



## Dialogue Therapy: A Time-Limited Couple Therapy - Taking Mindfulness Into Relationships

Polly Young-Eisendrath, Ph.D.

After the initial romance is over, all couples enter into power struggles and disillusionment. They play out painful emotional patterns that are unconsciously generated from their original family dynamics and their defenses against them. Re-wounding the old wounds leads to confusions about whether we can trust a partner to hear and feel us accurately and to the sense that we are with "an enemy" who means us harm. "Can I trust you ever again?" This question can open the door to a renewal of intimacy and a new self-understanding, as well as the possibility of developing the skills of mindfulness to be used in emotionally activated cycles of conflict.

*Dialogue Therapy* is a time-limited couple therapy that facilitates insight and skills in the partners themselves so that they don't come to depend on the therapist to negotiate their difficulties. Couple therapy is notorious for failing because partners depend too much on the therapist, and do not use new skills and insights on their own. *Dialogue Therapy* was designed especially for couples to become experts on their own relationships and take that expertise home with them.

Created originally by Polly Young-Eisendrath and Ed Epstein in the mid-1980s, Polly has continued to develop the method and its meaning. She has published three books about it and a fourth one is in the works. *Hags and Heroes (1984)*, *You're Not What I Expected (1993)*, and now *Love Between Equals (2019)* help couples and therapists use *Dialogue Therapy* and benefit from its discoveries.

*Dialogue Therapy* with Polly consists of 13-14 hour (60 minutes) sessions which may be done singly or clustered. The Evaluation process takes place on a weekly basis until it is complete, and then couples come once a month until the *Dialogue Therapy* process is completed. There is a sixth month follow-up as part of the therapy.

Each numbered session below is a 60-minute unit. The co-therapist model (two therapists with the couple) is offered in a different format, but consists of the same number of units and hours. See Polly's website [www.young-eisendrath.com](http://www.young-eisendrath.com) for the description of that model. **Payment is expected at the time of therapy: \$230 per hour unit**

### SESSIONS CONSIST OF THE FOLLOWING:

**Evaluation of the Couple:** First 4 -5 meetings

**Working on a Conflict:** 2-3 Meetings

**Practicing and Refining Skills:** 2 Meetings

**Testing Your Empathy for Partner:** 2 Meetings

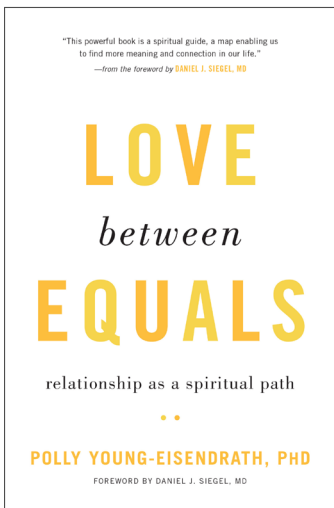
**Using Dialogue Skills:** 2 Meetings

**Follow Up Session:** 1 Meeting



## Polly Young-Eisendrath, Ph.D.

Polly Young-Eisendrath, Ph.D., is a Jungian analyst, Psychologist, teacher and author. She is Clinical Associate Professor of Psychiatry at the University of Vermont and in private practice in central Vermont. Polly is the originator of *Dialogue Therapy*, which is designed to help couples and others (for example, parents and grown children) to transform chronic conflict into greater closeness and development. Two books by Polly on *Dialogue Therapy* were published in 1984 and 1993, respectively, presenting its theory and methods for clinicians and the general public. *Dialogue Therapy* has been expanded, in recent years, to include methods of Mindfulness, alongside its unique combination of Object Relations and Psychodrama. In January 2019, Shambhala/Random House published Polly's new book, *Love Between Equals: Relationship as a Spiritual Path* which offers her vision of personal love as a spiritual path and draws on her experience of 30 years as a *Dialogue Therapist* and Jungian psychoanalyst. Polly's clinical practice and teaching have focused both on individual psychotherapy and analysis, as well as *Dialogue Therapy*. She is past president of the Vermont Association for Psychoanalytic Studies and a founding member of the Vermont Institute for the Psychotherapies. She is also a Mindfulness teacher and has been a practitioner of Buddhism since 1971.



It is helpful to read *Love Between Equals: Relationship as a Spiritual Path* prior to or during the course of *Dialogue Therapy*. Available at [Amazon](#), [IndieBound](#) and more or as an audio book at [Apple Books](#) and [AudioBooks](#) and more. See a complete list at [Young-Eisendrath.com](#)

Polly is the author or editor of eighteen books, ranging from parenting, adult development, intimate and parental love, Buddhist theory, Jungian psychology to women's development, couple therapy, couple development, and various paths to awakening/enlightenment from meditation to personal love. These books have been translated into more than twenty languages. Her most recent works are [Love Between Equals: Relationship as a Spiritual Path](#) (Shambhala, 2019); [The Present Heart: A Memoir of Love, Loss and Discovery](#) (Rodale, 2014); [The Self-Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance](#) (Little, Brown, 2008); and [The Cambridge Companion to Jung: New and Revised](#), of which she is co-editor with Terence Dawson (Cambridge University Press, 2008). In the fall of 2018, Polly began the podcast [ENEMIES: From War to Wisdom](#) with co-hosts Eleanor Johnson and Sarah Brodie, M.A.

To inquire or enter into *Dialogue Therapy*, email: [pollye@comcast.net](mailto:pollye@comcast.net)  
Learn more at: [www.young-eisendrath.com](http://www.young-eisendrath.com)