

# Couples Argument Resolution

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## *Conflict Resolution Skills - Edmonds College*

Conflict resolution skill 1: Quickly relieve stress  
The capacity to remain relaxed and focused in tense situations is a vital aspect of conflict resolution. If you don't know how to stay centered and in control of yourself, you may become emotionally overwhelmed in challenging situations. The best way to rapidly and reliably relieve

## *Psychotherapy Progress Note*

Couples Example: As Allen described a recent argument with his partner, he This section should address BOTH: • The person's response to the intervention - Include evidence the person participated in the session and how, and information about how the person was able to benefit from the intervention e.g. through active participation,