Although this developmental perspective focuses both the gains and losses of older life, it is crucial to understand that these gains and losses are often accompanied by new experiences, challenges, and potential for personal growth. 

Jefferson A. Singer and David LaBombarde, Masters

THERAPY WITH OLDER ADULTS

USING SELF-DEFINING MEMORIES IN COUPLES
Background of the Couple

CASE HISTORY

40-year-old man and 37-year-old woman were referred for therapy because of marital distress. The couple had been married for ten years and had three children. They had been married for two years when they started having difficulties in their relationship. The man had a history of depression and anxiety, which had worsened in the past year. The woman had been diagnosed with bipolar disorder and was currently undergoing treatment. The couple had seen a therapist in the past, but the sessions had not been helpful. They were in the process of seeking a second opinion.

The therapist assessed the couple using a standardized assessment tool and found that they met the criteria for marital therapy. The therapist suggested a conjoint therapy approach, which involved both partners participating in therapy sessions. The therapist also recommended that the couple attend workshops on communication and conflict resolution.

The couple agreed to try the recommended interventions. They attended the workshops and made progress in improving their communication and resolving conflicts. They also continued attending therapy sessions, and the therapist noted a significant improvement in their relationship over time. The couple reported feeling more connected and satisfied with their marital relationship. They agreed to continue attending therapy sessions to maintain their progress.

The therapist concluded that the couple's difficulties were largely due to their communication problems and that with the appropriate interventions, they could improve their relationship. The therapist encouraged the couple to continue attending therapy sessions to maintain their progress and to seek additional resources if needed.
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During rehabilitation, the cognitive therapy process focuses on improving the patient's ability to think and communicate effectively. This includes strategies for managing stress and anxiety, as well as techniques for enhancing memory and attention. The goal is to help the patient develop a more positive outlook and improve their daily functioning.

In the context of memory rehabilitation, therapists may use a variety of techniques to help patients recover lost memories. These can include visual aids, auditory stimuli, and interactive games that engage the patient's mind and encourage them to remember information. Additionally, therapists may work with families and caregivers to help them understand the patient's memory impairments and develop strategies for managing them.

Overall, the rehabilitation process is a long-term effort that requires patience and persistence on the part of the patient and their support system. With the right approach and therapy, however, significant improvements in memory and other cognitive functions are possible.
222.记下那些重要的伤害事件、被欺骗和被背叛的经历，以帮助自己更好地理解自己的思维和行为模式。这些经历往往导致痛苦和不健康的心理状态，但它们也为我们提供了一个理解自己如何处理压力和冲突的视角。因此，通过理解这些经历，我们可以更好地控制自己的情绪，避免重复过去的错误。
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CONCLUSION

In conclusion, the current findings support the hypothesis that...
Using Self-Defining Memories in Cognitive Therapy

APPENDIX A

Define the model for which was a college student.

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APPENDIX B

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