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Counseling Couples Through the Parenting Years: An Attachment Perspective

1. What most creates a secure base for couples?
 - a. Years married
 - b. Empathy and compassion
 - c. Bonding interactions
 - d. Focusing on family needs first

2. Research says marital quality decreases during the first year of baby's life by how much?
 - a. 10-20%
 - b. 20-35%
 - c. 25-50%
 - d. 40-67%

3. In the U.S., parenting is considered to be...
 - a. A blessing
 - b. Individualistic
 - c. Shared by a community
 - d. A privilege

4. Parenting stressors may include...
 - a. Difficulty pregnancy/birth
 - b. Extended family issues
 - c. Postpartum mental health issues
 - d. All of the above

5. Protective factors include...
 - a. Emotional engagement
 - b. Financial stability
 - c. Limited trauma in own childhood
 - d. All of the above



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6. What is usually focused on first in couples therapy?
 - a. Problem solving
 - b. Trauma
 - c. Secure attachment
 - d. Parenting strategies

7. In attachment based therapy, therapists are...
 - a. A blank slate
 - b. Non judgmental
 - c. Focused on content
 - d. All of the above

8. What is an example of an attachment related goal?
 - a. We want to communicate better
 - b. We want the other to change
 - c. We want to parent better
 - d. We want to feel closer

9. Which of the following is a parenting dynamic that can be identified?
 - a. Power struggle
 - b. Competition
 - c. Misaligned values
 - d. All of the above

10. In attachment-based couples therapy, emotion is the key agent of change.
 - a. True
 - b. False

11. What might the therapist do to help engage a withdrawn partner?
 - a. Let them talk for a majority of the session
 - b. Be curious about non-verbals
 - c. Ask them to journal before the session
 - d. Express what they their partner to change



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12. What does reframing the problem sound like?
- a. The problem is you both have valid needs happening at the same time.
 - b. The problem is you aren't sure if you want to stay married.
 - c. The problem is you never learned how to communicate with each other.
 - d. The problem is a lack of sexual desire.
13. How can you reframe the dynamic of someone shutting down?
- a. Someone trying to get attention
 - b. Someone trying to win an argument
 - c. Someone trying to protect the relationship
 - d. All of the above