

Research and Facts About Marriage

Can couples therapy occur at the same time as out-patient treatment for alcoholism?

Two researchers (McCrary and O'Farrell) independently reported successfully doing marital therapy at the same time as one member of the marriage was being individually treated for alcoholism.

- ✚ Same therapist did both therapies or was very tightly coordinated with a co-therapist
- ✚ O'Farrell uses antabuse.
- ✚ McCrary uses a 12 step program
- ✚ Both have found you get more powerful effects for the couples therapy then you would if there was no alcoholism present and being treated.
- ✚ Both also found that the alcohol treatment has bigger effects than if there was no marital therapy.