

Integrative Behavioral Couples Therapy (IBCT) Didactic Part of Level 1 Training

Date: Video On-Demand Starting January, 2026

Venue:

This program consists of 12 hours of pre-recorded video content. Access instructions will be provided after registration.

Description:

Closed captioning is provided with this program

This is an intermediate training series in Integrative Behavioral Couple Therapy (IBCT), a couples psychotherapy treatment modality for couples dealing with relationship distress. Because of its empirical base, IBCT has been adopted by the U.S. Department of Veterans Affairs as one of its evidence-based treatments. IBCT includes traditional couple therapy behavior change techniques augmented with newer acceptance strategies.

Participants will complete pre-recorded video lessons covering basic treatment principles.

Learning Objectives:

- Describe at least two core features of Integrative Behavioral Couples Therapy (IBCT).
- Define the four components of the DEEP analysis (Differences, Emotional Sensitivities, External Circumstances, Pattern of Interaction) and how IBCT uses this conceptual framework to explain couple distress.
- Describe the assessment and feedback process in IBCT
- Describe the key components of a typical session during the active intervention phase of IBCT.
- Describe the strategy of Empathic Joining in IBCT.
- Describe the strategy of Unified Detachment in IBCT.
- Describe two Direct or Deliberate Change Strategies in IBCT.
- Describe IBCT's approach with couples with sexual problems.
- Describe IBCT's approach working with infidelity.
- Summarize the evidence base for the efficacy of IBCT.
- Describe the key features of couples with intimate partner violence who can participate safely in IBCT.
- Describe how the DEEP analysis can be adapted for work with diverse couples.
- Discuss how to use a principles-based treatment to promote authentic emotional acceptance and enduring behavioral change.

CE Credit: 12 hours. Credit will be awarded to participants who a) view all videotaped material and complete a quiz after each video and b) pass a final test and provide a course evaluation.

IBCT is approved by the American Psychological Association to sponsor continuing education for psychologists. IBCT maintains responsibility for this program and its contents.