

THIRD WAVE OF CBT IN COUPLE THERAPY AN OVERVIEW

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Goals

To map current knowledge in the field of third wave of cognitive behavioral psychotherapy (CBT) in conjunction with couple therapy.

Methods

A literature review

Search criteria:

1. Articles were available at EBSCO or SCOPUS database at the time of the research (18.2. 2018)
2. Articles were focused on third wave of CBT in couples therapy
3. Articles were focused on treating couples (both partners were included in the therapy)
4. Study has been published between 1998 and 2018
5. Study was published in English or Czech

Sample

29 studies that were selected based on systematic selection using Boolean operators and keywords in the EBSCO and Scopus databases in the period 1998-2018.

Results

Therapy approach	Type of study			
	Case studies	Clinical trials	Long - Term intervention results	Comparison between therapeutic approaches
Acceptance Commitment Therapy	2	1	2	0
Dialectical Behavior Therapy	2	1	1	0
Functional Analytic Psychotherapy	1	0	0	0
Cognitive Behavioral Analysis System Psychotherapy	0	0	0	0
Metacognitive Therapy	0	0	0	0
Mindfulness Based Cognitive Therapy	0	1	1	0
Mindfulness Based Stress Reduction	0	2	1	0
Integrative Behavioral Couple Therapy	3	16	9	16
Total	8	21	14	16

Discussion

Most valid studies have been identified within the approach of Integrative Behavioral Couple Therapy. These studies described the mechanism of change and the fundamental influence of this intervention on marital satisfaction, stability in

relationship and communication. Although the number of selected studies concerning IBCT is the highest by far, it needs to be mentioned that most of them (n = 13) come from the same research study (and sample). At other approaches of the third wave of

cognitive behavioral psychotherapy, only 0-3 valid articles were found.

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