
- 3. Repeat steps 1 and 2!



Forgiveness/moving on

- Give some ballpark recovery dates TOTALLY DEPENDENT UPON SITUATION AND COMPLEXITY OF BETRAYAL
- Clock doesn't start running until zero contact
- Recovery is largely dependent upon betrayer's behavior and betrayed's maturity
- If both individuals are mentally healthy...
- First 30 days—volatile variation of feelings, roller-coaster, PTS symptoms
- Two months—see some good days
- 90 days—slightly more good days than bad
- First year—year of the “firsts,” anniversary syndrome, implicit memories

Poll #4

Do you feel you can use these tools in dealing with a dealing with an infidelity?

Values-focused therapy

- Versus feeling-focused therapy



Thank You!

- Pat Love, Ed.D. LMFT, LPC
- www.patlove.com
- *Never Be Lonely Again*
- *How to Improve Your Marriage Without Talking About It*
- *How to Ruin a Perfectly Good Relationship*
- *The Truth About Love*
- *Hot Monogamy*
- *Emotional Incest Syndrome: What to Do When a Parent's Love Rules Your Life*

Weekend Workshop Retreat **Overcome Your Fear of Love**

How to Create Your Ideal Relationship



May 30 – June 1, 2014

Sign up at www.psychalive.org

http://www.psychalive.org/pl_resource_type/workshops/

Upcoming Webinars

Check Out a Full List of Our Upcoming Free & CE Webinars at www.PsychAlive.org



http://www.psychalive.org/pl_resource_type/webinar-resources/

Archived CE Webinars

Watch CE Webinars with expert presenters:

Experts include:

Dr. Donald Meichenbaum

Dr. James Gilligan

Dr. Pat Love

Dr. Lisa Firestone

Dr. Sheldon Solomon

Dr. Christine Courtois

...and more...



See the full list at

<http://www.glendon.org/resource-category/archived-webinars/>

To receive your CE's for this Webinar:

- * Within 24 hours of completion of this Webinar, you will receive an email with an evaluation form and post test for you to complete and return to the us within 10 days of viewing the presentation. These forms can be completed online emailed, faxed or mailed back to us. Instructions will be given in the email you receive. Upon receiving your completed evaluation form, a CE certificate will be mailed to you.
- * A recording of this Webinar will also be available online. Those unable to attend this live Webinar may view the recording and read an accompanying assignment to receive 3 CE Units for \$35. A link to this recording will be sent to you as well.



For more information contact:

glendon@glendon.org

800-663-5281



THE GLENDON
ASSOCIATION

(For Professionals) www.glendon.org

PSYCHALIVE

(For the Public) www.psychalive.org