

“Understanding and Helping Couples in the Social Media Age.”

I. The Changing Relationship Over the Years

A. The Age of Economic/Business Partnership/Marriage

1. How we interacted, what couples needed
2. How it worked
3. Why it worked

B. The Era of the Romantic Relationship/Marriage

1. What made the change?
2. What were the new needs?

C. The Advent of the Technological Relationship

1. How technology has recreated and changed the old relationships
2. The biggest fear/need in these relationships

II. The impact of Technology on Today’s Marriage/Relationship

A. Problematic impact

1. Plato’s Ring of Gyges
2. False speed of intimacy
3. Creation of (false)-self
4. Justification
5. Blurred lines
6. No delay
7. Lack of nonverbal cues

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B. Positive impact

1. “You can’t curse all of the red lights if you aren’t also thanking the green ones.”
2. Connection
3. Positive Rituals
4. Community building
5. Planning/Goal setting
6. Reminders/Pragmatics
7. There’s an app for that

III. Today’s Relationships come to Counseling

A. The therapist

1. Your ideas on today’s relationship
2. Your ideas on today’s use of technology
3. Your training

B. The relationship

1. What works for them?
2. What is the status of the original “contract”?
3. Patterns - positive and negative
4. What type of relationship do they have?

C. The Connection

1. Turning Toward
2. Healthy skills
3. Using what you have to build what you want
4. Basic foundation of respect

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