



Working with Relationship Triangles

By

Joe Westerheide, Ph.D.

Description of Presentation

It is no secret that Addiction destroys relationships. Counselors need to be able to identify and intervene with the destructive relationship triangles and assist clients and families in developing constructive “threesomes” that support recovery and healing.

Description of Presentation

1. To be able to identify the difference between a functional “Threesome” and dysfunctional relationship triangles.
2. To identify the role of relationship triangles in family therapy and their effect on family function.
3. To explore two specific models for looking at relationship triangles
4. To identify strategies for intervening in negative relationship triangles

Bio

For over 40 years, Dr. Westerheide has been a counselor and psychotherapist in many different settings dealing with both Mental Health and Chemical Dependency problems. Joe has provided professional training for counselors in a variety of therapeutic approaches. Joe has also done research in the areas of program evaluation, and the outcomes of counseling. In 1995, Joe received the Humanitarian Services Award from the EMDR Network for his role in the Oklahoma City EMDR Disaster Relief project and twice went to New York after the Trade Center attack to work with firefighters and their families. In 2003 Joe was named Counselor of the Year by the Oklahoma Counseling Association.

